

NUR EA MAPS

<https://international.uky.edu/ea/maps/nursing>

Nursing students: Contact Dr. Hartley Feld (Hartley.Feld@uky.edu) to see how the following EA opportunities can count toward your nursing program.

Winter 2021

Faculty Directed/Embedded. DHN 300: Hawaii: The Spirit of Aloha: Term: Winter. This twelve-day education and discovery program focuses on understanding the relationship of place-based factors on the wellness continuum. Health in Hawaii is perceived as representing an entire lifestyle. Time will be spent learning about the connection between food, mindfulness, and wellness, emphasizing foods of the Hawaiian Islands. Experiences, tours, and workshops will emphasize the environmental, social, and cultural factors that shape health practices and nutrition patterns in Hawaii.

This experience offers a view of Hawaiian culture and lifestyle through its foodways, environments, and varied geographies. A deeper look at the social factors that can influence health will be explored each day. Students will also gain a better understanding of environmental stewardship since the health of our environment affects public health. Students will have the opportunity to participate in food experiences, mindfulness exercises, and purposeful movement to gain a hands-on, personal understanding of balanced wellbeing.

*Under consideration for a Nursing Cognate.

Spring/Summer 2022

Partner. Shoulder to Shoulder. UK's Shoulder to Shoulder Global (STSG) is a University of Kentucky organization which seeks to improve the health and well-being of impoverished and underserved communities globally.

The main focus of STSG is in Santo Domingo, Ecuador, where there is a year-round health clinic. STSG seeks to provide participants with educational, service, and research opportunities while serving the community through educational programming, providing primary care, and improving access to water and economic opportunities. If you are interested in earning academic credit for your brigade, select one of these options:

- [Shoulder to Shoulder: March Brigade to Ecuador \(Credit\)](#)
- [Shoulder to Shoulder: May Brigade to Ecuador \(Credit\)](#)
- [Shoulder to Shoulder: June Brigade to Ecuador \(Credit\)](#)
- [Shoulder to Shoulder: August Brigade to Ecuador \(Credit\)](#)

*Nursing students: This course has been approved to count for clinical time in a required course, Community and Public Health (NUR 403 or NUR 345).

Faculty Directed/Embedded. FAM 455/DHN 300, 3 credit hours: The Keys to Health and Wellbeing in Greece (offered every even spring). Meet 9 times throughout the spring semester. Travel for 12 days in May, immediately following graduation. Undergraduate, Graduate students AND graduating seniors can participate. Students will learn how health, well-being and longevity arise from cultural traditions on the remote island of Ikaria, Greece. This location was selected as the destination for this course because it is one of five areas designated as an international "Blue Zone", which is a place where people are more likely to reach a healthy age of 90+. The longevity of Ikarians is due to life purpose, family interaction, meaningful social connections, healthy diets, outdoor physical activity, and spirituality. Using these lifestyle dimensions as a guide, students will experience the balanced and integrated way of life on Ikaria. Unique insights will be acquired through various hands-on activities, tours, observation and dialogue with local residents. Beyond core coursework, students will enhance their multicultural competency through site visits of historical, cultural, and contemporary significance including 3 nights/2 days in Athens, Greece. There is an additional application process with the Office of Education Abroad and required fees associated with this course. International travel to Greece is required. There are no pre-requisites.

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REPEATING? NUR Study Away: Meditation and Mindfulness at Lake Powell (AZ & Utah).

MAPS: "This course introduces the practice of mindfulness, the ability to fully attend to the present with curiosity, openness, and interest. Research shows that practicing mindfulness reduces unproductive worry about the future and rumination about the past. It helps students build skills for managing stress, clarifying their own values and goals, and acting in accordance with them, which often improves academic productivity, the quality of relationships with others, and general happiness and well-being."

2023

Faculty Directed/Embedded. FAM 455/DHN 300: Costa Rica (every odd spring). Meet 8 times throughout the spring semester. Travel for 9 days over spring break. Graduate students AND graduating seniors can participate. Students will learn how well-being, health and arise from cultural traditions on the Nicoya Peninsula of Costa Rica. This location was selected as the destination for this course because it is one of five areas designated as an international "Blue Zone", which is a place where people are more likely to reach a healthy age of 90+. The longevity of Ticos is due to life purpose, family interaction, meaningful social connections, healthy diets, outdoor physical activity, and spirituality. Using these lifestyle dimensions as a guide, students will experience the "Pura Vida"--a simple, balanced and integrated way of life in Costa Rica. Unique insights will be acquired through various hands-on activities, tours, observation, and dialogue with centenarian families, health care professionals, and researchers who promote the peninsula's healthy lifestyle. Beyond core coursework, students will enhance their multicultural competency through site visits of historical, cultural, and contemporary significance including an overnight in LaFortuna and San Jose, Costa Rica. There is an additional

application process with the Office of Education Abroad and required fees associated with this course. International travel to Costa Rica is required. There are no pre-requisites.

*Under consideration for a Nursing Cognate

Faculty Directed/Embedded. FAM 455/DHN 300: Sweden (every odd year in spring). Meet 9 times throughout the spring semester. Travel for 12 days in May, immediately following graduation. Graduate students AND graduating seniors can participate.

Sweden is home to some of the healthiest and happiest people in the world. Students will learn how Swedish well-being across the lifespan is shaped by work-life balance, sense of community, diet and exercise, nature, respect for self and others, green living, and amazing healthcare. Using these lifestyle dimensions as a guide, students will experience "lagom", the Swedish secret to a balanced, happy life. Unique insights will be acquired through hands-on activities, tours, observation, and dialogue with health care professionals. Beyond core coursework, students will enhance their multicultural competency in Stockholm through site visits of historical, cultural, and contemporary significance. Students will also participate in day trips to the cities of Uppsala and Täby. There is an additional application process with the Office of Education Abroad and required fees associated with this course. International travel to Sweden is required. There are no pre-requisites.

*Under consideration for a Nursing Cognate