



CULTURAL RESILIENCE AND MINDFULNESS ROME, ITALY

Honors Program

Faculty Leader: Dr. Maristela Zell

Faculty Co-Leader: Dr. David Rhea

Travel Dates: May 19 – June 9, 2020

Credits: 3 – HONS 4900 Honors Seminar: Cultural Resilience and Mindfulness

Eligibility: All majors are encouraged to apply

Cost: \$3,795*

Includes: international flight, accommodations in Roman apartments, local transportation, cultural tours and sightseeing activities, field trips to Tuscany and Umbria, welcome and farewell dinner, international health insurance, on-site support

**Not included: Tuition and fees (or auditing fee of \$75), most meals, activities during free time, personal expenses/souvenirs.*

Synopsis of Program

The study abroad program in Rome, Italy is a 3-week program with service learning, sustainable living, and mindfulness practice components. Offered in collaboration with the American University in Rome, the program focuses on the characteristics of a resilient society.

The course is intensive and experiential, and you will learn firsthand the sustainable, resilient, and sacred features of this ancient culture. Students will visit both urban and rural communities, monasteries and temples, as well as important historical sites. Students will also learn simple individual and group practices that increase a sense of awareness and presence. Students apply a full range of skills, including navigating transportation challenges in a foreign country, cooking with what is available, learning to live with more purpose and intentionality, and establish healthy relationship with oneself, others, and the environment.

Application Procedure

1. Contact Amy Schoenberg at aschoenberg@govst.edu for an appointment.
2. Fill out the study abroad application and deposit form.
3. Receive notification of acceptance. *Faculty leaders make the final decision on the acceptance and may request references or an interview with the applicant.*

Application & Deposit Deadline: November 1 - \$500

2nd Payment Deadline: December 1 - \$500

3rd Payment Deadline: January 15 - \$500

4th Payment Deadline: February 15 - \$500

5th Payment Deadline: March 15 - \$1000

Final Payment Deadline: April 15 – \$795 or remaining balance

Study Abroad Scholarship Application

Deadline: October 15 or November 15

Scholarship awards are typically between \$250-750.

To be considered for the scholarship, students must submit the following documents to the Office of International Services – GMT 165:

- Completed Study Abroad Scholarship Form (found in application packet)
- 2 Academic or Professional Letters of Recommendation
- 500-1000 Word Statement of Purpose Essay with Follow-on Project
- Resume

Application Incentives

Taking class for credit

\$125 Off – Apply AND Pay Deposit by Nov. 1

Amount doubled for Pell Eligible Students

Additional incentives may be available for those that complete the GSU Study Abroad Scholarship by Nov. 15. No incentive for students who audit.

Incentive Rules/Regs

1. Honors program would award up to \$2000 of money in this incentive program.
2. First confirmed app and deposit received, first awarded.
3. If \$2000 total is not committed through applications + deposits received by Nov. 1, then those that also apply for the GSU Study Abroad Scholarship by Nov. 15 will have their incentive increased up to +\$125 until the full \$2000 is committed.
4. All scholarships must be applied for by November 15th for chance to receive the higher tiered incentives. Again, first scholarship received, first awarded.
5. If a student earns enough money with scholarships to cover all program fees and tuition after November 1st, then the Honors Program incentive would be returned to the program.
6. Honors Program Incentive will be rescinded if student changes from credit-bearing to auditing status.