

NUTR 3995, 3996 and 3997
2010 Summer Study Abroad in France and Italy
Department of Nutrition and Dietetics
College of Human Ecology, East Carolina University
Greenville, NC 27858-4353 USA
May 11 – 26, 2010

INSTRUCTOR: Nancy Harris, MS, RD, LDN, FADA
Office: Rivers West 329
Phone: 252-328-4275
Fax: 252-328-4276
Email: harrisn@ecu.edu

COURSES: NUTR 3995 (1 hour), NUTR 3996 (1 hour), NUTR 3997 (1 hour)
Field Experience in Nutrition and Dietetics

CREDIT HOURS: Total three semester hours

REQUIRED TEXT: No text required

COURSE DESCRIPTION: This course is designed to provide supervised professional experiences in nutrition and dietetics.

COURSE OBJECTIVES: The purpose of the course is to introduce the student to nutrition and dietetics in a global environment. It will involve academic and service learning opportunities in a variety of health and food industry environments, primarily in Italy and France. At the conclusion of the course, the participants will have accomplished:

1. Observation of educational preparation and professional roles and of nutrition professionals in other countries
2. Exposure to global health organizations and how health care is delivered
3. Identification of global health issues and initiatives
4. Enhanced knowledge and skills in cultural competence
5. Increased awareness of regulatory agencies and guidelines for nutrition related health care, food production and food service delivery
6. Exposure to European food culture, food production, and culinary techniques

COURSE REQUIREMENTS:

Participants are required to participate in two orientation sessions prior to departure and in all activities included in the itinerary. Unexcused absences or poor participation will result in a reduction in the course grade. At the instructor's discretion, students will be sent home at their own expense if their behavior disrupts the program. Online orientation sessions will be available for participants who are unable to come to campus. During the trip excursions, students will be expected to dress professionally for the work place, be prompt, exhibit courteous behavior, and adhere to guidelines outlined for the program. Students will maintain a detailed, written journal that describes the activities encountered during the entire program and their reflective responses to the experiences.

GRADES: Grades will be assigned based on completion of the following requirements:

1. Completion of two pre-trip orientation sessions.
2. Active participation in all itinerary events.
3. Compliance with professional dress and behavior guidelines.
4. Completion of a comprehensive written reflective journal describing experiences encountered in the entire program and personal responses to the experiences. The journal must include observations from the itinerary events; comparison of European cultures with the United States; personal experiences and

lessons learned. The student is encouraged to critique the learning experience and discuss how the experience has affected attitudes, perspectives, and cultural competence. The journal will be submitted electronically as a Word document to the instructor no later than seven days after the program is completed.

| | |
|-----------------------------------|-----|
| Completion of orientations | 5% |
| Participation in itinerary events | 60% |
| Journal | 35% |

GRADING SCALE:

| | |
|---|----------|
| A | 90-100 |
| B | 80-89.9 |
| C | 70-79.9 |
| D | 60-69.9 |
| F | Below 60 |

Any violation of academic integrity will result in automatic failure of the course and will be referred to the Academic Integrity Board. The Academic Integrity Policy, including definitions and procedures, can be found at <http://www.ecu.edu/studenthandbook/policies>.

SPECIAL NEEDS: Please notify the instructor of any disabilities, special needs, or special requests (such as vegetarian diets) so that accommodations can be arranged if possible.

DISABILITIES STATEMENT: East Carolina University seeks to comply fully with the Americans with Disabilities Act (ADA). Students requesting accommodations based on a disability must be registered with the Department for Disability Support Services located in Slay 138 ((252) 737-1016 (Voice/TTY)).

PRE-TRIP ORIENTATION SESSIONS

| | | |
|-----------------------|------------------------|---------------|
| April 6, 2010 | 5:00 to 8:00 pm | Rivers |
| April 27, 2010 | 5:00 to 8:00 pm | Rivers |

Off campus participants will be provided materials electronically and will be expected to submit all required materials to instructor and/or the Division of Continuing Studies staff on time.

TENTATIVE TRAVEL ITINERARY

Day 1 - Tuesday, May 11

- Flight to Nice, France (flight not included in the program price)

Day 2 – Wednesday, May 12

- Arrival at Nice Airport
- Group transfer from the airport by private bus to the hotel
- 4 nights in 3 star hotel with twin bedded rooms, private bathrooms and continental breakfast
- Guided walking tour of Nice including farmers' market
- Visit to an olive garden mill including tasting in the afternoon
- Welcome dinner at the restaurant Le Bistrot Du Vieux Nice and program overview meeting

Day 3 – Thursday, May 13 (Nice - Monaco - Eze Village)

- Transfer by private bus during the day
- Meeting with all participants at hotel prior to departure for itinerary events

- HOSPITALITY: Lecture at the International University of Monaco where they offer a Master of Science Degree in Luxury Goods & Services in the morning
- HOSPITALITY AND NUTRITION: Visit and guest lecture at the Monaco Tourist Office to be focused on “The Greening of Monaco” (to be confirmed)
- Lunch in Monaco on your own
- HOSPITALITY: Guided tour of the Casino of Monaco or visit to a 5-star hotel in Monte Carlo (focus on front and back house of hotel for hospitality) e.g. Fairmont Monte Carlo in the early afternoon
- NUTRITION: Presentation and tour at Princess Grace Hospital Centre
- Group dinner at “Le Nid D’Aigle” in Eze Village
Chef to talk about food regulations and wine pairing

Day 4 – Friday, May 14 (Cap Ferrat - Nice)

- Transfer by private bus during the day
- Meeting with all participants at hotel prior to departure for itinerary events
- HOSPITALITY: Visit to the Grand Hotel du Cap Ferrat for a back-of-the house-tour in the morning and free afternoon in Nice
- NUTRITION: Free morning and visit to the University of Nice – Sophia Antipolis for a presentation on nutrition studies in France in the afternoon

Day 5 – Saturday, May 15 (Provence - Cote d’Azur)

- Transfer by private bus during the day
- Meeting with all participants at hotel prior to departure for itinerary events
- Guide available during the entire day to learn more about the Provence and Côte d’Azur; Stops are planned in Antibes for the market, in Villeneuve Loubet (entrance fee for the Escoffier Museum included) and for guided tour of Cannes, the location of the famous annual film festival

Students can either return back on bus (cost included) or take the train later (at own expense)

Day 6 – Sunday, May 16 (Nice – Pisa - Florence)

- Transfer by private bus during the day
- Meeting with all participants at hotel prior to departure for itinerary events
- Stop in Pisa for lunch on your own and free time for taking pictures
- 5 nights in 3 star hotel with twin bedded rooms, private bathroom and continental breakfast at a centrally located hotel in Florence
- Group dinner at a restaurant in Florence with presentation by chef on where he/she gets food each day

Day 7 – Monday, May 17 (Florence)

- Short orientation walking tour of Florence with CEPA/SIU coordinator in the early morning
- Meeting with all participants at hotel prior to departure for itinerary events
- HOSPITALITY: Visit of a convention center or the tourist office in the late morning
- HOSPITALITY: Visit to a historical 5 star hotel in Florence, e.g. Hotel Helvetia and Bristol in the afternoon. If there is a spa with a wellness program, both groups will visit.
- NUTRITION – visit to a health care facility being investigated - TBA

Day 8 – Tuesday, May 18: (Florence)

- HOSPITALITY – free day
- Meeting with all nutrition participants at hotel prior to departure for itinerary events.
- NUTRITION: Visit to a private clinic specialized on dietary issues e.g. Villa Donatello or Villa Cherubini in the morning
- NUTRITION: Visit to the pharmacy “Farmacia di Santa Maria Novella” to learn more about healing herbs and their uses in the afternoon

Day 9 – Wednesday, May 19: (Tuscany)

- Transfer by private bus during the day
- Meeting with all participants at hotel prior to departure for itinerary events
- HOSPITALITY AND NUTRITION: Visit to an olive oil grove or factory in Tuscany in the late morning with lecture on olive oil and the Mediterranean diet
- Free time for lunch and sightseeing in Siena
- HOSPITALITY AND NUTRITION: Guided tour of the winery Coltibuono in the Chianti region, including a wine tasting in the afternoon
- Evening return to Florence

Day 10 – Thursday, May 20 (Florence)

- Meeting with all participants at hotel prior to departure for itinerary events
- NUTRITION: Visit to a center specialized in Ayurveda to learn more about this form of alternative medicine in the morning
- HOSPITALITY AND NUTRITION: Cooking class of Italian cuisine at the Apicius Culinary Institute at a market in the afternoon
- Self-prepared dinner in the evening

Day 11 - Friday, May 21 (Florence - Bologna – Venice)

- Transfer by private bus during the day
- Meeting with all participants at hotel prior to departure for itinerary events
- HOSPITALITY AND NUTRITION: Gourmet walking tour of Bologna (during the tour you will stop at some food shops and taste local products) in the late morning. Possible visit to a cheese factory.
- Group lunch in Bologna
- NUTRITION: Visit to a center specialized in the therapy of people with overweight in the late-afternoon
- Late check-in for 3 nights in 3 star hotel with twin bedded rooms, private bathroom and continental breakfast in Venice-Mestre

Day 12 – Saturday, May 22: (Venice)

- Public transportation pass for the entire stay in Venice
- Meeting with all participants at hotel prior to departure for itinerary events
- HOSPITALITY AND NUTRITION: Visit to the 5-star hotel San Clemente Palace, which is located on an island in Venice.
- HOSPITALITY AND NUTRITION: Visit to the luxury Bauer Hotel in Venice to learn about their efforts in environmental protection including solar boat .
- Group dinner at a restaurant in Venice

Day 13 – Sunday, May 23 (Venice)

- Free day in Venice

Day 14 – Monday, May 24 (Venice – Verona - Lake Como)

- Transfer by private bus during the day
- Meeting with all participants at hotel prior to departure for itinerary events
- HOSPITALITY AND NUTRITION: Visit to a cheese factory in the region in the morning, e.g. La Casara or Elda Ricotteria
- Free time for lunch in Verona on your own
- HOSPITALITY: Visit to the Tourist Office of Verona in the afternoon
- NUTRITION: Visit to the Italian National Association of Dietitians or visit to the Medicine & Public Health Department of the University of Verona in the afternoon
- Late check-in at 3 star hotel with twin bedded rooms, private bathroom and continental breakfast in the Lake Como area

Day 15 – Tuesday, May 25: (Lake Como)

- Transfer by private bus during the day
- HOSPITALITY: Back-of the house tour of a hotel in Bellagio in the morning, e.g. Grand Hotel Villa Serbelloni or Hotel Belvedere
- NUTRITION: Visit to local health care facility being organized
- HOSPITALITY AND NUTRITION: Guest lecture on “Wines and the History of the Local Products (Lombardy region)” at the Azienda Agricola Sorsasso in Domaso in the late afternoon
- Farewell dinner with entertainment at the Azienda Agricola Sorsasso

Day 16 - Thursday, May 26: (Lake Como - Milan)

- Transfer by private bus to the airport in Milan
- Departure from Milan airport to the USA (airfare not included)

DISCLAIMER: CEPA Europe/SIU Travel do their best to arrange all professional and cultural visits, activities and lectures as indicated in the itinerary. Due to the nature of these programs, in some cases a cancellation by the company, institution or speaker may occur. In such cases, every attempt will be made to find and arrange a comparable replacement for that part of the itinerary. If it is absolutely not possible, the cancelled activity will be replaced with a cultural visit seemed suitable for the program. These cancellations are rare, but out of our control and are therefore nonrefundable.

November 2009