The UW International Issues in Bioscience FIG Spring Break program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison. This IAP Program Handbook supplements the IAP Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

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Contact Information

ON-SITE PROGRAM INFORMATION
Your primary contacts will be:
Will Lipske  Melanie Jones
Resident Director  Resident Director
890-2089  262-8766
wclipske@em.wisc.edu  mjones@wisc.edu
London Cell Phone: TBD  London Cell Phone: TBD

ACCENT London
12 Bedford Square
London WC1B 3JA
England
Phone: +44 (0) 20 7637-7518

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.

UW-MADISON INFORMATION
International Academic Programs (IAP)
University of Wisconsin-Madison
106 Red Gym, 716 Langdon Street
Madison, WI 53706
Tel: 608-265-6329, Fax: 608-262-6998
Web: www.studyabroad.wisc.edu

Jessa Boche
IAP Study Abroad Advisor
(608) 265 6329
boche@studyabroad.wisc.edu

EMERGENCY CONTACT INFORMATION
In case of an emergency, call the main IAP number (608) 265 6329 between 7:45 a.m. and 4:30 p.m. Monday to Friday; after-hours or on weekends call the IAP staff on call at (608) 516 9440.
EMBASSY REGISTRATION

If you are a U.S. citizen, you are required to enroll in the Smart Traveler Enrollment Program (STEP). This is a free service provided by the U.S. government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the U.S. Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest U.S. embassy or consulate, as well as updates on demonstration, emergency messages, and other breaking events. Register online here https://step.state.gov/step/ before your departure.

Program Dates

2015 SPRING BREAK
Travel from Madison to Chicago for group flight
Friday, March 27, 1:00PM (Memorial Union)
Group Flight from Chicago
Friday, March 27, 7:00PM
Arrive in London, England
Saturday, March 28, 2015, 7:55AM
Depart London
Sunday, April 5, 12:20PM (London time)
Group Flight from London arrives in Chicago
Sunday, April 5, 3:25PM (Chicago time)
Bus arrives in Madison
Evening, Sunday, April 5

Preparation Before Leaving

IMMIGRATION DOCUMENTS

Passport: A passport is needed to travel to England. If you do not already have a passport, please contact your study abroad advisor immediately. Passport information and application forms can be found on the U.S. State Department website http://travel.state.gov/passport/. If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

MY STUDY ABROAD PROGRAM ACCEPTANCE AND FINANCIAL INFORMATION

Accepting a spot on your program
Upon acceptance into the program, you will receive an email inviting you to log into your My Study Abroad account where you will find information about accepting a spot on your program and a program cost sheet. The program cost sheet includes specific program cost information (total program fee, a payment schedule, estimated additional expenses, payment policies, etc.) You will need to fill out acceptance forms and pay a $100 deposit to confirm your space on the program.

Financial Aid
UW-Madison students are only able to utilize financial aid for IAP study abroad programs that are four weeks or longer in duration.

Billing
The UW-Madison Bursar Office will send you an e-bill for the term you are studying abroad. This bill will most likely go out in mid-February with a due date of mid-March.
HANDLING MONEY ABROAD

The official currency of England is the British Pound (GBP). The exchange rate is roughly $1 USD to .625 British Pounds (October 30, 2015).

Budget: Your program fee includes academic expenses, administrative costs, mandatory health insurance, airport transfer to and from program site, housing, breakfast, excursions, public transportation pass, required group flight, and program receptions. The only thing you will need to budget for during your program is spending money and meals.

For those of you who are not accustomed to living in a major city, be prepared for an adjustment. The cost of living in London will be significantly higher than many areas of the U.S. We suggest you begin to familiarize yourself with the currency before you arrive.

Estimated expenses vary widely depending upon the student. How much you spend will depend on your lifestyle, such as how much you eat out and travel during your free time.

Cash for Arrival

It is a good idea to carry some British currency with you for arrival, to help you settle in during your first few days. You can exchange this money before you arrive in London - this can be done at some banks or at currency exchange booths in airports - and ask for mixed notes in small denominations. You may also have the ability to exchange money and/or withdraw money from ATMs at the airport in London.

Banking

- Do NOT plan to keep large amounts of cash in your room. The easiest way to handle your money abroad is often to use the same checking account you have in the U.S., using your debit card as your primary means of payment and cash withdrawal. ATMs are readily available all over Europe.
- The largest banks in England are National Westminster, HSBC, Barclays and Lloyds TSB. If your bank has a relationship with any of these banks, they may not charge an ATM fee. Check with your financial institution to see whether they have these relationships, and what kind of charges you will incur on international purchases. Online banking with your U.S.-based account will help you keep track of how much you are spending in U.S. dollars.
- ALWAYS have a backup. If you are using your debit card as your primary means of money abroad, make sure you also bring a credit card (Visa, MasterCard or American Express are recommended) in case your primary card is lost or stolen. Keep the backup card in a different place from your primary card.
- You MUST inform your bank and credit card companies that you will be abroad so they do not freeze your accounts.

Safety with Money

Use the same precautions with money abroad that you would when traveling in any large city in the United States. Be aware of pickpockets in crowded areas and on public transportation. Carry your money and other documents in a money pouch worn inside your clothing. Use the same precautions you take at home when using an ATM; keep your pin number separate from your ATM/debit card and use machines inside banks or other buildings. Maintain a copy of all credit card numbers and any PIN numbers in a safe place, and do not carry these with you at any time. Leave a copy of these documents with your Financial Representative in the United States.
Packing

- Important documents (passport, emergency contact information, insurance card, ATM card, money, etc.) should be in your carry-on luggage. Also, make sure that you make a copy of important documents and leave them with a friend or family member back home to access in the case of an emergency.
- Take enough prescription medication to last the duration of the program. Keep prescription medication in their original packaging and carry a letter/prescription from your doctor explaining your condition and use of medication. Prescriptions should be packed in your carry-on luggage.
- **Practical Clothes.** Clothes that require minimal care, are comfortable to travel in, and can be layered are best to take. Layering is the best way to combat the unpredictable British temperature. Casual clothing is the most comfortable for day-to-day British life. If you plan on going out to dinner or to the theatre at night, dressier clothing would be best.
- **Comfortable shoes.** You are likely to be out and about walking around London in many of your classes in addition to outside your classes!
- **Strong umbrella and raincoat.** Many a Londoner will tell you it rains quite often here!
- **Travel purse or money belt.** To keep your passport, ID, and money safe.
- Jacket or fleece
- Camera
- Valuable items, expensive jewelry, and items that cannot be replaced should be left at home.

A few tips:

- **Avoid over packing!** Airlines can place additional charges on extra or overweight luggage. You may also want to bring souvenirs or gifts back from the UK so leave some room!

- **Ensure that your bag is marked** in capital letters with your name, address and final destination.

- **Electrical Appliances.** Make sure you bring an adapter for both the UK and Europe if you anticipate travelling as the sockets are different. British electricity also runs on 240 volts, while U.S. runs on 110 volts. If you plan to bring any electrical appliances (hairdryer, electric razor, radio, etc.), you will need to purchase a converter for the voltage. We recommend that you purchase an inexpensive hairdryer (around £10 from Sainsbury’s or Argos) in London so as not to risk blowing a fuse.

Travel and Arrival

**Bus to/from Chicago**
You will be traveling on a bus from Madison to Chicago O’Hare airport with other program participants. This bus will depart from the Memorial Union at **1PM on Friday, March 27.** If, for some reason, you do not want to travel on this bus, please talk with your study abroad advisor. The bus will also pick you up from O’Hare Airport on April 5 and bring you back to the Memorial Union.

**Flight**
From Chicago, you are required to take the United Airlines group flight with other program participants. Even though you might be able to find a different ticket on your own, because of the short duration of the program and the tight itinerary, unfortunately there is not an option to take a different flight.
March 27, 2015
Flight Number: UA 928W
Chicago O’Hare – London
Depart: 7:00PM
Arrive: 7:55AM (Saturday, March 28)

April 5, 2015
Flight Number: UA 949W
London – Chicago
Depart: 12:20PM
Arrive: 3:25PM

Baggage & Check In info:
First bag up to 70lbs - free each way
Second bag up to 70lbs- $100.00 each way
Cannot check in or pre-pay baggage online
Seats will be assigned by United as a group

Arrival
Upon arrival, you will be picked up at Heathrow airport in London and transported to your housing.

The Academic Program

DESCRIPTION OF THE PROGRAM
Your experience in London will build off the topic of *What is Biology?* and will incorporate guest lecturers, field excursions, ethical debates, and readings drawing from the subunits (animal, human, and plant biology) of the FIG courses. Melanie Jones, Faculty Associate in the Department of Psychology, and Will Lipske, Coordinator for Bioscience Exploration for the Office for Bioscience Exploration, will teach the International Issues in Bioscience course and serve as Resident Directors during your time in London. Classes will take place at the [ACCENT London Study Center](#) in Bloomsbury, an area in central London.

DAILY SCHEDULE OF ACTIVITIES
To be determined. Handbook will be updated when the schedule is finalized.

REGISTRATION AND CREDIT
You will receive 1 credit of International Issues in Bioscience (BIOLOGY 375) for the study abroad component of the course. This credit will be posted by IAP to your official transcript. You should register on your own for the on campus portion of the FIG program.

GRADING
You will receive a UW-Madison grade for the 1 credit study abroad portion of your FIG. More information provided in the class syllabus.
Living Abroad

LONDON
The ACCENT London Study Center is located in the heart of Bloomsbury, on Bedford Square, a central London district rich in cultural heritage. It saw the birth of literary and artistic movements such as the Pre-raphaelites. The Center is near the University of London campus and is just a few blocks away from the British Museum, home to some six million objects covering the story of human culture and one of the greatest museums in the world. The busy shopping and nightlife streets of Covent Garden and Soho are just a few minutes’ walk from the Center.

HOUSING
Housing will consist of double/triple/quad occupancy rooms at a hotel in central London, near the ACCENT program center. Rooms will be furnished with a bed, desk, closet, sheets, pillows, blankets, and towels. Rooms will be wifi-accessible. You may want to provide your own soap and shampoo.

St Giles Hotel
Bedford Avenue
London WC1B 3GH
United Kingdom
+44 (0) 20 7300 3000

HEALTH
It is recommended that you read through the Center for Disease Control (CDC) recommendations for travel to England [http://www.cdc.gov/globalhealth/countries/United_Kingdom/] as well as meet with your doctor or a travel doctor prior to departure. Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.

Alcohol and drug use
Cross-cultural differences exist in the consumption of alcohol. Often, rules about the acceptability of alcohol use in certain situations or contexts are very different than in the United States. Excessive drinking can impact your health during the program, impair judgment, lead to risk or harm to yourself or others and have an effect on your academic performance. While on an IAP study abroad program, you are responsible for obeying all local laws. If IAP learns that program participants are using drugs or breaking other local laws, participants will be confronted and may be asked to leave the program.

SAFETY
IAP is dedicated to maintaining the personal safety and security for each of our study abroad participants. We remain in close contact with program staff and work with them in case of an emergency. You are encouraged to contact your IAP Study Abroad Advisor if you are concerned about your safety or welfare while abroad.

U.S. citizens are encouraged to exercise the same level of caution they would in major cities or tourist areas throughout the world. Local law enforcement agencies have limited capabilities and may not act according to U.S. standards. Americans should walk or exercise with a companion, bearing in mind that crowded tourist attractions and resort areas popular with foreign tourists are common venues for
criminal activities. Travelers should ignore any verbal harassment, and avoid carrying passports, large amounts of cash, jewelry or expensive photographic equipment. A common scam involves one person dropping change in a crowded area, such as on a bus. When the victim tries to assist, a wallet or other item is taken.

CISI INSURANCE

Health insurance is included in your program fees and is provided by Cultural Insurance Services International (CISI). CISI insurance will cover you while traveling to other countries and provides medical evacuation and repatriation benefits. Still, it is important to arrange for continuation of your regular health insurance coverage while you are studying abroad.

More information about this policy can be found in your MyStudyAbroad account.

COMMUNICATION

Telephone: When making calls, keep in mind time zone differences [www.timeanddate.com/worldclock](http://www.timeanddate.com/worldclock). To make an international call to the United States from London, dial “001” followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial “011”, the England country code (44) and the phone number. Other country and city codes can be found online [www.timeanddate.com/worldclock/dialing.html](http://www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

WEBSITES OF INTEREST

International Academic Programs (IAP) at UW-Madison:
[www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)

General Orientation Information:
[www.worldwide.edu/travel_planner/index.html](http://www.worldwide.edu/travel_planner/index.html)
(includes topics such as culture shock, international travel, etc.)

U.S. State Department:
[travel.state.gov](http://travel.state.gov)

U.S. State Department Students Abroad site:
[http://www.studentsabroad.state.gov/](http://www.studentsabroad.state.gov/)

Center for Disease Control:
[www.cdc.gov/travel/](http://www.cdc.gov/travel/)

Current Exchange Rates: