



"I spent 4 months in Ireland. In that time I took 3 classes, traveled to 5 countries, and made friends from all over the world. I had an amazing time and learned so much. If you have the opportunity to study abroad, I recommend it to everyone."

- Emily Johnston
Undergraduate, Senior
Nutrition Major,
Dietetics

Department of Nutrition

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Study Abroad in Nutrition

The skills and knowledge that you will gain as a **Nutrition major** are in high demand in many regions of the world. Therefore many of our graduates pursue international opportunities both during their degree program and following graduation. Study abroad exposes you to environmental problems and solutions that are unique to specific areas of the world. And, since your study abroad experience can be integrated into your degree, it won't delay your graduation. Study abroad programs specifically for Nutrition are available in regions all over the world. Plan your study abroad program today and see the world!

Study abroad can help you... Can I afford to study abroad?

- Find unique and challenging coursework in many different fields of Nutrition around the world
- Understand Nutrition issues from an international perspective
- Expand your cross-cultural communication and problem-solving skills
- Prepare to work in an increasingly diverse and international workplace
- Broaden your academic horizons
- Globalize your world view
- Improve your language skills

The opportunity to experience another culture and gain an international perspective on your career is invaluable to your professional development. International experience will add to your career options and avenues for professional advancement.

YES! UNCG concentrates on semester and year long exchanges which are about the same costs as studying on campus. Financial aid can be applied toward study abroad, and, in some cases, financial aid eligibility may increase to cover additional expenses.

To encourage participation in Study Abroad, the University's Endowment for International Programs annually provides up to two hundred travel awards to students heading overseas. The travel awards program is administered by the UNCG International Programs Center (IPC). All UNCG students may solicit support from The UNCG Endowment for International Programs if they have been or expect to be accepted to study on an approved overseas study program. Funding up to \$1,000 can be awarded.

For information consult the International Programs Center website (www.uncg.edu/ipg).

Financial planning for study abroad includes saving, searching for scholarships, and applying for financial aid. If you work, consider saving for study abroad when setting your spending priorities. This may be the best time in your life to study and live abroad!

Set goals and plan for results

The process of selecting a study abroad program is similar to selecting your major or minor.

- Begin planning as soon as possible. It is never too early to start.
- Set some goals. There are many good study abroad programs, and the best one for you depends on what you want.
- Prioritize your goals. Consider long-term academic and professional goals, as well as on campus degree requirements.
- Prepare academically. You may need to take language or other prerequisite courses for your chosen program.
- Give yourself time to research and talk to advisers and students who have studied abroad.

We have screened several international programs and identified several with a proven track record for on-site service, academic excellence, and good fit with the needs of Nutrition students. Careful consideration of these program options will allow you to find a program that meets your individual needs.

How do I select a study abroad program?

The Department of Nutrition has worked closely with the International Programs Center to select programs that fit particularly well for Nutrition students. All areas of concentrations in Nutrition include options for study abroad. Consider your area of emphasis, your geographic interests, and your academic goals. Use this sheet; talk with your Nutrition adviser; and work with an IPC program study abroad adviser. You'll find a program that fits your goals.

The programs on this sheet were chosen because they offer a diverse representation of issues in Nutrition, strong basic science courses, or unique cultural experiences. While we suggest you look at these highlighted programs first, feel free to browse the International Programs Center website (www.uncg.edu/ipg) or catalogues available through the International Programs Center.

Please note that the specific program recommendations on this sheet may change so check with your study abroad and academic adviser for the latest information.

What are my next steps?

Attend an "Options" Appointment

Learn about study abroad resources and advising by attending an "options" appointment at the International Programs Center (IPC). Simply call (334-5404) or come by the International Programs Center (127 McIver St.) to schedule this appointment. In addition, you should arrange a time to meet with Dr. Lauren Haldeman in the Department of Nutrition.

Investigate Programs

Use the International Programs Center catalogs, websites, advisers, and resource centers to find a program that fits your goals.

Talk to your Nutrition adviser

Call 336.334.5313 to schedule an appointment. Discuss time frame and coursework that will fit best with your academic program.

Your adviser in Nutrition will work to pre-approve study abroad courses to meet your professional and area of emphasis requirements. Many study abroad courses have been approved for General Education Requirements as well.

Academic Considerations for Nutrition Students

Review the following suggestions from the Department of Nutrition before beginning your research.

How will the study abroad program fulfill my requirements?

General Education (GEC):

General education credits can be fulfilled abroad. The International Programs Center has developed certain GEC programs abroad that have been pre-approved through the University Registrar's Office. In addition, other courses can also be approved. A description of UNCG GEC categories can be found at the following website: <http://www.uncg.edu/reg/Catalog/current/UnivReq/GECDescription.html>

Major requirements:

Basic science, Nutrition core courses, and Nutrition cognate courses can be taken at approved universities.

What do I do after I have selected a program?

Talk with your adviser! Courses you want to take that have not been pre-approved will need to be counseled by your adviser.

Visit the International Programs Center, 127 McIver Street, for help with financial planning, travel planning, and program application.

When should I study abroad?

Freshman

The first semester is the best time to start planning for study abroad.

Sophomore

Sophomore year is a good time to fulfill general education requirements, take basic science courses and/or core Nutrition courses while abroad.

Junior

Junior year is a great time to spend a semester or year abroad. Short-term and summer programs may also be options. Juniors will likely choose a program that is focused on Nutrition. Consider taking the required science courses for your concentration and completing any remaining general education requirements.

Senior

As students must take their upper division Nutrition courses at the UNCG, seniors who wish to study abroad need to plan carefully. Seniors should meet with their academic adviser immediately when considering study abroad.

Study Nutrition at a UNCG Exchange Partner University

Australia

RMIT University, Melbourne

RMIT was founded in 1887. RMIT consists of three campuses; its largest is located in the downtown area of Melbourne, while the other two are located in the northern suburbs, six and 13 miles away. It is Australia's largest multi-sector university with a reputation for practical teaching, which addresses both academic and industrial needs. Melbourne offers an impressive array of restaurants, theaters, art galleries and sporting venues, many within a short distance from campus. Melbourne is also the home of many of Australia's most important cultural and sporting events, ranging from opera to rock concerts and from the Australian Tennis Open to Australia's unique style of football.

Website: [http:// student-electives.rmit.edu.au/Student_Electives/faces/index.jspx;jsessionid=B504F88D5B4](http://student-electives.rmit.edu.au/Student_Electives/faces/index.jspx;jsessionid=B504F88D5B4)

University of Ballarat, Victoria

Nestled in the heart of Victoria with a population of approximately 90,000, Ballarat is one of Australia's largest inland cities. Just over an hour from Melbourne via a dual freeway or train, Ballarat is an attractive and friendly city with a thriving center for commerce, industry, education and tourism.

Website: <http://ballarat.edu.au/fees/current/structure.cgi?VTACCode=37121&CourseCode=SM5&MajorCode=000>.

China

Chinese University of Hong Kong

The Chinese University lies on a spacious 134-hectare campus with more than 130 state-of-the-art buildings. It rises from Tolo Harbour just north of Sha Tin. The University has its origin in three colleges - New Asia College (founded in 1949), Chung Chi College (founded in 1951) and United College (founded in 1956). In 1963, the three colleges were amalgamated to form The Chinese University of Hong Kong and a fourth College - Shaw College, was added in 1986.

Website: <http://www.cuhk.edu.hk/fns/fnsa.htm#course>

Edith Cowan University, Perth

ECU is a rapidly developing university noted for its vigorous and innovative course content. It is located in Perth, Western Australia, and one of the faculties, the Western Australian Academy of Performing Arts, is unique in Australia. Within the one organization it offers full-time vocational preparation in music, dance, theatre, broadcasting, musical theatre, arts, management, production and design, and visual arts.

Website: <http://ecugreatcareers.com/searchframe.htm>

Deakin University, Melbourne

Based in beautiful Victoria, Deakin University is a diverse, multi-campus institution encompassing a network of six campuses. The Burwood, Rusden and Toorak campuses are located in metropolitan Melbourne, while the Warrnambool campus and Geelong's two campuses are located near the beautiful and world famous Great Ocean Road.

Website: <http://www.deakin.edu.au/future-students/courses/course.php?stutype=local&course=H315#CRS-STRUCTURE-UNITS>

Korea

Yonsei University, Seoul

Yonsei's main campus is ensconced in a spacious, picturesque and natural setting that is located minutes away from of the economic, political, and cultural centers of Seoul's metropolitan downtown. Our 3,500 eminent faculty members conduct cutting-edge research across all academic disciplines. Our 18 graduate schools, 19 colleges and 131 subsidiary institutions plays host to a student body that consists of the most selective pool of high school and university graduates from around the world. Yonsei is proud of its history and reputation as a leading institution of higher education and research in Asia.

Website: http://www.yonsei.ac.kr/eng/academics/colleges/ecology/foods/index_02.asp

New Zealand

Massey University

Massey University is one of New Zealand's leading educational institutions. A state funded university, with a proud 70-year tradition of academic excellence and a strong national and international reputation, Massey University is an important part of New Zealand's post-high school state education system.

Campuses in Palmerston North, Wellington and Auckland at Albany, cater for some 19,000 local and international students. Further, in excess of 18,000 New Zealand students study by distance education. The five college structure provides a diversity of degrees, diplomas and certificates.

Website: <http://ssciences.massey.ac.nz/>

Spain

University of Granada

Granada is located next to the Sierra Nevada mountains in Andalusia in the south of Spain. It is about 70km from the coast. Being in this position means that it is possible to go skiing and sunbathe on the beach in the same day. Granada has a population of 250-350,000 depending on the source. The wild fluctuation could be due to Granada being a student city with a large number of people coming from outside to study.

Website:

<http://www.ugr.es/~mdruiz/docnhd.htm>

United Kingdom, England

University of Plymouth

Plymouth, with 260,000 inhabitants, is the largest city in southwestern England. Some of the oldest remnants of early civilization - most notably, Stonehenge - are in this area. A safe and relatively inexpensive city, Plymouth is three hours from London by train, and only a ferry ride from Europe. Made up of four once-independent institutions, the University of Plymouth has four campuses: Seale-Hayne (which specializes in agriculture); Exmouth (education); Exeter (art and design); and Plymouth (the main campus). Plymouth University has 12,500 students.

Website:

<http://www.plymouth.ac.uk/courses/module.asp?id=2731&sort=stage+ASC.mandatory+DESC>

Manchester Metropolitan University

The Manchester Metropolitan University is a modern, forward-looking university that, whilst being one of the largest universities in the country (with over 30,000 students on more than 400 courses), has a welcoming and friendly atmosphere. The University has a varied population, attracting students from a broad range of backgrounds and countries, which contributes to its lively and dynamic atmosphere. The University is based at seven campuses, five in the Manchester area and two at Alsager and Crewe in Cheshire. The central Manchester campuses form part of the largest higher education campuses in the UK and one of the most extensive education centers in Europe.

Website:

http://www.hollings.mmu.ac.uk/index.php?option=com_content&task=blogsection&id=0&Itemid=9&limitstart=30

United Kingdom, Northern Ireland

University of Ulster

The University of Ulster has four campuses in Northern Ireland, and was founded in 1984 after the New University of Ulster and Ulster Polytechnic merged. The University's programs enjoy an international reputation for quality, diversity and vocational strength. The University is the largest in Ireland and among the largest in the United Kingdom, with a student population in excess of 18,000.

Website: <http://prospectus.ulster.ac.uk/science/>

Things to keep in mind:

- 1st semester begins late September and ends late January
 - Students wanting to study for 1 semester only should plan to attend the spring semester
- If you want to take Nutrition courses at Ulster:
 - Prepare by taking science and lower level nutrition courses prior to studying abroad
 - Courses completed prior to study abroad include: CHE 103, 104, 110, 205, 206, BIO 111, 277, and NTR 213
- If you decided to study abroad during the first two years at UNCG, plan to take Irish studies courses.

Semester	Ulster Course	UNCG Course
Fall	NUT 314 C1 – Nutrition Through the Lifecycle	NTR 313 – Nutrition Through Lifecycle
	NUT 315 C1 – Microbiology	BIO 280 – Microbiology
Spring	NUT 303 C2 – Food Science	NTR 103 – Food Preparation
	BMS 102 C2 – Biochemistry	CHE 405 – Nutritional Biochemistry

Study Nutrition through ISEP (International Student Exchange Program)

Africa

University of Ghana, Legon

The university was founded in 1948 as the University College of the Gold Coast and operated as an affiliate college of the University of London, which supervised its academic programs and awarded degrees. The institution was awarded full university status in 1961. The University of Ghana is the largest of the four universities in Ghana and currently enrolls nearly 7,000 students. Originally, the curricular emphasis was on liberal arts, social science, basic science, agriculture and medicine; however, there is currently a national educational reform program to diversify the curriculum and provide more science and technology and post-graduate training. The campus is located approximately 13 kilometers northeast of Accra, the capital of Ghana.

Additional options may be available through ISEP depending on the specific area of study within Nutrition. Consult with a study abroad advisor in the International Programs Center for more details.