



BU London Internship Program



Study Abroad

Agenda/Introductions




- Introduction and Program Statistics
- Location
- Academic Affairs
- Internships
- Pre-Departure Process
- Pre-Arrivals
- The Practicalities
- Student Affairs
- How You'll Feel
- Wrap up/Questions

Pre-Departure Roadmap



Boston University Study Abroad Pre-Departure Roadmap



 Study Abroad

▶ twitter.com/BUabroad ▶ facebook.com/BUabroad ▶ bu.edu/abroad

Program Statistics

- Total LIP: **290**
- BU: **201**
- Non-BU: **89**
- Male: **66**
- Female: **224**
- International: **33**

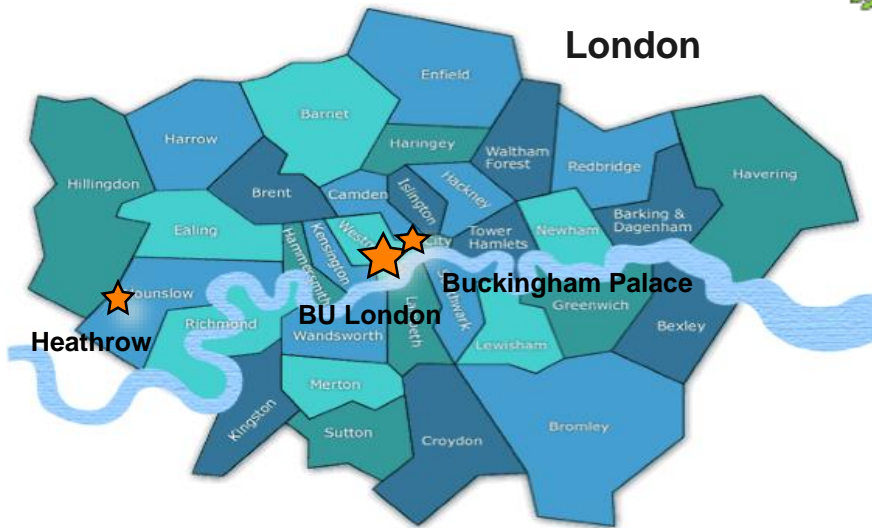


**subject to change (withdrawals, new admits, etc.)*

Location: Your Location In Perspective

**Population of London:
Over 8 million people**

-2011 Census



United Kingdom



Europe



Location: Neighborhood



**7 bedroom house for sale
Queensberry Place,
South Kensington, SW7**

£12,500,000

Location: Neighborhood



**6 bedroom house for sale:
Gloucester Road, SW7
£15,000,000**

Location: Neighborhood

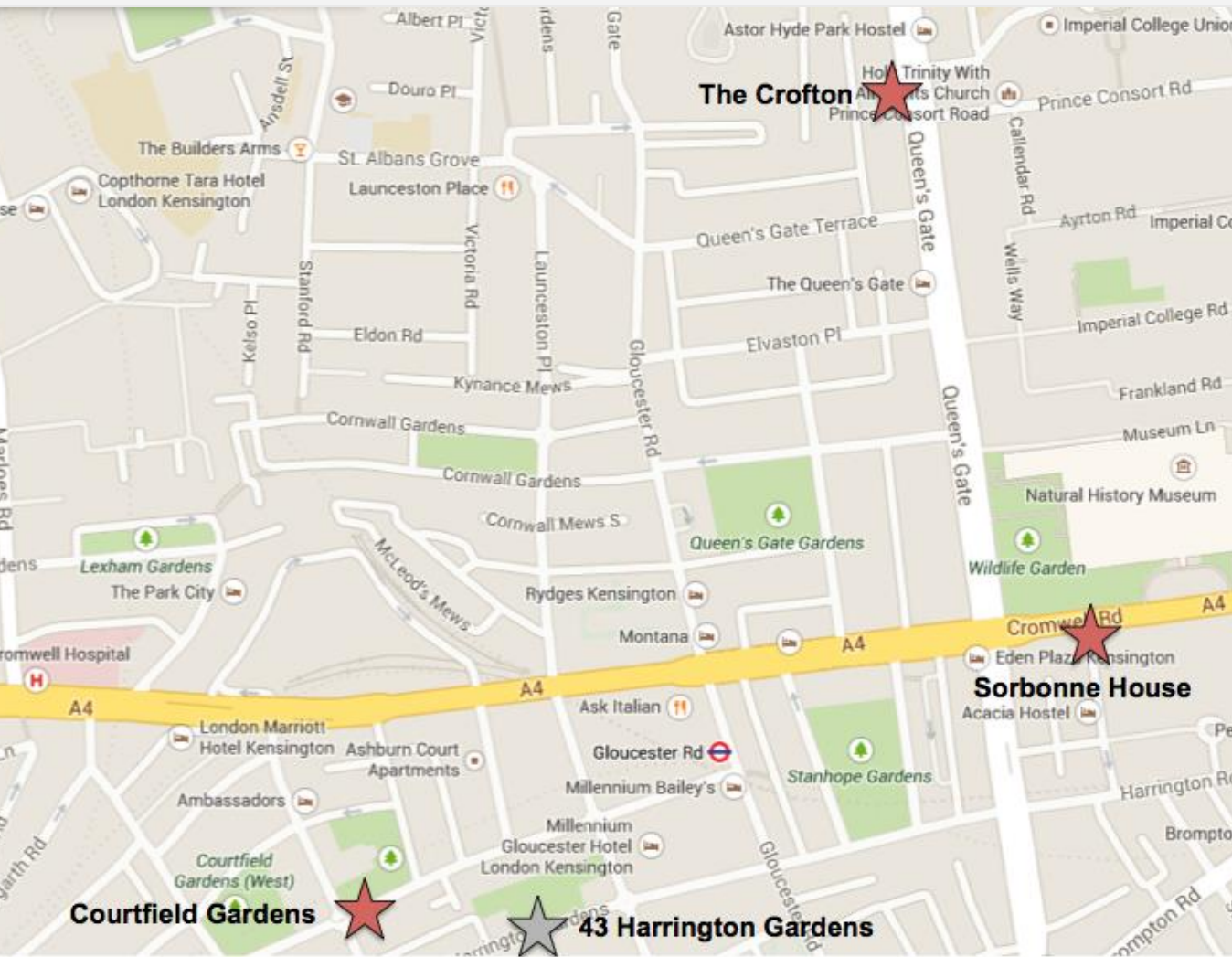


4 bedroom flat for sale:

**Queens Gate
South Kensington, SW7**

£4,500, 000

Location: Where You Are



10-15 Minute Walk:

- Tube Stations
- Hyde Park
- Between buildings

20-25 Minute Walk:

- King's Road
- Portobello Market
- Harvey Nichols and Harrods

30-45 Minute Walk:

- Piccadilly Circus
- Buckingham Palace

Location: Housing

This is your London pad

Our programme housing is situated in South Kensington, a short journey by Tube or bus to London's greatest attractions.

Flat/Room number, address, and Flat numbers are displayed on your Personal Page.

Residence-hall style, shared but fully stocked kitchens, en-suite bathrooms, security and housekeeping, and Resident Life Supervisors



Location: BU British Programmes

43 Harrington Gardens



Dating from the early 1880s, this is an early example of the architect Ernest George's take on the so-called Dutch Flemish style. Most of your classes will be held here or at The Crofton.

The picturesque Flemish looks of the building with its red brick construction, gables and terracotta detailing influenced many buildings in London and throughout the country.

The building was originally a grand Victorian house and it retains many of its original features. It has been Boston University's London headquarters since the mid-1980s.

The building is within a 10-15 minute walk of your residence and is equipped with a library, Internet facilities, student mailboxes, and classrooms

Student Affairs Office

Situated on the 1st floor, all the staff in this room are there to help you.

A room full of Londoners, with our counsellor, the Academic team and the Directors nearby. You may need to visit us each week or hardly at all.

We're here to help!



Location: Library & Computer Facilities

BU London Library



- The Library is located in the basement of 43 Harrington Gardens. The Library holds a selection of journals, articles, a reference and DVD collection, fiction works and national daily newspapers and magazines
- Book Sale during Arrivals week to purchase set texts
- You can book Writing Assistance sessions in the Library – appointments with Writing Fellow available each week
- Computers and printing facilities

Location: Classrooms



Seminar Room and Large Classroom 43 Harrington Gardens

London Academic Affairs

- ❖ Overview of London Internship Programme
- ❖ Tracks, Core Courses, Internship course, Electives.
- ❖ London-based teaching staff
- ❖ An Academic Internship
- ❖ Rigorous Course Schedule



The Academic Programme is at the heart of your study abroad experience

Academic Affairs: Core Phase



London Internship Programme Spring 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One Sun 15 Jan <i>Arrivals Day</i>	16 Jan Orientation Events	17 Jan	18 Jan Elective A Lecture 1	19 Jan Core Lecture 1	20 Jan Orientation Events <i>Placement Interviews**</i>	21 Jan	22 Jan
Week Two	23 Jan Elective A Lecture 2 <i>Nothing Available Sun</i>	24 Jan Elective A Lecture 3	25 Jan Core Lecture 2	26 Jan Core Lecture 3	27 Jan <i>Placement Interviews**</i>	28 Jan	29 Jan <i>FD 220 IR 325 and EC 330/IR 336 Visit to Brussels Jan 28-31</i>
Week Three	30 Jan Elective A Lecture 4	31 Jan Elective A Lecture 5	1 Feb Core Lecture 4	2 Feb Core Lecture 5	3 Feb <i>Placement Interviews**</i>	4 Feb	5 Feb
Week Four	6 Feb Elective A Lecture 6	7 Feb Elective A Lecture 7	8 Feb Core Lecture 6	9 Feb Core Lecture 7	10 Feb <i>Contingency Class Day*</i>	11 Feb	12 Feb
Week Five	13 Feb Elective A Lecture 8	14 Feb Elective A Lecture 9 <i>Internship Seminars</i>	15 Feb Core Lecture 8	16 Feb Core Lecture 9&10	17 Feb Elective A Lecture 10	18 Feb - 19 Feb <i>Study Weekend Library open (10:00am - 6:00pm)</i>	
Week Six	20 Feb Core Exams <i>Drop In Session</i>	21 Feb Elective A Exams	22 Feb - 23 Feb Semester		24 Feb	25 Feb - 26 Feb Break	

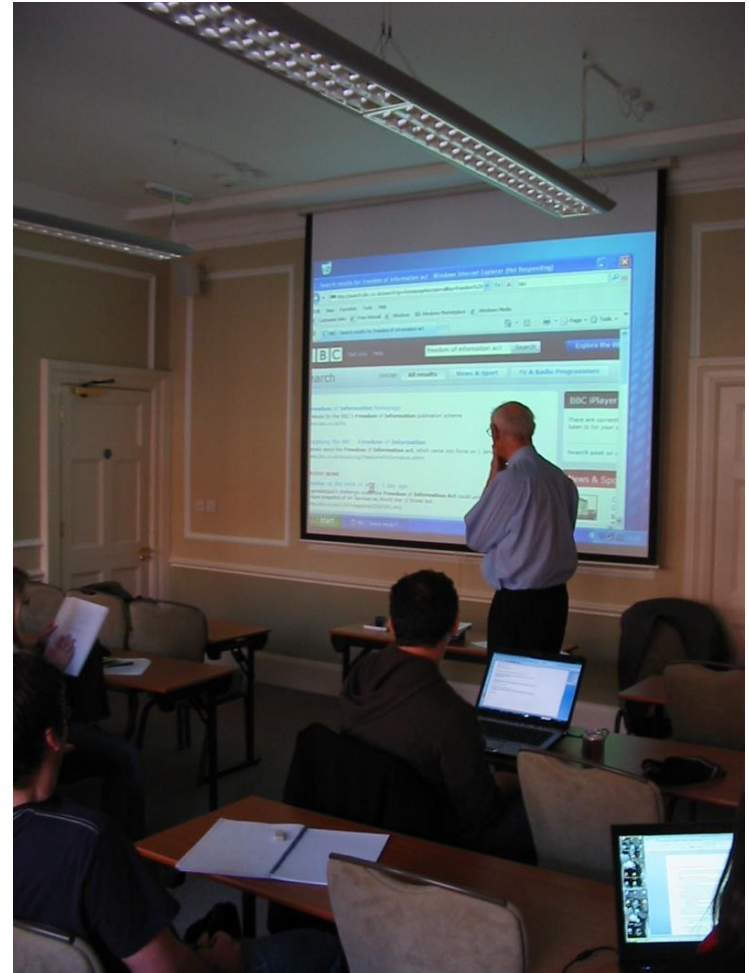
*** Check Email for seminar timetables.

Academic Affairs: Internship Phase

Internship Phase: Weeks Seven- Thirteen	Week Seven <i>Internship Begins</i>	27 Feb Elective B Lecture 1	28 Feb	1 Mar	2 Mar	3 Mar Elective B Lecture 1	4 Mar	5 Mar	
	Week Eight	6 Mar Elective B Lecture 2 <small>Add/Drop Deadline 9am</small>	7 Mar	8 Mar	9 Mar	10 Mar Elective B Lecture 2	11 Mar	12 Mar	
	Week Nine <i>2nd Internship Seminar</i>	13 Mar Elective B Lecture 3	14 Mar	15 Mar	16 Mar	17 Mar Elective B Lecture 3	18 Mar	19 Mar	
	Week Ten	20 Mar Elective B Lecture 4	21 Mar	22 Mar	23 Mar	24 Mar Elective B Lecture 4	25 Mar	26 Mar	
	Week Eleven	27 Mar Elective B Lecture 5	28 Mar	29 Mar	30 Mar	31 Mar Elective B Lecture 5	1 Apr <small>BU 253 Fieldtrip to Ypres</small>	2 Apr	
	Week Twelve	3 Apr Elective B Lecture 6	4 Apr	5 Apr	6 Apr	7 Apr Elective B Lecture 6	8 Apr	9 Apr	
	Week Thirteen <i>Thirteen Internship Ends 3rd Seminar</i>	10 Apr Elective B Lecture 7	11 Apr	12 Apr	13 Apr	14 Apr Good Friday	15 Apr - 16 Apr Easter Break		
	Week Fourteen	17 Apr Easter Monday	18 Apr Elective B Lecture 8 Mon	19 Apr Study Day	20 Apr Elective B Lecture 7 Fri	21 Apr Elective B Lecture 8	22 Apr - 23 Apr Study Weekend <small>Library open (10:00am - 6:00pm)</small>		
	Week Fifteen	24 Apr Elective B Lecture 9	25 Apr Elective B Lecture 9 Fri	26 Apr <i>Contingency Class Day*</i>	27 Apr Elective B Exams	28 Apr Departure Day	29 Apr		
	<p>*This day is reserved for an emergency rescheduled class or 10th session. **EUSA aim to schedule your placement interview during weeks 1,2, or 3. Please keep free until the date has been confirmed.</p>								

Academic Affairs: Classes

- Classes are usually 4 hours long. Some classes are held in the evening. Core Phase classes are held Monday – Friday
- Placement Phase classes are held either Mondays or Fridays, with internships running Monday–Thursday or Tuesday–Friday
- Textbooks to be purchased in London
- Bring a USB Flash drive for backups, etc.
- London course registration questions should be emailed to Academic Affairs - academicaffairs@bu-london.co.uk



All students automatically enrolled

Timetables, calendars, Academic Handbook, Academic FAQ, Attendance policies, Orientation slides

Course pages:

Syllabus, course information and course readings

Non-BU students **MUST** activate their BU accounts ASAP
– Blackboard support sessions during Arrivals week

BU London
Internship
Programme
rules are strict –
we require full
attendance in
all classes and
placements

Academic Affairs: Attendance



Attendance at all classes, field trips, orientation sessions and your placement is **MANDATORY**

Students failing to attend risk their final grades being lowered.

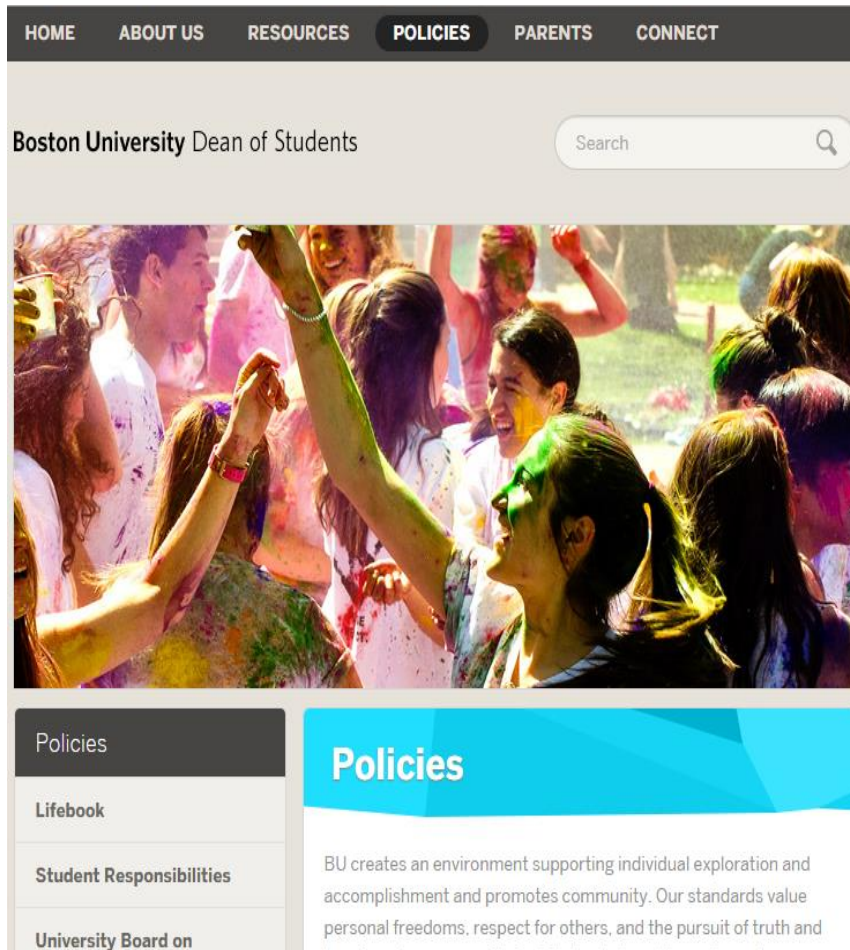
Students may apply to the Directors for exceptional leave **ONLY** in the case of an emergency.

Do not book trips until you have received your timetable in London

Fridays in the Core phase must be kept free for placement interviews and classes

Any student who misses a class or their placement due to an unauthorised absence will receive a 4% grade penalty to their final grade for the whole course

Academic Policies



The screenshot shows the Boston University Dean of Students website. The navigation bar includes links for HOME, ABOUT US, RESOURCES, POLICIES (highlighted), PARENTS, and CONNECT. Below the navigation bar is the text "Boston University Dean of Students" and a search bar. A large image of students at a festival is displayed. Below the image is a sidebar with links for Policies, Lifebook, Student Responsibilities, and University Board on. The main content area has a blue header with the word "Policies" and a paragraph of text starting with "BU creates an environment supporting individual exploration and accomplishment and promotes community. Our standards value personal freedoms, respect for others, and the pursuit of truth and..."

- All students are subject to BU's [Academic Code of Conduct](#)
- Must take the full course load (**16 credits**) for a grade
- All coursework must be completed prior to end of program (**or an F may be assigned**)
- If accommodations are needed, notify BU Study Abroad and BU's Office of Disability Services
- Attendance policies
 - Personal travel must NOT conflict with academic obligations
 - Details will be given during the on-site orientation and/or in syllabi

CAS IP101 The Global Learning Experience: An Online Course

MAKE THE MOST OF YOUR SEMESTER ABROAD!

- CAS IP101 will provide you with tools for identifying cultural differences, patterns and values, and will challenge you to think critically about and reflect on your study abroad experience
- Course is worth one (1) credit and is Pass/Fail
- The syllabus and more information is found on the [Global Learning Experience webpage](#)
- Please check your program Hub Page for instructions on how to enroll!
- Students enjoy the readings and a Spring 2015 participant said “[CAS IP101] forces you to really explore your environment and get out of your comfort zone. Gives you constant questions to think about while you travel.”

WHAT IS AN ACADEMIC INTERNSHIP?

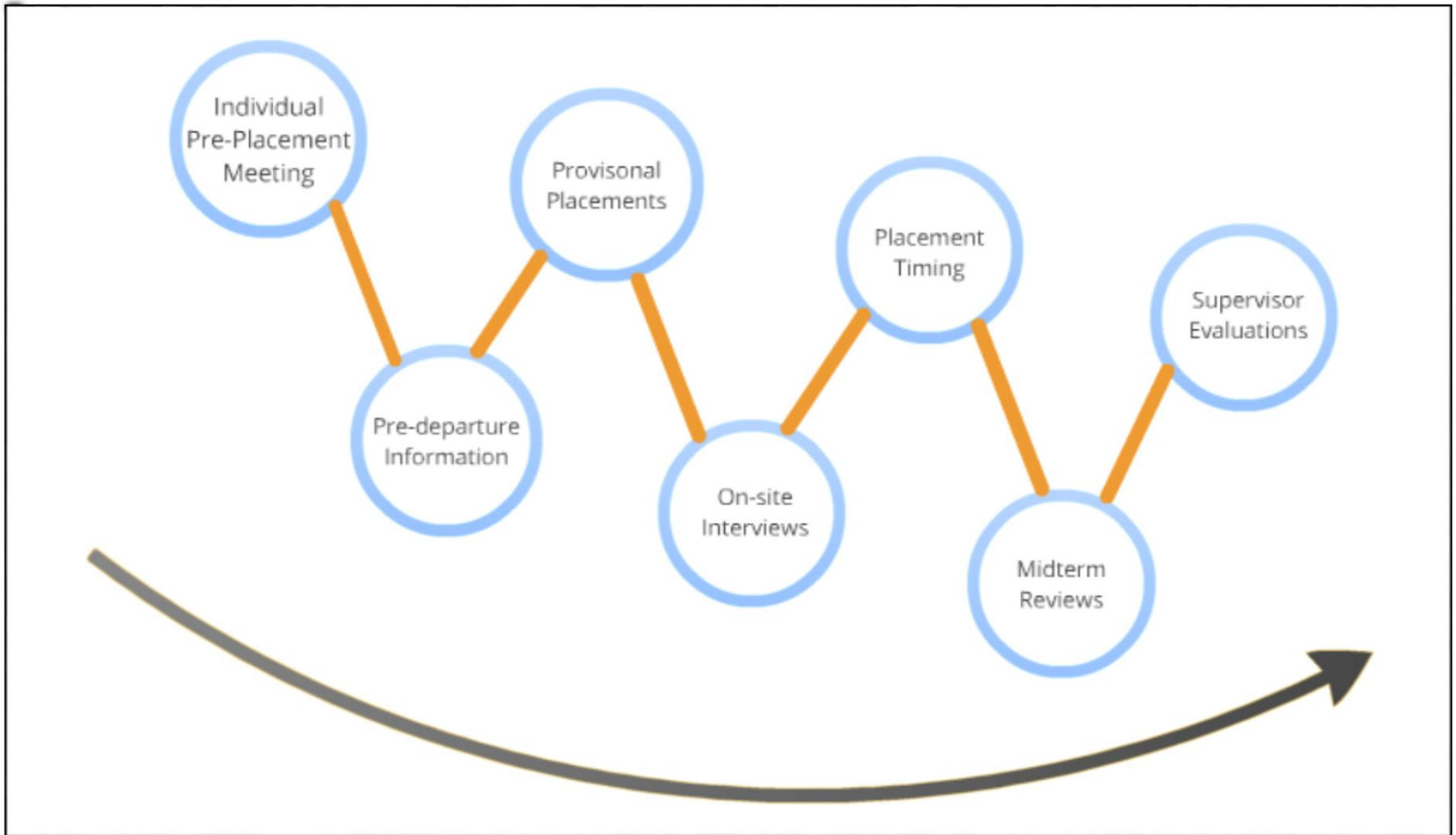
- Short-term
- Unpaid professional experience
 - Work-based learning...
- ✓ Exposure to working styles & culture
- ✓ Practical application of academic courses
 - ✓ Reflective practice

Academic Affairs: Internships



- The Placement process begins before you arrive in London
- Big Name vs. Real Experience: Be flexible in your choices
- The Internship seminars are an academic component of your placement – attendance is mandatory and your coursework accounts for 100% of internship course grade
- Placement Queries:
londonadmin@eusainternships.org

EUSA Placement Process



Internship Expectations

What an academic internship is *NOT*:

Not your dream job!

Not the key to an automatic job offer

Not specialized job training

Not exciting and engaging 100% of the time

Not necessarily a globally recognized company name

Not the same experience as your friends

Not optional – must complete full internship time;
participation is mandatory

Not all about you! Consider the needs of your
company and think of it as a way to gain new skills or
work habits

Internship Expectations

What **CAN** an academic internship offer?

Can provide professional experience and practice

Can offer exposure to different management styles and organizational structures

Can help build your professional network

Can enhance cultural awareness and language skills

Can help you hone problem-solving skills

Can make you become more adaptable as an employee

Can help identify your skills, interests, and values to discover career paths that are (or are not) a good match

Can integrate your practical learning with your academic work and field of study

Can provide transferrable and valuable skills like perseverance and grit (especially if getting through tasks you don't necessarily love)

Pre-Departure: London Personal Page

Step 1

Supply an e-mail address and suitable picture, giving you access to your Personal Page.

Step 3

Order a mobile phone or a SIM card (if you are planning to bring your own handset). These will be waiting for you when you arrive. Essential for staying in touch by voice or text in Europe or the UK. You will need a phone during emergencies.

Step 2

- a) Select Elective Classes
- b) Select Housing
- c) Request your CAS number for your Tier 4 visa
- d) Update any medical/flight information

Step 4

Request a Student Oyster Card, which will entitle you to 30% off all weekly and monthly travel cards. Only Spring & Fall students are eligible for this card)

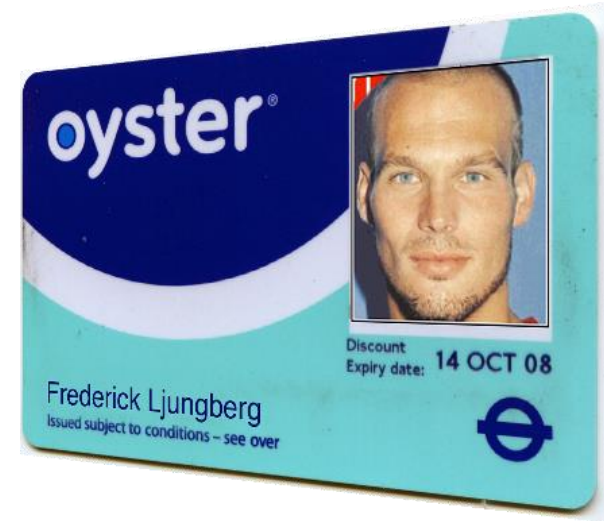
Step 5

Order Social Programme Tickets!



Pre-Departure: London by Oyster


The Student Oyster card gives you a third off all weekly and monthly travel cards for the Tube and bus in London. The scheme will save you a great deal of money. The card displayed here, is the student ID card, but once purchased your ID card will enable you to buy a weekly or monthly Travel card at a student discount rate. **Please note, summer students are not eligible for the Student Oyster card scheme, as the summer program is less than 14 weeks.**



There are two kinds of Oyster card: pay-as-you-go and the weekly or monthly Travel card.

Pay-as-you-go: useful if you do not use the Tube daily. This type of Oyster card, which has set rates (see chart) and can be “topped up” either online or at the tube station.

Travel card: better for the daily trips during the internship period. You should trade in your pay-as-you-go card and then buy a Travel card (with your student discount).

	With Oyster	Without Oyster
One-way tube fare	£2.40	£4.90
Bus Fare	£1.50	Sorry you will have to walk  <input type="checkbox"/>

Pre-Departure: Mobiles

You can purchase a SIM card (with £30 phone credit) or a handset (Alcatel handset for £29.99 plus £30 phone credit. Total £59.99) on your Personal Page (please go to the phone and orders tab).

Please note:

If you are planning to bring your iphone/android handset over please ensure you speak to your phone provider to ensure that you phone is unlocked. Otherwise you will not be able to use the SIM Card.

If you purchase a SIM card or handset via BU it will be waiting on your bed on when you arrive in London.

We strongly recommend you have a UK number as if there are emergencies we will need to contact or text you.

Emergency Text – when you arrive in London, we shall send out an emergency text during the first week which you will need to respond to.



- Standard
- Micro
- Nano

Pre-Departure: BU Documents

BU Study Abroad

Contact Logoff

TO GET STARTED:

Please be sure to read all instructions that appear throughout the application pages. You can submit your application only one time. Please note that we will ask for an application fee (\$50) when you submit your first application. Applications for additional semesters will not require an application fee payment.

BU STUDENTS, ALUMNI or FORMER APPLICANTS: If you are or have ever been a Boston University student or applicant, you most likely have an account. Please use your existing account information to login. If you can't recall your password, [click here](#) and follow the "forgot password" link. Please DO NOT set up another account.

EXISTING USERS: If you have previously submitted an online application to Study Abroad or are currently working on an application, please use this link to access your account. If you can't recall your password, [click here](#) and follow the "forgot password" link. Please DO NOT set up another account.

NEW USERS: If you have never created a BU Web account in the past, please use this link to create your account.

BOSTON UNIVERSITY

November 29, 2012

BU Directory **SEARCH**

BU Study Abroad

Contact Logoff

Applications Programs **Pre-Departure Documents**

Primary Program: London Internship Program Politics and Int'l Relations This Application is for Spring 2013 View Application

General Pre-Departure Documents

Forms and/or tasks to be completed are listed in the General Pre-Departure Documents panel on the left. Click on any item to see instructions or other details concerning that item.

Three of the following items must be completed and submitted within two weeks of your acceptance in order for Boston University Study Abroad to register you for your program: **Participation/Payment Confirmation, Program Deposit (if required), and Student Declaration.** Complete the remaining items as soon as possible in order to avoid complications with program participation.

[Click here to complete program specific pre-departure documents.](#)

Click [here](#) to view all general pre-departure documents.

General Pre-Departure Documents

- ✓ Participation/Payment Confirmation
- Program Deposit
- ✓ Check
- ✓ Student Declaration
- ✓ Insurance Information
- ✓ Emergency Medical Care Authorization
- ✓ Medical Information Form
- ✓ Passport Information
- ✓ Passport Signature Page Copy
- ✓ Leaving and Returning to Campus
- ✓ Safe, Settled and Healthy

Status details: **Participation/Payment Confirmation**

Thank you! This document was received on 10/22/2008.
Click [here](#) to view more details.

BOSTON UNIVERSITY

Study Abroad | November 28, 2012

BU Directory **SEARCH**

Pre-Departure: Visas & Immigration

You **MUST** apply for a **PBS (Points Based System) Tier 4 General Student Visa**.

Application must first be submitted online, then print out hard copy to mail to consulate or submit during Open Day (Dec. 9) in Boston.

These are the items you will need to include in your application:

1. ACTUAL PASSPORT
2. Copy of your Passport information page
3. A print-out of the completed online application
4. Passport Photograph 2"x2" size
5. Biometrics stamped/signed confirmation page
6. Return envelope and pre-paid shipping label

After Dec. 9 all Tier-4 applications **MUST** be expedited by purchasing Priority Service **BEFORE** mailing!!!



Pre-Departure: Flights



Booking your flight to the United Kingdom:

1) Group flights through Advantage Travel

2) Independent Booking

Regardless of flight option, all students must update their Personal Page with their flight details.

Before you leave don't forget to check with your airline, baggage requirements

Pre-Departure: Documents to Bring

From the airport to your housing:

- All students **MUST** print their Immigration Letter from their Personal Page to present to UK Immigration!
- Flat directions will be provided to you by BU London before departure
- Print them off and take with you for the taxi driver

Boston University
Study Abroad London
43 Harrington Gardens
Kensington
London SW7 4JL
Tel: 020 7244 2929
Fax: 020 7273 9430
Website: <http://www.bu.edu/london/>

Mr. Freddie E Ljungberg
Flat, 3
60, Lenham Gardens
Kensington
London
W8 5JA

Thursday, 20 November 2012

RE: TIER 4 VISA HOLDER - FREDDIE E LJUNGBERG

To whom it may concern:

Boston University - Highly Trusted Status - Sponsor number - SUNW4WWE2

This letter is to confirm that Freddie, is participating in the Graduate RA Programme for the Spring 2007 Semester. The programme commences on Sunday, 14 January 2007 and ends Friday, 4 May 2007.

Boston University London is an overseas higher education institution, offering short-term study abroad programmes in our own premises in the UK. Our students enrol in the USA, study in UK for one semester (one eighth of the degree programme) and must return home to finish degree course which is equivalent to a UK degree.

All housing and tuition costs have been prepaid to Boston University.

Yours Faithfully,
Alison Campbell

Alison Campbell, Authorising Officer SMS
Director of London Programmes
Boston University Study Abroad London

The-Crofton
#02
courtfield gardens
the crofton
harborne house
harrington gardens

FROM THE AIRPORT TO KENSINGTON:
Upon arrival in the UK, there are two ways to reach the centre of London - Train or Taxi. Take an Express or Heathrow Express to their London Terminals. From there, share a taxi for the short ride to South Kensington. Be aware of 'Gypsy' or Mini cabs that have no meter, you may be grossly overcharged!

Please report to this address. An SA will be on hand to give you keys to your flat.

The Crofton
14-18 Queen's Gate
London
SW7 5SN
Crofton front desk:
0207 590 7000

Gloucester Road, South Kensington and High Street Kensington tube stations are a 10-15 minute walk to The Crofton.

For Gloucester Road or South Kensington Stations, take the Dark Blue Piccadilly line, Yellow Circle line or Green District line; to reach High Street Kensington tube station, take the yellow Circle line or Green District line.

SA on call phone number:
0 777 53 46 282

Boston University Headquarters
43 Harrington Gardens
Kensington
London
SW7 4JL

LINKS
www.bu.edu.uk
www.london.bu.edu.uk
<http://www.heathrowexpress.com/>
<http://www.gatewickexpress.co.uk/>
<http://www.london.victoria.gov.uk/>
<http://www.nationalrail.gov.uk/>

From Heathrow Airport:
1. **Heathrow Express:** Fast and modern Heathrow Express train will carry you from the airport into Paddington Station in only 15 minutes and £7.50. Follow the signs toward the train station in the terminal. Once you reach Paddington, you will need to take a black cab to The Crofton.

2. Take the Underground (Bakerloo): The Tube is much slower and will take about 50 minutes from Heathrow to South Kensington Station on the Piccadilly line. Gloucester Road Tube is a short transfer as it has a lift rather than steps up from the platform.

3. Taxi from the airport to any one of the BU buildings is the most flexible option and will cost you around £28 depending on traffic and the number of people in the car.

From Gatwick Airport:
1. **Gatewick Express:** will take you from Gatwick Airport to London Victoria Station in 30 minutes for approximately £14.90. Trains leave the airport every 15 minutes. All BU buildings are a short transfer from Victoria Station.

2. Taxi from Gatwick airport to the centre of London are very convenient, but expensive.

From Stansted or Luton Airport:
From Luton: take the shuttle bus at the airport and get the Thames link train that takes you into King's Cross, if you happen to miss it, take the Piccadilly line from King's Cross.

From Stansted Airport:
1. **Stanstead Express:** £15.50 and 45 mins to Liverpool Street.

2. **National Express Bus:** £7.00 and 1 hr 30 minutes into London Victoria Station. If your luggage is problematic, the bus is the better deal. It is much slower, but you will not be taking a bus from Liverpool Street, which takes a long time. You can take a taxi from Victoria for £7.00.

Courtfield-Gdns
#01
courtfield gardens
the crofton
harborne house

FROM THE AIRPORT TO KENSINGTON:
Upon arrival in the UK, there are two ways to reach the centre of London - Train or Taxi. Take an Express or Heathrow Express to their London Terminals. From there, share a taxi for the short ride to South Kensington. Be aware of 'Gypsy' or Mini cabs that have no meter, you may be grossly overcharged!

Heathrow Express: Fast and modern Heathrow Express trains will carry you from the airport into Paddington Station in only 15 minutes and £7.50. Follow the signs toward the train station in the terminal. Once your reach station, you will need to take a black cab to The Crofton.

Underground/Subway: The Tube is much slower and will take 45 minutes from Heathrow to Earl's Court or Gloucester Road station on the District Line. Earl's Court Tube is slightly preferable, it has a lift and is closer to any one of the BU buildings is the most flexible option. You will need to take a black cab to The Crofton.

The airport to any one of the BU buildings is the most flexible option and will cost you around £28 depending on traffic and the number of people in the car.

will take you from Gatwick Airport to London Victoria Station for approximately £14.90. Trains leave the airport every 15 minutes. All BU buildings are a short £5.00 cab ride from Victoria

The Practicalities: Cost & Budgeting

Boston University Study Abroad



STUDY ABROAD PROGRAM BUDGET—Academic Year 2016/2017
NAME OF PROGRAM: London Internship Program
PROGRAM LOCATION: London, England
PROGRAM LENGTH: 15 weeks, Fall or Spring, 16 credits

PROGRAM CHARGES — Billed by Boston University

Program Tuition	\$	14,560
Housing/Student Services Fee (Includes housing, overseas medical insurance, and emergency travel assistance coverage.)	\$	6,414
Total Program Charges	\$	20,974

US MEDICAL INSURANCE — Optional, Billed by Boston University

Medical Insurance (Waived if student demonstrates coverage by a comprehensive US based policy)	\$	2,014
Total Program Charges With Medical Insurance	\$	22,988

ESTIMATED ADDITIONAL EXPENSES — Not included in Program Charges

Board/Food	\$	3,000
Airfare	\$	1,000
Local Transportation	\$	600
Books	\$	250
Visa/Immigration Requirements*	\$	500
Personal Spending	\$	3,475
Total Estimated Additional Expenses	\$	8,825

TOTAL ESTIMATED EXPENSES \$ 31,813

*The fees, charges, and expenses shown are estimates for one semester, based on current information only and are subject to change.
Information applies to US citizens. Additional costs may apply for non-US citizens.

The Practicalities: Banking

- * Inform your bank that you will be living abroad, and ensure your card/account bank allows for international transfers.
- * Ask your bank for a 'Chip and PIN' Card for easier safer transactions.
- * It is best to keep \$1,000 - \$2,000 in a debit account back home and use this to withdraw cash from.
- * Parents can deposit cash into here or you can transfer it from your savings online.

3 major UK banks are:



BARCLAYS

HSBC 

The world's local bank

 **NatWest**

The Practicalities: Currency

Current exchange rate:

0.78

\$1 = .78p

\$10 = £7.80

\$100 = £78.00



The Practicalities: Cost of Living



The rumours you have heard are quite true - **London** is an expensive city!

Clubs - Entrance	\$16 - \$33
Dry Cleaning – Shirt	\$10 - \$15
Pint of Beer	\$5.80 - \$8.00
Starbucks Caffe Latte	\$3.18
Shoes (Men’s Loafers)	\$80
Simple Restaurant Meal	\$16 - \$33
Zone One Travel Card	\$110
One Month (bus, tube, DLR)	
Cinema/Movies	\$13-\$16

The Practicalities: Getting Around

- Getting Around:
 - Black Cabs
 - Night Buses
 - Night Tube
 - Trains vs. airlines for weekend travel
 - Notify site when you are away



The Practicalities: Daily Life



- Local gym memberships are available at discounted prices.
- Grocery stores, pharmacies, banks and a post office are all within walking distance of housing.
- Walking tours of BU buildings and local amenities will be held on arrival.



The Practicalities: Basic IT



We recommend the following:

- Bring a (wireless enabled) laptop if you have one.
- Extend the guarantee of your laptop to ensure you have maintenance abroad. (i.e. apple care, etc.)
- Bring a security cable for your laptop
- Bring an external HD, USB
- Bring a UK adaptor Kit

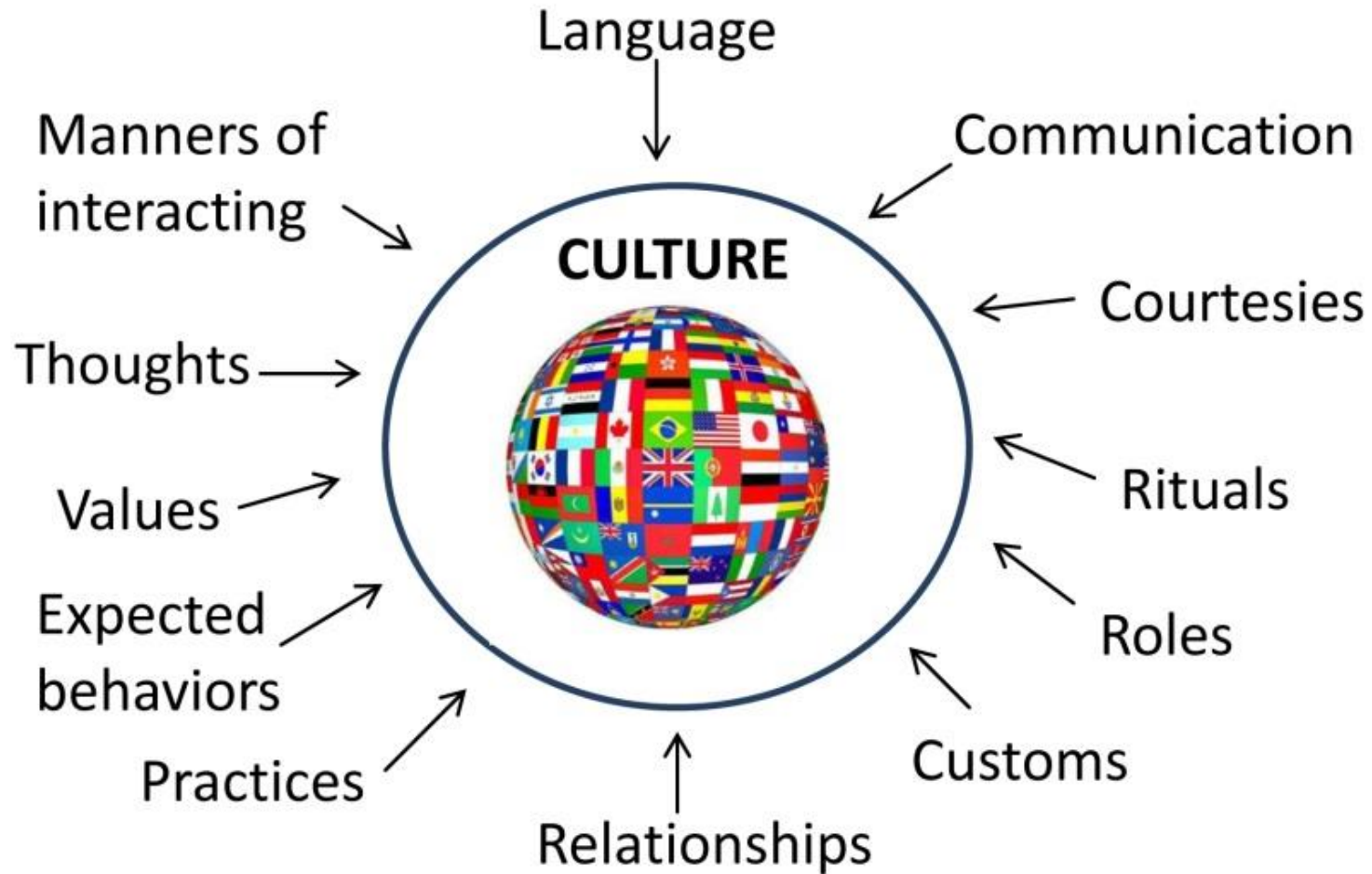


To keep in touch:

- Use your UK mobile plan if you are going to call home
- Use Skype, FaceTime, WhatsApp, Viber, etc.
- Differences locally (i.e. WiFi availability, Internet speed, limited hours of use, electricity etc.)
- Local pay-as-you-go plans are the easiest and most economical. You can either get a cheap, new phone, or just a new simcard
- Keep your current smartphone on “airplane mode” and use apps on Wi-Fi when available.
- US-based international mobile phone plans are more expensive and often don’t work. Skip them.

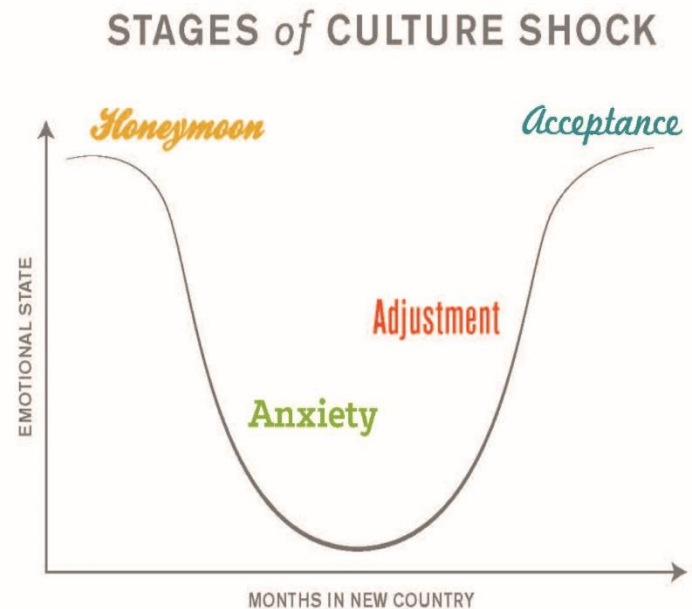


Culture



Top 10 Tips for Coping with Culture Shock

1. Research your host country prior to departure
2. Keep an open mind
3. Search out new experiences and friends
4. Do not judge the people of a country by one person or one experience
5. Keep a sense of humor
6. Listen and observe rather than merely see or hear
7. Reflect daily to process your experiences
8. Use your host university's support system
9. Stay in touch with home
10. Remember you have traveled far to learn about and experience a new culture, and to represent your country and school; most people only DREAM about having this experience.



There is no "best way" to deal with culture shock; it always depends on the individual.

The Practicalities: Culture



The Practicalities: Culture



The Practicalities: Culture



The Practicalities: Culture



The Practicalities: Culture



The Practicalities: Culture



The Practicalities: Culture



Daniel Craig

Shaken, not stirred...

The Practicalities: Culture



The Practicalities: Culture



Sir Jonathan Ive
Head Designer at Apple



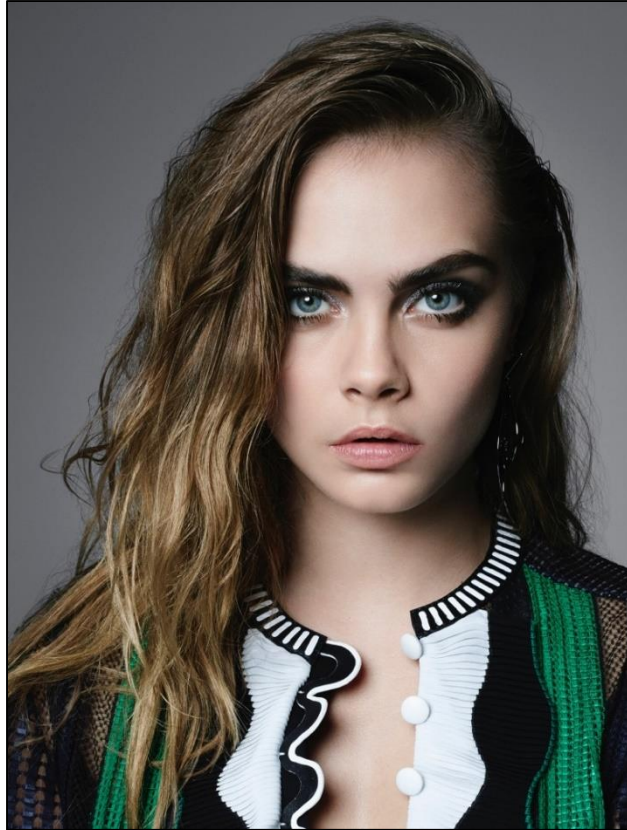
Vivien Westwood
Designer



The Mini

Born in the 60s

The Practicalities: Culture



Cara Delevingne
Supermodel/Actress



Harry Potter Forever!

The Practicalities: Local Media

Reading Material

Broad-sheets
Times & Guardian; balanced
“high brow” view.

Tabloids

Mirror & Sun; celebrities &
national obsessions

Magazines

ID, NME; Youth, music, fashion
Private Eye; Politics and Satire
Loaded; Men's magazine

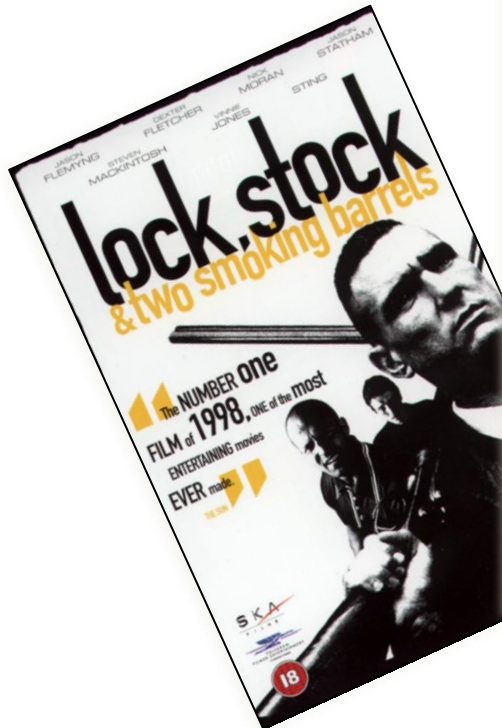
Radio & Podcasts

Radio 4; News, talk radio, plays
Radio 5 live; Sports & Political discussion
Radio 1 Pop indie music, youth discussion
LBC; London centric news & events
KISS FM; Clubbing music, youth talk



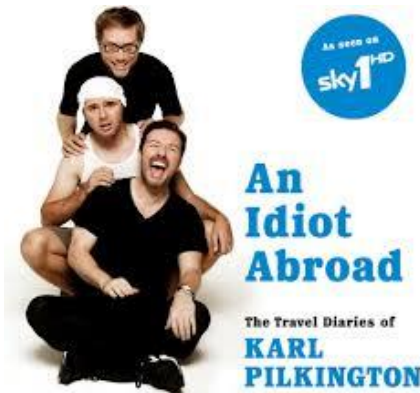
The Practicalities: Local Media

- The Queen
- Lock Stock & Two Smoking Barrels
- Slumdog Millionaire
- Hot Fuzz
- Bend It Like Beckham



The Practicalities: Local Media

For those of you who like to get to know the scene through a bit of telly, make sure to check out **Made in Chelsea** (a posh reality show about the young and the rich living in your very own neighborhood) and **An Idiot Abroad** (a hilariously done travel show from the comic genius Ricky Gervais!



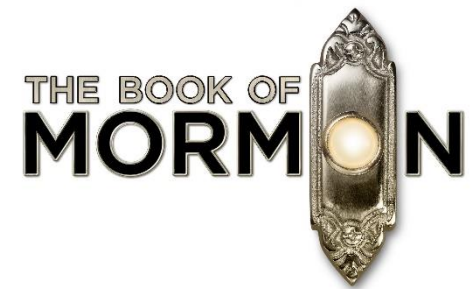
Student Affairs: Social Programme

Take advantage of the **Social Programme** to get to know London and the rest of the UK!

Student Affairs
Social Programme Summer 2014 - DRAFT

BOSTON UNIVERSITY
e-mail student affairs

Mon 19th May	Tues. 20th	Wed. 21st	Thurs. 22nd	Fri. 23rd	Sat. 24th	Sun. 25th
	ARRIVALS DAY L/P Art & Architecture	ORIENTATION Introductory lectures RA-led mixers: Notting Hill Arts Club, Restaurant, Bowling	ORIENTATION Introductory lectures Start of Semester Party	Open House EUSA interviews Academic boat trip on the Thames	Daytrip: Windsor Castle	Mixer: Panoramic Tower of London
26th May BANK HOLIDAY	27th ELECTIVE-A CLASSES BEGIN Opera: Tosca	28th CORE CLASSES BEGIN	29th Theatre: Handbagged	30th Visit to: Harry Potter Studio Tour Sport: England vs Peru Weekend	31st Daytrip: Oxford/Blenheim Palace Weekend	01st June Preseli Adventure Weekend
Mon. 2nd June Workshop: London on the Cheap	3rd Theatre: 1984	4th Burlesque: Limbo - London Underground	5th Theatre: Book of Mormon	6th Horseback Riding Weekend Visit to: Sherlock Holmes - Afternoon Tea	7th Horseback Riding Weekend Visit to: Harry Potter Studio Tour	8th Horseback Riding Weekend
		12th Sport: AEGON Tennis Championships Event: Wine & Cheese Tasting Course	13th Sport: AEGON Tennis Championships Visit to: St Paul's Cathedral + AF	14th DEPARTURE L/P Art & Architecture Daytrip: Stonehenge	15th ARRIVALS Conflict Resolution Weekend Horseback Riding	
		19th Visit to: Royal Ladies Day				



Student Affairs: Student Conduct



Academic programme takes precedence over personal travel and visitors

The BU Code of Conduct applies overseas

-Drinking: you are of legal age, but you are expected to handle alcohol responsibly

-Drugs: we have a zero tolerance policy

- Communal Living: you are responsible to others in your flat and share the cleaning and rubbish removal rota, etc.

You are required to show respect to your roommates, faculty and staff

Student Life Team will set up appointments with any student who has a recent judicial record.

Student Affairs: What's A Crisis?

Identify the **CRISIS** from the list below:

- A) The Social Programme has sold out of your production choice
- B) You are involved in a car accident in mainland Europe and break your pelvis
- C) You cannot connect to the wireless network
- D) You think you have less clothes storage than the person in the next room

DON'T PANIC

THE CORRECT ANSWER IS B! The staff is here to help, but keep in mind what is a crisis and what is merely an inconvenience.



Student Affairs: Health

Plan ahead!

- Visit your doctor about any health concerns or for a physical, if overdue
- Maintain regular dental appointments
- **Make a plan to access your medications abroad**
 - Talk to your doctor
 - Make a copy of your prescriptions
 - Check with the host country consulate for restrictions
 - If allowable, obtain a supply for full semester
 - Do not plan to ship medicine abroad
- Understand that medical facilities will be different abroad
- Learn about local health system and cultural differences
- Contact program staff with any concerns

Student Affairs: Mental Health



- Talk to your therapist/counselor about mental health while abroad and make a plan before you go.
- Even if you may be excited about new opportunities, stress or anxiety may increase abroad.
- BU London has an onsite therapist, Dave Johnson, who will be available on Mondays & Tuesdays. To book an appointment with him, please email katy@bu-london.co.uk or mona@bu-london.co.uk
- Keep Healthy:
 - University resources
 - Cultural norms
 - Keep up routine (when possible)
 - HTH (or equivalent policy) covers mental health care
 - Use the on-site staff as a resource



At least two weeks before the program start date, all students will be automatically enrolled in international insurance coverage and emergency travel assistance services **through HTH WorldWide**, including evacuation coverage.

- **Valid for the duration of the program, and extendable at the student's expense**
 - Detailed coverage information is provided on the BU Study Abroad [Health & Safety page](#) and again by email at the time of enrollment
 - In case of need of medical treatment, mental health counseling, or travel assistance while abroad or to set up appointments in advance, contact HTH directly and identify yourself as a Boston University student:
 - +1 610-254-8771
 - globalhealth@hthworldwide.com
- **All students are required to maintain their US-based health insurance coverage while abroad**

Student Affairs: Safety Plans

Program Emergency Plan

- Boston University closely monitors the security situation across the world, and follows guidance from local authorities and the US State Department
- Detailed emergency plans and general safety precautions will be explained during orientation

Personal Emergency Plan

- Always have emergency contact numbers with you, both in your phone and separately
- Enroll in the [State Department STEP Program](#) to get travel alerts and warnings
- Talk with your family about communication expectations in the event of an emergency

Take Responsibility for your OWN Risk Management!

- Talk to your family and friends about the location- buildings, housing, staff, insurance, resources
- Practice situational awareness: Be aware of your surroundings; be vigilant of others.
- Do not drive (road and pedestrian accidents are #1 cause of injury/death abroad)
- Do not participate in demonstrations or protests
- Drink responsibly –The majority of problems student's face are related to alcohol. It's not the staff's responsibility to manage your consumption!
- Travel with others and look out for each other.
- Pay attention to the news (before and during the program)
- Practice safe sex and report any sexual assault to staff abroad.



Our Expectations of you:

We expect that you will...

- Share responsibility for your safety and that of others in the program
- You will be reachable by local phone at all times. Keep your phone charged and topped-up with minutes.
- You will reach out to program staff and your family if you experience, witness or become aware of a serious incident of any kind.
- You will report issues of any sort in a timely manner to the on-site staff (or directly to Boston if necessary) so that we can help you.



Student Affairs: Personal Safety



Keep your belongings safe

- Do not bring valuables or sentimental items abroad
- Avoid carrying large amounts of cash
- Monitor your wallet/purse closely. Keep money hidden, or consider a money belt
- Limit smartphone usage in public
- Carry only necessities out at night – make sure you have emergency numbers with you

Student Affairs: Preparation

- BU provides a variety of educational programs designed to promote awareness and prevention of sexual assault and domestic violence.
- [Rape Aggression Defense \(RAD\) training](#)
- The Boston University Police Department offers RAD training several times during the year, and can schedule additional sessions on request.
- [Sexual Assault Response & Prevention Center](#)
- In cooperation with BU's [Student Health Services](#), SARP provides a variety of services, including:
 - Step Up. Step In. (bystander training)
 - health services
 - mental health counseling
 - violence prevention workshops during the academic year and upon request
- [Be Safe@BU](#)
- The Dean of Students provides programming at student orientation and beyond to educate the BU community on a variety of safety measures, including assault prevention.
- [Wellness & Prevention Services:](#)
<http://www.bu.edu/shs/wellness/>
- Non-BU students, please also research your university's services



Student Affairs: Personal Safety

“I didn’t know what to call what happened to me, I just knew it felt bad.”

You don't have to go through this alone.



Contact

PHONE: 617-353-SARP (7277)
EMAIL: sarp@bu.edu 
VISIT: 930 Comm. Ave.
Boston, MA 02215

 Follow @sarp_bu

 Like  642

Dean of Students Office

617-353-4126
dos@bu.edu

Visit www.bu.edu/safety
for more information.

- Boston University is committed to fostering a safe learning environment for all members of the University community and preventing sexual misconduct.
- **All forms of sexual misconduct, including rape, acquaintance rape, sexual assault, domestic and dating violence, stalking, and sexual harassment are violations of Boston University’s policies, whether they happen on campus or off campus.**
- Reporting: On-site staff should be first resource. If unavailable or uncomfortable reporting, contact Title IX Deputy Coordinator Debbie Miller at millerda@bu.edu.
- BU staff/site staff are obligated to report any incident of sexual misconduct
- On-site staff will go over this in orientation

LOGISTICS

- Arrive at the airport no later than two hours prior to your departure
- Wear heavier clothes on the flight to be able to have room in your suitcase
- Confirm your departure time and flight

CARRY ON

- **Passport with Tier-4 visa**
- **BU London Immigration Letter (from Personal Page)**
- **Round-trip flight itinerary**
- Liquids 3oz or less in plastic bags (check www.tsa.gov for up to date requirements)
- Essentials to last you a few days in your carry-on in case your luggage gets lost (toothpaste, deodorant, underwear, medicine, socks)

HEALTH WHILE TRAVELING

- Drink lots of water and stay hydrated
- Be sure to time your medications while traveling
- Get lots of sleep after you arrive: jetlag can take up to a week to go away!

Packing List

- **Luggage:**
 - Use bags that are light and sturdy – one large, one carry on, one shoulder bag or backpack
 - Pack only what you can carry *yourself*
 - Check airline restrictions on weight and number of bags you can take aboard. Overage fees may apply.
 - Do not plan on shipping items abroad
- **All students should NOT bring:**
 - **DO NOT** bring bath towels, only 1 to start
 - **DO NOT** bring bedding, it is provided
 - **DO NOT** bring a hairdryer, hair straightener or curling iron: they blow up. Purchase cheap UK equivalent at Argos
 - Buy supplies cheaply at [Argos.co.uk](https://www.argos.co.uk)



Arrival/Check-In



Program Dates: January 15, 2017 – April 28, 2017

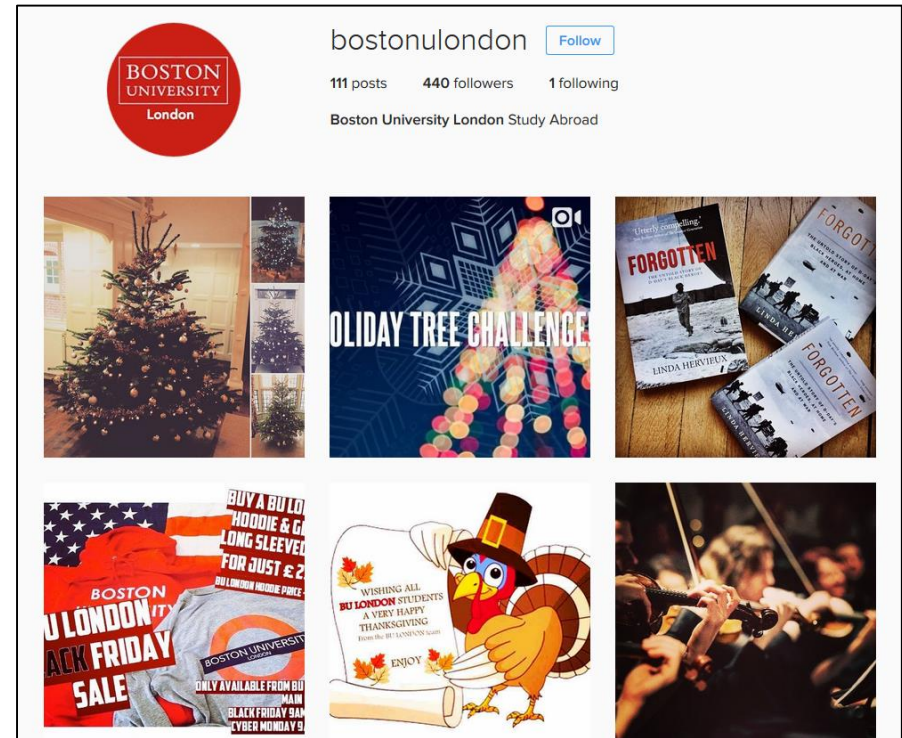
- Only arrive in the UK under the validation of your Tier-4 visa
- Students are responsible for getting to their residence for check in on Arrival Day
- Directions sent to you by BU London
- Delayed arrivals should make arrangements with BU London

Future Communication

- Some communication you can expect to receive over the next month:

- December/January:
 - Arrival information
 - Tier-4 Visa Follow-Up
 - Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
 - HTH e-mail

➤ Follow BU London on Instagram!



@bostonulondon

Action Items

- Complete General Pre-Departure Documents to get registered for your program.
- Watch the Pre-Departure Roadmap (again!)
- Post your flight information and Tier-4 visa to Personal Page
- Print Immigration Letter from Personal Page
- Review HTH and Getting Ready to Go Emails

TO DO LiST

1. **SO**
2. **MANY**
3. **THINGS**



URL: T3DS.com/738864

The3dStudio.com

Top 10 Words of Widsom

01

Use this as an opportunity to experience as wide a range of cultural events from museums to football matches. (especially as most are free!).

02

Take care of yourself. Save money by learning to cook; Reduce stress by sleeping well.

03

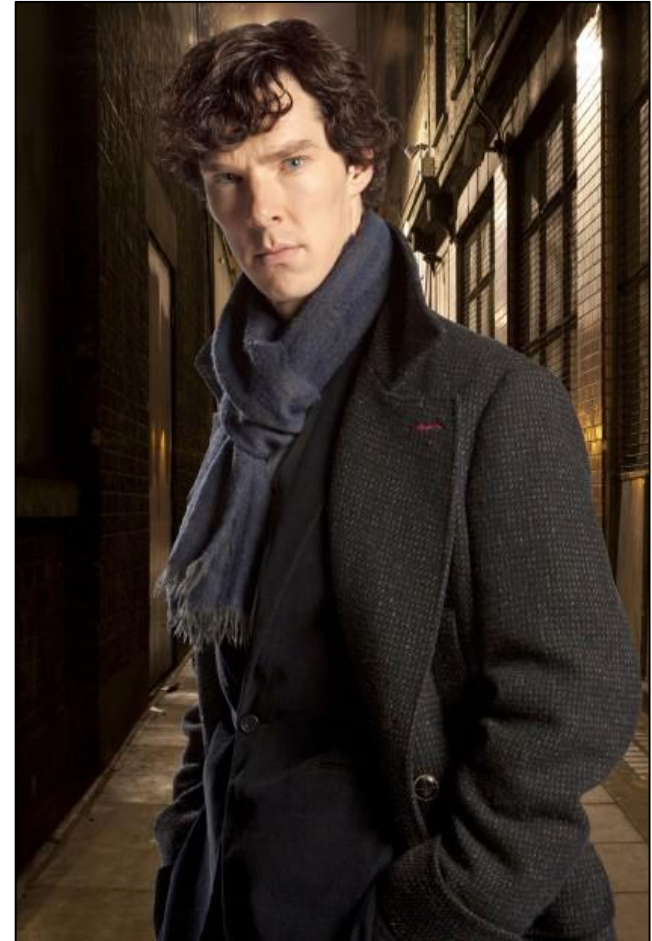
Think about your budget carefully as you will be living in an expensive city.

04

Travel in the UK over some weekends - see the country in which you are living!

05

Make sure you keep up with the news/culture/Politics so that you can effectively interact with Brits and overcome some problems of Culture Shock



Top 10 Words of Wisdom

06

Try to explore all the areas of London from the Indian markets and trendiness of Brick lane to the riverside pubs of picturesque Richmond.

07

Use the bus instead of the Tube so that you can get a better appreciation of the city's layout.

08

Learn to appreciate the British sense of humour.

09

Things will go wrong, just like living anywhere else. Try to see this as a quirk of fate rather than a programme fault, and don't let it ruin your semester.

10

Make sure you don't just stay in you flat and get out in London, meet new mates and test your boundaries



Alvi Rahman
Fall 2014

William Lepage
Spring 2016

Kaley Roberts
Summer 2016

Mehar Maju
Summer 2016

