

# Exploring Nutrition in Tuscany: Italy Graduate Nutrition Spring/Summer 2022

## Application Deadline

Program applications accepted until **December 3, 2021**. Click "[Apply to Study Abroad](#)" to begin your online application. Note: The application process for this program requires an academic interview.

## Dates

May 2 – May 12, 2022

## Location

Live in the heart of Tuscany, at Meredith's Italian palazzo in Sansepolcro, Italy! Plans include a two-day trip to Florence, in addition to local day trips to Anghiari and Arezzo.

## Student Voices

*"Sansepolcro was such an authentic traveling abroad experience. Truly immersed in small-town Tuscan culture, you will experience the ultimate Mediterranean lifestyle by meeting the locals, eating new foods, and seeing a completely new way of life. Combined with strategically planned trips and food experiences, this trip is one you will never forget. You might not have another chance to study abroad this way again – take advantage of it!"*  
- Caroline Thomason

## Journey Highlights

Over the course of a 10-day ACEND-approved enrichment rotation in Italy, you will gain insight into the enthralling Italian culture and the food which anchors the Tuscan lifestyle. You will begin in Sansepolcro, Italy, a small sixteenth century walled town located in the heart of Tuscany about halfway between Florence and Rome. You will spend time among the many rustic and ancient buildings of Sansepolcro truly gaining a sense of what it is like to live in this exquisite country.

For 10 days, you will eat your way through the Italian cuisines, gathering firsthand knowledge of what drives the food culture in Italy. From visiting local organic farms to spending multiple days in Florence experiencing big-city living and the diversity in cuisines that goes along with it, you will gain perspective that can only be obtained through proximity.

The program also includes cooking classes taught by native Italians, who will instruct you on how to transform fresh, seasonal foods into beautiful Italian meals and who will also give you a true sense of the Italian lifestyle. You will experience the common meal patterns of Italy, become familiar with Italian etiquette and food practices, and learn how to prepare many of the traditional Italian dishes in order to enrich their education in nutrition.

The program will conclude in Florence, where you will see the integration of various influences into the Italian culture. By participating in this program, you as a future dietician will gain a cultural awareness which can only be obtained through travel and immersion, that is critical to the effective communication of diet and health.

**Note:** While this brochure describes what we plan to offer in 2022, Meredith College Office of International Programs reserves the right to make changes to the program itinerary, schedule, cost, academic program, etc., as necessary.

## Faculty

Director: Cathie Ostrowski, Director of Dietetic Internship Program, [ostrowsk@meredith.edu](mailto:ostrowsk@meredith.edu)

## Courses

ACEND-approved enrichment rotation  
FNG 616A Enrichment – Spring 2022

## Cost

### **\$2,950 includes:**

- \$100 non-refundable application deposit
- Fulfillment of enrichment rotation
- Accommodations in Italy
- Weekday breakfasts and lunches
- Academic excursions to Florence, Anghiari, and Arezzo
- Italian cooking classes
- Local excursions
- On-site support from Meredith faculty and staff

Additional expenses include:

- Round-trip airfare – \$1,500
- Passport (if needed) – \$150
- International health insurance – \$46
- International cell phone plan – \$50
- Independent travel and person spending money – \$500-1000

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

MS students must enroll in FNG 616A, a tuition-bearing course, during the spring 2022 semester.

## COVID-19 Health and Safety Considerations

The Office of International Programs, in partnership with Meredith's Health Center, will continue monitoring daily the following resources regarding coronavirus and international travel:

- CDC
- U.S. State Department
- Overseas Security Advisory Council
- World Health Organization
- American College Health Association

- NAFSA: Association of International Educators professional listserv and the Forum on Education Abroad (peer institution responses)
- Cultural Insurance Services International (CISI) updates
- Email announcements and communications from affiliate study abroad providers
- Multiple news outlets

**All study abroad participants are required to be fully vaccinated against COVID-19.** This includes recommendations by the CDC and host countries at the time of program departure, including but not limited to boosters, vaccine timelines, etc.