Spend this summer in the heart of Europe, while improving your resume for an advanced Public Health degree, Medical School, Dental School, Pharm School or any other health-related discipline! This program, focused on Public Health, is being organized by UCI's own Dr. Zuzana Bic, who grew up and attended Medical and Public Health School in the Czech Republic. Meet Dr. Bic’s colleagues and be introduced to various Public Health issues currently facing this eastern European nation and the world. You will also travel throughout the country to see all that the Czech Republic has to offer. And remember, once the program is over, you’ll be perfectly situated in the center of Europe to begin your own adventures!

Included Trips and Excursions:

**Enjoy an Overnight to Ceske Budejovice (3 days, 2 nights)**
On this excursion to the largest city in the South Bohemian Region and the political and commercial capital of the region, discover Cesky Krumlov Chateau (built in 1257), the first Czech historical site to win the European Union's main prize for heritage conservation. Visit the Zlata Koruna Monastery (Golden Crown), magnificent Gothic buildings with Baroque or Rococo adjustments. One the way back to Prague, explore Trebon, a historical town established in the middle of the 12th century, known for its spa services.

**Visit Brno, the second largest city in the Czech Republic (3 days, 2 nights)**
With Brno as your home base, head to Kutna Hora, a UNESCO World Heritage Site and a town famous for its old silver mines. Next, explore the caverns and caves that make the Moravian Karst region famous. On your way back to Prague, stop by Slavkov to visit the Slavkov Castle, where, in its historic hair salon, an armistice was signed between Austria and France after the 1805 Battle of Austerlitz.

**Take an overnight excursion to Karlovy Vary (3 days, 2 nights)**
On your way to Karlovy Vary (also known as Karlsbad), internationally known for its famous hot springs and spas, visit Becov Castle, a stone structure built in the 13th century to protect the border of Hungary. Take free time to explore the area and visit to Zamecke Lazne (Castle Spa) with its pool of natural thermal mineral water, the only one of its kind in the Czech Republic.

Prague, home to the first Public Health Institute in Europe, is the perfect destination for engaging in courses in Public Health, taught by UCI and visiting faculty from the Czech Republic. Their local connections will put you in contact with speakers from the Ministry of Health, the National Institute of Public Health, and Charles University Faculty of Medicine.

**Principles of Public Health**

**Public Health 1 (4 units)**
In addition to learning about relevant public health issues facing the Czech population, this course introduces the major concepts and principles of public health and the determinants of health status in communities. Emphasizes the ecological model that focuses on the linkages and relationships among multiple natural and social determinants affecting health. Students will hear from local guest speakers and learn about the Czech health care system. Prerequisite: none. Instructor: Zuzana Bic, Dr.P.H., MUDr, Lecturer PSOE, Public Health Program, Department of Population and Disease Prevention, UC Irvine.

*Note: In the official 2010 printed Travel-Study catalog, this course is listed with prerequisites. There are none for this course.*

**Public Health Communication**

**Public Health 148 (4 units)**
This course covers the theoretical underpinnings and practical applications of communication sciences in public health messaging. Students will learn to identify and evaluate skills and techniques of effective communication used in various aspects of public health, including: emergency preparedness; fear appeal and deterrence; social marketing; public-private partnerships; mass vaccination; regular preventive health check-ups; health service delivery; and maximizing information reach in rural and urban planning, and for international, global health strategies. Prerequisites: Public Health 1 and 2, or consent of the instructor. Instructor: Zuzana Bic, Dr.P.H., MUDr, Lecturer PSOE, Public Health Program, Department of Population and Disease Prevention, UC Irvine.

*Note: In the official 2010 printed Travel-Study catalog, this course is incorrectly listed with no prerequisites. See correction above.*
NUTRITION AND GLOBAL HEALTH
Public Health 120 (4 units)
This course studies of basic and applied principles of human nutrition, nutrient sources and functions, energy balance and weight control, nutrition in fitness and sports, eating disorders, nutrition in different life stages and food safety. You will learn to evaluate nutritional risk factors associated with development of chronic diseases, and will receive an introduction to evidence-based nutritional and lifestyle medicine.
Instructor: Dr. Peter Pribis, Assistant Professor of Nutrition and Wellness, Andrews University, MI.

UCI Faculty-Led Program (Dr. Zuzana Bic)
PUBLIC HEALTH IN PRAGUE, CZECH REPUBLIC
June 20 - July 24, 2010

FEE INFORMATION:
Total fee for UC undergrads: $4882
$1832 course fees + $3050 program fee
Total fee for others: $5338
$2288 course fees + $3050 program fee

DEPOSIT:
$500 (applied towards Total Fee)
Due May 1: Remaining balance of Total Fee

*Course Fees for Summer Session are pending the State budget and approval by the Regents of the University of California, and are subject to change. All programmatic fees are also subject to change. Total fee does not include air travel.

Please note that the above fees are the most up-to-date. They are different from those printed in the official 2010 Travel-Study catalog.

PHYSICAL ACTIVITY AND HEALTH
Public Health 100 (4 units)
Through this course you will study basic and applied principles that describe and explain the body’s response to exercise and adaptation to exercise training to maximize human physical potential. You will also learn about the role of physical activity in the prevention of chronic diseases, and about evaluation of body composition and physical fitness to understand various tests used in the human performance lab. Prerequisites: Public Health 1 or consent of the instructor. Instructor: Dr. Peter Pribis, Assistant Professor of Nutrition and Wellness, Andrews University, MI.

FEE INCLUDES:
travel.
• Three-day, two-night trip to Karlovy Vary
• Three-day, two-night trip to Ceske Budejovice
• Three-day, two-night trip to Brno
• Prague city tour, including Prague Castle and boat ride

study.
• Enroll in two of the 4.0 quarter unit courses offered (8.0 units total)
• Courses taught by UCI and visiting faculty in Public Health
• Guest speakers from Czech health officials

live.
• Accommodations 3-star hotel within 10-minutes of downtown Prague
• Easy access to city metro/trolley
• Shared double-room with private bath
• Two meals per day will be included
• Farewell dinner party and show

More Perks!
• Pickup and drop-off at Prague Airport
• Public transportation pass for unlimited transit in Prague during your stay
• Free Wi-Fi at your hotel
• The city of Prague is right outside your door
• English speaking Program Assistants to help you during your stay

Live and take classes in a modern 3-star hotel located just 10 minutes away from the center of the “Golden City” of Prague, the political, cultural, and economic center of the Czech state for more than 1100 years!