Dear Participant,

Welcome to the ACCENT London Program! We are looking forward to your arrival. Please take the time to read this Pre-departure Handbook as it will answer many of the questions you may have about the program.

Upon your arrival in London, you will receive “London at Your Fingertips” which gives you further information about living in London and making the most of everything this great city has to offer. This handbook, combined with the comprehensive pre-departure preparation and on-site orientation program, will provide much of the information you need to have a successful, safe and productive program in London.

In the meantime, should you have any further questions, please feel free to contact our San Francisco Center.

We look forward to seeing you in London.

Cheers!
Elizabeth Terry
Director, ACCENT London Study Center
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ACADEMICS ABROAD

ACCENT is an independent study abroad organization coordinating overseas study programs with over 50 colleges and universities throughout the U.S. As the program provider for your study abroad program, ACCENT is responsible for coordinating housing, excursions, classroom space and many other features of your program. The U.S. college or university sponsoring your program offers the classes and credits you will earn for your work overseas.

TRAVEL DOCUMENTS

PASSPORTS
Your passport is your only valid form of identification while you are overseas. Each participant must have a passport that will be valid for at least 6 months after the end of the study program. A passport is required to board the plane in the U.S. and to go through immigration when you arrive overseas. Police and other authority figures overseas have the right to ask to see your passport at anytime so you should always have your passport, or a copy of the photo page of your passport, at your disposal.

If you have not already done so, you will need to apply for your passport. First time applicants will need to apply in person at the nearest passport agency or acceptance facility. The quickest way to begin this process is to go online and download an application from http://travel.state.gov/passport. You can use this site to research everything you need to know about the application process and to locate the passport office nearest you. Application requirements include, but are not limited to: a birth certificate, driver’s license, 2 passport photos and the application fee.

Please Note: current passport processing times are 4-6 weeks for routine application and 2-3 weeks for expedited applications.

If your current passport is not valid for at least 6 months after the end of the program, you will need to renew your passport. This may be done by mail, if you meet certain requirements. The renewal application may also be downloaded from the website listed above.

If your departure date is sooner than 4 weeks away and you have not yet begun the application process, you should consider using an expedited service such as www.passportsandvisas.com. Though these services cost more than applying through a passport office, you will have the comfort of knowing that you will have your passport before your departure date.

To check on the status of your passport application, please visit: https://passportstatus.state.gov/opss/OPSS_Status_ip.asp.

REQUIREMENTS TO STUDY & TRAVEL IN EUROPE: VISAS
If you are a U.S. passport holder studying in the U.K., you are not required to obtain Entry Clearance (a visa) for the dates of your program. Your U.S. passport, along with a Student Visitor Letter provided prior to departure by the college or university sponsoring your program (or, if applicable, by the British University you are directly enrolling in), will allow you to study in the U.K. for up to 6 months without obtaining a visa in advance. You will enter the U.K. as a student visitor and get a student visitor stamp in your passport. For more information regarding visas for the U.K., please visit www.ukvisas.gov.uk.

NON U.S. PASSPORT HOLDERS
If your passport is from any country other than the U.S., you must check with the British Consulate to see if you need to get a visa. Each country’s citizenship may have different requirements to enter and stay in the U.K. It will probably take several weeks to process your visa application so please begin researching this as soon as possible. Please Note: if you are required to obtain a visa, please contact ACCENT immediately.
If you plan to travel to other countries during your program, it is recommended that you check with the consulates of EVERY country that you plan to visit as they may have different restrictions.

**OTHER DOCUMENTS**

One to two months before your departure, the college or university sponsoring your program will provide you with a Student Visitor Letter that you will be required to carry with your passport and present to immigration authorities when entering the UK. This letter verifies the academic nature of your program and should be kept with your passport as you will need it each time you exit and re-enter the UK. If you have not received this letter two weeks before your departure, please contact the college or university sponsoring your program. Be sure to always carry the letter with your passport and in your carry-on bag.

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**LONDON HOUSING**

**PARTICIPANT HOUSING**

Participants studying in London stay in double, triple, or quad occupancy rooms in a two-star hotel. Breakfast in the Program Hotel is provided daily.

**LAPTOP COMPUTERS**

Many participants will bring a laptop computer to Europe. If you do bring one, the following information will be helpful:

- You will have access to the London Study Center’s wireless network.
- Most of your courses will require you to use a computer for preparing academic course work. If you work on a laptop, you will be able to print out documents in the computer lab.
- Internet access in the UK is slower than you may be accustomed to.
- Do not ship your laptop overseas. Your laptop may be held for inspection by customs officials and customs fees are quite costly, even for older laptops.
- You should be certain your laptop is fully insured in case of loss or theft as the ACCENT program does not provide insurance for personal property.
- Make sure your laptop has antivirus software, runs smoothly and has been serviced recently. Repairs on-site are expensive and time-consuming.
- Be sure to carry your laptop with you at all times and never set the bag containing your laptop out of reach. Laptops are among the most frequently stolen items from travelers.

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Most laptop computers are equipped with a voltage converter allowing you to use the 220V electricity in Europe. Please read your manual to confirm. You will still need an adapter to be able to plug your laptop into the wall however an additional converter should not be necessary.

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**EATING OUT**

London is truly a cosmopolitan city and this is reflected in the enormous diversity of eating establishments that can be found there. From haute cuisine to fast food and everything in between, London has restaurants to suit everyone’s palate. You may wish to try some of the many inexpensive Indian and Asian restaurants, shop in the covered produce markets, or sit back in a pub and enjoy some traditional British fare.

Vegetarians need not worry as most restaurants offer meatless options and there are quite a few strictly vegetarian restaurants throughout the city. The ACCENT London Study Center can provide you with a helpful list to get you started.

**VISITING FRIENDS & FAMILY**

Having friends and family visit while you are studying overseas can be a great way to share your experiences abroad. However, please keep in mind that overnight guests are not allowed in any ACCENT housing and that program activities and ACCENT facilities, including the computer lab, are reserved for ACCENT participant use only. Feel free to contact ACCENT San Francisco in advance of your departure to request a list of recommended hotels and hostels.
SAFETY

PERSONAL SAFETY

London is a large urban city with similar issues American cities encounter. It is important to remember that though you are in an English speaking nation, you are in another culture and you need to be especially attentive to your surroundings. Part of participating in a study abroad program is being responsible for your personal safety and well-being.

Staying safe in London means using the same common sense and street smarts that you would use in any big city in the U.S. This includes not putting yourself into risky or threatening situations. In the late evening, we strongly recommend that you never walk or travel alone. Arrange ahead of time to walk home with a friend and always carry enough money for cab fare home.

Most of the safety problems participants have experienced while overseas are related to drinking excessively. Please remember that you signed an alcohol agreement with ACCENT which we expect you to uphold. It is extremely important to recognize the abuse of alcohol as a safety risk, especially when you are not in your home country. Being intoxicated will make you stand out and is more likely to make you a target of crime or harassment.

London is generally a safe city. The most common crime is petty theft. Pickpockets are professionals and they are good at what they do! They prefer tourists and can usually spot one easily. It is the one moment when your attention is elsewhere that you may lose your purse or wallet to them. To decrease your chances of becoming their next victim, it is important to be as inconspicuous as possible. Try to always look like you know where you’re going, even if you don’t. Plan ahead when you are in an unfamiliar part of the city so you don’t have to pull out a map on the sidewalk and announce that you are lost. You may also wish to dress so that you blend in more with the people around you. Pickpockets tend to work in heavily touristed and crowded areas, including the Tube, airports and train stations.

To better protect yourself while overseas, try to keep the following suggestions in mind:

- Always be aware of your surroundings.
- Try not to attract undue attention. Be conservative in attire. Keep in mind, dressing to go out in a private car in the U.S. and going out using public transportation are two very different things.
- If you are on a public street, don’t walk carrying your cell phone in your hand. Additionally on public transport like trains, buses, and subway cars, make sure to have your cellphone tucked away when entering, exiting, or standing near the entrance, as cellphones are easily snatched in these situations. In general, use your cellphone quickly and discreetly in public and tuck it away somewhere safe once you are finished using it.
- If you insist on wearing headphones while out and about in the city or on public transportation, be sure to have the volume low enough so you can hear what is going on around you and are fully aware of your surroundings.
- Never walk alone at night; be prepared to take a taxi home.
- Be careful about who you approach for directions if lost.
- Never get into a car with someone you don’t know or just met.
- Don’t carry large amounts of cash.
- Carry your wallet in a front or breast pocket, and not in your back pocket.
- Carry your purse or bag with the strap diagonally across your chest.
- If you are using a backpack, do not store your camera or other valuables where they can be removed without notice.
- When in crowds or on the Tube, swing your backpack or bag around in front of you where you can see it.
- Leave anything you don’t need that particular day in your accommodations. Most importantly, this includes your passport. We recommend making a
copy of the first page of your passport to use as a form of ID so you can leave your actual passport safe in your room. In case of loss or theft of your passport, immediately notify the nearest American Embassy or Consulate, local authorities and the ACCENT staff.

Please keep in mind that you are responsible for all of your belongings both inside and outside of program housing. It is vital you lock all windows and doors whenever you are not in your apartment regardless of how long you’ll be gone or how far you’ll be going. Many thefts occur due to participant negligence in securing their accommodations when leaving.

Please Note: the topic of safety in London will be covered in greater detail at your overseas orientation.

CULTURAL ADJUSTMENT
Cultural adjustment is a normal and predictable part of living or traveling abroad. Often, participants underestimate the cultural differences between the U.S. and European nations and what their reactions will be to these differences. Although the cultures tend to be similar, life in Europe is indeed different, enough so to cause varying degrees of what is commonly known as “culture shock.”

Adjusting to a new or unfamiliar culture may cause physical and psychological reactions like disorientation and feeling overwhelmed by the unfamiliar. Typical physical markers and feelings associated with cultural adjustment include: fatigue, illness, mild depression, changes in appetite, changes in sleeping patterns, headaches, irritability, social withdrawal and stereotyping or rejection of the host culture. The best way to ride out the cultural adjustment period is to know what to expect, to recognize typical reactions and to know that eventually you will feel more comfortable.

Although each case is different, adjusting to cultural differences tends to follow a general pattern. When you first arrive, you may experience a period of elation or wonder at your new surroundings. As challenges in communication or assimilation present themselves, however, you may soon experience a downturn in mood. Gradually, as you develop your own routine and rediscover the wonder that you felt upon arrival, the physical and psychological stressors related to cultural adjustment will diminish.

If you are struggling to adjust to a new cultural situation, you may find it helpful to keep the following in mind:

• These feelings will change in time.
• Although it is tempting to isolate yourself or to surround yourself only with other Americans, it will only intensify the problem. Especially avoid others who are feeling critical of the host culture.
• Try to look at your situation objectively. Be tolerant of your feelings but at the same time, recognize them for what they are: a temporary reaction to an unfamiliar situation.
• Try to develop your own “routine.” This will automatically come with time but some extra focus at this stage may take your mind off any negative feelings.

Many participants have found the following activities helpful in riding out the cultural adjustment period and making the most of the experience:

• Before you leave, make a short list of why you are going abroad and what you hope to gain from the experience. Keep this list handy for when you are feeling down.
• Keep a journal. You will experience a variety of very high and very low moments overseas and processing them in a journal can help you see things objectively and, at the same time, chronicle your time abroad.
• Make a list of things to do in your host city that will raise your spirits. Climbing to the top of a monument and admiring the view is a great way to remember why you chose to study abroad.
As you may expect, people in your host culture may do things differently than Americans. It is difficult, without doing some extensive research or traveling, to predict what those differences will be. Sometimes the smallest things can be the most disorienting. Cultural differences are just that: differences. For example, participants often find it surprising that when you order a soda in a café or restaurant, it comes in a smaller glass than you may be used to and with little ice. Avoid the temptation to think that such things are wrong or bad. Europeans coming to the U.S. are equally shocked by large glasses of ice water.

**ILLEGAL DRUGS**

The use of illegal drugs is strictly prohibited. Possession of illegal drugs is a serious crime and may warrant more severe penalties in Europe than in the U.S. An American apprehended under the influence of or in possession of drugs will be dealt with very harshly, even in places where the use of drugs by the local population seems to be tolerated. Remember, once you leave the U.S., you are no longer covered by U.S. laws and constitutional rights. If you are apprehended abroad, the U.S. Embassy can only notify your family and arrange for legal representation but cannot intervene in any other way.

ACCENT will not tolerate the use or possession of illegal drugs. Please review the ACCENT Policy on illegal substances at www.accentintl.com/policies. Any participant caught using or possessing illegal drugs will be expelled from the program without recourse or refund.

**ALCOHOL**

Alcohol is a legally controlled substance in Europe. The laws governing consumption of alcohol vary by country but are generally set at a minimum age of 18 years old. ACCENT requires you to follow certain guidelines pertaining to alcohol use. Please review the Alcohol Agreement you signed; a reference copy is included at the back of this handbook. Always remember, the agreement states that the abuse of alcohol can result in your expulsion from the program without recourse or refund.

**SEXUAL HARASSMENT**

ACCENT has a strict no tolerance policy for sexual harassment. This policy is available in its entirety at www.accentintl.com/policies. The participant contract you signed in your enrollment materials indicates that you have fully read and understood this policy.

**HEALTH**

Travel stress is a common condition experienced by travelers. Travel stress may cause you to become confused, critical, forgetful or anxious, to lose the ability to problem-solve and to experience physical side effects such as nausea, dry eyes, light-headedness, stiffness and headaches. The most obvious and well-known result of travel stress is jet-lag, an abnormal sleepy feeling during the day and an inability to sleep through the night. These symptoms result from the disruption of your body’s normal physiological rhythm. It takes time for your body to adjust to the new time zone but there are steps that you can take to reduce travel stress and help your body return to normal more quickly:

- Avoid heavy or irregular meals before departure and eat lightly and regularly during readjustment.
- Avoid caffeine, alcohol and tobacco before and during the flight.
- Get sufficient rest.
- Relax by stretching, walking and breathing deeply. Wear loose, comfortable clothing.
- Exercise after arrival. Take a walk to acquaint yourself with your new surroundings (and don’t forget your map!).

No matter how well you take care of yourself, a change in diet, water and daily habits may, at some point, impact your health. A bout of the common cold or flu is not uncommon during the readjustment period.
OVER-THE-COUNTER & PRESCRIPTION MEDICATIONS
You may want to bring over-the-counter medications for common cold and flu symptoms, especially if you have a brand you prefer. If you take prescription medications, make sure to bring more than enough medication for your time abroad as some medications are not readily available overseas. It can be extremely difficult or even impossible to have prescription medications refilled or sent to you while you are overseas (this includes birth control). Do not pack prescription medications in your checked luggage. Be sure to keep all medications, over-the-counter or prescription and dietary supplements in their original containers and bring a copy of any prescriptions from your doctor in your carry-on luggage.

MEDICAL INSURANCE
ACCENT requires that you carry health and accident insurance which will cover you while you are overseas. Medical insurance is provided through UWM. Please contact UWM for more information.

Should you need to see a doctor or be hospitalized overseas, the ACCENT London Study Center will recommend doctors. It is a good idea to bring reimbursement forms with you from home and make sure to save all bills and receipts as you should be prepared to pay for medical services up front and be reimbursed later by your insurance company.

TRAVEL CANCELLATION & PERSONAL PROPERTY INSURANCE
It is highly recommended that all participants purchase travel cancellation insurance and personal property insurance that is valid abroad as these are not included in your program. Please contact an insurance broker or a travel agent for more information.

MEDIC ALERT
If you have any serious allergies or any other condition not easily recognized such as diabetes or epilepsy, you may want to acquire a Medic Alert emblem. For more information, contact the Medic Alert Foundation International at (888) 633-4298 or www.medicalert.org.

IMMUNIZATIONS
Those already immunized within American standards do not typically require supplementary immunization shots for Western Europe. For further information, contact your physician or the Centers for Disease Control and Prevention (www.cdc.gov/travel or tel. 800-CDC-INFO) regarding recommended immunizations and inoculations for living in the UK and for any countries you plan to visit. For the UK, the Centers for Disease Control recommend that you have a current tetanus booster and are up to date with your measles/mumps/rubella vaccination. In addition, you may want to consider a vaccination for Hepatitis A and/or B.

TRAVEL & HIV
Please consider the precautions you normally take at home concerning the transmission of HIV and be equally aware overseas. The AIDS epidemic has left no corner of the world untouched. For specific information on HIV and international travel, please contact The Centers for Disease Control and Prevention at (800) 232-4636 or http://www.cdc.gov/travel.

MONEY MANAGEMENT
We recommend that you budget around $375 to $550 for each week that you are going to be in London. You will need this amount of money to cover basic living expenses: meals, personal necessities and entertainment. This amount will not cover your weekend traveling expenses. These must be budgeted for separately.
It is important to think about how you will handle your money overseas. We have found that the payment methods listed below are the most practical for participants. The way in which you divide your money into the various forms is entirely up to you and what makes you feel most comfortable. We do recommend, however, that you choose several different forms of money so that if you have a problem with one, you will still have access to funds. Above all, do not carry large amounts of cash which can be lost or stolen!

**FOREIGN CURRENCY**

We highly recommend that you purchase $150-$200 worth of British Pounds from a bank or exchange office before leaving the United States. The first few days of your program will be structured with orientations and activities, so you may not have time to locate the bank nearest to your accommodations. By arriving with British Pounds in hand, you will have a ready source of money for the first day or two until you get to know the layout of your neighborhood.

**THE POUND (£)**

When you first arrive, we recommend that you quickly familiarize yourself with the British currency. Keep the current exchange rate in mind but try to think in British Pounds rather than converting to U.S. dollars.

Exchange rates fluctuate on a daily basis. At the time of this printing, approximately £1 (Pound) = U.S. $1.50. Multiply £ amounts by 1.50 to gauge the price in dollars. You may wish to check out the current exchange rate at www.xe.com just prior to your departure.

Coins. There are 100 pence in 1 Pound Sterling. Coins come in denominations of: 1 penny, 2 pence, 5 pence, 10 pence, 20 pence, 50 pence, £1 and £2.

Notes (Bills). British Pound Notes vary in size and color. You may encounter denominations of: £5, £10, £20 and £50.

Please Note: the Euro is the currency for all other countries in the European Union. Please keep this in mind when planning trips outside of the UK.

**CREDIT CARDS**

Credit Cards are useful in case of emergencies or for larger purchases such as train tickets and hotel rooms. VISA is the most widely accepted credit card in Europe followed by Mastercard. Discover card and American Express are not widely accepted. You should notify your bank and/or credit card companies that you will be traveling overseas. This will prevent them from questioning unusual activity and potentially freezing your accounts.
CREDIT CARD CASH ADVANCE
You may obtain a cash advance with your VISA or Mastercard from a bank offering this service though, this can be an expensive way to access cash. We recommend that you obtain an international PIN for your credit card in the event that you need to obtain a cash advance. Your PIN is not usually required if the transaction is conducted inside the bank but you must show your passport and one other form of photo identification. Keep in mind when choosing a PIN that overseas ATMs do not have letters on the keypads as they do in the U.S. If you plan to use your credit card for cash advances, check with the issuing bank in the U.S. before departure to confirm that the card will be accepted by European banks and ATMs.

MONEY FROM HOME
Plan your finances carefully to avoid needing additional funds sent from home. You will need to plan for independent travel expenses as well as all incidentals not covered by the program. If you find it necessary to obtain funds from home, the following options are available:

ATM WITHDRAWALS AND ONLINE BANKING: The easiest and fastest way to receive money from the U.S. is for someone at home to deposit money into your checking account for you to withdraw overseas. The funds are usually available within several days. Remember, there may be a maximum withdrawal per day. Be sure to ask your bank if they offer online banking services, as this is often the simplest way of obtaining funds from home and managing your funds while overseas. Having an functioning international PIN number will be necessary for these sorts of transactions and withdrawals.

WIRING MONEY: One option for wiring money is the MoneyGram from Thomas Cook. All fees are paid in the U.S. For more information, contact a Thomas Cook office. In London, an office is located at 35 Great Russell Street, nearby the ACCENT London Study Center.

American Express and Western Union also maintain a wire service and transfers from the U.S. Please note that American Express charges high fees. Check with the ACCENT London Study Center for more information on wiring money.

QUESTIONS FOR YOUR BANK: Alert your bank to your travel plans prior to leaving the United States. If possible, call or visit your bank to explore the following questions:
- Does your bank have affiliations with another bank in your host country?
- What fees are associated with ATM withdrawals?
- Does your bank offer online banking services?
- Ask about opening a joint account if you will be receiving financial assistance while abroad.
- What should you do if your card is lost or stolen?

Please Note: always remember to bring your passport when attending to financial transactions overseas.

COMMUNICATING WITH FRIENDS & FAMILY
LETTERS FROM HOME
Regardless of your accommodations, your mail and any packages must be sent to the ACCENT London Study Center. Mail should be addressed as follows:

Your Name
12 Bedford Square
London WC1B 3JA
Be sure to write AIRMAIL on all mail sent overseas.

PACKAGES
Receiving packages overseas can be very costly to participants, particularly private express mail such as UPS or DHL. If at all possible, avoid having packages sent as they may be held in customs for a lengthy period of time and, when released, may include substantial customs charges. Please be advised that the ACCENT London Study Center does not accept FedEx packages for participants. If it is necessary to receive a package while overseas, we recommend friends and family use USPS as customs taxes tend to be significantly higher with UPS. Customs charges are usually based on the dollar value declared when a package is sent, however, these charges are somewhat arbitrary and therefore nearly impossible to predict. Fees as high as $100 or more for something as simple as a coat or care package are not uncommon.

Asking friends and family to declare “Used Items For Personal Use Only/No Commercial Value” on packages shipped overseas may alleviate high customs charges but be forewarned that even inexpensive items that are correctly marked “Used Items For Personal Use Only/No Commercial Value” are not immune to customs charges or delays. Customs officials have the right to examine the contents of any package and assess their value. Under no circumstances should medications, food, laptop computers, cellphones or iPods be shipped overseas.

To avoid customs charges and delays it might be safer, faster, and cheaper to purchase the item on site or online in Europe.

In the event that a package arrives, ACCENT will sign for it and keep it at the ACCENT Study Center until you are able to come and pick it up. Under some circumstances (including packages not addressed c/o ACCENT Student Mail or customs delays and/or charges), ACCENT may be unable to sign for a package. In such cases, you will be contacted and provided with information about where you can go to pick up your package. It is important to remember that packages sent to you overseas and any customs charges incurred are your direct responsibility. ACCENT cannot intervene on your behalf with the local postal service if there are problems receiving your packages. Any packages that arrive after the program end date cannot be forwarded or returned. If ACCENT receives a package after you leave we will instruct the shipping company to charge any customs fee to the sender.

FAXES & PHOTOCOPYING
Faxes may be received at the ACCENT London Study Center. The Study Center staff can also recommend locations throughout London where you can send and receive faxes and use photocopying equipment.

EMAIL AND VIDEOCHAT
By far the least expensive way to keep in touch with friends and family while you are overseas is via email and videochat (using programs like Skype, iChat and Google Chat). You will be able to use these services in your participant housing which includes wireless internet access. Depending on your program, you may also have access to the PC computer lab at the ACCENT London Study Center. The lab, however, is primarily an academic resource and may also be used for email, internet access, etc. but not videochat. A number of chains and
independent cafés/restaurants offer free wireless access to paying customers. Additionally, most museums and public spaces will also offer free wireless internet access.

Please Note: participants should not expect to be allowed to use chat programs at the ACCENT Study Center.

**DATES & TIMES**

Europeans write the date differently than Americans. Whereas we write February 1, 2014 as 2/1/14, Europeans put the day first, then the month: 1.2.14.

The 24-hour clock is used most frequently throughout Europe. Instead of 6:00 PM, you will most often see 18.00. To convert from the 24-hour clock to the 12-hour clock, simply subtract 12 from all hours after noon. Times between midnight and 10 AM are written with a 0 in front of the hour (e.g. 09:45 is 9:45 AM). Another common notation is 9h45 or 9H45.

**GETTING THERE**

If you are planning to take the London Underground to the ACCENT Study Center, here is a brief explanation of the system. More commonly known as ‘the Tube,’ London’s underground train system consists of 12 lines, designated by different colors and names, spanning 275 stations across the city, separated into 6 Zones; Zone 1 covers most of Central London. Single fare tickets are priced based on the number of zones you need to travel through to get to your destination. The ticket machines can help you determine how much you should pay in regards to where you want to go. The Tube trains and platforms are noted by direction: Eastbound, Westbound, Northbound or Southbound. The front of the train and the platform indicator will show the ultimate destination of the train - usually, but not always, the last station on the line. Some destinations require changing lines. You do not need to buy a new ticket when transferring trains, simply follow the signs for the new line and the proper direction. You will, however, need your ticket in hand when exiting at your final destination station to pass it through the ticketing machine. The Tube is not as intimidating as it sounds but it’s always a good idea to grab a free Tube map which are available at every Underground station. And don’t forget to Mind The Gap!

Following are directions to the ACCENT Study Center from various locations in London:

**FROM HEATHROW AIRPORT**

**VIA TUBE**

1. Follow the signs from the terminal marked Underground/Tube. You must purchase your ticket before you get on the train and the one-way fare is approximately £5.50.
2. Take the Piccadilly line northbound to Leicester Square.
3. Change at Leicester Square to the Northern line northbound and go one stop to Tottenham Court Road.
4. Follow the directions below to the ACCENT Study Center from the Tottenham Court Road station.

**VIA NATIONAL EXPRESS COACH (SHUTTLE)**

This affordable service runs at several times each hour from 4:20AM to 10:05PM London time. Travelers can store two pieces of luggage but neither may weigh over 40 lbs. Hand luggage can be taken on board.

1. From Terminals 1, 2 & 3, follow the signs for the Central Bus Station. From Terminal 4 you will first need to make your way to Terminals 1, 2 & 3 by taking the free express train.

**DATES & TIMES**

Europeans write the date differently than Americans. Whereas we write February 1, 2014 as 2/1/14, Europeans put the day first, then the month: 1.2.14.

The 24-hour clock is used most frequently throughout Europe. Instead of 6:00 PM, you will most often see 18.00. To convert from the 24-hour clock to the 12-hour clock, simply subtract 12 from all hours after noon. Times between midnight and 10 AM are written with a 0 in front of the hour (e.g. 09:45 is 9:45 AM). Another common notation is 9h45 or 9H45.
2. Make your way to the National Express Ticketing Office and purchase a ticket to London Victoria Coach Station. You can purchase this in advance from www.nationalexpress.com. Tickets cost £15.50. Allow yourself approximately 2 hours after your landing time when booking your coach service so if you land at 7AM, your coach should not leave until at least 9AM.
3. Find the bay or parking area for the service you have booked. Your service will be indicated on your ticket. If you purchased your ticket in advance, you can check the website for your specific coach company for exact departure points at the airport. The approximate journey time is 60-90 minutes but traffic can dramatically alter that.
4. From Victoria Coach Station you will need to take a taxi to the ACCENT Study Center. The ride is short and costs approximately £13-£17, depending on traffic. Please Note: once you get to the Central Bus Station, you can ask for assistance with the National Express Coach from specialists wearing bright yellow jackets.

VIA HEATHROW EXPRESS TRAIN
A bit easier than the Tube or a coach, the Heathrow Express Train service leaves from outside each terminal approximately every 15 minutes.
1. From either terminal, follow the signs for Heathrow Express. Take the Heathrow Express Train to Paddington Train Station in Central London. The one-way fare is approximately £17. The ride lasts about 15 minutes.
2. From Paddington Train Station, take a taxi to the ACCENT Study Center. The ride costs approximately £20, depending on traffic.

VIA LICENSED TAXI
A more convenient (but more expensive) option is to take a taxi from the airport. Fares to Central London are metered and can range from £60-£100 depending on traffic, time of day and if it is a weekend or holiday. There are also supplemental charges on weekends and if you are carrying a lot of baggage. One way to cut down on the cost is to travel with at least one other person and share the ride.

Please insure you use only the licensed black taxis at the designated taxi stand at the airport. There are often drivers illegally looking for business at the airports and these can be more expensive and dangerous. If in doubt, ask at the Information Desk at the airport.

FROM GATWICK AIRPORT VIA TRAIN & TUBE
1. After you exit customs, look for signs to the “Trains.”
2. Purchase a ticket for the next train to Victoria Station. The one-way fare is approximately £16 (£20 for an express train), and the journey takes about 40 minutes. Trains depart frequently (several times per hour) during the day, and less frequently at night.
3. From Victoria Station, you can either take a taxi, or follow the directions below to the ACCENT Study Center.

FROM VICTORIA STATION VIA TUBE
1. Follow the signs to the “Underground” (Tube).
2. Take the Victoria line northbound to the Oxford Circus station.
3. Change at the Oxford Circus station to the Central line eastbound, and go one stop to Tottenham Court Road.
4. Follow the directions below to the ACCENT Study Center from the Tottenham Court Road station.

FROM TOTTENHAM COURT ROAD TUBE STATION
This is the nearest stop to the ACCENT London Study Center and is on the Central (red) line and the Northern (black) line.
1. At the top of the escalators, take Exit #3 toward the British Museum and Great Russell Street.
2. At the top of the stairs, go straight ahead continue on Tottenham Court Road.
3. Take a right onto Bayley Street and continue onto Bedford Square until you reach Gower St.
4. The ACCENT Study Center is located at 12 Bedford Square.

FROM GOODGE STREET TUBE STATION
This station is also very close to the ACCENT London Study Center and is on the Northern (black) line.
1. When exiting the station take a right. (This is the sole exit at this station)
2. Continue straight down Tottenham Court Road.
3. Take a left onto Bayley Street and continue onto Bedford Square until you reach Gower St.
4. The ACCENT Study Center is located at 12 Bedford Square.

CUSTOMS & IMMIGRATION

When you reenter the United States, U.S. Customs requires you to declare all items purchased overseas. Returning residents and citizens are allowed to
bring back up to $800 worth of foreign purchases without having to pay duty. Alcohol, tobacco and perfume are subject to stricter regulations. You will not have to pay duty on gifts mailed from Europe costing less than $25 as long as you do not send more than a single gift to any one person on any given day. Make sure to keep all receipts for the purchases you mail home or bring with you as you may need them when you reenter.

To avoid any delays when passing through Customs, please be sure to keep all medications and dietary supplements in their original containers and bring a copy of any prescriptions from your doctor.

If you are taking expensive items not made in the United States (cameras, watches, etc.) with you overseas, you may want to bring the original receipts or register them with U.S. Customs before you leave the U.S. When you reenter, if you have not registered them ahead of time and do not have a receipt, you may have to pay duty on them. This pertains mostly to luxury items that are less than 6 months old.

For more information, consult the following link to the U.S. Customs Service: http://www.cbp.gov/travel/international-visitors/know-before-you-go. This section of the site contains helpful information including: what you must declare, prohibited items, and tips on sending items back to the U.S.

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**RETURNING TO THE U.S.**

Perhaps what surprises participants most about cultural adjustment is that it continues after returning home. In addition to feeling confused as you relearn your old cultural skills, you may react differently to the objects around you. Americans returning home often comment on the size of automobiles, the newness of buildings and the enormity of selection at the grocery store. It can also be difficult to note changes that have occurred in your absence. You may feel disoriented seeing buildings that have been built or torn down, homes remodeled, etc. You may find it equally disorienting to note that it seems nothing has changed in your absence.

Finally, you may feel the need to process the experience with your family and friends upon return. Naturally, since these people did not take part in your experience, it may feel unsatisfying or even frustrating to discuss it with them. As you cope with this and other aspects of reverse cultural adjustment, you may find it helpful to try the same methods you used overseas. In addition, to help alleviate these feelings and help you keep in touch with your overseas experience, we recommend trying one or more of the following:

- Keep in touch with the friends you made overseas. Get together for a reunion party to reminisce and share photos.
- Get involved in a cultural, foreign language or study abroad organization, or give presentations on your experience to participants thinking of studying overseas.
- Continue to write in your journal as you did overseas, including all of your feelings about coming home again.
- Consider having you and your family host a foreign exchange participant.

The most important thing to remember is that both the cultural adjustment period overseas and the re-adjustment period upon return to the U.S. are completely normal reactions and to be patient with yourself as you experience them. At the same time, however, keep in mind that you are overseas to learn about a new culture and in doing so you will naturally learn more about your own. Complete rejection of either culture will not allow you to make the most of your overseas experience.

One final note: every ACCENT staff member in every Study Center has studied, lived and/or traveled extensively overseas and therefore has firsthand experience acclimating to cultural differences. We are a terrific resource and encourage you to seek our help in adjusting to overseas living.
PACKING YOUR BAGS

When deciding what to pack, remember airline baggage rules can be complicated and vary from airline to airline. Depending on the airline, baggage allowance is normally one 50-pound bag but please remember that many airlines now charge a fee for checked luggage. Check with your airline before departure for the most up-to-date information on baggage allowances, restrictions and fees.

As you will be responsible for carrying your own bags for quite some distance, you should aim to bring no more than 50 pounds or one large suitcase. If you cannot carry your bags, they are too heavy. You will be responsible for carrying your luggage to your housing and most accommodations do not have elevators. In addition, many cities in Europe are not set up with wheelchair ramps and, consequently, you may need to carry your rolling luggage.

When packing, also remember that you will be responsible for keeping your luggage with you at all times, even while you are traveling before or after the program. It is very expensive to have bags shipped home or consigned at an airport or train station. Most participants find that they can get by on much less than they brought. Many participants find that a large, internal frame backpack is more convenient than a suitcase. Backpacks are easy to carry and especially handy if you are planning to do any traveling by train.

Here are some more packing tips:

• Keep one change of clothing and a toiletry kit, including any prescription medications, in your carry-on luggage in case your checked luggage does not arrive with your flight. Be sure to check airport security guidelines for toiletry items.

• Take versatile items of clothing that are easily layered, especially dark clothing that does not need to be laundered as often.

• Daytime temperatures will range from low 30s to high 90s, depending on the time of year. Winters can be quite cold. Semester participants will want to bring a coat.

• With numerous cultural activities, excursions and on-site lectures, you will be doing a lot of walking overseas. Comfortable shoes are a necessity; make sure they are well broken in before you leave.

• If you take any medicine regularly, take more than enough with you to last the duration of the program, leave it in its original container and bring a copy of your prescription (this includes birth control).

• Bring an extra pair of prescription eyeglasses and contact lenses.

• You may want to consider bringing favorite brand name products such as your favorite brand of antiperspirant, pain relievers and other over-the-counter medications, particular brands of contact lens supplies, etc. Brand name items may not be available abroad though you can often find a local equivalent.

• Do not pack your passport, currency, jewelry, medication, other travel documents or valuables in your checked luggage. Keep them in your carry-on bag and in sight.

• Pack two photocopies of the first page of your passport in your checked luggage. They should always remain separate from the actual documents.

We recommend leaving all electrical appliances at home. Electricity in Europe is 220 volts AC which means that American appliances will not work unless they are dual voltage or you have a voltage converter. An adapter is also needed to connect U.S. flat-pronged plugs into the U.K.’s square, three-pronged outlets. Voltage converters are expensive and do not always work well and often, American appliances are of a high wattage which can overload older electrical wiring. Hair dryers are readily available overseas for $30-$40. For further packing tips, see the “Pre-Departure Checklist” on the following page.
PRE-DEPARTURE CHECKLIST

OFFICIAL DOCUMENTS AND NECESSITIES
- Passport
- Photocopies of the photo page of your passport (packed separately)
- British Entry Clearance (visa) and photocopy for the ACCENT Center (if applicable)
- Student Visitor Letter (for entry into U.K.)
- Airline ticket/e-ticket itinerary and photocopy (packed separately)
- ACCENT Center address and phone number (in carry-on bag)
- ATM card, credit card, local currency
- List of credit card numbers, important phone numbers, etc. (leave a reference copy with a friend or family member in the U.S.)
- Health insurance policy card and reimbursement forms

SCHOOL SUPPLIES
- Backpack or bookbag
- Course textbooks (if they are to be purchased in the U.S.)
- Pens, Pencils, Notebooks
- USB Flash Drive

MISCELLANEOUS PERSONAL ITEMS
- An outlet adapter (universal adapters are useful if you plan to travel between the UK and Europe)
- Prescription medications in their original containers (be sure to include copies of the prescriptions)
- Extra prescriptions for medications, glasses and contact lenses (enough for the length of your stay)
- Phone numbers and addresses for friends and family
- Health kit containing aspirin, bandages, etc.
- Over the counter medicines that may not be available abroad
- Dietary supplements (protein bars, vitamins, etc.), especially for vegetarians
- Towel (if not provided in your housing)
- Toiletries (make sure the sizes of these items are TSA compliant)
- Shower shoes
- Small folding umbrella and/or rain jacket
- Camera (include USB cords, chargers, and extra memory cards)
- Phone Charger

PERSONAL PACKING LIST
Use this area to note any other personal items you don’t want to forget.
RESOURCES FOR LONDON, ENGLAND

Being familiar with your host country’s history, political situation, language and traditions and being prepared to answer questions about the U.S. will aid in your adjustment and expand possibilities for cross-cultural discussion. You will find it beneficial to keep current with the news and world issues, familiarize yourself with domestic issues, read travel guides, study maps and do some in-depth reading on London and England. The following bibliography is intended to assist your exploration of reading materials on culture, travel and cross-cultural adjustment.

FICTION

NON-FICTION

ANTHOLOGY

POPULAR BRITISH FILMS AND TELEVISION SHOWS

**FILMS**
The Queen directed by Stephen Frears
Lock, Stock and Two Smoking Barrels by Guy Ritchie
Brick Lane by Sarah Gavron
Atonement directed by Joe Wright
Love Actually directed by Richard Curtis

**TELEVISION SHOWS**
Doctor Who
Downton Abbey
The Office (UK)
Sherlock

WEBSITES

**STUDENT RESOURCES & CITY GUIDES**
http://studentsabroad.state.gov
https://www.tfl.gov.uk/tube
http://www.visitlondon.com/

**NEWS**
www.bbc.co.uk
www.independent.co.uk
www.guardian.co.uk
www.timesonline.co.uk
www.iht.com

**CULTURE AND ACTIVITIES**
www.timeout.com/london
www.londontown.com
www.britishmuseum.org
www.tate.org.uk
www.tate.org.uk/modern

**ACCENT WEBSITE & SOCIAL MEDIA:**
www.accentintl.com
www.accentblogs.com
http://www.facebook.com/accentstudyabroad
https://www.facebook.com/accentlondon
Following are samples of the ACCENT Participant Contract and the ACCENT Alcohol Policy you signed with your enrollment materials. These are for your reference only.

**ACCENT/Participant Responsibility Contract**

I hereby agree to the conditions in this Contract for your university’s program and confirm that I have a genuine interest in the educational and cultural opportunities offered. Accordingly,

1. I have read ACCENT’s policies concerning alcohol use, participant housing and other applicable policies within ACCENT’s Enrollment Forms. I have also read ACCENT’s policies concerning harassment and drug/substance abuse. Copies of these policies are found at (www.accentintl.com/policies). I understand all of these policies and agree to faithfully fulfill all of these requirements.

2. I understand that my sponsoring College/University is ultimately responsible for the program’s educational content, its duration, modifications, and/or cancellations, and supervising and disciplining participants and faculty. I hereby agree that in the unlikely, but possible event of an infectious disease threat, that I shall follow the directions of my sponsoring school and comply with relocation and mitigation directives, whether these are delivered by local government authorities, my school, or indirectly through ACCENT. I understand that I must do so to the extent that it results from refusal to comply with relocation and mitigation directives, and that I understand that I am responsible for any losses which might occur while using ACCENT’s services.

3. I understand that ACCENT reserves the discretion to reasonably modify my program schedule for logistical and service purposes, including without limitation, to conform to schedules of host country institutions, to conform to schedules of transportation companies and other service providers, to consolidate programs for viability purposes, etc. Such modifications shall be deemed to be standard conditions of my program, and shall not be grounds for withdrawal from the program for any refund or credit.

4. I agree that foreign travel, and living in international cities that are hundreds or thousands of years old, is an adventure which exposes me to risks, living conditions, inconveniences and standards that I do not normally encounter at home, and I hereby assume those risks as an adult. I accept that I will have to tolerate foreign customs, habits, noise, traffic, foods, cultural practices, laws, police requirements, living conditions, amenities such as Internet, air conditioning and heat, elevators, transportation schedules, etc., which are more onerous and less convenient than those that I am used to at home. When I encounter such conditions that I may not like, I accept that I am responsible for resolving problems concerning them in mature and constructive ways and that I may be required to accommodate myself to them as part of my experience of living in a foreign country. I also understand that it is my responsibility to promptly inform ACCENT’s local Study Center Director if I encounter conditions that I believe should be remedied pursuant to the terms and conditions of this Contract. An email to the ACCENT Study Center Director is sufficient.

5. I understand that while unlikely, there is always a risk that I could become ill, injured, or incapacitated during my activities abroad. Should I voluntarily choose to engage in athletics, tournaments, or sports, I hereby agree that I will have to tolerate foreign customs, habits, noise, traffic, foods, cultural practices, laws, police requirements, living conditions, amenities such as Internet, air conditioning and heat, elevators, transportation schedules, etc., which are more onerous and less convenient than those that I am used to at home. When I encounter such conditions that I may not like, I accept that I am responsible for resolving problems concerning them in mature and constructive ways and that I may be required to accommodate myself to them as part of my experience of living in a foreign country. I also understand that it is my responsibility to promptly inform ACCENT’s local Study Center Director if I encounter conditions that I believe should be remedied pursuant to the terms and conditions of this Contract. An email to the ACCENT Study Center Director is sufficient.

6. I understand that ACCENT reserves the discretion to reasonably modify my program schedule for logistical and service purposes, including without limitation, to conform to schedules of host country institutions, to conform to schedules of transportation companies and other service providers, to consolidate programs for viability purposes, etc. Such modifications shall be deemed to be standard conditions of my program, and shall not be grounds for withdrawal from the program for any refund or credit.

7. I understand that foreign travel, and living in international cities that are hundreds or thousands of years old, is an adventure which exposes me to risks, living conditions, inconveniences and standards that I do not normally encounter at home, and I hereby assume those risks as an adult. I accept that I will have to tolerate foreign customs, habits, noise, traffic, foods, cultural practices, laws, police requirements, living conditions, amenities such as Internet, air conditioning and heat, elevators, transportation schedules, etc., which are more onerous and less convenient than those that I am used to at home. When I encounter such conditions that I may not like, I accept that I am responsible for resolving problems concerning them in mature and constructive ways and that I may be required to accommodate myself to them as part of my experience of living in a foreign country. I also understand that it is my responsibility to promptly inform ACCENT’s local Study Center Director if I encounter conditions that I believe should be remedied pursuant to the terms and conditions of this Contract. An email to the ACCENT Study Center Director is sufficient.

8. I agree that I must conduct myself according to the policies and standards of my sponsoring academic institution, and those of ACCENT, and I agree to cooperate with representatives of the sponsoring institution, ACCENT staff, and my fellow participants for our mutual benefit. I understand that misconduct by me, including but not limited to, possession or use of prohibited substances or drugs, misuse of alcohol, violation of the sponsoring school’s strict attendance requirements, and participant conduct codes, violence, destruction of property, offensive public behavior, behavior which endangers others or myself, or violation of other policies is likely to result in my expulsion from the program without refund of fees, or recourse, and my return home will be at my expense.

9. I understand that my friends and relatives are not entitled or permitted to attend any portion of the program or utilize my residence or any ACCENT facilities which are reserved exclusively for officially enrolled participants who have paid applicable fees.

10. I agree that neither ACCENT nor its employees, nor its representatives shall be liable to me, directly or indirectly, for consequences beyond ACCENT’s reasonable direct control, including without limitation: Acts of God, criminal acts such as theft, war, terrorism, strikes or other labor actions, acts of government authorities, acts by persons who are not employees of ACCENT, pandemics, epidemics or other health threats, acts by employees of transportation companies, and others.

11. I understand that ACCENT urges me to protect my personal property, valuables, and other property for which I am responsible by purchasing commercial insurance. Whether I insure or not, I agree that ACCENT shall not be liable for any losses or damage to my personal property, valuables, and other property, and that I alone shall be responsible for any losses which might occur whether through theft, damage, or otherwise. Furthermore, I acknowledge that I am personally responsible for all costs relating to my medical care, relocation, and/or the costs of alternative accommodations in case of contagion, infestation, injury, other emergency, or other conditions not directly caused by negligent or deliberate acts of ACCENT or its employees. I understand that my failure to protect myself with insurance does not change my responsibility for such costs should they occur.

12. I agree that this Contract is between me and ACCENT as the sole parties thereto, that my parents or guardians are not parties to this Contract, (I have so informed them and they agree) because I am 18 years of age or older, I have independent rights of privacy and that this legal relationship is controlling irrespective of who might be paying all or part of my costs to ACCENT. Nevertheless, I understand that ACCENT reserves the right to discuss and transact business concerning my account directly with my parents, guardians, and others who may be paying for all or part of my costs arising in connection with this Contract.

13. I understand that ACCENT endeavors to respect each participant’s privacy. Accordingly, I am responsible for informing my family members, friends, and others wishing to contact me of the particulars of my contact information including my address, telephone number and other such information. However, ACCENT will reasonably relay to me a request from someone wishing to contact me, and upon being so informed, I may then decide whether to contact that person or not. I also understand that ACCENT reserves the right, in circumstances that it deems to be business necessity, emergency, or health or safety matters, to communicate directly with others regarding my role and activities in connection with the Program, including without limitation, the sponsoring institution, and the foreign host institution(s).

14. ACCENT programs are, by their nature, of public interest as they usually involve participants, faculty, or resource people engaged in educational programs and various participant activities. Participants, faculty, school representatives, ACCENT, and others are usually free to take photographs of ACCENT-related program activities, fellow participants, faculty, and ACCENT personnel, and to use such photos for lawful purposes. All concerned are hereby reminded that they shall have no claim to the photos taken by others, nor any expectation of privacy or confidentiality in such photos.

15. I understand that any questions about Program fees, payments or refunds must be addressed to my sponsoring academic institution, which solely determines the amounts of all fees, payment and refunds. I understand that if I leave the Program early, I will receive no refund from ACCENT. I further understand that if I withdraw from the Program, I shall not be entitled to participate in any Program activities, and I must immediately vacate Program housing.

16. I understand that this Contract shall not become effective until receipt signed by ACCENT, and that it shall be interpreted and governed by the laws of California, with venue in the County of San Francisco, the location of ACCENT’s U.S. office.

17. I understand that fulfillment of my above commitments is a requirement for me to remain eligible to participate throughout this Program, and in order to receive the benefits of ACCENT’s services. I agree to comply with all of them, and I understand that should I fail to do so, it shall be considered to be a
material breach of this Contract which then may be terminated without refund or recourse.

Alcohol Agreement

REGARDING PARTICIPANT’S FULL PERSONAL RESPONSIBILITY AND ASSUMPTION OF ALL RISKS FOR ANY AND ALL ALCOHOL USE OR CONSUMPTION AND ABSOLUTE RELEASE OF ACCENT AND WAIVER OF ACCENT LIABILITY, AGREEING TO HOLD HARMLESS, DEFEND AND INDEMNIFY ACCENT.

1. ACCENT programs are located in foreign countries which have laws prohibiting, controlling, and regulating uses and consumption of alcoholic drinks including wine, beer and liquor, especially by minors.

2. Each University or College sponsoring an ACCENT program may have its own prohibitions and restrictions which it requires to be applied to the use and consumption of alcohol by its participants enrolled in ACCENT programs in foreign countries.

3. Accordingly, each ACCENT participant is individually and personally responsible for complying with all legal requirements of the nation where they are located, the rules and regulations of his/her sponsoring University or College and ACCENT’s requirements as described in this Agreement and otherwise.

4. Any and all consumption or usage of alcohol by an ACCENT participant is wholly the participant’s own personal responsibility. Each participant is responsible to inform himself or herself of the country’s laws, his/her University’s or College’s rules, and ACCENT rules before using or consuming alcoholic beverages. Legally underage participants are absolutely prohibited from consuming alcohol, and may be expelled from an ACCENT program without recourse or refund if they violate this rule.

5. ACCENT does not act in loco parentis, and a participant’s full responsibility for complying with alcohol consumption rules is not reduced in any way whatsoever whether or not ACCENT may, or may not act as an alcohol “policeman.” Warning: the most severe consequences may be applied by ACCENT to any violation of applicable rules, whether or not such rules were previously enforced, and irrespective of how they were previously enforced.

6. Consequences for prohibited uses or abuses of alcohol, at ACCENT’s sole discretion, include without limitation: temporary suspension, probation, immediate dismissal from an ACCENT program, and eviction from residence facilities, without recourse or refund.

7. ACCENT acknowledges that the cultures of host countries, including England, France, Spain, Italy and Turkey may promote or prohibit the consumption of alcohol from time to time: whether wine, beer, liquor or other beverages. When ACCENT deems it to be appropriate, ACCENT may provide occasional social or program access to alcoholic beverages on a strictly optional basis. On such occasions each participant remain wholly and individually responsible for complying with applicable rules irrespective of usage by others, and no participant is required to nor expected to consume alcohol.

8. ACCENT’s good standing, acceptance, and reputation in its host country is adversely affected if and when ACCENT participants are arrested or otherwise involved in civil or criminal proceedings where alcohol use is implicated. ACCENT reserves full discretion to prohibit the use of alcohol by specific participants, and/or all participants, or to establish conditions for such use or consumption while enrolled in an ACCENT program, whether such use is on ACCENT-sponsored premises or otherwise.

9. As an ACCENT participant I understand and agree that ACCENT will not assume any responsibility whatsoever should I, or another participant, choose to consume alcohol, and I understand that alcohol is a drug which can cause serious health consequences and unacceptable behavioral manifestations which could lead to expulsion from my program and residence without any refund.

10. In consideration for my being permitted to be enrolled in an ACCENT program, I hereby accept all the above conditions, and I agree to conform to all applicable rules and regulations. I understand that even one violation of such rules and regulations may result in my immediate dismissal from ACCENT programs without refund or recourse, or other severe penalties, at ACCENT’s sole discretion.

11. I understand and agree that ACCENT’s policies apply to me whether I consume alcohol on or off ACCENT premises, so long as I am enrolled in an ACCENT program. I understand that these policies include rules that may prohibit consumption of alcohol in the student residences.

12. I hereby agree to hold harmless, indemnify and defend ACCENT, its employees, agents, and representatives from any claims, costs including attorneys’ fees, actions, arbitrations, lawsuits, and otherwise, arising out of or in connection with use or consumption of alcohol by me while I am a participant in an ACCENT program and/or utilizing facilities provided by ACCENT.

13. I understand that I have a right to consult with my own attorney before signing this document which I agree shall be construed to be a General Release and Waiver of all rights and claims: past, present, and future, against ACCENT, its employees, agents, representatives, contractors, successors, and assigns, directly or indirectly relating to the use or consumption of alcohol by me.

14. I further understand that I shall not be entitled to participate in any ACCENT program unless I agree to this agreement.

This copy is provided for your reference.