

Psychology of Alcohol and Culture (Psych 347)

Dr. Diane Catanzaro and Dr. Matthew Campolattaro - Department of Psychology

Dates: May 5 – 26 2019

Taught in Belgium, Germany, the Netherlands, and Newport News

Dublin bonus night added!

I. Overview:

- a. This is a course where students examine psychological and cultural aspects of alcohol use and engage in collaborative research with students in Belgium and Germany. We will have several mandatory class meetings at CNU during Spring semester and/or immediately after final exams, to provide a foundation in psychological theories of alcohol use and culture, then travel to Europe to study these, and social norms, marketing, taste perception, alcohol abuse and treatment, and craft and traditional beer cultures.
- b. ALL majors welcome; prereq of Psych 201 or 202 complete by May 2019.
- c. Program fee: The \$3925 fee covers airfare, lodging, breakfasts, 4 to 5 group meals, trip health insurance and all course activities and travel in Europe. Excludes most lunches and dinners, spending money, textbook, optional trip insurance, travel to/from Dulles Airport.
Tuition: Tuition is in addition to program fee. In-state \$1284, out-of-state \$2841.
- d. Total Cost Trip: Program fee \$3925 + 3 tuition credits \$1284 or \$2841 = \$ 5209 (in-state) or \$6766 (out-of-state). You will also need “spending money” for most lunches and dinners, incidentals, etc.
- e. Space is limited - complete an application on the study abroad website. *The trip will likely fill PRIOR to the deadline so if you are interested begin your application ASAP!*
- f. Deposit and payment dates: See the study abroad website for deposit and payment deadlines. *If accepted, space is not guaranteed until a \$500 deposit is paid.*
- g. The course earns 3 credits as a 300-level course toward Psychology major or minor requirements. Other majors receive 3 elective credits toward the 120 to graduate.



- h. Students must have the following capabilities: (a) Walk distances of up to 1.2 miles with all trip luggage and belongings, (b) walk distances of up to 2.5 miles on uneven pavement and cobblestones (c) climb steep flights of stairs (d) willingness to share a bedroom and bathroom with one or more persons of the same sex.

We will stay in the historic area each city, close to museums, historical sites, restaurants, and shops.

While students spend **a majority of each day in structured course activities**, there will be some free time in each city to explore. *Photos 1st page: Brugge Markt at dusk; Working with Belgian students at the Atheneum in Brugge; lunch in Brussels' Grand Place; Photo above: Beer delivery by draft horse in Brussels' Grand Place.*

II. Bruges, Belgium: 7 nights

A friendly, small UNESCO World Heritage City, Bruges (Brugge = Flemish spelling) is the 'Venice of the North' due to the many canals key to Brugge's wealth in the 14th-15th century. Brugge features medieval buildings, swan-filled canals, and gold-trimmed Gothic churches. The Holy Blood Church houses a relic believed to be the blood of Christ. Mary of Burgundy's tomb, the Groeninge Art Museum, Michelangelo's Pieta, and a virtual reality tour of Brugge history are cultural activities in Brugge. Student will be able to do a canal tour and rent bikes to explore Brugge and the surrounding countryside, and we will take a day trip to Brussels.



Course activities in Brugge include a cultural exchange conference with senior students at the Atheneum high school, a seminar in the Psychiatric Department of the St. Janshospital to learn about the "Bruges Method" of alcohol treatment, a meeting with Alcoholics Anonymous members to learn about their alcohol histories and recovery, and a tour of an historic brewery featured on NPR and CNN. While in Brugge we stay in townhouses with kitchens, living rooms, washer-dryer, patio, and a 14th century Gothic-arched basement that will be our classroom. You will share a room with at least one other student. *Photos: Our Brugge classroom; the Brugge Markt.*



Brugge is in the Flanders region of Belgium, and Flemish (a form of Dutch) is the native language. French is spoken in the capital Brussels (an hour from Brugge) and the southern and eastern parts of Belgium.

English is spoken virtually everywhere we'll visit. Belgium is famous for its wide range of unique beers, including Trappist ales brewed at monasteries, spontaneously fermented sour lambics aged on wood and blended, and special beers produced using the *methode champenoise*. *Photo: Bicycling near Brugge and the Dutch border.*



III. Amsterdam, The Netherlands: 5 nights

Amsterdam is a lively multicultural city that began as a small fishing village and port that prospered from trade in beer and herring to become one of the wealthiest cities in the world during the 1600s' Dutch "Golden Age". Today it is a center of international commerce with beautiful 16th and 17th century architecture, famous museums, houseboat-lined canals that have UNESCO World Heritage designation, and an historic red light district ("De Wallen"). Our itinerary will include a tour of the Rijksmuseum with a focus on alcohol and food in Dutch art, a visit to a brewpub in De Wallen where we'll learn about their nonprofit social mission to employ people with psychiatric disabilities, and a visit to the Heineken Experience and House of Bols. We will spend a day in the beautiful Dutch countryside on a bicycle tour where we'll learn about Amsterdam history related to alcohol, social norms, and culture. A group dinner at an Indonesian *rijsttafel* will be a cultural culinary experience. And we'll visit the Anne Frank House to walk through the secret annex where several families hid for 25 months during WWII's Nazi occupation as documented in Anne's diary, published after her death in a concentration camp.

While in Amsterdam we'll stay at a *gezellig* rock-music-themed hotel close to the bustling Leidseplein and 2 tram stops (or a 15-minute walk) from Museumplein. You will share a room and bathroom with 2-4 other students. There are scores of restaurants, shops, and cafes nearby, and the tram is there to whisk you all over the city with your (included) tram pass.

Amsterdam is vibrant, friendly, beautiful, and full of pleasant surprises. *Photo: Amsterdam canal with bikes.*



IV. Bamberg, Germany: 7 nights

In Bamberg, a small city in the Franconia section of Bavaria, we will have several days of activities with psychology students at the University of Bamberg. CNU and Uni Bamberg students will form research teams to examine similarities and differences in an alcohol-and-culture-related topic and present their findings

to the class. When not in class we'll tour the 800-year old Dom Cathedral with its famous "Bamberg Rider" statue and tomb of Queen Kunigunde, visit a bierkeller or two, hike up to Altenburg Castle, and explore this unique and special city.

A UNESCO World Heritage City, Bamberg mostly escaped bombing during WWII, so it is an architectural time capsule. Bamberg was the seat of the Holy Roman Empire in 1020 during the reign of Pope Benedict VIII. Bamberg has 9 breweries, which they claim is the most per capita in the world. Bamberg is known for its smoke beer (*rauchbier*), kilned over local beechwood as it has been for centuries. We'll dine at the historic Schlenkerla Tavern, known for its rauchbier. Bamberg is also known for the kellerbier, literally "cellar beer," brewed and served at numerous open-air bierkellers. Our lodging in Bamberg is a beautiful guesthouse in the center of historic Old Town. You will share a room with one or two other students. The University of Bamberg campus where we will have class meetings and collaboration with German students is a 10-15 minute walk. *Photos: Bamberg's historic Town Hall (Rathaus); CNU and Uni Bamberg students relax at the Wilde Rose Bierkeller after their research presentations.*

V. Dublin, Ireland: Bonus day: We'll have 24 hours in Dublin on our return trip, and stay overnight in the close to Dublin's Temple Bar area. No required course activities are planned. On your own you may choose to tour the Guinness Brewery, view the Book of Kells at Trinity College, or visit a traditional Irish pub.

