## Central College Study Abroad


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Introduction

London is a city with inexhaustible resources and entertainment. Within walking distance from your housing you will find great places to study in a renowned library, bookstores or cafés, great places to explore at the National Gallery, the British Museum, and the Tower of London as well as great locations to enjoy an evening play or a musical. London is a city of endless adventure and your study abroad experience is the opportunity of a lifetime.

This student survival guide describes the London program as completely as possible and tries to anticipate your questions. It is important you understand how the program is designed, what opportunities it offers and how it can all be integrated with your personal goals. You should know that the information here is the result of years of experience in London and has been modified and adjusted each year by students, directors and the staff of the Central College Study Abroad office. There are many significant changes in the program from previous years, and it should not be assumed that what you have heard from returning students continues to be the case. This is one of the reasons why it is extremely important for you to read and understand the student survival guide. Some of the material will be important to you immediately because you will have to make important educational plans, not to mention travel plans. Other parts of the book may be more pertinent once you arrive in England, but read the whole student survival guide and be sure to bring it with you to London. The better prepared you are before you leave for London, the easier the integration and adaptation to the culture.

The student survival guide’s most important purpose is to help you understand the goals of the Central College programs: to acquire a broader perspective of the world and an understanding of another culture by living in another country; to learn how to cope with different sets of attitudes, values and beliefs; to study formally and informally the history and culture of another people; and to come to terms with essential differences.

We are here to offer advice and help with your pre-departure plans. Please do not hesitate to call, e-mail or write to The Central College Study Abroad office if you have any questions.

We wish you the best of luck!

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Required Travel Documents

*Passports/Visas*
A valid US passport is required for travel to your program and possibly a visa. Your passport should be valid for up to six months past your anticipated departure date. Application for a passport should be made at least **three months before departure.** If you don’t already have a passport, you should apply for one **immediately.** To obtain a passport application and to review all of the requirements for obtaining a passport, please check online at [www.travel.state.gov](http://www.travel.state.gov). If you plan to do an internship, service-learning, or volunteer work, you will need to secure a student visa; more information on obtaining a visa can be found in your online acceptance packet.

*What if your passport is lost or stolen abroad?*
Should your passport be lost or stolen abroad, report the loss immediately to the local police and to the nearest U.S. embassy or consulate. If you can provide the consular officer with the information contained in your passport, it will facilitate issuance of a new one. Therefore, keep a photocopy of the issue page of your passport in a safe place. Leave a second copy of the passport with a relative or friend at home.

*For the most recent updates on the travel documents and visas please check the U.S. Department of State’s travel website at [www.travel.state.gov](http://www.travel.state.gov).*

Flight Arrangements

One of the early considerations in planning your time abroad is to make travel arrangements. **Please consult the Program Calendar in your online account before scheduling flight arrangements.** Check with several airlines, travel agents and websites — it’s a good idea to shop around for the best deal! Do not assume that the first price you hear is the best — fares may vary by several hundred dollars. For more information check out the ‘What to Know Before You Go’ section in your online acceptance packet.

London Program Academic Information

The Central College program in London is intended to give you the opportunity to learn about London and Britain while experiencing British life and culture. The program offers many different course options: internships for academic credit, Central College courses and direct enrollment in the University of Roehampton.

*Required Courses*
All students are required to take the British Experience Seminar (2 SH) and one of the London Studies courses (4SH). British Experience Seminar is taught by the Program Director and is designed to help you explore different topics in British life and culture.

*Internships*
An internship placement can define your study abroad experience; we strongly encourage you to take this opportunity to integrate directly into British society. The purpose of the internship is to provide a British work experience in the area of your academic preparation. If interested in an internship placement, you should be able to complete work independently and take major responsibility for determining your educational goals.

An internship looks great on a résumé, and the London program has an internship for almost every discipline. If you can, take advantage of the opportunity to interact in the British work environment.
Internships are recorded as pass/no record and require the following time:

- Two days/week = 16 hours per week of on-site work
  and 6 semester hours of credit

Internship requirements also include written assignments and individual meetings with the Program Director. The student is responsible for balancing other academic requirements with the demands of the internship.

To apply for a London internship, you must complete and submit the following forms by November 1 for Spring semester and April 15 for Fall semester:

- Internship Application
- Résumé
- Cover letter
- Two References

**Please note:** Other placements such as hospitals and schools may require a background check before they agree to sponsor an internship for you (the Program Advisor will assist with this process, but the student is responsible for any background check fees).

If you are interested in learning more about an internship in a specific field, please consult your Program Adviser. The Director maintains an ongoing search for internships and may be able to find new internship sponsors in your areas of interest. If you are applying for an internship in a non-established area, it is necessary to submit application forms on time in order to give the London staff a chance of finding a new internship.

**Direct Enrollment**

**University of Roehampton** - Central College is affiliated with the University of Roehampton, and students will live on campus and take some of their courses there and still earn credit through Central College. Most disciplines can be studied, but students generally take Roehampton courses in the following subject areas: international relations, British and European literature, sociology, history, philosophy, economics, math, business, media, psychology, politics, law, theatre, languages, art and performing arts. Courses at Roehampton for study abroad students can be found at [www.roehampton.ac.uk/roehamptonabroad/undergraduate](http://www.roehampton.ac.uk/roehamptonabroad/undergraduate).

**British Teaching Styles**

Quick tip: As an American, many professors and peers will be interested in your point of view. Be prepared to share your ideas on anything from politics to sports.

The professors will lecture, presenting material in a factual, orderly, systematic pattern. Instead of prescribing daily reading assignments, as is the custom in the United States, British professors state their expectations more indirectly (e.g. “You might find X’s book useful for this topic.”). The professors will assume that students are already doing considerable outside reading, and it will be reflected in the papers that the students write. Class time is used for elaboration, explanation and discussion. In England, the student has a greater responsibility to bring ideas and insights into the class. Rather than the professors devising methods to motivate students, the students must have their own motivation to study and learn. Teaching will be split into a one hour lecture and one/two hour seminar. In lectures, students will listen to the professor. Seminars allow for a greater degree of discussion and students will often be expected to prepare material in advance to share or discuss within the group.

It is an interesting fact that not only professors, but guest speakers as well, expect American students to be vivacious and always ready to ask questions. Your natural curiosity is one of your greatest assets when studying in London. Come planning to use it.
Some university professors may refuse to discuss exams or exam grades feeling that personal integrity is being questioned. Exams are usually not returned to students.

One of the advantages of studying in London is the opportunity to use a variety of resources. Class assignments usually give students a chance to report what has been seen and heard. For example, if you study housing in London you will want to walk around, look at housing, see how it functions and talk to residents.

You should plan to keep up with major current events through television and newspapers so you know what the British are thinking and doing. This is often important, too, when you are writing a paper; you need to have a current perspective, even on a topic from the past. The media offers great insight into British culture, and you should find it interesting to see how the United States is portrayed from abroad.

Below are some sources to help broaden your knowledge of UK current events:

- BBC News: [www.bbc.co.uk](http://www.bbc.co.uk)
- The Guardian: [www.guardian.co.uk](http://www.guardian.co.uk)
- The London Times: [www.thetimes.co.uk](http://www.thetimes.co.uk)
- The Telegraph: [www.telegraph.co.uk](http://www.telegraph.co.uk)

**Field Trips, Excursions and Cultural Events**

Central provides a program of cultural events, field trips and excursions in and out of London each semester to complement the various classes. Classes normally meet Monday to Friday with Wednesday afternoons free. There are two weekend excursions to Wales and to Scotland, and a variety of evening excursions during the week. Students are expected to go on the excursions; medical excuses are the only legitimate reason for not going. Expenses for the semester excursions are paid by Central, but subsistence is the student’s responsibility.

All lab fees or class fees for London Studies courses will be paid by Central College.

**Packing**

There is limited storage space for clothing, and many students find that they have brought far more than necessary. Pack clothing that is easy to care for and can easily be mixed and matched or layered. A few basic items include:

- A good pair of walking shoes.
- One or two dressier outfits for internships, special occasions or a night out. Nice trousers, button down shirts, ties and a jacket for men. Nice trousers, button down shirts, dresses or skirts for women.
- A warm all-weather jacket with removable lining, preferably with a waterproof exterior.
- Bring a winter coat and warm sweaters. British buildings are colder than those in the USA. Warm underwear and socks are especially useful from October through mid-March.
- Do not forget your umbrella!!
- Flip flops or shower shoes are a great thing to have when traveling.
- Swimming suit. Even if you’re not studying in a warm destination, you never know where you may travel!
• Bring an extra sweatshirt or t-shirt with your home college logo; you can do some trading of items like these with new friends.
• Keep in mind that you might consider traveling during the winter or spring breaks to countries where the climate will be either colder or warmer, and pack accordingly.

For more information on packing, check out the ‘What to Know Before You Go’ sheet in your online acceptance packet.

Remember where you are going! If you are traveling in the Fall or Spring, you will not need as many light summer clothes.

Housing
Students on the Central College program in London live in the University of Roehampton dorms. Each student will have their own room single study bedroom in a shared six or eight room apartment. Each apartment will contain a shared bathroom and kitchen. Each dorm has laundry and recreational facilities. All apartments are co-educational. Dorms are self-catering, and come fully equipped with kitchen utensils and crockery for more details visit www.roehampton.ac.uk/accommodation/on-campus

All housing is assigned by the London staff. General policy is to house students separately in apartments with British students. On average each apartment will only have one or two US or other international students.

Linens
Roehampton will provide bed linens. You will be responsible for washing them. The housekeeping staff cleans all common areas and public restrooms. You will be responsible for cleaning your own apartments, and relevant cleaning materials will be supplied. Students must supply coat hangers and towels.

Residence Rules and Procedures
All residents are subject to the rules and procedures of Roehampton and must agree to accept the consequences of failure to observe and follow them. Breaking any of these policies could result in temporary or permanent eviction from the program.

• Quiet hours begin at 11 p.m.
• Appropriate dress is expected in public areas.
• Consideration for college property is expected.
• Keys are not to be lent to non-students.
• The use of illegal drugs is not permitted.
• Smoking is not permitted.
• Students spending nights away from Roehampton must inform the Director
• Other rules and regulations will be added by the Director during orientation.

Vacation Policies
Most students prefer to travel during breaks, but you are allowed to stay at Roehampton if you choose to do so. The program contracts for students to occupy their rooms until noon of the Saturday following final class meetings. If you wish to remain in London after this date, you must make your own arrangements.
Independent Housing Arrangements
In rare instances, students may request and be granted permission to make independent housing arrangements. Appropriate situations may include: students with immediate family in the city, college graduates or older student, students with unusual health problems and/or married students.

All independent housing arrangements must be made in advance with Central College. Students must take responsibility for finding their own accommodations in the city. The director will offer advice and suggestions but cannot devote time to the search. All housing arrangements must be approved by the director in London and Central College.

Workout Facilities
Sports and recreation facilities are available on campus. Running is no problem with several parks nearby. There is an excellent gym on campus, a nearby swimming pool (Putney Leisure Centre), tennis courts and playing fields. Students can participate in competitive club sports or participate in non-competitive, social sport. Membership of the gym is available at £20 per month.
Arrival

Getting to the University of Roehampton in London

THIS ONLY APPLIES TO STUDENTS WHO ARRIVE LATE AND DO NOT TRAVEL WITH THE GROUP ON THE COMPLIMENTARY CHARTER BUS!

From Gatwick Airport:
After clearing customs and claiming your baggage, follow the signs to the Gatwick Express train. You can purchase tickets at the train station from a ticket desk or a machine near the trains for approximately £18 (about $25). You should request a standard class single ticket. Make sure you get in a standard class carriage and not the first class carriage. A first class train ticket will be more expensive. The train will take you directly to Victoria Station non-stop in about 45 minutes.

Once at Victoria Station, follow the signs to the taxi pickup. University of Roehampton is about a 30 minute taxi ride and will cost roughly £30 (about $40). Alternatively at Victoria Station you can use the Underground (subway). Buy a day ticket for zone two, which will be about £7 ($9). Take the District Line west seven stops to Hammersmith. Make sure that you get on a train that is heading to either Richmond or Ealing. DO NOT get on a Circle Line train to Edgware Road! It can be a little confusing, as both train lines use the same platform. You can tell which line it is from the sign on the front of the train as it pulls into the station. Trains are very frequent and one will arrive every couple of minutes. If in doubt ask someone before boarding the train! If you do get on a Circle Line train by mistake do not panic, just get off at the next stop and wait for a District Line train.

At Hammersmith Station exit the Underground Station following signs to Hammersmith Bus Station. Look for Bus Stop K, and wait for a number 72 bus to arrive. The sign on the front of the bus should say 72 Roehampton/Bessborough Road. Board the bus, showing the driver your day ticket. The bus will take approximately 25 minutes to reach your destination. Watch the digital display at the front of the bus, when it says the next stop is University of Roehampton/Main Entrance press the bell button on the pole nearest to you, to alert the driver that you wish to alight. If you do not press the bell, the bus may not stop.

A Black London Taxi from Gatwick Airport to Roehampton will be VERY expensive. Well in excess of £150! You might consider taking a Black London Taxi from Victoria Station. This will be in the region of £30. From Hammersmith Station it will be in the region of £18.

From Heathrow Airport:
SUBWAY: After clearing customs and claiming your baggage, follow the signs to Underground (subway) and purchase a day ticket for roughly £12 ($15). You will take the Piccadilly Line (the only line at Heathrow) to Hammersmith. It will take approximately 30 minutes.
At Hammersmith exit the underground station following signs to Hammersmith Bus Station. Look for Bus Stop K, and wait for a number 72 bus to arrive. The sign on the front of the bus should say 72 Roehampton/Bessborough Road. Board the bus, showing the driver your day ticket. The bus will take approximately 25 minutes to reach your destination. Watch the digital display at the front of the bus, when it says the next stop is University of Roehampton/Main Entrance press the bell button on the pole nearest to you, to alert the driver that you wish to alight. If you do not press the bell, the bus may not stop.
A Black London Taxi from Heathrow Airport to Roehampton will be VERY expensive. Well in excess of £100! You might consider taking a Black London Taxi from Hammersmith Station it will be in the region of £18.

Don’t forget that you may have multiple, heavy suitcases and will have to take them from point-to-point yourself! Consider that before you make a decision on how to get to Roehampton.

Early Arrival
Be aware that if you plan to arrive early you will not be able to stay at Roehampton! Also, you cannot arrive late for the program. The first few days are important both in terms of official orientation and becoming comfortable with your new surroundings.

If you will arrive a few days in advance of the start of the program, you must find your own housing until the official start date, below is a list of hostels and hotels nearby. Prices listed below are subject to change. It is worth using an internet search for hotels in the Roehampton/Putney/Barnes area to discover best deals at set times of the year.

Premier Inn
3 Putney Bridge Approach
Fulham
London SW6 3JD
Budget hotel from £53 a night

The Crown
102 Lavender Hill
London SW11 5RD
www.publove.co.uk/crown-battersea
Pub Hostel from £11 a night

University of Roehampton
Elm Grove Conference Centre
Roehampton Lane
London SW15 5PH
www.roehamptonvenues.co.uk/accommodation
On campus facilities from £65 a night

Local Transportation
You will need to use London’s public transport at least three days a week. The system is generally very efficient and consists of a subway (known as the Underground or the Tube), railway and an integrated bus system. At first glance it can seem expensive but like most things in London, there are ways of making it cheaper!

As a part of the program, an Oyster card will be purchased for you and given to you upon arrival, it will be ready charged with £50. An Oyster card allows you to use London’s transportation system – simply by touching in and out. The card can be charged with money online by the student. After the first week, how you use your Oyster pass is up to you, and the London staff will advise you according to your schedule. If you wish you can apply for a Student Oyster card. This will save you 30% if you buy a monthly pass. To give you some idea of costs, a month’s pass at full cost Zones 1-3 will be around $160. It is unlikely that many of you will want to do this, and your Director would estimate travel costs in the region of $100 a month maximum. For more public transport information, visit [www.tfl.gov.uk](http://www.tfl.gov.uk)

**Communication**

**Mail**

Regular airmail generally takes four to seven days to travel between its destination in Europe and the United States. When you address letters to the United States, remember to write “U.S.A.” on the envelope or postcard as well as to write “airmail” or use an airmail sticker. Using, lightweight airmail writing paper and envelopes available at stationary stores will help keep your postage costs lower. Advise parents and friends who send you parcels to ensure that an official label is attached with a list of contents; otherwise, the parcels may be opened by Customs and Excise with a subsequent fee of up to £80 ($156)!

**Telephoning**

When calling from the United States to London, be sure to use the (011) access code, the (44) country code and the city code (207) before the seven-digit phone number. When calling from within central London, just dial the last seven digits of the number listed below. When calling from within the United Kingdom, but outside central London, precede the last seven digits with (0207). The full number for Central’s London office is 011-44-7717 846640 if calling from the U.S. Students will not have telephones in their rooms.

**E-mail**

Your housing has wifi, so you may bring a laptop. If so, you may want to purchase the computer adapter in London because some students have found that U.S. adapters have “fried” their electronic items and other appliances (curling irons, hair dryers, etc). You will be advised about this at orientation in London.

**Skype**

The best way students have found to communicate is via Skype. It is a very affordable way to speak to friends and family via the internet. Visit [www.skype.com](http://www.skype.com) to set up a free account and to learn about using the program.

**Good Communication Management**

Communication with your friends and family at home is easy and accessible through the internet and cell phones, but this can be both a blessing and a curse. While these lines of communication allow you to stay in touch, they can also interfere with your adaptation to the local culture and give you an easy out when you’re feeling homesick. Below is a basic list of Dos and Don’ts for managing your communication home:
• Do call your family to assure them you have arrived safely at the program site.
• Do remember to factor in the time difference so you’re not calling at 3 a.m.
• Do remember to call or answer for all pre-arranged phone calls.
• Do use the internet to stay in touch by email or start blogs to share with those at home.
• Don’t use the phone as your first line of defense for problem solving. First think, make a plan and solve your own problem. It is better to call home and report how you solved the problem. This is a great step toward independence!
• Don’t make calls from hotel phones. There is usually an expensive surcharge.
• If you do call a friend or family member when you are feeling down or during a problem, be sure to call them back to let them know you are feeling better or the problem is solved.
• Limit your time on the internet. Don’t use the internet as a way to avoid your new surroundings. Spend your time developing friendships with those around you!

For more information on communication, check out the ‘What to Know Before You Go’ sheet in your online acceptance packet.

In case of an emergency, call the Program Director first!
Do not call someone in the U.S. first in case of emergency.

Living in London

Medical Care

Doctors: There is a Health Centre on Campus, which is available for all students to use.


Chemist/Pharmacy: Chemists are usually the best source of free, expert advice for minor medical concerns. Well, 3 Danesbury Avenue, London, SW15 4DG is the nearest. T: 020 8788 3150 www.well.co.uk

NHS 111: This is a government healthcare line manned by trained medical professionals, offering advice for anyone who is unwell but doesn’t wish to visit a doctor. It is free. T: 111

Personal & Emotional Issues: Students should speak to program staff if they have any personal or emotional issues. The University of Roehampton has a team of qualified counselling staff who can provide support.

Sexual Health: Family planning and sexual health is available at Queen Marys Hospital, Roehampton Lane, London SW15 5PN T:020 8487 6861 www.roehamptonclinic.nhs.uk

Money

A checking account is usually unavailable to students, as banks in England have a six month probationary period to issue a check (or cheque as it is spelt in the UK) cashing card. Most students, however, have found using ATM cards, and drawing from US Bank accounts, to be the most convenient and accessible way of accessing money. You may wish to check whether your US bank has an agreement with a UK bank, which could save you money when withdrawing cash.
Electricity
Voltage is 240v, which means that American 110v appliances will burn out, even with the use of adapters (Laptops are the exception to this rule). To rectify the situation you will need to use a transformer, which are available to buy from high street stores in the UK. Cheap hairdryers/straighteners etc. can be purchased from high street stores on arrival.

Entertainment
Museums & Galleries: London is home to the UK’s major museums and galleries, plus hundreds of others. Most of the major museums and galleries are free to enter.

Theatres: Theatre is very varied and is one of the great experiences of living in London. London has two of the largest and most famous theatres – the Royal National Theatre on the South Bank and the Royal Shakespeare Company at the Barbican. The West End has numerous popular theatres, many in beautiful old buildings. Don’t forget that ‘fringe’ and pub theatres often offer the most enjoyable and exciting theatre in town for very little money. Some theatres offer discounts for students and for tickets bought just prior to curtain-up. There is a cheap ticket outlet in Leicester Square for popular shows.

Cinema: London has numerous venues for showing all types of film. Leicester Square in The West End has many cinemas showing the latest films, and is also the venue for UK film premieres. Cinema tickets are cheaper outside of the centre – Angel, Camden, Brixton and Holloway cinemas are much more affordable.

Eating: There are thousands of restaurants and cafes all across London, serving literally every different cuisine you could think of. However, eating out in the UK is generally more expensive than in the US, so you will probably cook most of your own meals at your dorm. When eating at a restaurant expect to pay a 10 – 15% tip or service charge. The service charge is meant to be optional but many restaurants actually add it to your bill, so check before paying. If you feel your service has been poor, you do not have to pay the charge.

Pubs: Visits to pubs and bars form an important part of British social life. Many pubs now serve food as well as simply being places to meet friends and have a drink. Traditionally, pub food is basic and fairly cheap but more and more pubs have started taking their food seriously and have separate dining areas and fairly extensive menus (gastropubs).

Places of Worship
If you follow a religion and worship regularly at home, then you can continue to do so in the UK. Every major world religion is represented in London. Keeping routine with your faith will provide you with a link to your life at home, as well as enabling you to develop new friendships quickly.
UK vs US English

In theory, going to the UK means that as an American you don’t have to worry about a language barrier. But some terms that the British use, especially college students, may not be familiar to you. Certain words in the States may have a very different meaning in the UK. Just to give you a ‘leg-up’ and help you keep up with your British ‘mates’, we’ve provided a short list of some commonly used words in the UK that may seem foreign to you:

A4: standard sized paper
Are you ok?: This is used all the time in everyday conversation in Britain – it means ‘how are you?’
Aubergine: eggplant
Bangers and mash: sausages and mashed potatoes. A common staple in most pubs.
Bap: bun or roll for sandwiches
Bin: garbage can
Biscuit: cookie
Bloke: a guy
Bloody: a swear word, similar to the American ‘damn’ but a bit stronger*
Bugger: similar to the American ‘damn!’ Can also be used as ‘bugger all’ meaning ‘nothing.’
Bum: rear end, bottom.
Canteen: cafeteria
Car park: parking lot
Chat up: flirt with, come on to
Cheers: greeting, as in ‘hello’. Can also be used in lieu of ‘thanks’
Chemist: pharmacist/pharmacy
Chips: French fries
Coach: bus
Courgette: zucchini
Crisps: potato chips
Dosh: cash/money
Duvet: comforter or bed covering
Fag: cigarette
Fanny: in the UK, ‘fanny’ refers to female genitalia*
Fiver: five pound note
Flat: apartment
Full stop: a period (punctuation)
Football: soccer, football is called ‘American football’
Fortnight: two weeks
Garden: yard
Hire: to rent
Holiday: vacation
Hoover: a vacuum or the act of vacuuming
Jelly: gelatine dessert, Jell-o
Jumper: sweater
Knackered: tired, worn out
Knickers: ladies’ underwear
Lorry: truck, 18 wheeler, semi
Mate: friend, pal, buddy
Mince: ground meat/hamburger meat
Motorway: highway/freeway
Nutter: crazy person
Off licence: shop that sells alcohol to go.
Pants: in the UK, ‘pants’ refer to underwear. Be wary of using the word ‘pants’ to describe your trousers!!
Petrol: gasoline
Pigeon hole: mailbox/slot
Pissed: drunk
Pram: baby stroller/buggy
Queue: line (to wait in)
Quid: a pound (£) currency
Return flight: roundtrip
Ring up: The British don’t ‘give you a call’, they ‘ring you up.’
Rubber: eraser
Smart: fashionable/chic
Snog: to kiss/make out
Solicitor: a lawyer
Sorry?: pardon me? Excuse me?
Sort it out: figure it out
Sultana: golden raisin
Sweets: candies
Ta: thank you
Take the mick/take the piss: teasing/taunting*
Takeaway: takeout food
Tea: dinner. ‘Going to tea’ often refers to going out for dinner
Telly: television
Tipp-ex: white-out/liquid paper
Torch: flashlight
Trainers: tennis shoes/sneakers
Uni: university
Washing up: doing the dishes
* You should not use those marked with an asterisk with people you do not know, as they may be offensive
Maps

It’s good to know as much about your host country as possible before you go abroad. Here are a couple of maps to familiarize you with the area.