

Exploring Nutrition in Tuscany

Spring 2023 Graduate Program

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

Application Deadline

Program applications accepted until **December 5, 2022**. Click "[Apply to Study Abroad](#)" to begin your application.

Dates

May 1 - May 12, 2023

Location

Live in the heart of Tuscany at Meredith's Italian palazzo in Sansepolcro, Italy! Group excursions include a two-day trip to Florence, in addition to local day trips to Anghiari and Arezzo. See reverse for program description, budget, and curriculum.

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

Academics

ACEND-approved enrichment rotation

FNG 616 A: Enrichment Internship Rotation, Spring 2023

Faculty

Director: Professor Cathie Ostrowski

Director, Dietetic Internship program

ostrowsk@meredith.edu

Program Overview

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 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 in Florence 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, 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.

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

Additional expenses include:

- Round-trip airfare: \$1,700
- Passport, if applicable: \$165
- International health insurance: \$50
- International cell phone plan: \$50
- Independent travel and personal spending money: \$500-1,000

Note: 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 2023 semester.

COVID-19 Vaccination

All study abroad participants are required to be up to date on vaccinations and boosters against COVID-19. This includes any future recommendations by the CDC and host countries.

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.