



AUIP⁺
Study Abroad

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Sport, Nutrition and Food

 **Duration** Between 2 and 4 weeks

 **Locations** New Zealand or Australia

The study of sport, nutrition and food in Australia and New Zealand allows for a study of the countries' national cultures through a particular lens. Australia and New Zealand are known for their rich sporting traditions, especially in rugby and cricket, and both countries are competitive in the international arena, despite New Zealand's relatively small population. This program offers a chance for American students to explore the components of New Zealand and Australian sporting cultures, alongside an experiential investigation of nutrition, particularly as it relates to sport. The program also introduces students to the food cultures of both countries: site visits provide academic content on dietary at-risk social sectors, on culinary norms and traditions, and on the increasingly diverse culinary landscapes of the South Pacific, a trend that reflects ever more multicultural and globalized societies.

 **Antarctica**  **Australia**  **Fiji**  **New Zealand**



New Zealand

Nutrition in New Zealand's most vulnerable social sectors

Students learn about initiatives by a leading nutrition foundation for educating and providing food to youth, older people, prisoners and vulnerable families.

Nutrition in Sport

Students meet with a nutritionist who works with high performance sporting teams in New Zealand, including the Black Caps cricket team.

Food cultures in New Zealand

In a country that has been traditionally dominated by meat eating, students visit a pair of businesses that present opposing views on meat eating: an iconic butchery and an award-winning vegan café.

Tour of Eden Park

The home of many of New Zealand's greatest rugby moments.

Australia

Attend an Australian Football League game

Visit to local Sports Institute

The institute provides an introduction to the sporting culture of Australia and provides information on the nutritional needs for child and youth athletes.

Eating disorders in athletes

Students receive an introduction to understanding the occurrence of eating disorders in athletes, including sports coach and physicians' approaches to dealing with this and the treatment of eating disorders.

Queen Victoria Winter Night Market, Melbourne

As a large multicultural city, Melbourne boasts a gastronomically diverse range of fare. Students can encounter and experience the multicultural face of Australia through food at the famous Melbourne markets.

Indigenous foods café that doubles as a social enterprise

A Mission Australia social enterprise that provides guidance and opportunity to young Aboriginal people looking for a fresh start in life. The program is focused on giving skills in the hospitality industry, which it does at a café that boasts a menu based on native Australian foods.