

# PSY 471: CROSS- CULTURAL WELL- BEING in REYKJAVIK, ICELAND

## ABOUT THE COURSE

During this course, we will define well-being and describe why Iceland consistently ranks as one of the top 5 happiest nations in the world. We will explore important aspects contributing to well-being in Iceland, including social support, family structures, equity and inclusion, mental health treatment, healthcare, workplace culture, sustainability, time spent in nature, physical activity, Icelandic diets, public education, and government. Excursions include hot springs, natural wonders, Icelandic companies, geothermal energy sites, and walking tours.

## AT A GLANCE

Spring Semester Meetings: Tuesdays, 5-5:50pm

Travel Location: Reykjavik, Iceland

Travel Dates: 5/20/2024 - 5/30/2024

Estimated Cost: \$3,800



Scan this QR code to view a video presentation on the trip by Dr. Scisco and Dr. Bachiochi!



## SCHOLARSHIP APPLICATION



DUE NOVEMBER 1, 2023



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