

DRAFT
UNIVERSITY OF WYOMING

FAY W. WHITNEY SCHOOL OF NURSING

Course Number: NURS 4740/ 5750

Study Abroad: Caring for the Mind, Body, and Soul through Pilgrimage

J-Term/Spring 2024

Professors:

Janet Willhaus, PhD, RN, CHSE, CHSOS

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COURSE NUMBER AND NAME: NURS 4770/5750 Study Abroad: Caring for the Mind, Body, and Soul through Pilgrimage

CREDITS: 2

PREREQUISITES:

PROFESSOR: Name: Janet Willhaus
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Office Hours: By appointment and Mondays 9-10, Thursdays 9-11 a.m.
Zoom link: <https://uwyo.zoom.us/j/5646639003>

*The best way to reach me is via email and the best way to meet with me via Zoom is by appointment. I normally respond within a few hours and I will let you know if I will be unavailable for any reason.

Name: Megan Beech
Office Phone:
Email:
Office Hours:

*notes

COURSE DESCRIPTION: The focus of this course is on stress reduction through walking and self-reflection during pilgrimage. Topics covered include physiology of physical and emotional stress, current and historical health concerns of pilgrimage and walking for exercise, and elements of pilgrimage specifically in relationship to the Camino de Santiago.

COURSE STUDENT LEARNING OUTCOMES: On completion of this course, the student will be able to:

1. Compare and contrast walking versus other stress reduction techniques
2. Reflect on the use of travel and pilgrimage to promote personal growth
3. Respond to physical challenges associated with walking

REQUIRED TEXTS AND RESOURCES:

Brierly, J. (2022) *A Pilgrim's Guide to Sarria — Santiago: The last 7 stages of the Camino de Santiago Francés O Cebreiro – Sarria – Santiago*. Camino Guides ISBN-10 : 1912216280

ISBN-13 : 978-1912216284

Whitson, D. (2023) *Pilgrimage: A medieval cure for modern ills*. ISBN-13 : 979-8987552407

RECOMMENDED RESOURCES:

Yates, S. & Hnatiuk, D. (2013). *Pilgrim Tips & Packing List Camino de Santiago: What you need to know beforehand, what you need to take, and what you can leave at home* ISBN-10 : 1484079841
ISBN-13 : 978-1484079843

Vonhof, J. & Olson, T. (2021) *Fixing your Feet Injury Prevention and Treatment for Athletes*.
Wilderness Press ISBN-10 : 1643590634 ISBN-13 : 978-1643590639

Movies:

Karcher C. & Parish, T. (2017). *I'll Push You*

Smith, L. (2013) *Walking the Camino: Six Ways to Santiago* (Will watch together upon return.)

Estovez, E. (2011). *The Way*

Writing Center/Ellbogen Center for Teaching and Learning www.uwyo.edu/ctl/writing-center/

COURSE CONTENT:

MODULE 1: Pre-travel

- A. Identifying positive ways to manage physical and emotional stress (Pre-travel Session 1)
 - a. Self assessment of physical and emotional health (due December XX)
 - b. Each student will be assigned/select a topic for an evening session on pilgrimage
- B. What is the Camino de Santiago (Pre-travel Session 1)
 - a. Discussion board/scholarly post about preparing for participation in this pilgrimage
- C. Preparing yourself for travel and a walking pilgrimage (Pre-travel Session 2)
- D. Health and safety and travel (Pre-travel Session 2)
- E. Packing (Pre-travel Session 2)

MODULE 2: Pilgrimage

- A. Travel-Madrid and on to Sarria (no assignment)
- B. Begin pilgrimage
 - a. Student led evening sessions
 - b. Students will journal/write reflection 5 days to turn in after return to Wyoming
 - c. Walk in silent meditation at least one day

MODULE 3: Keeping the pilgrimage alive in Santiago and upon return home

- A. Group activities in Santiago
- B. Group activities in Madrid
- C. Discussion about application of pilgrimage to daily life

- D. Preparation for re-entry to daily life
- E. Submit 5 reflections post return
- F. Re-assessment of physical and mental health
- G. Final scholarly paper on approved topic (graduate only)

TEACHING STRATEGIES: Teaching/learning strategies that foster transformative learning on are used. Strategies include reading, writing, dialogue (social learning), reflection (critical and embodied), presentations, cultural visits, walking in pilgrimage.

WYOCOURSES: WyoCourses is the home and host of UW’s learning management system – Canvas by Instructure. All online learning is supported by WyoCourses. The link to your home WyoCourse page is easily accessed from WyoWeb. **You will not be required to access WyoCourses while in Spain there is a mobile app listed below if you wish to access the course while abroad.**

A mobile app for iOS and Android is available and can be found at this link:

<http://www.uwyo.edu/wyocourses/mobileapp.html>

Student orientation and technical help can be found at this link:

http://www.uwyo.edu/wyocourses/student_support/index.html

COURSE REQUIREMENTS AND EVALUATION:

- ❖ **Grading Policies:** Criteria for evaluation of each course component are provided in separate documents. Grades will be derived as follows:

COURSE REQUIREMENTS	DESCRIPTIONS	GRADE REQUIREMENTS
Physical and emotional health assessment x2	Student will complete a health assessment before and after pilgrimage.	Completed/not completed (S or U)
Discussion boards x2	Scholarly discussion posts pre and post pilgrimage with 2 responses to peers. (see rubric)	S or U per rubric
Reflections x5	During the pilgrimage, the student will record reflections either via voice recording or writing and will submit these upon return at the end of the course.	S or U per rubric
Comportment and behavior	Students will maintain respectful and civil behaviors towards each other, faculty, and community members encountered on the trip. Each person is an ambassador for both the university and country while abroad. No intoxication, violation of curfews, tardiness for travel due to oversleeping, etc.	S or U

Participation/in person discussions	Each student will lead a discussion one evening of the pilgrimage about a physical and emotional health topic. All students are expected to participate in every discussion.	S or U
Graduate only		
Final paper	A final paper will be completed on an approved topic about pilgrimage and health to be submitted after return from pilgrimage. (See rubric)	S or U per rubric

- ❖ **Grading Scale:** All course requirements are graded using Satisfactory (S) and Unsatisfactory (U) grades. Grading rubrics are provided for each requirement. All course requirements must be completed with an “S” to earn a grade of “S” for the course. A grade of “S” is required to graduate from the program.

COURSE POLICIES:

1. **Due Dates:** It is expected that students will complete all course requirements as assigned. While no written work will be due during the time abroad, there will be orally presented assignments and group discussions. Written assignments due upon return to campus.
2. **Format Standards:** Submit any documents as Microsoft Word documents. Use APA formats for references, figures, and tables (American Psychological Association, 7th ed., 2020).
3. **FWWSON and Study Abroad Policies**
Students are responsible for the information in each program-specific Student Handbook and should obtain clarification if necessary. The Handbooks are on the FWWSOON website. Note the FWWSOON Professional Conduct Code as well as Scholastic Requirements.

UNIVERSITY POLICIES:

1. COVID-19:

a. Requirements: As a matter of public health and safety due to the COVID-19 pandemic, all members of the University of Wyoming community must follow university, state, and federal requirements. Please check the UW COVID-19 website for University policies, guidelines, and resources.

b. Vaccination and Boosters: UW continues to strongly recommend COVID-19 vaccination and boosters, which have been proven to be highly effective and safe -- and effective in preventing severe illness and hospitalization, even with Omicron and its highly transmissible subvariants. UW's only vaccination requirement -- in accordance with a federal rule -- is for employees of health care units, with religious and medical exemptions available.⁵

c. Facial Coverings: As has been the case since Feb. 21, 2022, masks are not required in UW facilities, except health care settings. Individuals are provided the opportunity to assess their health and wear a mask if deemed appropriate.

d. Preventive Guidelines: The University encourages all students, faculty, and staff to abide by the preventive guidelines which keep our community healthy, including:

- Not coming to campus if you are sick.

- Minimizing contact with shared surfaces.
- Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Covering coughs and sneezes with a tissue or use the inside of their elbow

e. Classroom Behavior: Everyone in this class is responsible for maintaining an appropriate learning environment regardless of the mode of instructional delivery. As with other disruptive behaviors, we have the right to dismiss you from the classroom (Zoom and physical), or other class activities if you fail to abide by these COVID-19 policies. Instructor note: These behaviors will be referred to the Dean of Students Office using the UWYO Cares Reporting Form for Student Code of Conduct processes.

f. Syllabus Changes: I will alert you to any possible changes in course requirements, including course format changes, in response to UW decisions about community safety during the semester.

g. Attendance Policy: Attendance may be impacted by the COVID-19 pandemic. Instructor note: UW will adhere to UW Regulation 2-108 (Student Attendance Policy). The Dean of Students Office issues excused absences in accordance with this policy.

1) Any student notified that they have tested positive for COVID-19 or that they have been exposed to someone who has tested positive for COVID-19 may need to self-isolate or self-quarantine. Students should seek guidance from their primary care provider, Student Health, the Wyoming Department of Health, and the COVID Hub.

2) Students will not be penalized for having to self-quarantine or self-isolate. Course materials and assignments will be available for completion in an alternative modality if needed.

3) Online Absences: An official student absence for the online version of this course is when a student meets the following criteria:

(1) The student does not engage with the week's course material and/or does not turn in the week's assignment on time.

(2) The student or a dedicated representative of the student fails to communicate the reason for not engaging with the course material and/or not turning in the week's assignment on time within the week of the absence.

(3) The dedicated student representative is the person tasked by the student for reaching out on their behalf when they are not able - e.g., parents, other family member, significant other, etc. A faculty member can receive information from the student's dedicated representative but would need a FERPA release in place to discuss anything further. The Dean of Students will assist in these situations.

h. Disclaimer: The University of Wyoming COVID Policy, including this Student Attendance Policy, is informed by health and safety recommendations from the CDC and the Wyoming Department of Health. The COVID Policy may be modified based on the evolving environment and virus transmission. Please refer to this document regularly. You can find the UW COVID Policy and other information at: <http://www.uwyo.edu/alerts/campus-return/index.html>.

HyFlex, Zoom, and WyoCourses expectations: As with all UW coursework, this course will be educational and useful to you. I will respond to questions, concerns, and feedback in a timely manner.

Your responsibilities:

Give and receive feedback from your classmates and me respectfully and constructively in all interactions. This includes in Zoom chats, on WyoCourses boards, and within physical classroom spaces. Actively engage in civil discourse in a respectful manner. Use professional language in all course related forums.

Communicate professionally. Whenever you send class-related email or messages, please include a clear, specific subject line and use the body of the email or message to explain the purpose for the email and any attached materials. Conduct yourself professionally.

Meet assignment deadlines. We expect that you're interacting with course material multiple times during the week.

Ask for help when you need it. For academic assistance for this course please contact me for available resources. For Dean of Students assistance please see:

<https://www.uwyo.edu/dos/student-resources/covid-19-student-resources.html>

Please let me know if you notice another student who needs help in our class (you may remain anonymous). WyoCares is also a referral option: <https://www.uwyo.edu/dos/students-concern/index.html>.

Information Technology (IT): If you have any IT related challenges, please contact the UWIT Service Center:

<https://uwyo.teamdynamix.com/TDClient/1940/Portal/Requests/ServiceDet?ID=8890>

Due Dates: Assignments are due by 11:59p Mountain time on the specified due date, unless prior arrangements have been made with the instructor. Please reach out if your assignment may be late. An extension can almost always be arranged. Late assignments may result in a "0" grade. Students should anticipate the possibility of last minute complications (e.g., internet outage, computer problems, etc.) that might hinder submitting their assignments on time and aim to submit each assignment well in advance of the deadline.

Students experiencing technical difficulties while uploading assignments to WyoCourses should contact Canvas Support for assistance, which is available 24 hours/day, 7 days/week through WyoCourses "Help" or by phone: 1-855-778-9971.

Students experiencing difficulties with Wyocourses should also e-mail assignments to instructors prior to the deadline. Additionally, students should create and maintain back-up copies of all assignments using an external hard drive, USB drive, Cloud Storage, etc. As students are working on assignments, they may also upload assignment drafts to WyoCourses; in which case, faculty will grade the most recently uploaded version of an assignment (prior to the assignment

due date/time), unless the student has requested by the due date/time that an earlier version should be graded.

After submitting an assignment, students should check WyoCourses to make sure it uploaded correctly. Instructors are not required to give feedback on late assignments, and students who wish to receive feedback on late assignments will need to request this of the instructor.

Format Standards: Submit all written assignments and reports as Microsoft Word documents. Use APA formats for references, figures, and tables (American Psychological Association, 7th ed., 2020).

References: Unless otherwise directed, assignments should reference primary (original) sources (e.g., research studies, original theories), NOT secondary sources (e.g., clinical databases, review articles, textbooks).

University and School Policies:

Students are responsible for the policies and expectations contained in the most student handbook, located on the FWWSO's website:
<http://www.uwyo.edu/nursing>. If you need clarification regarding policies, please ask.

Academic Dishonesty (UW Regulation 2-114): Academic dishonesty will not be tolerated in this class. Cases of academic dishonesty will be treated in accordance with UW Regulation 2-114. The penalties for academic dishonesty can include, at the faculty's discretion, an "F" on the course component exercise, and/or an "F" in the entire course. Academic dishonesty means anything that represents someone else's ideas as your own without attribution. It is intellectual theft – stealing - and includes (but is not limited to) unapproved assistance on examinations, plagiarism (use of any amount of another person's writings, blog posts, publications, and other materials without attributing that material to that person with citations), or fabrication of referenced information. Facilitation of another person's academic dishonesty is also considered academic dishonesty and will be treated identically." http://www.uwyo.edu/regs-policies/_files/docs/section-2-regulations-july-2018/uw_reg_2-114_format_effective_7-1-18.pdf

Student with Disabilities: The University of Wyoming is committed to providing equitable access to learning opportunities for all students. If you have a disability, including but not limited to physical, learning, sensory or psychological disabilities, and would like to request accommodations in this course due to your disability, please register with and provide documentation of your disability as soon as possible to Disability Support Services (DSS), Room 128 Knight Hall. You may also contact DSS at (307) 766-3073 or udss@uwyo.edu. It is in the student's best interest to request accommodations within the first week of classes, understanding that accommodations are not retroactive. Visit the DSS website for more information at: www.uwyo.edu/udss"

Course Statement on Diversity: The University of Wyoming values an educational environment that is diverse, equitable, and inclusive. The diversity that students and faculty bring to class, including age, country of origin, culture, disability, economic class, ethnicity, gender

identity, immigration status, linguistic, political affiliation, race, religion, sexual orientation, veteran status, worldview, and other social and cultural diversity is valued, respected, and considered a resource for learning.

Duty to Report: UW faculty are committed to supporting students and upholding the University's non-discrimination policy. Under Title IX, discrimination based upon sex and gender is prohibited. If you experience an incident of sex- or gender-based discrimination, we encourage you to report it. While you may talk to a faculty member, understand that as a "Responsible Employee" of the University, the faculty member **MUST** report information you share about the incident to the university's Title IX Coordinator (you may choose whether you or anyone involved is identified by name). If you would like to speak with someone who may be able to afford you privacy or confidentiality, there are people who can meet with you. Faculty can help direct you or you may find info about UW policy and resources at <http://www.uwyo.edu/reportit>. You do not have to go through the experience alone. Assistance and resources are available, and you are not required to make a formal complaint or participate in an investigation to access them.

Alcohol Consumption Policy:

At all times you are responsible for the consequences of your behavior. If you consume alcohol and you subsequently violate university policy, program rules, or local laws, or otherwise engage in conduct that is harmful to the reputation of the university or program (as judged by the faculty leaders), your conduct may be punished more severely than had the conduct occurred without alcohol being involved. Excessive alcohol consumption is considered a violation of program rules and is subject to disciplinary measures up to and including dismissal from the program. The Education Abroad Office has a zero tolerance policy for drug abuse on abroad programs. If you engage in drug use while abroad, you will be expelled from the program, sent home at your own expense and will be subject to disciplinary measures upon return to UW.

Substantive Changes to Syllabus: Information contained in this syllabus, other than grade or absence policies, may be subject to change with reasonable notice, as deemed appropriate by the instructor. Any syllabus changes will be posted to WyoCourses and communicated to students via WyoCourse announcements.

COURSE SCHEDULE:

Module / Dates	Activities	Due Dates
Module 1 December 26	Lecture and discussion on physical and emotional health. Lecture and discussion on What is the Camino de Santiago	Discussion board-initial post December 26 with responses December 27 Initial pre-travel personal health assessment December 26

December 27	<p>A. Preparing yourself for travel and a walking pilgrimage (Pre-travel Session 2)</p> <p>B. Health and safety and travel (Pre-travel Session 2)</p> <p>C. Packing (Pre-travel Session 2)</p>	
<p>Module II Pilgrimage: (dates can change depending on weather, etc.) Leave US December 28. See Itinerary attached for Time in Spain.</p>	<p>Each student will lead a discussion on a health topic during the walking days.</p> <p>Other participation activities will include group visits and activities/discussions during the walking days, while in Santiago, and while in Madrid.</p> <p>Readings: Pilgrimage by Dave Whitson, Guidebook by John Brierly</p>	<p>Student reflection at least 5 days. Can be written or recorded, but will be submitted after return to the US.</p>
<p>Module III January 14 (Sunday) 4 hour post conference session</p>	<p>Wrap up and debrief. Lecture: returning from pilgrimage</p> <p>Watch a video together. Discussion as a group</p>	<p>Final discussion post Reassessment of personal health Submit the 5 reflections from the pilgrimage online</p> <p>Graduate only: Final paper due</p>

Packing list

Students will need:

Passport with at least 6 months before expiration at the beginning of the trip

Pilgrim Credential (Will discuss how to obtain prior to pilgrimage) (2 euros)

Travel insurance and/or insurance for health coverage in Spain

Debit card to obtain euros enroute. Optional credit card. Anticipate spending about 50 euros (\$55 per day) while walking. Madrid and Santiago will be more expensive. See suggested costs.

A good fitting backpack with rain cover (approximately 30-45 liters)

Good trail runners or light hiking boots

Three pairs of midweight wool hiking socks

3 changes of underwear (plus 2 bras if needed)

Rain pants

Good Rain poncho or rain coat

1 pr walking clothes- Recommend one a long sleeved wool or synthetic sweater, one short sleeved wool or synthetic shirt, synthetic cargo pants for hiking, light synthetic coat, light gloves, buff/neck gaiter, stocking cap or ear warmer. (Synthetic recommended over down due to possibility of rain during this season.)

1 pr evening clothes such as long-sleeved wool or synthetic shirt, comfortable pants, 1 pair of shoes for evening and to wear in the albergue (cros work well)

1 pair of shorts or sleep pants, 1 t-shirt for sleeping,

Sleeping bag to 40 F degrees (light in weight synthetic or down bag in a waterproof or plastic bag)

Minimal toiletries (toothbrush, floss, toothpaste, soap, shampoo, razor, comb, deodorant) No blow-dryers, large bottles, etc.

Any medications to last through the travel time

Water bottle (1 liter) or purchase a bottle of water in Spain and reuse for this pilgrimage (less weight)

Books for the class either on ebook or Kindle reader or hard copy.

Optional: (Discussion during the first sessions of the course.)

Phone with charger (be aware that your US plan may be expensive, Option is to use phone in Airplane mode and depend on WiFi for any calls, etc) or purchase a Sim Card in Spain

Earbuds

Sleep mask

Inflatable or small pillow

Small light, handheld light (battery operated)

Small notebook/notepad/pen

Small laundry bar (for washing o clothes)

Hiking poles (must be checked luggage or purchased in Madrid)

Recommend entire backpack weigh no more than 10% or less of your body weight.

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