



Customized program developed for:
Mississippi State University
England and The Netherlands
May 18 – 29, 2025





OFFICIAL NAME: The United Kingdom of Great Britain and Northern Island

CAPITAL: London

OFFICIAL LANGUAGES: English

MAJOR INDUSTRIES: Finance, automobile and aerospace manufacturing, pharmaceuticals, food processing

SPOTLIGHT ON UNITED KINGDOM

One of the world's first superpowers, the United Kingdom's breadth of influence on society is as broad as the British Empire. It is a nation influenced by its own invaders (Celts, Romans, Angles, Saxons, Normans), and it, in turn, left its mark on much of the world - and not just through colonization. The legacy of the British monarchy is the stuff of legends. Shakespeare is arguably the most important (and most studied) writer of all time. Through the Scientific Revolution in the 17th century and the Industrial Revolution in the 18th century, the British produced hundreds of advances in economics, medicine, science, and the humanities that have benefited the world at large across various disciplines.

The United Kingdom follows Germany and France as the third largest economy in Europe. It has long been a leading trading power and financial center, with the banking, insurance and business service sectors driving the UK's GDP growth. The UK was a prominent and active member of the European Union from 1973 to 2016, though it always remained outside the Economic and Monetary Union. The 2016 decision to leave the EU has had long-term effects on the economy and international trade. Like other countries, the United Kingdom has faced challenges posed by high inflation and lingering effects from the COVID-19 pandemic. Despite these challenges, the UK continues to be the second-largest economy in Europe and is predicted to grow its GDP in 2024.



TOPICS TO EXPLORE

LITERATURE & THEATER – From the father of English literature, Geoffrey Chaucer, to reigning commercial queen, J.K. Rowling, Britain has proven itself an incubator for English literature. Choose an author to study, or use a genre as the framework for your travel program. The options are nearly endless (Shakespeare, anyone?).

CINEMA – The United Kingdom is home to two top-grossing film series – Harry Potter and James Bond – as well as recent TV hits like Downton Abbey. Explore film and television effects on this economy, from job creation to tax incentives and tourism.

FOOD AND BEVERAGE– Scotland boasts a thriving export market for cuisine. From farmers and distillers to researchers and educators, public agencies collaborate with many channels to maximize the food and beverage industry. Discuss how Scotland's products travel to the global market.

BY THE NUMBERS

3.136 TRILLION | EST 2022 GDP (USD PPP)

68.14 MILLION | POPULATION

243,610 KM² | TOTAL AREA

150+ CONNECTIONS

2,320+ MEETINGS PLANNED IN THE REGION



OFFICIAL NAME: Kingdom of the Netherlands

CAPITAL: Amsterdam

TOP LANGUAGES: Dutch

MAJOR INDUSTRIES:
agroindustries, metal & engineering products, electrical machinery & equipment, chemicals, petroleum

MAJOR AGRICULTURAL PRODUCTS:
Grains, potatoes, sugar beets, fruits, vegetables, livestock



SPOTLIGHT ON THE NETHERLANDS

The Netherlands’ iconic landscapes, history and culture make it an ideal place to explore. Stroll along the picturesque canals of Amsterdam, ride a bike through the streets of Rotterdam or visit the Peace Palace in The Hague. Consistently ranked among the top ten happiest countries in the world, the Netherlands is a model of health and work-life balance. Interestingly, relatively few women work outside the home as compared to other cultures. The country has long been a safe haven for ethnic minorities fleeing persecution, and is largely open and accepting of other cultures; in fact, nearly one-fifth of the Dutch population is foreign.

The Netherlands is located at the entrance the continental Europe, and it often serves as a springboard for businesses looking to enter the Europe. Consistently ranking as a leader in FDI, the Netherlands is known as one of the most open world economies. A multi-lingual, highly educating workforce enables a pro-business government and favorable tax structure, while its convenient location to major consumer markets across Europe continues to entice business. Some of its major industries include food processing, chemicals, petroleum refining, and electrical machinery. The Dutch, known for being one of the happiest populations in the Western world, also enjoy an affordable cost of living.

TOPICS TO EXPLORE

FILM – Several international and European festivals are hosted in the capital every year, including the Imagine Film Festival and KLIK!. Tour a local set, meet with festival organizers, or watch an open-air movie screening in the warmer months.

CLASSICAL MUSIC – Musicians from around the world flock to the Netherlands for its world-class orchestras, symphonies and ensembles. Enjoy a performance by the Royal Concertgebouw, visit the Dutch National Opera House or just listen to the sounds of local musicians who often play along the famous canals.

SUSTAINABILITY – As the most bike-friendly country in the world, the Netherlands is an exceptionally “green” culture. Learn about the efforts companies are making to conform to environmentally-friendly standards, and talk to locals to uncover what else everyday citizens are doing to help the cause.

BY THE NUMBERS

\$986.8 BILLION | EST 2019
GDP (USD)

17 MILLION | POPULATION

41,543 KM² | TOTAL AREA

30 CONNECTIONS

2,400+ MEETINGS PLANNED
IN THE REGION

Your customized itinerary

Psychology in England and The Netherlands

The following itinerary is a working document and is subject to change (revised 5/16/2024).

May 18 Program Begins	
<p>Sunday</p> <p>Meals Included None</p>	<ul style="list-style-type: none"> Flight departs for London– <i>Arranged by participants.</i>
May 19 London	
<p>Monday</p> <p>Meals Included Dinner</p> <p>London Accommodations 3* Hotel (1 of 5)</p>	<p><i>Welcome to London! This world capital has been among the finest cities on earth for centuries, and today's London is as deep as it is broad. Whether you are seeking urban bustle or a lush park, ancient history or modern art, fish and chips or tikka masala, you'll find the best of the best here in London.</i></p> <ul style="list-style-type: none"> At the most common arrival time of all participants, transfer to your accommodations – <i>Local staff and private transportation included.</i> in a brief Health and Safety Orientation before your program begins – <i>Orientation will be during the Big Bus tour. – Tube passes Zone 1&2 to last duration of the program</i> Check-in to your accommodations or store luggage if check-in is unavailable. Free time for lunch. In the afternoon, enjoy a city tour – <i>Local staff and public transportation included.</i> <p>London Big Bus Tour (Guided) See London's most famed sites on a private double decker bus – <i>no entrances included.</i></p> <ul style="list-style-type: none"> In the evening, taste the local cuisine with a group Welcome Dinner – <i>Local staff and public transportation included.</i>
May 20 London	
<p>Tuesday</p> <p>Meals Included Breakfast</p> <p>London Accommodations 3* Hotel (2 of 5)</p>	<ul style="list-style-type: none"> Make your way to today's engagements – <i>Full day local staff and public transportation included.</i> <p>Westminster Abbey (Audio-Guided) Follow in the footsteps of England's kings, queens, statesmen and poets as you explore the magnificent Westminster Abbey, one of London's most iconic and important religious buildings. Listen to your audio guide as you stroll around the great church, see the coronation site of England's many kings and queens, and admire the striking Gothic architecture. Best of all, your audio guide will fill you in on the abbey's fascinating history – <i>entrance included.</i></p> <ul style="list-style-type: none"> Break for lunch on own. Continue to next visit. <p>London Eye Your London Eye flight provides a 30 minute rotation with spectacular views of London. On a clear day, you can see up to 25 miles in all directions – <i>ticket included.</i></p> <ul style="list-style-type: none"> Enjoy the remainder of the day free with dinner on.

May 21 | London

Wednesday

Meals Included
Breakfast

London Accommodations
3* Hotel (3 of 5)

- Make your way to today’s engagements – *Full day local staff and public transportation included.*

Museum of the Mind at Bethlem Royal Hospital (Guided)

Bethlem Royal Hospital was founded in 1247 and was the first institution in the UK to specialise in the care of the mentally ill. The hospital continues to provide in-patient care as part of the South London and Maudsley NHS Foundation Trust, and has been based in south London since 1930.

Situated within the hospital grounds, in a stunning Art Deco building shared with the Bethlem Gallery, Bethlem Museum of the Mind was formally opened by artist Grayson Perry in March 2015. The museum cares for an internationally renowned collection of archives, art and historic objects, which together offer an unparalleled resource to support the history of mental healthcare and treatment. – *entrance included.*

- Continue to next visit.

Royal Pharmaceutical Society Museum (Guided)

Ever wonder what help was oered by doctors to mental health suerers before the advent of psychotherapy? Well, why not see the original ‘tools of the trade’ rst hand on display at the Royal Pharmaceutical Society – bleeding bowl, anyone? (Inducing blood from a patient thought to “restore balance”). Or how about some powdered rock crystal for that melancholy? Established in 1842, the Royal Pharmaceutical Society Museum has a collection of around 45,000 objects to do with the history of healthcare, and their display on “Melancholia and Mania” covers treatment from the Middle Ages onwards – *tour fees included.*

- Enjoy the remainder of the day free with dinner on own.

May 22 | London

Thursday

Meals Included
Breakfast

London Accommodations
3* Hotel (4 of 5)

- Make your way to today’s engagements – *Half day local staff and public transportation included.*

Freud Museum (Guided)

The Freud Museum in London is a museum dedicated to Sigmund Freud, located in the house where Freud lived with his family during the last year of his life. In 1938, after escaping the Nazi annexation of Austria, he came to London via Paris and stayed for a short while at 39 Elsworthy Road before moving to 20 Mareseld Gardens, where the museum is situated. Although he died a year later in the same house, his daughter Anna Freud continued to stay there until her death in 1982. It was her wish that after her death it be converted into a museum. It was opened to the public in July 1986 – *entrance fee and 1 hour guided session included.*

- Enjoy the remainder of the day free with lunch and dinner on own.

May 23 | Day Trip to Oxford

Friday

Meals Included
Breakfast

London Accommodations
3* Hotel (5 of 5)

- Make your way to today’s engagements – *Full day local staff and private transportation included.*

Welcome to Oxford! This legendary university town is steeped in academic history that dates back to the 12th century. Nicknamed “the City of Dreaming Spires,” it has inspired scholars from Oscar Wilde to C.S. Lewis.

Oxford Walking Tour (Guided)

With your expert guide showing you around the ancient colleges and cobbled streets, you will be entertained with anecdotes about the many famous characters and academics who have walked down these lanes in times gone by, and you will see some of the oldest colleges and most famous university buildings from the outside – *audio-guide and entrance to Christ Church College included.*

- Break for lunch on own.
- Continue to next visit.

Guest Lecture

WorldStrides Arranged
2 hours of classroom space and AV included.

- Return to London on coach
- Enjoy the remainder of the day free with dinner on own.

May 24 | London to Amsterdam

Saturday

Meals Included
Breakfast

Amsterdam Accommodations
[Generator Hostel](#) or similar (1 of 5)

- Check out of your accommodations and depart for Amsterdam on coach – *public transportation included.*

Coach to Amsterdam - *Approximately 9 hours*

Welcome to Amsterdam! Full of quirky sights, charming canals, and an innovative atmosphere, this city is known for being gezellig, a Dutch quality that means convivial or cozy. Bicycling is a way of life for Amsterdammers, so hop on and take a spin to one of the city’s masterpieces, including the Van Gogh Museum and the Rijksmuseum. Be sure to visit the Anne Frank Huis, and stroll along the Grachtengordel – this city is certain to impress.

- Upon arrival, make your way to your accommodations – *Local staff and private transportation included.*
- Health & Safety Orientation to be held on the coach
- Transportation passes to be provided
- Check-in to your accommodations or store luggage if check-in is unavailable.
- Break for lunch on own.
- In the afternoon, enjoy a city tour – *Local staff and public transportation included.*

Canal Cruise (Guided)

Taking a canal cruise is one of the most popular things to do in Amsterdam. See the famed sights along the historic waterways – *Ticket included.*

- Enjoy the remainder of the day free with dinner on own.

May 25 | Amsterdam

Sunday

Meals Included
Breakfast

Amsterdam Accommodations
[Generator Hostel](#) or similar (2 of 5)

- Make your way to today’s engagements –*Full day local staff and public transportation included.*

Van Gogh Museum (Self-Guided)

Explore some of Vincent’s earliest Dutch works as you visit the Van Gogh Museum. Discover how his approach changed in Paris when he met modern artists and see how he developed his famous individual style in the south of France – *Entrance included.*

- Break for lunch on own.
- Continue to next visit.

Anne Frank House (Audio-Guided)

Anne Frank’s story is well documented, but at the Anne Frank House you’ll learn more about her now-legendary diaries and you will be able to walk through the house where she wrote so many of her now famous entries. End your visit by watching a short documentary about the Jewish experience during the Holocaust – *Entrance included.*

- Enjoy the remainder of the day free with dinner on own.

May 26 | Amsterdam

Monday

Meals Included
Breakfast

Amsterdam Accommodations
[Generator Hostel](#) or similar (3 of 5)

- Make your way to the train station for today’s engagements – *Full day local staff and public transportation included.*

Train to Haarlem - *approximately 20 minutes (roundtrip train tickets included)*

Museum of the Mind – Haarlem (Audio-Guided)

In this historical building, you will get to peek inside the minds of artists, writers and scientists. The museum invites you on an interactive voyage of discovery into your own mind, and those of others.

Museum of the Mind is a museum bursting with personal stories, surprising art and an expansive historical collection, straddling the boundaries between healthcare, art and science. A visit to the museum is an experience focused on the wonder and versatility of the mind. Come visit and allow yourself to wonder about what is normal – *entrance included.*

- Return to Amsterdam on train, then to your accommodations via public transportation.
- Enjoy the remainder of the day free with lunch and dinner on own.

May 27 | Day Trip to Den Hague

Tuesday

Meals Included

Breakfast

Amsterdam Accommodations
[Generator Hostel](#) or similar (4 of 5)

- Make your way to the train station for today's engagements – *Full day local staff and public transportation included.*

Train to The Hague - *approximately 45 minutes - roundtrip train tickets included, 1 day public transportation passes for the Hague included*

The Hague Walking Tour (Guided)

Immerse yourself in the atmosphere of The Hague (Den Haag) and gain insights into its fascinating past and vibrant present during a private walking tour. From bustling Lange Voorhout to the lesser-known Kneuterdijk Palace, there's something to fascinate everyone – *no entrances included.*

- Break for lunch on own.
- Continue to next visit.

International Criminal Court (Self-Guided)

Explore the world's first permanent international criminal court! The ICC investigates and, where warranted, tries individuals charged with the gravest crimes of concern to the international community: genocide, war crimes, crimes against humanity and the crime of aggression. You'll have access to a presentation on the latest judicial developments of the Court, a visit to the Courtroom's Public Gallery and the possibility to attend a hearing – *entrance free of charge.*

- Return to Amsterdam on train, then to your accommodations via public transportation.
- Enjoy the remainder of the day free with dinner on own.

May 28 | Amsterdam

Wednesday

Meals Included

Breakfast

Dinner

Amsterdam Accommodations
[Generator Hostel](#) or similar (5 of 5)

- Free day
- In the evening, enjoy a **Farewell Dinner** - *public transportation and local staff included.*

May 29 | Program Ends

Thursday

Meals Included

Breakfast

- Check out of your accommodations.
- At the most common departure time of all participants, transfer to the airport – *Private transportation included.*
- Flights return home – *Arranged by participants.*