LONDON INTERNS

Please keep this Site Specific Packet, and refer to it often!

INTERNATIONAL PROGRAMS OFFICE
A5500 University Center
262 Champions Way
PO Box 3062420
Tallahassee, FL 32306-2420

Phones: (850) 644-3272 or 1-800-374-8581
Fax: (850) 644-8817 or (850) 645-4659
Hours: 8:00 a.m. – 5:00 p.m., EST, Monday through Friday
Email: ip-info@fsu.edu
Website: international.fsu.edu

FLORIDA STATE UNIVERSITY LONDON
99 Great Russell Street
WC1B 3LH
United Kingdom

Phones: 011-44-20-7813-3223 (dialing from outside the UK)
Fax: 011-44-20-7813-3266
Hours: 8:30 am - 5:30 pm GMT, Monday-Friday

Director: Dr. Kathleen Paul
Senior Associate Director: Dr. Lisa Bowers Isacson
Senior Programs Manager: Katie Behringer
Emails: k paul@admin.fsu.edu
lb owersi@admin.fsu.edu
k behringer@fsu.edu

EMERGENCY PHONE NUMBERS IN LONDON
In emergency situations, the London staff may be called at the numbers provided. To dial from within the UK, dial 07xxxx-xxxx
To dial from the United States, dial 011-44-7xxxx-xxxx

On-site Program Assistants:
078345 85468
078345 85476
075821 38174
Program Assistant Landline:
020 7916 3649

Emergency (Ambulance, Police): 999
Non-Emergency Police: 101
Holborn Police Station: 020 7388 1212
American Embassy: 020 7499 9000
24 Grosvenor Square: http://london.usembassy.gov
London, W1A 1AE

Making international calls from the U.S. to England: First dial “011” (for international call), followed by “44” (UK country code), then the rest of the number, dropping the zero first.

Making international calls from England to the U.S.: First dial “001,” followed by the U.S. city area code and the seven digit telephone number.

TIME DIFFERENCES: British time is ahead of Eastern Standard Time by five hours, Central Standard Time by six hours, Mountain Standard Time by seven hours, and Pacific Standard Time by eight hours. Daylight Savings Time changes often occur on different dates in the UK than in the U.S.

BEFORE DEPARTURE

INTERNSHIP MATTERS
Participating in an internship program requires a high level of responsibility. You are not only representing FSU, but you are also representing your internship organization, academic program and yourself. An internship is a unique opportunity to help you prepare for the future. It demonstrates your ability to adapt to unfamiliar situations and easily navigate change. It can help you narrow your focus, clarify career goals, and gain self-confidence and professionalism. This is an opportunity to challenge yourself and "learn by doing" so make the most of it!

ACADEMIC MATTERS
FSU students are encouraged to get involved with the Garnet and Gold Scholar Society and the Global Pathways Program. These two resources provide special recognition as global-ready graduates. See the General Pre-departure Information Materials for details on how to get involved.
PASSPORT
Please note: Participants must hold a U.S. passport that is valid for at least 6 months past the end date of the program and must contain 2 empty visa pages. If you do not currently have a passport or have enough validity or visa pages, you should apply for a passport IMMEDIATELY! Due to delays at the Passport Agency, it may be necessary to expedite the order. Please review estimated times carefully. Any financial penalties associated with delayed arrivals or cancellations will be your responsibility. You may want to consider purchasing travel insurance when booking your flight. You may access the following website for instructions and passport applications: http://travel.state.gov/passport/. FSU International Programs is now a Passport Acceptance Facility, so you can apply for your passport in our office. Call 850.645.9714 or visit http://international.fsu.edu/Passport/ for details. Passport photos may also be purchased in our Passport Acceptance Facility in the International Programs office.

VISA REQUIREMENTS - U.S. CITIZENS ONLY
Students who are completing an internship or volunteer work in the UK are required to obtain a Tier 5 work visa. This process must be completed and the visa obtained prior to departure for the program. London participants will receive visa support but the nature of the application process requires students to apply on their own. The application will be completed online and the application, passport (actual passport, not a copy) and supporting documents will be mailed to the British Consulate. The cost to apply and obtain entry clearance is about $1,149. In addition, given the short window from your placement to the start of the program, you will most likely need to expedite the visa. Expediting is an additional $170. Please assume you will need to expedite and budget appropriately. Visa fees are not included in the London Intern Program fee.

All students applying for visas will receive an official letter from the University stating that they will be participating in an Internship Program in the UK. You must have this official letter with you when you board the plane leaving the U.S. You must also have it with your passport each time you leave and re-enter the UK during your program. Full visa requirements and instructions will be provided once admitted into the program.

- Visa Fee: London Intern participants will receive visa support but the nature of the application process requires students to apply on their own. Students will be required to apply through BUNAC and the UK Border Agency and send their Passports to the British Consulate. The cost to apply and obtain entry clearance is about $1,149. In addition, given the short window from your placement to the start of the program, you will most likely need to expedite the visa. Expediting is an additional $170. Please assume you will need to expedite and budget appropriately. Visa fees are not included in the London Intern Program Fee.

- Biometrics: One of the steps to receive the visa will be to make an appointment for your biometrics screening (finger printing). Please note that the biometrics must be completed at a UK authorized facility and may require travel. A list of facilities will be supplied at time of visa application with the UK Visas & Immigration.

- Financial Support: Proof of Financial support must be supplied in the form of a recent bank statement showing proof of sufficient funds, at least $2,500. This can be provided from the student or parent. More information is provided in the Visa Packet.

VISA REQUIREMENTS, NON-U.S. CITIZENS ONLY
Although International Programs provides guidelines regarding the student visa process for U.S. citizens (if applicable), non-U.S. citizens are advised to contact the appropriate Consulate to learn the student visa procedures governing their nationality. It is the responsibility of non-U.S. citizens to obtain the appropriate visa and contact our office if any information must be provided by International Programs to facilitate the student visa process.

FLIGHT INFORMATION
It is best to wait until you have a confirmed placement before purchasing your ticket. There is no group flight for this program and your Program Fees does not include airfare. You must be able to provide your return flight details from the UK back to the States at the UK border so be prepared by purchasing a round trip ticket at the time you book your travel.

You should purchase a ticket that will allow you to arrive in London on the first day of your session, as stated in the International Programs brochure or on the website. Note: do not arrive to London by having a layover in Ireland. You will most likely need to depart the United States one day earlier in order to arrive on time for the arrivals day. All orientation and welcome activities are mandatory.

The group pick-ups for your program are at approximately 10:30 AM London time at Gatwick airport, and 9:30 AM, 11:30 AM, and 1:30 PM at Heathrow Airport, all on the start date of your program. Details of these pick-ups are provided on the following page. We will not provide pick-ups for students who do not arrive on the official arrivals day.

Important Note: You must book an international flight to London, not a flight via Ireland. If the flight has a layover in Ireland, you will not go through immigration in London and therefore will not receive the appropriate stamp on your Tier 5 visa.

Your return flight should depart London no earlier than the last day of your session. You must check out of program housing on the morning of that day. You will be responsible for getting yourself to the airport in time for your departure.
PLEASE NOTE: The first day of housing is the start date of the program. Please be aware housing check-in cannot occur before this date. STUDENTS ARRIVING EARLIER OR WISHING TO STAY LATER MUST MAKE ARRANGEMENTS TO STAY IN A HOTEL. Please visit our website. http://international.fsu.edu/Parents/Docs/AreaAccommodationList.pdf for a list of suggested hotels.

If you wish to travel around the UK or Europe before or after your program in London, it is possible to store a moderate amount of clearly-labeled luggage at the Study Centre while you are away.

Once you have completed your travel arrangements, all students must email their flight itinerary to ip-info@fsu.edu. All flight information will be provided to the London staff and group pick-ups will be conducted for students flying into Gatwick airport and Heathrow airport. You must arrive on the morning of the start date of the program to be picked up at the airport (in accordance with the scheduled pick-ups). Students should expect to take approximately an hour and a half from landing to exiting into the arrivals hall. Arriving earlier than the start date or after the program begins will result in your having to make your own arrangements from the airport to FSU London.

ARRIVING IN LONDON
You will receive a Landing Card on the plane to fill out with your name, birth date, and address in London. Your address will be 99 Great Russell Street, London WC1B 3LH. You will go through customs and immigration at your arrival airport.

- Be sure to have your passport, round-trip airline ticket and Passport Letter readily available. (DO NOT PACK THEM IN YOUR CHECKED LUGGAGE!) All students should state they are pursuing a full-time internship in London. You will receive an entry stamp on your Tier 5 visa.
- The Passport Letter will be mailed to you approximately three weeks before your program begins. It is critical that this original letter is kept with your passport at all times. You will also be required to present this letter along with your passport when you pass through immigration and each time you leave and re-enter the UK during your program.
- Locate the FSU representative, who will be waiting at the designated points detailed below to show you to the coach to the Study Centre. If you miss the scheduled pick-ups, you must make your own way to the Study Centre.

ARRIVALS AT GATWICK AIRPORT (SOUTH AND NORTH TERMINALS)
For students arriving at Gatwick Airport, there will be one coach departing around 10:30 a.m. from the South Terminal. If you are arriving in the South Terminal you must make your own way to the North Terminal. The North Terminal has a Meeting Point where an FSU representative will be waiting to meet you.

Students entering the arrivals area of the South Terminal after 10:30am should plan on making their own way to the Study Centre. For the students arriving at Gatwick Airport and not making the group pick up, you should make your way to the South Terminal in which the railway station is located. You should board a First Capital Connect train terminating at Bedford but you should get off at St. Pancras International Railway Station in central London. A second-class single (one way) ticket should cost you approximately £7-10 and should be purchased in the airport station. The journey time is 45 minutes to St. Pancras. We recommend you then take a taxi to the Study Centre, which should cost about £8.

Alternatively you can take the Gatwick Express to Victoria Station which has a 30 minute journey time but which costs around £18. The taxi fare from Victoria Station to the Centre is also more expensive at around £13 with fares slightly higher for late-night or rush hour arrivals.

Please note that you can get a 25% discount when using the Gatwick Express if you show your International Student Identification Card (ISIC) at the time you purchase your ticket at the ticket office. If you board the train without purchasing your ticket, you will NOT be eligible for the 25% discount.

ARRIVALS AT HEATHROW AIRPORT (ALL TERMINALS)
For students arriving at Heathrow Airport, there will be three coaches departing at approximately 9:30am, 11:30am, and 1:30pm. Heathrow Airport has five terminals. An FSU representative will be waiting at the Meeting Point in Terminal 3. Students entering the arrivals areas of Terminals 1, 2, and 3 should make their way to the Meeting Point in Terminal 3 (a 10 minute walk). Students entering Terminals 4 and 5 should make their own way to the arrivals area of Terminal 3 using the free train transfers between the terminals.

Students entering the arrivals area of any terminal after 1:30pm should plan on making their own way to the Study Centre.

The cheapest and fastest route is to take the Underground into Central London. If you have minimal luggage that you can handle on public transport, this is an advisable route. Follow the signs for London Underground, and to purchase a single (one-way) ticket to Russell Square. This should cost around £6. Board any Piccadilly Line train and ride this for around 45 minutes to Russell Square station. Exit the station and take a cab to FSU London. The cab fare should cost roughly £5, depending on traffic.
You could also travel into Central London with the Heathrow Express. This option appears easy, but is actually a more expensive and more difficult way to approach FSU London. A ticket on the Heathrow Express will cost £25 to take you into Paddington Station, which is still a few miles east of FSU London. From Paddington, you will either need to take two Underground lines (which is a hassle with luggage and will cost more money), or you will need to take a cab, which will cost a minimum of £15, depending on traffic. If you have a minimal amount of luggage, you might want to consider the Piccadilly Line route outlined above for ease and the cheapest price.

Please note that you can get a 25% discount when using the Heathrow Express if you show your International Student Identification Card (ISIC) at the time you purchase your ticket at the ticket office. If you board the train without purchasing your ticket, you will NOT be eligible for the 25% discount.

LONDON HOUSING
Student housing will either be at FSU London itself or at a central, comparable off-site location. Please be aware that housing check-in cannot occur before 10:00 am on the first day of housing. Housing assignments will be made based on information provided in your housing preference form. No changes can be made.

We are very fortunate to have a study centre located in the heart of central London, but please be aware that there are certain ‘quirks’ with all buildings as old as ours (17th century home registered on the English National Heritage list). These differences are part of the experience of immersing yourself in another, much older culture. Rooms may be smaller than you are used to and there are a great many stairs with no elevator. On the plus side, you will be living in Central London, just a few minutes’ walk from the British Museum, Covent Garden, West End theatres and Trafalgar Square.

FLAT LIVING
Come prepared to cook most of your own meals while you are in London. Cooking in your flats is a great way to:

- save money
- save time
- help keep you healthy as you eat fresh food and vegetables
- forge links with your flatmates through communal cooking and meals
- add variety to your life as you experiment with new foods
- help you discover the wonderful food markets of London

HOUSEKEEPING
Your flats will be cleaned once a week, but you must leave your flat in such a condition that the cleaners can do their job. This cleaning consists of mopping the floors throughout the flat, cleaning kitchen and bathroom surfaces and sinks and the removal of trash bags. This is a housekeeping not a maid service. Thus, housekeeping staff will not clear away personal possessions, nor clean dishes that were left in sinks, nor pick up dirty laundry left on the floors. Above all, you should remember that primary responsibility for the cleanliness of your flat remains with you and your flatmates.

A note on noise: The law in England forbids excessive noise after 11:00 p.m. The police and the local borough authority strictly enforce this rule. Quiet hours are in effect from 9 p.m. until 7:00 a.m., during which time no noise should be heard outside participant rooms. At all other times residents should be aware of the effects of their noise on others and respond appropriately to requests to lower volume.

HOUSING AMENITIES
- Housing will be fully equipped with everything you will need, including one or two bathrooms with shower, a hair dryer, an iron, ironing board, microwave oven, dishes, pots and pans, tea kettle, refrigerator, freezer, clothes hangers, wardrobe and more. Cleaning products and toilet paper are the students’ responsibility. Students are responsible for cleaning up after themselves when the kitchen or bathrooms have been used. Students are responsible for making their own beds and for keeping their rooms reasonably tidy.
- Each flat also has a living room area with a television. There will be an individual safe and lock in your room.
- A NOTE ON HAIRDRYERS: The electrical current in London is two times as strong as it is in the US. Do not bring ANYTHING electrical unless you bring an adapter and a transformer. This includes hairdryers, hair curlers and hair straighteners particularly.
- There are free laundry facilities in the building. You will be assigned two towels, a top sheet, a bottom sheet, a duvet, duvet cover, two pillows, and pillowcases. Linens will be changed weekly.
- At the end of the program, the flats will be inspected. They should be left neat, clean, and in the condition in which they were found. Any damages found upon your departure may be assessed to your FSU account.
- You may want to bring a pair of shower shoes.

MAIL
Airmail from the US to the UK usually takes seven days. People writing to you should be sure to buy and use airmail stamps; failure to do so will cause their letters to go surface mail, which will take about six weeks to deliver. Have mail sent to the London Study Centre address listed in the Contact Information section of this packet, with your name on the first line. Make sure to include the country –"United Kingdom"-as part of the address, or it will not even leave the US!
Shipments to the U.K. from outside the E.U. often incur IMPORT DUTY. YOU will have to pay these taxes unless the goods are labeled correctly. Be sure to let the person shipping you the package know the following rules:

1) DO NOT overestimate the cost of goods for insurance purposes. Even if you label the package as a gift or as containing used items only, if the sender estimates the cost of the box as over $50 USD, you will very likely have to pay import duty or VAT.
2) DO NOT ship alcohol, tobacco or perfume, as these goods will incur extra import duty.
3) You can ship personal effects (clothes, school supplies, etc.) worth up to $25.00 tax free.
4) You can ship a GIFT worth up to $50 USD tax free. Other items may incur taxes, which can be very high. **You will not be able to receive your package at the Study Centre until any charges are paid in full.**

The Reception Desk will no longer accept FedEx packages for students so please ensure that any packages sent to you are sent through either UPS or the US Post Office.

### TELEPHONES & COMMUNICATION

**Popular options to keep in touch with family/friends back home include Skype, FaceTime, Viber, and WhatsApp.** If you have a smartphone, download these apps before you travel abroad so you will be able to activate the account. You will be able to communicate internationally for free through connecting via Wi-Fi in the building, as well as across the city in cafes, pubs, etc.

Your apartment has a telephone that can only be used to receive incoming calls, call emergency services and to make calls with a calling card. The calling cards are readily available at local corner shops near the Centre, and are relatively inexpensive. **We advise that you wait until you have arrived in London to purchase a calling card because many of the ones that students bring from the States are costly and do not work within the British telephone system.**

A fax machine in the reception area of the Centre is available for your use for a nominal fee. The fax number is 011-44-20-7813-3266.

### CELL PHONES

It is not mandatory to buy a cell phone while you are in London but it is highly recommended. If you want to use your own phone, you'll need to unlock your phone and make sure your phone is GSM-capable before departure. With your own phone, you can buy a prepaid UK SIM plan, either for phone calls only or for calls and data. Another option is to buy a Pay As You Go (PAYG) top up phone upon your arrival in London. This phone, which can be purchased for as little as $40, can be used for local and national calls in the UK, calls to and from the U.S. and continental Europe, and calls within continental Europe. Specific calling costs vary according to the phone but you can expect to pay 4p a minute for calls to the U.S. and 30p per minute for the first three minutes dropping to much less thereafter for calls within the UK. With most phones, you will not be charged for incoming calls. Calls to other countries will vary in cost, and calls received or made while you are in another country will almost certainly be extremely expensive. We highly recommend only using your UK-based cell phone for emergencies while you are outside of the UK.

We strongly suggest that you do not buy a PAYG cell phone in the U.S. to take to bring to England. Students who have done this in the past have frequently found the phones do not work. It is far cheaper and efficient to buy the pay as you go phone in London. In addition, we strongly recommend against buying a contract phone while you are overseas. The costs associated with these contract plans are very hard to control and students might find themselves being billed for unexpectedly high amounts. Though it is unusual, we have had students who were billed for thousands of dollars’ worth of calls.

The FSU London staff will be happy to advise you on the various PAYG options once you are in London, as well as directing you to the nearby phone shops.

**If you decide to use your U.S cellphone, make sure to turn off Roaming before you leave. Otherwise you might end up with a very large phone bill when you get back.**

### COMPUTERS

There are computer labs in London which are open 24 hours a day, 7 days a week. FSU London also has wireless throughout the building, including the flats. If you want to bring your laptop please check if your computer has a built-in transformer that is capable of handling the different voltages. You will also need an adapter for the plug, (i.e. from two prong to three prong or from flat to round prongs). It is not uncommon for laptop computers to be stolen or broken while abroad, so please note that if you take a laptop with you, it is at your own risk. If you do choose to bring a laptop, check your homeowner’s insurance to make sure that it is covered when you are away from your primary residence. If not covered by your homeowner’s insurance, you may want to check to check into laptop insurance through www.safeware.com, a worldwide insurance provider for all electronic devices (e.g. laptop, digital camera, iPod, etc.). They also have a provision for non-electronic personal property.

### CURRENCY

The unit of currency in Britain is the pound sterling (£), which is divided into 100 pence (p), just as our dollar is divided into 100 pennies. The value of the pound fluctuates. As of August 2015, it is approximately $1.56= £1, but it will undoubtedly fluctuate while you are in London. Search for today's exchange rate here: [http://www.xe.com/ucc/](http://www.xe.com/ucc/).
Exchange approximately $200 USD prior to your departure so that you will have English currency when you arrive.

You need to be aware of the state of the British economy, especially as it affects your independent activities. By most standards, London is a very expensive city. But you will find while some things cost much more than back home (for example, movies in the U.K. are usually at least twice the cost of movies in the U.S.), other things, such as theatre tickets, are a bargain, at least compared to New York prices.

**EXPENSES WHILE IN LONDON**

In estimating your financial needs while you are in London, calculate the amount of money you will need for meals (kitchen facilities are part of your housing provisions) for the entire period of your stay; your transportation and lodging costs for any personal trips you will be taking on the three-day weekends and the ten-day midterm break (Fall and Spring programs only), and your personal entertainment and social activities costs. We are pleased that we are able to provide an Oyster card (travel card) with £20 credit for travel use. Some curriculum-focused programs with extensive local travel requirements may include more credit. FSU London will also provide a weekly pizza and salad night; continental breakfast on work days; an afternoon tea; farewell meal; and two evening orientation functions with food.

- Students tell us for a full 15- to 16-week semester a range of $4,000 - $6,000 is needed for meals, incidental expenses in London, and personal travel. This amount is only for those who plan to live on a shoestring budget. The average estimate of student spending during spring 2015 semester was $5,000. In general, you can buy lunch for about $8 and dinner in an inexpensive restaurant for around $15 in London.
- A good way to estimate what you might need in London is to assume that whatever you spend here in the U.S. (in dollars), you will spend the same (numerical) amount in pounds (which is almost twice as many dollars).
- If you are planning to travel around Europe during your midterm break, you should expect to spend at least $70 per day.
- To keep current on the exchange rate for the Euro: [http://www.xe.net/currency/full/](http://www.xe.net/currency/full/).

**ONLINE BANKING**

We recommend you set up online banking for your bank accounts prior to departure from the U.S. This is the easiest way to track your accounts while overseas and will save your having to make calls home to check account balances and transfers. Some larger banks/credit cards (i.e. Bank of America, Chase, Citibank, Capital One) may have special accounts that waive some international transaction fees. We encourage you to investigate!

Before you leave the U.S., contact your financial institution(s) to make sure that your ATM or Debit card is activated for international use. PLUS, STAR and CIRRUS cards are the most widely accepted overseas. Remember, your STAR/Debit MasterCard is accepted anywhere the STAR, MasterCard or PLUS symbols are displayed. **Please be aware that you will want to make sure your debit/ATM card is linked to a checking account, rather than to a savings account, so you will have access to your funds.** You may also want to take a Visa or MasterCard with you, in case of an emergency. It is much easier to take care of financial issues before you leave the U.S. rather than upon arrival in London. You should also ensure that any student loans you have requested will be available for disbursement during the term you are in London. Disbursement usually occurs after students have left the U.S., so make arrangements for your check to be deposited, if that is your chosen method of disbursement.

We have included some basic items below with cost comparisons that hopefully will give you some idea of the cost of living/spending in London.

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost in local currency in host country (GBP)</th>
<th>Cost in US Dollars in host country</th>
<th>Cost in Tallahassee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soda</td>
<td>£0.65</td>
<td>$1.07</td>
<td>$0.75</td>
</tr>
<tr>
<td>1L bottle of water</td>
<td>£0.81</td>
<td>$1.34</td>
<td>$1.00</td>
</tr>
<tr>
<td>1 lb/450 g ground beef</td>
<td>£2.20</td>
<td>$3.63</td>
<td>$4.25</td>
</tr>
<tr>
<td>Can of beans</td>
<td>£0.64</td>
<td>$1.06</td>
<td>$1.25</td>
</tr>
<tr>
<td>Loaf of bread</td>
<td>£0.69</td>
<td>$1.14</td>
<td>$2.50</td>
</tr>
<tr>
<td>half gallon/2L of milk</td>
<td>£1.49</td>
<td>$2.46</td>
<td>$2.85</td>
</tr>
<tr>
<td>4 apples</td>
<td>£1.20</td>
<td>$1.98</td>
<td>$2.40</td>
</tr>
<tr>
<td>Cup of coffee at local café</td>
<td>£1.80</td>
<td>$2.92</td>
<td>$1.86</td>
</tr>
<tr>
<td>Grande latte at Starbucks</td>
<td>£2.85</td>
<td>$4.63</td>
<td>$4.30</td>
</tr>
<tr>
<td>Big Mac</td>
<td>£2.79</td>
<td>$4.53</td>
<td>$3.57</td>
</tr>
<tr>
<td>2 course meal &amp; glass of wine at moderately priced restaurant</td>
<td>£16.00</td>
<td>$23.10</td>
<td>$25.00</td>
</tr>
<tr>
<td>12 oz bottle of shampoo</td>
<td>£3.97</td>
<td>$6.55</td>
<td>$3.50</td>
</tr>
<tr>
<td>Tube of toothpaste</td>
<td>£2.00</td>
<td>$3.30</td>
<td>$3.49</td>
</tr>
<tr>
<td>Item</td>
<td>UK</td>
<td>US-1</td>
<td>US-2</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-------</td>
<td>------</td>
<td>------</td>
</tr>
<tr>
<td>4 pack of toilet paper</td>
<td>£2.31</td>
<td>$3.81</td>
<td>$3.83</td>
</tr>
<tr>
<td>Bottle of all purpose cleaner</td>
<td>£2.80</td>
<td>$4.62</td>
<td>$3.19</td>
</tr>
<tr>
<td>Ticket to a movie (not matinee)</td>
<td>£11.25</td>
<td>$18.56</td>
<td>$7.50/3D $11.00</td>
</tr>
<tr>
<td>One-way/Single bus journey in city center</td>
<td>£1.40 (w/ Oyster card)</td>
<td>$2.24 (w/Oyster card)</td>
<td>$1.25</td>
</tr>
<tr>
<td>Museum admission</td>
<td>most are free!</td>
<td></td>
<td>$8.50 (with student ID)</td>
</tr>
<tr>
<td>Newspaper</td>
<td>£1.00</td>
<td>$1.65</td>
<td>Sun: $3.00/daily $1.00</td>
</tr>
<tr>
<td>Pay-as-you-go cell phone, basic unit (not including minutes)</td>
<td>£4.95 (also need a minimum of £10 top up for most phones)</td>
<td>$8.165 (also need a minimum of $16.50 top up)</td>
<td>$15-$20 (25 minutes)</td>
</tr>
<tr>
<td>Pay-as-you go credit for 30 minutes</td>
<td>roughly £6.00 (top up is usually in set amounts of money, not per minute)</td>
<td></td>
<td>10c/minute</td>
</tr>
</tbody>
</table>

**PERSONAL TRAVEL**

You are no doubt eager to explore both the United Kingdom and areas of continental Europe. The academic schedule is arranged so that you will have a few three-day weekends, as well as a ten-day break (during fall and spring semesters only) in which to achieve this. It is best to wait until you have arrived in London and begun your internship, however, before you book any trips away from London. Waiting until your internship has started will allow you to make your plans around the following factors:

- Internship schedule
- The Cultural Calendar of FSU London, including additional activities and opportunities arranged by FSU staff the dates of which cannot be changed.
- The travel plans of your peers. One of the joys of studying abroad is the opportunity to forge friendships through travel and shared experiences.

**ALCOHOL AWARENESS**

You may already know that the legal age for the drinking of alcohol in the UK is 18. This means that, for some of you, this will be your first opportunity to buy and drink alcohol legally for possibly for the first time in your life. FSU London has a strict code of conduct relating to the use of alcohol, violations of which will likely result in a judicial hearing with the possible sanction of being dismissed from the program. In short, remember that European alcohol is often more potent than in the US, know your limits, and drink within moderation not to excess.

**HEALTH**

The UK has an excellent health care system. Students in need of emergency care will likely be dealt with at the hospital closest to FSU London, which is University College Hospital. Less urgent situations will likely be dealt with in one of the nearby doctor's or walk-in clinics. Emergency care is free at the time of service while office visits will incur a small co-pay for which students are responsible upfront. In either case, the CISI insurance provided is included in your program fee and the policy is available on our website: [www.international.fsu.edu/UserControls/docs/BUNACInsurancePolicy.pdf](http://www.international.fsu.edu/UserControls/docs/BUNACInsurancePolicy.pdf). You will want to familiarize yourself with the coverage details.

**PRESCRIPTION MEDICATION**

You will find it easiest if you can bring sufficient quantities of your prescription drugs with you to last for the duration of your stay. Keep these in their original containers with copies of the prescriptions and place them in your carry-on luggage. Be sure to bring a copy of a legible prescription from your doctor and be aware that not all U.S. drugs are available elsewhere. In particular, students have had issues with Adderall and Concerta which are not available in all countries, so do not put off discussing this with your doctor. After discussing medications with your doctor, students will need to work with their insurance company to cover the vacation prescription. Students who experience difficulty in obtaining a vacation prescription should seek assistance from our office.

**CLIMATE & PACKING**

The average temperatures in London in the fall, winter and spring are comparable to temperatures in northeastern states, like New Jersey and Virginia. The climate is generally damp, so it may feel colder than it actually is. You will need warm clothes (sweaters, etc.) and a raincoat because it often rains in London. You can follow the weather leading up to your semester abroad at: [http://edition.cnn.com/weather](http://edition.cnn.com/weather)

- The buildings in England are sometimes not heated to the same level as they are in America. Therefore, do what the British do—wear warm clothes inside and outside. Pajamas, robes, and slippers will be useful. Outside on the coldest days, you will welcome thermal undergarments. By the same token, buildings are generally not air-conditioned in the summer months, including student housing.
- Whatever you pack, leave room in your luggage for the items you will surely buy while in London. In other words, don’t pack too much!!!
TIPS FROM STUDENTS ON WHAT YOU SHOULD KNOW

These comments came from students who recently attended our study abroad program in London:

- Make sure you bring your ISIC card with you as it will allow you to get some great discounts in London.
- There is NO elevator in our building.
- There is NO air-conditioning in the flats.
- The electrical current in London is different than what we have in the States. Do not bring anything electrical unless you bring an adapter. The electricity in many countries is twice as powerful as in the U.S. and will burn out American radios, hair dryers, heaters, etc.

ONLINE RESOURCES

The more information you find out about the country beforehand, the better off you will be once you get there. Here is a list of a few web sites that may be helpful as you begin your information search:

- http://www.statravel.com (student travel information)
- http://www.letsgo.com/london (on-line travel guide)
- http://www.state.gov/travel/ (U.S. State Department's information for Americans living abroad)

Spy on London (All of these sites provide a view through a camera located somewhere in the city):
- http://www.virtual-london.co.uk/default.asp (London Cam)

Looking for something to do in London? Check out these sites:
- http://icom.museum/ (Museums around the UK)
- http://www.timeout.com/london/ (weekly magazine listing London events)
- http://www.londontheatre.co.uk/ (London theatre guide)

(Note: Florida State University is not responsible for the content of external internet sites.)

SUGGESTED READING

Read all you can about London and Great Britain before you go. Here are a few books you may like to read:

Travel Guides:
Eyewitness London Guide by Michael Leapman
The Companion Guide to London by David Piper
The Student's Guide to London by Larry Lain and Jeff Griffin
Michelin Green Guide to London
Rick Steves' Guide to Britain

Non-fiction Commentary, History and Travel Writing:
The Anglo Files: A Field Guide to the English by Sarah Lyall
Watching the English: The Hidden Rules of English Behavior by Kate Fox
The English: a portrait of a people by Jeremy Paxman
Twentieth Century Britain: a Very Short Introduction by Kenneth Morgan
Nineteenth Century Britain: a Very Short Introduction by Christopher Harrie and Colin Matthew
An Ocean Apart: the relationship between Britain and America by David Dimbleby
The English Companion: an idiosyncratic A-Z of England by Godfrey Smith
London: The Biography by Peter Ackroyd
Tunnel Visions: Journeys of an Underground Philosopher by Christopher Ross
London: A Social History by Roy Porter
Myths of the English by Roy Porter
Journeys into the English Past by Michael Wood
Notes from a Small Island by Bill Bryson
Landscape and Englishness (Picturing History) by David Matless
The Oxford Illustrated History of Britain by Kenneth Morgan

Fiction:
Fever Pitch by Nick Hornby
High Fidelity by Nick Hornby
Man and Boy by Tony Parsons
Mrs. Dalloway by Virginia Woolf
Not to mention anything by... Charles Dickens, Jane Austen, George Elliot, and the Brontë sisters...

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