

**Short-Term Study Abroad Program Information**

**Please provide the following information:**

Study Abroad Program Name: Health and Wellness in Italy  
Study Abroad (SABD) Course ID: SABD 1480  
Study Abroad (SABD) Course CRN: TBD  
Semester Program will be Offered: Maymester  
Part of Term (Select Part of Term that most closely aligns with program dates)\* : May Session  
[Click Here for Part of Term Dates \("Classes Begin" and "Classes End"\)](#)  
Program Director/Contact Name: Malissa Clark  
Program Director/Contact Phone Number:  
Program Director/Contact Email Address: [clarkm@uga.edu](mailto:clarkm@uga.edu)  
Program Start Date (First meeting with enrolled students ): 5/13/2025  
Program End Date (Last meeting with enrolled students ): 6/2/2025  
Travel Start Date: 5/18/2025  
Travel End Date: 6/2/2025  
Anticipated Number of Total Students Participating in Program: 15  
    Anticipated Number of UGA Students: 15  
    Anticipated Number of Transient Students: 0  
Anticipated Number of Undergraduate Students in the Program: 15  
    Total Number of Credit Hours Taken by Each Undergraduate Student: 3  
Anticipated Number of Graduate Students in the Program: 0  
    Total Number of Credit Hours Taken by Each Graduate Student: N/A

**Please list each course offered through the program on a separate row below:**

Course Title	Course Prefix	Course Number	Credit Hours	Schedule Type	Instructor(s)	Department of Instructor(s)	Course Start Date	Course End Date	Total Lecture Hours	Total Field/ Lab Hours	Total Contact Hours**
Seminar in Psychology	PSYC	5100	3	Seminar	Malissa Clark	Psychology	5/13/2025	6/2/2025	26	26	39

\*Please work with department schedulers and OIE to ensure that all academic courses are scheduled in the same Part of Term as the program SABD course.

**Please also complete the Academic Itinerary found on the second worksheet of this document.**

\*\*Total Contact Hours = Total Lecture Hours + (Total Field Hours / 2)

Courses require 12.5 contact hours for each credit hour earned

For questions, please contact the Office of Curriculum Systems at [csabroad@uga.edu](mailto:csabroad@uga.edu) or 706-542-6358.

## Academic Itinerary

**Study Abroad Program Name:** Health and Wellness in Italy

**Study Abroad (SABD) Course ID:** SABD 1480

**Program Start and End Dates:** 5/19/25-6/2/25

**Instructors and Courses Taught:**

<u>Instructor</u>	<u>Course(s) Taught</u>
Dr. Malissa Clark	PSYC 5100

\*All courses should be taught independently. Please include individual class days and times for each course.

\*\*If multiple courses are offered in the program, please use a new column for each course.

Date/Time	Activity Description*	Instructor(s)	Contact Hours	
			PSYC 5100	
			Lecture	Field/ Lab
Saturday, March 1	Pre-departure			
10:00-1:00	Program orientation	Dr. Clark	3.0	
Tuesday, May 13				
1:00-3:00	Regular class- wellness as the ultimate criterion for organization sciences	Dr. Clark	2	
Wednesday, May 14				
1:00-3:00	Regular class- Motivation	Dr. Clark	2	
Thursday, May 15				
1:00-3:00	Regular class-Work engagement	Dr. Clark	2	
Friday, May 16				
1:00-3:00	Regular class- Stress and Health	Dr. Clark	2	
Monday, May 19	Day 1: Arrive in Naples			
8:00	Arrive from Atlanta			
12:00-1:00	Lecture- stress and health continued	Dr. Clark	1.0	
Tuesday, May 20	Day 2: Sorrento Day			
9:00-10:00	In-Country Orientation	Dr. Clark	1.0	
10:00-12:00	Olive oil and mozzarella- food/nutrition and employee well-being	Dr. Clark		2.0
Wednesday, May 21	Day 3: Amalfi Coast Day			
9:00-10:00	Lecture- nature and biophilic design	Dr. Clark	1.0	
11:00-1:00	Explore Amalfi Coast - nature and biophilic design	Dr. Clark		2.0
Thursday, May 22	Day 4: Naples			
9:00-10:00	lecture- National policies on work-life balance (e.g., right to disconnect laws in some European countries)	Dr. Clark	1.0	
10:00-12:00	walking tour of Naples- discussion of societal support of employee well-being, focus on Italian culture	Dr. Clark		2.0

<b>Friday, May 23</b>	<b>Day 5: Procida Island Day</b>			
8:00-10:00	lecture and activity- benefits of pet friendly workplaces	Dr. Clark	2	
10:00-1:00	farm visit- benefits of pet friendly workplaces, other topics pertaining to mental health benefits of caring for animals, positive spillover to workplace	Dr. Clark		3.0
<b>Saturday, May 24</b>	<b>Day 6: Capri Day</b>			
9:00-11:00	lecture/group discussion- intro to rest and recovery topics	Dr. Clark	2	
2:00-4:00	explore Capri- rest and recovery and employee wellbeing benefits	Dr. Clark		2.0
<b>Sunday, May 25</b>	<b>Day 7: Ischia</b>			
9:00-10:00	lecture/group activity- mindfulness, yoga, and meditation effects on employee well-being	Dr. Clark	1	
2:00-5:00	yoga and meditation + natural springs- mindfulness, yoga, and meditation	Dr. Clark		3.0
<b>Monday, May 26</b>	<b>Day 8: Pompei</b>			
9:00-10:00	lecture- Reflection on current and future selves, time scarcity	Dr. Clark	1	
1:00-3:00	guided tour of pompei- reflection on current and future selves, time scarcity	Dr. Clark		2.0
<b>Tuesday, May 27</b>	<b>Day 9: Ischia</b>			
9:00-10:00	lecture- work passion, creativity, flow	Dr. Clark		
11:00-1:00	meet local artisans- work passion, creativity, flow	Dr. Clark		2.0
<b>Wednesday, May 28</b>	<b>Day 10: Boat day</b>			
9:00-10:00	lecture- "Deep dive" into rest and recovery experiences (focus on psychological detachment)	Dr. Clark	1	
2:00-4:00	boat tour- application of topics discussed in "deep dive" into rest and recovery experiences (focus on psychological detachment)	Dr. Clark		2.0
<b>Thursday, May 29</b>	<b>Day 11: Caserta</b>			
9:00-10:00	lecture- Recovery experiences- mastery experiences	Dr. Clark	1	
10:00 -12:00	cooking class- Recovery experiences- mastery experiences	Dr. Clark		2.0

<b>Friday, May 30</b>	<b>Day 12: Ischia</b>			
9:00-10:00	lecture- more on breaks (timing, length, types of activities)	Dr. Clark	1	
11:00-1:00	hiking- more on breaks (timing, length, types of activities)	Dr. Clark		2.0
<b>Saturday, May 31</b>	<b>Day 13: Ischia</b>			
9:00-10:00	lecture- sleep and rest, muscle relaxation	Dr. Clark	1	
1:00-3:00	Poseidon Thermal Baths- sleep and rest, muscle relaxation	Dr. Clark		2.0
<b>Sunday, June 1</b>	<b>Day 14: Ischia</b>			
9:00-10:00	Wrap up lecture	Dr. Clark	1	
<b>Monday, June 2</b>	<b>Day 14: Travel Day</b>			
10:00	Depart for Atlanta			
	<b>Total Hours</b>	Total Lecture Hours	26.0	
		Total Field/ Lab Hours		26.0

<b>Total Contact Hours</b>	<b>39</b>
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*Total Contact Hours = Total Lecture Hours + (Total Field Hours / 2)*

*Courses require 12.5 contact hours for each credit hour earned*

*Initial academic itineraries are understood to be tentative and subject to change. Please be as specific and accurate as possible.*

*For questions, please contact the Office of Curriculum Systems at [csabroad@uga.edu](mailto:csabroad@uga.edu) or 706-542-6358.*