SED London Program
at University of Roehampton
Introductions
Location
Academics
Immigration
Finances & Budgeting
Life on Site
Culture & Culture Shock
Health & Safety
Flights/Arrivals
Questions
Population of London: Over 8 million people

- 2011 Census
Location: Neighborhood

7 bedroom house for sale
Queensberry Place, South Kensington, SW7
£12,500,000
6 bedroom house for sale: Gloucester Road, SW7
£15,000,000

Location: Neighborhood
Location: Neighborhood

4 bedroom flat for sale:
Queens Gate South
Kensington, SW7
£4,500,000
4 bedroom flat for sale:
Queens Gate
South Kensington, SW7
£4,500,000

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
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 will be displayed on your Personal Page.

Residence-hall style, shared but fully stocked kitchens, en-suite bathrooms, security and housekeeping, and Resident Life Supervisors.
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!
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.
SO 301: British Education

- First two weeks at Roehampton
- Teaching placements start in week three; SO 301 continues Wednesday evenings in Sorbonne House
Professional Experience

Placements completed by Roehampton

10 weeks in school full-time

This is a professional course!

Two-week classroom take over in November

Observations with a Roehampton tutor
E-mail your resume (CV)

E-mail your SED questionnaire

Send/Fax a copy of your Background Check
Academic Policies

- All students are subject to BU’s [Academic Code of Conduct](#).
- If accommodations are needed, notify BU Study Abroad and BU’s Office of Disability Services.
- Grade for SO 301 AND practicum
- You will have a two week break for ‘Half Term’ at the end of Oct (TBC)
- Attendance policies
  - Personal travel must NOT conflict with academic obligations
  - Attendance is **mandatory** and is factored into your final grade.
### Pre-Departure: London Personal Page

<table>
<thead>
<tr>
<th><strong>Step 1</strong></th>
<th><strong>Step 2</strong></th>
</tr>
</thead>
</table>
| Supply an e-mail address and suitable picture, giving you access to your Personal Page. | a) Select Housing  
b) Request your CAS number for your Tier 4 visa  
c) Update any medical/flight information |

<table>
<thead>
<tr>
<th><strong>Step 3</strong></th>
<th><strong>Step 4</strong></th>
<th><strong>Step 5</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>Request a Student Oyster Card on Sept. 1, which will entitle you to 30% off all weekly and monthly travel cards. Only Spring &amp; Fall students are eligible for this card</td>
<td>Order Social Programme Tickets!</td>
</tr>
</tbody>
</table>
Make two copies of your passport. Take a copy with you and leave a copy at home.

Passport: If your passport is due to expire within 6 months of your expected arrival in London, you must apply for a new passport.

Tier 4 Visa

Immigration letter
(found on your London Personal Page)
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 BU Study Abroad for group mailing (Jun. 28, Jul. 19).

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. Biometrics stamped/signed confirmation page
5. Return envelope and pre-paid shipping label

After Jul. 26 all Tier-4 applications MUST be expedited by purchasing Priority Service BEFORE mailing!!!
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
- NatWest
Current exchange rate:
0.71
$1 = 0.81p
$10 = £8.10
$100 = £81.00
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): $13-$16
- Cinema/Movies: $13-$16
London on the Cheap

Museums

Parks

Time Out:
Find out about free events!
Student Affairs: Social Programme

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

<table>
<thead>
<tr>
<th>Mon 19th May</th>
<th>Tue 20th May</th>
<th>Wed 21st May</th>
<th>Thu 22nd May</th>
<th>Fri 23rd May</th>
<th>Mon 26th May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trafalgar Day</td>
<td>Trafalgar Day</td>
<td>Trafalgar Day</td>
<td>Trafalgar Day</td>
<td>Trafalgar Day</td>
<td>Trafalgar Day</td>
</tr>
<tr>
<td>Bank Holiday Monday</td>
<td>Bank Holiday Monday</td>
<td>Bank Holiday Monday</td>
<td>Bank Holiday Monday</td>
<td>Bank Holiday Monday</td>
<td>Bank Holiday Monday</td>
</tr>
<tr>
<td>Bank Holiday</td>
<td>Bank Holiday</td>
<td>Bank Holiday</td>
<td>Bank Holiday</td>
<td>Bank Holiday</td>
<td>Bank Holiday</td>
</tr>
<tr>
<td>Roald Dahl’s Matilda</td>
<td>Roald Dahl’s Matilda</td>
<td>Roald Dahl’s Matilda</td>
<td>Roald Dahl’s Matilda</td>
<td>Roald Dahl’s Matilda</td>
<td>Roald Dahl’s Matilda</td>
</tr>
</tbody>
</table>

**The Book of Mormon**
Local gym memberships are available at discounted prices.

Grocery stores, pharmacies, banks and 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

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.

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
The Practicalities: Getting Around

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

Language

Manners of interacting

Communication

Thoughts

Courtesies

Values

Rituals

Expected behaviors

Roles

Practices

Customs

Relationships
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.
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
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!)
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 brittany@bu-london.co.uk or katy@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**
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.
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
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](http://www.bu.edu/shs/wellness/), 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
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!
• **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](http://Argos.co.uk)
Booking your flight to the United Kingdom:

1) Group flight through Advantage Travel – Included in program cost!

2) Book independently; receive flight credit for amount of group flight

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
Program Dates: August 29, 2017 – December 14, 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
- Walking tour/orientation upon arrival
Some communication you can expect to receive:

- June/July/August:
  - Arrival information
  - Tier-4 Visa Follow-Up
  - Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
  - HTH Email
- Follow BU London on Instagram!

@bostonulondon
Complete General Pre-Departure Documents to get registered for your program.

Watch the Pre-Departure Roadmap (again!)

Book and Post your flight information and Tier-4 visa to Personal Page

Apply for your UK Tier 4 visa in June or July at the latest

Select your housing in July
Learn to cook *something* or a few basics so you can cook for yourself

Get involved with clubs at your school

Plan Social Programme events to last you the whole term

Take advantage of the experience of living in London!

Keep an open mind!
Program Contacts

London Academic Affairs: 
academicaffairs@bu-london.co.uk

BU Study Abroad: 
coreys@bu.edu

London Student Life: 
studentlife@bu-london.co.uk

SED: 
jbryson@bu.edu
Questions?