

UMBC INTERNATIONAL FIELD RESEARCH SCHOLARS PROGRAM, SWITZERLAND 2011

What

- HAPP/SOCY 403/663 Intro to International Field Research
- PHED 121 Conditioning for alpine hiking and stress reduction (optional)
- Intensive 6 day Swiss experiential learning program



When

- Enroll in spring semester seminar class
- Meet Thursdays at UMBC: 4:30-5:15 pm for PHED 121; 5:30-7pm for HAPP/SOCY 403/663
- Meet in Switzerland June 27-July 3

Why

- Develop research skills in an international context
- Study international best practices
- Earn 3 academic & 1.5 PE credits (PE optional)
- Prepare for sophisticated demands of a global society
- Meets culture requirement for GEP & GFR
- Learn stress reduction & conditioning skills

Who

- Undergraduate and graduate students considering careers in health, aging, public policy, media, business, science, or research.



Switzerland, a country of stunning mountain vistas, truly lies at the crossroads of Europe. It is among the top-rated countries in the world with regard to health care, environmental policy, public transportation, infrastructure, live-able cities and healthy lifestyles. This experiential learning program applies an ecological framework to better understand how culture, policy, and practice interact to achieve a sustainable and healthy society.

During spring semester students attend a weekly seminar, complete background research, and write a research paper. Students are assigned to a research team based on the theme they select. For our Swiss academic program, we stay in Kandersteg, nestled in the Alps, travel to nearby cities and hike to complete a series of related research exercises. Highlights include day trips to Geneva, Zurich, Berne, glaciers and the Swiss people.

Research methods include visual digital storytelling, expert interviews, participant observation, local informants, literature review, administrative and historical data, survey, and case studies.



Research themes

- **A lifespan approach to health and aging: An international perspective**, *Dr. Mary Stuart*
Learn how public policy, clinical practice, and personal choices can help individuals of all ages initiate and maintain healthy life styles. Topics include issues such as the Swiss health system, exercise, diet, chronic disease, and substance abuse prevention.
- **Scientific/technological revolutions and societal change**, *Michael Weinrich, MD*
Switzerland has a long history of scientific innovation, including Einstein, Jung, and Paracelsus. Innovation continues today, including the Large Hadron Collider and construction of some of the longest tunnels in the world. This team will study the context and consequences of major changes in science and technology.
- **Environmental, urban, and cultural issues**, *Dr. Joby Taylor*
Switzerland has received high ratings for environmental performance and urban livability. Geneva provides a hub for international human service organizations. This team will consider issues such as environmental policy, culture and diversity, culture and aging, urban livability, and international aid.
- **From the Matterhorn to modern life**, *Dr. William Shewbridge*
The mountainous terrain of Switzerland has played a pivotal role in shaping Swiss history, governance and culture. This team will explore how the environment has shaped the Swiss self-image, reflected in contemporary art, culture, politics, and policies.

Alpine hiking, physical conditioning, and stress reduction

, *Katie Birger AFAA, YA RYT*

All participants will have the chance to hike, walk and participate in stress reduction exercises that include yoga, Nordic walking, a Swiss spa, and scenic lake steamer cruise. Students enrolled in PHED 121 will condition for Alpine hiking during the spring semester.

Applications Due December 1st

Program fee \$1950 includes

- Six nights in a 3 star Swiss hotel
- 6 breakfasts/5 dinners
- Academic program in Switzerland
- Local Alpine guide and lift passes for hikes
- Yoga and Nordic walking options
- Medex insurance

Air (approx \$1000) and rail pass (approx. \$300) not included

Extend your stay and see more of Europe

You may wish to visit other areas of Europe. Paris, Florence, Venice, Brussels, Frankfurt, Munich and many other locations are easily accessible by train from Switzerland. Students will have an opportunity during the spring semester to discuss possibilities for extended travel, find travel companions, and hear suggestions from other students who have traveled in Europe.

Important Dates

- December 1** Applications due. A \$500 deposit must accompany your application. The full deposit will only be refunded to any student not selected to participate.
- December 17** Applicants will be notified of selection.
- February 15** Second deposit installment due \$1450.
- June 27** Arrive Kandersteg, Switzerland by 2:00 pm for academic program.
- July 3** Depart Kandersteg and return to US or extend your stay in Europe.

Meet your faculty

Dr. Mary Stuart is Professor and Director of UMBC's Health Administration and Policy Program, Research Investigator for the Department of Veterans Affairs, and formerly Director of Policy for the Maryland Department of Health. She has a Doctor of Science from the Johns Hopkins School of Hygiene and Public Health.

Dr. Michael Weinrich is a physician and scientist in Bethesda, Maryland. His career has spanned neuroscience, clinical rehabilitation, research administration, and biophysics. Current research includes the molecular mechanism of anesthesia. He received his AB and MD from Harvard University.

Dr. Joby Taylor is Director of the Shriver Peaceworker Program at UMBC and received his PhD in Language, Literacy, and Culture from UMBC. He has led service-learning programs in many urban and international settings.

Dr. William Shewbridge is Director of the New Media Studio at UMBC, and received the Doctor of Communication Design from University of Baltimore.

Katie Birger is Director of the UMBC Fitness and Wellness Program and has over 14 years experience teaching fitness, yoga, and stress reduction techniques. She is certified through AFAA and registered with Yoga Alliance.



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Switzerland, 2011

For additional information contact Katie Birger
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For a printable application visit the website
www.umbc.edu/happ/health/IFR.htm