

Furman University Study Away Program: Academic, Environmental, Physical & Health Expectations

Program: Happiness MayX (Copenhagen, Denmark)
Dates: May 13-June 3, 2020

Request accommodations through the Student Office for Accessibility Resources (SOAR)

Course Description: An examination of happiness from the lens of the social sciences. The emphasis will be on both social policies and individual practices associated with well-being. Class discussions, frequent reflective writing, and participation in activities known to increase happiness will be required. May Experience ONLY. 2 credits.

Program Description: Set in Denmark, one of the world’s happiest countries, this program will explore the social policies and individual practices associated with happiness. After a few days of on-campus classes, we will depart for Copenhagen, Denmark where we will live for the remainder of the program. With on-the-ground support provided by DIS (Study Abroad in Scandinavia), we will meet with guest speakers, go on site visits, and do a short excursion to Western Denmark. By the end of the semester, you will have a clear understanding of how social scientists measure and think about happiness. You will also learn about social policies and cultural customs that promote happiness, as well as practices that are scientifically shown to increase happiness (e.g., mindfulness, gratitude, belonging).

| | Frequency | | | | | |
|-----------------------------------|-----------|--------|-----------|-------|----------|----------|
| ACADEMIC REQUIREMENTS | Never | Seldom | Sometimes | Often | Optional | Required |
| Course work in a foreign language | X | | | | | |
| Course work in English | | | | X | | X |
| Use of laptop | | | X | | X | |
| Use of smart device | | | X | | X | |
| Traditional Classroom | | | X | | | X |
| Indoor Course Work | | | | X | | X |
| Outdoor Course Work | | X | | | | X |
| Group Work | | | X | | | X |
| Presentations | | | X | | | X |
| Interactions with local residents | | | | X | | X |
| Field Work | X | | | | | |
| Internship | X | | | | | |
| Research | X | | | | | |
| Comments: | | | | | | |

| | Frequency | | | | |
|------------------------------|-----------|--------|-----------|---------|--------|
| HEALTH & DIET | Never | Seldom | Sometimes | Usually | Always |
| Vegetarian Options | | | | | X |
| Vegan Options | | | | X | |
| Food Allergy Accommodations | | | | | X |
| Group Meals | | | X | | |
| Cooking for oneself | | | | X | |
| Host family prepares meals | | X | | | |
| Healthcare easily accessible | | | | | X |
| Comments: | | | | | |

| | Frequency | | | | |
|--------------------------------|-----------|--------|-----------|---------|--------|
| STUDY AWAY ENVIRONMENT | Never | Seldom | Sometimes | Usually | Always |
| Foreign Language Environment | | | X | | |
| Mountainous | X | | | | |
| Tropical | X | | | | |
| Desert | X | | | | |
| Urban | | | | X | |
| Rural | | X | | | |
| High Elevation | X | | | | |
| Dusty | X | | | | |
| Air Pollution | | X | | | |
| Recent Terrorism | | X | | | |
| Mosquito Borne Risk of Illness | X | | | | |
| Earthquakes | X | | | | |
| Other Natural Disaster | X | | | | |
| Comments: | | | | | |

| | Frequency | | | | |
|-----------------------------|-----------|--------|-----------|-------|--------|
| LIVING ARRANGEMENTS | Never | Seldom | Sometimes | Often | Always |
| Host Family | X | | | | |
| Roommate | | | | | X |
| Shared Apartment | X | | | | |
| Dormitory | | | | | X |
| Camping | X | | | | |
| Hotel | | | X | | |
| Cell phone signal available | | | | | X |
| Internet signal available | | | | X | |
| Comments: | | | | | |

| | Frequency | | | | |
|------------------------------|-----------|--------|-----------|-------|-------|
| PHYSICAL EXPECTATIONS | Never | Seldom | Sometimes | Often | Daily |
| Lifting luggage | | X | | | |
| Carrying luggage upstairs | | X | | | |
| Carrying equipment | X | | | | |
| Carrying groceries | | | X | | |
| Standing 30+ minutes | | | | X | |
| Walking 1+ miles | | | | X | |
| Hiking (easy) | | X | | | |
| Hiking (strenuous) | X | | | | |
| Sitting 5+ hours | | X | | | |
| Use of public transportation | | | | X | |
| Flat terrain | | | | X | |
| Hilly terrain | | X | | | |
| Stairs | | | | | X |
| Comments: | | | | | |

| | Frequency | | | | |
|---|-----------|--------|-------|----------|----------|
| WATER ACTIVITIES | Never | Seldom | Often | Optional | Required |
| Swimming | X | | | | |
| Snorkeling | X | | | | |
| SCUBA | X | | | | |
| Boating (speed boat) | X | | | | |
| Rowing | | X | | X | |
| Comments: | | | | | |
| Center for Disease Control Recommendations: routine vaccinations. Ask your doctor if vaccines for Hepatitis A, Hepatitis B, and rabies are advised. | | | | | |