Summer 2019

Sustainability and Food Studies in Italy
Led by Professor Mark Usher

The Course
"Sustainability: A Cultural History" traces modern ideas about sustainable, ecological living back to the origin of those ideas in the mythology, philosophy, and socio-political/religious institutions of the ancient Greeks and Romans. The course runs for 3 weeks and includes several field trips to local farms and traditional food producers in the Umbria region. Etruscan and other archaeological and historic sites will also be visited. The seminar is capped by a weekend field trip to an ancient, still productive olive grove in the Sabine Hills that preserves the archaeological remains of a large Roman country villa (villa rustica). On the weekends, students are encouraged to explore and take advantage of other locations in Italy such as: Rome, Florence, Venice, Genoa.

For more information contact Professor Mark Usher at musher@uvm.edu
Do I need to know Italian?
No, you do not. Most students come to Perugia with no background in Italian. Courses at the Umbra Institute are offered in English, unless you are specifically interested in enrolling in Italian language courses.

Is WIFI easily accessible in Italy?
The Umbra Institute and all student apartments are fully equipped with WiFi. Students often study in local coffee, gelato, or sweet shops where WiFi is also available.

What student services are available?
Umbra staff meets students upon arrival to the FCO airport in Rome and offers a comprehensive academic and safety orientation, including a walking tour of the city. Various workshops and cultural activities are arranged throughout the semester and day-trip travel guides are available. Umbra also has a smartphone app that provides not only course, local discount, and activity information, but also emergency and medical contacts, as well as an immediate notification system designed to reach travelers in any location. Students also have access to Umbra’s 24/7 emergency phone, student lounge with a television hosting American channels, the library, and printer.

What is included in tuition?
Tuition covers the academic program, housing, airport transfers (FCO-PG-FCO), Resident Director, orientation, institute & university facilities, some Umbra-sponsored cultural activities, transcript, student services & 24-hour assistance. Tuition does not cover airfare, personal travel, food, or course fees.

What will my apartment be like?
All student apartments are located within a short walking distance of the Umbra Institute. They are within Perugia’s historic city center, offering quick access to cafes, restaurants, grocery stores, cinemas, shopping centers, the post office, and more. Apartments are fully furnished and each apartment has a fully-equipped kitchen that students may use to cook affordable meals. Students will be asked to bring their own towel, but sheets, pillows, fans, and other household items will be provided by the Institute’s dedicated housing staff.