



London Program Packet

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Important Contacts & Addresses

Florida State University International Programs- Tallahassee Office



A5500 University Center
282 Champions Way
P.O. Box 3062420
Florida State University
Tallahassee, Florida 32306-2420

Hours: 8:00 a.m. – 5:00 p.m. EST
Monday – Friday



850-644-3272



IP-Info@fsu.edu



international.fsu.edu

FSU London



99 Great Russell Street
London
WC1B 3LH
United Kingdom

Hours: 8:30 a.m. – 5:30 p.m. GMT
Monday – Friday



From U.S.: 011-44-20-7813-3223

Inside UK: 020-7813-3223



<https://international.fsu.edu/studycenterlondon.aspx>



[Instagram](#), [Facebook](#)

London Staff Contact Information

General Questions: IP-London-Info@fsu.edu

Dr. Christina Carroll, Interim Director: ccarroll@fsu.edu

Dr. Lisa Bowers Isaacson, Senior Associate Director: lbowersi@fsu.edu

Katie Behringer, Associate Director: kbehringer@fsu.edu

Megan Griffin, Assistant Director, Student Conduct & Engagement: mgriffin2@fsu.edu

Emily Greene, Assistant Director, Residence Life & Programs: egreene@fsu.edu

Olivia Jaworski, Project Manager: ojaworski@fsu.edu

Mark Wheatley, Theatre Academy London Director: TAL@admin.fsu.edu

Local Authorities

Emergency Services 999

U.S. Embassy

Address 33 Nine Elms Lane, London, SW11 7US

Phone 011-44-20-7499-9000

Website <http://uk.usembassy.gov/>

Making International Calls: Making international calls from the U.S. to the UK: 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: Countries adhere to varying time zones. [Learn about time differences between locations worldwide.](#)

Student Perspectives

Learn more about what to expect in London from current students!

Check out student-created videos and posts from current and recently returned study abroad on [Instagram @fsuip](#) or reference the [London YouTube Shorts playlist](#) or [London Study Center playlist](#).

"Studying abroad in London helped me achieve a level of confidence and independence that I think is only possible to find here. Living in a city like London can be extremely daunting but learning how to navigate your surroundings while juggling a full course load can help build up a strong sense of self and a level of confidence in your own abilities. For me, my study abroad experience meant finding myself and learning how to be proud of that person."

- Past Program Participant in London

Academics



Your program is first and foremost an academic experience, so prepare to invest as much time, effort, and thought into coursework abroad as you do on main campus. Class sizes abroad are small and facilitate interaction with fellow students and faculty. A greater emphasis is placed on participation in class discussions, and some courses may require you to attend organized excursions. Prepare to be an active and committed class participant. **Your attendance and**

participation are mandatory for each class, regardless of the setting and mode of teaching.

Consult the garnet *Courses* tab of your Program Page on the [IP website](#) for course descriptions, and the [Academics webpage](#) for IP Academic Policies. IP Course registration typically occurs within 60 days of departure; registration instructions will be shared in your [IP Student Portal](#).

London Study Center Minor

The London Study Center Minor enhances a student's program in the UK. It requires 15 credits, 9 of which must be earned in London and includes a cultural component. Contact IP-AcademicAdvising@fsu.edu for more information.

Academic Resources

Many academic resources at FSU are available virtually to students in Tallahassee and abroad:

- [Tutoring Resources at FSU](#)
- [Reading & Writing Center \(RWC\)](#)
- [Academic Center for Excellence \(ACE\)](#)

Office of Accessibility Services (OAS)

OAS provides reasonable and appropriate accommodations for students with documented disabilities. We do our best to accommodate all students based on their documented needs. If you anticipate needing to request accommodations for a documented disability, you must:

- Contact OAS at 850-644-9566 (Voice) or 850-644-8504 (TDD) **as soon as possible** to assess and document your accommodations.
- **Ensure FSU IP obtains a copy of your OAS Eligibility Letter** so we can assess our ability to provide appropriate accommodations.

NOTE: Accommodations provided on FSU main campus may not always be feasible at an FSU IP facility or study abroad location. Visit the [OAS website](#) for more information.

Passport Requirements

A valid, signed passport is required for international travel. Many countries require your passport to be:



1. Valid for at least 6 months **after your date of return to the U.S.** Programs requiring more than 6 months of passport validity will be notified by our office.
2. Have at least 2 blank visa pages. Programs requiring more than 2 visa pages will be notified by our office.

If your passport does not meet these requirements or you do not have a passport, you should apply for one AS SOON AS POSSIBLE! Current passport processing times are listed on the [U.S. Department of State website](#). **Failing to obtain a passport—and consequently being unable to participate in your program—does not release you from the liability of program fees.**

FSU International Programs is a U.S. Passport Acceptance Facility. Therefore, you can apply for your passport and have passport photos taken in our office. For details, call 850-645-9714 or visit [our website](#). Most students cannot renew their passport online or by mail using the DS-82 form, as it requires your previous passport to have been issued at age 16 or older. If you don't have a valid passport, plan to apply in person using the DS-11 form at a local acceptance facility.

Entry Requirements & Visas

Entry and visa requirements depend on factors such as the length of the program, the student's nationality, and whether they are completing an internship.

Programs under 6 months (excluding internships)

- **US Citizens:** You will be required to apply for a UKVI **electronic travel authorization (ETA)**.
- **Non-US Citizens:** Immigration requirements will vary depending on your nationality. Some students may be required to apply for **Standard Visitor Visa**. Others will need to complete the **electronic travel authorization (ETA)**. To determine your immigration requirements please complete [UKVI's official questionnaire](#). Upon completion it will indicate whether you are required to apply for an ETA or a standard visitor visa. **If you find that you will require a Standard Visitor visa, please email IP-Visas@fsu.edu for guidance.**
- **British and Irish Citizens:** Students that hold valid passports from either the United Kingdom or the Republic of Ireland will not be required to obtain an ETA nor a Standard Visitor visa.

If an electronic travel authorization (ETA) is required:

- Further information & specific instructions about the ETA application are available [in this guide](#). Reference the guide on details about cost, timeline to apply, and more.

Programs longer than 6 months (FYA) & Internships

- All students participating in a program lasting more than six months OR an internship are required to obtain a Student Route visa. **The only exception is for students who hold a British or Irish passport.**
- If you have a British or Irish passport, please notify an immigration coordinator by emailing IP-Visas@fsu.edu and be ready to provide a photocopy of your passport.

If a student visa is required:

- You may be required to submit your signed physical passport book to the United Kingdom's immigration authority for visa processing prior to departing for your program. **Therefore, you should not plan any international travel in the 3 months leading up to your program.**
- Further visa information & instructions specific to your program will be provided via the [IP Student Portal](#) when available.
- **Do not enter the UK prior to your visa start date as shown on the vignette in your passport.** Failure to abide by this instruction will require you, at your own expense, to exit and re-enter the UK in order to start your program. Reference the immigration materials provided by International Programs for more information.

Contact IP-Visas@fsu.edu as soon as possible if you have international travel plans prior to the start of your program or currently reside outside of the United States.

Non-U.S. & Dual-Citizens should contact IP-Visas@fsu.edu as soon as possible since visa requirements for non-U.S. citizens are different from those of U.S. citizens. Non-U.S. citizens must possess a Permanent Resident Card or a U.S. visa to re-enter the U.S. after their program.

Airfare

Do not purchase airfare until you are notified by International Programs to do so.

Permission to purchase airfare will be distributed via the [IP Portal](#); you will receive a copy of these instructions via email if admitted when permission is given. If admitted later, reference the "Notifications" or "Announcements" area of the IP Portal for those details. Some programs may not be notified until after the commitment fee deadline.

When in doubt, check the "Notifications" or "Announcements" area of the [IP Portal](#) to review all sent messages for your program.

There is no group flight, and your program fee does not include airfare. International Programs is not responsible for any fees associated with flight changes, delays, or cancellations.

Keep in mind, you MUST arrive in London on your program's official arrival date and depart on the designated departure date. For exact dates, reference the [International Programs website](#) and [IP Student Portal](#). Late arrivals and early departures are not permitted.

Your travel plans may change before or during your program. Purchase changeable or refundable tickets to maximize flexibility and minimize airline fees. Travel insurance may also cover flight cancellation/change fees, lost luggage, etc. Speak with your airline for specific details.

Once approved to purchase airfare, you will be instructed to upload your travel plans to the IP Student Portal so staff can plan for student arrivals.

NOTE: Airlines may not permit passengers to board international flights if traveling on a one-way ticket without 'proof of onward travel'. If you're not ready to finalize your plans after the program, we recommend booking a roundtrip flexible/changeable ticket using a tentative return date that can be changed later if needed. Contact your airline about 'proof of onward travel' requirements.

While you're in Transit

- Consider putting an AirTag or Tile tracker in your checked luggage in the event it is misplaced in transit.
- Have your passport accessible in your carry-on luggage, as well as 1 or 2 outfits in case of flight delays/cancellations or lost luggage, electronics (i.e. chargers and outlet converters), medications, and toiletries.

- Most international airports have free Wi-Fi.
- Drink lots of water to stay hydrated and get up to walk around often 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 & Transportation

You are responsible for securing your own transportation to/from FSU London upon arrival and departure. You must check-in to FSU London between the hours of 9:00 a.m. to 3:00 p.m. local time on the arrival date for your program; mandatory programming begins after check-in.

Throughout your time abroad in London, GroupMe will be the primary channel for communication between students and staff. **If you encounter flight delays, cancellations, or missed connections while traveling, notify the FSU London team of your new anticipated arrival time via the FSU London GroupMe.** Additional information, including the link to join the FSU London GroupMe, will be provided closer to departure.

Arriving at Heathrow Airport

Heathrow Airport is the largest airport in London with the best transportation options to central London. The [Elizabeth Line](#) easily connects from the airport to Tottenham Court Road station, which is approx. a 5-minute walk to FSU London.

Watch [this video](#) and follow the instructions below on how to navigate from Heathrow Airport to FSU London via the Elizabeth Line.

Upon arrival:

- Follow the large yellow and blue signs for the Underground & Trains to London.
- Prices from Heathrow to central London cost £13.90 on the Elizabeth Line or £5.80 on the Piccadilly Line (as of Fall 2025). Use a contactless credit card or Apple/Google Pay at the ticket barrier. If you do not have this method of payment, purchase a single (one-way) paper ticket to Tottenham Court Road from a kiosk in the station; this is slightly more expensive than using contactless payment.
- Board any eastbound Elizabeth Line (purple) service. The Elizabeth Line is displayed as the classic circular London Underground logo, but in purple: 

The Elizabeth Line trains are white and have a purple stripe that runs along the side. The journey is approx. 35 – 45 minutes. *(Ensure you board an Elizabeth Line service and not the Heathrow Express ‘ that is a different train service that costs twice the price of the Elizabeth Line).* We do not recommend the Heathrow Express Train. These trains run from the same platform as the Elizabeth Line but are characterised by a silver circle with an 'X' shape within it.

- Ride the Elizabeth Line to Tottenham Court Road station. The stops are displayed on screens inside the trains and announced overhead. At Tottenham Court Road station:
 - Exit the train and follow the exit signs for “Tottenham Court Road.”
 - Take the escalator or elevator up to the station concourse.
 - At the barriers, use the paper ticket or the same method of payment (contactless payment, Apple Pay or Google Pay) to exit the barriers to ensure you are not fined or over-charged for your journey.
 - Once in the main concourse, follow the signs for Exit 1 (New Oxford Street).

- Go up the escalator or elevator and exit the station.
- Continue straight ahead and once safe, use the pedestrian crossing to the corner to go diagonally towards the Dominion Theatre/Halifax Bank.
- Continue walking straight with the theatre on your right-hand side ahead.
- Make a right onto Great Russell Street and FSU London is located halfway down the block on the left-hand side at number 99.

If the Elizabeth Line is unavailable, take the Piccadilly Line from the Underground Station at Heathrow Airport. Take the Piccadilly Line eastbound to Leicester Square Station and switch to the Northern Line northbound 1 stop to Tottenham Court Road station, then follow the walking directions listed above from Tottenham Court Road station. **Traveling to FSU London via the Heathrow Express is not recommended.**

Arriving at Gatwick Airport

Gatwick Airport is smaller and further from central London compared to Heathrow Airport, but there are still public transportation options to navigate to FSU London.

Upon arrival:

- Once at Gatwick's South Terminal train station, use a contactless payment method to enter through the barriers to the platforms. If you do not have a contactless payment method, you must purchase a single paper ticket at a kiosk for a ThamesLink service to Tottenham Court Road station. Travelling during rush hour (6:30-9:30am) can cost up to £22.10; off-peak services cost £13.50 (as of Fall 2025). Ride the northbound ThamesLink train for around 40 minutes; disembark at Farringdon station.
- Follow the signs for the Elizabeth Line, if using contactless payment or a paper ticket only valid to Farringdon, you will need to tap the reader inside the station with the same contactless payment method to continue the journey to Tottenham Court Road.
- Take a westbound Elizabeth Line service for 1 stop to Tottenham Court Road.
- Follow the directions in the "Arriving at Heathrow Airport" section above to exit Tottenham Court Road station and walk to FSU London.

You can also travel into central London on the Gatwick Express or Southern Rail. We do not recommend these services, as both arrive into Victoria station, where you will still have to pay for and take two Tube trains to complete your journey to FSU London.

We discourage hailing a cab at the airport, as the journey will be metered and expensive. If you prefer to take a cab, pre-book one online through a company such as AddisonLee. Uber is also available from the airport.

Program housing will begin on the arrival date for your program and end on the departure date. If you plan to travel before or after program dates, you must make other housing arrangements; [view our list of recommended hotels](#). You are responsible for securing your own transportation from your residence upon departure.

All on-site orientation programming is mandatory for all students.

Transportation in London

FSU London is located in Bloomsbury, a neighborhood in the heart of the city with most top tourist attractions reachable on foot. You can easily explore different areas of the city via the London Underground (Tube), bus, or taxi. Use the [CityMapper](#) app to help you navigate like a local.

Personal Travel

Wait until you receive your program calendar and finalize your class schedule before booking any trips away from London during program dates. Some programs may have mandatory academic excursions over a weekend. You should not plan travel that will cause you to miss classes; strict academic standards will be maintained on the programs. Class absences due to personal travel are unexcused and may result in academic repercussions, such as grade deductions.



Excursions are included in your program fee, and there will also be time for independent exploration. For safety purposes, you must fill-out IP's [online independent travel form](#) each time you travel outside your host city for personal travel. You are advised to thoroughly research your travel destination(s) and consider associated risks. Ensure you have your CISI international health insurance card, and emergency contact card with you when traveling independently. More information will be provided during pre-departure and on-site orientation sessions.

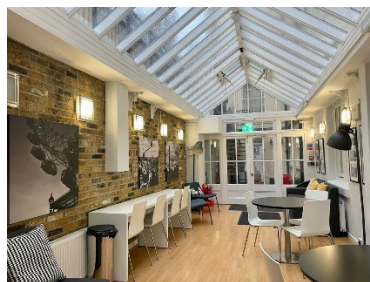
If you plan to travel independently outside of the UK, keep in mind:

The [European Travel Information Authorization System \(ETIAS\)](#) is currently set to be implemented by late 2026. Once introduced, ETIAS will be a mandated entry requirement for nationals of current visa-exempt countries, including U.S. citizens, traveling to any of these [30 European Countries](#) without a student visa or Schengen visitor visa. For a complete list of countries whose nationals will need to apply for ETIAS, please reference [this guidance](#) from the European Union.

No action is required from students regarding ETIAS at this time. The International Programs Immigration Team will continue to monitor its implementation and will share relevant updates with students as they become available.

The Study Center

FSU London is based in 17th century townhomes in the heart of central London. It features classrooms, historic spaces, a library, computer labs, conservatories, a student lounge, a lecture theatre, and administrative offices. [Learn more about FSU London.](#)



Housing

Students live in multi-occupancy rooms in shared co-ed apartments within central London. Each residence includes a furnished living room, kitchen, and dining space. Students benefit from on-site laundry facilities, high-speed Wi-Fi, security measures, and a cleaning service with a change of bed linens and towels.

✓ **Housing Check-In:** Begins at 9:00 a.m. and ends at 3:00 p.m. on the arrival date. Those who encounter travel delays will be accommodated.

🕒 **Housing Check-Out:** Morning on the departure date for the program.

Housing assignments, including roommate details, will be announced upon arrival and cannot be changed.

Information provided by students on the housing questionnaire in the IP Student Portal is considered for housing assignments, along with many other factors. Non-program guests are not allowed in program housing.



Local context: While preparing to live and study in the heart of this beautiful city, keep in mind:

- Buildings are not air-conditioned; expect indoor heating and cooling levels to be different than in the U.S.
- The European electrical current (220 volts) is two times stronger than in the U.S. (110 volts)

Housing Rules & Regulations will be reviewed by staff during on-site orientation. You must familiarize yourself with these rules & regulations because any violation is grounds for dismissal from the program. Housing facilities will be inspected at the end of the program. Any damages will be assessed to your FSU account. For more information, refer to the [Housing Terms and Conditions](#) and the FSU International Programs Contractual Agreement, which all participants are required to sign in the [IP Student Portal](#). The agreement outlines your contractual obligations as a participant on our program.

Packing & Climate

Research the seasonal weather and local climate trends for your location and pack accordingly:



Fall, Winter, and Spring can be cool and damp. Bring clothes that can be layered.

Summer can be very hot and few buildings throughout the UK have air conditioning; this includes your housing. When packing for summer, bring a scarf or light sweater and jacket for changes in weather or clothing restrictions at specific sites.

Pack lightly, review the [Packing List](#) for guidance, and remember you can buy most items locally if you discover you need something!

Do not bring:

- ❌ Electric hair tools from the U.S. (ex: straighteners, hair dryers, curling irons, etc.); it's best to buy these items locally and share with roommates to avoid problems with incompatible voltage. FSU London has hair dryers to lend out.
- ❌ U.S. extension cord or multi-plug strip as using this in a UK electrical outlet could cause the fuse to blow.
- ❌ Any valuable or sentimental items such as jewelry, expensive watches, expensive cameras, or keepsake items you would regret losing.
- ❌ Additional furniture or large furnishings, such as couches or TVs, are not permitted.

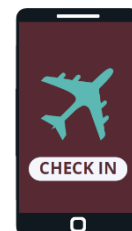
Don't Forget

- Comfortable walking shoes are a MUST. You will be walking more than you usually do in the U.S.; break them in before arriving to avoid blisters.

- Purchase & pack any required textbooks & course materials; instructions for locating your course required (i.e. textbooks) materials will be provided when you register for classes. eBooks (recommended) are often available from the [FSU Bookstore](#), [FSU Libraries](#), [Amazon.co.uk](#), or other online sites.
- Make copies of your passport pages that contain the issue date, your signature, and your photograph. Leave copies with family and bring copies with you while traveling (stored separate from your passport) in case your passport is lost or stolen.

Cell Phones & Laptops

It's important to establish a communications plan prior to departure & stay connected to family and friends while abroad. Reliable cellphone coverage is essential for your program, especially in emergencies – do not rely solely on Wi-Fi.



Cell Phones

Research which option below is the best fit for you.

NOTE: If you choose an option that requires you to unlock your phone, contact your network provider **BEFORE** you depart for details about this process as it varies by provider.

Option	How it Works	Program Length	Notes	Estimated Cost
Purchase an international eSIM data plan	Newer phone models may be compatible with embedded SIM cards (eSIM) for international data. Learn more .	Any	Regional or global packages available. May be compatible with U.S. numbers. Only compatible with unlocked phones. Can purchase before travel but cannot activate until abroad.	Relatively affordable, depending on plan/ carrier
Purchase a physical SIM card & data plan from a provider abroad	Sign-up for a monthly or prepaid data plan with an international carrier, receive a new number.	Any	Cannot purchase until abroad. Only compatible with unlocked phones. Program staff abroad may be able to provide more information after orientation.	Relatively affordable, depending on plan/ carrier
Use an international data plan from a U.S. provider	Pay per day or as you use data, depending on your carrier.	Short periods or during travel/arrival	Often the most expensive option, unless your U.S. carrier provides free international data roaming.	Expensive
No data plan, rely on Wi-Fi	Keep phone in airplane mode, Wi-Fi required to call, text, or use apps.	Short periods or during travel/arrival	It is inconvenient to rely on Wi-Fi spots only as it will cause issues navigating your new city; not recommended.	No charge as long as data roaming is turned off

Laptops

Most students bring a laptop or tablet abroad for convenient computer access. We recommend doing the following prior to departure:

- Verify your computer charger can accept higher voltages abroad (220v). You will still need an outlet adapter for the plug
- Check if your homeowner's insurance covers computers when away from your primary residence. If not, consider purchasing laptop insurance through [Safeware](#), a worldwide insurance provider for all electronic devices.
- **Do NOT pack your laptop or laptop charger in your checked luggage.**



Mail

Share the following information with those in the U.S. who are interested in sending you mail abroad.



Letters

Letters can be sent to FSU London, as listed in the Contact Information section of this packet. Priority mail between the UK and the U.S. may take from 6-10 days.

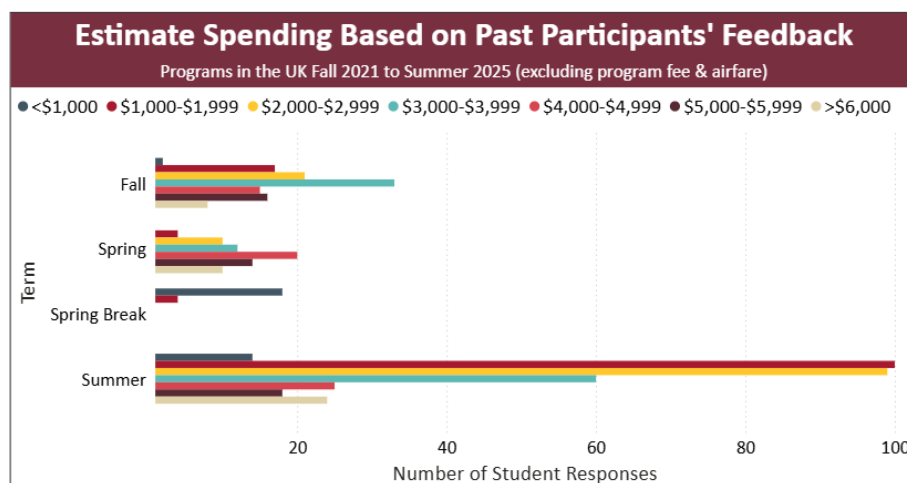
Packages

Be aware that sending packages abroad could result in paying additional taxes/import duties. **Avoid mailing any electronics, as these incur import tax fees that can often be more expensive than the item is worth. Avoid sending packages from the U.S. to the UK when possible since it could result in paying additional taxes/import duties.** Instead, students can either purchase needed items locally or have items delivered to the study center from [Amazon UK](#). **DO NOT send packages to the UK using FedEx; if you must ship items to the UK, UPS or USPS are the best options.** Reference this [list of banned/restricted goods](#) that cannot be shipped.

Students are financially responsible for all customs fees; the amount(s) will be added to their myFSU account. FSU London is not responsible for UK government import taxes/fees, failed deliveries, or lost items.

Currency & Banking

Your program description on the [IP website](#) outlines the costs that are/are not included in your program fee. When estimating your financial needs abroad, create a budget based on how much you plan to spend on meals over the duration of your stay as well as on your personal entertainment, independent travel, and social activities. Don't forget to factor in the [exchange rate](#). **Consider what former program participants reported spending during their program in the chart provided below.**



Keep in mind, London is one of the most expensive cities in the world, with prices on par with Los Angeles or New York. However, you can find great bargains all over the city. Save money by dining at a market or food hall and purchasing food in grocery stores to cook in your flat. Many visitors find inexpensive items such as theatre tickets for West End performances and ‘meal deals’ for lunch. Some of the best places in London are free, including most museums and scenic parks! You will learn more about specific ways to save money on food and activities during your pre-departure and on-site orientation sessions.

Academic site-visits are included in the program fee for many classes. Occasionally, additional fees are required for course expenses such as theatre tickets, museum entrances, art supplies, etc. These fees are visible in the textbook compliance section when you register for classes.

Tips to Save Money

- **Adapt a residential mindset.** Shop for food at nearby markets or grocery stores and cook in your residence.
- **Stay local.** Spend weekends exploring more of the city or host country instead of traveling elsewhere.
- **Do research BEFORE booking independent travel.** Determine the currency and exchange rate, how much lodging and food costs, as well as any activities of interest. Some countries or activities will be vastly more expensive than others, which will impact your budget.

Currency

The UK’s national currency is the pound sterling. Most businesses in London prefer contactless payments. While it’s not necessary to exchange dollars for pounds before you leave the U.S., those who do should not travel with a lot of cash (£75-100 is plenty).

Banking & International Purchases

Set-up online banking prior to departure to monitor your U.S. bank account(s) while abroad. You should have multiple ways to access money while abroad, including credit/debit cards (make sure they don’t charge foreign transaction fees). **Unless advised otherwise during the pre-departure process, DO NOT plan to rely solely on cash during your time abroad; always bring a credit and/or debit card with you.**

Debit Card	Credit Card
A debit card can be used to withdraw funds from your U.S. bank account in the form of local currency at ATMs abroad.	Credit cards are useful for everyday purchases and offer excellent exchange rates (always pay in local currency, not U.S. dollars, if asked during check-out).
Contact your financial institution about ATM transaction fees. You can limit the fees if your U.S. bank has a 'sister' bank in the host country and/or by limiting the frequency of withdrawals, though you should not keep large sums of money on your person or stored in your residence.	Consider applying for a credit card with no foreign transaction fees/international fees. Mastercard and Visa are the most widely accepted credit cards overseas. Not all vendors will accept American Express. Discover Card is not widely supported in the UK.
Cards must be linked to a checking account (other prepaid/reloadable cards are not always accepted abroad).	Credit cards are also useful for large purchases or in the event of an emergency.



Contactless Payments (e.g., Apple Pay, Google Pay): Set-up contactless payment by linking credit/debit cards to your mobile device prior to departure. Contactless Payments are heavily used in many large cities abroad, but you should always carry other sources of funds too.

Before departure, don't forget to:

- Notify your financial institution(s) of international travel plans & dates to avoid cards being declined abroad.
- Keep a record of all card numbers and know how to contact your bank if they are lost or stolen.
- Change pins longer than 4 digits, which may not be accepted abroad.



Health & Wellness

Before Departure

FSU requires all students to show proof of certain immunizations prior to registering for courses in the U.S. or abroad. If your immunization records are in Florida SHOTS and meet the immunization requirement for the University, you are not required to submit additional documentation. You will be notified if any action is needed via a To-Do item or an immunization hold placed on your [myFSU account](#). If neither is present, you are considered cleared for immunizations and no further action is required. You can review the status of your immunization clearance at <https://studentinsurance.fsu.edu/>

Familiarize yourself with the entry requirements and health matters in your program location. Some countries have specific requirements for inoculations based on previous travel or vaccination history. More information is available through the Centers for Disease Control (CDC) [website](#). The FSU Health and Wellness Center also offers a travel clinic which provides immunizations. It is the student's responsibility to confirm whether their previous travel or vaccination history requires additional inoculations.

Bring enough of your prescription medication to last for the duration of your stay, if possible. This is often referred to as a 'Vacation' or 'Extended' prescription. Travel with medications inside your carry-on luggage, and make sure all medication is in the original container(s) with clearly legible prescriptions.



Not all U.S. prescription drugs are available abroad. Adderall & Concerta are examples of drugs not available in all countries. Don't postpone discussing your medication needs with your doctor. If you have questions about medication availability in your program location, or experience difficulty obtaining a prescription for your time abroad, [contact our office](#) for assistance as soon as possible.

Other Recommendations:

- If you wear glasses or contact lenses, take an extra pair and/or a copy of your vision prescription. Bring enough contacts to last the duration of the program as you may not be able to receive more via mail.
- Complete routine or preventative medical & dental care before you leave.
- A tetanus booster shot is suggested if you have not had one within the past 10 years.
- A flu shot is also suggested prior to departure.

While Abroad

Proactively maintain your health & wellbeing. Your physical, mental, and economic health are highly intertwined. Seek support as soon as the need arises to limit unnecessary stress.

Program fees include international medical & evacuation insurance coverage through Cultural Insurance Services International (CISI); [access the policy online](#). Participants are covered from the day the program starts until the day the program ends. **This policy is NOT intended to replace your domestic insurance coverage, which we advise you to maintain while studying abroad.**

Mental health appointments are covered by your CISI insurance and many of our program locations have identified in-person mental health providers. Online counselling is also an option if that is your preference or can be utilized if on an excursion or independent travel. [See list of online providers](#). Please speak to your on-the-ground support staff if you would like to make an in-person appointment. **If you experience a mental health emergency and need to speak to a professional immediately, a 24/7/365 hotline is available through CISI and their assistance provider, AXA, by calling +001 (312) 935-1703 (from outside the US). This number is also located on each student's CISI card.**

Alcohol Awareness & Illegal Drugs

The legal age to drink alcohol in the UK is 18. Should you choose to exercise this right, you must do so responsibly. Should students violate the FSU Student Conduct Code with behaviour related to alcohol consumption, they will undergo a student conduct code process, after which outcomes are appropriately assigned. In short, know your limits and drink within moderation, never to excess. Drinking before or during class or class excursions is prohibited unless it is part of the curriculum (e.g., a wine tasting). Drinking to excess during FSU sponsored activities and trips is also prohibited.

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 and/or upon return to campus. For complete information on student conduct processes, victim rights, and appeals see the [Student Conduct Code](#).

Policies

All program participants are bound by the rules, policies, and procedures set forth in the FSU [General Bulletin](#), [Student Handbook](#), and [Student Conduct Code](#). It is your responsibility to familiarize yourself with these policies before you leave.

Title IX policies and reporting requirements apply to all FSU IP study abroad programs and must be adhered to by all FSU IP participants and staff. FSU IP faculty and staff, including Program Assistants, are considered mandatory reporters and are legally obligated to report incidents of discrimination based on sex and sexual misconduct.

Incidents are reported to the FSU Title IX office and the student's home institution (if they differ). Students may report information on their own behalf, or on behalf of another to the FSU Title IX office through report.fsu.edu. For more information, please visit [FSU Title IX and Know More](#).

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 location and work closely with our insurers and 24/7 emergency response providers to monitor and respond to all situations worldwide. We 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, Brianna Ratkiewicz, at 850-644-1927 or bratkiewicz@fsu.edu.

- You are subject to the laws of the country in which you are traveling.
- **Resources:** Even though you are not on the main campus, you have access to many resources while abroad. Program staff are available to support you in a variety of ways, including connecting you with professionals locally and/or on main campus.

- **Victim Advocate Program:** the University takes all types of victimization seriously, including sexual violence, relationship violence, and domestic violence. Advocates are available and on-call via call, text or WhatsApp, 24/7 to provide confidential support services, even for students abroad.
 - **Counseling & Psychological Services** at FSU: Due to licensing restrictions, the Office of Counseling and Psychological Services are unavailable while students are abroad but may be utilized upon return. The Office of Counseling and Psychological Services is a welcoming and confidential place to discuss questions and concerns such as reverse cultural shock, reentry adjustments, homesickness, struggles with relationships, sexual identity, cultural issues, and more.
 - [TalkCampus](#) is an anonymous platform for FSU students to connect and receive support from fellow peers. The mental health service app is free, with 24/7 access and available in multiple languages. FSU Students can [sign up online](#).
 - **Center for Health Advocacy & Wellness:** encourages you to make healthy lifestyle decisions that facilitate academic success and lead to life-long health and wellness.
- The **Smart Traveler Enrollment Program** (STEP) is a free service provided by the U.S. Government to citizens traveling or living in a foreign country. For eligible U.S. citizens, we strongly recommend [registering your upcoming trip](#) so the **Department of State** (DOS) can assist you in an emergency. Non-U.S. citizens are encouraged to seek travel advice from the Embassy or Ministry of Foreign Affairs of your country of citizenship and inquire about similar traveler registration programs that may be available to you. The DOS also maintains information for Americans studying abroad, including current travel advisory warnings, at: <http://studentsabroad.state.gov/>.
- **Waiver:** All IP participants must sign and submit a general Waiver of Liability through the IP Student Portal. The waiver contains valuable information regarding risks in your foreign location and resources that you are expected to utilize.
- **Valuables:** Students should not take sentimental valuables abroad or leave cash, passports, or other items of value unattended in their residences. If in need of cash in the local currency, students should plan regular visits to the ATM rather than store large amounts of cash in their rooms. Students are responsible for ensuring their residences are always left secure – do not prop open doors, leave doors or windows unlocked, or 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. The International Programs insurance policy does not cover loss or theft of participants' possessions.
- **Pickpocketing:** In many 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. Beware of anyone who may try to distract you with papers, boxes, or excessive body movements. Coats, purses, phones, jewelry, and wallets are often stolen in crowded areas. Keep these items close to you. Always secure your valuables, especially on overnight ("sleeper") trains or in hostels.
- **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 you visit. It's your responsibility to know weapons laws in the host country if you intend to bring self-defense items.
- **Cybersecurity:** The prevalence of cybercrime is a growing concern worldwide. Travelers are often targets for travel scams and cybersecurity risks. Review the following guidance and resources to educate yourself on potential cyberthreats you may encounter and take action to secure your devices and personal information before you leave home:
 - FSU's Information Technology Services resource for how to [Protect Yourself while Traveling](#).

- U.S. Department of State's website for guidance on how to [Protect Yourself from Scams](#).
- Perpetrators may compromise public Wi-Fi networks, charging ports, or use other tactics to steal credit card or personal information.
- Avoid using public Wi-Fi and making purchases on unsecure websites or unknown links.
- Use a portable power bank for your electronics and avoid public charging ports, especially at airports.
- Be cautious when sharing personal information online or on social media.
- Never click suspicious links in emails or texts about personal or payment details.

Students are advised to adhere to the following guidance while abroad:

- **Practice Awareness:** Stay alert and aware of your surroundings. Use your best judgement to stay away from unsafe situations.
- **Use the Buddy System:** Always travel in pairs or in a group. Avoid going off on your own, especially at night.
- **Share Your Plans:** Communicate with others about your plans. Let your friends and roommates know when to expect you home.
- **Set Boundaries:** Communicate your sexual desires and limits. You have the right to change your mind at any time; communicate that clearly, too.
- **Secure Your Residence:** Keep the doors and windows of your housing locked at night and any time you leave the residence.
- **Exercise Moderation & Caution:** Alcohol and substance use are often connected with incidents of sexual assault.
 - Do not accept drinks from people you don't know or trust.
 - Monitor your drink at all times – never set it down or leave it unattended.
 - Drink responsibly and avoid intoxication. Being incapacitated makes you more vulnerable to exploitation.
- **Utilize report.fsu.edu:** Students can report information regarding incidents or concerning behavior on behalf of themselves or others through report.fsu.edu.

Tips & Resources

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

- Be sure to read the notes when registering for classes about select textbooks being available for check-out at the library.
- Comfortable shoes are a must since you will be walking a lot during excursions.
- Leave extra space in your suitcase for souvenirs and clothes.
- Research the weather in London before leaving. London weather is very changeable, make sure to pack accordingly for the season. Note there is no air-conditioning in the flats.
- Bring a reusable water bottle with you, along with any favorite over the counter medication in the event you get sick.
- Plan to save money by being able to cook some of your favorite meals.
- Do not ship expensive items from the U.S. (especially technology) as these will incur costly 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.
- Research what to do during free time/on weekends before you leave the U.S. but do not book independent travel until after you have received your program's calendar.

Do your Research

The more information you find out about the country beforehand, the better off you will be once you get there. The resources and apps listed on [this linktree](#) may be helpful as you begin your information search.

Looking for something to do in London? Check out these sites:

[TimeOut London](#) (Weekly magazine listing London events)

[Londonist](#) (What's on & events in London)

[Official London Theatre](#) (London theatre guide)

London-specific Resources

[TfL Oyster](#) (Manage your Oyster card travel on London's public transportation)

[TodayTix](#) (Best prices and discounts on London theatre)

[Open Table](#) (Explore London's vibrant restaurant scene)

[Too Good to Go](#) (Find heavily discounted surplus food daily)

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

Last Updated: April 2026