

MEREDITH ABROAD IN ITALY SPRING 2025

# EXPLORING NUTRITION IN TUSCANY



## WHY STUDY ABROAD?

- To study the nutritional attributes of the Mediterranean diet
- To gain cross-cultural confidence and understanding
- To make real connections to what you study and experience in the classroom
- To acquire consulting and travel skills that employers find desirable

### Dates

April 29 - May 10, 2025

### Locations

Live in the heart of Tuscany at Meredith's Italian palazzo in Sansepolcro, Italy! This program includes local day trips, as well as a two-day group excursion. See reverse for program description, budget, and curriculum.

### Academics

**FNG 616 A:** Enrichment Internship Rotation, Spring 2025

### Program Cost

\$2,950 (see reverse for budget)

## Student Voices

*"You might be able to travel around Italy in the future, but you won't get the same experience exploring small towns in Italy, immersing yourself in the Mediterranean lifestyle, taking cooking classes with locals and chefs, and exploring vineyards and family farms. You'll also miss out on the strong connections you build with your classmates and future colleagues."*

- Gloria Lai, Summer 2022

## Meredith Faculty

**Professor Cathie Ostrowski**

Director, Dietetic Internship Program

ostrowsk@meredith.edu

## How to Apply and Scholarships

Visit <http://meredith.edu/OIP> for application materials. Access the scholarship application when you apply for the program.

**Program and scholarship deadline: November 15, 2024.**

## Health Protocols

The Office of International Programs strongly recommends all program participants arrive up to date on COVID-19 and flu vaccines. The OIP will continue to implement ongoing health and safety mitigation and response measures in faculty-led study abroad programs.

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## Program Overview

Over the course of a 10-day 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 16th-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 cuisine, gathering firsthand knowledge of what drives the food culture in Italy. From visiting local organic farms to spending multiple days experiencing big-city living and the diversity in cuisine 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 your education in nutrition.

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

## Finances

Program Cost (includes):	\$ 2,950
\$100 non-refundable application deposit	
Fulfillment of enrichment rotation	
Accommodations in Italy	
Weekday breakfasts and lunches	
Academic excursions to Italian cities and near-by towns	
Italian cooking classes	
Local excursions	
On-site support from Meredith faculty	
Additional Estimated Expenses:	
Round-trip airfare	\$ 2,000
Passport—if applicable and ETIAS visa	\$ 175
International health insurance	\$ 55
International cell phone plan	\$ 50
Independent travel & personal spending money	\$ 500-1,000
<b>Note:</b> Estimates are based on previous student reports. Your spending habits may differ.	
Students must enroll in FNG 616 A, a tuition-bearing course, during the Spring 2025 semester.	

*"Studying abroad in Italy was an unforgettable experience filled with cultural immersion and culinary exploration. What was most meaningful about it was the opportunity to learn directly from locals through cooking classes and farm tours, experiencing the Mediterranean diet in its truest form. I've learned invaluable lessons about global perspectives on health and wellness, as well as personal growth through independence and adaptability."*

- Abigail Johnson, program alumna



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.