London SED Program

BU Study Abroad
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Pre-Departure Roadmap

Boston University Study Abroad
Pre-Departure Roadmap

Study Abroad

twitter.com/BUabroad  facebook.com/BUabroad  bu.edu/abroad
Location: Where You Are

**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
SO 301: British Education

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

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
Submit ASAP:

• UK-Formatted CV/Resume

• SED Questionnaire

Also email a copy of your Background Check
• 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
LEARN THE SKILLS IT TAKES TO BE A CITIZEN OF THE WORLD!

During the course you will:
- Set personal and professional goals for your study abroad experience;
- Learn to effectively articulate the value of your semester abroad to future employers or admissions committees;
- Learn tools for identifying cultural differences, patterns and values.

Quick Facts:
- 1-credit pass/fail – 5 very brief yet meaningful assignments.
- Open to students in all fall or spring semester programs
- Delivered entirely over Facebook

Check your Hub Page or www.bu.edu/abroad/gle for the syllabus and instructions on how to enroll!
Step 1
Receive access from BU London in the coming weeks. Unique username and password.

Step 2
a) Upload passport photocopy & request CAS Number for your Tier-4 visa
b) Input Housing Preferences
c) Update any medical/flight information

Step 3
Request a Student Oyster Card via the “Messages and Orders” tab. SED students will have their commuting expenses provided.

Step 4
Order Social Programme Tickets!
Pre-Departure: Visas & Immigration

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 **Tier 4 General Student Visa**.

Application must first be submitted online, then print out hard copy to submit to consulate either through a premium appointment or by mail.

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
Inform your bank that you will be living abroad, and ensure your card/account bank allows for international transfers. You will not be able to open a UK-based bank account, so please plan to use your US-based funds while in the UK.

- 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.

Major UK banks are:

- Barclays
- HSBC
- NatWest
The Practicalities: Cost of Living

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clubs - Entrance</td>
<td>$16 - $33</td>
</tr>
<tr>
<td>Dry Cleaning – Shirt</td>
<td>$10 - $15</td>
</tr>
<tr>
<td>Pint of Beer</td>
<td>$5.80 - $8.00</td>
</tr>
<tr>
<td>Starbucks Caffe Latte</td>
<td>$3.18</td>
</tr>
<tr>
<td>Shoes (Men’s Loafers)</td>
<td>$80</td>
</tr>
<tr>
<td>Simple Restaurant Meal</td>
<td>$16 - $33</td>
</tr>
<tr>
<td>Zone One Travel Card</td>
<td>$110</td>
</tr>
<tr>
<td>One Month (bus, tube, DLR)</td>
<td></td>
</tr>
<tr>
<td>Cinema/Movies</td>
<td>$13-$16</td>
</tr>
</tbody>
</table>
The Practicalities: Getting Around

- Getting Around:
  - Black Cabs
  - Night Buses
  - Night Tube
  - Trains vs. airlines for weekend travel
  - Notify site when you are away
Local gym memberships are available in the area.

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.
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
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: Local Media

- Times & Guardian
- Mirror & Sun
- Time Out London
- BBC Radio 1, 4, 5
- KISS FM

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

- An Idiot Abroad
- Made In Chelsea
- In-Betweeners (UK version)
- TOWIE
Student Affairs: Social Programme

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

- **BU London Housing Policies** (i.e. no overnight guests, etc.)

- **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.
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

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.
**Health**

**Plan ahead!**

- Meet with your doctors to discuss continuing your care abroad, including your dentist, optometrist, and specialists. [GeoBlue](#) can help you find doctors and specialists in your host country.

- **Make a plan to access your medications abroad**
  - If allowable, obtain a supply for full semester
  - Find out whether your medication is available in your host country by [contacting GeoBlue directly](#).
  - Have your current doctor write a letter listing your medications, the dosages, the generic chemical names, and what condition it’s treating. Bring this letter and copies of your prescriptions with you abroad.
  - Check with GeoBlue or the host country consulate for restrictions on what/how much you can bring with you
  - Do not plan to ship medicine abroad

- Learn about differences in medical facilities and the local health system. [GeoBlue](#) can also discuss local medical care standards with you.

- Contact our office with any concerns
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.

• Stay Healthy:
  • London On-Site Counselor
  • Keep up routine (when possible)
  • GeoBlue covers mental health care
  • Use the on-site staff as a resource
Approximately two weeks before the program start date, all students will be enrolled in a plan from GeoBlue that provides comprehensive international health insurance coverage, as well as emergency travel assistance to cover medical and security evacuation.

- Valid for the duration of the program; extendable at the student’s expense (once BU Study Abroad has initially enrolled you in your plan)
- 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 emergency travel assistance while abroad, or to plan for care in advance of your departure, contact GeoBlue directly and identify yourself as a Boston University student.

All students are required to maintain their US-based health insurance coverage while abroad
Communication

- **Staying connected with home**
  - Skype/FaceTime
  - Email, messaging, and apps (WhatsApp)
  - Differences locally (i.e. Wi-Fi availability, internet speed, limited hours of use, electricity, etc.)
  - Follow BU Study Abroad on Facebook & Twitter

- **Mobile Phones**
  - You must have a local number for emergencies and ease of use
  - Local pay-as-you-go plans are the easiest and most economical. You can either get a whole new cheap phone, or just a new simcard
  - Keep your current smartphone on “airplane mode” and use apps on Wi-Fi when it’s available
  - US-based international mobile phone plans are more expensive and often don’t work. Skip them
In an Emergency

If you are involved in an emergency:
1. Call local emergency services
2. Contact the program staff
3. Contact your family or emergency contact

If there is an incident while you are abroad:
1. Let the program staff know you are ok
   - Respond to any emergency messages they send
2. Contact your family or emergency contact

Unacceptable reasons for being unreachable:
1. Your phone isn’t turned on or charged.
2. You have limited minutes and want to save them.
3. You don’t want anyone to know where you are or what you’re doing.

We don’t judge! We just want to know you’re okay!
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, general safety precautions and ways of communicating will be explained during orientation

Personal Emergency Plan
- Enroll in the State Department STEP Program to get travel alerts and warnings
- Talk with your family about communication expectations so they know you are okay
- Always have emergency contact numbers with you, both in your phone and separately
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.
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.
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
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

• Visit [www.bu.edu/safety](http://www.bu.edu/safety) for more information.
BU provides educational programs designed to promote awareness and prevention of sexual assault and domestic violence.

- **Rape Aggression Defense (RAD) training**
- In cooperation with BU’s Student Health Services, **SARP** provides a variety of trainings and services, including:
  - Step Up. Step In. (Bystander training)
  - Health services
  - Mental health counseling
  - Violence prevention workshops

- **Be Safe@BU**
- **Wellness & Prevention Services**
- Non-BU students, please also research your university’s services
Resources

LGBTQ Resources
• US State Department Advice for LGBT Travelers
• Diversity and Inclusion Abroad: Sexual Orientation Abroad

Disability resources
• Diversity and Inclusion Abroad: Student with Disabilities Abroad
• Abroad with Disabilities Facebook Community

Women’s issues by site
• US State Department Advice for Women Travelers
• Diversity and Inclusion Abroad: Women Abroad
• BU: http://www.bu.edu/shs/resources/

Many additional resources can be found online.
Pre-Departure: Flights

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
Pre-Departure: Flights

**Arrival & Departure Deadlines**

<table>
<thead>
<tr>
<th>You must arrive and be checked into the Programme before Noon on</th>
<th>You must vacate London Housing by Noon on</th>
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<tbody>
<tr>
<td><strong>Sunday, 14 January 2007</strong></td>
<td><strong>Friday, 4 May 2007</strong></td>
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</tbody>
</table>

**EARLY ARRIVAL:** This facility is not available for students on this course.

**ARRIVAL DETAILS**

**Flight/Train Arrival Times**
- **Departure City:**
- **Airline/Eurostar:**
  - [erfa](#)
  - [Aer Lingus](#)
  - [adf](#)
  - [Gatwick](#)
- **Flight/Train Number:**
- **Arrival Port (Heathrow, Gatwick, St. Pancras...):**
- **Arrival Time in UK:** *(Use Military Time Only) eg. 11:10 for 11:10am or 23:10 for 11:10pm)*
  - 11:00
- **Arrival Date in UK:** 20/5/17

**Flight/Train Departure Times**
- **Departure Date:**
- **Airline/Eurostar:**
- **Flight/Train Number:**
- **Departure Airport or Train Station:**
- **Departure Time in UK:** *(Use Military Time Only) eg. 11:10 for 11:10am or 23:10 for 11:10pm)*

For further help with pre-departure planning: [Study Abroad Planning](#)
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
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 Student 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
Program Dates: September 3 – December 20, 2018

- Enter under Tier-4 General Student Visa Only (Note that validity will be 7 days before program starts – 7 days after program ends)
- 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
Some communication you can expect to receive:

April/May
- Flight Information
- Personal Page Access

June/July/August
- Tier-4 Visa Follow Up
- Teaching Placement Follow Up
- Arrival information
- Getting Ready to Go Email (important reminders sent a few weeks before departure)
- GeoBlue 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 to Personal Page

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

Housing prefs in July