



Central College Study Abroad London, England Summer Survival Guide

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Introduction

London is a city with inexhaustible resources and entertainment. Within walking distance of your dorm are cool cafés, restaurants, the banks of the Thames and Westminster is just over the bridge. Being well linked by transport, why not explore the National Gallery, the British Museum, or the Tower of London or take in 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 and visa are both required for travel to your program. Your passport should be valid for up to six months past you 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. Detailed information on obtaining your 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.

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 Study Abroad program in London is intended to give you the opportunity to learn about London and Britain while experiencing British life and culture. All students are required to take the Contemporary Britain course (3 SH) and a four-day internship (3 SH).

The Contemporary Britain course is taught by Dr Jan Macvarish, and which is designed to help you explore different topics in British life and culture. Dr Macvarish, a sociologist, teaches at the University of London and Birbeck college and she has taught Central College in London courses for 15 years. Excursions, cultural activities and journal assignments are included as a part of the course.

Internships

An internship placement can define your study abroad experience, and the purpose of the internship is to provide a British work experience in the area of your academic preparation. Internships are recorded as pass/no record. All students will intern Monday-Thursday each week. Internship requirements also include written assignments and individual meetings with the program director.

You must complete and submit the following forms with application by March 15:

- Internship Application
- Cover letter
- Résumé
- Two Internship Letters of Reference

An internship looks great on a résumé, and the London program

Please note: Those wishing to intern in Parliament should submit all of the above-listed items as soon as possible because there is a lengthy security clearance process and time is needed to complete this process. Other placements such as hospitals and schools may require a background check (the program advisor will assist with this process but the student is responsible for any background check fees) before they agree to sponsor an internship for you.

Visit www.central.edu/study-abroad/summer-programs/london-internships/ for detailed guidelines regarding the internship process. 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.

Keeping a journal will help you remember all of the amazing

Field Trips, Excursions and Cultural

Central provides a program of cultural events, London to complement the culture class. Excursions, and students are expected to

Events

field trips and excursions in and out of London. Generally, some Fridays are set aside for attend; medical excuses are the only legitimate reason for not going. Expenses for the excursions are included in the fee.

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 mix 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.
- 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.

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

Housing

Students on the Central College program in London live in the University of Roehampton dorms. Summer students live in off-campus student accommodation in a more central location to make traveling to internships easier. Each room has a double bed, spacious work area, wifi access storage and a bathroom. Dorms are self-catering, with a shared kitchen, and come fully equipped with kitchen utensils and crockery for more details. There are shared indoor and outdoor social spaces, a gym and even a pool. Visit www.roehampton.ac.uk/accommodation/central-london/spring-mews/

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.

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 Study Abroad. 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 Study Abroad.

End of program

The program contracts for students to occupy their room until noon of the Saturday following final meetings. If you wish to remain in London longer, you must make your own arrangements for alternative accommodation.

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.

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: Don't forget that you may have multiple, :
: heavv suitcases and will have to take them :
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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
<http://www.premierinn.com/gb/en/hotels/england/greater-london/london/london-putney-bridge>
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

www.barnesbedandbreakfast.co.uk
Traditional bed & breakfasts/self-catering in Barnes & Putney
from £45 per night

Local Transportation

As part of your program fee, Central will provide you with a travel card for the of your stay. This will allow you to travel anywhere within Zones 1&2 by bus or underground. We will use the email you provided us with, to set this up.

If you do need ever to travel outside of Zones 1&2, such as traveling to and from Heathrow airport, you can simply add on an extension cost to your card. For those

Remember
to use
London's
extensive
bus system!

duration

with

internships outside of Zones 1&2, Central will pay the difference in the costs. For more public transport information, visit 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).

E-mail

Unite has wireless and cabled internet, and a PC lab. We would recommend that you may bring a laptop. If you do, you may want to purchase a 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 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.

- 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

Living in London

Medical Care

Doctors: For immediate consultations, students can go to the St Thomas hospital, Westminster Bridge Road, London, SE1 7EH or to the Soho NHS Walk-In Centre, 1 Frith Street, London, W1D 3HZ, Tel. 020 7534 6500. There will be a £80 (\$120) charge to see a doctor, payable in advance.

Dentist: Students can make an appointment with a private dentist. Millbank Dental Care, 42 Ponsonby Pl, Westminster, London SW1P 4PR; Castelnau Dentist, 200 Castelnau, London, SW13 9DW T: 020 8563 7177
www.castelnaudentist.com

Chemist/Pharmacy: Chemists are usually the best source of free, expert advice for minor medical concerns. You can find chemists all over the city. Close to the dorm is Tesco Pharmacy, Kennington Ln, Kennington, London SE11 5QU

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 few maps to familiarize you with the area.

Spring Mews Accommodation – in the heart of London!