UNITED KINGDOM
Short-Term and Academic Year Immersion

2012-2013 Program Guide
The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, national origin, religion, sex, gender identity, pregnancy,* disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. The University also prohibits sexual harassment. This nondiscrimination policy covers admission, access, and treatment in University programs and activities. Inquiries regarding the University’s student-related nondiscrimination policies may be directed to the campus Equal Employment Opportunity/Affirmative Action office.

*Pregnancy includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth.
YOUR UCEAP NETWORK

Local UCEAP Support

Campus EAP Office
The Campus EAP Office coordinates recruitment, student selection, orientations, and academic advising; and serves as your primary contact during the application process.

UCEAP Systemwide Office
The UCEAP Systemwide Office establishes and operates programs and coordinates UCEAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

- **Program Advisors** provide academic and operational program information to you and your campus as well as administrative support for all aspects of your participation.
- **Operations Specialists** manage the logistics of the program. They coordinate document requirements, visa application instructions, health and safety precautions, acceptance and placement by host institutions, arrival and on-site orientation, and housing arrangements.
- **Academic Specialists** advise on academic policies, review courses taken abroad for UC credit, and document your registration, grades, petitions and academic records.
- **Student Finance Accountants** assist primarily with UCEAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

Contact Information

Operations Specialist
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**Phone:** (805) 893-3246; **E-mail:** mbobro@eap.ucop.edu

Academic Specialist
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Goleta, CA 93117-5823  
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UCEAP Online

Bookmark your Participants program page. This resource lists requirements and policies you need to know before you go abroad, including your Predeparture Checklist, UCEAP Guide to Study Abroad, Program Calendar, UCEAP Student Budgets, and payment instructions.

Connect with us! Join our Facebook network UCEAP United Kingdom page.

Study Center Abroad

This program is administered from a UCEAP Study Center with a UC faculty consultant and program officers. Study Center locations are in London and Edinburgh. Study Center staff will advise you on academic matters and ensure that your academic program meets UC requirements. They also provide general information and help with living in the United Kingdom. The host university also has advisors who will work with you to plan your course of study.

The Study Center is the first point of contact for advice or assistance during the year.

Contact Information

London Study Center
3 Bedford Square
London WC1B 3RA, United Kingdom

Phone (calling from the U.S.): (011-44-207) 079-0562
Phone (calling from the U.K.): 0207-079-0562
E-mail: London@uceap-uki.org.uk

Edinburgh Study Center
50 Buccleuch Street
Edinburgh EH8 9LP
Scotland, United Kingdom

Phone (calling from the U.S.): (011-44-131) 662-8988
Phone (calling from the U.K.): 0131-662-8988
E-mail: staff@uceapedinburgh.org.uk

Phone Number Codes

U.S. international code ............ 011
(dial this to call from the U.S.)

United Kingdom country code .... 44

London city code ............... 207
Edinburgh city code ............ 131

Approximate Time Difference
Add 8 hours
UCEAP STUDENTS SAY...

“Things aren’t organized for you like they are at UC. There’s a lot more that you must do to keep up with a course. For example, a professor will give you a long list of recommended reading instead of a course reader with set readings. It requires more time and energy in the library. You’re expected to be capable, ready, and interested enough to research in your free time.”

ACADEMIC INFORMATION

Please see the Academic Information chapter of the UCEAP Guide to Study Abroad for critical academic information and policies, including unit requirements, taking less than the program requirements, the MyEAP Study List registration process, changing courses, petitions, and grades. While abroad, direct all academic questions to the London or Edinburgh Study Center staff first, with one exception: direct any questions regarding satisfying home UC department degree or major requirements through UCEAP coursework to your home UC department or college advisor.

U.K. host university faculty and staff can be helpful in understanding how your host university works. Remember, however, that they work with students from many international universities, and they are not responsible for knowing specific UCEAP academic requirements or exceptions. The people who can answer those questions are the UCEAP Study Center staff based in London and Edinburgh, who are in close contact with your host university. Contact them to resolve any academic (or other) concerns, confusion, questions, or difficulties throughout your program. You should also let them know about any issues that may impact your academic performance (illness, housing problems, personal issues, anxiety, or similar concerns) throughout your time in the U.K.

Program Overview

Among the many unique opportunities offered by study abroad in the U.K. is the chance to experience British academic culture. Many UCEAP participants find it to be far more independent than the UC culture, often with suggested (rather than mandatory) readings, a higher expectation of independent study, and final grades highly dependent on just one or two essays or exams. Although this can be daunting at first, UC students who manage this responsibility find it gives them the freedom to tailor their experience and their studies to more closely match their personal academic interests. Be sure to read Exams & Grades in this chapter carefully, as the exam system is very different from UC and requires preparation through the term.

In the United Kingdom, students usually follow a more specialized academic curriculum than is the case at UC. During your program abroad, plan to take most courses in your major at an upper-division level; completion of all lower-division requirements in your major is recommended prior to departure. Many host universities limit the amount of coursework that can be taken outside the major. Generally, fewer courses are offered than at UC; depth rather than variety is stressed. There are also fewer hours of formal instruction and a greater expectation of independent work. The assigned tutorial advisor or director of studies will help you plan an appropriate course of study and is always available to discuss progress and offer advice during your program.

You are encouraged to take advantage of course offerings not normally available at your UC campus. If preparation is adequate, you may enroll in honors courses with second- or third-year host university students.

Most UCEAP students find academic programs in the United Kingdom interesting and challenging. Classes at British universities tend to be small by UC standards, particularly in the humanities and social sciences. The smaller size creates a stimulating learning environment, often with more personal instruction and student-teacher interaction than at UC. If you are in the sciences...
and engineering, you will most likely find a greater emphasis on practical (laboratory) work than at UC. Essays are an integral part of undergraduate life, often even for science and engineering students. There is significantly more writing expected of students in the U.K. Any academic work submitted late will be marked down and may even receive a mark of zero.

You will choose one field of concentration during your program with the expectation that you will do most, if not all, of your coursework in that field. You will concentrate more in a single subject than is done at UC. Depending on the host university, you may be permitted to do some coursework outside that field. However, most host universities limit the amount of such coursework. Plan to deepen your understanding of the field in which you have completed introductory work.

**Internship Opportunities**

You are encouraged to seek out internship opportunities in business and industry, the professions, government, the arts, or with non-profit public interest groups in the United Kingdom. Past UC students have taken part in science research projects with host university professors, archaeological explorations, arts festivals and other exciting internships which they have found greatly rewarding and often very beneficial to their future studies. While such internships are not arranged directly by UCEAP, host university international offices and Study Center staff will support applications and do their best to facilitate placement.

If you are interested in participating in an internship, you must obtain the Tier 4 Student Visa before departure from the U.S. U.K. laws prohibit any student from working, interning, or doing volunteer work unless they hold a Tier 4 Student Visa.

**Host University Information**

- Visit the UCEAP website to learn more about your host university.

Most British universities offer a three-year undergraduate program leading to a bachelor’s degree; Scottish universities offer a four-year program. In their first year, students are already at the equivalent of the sophomore year in a U.S. university. Rarely do students change majors or undertake a double major in widely disparate fields (e.g., English literature and psychology). Instead, students study a single subject for the entire bachelor’s degree program. Work commonly done at the first-year college level in the U.S., such as lower-division mathematics, is completed in secondary schools and is rarely available at universities. However, many universities now offer beginners foreign language instruction and some offer broad curriculum courses in other subject areas too.

Most UC students are placed at the second-year level for work in their major department, although first-, third-, and fourth-year coursework may be taken, if appropriate. In the United Kingdom, as in the rest of Europe, professional study, such as law or medicine, is done at the undergraduate rather than the post-graduate level. Consequently, if you are in a subject such as physiology or some branch of biology, you may be taking some of your courses in a medical school. If you are in a major such as law and society, limit your schedule to one law course per term. Aim to take classes in jurisprudence or international law rather than in areas of specifically British legal practice, such as criminal, civil, or family law. Classes in sociology, criminology, politics, and history are appropriate for UC pre-law majors.
Historically, many U.K. universities offered mostly or only year-long courses, with one exam in spring or early summer. Any mid-year exams were often in January, after the holiday break. End-of-year exams were often held in May or June, after a three- to six-week study period (or “revision break”).

Most UCEAP partners are currently in the process of moving to a more modular, two-term structure (or “semesterizing”), but at varying rates and ways among universities and often even among departments within a university. This has led to many accommodations for exchange students, and faculty are often able to offer specific alternatives. However, much remains rigid and formalized, particularly the extremely structured exam system. Each university has an “Examination Review Board” (also called a Grades Board, Board of Examiners, or similar) which controls the exam process.

To avoid unexpected surprises as to when you can submit final papers and take final exams, when you will receive grades, and when you may depart from the program, read Course Information and Exams & Grades in detail in this chapter, and consult the London and Edinburgh Study Center staff before committing to specific classes.

**Course Information**

You will most likely be assigned an academic advisor who will help you plan an appropriate course of study based on your qualifications and host university offerings. If your host university does not assign such an advisor, you may rely on the staff of the International Office or Department Course Organizers.

If you have difficulty and don’t know who to consult, start with the Study Center staff, who will refer you to the right person at your host university and can clarify UCEAP academic requirements. You should also take your home UC departmental advisor’s contact information, as you may need to e-mail them questions about new courses or about your home degree requirements.

**UCEAP Minimum Load**

While on UCEAP, you are required to take a full-time course of study and enroll in a minimum of 21 UC quarter units each semester or 14 UC quarter units each quarter. You are also required to enroll in what the host university considers a normal, full-time course load for its students. This load will vary widely among the universities.

If the host university requires fewer units for exchange students in general, you must still fulfill your UCEAP minimum requirements. The only exceptions include predeparture disability exemption or a deficit load petition approved while abroad. Deficit loads are typically only approved in health or other circumstances beyond your control (not needing the units to graduate is not an acceptable justification for a deficit load). See the UCEAP Guide to Study Abroad chapter on Academic Information for more detail regarding minimum UCEAP load.

The U.K. course load generally transfers as 42 to 48 UC quarter units for the year. If you are approaching your campus maximum at graduation, refer to the section on Variable Units in the Academic Information chapter of the UCEAP Guide to Study Abroad.
There is limited capacity for drama and art studio majors.

Registration
Try to be flexible as you begin the course registration process at the host university; it can be a cumbersome and decentralized process. Depending on your host university, you will register in one of the following two ways:

1. By directly visiting individual departments, completing a module choice form in which you select courses, and returning the completed form to a host university administrator who maintains the academic record. In some cases, the host university’s international student office reviews the course list and inquires with the departments about course availability.

2. By being enrolled in courses directly by the International Student Office.

Keep in mind that the courses chosen prior to departure are not guaranteed; course registration is confirmed either shortly before or after arrival, depending on your host university’s registration process. Confirmed courses will sometimes appear in your admission letter from the host university. It can sometimes be difficult to change courses once the term has begun, so be sure to choose your courses thoughtfully.

If you are a graduate student with UCEAP-approved study plans, you can be accommodated in most fields. Admission is more likely if you establish contact during the application process with a possible sponsor for a particular project. In addition to reviewing information in this guide, contact the Campus EAP Office for more information.

Honors (third-year) courses in the departments of Humanities and Social Sciences have limited space at some universities. This has particularly been the case in the fields of English, history, literature, politics, psychology, and sociology. If you are interested in any of these areas, you must be flexible about course choices.

In addition to registering at your host university, you must also complete your MyEAP Registration Study List. The Study Center staff will guide you through this process and advise you of deadlines for course changes and petitions. Be sure to read all e-mails from the Study Center during the registration process and review your final Study List carefully, as it determines how your U.K. courses will appear on your UC transcript.

Semesterization & Fall Term
As mentioned in the previous section, semesterization and/or accommodation for exchange students may open many new options for UCEAP students. However, for both fall-only and year students, it is extremely important to understand, before you commit to your courses, when you will be assessed, when you will receive your grades, and when you can depart the program. Discuss these issues with your faculty and contact the Study Center staff if you have questions. They are extremely knowledgeable about the changes these universities are going through, and what will and will not work depending on your host institution and department. The two primary issues are:

- **Year courses taken by fall-only students.** All universities offer varying numbers of year-long classes. Many—though not all—year courses can accommodate fall-only students by assessing them in December, halfway through the material. However, you may not receive a grade until after the Examination Board meets in spring or early summer. Find out when your grade will be available before committing to the course. In MyEAP, make sure your Study List includes the correct course, number of units, and duration; you may need to ask the Study Center staff to add a new version of the year course.
• **Fall courses – January exams given in December.** Most universities with fall-only UCEAP programs now have December exams for fall courses. However, you will still need to request “early alternative assessment” for exams or papers; follow Study Center guidance to do so. Some departments (notably math and often economics) will not accommodate December exams, and most will not even begin grading until all finals are submitted in January. Note that for two fall-only programs, Manchester and Sussex, the official end of the program is in January. You must complete and submit all work before leaving the U.K., regardless of host university options (see Exams & Grades section).

**Full-Time Participation**

You are expected to remain in the program throughout the entire period as defined in the UCEAP program calendar (per Student Agreement, Section 8). Sometimes students can register for courses that do not have final exams at the end of the program, but instead allow project submission and exams midway through the spring semester, or in the middle of a spring two-quarter term. **Regardless of host university allowances, you are required by UCEAP to choose at least one course that goes through the entire program,** or do an independent study or something similar, in order to remain academically engaged at the host university until the end of the program. Two common situations:

- **Spring revision periods.** During the spring semester (or spring two-quarters term, sometimes called spring/summer term), all universities have a three- to six-week “revision” period without classes, intended for intensive study and final exams. Although you may be able to choose courses you can complete prior to the revision period, you are required by UCEAP to choose at least one course that goes through the entire program, or do an independent study or something similar, in order to remain academically engaged at the host university until the end of the program. You may not leave before the program ends.

- **Spring two-quarters (sometimes called spring/summer term).** Similarly, Warwick and York students are required by UCEAP to choose at least one course that extends through the second quarter. You may not leave before the program ends.

**Under no circumstances may you depart a spring semester or spring two-quarters program early.** There are reciprocal exchange, housing, visa, and other issues involved and UCEAP cannot make exceptions. You must remain academically engaged with your host institution throughout the complete duration of the program. If you depart before the program end date for any reason, you will be withdrawing from the program and must submit a Petition to Withdraw.

**Modes of Instruction**

In general, British students are expected to engage in more independent study than are students in U.S. universities. Contact hours with faculty instructors are fewer than in a U.S. university, but usually more intense. Also, instead of textbooks, wide-ranging book lists are employed, giving you an opportunity to read broadly in a given field. Instruction generally consists of lectures, seminars, tutorials, and labs or practicals. Science courses usually integrate the lecture and lab into a single course. The tutorial system includes formal and informal teaching conducted in small groups where you can discuss written work or topics you have prepared. Tutorials may consist of reports and discussions,
with each student contributing a different experience to the whole. The tutor facilitates the discussion and gives guidance on future work.

Seminars are larger group discussions, usually based on short papers written in advance by one or two students. In seminars, you will be encouraged to contribute your own views and test your opinions against those of others. Tutorials and seminars are supplemented by lectures, which are often used to cover the groundwork in a subject. Lectures, which may be on very diverse subjects, often are neither required nor tested; instead, the assessed academic work tends to be accomplished in the tutorials. Instruction may also be divided into both core courses (lectures and tutorials) and special papers or projects. You may be expected to select a mix of both kinds of courses in the same fashion as the host university students.

**Academic Culture**

To the UC student caught up in the intensity of 10-week quarters (or 15-week semesters) and accustomed to the anonymity of large lectures, the British university systems may sound like academic paradise. But be prepared; in fact there is much that you will find unfamiliar in the British systems. You will spend much time during the early weeks at the university simply learning this different university culture.

The pace and the amount of direction you will receive will be different. Rather than receiving a syllabus detailing what to read for each class meeting, expect to simply receive a long reading list. This list will constitute the material of the course and you will likely need to find your own way through the reading. Tutors and lecturers may give some guidance about what will be covered in a certain class meeting, but they may also assume that you are familiar with the works on the list. This lack of specific direction can be frustrating, especially at the beginning. Expect to ask questions about reading, background knowledge, and the like.

Faculty members, most often called lecturers (professor is a rare title held only by the head of a department or the holder of a chair), can frequently be found in their offices, but they are not generally required to hold specific office hours. Like their UC counterparts, some are readily available, some elusive.

You will have to adapt to the relative infrequency of class meetings. Classes typically meet once a week. At some host universities, there will be one lecture and a tutorial/seminar meeting each week. Although you will spend far less time in class, this does not mean less work. You will be expected to read more independently. An exception to this schedule applies to the science classes, which often involve frequent class meetings and long lab sessions, called practicals. Since most classes meet infrequently, each class meeting is extremely important; come to class prepared and expect to participate when appropriate. For the most part, UC students are used to speaking up in class and frequently find that this gives them an advantage over the local students, who are sometimes more reticent about participation.

You may need to buy some texts; however, fewer texts are required than at UC and you can use more library resources. Unfortunately, academic libraries in the U.K. are generally not as user-friendly as the UC libraries. The collections are typically smaller, and the hours more restricted. Students frequently photocopy the chapters and sections of books they need. (The costs of photocopying are about twice what they are in California.)
Independence
You are expected to be more independent than you might normally be at UC. There is rarely any immediate accountability for the material presented in lectures; students often demonstrate their mastery of material in exams at the end of the year. There are no regular tests, and few assignments other than papers provide feedback. As a result, you may not know where you stand academically in some courses until completion of final exams at the end of the academic year. You will need to work with less direction, fewer in-term assessments, and less sense of how your performance will finally be judged. The advantage of such a system is that you can set the agenda of your own education and tailor it to your particular interests.

Writing Ability
There is more emphasis on writing in the U.K. than at UC, and you may need to submit two or three essays per term, even in the sciences or mathematics. Excellent writing ability is the norm, and marking down for poor writing, spelling, and grammar is common. Seminars and tutorial sessions often require papers and oral reports.

Most British students have been trained rigorously in writing. The majority of their A-levels (exams required for entrance to English universities) and Scottish Higher Exams are written in essay format. Significant emphasis is placed on literacy, not only if you are in the humanities and social sciences, but also if you are in the sciences. It is important to express intelligent ideas clearly and coherently using well-supported arguments. Spelling and grammar errors are unacceptable. This is as important in exams as it is in essays written during the term. Change your laptop setting to “English (U.K.)” and use the Spelling and Grammar function.

You will need to familiarize yourself with a different style of essay writing. Instructors typically expect more outside (secondary) sources to be evident in essays than at UC. A good essay will attempt to insert itself into the critical discourse on the topic, not appear simply as the writer’s personal thoughts. Research your topic thoroughly (or more thoroughly than the hectic pace that UC quarters generally allow) and use that research in your essay. Pay close attention to the correct citation of sources. Plagiarism, even if accidental, will incur severe penalties.

Study Habits
Students in the U.K. may appear rather puzzling in their study habits. They may seem to study very little, especially early in the term. This is particularly true of first-year students, who most often are not required to do more than pass their exams. However, some of this appearance may be deceptive. While American students may be accustomed to talking about how much and how hard they have to work, British students are not, and in fact like to appear altogether nonchalant about their studies, as if there is always time for a free evening. UC students have come to suspect them of being closet scholars, working in secret on weekends or late at night. Whatever the case, you will probably find that your own secret weapon is the study habits formed in the crucible of a pressured quarter or semester system.
Exams & Grades

U.K. Examination System

Exams are a serious business in British universities—far more so than almost any final exam at UC—and local students prepare for them in earnest since their entire final standing may be riding on the result. Often, 70 percent or more of the final grade is based on exams, and there are still many courses that just have one final exam. Each university has an office with authority over every aspect of the exam system (variously called the Board of Examiners, Grade Board, Review Board, or similar). They are not flexible about changing exam dates other than the above accommodations for fall-only students (which vary by department).

Exams are “blind double-marked” meaning that two outside readers judge your anonymously-submitted final exam or paper. This system operates in order to ensure transparency, fairness, and quality assurance. If there is a large discrepancy between the grades given by the two instructors, or you are on the cusp between two grades, your work will be sent to an impartial external examiner. Due to this system, if your performance falls short in an exam, the course grade will not be adjusted, even if you demonstrated substantial effort in the course. If you feel there was a true error in your grade, or you have other concerns, consult the Academic Information chapter of the UCEAP Guide to Study Abroad (Grades section).

Note that many U.K. universities offer their students a chance to “re-sit” or re-take exams, or to submit a paper at a later time. However, regardless of any option given to you by your host university, UCEAP students are never allowed to re-take an exam or submit any assignment after the program ends and/or after you return to California. See the Academic Information chapter of the UCEAP Guide to Study Abroad for full details of this critical regulation.

Preparing for U.K. Exams

Keep up with your reading and class attendance throughout the year so that final exam time will not be unnecessarily stressful. Take notes throughout the year so that you can effectively “revise” or study, especially during the spring revision period.

The London and Edinburgh Study Center staff have years of experience helping UC students adapt to the U.K. system, including exams. Review their website, which has much more detail and advice about many aspects of U.K. host universities. For example, they note that the goal in “revising” for U.K. exams is to draft answers to several likely questions, including references to major authorities or critics with succinct quotes, so that the exam hours are filled with writing what has already been thought through. While some creative thinking is always required in the exam, it is difficult to complete the required essays without a careful process of preparation. This is very different from simply rereading materials (and different from the type of “cramming” that you may do at UC).

Check previous exams for your course, often available at the library or on the website. They will give you many clues about the kind of questions asked and the kind of study required to answer them. Some instructors provide a list of dummy “prompts” or questions for essay exams for students to prepare before the exam. Familiarize yourself with the structure of the exam before the event by asking questions of your instructor or tutor.
If you typically are a disciplined student and are able to keep up with your work, the U.K. academic model can actually be more rewarding and liberating, and may even seem easier. However, if you often procrastinate, you'll need to find ways of staying on track. Do not hesitate to ask your faculty or the Study Center staff if you feel you don't understand the academic expectations. The earlier you ask for help, the more likely you will be to succeed.

**Grade Reporting**

For general information about grades, see the Academic Information chapter of the UCEAP Guide to Study Abroad. Specifically, note the Grades section and the 90-day window for processing batches of grades. You can only request individually expedited grades once it has been 90 days since the end of the program, and then only if your particular grades are complete (often the problem is with the host university’s particular department or division).

While many U.K. university grades are processed within two to three months, some are often quite slow. Much depends on the Examination Board schedules, which change from year to year. U.K. universities that have historically transmitted grades to registrars past the 90 days include the University of Sussex, the University of Warwick, and the University of York, but others occasionally do as well.

You may get notice of your individual U.K. grades in a host university portal system, or directly from your instructor. However, because you will earn UC grades (not U.K. grades) there are additional steps to get it from the host portal to your registrar. U.K. grades must still be submitted to the Study Center; reviewed, converted, and entered for the UC faculty; electronically signed by the UC faculty, sent to the Systemwide Office, and then transmitted to the UC registrar.

Seniors should especially consider these issues, along with those outlined previously in the Course Information section, to make sure they do not require grades sooner than what may be possible. No individual expediting is possible until the end of the 90-day window, regardless of graduation or graduate school deadlines.
EXTENDING UCEAP PARTICIPATION

Plan Ahead to Extend

UCEAP encourages fall students to extend participation to the academic year. If you are considering extension, submit a Departmental and College Preliminary Approval to Extend (DPA) form prior to departure. The DPA does not obligate you to extend, but will expedite the process. Once you are abroad, make an appointment with the Study Center and complete the Request for Final Approval (RFA).

UCEAP must approve your extension request once you are abroad in order to finalize the extension. Approval is based on a number of factors, including academic performance, the support of your UC campus department, and available space at the host institution.

Once your extension has been approved, UCEAP will notify your UC campus registrar, Financial Aid Office, and Campus EAP Office. For information about the steps you need to take in regards to finances, see the Extension of Participation chapter in the UCEAP Guide to Study Abroad.

Student Visitor Visa

If you are a short-term student with a Student Visitor Visa, you must return to the U.S. during winter break and apply for a Tier 4 Student Visa from the British consulate. The British Home Office has stated that anyone with a Student Visitor Visa cannot receive a second Student Visitor Visa upon arrival or re-entry.

If you are a short-term student with a Tier 4 Student Visa, you can either return to the U.S. to apply for a second Student Visa or you may be able to apply to the Home Office in London (or Glasgow); however, this method will cost at least $590 to apply by mail and at least $1,000 to apply in person. In addition to the high cost, applying by mail obligates you to submit your passport to the British Home Office for a number of weeks, during which time you cannot travel out of the country.
UCEAP STUDENTS SAY...

“Good books include Notes from a Small Island, The Mother Tongue, and Made in America, all by author Bill Bryson.

Bill Bryson is an American author who decided to move to England, where he remained for 20 years. His books give a sense of life in Britain from an American point of view. His humorous stories best sum up British identity and the state of the nation, which will prepare you for the coming time you will be spending in the U.K.”

CULTURAL AWARENESS

Educate Yourself

“Nothing gives the English more pleasure, in a quiet but determined sort of way, than to do things oddly.” — Bill Bryson

Become as acquainted as possible with the U.K. prior to departure, and keep up with current events by reading articles in newspapers and magazines, and by watching films set in contemporary Britain. UC libraries subscribe to the main daily newspapers published in London, and weekly or monthly magazines of news and commentary are also available.

Guidebooks


Recommended Reading

British University Life

American universities and their counterparts in the United Kingdom are very different. These books will give you an idea of what life is like at a British university.


Novels Relevant to California Students

These books offer a look into Britain’s academia and society, often from an American perspective.

North, Freya: Polly, Ullstein TB, 2001; Sally, Heinemann, 1996.
UCEAP STUDENTS SAY...

“It’s easy to underestimate the degree to which you’ll feel foreign. The key is to be honest about how you’re feeling and what confuses you. Find people you can talk to and share with. Don’t struggle to assimilate entirely or to understand everything you feel. Have patience and courage.

Culture shock happens—you just have to go and experience it.”

Social Conduct

Living in the U.K.

While Great Britain has changed much in the past 15 years, some class stratification is still a part of its society, and you are likely to be aware of some degree of class consciousness among your British peers. A smaller percentage of the population attends university in the U.K. than in the U.S., which means that a given university may be less representative of the population as a whole. But because students traditionally leave home to go to university just as in the U.S., the political and social character of a university cannot be predicted by its location. Be open to a variety of social and political attitudes on the part of your counterparts in Britain.

The United Kingdom is a multiracial society and has experienced, and continues to experience, racial tensions. But the mix of races is quite different; in addition to Africans and Afro-Caribbeans, Britain has a sizable population from the Asian subcontinent, including Indians and Pakistanis, but in relation to California, a smaller number of East Asians. Moreover, ethnic minorities represent different cultural experiences, deriving their place in contemporary Britain from the nation’s comparatively recent colonial past. British people are conscious of the need for racial awareness and sensitivity, but as ethnic groups are unevenly spread across the country (minorities typically concentrated in London and the large cities of the Midlands and North), they vary a great deal in their actual experience of racial diversity.

While Britain’s differences from the U.S. should not affect the degree of acceptance and friendliness extended to non-white American students, it may mean differing assumptions, even misunderstanding at times, about the backgrounds of such students. Political correctness is as much a part of discourse in Britain as in the U.S., but it also means different things and elicits a variety of attitudes.

You will likely hear much about culture shock in your campus UCEAP orientation meetings and during the orientation abroad. Whether you feel the term overstates the matter, or that shock is just the right term to describe adjusting to a new environment, realize that adjusting to life in a different country, even one where the language is the same and much of the popular culture is shared, can present a significant challenge. Though many returned students describe their time on UCEAP as “the best time of my life,” they admit that genuine effort is required to adjust, especially in the beginning.

Although the British are not as open about sexuality (especially in the smaller cities), larger cities such as London have well established lesbian, gay, bisexual, and transgender (LGBT) scenes. Publications such as Time Out list LGBT-friendly events and venues in London, and UCEAP staff will have further contact information. In addition, most universities have LGBT societies. The age of consent for gay males is 16 years in the U.K. There are no legal prohibitions against lesbianism.
UCEAP STUDENTS SAY...

“Expect a completely different way of socializing—especially if you’re under 21. Be prepared for the centrality of alcohol consumption in the culture. Going to the pub daily is a very easy pattern to fall into. Be aware.”

Drinking & Smoking

You will find quite different practices and attitudes toward drinking and cigarette smoking. In general, British students use pubs for socializing a great deal more than their American counterparts; a night out may be more frequent and involve the consumption of more alcohol than most American students are used to.

Smoking, while more controlled than a few years ago, is still common, especially among university students. Smoking in public buildings has been banned and is restricted to designated areas on university grounds. If you do not want to share accommodations with smokers (even though they are not smoking indoors), clearly note this in your housing application and every attempt will be made to accommodate the request, although it cannot be guaranteed.
ARRIVAL & ORIENTATION

Travel Documents
You are not required to present a birth certificate to the host university, even if requested. Your passport is sufficient identification.

Make photocopies of all important documents and keep the copies in a location separate from the originals. E-mail yourself a list of passport and credit card numbers and any other personal information that would need to be replaced if it were stolen or lost.

Length of Stay
If the British consulate (before departure) or an immigration officer (after arrival) asks if you are “leaving the U.K. within six months,” be sure to answer “No” and explain that you will attend university for the full academic year (or shorter term). You are not being asked about your vacation or travel plans, although the question may sound like that. Different stamps are placed in the passport depending on the length of time you will be an enrolled student.

Entry Clearance
If you are attending university in England or Scotland for the year, you must obtain an entry clearance called a Tier 4 Student Visa (for the year) prior to departure from the U.S. The clearance is obtained by online application and hard-copy mail to/from the British consulate in New York.

If you are a U.S. citizen attending university for only one term, you can obtain an entry clearance called a Student Visitor Visa upon arrival in the U.K. by showing required documentation of student status and evidence of financial support. However, if you want to work, intern, or do volunteer work in the U.K., you must obtain a different entry clearance, called a Tier 4 Student Visa (for a short term), before departure.

Detailed information about the entry clearance (for both year and short-term programs) can be found in the online UCEAP Predeparture Checklist.

If you are a non-U.S. citizen attending university for only one term, check the British consulate website immediately to find what process is required for students from your country of citizenship.

Traveling to the U.K.
You may not travel to or through the Republic of Ireland on your way to the United Kingdom. Do not book your flight on Aer Lingus, as it will make a stop in Dublin on its way to the U.K.

The U.K. and Ireland are part of the Common Travel Area (CTA) arrangement, which also includes Jersey, Guernsey, and the Isle of Man. The first entrance into the CTA dictates the type of entry clearance stamp or entry clearance activation you will receive. This means that if you arrive first in Ireland on your way to the U.K., you will receive an “in transit” stamp, even if you already have an entry clearance (for the U.K.) from the British consulate in your passport. So, the U.K. entry clearance you might already have will not be activated upon arrival in the U.K., and you will not receive an entry clearance for short-term study because the CTA has already been entered and an “in transit” stamp given.
U.K. immigration officers may not even be present where passengers deplane from flights from CTA locations into the U.K. Immigration officers elsewhere in the airport will not and cannot activate or give an entry clearance to persons who have already entered the CTA. This means you have no status in the U.K. immigration computer records—your student status in the U.K. is nonexistent and your stay is considered illegal. You must regularize your status in order to register at your host university—and you will be denied reentry if you travel.

If you must regularize your status, you will have to apply for the correct entry clearance after arrival at your host university. Most likely you will need to return to the U.S. to obtain the correct entry clearance. If the British Home Office allows you to apply to their London office, it will cost at least $590 to apply by mail and at least $1,000 to apply in person. Applying by mail requires you to submit your passport to the British Home Office for several weeks, so you will not be able to travel out of the country. To be on the safe side, do not travel to or through Ireland on your way to studying in the U.K.

**History of CTA**
CTA has been in existence for decades to allow ease of travel to British and Irish citizens between the two countries. The European Union has adopted and continues to refine several similar arrangements for various groups of European countries, the most well known being the Schengen Treaty and its offshoots. However, Europe compensates for ease of border crossing with more internal controls, such as identity checks and shared immigration databases. How does this affect you? The U.K. appears to be loosening internal CTA border control in the European manner, thus you would not receive the entry clearance stamp or activation you need if you arrive in the U.K. from Dublin.

**International Student ID Cards**
An international student identification card is cheaper in the U.K. than in the U.S., and some students wait to purchase one. However, cards purchased in the U.K. do not carry the supplemental travel insurance policy that is provided with cards purchased in the U.S.
UCEAP STUDENTS SAY...

“Less is more! Take no more than one suitcase—you won’t want it, won’t need it, and will want to buy things when you get there that are appropriate to the weather and to the fashion (British fashion is very interesting).

Don’t worry so much about what you need because everything you could possibly need is there.

A backpack is essential for traveling (and if you fill it, that undoubtedly will be too much stuff).”

Packing Tips

Identify each item of luggage on the inside and outside with your name, home address, and destination. A rolling, wheeled suitcase is a wise investment. Luggage restrictions vary by airline, though all carriers have weight restrictions.

Pack clothing that is washable and quick drying if possible. Objects such as scissors, pocket knives, nail clippers, etc., must be packed in checked luggage only. They will be confiscated if found in your carry-on luggage.

The UCEAP Student Budget does not include funds for the purchase of clothing abroad.

Essential

- Layered clothing (T-shirt, shirt, fleece vest, button and pullover sweaters)
- Lightweight jacket
- Warm socks
- Flip-flops, walking shoes, casual footwear
- One dressy outfit
- Umbrella
- Heavy jacket or coat
- Rainwear

Optional

- Bathrobe and slippers
- Beach towel
- Lightweight blanket
- Seat pad (good for train and bus travel)
- Travel-size sleeping bag
- Empty backpack (to bring home items purchased abroad)
- Travel alarm clock and flashlight
- Small gifts for new friends (with UC logo or California designs)
- Family photos

Do Not Bring

- Pharmaceuticals that are illegal in the U.K. (prescription medications are the exception; see Health chapter of the UCEAP Guide to Study Abroad)
- Fragile items unless they are bubble wrapped

Insurance for Personal Possessions

The UCEAP Insurance Plan includes a personal property benefit; however, it is your responsibility to determine if it will suit your needs. Look into the benefits prior to departure and decide whether or not you will need to purchase additional coverage, especially if you are bringing anything of value like a laptop or camera.

In addition, your parents may already have insurance coverage for personal possessions, though it may not cover items that are in transit or abroad. Find out if your parental policy, combined with the UCEAP policy, is sufficient to cover the items you will be taking with you.

If you decide to purchase additional coverage, it is best to obtain insurance before departure because most theft occurs in the airport or while moving into housing. The host university does not protect student belongings, even in university accommodations. Endsleigh is a major student insurance provider in the U.K.
**Electronics**

The electrical current used abroad is 50 cycles AC rather than the 60-cycle current used in the U.S., and voltage is 220–240 rather than the standard U.S. 110–120 volts for small appliances. Most electrical sockets in the U.K. have three-pin plugs. In general, North American appliances need both a voltage converter and a plug adapter (available at electronics stores or travel specialty shops) for use abroad. However, travel irons, curling irons, hair dryers, electric razors, etc. can be purchased in the U.S. with either a built-in converter or multi-voltage function. These appliances will need only a plug adapter to be used abroad. U.S. clocks need to be battery-driven to operate abroad. Past UCEAP students recommend purchasing small appliances abroad, although they will be more expensive than in the U.S.

If you plan to take a laptop, be sure that the AC input of its power supply will accept 240 volts and 50hz (AC Input: 100V–240V; 50hz–60hz); if it does not, purchase a transformer before departure. You can purchase the correct adapter plug (for three-pronged sockets) in the U.S. or abroad. Since the cost of electricity abroad is high and improper use of appliances may damage both the electrical outlets and the appliances, ask before using the outlets. Some university accommodations will test your appliances to make sure the appliances comply.

Information on electrical appliances and accessories can be found on the Magellan’s and Distant Lands websites.

**Storage**

Numerous sites exist where you can store luggage, either during breaks or while traveling after the end of the program. Two storage companies are Big Yellow Self Storage and Excess Baggage Company. Storage sites are usually at airports, underground stations, and train stations. Rates and hours will vary, so confirm all details in advance. Most companies can also arrange to ship luggage.

**Travel to the U.K.**

Before you make any travel plans, see the Entry Clearance section of this guide and the visa instructions in the online UCEAP Predeparture Checklist.

No group flights have been arranged by UCEAP. You are responsible for making your own travel arrangements. Even if you are on full financial aid, you are responsible for reserving and purchasing your own airline ticket. Your Financial Aid Office is not responsible for purchasing tickets. You are strongly urged to purchase a changeable airline ticket. Standby tickets are not appropriate.

The UCEAP program calendar shows the Official Start Date, the UCEAP orientation date and site, and the host university orientation date. If you fail to appear on the dates indicated, you will be subject to dismissal from the program (see the Student Agreement online in MyEAP).

The start date of the program can change due to unforeseen circumstances. You are responsible for making modifications in your travel itinerary to accommodate such changes. In addition, flights are routinely changed or canceled. Confirm your flight schedule with your airline about two weeks before departure. UCEAP is not responsible for any unrecoverable transportation charges incurred for independent travel. In order to be kept informed of any program changes, you must update MyEAP with any changes in your address, e-mail, or phone number.
Financial Aid Students
Your financial aid package is based partly on the UCEAP Student Budget for the program. The estimated round-trip airfare is based on the cost of a changeable student fare to the United Kingdom. If your independent travel costs are greater than the airfare estimate in the UCEAP Student Budget, notify your financial aid counselors. Neither UCEAP nor the Financial Aid Office can guarantee that the additional cost will be funded by financial aid.

Customs Fees
Do not ask other students to carry any items abroad for you (laptop, camera, extra bags, etc.) and do not volunteer to do so for others. Airlines may not allow you to carry items for others. If you are allowed to board the plane with the items, customs abroad may charge you a high duty for those items. They will assume you plan to sell them, especially if you already have similar items of your own. This is particularly a concern with electronic goods.

Travel to the UCEAP Orientation
Detailed instructions on transportation from various airports in the U.K. to the designated arrival point are found in the Arrival/Orientation Information in the online UCEAP Predeparture Checklist.

UCEAP Mandatory Orientation Abroad
You are required to attend a mandatory UCEAP orientation abroad. The UCEAP Official Start Date varies by host university (see the program calendar on the UCEAP website for your host university). The Official Start Date is established by UCEAP; it is not published by your host university.

You are subject to dismissal from UCEAP if you do not arrive on the on the date and at the place and time specified in the program calendar (see Student Agreement, Section 10, in MyEAP). Regardless of your host university’s orientation dates, you are required to attend the mandatory UCEAP orientation.

The UCEAP orientation usually does not take place at your host university. Accommodations will be reserved for you for two or three nights (three or four days). Most UCEAP orientations will take place either in London, Edinburgh, or sometimes your host city. You are responsible for traveling directly to the accommodations—do not go to the Study Center. Details about the orientation accommodations, local transportation instructions from various airports, and address and phone information are found in the UCEAP online Predeparture Checklist. Dates and city locations are also in the program calendar.

Orientation includes academic briefings, social and cultural events, and some free time to explore the area. Do not plan on spending the block of time reserved for orientation on sightseeing or attending cultural events with your parents or non-UCEAP friends. Tickets to plays or other events are pre-purchased for you. After arrival, you will receive a detailed orientation agenda showing the free time slots, which you can then use to meet with family and friends who may also be in the city. The orientation provides insight into the academic environment of your host university and explains course credit, Study Lists, grades, and other serious academic matters. Advice will be offered on such issues as coping with a new culture, personal safety, health, and banking. You are required to attend all UCEAP orientation sessions and meals.
UCEAP STUDENTS SAY...

“
To whatever extent I’ve experienced culture shock, it hasn’t been about living in a different country as much as attending a university where things are done differently—sometimes in ways that I found frustrating.

Meeting all of the other UCEAP students during orientation helped me immensely! It’s so nice running into them on campus. We try to eat together and go to town together.

”

You will be provided with some meals (including all breakfasts) during the UCEAP orientation. You are expected to pay for other meals and personal sightseeing.

If the UCEAP orientation conflicts with a religious observance, individual accommodation is possible. For example, among multiple options, you may attend an orientation on another date that is held by your Study Center. E-mail your request to UCEAP so appropriate arrangements can be made ahead of time.

Host University Orientation

In addition to the UCEAP orientation, each host university offers its own orientation. It is not a substitute for the UCEAP orientation, but an important supplement. Most UCEAP orientation dates occur before the host university orientation and are scheduled to end as closely as possible to the start of host university orientations. The time gap between the two orientations may be as little as half a day or as much as two weeks; you must anticipate this time and budget for it because you will be responsible for personal expenses, which include the cost of housing, food, transportation, and any other miscellaneous expenses that come up between the two orientations. Check your UCEAP program calendar on the Participants portal of the UCEAP website to see the number of days between the two orientations.

There may be an extra orientation charge by the host university. The Student Budget, found on the UCEAP website, factors these costs into one of the line items, which means that the UC Financial Aid Office also factors these costs into the financial aid package (if you receive financial aid).

The host university orientation is mandatory. You will receive instruction on course registration and most universities begin their Registration Week during orientation; therefore, it is not likely that you will be enrolled in your preferred classes if you miss the host university orientation.
The UCEAP Student Budget does not include funds for recreational travel.

LOCAL TRANSPORTATION

Travel to the Host University
During the UCEAP orientation abroad, you will receive information about traveling to your host university.

Students going to the same host university often decide that they will travel as a group to their destination. Many students travel together by train or bus to their host university. However, if you decide to fly from the orientation to your host university, you are advised to make the airline reservation when you reserve your initial flight from the U.S. Note that luggage weight restrictions for international flights differ from regional ones, so it is important to find out requirements for the internal flight to your host university. UCEAP students who could not take their luggage in the past (and thus could not board the flight) were also unable to secure a refund from the airline. Your UCEAP program calendar shows the date and time of day you will depart from the UCEAP orientation site. Be sure to find the correct date before making the airline reservation.

Travel within the U.K. and Europe
After residing abroad for six months, you will be eligible to buy the InterRail pass, good for one month of travel throughout Europe. Students often use this pass during spring break and find it to be an excellent value.

The Eurail pass must be purchased in the U.S. You can select length of time and travel zones. The pass can only be mailed by the issuing party to a U.S. address. The pass is not valid in the U.K., but it is valid in the Republic of Ireland.

Return Travel
If you do not make round-trip arrangements, be sure to book a return flight with plenty of lead time once abroad. Travel agencies at the host university often offer cost-effective flights. Study Center staff can refer you to a local travel agency for information on return travel. Flights to the U.S. fill up fast and economy-fare seats are booked early.
Financial Information

Understanding Your Finances
Understanding your finances before, during, and after your program is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the Money Matters chapter of the UCEAP Guide to Study Abroad:

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to UCEAP
- UCEAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while abroad (how do I get my financial aid from my home campus and how are my fees paid?)
- Various forms (e.g., direct deposit, etc.)

MyEAP Student Account
Your MyEAP Student Account is similar to your UC campus financial account. It will be available as soon as you are selected for your program in MyEAP. You can make payments through this account using e-checks or credit cards (MasterCard, American Express, or Discover). The fees that you owe UCEAP will be applied to your account after your program predeparture withdrawal date, which is listed in MyEAP. For the amount due to UCEAP prior to fees being posted on your account, refer to the UCEAP Student Budget Payment Vouchers. Program fees are subject to change.

UCEAP Student Budget
Carefully review your UCEAP Student Budget. Your UCEAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. Review your UCEAP Student Budget frequently. The Payment Vouchers are on the second page of the UCEAP Student Budget.

Instructions

- Download and print your UCEAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the UCEAP Student Budget and Payment Vouchers to the person responsible for paying your UCEAP bills. Sign this person up for Third Party Authorization so they can make payments online.

For further information see the Money Matters chapter of the UCEAP Guide to Study Abroad and the Money Matters tab of your Participants Portal. If you will be receiving financial aid, see also the UCEAP Financial Assistance web page.
Handling Money Abroad

Before Departure
The pound sterling, abbreviated GBP, is the official unit of currency used in the United Kingdom. The sign for the pound is £. Before leaving the U.S., exchange $200 into British pounds. The funds will be useful upon arrival for snacks, transportation, tips, and unexpected purchases. Some U.S. banks will purchase the foreign currency for you; the process may take a week or more. You can also exchange dollars for foreign currency at airports.

Recommendations from UCEAP Students
Take funds in an easily negotiable form to last through the first few months abroad. Even after you open a bank account, checks will take up to six weeks to clear. Therefore, year and spring semester students should take as much money as possible in the form of travelers checks (issued in the foreign currency) in order to open a bank account with immediately accessible funds. You will initially need a minimum of U.S. $325 for textbooks and basic supplies. Budget additional funds for warm clothing and travel.

Because fall semester students will reside abroad for less time than year or spring students, they may or may not wish to open a bank account, depending on their circumstances (e.g., their dorm housing may want to withdraw the housing payment from a U.K. bank account).

Take a bank card that enables access to funds in a U.S. bank account at an ATM. The bank card must have a four-digit PIN. Most U.S. banks will charge currency exchange fees when money is withdrawn from an ATM. The fees can be high. However, U.K. banks will not charge currency exchange fees. Experience has shown that Bank of America cards are preferred over Wells Fargo cards, due to cost of fees per transaction.

Banking
In general, banking practices in the United Kingdom are similar to those in the U.S. In order to open an account, you will need to provide proof of a local address, proof of registration at the host university, and personal identification (passport).

Most large U.S. banks maintain relations with prominent British banks. Prior to departure, find out with which bank your U.S. bank is affiliated and what services they offer. Past participants have used Barclays, National Westminster, Midland National Bank, Lloyds Bank, and Royal Bank of Scotland.

After arrival, go to a nearby bank and open a checking account (this is called a current account, as distinguished from a deposit account, which is the equivalent of an American savings account). There is often a branch of one of the main banks on campus or nearby.

Banking practices are more restrictive than those in California, and there are some differences. A typical student current account should include a checkbook and an ATM card. It is not possible to cash a check in a store without a specific check guarantee card (which banks are typically reluctant to issue to new customers—not just students). A U.S. credit card will not serve as a check guarantee.
Banking policy is left to the discretion of the individual bank manager. A good letter of reference from your U.S. bank may ease restrictions that might otherwise be imposed by a bank abroad. If the bank is less restrictive (or the students at the local host university have a good banking record), it may be possible to obtain a check guarantee card, which also functions as a debit/ATM card. Banks have their own names for these cards (e.g., Switch at NatWest or Connect at Barclays). The bank may be willing to issue such a card after an initial probationary period of banking, so be sure to ask about it.

**Travelers Checks**
You can take travelers checks issued in the foreign currency to open a bank account and for immediate use after arrival. Travelers checks are not as widely accepted at retail venues abroad as they are in the U.S. You will first need to cash your travelers checks at a bank. Not all banks provide this service or cash American Express travelers checks, and some banks will charge a fee. You will need to show your passport as ID when cashing travelers checks. If you are opening a bank account, take any amount of travelers checks. If you are not opening a bank account, take only a small amount of travelers checks and rely on your ATM card for cash.

**Transferring Money**

- When transferring money, the larger the amount transferred, the more favorable the rates.

Wiring funds from a U.S. bank to a foreign bank is an option if funds in your foreign account run low. The sender in California can order a wire transfer from a major bank for a fee; however, most if not all major banks now require the sender to be a customer. The fee is fixed, so the larger the amount sent, the better. The money is electronically transferred to your account abroad and a second fee is charged. Money sent in this way is instantly accessible.

Many financial aid students request (via the UCEAP Electronic Funds Transfer form) that their financial aid be deposited electronically into their U.S. bank account (rather than being mailed as a hard copy check to their U.S. address). This large deposit can then be wired by the student’s power of attorney in the U.S. to the account abroad.

Another way to transfer money is by using a banker’s draft, which can be purchased at a U.S. bank in dollars and sent abroad by mail for deposit. Make sure the foreign bank will accept the banker’s draft without waiting for collection from the U.S.

**Host University Fees**
You are not obligated to pay application or registration fees that are normally required by the host university. Disregard these two kinds of fee requests when returning forms to the host university. You are, however, responsible for all housing deposits and payments, the international student orientation fee (often called the “freshers’ conference fee”), and other charges.
COMMUNICATIONS ABROAD

E-mail
E-mail is available, but facilities and resources are not the same as at UC and you will likely have to wait for access to computers.

Some computers may be too old to have ports for downloading and saving images from digital cameras. Also, some computer labs will not allow images to be loaded on the computers and e-mailed. If you plan to use a digital camera, you are encouraged to bring a laptop.

Skype
Many students use Skype for long-distance calls. Family and friends in the U.S. can call you, at low rates, using Skype from their computers. You can Skype family and friends from any computer with Internet access. Computer-to-computer Skype calls are free. You will need a headset and a microphone.

Study Center Contact
It is important to keep in contact with the UCEAP Study Center in addition to being in daily contact with the on-site program provider. See Your UCEAP Network in this guide for contact information.

Study Center office hours are generally 9:30 a.m. to 5:30 p.m., Monday through Friday. The office may be closed for lunch. You may contact the Study Center at any time and leave a voicemail message. You may also contact the Study Center Director or Program Officer outside office hours in an emergency by using the personal phone numbers you will receive after arrival.

Mail
The British mail service is usually fast. Letters mailed in the evening before the last mail collection at any of the British universities are delivered in London the next day or two and vice versa. Airmail to or from California usually takes from six to ten days; however, delivery times can vary widely and if you are being sent a package that must arrive by a certain date, have the package sent by an express courier service.

See Your UCEAP Network in this guide for the correct mailing address at your host university.

Shipping
Packages sent from the U.S. generally take six to eight weeks to arrive by surface mail. Do not have packages sent. The Study Center will not collect luggage that has been shipped in advance and staff will not pick up any luggage that must be claimed at a customs office or dock.
UCEAP STUDENTS SAY...

“Calling home is expensive. Buy a calling card for 5 or 10 pounds and put all of your calls on it. It’s much cheaper than using a telephone account that your school may provide, and it’s easier to limit your spending.”

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**Phone**

- **Approximate time difference:** add 8 hours

There are two types of public phones in the United Kingdom, pay phones that take coins (of 20 pence and over) and card phones. Calling cards are the most convenient method for making calls from public telephones. Cards in denominations of £2, £4, £10, or £20 are available from the post office, travel centers, some news agents, machines on underground platforms, and anywhere there are Phone Card signs. Many BT pay phones take major credit cards and charge cards. Unfortunately, phone card telephones may not be available in your residence hall, and you may have to walk to one elsewhere on campus, or even off campus.

**Collect Calls:** In the U.K., collect calls (made by dialing 100) are expensive. Do not phone the Study Center this way unless there is an emergency.

**Directory Assistance:** Information in the U.K. is reached by dialing a provider of Directory Service Information. All providers have six-digit numbers beginning with 118 and all charge for the service, even from public phones. First try other means to find a phone number (the Internet, a phone book, etc.) because the charge can be expensive. More information will be distributed at the on-site orientation.

**International Phone Calls:** International calls are best made using phone cards, though at least a £10 card is needed for calling the U.S. The direct dialing code to the U.S. is 001 + area code + number. You can call the U.S. collect through the operator by dialing 155 (the International Operator). Calls made between 8 a.m. and 1 p.m. are the most expensive, those made in the afternoon are slightly less expensive, and rates go down considerably after 8 p.m. An excellent time to phone California is 7 a.m. because the rates are still low and because at that time it is 11 p.m. (the previous day) in California.

**Calling the U.S. from Abroad:** Many U.S.-based long-distance phone companies, including AT&T, Sprint, and MCI, provide special services that make it easy to phone home from abroad. In addition, you can purchase a wide range of commercial phone cards in the U.K. in various denominations specifically for international calls.
Housing & Meals

General Information
You will live in a university hall of residence, flat (apartment), or a room in a private home. You must make your own housing arrangements, deposits, and payments (even if you are on full financial aid). After you receive notification of acceptance, the host university should mail you housing information and application forms. Communicate directly with your university’s housing office and discuss housing questions with staff at the Study Center.

Most host universities provide excellent housing information online. Look for information on host meet-and-greet services, temporary housing, social activities, and other options offered to incoming students.

Most universities allocate and send confirmation of fall and year housing in late August. Be sure you have submitted the housing application by the university’s deadline, usually in June or July. Information about spring housing is usually distributed with the host university’s admission notification.

Window screens are not common in the U.K. Be prepared for insects to enter your room if the window is left open for a long period of time.

UCEAP Orientation Housing
During orientation, you will stay two or three nights in a student residence hall or hotel. The UCEAP fees will cover the cost of these accommodations. After the mandatory UCEAP orientation, you will be responsible for all housing and transportation arrangements and expenses. You may have free time until the host university residence is available (up to two weeks). Budget accordingly and plan to make use of this time for sightseeing, or to make private, non-university housing arrangements if desired. Study Center staff will advise you on temporary accommodations and travel.

If you remain in the city where the UCEAP orientation is held, you may be able to stay longer at the orientation housing. You must make reservations and pay to extend the stay directly with the accommodations, preferably before departure from the U.S. However, if rooms are unavailable, the Study Center will have information on nearby B&Bs or inexpensive hostels.

How to Secure Your Housing
- University housing is becoming less available as more British students attend universities. Semester-only students, especially spring-only students, may need to find their own housing in the community.

To request host university housing, you must take the initiative to obtain, complete, and return all housing forms and deposits required by the university. You must make your own reservations and pay the required deposits (in British pounds) prior to departure—even if you are on full financial aid. The forms and deposits must be received by the host university by their established deadlines.

When a university notes that housing is “guaranteed” for international students, it means that housing has been set aside for international students who apply and pay by the deadlines. Housing is not reserved or paid for by UCEAP, and it is unlikely it will be available to you if you miss the application or payment deadlines.
Housing Contracts

Carefully read all housing contracts prior to signing. These contracts are legally binding and commit you to the full cost of the housing for the period of time specified, regardless of the length of time you actually use the housing. Contracts are usually for the entire academic year. If you are a year student, do not assume you can depart university housing mid-year unless the contract states it is solely for a term or the university specifically allows a mid-year contract termination without fees. If you are a short-term student, read the contract carefully to make sure the contract covers the correct term.

The housing reservation begins on the date specified in the contract. The initial move-in date may or may not be negotiable after the reservation is made, and you will need to make your own arrangements if you arrive earlier than the specified move-in date. Carefully choose your initial move-in date based on when you will depart the UCEAP orientation and when you plan to arrive at the host university.

Housing Offices

Do not communicate with the host university housing office until you have completed a housing request form or until you have actually been accepted by the host university.

Know Before Choosing Housing

Quality and Distinctions

Housing quality is extremely variable, even on a single campus. The basic distinction in university housing is between residences in which meal plans are part of the package (halls or catered accommodations) and self-catering residences that provide shared cooking facilities for groups of students (anywhere from four to a dozen or more). Within this basic distinction, there are large dormitory-style buildings either on campus or some distance from it; or nearby older houses, mansions, or blocks of flats that the university has converted to student housing. A typical configuration of university housing built in the past 20 to 25 years consists of accommodations for four or five students with separate rooms, with a common entrance and cooking facilities; bathrooms may be shared or private (en suite) in the individual room (at additional cost).

In residence halls, bed linens are usually provided or available to rent, but towels are not. Each hall is headed by a warden or similar officer who frequently has the authority to decide whether a student can be accepted into the hall or released from a housing contract.

Ambience

UCEAP students strongly advise that you request housing shared by more mature students if you select university accommodations. International students typically are housed with first-year students (freshers) who are living away from home for the first time and who may not be held to the same academic levels as more advanced students. Freshers can be noisy, boisterous flatmates, and may not study as diligently as UC students.
**Meal Plans and Dietary Needs**

Whether you choose a catered or a self-catering residence will depend on personal needs and preferences. Catered halls are the most convenient, and meals you take in the common refectory are a way to meet a wide variety of students. However, freshers usually choose the catered halls and UCEAP students report that the quality of the cuisine is lower than that provided in UC halls; UC students often tire of the food. Vegetarians, vegans, and those with other special dietary needs should not elect a residence with a meal plan (vegetarian and other options are limited). With a self-catering residence, you have control over what and when you eat. You may share meals with your flatmates or cook individually. Pots, pans, dishes, and flatware are frequently provided by the accommodation, but in some cases you may need to purchase them. Inexpensive kitchen utensils and other supplies can be purchased at charity (thrift) shops.

**Smoking**

If you do not smoke, you may want to inquire about smoking practices among flatmates and come to an agreement at an early point in your association. If you do not want to share a flat with smokers, clearly note this in your housing application.

**Distance from Campus**

A significant difference from UC housing is that accommodations owned by the university may be at some distance from the campus. Carefully check the housing description to determine whether you are within walking distance of the campus, or whether there is quick and inexpensive local transportation. Bus transportation is widely available and you can obtain an inexpensive bus pass.

**Private Housing**

Another housing possibility is non-university housing in lodgings (rented rooms in private homes with some meals provided) or in flats (apartments shared among three or four students). In the latter, heat and utilities usually are not included in the rent. A number of UCEAP participants have reported that private accommodations in the community are preferable to university housing. You are advised to discuss housing questions with UCEAP returnees or with UCEAP students currently abroad. Your Campus EAP Office has e-mail addresses of current participants, many of whom have indicated they will be glad to discuss their experiences by e-mail.

**Council Tax**

If you choose to live in private housing, you must register as a student with the local council to avoid being charged the local council tax. You can check with the host university accommodations office and with the local council for more information about this tax.

**Housing Closures**

Many dormitories are closed during the winter and spring breaks. However, some dorms allow students to remain during breaks if they have requested such accommodations on the original housing application. Carefully read and complete the original application in order to know if you will need to make alternate food and lodging arrangements during breaks. If you travel during breaks, provisions can usually be made for storing belongings.
Housing in England

Imperial College London

One quarter of Imperial College students live in university-owned or managed housing. Most of the housing is self-catering and consists of single and shared bedrooms with common kitchens, bathrooms, and laundry rooms. Most rooms in the university housing have both Internet and phone connections. The halls of residence vary widely in location and amenities, and are priced accordingly. See the ICL website for the specific names and locations of more than a dozen different halls of residence.

Distinct from the halls of residence are the intercollegiate halls, which are located in the Bloomsbury area of London. You are encouraged to apply for accommodation in one of the intercollegiate halls due to your location and also because these halls have catered meals.

The majority of ICL students live in private accommodations. The Student Accommodation Centre will help you find housing in the private sector if desired.

King’s College London

A number of accommodations are located throughout London on both sides of the Thames. Each hall offers recreation rooms, pantries providing basic cooking facilities, laundries, and television rooms, and some also offer quiet study areas, cycle sheds, access to sports and game facilities, gardens, and more. Some are for King’s College students, while seven intercollegiate halls accept students from all colleges within the University of London. Some halls accommodate a number of postgraduate students; if you are an older undergraduate, you may wish to consider these choices.

UCEAP students recommend Wolfson House, Lonsdown Terrace International House, both the Stamford Street Apartments (just across Waterloo Bridge from the college), and the intercollegiate residences. These options are conveniently located near classes, a major factor in making a London housing decision. The Stamford Street residence is only for King’s College students. Do not choose housing in Champion Hill, which is far from campus and in an undesirable area. Housing in Hampstead is also far from campus, but the area is desirable and the costs are lower, except for the cost of daily transportation. Students say Brian Cramer House is not a good place to live, citing security and maintenance issues.

The halls are served by public transportation and access to King’s College is by bus, underground, or British Rail. Travel times vary from ten minutes to approximately one hour. For example, if you stay at Hampstead Campus Residence, you must purchase a monthly underground pass costing approximately $120, but if you stay at Great Dover, you can walk to classes. Transportation costs are a serious factor in choice of housing.

You may note your choice of hall and consideration will be given to your preference; however, places in specific halls cannot be guaranteed and you are advised to select as many halls as possible.
University of Bristol
Full board and self-catering halls of residence are available. Each hall is an academic community committed to providing a supportive student environment, promoting student welfare, and encouraging personal development. All halls are home to students from different countries and backgrounds, representing different faculties and different stages in their academic careers. You may choose the larger, more traditional hall, or a smaller environment such as a flat or student house. Stoke Bishop, a mini-campus of self-catering flats, is attractive but a 30-minute walk from the university. UCEAP participants recommend Clifton Hill House and Manor Hall, as well as The Hawthorns, which is in the center of the campus. Students report the UNITE housing is not well maintained. Other accommodations, including lodgings with meals, bed-sitting rooms, and flats, may be available. The accommodation office may help you set up private housing.

University of East Anglia, Norwich
The university has several modern residence halls on campus, all organized on a self-catering basis. You may elect a single or a shared study bedroom in one of the residence halls on University Plain. UCEAP participants recommend Norfolk Terrace. New accommodations with private bathrooms are being built as well. UEA’s dorm rooms have been wired for Internet access. There is a hookup fee of approximately £20. Students report problems with the phone system in student housing.

University of Kent, Canterbury
You will live in either a catered college or in a self-catering accommodation, such as Parkwood. In general, past UCEAP participants have been more satisfied with the self-catering units than with the catered colleges. Although meals are provided in lodgings, you may also eat meals in the college. Students have been uniformly satisfied with Parkwood, which offers two different price options. Bed linens are provided in residence halls and in Parkwood. Towels are not provided. All students are officially members of a college, at least for administrative purposes, even those in self-catering accommodations.
University of Leeds

There are three categories of housing at Leeds: 1) university-owned accommodations (residence halls and university flats), 2) associate hostels, and 3) accommodations in private or municipal dwellings. Bed linens can be rented (towels are not included). Although some residence halls are a good distance from campus, students have been pleased with those accommodations.

All housing varies widely depending on condition, cost, cleanliness, and distance from campus. Due to the variations in housing, you are strongly encouraged to consider the following notes and discuss the merits of specific housing with UCEAP Leeds returnees before choosing accommodations.

You can also discuss housing options by e-mail with Study Center staff in Edinburgh.

- UCEAP students have liked both Lyddon Hall and Lyddon Terrace (a shared house). Lyddon Terrace information is not on Leeds’ housing website, but it is on campus, has very large rooms, and is more like an apartment than a dorm.
- UCEAP students strongly recommend Leodis Residences and Devonshire Hall.
- Lupton Residences has had burglaries, but UCEAP students like the busy off-campus student area of Headingley, as well as the lower cost.
- Ellerslie Hall, in the center of campus, is a 20-minute walk to the train station.
- Charles Morris and James Baillie Park are popular, but James Baillie is accessible only by two long, isolated roads.
- Oxley Residences and East Moor are four miles away; there is no direct bus link to East Moor and it requires a long walk in a secluded area.
- Bodington Hall can take an hour to reach by bus during rush hour, but offers excellent on-site facilities. Students have enjoyed the social and community atmosphere.
- St. Mark’s Residences is used during the summer and may not be completely cleaned prior to your arrival. Some rooms are in poor condition. All inhabitants at St. Mark’s are freshers and international students.
- Clarence Dock Residences is in a recently upgraded neighborhood in the city center, but students say bus transportation is unreliable, and it is a 40-minute walk to campus.
- Montague Burton Residences has had serious cleanliness and maintenance problems in prior years, but recent UCEAP students like its proximity to campus.
- Sentinel Towers, North Hill Court, Carr Mills, and Mary Morris International Residence in Headingley have all been recommended by UCEAP students. Sentinel Towers is well liked for its central location, close to both the campus and the city center, and nearby take-out food services are open until 4 a.m.

Commuting is a factor to keep in mind when you choose housing. Also, be aware that you may move into a room that has been used all summer by other students. If the cleaning crew has not yet cleaned, or has not cleaned thoroughly, contact the accommodations office immediately to request a cleaning crew.
University of London, Queen Mary
Queen Mary will send an accommodation form with its acceptance letter. If the form is returned to Queen Mary by the stated deadline, university housing is guaranteed in one of various types of self-catering residences either on or near the campus. Most of the housing has been built in the last decade with high standards. All rooms are singles, grouped into five to six bedroom flats. Each bedroom has a washbasin, and each group shares a bathroom and kitchen. Laundry and common room facilities are provided. About one-fifth of Queen Mary students live in university housing. The Mile End campus has two new 200-bed halls with full meal contracts. The older halls are about 35 minutes away by Tube (South Woodford). Bed and breakfast or pay-as-you-go meal plans are available. In addition, Queen Mary has just completed a 995-room student village and opened a new Learning Resources Center, greatly increasing computer access. The cost of private housing in London is high.

Past UCEAP students note that France House, Varey House, Maynard House, Lindop House, and Stocks Courts (all self-catering flats) are pleasant residences. Hatton House is more expensive. The East End is the older, lower-income part of the city and you need to be prepared for and able to adjust to this aspect of daily life. Students advise against living along Bancroft Road, where break-ins have occurred, and recommend paying extra for en suite and in-room Internet access because the convenience is well worth the cost. Students report the telephone system is non-functional in the student housing. Last year UCEAP participants rented mobile phones for 85 pounds/year with 60 minutes of free calls per month.

University of Manchester
There are more than 9,300 places available in University of Manchester halls and most are within two to three miles of the campus. Halls are catered and self-catered, but the self-catered options fill up quickly. Past UCEAP students recommend the self-catered halls.

Most students have been pleased with their housing assignments. Fallowfield Campus Housing is highly popular, with many social activities and the option to room with British students. UCEAP students also recommend Bowden Court, Grosvenor Place, Whitworth Park, Weston Hall, and Lambert Hall. The catered and traditional St. Gabriel’s Hall houses mainly freshers and is all female.

Private housing called Manchester Student Homes (from studio flats to large shared houses) is also available for single students and students with families. These accommodations are located in the main residential districts of Manchester, Salford, and Stockport. Lists of private housing are available at the Accommodation Office. Students should take unsigned leases for any private housing to the Accommodation Office to look over and advise on—this office will have information on past student experiences with specific landlords.
University of Sussex, Brighton

University housing may not be available for fall-only students and it will not be available for spring-only students. Past UCEAP students report that private housing is not difficult to find. The Sussex housing office has resources to help you find private housing and there is also a temporary homestay option where you can live while you look for housing.

There is university accommodation for 2,800 students and most housing is on campus. On-campus housing consists mainly of single-study bedrooms, but there are some shared rooms. Some students live in one of a number of large houses and small hotels owned by the university in nearby Brighton and Hove, about 15 minutes from campus by train or bus. All accommodation is self-catering, with a shared kitchen and bathroom facilities. Bed linens and towels are not provided, but bed linens are available for rent. All accommodations have phones, but students report serious problems with the phone system.

Past UCEAP participants have lived in East Slope, Park Village, Lewes Court, and Kent House (the latter two are strongly recommended). Norwich House is newer, with larger rooms, but only international students are housed there. Students praise Park Village for its social life, but note negatively that it provides one to two showers per 12 students. Northfield is the newest housing.

University of Warwick, Coventry

You may live in campus accommodations, a university-leased house off campus, married or family housing, or a private room in a house or flat. Off-campus housing in Coventry, Leamington Spa, and Kenilworth is modern and comfortable. On-campus dormitories each have resident tutors (RAs) and a warden (manager).

Since Warwick is considered the MIT of England, the entire campus is extremely innovative, with the newest technological amenities. On-campus housing is among the best in the United Kingdom and has Internet access in every room and telephone access in most rooms. UCEAP students emphasize that the campus contains every kind of shop and service needed for comfortable living. There is also excellent shopping in town and especially in nearby Leamington Spa, which offers numerous events.

Address all inquiries about housing to the International Office, which will liaise with the campus housing office as necessary. Students with dependents are welcome and child care is available.

University of York

Most students live in mixed residential accommodations provided within the six colleges and situated around a lake. Other possibilities include Fairfax and Garrow Houses, which are large and within walking distance of the campus; and Eden’s Court and St. Lawrence Court, which are close to campus. UCEAP students recommend James College and Alcuin College. They warn that Wentworth and Goodricke are in poor condition and you should not apply for housing in either of these colleges. Security problems have occurred at an off-campus complex. Students note that Halifax College is far from campus.

The vast majority of university residences consist of single-study bedrooms, but there are some shared rooms in the colleges. A full cafeteria service is available in colleges for all students. Residents in the colleges and Fairfax and Garrow Houses have access to limited cooking facilities, although they report that these are inadequate.
Housing in Scotland

The University of Edinburgh

Housing is guaranteed if you submit the housing application along with the host university application. You may stay in any of the university-owned housing (a mixture of traditional halls of residence and flats) or find private housing on your own. Students say there is a good selection of private housing in the community.

Past UCEAP participants say different options appeal to different expectations. For example, College Wynd, Robertson’s Close, and Kincaid’s Court are conveniently located close to campus and the city center. However, they can be very noisy at night and on weekends due to freshers and nearby bars.

Fraser Court, East Newington Place, Sciennes, Sciennes Place, and South Clerk Street are convenient if you are taking classes in King’s Buildings, but are a distance from the city center.

Warrender Park Road and Warrender Park Crescent are in a pleasant residential area and well liked. Students are often concerned about the 15-minute walk across The Meadows at night to return from the central campus. The Meadows is a beautiful park for the daytime walk to class.

Past students have recommended Kitchener House, Hermit’s Croft, and St. John’s Hill (next to the sports center), as well as Darroch Court and New Arthur Place, which are centrally located.

Pollock Halls include meals, and are recommended if you do not want to deal with grocery shopping and cooking. However, Pollock Halls house about 1,800 students, predominantly freshers and foreign students, are very noisy, and have had numerous room break-ins and thefts.

University of Glasgow

The range of accommodations includes halls of residence, student houses, and flats. Detailed descriptions will accompany Glasgow’s official offer of admission. Following a written response, you will be offered a place in a university residence. Your first choice cannot be guaranteed. You must then write again to accept the offer. Respond promptly to all communications, as housing is in short supply. A signed housing contract is binding and you will be required to pay the full cost even if you do not remain in the housing for the full contract period. If living arrangements have not been finalized before departure from the U.S., you may face difficulties finding accommodations in Glasgow.

Past students recommend the self-catering Kelvinhaugh Gate, Kelvinhaugh Street, and Queen Margaret Flats. There have been complaints about the Murano Street Student Village, which is thought to be far from the university and less safe. There have also been complaints about Wolfson Hall’s cleanliness and neighborhood. Students say Cairncross is poorly maintained. Otherwise, UCEAP students rate the housing from “fine” to “great” and describe the city as providing an enormous variety of things to do, including many concerts with low admission.
University of St. Andrew’s

You will be housed either in a hall of residence, including McIntosh Hall, Andrew Melville Hall, and New Hall; or in a self-catering apartment, such as David Russell Apartments, or another apartment at Fife Park or Albany Park. Housing contracts are for a full year, and moving mid-year can be difficult. Most halls are about a 20-minute walk from the town center, and the Parks are about 40 minutes away. Both types of residences have laundry facilities. The halls vary in size and locale, the smaller ones being in old buildings in the center of town.

Students have been happy with the housing, especially New Hall. However, they note that catered Andrew Melville Hall houses many freshers and the food is not very good.
**Extracurricular Activities**

**Get Involved**

You are encouraged to participate in cultural activities while abroad. Join sports, music, theater, or art groups; provide volunteer services to social organizations; participate in athletic events and religious activities; and attend lectures, discussions, and receptions in academic and community circles. Most universities offer organized clubs ranging from political societies to sports clubs. Student organizations generally recruit new members actively during the campus orientation.

Read *The Knowhere Guide* for inside information and tips that only locals know. Popular attractions including local music scenes, shopping, cafés, art galleries, cinemas, festivals, and much more can be found at this website.

**England**

**Imperial College London**

Located near the Museum of Natural History and the Victoria and Albert, Imperial College London is at the center of London's cultural offerings. In addition, the Student Union provides multiple opportunities to join clubs and participate in sports. The pub in the Student Union is a popular meeting place where students study.

**King’s College London**

The campus is in the heart of London, close to the city's many academic resources and rich cultural opportunities in music, theater, sports, museums, and art galleries. The British Museum, Covent Garden, Trafalgar Square, the National Gallery, and the West End are all within walking distance of the college. Be independent and proactive in taking advantage of the many activities offered.

**University of Bristol**

With over 150 clubs, societies, and sporting teams, you can participate in basketball, rowing eights, women's soccer, field hockey, water polo, rugby, swimming, and the many arts and cultural activities that the area offers. The city of Bristol hosts several annual boat races; the Zoo Gardens, with a long-established animal breeding and conservation program; the Wildwalk, a living rainforest; Explore-At-Bristol, an interactive science exhibits center; the Orange Imaginarium, a planetarium; and an IMAX theater. Many of these venues have volunteer opportunities.

**University of East Anglia**

Norwich is a thriving center with great shopping, and excellent cultural and social opportunities. UEA has a student bulletin board on its website that allows you to correspond with U.K. students. The university hosts the Arthur Miller Center International Literary Festival with lectures and workshops by well-known authors. The on-campus Sainsbury Center for Visual Arts offers volunteer and internship opportunities.

**University of Kent**

Students note the city of Canterbury is “quiet” and it takes initiative to become involved in activities. Nearby Ashford is a stop for all EuroStar trains, so Paris and Brussels are only a little more than two hours away. The Kent Student Union offers a Certificate of Volunteering, which is a valuable addition to a résumé. The annual Canterbury Festival includes the Community Opera Project and seeks volunteers for both technical and performance components.
University of Leeds
Vibrant culture, commerce, and style make Leeds the primary social hub of the North and have secured the vote as the U.K.’s most popular student city. The 100-acre university campus is just a ten-minute walk from the center of the city and boasts a sports hall, a 600-seat theater, concert hall/disco, student-run television service, and student newspaper. The university received the Big Difference Award for helping refugee children in the city with English language skills. Volunteers are especially needed for this project.

To escape city life, the impressive Yorkshire Dales and Lake District, with their awe-inspiring scenery and huge selection of outdoor activities and pursuits, are right on Leeds’ doorstep.

University of London, Queen Mary
The campus is in London’s East End, a multicultural district within easy access of the city center. The location provides the opportunity to study and observe the heart of government, media, business, and cultural activity. Student societies range from Debate to Creative Arts Film and Strictly Come Dancing. The Sports Club offers martial arts and mountain climbing amid the more conventional sports. A volunteer program (called Provide) offers one-day opportunities in various fields.

University of Manchester
The campus is close to the Peak District National Park and the Pennine Hills, with extensive sporting and recreational possibilities. There is an on-campus aquatics center and the Manchester Velodrome, which is the North’s only Olympic-size bicycle track (open to everyone). Student Action Manchester is the umbrella volunteer group. A number of film festivals take place in the city with international attendance.

University of Sussex
The campus is located on 200 acres of parkland near the south coast, just a few miles from the seaside town of Brighton, and an hour from London. Project V coordinates student volunteers. Clubs include surfing, windsurfing, skiing, snowboarding, Ultimate Frisbee, mountaineering, and many more. Active groups include break dancing, poetry, circus, conservation, chess, and open mike societies.

University of Warwick
With a 500-acre campus in the center of England, the university is 20 minutes from Birmingham and only an hour train ride from London. The campus Arts Center is U.K.’s largest outside London, and the campus sports options include rock-climbing, sailing, and scuba diving. There are Olympic-size track facilities. The university hosts the world’s largest student-run international event, One World Week, using the services of 200 student volunteers. A certificate is offered by the Warwick Skills Program for certain volunteer projects. A unique project is the ongoing restoration of Allesley Park Walled Garden, an 18th-century site. Stratford-Upon-Avon, the place of Shakespeare’s birth and home to the Royal Shakespeare Company, is 12 miles from the university.
UECAP STUDENTS SAY...

“Although it was scary at first, I was too stunned to be homesick. For the first week or so, I walked around in a daze, listening with fascination to the strange and numerous accents around me. Now, after nearly nine months, I hardly take notice of the accents. Instead, I’ve come to understand how people are alike no matter where they live.”

University of York
The students’ union organizes social functions and promotes community action projects, including tutoring and mentoring in the city schools. The university has two student newspapers, two broadcasting groups (including the first independent radio station in the U.K.), choir and orchestra, music and drama societies, three studios for pottery, printmaking, painting, and extensive sports facilities. There are 40 acres of playing fields, the rowing club’s boathouse on the River Ouse, and much more.

The city is a vibrant cultural and commercial center, located on the north/south rail line. Both London and Edinburgh are about two hours away by train. York provides excellent theater, cinema, concerts, and other cultural events.

Scotland
University of Edinburgh
Every summer the city hosts the largest cultural festival in the United Kingdom. Also the site of the 1999 reestablishment of the Scottish Parliament, the city prides itself on being the center of Scottish culture. With rich offerings in music and theater, it has become a European cultural center as well. The university operates the Bedlam Theatre, which is the only entirely student-run theater in the U.K. There is a popular series of on-campus lunchtime concerts with visiting artists as well as student performers. The student volunteer group, Action, posts a variety of openings on its website.

University of Glasgow
Rich in cultural and recreational resources, the city served as the European City of Architecture and Design in 1999. The university Potholing Association is for spelunkers. Clubs include sailing, visual arts, cross-country running, and Ultimate Frisbee (the national champion team).

University of St. Andrew’s
The city is about 45 miles from Edinburgh and 13 miles from the rugged North Sea coast. It is famous for its golf courses and is considered by many the birthplace of golf. Student clubs and societies cater to all interests, including flyfishing and wine and cheese.

Working & Volunteer Work
If you want to work or do volunteer work in the U.K., you must obtain a Tier 4 Student Visa before departure. You may apply for any job and can work up to 20 hours per week during an academic term, and up to 40 hours per week during vacation. Do not work for more hours than you are authorized. Immigration will not hesitate to expel you from the country. The Study Center office and the host university will have information on working while abroad.

If you are in a short-term program and obtain a Student Visitor Visa upon arrival, you cannot work or do volunteer work in the U.K.

For further information, contact:

The British Council Education Service at the British Embassy
3100 Massachusetts Ave. NW
Washington, DC 20008-3600

E-mail: enquiries@britishcouncil-usa.org
Web: www.britishcouncil.org/usa
In addition to the following section, read the Health chapter of the UCEAP Guide to Study Abroad.

Before departure, review the U.S. CDC Travelers’ Health information website for specific health information for all your travel destinations.

UCEAP STUDENTS SAY...

“Year students: It’s important to register with the U.K. National Health Service (it’s free) within the first few weeks after arrival just in case you need treatment during your year abroad.”

HEALTH

Health care in England is mainly provided by England’s public health service, the National Health Service (NHS). The NHS is a rare example of truly socialized medicine. It is recognized as one of the leading health care services in the world. It is government-run and supported entirely through taxes. Though the public system dominates health care provision in England, private health care is available and can be covered within the terms of the UCEAP Insurance Plan.

Ambulatory care and referrals are overseen by general practitioners (GPs), and all patients must have a referral from their GP to see specialists. Secondary care comprises physicians in specialties such as psychiatry, neurology, and surgery. All specialty physicians are located at hospital-based clinics, seeing outpatient referrals and inpatients. Tertiary care involves subspecialties such as cardiothoracic surgery and pediatric oncology, located at regional tertiary care facilities.

Medical Treatment

- Register at your host university’s student health center soon after arrival. Services are usually prompt and free of charge.

If you feel sick or have a medical emergency, seek medical attention and contact the Study Center immediately. The Study Center can recommend a clinic to visit, provide advice about the UCEAP claim process, and help if extended absence is expected. See the Insurance chapter of the UCEAP Guide to Study Abroad.

Year Programs

If you are in the year program, you may be entitled to treatment by the National Health Service (NHS). However, be aware that access to treatment under the NHS is not a right. The NHS provides the majority of health care in England, including primary care, in-patient care, long-term health care, ophthalmology, and dentistry. Even though a year program is only nine or ten months long, you are considered a “year” student by the NHS. This treatment is free and generally of good quality. If you qualify for full NHS treatment, consult with the Study Center staff whether you need to register with a local doctor (or GP as they are known in Britain) when you arrive in the U.K. The GP is often the first point of contact for many patients. Students sometimes feel that routine matters are handled with less efficiency than they are used to in the U.S., and delays in obtaining treatment is a frequent complaint from the British public. Although the NHS is overextended in its resources, it still offers reliable and conscientious medical care. The training and competence of medical personnel is strong. For more information, see the NHS website.

If you prefer an appointment in a private practice, you can use your UCEAP insurance benefits and claim a refund or arrange for direct payment, if possible, through the UCEAP provider, Europ Assistance.
**UCEAP STUDENTS SAY...**

You’ll probably get sick when you first get here. Almost all of us got horrible cough and cold symptoms. It lasted about two weeks.

Be sure to incorporate Vitamin C into your daily diet.

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**Short-Term Programs (less than six months)**

Although not entitled to free treatment by NHS if you are a short-term participant, you can choose where to obtain medical treatment as you are covered by the UCEAP Insurance Plan. You can use your UCEAP insurance benefits and claim a refund or arrange for direct payment, if possible, through the UCEAP provider, Europ Assistance. Usually the best option is to go first to the student health service at the host university. If you need further treatment, the student health service can make recommendations about private practitioners, clinics, hospitals, or other providers. Wherever you receive care, you will pay up front. For example, a visit (regardless of the nature of the illness) to a care provider’s office may cost $115; a consultation with a nurse, $24; a consultation with a doctor, $45; to have a prescription written, not including the cost of the medicine, $22. So, if you visit a care provider, are examined by a nurse who calls in the doctor for further consultation, and the doctor writes a prescription, the approximate cost may be $206, not including the cost of any tests done or the cost of the medicine. These expenses are approximate and subject to change. Be prepared to be charged a fee for every type of service, including completion of forms.

Most routine medical treatment takes place in a “surgery,” which is simply the office where one or more doctors practice. If you require more specialized treatment, you will be sent to a consultant. There is a student medical center at each host university. If you are dissatisfied with the treatment you receive through NHS practitioners, you have the option of using the services of a practitioner in private practice and mailing a claim for reimbursement of expenses to the UCEAP insurance provider.

**U.K. Health Care Glossary**

**General Practitioner (GP):** The GP is the gatekeeper to the health care system. GPs typically treat routine conditions then refer patients to the hospital (usually the district hospital).

**Consultant:** Consultant is the title of a senior physician who has completed all of his or her specialist training and been placed on the specialist register in their chosen specialty. Consultants accept ultimate responsibility for the care of all the patients referred to them. Patients must be referred to them by GPs.

**Surgery or Doctor’s Surgery:** A physician’s or dentist’s office.

**A&E:** Accident and Emergency Departments for serious illnesses or injuries.

**Chemists:** Pharmacists are also known as chemists.

**Medical Referrals**

It is the student health service that would further refer you to a specialist such as a psychiatrist. Although you might be able to make your own appointment directly with a specialist, this is not the usual procedure. If you are referred to a specialist, then your personal physician or specialist in the U.S. should probably consult directly with the specialist in the U.K. There may be a fee for this consultation if it is done by phone. If you plan to request a referral to a specialist, provide a letter from your health care provider to the student health service. The letter should specify your diagnosis, treatment, and medication. It will be needed for appropriate referral and further medication prescription.
Psychological Health

Call the Study Center or your host university international office staff for guidance. If you are close to the London area, you can be referred to a consultant psychiatrist at Priory Hospital North London for individual or group consultation sessions with psychiatrists specializing in various areas of mental health. The Priory Hospital is part of the Priory Group, the leading provider of private psychiatric care in Europe.

The UCEAP Insurance Plan covers counseling sessions as any other health condition; there is no copay or deductible, and you can make an appointment with any doctor. Call the UCEAP travel assistance provider, Europ Assistance, in the United States to ask for medical referrals and/or to arrange for direct payment to a provider, if possible.

For more information about mental health services in the U.K., refer to the NHS website.
SAFETY

Crime

Most crime in the U.K., as in Europe generally, is directed against property. Pick-pocketing, mugging, and snatch-and-run thefts remain common criminal incidents, especially in airports, restaurants, public transportation hubs, and crowded streets. Take precautions. At all times, keep your valuables, especially wallets, passports, credit cards, and the like, in buttoned or zippered inside pockets, or in money belts or fastened bags. Never leave bags, backpacks, or suitcases unattended, not even in locked cars. Burglary is on the increase in the student residences. Keep room doors locked, and store valuable items in locked drawers or closets if available.

If you take valuable items, such as a laptop or expensive camera, the UCEAP Insurance Plan provides some coverage for personal property benefits (in addition to health coverage). Read the plan, make sure it is adequate, and consider whether you will need to purchase additional coverage before departure. See more information about insurance for personal possessions in the Packing Tips section of this guide.

Exercise common sense about your personal safety and belongings and do not be lulled into a false sense of security. Do not carry large amounts of cash and, unless traveling, leave your passport in a safe place in your room.

Asian-American students report a significant amount of stereotyping by local citizens (e.g., students are assumed to be Japanese tourists and locals speak a few words of Japanese to them). All Asian-American students report this unexpected behavior.

The personal possession of guns is outlawed except for the strictly regulated use of shotguns for hunting and other weapons for competition sports. U.K. police units are unarm ed with the exception of a handful of specialized firearms support teams, counterterrorism protective specialists, and the Police Service of Northern Ireland (PSNI). In the U.K., violent criminal confrontations and the use of weapons are still relatively rare, although serious incidents are becoming more frequent. Most violent crimes, including those involving firearms, are often between members of rival criminal gangs. While personal assaults are less common in the U.K. by comparison to U.S., they still pose a significant concern.

Cities in the U.K. are, by all relevant measures, markedly safer than comparable metropolitan areas in the U.S. The overall level of crime in the U.K. has been dropping in recent decades. In general, the centers of cities, the areas that visitors and tourists are likely to frequent, can be considered safe. Most central-city parks present few risks in daylight hours. As in any other metropolitan area, there are high-crime areas in cities throughout the U.K. Identify these areas and take appropriate precautions as you would in the U.S. In all cases, seek out and accept the advice of local university officials, police, and others with experience in your community.

If you choose to drink, do so responsibly. Criminals are known to target vulnerable individuals whose judgment is impaired by intoxication. Always watch your beverage. Instances of drink spiking have been reported. Do not leave drinks unattended in bars and nightclubs. Drugs can easily be mixed into drinks when unattended. These drugs can disorient you, dramatically impair your judgment, or cause you to lose consciousness. Once you lose sight of your drink, do not continue drinking.
Pay particular attention to your personal belongings in busy pubs. Thieves use snatch-and-grab techniques to steal laptops, purses, and other valuables. In restaurants, bars, theaters, and other public places, keep bags within reach; do not place possessions on the floor or hang them on a chair.

**Road & Public Transportation Safety**

Public transport in the U.K. is excellent and extensive. Information on disruptions to London transportation services can be found on the Transport for London website. Information about the status of National Rail Services can be found on the [National Rail Enquiries](#) website.

**Pedestrian Safety**

Oncoming traffic approaches from the opposite direction. There are helpful reminders painted on the sidewalk curbs to look right; pedestrians should look both directions while crossing streets, follow the pedestrian indicator lights, and always cross with caution. As a pedestrian, having a green traffic light facing you does not mean you should proceed into the street. Unlike most places in the U.S., pedestrians do not have the right of way, and cars are only required to stop for pedestrians on black and white “zebra” crosswalks with flashing yellow globe lights on the sidewalk.

Hitchhiking is not considered safe anywhere in the world.

The [U.S. Department of State](#) provides information about road safety in its country information bulletins.

**Demonstrations**

Public rallies and demonstrations, common in bigger cities, are usually peaceful. Political demonstrations are an outlet for strong sentiments. However, even demonstrations intended to be peaceful can turn confrontational and possibly escalate into violence.

It is important to maintain good personal security practices and to stay current with media coverage of local events. Avoid the areas of demonstration if possible. Exercise caution if within the vicinity of any demonstrations or groups of demonstrators in transit. Be cautious not to wear anything that would be offensive to demonstrators and/or anything blatantly American, as it is particularly important to maintain a low profile when you are near protestors. If you are confronted or find yourself caught up with a group of demonstrators while using public transportation, avoid contact, leave the area immediately, and seek protection from the nearest police officer (or enter a public establishment).

**Emergency Services Response**

The police services, fire brigades, medical response, and other emergency services in the U.K. are excellent. Police services in the U.K. rank among the world’s best, but they face daunting challenges and strongly encourage the participation of the public in ensuring their own safety.

**Fire Safety**

The U.K. Regulatory Reform (Fire Safety) Act requires businesses and educational institutions to carry out a fire safety risk assessment and implement and maintain a fire management plan. Know all exits and have a fire escape plan. Read more in the Fire Safety section of the UCEAP Guide to Study Abroad.
Emergency Contacts

What Is an Emergency?
An emergency is a serious, unexpected, and often dangerous situation requiring immediate action. The following are considered emergencies:

- Any life/death situation
- A traumatic event requiring immediate assistance
- An arrest
- Civil unrest or natural disaster in the host country

In an Emergency
Contact local emergency services first and then contact the following:

If you are in the U.S.
- During office hours (8 a.m.–5 p.m. Pacific Time): Contact your Operations Specialist at the UCEAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

If you are abroad
Carry the local emergency contact information at all times:
- If you need immediate emergency assistance, call **999** for Police, Ambulance, or Fire Department
- If necessary, call the emergency number of the U.S. Embassy in London: (011-44-207) 499-9000.

U.S. Embassy in London

**Physical Address (GPS & Google maps)**
24 Grosvenor Square
London, W1A 2LQ
United Kingdom

**Mailing Address**
24 Grosvenor Square
London, W1A 1AE
United Kingdom

If you have a health, travel, or safety emergency and do not have access to local or UCEAP representative emergency information, contact the UCEAP travel assistance provider, Europ Assistance, available 24/7:

- **Call international collect**: 1+202-828-5896
- **Call within the U.S.**: 1+866-451-7606
- **E-mail**: ops@europassistance-usa.com