Global Sport Management
Valencia & Madrid, Spain
London, England
2023
# TABLE OF CONTENTS

Click on a title BELOW to JUMP to that section

| IMPORTANT CONTACTS | 3 |
| ACADREICS | 4 |
| ACADEMICS MATTER | 4 |
| TUTORING RESOURCES | 4 |
| OFFICE OF ACCESSIBILITY SERVICES (OAS) | 4 |
| FSU ENHANCEMENT PROGRAMS RELATED TO STUDY ABROAD | 4 |
| AIRFARE | 5 |
| FLIGHT INFORMATION | 5 |
| IN TRANSIT | 5 |
| ARRIVAL | 6 |
| ARRIVING IN SPAIN | 6 |
| ARRIVING IN LONDON | 6 |
| SPAIN HOUSING | 7 |
| VALENCIA STUDY CENTER | 7 |
| HOUSING | 7 |
| HOUSING AMENITIES | 7 |
| HOUSING IN MADRID | 7 |
| LONDON HOUSING | 8 |
| LONDON HOUSING | 8 |
| HOUSING AMENITIES | 8 |
| HOUSEKEEPING | 8 |
| PERSONAL TRAVEL, CLIMATE & PACKING | 9 |
| PERSONAL TRAVEL | 9 |
| CLIMATE & PACKING | 9 |
| COMMUNICATION & ELECTRONICS | 10 |
| CELL PHONES & COMMUNICATION | 10 |
| COMPUTERS | 10 |
| MAIL | 10 |
| CURRENCY & BANKING | 11 |
| EXPENSES WHILE ABROAD | 11 |
| MEAL VOUCHERS | 11 |
| CURRENCY | 11 |
| BANKING | 11 |
| HEALTH & WELLNESS | 12 |
| INOCULATIONS/MEDICAL CONCERNS | 12 |
| ALCOHOL AWARENESS & ILLEGAL DRUGS | 12 |
| MAPPING YOUR IDENTITIES | 12 |
| POLICIES & SAFETY | 13 |
| RULES, POLICIES & PROCEDURES | 13 |
| SAFETY & SECURITY | 13 |
| TIPS & RESOURCES | 14 |
| TIPS FROM STUDENTS ON WHAT YOU SHOULD KNOW | 14 |
| ONLINE RESOURCES | 14 |
| USEFUL APPS | 14 |
| CONNECT WITH US ON SOCIAL MEDIA | 14 |
IMPORTANT CONTACTS

INTERNATIONAL PROGRAMS OFFICE
A5500 University Center
282 Champions Way
P.O. Box 3062420
Florida State University
Tallahassee, Florida 32306-2420
PHONE 850.644.3272
1.800.374.8581
FAX 850.644.8817
850.645.4659
EMAIL IP-Info@fsu.edu
WEBSITE international.fsu.edu
HOURS 8:00a.m. - 5:00p.m. EST
Monday - Friday

THE VALENCIA STUDY CENTER
FSU Valencia Study Center
Calle Blanquerias, 2
46003 Valencia, Spain
PHONE (011) 34-96-355-9360
EMAIL ip-valencia-info@fsu.edu
WEBSITE https://international.fsu.edu/studycentervalencia.aspx
Dr. Ignacio Messana, Director
Email imessana@fsu.edu
Cell Phone (011) 34-649-365-403
(Cell Phone is to be used in emergencies only)
Alicia Martinez, Associate Director
Email alicia.martinez@fsu.edu
Maria Sierra, Health Coordinator
Email maria.sierra@fsu.edu
Vicky Pacheco, Budget and Accountancy Coordinator
Email vpacheco@fsu.edu
Oriana Goncalves, Cultural Program Coordinator
Email ogoncalves@fsu.edu

EMERGENCY PHONE NUMBERS
Emergencies (Local Police) 112

U.S. EMBASSY
Calle Serrano, 75, 28006 Madrid, Spain
PHONE 011-34-91-587-2200
WEBSITE https://es.usembassy.gov/embassy-consulates/madrid/

INTERNATIONAL CALLS
Making international calls from the U.S. to Spain: First dial “011” (for international call), followed by “34” (the country code), then the specific area code (dropping the first zero) and location number.


THE LONDON STUDY CENTRE
Florida State University
99 Great Russell Street
London
WC1B 3LH
United Kingdom
PHONE
From US: 011 44 20 78133223
Inside UK: 020 78133223
WEBSITE https://international.fsu.edu/studycenterlondon.aspx
HOURS 8:30am - 5:30pm GMT
Monday - Friday

Dr. Kathleen Paul, Director
kpaul@fsu.edu
Dr. Lisa Bowers Isaacson, Senior Associate Director
lbowersi@fsu.edu
Katie Behringer, Assistant Director
kbehringer@fsu.edu
Megan Griffin, Student Affairs Manager
mgriffin2@fsu.edu
Olivia Jaworski, Programs Officer
ojaworski@fsu.edu

In emergency situations, the London staff may be called at the numbers provided. Please reserve these numbers for emergencies only.

Dr. Kathleen Paul
Cell Phone 011 44 (0)7793 504166
Home Phone 011 44 (0)1727 75 3133
Dr. Lisa Bowers Isaacson
Cell Phone 011 44 (0)7545 865637
On-site Staff
Katie Behringer 011 44 (0) 7869 519977
Megan Griffin 011 44 (0) 7753 212039

London Emergency Response Services
Fire, Ambulance, Police 999
Non-Emergency Police 101
Holborn Police Station 020 7404 1212

AMERICAN EMBASSY - LONDON
33 Nine Elms Lane
London
SW1 7US
PHONE 011 44 20 7499 9000
WEBSITE http://uk.usembassy.gov/

INTERNATIONAL CALLS
Making international calls from the U.S. to United Kingdom: First dial “011” (for international call), followed by “44” (the country code), then the specific area code (dropping the first zero) and location number.

Time Differences: Greenwich Mean Time (GMT) 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.
ACADEMICS

ACADEMICS MATTER

This program is first and foremost an academic one, so you should be prepared to invest as much time, effort and thought into your coursework as you do on your home campus.

Since classes are small, you will have more interaction with your fellow students and with faculty than you have on main campus. There will be a greater emphasis on participation in class discussions and attending organized excursions may be required for some courses. This means you must be prepared to maintain a high level of performance by being an active and committed participant in your class.

TUTORING RESOURCES

There are a number of tutoring resources available at Florida State University to assist you academically, both in Tallahassee and abroad. Online tutors in many subject areas are available through the following programs:

- **Reading & Writing Center (RWC)** - [http://wr.english.fsu.edu/Reading-Writing-Center/RWC-Online](http://wr.english.fsu.edu/Reading-Writing-Center/RWC-Online)
- **Academic Center for Excellence (ACE)** - [http://ace.fsu.edu/](http://ace.fsu.edu/)
- **University Libraries: Office of Distance Library Services** - [https://www.lib.fsu.edu/department/distance-learning](https://www.lib.fsu.edu/department/distance-learning)

OFFICE OF ACCESSIBILITY SERVICES (OAS)

OAS provides reasonable and appropriate accommodations for students with documented disabilities. Documented disabilities and accommodations vary in nature, and though the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 do not apply extraterritorially, we do our best to accommodate our students. If you anticipate needing to request accommodations for a documented disability, please **schedule an appointment with OAS** by calling 850-644-9566 (Voice) or 850-644-8504 (TDD). For more information, visit [https://dsst.fsu.edu/oas](https://dsst.fsu.edu/oas).

FSU ENHANCEMENT PROGRAMS RELATED TO STUDY ABROAD

FSU students are encouraged to get involved with the Garnet and Gold Scholar Society and the Global Citizenship Certificate program. These two resources provide **special recognition as global-ready graduates**.

**The Garnet and Gold Scholar Society**

- [garnetandgoldscholar.fsu.edu](http://garnetandgoldscholar.fsu.edu)
- [garnetandgoldprogram@fsu.edu](mailto:garnetandgoldprogram@fsu.edu)

The Garnet and Gold Scholar Society program facilitates involvement and recognizes the engaged, well-rounded student who excels within and beyond the classroom in the areas of:

- Leadership
- Internship
- Service
- International
- Research

A student who has met the criteria in three of the five areas is eligible for consideration.

All study abroad programs organized through the International Programs Office qualify for the international experience portion of the International Area.

**The Global Citizenship Certificate**

- [cpe.fsu.edu/globalcitizen](http://cpe.fsu.edu/globalcitizen)
- [globalcitizen@fsu.edu](mailto:globalcitizen@fsu.edu)

The Global Citizenship Certificate program helps undergraduate students develop invaluable cross-cultural skills and global competencies needed to be a global-ready graduate.

Students who enroll in the certificate take 1 required course, Global Perspectives, and 3 electives. The required course counts toward FSU Liberal Studies X, E-series, and writing requirements. Students can choose from 500+ courses to fulfill the elective course requirement.

In addition, students participate in 8 intercultural events on campus and a sustained international experience abroad, which you are about to do!

Enroll in the Global Citizenship Certificate **before you leave** to ensure your study abroad experience counts toward the certificate.
FLIGHT INFORMATION

There is no group flight for this program, and your program fee does not cover airfare.

Traveling on a one-way ticket may not be allowed due to airline restrictions. Please check with your airlines before purchasing a one-way ticket.

Do not purchase airfare until you are notified by International Programs to do so. You will receive a notification in your IP Student Portal. If you choose to purchase airfare before you are instructed to do so, International Programs is not responsible for any fees associated with your flight changes or cancellations.

Some countries may require COVID-19 testing and/or vaccination to enter the country or for other purposes. Even if a country does not currently have such requirements, FSU cannot guarantee these or other measures will not be implemented before or during your program.

Once you are notified by International Programs to book your travel arrangements, you must submit your flight itinerary through the IP Student Portal. Your flight arrangements will be provided to the Valencia staff. It is important that they receive this information in order to monitor student arrivals.

We strongly advise you to purchase airfare and travel insurance directly with the airline when booking your flight; travel insurance typically covers flight cancellation fees, lost luggage, or other losses incurred while traveling, etc. Speak with your airline for details. Click here for more information about travel insurance and trip cancellation policies. Note: Airfare costs are not included in your program fee, and FSU will not reimburse any costs or fees associated with flight changes or cancellations due to COVID-19 should they occur.

 WHILE YOU’RE IN TRANSIT

- Keep your boarding pass until you have landed, cleared immigration and customs, and have collected your luggage.
- Have your passport accessible in your carry-on luggage.
- During your flight make sure to drink lots of water to stay hydrated. Get up and walk around once an hour to help your circulation. Do simple stretches while in your seat. Try to sleep; it will help you combat jet lag. Wear layers, as the temperature on the plane and in airports can vary.
ARRIVAL

ARRIVING IN SPAIN
Upon arrival in Spain or Schengen territory, you will go through passport control and then you will re-check (if necessary) your luggage for the flight to Valencia. You may have to get your boarding card for the final leg of your flight.

If you are flying from Madrid to Valencia, you most likely will need to change terminal buildings. Ask at an information booth to confirm if this is the case. The departures boards (TV screens) only show the flight departures for that respective terminal. If you have to change terminals, you will take one of the blue and green trams between terminals. When you arrive in Valencia, you will claim your luggage and proceed to the arrival zone where you will locate the International Programs representative. In case of lost luggage, please do not leave the airport without completing a baggage claim form.

Group pick-ups for your program are provided from 9:30am-5:30pm (Valencia time) at the Valencia airport on the start date of your program, June 27, 2023. You will be met in front of the arrival gates in the arrival zone of the airport by FSU representatives.

If you miss the group pick-up, you can take a taxi from the Valencia airport to the FSU Valencia Study Center located by the monument Torres de Serranos at Calle Blanquerias, 2. The taxi ride is about 15-20min and it has an approximate cost of €20-25. Please note: Taxi drivers are not tipped.

If you are flying to another Spanish city, such as Barcelona or Madrid, trains to Valencia can be booked using Renfe. Contact IP-Info@fsu.edu for further guidance.

Please note that you will be responsible for getting yourself to the airport in time for your departure. You must check out of program housing by 11:00 a.m. on the morning of the last day of your program.

ARRIVING IN LONDON
Airport pick-ups are provided at Heathrow Airport on July 9, 2023. Airport pick-up logistics will be determined based on submitted flight itineraries. More information will be distributed closer to departure. If you arrive in London any sooner, you will be responsible for your own transportation. Use the following instructions to get to FSU London should you miss the group pick-up:

If you are arriving at Heathrow Airport the cheapest and fastest route to FSU London 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 yellow signs for the Elizabeth Line/TfL Rail. Use a contactless credit card or Apple/Google Pay at the ticket barrier; if you do not have these methods of payment, you can purchase a single (one-way) paper ticket to Tottenham Court Road from a kiosk in the station (approx. £11-13). Board any Elizabeth Line service; alight at Tottenham Court Road station. Exit to the street using the elevator located near the Petit Pret sandwich shop inside the station. Once on the street, cross New Oxford Street straight ahead towards the Dominion Theatre/Halifax Bank. Continue past the theatre, then turn right into the first street, Great Russell Street. The entrance to FSU London is halfway down the block on the left-hand side at number 99.

You can also travel into central London on the Heathrow Express. While this is slightly faster, it costs twice as much as the Elizabeth Line (approx. £22-25) to get you to Paddington station. To complete your journey to FSU London, you will still have to pay for and take the Tube to Tottenham Court Road station.

If you are arriving at Gatwick Airport, you can take a train into central London. Gatwick’s rail station is located in the South Terminal. Purchase a single paper ticket (approx. £12.90) at a kiosk for a ThamesLink service to Farringdon station. Ride the northbound ThamesLink train for around 40 minutes; alight at Farringdon station, using your paper ticket to exit. Follow the signs for the Elizabeth Line; use a contactless credit card or Apple/Google Pay at the ticket barrier (if you do not have one, you can purchase a single ticket to Tottenham Court Road at a kiosk for around £2.50). Take a westbound Elizabeth Line service for 1 stop to Tottenham Court Road. Follow the directions in the Heathrow section above to exit and walk to FSU London.

You can also travel into central London on the Gatwick Express or Southern Rail. Both services cost around £18-20 to get you to Victoria station, where you will still have to pay for and take two Tube trains to complete your journey to FSU London.

Should you prefer to take a cab, we recommend booking in advance with Addison Lee for a set fee. We strongly discourage hailing a cab at the airport, as the journey will be metered and can end up being very expensive.

Your program housing will begin on the start date of your time in London and end on the end date. If you plan on arriving earlier or wish to stay later, you must make arrangements to stay in a hotel. Click here to view our recommended hotels lists.

You may check-in to FSU London starting at 10:00am on the start date of your time in London. All orientation/welcome activities that take place upon arrival are mandatory. On the last date of your program, you will be responsible for getting yourself to the airport in time for your departure.

If your flights are canceled, delayed, or you miss a connection on your way to Valencia or London, contact International Programs staff via email or phone.
SPAIN HOUSING

VALENCIA STUDY CENTER
Florida State University is especially proud to be housed in our FSU Study Center, located in a restored building in the historical downtown quarter, adjacent to the Serranos Towers. The center has been built with care and concern for the architectural treasures uncovered during the renovations. The remains from the 10th century Arabic wall and 14th century tanning tanks can be viewed through the reinforced glass floor, and museum displays have been placed throughout the ground floor, highlighting various Roman and Spanish artifacts that were discovered during renovations. The state-of-the-art center includes classroom space, administrative offices, an academic resources center and study area, and fully furnished student apartments.

HOUSING
Students are housed in one of the FSU Valencia Study Centers or at a comparable off-site location nearby. Some of the buildings that house students may not be exclusive to program participants. You will be notified about your housing location approximately one to two weeks prior to departure.

Be aware that housing check-in will begin at 9:30am on the first day of your program. If you are unable to check-in to your room when you arrive, there will be space available for you to store your belongings. Rooming assignments will be made based on a combination of factors as indicated in the information you provide on the housing questionnaire in the IP student portal. You will be notified about your housing location approximately one to two weeks prior to departure. You will receive your roommate assignments upon arrival.

During your on-site orientation, you will be advised of the Valencia Study Center Housing Rules & Regulations. Violation of any of the housing policies is grounds for dismissal. It is your responsibility to familiarize yourself with the housing rules and regulations for your specific program. Refer to the FSU International Programs Contractual Agreement and the Housing Terms and Conditions for details. You are required to sign the FSU International Programs Contractual Agreement as it outlines your contractual obligations as a participant on our program.

Your program housing will begin on the start date of your program and end on the end date. If you plan on arriving earlier or wish to stay later, you must make arrangements to stay in a hotel. Click here to view our recommended hotels lists. If your program requires a visa, you may not be permitted to arrive before the program start date. Consult your immigration introduction or visa packet in the IP student portal or contact IP-Visas@fsu.edu prior to planning independent travel before your program.

HOUSING AMENITIES

- mostly double & triple rooms
- linens
- towels
- fully-equipped kitchen
- living room area
- shower
- microwave
- dishes
- pots and pans
- laundry facilities
- clothes hangers
- wardrobe
- television
- desk
- Wi-Fi
- individual safe or access to a safe
- and more!

THINGS TO NOTE

- Cleaning products and toilet paper are your responsibility.
- The electrical current in Europe has two times stronger voltage (220 volts) than in the U.S. (110 volts). Do not bring anything electrical, such as hair straighteners, blow dryers, or curling irons. These items can be purchased at a low cost at local shops.
- Linens and towels are provided. A cleaning service comes once a week to change bed linens and towels and do a general cleaning of the common areas.
- Do not purchase any additional furniture or large furnishings, such as couches or TVs.
- All accommodations provide comparable facilities, however, we cannot guarantee that each residence will have the exact same amenities. Each student housing facility has safety and security measures. They may vary by location.
- You will be able to access your housing facility with either a swipe card or a set of keys given to you upon arrival.
- Accommodations will be inspected regularly throughout the program to ensure they are kept in good condition and that resident needs are being met.
- At the end of the program, the housing facilities will be inspected. They should be neat, clean and in the condition in which they were found. If your housing is left in an un-fit state or if any damages are found upon your departure, additional charges may be assessed to your FSU account.

HOUSING IN MADRID
You will travel as a group from Valencia to Madrid on July 3, 2023. Housing will be provided July 3 through July 9. You can choose to stay in program housing during the break from July 6 to July 9, or travel independently during this time.
Students are housed in accommodation on-site or within close walking distance of FSU London. Some of the buildings that house students may not be exclusive to program participants. You may check-in to FSU London starting at 10:00am on the start date for your time in London. Rooming assignments will be made based on a combination of factors as indicated in the information you provide on the housing questionnaire in the IP student portal. You will receive your roommate assignments during check-in at FSU London.

We are very fortunate that FSU London is 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 National Heritage list for England). These differences are part of the experience of immersing yourself in another, much older culture. Rooms may be smaller than you are used to, there are many stairs, no elevators, and no air conditioning. 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 – just to name a few sites!

Come prepared to cook most of your own meals while you are in London. Cooking in your flat is a great way to:
- save money
- help keep you healthy by eating fresh food and vegetables
- develop relationships with your flatmates through communal cooking and meals
- add variety to your life as you try new dishes from the grocery store or learn new recipes from your flatmates

During your on-site orientation, you will be advised of the FSU London Housing Rules & Regulations. Violation of any of the housing policies is grounds for dismissal. It is your responsibility to familiarize yourself with the housing rules and regulations for your specific program. Refer to the FSU International Programs Contractual Agreement and the Housing Terms and Conditions for details. You are required to sign the FSU International Programs Contractual Agreement as it outlines your contractual obligations as a participant on our program.

A note on noise: The law in England forbids excessive noise after 11:00pm. The police and the local borough authority strictly enforce this rule. Quiet hours are in effect from 11:00pm until 8:00am, during which time no noise should be heard outside student 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 will be fully equipped with everything you will need, including:
- one or two bathrooms
- kitchen
- living room area
- shower
- iron
- ironing board
- microwave
- oven
- dishes
- pots and pans
- two kettle
- refrigerator & freezer
- towels & linens
- wardrobe
- Wi-Fi
- access to a safe
- and more!

**THINGS TO NOTE**
- Cleaning products and toilet paper are your responsibility.
- The electrical current in Europe has two times stronger voltage (220 volts) than in the U.S. (110 volts). Do not bring anything electrical, such as hair straighteners, blow dryers, or curling irons. Hairdryers are provided free at your accommodation or you can obtain one from FSU London Reception. Hair straighteners and curling irons can be purchased at a low cost at local shops.
- Laundry facilities are available.
- You will be assigned two towels, a top sheet, a bottom sheet, a duvet, duvet cover, two pillows, and pillowcases. Linens will be changed every two weeks.
- Do not purchase any additional furniture or large furnishings, such as couches or TVs.
- Housing facilities are not air conditioned. This is standard across Europe, and we appreciate your accommodation of this difference. Fans may be provided, and we encourage you to purchase other personal fans/cooling mechanisms as needed.
- All off-site accommodations provide comparable facilities, however, we cannot guarantee that each residence will have the exact same amenities. Each student housing facility has safety and security measures. They may vary by location.

**HOUSEKEEPING**
Your flats will be cleaned every other week, but you must leave your flat in such a condition that the housekeeping staff can do their job. Housekeeping staff will mop the floors throughout the flat, wipe down surfaces, and remove one bag of trash per flat. Housekeeping staff will not clear away personal possessions, clean dishes left in sinks, or 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. You are responsible for cleaning up after yourself when the kitchen or bathrooms have been used, making your own beds, and for keeping your room reasonably tidy. At the end of the program, the flats will be inspected. They should be neat, clean and in the condition in which they were found. If the flat is left in an un-fit state or if any damages are found upon your departure, additional charges may be assessed to your FSU account. Please note that housekeeping staff will not enter flats during any quarantine/isolation periods.
PERSONAL TRAVEL, CLIMATE & PACKING

PERSONAL TRAVEL
Due to the uncertain nature of the COVID-19 pandemic, all program elements including the program calendar, weekly schedule, classroom environment, course delivery method, housing arrangements, transportation policies, and international or in-country travel restrictions are subject to modification at any time in order to comply with local public health restrictions as well as the policies and practices of Florida State University.

FSU’s current independent travel policy allows students to travel independently commensurate with any local, national, or international guidance and restrictions. FSU will continue to review its independent travel policy as conditions abroad change, but there is a possibility independent travel could remain restricted or limited during your program. Failure to adhere to the independent travel policy could have significant consequences, including potential removal from the program.

Do not plan travel that will cause you to miss class or other required programming; strict academic standards are maintained on programs. Grades may be reduced for unauthorized absences.

For safety purposes, you will be instructed by International Programs to fill out a mandatory online independent travel form each time you plan on traveling outside of your program. More information will be provided to you in the IP Student Portal prior to departure.

SPAIN
Spain is warm in the summer. Average temperatures range from mid 70s to 90s (Fahrenheit). We advise you to bring at least a windbreaker or jacket, regardless of the time of year. Recent students have suggested comfortable walking shoes or hiking boots are a must. Also, the Spanish dress more conservatively so students are advised against wearing short shorts and spaghetti straps in many places. Although rain is not frequent, when it does rain, it pours.

The average temperatures in LONDON in the summer can be hot and most buildings, including our housing facilities, are not air-conditioned.

CLIMATE
The weather is going to play a large role in how you pack for your time abroad. Monitor the weather before departure and research climate trends for your location to pack accordingly.

PACKING
All airlines have different policies regarding the number, size, and weight of bags allowed on domestic and international flights. Fees for having too many bags or exceeding size and weight limits are steep, and also vary by airline. It is important that you determine the restriction on your particular airline before you pack. Please be aware that you will be responsible for carrying your own bags, packs, etc. Restrictions regarding carry-on baggage are different for each airline and sometimes vary depending on your originating, transferring and/or terminating airport. Also, requirements change based on current events. It is imperative that you check your specific requirements prior to your departure and plan accordingly.

Ensure your bag has a luggage tag with your name, address, and final destination. It is recommended that you pack 1 or 2 outfits in your carry-on in case of flight delays/cancellations or lost luggage.

Make several photocopies of the pages in your passport that contain the issue date, your signature, and your photograph. Leave one copy at home with your family and take another copy with you in case your passport is lost or stolen. Carry a copy separate from your passport when you are traveling.

You should not bring any valuable or sentimental items such as jewelry, expensive watches, expensive cameras, or keepsake items you would regret losing.

Click here to view the IP Packing List!
COMMUNICATION & ELECTRONICS

COMMUNICATION & CELL PHONES

Staying connected to your family and friends while you are abroad is extremely important. Establish a communications plan prior to departure. Whether it’s setting up a virtual meeting every Sunday night, sending them messages over WhatsApp, or checking-in with them on social media, make sure you keep in touch!

Though it is not mandatory to use your cell phone abroad, consider one of the following options. Do your research to see which option is the best fit for you:

Add an international plan through your current service provider
This tends to be the most expensive option. Talk to your service provider for details. Each provider offers varying international plans.

Purchase a sim card in-country for your current phone
You will need to unlock your phone and make sure your phone is GSM-capable before departure. You can buy a prepaid SIM plan, either for phone calls only or for calls and data.

Use the Wi-Fi available in the Study Center and around the city with your phone in airplane mode.
Make sure to turn off roaming before you leave, just in case. Otherwise you might end up with a large phone bill when you return to the US. Apps you can easily use while connected to Wi-Fi include Skype, FaceTime, GroupMe, and WhatsApp. If you have a smartphone, download these apps before you travel so you will be able to activate the account. Note: Students who plan to purchase a sim card or phone abroad should use this option in the meantime...or to save on data use!

Purchase an inexpensive phone with a local plan in-country and pay for more minutes/data as needed.
A pay-as-you-go phones are fairly inexpensive, and can be used for local and national calls in your study abroad country, calls to and from the U.S., and calls within continental Europe.

We strongly suggest that you do not buy a pay-as-you-go cell phone in the U.S. to take to Spain. Students who have done this in the past have frequently found the phones do not work. It is far cheaper and more efficient to buy the pay-as-you-go phone in Spain.

You will receive additional information about phones and fare options during orientation in Valencia.

COMPUTERS
There is a computer lab and library at the Valencia and London Study Centers. Students should plan to bring a laptop or tablet with them for use in their residence, while traveling, or when required for health reasons. We recommend doing the following prior to departure:

• Check if your computer has a built-in transformer that is capable of handling the different voltages. You will need an adapter for the plug (i.e. from flat to round prongs).
• Just as on main campus, bringing you need to 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 should check into laptop insurance through http://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.
• Do NOT pack your laptop or laptop charger in your checked luggage.

MAIL
Please share the following information with those in the U.S. who are interested in sending you mail while you are abroad.

Given the length of time the program spends in Spain, there is no practical way for students to receive mail during the Spain component of the program. Please discourage family members and friends from planning to send any mail or packages to Spain.

The London Study Center will not accept FedEx packages for students so please ensure that any packages sent to you are sent through either UPS or the U.S. Post Office.

Airmail usually will take 7 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 6 weeks to deliver. Have mail sent to the FSU London address listed in the Contact Information section of this packet, with your name on the first line.

Shipments to the UK from outside the EU 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; this will only drive up the cost of the import duty.
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 tax free.
4. You can ship a GIFT worth up to $50 tax free. Other items may incur taxes, which can be very high.
5. Items like cheese or meat products are banned. A list of banned/restricted goods can be found online: https://www.gov.uk/duty-free-goods/banned-and-restricted-goods

You will not be able to receive your package at the Study Centre until any charges are paid in full. Any charges the Study Centre must pay on your behalf will be placed onto your student account.
EXPENSES WHILE ABROAD
When estimating your financial needs abroad, calculate the amount of money you will need for meals for the entire period of your stay; costs for your personal entertainment and social activities.

A good way to estimate what you might need in Spain and the UK is to assume that whatever you spend here in the U.S. (in dollars), you will spend the same (numerical) amount in euros and pound sterling.

MEAL VOUCHERS
While school is in session in London, all participants will receive £50 worth of meal vouchers.

CURRENCY
Spain uses the euro as the national currency. Exchange some dollars ($75-$100) for euros before you leave the U.S. Don’t exchange more than $100, you just need enough to get you to Valencia and to a bank abroad.

The unit of currency in Britain is the pound sterling (£ GBP). You may wish to exchange U.S. dollars for British bank notes prior to leaving for London (we recommend approx. $200). If you have old British paper bank notes, these are no longer accepted, as the UK has converted to plastic notes. Cashless and contactless transactions are the most common ways to complete payments in the UK.

You can reference the current exchange rate online.
HEALTH & WELLNESS

INOCULATIONS/MEDICAL CONCERNS

BEFORE DEPARTURE:
We encourage all students with underlying health issues that may increase the severity of infection should they contract COVID-19 to discuss their study abroad plan with their doctor/specialist.

Florida State University requires certain immunizations prior to your registration for classes. All newly admitted degree-seeking students (freshman and transfer) and non-FSU students will be asked to complete and submit the required Student Immunization Form through the IP student portal.

Familiarize yourself with the specific requirements and health matters in your program location. The FSU Health and Wellness Center offers a travel clinic which provides immunizations. Click here for additional information available through the Centers for Disease Control and Prevention’s site. Some countries have specific requirements for inoculations based on past locations the traveler has visited. It is the student’s responsibility to confirm whether or not the previous travel requires additional inoculations.

WHILE ABROAD:
Your program fee includes international medical and evacuation insurance coverage through Cultural Insurance Services International (CISI); Click here to access the policy online. The coverage will be effective for participants from the day the program starts until the day the program ends. It includes coverage for treatment of ill students, including those with COVID-19, as well as COVID testing for those who are symptomatic, or those who have had a known exposure to a person who tested positive. It does not cover preventative evacuation due to pandemics or preventative treatments such as vaccinations. There are Teleconsultation Services available. This policy is NOT intended to replace your domestic coverage.

ALCOHOL AWARENESS & ILLEGAL DRUGS
The legal age for the drinking of alcohol in Spain and the UK is 18. This means that you will likely have the opportunity to buy and drink alcohol legally. It is in your interest to recognize that this right carries a great deal of responsibility. Should students violate the FSU International Programs conduct code regarding drugs and/or alcohol, they will undergo a student conduct code process, where outcomes are appropriately assigned. In short, know your limits and drink within moderation if you choose to do so, but not to excess.

Florida State University does not tolerate the possession, use, manufacture, production, sale, exchange or distribution of illegal drugs by students participating in FSU study abroad programs. Violation of this policy may result in immediate dismissal from the program and disciplinary action onsite or upon return to campus. For complete information on student judicial processes, victim rights, and appeals see the Student Conduct Code: https://sccs.fsu.edu/.

MAPPING YOUR IDENTITIES
Our Mapping your Identities guide will help you explore your identities and evaluate your overall wellness to aid in your preparation for a successful and enriching study abroad experience. It will also help you understand others on your program and be better allies for them.
POLICIES & SAFETY

RULES, POLICIES & PROCEDURES

SAFETY & SECURITY
Our highest priority is the welfare and security of our students, faculty, staff and facilities. We have emergency plans in place for each of our locations and work closely with our insurers and 24/7 emergency response providers to monitor and respond to all situations worldwide. It is our policy to follow guidance from the respective U.S. Embassies, U.S. State Department, as well as local officials and keep students apprised of any new information. For more information on IP's security policies and procedures, please contact our Director of Emergency and Risk Management, Tina Brooks, at 850.644.3786 or cbrooks2@fsu.edu.

• Resources. Even though you are not on the main campus, you have access to many resources should you encounter issues while abroad. Program staff members are available to support you in a variety of ways, including connecting you with other professionals locally and/or on the main campus.
  o Victim Advocate Program. The University takes very seriously all types of victimization, including sexual violence, relationship violence, and domestic violence. Advocates are available and on-call 24 hours a day to provide confidential support services, even for students who are abroad. For more information on the Victim Advocate Program, visit https://dsst.fsu.edu/vap.
  o Counseling & Psychological Services at FSU. Counseling and Psychological Services is a welcoming and confidential place to discuss questions and concerns such as homesickness, struggles with relationships, sexual identity, cultural issues, and more. Visit https://counseling.fsu.edu/ for more information.
  o Center for Health Advocacy & Wellness. The Center for Health Advocacy & Wellness encourages you to make healthy lifestyle decisions that facilitate academic success and lead to life-long health and wellness. For more information, visit http://chaw.fsu.edu/.

• The U.S. State Department maintains a web site of information for Americans studying abroad, including current travel advisory warnings, at: http://studentsabroad.state.gov/.

• The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. We strongly recommend you register here: https://step.state.gov/step/.

• Waivers. All IP participants must sign and submit a general Waiver of Liability and COVID-19 Waiver through the IP Student Portal.

• Be aware that you are subject to the laws of the country in which you are traveling.

• Always carry a photocopy of the picture and signature pages of your passport with you. Keep another copy in your room separate from your passport. Leave one copy at home in the U.S. with your family or a relative.

• Use the buddy system—try to travel with friends as much as possible and always tell your roommates or friends where you are going and when you expect to return. Bystander intervention is a powerful opportunity and responsibility for those within our community.

• Valuables. Students should not take sentimental valuables on their program. Students should not leave cash, passports, or other items of value unattended in their rooms. If a locker or safe is provided, students are strongly encouraged to use it to store anything of value at all times. Students should plan regular visits to the cash machine rather than leaving large amounts of cash in their rooms. Students are responsible for ensuring their rooms are left secure at all times – do not prop open doors, do not leave doors and windows unlocked, do not give keys to anyone. If students notice others in the building leaving the main entrance door unsecured, they should notify the IP staff immediately, even if there are others living in the building who are not FSU program participants. Students are strongly encouraged to purchase insurance that will cover their belongings while abroad, whether a standard homeowners or renters policy. The International Programs insurance policy does not cover loss or theft of participants’ possessions.

• Pickpocketing. In most large cities throughout the world, pickpocketing is the most common crime and can happen anytime, anywhere! We caution you to always be aware of your surroundings. While traveling in some areas beware of beggars who try to distract you with papers, boxes, or excessive body movements. Coats and purses are often stolen in crowded areas. Keep them close to you and lock your pack zippers with a combo lock. Secure your valuables if you are traveling on an overnight (“sleeper”) train.

• Weapons. You are strictly prohibited from keeping or using firearms, knives, weapons (including pellet, air guns, paintball guns or other dangerous articles or substances). Furthermore, mace and/or pepper spray may be illegal in the countries that you visit. It is your responsibility to know the laws regarding weapons in the host country if you intend to bring any item for self-defense.
TIPS & RESOURCES

TIPS FROM STUDENTS ON WHAT YOU SHOULD KNOW
These comments came from students who recently attended our study abroad program in Valencia:

• Valencia is still chilly at the start of the summer term (early May), so pants and sweaters may be necessary.
• Pack a reusable water bottle since you must generally pay for water at restaurants in Spain and water fountains may not be very common.
• Have Euros (cash) with you.
• Dryers take a very long time, so don’t start one right before class. Clothes can’t be hung off the balconies in program housing.
• When you take a taxi, make sure to note your surroundings since some taxi drivers may try to take a longer route.

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

• There is NO elevator at FSU London.
• Bring comfortable shoes to wear. You will do a lot of walking!
• London weather is very changeable, make sure to pack accordingly for the season. Do not overpack – you will want to buy souvenirs.
• Plan to save money by being able to cook some of your favorite meals.
• There is no air-conditioning in the flats. Pack accordingly if you are on a summer program.
• Do not ship expensive items from the US (especially technology) as these will incur customs charges.
• The only place you need to tip in the UK is at a sit-down restaurant; you are not expected to tip in pubs, bars, or cabs.

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:

https://www.visitvalencia.com/en (about the city of Valencia)
http://www.valencia-cityguide.com/essential-travel-information/ (city guide)
http://www.comunitatvalenciana.com (tourist sites and useful information about Valencia area)
http://www.andalucia.com (information about Andalucia region)
http://www.letsgo.com (travel guide)
http://www.donquijote.org/spanishlanguage/ (brush up on your Spanish!)
https://nolesabroad.international.fsu.edu/ (FSU International Programs blog with articles from former program participants)

Looking for something to do in London? Check out these sites:
http://www.timeout.com/london/ (weekly magazine listing London events)
http://www.londonist.com (what’s on & events in London)
https://www.officiallondontheatre.co.uk/ (London theatre guide)

USEFUL APPS
Duolingo (brush up on your Spanish!)
Google Translate (instantly translates words, phrases, and web pages between English and over 100 other languages)
Dark Sky (With down-to-the-minute forecasts, you’ll know exactly when the rain will start or stop, right where you’re standing)
Mobile Passport (Authorized by US Government to get through customs upon return to the US. Allows you to use the dedicated mobile passport line in 21 participating airports)

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

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