Italy

Short-term Faculty-led Study Away Program  •  Summer Intersession  •  May 18-27, 2015

Course Name: A Taste of Italy: In Search of the Seven Species
Course Numbers: BMS 392
Credit Hours: 1-3 undergraduate

Course Overview & Objectives:
1. Students will be able to label and explain the Mediterranean Food Guide Pyramid.

2. Students will be able to identify healthy oils and fats and the foods that contain them that are found within the Mediterranean diet.

3. Students will prepare and present (in a group) one aspect of the Mediterranean lifestyle and explain how this contributes to good health and how the average American could benefit from a change.

4. Students will learn how the traditional Mediterranean diet and lifestyle contribute to health and how the average American could benefit from a change.

5. Students will be able to discuss health issues that are of concern to the Mediterranean region residents.

6. Students will be able to say 10 phrases in Italian prior to departure.

7. Students will be able to describe the agricultural practices of the region and how this relates to food availability.

Program Fee: $3,760

Program Fee Includes:
- Airfare, accommodation, meals, admission to tours and museums, reflection journal, Study Away student fee, and insurance.

Program Fee Excludes:
- Passport, some meals, incidentals/misc. personal expenses, and souvenirs.
- $204-612 MSU tuition for 1-3 hours of undergraduate credit. Both Missouri residents and non-residents pay the MO resident per-credit-hour tuition rate, per University policy.

MSU Study Away online applications are due by February 13, 2015. A nonrefundable deposit of $75 will be billed to your student account. To apply, please:
- Go to the Study Away website
- Click Apply Now
- Click Search for a Program (under Apply for a Study Away Program)
- Click Simple Search
- Type in Italy under Program Name
- Click on A Taste of Italy: In Search of the Seven Species
- Click on Apply Now

Scholarship Eligibility & Financial Aid
Students may apply for the College of Health and Human Services Study Away scholarship. Applications are due to the Study Away office by April 10, 2015. Please see the scholarship page on the Study Away website. Additionally, students who receive financial aid may apply aid to this program. Contact the Office of Financial Aid at 836-5262 for more information.

Informational Meeting:
- TBA
- Application Due: February 13, 2015
- Depart Springfield for Italy: May 18, 2015
- Depart Italy for Springfield: May 27, 2015
- Post-Travel Meeting: TBA

Interested in going?
Contact the Program Director, Carmen Boyd, Program Director Dietetics Program, Biomedical Sciences Department Phone: (417) 836-4352 CarmenBoyd@MissouriState.edu

EF College Study Tours Enrollment Form and $95 Enrollment Fee due: February 13, 2015 (The balance of the EF Tours fee will be paid directly to EF College Study Tours).
Course Schedule & Itinerary

Italy is one of approximately 16 countries bordering the Mediterranean Sea. These countries are varied and rich in culture, ethnicity, religion, economy and agricultural production that result in different yet similar diets. A typical Mediterranean dietary pattern has these characteristics:

• High consumption of fruits, vegetables, bread and other cereals, potatoes, beans, nuts and seeds which increase antioxidants and phytochemicals regularly consumed in the diet.
• Olive oil is an important monounsaturated fat source, the fat that is healthy for our heart.
• Dairy products, fish and poultry are consumed in low to moderate amounts, and little red meat is eaten resulting in less saturated fat and more omega-3 fatty acids, again very heart healthy.
• Eggs are consumed zero to four times a week.
• Wine is consumed in low to moderate amounts also imparting heart healthy benefits.

A trip to Italy will give students an excellent overview of the Mediterranean lifestyle, food and culture. Students will be able to see this lifestyle in action and gain knowledge about fruits, vegetables, meats, and other foods that are not common in our diet, how they are grown and produced, and learn about the health of Italians. This will be accomplished with a great combination of art, history, food, and culture.

STUDY TOUR

Dates and activities subject to change.

May 18, 2015: Depart for Italy.
May 19, 2015: Arrive in Milan, travel to Cuneo region.
May 20, 2015: Visit the Banco del Vieno before traveling to Turin for a guided tour of the city. Tour a chocolate factory before returning to Cuneo.
May 21, 2015: Visit Piedmont Farm for pasta making and a traditional farm lunch. Free time in Cuneo.
May 22, 2015: Travel to Parma for a culinary visit at a ham factory. Travel to Florence for a special Florentine dinner.
May 23, 2015: Guided walking tour of Florence.
May 24, 2015: Travel to San Miniato for a guided tour of the city, a visit to an olive press, a food tasting, and lunch at a Slow Food restaurant before returning to Florence.
May 25, 2015: Travel to Bologna for a guided tour of the city and a University of Bologna visit.
May 26, 2015: Attend a cooking lesson in Bologna before returning to Milan.
May 27, 2015: Depart for Springfield.

Course Credit & Requirements

Students are required to complete a journal that details the experiences they have regarding the Mediterranean Diet and the Seven Species. This is provided by the instructor prior to the trip and includes professional journals about the health benefits of the Mediterranean Diet. Students are expected to complete all journal entries, attend ALL activities and be active in all discussions during the trip to receive an A for the course. For each that is NOT complete, the student grade will be lowered by one letter grade.

Required text: None.

Application & Payment Procedures

MSU Study Away Application due by February 13, 2015 - Students who are approved by the Program Director may apply. The non-refundable MSU Study Away Fee of $75 and a 2nd billing of $145 on March 20, 2015 which covers insurance, tips, and shared faculty expense, will be billed to your university account.

EF College Study Tours Enrollment due by February 13, 2015 - Once your MSU Study Away application is approved, you must complete the program enrollment form at http://www.efcollegestudytours.com/professors-trip/1540896HS?utm_source=link&utm_medium=RC&utm_campaign=sharetrip. A non-refundable Enrollment Fee of $95 must be paid at this time. The balance of program fees will be billed directly by EF College Study Tours through an automatic monthly payment plan. You may choose to have payments deducted from your checking account or charged to your debit or credit card.

MSU Students: Course tuition will be billed to students’ University accounts and will be due according to their University payment plans.

Visiting Students: (non-degree-seeking students, including students enrolled at another institution, post-baccalaureate students, and other interested community members): Visiting students must pay their $75 non-refundable deposit through the Study Away storefront by the application deadline in the program flyer. All fees must be paid in full before travel commences. Non-MSU students should complete the “Study Away Enrollment Form for Visiting Students”; they do not need to complete an MSU Application for Admission or pay an admission fee.

Cancellation & Refund Policies

Students who wish to withdraw from the program must do so through EF college Study Tours. Participants should become familiar with EF College Study Tours Booking Conditions 2015 (www.efcollegestudytours.com/bc); this document includes details of payment, cancellation, and refund policies. Students who withdraw by April 3, 2015 will receive a partial refund; no refunds will be issued after that date.

A written notification of withdrawal must also be sent to the Program Director, Susan Dollar, and Elizabeth Strong at the Study Away Office, Jim D. Morris Center, Suite 403.