

# Italian Life & Culture

## Summer 2024

Visit <http://meredith.edu/oip> for Study Abroad 101, Study Abroad Advising, and Funding Workshops.

### Application Deadline

Early Decision applications accepted until **December 1, 2023**. Apply early decision for study abroad or study abroad *and* scholarships and receive a decision by mid-January 2024. Regular Decision program applications accepted until **February 15, 2024**. Click "[Apply to Study Abroad](#)" to begin your application. *Note: The application process for this program requires an academic interview.*

### Dates

June 6 - July 6, 2024

### Location

Live in the heart of Tuscany, at Meredith's Italian palazzo in Sansepolcro, Italy! Group excursions include Anghiari, Arezzo, Assisi, an overnight trip to Florence, and a multi-day exploration of Rome. Students also have the opportunity to plan their own independent travel weekend and test their new skills! See reverse for program description, budget, and curriculum.

### Student Voices

*"Being able to study abroad in Sansepolcro was one of the most life-changing experiences I have ever had. The town allowed me to step out of my comfort zone and expand my knowledge of the world around me. Whether it was my professors, the other students, or the restaurant owners down the street, I was surrounded by support and chances to learn. I was able to become more confident in my ability to travel independently, even without being fluent in the language. Those who are considering studying abroad at Meredith should take the risk because as scary as it sounds, it will change your life and allow you to learn in a completely new way."* - Katie Mac Wright, '24 — Italy Life & Culture, Summer 2023

### Courses: 7 credits required

**IDS 300: Italian Arts, Artifacts, & Culture** (3 credits, required)

Fulfills Arts and Aesthetics *or* Cultural Elective requirement, Global Perspectives requirement

This course is an introduction to the culture and social life of peoples in continental Europe based upon a study of their arts and artifacts. Students will develop independent travel skills, reflect on the culture through journaling, and visit a multitude of important historical and cultural sites.

## **HED 400: Influences and Evolution of Global Health (3 credits, required)**

Fulfills requirements for HESS and Public Health majors, Global Perspectives, 1 credit towards Health and Physical Learning

Did you know the life expectancy for women in Italy is approximately 9-years longer than that in the United States? And that their healthcare system is ranked as one of the highest in the world? This course will address specific health issues that reach beyond our borders and will examine the impact and influences of communities in global health. The course will focus on three components of world health including health disparities, nutrition, and communicable and non-communicable diseases. Students will consider these components from historical, social, cultural, political, and economic perspectives.

### Faculty

**Director: Ms. Elizabeth Yaros, '06** , Associate Director of International Programs, yaroseli@meredith.edu

**Faculty: Professor Sharon Malley**, Assistant Professor of Health, Exercise, and Sports Sciences & Physical Learning Program Director, malleys@meredith.edu

**Faculty: Dr. Erin Grady**

### Program Overview

Are you passionate about global health and eager to embark on a transformative learning experience? Join us for an unforgettable journey as we delve into the fascinating world of health against the breathtaking backdrop of Sansepolcro! Nestled halfway between Florence and Rome, Sansepolcro offers students an authentic view into Italian life, art, and culture. Your classes will typically meet in the morning and early afternoon, leaving most of your evenings for academic field trips, study, and independent exploration of the town.

In the IDS 300 course, we will take a journey into Italian culture through the lenses of art, history, religion, gender, and civic pride. You will gain vital intercultural and independent travel skills needed to thrive in today's global community. Our excursions to picturesque and culturally-rich cities like Anghiari, Arezzo, and an overnight to Florence will help you hone these skills, so that when it comes time to plan your own independent travel in Italy, you are ready! The goal is for the skills you learn this summer to empower and propel you into a lifetime of confident travel.

In the HED 400 class, students will discuss and analyze pressing global health issues, from pandemics to healthcare disparities, as well as the ethical dilemmas and policy decisions that shape global outcomes and solutions. During our time in Italy, you will gain cross-cultural healthcare insights and cultivate skills needed to navigate diverse healthcare environments. Students will also have the unique opportunity to participate in local field visits in Sansepolcro. Tuscany's colorful landscape provides an ideal setting for reflection and learning. From quaint villages to world-renowned art, you'll find adventure around every corner.

## Cost

### **\$5,700 includes:**

- \$100 non-refundable application deposit
- Tuition for 6 Meredith College credits
- Accommodations in Italy
- Weekday breakfasts and lunches
- Academic excursions to Florence, Rome, and local Tuscan towns
- Survival Italian language class
- Coach transport to Sansepolcro
- On-site support from Meredith faculty
- Pre-departure orientation and resources

### Additional expenses include:

- Round-trip airfare: \$2,200
- Passport, if applicable + \$10 ETIAS visa: \$175
- International health insurance: \$55
- Textbooks: \$50
- International cell phone plan: \$100 - \$200
- Independent travel and personal spending money: \$1,500-2,000

**Note:** Estimates are based on previous student reports. Your spending habits may differ.

## Scholarships and Financial Aid

Additional study abroad funding is available. Register for a Funding Workshop and access the scholarship application at <http://meredith.edu/oip>. **Early Decision scholarship deadline: December 1, 2023 (with study abroad application). Regular Decision scholarship deadline: February 15, 2024.**

## COVID-19 Protocols

The Office of International Programs strongly recommends all program participants arrive vaccinated against COVID-19 and up to date with all recommended boosters. The OIP will continue to implement ongoing COVID-19 mitigation and response measures in faculty-led study abroad programs.

*Meredith College Office of International Programs reserves the right to make changes to the program itinerary, program capacity limits, schedule, cost, academic program, etc., as necessary.*