

Study Tour Objectives

General Objectives:





- Gain a deeper and more nuanced understanding of how classroom theories apply to the real world environment
- Develop a deeper insight into Scotland through exposure to the culture, history, and socioeconomic climate of the region
- Engage in your personal learning process outside the classroom by actively participating and challenging your current ideas and assumptions
- Get to know your fellow students and professor in an educational and social setting outside of DIS





Visit-Specific Objectives:

- Through discussion and a guided tour of **PYCP**, we will explore how open access youth clubs support health and well-being
- Explore the connection between nature and well-being with a **Hike to Arthur's Seat**
- Explore how and why spirituality, meaning in life, and meditation can be potential strategic pathways to well-being through a visit with **Kadampa Buddhist Centre**
- Reflect on and differentiate between the different routes to well-being and cultivating positive emotions about the present time, for example: flow, savouring, and meditation, during the **Canoeing** activity
- Explore the concept of savouring and mindfulness by taking pleasure in the senses while enjoying a **traditional Afternoon High Tea** on the town.






Study Tour Leaders	<p>Line Frederiksen <i>DIS Faculty</i> Phone: +45 7172 6388</p> <p>Alexandra Fischbach <i>Psychology Program Assistant</i> Phone: +45 3010 9307</p>	
DIS Office	+45 3311 0144 (8:30-16:30)	
Emergency	+45 3066 1615 (24hrs)	
US Embassy	<p>U.S. Consulate General 3 Regent Terrace Edinburgh EH7 5BW Tel: +44 131 556 8315</p> <p>Telephone & Fax Phone [44] (0)131 556 8315 Fax [44] (0)131 557 6023 Email: edinburgh-info@state.gov</p> <p>REMEMBER YOUR PASSPORT & STUDENT ID!</p>	
	<p><i>IMPORTANT: A reminder to students with cell phones – Please be aware that European roaming fees are extremely expensive. You will, regardless of your provider, be charged high rates for <u>ALL</u> incoming calls, outgoing calls, and the sending of text messages. In order to avoid these exorbitant rates, DIS strongly encourage you to minimize your cell phone use and use local internet cafés to keep in touch with friends and family while you travel.</i></p> <p><i>However please keep your phone on and with you at all times in case of an emergency.</i></p>	

SUNDAY, JUNE 17

9:25		<p>Meet and check in with tour leaders in Terminal 2 by the 7ELEVEN</p> <p><i>Please be sure to grab lunch at the airport or bring snacks prior to departure</i></p> <p>Reference code: T X V N Z E</p>
11:55		<p>Depart on Norwegian flight D83502 to Edinburgh</p> <p><i>Please note that you will be required to pass through passport control in both Denmark and Scotland.</i></p>
12:45 (local time)		<p>Arrive in Edinburgh</p> <p><i>Note that Edinburgh is one hour behind Copenhagen – change your clocks accordingly!</i></p> <p><i>Please note that as Scotland is not part of Schengen, American citizens need to go through Immigration upon arrival in Edinburgh. This can take anywhere from 30 min to 90 min depending on how busy the airport is at the time of arrival</i></p>
		<p>Bus transfer from the airport to the hotel</p>
Approx. 15:00		<p>Arrival and check-in: Apex Hotel Waterloo Place Edinburgh 23-27 Waterloo Pl Edinburgh EH1 3BH United Kingdom Tel. +44 131 523 1819</p>
15:30		<p>Meet in hotel lobby ready to depart for group hike</p>
16:00		<p><u>Cultural and Academic Activity: Group Hike</u> Arthur's Seat</p> <p>Topic: "The Connection of Nature and Well-being"</p> <p>Objective: Investigate your connection and relation to "nature" and its impact on well-being.</p> <p>Description of Activity: Arthur's Seat is the main peak of the group of hills which form most of Holyrood Park, a remarkably wild piece of highland landscape in the center of the city of Edinburgh, about a mile to the east of Edinburgh Castle. The hill rises above the city to a height of 251 m (823 feet), provides excellent panoramic</p>








		<i>views of the city, is quite easy to climb, and is a popular walk. Though it can be climbed from almost any direction, the easiest and simplest ascent is from the East, where a grassy slope rises above Dunsapie Loch.</i>
20:00		Group Dinner: David Bann 56-58 St Mary's St Edinburgh EH1 1SX UK Tel. +44 131 556 5888
		Walk to ghost tour
21:45		Group Activity: Edinburgh Ghost Tour Mercat Cross Royal Mile Edinburgh EH1 1RF UK Tel. +44 131 225 5445
		Rest of evening on own


MONDAY, JUNE 18

		<p>Breakfast at the hotel</p> <p><i>Breakfast is served from 7:00. Please have breakfast at your own leisure before the listed meeting time.</i></p>
8:50		<p>Meet in hotel lobby ready for academic visit</p>
9:00 – 11:00		<p>Academic Visit and Workshop: Sheena Lowrie Senior Health Promotion Specialist</p> <p>Meeting Room: Apex Hotel Waterloo Place Edinburgh 23-27 Waterloo Pl Edinburgh EH1 3BH United Kingdom</p> <p><i>“Mental Health and Well-being in Scotland”</i></p> <p>Objective: <i>Learn about the status of mental health treatment in Scotland and steps the government is taking to improve treatment on a national basis.</i></p> <p>Description: <i>Sheena Lowrie is a Senior Health Promotion Specialist working at NHS Health Scotland. She primarily works with older adults on guided self-help, exercise on referral, and stress control. Sheena will also discuss some of her work.</i></p>
		<p>Depart for food tour</p> <p><i>If you are in group two, please arrive at the location listed below at 12:20.</i></p>
<p>Group 1: 11:30</p> <p>Group 2: 12:30</p>		<p><u>Academic and Cultural Activity:</u> Eat & Walk Edinburgh Old & New Town Tour</p> <p>Meeting Location: Radisson Blu Hotel Edinburgh 80 High Street The Royal Mile Edinburgh EH1 1TH United Kingdom</p> <p><i>“See the city while savoring traditional experiences”</i></p>









		<p>Objective: Apply positive psychology techniques while discovering a new city by savoring traditional food and drink, appreciating beauty and excellence and satisfying your curiosity for travel and new experiences.</p> <p>Description of Activity: On this walking tour, you will walk the streets of Edinburgh learning about its history while tasting various local cuisines. You will be stopping at local eateries including the Hotel du Vin, Makar Rest on the Mound and Ghillie Dhu. By the end of the tour, you will be well versed in Edinburgh's stories and well fed with Scottish fare.</p> <p>Please bring valid ID to participate in the whiskey tasting.</p>
	★	Rest of the day, including dinner, on own



TUESDAY, JUNE 19

		<p>Breakfast at the hotel</p> <p><i>Breakfast is served from 7:00. Please have breakfast at your own leisure before the listed meeting time.</i></p>
9:10		Meet in hotel lobby ready to depart
		Depart on public transport for group visit
10:00 – 12:30		<p>Interactive Discussion and Guided Tour of Facilities: Pilton Youth & Children's Project Lesley Ross – Project Manager The Greenhouse 33 West Pilton Brae Edinburgh EH4 4BH</p> <p>Topic: "Well-being and flourishing in the local community"</p> <p>Objective: <i>Through discussion and a guided tour of PYCP, we will explore how open access youth clubs support health and well-being"</i></p> <p>Description: <i>PYCP is rooted in the local community and is committed to enabling each young person to realize their unique potential and to take a positive role in society. Since 1997 PYCP has been based in West Pilton, in Forth Ward, Edinburgh. We provide a range of services and activities for ages 5 to 18, ranging from open access youth clubs to tailored 1:1 and group based support for young people in need.</i></p>
		Depart for group activity
Approx. 13:15		Time to explore the National Museum of Scotland
14:00		<p>Group and Academic Activity: Afternoon High Tea</p> <p>Tower Restaurant National Museum of Scotland Chambers St Edinburgh EH1 1JF UK Tel.: +44 131 225 3003</p>









		<p>Topic: “Savouring Life’s Joys: Take pleasure in the senses”</p> <p>Objective: Explore the concept of savouring and mindfulness by taking pleasure in the senses while enjoying a traditional Afternoon High Tea on the town.</p> <p>Savouring life’s joys is Sonja Lyubomirsky’s Happiness Activity No. 9. Savouring is, by researchers, defined as any thoughts or behaviours capable of “generating, intensifying, and prolonging enjoyment” (Lyubomirsky, 2011, p. 197), and by the traditional Afternoon High Tea at The Tower, you have an excellent opportunity to practice “luxuriating” – or indulging the senses – which is one of the key ways to promote savouring (Bryant and Veroff, 2006 in Lyubomirsky, 2011, p. 205).</p>
		Rest of the afternoon, including dinner, on own

WEDNESDAY, JUNE 20

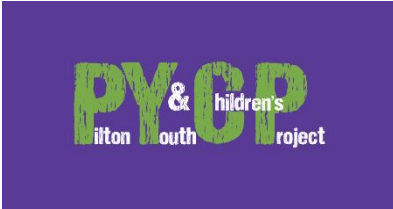
		<p>Breakfast at the hotel</p> <p><i>Breakfast is served from 7:00. Please have breakfast at your own leisure before the listed meeting time.</i></p> <p><i>NB! Wear loose fitting clothes and appropriate footwear for canoeing. Bring a towel and change of clothes, if you'd like.</i></p>
8:00		Meet in the hotel lobby ready to depart
		Depart for Glasgow
10:00-12:00		<p><u>Academic Activity: Group Meditation Session</u> Kadampa Meditation Center & Vajrayana Buddhist Center - Glasgow 78 Hutcheson Street Glasgow G1 1SH</p> <p>Topic: "Spirituality, Mindfulness, and Meditation"</p> <p>Objective and Description: <i>With the guidance of Gen. Kelsang Machig, gain insight into Buddhist meditation, exploring how and why spirituality and meaning in life can be possible pathways to well-being and experience mindfulness through a guided meditation session.</i></p> <p><i>Gen. Kelsang Machig has been studying Buddhism for over fifteen years and is a regular presenter on BBC Radio Scotland's "Thought for the Day" program.</i></p>
		Walk to group lunch
12:15		<p>Group Lunch: Browns 1 George Square Glasgow G2 1DY United Kingdom 0141 221 7828</p>
		Depart by bus for cultural activity
14:30		<p><u>Academic and Cultural Activity:</u> Experiential and Physical Learning</p>

		<p>Guided Canoe Tour In Your Element Ben Lomond Way Balloch Alexandria G83 8QL Tel. +44 333 700 7004</p> <p>Topic: “Cultivating Positive Emotions about the Present”</p> <p>Objective: Reflect on and differentiate between the different routes to well-being and cultivating positive emotions about the present time, for example: flow, savoring, and meditation, during the Canoeing activity</p> <p>Please be sure to wear comfortable clothing, bring a waterproof jacket, and bring a change of clothes (including shoes) just in case! Other items to bring:</p> <ul style="list-style-type: none"> • Sunscreen • Hat • Camera (with a secure case!)
17:00		Return to Edinburgh by bus
19:00		<p>Approximate arrival in Edinburgh</p> <p><i>Rest of the evening, including dinner, on own.</i></p>

THURSDAY, JUNE 21

		<p>Breakfast at the hotel</p> <p><i>Breakfast is served from 7:00. Please have breakfast at your own leisure before the listed meeting time.</i></p>
9:30		Meet in hotel lobby to check-out and store luggage
9:45		<p><u>Academic Activity:</u> Long Study Tour Wrap-up</p> <p><i>Topic:</i> “What We’ve Learned”</p> <p><i>Objective:</i> We will discuss the relevance and significance of every activity and visit throughout the Long Tour.</p> <p><i>Description:</i> Each of the four groups will present and summarize the main learning outcomes of this week’s visits and activities, followed by a comprehensive perspective of the course.</p> <p>Location: Apex Hotel Waterloo Place Edinburgh 23-27 Waterloo Pl Edinburgh EH1 3BH United Kingdom</p>
11:45		Retrieve luggage and depart for group visit
		Depart by private bus for Edinburgh Airport
13:00		<p>Arrival and check-in at Edinburgh Airport</p> <p>Reference code: T X V N Z E</p> <p><i>Make sure to grab lunch at the Edinburgh Airport. Your tour leaders will give you £10 to cover some of your costs.</i></p>
15:00		Departure from Edinburgh on D83503 to Copenhagen
17:45 (local time)		Arrival in Copenhagen

APPENDIX



Pilton Youth and Children's Project

Since 1997 PYCP has been based in West Pilton, in Forth Ward, Edinburgh. We provide a range of services and activities for ages 5 to 18, ranging from open access youth clubs to tailored 1:1 and group based support for young people in need. Our work involves 3 broad specialisms with teams of youth work staff who are highly experienced in

providing innovative activities and supports for young people. The specialisms are: health and wellbeing, life transitions, and intensive support.

Sheena Lowrie

Sheena Lowrie is the Senior Health Promotion Specialist for the Mental Health and Wellbeing Programme at NHS Health Scotland. NHS Scotland is a national Health Board working with public, private and third sectors to reduce health inequalities and improve health. She is a published author and is involved in a number of Positive Psychology and well-being projects and developments. Her work focuses on the adult population and her research has been primarily done to improve the well-being and quality of life for adults in the later stages of life.

Arthur's Seat

Arthur's Seat is the main peak of the group of hills which form most of Holyrood Park, a remarkably wild piece of highland landscape in the center of Edinburgh. Arthur's Seat is often mentioned as one of the possible historical locations Camelot, the legendary castle and court of the Romano-British warrior-chief, King Arthur. It seems more likely, however, that the name is a corruption of the Gaelic 'ard na saigheid,' meaning 'hill of the archers'.



Kadampa Buddhist Centre – Glasgow

KMC Glasgow is part of the New Kadampa Tradition (NKT-IKBU), an international spiritual community dedicated to achieving world peace following the Kadampa Buddhist path. KMC Glasgow was established to provide people in Glasgow and the surrounding areas with the opportunity to learn how to meditate and practice Buddha's teachings. To fulfil this aim we have just opened our new city temple, a peaceful sanctuary in the heart of Glasgow's Merchant City.

The Centre is run by volunteers and dedicated practitioners.