

Sustainable Food: Production & Consumption



MILAN | BOLOGNA

Long Study Tour
DIS Copenhagen | Spring 2019


















Name: _____














Study Tour Objectives






- Gain a deeper and more nuanced understanding of the values that drive people to pursue and the ways they find to contribute to a transition towards a good, clean and fair food system.
- Compare and contrast sustainability approaches in Northern and Southern Europe.
- Analyze the social and cultural embeddedness of traditions around food and their relation to sustainable food practices.
- Explore and learn more about Italy through exposure to its culture, history and socioeconomic climate and above all through its connection to food and agriculture.
- Understand and learn about the different roles, actors and skills involved in creating a good, clean and fair food system.
- Gain a deeper insight how food can be a tool of inclusion empowerment and respect.
- Engage in your personal learning process outside the classroom by actively participating and challenging your current ideas and assumptions.

Study Tour Leaders		<p>Ed Romein Faculty, Sustainability Tel: +45 2818 3524</p> <p>Ally Mackender Study Tours Coordinator Tel: +45 3067 1010</p>
DIS Office		+45 3311 0144 (8.30-16.30)
DIS Emergency		+45 3067 1000 (24hrs)
Emergency Response		112
US Embassy		<p>Embassy of the United States Lungarno Amerigo Vespucci 38 50123 Firenze FI Tel: +39 055 266951</p> <p>PLEASE REMEMBER YOUR PASSPORTS & STUDENT ID!</p> <p><i>If you officially disclosed an allergy and/or dietary restriction and/or have been granted reasonable accommodations on study tour based on a documented disability, this information has been shared with your tour leaders. However, it remains your responsibility to seek necessary medical care in advance of your study tour and manage your health while on tour. If you would like your leader to know more about your medical or disability history, it is up to you to disclose it to them. In addition, if you need reasonable assistance in managing a health condition while on tour (e.g. if you have seizures and want leaders to know how to act if one occurs on tour or have an epi pen you would like someone to locate for you should you have an allergic reaction, or similar), it is up to you to request such assistance directly from your fellow students/leaders. If you have questions or would like assistance in this process, please contact the Care Team at care@dis.dk</i></p>










DAY 1 Sunday, March 24 th		
6:25		<p>Meet in Copenhagen Airport Terminal 3, by the blue SAS Kiosks</p> <p>Check in using reference code: SE 6 G R Q</p> <p><i>Please pack a lunch</i> Remember airport security regulation regarding liquids</p>
8:25		Depart Copenhagen for Milan on flight SK1685
10:30		Arrive in Milan MXP
		Depart by train to central Milan
Approx. 12.30		<p>Arrive & Store luggage: Smart Hotel Milano Centrale Via Napo Torriani, 28 20124 Milano MI Italy Tel. +39 02 3666 8600</p> <p><i>You will not be able to check in until 15:00!</i></p>
		Depart by public transport for Duomo Square
		<p>Time & lunch on own</p> <p>Please meet outside the Duomo</p>
14:30		<p>Cultural visit: Duomo di Milano Piazza del Duomo 20122 Milano MI Italy Tel. +39 02 7202 2656</p> <p><i>One of the largest cathedrals in the world, this iconic masterpiece took over 600 years to complete.</i></p>
		Return to hotel for proper check in
		Time on own

17:45		Meet in lobby ready to depart
		Depart on public transport for academic visit
18.30		<p>Academic visit: Cascina Cuccagna Via Cuccagna, angolo via Muratori, 2/4 20135 Milano MI</p> <p><i>An old farm house in the middle of Milan that has been restored and functions as a hub for local sustainable food</i></p>
19:30		<p>Group Dinner: Un Posto A Milano Via Cuccagna, 2 20135 Milano Tel. +39 02 545 7785</p>
		Rest of evening on own

DAY 2		Monday, March 25 th
From 6:30		Breakfast at the hotel <i>Breakfast is served from 6:30, please have breakfast at your own leisure</i>
8:45		Meet in lobby to check out and store luggage at hotel
9:00		Depart for academic visit
		Theme of the day: The Power of Connections How connections facilitates sustainability within food systems.
9:30-11:30		Academic visit: Milan Urban Food Policy Pact Piazza della Scala 2 20121 Milano
		Lunch and time on own
13:55		Meet up in front of Via Francesco Melzi D'Eril 7, 20154 Milan
14:00-15:30		Academic visit: Biorfarm Via Francesco Melzi D'Eril 7 20154 Milan
		Time on your own
17:30		Meet in lobby of Smart Hotel Milano Centrale to pick up luggage and be ready to depart
		Depart for train station
18:20		Depart on FR9547 Taranto from Milano Centrale Railway Station
19:22		Arrive in Bologna

		<p>Depart on foot to your hotel</p> <p><i>Your hotel is 130 m from the station!</i></p>
19:30		<p>Arrive and Check in:</p> <p>Mercure Bologna Centro Viale Pietro Pietramellara, 59 40121 Bologna BO Italy Tel: +39 051 42211</p>
20:15		<p>Meet in lobby to go to dinner</p>
20:30		<p>Group Dinner:</p> <p>Bio's Kitchen Via Galliera 11 Bologna</p>
		<p>Rest of evening on own</p>

DAY 3 Tuesday, March 26 th		
From 6:30		Breakfast at the hotel <i>Breakfast is served from 6:30, please have breakfast at your own leisure</i>
8:45		Meet in lobby ready to depart
		Depart for visit
		Theme of the day: The Power of Communities How communities shape a sustainability food system.
9:30-10:30		Academic Visit: Arvaia - Community Supported Agriculture and didactical project Via Olmetola, 16 40132 Borgo Panigale Bologna BO
		Depart for visit
11:00-12:00		Academic Visit: Spazio Battirame (community supported agri-culture) Via del Battirame, 11 40138 Bologna BO
		Depart back to central Bologna
		Lunch and time on your own
17:25		Meet at Cooking Workshop <i>The restaurant you will have your cooking workshop & dinner in is located a 45 min walk from your hotel, and only 20 min on public transport</i>
17:30		Cooking Workshop & Group Dinner: Cooking Class & Dinner LOCATION: Osteria de Poeti Via dei Poeti 1B Bologna Tel. +39 051 236166
		Rest of the evening on your own

DAY 4 Wednesday, March 27th		
From 6:30		Breakfast at the hotel <i>Breakfast is served from 6:30, please have breakfast at your own leisure</i>
8:10		Meet in lobby ready to depart for Modena
8:33		Depart on train to Modena on RV 11546 Piacenza <i>Keep your train ticket for your return to Bologna as it is a return ticket</i>
9:00		Arrive in Modena
		Theme of the day: The Power of Passion How passion guides sustainability.
9:30-11:00		Academic visit: Food for Soul Social Tables Ghirlandina Via Leodoino Vescovo, 9 41121 Modena www.foodforsoul.it
		Depart to restaurant
12.00		Group Lunch: Restaurant Frigieri P. Le S.Francesco d'Assisi 156 41121 Modena
	 	Rest of the day and transport back to Bologna on your own Modena Train Station Piazza Dante Alighieri <i>The train leaves from Modena Station approx. every 20 minutes (travel time 30 minutes).</i>
		Suggested visits in and close to Modena: <i>Sustainable Food: Production and Consumption</i> <i>Long Study Tour – Spring 2019</i> <i>Italy</i>















Enzo Ferrari Museum
Via Paolo Ferrari, 85, 41121 Modena












Duomo of Modena

Visit and climb Torre Ghirlandina

Visit the Mercato Albinelli

Casa Museo Luciano Pavarotti
(located 20 min drive outside of Modena)

DAY 5		Thursday, March 28 th
From 6:30		Breakfast at the hotel <i>Breakfast is served from 6:30, please have breakfast at your own leisure</i>
7:45		Meet in lobby ready to depart
		Depart by bus to visit
		Theme of the day: The Power of Flavor How taste guides sustainability. Tour in the Colli Bolognesi
9.00-11.00		Academic Visit: Hombre Farm Strada / Via Corletto Sud, 320 41126 Modena <i>Organic Parmigiana Reggiano production</i>
		Depart by bus to lunch
12.00-14:00	 	Group Lunch: Amerigo 1934 Via Marconi 14/16 40053 Savigno Tel. +39 051 670 8326 <i>Slowfood</i> <i>Alberto Bettini</i>
		Depart on foot for academic activity
14:30-16:30		Academic Activity: Foraging for Truffles Via Guglielmo Marconi, 49A, 40060 Savigno BO
		Depart by bus to hotel
		Rest of the evening including dinner on your own

DAY 6		Friday, March 29 th
From 6:30		Breakfast at the hotel <i>Breakfast is served from 6:30, please have breakfast at your own leisure</i>
8:45		Meet in lobby ready to depart <i>Please be sure to check out and store your luggage before leaving the hotel for the morning!</i>
		Theme of the day: The Power of Waste
09:00-12:00		Academic Activity: Last Minute Market Meeting room at Starhotels Excelsior Bologna Viale Pietro Pietramellara, 51 40121 Bologna BO
12.30		Group Lunch: Alice Nero Berberè Via Giuseppe Petroni 9/b, 40126 Bologna, Italy https://www.berberepizza.it/en/
		Time on own in Bologna
17:15		Meet at hotel to pick up luggage and get ready to depart for the airport
		Depart for airport
18:00		Arrive at Bologna Airport Check in using reference code: SE6GRQ
20:00		Depart on flight SK2686 to Copenhagen
22:05		Arrive in Copenhagen <i>In order to constantly improve and enhance our Study Tours, please take a moment to fill out the Study Tour evaluation. You will be sent a link.</i>

SUS Food

24-03-2019 - 29-03-2019

Total on tour: 27

Total students: 25

Total other: 2



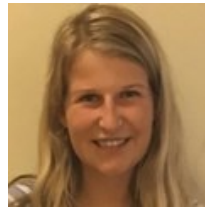
Romein, Edwin



Mackender, Allyson



Ammentorp, Meghan Mary
USA
University of Wisconsin - Madison



Bensen, Elizabeth Margaret
USA
University of Wisconsin - Madison



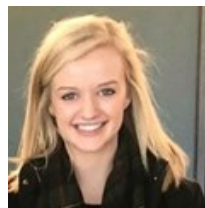
Bluestein, Henry Whalen
USA
College of William and Mary



Botos, Anne Elizabeth
USA
Georgetown University



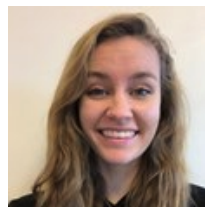
Burdette, Jaime
USA
Pennsylvania State University



Ciuba, Chandler Mackenzie
USA
Furman University



Dadourian, Elise M
USA
Brown University



Flanagan, Jordan Emma
USA
Saint Lawrence University



Freeman, Jackie Rita
USA
University of Michigan - LSA/CGIS

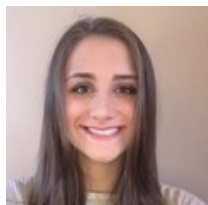


Gilmore, Josie
USA
University of Michigan - LSA/CGIS



Goidel, Sydney Emma

Carleton College



Goldstein, Camryn Michele

USA

Bucknell University



Jermyn, Ella Carolyn

USA

University of Michigan - LSA/CGIS



Karunaratne, Tarea

LK

Fordham University



Kellogg, Audrey Louise

USA

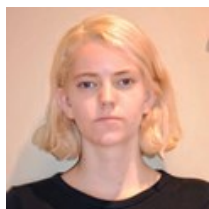
Skidmore College



Kravitz, Talya Sarah

USA

University of Maryland, College Park



Manville, Annie Meredith

USA

University of Virginia



Moussa, Ella

USA

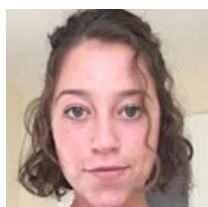
Barnard College



Nevins, Leora Yonit

USA

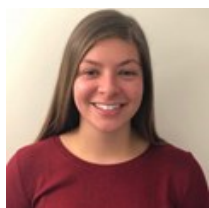
Brandeis University



Nottonson, Rebecca Matilda

USA

University of Vermont



Rogers, Emilee Anne

USA

Indiana University



Shumrick, Francesca

USA

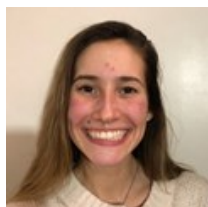
Ohio State University



Smith, Kenzie Elizabeth

USA

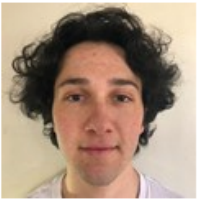
Gettysburg College



Sullivan, Shannon Elizabeth

USA

Wheaton College - Massachusetts



Weinberg, Kobi

USA

Brown University

INSURANCE MATTERS WHILE TRAVELLING ON DIS STUDY TOURS

Students enrolled at DIS have comprehensive health -, accident -, property - and personal liability insurance coverage through a combination of the **Danish national health system** and **Europæiske ERV**, which is valid throughout the world.

For further information and details, including forms and information on how to file insurance claims, please refer to the insurance conditions at www.disabroad.org/insurance.

You can also email insurance@dis.dk to have any questions answered.

THEFT

Keep your personal belongings in a safe place and **never leave them unattended or in unlocked premises**. ALWAYS keep a copy of your passport, Danish residence permit and CPR card in a location separate from your originals (e.g. in the bottom of your suitcase).

Should you have your personal belongings stolen during your study tour, please make sure to follow the guidelines below:

1. **ALWAYS** file a police report with the local police, and consult with your tour leader. Without a police report, the insurance company will reject your claim.
 - a. *"However, if, for an exceptional reason, the police cannot be notified at the location of the theft or robbery, e.g. on account of immediately imminent departure, the notification must be made as soon as possible following the Insured's return home, and the original receipt for the notification must be sent to Europæiske ERV."*
2. If your wallet (incl. transportation pass, purchase card, credit card, phone) is stolen, cancel them as soon as possible (you can reference the DISAbroad website for further advice).
3. If your passport is stolen, you will need to go to the closest embassy or consulate with the copy of your passport to have an emergency passport issued.

MEDICAL EMERGENCIES

ALWAYS keep your Danish National Health Card (the CPR card) on you. If you need to see a doctor or go to the emergency room, consult with your study tour leader who will assist you. In a life-threatening emergency call 112, or the local emergency number, before your study tour leader.

Present the doctor/hospital with your CPR card as your personal ID. In some countries, you might be asked to pay up front, but remember to bring all medical receipts, prescriptions and doctor's statements back to DIS; this paperwork will be necessary to get your expenses covered through the insurance.

DIS CODE OF STUDENT RESPONSIBILITY

Students and tour leaders are expected to uphold and follow the expectations of the DIS Code of Student Responsibility while on study tour. The full Code is available online in the “Student Resources” section for both Copenhagen and Stockholm. Students are reminded of the following Code sections, which are particularly relevant while on study tour:

- Students are expected to contribute to a positive community while on study tour.
- Obstruction of study tour activities *is prohibited*. Students are to comply with directions of DIS officials and partners acting in performance of their duties, including communication of guidelines, directives, timetables and instructions.
- Students are financially responsible for their own actions and any property damage, fines, etc. are the responsibility of the student to rectify.
- Students who choose to consume alcohol do so with the knowledge that they remain responsible for their actions at all times. Being under the influence of alcohol during or between study tour visits *is prohibited*. *Extreme or repeated intoxication at any time is prohibited*.
- Students may not purchase, possess, use, or distribute any drugs considered to be illicit, illegal, or a controlled substance in Denmark, Sweden, and any country they visit while enrolled with DIS (including study tour travel). Students may not use drugs legally prescribed to another person or inappropriately/illegally use otherwise legal drugs. Students are further cautioned that the possession of illegal drugs is often dealt with harshly by local law enforcement

DIS tour leaders are obligated to report any violation of the Code of Student Responsibility including inappropriate behavior or negative participation to both the DIS Study Tours Department as well as the Office of Academic Support.

Inappropriate behavior on any DIS study tour can also result in dismissal from DIS without refund of tuition or study tour costs.

DIS STUDY TOUR EMERGENCY PROCEDURES

First Priority: Protection of Life and Wellbeing

In case of an emergency your first priority is to ensure that you are in or evacuate to a safe area. Follow the directions of local authorities, where present, and note that often the safest decision is to remain where you are.

Second Priority: Call for Assistance

If you, or anyone with you is injured or in direct risk of being injured, call **112** or the local emergency number.

Then, call one of your tour leaders (contact numbers are found on the front page of this booklet).

In the unlikely event that you cannot reach your tour leaders, call the 24/7 DIS Emergency Phone:

Copenhagen: +45 30 67 10 00

Stockholm: +46 72 14 12 862

After reaching safety, calling for assistance, and reaching a DIS staff member, stay off the phone to conserve your battery and so that your line is open if someone needs to reach you.

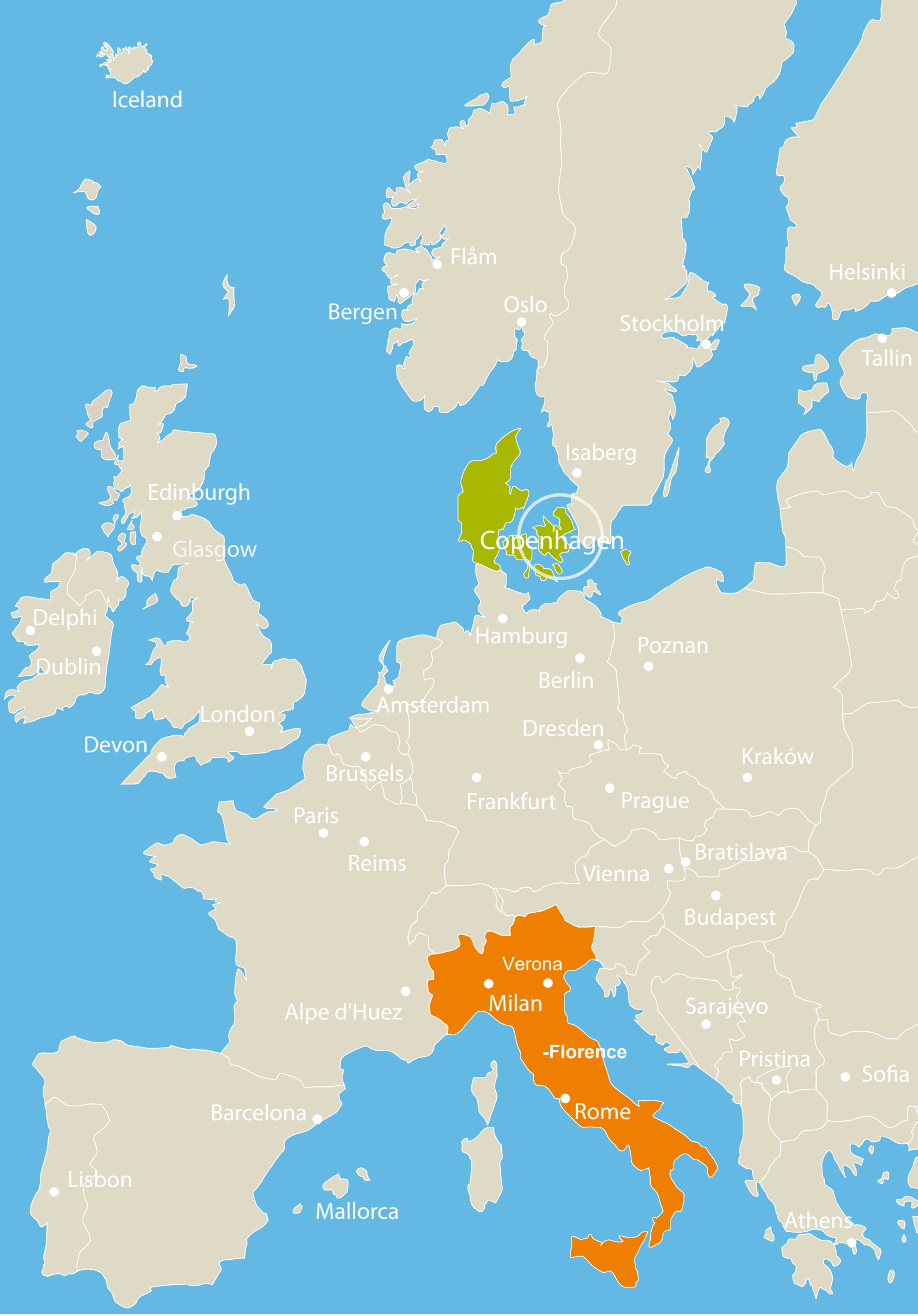
Third Priority: Assist the injured and/or attempt to eliminate further hazard

If you are able to take steps to eliminate a hazard from spreading or be of aid to injured people **without putting your own safety at risk**, you should do so if it can prevent further injury or loss of life.

Fourth Priority: Inform your family/personal emergency contact

Only after the immediate risk is mitigated, inform your family/emergency contact person of your status and situation.

DIS will assist you in communicating with your home institution, and any other necessary parties.



Iceland

Flåm

Bergen

Oslo

Stockholm

Helsinki

Tallin

Edinburgh

Glasgow

Delphi

Dublin

London

Devon

Isaberg

Copenhagen

Hamburg

Poznan

Berlin

Amsterdam

Dresden

Kraków

Brussels

Paris

Reims

Frankfurt

Prague

Vienna

Bratislava

Budapest

Verona

Milan

-Florence

Rome

Alpe d'Huez

Barcelona

Lisbon

Mallorca

Sarajevo

Pristina

Sofia

Athens