Honors Self- Designed Proposal

Complete this proposal **prior** to your experience’s start date and upload it in the UHP Database (<https://webapps.uc.edu/uchonorsstudent>). Create an experience (“Add a new record”) in the “Tracking Project” tab and upload your proposal document as an attachment. The deadline for [submitting proposals](http://www.uc.edu/honors/experiences/experiencesubmission.html) is the 5th of each month (excluding July).

Proposals are intended to be well developed plans for your experience. However, experiences are exploratory in nature, and we are flexible with changes throughout the experience. If your experience changes after receiving approval on your proposal, contact your honors advisor to verify the changes still satisfy the requirements of an honors experience.

**Basic Information**  
Full Name: Savannah Gulick

Title of Project: Explore Food and Traditions through Study Abroad in Ireland

Thematic Area(s): Global Studies

Expected Start Date: January 2017

Expected End Date: May 2017

**Guidelines**

1. Proposal submission timeline: Proposals should be submitted at least one month prior to the expected start date of the experience. International experiences require at least two months’ notice. Contact your honors advisor immediately for any exceptions.
2. Proposal length: While the quality of the proposal is most important, strong proposals are typically 3-4 pages single-spaced.
3. Proposal format: Please maintain the proposal format (e.g. headers, layout)
4. Time commitment: Experiences should consist of at least 75-90 hours of preparation, execution, and reflection. This is approximately equivalent to the commitment of honors seminars and pre-approved experiences.

**Requirements for International Travel**

All self-designed international travel experiences require two months’ notice and must be at least one week in length. You will need to provide a detailed itinerary (dates, locations and activities). If participating in independent travel (not with UC faculty, staff or student group), you must also fill out a [Worldwide: Honors Experience application](http://studyabroad.uc.edu/index.cfm?FuseAction=Programs.ViewProgram&Program_ID=10217) via UC International.

Additionally, the [Student Travel Policy](http://www.uc.edu/content/dam/uc/about/docs/university_policies/student_travel_policy.pdf) restricts UC-sponsored travel to countries under a [U.S. Department of State Travel Warning](http://travel.state.gov/content/passports/english/alertswarnings.html). Those who wish to visit a country with a travel warning must seek an [exemption](http://www.uc.edu/international/study-abroad/applying-to-study-abroad/travel-restrictions---exemptions.html) through UC International. Students traveling without a faculty or staff leader must individually request an exemption. ***We cannot allow you to count this travel as an honors experience nor can we give you a grant without an approved exemption.***

1. **Abstract**

*Briefly describe the experience. What makes this experience personally meaningful? What goals do you have for this experience? What is your timeline for this experience?*

*\*If you are proposing an international experience, provide an itinerary.*

*\*\*If you are developing this experience from an existing opportunity (class with a study tour, campus organization, co-op, etc.) that is not already an honors seminar or pre-approved experience, how will you differentiate your experience from what is already required of other students?*

The experience would be studying for a semester abroad in Cork, Ireland through USAC in the Spring of 2017. I would leave on January 3rd and arrive in Ireland on the 4th and I would return when my housing contract ends around late May. I will be studying at the University College Cork which is Ireland’s first 5-star university. The company is USAC and UC uses them as their outside company and they provide trips on various weekends to other parts of Ireland which I will discuss further in my timeline. I also plan to take some of my own trips on other weekends to visit parts of the country where my ancestors are from.

I have always loved learning about other cultures especially the food and traditions of the specific cultures. On my mother’s side, I am Irish and since I was little I have been fascinated with the Irish traditions and food. Studying abroad for a semester in Ireland would give me the opportunity to further explore these two integral pieces of Irish culture. Also, I hope to learn more about my family history by being in their homeland experiencing what they lived through. The goals I have for this experience would to be more knowledgeable about my past culture and be able to interconnect the Irish culture from my history with the culture I have received growing up in the United States.

Another interest of mine since I have grown up in the United States is how our celebrations compare to another culture’s. For example, I have always wondered if Christmas was celebrated the same or other grand holidays that are big traditions here. Although I will not be there for all the holidays I plan to ask the locals about their celebrations. Luckily for me, before I was born my family hosted an Irish soccer team of teenagers who were my brothers’ ages and they have stayed in touch with them so I plan to visit them in Dublin and ask them many of my questions about the food and their traditions and hopefully they will be able to introduce me to more locals so I can ask a variety of people.

The company timeline they give is:

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| January 3, 2017 | Departure from the US |
| January 4 | Arrival in Cork |
|  | Move into housing |
| January 5 - 6 | Mandatory orientation | Registration |
| January 9 | Courses begin |
| January 11 | Meet with USAC Resident Director |
| January 14 | Scavenger hunt |
|  | City tour |
| January 18 | Welcome reception |
| January 28 | Included field trip—Rock of Cashel and Cahir castle |
| Dates vary | Included field trip—Heritage weekend |
| April 7 | Courses end |
| April 10 - 21 | Spring break |
| April 24 - 28 | Study/review week |
| May 1 - 12 | Final examination period |
|  | Program end date coincides with date of last final exam |
| Late May | Move out of housing (refer to your housing contract) |
| Open return | Students establish their own date of return |

Dublin weekend visit:

* During March depending on what is going on in my classes and at the University I plan to travel to Dublin to visit the people my family knows as well as learn about the culture/traditions there as it is a major city compared to the harbor town I will be living in.

Killarney weekend visit:

* During March as well I plan to travel to Killarney which is where some of my relatives are from and learn about the culture (food and traditions) there by visiting local restaurants or what we call here “mom and pop” restaurants because they tend to cook traditional foods and I plan to hopefully meet some locals who are willing to talk about their lives and traditions they celebrate.

Weekly Timeline:

6-8 hours a week meeting and conversing with the locals in Cork and asking them about their foods and where the recipe came from and what traditions they celebrate. Examples of the locals I plan to ask would be students that attend the same university as me and hopefully their families as well as local restaurant owners and pub owners who will most likely have decent knowledge of the cuisine and history behind it and the traditions/holidays they celebrate with their friends and families.

3-6 hours a week or every other week traveling to other parts of Ireland and sampling those dishes and comparing them to Cork and other cities.

3 hours a week doing my own research on the dishes I have tried and learning about the history behind them. Also, learning about how the traditions/holidays were celebrated in the past and how it has changed over time.

2-4 hours a week reflecting in my journal and recording events on my camera through videotaping.

2 hours a week creating/adding to the cookbook and working on the children’s book.

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| **Advisor Feedback** | | |
| Must Include:  Brief description of the experience  Personal connection to the experience  Identified goals for the experience  Timeline from start to finish  \*Itinerary (international experiences only)  \*\*Explanation of differentiated experience from what is required of other students | Required Revisions: | Effective: |

1. **Experience Advisor**

*Identify an experience advisor and provide their contact information. Explain why you chose this person and how you plan to utilize your advisor for this experience.*

Note: Advisor(s) should have knowledge or expertise in an area related to the experience. Honors advisors, undergraduate students, and family members cannot be experience advisors.

Advisor Name: Kevin Grace

Contact Information: Phone Number: (513)-556-1959. Email: kevin.grace@uc.edu

I chose Dr. Grace because he has taken students from the Honors Program to Ireland and is very knowledgeable about the Irish culture and history. He is an adjunct associate professor at the University of Cincinnati and head archivist here at UC.

I plan on meeting with Kevin three times a month to update him on my progress and the information I have found and also ask his opinion on my discoveries. Additionally, I plan on asking his opinion on traditions I should focus on as well as what dishes I should try throughout my time in Ireland.

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| **Advisor Feedback** | | |
| Must Include:  Experience advisor name and contact information  Description of why advisor was selected  Specific plans to engage with advisor | Required Revisions: | Effective: |

1. **Connection to Learning Outcomes**

*List 3* [*learning outcomes*](#ThematicAreas) *from any thematic area(s). Provide specific activities you plan to engage in to help you make progress towards the chosen learning outcomes. Describe how you expect each activity to help your progress. Include an estimated time commitment for those activities.*

* Summarize the interconnectedness of geography, history, cultural traits and world issues (Global Studies Thematic Area)
  + Understanding and researching the history and culture behind a type of food will allow me to interact with the local population in the area to get their perspective but also see what the written historical perspective is and compare them. To learn about the historical perspective, I plan to use the library at the University as well as the public libraries in the towns I will visit which will cause me to learn about where the dish was created and how it impacted the culture of Ireland. I also plan to research the history on the traditions and learn about where they originated from and how other cultures impacted them. After doing all the research I plan to compare their foods and traditions to foods and traditions in the United States and how they may cook differently or celebrate holidays differently. Also, to be able to further compare the foods and traditions of Ireland with those of the United States I will talk to the locals and learn recipes from them as well as their histories which will entail how they celebrated traditions in the past and how they do nowadays.

As I mentioned in the abstract, I plan to spend about 12 hours a week talking to locals and tasting the local dishes and doing my own research in the libraries.

* Explore a new creative competency/medium or seek new ways to engage an existing competency/medium (Creativity Thematic Area)
  + I have never really learned about videography before. In high school, I took 3 years of photography classes but never focused on videography so I plan to learn about videography through research and trial and error to document the experiences I will have throughout my study abroad including documenting their traditions and holidays giving it a unique perspective that allows my opinion to not be included.

I believe this will take about 3-4 hours a week experimenting with the video options as well as actually documenting the events that are taking place.

* Demonstrate an understanding of cultural diversity by acknowledging the impact of their own identity and the experience of social norms, customs, or beliefs that are different from their own (Global Studies Thematic Area)
  + I plan on fully immersing myself into the Irish culture specifically the traditions and cuisine which will be my focus of the culture. I hope to be able to experience as many foods as I can from as many different cities/towns I can visit in Ireland and through my reflection and cookbook I plan to create learn the history behind the food and compare it to the cooking and cuisine I am used to in the United States. For the traditions side, I plan to work on this outcome by delving into Irish holidays and celebrations and incorporating the foods that are associated into it. These both will impact my identity because I will be able to learn more about where my ancestors came from giving me a greater insight into my own identity. Also, I am truly excited to be able to understand their beliefs that may differ from ours; for example, maybe their beliefs behind Christmas are different than those here as well as maybe the reasons that they celebrate St. Patrick’s Day are different than why we celebrate the holiday here.

I believe this will take about 12-15 hours a month depending on what holidays are taking place that month as well as the traveling to other cities to taste the different foods there.

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| **Advisor Feedback** | | |
| Must Include:  3 learning outcomes explicitly identified from any thematic area(s)  Examples of activities and explanation of how each will assist the progress towards the chosen learning outcome  Estimated time commitment for each activity | Required Revisions: | Effective: |

1. **Academic Resources Connected to the Learning Outcomes**

*List 1-2 academic resources you plan to use to enhance your understanding of the learning outcomes. Explain how each resource connects to your learning outcome(s) and helps you execute your experience. Please include the title and author/creator for each resource.*

Note: Academic resources are professional works that can be used to assist your understanding of the topic. Some examples are books, documentaries, videos, or research journals.

One academic resource I will use is Lonely Planet’s Irish Language and Culture book; this book has many contributors not one sole author. This book discusses the origin of Irish culture and has chapters devoted to the topics I plan to focus on. It deepens my understanding of the learning outcomes because it discusses the history of Ireland and its culture and how it was affected by other cultures as well as giving important tips to traveling around Ireland and history on each area of the country.

Another academic resource I will use is this book I found through the UC library online. The book is called Countries and their Cultures by Thomas M. Wilson and Ireland is in Volume 2 which can be accessed through Galenet from the library’s website. The book has a chapter dedicated to food as well as a few different chapters on various traditions the country has had throughout the years and also discusses how other cultures affected Ireland throughout the years giving it its unique culture.

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| **Advisor Feedback** | | |
| Must Include:  1-2 academic resources connected to the learning outcomes  Title and author of each resource  Description of how resources will help make progress towards learning outcomes and execution of experience | Required Revisions: | Effective: |

1. **On-going Reflection**

*The on-going reflection should help you process the experience and progress toward your chosen learning outcomes. Describe your method for reflecting throughout the experience. Indicate specific reflection questions/topics you plan to use to guide your reflective process.*

Note: A variety of methods can be used for on-going reflection. Some examples are videos, drawings, blogs, songs, and journals. Reflection topics to consider include your ideas/insights about the experience, connection to other areas of involvement, and your progress towards the learning outcomes.

I have used a journal in my past two trips abroad for reflection and plan to use one to reflect on my study abroad experience and learning about the traditions and food of the Irish culture. I hope to also learn about videography before I travel abroad in order to document the traditions especially events like St. Patrick’s Day in video which allows for more detail to be captured.

* Questions that I will use to guide my reflection:
  + How do these recipes/foods compare to the dishes in America?
  + How do they celebrate traditions/holidays in their country?
  + Do they celebrate all of the same holidays as us? If so, how are they the same and how are they different?
  + Are their ingredients similar to ours?
  + (I’ve learned that Irish use a lot of meats in their food) So how does this compare to the variety of foods we have in our meals?
  + What holidays do they celebrate that we don’t celebrate in America?

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| **Advisor Feedback** | | |
| Must Include:  Method for ongoing reflection  Reflection questions/topics clearly specified | Required Revisions: | Effective: |

1. **Sharing Your Learning**

*Describe how you plan to actively share what you’ve taken away from this experience with a targeted audience. Explain why you chose this specific audience.*

Note: While social media can be an effective platform for sharing, only posting on your personal learning portfolio or social media account(s) does not reach a targeted audience.

Along with posting on my learning portfolio and social media accounts (Instagram, Twitter, Facebook, and Snapchat), I plan to create recipe book of all the recipes I learn to make in Ireland. The targeted audience would be students in the high school where I graduated from because they have a cooking club where they make and sample foods from around the world and I would give them a copy so they could learn about the Irish food from real recipes instead of ones they find on the internet. I choose this audience because it gives the students the opportunity to learn about another culture from almost a first hand experience and learn where the food is coming from and the traditional ingredients people in the country actually use which they’ll be able to compare to recipes created by non-Irish individuals.

Also, instead of creating a typical cookbook I plan to incorporate the history and traditions behind the food by asking the people where they got the recipe from as well as researching the foods to understand even more history and relate it to foods from my culture to demonstrate an interconnectedness amongst the cultures. Personally, my family has never learned much about their past so I think that providing them as well as others with the cookbooks will give them an insight to their history.

For the traditions part, I want to study abroad in the spring so I hope to participate in many of their traditions, in particular experience St. Patrick’s Day in Ireland. To share these experiences, I would like to create a children’s book which shows pictures of the events as well as descriptions allowing children to learn about another culture and excite them about what else is out there in the world. I chose children in this case because as a child myself I loved learning about cultures but many of the books geared towards children were almost more story-like than fact-based and I would create a book that is intriguing enough to keep children interested while also giving them real life ideas of what it is like to live in Ireland.

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| **Advisor Feedback** | | |
| Must Include:  At least one method to actively share take-aways/learning from the experience  A specific audience and why the audience was selected | Required Revisions: | Effective: |

1. **Budget (if applicable)**

*Provide an itemized budget and indicate your source for cost information.*

*\*If you are engaged in an unpaid internship or research, please indicate the number of weeks and hours per week you plan to participate.*

* **Program Cost:**
  + The program cost for attending the university and living in housing (double-sized bed in a single room in a 4-5-bedroom apartment) is $13,556. The cost is listed on the programs website <http://usac.unr.edu/study-abroad-programs/ireland/cork/fees-and-deadlines/2017/spring>
    - Program Baseline: $10,980
    - Housing Baseline: $2,576
      * My financial aid that I receive from UC as well as what my parents will pay will help offset the cost but I am unaware how much this will be until I officially apply
* **Flights:** 
  + I used January 2nd, 2016 and June 1st, 2016 as the dates for picking flight costs because the companies don’t provide details for flights for over a year in advance and the price for a round trip from Dayton’s Airport to Dublin’s Airport is $1190.90. The price comes from this website (expedia) <https://www.expedia.com/Details?action=UnifiedDetailsWidget@showDetails&rfrr=&c=549d174b-81c7-48c5-904b-cfd5bb42aa5f&udpDisplayMode=showhotelbanneronly>
* **Other Costs:**
  + International Student Identity Card: $25
    - Gives discounts on traveling in the country as well as to food places, museums, shops, and other buildings throughout Ireland (website: <https://www.myisic.com/get-a-new-card/)>
  + Hostel Cost in Killarney: $20 for Friday thru Sunday
    - This includes a light breakfast and since I will be traveling in the off-season the rooms are at their cheapest which is $10 a night (<http://killarneyhostel.com/best-cheap-accommodation-hostel-rates-kerry.html> )
* **Total Cost:** $14,791.90

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| **Advisor Feedback** | | |
| Notes:  Detailed budget of expenditures with sources to justify budget estimates  \*Indicates the number of hours per week and number of weeks of participation | Required Revisions: | Effective: |