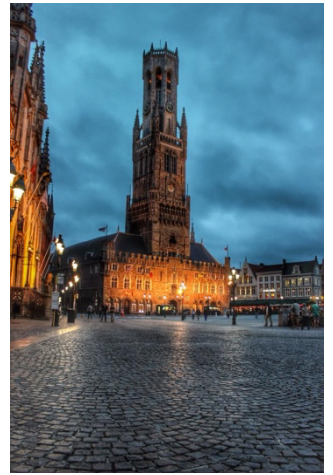


# Itinerary: Psychology of Alcohol and Culture - Psych 347-01

## May 8 – 27, 2022



### Required predeparture meetings at CNU – Spring 2022 - Dates TBA

- Topic: Orientation to course and trip plan
- Topic: Culture and psychology – lecture and discussion
- Topic: Measurement of alcohol consumption, harms, and attitudes

## ***BRUGGE, BELGIUM***

**May 8**– Fly Dulles (probable, TBA) to Brussels.

**May 9** – Arrive in Brussels, train to Brugge. Orientation, supermarket, canal tour, group dinner.

**May 10 – Brugge** - All day seminar at Atheneum School, Brugge. Cultural exchange activities with senior level high school students, survey analysis, faculty lecture, group presentations.

**May 11 Brugge** - 9:30-11:00 - Seminar on the Bruges method of alcohol treatment at St Jan's Hospital, with Dr. Erwin de Bisscop and his staff. Church of our Lady, Holy Blood Church.  
2:00 -3:00 - Halve Maan tour.  
3:30 on – Free time to explore city.



### **May 12 - Brugge**

11 am-12:30 pm - Seminar with Dan and Kate, discussion of Alcoholics Anonymous and their personal journeys of recovery. (Later we will discuss how their experiences fit into various concepts and theories).  
1:30-3:00 pm - Groeninge Museum.  
4:30- 6 pm - Bourgogne de Flandres, Brugge – Tour-blending seminar.



### **May 13 - Brussels day trip-**

11 am - Guided tour Cantillon Museum of Gueuze, walk to Grand Place, Mannekin Pis, Brasseurs Museum. Return to Brugge early evening.

**May 14 Brugge** - 10 am – 12 pm Classroom lecture and discussion – Psychology of Taste Perception  
12:15-6 pm – Free time.  
6:00-7:30 pm – Taste Seminar

### **May 15**

Last day in **Brugge**.

9:30- 11:30 am. Classroom discussion and journaling. Afternoon free time: bicycle, Historium museum, etc.

All: Tidy up townhouses, clean out fridge, trash/recycling, do laundry if desired, pack for morning travel.



## ***Amsterdam, the Netherlands***

### **May 16 - Amsterdam**

Morning (approx 10 am) Train to Amsterdam, check in to hotel, orientation to city. Free time afternoon.

6:30 -8:30 pm – Group dinner – Indonesian rijsttafel tasting experience.

### **May 17 - Amsterdam**

9:30-1:00 - Bike ride in countryside, stop at Vondelpark and windmill, guide-led lecture on Dutch alcohol, cultural attitudes, and history.

3:00-4:30 – Van Gogh Museum visit.

5:00-7:00 pm – Heineken Experience.

### **May 18 - Amsterdam**

10:00-12:00 - Private guided tour of Rijksmuseum with art-alcohol-culture focus.

1:30-2:30 pm – Canal boat tour.

3:00-4:30 pm - House of Bols visit and sensory perception experience.

### **May 19 - Amsterdam**

9:30 -10:30 am - Anne Frank House

1:00-2:30 pm - DePrael 'social service brewery' seminar

Late afternoon and evening – Free time.



## ***Bamberg, Germany***

### **May 20**

Bus to **Bamberg, Germany**. Arrive approximately 6 pm. Check in to Gasthaus.

### **May 21 - Bamberg**

10 am – noon - Walking tour of city brewing history and culture

2- 4 pm – Classroom lecture at University of Bamberg – Psychological theories of Alcohol Consumption

5:30-7 pm – Visit to traditional family bierkeller.

### **May 22 - Bamberg**

9:30 am- noon – Classroom lecture and discussion at University of Bamberg- Alcohol Use and Mental Health; Physiological Effects

2 pm – 4 pm – Classroom lecture and discussion at University of Bamberg- Prevention and Treatment

### **May 23 - Bamberg**

10 am- 11:30 pm - Bamberg Cathedral private tour

11:30 am-12:30 pm – Diocesan Museum private tour

2:30-4:30 pm – Weyermann's Malthouse tour

### **May 24 - Bamberg**

10 am - 12 noon – St. Michaelsburg visit, Franconian Brewery Museum.

12 pm – 5:30 pm – Free time.

6-8:30 pm – Group dinner and cultural seminar with Matthias Trum, owner/brewer at Schlenkerla Tavern.



**May 25 – Bamberg**

Morning – Free time, bike trip optional

4 pm to 6 pm – Classroom lecture and discussion at University of Bamberg.

Evening – Visit to traditional family bierkeller.

**May 26 – Bamberg**

10 am – 12 pm - **Final exam.**

12:00 on – Free time.

**May 27 - Depart Bamberg**

4:30 am – Depart to Frankfurt Airport by bus, late morning flight to Dulles (probably airport, TBA)

Notes:

*Specific detail and dates of activities abroad may vary based on 2022 logistics and host schedules.*

*We have structured activities every day. These may involve ‘hands on’ activities like a visit to a cultural site, a seminar or tour, an outdoor activity, or a meeting with cultural ambassadors or European students. The course will also involve classroom time with lecture and discussion to cover research and theory on the topic. There is some unscheduled free time (see itinerary above), and students will have most evenings free.*

