Preparing to Study Abroad: Health, Safety and Academics
Preparing for a safe and healthy experience

• Register for STEP
• Print and carry your emergency card
• Check your wisc.edu email account
• Fill out your health/wellness form in MySA
• Make an appointment with your doctor(s) and visit a travel clinic
• Call your bank to tell them you are going abroad and write down the phone numbers for credit card/banks
Best Practices... Health and Safety upon arrival

• Give yourself time to adjust to a new location and culture
• Examine your housing for safety measures
• Use a money belt to carry money and passport
• Get a cell phone that works in your country
• Enter your in-country contact information into MyStudyAbroad
• Go out in groups. Tell others of your travel plans and be cautious when meeting new people.
Best Practices ... Health and Safety tips

• Know local laws – and never use drugs while abroad
• If you choose to drink, only do so in moderation
• Use taxis only from recommended companies; never use a taxi that you hail on the street and avoid night trains/buses, especially if alone
• If someone tries to take your bag, give it to them without hesitation and do not follow or attempt to chase them
• Do not rent vehicles or drive in another country
• Be very cautious when swimming – don’t ever exceed your skill level
• Avoid large crowds and do not join in protests
• Reduce your risk of stomach virus and “travelers diarrhea”
• If you choose to do so, only engage in healthy sexual relationships
Best Practices ... In an emergency

• If an emergency occurs, contact your on-site staff. You can always contact IAP by calling our main office or emergency phone.

• If there is a tragic event or catastrophe in your host country, IAP will be in contact with you. Please also contact IAP as soon as possible – either by phone or e-mail.
Academics – in general

- All courses will appear on your UW-Madison transcript
- You will receive credits and a letter grade
- If applicable, program specific details on credit and grade conversion are in your MyStudyAbroad.
- Your Study Abroad Handbook includes all the academic policies, including the Pass/Fail policy.
- Upload course information into MyStudyAbroad
UW in London

Spring 2017
Introductions

- Jessa Boche, IAP Study Abroad Advisor
- Clare Woessner, FIE UW Program Coordinator
- Professor Tom Loeser, UW History Professor
- Dr. Grahaeme Hesp, former FIE Director of Academics
- Ike Mohar, FIE Residence Life Coordinator
- Catherine Ritter, UW in London Spring 2016 alum
UW in London
Program Structure

- Foundation for International Education (FIE)
  UW-Madison’s study abroad partner in London

- UW Program
  Specifically created for UW-Madison students, administered by International Academic Programs (IAP)
  Track 1: Business Studies
  Track 2: Internship or Service Internship
About FIE:

- The Foundation for International Education
  - London-based non-profit organization
  - Study Centres in London, Dublin, and Amman
  - Founded in 1998
  - 50 partner US universities and colleges
  - Over 400 students in fall 2016
  - 5 Residence Halls and one Study Centre in South Kensington

- FIE staff are on hand to help you in every way we can, so please use us as a resource!
FIE Staff: Front Office

Zehra Sonkaynar
Director of Administration and Academic Services

Hannah Feakes
Administration & Accessibility Manager

Jessica Burbury
Administrative Assistant

Havina Georgieva
Programmes Coorindator
FIE Staff: Internship Team

Rebecca Claris
Experiential Education Director

Patrick Gorman
Experiential Education Assistant Director

Jacquie Patton
Internship Coordinator

Dimpy Patel
Internship Coordinator
FIE Staff: Residence Life & Student Life Teams

Natalia Okeke
Student Life Coordinator

James Cameron-Cooper
Director of Student Life

Rachel Alcock
Interim Assistant Director of Student Life

Mieke Berg
Director of Residence Life

Ike Mohar
Residence Life Coordinator
FIE Staff: UW in London Coordinator

Clare Woessner
cwoessner@fie.org.uk
What to expect about the UK ...
What do I need to prepare?

• Culture shock
• What to pack
• Money and Finances
• Insurance
• Passport and Immigration
What to Pack

- Avoid overpacking!
  - Storage space is limited, and you will have to get your luggage to and from your residence!

- You should bring:
  - an umbrella and hooded rain jacket
  - Layered clothing
  - a bath towel and washcloth
  - all necessary prescriptions and medications for the duration of your programme, in their original labeled bottles

- About small appliances
  - British and American voltages are different. England electronics run on 240 V and the US runs on 110 V. You will need both a converter and adapter to avoiding damaging your electronics
Cell Phones (Mobiles!)

- Many students purchase inexpensive mobile phones or SIM cards
- The most common mobile plan in the UK is called “pay-as-you-go”
  - “Top Up”; minutes-based
  - It is up to you what plan you choose, as every student has different needs.
- Check with your own cell phone provider for study abroad rates
- Skype & WhatsApp
Money and Finances

- The cost of living in London is significantly higher than in the US.
- Chip & PIN cards
- Budget between $150 and $200 per week for food and personal expenses.
- Visit an ATM in the airport once you land in order to have some pounds on hand.
- Use your regular debit card while abroad. Always have a backup debit or credit card. Watch the fees.
- You MUST notify your US bank and credit card companies that you will be using your accounts overseas, or they may freeze them.
CISI Insurance

- Cost is included in the program fee
- Supplemental insurance
- You typically pay costs up front and receive reimbursement
- Print your insurance card through your My Study Abroad account
Medication

- Discuss prescription needs with physician/health care professional prior to departure

- Obtain a doctor’s note outlining medications and the reasons for taking them in case you need to access more medication during your time in England

- Not all medications may be available abroad. Arrangements should be made to bring the entire semester's worth of medication

- Pack prescription medications & doctor’s note in carry-on luggage in their original containers
Passport and Immigration

- You MUST have a current valid passport!

- You’ll need to apply for the **TIER 4 VISA** prior to departure.
  - The process will require you to complete an online application and Biometrics appointment. You will be required to send your ORIGINAL passport along with other application materials to the consulate in New York.
  - FIE will send you detailed instructions for how to complete this process.
  - It is imperative that you pay attention to the timeline for the application process. If you do not receive the visa prior to departure it may have an impact on your ability to participate on the program and result in program cancellation fees.
Going Through Customs

- When you land in London, you will go through UK customs, where you will present your passport and supporting documents (student letter, etc.)
- An official will ask you questions such as the purpose of your visit, how long you will be in the UK, and where you will be staying.
- It is in your best interest to treat the customs officials with respect, as they approve your entry into the country!
- Note: You must NOT travel to the UK via the Republic of Ireland (Dublin).
Getting to South Kensington

- The FIE team will be sending you more arrival information.
- Tube vs. Black Cab from Heathrow
- Your first stop, regardless of which residence you’re in, will be METROGATE
  - Gloucester Road Tube Station
  - Pick up your keys to your residence
FIE Orientation

- FIE Orientation will be held on Thursday January 5th – Sunday January 8th

- Wednesday January 4th: Arrival & Registration Day
- Thursday January 5th: Orientation Part 1
  - + West End theatre trip!
- Friday January 6th: Orientation Part 2
  - + FIE Welcome BBQ!
- Saturday January 7th: Parliament visit
- Sunday January 8th: Afternoon Tea
Important Internship Dates

- Friday January 6th: Internship Orientation – Part 1
- Monday February 13 – Tuesday February 14: Internship Orientation - Part 2
- Wednesday February 16 – Friday February 17: Interviews!
- Wednesday March 8: Internships begin!

Lots of important information about your internships available on the FIE website: [http://fie.org.uk/internships/london/internships](http://fie.org.uk/internships/london/internships)

- Internship Handbook
- Interview Tips
- What to Wear
- What to Expect in a UK Workplace
FIE: Where You’ll Live & Learn

- Foundation House
- Metrogate House
- Manson Place
- Hyde Park Gate

KENSINGTON & CHELSEA SW7
LONDON BOROUGH OF KENSINGTON & CHELSEA
The Neighbo(u)rhood

- T.S. Eliot, 3 Kensington Court Gardens
- Virginia Woolf, 22 Hyde Park Gate
- Ian Holm, Grenville Place
- Alfred Hitchcock, 153 Cromwell Rd
- Freddie Mercury, 1 Logan Place
- Ellen Terry, 22 Barkston Gardens
- Beatrix Potter, 2 Bolton Gardens
- Vivienne Westwood, World’s End Shop, 430 King’s Road
- Foundation House
- Oscar Wilde, 34 Tite Street
Metrogate House
(3-7 Queens Gate Terrace)

- Where you will go on arrival to collect your keys
- Contains a 24-hour **computer lab**, study space and **laundry** facilities
  - Clare’s office
- Where you receive **mail** and packages
- Facilities are utilized by other American students studying at FIE
Housing: 37 Hyde Park Gate

- Bedrooms are doubles, triples or quads
- Roommate assignments distribute when you arrive in London
- Rooms will be different shapes and sizes
- Bathrooms shared between 2-5 students, shared kitchen and common room
- Laundry service (for bed linens only) once a week
- Laundry machines in Metrogate
Housing: Manson Place

- Bedrooms are singles, doubles, triples or quads
- Roommate assignments distribute when you arrive in London
- Rooms will be different shapes and sizes
- Bathrooms shared between 2-5 students, shared kitchen and common room
- Laundry service (for bed linens only) once a week
- Share flat with other UW students, but students from other universities will be living throughout the building
- Laundry machines in the building
Residence Life Supervisors

- Residence Life Supervisors live in FIE residences.
- Here’s what they look like:
Residence Life Supervisors

- There is always an RLS available evenings and weekends (RLS on-call); they can be reached via the Facilities Support Team at Metrogate.

- FIE operates a different system than you may be used to back home. RLSs are post–grad students or are working in London.

- Conduct: University of Wisconsin-Madison and FIE Student Codes of Conduct both apply to you while abroad
  - As well as UK laws!
Foundation House

- Where you will register your immigration info on Arrival Day
- Classroom spaces & Wifi
- FIE offices for administrative & academic staff (including UW Prof. Loeser)
- Student Lounge with event info, daily newspapers, weekly journals
Academic Structure

- Each class is worth 3 UW-Madison credits (you’ll earn 12-18 credits)
- Attendance is mandatory
- Semester Schedule

**Business Students Track**
- Key Course: British Life & Business
- Professor Loeser course
- Internship Placement + course
- FIE Global Business course
- 0-2 elective courses

**Internship/Service Internship Track**
- Key Course: British Life & Cultures OR British Life & Business
- Professor Loeser course
- Internship Placement + course
- 1-3 electives from FIE’s list
UW Professor Loeser’s Courses

- Infiltrating the Art-world
  Art Department 208 (non-Art majors)
  Art Department 448 (Art majors)

- Treasure Troves: Archives, Collections and Cabinets of Curiosity as Past, Present and Future
  Art Department 448 (all students)
**Academics**

- Students will find out their schedule when they register on arrival at FIE
  - MyStudy login details will be provided
- Classes can take place Monday-Friday 8am-9pm!
- Each class will last 3 *hours*
- 15 week semester schedule, with spring break
- Co-curricular excursions around London will take place in each course
Academics take precedence over other activities!

Please do not book any travel until your timetable is confirmed on arrival in London.

Preparation and participation are expected in all class sessions and excursions.

Realize that faculty may have a different teaching style abroad—you will need to adjust.
Student Life in London

- Student Life Office in Foundation House
  - Hours: 9am – 5pm Monday – Friday
  - Local events, discounts, travel

- UW-specific events
  - Afternoon Tea & Farewell Dinner
  - Mid-semester check-in meals with Clare & Tom
  - Saturday daytrips

- Some FIE student life offerings:
  - Extra-curricular calendar
  - Access to the Imperial College Union
  - Membership to International Student House
  - HOST UK weekend British home stays
Located approximately 5 minutes from your flat
Join clubs and societies
Participate in activities
Access to student bars, cafes, restaurants
Recreation Facility (extra cost)
Transportation

- Tube
- Bus
- Taxi
Travel Around Europe (& the UK!)
Important & Helpful Resources

- FIE Website has all this information and more:
  - www.fie.org.uk

- My Study Abroad account
  - Program Handbook
  - IAP Study Abroad Handbook
  - FIE website/email updates/Facebook

- If you have ANY questions (no matter what they are) feel free to ask before you head across the pond!
  - Email Clare: cwoessner@fie.org.uk
Important & Helpful Resources

- Download CityMapper!
- Bookmark TimeOut London
- Look at grocery store websites: Sainsbury’s & Waitrose
Start getting excited!!!
KEEP CALM AND LOVE BRITAIN