

## Illinois/Njala Short Course on International Nutrition and Food Security

Sierra Leone, January 3 – 18 (Workshop dates January 6-15)



Expand your understanding of international nutrition and food security through participating in a two week short course held jointly with Njala University in Sierra Leone, West Africa. The course will take place in early January 2010, with the formal portion of the course beginning on January 5<sup>th</sup> or 6<sup>th</sup> and the course wrapping up on January 14<sup>th</sup> or 15<sup>th</sup>. We will travel on January 3<sup>rd</sup> (a portion of the course may travel London ahead of time for two days of sightseeing in England) and leave Sierra Leone on Sunday January 17<sup>th</sup>. The course will include field trips to villages in rural Sierra Leone, some sight-seeing in Freetown, as well as a chance to visit the beaches along the Atlantic coast.

This program is organized by Prof. Paul E. McNamara (Department of Agricultural and

Consumer Economics and Division of Nutritional Sciences) and is designed for advanced undergraduate students and graduate students with an interest in international nutrition, food policy, international development, public health and African studies. The educational purpose of this course is to provide an academic and field introduction to international nutrition and food security at the level of advanced undergraduates or graduate students.



Rice farm near Bo

All ACES students participating in this program will receive a \$1500 scholarship, transferred to their student account on or around November 2009. ACES graduate students may be eligible for additional travel

support, and some graduate programs may have travel support funds for their students.

The Short Course will be aimed at students from multiple disciplines and it will combine theory, research and evidence-based practice from the perspectives of public health nutrition, economics, agriculture and other disciplines. We are planning that 6 to 10 Illinois students and two Illinois faculty will participate in the course, as well as 10 Njala University students and approximately 4 Njala faculty. The topics to be covered include: Nutrition and Human Development; Evidence and Nutrition Programs – Skills for Critical Thinking and Analysis; Nutrition Education Principles; Water, Nutrition, and Health; Community Nutrition and Public Health Nutrition Best Practices; Micronutrient Malnutrition; Agricultural Research, Nutrition, and Food Security; The Agriculture to Food Security Link Via Livelihoods; and, other topics to be finalized with the course instructors and partners. Along with the Illinois and Njala University short-course faculty, we have also invited Dr. Eugene Terry to participate in the course and speak on the area of agricultural science

and plant breeding for nutrition and food security. Additionally, Dr. Saweda Liverpool of the International Food Policy Research Institute (Nigeria office) has been invited to participate in the course as a lecturer in the area of livelihoods, agriculture and food security.

Along with the formal course activities, we will spend time meeting experts in Sierra Leone on nutrition and food security and learning through discussions with them. At the present time we are working to arrange a short (one or two day) volunteer service effort with an elementary school near the Njala campus or with a social service program in Bo. We plan to end the trip with some down time for relaxation along the coast where we can swim and relax at the beach before heading back for the winter in Illinois.



View of Freetown, Sierra Leone from the Sierra Leone Agric. Research Institute Office

For more information on this course, please contact Prof. Paul McNamara ([mcnamar1@illinois.edu](mailto:mcnamar1@illinois.edu)) or Dean Andrea Bohn (Assistant Dean, ACES Study Abroad Office [abohn@illinois.edu](mailto:abohn@illinois.edu)) and check on the College of ACES Study Abroad website.