

Roger Williams University
CORE 430: Food Cultures- Europe (3 credits)

Faculty-Led Study Abroad (The Netherlands-Belgium-Germany-France)
(17-days/15 nights + pre-instruction)
June 25-July 11, 2023

Dr. Robert Cole rcole@rwu.edu (401-254-3149) Office: GHH 331



Des chocolats. Credit: R. Cole

REQUIRED TEXTS

These materials will be provided at no cost:

- Szanto, David, Amanda Di Battista, and Irena Knezevic (Eds.) (2022). *Food Studies: Matter, Meaning, Movement*. Food Studies Press, Ottawa, ON. Licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0.
- Butler, Sharon (2017). "A Brief History of Food as Art." *Smithsonian Magazine*. <https://www.smithsonianmag.com/travel/food-art-cultural-travel-180961648/>
- Reading Packet, downloadable from Bridges as .pdf.

SUGGESTED TEXTS

- Ysewijn, Regula (2022). *Belgian Café Culture*. Uitgeverij Luster. Antwerp, Belgium.
- Femke Vandeveld, Femke (2022). *Belgium for Foodies*. Uitgeverij Luster. Antwerp.
- Heinzelmann, Ursula (2014). *Beyond Bratwurst: A History of Food in Germany*. Reaktion Books, U. of Chicago Press. Chicago.
- Kaplan, David (Ed.) (2012). *The Philosophy of Food*. U. of California Press. Oakland.

PREREQUISITES

- Students must have completed CORE 101-105 or equivalent
- Students must be in good academic standing & have a satisfactory judicial history

COURSE PURPOSE AND OBJECTIVES

The purpose of this travel abroad course is to expand participants' understanding of Western Europe through an immersive study of food cultures. Journeying from The Netherlands to Belgium, Germany and France, students will learn about other cultures through the examination and experience of local food and drink.

Because food is the center for all life, it is not only a cure for hunger but also a builder of communities. And so, Roger Williams University addresses the global call to identify food as a centralizing force through its curricular and co-curricular activities. In fact, Food Studies is one of the areas established as a strategic priority by RWU and listed as an example of the interdisciplinarity we strive to model in students' education.

Food Studies as a discipline examines the environmental consequences of food production while asking questions about the historical, political, cultural, diasporic, environmental and economic dynamics of food. As people examine craft and artisanal forms of food and drink, the social and historical importance of regional and ethnic food and drink becomes a vital part of understanding the vernacular of cultures.

During this study abroad course, the discovery of other cultures through food and drink is accomplished by trips to fruit, grain and dairy farms, wineries and breweries, restaurants and food markets. We meet with cheesemongers, butchers, bakers, coffee roasters, chocolatiers, and those in the warehouses that package and distribute food. During the course, we will also be hosted by a food purity laboratory and university experts in healthy, sustainable food practices who will discuss local and regional models for environmental and social change to address long-standing economic and health disparities.

By participating in this course, students will:

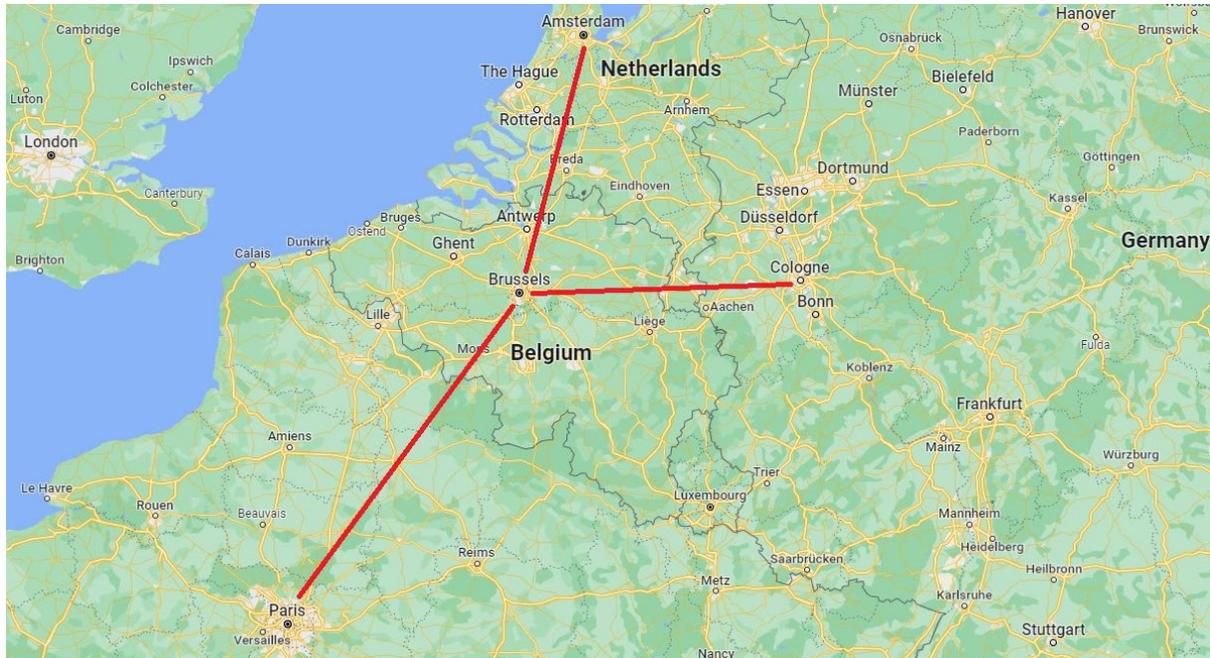
- ✓ *acquire a broader knowledge of food systems and food cultures of Western Europe, including the ways in which complex networks of foodways and food systems shape the social identity of individuals and collectives;*
- ✓ *begin to think about ways to address global nutritional needs while being good stewards of our natural resources; and*
- ✓ *develop new cultural competencies to better address problems of significance by combining study abroad coursework with ethical community engagement at the local, regional, and global level.*

COURSE LEARNING OUTCOMES

The primary goals of this course are to help students acquire an understanding of, and appreciation for, food and drink as both a cultural process and product. More specifically, the course is designed to provide a set of learning outcomes in which the students will be able to:

- Analyze, synthesize, and evaluate significant aspects of food and drink as they relate to cultural understanding.
- Through cultural analysis, understand the ways in which a complex network of foodways and food systems carry historical, political, socio-cultural, diasporic, and economic impact on individuals and collectives in Western Europe.

- Develop an in-depth knowledge of a particular area of food, food systems, and/or food culture unique to Western Europe.
- Attain a greater sense of agency regarding one's choices as they relate to food and food systems.
- Review the academic literature related to Food Studies and conduct case studies and/or laboratory work related to a chosen aspect of Western European foodways or food systems.
- Create a food culture-based artifact that synthesizes the knowledge gleaned from the course topics.



Amsterdam, Brussels, Cologne, and Paris serve as hub points for site visits and activities (red lines). Credit: Google Maps.

COURSE OUTLINE

The following themes will be examined in this course:

- **The Histories & Politics of Food & Drink (building on CORE 102)**
 - Historical roots and connections of local foods and drinks
 - Political and social influences on what is produced and consumed
 - Scaling up of marketing, production, distribution, and sourcing raw materials
 - The rebirth of Craft and Artisan foods and drinks
- **The Cultures of Food & Drink (building on CORE 103)**
 - The role of communal consumption in restaurants and cafés
 - Foods as unique to cultural identities and commensality
 - Beer and wine in social/cultural contexts
 - Food markets as civic hubs
 - Differing preferred diets
 - Diasporic influences on diets

- **The Philosophies of Food & Drink (*building on CORE 104*)**
 - Ethics of supply and labor
 - Food access, scarcity, and cost
 - Personal dietary choices
 - Treating animals ethically
 - Caring for the Earth’s resources

- **The Art of Food & Drink (*building on CORE 105*)**
 - Food and drink in art
 - Food and drink in media
 - The aesthetics and architecture of historical cafes and restaurants

- **The Science of Food & Drink (*building on CORE 101*)**
 - Laboratory analysis of food safety and purity
 - Genetically Modified Organisms
 - Environmental impact of agricultural production
 - Differing consumption levels and abuse
 - Government regulation of food and drink

Most or all of the following elements will be covered in this course:

<ul style="list-style-type: none"> • Bread • Breweries • Café/Restaurant life • Cheese • Chocolate • Coffee • Farms • <i>Frituur</i> Culture 	<ul style="list-style-type: none"> • Markets • Meats • Pastries/Waffles • Seafood • Science of Food & Drink • Sustainability • Warehouses/Distributors • Wineries
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Charcuterie with Ale. Credit: R. Cole

DIETARY CONSIDERATIONS

This course is largely experiential in nature and thus involves the consumption (and in some cases production) of a range of foods and drinks. For those with particular dietary considerations, accommodations are easily made to avoid meat and alcoholic drinks.

This course **does not compel** students to consume (or produce) *all* of the foods and drinks that will be on offer. For example, vegetarian students will likely find their course experience to be rich and fulfilling as they select which foods they wish to consume. Similarly, students who elect not to consume alcohol will find that they can still learn much by studying the role of alcohol in the lives of the people with whom they engage. Meanwhile, those who avoid certain meats will also find an abundance of food experiences from which to learn.

In summary, students should weigh their own food and drink needs, including any allergies, restrictions, and/or personal choices, against the nature of this course and the proposed itinerary to decide if there is a match with their individual learning needs and styles.



“Belgian fries – Belgique Frites.” Credit: marcoverch, Licensed under CC BY 2.0.

COURSE REQUIREMENTS

1. *Trip Journal*. Students will keep a journal, to be turned in shortly after returning from abroad, in which they record their reactions and observations to the lectures, site visits, social interactions and cultural immersion they experience. Daily entries (10 in total) should typically be 2 type-written pages in length. In the entries, the students should seek to describe, analyze, and critique what they have observed. The multimedia journals will include embedded photographs, videos, and other graphics in addition to a substantial use of the written word. Framing prompts will be provided to the students for each day’s activities to train their ethnographic gaze toward the features of the experience that move them toward the course outcomes.
2. *Research Paper*. Students will develop a final paper in which they analyze and critique some aspect of foodways or food systems. The assignment, built from a list of provided topics or prompts, calls for students to synthesize what they have discovered about intentional human interaction with biological raw materials to craft a product (food or drink) that recovers, sustains, advances, or colonizes traditional culture identity and production practices. In their analytic and synthetic work, they will be asked to draw parallels between their topic and other food-based artisanal movements such as “farm-to-fork,” “free-range,” small-scale dairy, grain, confectionary and other production/marketing approaches.
3. *Quizzes*. Completed in class or assigned as homework, the quizzes explore questions about course concepts through application and analysis.

4. *Attendance/Participation.* Besides your presence, you should offer thoughtful, original, coherent responses to discussion questions and via interaction with site guides/partners.

Assignments	Total Points	Percentage
Journal Submission (10 entries @ 50 points)	500	50%
Term Paper	300	30%
Quizzes	100	10%
Participation	100	10%
Total	1000	100%

Grades will be based on a scale where (93%--100% = A) (90%--92% = A-) (87%--89% = B+) (83%--86% = B) (80%--82% = B-) (77%--79% = C+) (73%--76% = C) (70%--72% = C-) (67%--69% = D+) (63%--66% = D) (60%--62% = D-) (0%--59% = F). At any time you can determine your approximate letter grade by dividing the number of points you have earned to date by the number of points possible to date.

GENERAL COURSE POLICIES

- **Attendance:** Because this course involves laboratory projects and a study abroad component, you are expected to participate in all course related, organized events and activities.
- **Late/Make Up Work:** In general, no late work will be allowed. In the event of extreme personal circumstances, makeup work might be accepted for partial credit.
- **Tutoring:** Tutorial Support Services (TSS), located on the second floor of the University Library within the Center for Student Academic Success (CSAS), provides peer and faculty tutoring at no charge for all RWU students. The Math, Writing, and Science Centers offer assistance Monday – Thursday 9 am – 8 pm; Friday 9 am – 3 pm; Sunday 2 pm – 8 pm.
- **Accommodations:** Any student who feels they may need an accommodation based on the impact of a disability should first contact the Student Accessibility Services office to coordinate reasonable accommodations, *before enrolling in this travel intensive course.* The SAS office will provide documented/registered students with the specific information needed to begin the accommodation process. SAS is located on the second floor of the Main University Library in the Center for Student Academic Success (CSAS) and is open from 8:00 am to 5:00 pm Monday through Friday. The contact number is 401-254-3841.

ADDITIONAL COURSE POLICIES

Academic honesty is the cornerstone of a university-level education. Plagiarism is generally defined as the act of using someone else's exact ideas, words, or organization without giving them due credit. To avoid any appearance of ethical misconduct, intentional or otherwise, use footnotes and endnotes to cite sources in any written or spoken work you do in this course, or any other course for that matter. In your writing and speaking you must clearly distinguish your ideas and words from the work of others. Under no circumstances should you use work from another source and claim it as your own. Please see your university catalogue and student handbook if you have any questions about the college policy on cheating/plagiarism. <http://rwu.edu/academics/academic-affairs/academic-standards>.

This course consists of a combination of lecture, discussion, laboratory and field site activities. You are encouraged to ask questions, speak about what is on your mind, and to actively engage the class material. In other words, we want to know what you think and how you interpret the material we cover.

Each of us must work to make our learning spaces a friendly, safe, non-threatening environment. There will be no tolerance for any words or actions that in any way demean, devalue, dismiss, or dehumanize other people for who they are or what their experiences have been. Every person is to be accorded the respect that any thinking, feeling human being is due.

For additional course policies and considerations, refer to the *Spiegel Center Study Abroad Handbook*.

SAFETY AND BEHAVIORAL EXPECTATIONS

Safety Requirements

- While abroad, no student may go out without another member of the RWU group without written permission. Students must travel in at least groups of two.
- Students are not allowed to invite anyone to their lodgings, nor travel in cars.
- Students must not leave the general vicinity of the group location without prior (written/electronic) consent of the course instructor(s).
- While abroad, students should alert faculty if they feel ill so we can make appropriate medical arrangements.
- At all times, students must carry the ID/Information Card associated with this study abroad program. This card contains essential information on what to do in the unlikely event of an emergency, the addresses and phone numbers of the residences/hotels, the faculty cell numbers, and the email/phone number of the Spiegel Center at RWU.

Behavioral Expectations

- While abroad, you should not draw undue attention to yourself or the group in such a way that clearly identifies you as a foreign visitor.
- At all times, keep in mind that you are an ambassador for Roger Williams University and the impression you leave is expected to be a good one. You are a guest in another country and as such should be respectful of the people, places, and their cultures.
- As a visitor, you should carry a low profile and leave the smallest of footprints.
- This is a course intended to *educate* you about the cultural production and consumption of food and drink. As such, alcohol is to be consumed in a moderated, responsible manner, and food is to be consumed mindful of waste.

CORE 430: FOOD CULTURES- EUROPE
ITINERARY (TENTATIVE as of 2022-07-03)*

PRE-TRIP Lab (Bristol) May 2023 day TBD

- Lab (5 hours in Bristol)
 - Getting to know trip participants, discussion about food and culture, final travel preparations,

DAY 1 Sunday, 25 June 2023

Travel Day

- Shuttle to Logan Airport leaves from RWU Global Heritage Hall at **TBD:00pm**.
- Early evening (**n:nn pm**) departure from Boston to Amsterdam (**be at Logan Terminal C by TBD:00pm**)

DAY 2 Monday, 26 June 2023

Late morning arrival in Amsterdam. Hotel check-in: Hotel TBD

- Sample waffles, Dutch pancakes, herring, kroketten (deep fried meat)
- Visit Albert Cuyp Street Market
- Canal ride/city tour
- **Per Diem provided**

Lodge in Amsterdam

DAY 3 Tuesday, 27 June 2023

- Visit Wageningen University Food Science & Technology Program (Wageningen, NE)
- Free evening
- **Per Diem provided**

Lodge in Amsterdam

DAY 4 Wednesday, 28 June 2023

- Scavenger hunt Food and Art @Rijksmuseum

Travel by train to Brussels (Depart n:nn am/Arrive n:nn am). Hotel check-in: DC (Campanile) Brussel Drogenbos

- Chocolate & Brussels city tour including Royal Palace, Mannekin Pis Statue, Royal Galleries and Rue des Bouchers **nn:nn pm**
- **Per Diem provided**

Lodge in Brussels

DAY 5 Thursday, 29 June 2023

- Coeur de Boef! Creative Food Studio – Flanders Stew demonstration (Diest)
- Tour Cantillon Gueuze Museum
- Visit to famous Brussels cafés & pubs
- **Per Diem provided**

Lodge in Brussels

DAY 6 Friday, 30 June 2023

Morning train to Cologne (Depart n:nn am/Arrive n:nn am). Hotel check-in: TBD

- Tour Cologne Cathedral
- Visit *Alter Markt* (Old Market)
- Sample street foods
- Boat trip on Rhine River
- Walk across the Hohenzollern Bridge
- Früh Am Dom- Group meal of traditional gastronomy and Kölsch
- **Dinner provided**
- **Per Diem provided**

Lodge in Cologne

DAY 7 Saturday, 1 July 2023

Morning train ride to Düsseldorf (Depart n:nn am/Arrive n:nn am). Hotel check-in: TBD

- Bakery Bäckerei Hinkel (Düsseldorf)
- Altstadt walking self-tour
- Uerige Brewery tour and schweinshaxe (pork knuckle) dinner (Düsseldorf) **n:nn pm reservation**

Evening train return to Brussels (Depart n:nn am/Arrive n:nn am).

- **Dinner provided**
- **Per Diem provided**

Lodge in Brussels

DAY 8 Sunday, 2 July 2023

- Visit dairy farm & artisanal cheese maker Catharinadal (Achel)
- Visit Hoppecruyt Hop Farm (Proven)
- **Per Diem provided**

Lodge in Brussels

DAY 9 Monday, 3 July 2023

- Bicycle tour from Oisterwijk to Tilburg, Netherlands **10:30am**
- La Trappe Brewery at the Abbey of Our Lady of Koningshoeven Tour (Tilburg, Netherlands). Lunch at **11:30am**, monastery tour at **1:00pm**

- **Per Diem provided**

Lodge in Brussels

DAY 10 Tuesday, 4 July 2023

- Coffee Warehouse tour (Antwerp)
- Seafood Industry visit (Antwerp)

- **Per Diem provided**

Lodge in Brussels

DAY 11 Wednesday, 5 July 2023

- Lotus Bakery Biscoff Tour (Lambeke)
- Brussels Center for Food Expertise Lab demo

- **Per Diem provided**

Lodge in Brussels

DAY 12 Thursday, 6 July 2023

- Natura Mayonnaise Company visit (Ciney, BE)
- Presentation by the European Commission on Health and Food Safety. Topics: Ensuring Europe's food is sustainable and safe; Protecting the health and welfare of farm animals, crops & forests

- Group dinner

- **Dinner provided**

- **Per Diem provided**

Lodge in Brussels

DAY 13 Friday, 7 July 2023

- Independent study day/catch up on journals
- Evening free for cultural exploration

Lodge in Brussels

DAY 14 Saturday, 8 July 2023

Travel by train to Paris (Depart n:nnpm/Arrive n:nn pm). Hotel check-in: TBD

- *Place du Trocadéro* to view (and maybe climb) Eiffel Tower
- Sightseeing - *Arc de Triomphe* for 360-degree view of Paris; Seine River pedestrian walkway journey; Notre-Dame Cathedral

- Experience Parisian café culture of the 1920s' "Lost Generation" at Les Deux Magots or Harry's New York Bar

- **Per Diem provided**

Lodge in Paris

DAY 15 Sunday, 9 July 2023

- Day trip to Touraine-Amboise Vineyard (Loire Valley)

- **Per Diem provided**

Lodge in Paris

DAY 16 Monday, 10 July 2023

- Group brunch at a Parisian Patisserie
- Explore Food and Art @*Musée d'Orsay*
- *Paroles de Fromagers* 2-hour cheesemaking workshop with cheese and wine tasting

- **Brunch provided**

- **Per Diem provided**

Lodge in Paris

DAY 17 Tuesday, 11 July 2023

Travel Day

- Shuttle/train to **DeGaulle Airport Terminal TBD (be at airport by TBDam)**
- Departure from Paris to Boston (**depart TBD:00pm**)
- Evening arrival in Boston **Terminal X (arrive TBD:50pm)**
- Shuttle from Logan Airport to RWU Global Heritage Hall (**arrive at TBD:30pm**)

POST-TRIP (via Bridges)

- **Journal Due Monday July 17, 2023**
- **Final Paper Due Friday July 21, 2023**

**Note: Itinerary is subject to change. Faculty reserve the right to make modifications based on availability.*

A map of the trip is viewable here:

<https://tinyurl.com/FoodTrailEurope-Map>

Videos of Past Student Trips to Europe:

<https://www.youtube.com/watch?v=BYZAXwThHbg&t=377s>

More Information: www.StudyBrewing.org

CORE 430: FOOD CULTURES- EUROPE

June 25-July 11, 2023 (17-days/15 nights + pre-instruction)

Housing & Meals – Amsterdam, Brussels, Cologne & Paris (15 nights)

Each student will share a room with one or two other students of the same gender. We will be staying in Amsterdam for 3 days/2 nights, traveling by train to Brussels for 9 days/9 nights with a 2 day/1 night trip to Germany. We will then travel by train to Paris for the final 4 days/3 nights of the learning experience before returning to Boston. Housing in each place is located in safe neighborhoods, centrally located near to each city's center, and frequented by tourists. A Continental (light) breakfast is included with the lodgings, and the tuition includes an allowance for one hearty lunch or dinner meal per full day, in a modestly priced restaurant.

Student Eligibility & Fees

Students must have completed CORE101-105 (or the equivalent), be in good academic standing, and have no serious disciplinary infractions at RWU.

The fee for the 2023 program is approximately **\$4,665**, plus airfare (\$1,150 estimated). The fee provides:

- **3 credits** for CORE 430: Food & Drink Culture. This will count as meeting the University's **required Senior Seminar** course
- **Transportation** via shuttle from RWU campus to Logan Airport. All trains tickets, metro/buses and hired coach to the field sites listed on the itinerary
- **Housing** accommodations - double occupancy (triple if necessary, but unlikely)
- **Entrance** to all museum, tours and other events listed on the syllabus
- **Breakfast** (light Continental) each day
- **Meal** allowance for each full day in-country (\$30)

To be considered for this program a **deposit of \$500** should be paid at the Bursar's Office **in early fall 2022**. If the applicant is not accepted into the program, the deposit will be refunded. Otherwise, the deposit is non-refundable and is intended to hold the applicant's place in the program. There are a **limited number of spaces** that will be filled in the order of deposit date.

Your air transportation should be secured by early **January, 2023**. The course instructor(s) will work with you to explore your travel options and suggest recommended flights. Students are also welcomed to fly to Europe early and then meet the group and/or remain in Europe after the course concludes.

The remaining tuition is due on **February 28, 2023**.

Scholarship Opportunities:

The RWU Spiegel Center for Global and International Programs is offering \$700 - \$1,000 scholarships for this program. See the RWU study abroad website for more information on the "Bridging the World" or "Global Engagement" scholarships. Or contact Becky Denson in the Spiegel Center (rdenson@rwu.edu or 401-254-3899).

Faculty

The professor leading this course is Dr. Robert Cole, who is a full-time, long-time employee of Roger Williams University. Dr. Cole, Professor of Communication Studies, has travelled extensively and lived abroad. He has been teaching about food and drink cultures for a number of years, has visited these countries many times in the past, and has led students on similar learning experiences abroad. Professor Cole might invite another person to assist in course delivery, depending on the final number of students enrolled.