

## **Skills**

Students enthusiastically say that being at Gustolab International Food Systems and Sustainability is more than study abroad. It is an unparalleled experience. One of the best decisions they ever made. Not just academically, but personally. Participating in daily Italian life, visiting various neighborhoods, shops, restaurants, and markets, immerses them in a unique environment of constant investigation and discovery. Courses are richly supplemented by field work, special projects, workshops, excursions, and activities. They share that the process of stepping outside of the familiar "comfort zone" of home, adapting to a new international context, allows them to gain valuable skill sets. It is a time of growth, broadening perspectives, and building future professional opportunities. Beyond examining the role of food in the culture at large, while in Rome, they also find themselves evaluating individual choices in regards to how the quality of food reflects on their quality of life. Gustolab International Food Systems and Sustainability gives students everything: guidance, structure, support, knowledge, and fun.