What was one significant cultural difference between your host country or community and Madison?
Overall, life in Vienna seemed much less rushed than in the States.

What was one of the most memorable experienced from your time abroad?
The most memorable experience from my time abroad was attending the research symposium on moderate acute malnutrition at the International Atomic Energy Agency. Listening to brilliant minds present their research was fascinating and challenging to follow. I really just enjoyed observing the dynamics of a global research symposium.

Describe what the academic and classroom experience (if any) was like on this program.
Three days were spent in the classroom over spring break. Since I was majoring in Nutritional Sciences, I did not feel as though I learned anything new from the lectures given during this class time (i.e. BMI, fat metabolism, health determinants, etc.) I did enjoy the cooking portion of the classroom experience. I felt it was a way to apply lecture material in a real life, hands on experience.

What did you learn about health through this program?
“Health and well-being is influenced by everything around us, obvious or not.”