EXPLORING GRIEF, LOSS, & TRAUMA IN THE BRITISH CULTURE

March 17 to March 23, 2019
London, England
LN54
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EMERGENCY PHONE NUMBERS – LONDON
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)7793504166
Home Phone      011 44 (0)1727753133

Dr. Lisa Bowers Isaacson
Cell Phone       011 44 (0)7545865637

On-site Programs Manager
Cell Phone       011 44 (0)7753212039

London Emergency Response Services
Fire, Ambulance, Police 999 (or 112 or 911)
Non-Emergency Police  101
Holborn Police Station 020 8721 2692

AMERICAN EMBASSY - LONDON
33 Nine Elms Lane
London
SW11 7US

PHONE         011 44 20 7499 9000
WEBSITE      http://uk.usembassy.gov/

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

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 U.K. than in the U.S.
ACADEMICS MATTERS
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 center-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. All academic and administrative communication between FSU London staff and students will be through your FSU email account. If you are not an FSU student, FSU provides you with a temporary FSU email for the semester. Please activate this email account and check it regularly.

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 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, and 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. Visit http://garnetandgoldscholar.fsu.edu/ or email GarnetandGoldProgram@fsu.edu to learn more.

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 2 required courses, Global Perspectives and Global Citizenship, and 2 electives. Both required courses count toward FSU Liberal Studies X, E-series, and writing requirements. In addition, students participate in 8 intercultural events on campus and a sustained international experience abroad, which you are about to complete! Enroll in the Global Citizenship Certificate before you study abroad to ensure your experience counts toward the certificate. Visit cge.fsu.edu/globalcitizen or contact an advisor at globalcitizen@fsu.edu to learn more.

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 are available through the following programs:

- Reading & Writing Center (RWC)
  [http://wr.english.fsu.edu/Reading-Writing-Center/RWC-Online]
- Academic Center for Excellence (ACE)
  [http://ace.fsu.edu/] ACE provides free tutoring in many subject areas, including accounting, biology, chemistry, economics, math, statistics, and physics.
- University Libraries: Office of Distance Library Services
  https://www.lib.fsu.edu/department/distance-learning

STUDENT DISABILITY RESOURCE CENTER (SDRC)
SDRC 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 the SDRC by calling 850-644-9566 (Voice) or 850-644-8504 (TDD) and provide appropriate information on your Special Needs form. For more information, visit http://dos.fsu.edu/sdrc.
VISA REQUIREMENTS FOR U.S. CITIZENS

SHORT TERM STUDENTS (Less than Six Months Study)

- **No Visa Needed:** U.S. citizens studying less than six months are classified as Short Term Students and do not require a visa. Short Term Students are not permitted to secure employment or volunteer while participating in the study abroad program.

- **Passport:** You must hold a U.S. passport that is valid for at least 6 months beyond your return from England.

- **Passport Letter:** International Programs will mail you a ‘Passport Letter’ to your permanent address approximately three weeks before departure. Please keep this with your passport to show Immigration upon your arrival in order to receive a “Student Stamp”. You must also have it with your passport each time you leave and re-enter the UK during your program.

- **Flight restrictions:** You must book an international flight to London. A flight or layover from Ireland does not count as an international flight. All flights arriving from Ireland do not go through passport control and therefore, you will not receive the appropriate “Student Stamp”. Due to airline restrictions, traveling on a one-way ticket may not be allowed. Please check with your airlines before purchasing a one-way ticket.

VISA REQUIREMENTS FOR NON U.S. CITIZENS AND U.S. CITIZENS LIVING ABROAD

If you are a non-U.S. citizen or a U.S. citizen living abroad, contact an International Programs’ Immigration Specialist at IP-Visas@fsu.edu. You may be required to apply for a visa on your own or you may have additional visa requirements and expenses.

All visa information is correct at the time of publication, but terms, fees, and guidelines are subject to change without notice.
FLIGHT INFORMATION

There is no group flight for this program, and your program fee does not include airfare. As previously stated, 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.

As an admitted student on this program, you should make arrangements to arrive in your study abroad location on the start date of the program, March 17, 2019, and depart on the end date of your program, March 23, 2019, as stated on the International Programs website. You may need to depart from the U.S. one day before the program’s start date, March 16, 2019, in order to arrive on time.

Reminder: You must book an international flight to London. A flight or layover from Ireland does not count as an international flight.

An airport pick-up from Heathrow Airport will be provided on the start date of your program, March 17, 2019. It will most likely take place at 11:30am. Please book your airfare accordingly. You will be contacted prior to departure confirming the pick-up time. All orientation/welcome activities that take place upon arrival are mandatory.

You must check out of program housing on the morning of the last day of your program. You will be responsible for getting yourself to the airport in time for your departure.

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. Please visit our website for a list of suggested hotels and hostels: http://www.international.fsu.edu/Documents/ImportantDocuments/StudyCenters/London_AreaAccommodationList.pdf

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 FSU London while you are away.

Once you have completed your travel arrangements, all students must email their flight itinerary to the IP Office (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 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-up). You 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.

You may want to consider purchasing travel insurance 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 more information.

If your flight is canceled, delayed, or you miss a connection on your way to London, contact the International Programs staff via email or phone.

IN TRANSIT
- **Domestic flights.** In general, arrive at the airport ticket counter two hours before your departure time. Check with your specific airline to find out the recommended pre-flight allowance.
- **International flights.** Arrive at the airport ticket counter three hours before your departure time.
- **Keep your boarding pass.** Some airlines require it for baggage claim. Also, it will help if your luggage gets lost.
- **Have your passport and official letter from FSU accessible.**
- **During your flight,** drink lots of water and get up and walk around at least once during the flight. Try to sleep; it will help you combat jet lag. Wear layers as the temperature on the plane and in airports may vary.
ARRIVING IN THE UK
Before you go through immigration control in the UK, you will receive a Landing Card on the plane to fill out with your name, date of birth, address in London, and flight details. Your address is **99 Great Russell Street, London WC1B 3LH**; Telephone: 020-7813-3223. You will go through immigration first and then you will claim your luggage after clearing the UK border. **DO NOT use the eGates (electronic entry) at the UK border. You must go to the Border Guard in order to obtain a Short Term student stamp.**

- 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.
- Be sure to have your passport, round-trip airline ticket, Passport Letter, and this packet of information readily available. (DO NOT PACK THEM IN YOUR CHECKED LUGGAGE!) You should state you are **pursuing a full-time course of study in London. You will need a Short Term Student stamp in your passport.**
- Follow the instructions listed below to get from your arrival airport to FSU London.

ARRIVING IN LONDON
**Note:** it can sometimes take up to 90 minutes to pass through immigration and baggage claim.

If you plan on arriving at **Heathrow Airport** on arrivals day, there will be an airport pickup scheduled. Heathrow Airport has five terminals. **A Florida State University representative will be waiting at the Meeting Point in Terminal 3.** If you are entering the arrivals areas of Terminals 1, 2, and 3 you should make your way to the Meeting Point in Terminal 3 (a 10 minute walk). If you are entering Terminals 4 and 5 you should make your own way to the arrivals area of Terminal 3 using the free train transfers between the terminals. If you enter the arrivals area of any terminal after the scheduled pick-up time, you should plan on making your own way to FSU London.

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 the London Underground 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 on 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 approximately £21.50 to take you into Paddington Station, which is still a few miles west 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.

If you are arriving at **Gatwick Airport**, make your way to the South Terminal, where the railway station is located. Purchase a single (one-way) ticket to St. Pancras Station, which should cost roughly £8-11. Board a Thameslink train towards Bedford; you will get off the train at St. Pancras International. The journey time is 45 minutes to St. Pancras. Then take a taxi to FSU London, which should cost about £5-10, depending on traffic.

Alternatively, you can take the Gatwick Express to Victoria Station which has a 30-minute journey time and costs around £18. The taxi fare from Victoria Station to FSU London is also more expensive at around £15 with fares slightly higher for late-night or rush hour arrivals.
LONDON HOUSING

Student housing will either be on-site at FSU London or at a comparable off-site location nearby. The off-site housing locations may not be exclusive to program participants. As previously stated, you may check-in to FSU London starting at 10:00a.m. Housing will be available by 4:00p.m. If you are unable to check-in to your room when you arrive, there will be space available for you to store your belongings. Housing assignments will be made based on information provided in your housing preference form. No changes can be made. You will be notified about your housing location approximately one to two weeks prior to departure. 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 and there are many stairs with no elevators. 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.

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 11:00 p.m. The police and the local borough authority strictly enforce this rule. Quiet hours are in effect from 11 p.m. until 8 a.m., 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.

HOUSEKEEPING

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 housing accommodation will be inspected. They should be neat, clean and in the condition in which they were found. If the housing accommodation is left in an un-fit state or if any damages are found upon your departure, these may be assessed to your FSU account.

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. You can obtain a hairdryer from FSU London Reception. Hair straighteners and curling irons can be purchased at a low cost at local shops.

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.
PERSONAL TRAVEL
You may have free time during your spring break program to travel. Please wait until you have received your academic and social/cultural event schedule before you book any trips away from FSU London.

Do not plan travel that will cause you to miss classes; strict academic standards will be maintained on the programs. Your grade may be reduced by any unauthorized absence from class.

For safety purposes, you will be instructed by the FSU London staff to fill out a mandatory online independent travel form each time you plan on traveling outside of London. More information will be provided to you in an email from IP-Info@fsu.edu prior to departure.

CLIMATE & 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.

Use the IP luggage tag you received to ensure your bag is marked in capital letters with your name, address, and final destination both on the inside and on the outside of the bag. It is recommended that you pack 1 or 2 outfits in your carry-on in case of flight delays/cancellations or lost luggage.

Plan to bring textbooks and other required course materials with you to London. You will receive information from the International Programs office when it is time to register for classes with details about textbooks. As a reminder, textbooks are not included in the program fee and will most likely need to be purchased prior to departure. Former students have used websites such as Chegg.com to rent textbooks for the duration of the program at a low cost. We recommend researching ways to access a textbook as an eBook (electronic book) through the FSU Bookstore, Chegg, Amazon, or other online sites. Keep in mind that not all textbooks are available as ebooks.

The average temperatures in London in the spring are comparable to temperatures in northeastern states. 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: https://www.accuweather.com/en/world-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. Outside on the coldest days, you will welcome thermal underwear and sweaters. 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!
- Too much luggage is heavy to carry and costs you more to transport. We recommend you bring
  - a large suitcase for transport of clothes across the Atlantic
  - a medium sized backpack for weekend
  - a small day bag (packed inside your suitcase) for day trips
- The electrical current in London is different than in the U.S. Do not bring anything electrical unless you bring an adapter. As previously stated, don’t bring any electrical appliances such as hair dryers, heaters, etc. The electric current will cause those items to burn out.
- You should not bring any valuable or sentimental items such as jewelry, expensive watches, expensive cameras, or keepsake items you would regret losing.

Reference the International Programs packing list for more packing tips!
MAIL
Please share the following information with those in the U.S. who are interested in sending you mail while you are abroad. 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 U.S. Post Office.

Airmail usually will take 7 days, so we recommend not having any packages sent to you during your program.

CELL PHONES & COMMUNICATION
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 Skype meeting, 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 UK SIM plan, either for phone calls only or for calls and data.

Purchase an inexpensive phone with a local plan in-country and pay for more minutes/data as needed. A pay-as-you-go Top Up phone, which can be purchased for as little as $20, 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 within the UK, dropping to much less thereafter. 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 pay-as-you-go cell phone in the U.S. to take to England. 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 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. The FSU London staff will be happy to advise you on the various Pay-As-You-Go options once you are in London, as well as direct you to the nearby phone shops.

Use the Wi-Fi available in the Study Center and around the city while the phone is in airplane mode. Make sure to turn off roaming before you leave, just in case. Otherwise you might end up with a very large phone bill when you return to the U.S. Apps you can easily use while connected to Wi-Fi 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.

If you have access to a landline phone, you can purchase a calling card to make international calls. We advise that you wait until you have arrived in London to purchase a calling card because many of the ones in the States are costly and do not work within the British telephone system. The calling cards are readily available at local corner shops near FSU London and are relatively inexpensive.

If you need to fax or receive a fax document while you are abroad, 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.

COMPUTERS
FSU London has a library that is open to students 6 days a week and has a variety of textbooks, fiction books, and DVDs available for loan. There are computer labs, which are open 24 hours a day, 7 days a week and there is wireless internet throughout the building.

Former program participants recommend bringing a laptop abroad. If you want to bring your laptop, 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). Taking a laptop with you is at your own risk. 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 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. Do NOT pack your laptop or laptop charger in your checked luggage.
EXPENSES WHILE IN LONDON
In estimating your financial needs while abroad, calculate the amount of money you will need for meals for the entire period of your stay and your personal entertainment and social activities costs. You will receive an Oyster card (travel card) with credit to aid in some travel expenses for class fieldtrips. FSU London will also provide a weekly pizza and salad night, continental breakfast on class days, and a farewell meal.
- 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 considerably more dollars).

Class-related excursions are included in the program fee.

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. Visit the following web site for the current exchange rate: http://www.xe.com/currencyconverter/.

Exchange approximately $200 prior to your departure so that you will have British 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. 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.

BANKING
We recommend you set up online banking for your bank account(s) prior to departure from the U.S. so you can monitor your account(s) while overseas. Students are typically not eligible to open a UK bank account.

Bring or have access to at least one credit card in the event of an emergency. If you need to visit a doctor or hospital, you will likely have to pay prior to the service, and then submit an insurance claim afterward. Credit cards are also useful for everyday purchases and offer excellent exchange rates. MasterCard and Visa are the most widely accepted credit cards overseas. A credit card with “chip and pin” technology is recommended, as this is the standard abroad.

Before using an ATM or debit card overseas, we recommend the following:
- Contact your financial institution(s) before you leave the U.S. to make sure your ATM or debit card is activated for international use. You will also need to inform them of your dates/locations abroad. If you fail to contact your financial institution(s), it is not unusual for credit card companies to “freeze” an account if suspicious or fraudulent activity is suspected.
- 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.
- If you have a pin longer than 4 digits or based on letters, you may have trouble using it abroad. You will need to change your pin before departure. You should also contact your financial institution for information regarding ATM transaction fees. You can limit the fees if your U.S. bank has a ‘sister’ bank in the host country and/or if you limit your withdrawals, though we do not advise keeping large sums of money on your person or stored in your residence, even if a safe is provided. If a safe is not provided, we encourage students to lock valuables in their suitcase when leaving the housing accommodation.
- Keep a record of all credit/debit/ATM card numbers and the phone numbers you would need to call, with area codes, if they are lost or stolen. Keep this record in a safe place separate from your cards, and you should provide a copy to family at home.

Ensure that any student loans you have requested will be available for disbursement during the term abroad. Disbursement usually occurs after students have left the U.S. Make arrangements for your check to be deposited, if that is your chosen method of disbursement.
INOCULATIONS/MEDICAL CONCERNS
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 must complete the required Student Immunization Form. The form must be mailed or faxed directly to Florida State University Health Services, Health Compliance Office, 960 Learning Way, Tallahassee, FL 32306-4178, fax (850) 644-8958.

It is very important that you make yourself aware of specific requirements and health matters in your program location. The FSU Health and Wellness Center offers a travel clinic which provides immunizations. Additional information is available through the Centers for Disease Control and Prevention’s site: www.cdc.gov/travel/. Please note that some countries have specific requirements for inoculations based on past location(s) the traveler has visited. It is the student’s responsibility to ensure previous travel has not triggered additional requirements.

- A tetanus booster shot is suggested if you have not had one within the past 10 years.
- We highly recommend that you bring sufficient quantities of your prescription medication 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, Adderall and Concerta are not available in all countries. Don’t postpone discussing your prescription needs 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.
- If you wear glasses or contact lenses, take an extra pair and/or the prescription.
- Complete routine medical and dental care before you leave.

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 – University College Hospital. Less urgent situations will likely be dealt with in one of the nearby doctors’ 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: http://international.fsu.edu/Documents/HealthSafety/CISIInsur ancePolicy.pdf. You will want to familiarize yourself with the coverage details.

ALCOHOL AWARENESS & ILLEGAL DRUGS
The legal age for the drinking of alcohol in 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. 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, know your limits, and drink in moderation if you choose to do so, but not to excess.

Florida State University has a zero-tolerance policy regarding 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. International Programs’ policies follow either the U.S. law or local law, whichever is more stringent with regard to drug use. For complete information on student judicial processes, victim rights, and appeals see the Student Conduct Code: http://dos.fsu.edu/srr/.
POLICIES & SAFETY

RULES, POLICIES & PROCEDURES
Florida State degree-seeking, transient, and special students are bound by the rules, policies, and procedures set forth in the FSU General Bulletin and Student Handbook. It is your responsibility to familiarize yourself with these before you leave. You may locate the FSU General Bulletin online at http://registrar.fsu.edu/ and The Code of Student Conduct at https://dos.fsu.edu/srr/conduct-codes/student-conduct-codes. The Office of Student Rights and Responsibilities updates any changes to the Code of Student Conduct.

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 Risk and Emergency Management, Chris Carroll at 850.644.7823 or ccarroll@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.
  - **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 http://victimadvocate.fsu.edu.
  - **University Counseling Center.** The Counseling Center 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.
  - **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 will be given a Waiver of Liability via email. It must be signed and submitted to IP.

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

- There may be no elevator in your housing.
- Bring comfortable shoes to wear. You do a lot of walking!
- Research the weather conditions in London before you leave.
- Leave room in your suitcase for souvenirs.

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)
https://www.letsgo.com/londoncover (online travel guide)
http://www.state.gov/travel/ (U.S. State Department’s information for Americans living abroad)
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://icom.museum/ (Museums around the UK)
http://www.timeout.com/london/ (weekly magazine listing London events)
http://www.londontown.com/ (everything on London)
https://www.officiallondontheatre.co.uk/ (London theatre guide)

USEFUL APPS
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 U.S. Government to get through customs upon your return to the U.S. 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.)

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:
Lonely Planet England by Lonely Planet
The Rough Guide to London by Rough Guides

Connect with International Programs on social media
International Programs Facebook
International Programs Twitter
International Programs Instagram
FSU London Facebook
FSU London Twitter
FSU London Instagram

Last Updated 11/2018
EXPLORING THE UK

TOP LONDON ATTRACTIONS
Westminster Abbey
Houses of Parliament
Tower of London
St. Paul's Cathedral
Buckingham Palace
Leicester Square
Wimbledon
British Museum
The London Eye
Hyde Park
Piccadilly Circus
FOODS TO TRY
Fish’n’chips  Cornish pasties
Mushy peas  Yorkshire pudding
Chicken Tikka Masala  Scones and clotted cream
Sunday roast  Steak and ale pie

LINGO
Awesome  Ace  Wait in line  Queue
Bathroom  Toilet / loo  Thanks / To toast  Cheers
Elevator  Lift  Thick-cut fries  Chips
Exhausted  Knackered  Trash  Rubbish
Chips  Crisps  Trash can  Bin
Cookie  Biscuit  Sketchy  Dodgy
To-Go  Takeaway

QUICK TIPS
1. The United Kingdom consists of four countries: England, Scotland, Wales, and Northern Ireland. The Republic of Ireland is a different country.
2. Never ‘jump the queue’ (cut in line). Brits are particular about queuing etiquette, and many joke that queuing is a British national pastime.
3. Restaurants will not automatically split the tab for you, but they may let you put different amounts onto different credit cards.
4. You should tip restaurant waitstaff around 10%. Bartenders do not expect tips and may even be confused by your offer. Tip taxi drivers £1 per bag they help you with. Otherwise, taxi drivers do not expect tips—though many will round up to 10% for a tip.
5. No matter the time of year, bring an umbrella. Brits always have access to an umbrella regardless of the season.