

*Study Abroad 2014-2015*

***PSU/Waseda Transnational Programs (WTP)***  
***“Environmental Sustainability” Program at Portland State University***

***Location: Portland, Oregon, USA***

***Title: “LOHAS” (Life of Health & Sustainability)***

**Application Requirements**

***TOEFL:*** iBT 48/ ITP/PBT 460 minimum at time of program start; expected to achieve an iBT 61/PBT 500 minimum by Spring Term. An iBT 71/PBT 527 minimum is required to stay Summer Term (optional). A TOEFL tutorial is offered to assist students in gaining a higher score on the TOEFL.

***GPA:*** GPA of 2.25 or higher

***Nationality:*** This program is open to any nationalities whose first language is NOT English.

***Dates:***

***September 23, 2014***

***September 29-December 12***

***December 13-January 4, 2015***

***January 5-March 20***

***March 21-29***

***March 30-June 12***

***June 22- August 14***

***Arrival in Portland***

***Fall Term*** (includes final exams week)

***Winter Break***

***Winter Term*** (includes final exams week)

***Spring Break***

***Spring Term*** (includes final exams week)

***Optional Summer Term***

***Summary:***

The theme of “Sustainability and the Environment,” alternately known as “Life of Health and Sustainability (LOHAS)” is a program held at Portland State University from September to June. The LOHAS offers students interested in the general theme of environmental sustainability the opportunity to take classes and participate in community

service through Portland State University's nationally renowned Sustainability curriculum. Environmental Sustainability undergraduate studies at Portland State University fall under the following departments/schools: [University Studies](#), [Environmental Sciences and Resources](#), and the [School of Urban Studies and Planning](#)

For more information about the PSU approach to Sustainability, please visit:  
<http://www.pdx.edu/sustainability/>

The LOHAS requires all students to take a “core” course every term related to the general theme of Sustainability. The courses are offered through the University Studies Department and School of Urban & Public Affairs and have regular PSU students enrolled in them. For the 2014-2015 academic year, the required core courses are:

Term	Course Number	Course Title
Fall 2014	UNST 224	Environmental Sustainability
Winter 2015	ECON 332	The Economics of Environmental Issues
	GEOG 230	Environment & Society
	PHE 444	Global Health
Spring 2015	ECON 332	The Economics of Environmental Issues
	GEOG 230	Environment & Society
	PHE 444	Global Health

LOHAS requires all students to take Academic English. The ESL curriculum is designed to support the LOHAS coursework and tailored to the specific needs of our students.

Students with qualifying TOEFL scores may also take regular PSU electives. These electives can be selected from the list of “Environmental Sustainability” cluster courses at PSU or from any discipline of interest. PSU departments normally have restrictions (prerequisites, major, class standing, matriculation) on elective courses related to their major.

#### *Academic Study:*

Fall 2014	Credit hours
Academic English (WTP)	8 credits
LOHAS core course (OE)	4 credits
PSU Electives for students with $\geq 527$ TOEFL (OE)	4 credits
PE class only (for students with $< 527$ TOEFL) (OE)	1 credit
Students with $< 527$ TOEFL course load	minimum credits—12, maximum credits—13
Students with a $\geq 527$ course load	minimum credits—12, maximum credits—16

Winter 2015	Credit hours
-------------	--------------

Academic English (WTP)	4 credits for all students
Academic English Supplemental (WTP)	4 credits for students <527 TOEFL
LOHAS core course	4 credits
PSU Electives for students with $\geq 527$ TOEFL (OE)	4-8 credits
PSU Electives for students with 500-526 TOEFL (OE)	up to 4 credits
PE class only (for students with <500 TOEFL) (OE)	1 credit
Students with <500 TOEFL course load	minimum credits—12, maximum credits—13
Students with 500-526 TOEFL course load	minimum credits—12, maximum credits—16
Students with a $\geq 527$ course load	minimum credits—12, maximum credits—16

<b>Spring 2015</b>	Credit hours
Academic English (WTP)	4 credits for all students
Academic English Supplemental (WTP)	4 credits for students <527 TOEFL
LOHAS core course	4 credits
PSU Electives for students with $\geq 527$ TOEFL (OE)	4-8 credits
PSU Electives for students with 500-526 TOEFL (OE)	up to 4 credits
Students with 500-526 TOEFL course load	minimum credits—12, maximum credits—16
Students with $\geq 527$ TOEFL course load	minimum credits—12, maximum credits—16

### **Key points about the “Sustainability & the Environment” (LOHAS) Program:**

- All students are required to take our Academic English class. For Winter & Spring terms, students with a  $\geq 527$  TOEFL don't have to take the 4-credit Supplemental Academic English class. An institutional TOEFL exam is offered once per term by PSU.
- All students, regardless of their TOEFL score, are required to take a “core” course every term related to the general theme of sustainability. This course will have regular PSU students enrolled in it.
- Students may choose their elective classes from “cluster” courses in PSU's nationally recognized sustainability curriculum or from any course offered at PSU (pending usual departmental or university restrictions).

***Sustainability Cluster classes:***

*These classes are related to the “core” courses offered each term. These classes are part of PSU’s nationally acclaimed “Sustainability” curriculum. We encourage our students to choose at least one of these classes as their PSU Elective during the academic year.*

Core Courses →	UNST 224U & ECON 332U Environmental Sustainability & Economics of the Environment ↓
Cluster Theme →	“Environmental Sustainability” Cluster
Courses clustered around that theme →	ARCH 367U Fundamentals of Environmental Design ARCH 399U Towards Sustainable Architecture ArH 437U Nature into Art I & II ( <a href="#">Approved Course Proposal</a> ) CH 371U Environmental Chemistry EAS 399U Problems, Solutions, and Systems Thinking ( <a href="#">Approved Course Proposal</a> ) ESM 355U Understanding Environmental Sustainability ESM 356U Understanding Environmental Sustainability II G 352U Minerals and World Affairs G 410U Environmental Writing: Ecology of Malheur National Wildlife Refuge GEOG 314U Severe Weather ( <a href="#">Approved Course Proposal</a> ) GEOG 326U Ecology and the Implication of Management GEOG 338U Investigating Forest Ecosystems GEOG 340U Global Water Issues and Sustainability ( <a href="#">Approved Course Proposal</a> ) GEOG 345U Resource Management GEOG 346U World Population and Food Supply ( <a href="#">Approved Course Proposal</a> ) GEOG 347U Environmental Issues and Action ( <a href="#">Approved Course Proposal</a> ) GEOG 348U Cultural Ecology ( <a href="#">Approved Course Proposal</a> ) GEOG 349U Mountains: Cultural Landscapes HST 339U Environment and History ( <a href="#">Approved Course Proposal</a> )

	<p>INTL 399U International Green Building &amp; Development (<a href="#">Approved Course Proposal</a>)</p> <p>INTL 399U International Sustainability, Urban Design and Human Health (<a href="#">Approved Course Proposal</a>)</p> <p>PHE 455U Film and Health (<a href="#">Approved Course Proposal</a>)</p> <p>PHL 310U Environmental Ethics (<a href="#">Approved Course Proposal</a>)</p> <p>SCI 326U Ecology and the Implication of Management (<a href="#">Approved Course Proposal</a>)</p> <p>SCI 331U Atmospheric Interactions I</p> <p>SCI 332U Atmospheric Interactions II</p> <p>SCI 335U Water in the Environment I</p> <p>SCI 336U Water in the Environment II</p> <p>SCI 338U Investigating Forest Ecosystems (<a href="#">Approved Course Proposal</a>)</p> <p>SCI 357U Sustain US/Mexico Border Region</p> <p>SCI 399U Sustainable Forestry Monitoring (<a href="#">Approved Course Proposal</a>)</p> <p>SOC 341U Population Trends and Policy</p> <p>SYSC 399U Sustainability, Systems Concepts and Indigenous Perspectives (<a href="#">Approved Course Proposal</a>)</p> <p>USP 313U Urban Planning: Environmental Issues (<a href="#">Approved Course Proposal</a>)</p>
--	--

<i>Core Course →</i>	<i>PHE 444U Global Health</i>
	↓
<i>Cluster Theme →</i>	<i>“Healthy People/Healthy Places” Cluster</i>
<i>Courses clustered around that theme →</i>	<p>ANTH 325U Culture Health and Healing (<a href="#">Approved Course Proposal</a>)</p> <p>ANTH 333U The Anthropology of Food (<a href="#">Approved Course Proposal</a>)</p> <p>CCJ 330 U Crime Control Strategies (<a href="#">Approved Course Proposal</a>)</p> <p>COMM 399U Health Communication (<a href="#">Approved Course Proposal</a>)</p> <p>EC 316U Introduction to Health Care Economics (<a href="#">Approved Course Proposal</a>)</p> <p>ENG 308U Cultural Studies in Literature: Literature and Medicine in the Community (<a href="#">Approved Course Proposal</a>)</p> <p>ENG 308U Cultural Studies in Literature: Literature Medicine Health</p> <p>EPFA 456U The Urban Schools and "At Risk "Status (<a href="#">Approved Course Proposal</a>)</p> <p>PHE 326U Drug Education (<a href="#">Approved Course Proposal</a>)</p> <p>PHE 335U Human Sexuality</p> <p>PHE 355U Consumer Health</p> <p>PHE 425U Nutrition for Health</p> <p>PHE 443U Environmental Health</p>

	PHE 446U Community Health: Principles and Practices ( <a href="#">Approved Course Proposal</a> ) PHE 452U Gender, Race, Class and Health ( <a href="#">Approved Course Proposal</a> ) PHE 454U Social Gerontology PHE 455U Film and Health ( <a href="#">Approved Course Proposal</a> ) SW 407U Community Based Interventions USP 313U Urban Planning: Environmental Issues ( <a href="#">Approved Course Proposal</a> ) USP 317U Introduction to International Development ( <a href="#">Approved Course Proposal</a> ) USP 424U Healthy Communities USP 425U Community and the Built Environment ( <a href="#">Approved Course Proposal</a> ) USP 426U Neighborhood Conservation and Change USP 450U Concepts of Citizen Participation ( <a href="#">Approved Course Proposal</a> ) USP 454U The Urban Schools and "At Risk" Status ( <a href="#">Approved Course Proposal</a> )
--	---

<i>Core Course →</i>	<i>Enviroment &amp; Society</i> ↓
<i>Cluster Theme →</i>	<i>“Global Enviromental Change” Cluster</i>
<i>Courses clustered around that theme →</i>	CH 360 Origins of Life on Earth ( <a href="#">Approved Course Proposal</a> ) CR 399U Ecology of War and Peace ( <a href="#">Approved Course Proposal</a> ) G 344U Geology of National Parks ( <a href="#">Approved Course Proposal</a> ) G 345U Life in the Universe ( <a href="#">Approved Course Proposal</a> ) G 351U Oceanography G 352U Minerals and World Affairs G 399U Geology and the History of Hawaii ( <a href="#">Approved Course Proposal</a> ) G 399U Earth and Life History of Costa Rica ( <a href="#">Approved Course Proposal</a> ) G 399U Top: Climate Record in NW Geology ( <a href="#">Approved Course Proposal</a> ) G 430U Life of the Past ( <a href="#">Approved Course Proposal</a> ) G 452U Geology of the Oregon Country ( <a href="#">Approved Course Proposal</a> ) G 456U Astrogeology ( <a href="#">Approved Course Proposal</a> ) G 457U Volcanoes and Earthquakes ( <a href="#">Approved Course Proposal</a> ) GEOG 310U Climate and Water Resources ( <a href="#">Approved Course Proposal</a> ) GEOG 311U Climatology ( <a href="#">Approved Course Proposal</a> ) GEOG 312U/SCI 334U Climate Variability GEOG 313U Biogeography ( <a href="#">Approved Course Proposal</a> ) GEOG 314U Severe Weather ( <a href="#">Approved Course Proposal</a> ) GEOG 322U Alpine Environments ( <a href="#">Approved Course Proposal</a> ) GEOG 333U Weather GEOG 340U Global Water Issues and Sustainability ( <a href="#">Approved Course Proposal</a> ) GEOG 346U World Population and Food Supply ( <a href="#">Approved Course Proposal</a> )

	<a href="#">Proposal)</a> GEOG 347U Environmental Issues and Action ( <a href="#">Approved Course Proposal)</a> HST 339U Environment and History ( <a href="#">Approved Course Proposal)</a> PH 333U Weather PH 375U The Earth's Atmosphere PHL 310U Environmental Ethics ( <a href="#">Approved Course Proposal)</a> SCI 357U Sustain US/Mexico Border Region
--	--

### ***Housing and Meal Plan:***

*Students have two housing options:*

*Option #1: Dormitory room (single or double, based on availability) ranging between \$1500-\$3500 per term. A meal plan is available, but students have kitchens to do their own cooking or they can eat at local restaurants or on campus. Most furnished rooms on campus are double-occupancy and students will be paired with a non-WTP roommate. **Students are required to sign a 3-term housing contract, so it is not possible to switch to a homestay mid-year.***

*Option #2: Homestay costing about \$750 per month. Please see [www.andeo.org](http://www.andeo.org) for more information.*

**It is possible to start in a homestay and then switch to a dormitory room (if available) after one or two terms.**

### ***Opportunities for Learning through Experience:***

Portland State University is famous for its "Community Based Learning" courses. These courses are open to WTP students and are an opportunity for them to work on a project with Americans that benefits a local community non-profit. The PSU/Waseda Transnational Programs staff helps WTP students find volunteer placements in Portland. Our students have volunteered as Japanese language assistants at local schools, helpers at the local animal shelter, and as playgroup leaders for children at the state refugee center.

Portland State has many student organizations/clubs that our students may join (please see <http://www.pdx.edu/recreation/rec-clubs> and <http://salpsync.orgsync.com/studentorg> for current lists.

The PSU/Waseda Transnational Programs staff also run a Community of Friends program for students to interact with families in the community. Program field trips are offered each term and have included beach trips, rafting, baseball and NBA games, museum trips, and festivals, as well as short-term volunteer experiences.

***Facilitation Plan:***

The PSU/Waseda Transnational Programs Office serves students Monday-Friday from 9am-6pm. Students receive their mail at the office and also use the dedicated computer lab. All staff serve WTP students in one capacity or another (e.g. advising, assisting with registration, resolving housing problems, etc...). Students are given an emergency contact card with the cell telephone numbers of all staff. There is a very high level of academic and personal support to WTP students.

***Credits (24-32 semester credit hours):***

Students may earn 24-32 semester credit hours through LOHAS (though the transcripts are issued in quarter credit hours of 36-48). If a student stays for summer, he/she may earn an additional 8-10 semester credit hours.

***Other Program Fees (minimum estimates for 9 months)***

\$119 per term health center fee (required)  
\$41 per term REC Center fee (required)  
\$640 per term for textbooks (estimated)  
\$325 per month for personal expenses (estimated)

***Room & Board Costs (minimum estimates):***

\$500-\$1200 per month for dorm room (this is charged every 3 months)  
\$350 per month for board—self catering (do your own cooking and shopping)  
\$400 per month for board—meal plan (eat in the university cafeteria)

***Contact***

*Sally Strand Mudiamu*  
*Director*  
*PSU/Waseda Transnational Programs Office*  
*Portland State University, East Hall, Room 220*

*Physical Address:*  
*632 SW Hall Street, #220 Portland, OR 97201*

*Mailing address:*  
*Portland State University, PO Box 751-WASA, Portland, OR 97207-0751*

*503-725-5726 voice*  
*503-725-5727 fax*

*Web Page:*



[strand@pdx.edu](mailto:strand@pdx.edu)

[\*http://www.pdx.edu/transnational-programs/\*](http://www.pdx.edu/transnational-programs/)