

# Italian Life & Culture

## Summer 2023

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

### Application Deadline

Early Decision applications accepted until **December 5, 2022**. Apply early decision for study abroad or study abroad *and* scholarships and receive a decision by mid-January 2023. Regular Decision program applications accepted until **February 15, 2023**. 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, 2023

### Location

Sansepolcro, located in the gently rolling hills of Tuscany, provides a wealth of opportunities to enjoy leisure activities and experience personal growth. You will live in the beautiful and historic Palazzo Alberti, Meredith College's home in Italy, while learning about and enjoying activities popular in the greater Sansepolcro area. This program includes active group excursions to surrounding towns as well as an e-biking adventure in the Tuscan countryside.

### Student Voices

*"I'm far more confident in my own ability to travel independently and acclimate to different settings and cultures after experiencing the program, and I made some amazing friends and memories. It was truly an experience I will remember for the rest of my life."* - Kate Polaski, Summer 2022

### 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 949: Global Leisure Pursuits** (3 credits, required)

With PED 949, fulfills half of Gen. Ed. Health and Physical Learning (HPL) requirement, fulfills full ESS major HPL requirement

Introduction to the pursuit of leisure activities in developing personal wellness and appreciation of the surrounding community. Students will explore health concepts as a means to cultivate individual wellness balance abroad and back at home. Students will investigate leisure activities popular in the greater Sansepolcro area of Italy.

**PED 949: Outdoor Leisure Pursuits Abroad (1 credit, required)**

With HED 949, fulfills half of Gen. Ed. HPL requirement, fulfills full ESS major HPL requirement

Opportunities to develop participatory-level skills in various local pursuits. Activities include archery, bocce, folk dancing, geocaching, and learning how to flag toss from the Sansepolcro Flag-Wavers. Course will conclude with an e-bike trekking trip through the Tuscan countryside. Participants should have previous experience riding a bike.

## Faculty

**Director: Professor Callie DeBellis**

Director of Meredith in Italy & Assistant Professor of Spanish  
debellis@meredith.edu

**Faculty: Dr. Stephanie Little**

Associate Professor of Health, Exercise, and Sports Science  
littlest@meredith.edu

## Program Overview

Imagine being able to develop personal wellness while enjoying the beautiful Tuscan countryside in Italy! Sansepolcro has a rich history of celebrating leisure activities, and this program prepares students to appreciate the activity right along with the locals! The courses take a two-pronged approach to both learn about the benefit of leisure activities and participate knowledgeably in those activities.

Classes will typically meet in the morning and early afternoon in preparation for field trips in the surrounding area. The health education course will help you develop knowledge of personal wellness and the interactions of environmental opportunities with wellness balance. You will be able to develop personal fitness goals while being abroad and also for being back home.

As part of the physical education course, you will learn about hiking, orienteering, geocaching, Italian traditional flag-tossing, archery, bocce, folk dancing, and bike-trekking. Through these activities you will be able to develop leadership and communication skills, as well as problem-solving and teamwork!

## Cost

**\$5,700 includes:**

- \$100 non-refundable application deposit
- Tuition for 7 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: \$1,700
- Passport, if applicable: \$165
- International health insurance: \$100
- International cell phone plan: \$100
- Independent travel and personal spending money: \$1,000-2,000

**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 5, 2022 (with study abroad application). Regular Decision scholarship deadline: February 15, 2023.**

## 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.*