

studyabroad 2011/2012

Britian & Ireland Student Handbook

interstudy.org



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Introduction

Welcome to Interstudy

Congratulations on your decision to study abroad, a decision that makes you a part of an ever-increasing number of students in North America who choose to engage in this extraordinary opportunity. We are excited to have you on our program whether you are headed to Britain or Ireland! We are confident you are going to have the time of your life with Interstudy.

For many years we've had a slogan: '...big enough to rely on, small enough to care'. We're glad you chose Interstudy, and we think you'll quickly find you made the right choice. Welcome!

How to Prepare For the Experience

Preparing yourself for your upcoming abroad experience can be fun, exciting, and stressful all at the same time. There are many ways to get informed and stay organized as you plan for your departure.

- Stay curious! Surf the web and read books to research your host institution, host country, and the culture. It's a great way to learn and will help to facilitate a smooth transition to your host country.
- Jot down some topics you're interested in as you conduct your research and be sure to keep a list of questions that come to mind.
- Get in touch with us – we're happy to assist you and we have a wealth of experience preparing students for studying abroad.
- Read this handbook! It has been prepared for you and contains useful information about your upcoming study abroad experience.

How to Get the Most From the Experience

Only you know what you want to take away from your study abroad experience and only you can achieve your specific goals. However, past students have found that setting goals in advance, mentally preparing for cultural adjustments, integrating and making new friends, staying on top of academics and keeping a journal or blog helped them get the most from their time abroad.

How to Use the Student Handbook

Feel free to skip around to the sections you are most interested in. Work your way through the book this way but be sure to read ALL the sections eventually. Each paragraph is here for a reason. You might feel like the sections on culture are not worth going through, and you'll probably be most interested to find out specifics on your program, but the sections on

culture are probably the MOST important to read before you arrive. Also, be sure to look at the forms and checklist and get all necessary forms into Interstudy before the specified dates.

Interstudy provides many specific program details in this Student Handbook, but we recognize, especially for those a bit nervous about going abroad, that it is not exhaustive in its scope. There are reasons for this. For one, it's simply not possible to include ALL information about ALL programs that ALL students and/or their parents may want to know about, prepare it, package it, and get it out in a timely manner.

Also, listing absolutely everything about a program site, from what color the walls in the accommodation are to where the nearest sandwich shop is can take a lot of the fun out of the discovery of a new place. The important details you will need to know that aren't covered in our print materials are covered in the Interstudy on-site arrival and orientation conducted once you are in your host country. If we were to swamp you with every minute detail prior to departure it would be impossible to remember it all anyway, your personal experience will probably vary, and it would be all the more difficult to find what is truly important in this handbook.

What Interstudy Does

Interstudy facilitates study abroad for students from North America in a direct enrollment program. This means Interstudy does not 'export' faculty to our program sites overseas, rather, Interstudy students take classes along with host country students, from host country faculty at select accredited British and Irish Universities. Interstudy works to provide student support services that enhance your experience abroad and allow you to focus on what is important: academics and cultural integration. Interstudy exists to facilitate the study abroad process culturally, academically and socially. Interstudy is an educational organization that treats students as adults. Students have the freedom to make their own choices and decisions and with that freedom comes responsibility. The truth is that your experience is going to be what you make it. We exist to help you to make it the experience of a lifetime!

How Interstudy Works

Interstudy is an educational organization that maintains relationships with twenty-four overseas universities. We call them our host institutions. This means students can apply to, and be accepted by, our host institutions simply by applying to Interstudy. In addition to enjoying the services that

our host institutions provide international students, mainly in the realm of academics and accommodations, Interstudy provides students with enhanced services that they would most likely otherwise not receive. In short these include:

- simplified application and acceptance process
- CISI Medical Insurance
- group flight option for students
- an International Student Identity Card (ISIC)
- Membership to the student body at the host institution
- Comprehensive advising materials
- an assigned advisor and telephone advising session prior to departure
- an on-site arrival and orientation program
- General student support
- comprehensive excursion program incorporating several outings including an overnight weekend with other Interstudy students from the region
- pay-as-you-go mobile phone for the duration of your time abroad
- Money transfer services for students who open on-site bank accounts (Irish participants only)
- Transcript processing and credit conversion to the North American scale after your time abroad

Why Students Use Interstudy

North American students enroll in an Interstudy program usually after a recommendation by a home college advisor, an Interstudy alumnus or after an extensive Internet search. Interstudy has over thirty years of experience placing North American students abroad in Britain and Ireland. We have worked with hundreds of US colleges and Universities throughout the years and have a long tradition and reputation of excellence in international education. We strive to work closely with the home college adviser and the student's family, though ultimately we consider the student to be our prime responsibility. Students sometimes use Interstudy because their home college has a relationship with our organization, and does not maintain a program of their own in the host country or destination. Often, students use our programs because they recognize it's the best way to safely and efficiently study at the destination of their choice.

What Doesn't Interstudy Do

Interstudy provides the services and support appropriate to our status as an educational organization. We deal with the logistics, planning, payment for and academics of our study abroad programs. Students have a clear and definite responsibility to turn in paperwork on time, respond to emails and phone calls from us and to abide by all Interstudy policies clearly laid out in

the Interstudy Student Handbook. There are some things Interstudy does not do, and those are covered in brief below:

- Guarantee specific courses or course schedules
- Appeal grades
- Coordinate travel arrangements for family members visiting the host country
- Organize travel plans while students are on breaks
- Guarantee students will have a good time
- Make friends for students
- Process any Federal Financial Aid
- Pay for students' phone calls in country
- Monitor students' bank account balances, we can only deposit funds
- Ensure academic success
- Compel students to attend classes or examinations
- Prevent students from traveling
- Insure students travel to safe destinations
- Guarantee students' personal safety
- Insure students' personal possessions
- Provide return transportation to the airport upon departure

How to Contact Interstudy

The Interstudy office in Boston serves as an initial point of contact for all students, parents and advisers. Programs are maintained and administered by Interstudy's North American office, which is able to answer questions students may have prior to departure. Once you have confirmed your offer of acceptance, staff in-country work closely with the host universities and will coordinate all individual arrangements to suit your unique situation and preferences.

North American Office

Interstudy's North American Office is located just outside Boston. The office is open Monday through Friday, from 9:00a.m. to 5:00p.m. Eastern standard time. If an emergency occurs outside normal office hours, call 781-929-5254 or the North American office and listen to the recorded message. The 24-hour emergency contact number will be provided. Leave a message with your name, contact number and a brief description of the incident. A staff member will return the call shortly.

63 Edward St.
Medford, MA 02155-6653
United States
voice 781.391.0991
fax 781.391.7463
Toll-free 800.663.1999
email studyabroad@Interstudy.org

What to Know Before You Go: Functional

Power of Attorney

Interstudy strongly recommends that you designate Power of Attorney for the duration of your time abroad. Power of attorney is authorization to act on someone's behalf in financial, legal or business matters. This allows someone to sign documents or checks on your behalf. There are many standardized (and usually free) forms on the internet. It is a good idea to designate a parent or guardian as your power of attorney while you're away so they can sign, deposit or send financial aid checks which may get disbursed after your departure.

Arrival

Interstudy will make arrangements to meet you at the airport or train station and bring you to your housing, provided you arrive on the scheduled start date. You are not allowed to arrive late. If you plan to arrive before the program start date, you may be expected to find your own housing and arrange your own transportation to your program site. Contact Interstudy with questions or special circumstances.

Each program has unique arrival arrangements and instructions. More details will be provided at a later date on exactly what you can expect for your program. Remember once you arrive to take it easy and take it slow, you'll be excited but also jet-lagged. Be sure to get some rest.

Mandatory On-site Orientation

There are two different orientation sessions you will be attending. One, conducted by Interstudy, takes place soon after you arrive in country. The second, conducted by the host institution itself, takes place within the first few days after your arrival. These arrival/orientation sessions are mandatory.

At the arrival sessions you will receive important information on your program, and you'll also receive your Interstudy cell phone. At the orientation session you'll be shown around campus, city, and begin the process of learning in an entirely new academic setting. The final date, place, and time for both sessions will be mailed, either by hard copy or a pdf through email, approximately 3 weeks prior to your departure.

Flight Arrangements

Interstudy does not include the cost of your flight in your program fees. You are ultimately responsible for booking your own flight. For your convenience, however, Interstudy does arrange a group or designated flight to take you from the US to your destination overseas. Group flights or designated flights are arranged for all programs based on the number of students attending the program. Though not required, most students opt to take advantage of the group/designated flight as rates are competitive and ensure you arrive when and where you should. Interstudy does not directly handle travel arrangements or payments for flights, but rather relies on the expertise of STA Travel in Cambridge, MA.

An email will go out in early May or early November, depending on your semester abroad, with specific instructions on how to book your flight through STA Travel.

Before you book your flight, make sure you have confirmed arrival and departure dates from the Interstudy website. It is very important that you arrive on the correct arrival date during the times specified so staff are available to admit you to your residence. Arriving after the arrival date is not permitted. To book a round-trip flight, you must also know your return date. Interstudy publishes a program end date; this is the day after the last day of exams at your host institution. Booking your return on or after this date will ensure that you are present for all exams. Remember, you must have a return ticket booked with an itinerary as part of your entrance into Britain or Ireland. Since you won't know your exact exam schedule until after you arrive on campus, it is imperative that you book your return on or after the specified program end date for your host institution.

Passport

Obtain a passport immediately if you do not already have one. If you already have a passport, be sure it is valid for at least 6 months after your program end date. If it expires within this time, visas and general admission to countries may be difficult or impossible to obtain. When in doubt, renew your passport!

Interstudy cannot secure a passport for you. The process can take months to complete and expedited service will cost you extra—so begin now. For instructions on how to obtain a passport, visit travel.state.gov.

US Consulate Registration

Interstudy recommends all students register with the local US Embassy near your host city in Britain or Ireland. This can be done in person upon arrival, however, the US State Department allows students to register prior to their departure.

To register, visit <https://travelregistration.state.gov/ibrs/>

Student Visas

These entry requirements apply to students holding US passports which are valid for at least six months after the date you expect to return to the US.

If you are not a United States citizen and do not hold a United States passport, you may need to follow different guidelines from those listed.

For Ireland Students

Ireland does not require a Student Visa or Entry Clearance prior to entering the country, regardless of the length of stay. The length of stay you are entitled to is determined by the dates of your program.

To obtain a visa you'll need to register with your local Garda once you settle on campus. The registration process is not centralized yet and consequently you may need all or some of the following items in your possession when you meet with the Garda:

- Valid Passport
- Host Institution Student Card
- Evidence of financial support (e.g. current bank statement showing your name and a balance of at least 1000 Euros or a letter of guarantee from a parent or guardian indicating availability of sufficient funds to sustain your stay in Ireland)
 - letter of immigration (picked up at host institution)
 - receipt of fees paid from the Fee office at your host institution
- Evidence of private medical insurance (CISI card)
- 150 Euro fee (not paid by Interstudy)

For Britain & Northern Ireland Semester Students

If you will be in the country for six months or less you have the option of getting entry clearance or not. If you decide not to obtain entry clearance you will receive the status of student visitor when you present your passport and letter of admission by the host institution you're attending. If

you choose this path you will be able to take classes but you will not be able to work or volunteer during the duration of your semester abroad. If you would like to obtain entry clearance prior to departure please read the instructions for Britain & Northern Ireland Full Year students.

Regardless of what type of visa you secure, when entering Britain a decision is made by the Immigration Officer as to whether you should register with the local police, or pay an Alien's Registration Fee. Interstudy has no control over this procedure and the Interstudy program fees do not cover it should you be chosen to pay this fee.

For Britain & Northern Ireland Full Year Students

If you are a full-year student, or plan to obtain entry clearance you are required to do so before you depart North America. You can complete the application and pay the application fee (not covered by Interstudy) directly on the UK government website: <http://visa4uk.fco.gov.uk/> You should submit your application through the UK online application service visa4uk.fco.gov.uk. Once completed you will be directed to make an appointment to have your biometrics (digital fingerprints and photo) collected. Once you have attended this appointment you must send your complete application to the British Consulate-General specified on your Visa Application Form.

UK visas are processed in New York, Chicago and Los Angeles; the geographic areas each covers are listed on the website above. You can process the entire application through the mail yourself, or you can bring it to the Consulate by appointment. The Consulate website for each of the cities also has lists of licensed agents who can expedite processing on your behalf (for a fee). Follow the instructions on the website for the very latest information. The Consulate also advises sending your updated transcript even if the application does not require it. All items must be submitted in their original form (not copied or faxed); Interstudy will be mailing your admission letter to you several months prior to your departure.

Immigration and Customs

If you have never taken an international flight, the idea of "clearing customs" may seem menacing, but it's a simple process that, though time consuming, is fairly straight forward. When you disembark, you will be given a landing card and be directed to passport control. You will go to the line indicated for non-nationals. When it's your turn you will be asked by an immigration official to show your passport, your landing card, your return ticket and you will be asked the purpose of your visit. You must state that

you are a student who is there for study. For students traveling to Britain, Ireland, this is the point at which you'll receive your visa. (Except Full Year Britain students who will have an Entry Clearance by this point). Bring the following documents with you on the airplane as the Immigration Officer may want to see them before letting you into the country:

- Copies of your admission and acceptance letters from Interstudy, and your host institution acceptance letters (these will be sent to you in your final packet, approximately 3 weeks before you depart and once your financial account is clear)
- Immigration and authorization letter from Interstudy (also sent in the final package)

Next, proceed to the baggage carousel and collect your luggage, which, by the time you've been through Immigration, should be waiting for you. Go through customs. There is a red line for those with items to declare and a green line for those with nothing to declare; unless you are bringing expensive gifts, you will fall into the latter category.

Shipping

It is easier, cheaper, and safer to bring all luggage with you for your semester or year abroad. Our advice is this: don't try to ship anything in advance; there is no one there yet to receive it. Often residence hall staff don't arrive until just prior to your arrival. Friends or family can ship things to you via UPS, FEDEX or USPS. Just know this can be costly and there are no guarantees it will arrive, or arrive in the condition it should. If sending new goods, they will have to go through customs and a duty may be charged upon arrival. It is easier and cheaper to buy new items in country in almost all cases. Ask the carrier how long it will take and how to track it. Shipments from the US may take significantly longer to reach overseas destinations than what you are used to domestically. Shipping items to the United States from your program site is possible, but it too can be very costly. Carriers similar to UPS, FEDEX and DHL who ship internationally are available. Interstudy recommends you not attempt to ship items at all.

Calling To and From Overseas

Calls From the USA

To call from the United States to another country you need to dial three things. First, dial 011 to get outside the United States, next dial the country

code (44 for Britain, 353 for Ireland), and lastly dial the number of the person you are trying to reach. Drop the 0 from the beginning of the telephone number if the phone number begins with a zero.

Calls To the US

From Britain or Ireland, dial 001 followed by the US area code and the number. For example to call Interstudy, dial 001.781.391.0991

Time Zone Differences

Remember when calling that there is a large difference in time zones. The exact amount of difference in time depends on where you are in North America and if your home state observes daylight savings time.

Both Britain and Ireland are five hours ahead of Eastern Standard Time and eight hours ahead of Pacific Standard Time. Each country also honors daylight savings time though the specific start and end dates may vary.

Important Telephone Numbers

Britain:

- 100 - Telephone Operator
- 155 - International Operator in Britain (and to make collect calls to US)
- 118.505 - International Directory Inquiries (i.e. Information Operator)
- 118.500 - Directory for inquiries elsewhere
- 999 - Police, Fire Department or Ambulance

Ireland:

- 10 - Telephone Operator
- 114 - International Operator in Ireland (and to make collect calls to US)
- 11818 - International Directory Enquiries (i.e. Information Operator)
- 11811 - Directory Enquiries elsewhere
- 999 - Police, Fire Department or Ambulance

Interstudy Cell Phone

The Interstudy issued cell phone runs on a pay-as-you go scheme in which you purchase 'top up' cards or vouchers that charge your phone with minutes. This style of plan is very common in Britain and Ireland. You can use the phone as much or as little as you want. Cards are available in many shops near campus. Each phone is equipped with voice mail. The phone

does not debit your minutes for incoming calls. This makes it ideal for you to receive international calls from friends or family. The phone can receive calls from anywhere in the world. The phone can make calls to anywhere in the world (though this can be expensive). The cell phone is designed to work in-country so please be aware that your phone may not work outside your program country. Each Interstudy student is entitled to one phone for the duration of their program. At the end of the semester, students are asked, but are not obligated, to donate their phones to Interstudy so that other students may use them as replacements in subsequent semesters. As it is voluntary, free replacements are not guaranteed. If a student loses or breaks his/her phone and a replacement is unavailable, a phone can be purchased from the local shops. It is the student's responsibility to replace and pay for the phone and inform Interstudy of the new phone number.

Internet and Email on Campus

While most North American campuses provide Internet/email access in individual student rooms on campus, this is not the case on campuses worldwide. Many residences have Internet access, however, if this is not the case, you will be able to access Internet/Email through computer labs located throughout campus after you have completed course registration and you have your University ID card. Some Universities overseas have begun installing Internet/Email connections in individual rooms, at the present it remains uncommon and you should not expect access in your room.

Sending and Receiving Mail

Post Office facilities are available throughout Britain and Ireland and in most cases a post office branch is located on or near campus. You can buy stamps from any branch of the Post Office (every main shopping area should have one), newsagent's or at small local shops. In some places machines that sell stamps can be found near post office entrances.

Airmail service to the United States from Britain and Ireland is generally reliable. A letter from Britain or Ireland takes about one week to arrive in the US. Remember that the weight of your letter will determine the cost of mailing it so invest in some lightweight airmail paper and envelopes. These can be found at your local Post Office or at any store that sells stationary.

Similar to your home college or university there is a mail system operating on your host institution's campus. You will receive details of how the system works during the on-site orientation session. For most Interstudy housing

options, mail is either delivered to your residence directly or kept in a locked mailbox in a central location on campus for collection. Please do not send anything to your campus residence until you arrive as it will most likely be returned.

Interstudy Forms

Deed of Guarantee and Indemnity

The Deed of Guarantee is applicable to all students who plan to use financial aid or payment plans to pay for the Interstudy program fees. The Deed of Guarantee guarantees payment to Interstudy. The Deed of Guarantee is due as soon as possible and no later than:

December 1st for U.S. spring semester students
June 1st for U.S. fall semester students

The Deed of Guarantee needs to be completed by the student's parent or guardian and a witness (witness can be anyone). It is normal for a student's parent to be the "guarantor." Fill in the current date at the top of the form. Complete the name and address of the guarantor. Print and sign as guarantor towards the bottom of the form. Have the form witnessed by completing the signature and address details at the very bottom. If Interstudy does not receive the Deed of Guarantee by the appropriate deadline, the student's participation in the program will be jeopardized and/or course registration will be delayed.

Flight Itinerary

Submission of a flight itinerary is applicable to all students, however, if you book your flight with STA travel in Cambridge, MA you do not need to send your flight itinerary to Interstudy as this will be handled by STA. If you book a flight on your own, please submit your flight itinerary to Interstudy as soon as flight arrangements have been finalized and no later than December 1st for Spring Semester students and June 1st for Fall semester students.

Invoice/Payment

The Invoice/Payment is applicable to all students. The Invoice displays the amount owed to Interstudy. Payment is due:

December 1st for Spring semester students
July 1st for Fall semester students headed to Britain and Ireland

The Payment is the responsibility of the student, his/her parent, the home college, and/or the signers of the Deed of Guarantee. If Interstudy does not receive payment by the appropriate deadline a 2% late charge per month will be added to the student's balance. In the event of continued truant payment, the student and/or guarantor will go into collections.

Passport Copy

Submission of a passport copy is applicable to all students enrolling on programs in Britain and Ireland. This is a copy of the photograph and signature pages of the student's passport. Please send via the mail or email as passport copies are not legible when faxed. Submission of a passport copy should be made as soon as possible and no later than June 1st (Fall students) or December 1st (Spring students). Submission of a passport copy needs to be completed by the student.

Program Funding Agreement

The Program Funding Agreement is applicable to all students who plan to use financial aid to pay for their Interstudy program fees. The Program Funding Agreement indicates financial aid totals and disbursement dates. The Program Funding Agreement is due as soon as possible and no later than:

December 1st for Spring semester students
June 1st for Fall semester students

The Program Funding Agreement must be completed by you and your Financial Aid Officer at your home college. If Interstudy does not receive the Program Funding Agreement by the appropriate deadline a 2% late charge per month will be added to the your balance.

Waiver of Liability and Hold Harmless Agreement

The Waiver of Liability and Hold Harmless Agreement is applicable to all students. The Waiver releases Interstudy from legal liability in the event of illness, personal injury, property damage, death, etc. The Waiver is due as soon as possible and no later than:

December 1st for Spring semester students
June 1st for Fall semester students

The Waiver needs to be completed by the student, his/her parent or guardian (if student is under 21), and a witness (witness can be anyone).

If Interstudy does not receive the Waiver by the appropriate deadline, the student's participation in the program will be jeopardized.

Code of Conduct

The Code of Conduct is applicable to all students. The Code of Conduct outlines Interstudy's official rules and regulations pertaining to student behavior while abroad. The Code refers to both academic and non-academic issues and summarizes the student disciplinary process. The Code of Conduct is due as soon as possible and no later than:

December 1st for Spring semester students
June 1st for Fall semester students

The Code of Conduct needs to be completed by the student. If Interstudy does not receive the Code of Conduct by the appropriate deadline, the student's participation in the program will be jeopardized.

Driving and Travel Waiver

The Driving and Travel Waiver is applicable to all students. It outlines the risks and realities of renting a car or traveling by car abroad and also travel to countries on the US State Department travel warning list. It places the responsibility on the student for their travel decisions as Interstudy does not control the behavior of the students while abroad. This form is required before the student can be fully enrolled in the Interstudy program.

Work Visas

As a full time student enjoying new cultures and adjusting to a new academic system we strongly recommend you do not work during your time abroad. However, if you choose to do so we suggest you contact BUNAC, an organization that can secure you a temporary work visa for Ireland. www.bunac.org. Work visas are extremely difficult to secure for Britain and must be handled prior to arrival in country.

International Student Identity Card (ISIC)

The International Student Identity Card (ISIC) is an internationally recognized student identity card that is good for thousands of discounts around the globe from museum entrance fees to plane tickets. The cost of the ISIC card is included in the Interstudy program fees and the card will be included in your final packet prior to your departure.

Pre-Trip Costs

Before you go it is vital to plan your finances carefully. There are a number of pre-trip costs to consider and account for. Examples include: Interstudy program fees, passport application fees and photos, visa application fees (if applicable), round-trip airfare, backpack or luggage, guidebooks, and any additional travel plan expenses. Make a list and total it all up. Develop a financial plan and stick to it. Knowing how much you have to spend prior to your departure will allow you to live within a reasonable budget and leave you free to enjoy your time on the program without worrying about money. With international financial matters it is important to keep informed on the exchange rates.

Program Payment

Fees for fall semester are due July 1st. Fees for spring semester are due December 1st. Payment of Interstudy fees may be made one of three ways:

- Using a personal check or credit card (VISA, MasterCard, Discover). Pay online or call.
- By your home college if an agreement exists. Under this system your home college will pay your Interstudy program fees. You would pay your home college fees.
- Using Financial Aid. In this case financial aid may not be disbursed to you prior to the fee deadlines. If this is the case the Program Funding Form (PFA) must be signed by your financial aid office and sent to Interstudy.

Financial Aid

Interstudy accepts all forms of financial aid toward the cost of your program fees. However, Interstudy does not acquire, process or arrange for the transfer of aid. This is done through the financial aid office at your home college. Many students apply financial aid to their Interstudy program fees. Payment of the Interstudy program fee can be deferred until disbursement of this aid comes through. Interstudy will need to receive the proper documentation from your financial aid office.

Make an appointment with your financial aid office. They will advise you on the steps to take to insure your aid will be released to you when you need it, and tell you about the types of financial aid that can be applied to your Interstudy program fees. Some state grants or scholarships, for example, might not transfer if studying outside of that state. Most of the time, federal financial aid will count towards the Interstudy program fees. Be sure to bring along the Program Funding Agreement. Sections will need to be completed by the financial aid officer.

Once Interstudy has these forms, we will be able to determine the amount of financial aid that will apply to your Interstudy program fees. Any balance not covered by your financial aid will be your responsibility and must be paid by the appropriate deadline.

Most home colleges require a signed Consortium Agreement to be filled out by Interstudy if we have not worked with your home college before. If this is the case, simply send it to the Boston office.

You are responsible to fill out and sign any documents required for your financial aid, such as promissory notes. Sign the notes before you leave.

Scholarships

Interstudy offers a limited number of scholarships to students each semester based on need and academic merit. The Interstudy scholarship application, instructions and deadlines are available on the Interstudy website.

Payment Plans

Interstudy arranges monthly payment plans for students and their parents upon request. 50% of the total program fee must be paid prior to the student's arrival on site. The remaining 50% of the program fee will be paid on a monthly set schedule (with a maximum of 6 monthly installments) with the last payment completed by the program end date. Please note that a onetime processing fee of 2% will be added to the total sum owed on the payment plan. Failure to make payment will jeopardize the student's participation on the Interstudy program.

Late Fees

Fees received after stipulated payment dates will be subject to 2% late charges which will be assessed monthly on overdue accounts.

Cancellation Policies

Once a student accepts an offer of admission by submitting the Acceptance Confirmation Form, the student is officially part of the Interstudy program and at this time Interstudy begins to make preparations for student arrival, including paying for tuition, housing and other components of the program.

To officially withdraw from the Interstudy program, students must send **written** confirmation to the Interstudy USA office. **Students who do not inform Interstudy in writing of their withdrawal will be liable for payment of 100% of their program fees.**

Deferrals: Students who accept an offer of admission and defer to another semester are subject to the same financial obligations as those who withdraw. Any fees paid may be applied to a future Interstudy program provided that program begins within 12 months from the date of deferral.

Withdrawal 45 or more days prior to published arrival date: 100% of all fees due less the non-refundable \$500 enrollment fee and \$35 application fee.

Withdrawal 30-44 days prior to published arrival date: 75% refund of all fees due less the non-refundable \$500 enrollment fee, \$35 application fee, and any non-recoverable costs.

Withdrawal 15-29 days prior to published arrival date: 50% refund of all fees due less the non-refundable \$500 enrollment fee, \$35 application fee and any non-recoverable costs.

0-14 days prior to published arrival date (or students who fail to show up on the date of arrival): No Refund.

Refund Policy For Full Year Students Leaving After One Semester:

If a student withdraws from the second semester of a full year program by notifying Interstudy in writing, the following refund schedule applies:

Withdrawal 45 or more days prior to published arrival date for the 2nd semester: 100% refund of all fees due for the 2nd semester.

Withdrawal 0-44 days prior to published arrival date for the 2nd semester (or students who fail to show up on the date of arrival): No Refund

Refund Policy For Full Year Students Leaving After One Semester:

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Withdrawal 45 or more days prior to published arrival date for the 2nd semester: 100% refund of all fees due for the 2nd semester.

Withdrawal 0-44 days prior to published arrival date for the 2nd semester (or students who fail to show up on the date of arrival): No Refund

Partial Refunds

Interstudy program fees pay for the program as a whole. Students cannot be refunded for any part that may be missed, including arrival transport or excursion programming.

Banking

Britain & Northern Ireland

Opening a bank account for a semester abroad is not possible in Britain and Northern Ireland. However, many US banks have agreements with British banks where no ATM fees are charged for international withdrawals and it is worth investigating prior to departure.

Ireland

Interstudy will instruct those students who desire to open a bank account in Ireland. A bank account with Bank of Ireland is necessary and required to receive the optional meal money allowance from Interstudy and to take advantage of the Interstudy money transfer network. Be forewarned, however, that banking regulations in Ireland have grown increasingly restrictive, and it can be difficult as a non-national to open a bank account. It is for this reason Interstudy has made these accounts optional. If you do plan to open a bank account, please plan on relying on other monetary sources for the first three to four weeks of your stay, as it often takes this long for your account to be arranged and for you to receive your ATM card from the bank.

Money Transfers

For Ireland students, you or your family may transfer money into your international bank account with Interstudy's assistance.

To utilize this system, send a cashiers check or money order, payable to Interstudy to the Interstudy Boston office. Upon receipt it takes three to five days for the transfer to appear in the students' bank account in country. If you choose to send a personal check, it will take an additional two weeks for the transfer to be processed. If you would like to use a credit card, either VISA, MasterCard or Discover, please call the Interstudy Boston office with the card details. Please note a 2% fee will be accessed by the VISA/

MASTERCARD/Discover company when using a credit card. Overall, a flat currency exchange fee is charged for each transaction, approximately \$10-20 regardless of the method of payment. The minimum amount for a money transfer is \$100 USD.

There are many ways to transfer money from one currency to another, the choice is yours, as all have advantages and disadvantages, likely you'll find a combination of methods that best suit your personal needs.

Credit Cards

Most credit cards and debit cards with a VISA or MasterCard logo can be used in locations abroad. The exchange rate on the funds drawn is typically very good, however, often there is a charge of approximately \$5 per withdrawal. Most students use credit cards in conjunction with, or in place of, their Interstudy bank account while abroad. Interstudy cannot guarantee your credit card will work abroad, however, so call your credit card company to confirm any extra charge. Remember to inform your bank or credit card company of your international travel so they do not place a HOLD on your account.

Traveler's Checks

Some people use traveler's checks to carry funds when going abroad. This is safer than carrying cash, because if lost, traveler's checks can be cancelled and re-issued. If you plan to use traveler's checks read all of the information they provide and follow the instructions carefully. If lost, the issuing agents will want specific types of proof like photocopies of check numbers in order to cancel and reissue your traveler's checks quickly. This process can take a week or more depending on the issuing agent. Once abroad with your traveler's checks you can cash them as needed or deposit them into your bank account. Traveler's checks must be cashed at the issuing agents facility, or at a bank before using the funds. Unlike in the US, merchants typically do not accept traveler's checks. If you cash them at a bank there will be a fee associated. American Express or Thomas Cook are probably the most common traveler's check companies, yet their offices abroad can sometimes be difficult to find. If you plan to use traveler's checks visit the appropriate website to find the closest locations to your program site.

Meal Money Allowance

A \$1,000 meal money allowance is available to Interstudy students in Ireland living in self-catered accommodations. You will be billed the

additional amount on your program invoice. Interstudy uses the exchange rate on June 1st for Fall students and December 1st for Spring students. The funds will be disbursed in local currency in your international bank account.

When students are housed in 'self-catered' accommodations, a meal plan is not included. For this type of living arrangement Interstudy offers an optional meal money allowance. This optional meal money allowance is deposited into the student's bank account in country and is paid in local currency on a monthly basis. How far the meal money goes to providing your meals depends on your habits. If you eat a lot, and tend to eat out at restaurants, it will not go as far as if you are a light eater and tend to buy groceries. Most students find it covers between half and two-thirds of all their meals while abroad. The meal money allowance is deliberately basic as it attempts to serve the needs of many types of students while permitting the lowest overall fee. These optional monthly installments are credited direct to your bank account and they assure you of a monthly income. In order to opt into this system, you must mark it on the Acceptance Confirmation Form, or inform the Boston office prior to your departure. You must open a bank account at your program site in order to take advantage of the optional meal money allowance from Interstudy.

Meal money cannot be added or cancelled after the published date of arrival.

Because semester Britain & Northern Ireland students cannot open bank accounts, meal money is not an option.

Utilities in your Residence

Some student residences require that you pay the utility costs each month for your room, flat, or house. For those residences Interstudy deposits an allowance to cover these monthly costs. Amounts and disbursement dates vary by residence and by program and exact figures will be distributed on arrival. Students will be responsible for payment if they exceed the allotted electricity usage.

Health Insurance

Interstudy includes major medical health care and emergency evacuation coverage for all students through CISI insurance. Coverages and exemptions are detailed on the CISI leaflet. Even though the country you will be studying in has, to some degree, socialized medicine, as a temporary resident you will not have access to free health care. In many cases you

will be required to show proof of coverage at Immigration before being allowed into the country. In many cases you'll also be required to show proof of health insurance prior to being able to register for your courses. It is important to carry proof of insurance at all times while abroad in case of emergency. Your insurance card will be mailed to you in your final package before departure. When accessing medical facilities abroad you may need to pay out of pocket and then submit the claim to the CISI insurance company. They will then quickly reimburse you for incurred expenses.

Travel Insurance

Depending on the amount of travel you plan to do while abroad you may want to consider travel insurance. Travel insurance may reimburse you for lost funds if you have to unexpectedly cancel a trip or if you lose your luggage while traveling. It is not the same as health insurance. Some credit cards come with a level of travel insurance if you book the trip or pay for a portion of it using that credit card. You must check with your credit card company for more information. Interstudy does not recommend for or against the purchase of travel insurance. To purchase, or find out more information, check online at: www.travelguard.com or www.statravel.com

Insurance of Personal Possessions

Neither Interstudy nor your host institution are liable for damage to, or loss of, any personal possession whether in residence at the program or otherwise. You might therefore decide to arrange insurance coverage for your possessions during your time abroad, particularly if you plan to bring valuable items with you such as a laptop. We discourage you from bringing any items such as expensive jewelry, family heirlooms etc. that are irreplaceable to you. Contact any local insurance broker for information on how to insure your personal possessions.

Personal Items/Packing

General Packing List

First things first: contingency planning is a wise step in your preparations for studying abroad. While packing be sure to photocopy all credit card information and passport/visa documents. Also leave copies at home in case of loss or theft abroad. In an emergency it will be helpful to have quick access to this information. It is also a great idea to have two passport sized photos with you. These may be used for University student ID cards and may be required at registration time. Cash in hand upon arrival is

also valuable in case of an emergency. Bring about \$300US in your host country's currency.

There is always a tendency to pack much more than you actually need, so be ruthless. Pack, then lay it all back out and try to reduce your load by half. Remember that you need to be able to manage your luggage by yourself. If you forget something, you can always buy things when you arrive. Pack for a day at the beach, a day at school, a hike in the mountains, and an evening on the town. Do not pack items of value in your checked luggage. Below is a list to help get you started with packing:

Essentials	Clothing
Passport	Underwear
ISIC Card	Shoes/Boots
Guide Books	Watch
Backpack/Daypack	Socks
Wallet/Purse	Swimsuit
Offer of Admission letter from Interstudy	Pants/Jean
Admission Letter from host institution	Shirts
Immigration Authorization Form or Visa	Sweaters/Sweatshirts
Airline Tickets	Raincoat/Umbrella
Extra Passport Photos	Coat/Gloves/Hat
Insurance Card	Pajamas
Emergency Phone Numbers	Belt
Medication	Sunglasses
Interstudy Telephone Number	club/evening wear
Copy of Birth Certificate	
Toiletries	Miscellaneous
Brush, Comb	Lotion
Shampoo, Conditioner, and Soap	Sun Screen
Toothpaste, Toothbrush, Floss	MP3 Player
Razors and Shaving Cream	Towel
Deodorant	Camera
Insect Repellent	Travel Alarm Clock
Manicure Items	Contraception
Contacts/Glasses	Aspirin/Ibuprofen

Luggage

Elevators are fewer and farther between in most places abroad compared to North America so some students prefer to purchase an internal framed backpack. Wheeled suitcases are great when the path is flat and well paved but on cobblestones, grass or gravel they don't do very well! Remember to check the maximum luggage allowance for the airline you are flying. The rules are continually changing, but generally the allowance is two pieces of luggage up to 70 pounds apiece and whose three dimensions, when added together, do not exceed 106 inches. More weight than this, or larger bags than this may be subject to additional luggage fees. Check with your airline regarding specific baggage restrictions.

Clothes

Plan your wardrobe carefully and take as few clothes as possible. Make sure you have a good selection of clothing that mixes and matches so that you have many combinations of outfits that you like. Regardless of your destination or the time of year take a warm coat, walking shoes, rain gear and a swimsuit. Casual clothes are just fine for most social situations abroad, but outfits like sweats, flannel and pajama bottoms are not normally worn in public abroad. Most brand name clothing and toiletries are available abroad.

Computers

Most students will bring a laptop. Whether or not to bring a laptop is a personal decision. Internet access may be available at additional expense for some residence options, but in many residences you will not have access. Check your specific program information in this guide if you're not sure. Printing documents will most likely have to be done in one of the computer labs. Campus run labs are generally modern, convenient, and available to all students. Having your laptop with you may pose an insurance risk as well. Just like at your home campus in the US, there is always the possibility of theft. In some instances it can be quite a convenience to have, but it is not a necessity for academic success.

Electricity

Electrical plugs differ in size and shape as does voltage dependant upon which country you are in. In Britain and Ireland it is 220-240V AC, 50HZ. These figures differ significantly from the North American voltage standard of 120V AC, 60Hz. So, most North American appliances cannot be used. If you are planning to bring electrical equipment make sure (a) that it will

be compatible with the voltage in the country you plan to study, or (b) you buy the appropriate adapters. The electrical sockets and plugs are also different, so be careful when using so-called 'voltage conversion kits' which cannot convert the North American line frequency of 60Hz to the British or Irish standard of 50Hz. This means that an appliance with a motor will run at 5/6ths it's correct speed, and if heat is produced (as with a hair dryer), it will quickly overheat. It is simpler and easier to purchase small electrical appliances such as hair dryers, hair straighteners, or alarm clocks once in country. You probably won't spend any more on them than you would on the proper conversion kits and the appliances themselves will work as they should without worry. Most high end electronics such as laptops and digital cameras already come with a voltage converter on their power cord. Check the rectangular box on the cord to see what the voltage range is to make sure its compatible with your destination.

Books

It's not possible to know if you'll need to purchase books for your courses until after you have arrived and gone through final registration. Most likely there will be little book expense. Buying books for each course is more or less an American phenomenon and photocopied handouts and books available in the library is more common abroad. The only books you'll want to pack will be your travel and guide books, and maybe something extra to read on the plane.

What to Know Before You Go: Cultural

Interstudy has compiled valuable information to assist you throughout your study abroad experience. Much of the information that follows has been leveraged from “What’s Up with Culture?” – an Internet resource created for international educators and their study abroad students. Interstudy has incorporated material from the website for use in this handbook, however, some valuable web-based exercises do not translate well to paper and have not been included. Interstudy encourages you to visit the website: <http://www.pacific.edu/sis/culture/index.htm> and explore this valuable resource, along with the exercises, before, during and after your study abroad experience.

Some students are surprised at the level of cultural difference they find because they are in an English-speaking country. The differences may be subtle, but you will find them. Also, culture is not only national, but has elements of religion, ethics, and lifestyle choices. You will encounter many cultures during your study abroad experience. If you take the material seriously and work carefully through the exercises, you should better understand that the culture you are entering has a distinctly different worldview from mainstream American culture. You will further realize the extent to which your behavior and preferences are based on core cultural values and assumptions. These assumptions can have a profound effect upon how you react to those you meet abroad and, just as importantly, how they might react to you. Since the ways people think and act in different countries may differ significantly from your home culture, the more you know about what culture is and how it works, the better you will be able to manage and adapt to a new cross-cultural context.

This section can help you learn what is required to be effective and comfortable while living abroad. In short, it offers an opportunity to make the study abroad experience much richer and easier, both for you and for those you meet abroad and, finally, for your family and friends when you return home.

Americans Abroad

The only constant is change. Our world is reflective of a changing political, economic and cultural landscape which is all part of what makes studying abroad so enriching, exciting and, sometimes, challenging. Experiencing and learning to respect contrasting viewpoints, differences of opinion, agreement and disagreement within and across cultures are all part of expanding your comfort zone. Investing in yourself through studying

abroad is a great way to accelerate personal growth and gain life skills that will continue to create and shape the lens through which you view the world.

As you prepare for your upcoming study abroad experience it is important to keep this in mind. Encountering anti-American sentiment may be one of the challenges you will face during your time abroad.

Important tips to keep in mind when dealing with anti-American sentiment:

1. Allow for flexibility and be realistic by understanding that it may or may not be what you think. Some things to consider are:

- Reactions to US Foreign Policy and US Government
- Stereotyping and common prejudice are worldwide problems
- Ask yourself: Is the tension or aggression directed at something much larger than me?

2. Remember that fairness means understanding and taking ownership of your role within the interaction. Some things to consider are:

- As an American student studying abroad, people may see you as a standard bearer for US Foreign Policy
- Recognize that perceptions and preconceived understandings shape our views and having an open mind means exercising flexibility
- Ask yourself: Is my behavior inappropriate and is it attracting unwanted attention?

3. Respond appropriately. Try:

- To exercise patience and open-mindedness
- To demonstrate a willingness to listen and learn
- Mutual respect is a prerequisite to an appropriate response
- To consider that timing, approach and context are critical
- To remain cautious if aggression and alcohol are involved
- Note: Actions Speak Louder Than Words

4. Learn from the experience.

- Recognize and appreciate Diversity
- Realize the opportunity for self-reflection and personal growth

Culture: The Iceberg

Culture has been aptly compared to an iceberg. Just as an iceberg has a visible section above the waterline and a larger, invisible section below the water line, so culture has some aspects that are observable and others that can only be suspected, imagined, or intuited. Also like an iceberg, the part of culture that is visible (observable behavior) is only a small part of a much bigger whole.

Culture is what makes us all human. Every culture, past and present, has had to decide how to satisfactorily solve common human problems and concerns.

Some universal categories of human activity that have been addressed for millennia by all cultures are:

- religious beliefs and the relationship of humans to the supernatural
- political power and the exercise of leadership in governance
- concepts of justice, fairness, punishment, and right conduct
- child raising and traditional processes of acculturation
- economic organization and division of labor
- rites of passage, rituals, and ceremonies
- expression and style in the graphic and performing arts
- food preferences and rules concerning consumption
- nonverbal communication patterns and gestures
- concepts of humans' place and role in the natural world
- myths and cultural heroes to explain and commemorate core values
- dissemination of ideas about beauty, love, truth, friendship, and loyalty
- notions of modesty and age-appropriate dress styles and behavior
- ideas of what time is and its relative importance
- concerns about individual versus collective privilege and responsibility
- conceptions about personal space and privacy
- definitions of gender and associated strengths, duties, and roles

This list, like all considerations of the highest levels of cultural concerns, is very abstract and general and it would be possible to list hundreds of additional issues or problems which human beings have struggled to resolve. Specific cultures have determined how to deal with these issues by developing ideas and constructing their patterns from a wide range of possible alternatives. Most of those choices were made a long time ago. Members of the culture adopted them as part of defining who they are and those patterns represent some of the knowledge a member of their group must know to belong. The original cultural patterns may have been modified over time but the core of values and beliefs tend to remain constant. Therefore, when you arrive in a foreign country you will be confronting a new culture that is likely to differ significantly from your familiar way of life.

Studying abroad is an opportunity for you to experience something new and novel, and that is what makes study abroad so exciting. In the course of encountering alternative ways to live life and solve problems, it is possible to experience tremendous intellectual and personal growth. Becoming skilled at functioning effectively in another country builds a capacity for making all kinds of transitions and for "cultural learning" generally. Entering another country is not just a geographical shift but a psychological one

as well. Three things to keep in mind as you begin to consider the role of culture in the sojourn are:

- 1) All cultures have struggled with the full range of human problems and they have adopted solutions that are at least acceptable to members of the culture.
- 2) In the process of forming a culture, a group has made decisions about what to emphasize, how to pass it on to a new generation, and what it values above all else. . . and you can be sure that it excludes or devalues some things another culture holds dear.
- 3) Because the patterns that exist in various cultures have been passed on by respected leaders and/or elders and have become sanctified over time, they are not only considered good and proper but natural and normal. This is why cultural matters are deeply rooted and intensely felt by members of a society. Therefore, conflict and change involving core values are always accompanied by tension. Studying abroad, which promotes encountering cultural difference and, hopefully, crossing cultural boundaries, can be expected to be uncomfortable and even incomprehensible some of the time.

More on Culture: Defined & Refined

Discussing culture in the abstract is sometimes frustrating when you are preparing to go abroad, especially when faced with learning an infinite amount of small details about a specific culture. It may seem that understanding broad concepts may not be very useful. However, both “thinking about” how things will be generally in the new culture and figuring out what “to do” when you are confronting real interactions “on the ground” are equally important.

The first view of culture, concentrating on its broad characteristics, is macro or global in scope. This is defined as Culture General.

When looking at how those general characteristics are experienced in one place, we are moving toward the second view which is a narrow, local, complex, microcosmic view of a single setting. This is defined as ‘Culture Specific’.

There are almost 200 national entities in the world, over 5,000 living languages, and countless sub-groups bound together by the primordial loyalties of ethnicity, race, religion, common history, politics, and “culture.” It is nearly impossible to deal exhaustively with the full range of cultural practices found in South Africa, Britain or Ireland. This is where Culture General ideas and comparisons become so useful because they offer you a set of Cultural General perspectives:

- The general principals upon which cultures organize themselves
- The general categories of a wide range of behaviors and world views
- The ways cultures express their ideas and values

- How to improve intercultural communication
- How to learn another culture
- How to successfully and effectively cross cultural boundaries and return home

It is also useful to know how people respond to, and the beliefs they may hold towards, difference. Any cross-cultural journey is going to quickly put you in touch with those attitudes. You will want to look out for:

- Ethnocentrism
- Naive Realism
- Stereotyping

Throughout the process of preparing and studying abroad, it is important to guard against the natural tendency of humans to be critical of cultural practices and attitudes which are different from their own, especially in the early stages of adaptation. It is equally easy to make snap judgments about groups or individuals if things are not going well. While stereotyping may be temporarily satisfying to someone in the throes of culture shock, it is destructive and alienating in the long run.

There are two attitudes or approaches that you can consciously cultivate to avoid ethnocentrism and stereotyping, and which will prove beneficial to your adaptation. They are ethnorelativism and using a “cultural generalization” as a step toward understanding the individuals you meet abroad.

Ethnorelativism, unlike ethnocentrism, is the assumption that cultures can only be understood relative to one another, and that a particular behavior can only be understood within a cultural context. A cultural generalization, unlike a stereotype, is a categorization of the predominant tendencies in a cultural group; in other words, the tendency of the majority of people to hold certain values and beliefs and engage in certain pattern of behavior. This can be a useful way of managing information and generally anticipating how people will think and behave. However, the people you meet in a particular culture may not fit the generalizations you have about the culture, or they may fit some but not others. To avoid stereotyping, it is necessary to test your generalizations against the actual behavior and values of those you are encountering in the culture.

How successful you will be overseas depends on your ability to transcend the mind-set of the culture(s) in which you have spent much of your life and, through “culture learning” techniques, figure out how to interact appropriately within a new cultural environment. The following sections and exercises will help you accomplish these tasks.

Communication Styles

In addition to the nonverbal communication cues discussed, how we say things is influenced by culture. This is referred to as “communication style.” While there are many nuances in communication styles there are essentially five contrasts in the way we approach topics of conversation -not the content but the way in which we debate, converse, ask questions, and organize verbal communication- that are challenging in interactions between people from different cultures. This can be one of the most tricky aspects of communication because we tend to react to different “styles” immediately and emotionally. But when we think back on an exchange which has not gone well and analyze just the words spoken, we often cannot figure out why we are so annoyed and/or frustrated. Knowing something about communication styles will be very helpful to you in figuring out why “how” something is said is just as important as “what” was actually verbalized because we tend to react to style unconsciously and instinctively.

Intensity Factors

People rarely use a personal style derived from a single source. Therefore, not only do you want to be careful about labeling someone’s style, but also, far more importantly, understand that your reactions can be because of style and not content.

There are a few more items you want to find out about before you go overseas. Attention to them will pay off in improved communication if you:

- Recognize how they differ from your own “natural” style;
- adapt your behavior to accommodate the difference; and/or call attention to the difference to explain confusion in communication.

Vocabulary

What jargon is shared by the other person (if any)? When are you using slang or culture-specific metaphors (such as sports parallels or references to television shows)? What words and ideas are specific to your particular peer group? Everyday slang is not taught and you will encounter a usage of English which is different from US-American. For example, having someone in Britain suggest that they come by and “knock you up” only means they want to know when to wake you up.

Greeting Rituals

How long is an appropriate greeting? Are compliments fitting? Are different status people greeted differently? What physical behavior (e.g., handshaking—how often, other touching, if any) is expected? Learning and using the proper form of greeting goes a long way to make a positive first impression on host nationals.

Time Language

When is “late”? Are there cultural differences in what might be an appropriate reason to be late? If, in Britain, Ireland, South Africa or Botswana, you are kept waiting beyond your “late” time, what will your reaction be? When can a party or dinner scheduled for 8:00 pm reasonably (by local standards) be expected to begin?

Dress Language

An almost universal dress code has evolved among teenagers but, interestingly, there are still differences in what is considered appropriate and what is not. US-American males wandering around in shorts and t-shirts with a can of beer in the middle of the afternoon may attract very negative comments. North American woman often get unwelcome attention because of their abbreviated and casual dress, when a more conservative attire may ward this off. Most returning students, especially women, report that their usual informal dress lacked the style that was common in Europe. There will be conventional clothing rules and there will be people who deviate from them in every culture, but it is best to attend to what seems most accepted and age-appropriate, if for no other reason than to blend into the environment.

Differences in appearance, personal space, and communication styles are just a few of the many things that may make your experience abroad more intense. Now that you are aware of some of the verbal and body language issues that are likely to be part of your stay, it might be helpful to look at a larger picture and consider what R. Michael Paige calls “Intensity Factors.” This is a list of contrasting cultural circumstances that have been proven to have strong psychological impacts upon individuals participating in cross-cultural educational experiences. He called them “intensity factors” because they can heighten the psychological intensity of stress in the adjustment process. You should give some consideration to these factors because each one can contribute to the stress of going and being abroad.

**Adapted from Paige, R. Michael. "On the Nature of Intercultural Experience and Intercultural Education, in Education for the Intercultural Experience (Michael Paige, Ed). Yarmouth, ME: Intercultural Press. Inc. 1993.*

It is important to know in advance that the degree of cultural difference between the home culture and the host culture is likely to be a source of discomfort to the degree that the value systems, level of economic development, and behavioral standards of the host country are significantly divergent from home. The greater the cultural, political, economic, social, and religious contrasts between the home and host countries, the greater the likelihood of culture shock.

Additionally, the degree of cultural immersion (or cultural isolation) the student experiences while overseas plays a major role in their positive or negative evaluation of their host culture. Contrasts between an individual's status in the host country and status at home can have a large influence on how he or she views the host culture. Related to this factor is the degree to which students are "visible" or "invisible" in the host country and how they evaluate either state. Being "special" abroad can be pleasant or perceived as an intrusion.

Those students with prior international experience are likely to be better able to cope with the transition experience. Although this is generally true, it is possible to have no culture shock during a first stay abroad but suffer severely from it in a subsequent sojourn. There is no guarantee of inoculation against culture shock because you have been abroad before, but at least you have some idea of what it is about.

Although some of the cultural conditions and patterns discussed here will make your experience abroad more intense, there are others which should make you curious and increase your desire to make this overseas sojourn a deeply rewarding experience. However, cultural contrasts, which at first seem quaint and interesting, may, over time, lead to a more intense and persistent discomfort when you live abroad. But there is hope and help available.

The next section provides advice on how to deal with Culture Shock, a phenomenon that you have probably heard about. The term has been used (and misused) to explain just about any reaction to being in a new culture, but labeling everything "shocking" is silly and very misleading. The important question is: "How can someone on a study abroad program deal with the inevitable rough spots while at the same time continuing their culture learning?"

Culture Shock - Common Reactions

Culture shock is an extreme response to an international transition. There are other “surprises” that are less severe. It is helpful to think of common reactions when going abroad in these terms:

Culture “Surprise”: Usually occurs early in your stay in the new culture when you begin to be aware of superficial, novel, and startling differences. Often characterizes the “honeymoon” phase of adjustment.

Culture “Stress”: A mild response to “stimulus overload.” Culture Stress” is often seen in travelers abroad. One becomes tired and withdrawn. Annoyance builds as daily reality becomes more difficult.

Culture “Irritation”: Often manifests itself in terms of “Item Irritation” and is usually traceable to a few observable behaviors that are common in the culture, and to which an individual reacts particularly strongly (a personal “hot button”). These may include spitting, hygiene, verbal harassment, public displays (affection, drunkenness, etc.), or other overt behaviors to which an individual has a strong negative response.

Culture “Fatigue”: A fairly short-term response to “stimulus overload.” This occurs when you begin to respond to the behavior of the “new” culture and are stressed by trying to deal with lots of new cultural information all at once. Stress and irritation intensify as you attempt to study in a foreign environment. There is a cumulatively greater impact due to the “need to operate” in unfamiliar and difficult contexts. Symptoms intensify. Ability to function declines. It can occur soon after arrival or within a few weeks.

Culture “Shock”: Culture Shock comes from the natural contradiction between our accustomed patterns of behavior and the psychological conflict of attempting to maintain them in the new cultural environment. While the time of onset is variable, it usually occurs within a few months of entering a new culture and is a normal, healthy psychological reaction. While culture shock is common, relief is available. There are ways to minimize its effects -the first of which is to accept that it is a real phenomenon- and to learn to recognize its sometimes vague, if persistent, signs in yourself as well as others.

If negative attitudes towards minor annoyances do not change, a low level of persistent frustration is likely to build up. This can quickly lead to volatile anger when accumulated stress inappropriately and unexpectedly erupts and you vent your feelings, but you are unable to trace the outburst to

a single source. People around you might comment, "What was that all about?" or "Where did that come from?"

Just remember that unlike temporary annoyance when you are in the presence of a particular cultural practice (e.g., mistreatment of animals or public displays of affection), culture shock is neither caused by a single act nor easily traceable to a particular event. It is cumulative, attributable to many small things that happen over time, and it has the potential to be more deeply felt and to take longer to alleviate.

Sources of Stress

The sources of stress overseas are often similar to the ones we encounter at home, but they may become magnified in a new setting. Without accessible support, studying abroad can become, often temporarily, more a daunting challenge than a pleasurable experience. A "bad day" at home can usually be attributed to something concrete (a fight with a friend, a bad test result, lack of sleep) and quickly resolved. The sources of stress abroad are a bit harder to identify.

They usually come from:

- Functioning in unfamiliar social and academic settings without a clear understanding of how to succeed or avoid failure. "Trying harder" without understanding the "rules" of the culture or modifying your normal behavior tends to compound the problem rather than resolve it
- Going abroad with unrealistic expectations and preconceptions of what life would be like and discovering those ideas are naïve, idealistic, or stereotypical
- Making every effort to learn about the people and culture and failing to make the kind of progress you expected
- Attempting to make "foreign" friends, but finding this does not result in the kinds of relationships you had hoped to have

These kind of frustrations are likely to solve themselves as you become more knowledgeable and competent in the new culture. They probably fall under the category of "culture fatigue." Culture shock is a somewhat different and more intense version of "frustration" and usually arises from sources which are far less obvious and circumstances which persist over time.

While reactions that signal transition shock are frequent enough to be considered completely "normal" by psychologists and study abroad advisers, they can present a great personal challenge to students struggling through a difficult period in their adjustment. When travelers begin to ask themselves questions like, "What have I gotten myself into?" "What am I doing here?" "What is the matter with these people?" and "Why can't they

do it the right way?" you can be pretty sure that some degree of transition shock is present.

Symptoms of Culture Shock

The symptoms of culture shock are quite varied and can be easily misunderstood or even overlooked because they are similar to reactions that can occur in everyday life. The link between culture shock and what you are feeling at a given moment may be difficult to see. It is very common for people experiencing culture shock to not only deny the possibility that culture shock might be the problem, but to shift the focus, attributing their stress wholly to the behavior or values of the people around them.

Common symptoms of culture shock:

- Extreme homesickness
- Feelings of helplessness/dependency
- Disorientation and isolation
- Depression and sadness
- Hyper-irritability, may include inappropriate anger and hostility
- Sleep and eating disturbances (too little or too much)
- Excessive critical reactions to host culture/stereotyping
- Hypochondria
- Excessive drinking
- Recreational drug dependency
- Extreme concerns over sanitation, safety (even paranoia), and/or being taken advantage of
- Loss of focus and ability to complete tasks

It is important to understand that "culture shock" has a wide range of symptoms and that many people experience only mild annoyances and temporary dissatisfaction in the process of adjusting to life overseas. These reactions are probably better characterized as "item irritation" (a cultural practice or attitude that "drives you nuts" when you encounter it) or "culture fatigue" (a temporary frustration). However, for a few, culture shock can be a profoundly disorienting experience and take much longer to recover from, particularly if those in the midst of the experience are unaware of the sources of the problem and have no idea of how to counteract it.

Stages of Culture Shock

In addition to studies on what causes culture shock, many studies have been done on when culture shock occurs and its stages. From this, we can generalize the following:

Arrival/Honeymoon

In spite of jet-lag, local transportation and housing issues, communication difficulties, and the normal heightened anxiety one feels when embarking upon a journey and after arrival, most travelers find the first few days or weeks in a new country an exhilarating experience. Called the “Honeymoon Phase,” this can be a little like the “It’s a small world” sentiment one can succumb to on a visit to Disneyland. Things are new, different, interesting, “quaint,” “traditional,” novel, or “historical” and everything takes on a slight glow of unreality. Beyond the “quaint,” it is the similarities that stand out, not the differences.

The “Honeymoon” phase of initial cultural contact will likely be brief, but in some cases it may linger for a month or more. For some students the phase may quickly give way to a downward spiral where an increasing realization of difference is coupled with a tendency to place exaggerated emphasis on these cultural characteristics. Some begin to see these differences as “defects” in the host culture. Others, criticized for inappropriate actions, respond by “blaming the hosts,” thereby increasing their own alienation and justifying their attitudes. This makes it even more difficult for them to evaluate their own behavior or objectively observe the host culture.

Deepening Culture Shock

More serious culture shock arises as a result of cumulative, largely puzzling encounters resulting in equally negative perceptions. For that reason, the shock is deceptively gradual. Those who enter another country with an attitude of what anthropologists call “naïve realism” the view that everyone sees the world essentially as they do are susceptible to being quickly disabused of that idea as reality sets in. If the naïve realist also holds an ethnocentric belief that his or her cultural ways are preferable and superior to all others, the likelihood of some kind of conflict escalates enormously.

For most study abroad students, culture shock is a mild, transitory annoyance that can be overcome with relative ease through personal effort, increased knowledge, and with the assistance of sympathetic friends and advisers. Culture shock is simply the deepest trough of the “U-curve” and rarely lasts more than a few weeks. The recovery from culture shock is the mirror image of its onset—that is, it comes on gradually and leaves the same way. When you feel particularly down or discouraged, it helps to know that it will almost surely get better.

Most importantly, culture shock can be a period of intense self-assessment and culture learning. Experiencing the process itself can be beneficial. Overcoming even a mild case of culture shock will result in your feeling more confident, self-reliant, independent, and capable of your ability to cope with cross-cultural experiences. In a way, having a little culture shock can immunize you for future travels. Even though coping with culture shock in one context won't necessarily prevent it from ever occurring again, it will definitely lessen its impact and give you the insight and understanding to deal with it effectively.

While few study abroad students experience the more severe forms of culture shock, most feel some of its effects unless they rarely interact with the local populations. Fortunately, although culture shock cannot be totally avoided, simply being aware of its symptoms and knowing how and why it happens can make adjustment to overseas living easier and more effective. Remember, culture shock signals that you are learning something new about the culture and, presumably, that is what you want to do.

Many students never experience culture shock to any appreciable extent and perform their overseas tasks and manage their relationships just fine. For those who do experience a degree of discomfort in the process of living abroad, it can be an opportunity to grow and learn, although probably best appreciated from the perspective of being on the "right-hand" side of the U-shaped curve of adjustment.

Moving On and Adapting

Moving beyond culture shock and continuing to live and learn overseas puts you on the path to becoming interculturally fluent. Becoming more deeply engaged with the local culture increases your level of intercultural adaptation and your ability to reach your goals. It also makes cultural learning more enjoyable, if not always easier.

This learning process is complex and almost inevitably results in reports from returning students that, "I learned more about myself and my culture than about the culture I was living in." The learning process can be a bit painful, take longer than expected, and can lead to the onset of symptoms associated with culture shock. The good news is that this indicates that learning is occurring and that you are getting better and better at understanding the culture.

Being aware of this cycle of cultural adjustment will allow you to better understand your reactions during your time abroad. In addition, this cycle of cultural adjustment can be linked with levels of Cultural Awareness.

Prescription for Culture Shock

1. Understand symptoms and recognize signs of “culture fatigue” and “culture shock.”
2. Realize that some degree of discomfort and stress is natural in a cross-cultural experience.
3. Recognize that your reactions are often emotional and not always (or easily) subject to rational control.
4. Gather information so at least the cultural differences will seem understandable, if not natural. Look below the surface.
5. Look for the logical reasons behind host culture patterns. They “fit” the culture—discover why!
6. Relax your grip on your normal culture and try to cheerfully adapt to new rules and roles.
7. Don’t give in to the temptation to disparage what you do not like or understand.
8. Identify a support network among host nationals, teachers, fellow students, etc. Use it, but don’t rely upon it exclusively.
9. Understand that any “cultural clash” will likely be temporary.
10. Give yourself “quiet time,” some private space, and don’t be too hard on yourself when things are not going perfectly.

Ten Transition Tips

The following tips are drawn from reports of hundreds of thousands of study abroad students who have preceded you in traveling about the globe. All but a few of them had a great time and recommend that others seek such adventures. They have also made all the mistakes, seen all the consequences, and learned all the lessons that come with such an experience. When they came back, they offered valuable advice. A synopsis of the top ten suggestions they offered follows:

1) Know Your Destination!

It is impossible to learn too much about the history and current events of the country you are going to visit. Americans are often stereotyped as apathetic politically and uninformed internationally. Do not confirm that image. Understanding something about where you are going is guaranteed to assist you in being accepted. Knowing something about the arts and architecture of the local region, or developing an interest in it, will be greatly appreciated. Use the Internet, read the foreign press, take a history course, and check out travel guides.

It helps to be informed about your own country, too. You can be assured that you are going to meet many people abroad who know a great deal about U.S. government, history, economics, military policy, relations with their country, and the state of our Union. You will want to converse knowledgeably about these topics.

2) Prepare to be Understood and to Understand!

Knowing facts is important but so is understanding something about intercultural communication. What we call "communication" is a matter of much more than words. Our body language, the degree of directness or circumspection, the use of silences, and the pace and tone of our words often convey as much information as the words themselves. It is essential to be aware that each culture has its preferred mode of expression and traditional ways of conducting conversations.

It is not just what you know that is important but how you communicate. More information on this aspect of study abroad is available in earlier sections. If you go abroad with absolutely no understanding of how that culture expects to give and receive information, you are going to inevitably experience increased miscommunication and misunderstandings. This directly contributes to culture shock.

3) Learn the Language (even when its English)!

It goes without saying that you are going to have an easier time overseas if you speak at least a little of the language of the country. While functional fluency would be nice, at a minimum one should know the proper daily greetings, how to make requests, ask directions, and how to say "thank you," "please," and other verbal etiquette. It is not only polite to do so but is universally appreciated by native speakers.

Where a form of World English is spoken (from Australia to Zimbabwe these days), it is useful to be aware that in matters of colloquial usage, word choice, pronunciation and grammar, their version of English may seem to an American or Canadian both comfortably familiar and, at times, completely unintelligible. Students have gotten into just as many embarrassing situations and unfortunate conflicts in England through the misuse or misperception of British English as they have using French in France or Tamil in Sri Lanka. Assume nothing, keep your ears open, and learn as much as you can about the language, even South African English, before you go.

4) Learn Why Culture Matters!

Understanding something about how cultures work, the logic behind their behavior, and the values that inform their actions will go a long way in helping you to adjust overseas. Further, you need to understand that you possess a widely shared and deeply held national culture, and that those dominant values are not necessarily universally shared nor appreciated. Realizing that cross-cultural conflicts are likely to occur goes a long way to reduce conflict. Moreover, once you understand that cultures have a myriad of ways to solve the business of everyday living, one becomes less likely to see only one way of doing things as "right."

Once you begin looking for insider's reasons for behaving a particular way or trying to understand a situation from their perspective, it opens up new ways to interact appropriately in the new culture. The saying, "A mind once stretched never returns to its original shape," is particularly true interculturally. Once it is understood that all cultures constitute their systems differently and that there are good reasons why, the approach to a new culture is, "That's interesting. I wonder why they do that?" rather than, "What's wrong with them, why can't they do it the right way?" This realization alone will head off many frustrations and lead to quicker and more accurate learning of the host culture rules and the reasons behind them.

5) Get the Logistical and Practical Arrangements Settled!

Nothing is a worse beginning to a study abroad sojourn than the anxiety of where to eat, sleep, bathe, how to use the facilities, take classes, and how to get around. Interstudy assists you with these logistics, in this orientation handbook and also at the on-site orientation, but it helps to do some work on your own. Use the web (for example, excellent maps of most of the world's major subways are available for downloading!) and read some guidebooks but know that actually acclimating yourself to the

system (purchasing tickets, rush hours, calculating fares, types of passes) may require a little on-site practice. The same is true of using the phone system, including the Interstudy cell phone. Public phones may be rare or rarely working. Part of culture learning will include mastering an often bewildering array of how to do simple things like banking, internet access, or booking travel, not to mention more serious things like obtaining medical care or contacting authorities if necessary (police, immigration control, consulate offices, etc.). Interstudy provides you with an excellent starting point, but only you can actually master how to do these things for yourself.

6) Find a Mentor!

Anthropologists going into a fieldwork setting for the first time always try and seek out a knowledgeable local person to be a “cultural informant.” However, not just anyone can perform this role. Almost any local person knows more about the country than a newcomer, but you should try and find someone who is willing to listen to you and talk over any problems you are encountering. If they themselves have had some experience as an international student, so much the better. Students have found that homestay parents, local teachers, classmates, and even business owners, in-country program directors, and long time foreign residents (but beware of jaded expats) can offer good advice.

In some countries, go-betweens (third parties) are often used to mediate disputes or smooth over problems, and some mentors can also fulfill that role. When you can't make sense of an interaction, or you don't know what you may have done wrong in a specific context, a mentor can be of great assistance in analyzing the situation and offering sensitive advice on how to handle or avoid such events in the future. Having a competent mentor can drastically reduce your chances of experiencing serious culture shock.

7) Stay Curious!

Once you have established a daily routine abroad, it is easy to fall into comfortable patterns and become complacent. If you are experiencing adjustment problems, keeping to a narrow range of activities and a rigid schedule may make adjusting abroad more difficult. Seek out new things to do and see. Join a club. Take tours. Visit museums, art galleries, clubs, and sporting events. Often a change of scene or mini-vacation from habitual activities will give you the physical and psychological rest you need to cope with whatever difficulties you are having. Don't be afraid to do things you have not done before, try new foods, and explore the local art and music

scenes. Above all, don't be afraid to fail because nothing risked is nothing gained, especially while abroad. You are there for a limited time so try and schedule your activities wisely to avoid returning home with regrets about all the things you intended but failed to do.

8) Watch for Culture Shock!

Assuming you know about the symptoms of culture shock and can recognize them in yourself and others, the next step is monitoring your own mental and physical state. Having a bad day happens. Having a bad week or two should not! If you find that your performance in class is slipping or that you are avoiding doing things outside class (or both), if you are feeling "blue" for no specific or apparent reason and it continues for more than a few days, you might consider this a problem related to the stress of living and studying cross-culturally. If you are adapting well, but either observe or are told that others are having difficulty, you would be doing them a great service by probing further and offering non-confrontational and supportive advice about how to handle the stress they are experiencing. Like many symptoms, sometimes just putting a name on the problem makes it easier to admit and seek help to alleviate.

9) Keep a journal or notebook!

One of the ways to both record and recall your time abroad is to keep a daily or weekly journal. It not only allows you to have an internal dialog with yourself but also to look back upon your experiences and see the ups and downs as they happened. It can be therapeutic to express yourself openly and honestly in ways you might not want to do even with a close friend. People who do this regularly can look back and discern patterns that were not clear as they were experiencing them. Keeping a journal can be a combination event log, emotional gauge, travel account, confessor, opportunity to safely vent, and invaluable memory aid that you may only appreciate in retrospect. This kind of record might reveal important issues that are causing you stress and make you more conscious and, perhaps, willing to deal with them before they intensify.

10) Chill out!

Cultivate your sense of humor; you will need it from time to time. Realize that sometimes a negative experience is not personal but cultural. Be as non-judgmental as you can while being as open to new ideas and experiences as you dare. If you need some quiet time and privacy, take it! Be flexible, adaptable, and cheerful without abandoning your core values

or compromising your sense of self. When things are not going well...stop and try to figure out why. Ask a friend or mentor for advice. Keep in touch with friends and family. Email is wonderful for that purpose, but don't use it, or phone calls, excessively. Don't be too hard on yourself when you are not perfect, but do monitor your feelings to make sure that you don't drift into a bad mood without realizing it.

Your overseas adventure will seem unbelievably short in retrospect. Make the most of it! Inevitably, the time comes to go home and it is a good idea to think about that well before your return flight lands at an airport on home soil. We invite you to anticipate your "reentry" by reading the appropriate sections of this handbook.

Living in Britain

Cost of Living in Britain

The cost of living in Britain will really depend on your personal spending habits. As the Interstudy program fee is comprehensive, most costs during your time in Britain will be associated with food and drinks, entertainment and travel.

Planning Your Budget

Use the following as guidelines and check what you need to buy. You may need to budget for other items but these are some of the major items. Below are some typical prices for items and services in Britain. In London, you might need to pay a bit more. On the other hand, at discount stores and street markets, you may find many of these things for less:

- Food £30-40 per week (if you are cooking)
- Wine £3-£5 for a 75cl bottle
- Beer £1.70- £3 for a pint in a pub
- Restaurant meal £5 per person minimum; £15 per person average (drinks extra)
- Haircut £7-£20
- T-shirts, underwear £10 and under
- Shirts and tops, lightweight sweaters £25 and under
- Jeans, casual trousers, skirts, heavier sweaters and shoes £35 and under
- Rain coats £60 and under
- Laundry £16-£20 per month
- Small electrical appliances (e.g. hair dryer, kettle) £20 and under
- Textbooks £10-£50
- Newspapers 50p-£1.20 per issue
- Magazines 50p-£3
- CD's £5-£10
- Movie £4-£10
- Theater ticket £10-£30
- Concert ticket £5-£30

Remember there is cost associated with travel; both commuting travels (e.g. the tube in London) to get to class and leisure travels that you need to take into account if you wish to visit a few places while in Britain. Costs will depend on the mode of transportation chosen (rail, bus or plane) and where you will be staying.

Language Differences in Britain

Though English is our common language some phrases, idioms and slang words differ from one culture to another. We've prepared this converter that reveals some differences between British and North American English.

It's just a sampling but it includes some examples which highlight how embarrassing these differences can be. For a more comprehensive list consult one of the many websites devoted to British slang and usage on the Internet. www.effingpot.com

British	American	British	American
dvert	Commercial	Jumper	Sweater
Aerial (TV)	Antenna	Kirby grip	Bobbie pin
Anorak	Ski jacket	Knackered	Tired
Arse	Ass	Knickers	Underpants
Aubergine	Eggplant	Lay-by	Road Edge
Balaclava	Ski Mask	Lemonade	7Up
Bank note	Dollar Bill	Lift	Elevator
Bap	Hamburger bun	Loo/Toilet	Bathroom
Bathroom	Room with bathtub	Mac	Raincoat
Bedsitter	Studio apartment	Marrow	Squash
Beetroot	Beet	Mince	Ground beef
Bill	Check (restaurant)	Motorway	Highway
Biro	Ballpoint	Nappy	Diaper
Biscuits	Cookies	Off License	Liquor Store
Bloke	Guy	On one's Todd	On one's own
Boiled Sweets	Hard Candy	Panda car	Police car
Bobby	Cop	Pig Headed	Stubborn
Bonnet	Car hood	Rubbish	Garbage
Brace	Braces (teeth)	Single ticket	One-way ticket
Braces	Suspenders	Spirits (drink)	Liquor
Brilliant/brill	Excellent	Stalls	Orchestra seats
Car park	Parking lot	State school	Public school
Caravan	Trailer	Stone	14lbs
Cheers	Thanks	Suspenders	Garters
Chemist	Pharmacy/Drugstore	Sweets	Candy
Chips	French Fries	Ta	Thank you
Cinema	Movie Theater	Takeaway	To-go (food)
Class/form	Grade	Tart	Prostitute
Club together	Chip in (for payment)	Till	Cash Register
Cock up	Blunder, or mistake	To let	To rent
Cockney	Native of East London	Torch	Flashlight
Consultant	Medical specialist	Trousers	Pants, Slacks
Cop/copper	Police Officer	Tube	London subway
Council flats	Public housing	Undershirt	Vest
Crisps	Potato chips	Verge	Road edge
Ground Floor	First Floor	Waistcoat	Vest
Hairslide	Barette	Wardrobe	Closet
Handbag	Purse	Way out	Exit
Hire	Rental		
Holiday	Vacation		
Jam	Jelly		
Jelly	Jell-o		

Culture in Britain: General Attitudes, Greetings and Gestures

It will be beneficial for you to remember how important culture is in formulating general attitudes and common protocol amongst people. Whether you are planning to study in London, Coventry, Swansea, or any of the host cities and towns offered through Interstudy programs, you will encounter cultural “rich points” –or intersections of cultures. These may surface through the simple etiquette of saying hello, to standing in line at the local market and especially in unforeseen and unimaginable ways too numerous to document. Understanding that your own behaviors are informed and shaped by your culture will help you navigate the intersection of cultures.

Some noteworthy comments about British culture:

- Emotional reserve and moderate behavior is generally valued
- Emotional outbursts and excessive enthusiasm may result in embarrassment - for all parties involved
- Politeness and humor are often well-regarded
- Greetings will vary depending upon the context of the situation and the familiarity between those involved
- Formal greetings typically involve a firm handshake, though not aggressive
- Respect for personal space is advisable

More British Quirks: Food, Pubs, Drinks and Sports!

“English cooking, like the English climate, is a training for life’s unavoidable hardships.” – R.P. Lister

Although British cuisine does not hold the same international reputation as some of its European counterparts, it redeems itself in a few specialties that you might become addicted to: rice pudding (a dessert), Yorkshire pudding (not a dessert), “Bangers and mash” (sausages and potatoes), British-style baked beans, shortbread, Fish and Chips and “English Breakfast” consisting of orange juice, cereal, eggs, bacon, sausage, grilled tomatoes and mushrooms, fried bread followed by toast, butter and marmalade. Thanks to a very culturally diverse population your experience won’t be limited to “pub grub” or full Sunday roast dinners. British cuisine is nicely complimented by a variety of ethnic foods, such as curries and Chinese delicacies.

Pubs are a real social establishment and very important to cultural life in Britain. Britain is crowded with pubs and even the smallest of towns can support a pub crawl. Most people will often gather around a few pints of beer, socialize, play darts or watch rugby, but these activities and pubs can

be enjoyed even by those who don't drink. Another important ritual in Britain is tea, which refers as much to the drink as the social ritual. The tea is usually served strong and milky and, if you want it another way, say so. The social ritual of "high tea," usually from 2-4pm, centers around a meal, which can include cooked meats, sandwiches and scones. Most Brits also take "tea breaks" during the day.

Sports events are extremely popular in Britain. The national game is soccer, known most commonly as football, which draws huge crowds-over half a million people who attend professional games every Saturday from mid-August to May. Rugby is also very popular, especially in Scotland; and then there's cricket; learn the rules if you can.

Geography

Slightly smaller than the state of Oregon, Britain was formed from the union of four separate countries: England, Northern Ireland, Wales and Scotland. Each of these is split into smaller divisions called counties of which there are 104 in England, Wales and Scotland. The total population of Britain is approximately 60 million. London is the capital and in its greater metropolitan area reside 7 million people. Other major cities are Birmingham with 1 million; Leeds and Glasgow with about 700,000 each; and Sheffield, Bradford, Liverpool, Edinburgh, and Manchester with about 500,000 each.

Britain is located off the northwestern coast of Europe between the Atlantic Ocean and the North Sea. Much of the south and midland regions is low plain with the major area of hills being in the north and west. Ben Nevis is the highest point at 4,406 feet. The major rivers are the Severn, Thames, Humber, Tees, Tyne, Tweed, Avon, Exe and Mersey. Agricultural land and pastures make up 70% of the total land area.

England, Scotland, Wales, and Northern Ireland each have very different landscapes, tourist attractions and famous landmarks to offer; each has its own traditions and cultures, which, if given the opportunity, you must explore and experience for yourself! It is easy to travel between them with most places accessible by internal flights, trains, ferries and long distance bus rides.

Weather

Britain is famous for its unpredictable weather; it is not uncommon to experience all four seasons in one day. Winters are generally mild, windy

and wet with temperatures only occasionally dropping below freezing. January and February are the coldest months with Scotland and northern parts of Wales and England being the coldest - snow is not unusual. During winter, the hours of daylight are considerably shorter than in summer; during mid-summer, Britain can have up to 17 hours of daylight. In the last few years, summer temperatures have soared into the 80s and 90s with the south of England and Wales being the hottest, although it is more likely to be around 70-75 Fahrenheit.

Average Temp °F

J	N	FEB	M	R	PR	M	Y	JUN	JUL	UG	SEPT	OCT	NOV	DEC
39		39	42		46	52		57	60	60	57	51	44	41

Average Rainfall in Inches

J	N	FEB	M	R	PR	M	Y	JUN	JUL	UG	SEPT	OCT	NOV	DEC
3.5"		2.5"	2.8"		2.4"	2.5"		2.5"	2.4"	3.0"	3.1"	3.3"	3.5"	3.7"

Excursions

Interstudy arranges several trips, included in your program fee, during the first part of your semester for all Interstudy students and offering a little something for everyone. An orientation excursion will acquaint you with the area around your specific program. The overnight excursion will take you to a place of interest further away from your main location with activities provided. The theatre weekend brings students together in the city to experience what London has to offer and a farewell dinner tapers off the Interstudy programming before exams commence. Travel, accommodation and entrance fees will be paid by Interstudy for each student. Interstudy has combined the knowledge of our experienced staff with suggestions from students of previous years in designing the trip, which you are certain to enjoy. Information about your excursion weekend will be sent to you prior to your departure.

Sample Weekend Itinerary

To the West of Cork lies the town of Killarney which offers a cozy, yet lively atmosphere for the excursion weekend. Just Southwest of the town is Killarney National Park, a 10,000 hectare park comprised of upper, middle and lower lakes and surrounded by mountains and woodlands. In addition to the breathtaking beauty of the outdoors are the historical sights of Ross Castle and Muckross Abbey. The town of Killarney also has the feel of a thriving small town with traditional Irish pubs lining the streets, shops on every corner and plenty of places to grab a bite.

Friday:

- Transport from program site to Killarney
- Group dinner hosted by Interstudy at hostel
- Evening free to enjoy Killarney nightlife

Saturday:

- Kayaking in the lakes of Killarney National Park
- Pack lunch and mountain biking around the park
- Group dinner hosted by Interstudy followed by free time in the evening

Sunday:

- Morning activity to a nearby attraction not seen on Saturday
- breakfast provided by Interstudy
- Transport back to the program sites

Living in Ireland

Cost of Living in Ireland

Ireland ranks high on most cost of living indices. However, the cost of living in Ireland really does depend on each individual's spending habits. As the Interstudy program fee is comprehensive, most costs during your time in Ireland will be associated with food and drinks, entertainment and travel.

The current accepted figure for student personal spending, quoted by academic institutions and student travel publications, is between US\$160-180 per week at current rates of exchange. However, you may be able to manage well within this budget if you are prepared to live more frugally. Budget more money if you plan to travel.

Planning your budget

Use the following as guidelines and check what you need to buy. You may need to budget for other items but these are some of the most common expenses. In Dublin, you might need to pay a bit more. On the other hand, at discount stores and street markets, you may find many of these things for less:

- Food 45-60 Euros per week (if you mainly cook for your meals)
- Wine 5-8 Euros for a 70cl bottle
- Beer 3.80-5 Euros for a pint in a pub
- Restaurant meal 9 Euros per person minimum; 15 Euros per person average (drinks extra)
- Haircut 15-40 Euros
- T-shirts, underwear 6 Euros and under
- Shirts and tops, lightweight sweaters 25 Euros and under
- Jeans, casual trousers, skirts, heavier sweaters and shoes 40 Euros and under
- Rain coats 60 Euros and under
- Laundry 10-15 Euros per month
- Small electrical appliances (e.g. hair dryer, kettle) 20 Euros and under
- Textbooks 10-35 Euros
- Newspapers 50p-1.70 Euros per issue
- Magazines 1-6 Euros
- CD's 8-20 Euros
- Movie 8 Euros
- Theater ticket 10-35 Euros
- Concert ticket 10-55 Euros

Remember there is cost associated with travel; both commuting travels (e.g. the Dart or Dublin Bus in Dublin) and leisure travels that you need to take into account if you wish to visit a few places while in Ireland. Costs

will depend on the mode of transportation chosen (rail, bus or plane) and where you will be staying!

Language Differences in Ireland

Though English is our common language some phrases, idioms and slang words differ from one culture to another. We've prepared this converter that reveals some differences between British and North American English. It's just a sampling but it includes some examples which highlight how embarrassing these differences can be. For a more comprehensive list consult one of the many websites devoted to Irish slang and usage on the Internet.

Irish	American	Irish	American
dvert	Commercial	Jumble Sale	Yard Sale
erial (TV)	ntenna	Jumper	Sweater
Anorak	Ski jacket	Kirby grip	Bobbie pin
Arse	Ass	Knackered	Tired; worn out
Aubergine	Eggplant	Knickers	Underpants (f)
Balaclava	Ski Mask	Lay-by	Paved shoulder
Bank note	Dollar Bill	Lemonade	7up
Bap	Hamburger bun	Lift	Elevator
Bathroom	Room with bathtub	Loo/Toilet	Bathroom
Bedsitter	Studio apartment	Mac	Raincoat
Beetroot	Beet	Marrow	Squash (veg)
Bill	Check (restaurant)	Mince	Ground beef
Biro	Ballpoint	Motorway	Highway/freeway
Biscuits	Cookies	Nappy	Diaper
Bloke	Guy	Off License	Liquor Store
Brace	Braces (teeth)	On one's Todd	On one's own
Pig Headed	Stubborn	Consultant	Medical specialist
Panda car	Police car	Jelly	Jello
Bobby	Cop	Rubbish	Garbage
Bonnet	Car hood	Zed	The letter 'Z'
Boot	Car trunk	Single ticket	One-way ticket
Braces	Suspenders	Spirits (drink)	Liquor
Brilliant/brill	Excellent	Squash	Diluted fruit drink
Bungalow	One-story house	Stalls	Orchestra seats
Car park	Parking lot	State school	Public school
Caravan	Trailer	Stone	14lbs (bodyweight)
Cheers	Thanks	Subway	Ped. underpass
Chemist	Pharmacy/Drugstore	Suspenders	Garters
Chips	French fries	Sweets	Candy
Cinema	Movie Theater	Ta	Thank you
Class/form	(School) Grade	Takeaway	To-go (food)
Tart	Prostitute/fruit pie	Undershirt	Vest
Cock up	Blunder, or mistake	Till	Cash Register
Cockney	Native of East London	To let	To rent

Cop/copper	Police Officer	Toilet	Restroom
Council flats	Public housing	Torch	Flashlight
Courgette	Zucchini	Trousers	Pants, Slacks
Crisps	Potato chips	Tube	London subway
Hairslide	Barrette	Verge	Road edge
Hire	Rental	Waistcoat	Vest
Holiday	Vacation	Wardrobe	Closet
Hostel	Student residence	Way out	Exit
Handbag	Purse	Whinge	Whine/complain

Culture in Ireland: General Attitudes, Greetings and Gestures

Some Do's and Don'ts to help you to navigate your experience in Ireland

- Do use first names with people – even if the context is more formal
- Do say thank you to the bus driver when exiting the bus
- Do feel comfortable chatting with the person next to you on a train or a bus, or sales staff in a shop or servers at restaurants – you'll learn more by engaging in these opportunities.
- Don't tell Irish jokes
- Don't raise controversial Irish political topics (i.e. the North, Sinn Féin, De Valera) unless you are with people you know well and do defer to their opinion on subjects of this nature. Do not open up these discussions in pubs even with good friends.
- Don't lose your temper – this is considered impolite, embarrassing and a failure on your part
- Don't imitate the Irish accent

In general, greetings in Ireland may take up more time than elsewhere in the world. "How's the craic?" has nothing to do with illicit drugs and basically refers to your sense of humor. The Irish typically enjoy conversation and greetings tend to reflect this aspect of Irish culture. The stereotypical 'top of the morning to you' is purely staged and the Irish don't use this form of greeting. Usually when greeting strangers in Ireland expect few inquiries into matters related to your origin, work and destination. A firm handshake is more common and acceptable than an embrace – especially between men and women.

More Irish Quirks: Food, Pubs, Drinks and Sports!

For those of you who are watching the calories and cholesterol, proceed with caution. The full Irish Breakfast consists of bacon, eggs, sausage and fried black pudding. Potatoes are served all day long and with all kinds of dishes – even the eclectic nouveau gourmet imported from anywhere in the world. Tea takes place around 4pm and is served strong and with milk. Often it is paired with Irish Soda Bread, which is made with sour milk, baking soda and a leavening agent - a treat with fresh Irish butter.

Gaelic football, commonly described as a cross between soccer and rugby, is popular and is interestingly tied to politics in Ireland. As part of the Gaelic revival, efforts to return to ancient Irish sports fueled the creation of the Gaelic Athletic Association (GAA) in 1884. The GAA has a history of fusion between sports and politics in Ireland where supporters of nationalism joined sports teams to show national support and athletes took up nationalism as a way to pursue their sport. As well, football (soccer) enjoys fanatical following often leading straight to the local pub to watch the match. Popular sports also include Hurling.

Geography

Ireland is an island with an area of 27,000 square miles and a population of about 5 million people. Both English and Gaelic (Irish) are spoken. It is situated in the Atlantic Ocean and is separated from Britain by the Irish Sea. Most of Ireland forms a plane rimmed with low mountains. The highest peak is Carrantuohill in County Kerry at 3,415 feet. Ireland's major river is the Shannon which begins in the north-central area and flows to the southwest where it empties into the Atlantic.

Only slightly larger than the state of West Virginia, Ireland is divided into 26 counties. It is a small island split into two very separate countries, Northern Ireland (part of the United Kingdom) and the Republic of Ireland (in the south). Ireland is known as the land of contrasts, with stunning scenery rich with history that must be explored. Ireland is also very convenient for those of you wishing to travel in continental Europe during your time abroad. England is a short flight away, and from there you can use the Chunnel to Europe, or take a ferry crossing to France, Belgium, Norway and the Channel Islands.

Weather

Ireland is almost as famous as Britain for its unpredictable weather and it is common to experience all four seasons in one day. Winters in Ireland are generally quite mild, windy and wet. January and February are the coldest months, and snow is not unusual. During the winter, the hours of daylight are considerably shorter than in the summer; during mid-summer, Ireland can have up to 17 hours of daylight. It is advisable to wear layers and always carry a waterproof coat.

Average Temp °F

J	N	FEB	M	R	PR	M	Y	JUN	JUL	UG	SEPT	OCT	NOV	DEC
46		46	50		54	61		64	70	66	63	57	50	46

Average Rainfall in inches

J	N	FEB	M	R	PR	M	Y	JUN	JUL	UG	SEPT	OCT	NOV	DEC
2.4"	2.0"	2.0"	1.8"	2.2"	2.0"	2.2"	2.0"	2.2"	2.9"	2.8"	2.6"	2.7"	3.0"	

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Health Abroad

Automobiles

Interstudy strongly discourages students from owning or operating vehicles while participating on its study abroad programs. Traffic congestion and different traffic laws and regulations, civil and criminal, can make driving a motor vehicle hazardous. Insurance requirements, or other financial responsibility laws vary from country to country. If a participant on an Interstudy program does operate a motor vehicle abroad, Interstudy is not responsible for legal aid, or for care of a participant should he/she be involved in an accident. Motor vehicle accidents are the leading cause of accident and injury for students abroad.

Medical Treatment

Britain and Ireland have modern medical facilities and systems where treatment is comparable to that which might be received in North America. You will have CISI Insurance while abroad on the Interstudy program. There are hospitals, emergency rooms, clinics and doctor's offices throughout the country you'll be studying in. There are also medical services on campus. During the on-site orientation you'll be finding out where the health center on campus is and how to obtain care.

Dental Treatment

Dental treatment is widely available. In order to obtain treatment ask the health center on campus for recommendations for local dentists. Interstudy insurance does not cover dental care.

Opticians

Opticians are also easily found. Specialist clinics are also available, however, the ordinary optician will most likely be able to deal with all glasses and most contact lens problems.

Prescription Medicine

Prescription medicine, as in the North America is only available from pharmacies (sometimes called 'Chemists'). You will have to pay for prescription medicines up front and then be reimbursed by your insurance company. Prices vary widely dependant upon the prescription, but in general prescription medicines cost about the same abroad as they do at

home. We recommend if you routinely take a prescription drug that you have your physician at home provide you with the chemical composition/ generic name of your medication and a letter stating why you take the medication. Using these documents you should have no problem securing the same prescription from a physician abroad. Shipping medicines is not possible. Customs officials will seize them. Bringing a supply of your medication adequate to last you throughout your enrollment period may create unwanted problems with the Customs police. However, if you have all your medication in its original containers, your prescription and statement from your doctor then this will greatly reduce any difficulty at the border.

Over-the-Counter Medicine

Cold, cough, flu, headache and hundreds of other types of medicines are widely available. The system of distribution is similar to that in North America and these types of drugs can be found in convenience stores as well as supermarkets and pharmacies.

Emergency Medical Needs

Britain and Ireland all operate emergency medical facilities similar to those found in the North American system of emergency rooms, emergency room doctors, trained paramedics and ambulances. Details specific to your program site will be covered during the on-site orientation. You will be told how and when to get in contact with emergency medical professionals.

AIDS and Sexually Transmitted Diseases

HIV/AIDS and STD's are all global health issues so the risks associated with each have less to do with your geographical location and more to do with your sexual behavior and knowledge of transmission and prevention.

HIV infection is preventable. HIV is transmitted through sexual intercourse, through needle or syringe sharing, by medical use of blood, blood components, or organ or tissue transplantation, and prenatally from an infected woman to her infant. HIV is not transmitted through casual contact, air, food, water, contact with inanimate objects, or mosquitoes.

If you choose to be sexually active overseas be careful. Latex condoms are readily available. The correct use of condoms has been shown to dramatically decrease the chances of HIV/AIDS or STD infection between sexual partners.

Alcohol

You may be of legal drinking age abroad, but this does not mean you are free from the consequences of drinking itself. Alcohol impairs judgment and inebriated students may find themselves in unsafe situations of their own making. Accidents are also more likely to occur. Alcohol loosens inhibitions and inebriation can lead to risky sexual behaviors. Be smart about your use of alcohol.

Drugs

The use of illegal drugs is no more acceptable in foreign cultures any more than in your own. Many U.S. students and travellers have suffered greatly as a result of drug related incidents. You are subject to the laws of the country in which you are studying or travelling. U.S. Embassies cannot obtain releases from jail for U.S. citizens, but can only aid you in obtaining legal assistance.

Mental Health

Counseling services are available on campus. For your safety and well being, if you have not informed Interstudy of physical, emotional or psychological difficulties you may have, please do so. It will not affect your enrollment status on the program but it will help us to help you to obtain the proper treatment and/or care abroad. Adjusting to life in a different culture can be stressful. Sometimes this stress can trigger or exacerbate a more serious emotional condition. If you are under treatment for depression, an eating disorder or any other serious condition this may put you at higher risk. In these cases study abroad may still be a possibility if planned carefully in conjunction with study abroad and health care professionals.

Remember that during cultural transitions you may experience unusual homesickness, boredom, fatigue, physical complaints, depression, helplessness or anger. These are all normal reactions to cultural adjustment and are usually short-lived. If you are experiencing these symptoms or others for a prolonged period, however, seek help.

Safety Abroad

We want your Interstudy program experience to be a safe one and we are absolutely confident it can be if you take the necessary safety precautions. Asking questions, being aware of your surroundings, and carrying yourself confidently can avoid most unsafe situations. No one can guarantee your safety in your hometown, at your home college, or while studying abroad. But by taking to heart our time-tested tips and, most importantly, by using your own common sense, you can be as safe (or safer) abroad as you are at home. During the Interstudy on-site orientation, additional safety information specific to your program location is given. For now, the below general information is of importance.

Safety in Public Places

- Always watch your bags closely. Petty theft is common in many countries.
- Never carry large sums of money. When paying, do not flash your money around.
- Carry a photocopy of your passport around town and leave the original in your housing in a secure spot.
- Never change money on the black market even though the exchange rate might look good. You will be ripped off most times and wind up with bills from another foreign country, which are worthless.
- If you have personal property stolen, report the loss to the police. Keep the Police Report for insurance claims and then report the loss to your bank (for lost or stolen credit cards—to the US consulate in the case of a lost/stolen passport). Also inform Interstudy so we may assist you.
- When traveling take the same precautions you would in any large city, or place that's unfamiliar to you; don't go anywhere at night by yourself. Certain areas should be avoided; you need to gain local knowledge of these specific areas.
- Before traveling, advise at least one person of your intended destination, estimated time of arrival and return. When traveling from your program site, we ask that you email Interstudy with this information in case we need to contact you.
- Follow your instincts. If a person or situation looks suspicious or out of place, it probably is. Leave immediately and make your way to a safe area.
- Be careful when using ATM's. It is preferable to use ATM's inside banks during the day, rather than outside terminals in the evenings or at night.
- Avoid public demonstrations even though you might be sympathetic to the cause.
- If you become lost, do your best to appear as if you know where you are going. Ask directions from persons in authority if possible.
- If someone tries to steal from you, do not try to fight. Give up your valuables. They can be replaced; you can't.

Safety on Campus

At each and every location Interstudy maintains a program, a security and safety system is in place. Electronic access controlled systems are installed

in most buildings, and security guards patrol campus 24 hours a day. We recommended you do not walk alone at night. While on campus:

- Be alert and where provided follow demarcated safe routes.
- At night if you are not able to walk in a group or with another individual, call Campus Security for an escort.
- Ensure personal items are stored away and the door to your accommodation is locked when not occupied.
- Always have your university identification on your person, it is required for access around campus.
- If you are whistled at, or comments are made about your looks, dress etc. Ignore them and keep walking.
- Abide by Alcohol and Drug laws, do not drive or get in a car with someone who is under the influence.

Legal Systems and Your Responsibility

While studying abroad, you are under the jurisdiction of the law in that country. You are fully subject to, and must abide by, their laws. You are personally liable for violating them. This applies also to the laws of any country you travel to. It is advisable that you investigate the laws of the countries in which you are intending to study/visit. Outlining in specifics the laws of the countries in which you'll be studying/visiting is outside of the scope of this student handbook, just remember that knowing and obeying the laws of the country in which you are residing or traveling is your responsibility.

Police

As in the U.S. and Canada, when you are abroad the police don't have the power to stop you, ask you questions or search you without probable cause. However, if stopped you will have to give your name, address and age and you may be searched if you are suspected of illegal activity. Refusing to answer questions or giving false information can result in prosecution. Be careful of resisting a police officer but do ask to see his/her Warrant Card and take down the officer's number as this information can always be used should you wish to make an official complaint.

If you are arrested, be polite and cooperate but don't make a statement, written or verbal unless you're sure it will help you. Speak as little as possible, never say anything under threat or on their advice, as you could incriminate yourself. Make notes of the proceedings, what was said by the police and by you, as soon as possible afterwards. Your notes will make it easier for you to explain what happened to a lawyer or to a court. Contact a lawyer as soon as possible.

Political Conflict

The Interstudy offices keep in close communication with the appropriate U.S. and Canadian governments and monitor for any potential threats to travelers abroad. Interstudy is continually monitoring the political situation worldwide and has contingency plans in place should any crisis arise which is perceived as raising security risks for students abroad. Interstudy will respond appropriately and immediately should circumstances require immediate repatriation of Interstudy students to North America.

Emergency Situations

Interstudy has always considered the safety of students to be our highest priority. Staff members are knowledgeable and trained to follow the protocol and safety procedures that Interstudy employs both at our program sites and in North America in the event of an emergency. Students are briefed on what to do in the event of an emergency during the on-site orientation. Additionally all Interstudy students have emergency contact information provided at orientation and are made aware of how to use this information in the event of an emergency.

In the event of an emergency, updates and information are passed first by telephone and subsequently by email. Mailing lists of current students, parents and advisors are at the ready. This system allows Interstudy to contact many people simultaneously to pass along accurate updates of the situation at hand, dispel any unfounded rumors, and relay what steps Interstudy is taking. The Interstudy Emergency Action Plan (EAP) is a public document and is available on our website under Resources|Health & Safety.

British Educational System

British Higher Education – University

British students do not apply for a place direct to the University of their choice, but through a central computerized “clearing house” (Universities & Colleges Admissions Service for the UK - UCAS), listing up to six Universities in descending order of preference. They will have applied to study a particular subject, and will have been offered a place either solely on the strength of their GCSE and ‘A’ Level results, or in conjunction with a personal interview with the head of the department in which they wish to study.

There are just over seventy universities and fifty colleges (or Institutes) of higher education in Britain, and none of these are private (fee-paying) or independent in the American college sense. Three main types of institutions provide higher education: universities, colleges and institutions of higher education/art or music colleges. All universities are autonomous institutions, particularly in matters relating to courses. They are empowered by a Royal Charter or an Act of Parliament. As a result of the Further and Higher Education Act of 1992, the binary line separating universities and polytechnics was abolished and polytechnics were given university status (i.e., the right to award their own degrees) and took university titles. The Council for National Academic Awards was abolished, leaving most institutions to confer their own degrees.

Most universities are divided into faculties, which may be subdivided into departments. Many colleges and institutions of higher education are the result of mergers of teacher training colleges and other colleges. Because of this structure, British students generally stick to one or two faculties at most rather than taking courses in an array of departments. While American study abroad students are given more freedom with their selection, some time tabling issues may occur as the structure is a bit more rigid in Britain.

In their first year at university, your British counterparts will have taken courses in three subjects, probably at least two being the same as subjects they studied at ‘A’ level (which is why many first year courses in Britain are equivalent to American 2nd year courses), and now, in their second or third year, they will be specializing in one/two subject areas, working towards a Single/Joint Honors degree. They will be taking a combination of courses in one department plus, perhaps, a related course from one other department, totaling approximately ten to twelve contact hours per week. These are divided among lectures, seminars and, occasionally, tutorials or small tutorial groups for discussions on a more individual basis. In their final

year most students also carry out a piece of extended individual research, a dissertation, guided by their special subject tutor, and the resulting thesis is assessed as part of their final degree work. Some science and the majority of foreign language degrees require four years' study, but most students sit their Finals in May/June of their third year and graduate in July.

This stage lasts for three or four years and leads to the award of a Bachelor's Degree in Arts, Science or other fields (Technology, Law, Engineering, etc.) In some Scottish universities the first degree is a Master's Degree. The Bachelor's Degree is conferred as a Pass Degree or an Honors Degree where studies are more specialized. The Bachelor's Honors Degree is classified as a First Class Honors, a Second Class Honors or a Third Class Honors.

Differences – Workload and Ways of Study

Terminology

Besides 'essay' instead of 'term paper' you will quickly notice other differences in terminology, such as 'Tutor' for 'Instructor' or 'Adviser,' and 'Lecturer' instead of 'Professor'. In British university faculties or departments, there is generally only one professor, and he usually holds the chair for that department. Lectures are larger classes that meet several times a week while tutorials are smaller sections of the main class that meet once a week and are discussion based. Practicals are the equivalent to lab or studio time. British students will refer to being at 'college' or 'uni' but never at 'school', which to them means high school only. They will live 'in halls' on campus, rather than in a 'dorm', and they will talk about 'terms' instead of 'semesters' and 'marks' rather than 'grades'. More fundamental differences are evident, however, in the way British students study, and in their attitude towards studying.

Assessment and grading

Grades in Britain are represented by a percentage mark. These marks can easily be translated into standard US Letter grades. As in the US, it is very rare for a professor to issue a grade such as an A. When receiving grades during your semester keep in mind that the normal passing percentage of 65% in the US does not have the same equivalent in Britain and will be translated to an American scale. A professor will outline how your grade will be determined, but even if participation is not an element, participation, such as class attendance can and will affect your ability to take a final examination.

The methods of assessment or grading vary according to the departments and the course, but generally speaking final examinations count for between 60% and 100% of the total mark – the balance being made up of coursework, project work, term-papers (that is, essays) and/or practical work or labs. The end-of-year examination system means that students enrolled for the Autumn-only are generally unable to sit final examinations. Some departments may set special examinations while other departments base assessment exclusively on coursework and essays. You should check with each of your course instructors, or the departmental secretary concerned, to make sure you know how many essays you have to hand in and when, and which examinations you have to sit, in order to satisfy the course assessment requirements.

It is particularly important to do this if you are enrolled for the Autumn-only, because otherwise your tutors may treat you like full-year or British students, who have different essay/examination criteria extending into the spring.

Generally speaking, grades 'A' to 'E' are pass grades in the UK, and 'F' is a fail. Various systems of grading may be used in marking individual pieces of work, including numerical percentages, the I, Iii, Iiii and III (First, Upper Second, Lower Second and Pass) denoting British degree standards, or letter grades. Your overall course grade, though, may bear no resemblance to individual essay marks, since it is converted, using a recognized conversion scale, into a North American letter grade on your transcript. You should be aware that 'A' grades are generally quite rare in the British system, 'B's and 'C's being far more common. It is also wise to remember that, generally, examinations (where applicable) count more heavily in overall grading percentages in Britain and excellent attendance and performance in class will not make up for a poor examination result.

Expectations

Interstudy students should prepare for different classroom culture as well as lecturer expectations. The British classroom is based on an assumption that students are adults and will not outline when to read certain material or exactly what to read to receive the highest grades. Consequently, there will be fewer requirements in the classroom but just as many expectations as in North America.

At the start of the semester all students will receive a course outline from their lecturer. If you do not receive one you should request it as it will lay out the expectations for the course both in and out of class. This outline will also list all the readings required for the course and recommended readings. As opposed to the United States, the recommended readings are necessary to receive a good grade in the course. It is up to the discretion of each individual student to determine what additional readings pique their interest and will give them the appropriate amount of comprehension for the final.

Class participation is usually not factored into the grade in Britain, however, participation, such as class attendance can and will affect your ability to take a final examination. Final examinations in Britain are generally worth 50% or more of your overall course grade. Unlike the United States, student's grading goes from the bottom up. To receive 100% would assume you know as much about the subject as the lecturer. Consequently, grading will start from 0 and go up as you prove your understanding of the material on any final examination or assignment which is why recommended reading is essential.

The method of assessment varies according to the department and course. It is important to review the requirements laid out in the course outline disbursed at the start of the semester. Failing to complete the requirements will result in your dismissal from the exam and an automatic fail. These requirements can range from attending all tutorials or practicals to turning in all papers on time. Extensions and skipping tutorials do not result in docked points as in the US but potential failure of the course. **READ THE COURSE OUTLINE** as exceptions will not be made for study abroad students.

Irish Educational System

Ireland has a long and honorable tradition in education. As a result of a sustained investment in this area Ireland now has one of the highest educational participation rates in the world – 81% of Irish students complete second-level and approximately 50% go on to higher education.

Responsibility for education lies within the Department of Education and Science, who administers all aspects of education policy including curricula, syllabi and national examinations. Full-time education is compulsory in Ireland from six to fifteen years of age and is free in the majority of schools, and at undergraduate third-level. Education is considered a fundamental right under the Irish Constitution.

The Irish Education System has traditionally been divided into three basis levels: Primary (8 years), Secondary (5 or 6 years) and Third level which offers a wide range of opportunities from post-secondary courses, to vocational and technical training, to full-degree and the highest post-graduate levels. In recent years the focus has expanded to include pre-school education and adult and further education as the concept of lifelong learning becomes reflected in the education opportunities available within the Irish education system.

The Irish primary education sector consists of state-funded primary schools and private primary schools. State funded schools include religious schools, non-denominational schools, multi-denominational schools and Gaelscoileanna, Irish speaking schools.

Irish Higher Education - University

Entrance to college or university from the age of seventeen is based on grades attained in Leaving Certificate examinations, both Ordinary and Higher, and/or passing the Matriculation Examination, in order to obtain a certain number of entry 'points' in the required combination of courses. Students do not apply for a place direct to the institution of their choice, but through a central computerized "clearing house," – the Central Applications Office (CAO), Admissions are competitive and based on the points system applied to grades earned. It is the university faculty or department in which the main chosen subject is to be studied, that decides on offering the student a place, rather than the university administration.

Bachelor of Arts, Sciences or Social Science degrees at Irish universities are earned over three years of study. In the first year, essentially equivalent

to the North American sophomore year because of all the preparation in high school, students take courses in three to five subjects. In the second and third years, they specialize in two subjects at Honors level, when work is devoted to advanced study in the major field. It is also possible to earn a double major by combining subjects for 'joint' rather than 'single' Honors. At least one of the courses per year must be in the field of major concentration, and at least one of the others must be in a related discipline.

Students must attain a certain pass level in examinations at the end of their first year before they can proceed with their second year studies, and they are examined again at the end of the second year before continuing with their final degree studies in the third year. It is very rare for a student to transfer with advanced standing from one institution to another during degree study. With no real equivalent of transfer credit, universities invariably require all newly enrolled students to begin their studies from the first year.

Differences - Workload and Ways of Study

Terminology

Besides 'essay' instead of 'term paper' you will quickly notice other differences in terminology, such as 'Tutor' for 'Instructor' or 'Adviser,' and 'Lecturer' instead of 'Professor'. In Irish university faculties or departments, there is generally only one professor, and he/she usually holds the chair for that department. Lectures are larger classes that meet several times a week while tutorials are smaller sections of the main class that meet once a week and are discussion based. Practicals are the equivalent to lab or studio time. Irish students will refer to being at 'college' or 'uni' but never at 'school', which to them means high school only. They will live 'in halls' on campus, rather than in a 'dorm', and they will talk about 'terms' instead of 'semesters' and 'marks' rather than 'grades'. More fundamental differences are evident, however, in the way Irish students study, and in their attitude towards studying. Generally, more independent research and self-motivation are evident in the Irish system.

Assessment and Grading

Students are generally expected to take exams at the end of their study abroad period. Assessment and grading are based to a large extent on term papers (essays) and 2 or 3-hour examinations at the end of the course. You should check with each of your course tutors or the departmental secretary concerned, to make sure you know how many essays you have to hand in

and when, or which exams you have to sit, in order to satisfy the course assessment requirements. It is particularly important to do this if you are enrolled for the fall only, because otherwise your tutors may treat you like full-year or Irish students who have different essay/examination criteria, which may extend into the Spring.

Generally speaking, grades 'A' to 'E' are pass grades in Ireland, and 'F' is a fail. Various systems of grading may be used in marking individual pieces of work, including Greek letters, numerical percentages, the I, Ii, Iii and III (First, Upper Second, Lower Second and Pass) denoting Irish degree standards, or letter grades. Your overall course grade, though, may bear no resemblance to individual essay marks, since it is computed from a number of contributory marks and converted, using a recognized conversion scale, into a North American letter grades on your transcript.

You should be aware that 'A' grades are generally quite rare in the Irish system, 'B's and 'C's being far more common. It is also wise to remember that generally examinations, where applicable, count more heavily in overall grading percentages in Ireland than in North America; and excellent attendance and performance in class will not make up for a poor examination result.

Expectations

Interstudy students should prepare for different classroom culture as well as lecturer expectations. The Irish classroom is based on an assumption that students are adults and will not outline when to read certain material or exactly what to read to receive the highest grades. Consequently, there will be fewer requirements in the classroom but just as many expectations as in North America.

At the start of the semester all students will receive a course outline from their lecturer. If you do not receive one you should request it as it will lay out the expectations for the course both in and out of class. This outline will also list all the readings required for the course and recommended readings. As opposed to the United States, the recommended readings are necessary to receive a good grade in the course. It is up to the discretion of each individual student to determine what additional readings pique their interest and will give them the appropriate amount of comprehension for the final.

Class participation is usually not factored into the grade in Ireland, however, participation, such as class attendance can and will affect your ability to take a final examination. Final examinations in Ireland are generally worth 50% or more of your overall course grade. Unlike the United States, student's grading goes from the bottom up. To receive 100% would assume you know as much about the subject as the lecturer. Consequently, grading will start from 0 and go up as you prove your understanding of the material on any final examination or assignment which is why recommended reading is essential.

The method of assessment varies according to the department and course. It is important to review the requirements laid out in the course outline disbursed at the start of the semester. Failing to complete the requirements will result in your dismissal from the exam and an automatic fail. These requirements can range from attending all tutorials or practicals to turning in all papers on time. Extensions and skipping tutorials do not result in docked points as in the US but potential failure of the course. **READ THE COURSE OUTLINE** as exceptions will not be made for study abroad students.

Academics

Academic Advising At Your Home Institution

Prior to your departure, schedule an academic advising session with your advisor at your home college. While you will not be pre-registered for the courses you will take abroad, you will be able to review potential course options, obtain pre-approvals for courses and devise a plan to keep you on track for graduation.

Course Pre-Selection

You selected eight courses on the Interstudy application form. The admissions committee at your host institution reviewed your choices to determine what is available and suitable for you to take. The courses you have been approved to take are confirmed subject to availability and timetable constraints. It is impossible to guarantee that all published courses will run or that schedule conflicts will not occur. Interstudy advises you to obtain approval for all eight course selections at your home college. This allows for a last-minute substitution should a course be cancelled or clash with another you plan to take. Interstudy cannot guarantee in advance that the courses you request will run or be free of timetable conflicts.

On-site Course Registration

One of your main responsibilities shortly after arrival is to get registered for courses. Interstudy and your host institution will assist you in this. The process varies, but it will be discussed in detail during your on-site orientation. If you have questions about adding or dropping a course, during the add/drop period, contact your on-site Interstudy staff person. You are responsible for informing your home college of your final course selections and for ensuring that you obtain credit from your home college upon your return.

Withdrawing from Courses

If you choose to withdraw from a course after the add/drop period you must follow the rules of your host institution. Interstudy will report course withdrawals on the Interstudy transcript. If you have not properly dropped a course you initially signed up for it will appear as an F grade (Fail).

Audit/Pass/Fail

You are not permitted to audit or take courses as pass/fail during your program enrollment.

Incomplete

If you receive an Incomplete on your transcript, it will be your responsibility to finish the work and request an updated transcript from your host institution. At host institutions an Incomplete will become an 'F' after one semester. Be wary of individual arrangements with your course instructor. If you allow deadlines to pass for submission of written assignments, you are likely to fail the course, regardless of the arrangement you believe you have with the instructor.

Credit Load

You are expected to take a full-time course load equivalent to 14-16 US semester credit hours per semester. If you register for less than 14, you need to seek approval from your home college and consult Interstudy for approval. Check the Interstudy Program Transcript Key for credit conversion to the U.S. scale, but also bear in mind that your home college policies and credit conversion scales as they may ultimately reflect differently than what Interstudy issues.

Course and Tuition Costs

Interstudy fees cover full-time arts and social science coursework. At some host institutions there is an additional fee charged for courses in other departments. These charges, if incurred, will be billed to you, the student.

Re-registration at your Home College

Remember you will have to register for courses at your home college before your return to the U.S. Most likely your home college advisor has given you guidelines for this process. If not, contact your home college advisor and make sure you have taken the necessary steps.

Assessment and Grading

Interstudy students are assessed according to the same criteria degree-seeking students at the host institution are. The percentages earned for each course are converted to North American letter grades in accordance with recognized procedures established by Interstudy and approved by

host country education officials. Credits and grades are converted using the Program Transcript Key, given to you in your first Interstudy package.

Absent from Examination (AB)

If you are unable or choose not to take a final examination you will almost certainly fail the course. If there are extenuating circumstances surrounding your missing an exam, contact the appropriate host institution staff and Interstudy immediately. There are no guarantees a re-test will be provided.

Grade Appeals

Once grades are reported there is little ability to appeal. Interstudy cannot appeal a grade for you. It is crucial to keep copies of your coursework and syllabus. If you feel there is an error in your marks, Interstudy can help you contact the professor or host institution, but little more. To assist, Interstudy would need all supporting academic materials as well as a letter explaining why you think there is an error. No guarantees are made regarding changes to grades, and the Interstudy transcript cannot be modified in any way if the official host institution transcript remains unchanged. Be aware that depending on circumstances, grade appeals may take several months.

Release of Grades and Transcripts

All Interstudy fees and any host institution fines must be paid prior to the release of grades. Lost library books, lost keys or damage to your accommodations will delay your transcripts.

Transfer of Credits

Interstudy issues a U.S. based transcript, but ultimately your home college will determine the amount of credit you will receive for the courses you take on the Interstudy program. Generally, registrars/advisors use the Interstudy transcript or a combination of the Interstudy, host institution or School of Record transcripts to determine the amount of credit to award.

Interstudy Transcript

The Interstudy transcript displays the courses and grades listed on your host institution transcript, translated to a standard U.S. scale and format. Official copies are sent to your Dean or Study Abroad Advisor and your Registrar for course credit assessment. A copy will also go to your permanent address. Transcripts from the spring semester are released around the 1st of September and around the 1st of March for the fall. If you asked us to issue

your transcript through the Interstudy School of Record please allow an additional month for your transcript to be prepared and released.

Interstudy issues additional transcript copies for a fee of \$10 per transcript. An official transcript request form must be filled out and submitted. This form can be found on the Interstudy website. Interstudy can also issue original host institution transcripts, but allow three weeks for the request to be fulfilled.

School of Record Transcript

Upon request with an additional charge a School of Record transcript can be issued in place of the Interstudy and host institution transcripts. Interstudy's School of Record is the University of the Pacific. This option should only be used if your home college must have a transcript from a U.S. based college or university. If a School of Record transcript is required, you must contact Interstudy well in advance of your semester abroad as additional forms and paperwork need to be completed before your departure. A School of Record transcript cannot be issued without properly alerting Interstudy prior to the start of your program.

Keys to Academic Success Abroad

If you have good study habits at your home college, chances are you'll maintain those habits abroad. Of course, there's always room for improvement and it's useful to be aware of some common differences in academic environments. You will need to plan out how to make the best use of your time and develop new study routines once you begin the semester. You'll find university education in Britain and Ireland stresses reading and private digestion of material. Less weight is given to tests and quizzes and more weight is given to final examinations than in the U.S.

Generally, professors are a little more aloof than in the U.S. This does not mean you cannot approach your professor, but it is usually done either through a scheduled appointment or after class. The academic level of the course will dictate the level of classroom participation required. Unlike in the U.S., classroom participation is not used widely as a means of instruction. Lectures are more common. At the beginning of the semester you will be given a syllabus for the class. Compared to a typical U.S. syllabus, the level of detail is reduced. It is not that there is less work expected, but students are expected to have a higher level of self-motivation in their university studies. Courses are structured with limited assessment and it is normal to have a term paper and a final exam comprise

your entire grade for the semester. This should not be alarming as the majority of students are very successful in this system. It should just be noted that while most of the work for the semester will appear near the conclusion, it will be seen as your responsibility to keep on top of your reading and to be prepared for the final as most British and Irish students are used to this more independent system.

What To Know Before You Return: Cultural

What could be easier than going home? After all, you grew up in that culture, understand how the system works, are familiar with how to cope with daily living, and have a ready-made support group. When you were homesick you dreamed how great it would be to be back in a comfortable and familiar place surrounded by family and friends. However, as your overseas journey begins to draw to a close there are a number of simple but important things you can, and should, do to make sure you have a positive conclusion to your adventure. These range from taking last minute photos and getting addresses of overseas friends and program classmates to being sure to say your goodbyes in a culturally appropriate manner.

Saying Proper Goodbyes and Coming Home!

The following section will help you bring culturally appropriate closure to your sojourn while still abroad and prepare you for your homecoming. This section is designed to raise topics, pose questions, and stimulate you to think seriously about not only how “home” has changed, but how the study abroad experience has affected and changed you.

This section also provides some valuable self-reflective exercises to help a returnee figure out what they learned while abroad, and some suggestions about how to use intercultural skills in on-going everyday life at school and at home.

Ten Top Tips: What Can I Do Before I Come Home to Help Myself?

What can you do to prepare to return home? Being aware of the reentry process and following some advice from those who have already returned can facilitate your reentry. The following list is compiled from many sources, but all of the tips come from returnees who have offered these ideas in the hope of making your initial reentry easier for you and for those at home. They are offered to you as things to consider as you prepare to return from study abroad. First, say goodbye. Then:

1) Mentally prepare for the adjustment process

The more you consider your alternatives, think about what is to come, and know about why returning home is both similar to and different from going abroad, the easier the transition will be. Anticipating is useful. As one

psychologist put it, "Worrying helps." However, obsessing does not, so be prepared, not paranoid!

2) Allow yourself time

Reentry is a process that will take time, just as adjusting to a new culture required a period of acculturation. Give yourself time to relax and reflect upon what is going on around you, how you are reacting to it, and what you might like to change. Give yourself permission to ease into the transition.

3) Understand that the familiar will seem different

You will have changed, home has changed, and you will be seeing familiar people, places, and behaviors from new perspectives. Some things will seem strange, perhaps even unsettling. Expect to have some new emotional and psychological responses to being home. Everyone does.

4) There will be some "cultural catching up" to do

Some linguistic, social, political, economic, entertainment, and current event topics may be unfamiliar to you. New academic programs or regulations, slang expressions, popular culture references, recent events, and even major social changes may have emerged since you left. You may have some learning to do about your own culture. The longer you have been gone, the more you may have to discover, and the more noticeable it will be to others that you are not culturally fully up-to-speed. Approach this challenge in the same way you approached culture learning overseas, with a sense of humor and an open mind.

5) Reserve judgments

Just as you had to keep an open mind when first encountering the culture of a new foreign country, try to resist the natural impulse to make snap decisions and judgments about people and behaviors once back home. Mood swings are common at first, and your most valuable and valid analysis of events is likely to take place after allowing some time for thorough reflection. Most returnees report gaining major insights into themselves and their home countries during reentry, but only after allowing a sufficient period of time for reflection and self-analysis.

6) Respond thoughtfully and slowly

Quick answers and impulsive reactions often characterize returnees. Frustration, disorientation, and boredom in the returnee can lead to behavior that is incomprehensible to family and friends. Take some time to rehearse what you want to say and how you will respond to predictable questions and situations; prepare to greet those that are less predictable with a calm, thoughtful approach.

If you find yourself being overly defensive or aggressive in responding to those around you, it is probably time to take a deep breath and relax. It is tempting when asked for the twentieth time, "How was London?" to sarcastically reply, "Very British!" but the momentary satisfaction will do little to open a real communication channel. As always, thinking before answering is a good strategy.

7) Cultivate sensitivity

Showing an interest in what others have been doing while you have been on your adventure overseas is a sure way to reestablish rapport. Much annoyance with returnees results from the perception that returnees are so anxious to tell their stories and share their experiences that they are not interested in what happened to those who stayed at home. This is ironic because one of the most common frustrations reported by returnees is that those at home only ask superficial questions (e.g., So how was it?) and want short answers. Returnees see this as a lack of opportunity to express their feelings fully. In such circumstances, being as good a listener as a talker is a key ingredient in mutual sharing and you may need to practice those skills upon return.

8) Beware of comparisons

Making comparisons between cultures and nations is natural, particularly after residence abroad. However, a person must be careful not to be seen as too critical of home or too lavish in praise of things abroad. A balance of good and bad features is probably more accurate and certainly less threatening to others. The tendency to become an "instant expert" is to be avoided at all costs.

9) Remain flexible

Keeping as many options open as possible is an essential aspect of a successful return home. Attempting to re-socialize totally into old patterns and networks can be difficult, but remaining aloof is isolating

and counterproductive. What you want to achieve is a balance between resuming and maintaining earlier patterns and enhancing your social and intellectual life with new friends and interests.

10) Seek support networks

There are lots of people back home who have gone through their own reentry process and both understand and empathize with a returnee's concerns. Returnees may find it useful to seek out people with international living experience such as academic faculty, exchange students, Peace Corps volunteers, church mission officials, and those doing business internationally. University study abroad and international student offices should also be places where returnees can find support and empathy as they go through the reentry process.

Adapted from materials originally developed by Dr. Bruce La Brack, School of International Studies, University of the Pacific for the Institute of International Education, San Francisco.

Returning Home

The reality is that returning home after a significant overseas experience is not without its stresses. There are many reasons why this is so, but the major contributing factors seem to be:

1) It Is Largely Unexpected

Few people prepare for the return because they expect it to be easy and are surprised when it is not.

2) The Reality of Home Differs from the Vision

When you are abroad, images of home life can become idealized or romanticized. It is easy to forget or minimize the problems or issues that once were sources of stress in your everyday life. Re-encountering them can be disconcerting.

3) Change Has Occurred for Everyone

However major or subtle, things are different. You, the people around you, and your culture have changed. Sometimes this is obvious and immediately observable, sometimes it is "hidden" and only comes out under certain circumstances-which are usually unpredictable and therefore unsettling.

4) People May React to Returnees in Ways They Consider Inappropriate

People generally expect you to be the same person you were when you left and usually attempt to treat you that way. They often have little patience for a returnee who seems to be significantly “different” or who exhibits behaviors or attitudes that, to them, seem odd or uncharacteristic of that person.

5) Reverse Culture Shock Is Neither Recognized nor Understood at Home

Few people at home are likely to be familiar with the concept of reverse culture shock. Therefore, people often respond to a returnee having difficulty readjusting by bluntly suggesting they “get over it” as though it were a conscious act on their part or as if they could control their emotions if they wanted. Unlike undergoing culture shock while abroad where parents and fellow students are likely to be at least sympathetic, upon reentry the pressure to conform quickly and substantially can be intense and tolerance can be in short supply.

Thus, although there are always lots of reasons for looking forward to going home, reentry into your home culture can seem both as challenging and as frustrating as living overseas. Contrary to the expectation that going “home” is a simple matter of resuming your earlier routines and reestablishing prior relationships, reentry has its own set of special social and psychological adjustments.

Just as initial Culture Shock has definable stages and a relatively predictable progression, so does Reverse Culture Shock. The “Honeymoon” phase of initial euphoria or at least relief at being home is often present for some period, followed by some degree of irritation and alienation, with an eventual readjustment. The honeymoon phase overseas might last a matter of days or weeks (even months), but at home the elation of return can dissolve rather quickly. Returnees can find themselves slipping into deepening hostility or withdrawal in a very short time. While the onset of culture shock abroad usually takes many weeks or even months, reverse culture shock can take hold within hours of arriving home. There are many contributing factors that might intensify and accelerate the process during reentry.

Ten Top Challenges for Returnees at Home

Realistically, what can I expect when I get back?

1) Boredom

After all the newness and stimulation of your time abroad, a return to family, friends, and old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges that characterize study in a foreign country, but it is up to you to find ways to overcome such negative reactions. Remember a bored person is also boring. Try new things, travel domestically, and continue cultural and linguistic studies.

2) No one wants to hear

One thing you can count on upon your return: no one will be as interested in hearing about your adventures and triumphs as you will be in sharing those experiences. This is not a rejection of you or your achievements, but simply the fact that once they have heard the highlights, any further interest on your audience's part is probably unlikely. Be realistic in your expectations of how fascinating your journey is going to be for everyone else. Be brief.

There may actually be some people who will be interested in your stories and hundreds of pictures or slides. Think about who they might be and make a list. Consider emailing them before you return and asking if they really do want an evening on "My experience in [fill in the blank]" and promise to make a date when you get home. Give them a chance to change their minds but respond now with a message that says you are really looking forward to your date.

3) You can't explain

Even when given a chance to explain all the sights you saw and feelings you had while studying abroad, it is likely to be at least a bit frustrating trying to relay them coherently. It is very difficult to convey this kind of experience to people who do not have similar frames of reference or travel backgrounds, no matter how sympathetic they are as listeners. You can tell people about your trip, but you may fail to make them understand exactly how or why you felt a particular way. It's okay.

4) Reverse "homesickness"

Just as you probably missed home for a time after arriving overseas, it is just as natural to experience some reverse homesickness for the people, places, and things that you grew accustomed to as a student abroad. To an extent, writing letters, telephoning, emailing, and generally keeping in contact can reduce them, but feelings of loss are an integral part of international

sojourns and must be anticipated and accepted as a natural result of study abroad.

Be sure you have collected the email addresses, the home addresses, and the addresses of the parents of all your new friends. If you want to keep in touch, you need to be prepared. We all know that young people may move around so it is important to be able to contact their parents when they fail to send a new address.

5) Relationships have changed

It is inevitable that when you return you will notice that some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while abroad, the people at home are likely to have experienced some changes that are very important to them. These changes may be positive or negative, but expecting that no change will have occurred is unrealistic. The best preparation is flexibility, openness, minimal preconceptions, and tempered optimism.

6) People see the “wrong” changes

Sometimes people may concentrate on small alterations in your behavior or ideas and seem threatened or upset by them. Others may ascribe any “bad” traits to the influence of your time abroad. These incidents may be motivated by jealousy, fear, or feelings of superiority or inferiority. To avoid or minimize discomfort, it is necessary to monitor yourself and be aware of the reactions of those around you, especially in the first few weeks following your return. This phase normally passes quickly if you do nothing to confirm their stereotypes.

7) People misunderstand

A few people will misinterpret your words or actions in such a way that communication becomes difficult. For example, what you may have come to think of as witty humor (particularly sarcasm, banter, etc.) and a way to show affection or establish a conversation may be considered aggression or “showing off.” Conversely, a silence that was seen as simply polite overseas might be interpreted at home, incorrectly, as signaling agreement or opposition. New clothing styles or mannerisms may be viewed as provocative, inappropriate, or as an affectation. Continually using references to foreign places in conversation is often considered boasting. Be aware of how you may look to others and how your behavior is likely to be interpreted.

8) Feeling of alienation / seeing with “critical eyes”

Sometimes the reality of being back “home” is not as natural or enjoyable as the place you had constructed as your mental image. When actual daily life is less enjoyable or more demanding than you remembered, it is natural to feel some alienation. Many returnees develop “critical eyes,” a tendency to see faults in the society they never noticed before (e.g., Americans are so wasteful, materialistic, fat, in a hurry, etc.). Some returnees become quite critical of everyone and everything for a time. This is no different than when you criticized the host culture while abroad. In both cases, being critical is closely related to discomfort during readjustment and mild “culture shock.” Mental comparisons are fine, but keep them to yourself until you regain both your cultural balance and a balanced perspective.

9) Inability to apply new knowledge and skills

Many returnees are frustrated by the lack of opportunity to apply newly gained social, and practical coping skills that appear to be unnecessary or irrelevant at home. To avoid ongoing annoyance: adjust to reality as necessary, change what is possible, be creative, be patient, and above all, use all the cross-cultural adjustment skills you acquired abroad to assist your own reentry.

10) Loss / compartmentalization of experience (“shoeboxing”)

Being home, combined with the pressures of job, school, family, and friends, often conspires to make returnees worried that they might somehow “lose” the experience. Many fear that it will become compartmentalized like souvenirs or photo albums kept in a box and only occasionally taken out and looked at. You do not have to let that happen: maintain your contacts abroad; seek out and talk to people who have had experiences similar to yours; practice your cross-cultural skills; continue language learning. Remember and honor both your hard work and the fun you had while abroad. To the extent possible, integrate your overseas experience into your ongoing life and activities.

Adapted from a list originally created by Dr. Bruce La Brack, School of International Studies, University of the Pacific, for the Latin American Scholarship Program, American Universities of Harvard University, Central American Program for Undergraduate Scholars.

Welcome Back!

Let's face it, even considering all the challenges and tips, in the end, it can be fun to go home and see all your friends and folks again. If any of them have visited you while you were abroad, you can catch them up on what happened after they left. They will be able to connect with your stories and will probably want to know what happened to people they met or observed during their visit.

One thing that helps when coming home is to arrange how you wish to be welcomed home. We offer a list of ideas to those who are on the "receiving end" (i.e., family and friends). You might want to share it with those at home.

Twelve Tips for Welcoming Returnees Home

- 1) Understand that "reverse culture shock" is a real possibility and learn to recognize its symptoms so you can offer appropriate support to the returnees.
- 2) Realize that returning home is often not a predictable process and can be more stressful than either the returnee or you anticipate. Be prepared to offer support long-distance as s/he anticipates coming home and especially after his or her return.
- 3) Understand that most returnees are, in some ways, different than they were before they left home. They may initially seem to be "strangers." It is hard to know what their experiences have meant to them and how they have changed. It may be necessary to "renegotiate" your relationship with returnees, but your history together will provide a basis for this process.
- 4) Be aware of your own expectations of the returnees. You may wish that they would just "fit back in" but it is more helpful if you avoid forcing the returnees into old roles and relationships. Allow them space and time to readjust and reconnect.
- 5) Be conscious of all those things that have changed at home. Help returnees to understand what has taken place both in the society and among friends and family. Even if they have heard about these events, the impact at home may not have been obvious. You have much to tell them and they can tell you how events at home looked from their overseas location.

- 6) Avoid criticism, sarcasm, or mockery for seemingly odd patterns of behavior, speech, or new attitudes.
- 7) Create opportunities for the returnees to express their opinions, tell their stories, show their pictures. Listen carefully and try to understand the significance of their overseas experiences. Seek to know what is important to them.
- 8) Acknowledge that all returnees experience some sense of loss. Strange as it may seem to others, returnees often grieve for what they have left behind. They may be missing overseas friends, a stimulating environment, the feeling of being special, experiencing greater freedoms or responsibilities, or special privileges.
- 9) Encourage the returnees to maintain personal and professional contacts with friends and institutions in the former host country(s). They will regret it if they do not.
- 10) Offer to mark and celebrate the return of your friend, sibling, or child. Discuss his or her preference for how and when to do so. Be careful of "surprise" parties.
- 11) Expect some critical comparisons of culture and lifestyle. Keep your responses neutral. It can increase your chances to learn something important about the returnees and how their world view has changed. Don't take their comments personally.
- 12) Make contact with people who have successfully gone through the experience of returning home and refer the returnee to them—it may help both you and the returnee through a difficult period of readaptation.

© 2001 Adapted by Bruce La Brack and Margaret D. Pusch from a handout originally created by Dr. Peter Stadler, Solothurn, Switzerland, for distribution at the SIETAR Congress, Munich, Germany, 1996.

One important piece of advice we give those at home is to offer to mark and celebrate the return but discuss preferences for how and when to do so with the person coming home (Item # 10). Our advice to you is to decide how you want that event to go and be specific in asking for something you will enjoy.

The initial period of coming home can be a time of relief, but it can also be a time of anxiety. Often there is too much to do in too short a time. The simple logistics of getting settled in at home or school can be daunting

and time consuming. Although you may think about the recent overseas adventure constantly and want to discuss it with anyone willing to listen, eventually the daily reality of home life begins to set in and just keeping up with class and/or work schedules, laundry, friendships, and impending graduation and job searches is difficult enough. The overseas experience can fade over time.

One common result is the tendency to “shoebox” the experience. This can have two related meanings. One is to literally put your mementos (letters, ticket stubs, photos, brochures, etc.) in a box and put it away to be taken out and looked at when you feel the need to reconnect with or relive your experience.

The other meaning is to mentally compartmentalize the experience as a completely or largely separate part of your college experience. You might draw upon it at a party as conversation starter or perhaps in an academic setting when it seems relevant, but in general you don’t really know how to integrate the experience into your ongoing life so you don’t even try. This reentry guide offers ideas on how to apply the lessons learned abroad to a wide variety of current social, academic, professional, and personal contexts. Don’t let your experience be “shoeboxed!”

Remaining Time in School

Making the most of your remaining time in school is important. So are finding ways for you to use the knowledge you have brought back and the new perspectives you have acquired. The following suggestions should give you a start on how to accomplish this crucial step.

1) *Academic Courses*

- To the extent possible, select remaining courses that will build upon the overseas experience and both deepen and broaden your knowledge. Doing so can provide you the opportunity to apply your newly gained understanding and skills in relevant areas in such diverse disciplines as history, political science, sociology, anthropology, international development, art, area studies, economics, etc.
- If involved in English or Journalism courses, write an account of some important aspect of your study abroad as part of a class assignment. If you like the effort, offer the article to the school newspaper or submit it to a local newspaper because they are often looking for local human-interest stories. Even if you are not currently required to write about your

experience you can try your hand at being a free-lance author. Guest editorials, Personal Opinion sections, Travel sections, and First-Hand Experience types of newspaper formats are potential places to begin.

- Your school may have a Speakers Bureau where you can register what topics and areas you have an interest in and about which you would be willing to make public presentations. Such audiences are always appreciative of opportunities to hear about new places and people.
- Study abroad offices on campus may sponsor an occasional forum where a group of students can discuss their time overseas and answer audience questions. If your school has orientation or cross-cultural training courses for students before they go overseas, you could volunteer to give a short talk to them about things you think they should know before they go abroad or even act as a student teaching assistant. International offices are always looking for volunteer help and most would welcome such offers. It is an excellent way to apply your new skills and knowledge and a benefit to outbound students.
- Many schools have experiential learning components in their curriculum or offices that will arrange internships for academic credit. Since many communities have both businesses and non-profit organizations that could use such experienced student assistance, this is a natural avenue to explore as part of your post-return adaptation. Businesses that deal in or with international marketing, import-export, commodity exchanges, cargo carriers and shippers, etc., are possible candidates, especially those in joint-ventures or who are part of multi-national corporations. Non-profits include refugee and resettlement agencies, cross-cultural health care agencies, local charity or immigrant centers, micro-banking and development organizations, legal aid, literacy and work-preparation programs, and much more. All of these can be good additions to a resume as well providing personal satisfaction. Such experience is also attractive to future employers.

2) On-campus Opportunities

- Contact your campus international student office and offer your services as a “contact person” for incoming foreign students before they get to campus and for a few weeks thereafter. This can be done very effectively through the Internet.
- Consider becoming an academic “Mentor” or student advisor for an international student if your institution has such programs.

- If your campus has an International Students Association attend a meeting and meet some members. You may find that you will have much more in common with them as a result of your own study abroad experience than you might suppose.

3) Community Organizations

- Volunteer at local secondary education institutions to talk to history, international studies, and government classes about your overseas experience. Schools are always looking for interesting outside speakers for the classroom and assemblies.
- A good outlet for your slides, videos, and other media could be a local organization who is interested in "Traveler's Tales" where you could combine your pictures with a narrative of your experiences. Sometimes these are associated with photography or travel book stores but they are also found at local library branches, senior citizen organizations, adventure sports stores, etc.
- Seek opportunities to act as a cultural bridge for community-based organizations involved in international exchange such as Sister Cities Associations, Kiwanis, and Rotary Club.
- Organizations such as Youth for Understanding and American Field Service are devoted to international and intercultural exchanges for high school students and are constantly looking for local trainers, mentors, and resource persons. They provide an excellent opportunity for you to play a very direct role in helping young people make the most of their overseas sojourns and the return home.
- A wide range of local non-profit organizations from Women's Centers to migrant or immigrant assistance programs are always looking for individuals with intercultural skills and experience. Internships, paid and unpaid, can often be arranged.

4) Daily Life Practices

- Become aware of and seek to apply cross-cultural skills in your everyday interactions.
- Cultivate intercultural sensitivity, especially across racial, religious, and socio-economic lines. Be aware of difference and how you evaluate and react to it.

- Try new experiences at home in the same spirit you once did abroad. You could try new ethnic restaurants or cuisines you are not familiar with (and, of course, if possible, find a good restaurant which serves food you came to appreciate overseas). Or you might attend a holiday celebration or public event of a group you know little about (e.g., Hmong New Year, Vietnamese Tet, Sikh Baisaki, Hindu Holi). Respectful and curious visitors are always welcome.
- Push your comfort zone. Keep trying to find new ways to view the world, new ways to experience human culture, and new ways to interact with those who are culturally different from you. If you look for it there is often as much cultural diversity in domestic contexts as there was abroad, but it may be a bit harder to see at home because most people once home operate within a relatively restricted and narrow set of social situations compared to their adventures overseas.
- Consider seeing more of the North America. Students returning from overseas often realize how little familiarity they have of the tremendous geographic and cultural diversity within their own country. Now would be a good time to start to explore and experience that regional richness.

This list is only a small sample of the many ways in which you can apply your overseas knowledge and experiences as you approach graduation. Of course, some students decide that overseas travel, work, and study is not only fun but something they want to do much more of, perhaps even considering a career abroad. A few students even study abroad a second time.

What Did You Learn Abroad?

Most students who go abroad do so to experience living in another culture. Part of that is attending classes in a local university. When they are asked what they learned, the majority will, hopefully, be able to discuss their deeper knowledge of the host country and culture, acquisition of overseas “survival skills,” and an ability to interact successfully with a variety of people in new situations.

This can be impressive, but it is seldom the whole story. Few students are actually aware of the degree to which the overseas experience may have changed their way of thinking and acting. Many of these changes are subtle and unconscious. Still they represent cross-cultural skills or attitudes they have acquired as a part of their sojourn. Usually, it takes a while after returning from study abroad to realize the full extent of the impact. An

overseas experience can create new interests, abilities, and cultural skills that are not only valuable to the individual, but can be very attractive to potential future employers. Study abroad is a “value added” experience that can enhance a resume! We wish you good luck in your future!

Goldsmiths, University of London

Campus

Goldsmiths is part of the University of London system and enjoys a national and international reputation for its academic excellence in the creative, cognitive, cultural and social subjects – The Times called Goldsmiths College a “creative hothouse”. This allows for campus life to have a creative and artsy flavor, with the social and cultural life colored accordingly. Located in the lively and urban area of South East London, Goldsmiths is a compact and attractive, green campus and its social life based mainly around the Union, but you also have the whole of London out there to explore.

The heart and soul of student life, the Student Union also called the ‘Uni’ organizes many social functions, discos, bands, game nights and quiz nights etc. Make the Union your social and recreational ‘base’ - it’s a great way to meet fellow students and to make you feel fully integrated right from the start. It also provides many services within the College, offering shops, fax and printing services, bars, restaurants and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet others who share the same interests.

The Goldsmiths Student Union also offers a large number and variety of clubs and societies, ranging from rugby, aerobics, Aikido to street-dance and writing groups. The Sports ground is used mainly for football, cricket, rugby and hockey and is located eight miles from the campus while the nearest swimming pool and leisure complex is about half a mile away in Deptford. You can also use facilities at the University of London Union (ULU) in Malet Street in Central London, off Tottenham Court Road in Bloomsbury (near the British Museum) for an additional membership fee.

Campus Contacts

Joe Lewis, International Office Secretary

+44 (0) 20 7919 7700

Loring Hall Reception: 020 7919 7192

Main Switchboard: 020 7919 7171

Goldsmiths

University of London

8 Dixon Road

London SE14 6NW

Housing

Interstudy works closely with Goldsmiths to select the appropriate accommodation for your semester in London. Your specific housing allocation will be forwarded to you two weeks before departure.

Interstudy students are normally allocated single bedrooms in Loring Hall or Dean House. Loring is self-catering and accommodates 388 undergraduate students in 4 to 8 bed flats in en-suite bedrooms with a shared kitchen. It is a five minute walk to the main campus. Dean House is also self-catering en-suite accommodation. Dean House is comprised of 5 bedroom flats and is a five minute walk to campus.

Facilities in Residences

Bedrooms

Your room will contain a single bed, wardrobe, desk, chair, wardrobe and bookshelf. The College does not provide any bedding/linen in any of its residences therefore you will need to bring, or buy once you arrive, pillows and pillowcases, a comforter and comforter cover, sheets, hangers and towels.

Kitchens

Kitchens are shared between the students in the apartment and each is equipped with a stove, microwave oven, kettle, toaster, refrigerator, table and chairs. You will need to provide your own saucepans, iron, cutlery and dinnerware. These items can be purchased after arrival from local stores.

Bathroom Facilities

Some residences have en-suite bathrooms including a sink and shower while others have bathroom facilities shared by students in the apartment.

Laundry Facilities

Coin-operated laundry facilities are located on campus. Ironing boards are also provided.

Internet Access

Housing either offers wireless connection or network access points in the apartment.

Other Information

If you are planning to go into central London regularly to socialize and shop, you may feel it beneficial to purchase a travel card, which can be purchased at any underground station.

Students are expected to clean their bedrooms and bathrooms and keep kitchens clean and tidy (Some cleaning of communal areas is provided.) Overnight guests are permitted with the permission of the Hall Manager for a specified number of days.

Directions

Arrival instructions vary and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful. Below are step-by-step instructions for getting to your residence from the two main London airports, Heathrow and Gatwick. When taking trains/underground, it will be necessary to negotiate escalators and stairs. Some stations do not have elevators. You will need to be able to carry your luggage yourself.

Traveling from Heathrow Airport

- 1) Take the Heathrow Express train to London Paddington Train Station. Then take a taxi to Charing Cross Railway Station. Take the train to New Cross, or New Cross Gate train stations.
- 2) From either of these stations directions to the College are sign-posted, it is approximately a ten minute walk to Goldsmiths main campus. The Residences are sign posted from the main campus. Go to the residence reception to check in and collect your key.

or

- 1) Take the Piccadilly Underground line to central London.
- 2) Change at Leicester Square onto the Northern Line, and take this Southbound to Charing Cross. From Charing Cross, take a train to New Cross, or New Cross Gate.
- 3) From either of these stations directions to the College are sign-posted, it is approximately a ten minute walk to Goldsmiths main campus. The Residences are sign posted from the main campus. Go to the residence reception to check in and collect your key.

Alternatively, take a taxi from Heathrow, direct to Goldsmiths. This will be expensive (approximately £50-£60), but if you are traveling with a friend, it will reduce the cost, and relieve you from the struggle of public transport with a lot of luggage! Always confirm the price before accepting the taxi. Make your way to the residence reception to check in and collect your key.

Traveling from Gatwick Airport

1) Take a train from Gatwick airport (the station is situated in the South Terminal), to East Croydon. Change trains there and take the first train to New Cross Gate.

2) From either of these stations directions to Goldsmiths are sign-posted, it is approximately a ten minute walk to Goldsmiths main campus. The Residences are sign posted from the main campus. Go to the residence reception to check in and collect your key.

Alternatively, take a taxi from Gatwick, direct to Goldsmiths. This will be expensive (approximately £50-£60), but if you are traveling with a friend, it will reduce the cost, and relieve you from the struggle of public transport with a lot of luggage. Always confirm the price before accepting the taxi. Make your way to the residence reception to check in and collect your key.

King's College University of London

Campus

King's College is one of the two founding Colleges of the University of London, a major international university institution in the heart of London. It is one of the most well respected universities in Britain, with a proud tradition of excellence in teaching and research. King's College consists of four riverside campuses on the King's Reach of the Thames in the heart of London. They are the Strand Campus, Waterloo Campus, Guy's Campus and St. Thomas' Campus. All are located within walking distance of each other, all within Central London, and all close to famous London landmarks.

The heart and soul of student life, the Student Union also called the Uni organizes many social functions, discos, bands, meals etc. Make the Union your social and recreational base—it's a great way to meet fellow students and to get fully integrated right from the start. It also provides many services within the College, offering shops, travel agencies, a student insurance office, banks, bars, restaurants and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet others who share the same interests. You will also have access to all facilities of the University of London Union, ULU—pronounced 'yoo-loo' . . . in Malet Street, off Tottenham Court Road in Bloomsbury (near the British Museum). Access to the gym is available for an additional fee.

The Student Union is also the focus of sport and recreation and has a multi-gym, squash courts, a sports hall and saunas. Classes in fitness training, aerobics and weight training, among other things, are offered on a regular basis. Sports clubs include Aikido, badminton, crew, fencing, skiing and snowboarding, hockey and many more. The Union offers also leisure activities through clubs and there are societies for a range of special interests.

Campus Contacts

Gemma Smith, Study Abroad and Exchanges Office:

+44(0)207.848.7387

King's College, University of London

Study Abroad Office, Room K0.60

London, England WC2R 2LS

Emergency Number for Dr. Wheeler, Senior International Officer

+44(0)207.836.5454

Housing

Interstudy works closely with King's College in choosing the appropriate accommodation for your semester in London. Interstudy allocates students' rooms in a carefully selected group of catered and self-catered University Residences. Your specific housing allocation will be forwarded to you approximately two weeks before departure. Internet Most housing offers wireless internet access to students at an additional fee.

King's College Residences:

King's College Hall

Catered Accommodation

The Hall houses 456 students in single bedrooms. There are three separate buildings comprising King's College Hall, called Platanes, Cameron and Danehurst.

The Local Area

Local shopping facilities at Camberwell Green consist of a variety of shops including small local supermarkets and larger stores within 10 minutes walk.

Ruskin Park is nearby which offers sports facilities including tennis and netball courts, football pitch and a bowls green. There are local swimming pools and a golf club in Dulwich.

Pubs, bars and restaurants can be found locally. There is a wide selection of small restaurants in East Dulwich.

Bedroom

Each room contains a bed, desk, chair, bookshelves, storage space and a washbasin. Rooms are situated along corridors sharing shower rooms, bathrooms and toilets between them.

All bedrooms and public areas are cleaned regularly. King's College Hall is fully catered during semester time (breakfast and evening meals are provided on weekdays and lunch is provided as well at weekends); during the Christmas and Easter vacations one meal is provided each day, except on Bank Holidays and during Christmas closure when no meals are provided. There is access to pantries to cook snacks for yourself, should you wish to do so.

A pillow, pillowcase, comforter, comforter cover, and sheets are provided. Towels and hangers are not provided.

Other Facilities

King's College Hall has a computer room, study rooms/library, and two music practice rooms complete with grand pianos available for residents' use.

There are coin operated laundry machines on site.

There are a variety of on site sports facilities including squash, table tennis, snooker, pool and billiards. There is an on-site bar, common rooms, a television room where the video club shows recent films each week, and some games machines.

Travel to Campus

Denmark Hill Campus for King's College Hospital and the Institute of Psychiatry is close by, about 5 minutes on foot.

Guys Campus is accessible by National Rail, taking approximately 10 minutes from Denmark Hill to London Bridge. The service runs twice an hour. You could also take the 40 bus.

The Strand Campus can be reached directly by the 68 or 176 bus or by using National Rail and walking from Blackfriars.

Waterloo Campus is accessible by National Rail from Denmark Hill and can also be reached by the 68 or 176 or Tube combinations.

St. Thomas' Campus is a short walk from Waterloo and easily reached by bus or Tube from Blackfriars or Victoria.

The Rectory & Brian Creamer House

Self-Catered

Brian Creamer House was built in 1986, housing 69 students in single bedrooms. Rooms are arranged along corridors each of which share the kitchens, toilets, showers and bathrooms. There are no elevators. This residence is for undergraduates only.

Adjacent to Brian Creamer House is the Rectory, a Georgian House accommodating up to 29 students. This is the smallest residence, housing

a mix of mature undergraduate and post-graduate students in single bedrooms and two twin bedrooms. Rooms are arranged along corridors sharing the kitchens, showers and bathrooms.

The Local Area

Brian Creamer House and the Rectory are situated close to Lambeth Palace, Archbishop's Park and a short walk from the St. Thomas' Campus. Waterloo is nearby and has a variety of local shops including small local supermarkets and larger stores along Lower Marsh/The Cut.

Bedroom

Each room contains a bed, desk, chair, bookshelves, and storage space. Rooms are situated along corridors sharing shower rooms, bathrooms and toilets between them. A pillow and comforter are provided. Bed sheets, pillowcase and comforter cover might be available upon request. Towels and hangers are not provided.

Other Facilities

Both residences have a coin operated laundry room. Shared kitchens are equipped with a microwave and a kettle as well as oven, refrigerator and work surfaces for residents' use. You will need to bring cutlery, dinnerware and other cooking equipment for your own use.

Travel to Campus

Both residences are located in Zone One near to Tube stations.

St. Thomas' Campus is a short walk from Brian Creamer/Rectory houses.

Waterloo Campus can be reached by the 77 or 507 bus or by Tube from Lambeth North.

The Strand Campus, across Waterloo Bridge, can be easily reached once at Waterloo, on foot or by the 501 bus.

Guys Campus is accessible by Tube (Jubilee Line from Waterloo) in between 30 and 45 minutes.

Denmark Hill Campus can be reached by National Rail from Waterloo.

Hampstead Residence

Self-Catered

This residence houses up to 501 students in single and twin bedrooms as well as a number of shared accommodation units. Many different buildings make up Hampstead Campus among them Queen Mother Hall, Rosalind Franklin, Lady Chapman, Cameron and Dudin Brown. The Campus is situated in a leafy part of London and has very pleasant grounds. It has numerous extra facilities available for residents' use, including recreational and social space, a small computer room and a bar. Hampstead does not have elevators.

The Local Area

Local retail facilities along the Finchley Road and in nearby Hampstead Village and Hampstead Heath consist of a variety of shops including those selling a huge selection of food, books, electronics, flowers, gifts, newsstands and supermarkets. The indoor shopping center at Brent Cross is a short bus ride away.

A wide variety of pubs, bars and restaurants can be found locally; there are 3 local cinemas and transport links into the center of town are excellent.

Bedroom

Each room contains a bed, chair, desk and shelves. Each room also has a sink. A limited number of refrigerators are available for rent.

Rooms are on corridors, most of which accommodate both men and women, sharing shower rooms, bathrooms and toilets. A limited number of places are available on a female only corridor.

A pillow, pillowcase, comforter, comforter cover, and sheets are provided. Towels and hangers are not provided.

Other Facilities

Shared kitchens are located along each corridor. You will need to bring cutlery, dinnerware and other cooking equipment for your own use.

Hampstead Residence has a computer room, study space, and a music practice room with piano for residents' use. There is an on-site bar, a television room where the video club shows films, and there are some

game machines. Two VCRs, a selection of videos and a variety of board/card games are available for residents to borrow.

There is a coin operated laundry facility on site.

Travel to Campus

Travel is convenient from Finchley Road Tube station. In addition there are numerous buses serving the local area and providing a direct route to the Strand Campus.

Finchley road Tube station is 15 minutes away on foot; there are also buses (13, 82, 113) to the station or in to central London.

Waterloo Campus is served by the Jubilee Line from Finchley Road but can also be reached by bus.

St. Thomas' Campus is a short walk from Waterloo.

Guys Campus is also served by the Jubilee Line direct from Finchley Road taking an additional two stops to London Bridge Tube.

The Strand Campus can be reached directly by bus 13 or by using the Tube and walking from Temple.

Wolfson House

Self-Catered

Wolfson House is a self-catered residence, housing 272 students in single bedrooms over 15 floors, including twelve flats. Most rooms are situated along corridors, which accommodate both men and women; some are arranged into cluster flats.

The Local Area

London Bridge/Borough has a variety of small local supermarkets some of which offer 24 hour opening and larger stores are accessible by bus/Tube or train. There is a wide choice of entertainment at the Surrey Quays Leisure Park, reached on the 381 Bus in approximately 10 minutes, including multi screen cinema, bowling, bingo, restaurants and bars.

There are a variety of pubs, bars and restaurants to be found locally.

Bedroom

Bedrooms include a bed, chair, desk, shelves and some storage space. Bedrooms are situated along a corridor or within a flat and share a communal kitchen and bathroom facilities. A pillow and comforter are provided. Bed sheets, pillowcase, comforter cover, and towels and hangers are not provided.

Other Facilities

Shared kitchens are located along each corridor. You will need to bring cutlery, dinnerware and other cooking equipment for your own use. There is a coin operated laundry room onsite.

Wolfson House is situated on the Guys Campus. These buildings offer many student facilities including bars, shops, libraries and computer rooms, including 24-hour PAWS (student-dedicated public-access work stations) in New Hunt's House.

The Union building, with Guys Bar and the nightclub venue Inverse, hosting a variety of regular nights including The Comedy Basement, The Hop, Submerged and special themed nights is a matter of minutes away.

Wolfson House also has a small common room and TV.

The fitness center and swimming pool, available to members of the Thomas Guys club, are located nearby. The facilities are open to all King's students for a membership fee.

Travel to Campus

The residence is centrally located in travel Zone One; London Bridge, the nearest Tube station, provides access to the rest of the network. London Bridge is also a mainline station, providing easy access to the South Eastern branch of the National Railways. In addition there are numerous buses serving the local area.

Guys Campus social and academic facilities are just a couple of minutes walk away.

Waterloo Campus is accessible on foot, by the 381 bus, National Railways to Waterloo East or Tube in about 30 minutes.

The Strand Campus is most easily reached by Tube to Temple, by National Railways to Charing Cross which will then require a short walk or by bus no. 501. You can also walk there in about 30 minutes.

St. Thomas' Campus is a short walk from Westminster which is easily reached by Tube or the 77 bus.

Denmark Hill Campus can be reached by National Rail from London Bridge. The rail journey time is about 15 minutes.

Great Dover Street Apartments

Self-Catered

The largest residence, Great Dover Street Apartments accommodate 769 students in individual study bedrooms with en-suite facilities. Rooms are arranged into flats of between 4 and 9 residents all sharing a communal kitchen. Buildings are situated in a rectangular arrangement around a central courtyard.

The Local Area

The nearest Tube station is Borough although Elephant & Castle and London Bridge Stations are within easy reach. There are a variety of small local supermarkets and larger stores are served by bus. Borough High Street and the surrounding area can now boast an array of trendy pubs, coupled with traditional old favorites as well as a wide selection of restaurants and cafes. For nightlife, there are a number of local hotspots but, for a wider choice, transport links are excellent.

Bedroom

Bedrooms provide a bed, chair, desk, and shelves. A duvet and pillows are supplied and clean linen is supplied throughout the year. The small en-suite bathroom comprises a shower, toilet and sink. Bedrooms are situated along a corridor within a flat and share a communal kitchen. Each room is equipped with an ethernet socket, giving residents the ability to connect to the College wide network. Each bedroom also contains a small fridge. A pillow, pillowcase, comforter, comforter cover, and sheets are provided. Towels and hangers are not provided.

Other Facilities

Shared kitchens are equipped with a microwave and a kettle as well as oven, refrigerator and work surfaces for residents' use. You will need to bring cutlery, dinnerware and other cooking equipment for your own use.

Great Dover Street Apartments has a computer/study room and other common rooms, one with television, available for residents' use.

There is a coin operated laundry room for residents' personal laundry.

There are a variety of local sports facilities at the Guys site including a swimming pool and fitness center, which are available to members of the Thomas Guy club. Membership is an additional fee.

Travel to Campus

The residence is centrally located in travel Zone One. London Bridge Station also provides access to the South East branch of the National Railways, and there are numerous buses serving the area.

Guys Campus is accessible on foot, being approximately 10 minutes away.

Waterloo Campus is a short Tube or bus (381) journey away but is close enough to travel on foot in under 30 minutes.

The Strand Campus can be reached by Tube or by catching the 501 bus from London Bridge or Waterloo.

St. Thomas' Campus is also fairly close; either a walk away or a couple of stops by Tube.

Denmark Hill Campus is close to Denmark Hill Station, which is served by above ground trains out of London Bridge Station.

Stamford Street Apartments

Self-Catered

This residence houses 553 students in en-suite single bedrooms as well as two twin bedrooms. Rooms are arranged in flats of between 4 and 9 residents all sharing a communal kitchen. Buildings are arranged around a central courtyard.

The Local Area

Waterloo has a variety of local shops including small local supermarkets and larger stores along The Cut or across the river in Covent Garden, within approximately a 15-minute walk.

Sports facilities at the Guys site, including a swimming pool, are available to members of the Thomas Guy Club.

The South Bank, offering visual arts, dance, music, theater and literature is very close to the residence.

There are many pubs, bars and restaurants to be found locally. The West End has a variety of clubs and bars for the more adventurous amongst you.

Bedroom

Bedrooms include a bed, desk, chair and shelves. The small en-suite bathroom comprises a shower, toilet and washbasin. Each room has an ethernet socket, giving residents the ability to connect to the College network. Each bedroom also contains its own small fridge. A pillow, pillowcase, comforter, comforter cover, and sheets are provided. Towels and hangers are not provided.

Other Facilities

Shared kitchens are equipped with a microwave and a kettle as well as oven, refrigerator and work surfaces for residents' use. You will need to bring cutlery, dinnerware and other cooking equipment for your own use.

Stamford Street Apartments is situated across the road from Franklin-Wilkins building and across Waterloo Bridge from the Strand Campus. This gives residents access to student facilities including bars, shops, libraries and computer rooms.

There is a coin-operated laundry room for residents' personal laundry. A fitness studio, managed by KCL Students' Union, is located next door and is open to all King's students for an additional fee.

Travel to Campus

Travel is convenient with the nearest Tube station providing access to the rest of the network. Waterloo is also a mainline station, providing easy access to the South Eastern branch of the National Railways. In addition there are numerous buses serving the local area.

Waterloo Campus is adjacent to Stamford Street Apartments and is a couple of minutes walk away.

The Strand Campus, across Waterloo Bridge, is no more than a 15 minute walk away or you can take the 68 or 176 bus.

Guys Campus is accessible by the 381 bus or Tube in half an hour or less.

St. Thomas' Campus is a short walk from Stamford Street Apartments and again you can take the 211 bus.

Denmark Hill Campus can be reached by National Rail from Waterloo or by the 68 or 176 buses.

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are step-by-step instructions for getting to your residence from the two main London airports, Heathrow and Gatwick.

Below is a list of addresses of the Halls of Residence and the nearest mainline/underground (Tube) station to each one. We have included some recommendations for getting from the major international airports into central London as well.

Please remember, when taking trains/underground, it will be necessary to negotiate escalators and stairs. Some stations have elevators, but not all. You will need to be able to carry your luggage easily by yourself.

From Heathrow Airport

- 1) Take the Heathrow Express train to London Paddington Train Station. Then take a black taxi direct to the hall. It will cost approximately £10-£30, depending on traffic, and the particular residence you have been allocated.
- 2) Alternatively, you could take the underground (Tube) from Paddington station to Victoria Station, or to the closest tube station to your residence. From the tube station you can take a taxi or walk, the halls are only a short distance from the nearest tube station but with luggage, it could be a struggle.

From Gatwick Airport

1) Take a train direct to London Bridge station. They run frequently and costs approximately £10 for a one-way ticket. Then take a taxi to your residence.

2) Alternatively, take the Gatwick Express train to Victoria Station, and then a taxi. The halls are only a short distance from the nearest tube station but with luggage, it could be a struggle.

King's College Residences:

1) King's College Hall - Champion Hill, London SE5 8AN
Mainline Rail Station – Denmark Hill, 12 minutes ride from Victoria Station

2) Brian Creamer House – Lambeth Road, London SE1 7JY
Mainline and Underground Stations – Lambeth North, Waterloo

3) The Rectory – 214 Lambeth Road, London SE1 7JY
Mainline and Underground Stations – Westminster, Waterloo

4) Hampstead Campus – Kidderpore Avenue, London NW3 7ST
Underground Station – Finchley Road

5) Wolfson Road – 49 Weston Street, London SE1 3RB
Mainline and Underground Station – London Bridge

6) Great Dover Street Apartments – 165 Great Dover Street, London SE1 4XA
Mainline and Underground Stations – Borough, London Bridge

7) Stamford Street Apartments – 127 Stamford Street, London SE1 9NQ
Mainline and Underground Station – Waterloo

Queen Mary University of London

Campus

Queen Mary is one of the larger colleges of The University of London. The college and its academic departments, library, Student Union and administrative buildings are all on one campus. This makes the college unique amongst the University of London's central colleges. For students, it means that the area in which you live is also the environment in which you learn. It has an international reputation for quality, achievement and success, and is also dynamic and future-focused, with a contemporary approach towards education, life and culture.

Social life is based mainly around bars and pubs both on campus (Student Union bars), and off campus (pubs in East and Central London), plus the University of London Union bars. . . the ULU—pronounced 'yoo-loo' . . . in Malet Street, off Tottenham Court Road in Bloomsbury (near the British Museum). One of the College's main attractions is its location in the vibrant, multicultural East End of London with the major sites of Central London in easy reach.

The heart and soul of student life, the Student Union, also called the 'Uni', organizes many social functions, discos, bands and meals. Make the Union your social and recreational base - it's a great way to meet fellow students, and to get fully integrated in student life. It also provides many services within the College, offering shops, travel agencies, a student insurance office, banks, bars, restaurants and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet others who share the same interests.

The Student Union is also the focus of sport and recreation and has a gym, squash courts, a sports hall and saunas. (Gym membership available for an additional fee). Classes in fitness training, aerobics and weight training, among other things, are offered on a regular basis. Sports clubs include Aikido, badminton, crew, fencing, skiing, snowboarding and hockey. The Union also offers leisure activities through clubs and societies such as Animal Rights, Dance, Science Fiction and Afro/Caribbean groups.

Campus Contacts

Harry Gibney, Study Abroad Officer: +44(0) 20 7882 5074

From Campus Phone: 5000

From Mobile Phone: 020 7882 3333

Study Abroad Office
Queen Mary, University of London Mile End Road
London E1 4NS

Housing

Interstudy works closely with Queen Mary, in selecting the appropriate accommodation for your semester in London. Interstudy students are housed in self-catered University Residences, located within minutes of the main teaching buildings, Library and Student Union. Your specific housing allocation will be forwarded to you two weeks before departure.

Facilities in Residences

The rooms are grouped into four to six room apartments.

Bedrooms

Your room will contain, a single bed, wardrobe, desk, chair, drawers, bookshelf, mirror, bedside table, lamp and desk lamp. Bed linen is not provided, so you should bring your own bed linen, comforter, pillowcases or buy them upon arrival. Towels are not provided. Bedding packets can be purchased from the University on your arrival for approximately 40 pounds and they include a pillow, pillow case, fitted sheet, duvet and duvet cover.

Kitchens

Kitchens are shared between the students in your apartment and each is equipped with a stove, microwave oven, kettle, refrigerator, table and chairs. You will need to provide your own saucepans, iron, cutlery and dinnerware. These can be purchased upon arrival from local stores.

Bathroom Facilities

Students either share a bathroom in the apartment or have a private bathroom depending on housing choice.

Laundry Facilities

Laundry machines with coin-operated washers and dryers are situated in, or close to all self-catering residences.

Internet Access

Most housing offers wireless internet access to students.

Other Information

You will not need to commute to go to class or to the main campus as your residence will be within minutes from all campus buildings. However, if you wish to travel throughout London, we recommend you purchase a travel card during your stay in London, which will allow unlimited travel in a designated zone.

Nearest Underground Station: Mile End or Stepney Green (Zone 2)
Lines: Central, Hammersmith & City, District

Students are expected to clean their bedrooms and bathrooms and keep kitchens clean and tidy (some cleaning of communal areas is provided). Overnight guests are permitted with the permission of the Hall Manager for a specified number of days.

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are step-by-step instructions for getting to your residence from the two main London airports, Heathrow and Gatwick. Alternatively the university provides an airport pickup from Heathrow airport. Further details on how to book a spot on this will be provided close to your departure date.

Nearest Tube Stations: - Mile End or Stepney Green (Zone 2) Lines - Central, Hammersmith & City, District (Queen Mary, University of London is situated between the two stations, so either one is convenient to use).

Please remember, when taking trains/underground, it will be necessary to negotiate escalators and stairs. Some stations have elevators, but not all. You will need to be able to carry all of your luggage yourself.

Traveling from Heathrow Airport

1) Take the Heathrow Express train to London Paddington Train Station. From Paddington, take the underground Hammersmith and City Line eastbound to Stepney Green or a taxi (which should cost approximately £20) to campus. The Residence Reception is located on the ground floor of the Queen's Building behind the clock tower on Mile End Road.

2) Follow signs for the 'underground' and take the Piccadilly Line from Heathrow, changing at Holborn, then take the Central Line eastbound to Mile End. This journey should take just over an hour. From Mile End Station, turn left and walk along Mile End Road. The University is approximately a 10 minute walk and will be on your right-hand side.

Make your way to the Residence Reception to check in and collect your key. The Residence Reception is located on the ground floor of the Queen's Building behind the clock tower.

3) Alternatively, take a taxi from Heathrow, direct to Queen Mary. This will be expensive, but it will relieve you from the struggle of public transport with luggage. You can expect to pay approximately £60. Always confirm the price before accepting the taxi. When you arrive at the University, make your way to the Residence Reception to check in and collect your key.

Traveling from Gatwick Airport

1) Take the Gatwick Express train from the airport (station is situated in the South Terminal), to London Victoria. At Victoria follow signs to the underground (Tube) and take the District Line Eastbound to Stepney Green. The University is approximately a 10 minute walk away. Make your way to the Residence Reception to check in and get your key. The Residence Reception is located on the ground floor of the Queen's Building behind the clock tower.

2) Alternatively, take a taxi from Gatwick, direct to Queen Mary. This will be expensive (around £75), but it will relieve you from struggling with luggage on public transport. Always confirm the price before accepting the taxi. When you arrive at the University, make your way to the Residence Reception to check in and get your key.

University of Westminster

Campus

There is no better place to combine an exciting study and living experience than London and the University of Westminster provides you with all the opportunities you can imagine from a study abroad experience. The University of Westminster is distinguished by its superb location in Central London and its diverse community. The University is a progressive and responsive metropolitan university with a long history and a clear vision for the future. It has a reputation for good teaching directly linked to the needs of students, offers a diverse range of courses, and remains a leader in many areas of research.

The University of Westminster is spread over four campuses, three of these - Cavendish, Marylebone and Regent - are in the heart of London. Harrow, the fourth campus, is a modern greenfield campus designed to meet the needs of the new millennium and is within easy reach of the center of London.

The heart and soul of student life, the Student Union also called the Uni, organizes many social functions, discos, bands etc. Make the Union your social and recreational base it's a great way to meet other students and to feel fully integrated right from the start. The University of Westminster Student Union (UWSU) produces the award-winning publication, The Smoke, which contains up-to-date information on Union events and activities. The Union also provides many services within the University, offering shops, bars, restaurants and so on. Upon enrollment you automatically become a member of the Student Union, which offers a great way to meet fellow students who share the same interests.

The Athletic Union, part of the Student Union, runs sports clubs such as aerobics, soccer, sailing, squash to name just a few and facilities include a sports ground, a gym, a boat house. You will also be able to participate in societies such as Theatre, Debate, Business etc.

Campus Contacts

Veronica Speiser, Study Abroad Coordinator: 44(0)207 911 5136
International Education Office
University of Westminster
115 New Cavendish Street

London, England
W1W 6UW

Emergency After Hours Study Abroad Staff: 44(0)781 452 8804

Housing

Interstudy works closely with the University of Westminster in selecting the appropriate accommodation for your semester in London. Your specific accommodation allocation will be forwarded to you two weeks before departure.

Self-catering accommodation includes:

1) Marylebone Hall. Marylebone Hall of Residence is located in the bustling Marylebone area, opposite Madame Tussauds, the famous wax museum. The hall is a short walk away from the central Oxford Street area, and if the walk is too much for you, Baker Street tube station is a 1 minute stroll from the hall. The residence is situated at the Marylebone Road teaching site. The hall accommodates 226 undergraduate students in single bedrooms in a 21-story co-ed tower block. Kitchen facilities are shared and students have a private bathroom.

2) Alexander Fleming Hall. Alexander Fleming is situated in a lively, fashionable area of East London and only 4 tube stops from the Cavendish campus. The hall consists of 3 separate purpose-built low rise modern blocks offering good quality self-contained units with their own front door and lobby. Each unit has four, six or eight single rooms with washbasins, a modern well-equipped kitchen for self-catering and two or three bathrooms depending on size.

3) Harrow Campus Hall of Residence. Harrow Hall is a newly built and integrated part of Harrow Campus, which is situated in a quiet and green environment. It is within easy walking distance of the main teaching buildings, on campus shops and sports hall. It is just 10 minutes to the lively Harrow town center with its multiplex cinema and major high street stores. The journey from Harrow campus to the center of London takes between 25 and 40 minutes. The Hall is 3 and 4 stories high, and consists of flats for 4-6 students with a fitted kitchen and dining area. Students have a private bathroom.

Facilities in Residences

Bedrooms

Your room will contain a single bed, wardrobe, sink, desk, chair, drawers, cabinet, bookshelf, mirror and desk lamp. Bed linen is not provided, so you should bring your own bed linen and comforter or buy them upon arrival. Towels and hangers are also not provided.

Kitchens

Kitchens are shared between the students on your floor or apartment. Each is equipped with a stove, microwave oven, kettle, toaster, refrigerator, TV, table and chairs. You will need to provide your own saucepans, iron, cutlery and dinnerware.

Bathroom Facilities

Bath, shower and toilet facilities are shared with the students of your floor or apartment.

Laundry Facilities

Coin-operated washing machines and dryers are located in and around your hall or apartment. Ironing boards are also provided.

Internet Access

Most housing offers wireless internet access to students at an additional fee.

Other Information

Students are expected to clean their bedrooms and keep kitchens and bathrooms clean and tidy (some cleaning of communal areas is provided.) Overnight guests are permitted with the permission of the Hall Manager

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are step-by-step instructions on getting to your residence from the two main London airports, Heathrow and Gatwick.

Please remember, when taking trains/underground, it will be necessary to negotiate escalators and stairs. Some stations have lifts, but not all. You will need to be able to carry all of your luggage.

Below is a list of addresses of the Halls of Residence. See map of the tube on www.tfl.gov.uk

1) Alexander Fleming - 3 Hoxton Market, Pitsfield St. London, N1 6HG
Old Street Tube Station - Northern Line

2) Harrow Halls - Harrow Campus: Walford Road, Northwick Park, Harrow HA1 3TP
Northwick Park Tube Station - Metropolitan Line

3) Marylebone Hall of Residence: 35 Marylebone Road, NW1 5LS
Baker Street Tube Station - Jubilee, Bakerloo, Circle, Metropolitan, Hammersmith & City Lines

Traveling from Heathrow Airport

1) Take the Piccadilly line, which connects the airport to central London. Trains depart every few minutes and run between 5:00a.m. and midnight. From Heathrow it can take 45 minutes to an hour to reach the city. Take a taxi from the tube station to your residence.

2) Take the Heathrow Express train from the airport to London Paddington Train Station. This journey takes 15 minutes and leaves every 15 minutes. You can then connect to 4 underground lines or take a taxi to your residence.

3) Take a National Express bus which takes 30-45 minutes and drops passengers at designated points in Earl's Court, South Kensington, Euston, Kings Cross, Victoria and many other destinations. There is also a service, which runs every 30 minutes direct to Victoria Station. From Victoria take a taxi to your residence.

Traveling from Gatwick Airport

1) Take the Gatwick Express, which runs between the airport's South Terminal and Victoria Train Station in central London, taking 30 minutes. It departs every 15-30 minutes between 5:20a.m. and 1:35a.m. From Victoria take a taxi to your residence.

2) You can also take the Connex South Central train service, which is a slightly cheaper alternative to the Gatwick Express. It is as frequent as the

Express Train, but it stops a couple of times en route to Victoria bringing the journey time up to roughly 50 minutes. Then take a taxi to your residence.

Alternatively, you can take a flight line 777 coach, which departs Gatwick's North and South Terminals hourly between 6:00a.m. and 8:00p.m., arriving at Victoria From Victoria take a taxi to your residence.

University of Warwick

Campus

One of Britain's leading research universities, the University of Warwick is known for its excellent quality of teaching. It is a large and lively modern university situated on 700 acres of land near to the city of Coventry, where students can enjoy best of both worlds: a green, landscaped campus in which to live, with all the attractions of big cities close at hand. The University of Warwick is a single site campus, very much like a small town in itself with its own shops, bookshop, banks, post office, restaurants, health center, theater, cinema, sports facilities etc. The campus is within easy reach of the city and there are frequent buses running from the campus. This mixture of activity creates a friendly and cosmopolitan campus!

The heart and soul of student life, the Student Union, also called the Uni, organizes many social functions, discos, bands, meals etc. Make the Union your social and recreational base — it's a great way to meet fellow students, and to get fully integrated. It also provides many services within the University, offering shops, travel agencies, a student insurance office, banks, bars, restaurants and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet others who share the same interests.

The Union is also the focus of sport, recreation and community action. The Sports Center offers 40 sports clubs (Aikido, Fencing, Swimming, Hockey and many more). Facilities at the Sports Center include fitness rooms, squash courts, football, rugby, cricket pitches as well as tennis courts, and a swimming pool. The Union offers also leisure activities through over 140 clubs and societies, ranging from the thirsty Real Ale to the campaigning Third World First.

Campus Contacts

Rebecca Larcombe, International Officer
44(0)24 7652 8299
International Office
University of Warwick
Coventry CV4 8UW
General Office Number: 44 (0)24 7652 3706

Housing

Interstudy works closely with the University of Warwick to select the appropriate accommodation for your semester in Coventry. Your specific housing allocation will be forwarded to you two weeks before departure.

Interstudy students are normally allocated single bedrooms at the University of Warwick. Standard room with shared bath and private bathroom options are available. All University of Warwick accommodation is on-campus.

Self-catering accommodation includes:

Claycroft, Heronbank, Hurst, Lakeside, Tocil, Westwood and Whitefields. To view greater details on these accommodations please refer to

<http://www2.warwick.ac.uk/services/accommodation/studentaccommodation/all/campus/residences/>

Facilities in Residences

Bedrooms

Your room will contain a twin bed, wardrobe, sink, desk, chair, drawers, bookshelf, mirror and desk lamp.

Pillow, Linen and Duvet are provided. Towels, pillow covers and duvet cover are not provided, and you should bring some hangers or buy them when you arrive.

Kitchens

Kitchens are shared between the students in your flat and each is equipped with a stove, microwave oven, kettle, toaster, refrigerator, table and chairs. You will need to provide your own saucepans, iron, cutlery and dinnerware.

Bathroom Facilities

Bathroom facilities are either shared with the residents in your apartment or privately attached to your room.

Laundry Facilities

Coin-operated washing machines and dryers are located in and around your hall or apartment.

Internet Access

Most housing offers a network port in students' rooms.

Other Information

Students are expected to clean their bedrooms and bathrooms and keep kitchens clean and tidy (some cleaning of communal areas is provided.) Overnight guests are permitted with the permission of the Hall Manager for a specified number of days

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are step-by-step instructions on getting to your residence from Birmingham Airport, and the two main London airports, Heathrow and Gatwick.

Please remember, when taking trains/underground, it will be necessary to negotiate escalators and stairs. Some stations have elevators, but not all. You will need to be able to carry all your bags yourself.

Please note the University of Warwick normally provides transport (by coach) from London Heathrow on the specified day of arrival. More information about this service will be sent to you as soon as available.

From Birmingham International Airport to the University of Warwick

- 1) Follow the signs for Birmingham International Railway Station. Purchase a one-way ticket to Coventry. The journey should take about 30 minutes.
- 2) Then take a taxi to the University of Warwick.

From Heathrow Airport to the University of Warwick

- 1) Take a National Express coach direct to Coventry from the Heathrow Bus Station.

- 2) Take the Heathrow Airbus, making sure you take the A2 bus, to Euston Train Station in London. From there, take a direct train service to Coventry.
- 3) Take the Heathrow Express train to London Paddington Train Station.
- 4) Then, take a taxi to Euston Railway Station.
- 5) Take a train to Coventry.
- 6) Then take a taxi from Coventry Railway Station to the University of Warwick.

From Gatwick Airport to the University of Warwick

- 1) There is a direct bus service from Gatwick Bus Station to Coventry.
Alternatively, take a train from Gatwick to Coventry, this will involve changing trains at Reading.
- 2) Take the Gatwick Express train from Gatwick Airport (the station is situated in the South Terminal), to London Victoria.
- 3) Then, take a taxi or the underground to Euston Railway Station to catch a train to Coventry. Take a taxi from Coventry Railway Station to the University of Warwick.

University of St. Andrews

Campus

The University of St. Andrews is a blend of ancient and modern, and place of contrasts. It is relatively small and removed from the metropolitan centers, but has a reputation for scholarship, teaching and research, which consistently places it in the top 10 institutions of higher education in Britain. It is remarkably cosmopolitan with students coming from all over Britain and from some seventy other countries. Founded in 1410, the University of St. Andrews is the oldest university in Scotland and the third oldest in Britain and benefits from its traditions and medieval origins. On the other hand, facilities for cutting edge science are among the best in the world.

Located on the east coast of Scotland, St. Andrews is closely integrated within the town, with all the University buildings within walking distance of one another, which gives the University its spirit of community and involvement. The student social life tends to be based around the local pubs and student union events. Though small, the town itself is often busy and bustling, due to the famous golf course, which attracts many people to the town each year.

The heart and soul of student life, the Student Union also called the 'Uni' organizes social functions, discos, bands, meals etc. Make the Union your social and recreational base - it's a great way to meet fellow students, and to make one feel fully integrated. It also provides many services within the University, offering shops, travel agencies, a student insurance office, banks, bars, restaurants and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet others who share the same interests.

The Union is also the focus of sport and recreation. It offers 30 sports clubs, such as Aikido, badminton, crew, fencing, yoga and hockey. Facilities at the Sports Center include fitness rooms, squash courts, football, rugby, cricket pitches as well as tennis courts, and golf courses. The Union offers also leisure activities with over 80 student clubs and societies, such as Debating, Charities, and Theatre.

Campus Contacts

Gill Gardner, Study Abroad Officer
+44(0)1334.46.3379
International Office

St. Katherine's West
16 The Scores
University of St. Andrews
St. Andrews, Scotland KY16 9AX

Emergency Number, Campus Switchboard (24 hours)
+44(0)1334.476161

Housing

Interstudy works closely with the University in selecting the appropriate accommodation for your semester in St. Andrews. Interstudy students are normally housed in self-catered University residences. Your specific housing allocation will be forwarded to you two weeks before departure.

Self-catering accommodation includes:

- 1) Albany Park. Completed in 1973, this complex consists of 56 self-catering houses situated by the East Sands, close to the Gatty Marine Laboratory. Each house has a kitchen/dining room, a common room, 6 single bedrooms, a shower room and 2 toilets.
- 2) Fife Park. Completed in 1972, this complex consists of 42 self-contained houses adjacent to David Russell Hall about 1.5 miles from the town center. Each house has a kitchen/dining room, 6 study bedrooms, shower room and 2 toilets.
- 3) New Hall. Completed in 1993, this residence is situated on North Haugh between the Science Buildings and Andrew Melville Hall. It is the only residence with wholly en-suite accommodation and offers both catered and self-catering accommodation. In the self-catering section, 12 students share one kitchen/dining room. Most rooms in New Hall are single rooms however some are shared doubles.
- 4) David Russell Apartments. Completed in 2004, this apartment style residence is located in the Buchanan gardens about 1.5 miles from the town center. Each apartment houses 5 students in single rooms with ensuite bathroom and shared kitchen/dining room.

Facilities in Residences

Bedrooms

Your room will contain a single bed, wardrobe, desk, chair, drawers lamp and bookshelf. Linens and pillows are not provided. You can either pack some in advance or purchase them when you arrive. Additionally, you should bring towels and hangers or buy them when you arrive.

Kitchens

Kitchen/diners are shared between the people in your flat/apartment or house and each is equipped with a stove, microwave oven, kettle, toaster, and a refrigerator. You may need to provide your own saucepans, iron, cutlery and dinnerware as these items aren't always provided.

Bathroom Facilities

David Russell Apartments and New Hall have ensuite bathrooms. Fife and Albany Park residences have shared bathroom facilities.

Laundry Facilities

Coin-operated washing machines and dryers are located close to the residences. Ironing boards are also provided.

Internet Access

Most housing offers wireless internet access to students.

Other Information

Students are expected to clean their bedrooms and keep kitchens and bathrooms clean and tidy (Some cleaning of communal areas is provided.) Overnight guests may be permitted with the permission of the Residence Manager.

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are step-by-step instructions on getting to St. Andrews from Edinburgh Airport and the two main London airports, Heathrow & Gatwick.

If possible fly into Edinburgh Airport, as travel connections to the University are much easier. Also the University may be running a shuttle service from the airport. Either way it is much shorter and easier to get to campus from Edinburgh Airport than the others. Details on the shuttle service will be provided prior to your departure.

Please remember, when taking trains/underground, it will be necessary to negotiate escalators and stairs. Some stations have elevators, but not all. You will need to be able to carry all your bags.

Traveling from Edinburgh Airport

1) Take the 100 Bus from the Airport Terminal to Edinburgh, the bus terminates at Waverley Bridge, adjacent to the Edinburgh Waverley Station. The 100 Bus takes approximately 30 minutes and runs every 10 minutes through peak times and every 30 minutes through the night. Take the train from Edinburgh Waverley Station to Leuchars Station (Leuchars is the closest train station to St. Andrews.) A change of train maybe necessary on some routes, but generally, direct services run hourly. Journey time is about one hour 30 minutes. From Leuchars Train Station take a taxi for the 15-20 minute journey to St. Andrews.

Traveling from Heathrow Airport

1) Follow the signs for London Underground/Heathrow Express. From any Heathrow Terminal, take the Heathrow Express Train to London Paddington Station, costs £15 for a one-way ticket. Once you reach Paddington, take a taxi to London King's Cross Train Station. It is from London King's Cross Station that trains depart for Leuchars train station (the nearest train station to St. Andrews). Approximate cost is £84.00 this can be reduced by a third with a Young Persons Railcard (the Young Persons Railcard costs approximately £20 and entitles you to a third off on all British rail travel for 12 months, they are available from most main train stations). From Leuchars Train Station take a taxi for the 15-20 minute journey to St. Andrews.

2) Follow signs for coaches/buses. There is a central bus station at Heathrow airport serving Terminals 1, 2, and 3. Terminal 4 has a coach stop, and services normally run to the central bus station where you will probably have to change onto another coach for the service to London, then onto St. Andrews. This option is cheaper.

Traveling from Gatwick Airport

1) Follow the signs for Trains. Purchase a one-way ticket to Leuchars, this journey is normally via London King's Cross Station. When you purchase your ticket, ask for information on the train you should take. The journey will involve a change of trains at more than one railway station. The routes vary and the deciding factor will be the time you are ready to depart Gatwick.

2) Follow signs for coaches/buses. A single ticket to St. Andrews will cost approximately £28.00 and coaches normally go via London Victoria where you change coaches. The journey time can take up to 12 hours. Please be aware that coaches tend to have limited luggage space. The accepted amount of luggage is one suitcase and one piece of hand luggage per person. This can vary if the coach isn't full, but if it is, you will be expected to follow these rules. From Leuchars Train Station take a taxi for the 15-20 minute journey to St. Andrews.

Swansea University

Campus

Swansea University boasts an excellent research and teaching profile. It has been awarded the highest award of “excellent” in no less than 14 of its departments for teaching, and for research, 30 departments were awarded ratings of “national and international excellence”. The campus is large enough to support a wide range of academic and social activities yet small enough to ensure a sense of community. Surrounded by parkland and located in Swansea Bay, the University lies between the city center to the east and the Gower Peninsula National Park to the West. It is a modern university with ‘a very casual style’, one which fosters easy integration, set on the edge of beautiful Singleton Park with views to the sea.

Swansea University has one main campus, with three of the halls of residence on-campus and three off campus. All halls are within a two-mile radius of the main campus and there are frequent bus services running between the halls and the main campus.

The heart and soul of student life, the Student Union, also called the ‘Uni’, organizes many social functions, discos, bands, meals etc. Make the Union your social and recreational base, it’s a great way to meet fellow students, and to feel fully integrated right from the start. It also provides many services within the University, offering shops, travel agencies, a student insurance office, banks, bars, restaurants and the Taliesin Arts Center. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet fellow students who share the same interests.

The Sports Center offers many sports clubs (Aikido, Badminton, Crew, Fencing, Swimming, Hockey and many more). Facilities at the Sports Center include fitness rooms, squash courts, football, rugby, cricket pitches as well as tennis courts, and an indoor swimming pool. Sports Center membership is available at an additional cost. The Union offers also leisure activities through over 100 clubs and societies, such as Film and Drama, Dance, Science Fiction and Debate.

Campus Contacts

ngela Jones, Coordinator
+44(0)1792.295129
American Studies Exchange Office

American Studies Building, No. 23
Swansea University
Singleton Park
Swansea SA2 9PP

From Campus Phone: *205678
From Mobile Phone: 01792.205678

Housing

Interstudy works closely with the University in selecting the appropriate accommodation for your semester in Swansea. Your specific housing allocation will be forwarded to you two weeks before departure.

Interstudy students are normally allocated single study bedrooms in the Hendrefoelan Residences or Singleton Campus Accommodation. Hendrefoelan is a self-catering apartment complex situated a 15-20 minute walk from the University. Singleton is a self-catering apartment complex situated in the heart of campus.

For more information on these two residences please visit:

<http://www.swan.ac.uk/accommodation/UniversityResidences/>

Facilities in Residences

Bedrooms

Single rooms consist of a bed, with facilities for storing clothes, a desk, chair, bookshelf, drawers or bedside cabinet. Comforters and pillows are provided, but you will need to bring/buy your own sheets, comforter cover, pillow case and towels. You should bring some hangers or buy them when you arrive.

Kitchens

Kitchens are shared between the people in the flat and each is equipped with a stove, refrigerator, toaster, table, chairs, cupboards and some have microwaves. You will need to provide your own saucepans, iron, cutlery and dinnerware.

Bathroom Facilities

Bathrooms are either communal and shared between the students in your flat or private and affixed to your room.

Laundry Facilities

Coin-operated washing machines and dryers are located near the residences. Ironing boards are also provided.

Internet Access

Most housing offers wireless internet access to students at an additional fee.

Other Information

A bus service "Unibus" operates from the Hendrefoelan residences to the University, two miles away. A bus pass will cost approximately £90 for the semester.

Students are expected to clean their bedrooms and bathrooms and keep kitchens clean and tidy (some cleaning of communal areas is provided.) Overnight guests are permitted with the permission of the Hall Manager for a specified number of days.

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are step-by-step instructions on getting to the residences from the two main London airports, Heathrow and Gatwick.

Please remember, when taking trains/underground, it will be necessary to negotiate escalators and stairs. Some stations have elevators, but not all. You will need to be able to carry all your own luggage.

Traveling from Heathrow Airport to Swansea

1) Take the National Express bus 201 from the airport bus station direct to Swansea, this will cost approximately £35 and the journey time is about 4 hours. The bus has a buffet service and toilet on board. From Swansea Bus Station take a taxi to the residence.

2) Take the Heathrow Express train to London Paddington Train Station. The trip takes 15 minutes and leaves every 15 minutes. Then take a train from Paddington to Swansea this will cost between £40-70 depending on the time of travel. Journey time by train will be about 4 hours. From Swansea Train Station take a taxi to the residence.

Traveling from Gatwick Airport to Swansea

1) Take the National Express bus 201 from the airport bus station to Swansea. Journey time is about 5-6 hours. From Swansea Bus Station take a taxi to the residence. (approximate cost £7).

2) Follow the signs for 'Trains.' Purchase a one-way ticket to Swansea. Take a train to Reading Train Station and then connect to a train service to Swansea. Journey time is about 5 hours. From Swansea Train Station take a taxi to the residence.

Young Person's Rail Card: Should you decide to travel by train, we recommend you to buy a Young Persons Rail Card (costs £18 per year) and saves you 1/3 off most rail fares in Britain and can be purchased before traveling or directly at the train station.

Queen's University Belfast

Campus

Queen's University, Belfast is today one of the top universities in the United Kingdom for its excellent research and high quality teaching methods. Situated in South Belfast, the Queen's University campus is the size of a small town, most of it located within three designated conservation areas of Stanmillis, Malone and Queen's. It is comprised of more than 250 buildings, of which almost half are listed as being of special architectural merit. The campus is right next to Belfast's famous Golden Mile of pubs, clubs, cafes, restaurants and entertainment venues, one of them being the world-known Belfast Festival of the performing and visual arts held on campus in late October. This mixture of activity creates a friendly, cosmopolitan and lively campus.

The heart and soul of student life, the Student Union, also called the 'Uni', organizes many social functions, discos, bands, meals etc. Make the Union your social and recreational base - it's a great way to meet fellow students, and to make get fully integrated right from the start. It also provides many services within the University, offering shops, travel agencies, a student insurance office, banks, bars, restaurants and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet fellow students who share the same interests.

Based in the Physical Education Center, the University's Sport and Recreation Service offers many sports clubs (Aikido, Badminton, Caving, Canoe, Mountain Biking, Surfing, Hockey.) Facilities include two pools, fitness rooms, squash courts, football, rugby, cricket pitches as well as tennis courts, a mountain wall and trampolines. Membership to the gym is gained at an additional fee. The Union offers also leisure activities through over 100 clubs and societies, such as Drama, Juggling, Music, Radio, Buddhist Meditation and African Studies.

Campus Contacts

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International Office
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Queen's University
Belfast, Northern Ireland
BT7 1NN

Office General Number: +44(0) 28 9097 5088

Office General Email: international@qub.ac.uk

Housing

Interstudy works closely with Queen's University in selecting the appropriate accommodation for your semester in Belfast. Your specific housing allocation will be forwarded to you two weeks before departure.

Interstudy students are normally allocated single bedrooms in the Queen's Elms Village Complex situated a 15-20 minute walk from the University, and a 20-25 minute walk from the city. All residences in the Elms Village complex are self-catered.

Facilities at Residences

Bedrooms

Your room will contain a single bed, desk, chair, shelving and a wardrobe. Bed linen is not provided, so you should bring your own bed linen and comforter, or buy them upon arrival. Towels are not provided.

Kitchens

Kitchens are shared between students in the apartment with a maximum of 10 students per kitchen. The kitchens are fully equipped to include a stove, refrigerator, and seating area.

Saucepans, cups, saucers, glasses, bowls, plates and cutlery are normally provided, although you may find you would prefer to purchase your own items.

Bathroom Facilities

Some rooms are en-suite and include a sink and a shower, while others share shower and toilet facilities with students in the apartment.

Laundry Facilities

Coin operated machines are available in all residences.

Internet Access

Queens housing offers internet access to students.

Other Information

Students are expected to clean their bedrooms and bathrooms and keep kitchens clean and tidy (some cleaning of communal areas is provided). Overnight guests are permitted with the permission of the Hall Manager for a specified number of days.

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are step-by-step instructions for getting to your residence from the Belfast Airports.

Traveling from Belfast International Airport

- 1) Take a shuttle bus operated by Translink from the airport to the city center, terminating at the Europa Bus Centre. Buses run every half hour, the journey takes 30 minutes and the fare costs about £8. From the Europa Bus Centre take a taxi to your residence, which should cost around £5-7.
- 2) Take a taxi from the airport to your residence for the cost of approximately £40.

From Belfast City Airport

Belfast City Airport is 3 miles outside the city center. Take a rail connection to Sydenham-Victoria Street.

- 1) Take the Airlink Bus to the Europa Bus Centre. The buses run every half hour. From the Europa Bus Centre take a taxi to your residence, which should cost around £5-7.
- 2) Take a taxi from the airport to your residence for the cost of approximately £10.

University College Cork

Campus

Founded in 1845, University College Cork is one of the oldest universities in Ireland. Occupying its historic site near the city center of Cork, it is an attractive campus with wooded grounds which form a splendid setting for the Gothic revivalist style Main Quadrangle Buildings. The University offers a wide range of courses in eight faculties and has an excellent program in Irish Studies. Located on the south coast of Ireland, the University is within walking distance of the City of Cork, Ireland's second largest city with a vibrant and rapidly expanding center for culture and the arts, and home to a large number of international film, choral and music festivals.

The heart and soul of student life, the Student Union, also called the 'Uni', organizes many social functions, discos, bands, meals etc. The Union is a great social and recreational 'base' - it's a way to meet fellow students and to feel fully integrated right from the start. It also provides many services within the University, offering shops, travel agencies, a student insurance office, banks, bars and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet others who share the same interests.

Sports and Recreation are readily available on-campus for an additional fee. Facilities include a super indoor sports center, including a sports hall, a swimming pool, a climbing wall, etc. There is also a sports ground called Curraheen Road Playing fields ("The Farm") located 2 miles away on a direct bus that provides opportunities for students who enjoy cricket, soccer, rugby, and tennis.

The University offers also leisure activities with over 100 clubs and societies to join (Drama, Irish Traditional Music, Photography, International Student Society etc.)

Campus Contacts

Karen McSweeney, Visiting Student Coordinator
 +353(0)21 4904727
 International Student Office
 Roseleigh
 University College Cork-Cork, Ireland
 Emergency: +353 (0) 21.4902266

Housing

Interstudy works closely with the University College Cork in choosing the appropriate accommodation for your semester in Cork. Your specific accommodation allocation will be forwarded to you two weeks before departure.

Interstudy students are normally allocated single or double occupancy bedrooms in campus run accommodations within a 10 minute walk of the main campus.

Facilities in Residences

Bedrooms

Your room will contain one single bed, a desk, a chair, a shelving unit and a wardrobe.

You should bring your own bed linen; sheet, pillowcase, comforter cover as well as duvets and pillows. There are shops in the nearby town center, which sell bed linen at reasonable prices. Towels are not provided.

Kitchens

Kitchens are shared between students in the apartment with a maximum of four students per kitchen. The kitchens are fully equipped including a stove, refrigerator, freezer, and seating area.

Saucepans, cups, saucers, glasses, bowls, plates and cutlery are normally provided, although you may find you would prefer to purchase your own items.

Bathroom Facilities

Shower and toilet facilities are either shared with students in your apartment or privately attached to your own room.

Laundry Facilities

Coin-operated laundry facilities are available at this site.

Internet Access

Most housing offers wireless internet access to students.

Other Information

Students are expected to clean their bedrooms and bathrooms and keep kitchens clean and tidy (Some cleaning of communal areas is provided)

Overnight guests are permitted with the permission of the Hall Manager for a specified number of days

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are instructions for getting to your residence from various Irish Airports.

Cork Airport (ORK) has frequent flights from Dublin and London with Aer Lingus (from Heathrow and Gatwick) and Ryanair (from Stanstead), and with other airlines from a wide range of other UK and continental destinations. The airport website (www.cork-airport.com) has timetables and live arrival/ departure information.

From Cork Airport

Take a taxi from the arrivals terminal to the residence reception, this should cost approximately 15 Euros. You can also take a bus from the terminal. Buses run every 45 minutes to the city center.

From Shannon Airport

From Shannon Airport, take a direct bus with the coach company "Bus Eireann" to Cork City the journey takes about 3 hours and the cost is about 11 Euros (www.buseirann.com). When you arrive in Cork, take a taxi to the residence reception. Alternatively there are frequent trains to Cork from Dublin. Travel time is similar to time spent on the bus (www.irishrail.com).

From Dublin Airport

Take a taxi to the Central Bus Station in Dublin (Busaras). Then take a direct bus to Cork with the coach company "Bus Eireann" the journey takes almost 5 hours and cost is about 16 Euros (www.buseirann.com). When you arrive in Cork, take a taxi to the residence reception.

University College Dublin

Campus

With over 22,000 students and almost 2,500 academic staff, University College Dublin (UCD) is Ireland's largest university. Its 2,000 international students also give the university an international atmosphere and reputation of a cosmopolitan campus. UCD is the largest of the three constituent Colleges of the National University of Ireland and dates its origin from the foundation of the Catholic University of Ireland, which opened in 1854. James Joyce and Francis Sheehy Skeffington are among the famous students who studied at UCD.

The main campus is based at Belfield, which is about four miles from the center of Dublin in the southern suburbs. Belfield is a beautifully landscaped 350-acre campus. The bustling bars and clubs of Dublin are within easy reach of the campus. Much of the socializing is centered on campus with the student union arranging varied social events.

The heart and soul of student life, the Student Union, also called the 'Uni', organizes many social functions, discos, bands, meals etc. The Union is a great social and recreational 'base' - it's a way to meet fellow students and to feel fully integrated right from the start. It also provides many services within the University, offering shops, travel agencies, a student insurance office, banks, bars, restaurants and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet others who share the same interests.

The Union is also the focus of sports and recreation. Facilities include squash courts, a climbing wall, a sports hall a swimming pool as well as fields for cricket, soccer and rugby. Classes in fitness training, aerobics, weight training, among other things, are offered on a regular basis. Sports clubs include Aikido, Badminton, Crew, Fencing, Hockey and many more. The Union offers also leisure activities through over 100 clubs and societies, and of particular interest is the International Student Society.

Campus Contacts

Enda Carroll, Manager of Study Abroad
+353(0)171.6.8528

John Henry Newman Building, University College Dublin
Room, C103
Dublin, Ireland

UCD Emergency Telephones
From Campus Phone: 716.7999
From Cell Phone: 01.716.7999

Housing

intestudy works closely with the University in choosing the appropriate accommodation for your semester in Dublin. Your specific accommodation allocation will be forwarded to you two weeks before departure.

Interstudy students are normally housed in either of the two on-campus, self catered residences as listed below.

- 1) Belgrove Residence. Belgrove is a self-catering apartment complex. Students are housed in single bedrooms. An apartment can consist of 3-5 students sharing.
- 2) Merville Residence. Merville is a self-catering apartment complex. Students are housed in single bedrooms. An apartment can consist of 3-5 students sharing.

Facilities in Residences

Bedrooms

Your room will contain a single bed, wardrobe, desk, chair, cupboard and bookshelf. Pillow and comforter are provided. Bring your own sheets, pillowcase, blankets, comforter cover, and towels.

Kitchens

Kitchen/lounges are shared between students in the apartment. The kitchens are fully equipped including a stove, refrigerator, and seating area. Saucepans, cups, saucers, glasses, bowls, plates and cutlery are normally provided, although you may find you would prefer to purchase some items.

Common Areas

The kitchen and dining area is the common room of each apartment.

Bathroom Facilities

Shower and toilet facilities are shared with students in your apartment.

Laundry Facilities

Coin-operated laundry facilities are located in the complex.

Electricity

Some accommodations work on the traditional Irish electricity system of pay as you go electricity. Interstudy will provide you with funds in your Irish bank account to cover standard usage of electricity but you will be responsible for any charges over your allotted electricity amount.

Internet Access

Most housing offers wireless internet access to students.

Other Information

Students are expected to clean their bedrooms and bathrooms and keep kitchens clean and tidy (Some cleaning of communal areas is provided.) Overnight guests are permitted with the permission of the Hall Manager for a specified number of days.

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are instructions for getting to your residence from Dublin Airport:

From Dublin Airport to your Residence

1) Take an "Aircoach" bus (Leopardstown Route) from Dublin Airport directly to the University College Dublin campus. The University College Dublin stop is the second stop on the line. Buses run every 15 to 30 minutes from 4:00am to 11:00pm. One-way ticket costs 6 Euros and you can buy your ticket either directly from the coach driver or from company representative in the Dublin Airport Arrival Terminals. Upon arrival at UCD, make your way to the Residence reception to check in and collect your key.

Alternatively:

2) Take a taxi from Dublin Airport direct to your residence on the University College Dublin campus. Approximate cost is 30 Euros.

National University of Ireland Galway

Campus

Founded in 1845 as Queen's University, The National University of Ireland, Galway is now one of the most prestigious Universities in the country and maintains a worldwide reputation for scholarship and teaching. Situated on the western bank of the River Corrib, the University is within easy reach of the thriving and bustling center of the city. Galway's reputation as a city of culture is enriched by the creative activities of the University Drama Society and the new state of the art Student Theater.

The heart and soul of student life, the Student Union, also called the 'Uni', organizes many social functions, discos, bands, meals etc. The Union is a great social and recreational 'base' —it's a way to meet fellow students and to feel fully integrated right from the start. It also provides many services within the University, offering shops, travel agencies, a student insurance office, banks, bars, restaurants and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet others who share the same interests.

Sports and Recreation are readily available on-campus with indoor sporting facilities and a top class gymnasium. There are also sports grounds for cricket, soccer and rugby as well as tennis and squash courts and a fitness center. Because of the University's prime location on the River Corrib, excellent opportunities exist to take part in water sports, rowing, kayaking, sailing etc. Classes in fitness training, step aerobics, weight training, among other things, are offered on a regular basis. Sports clubs include Aikido, badminton, kayaking, fencing and many more. The Union offers also leisure activities with over 50 clubs and societies to join (Amnesty International, Chess, Choral, Photography, Political Discussion, Writers Group.)

Campus Contacts

Maura Clancy, International Student Officer
+353(0) 91.492105
International Affairs Office
National University of Ireland, Galway
Galway, Ireland

Health Emergency: +353 (0) 87.2623997
Other Emergency: +353 (0) 86.8576152

Corrib Village Residence: +353(0) 91.527112

After Hours Security: +353 (0) 87.2753165

Housing

Interstudy works closely with the National University of Ireland, Galway International in choosing the appropriate accommodation for your semester in Galway. Your specific accommodation allocation will be forwarded to you two weeks before departure.

Interstudy students are normally allocated single bedrooms in either Cuirt na Coiribe, Gort na Coiribe or Corrib Village Residence. All accommodation options are self catering and located within walking distance of NUI-Galway. Placement is made on first come basis. If your accommodation allocation is different to this, Interstudy will be in contact with you regarding the details of your housing prior to departure.

Facilities in Residences

Corrib Village accommodates 760 students in 176 apartments. It is Corrib Village policy to try to house study abroad students together in apartments. This means that you will probably be sharing an apartment with other Interstudy or North American students. Irish students are generally housed in apartments together.

Cúirt Na Coiribe consists of 86 apartments ranging in size from 4-7 bedrooms. It is situated a 10 minute walk to campus and 10 minute walk to Galway city center. Apartments usually have a mix of International and host university nationals.

Gort Na Coiribe consists of apartments with 3-4 single and twin bedrooms. Interstudy students will be allocated in single rooms unless otherwise requested. It is situated a 10 minute walk to campus and a 10 minute walk to Galway city center. Apartments have a mix of International and host university nationals.

Bedrooms

Your room will contain a single or a double sized bed, bookshelf, wardrobe, desk, chair, desk lamp, and drawers. Bring your own bed linen, blankets, comforter cover and towels.

Kitchens

Kitchens are shared between students in the apartment. They are equipped with a stove, refrigerator, kettle, toaster, iron and ironing board, TV, and seating area. Saucepans, cups, saucers, glasses, bowls, plates and cutlery are normally provided, although you may find you would prefer to purchase your own items.

Bathroom Facilities

Shower and toilet facilities are either shared with another student from the apartment or privately fixed to your bedroom.

Laundry Facilities

Coin-operated laundry facilities are located in the complex, and some apartments have a washing machine provided.

Internet Access

All accommodations provide internet access.

Electricity

An electricity payment of 275 euros is made per student. Any amount of electricity exceeding this amount will be the students responsibility.

Other Information

Students are expected to clean their bedrooms and bathrooms and keep kitchens clean and tidy. Surcharges may be applied if extra staff is called in to tidy the apartment. (Some cleaning of communal areas is provided.) Overnight guests are not permitted.

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are instructions for getting to your residence from Galway Airport, Shannon Airport and Dublin Airport. The major airports in Ireland are in Dublin (on the East coast, approximately 135 miles from Galway) and Shannon (on the West coast, approximately 55 miles from Galway). Galway

has a smaller airport approximately 5 miles from the city center. There are no trans-Atlantic flights direct to Galway.

If your International Flight lands at Dublin Airport consider taking an internal flight to Galway Airport. This is a small airport situated just outside Galway city. The airline you will need to use is Aer Arann.

From Galway Airport

1) Take a taxi from Galway Airport direct to your residence. This should cost about 30 Euros.

From Shannon Airport

1) Take a bus from Shannon Airport to Galway Bus Station. They run every two hours from 9:20a.m. till 7:20p.m. and cost approximately 13 Euros one-way (www.buseireann.ie). From the Galway bus station, take a taxi to your residence. Make your way to the residence reception to check in and collect your key. Alternatively you could take a taxi from Shannon Airport direct to Corrib Village. This will be expensive if you are traveling alone. Agree on a price with the driver before departing Shannon.

From Dublin Airport

1) Take a taxi from the airport to Heuston Station, the Dublin train station.

2) Take a train from Dublin to Galway. The journey is approximately 3 hours. www.irishrail.ie

3) From the Galway train station take a taxi to your residence.

University of Limerick

Campus

The University of Limerick (UL) was established in 1972 on the Plassey estate, just a few miles from the City and quickly gained a reputation among Irish universities for innovation in the design and delivery of its courses, excellent academic standards and relevance to the needs to the developing Irish economy. The University has become a focus for a wide range of artistic activity and is home to some fine collections of Irish Art, the Irish Chamber of Orchestra and the Irish World Music Center.

Set on the bank of the River Shannon on a beautifully landscaped campus, the University of Limerick is a single site campus, very much like a small town in itself with its own shops, bookshop, banks, post office, restaurants, health center, and sports facilities. The campus is within easy reach of the city and there are frequent buses from the campus. Much of the social life is based on campus at the student union bar in the Stables.

The heart and soul of student life, the Student Union, also called the 'Uni', organizes many social functions, discos, bands, meals etc. The Union is a great social and recreational 'base' —it's a way to meet fellow students and to feel fully integrated right from the start. It also provides many services within the University, offering shops, travel agencies, a student insurance office, banks, bars and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet others who share the same interests.

The Sports Department offers facilities such as squash courts, a fitness center, a climbing wall, a swimming pool as well as fields for cricket, soccer and rugby at the University Arena. (Membership is available to students at a discounted rate) Classes in fitness training, step aerobics, weight training, among other things, are offered on a regular basis. Sports clubs include Aikido, badminton, kayaking, fencing and many more. The Union also offers leisure activities with over 70 clubs and societies to join.

Campus Contacts

Ellie McHugh, Study Abroad Coordinator
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International Education Division
University of Limerick
Limerick, Ireland

Study Abroad Office After Hours Emergency
+353(0)87.2263499

Housing

Interstudy works closely with the UL in choosing the appropriate accommodation for your semester in Limerick. All housing is on-campus and self-catered. Your specific accommodation allocation will be forwarded to you two weeks before departure.

Students are typically housed in Kilmurry Village. Kilmurry Village is situated on the east side of the University campus in a spectacular setting on the Shannon River and close to the sporting facilities. It was completed in 1995 and houses 525 students.

For further details on residences, check out www.ul.ie/campuslife/

Facilities in Residences

Bedrooms

Your room will contain a single bed, wardrobe, desk, chair, cabinet and bookshelf. Pillow and comforter are provided but you should bring your own sheets, pillowcase, blankets, comforter cover and towels.

Bathroom Facilities

Students share shower and toilet facilities with students within their apartment in Kilmurry Village and have private shower and toilet if they are allocated Drumroe Village.

Kitchens

Kitchens are shared between students in the apartment. The kitchens are fully fitted including a stove, microwave oven, kettle, toaster, refrigerator, table and chairs, and seating area with TV. Saucepans, cups, saucers, glasses, bowls, plates and cutlery are normally provided, although you may prefer to purchase your own items.

Laundry Facilities

Coin-operated laundry facilities are located in each village.

Internet Access

Most housing offers ULink to the University of Limerick network if you bring your own computer.

Other Information

Students have computer connection to the Internet and University of Limerick email system. The Village Center is a communal meeting place. Night Security Patrols are available and secure bicycle storage.

Students are expected to clean their bedrooms and keep kitchens and bathrooms clean and tidy. Overnight guests are permitted with the permission of the Hall Manager for a specified number of days.

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are instructions for getting to your residence from the nearest airport to Limerick, Shannon Airport.

From Shannon Airport to your Residence

Take a bus from Shannon Airport to Limerick City Center (45 minutes). From the City Center, go to the bus stop near the Central Shop in William Street, where you can take a regular bus (usually a No. 308 or No. 302 bus) to campus. Cost is one Euro. You can also take a taxi from the city center to campus for approximately 10-12 Euros. Upon arrival at the University, make your way to the Residence reception to check in and collect your key.

Alternatively the University runs a shuttle service to and from the airport for students on certain dates. If you are interested in taking advantage of this free service, be sure to pass along your flight details and inform Interstudy of your interest so arrangements can be made for you.

National University of Ireland, Maynooth

Campus

Located just thirty minutes west of Dublin by commuter rail, the National University of Ireland, Maynooth (NUI Maynooth) offers a residential, college-town atmosphere within easy reach of Ireland's bustling capital city. The relatively small international student population enables students to be integrated quickly into the local Irish student culture, both inside and outside of the classroom. The campus is set immediately adjacent to the town center, with restaurants, shops and pubs all within easy walking distance. NUI Maynooth is the perfect choice for students who enjoy a close-knit campus environment, yet want access to all that Dublin has to offer as well.

Maynooth has an ancient and distinguished history. Much of its early power and influence stemmed from the Norman Geraldine family, the Fitzgeralds, who were key figures in Irish history for centuries. The establishment of the pontifical university contributed to the influence of Maynooth. Much of this history of Maynooth is still evident today in the architectural examples which survive: the ruined keep of Maynooth Castle, the Pugin designed buildings of the college, and the magnificent Georgian mansion, Carton House amongst many others. In 1176 Strongbow granted the manor of Maynooth to Maurice Fitzgerald who built Maynooth Castle. It became the stronghold of the Norman Fitzgerald family for centuries. By the end of the thirteenth century the Geraldines ruled most of Kildare and in 1316 Edward 11 created John FitzThomas FitzGerald first Earl of Kildare. The ruins of the castle still stand, just outside the gates of the College.

In 1795 Grattan's Parliament passed an act which created an academy "for the better education of persons professing the popish or Roman Catholic religion." The new College, under the influence of the Duke of Leinster was to be founded in Maynooth and in time it became not only Ireland's national seminary, but also the largest seminary in the world. In 1896 St. Patrick's College Maynooth attained the status of a Pontifical University for its courses in Theology, Philosophy and Canon Law. Following the foundation of The National University of Ireland, Maynooth became a Recognized College of that federal structure in 1910. In 1966 St. Patrick's College opened its doors to lay students and its population grew rapidly over the next three decades. In 1997 the Faculties of Arts, Science, Celtic Studies and Philosophy were united in a newly established constituent university of the National University of Ireland.

NUI Maynooth is today a rapidly developing non-denominational university center of some 5,500 students. Its traditional core strengths have been augmented by new developments in Finance, Computer Science, Software Engineering and Electronic Engineering. It sees itself as an institution which links a rich history with a distinct mission in a rapidly developing modern Ireland.

Clubs and societies are run by the students of the university play a vital role in college life and your university experience. They bring the campus to life in the evenings with events to suit everyone. Getting involved with a club or society is one of the best decisions you could ever make. The Student Union oversees the work of the clubs and societies, and also provide services to ensure the well being and happiness of the student body, from counselling to organizing gigs. They have their own building on campus and also run a student bar.

Campus Contacts

Paul Mullaly, International Student Officer
9 Humanity House
South Campus
NUI Maynooth
Maynooth
Co Kildare
Republic of Ireland
Tel 00.353.1708.3868
Fax 00.353.1708.6113
email Paul.Mullaly@nuim.ie

Housing

Interstudy works closely with NUI Maynooth in selecting the appropriate accommodation for your semester in Maynooth. Your specific housing allocation will be forwarded to you two weeks before your departure.

Interstudy students are usually allocated single bedrooms on campus. All of these allocations are self-catering and tend to be in the River Apartments.

Facilities at Residences

Bedrooms

All bedrooms will contain a single bed, desk, chair, shelving and a wardrobe. Each student will need to provide their own bed linen, pillow, duvet, covers and towels.

Kitchens

Each apartment has an inventory for you and all your housemates to sign. In each apartment there are some pots, pans, plates, dishes, cups, glasses and cutlery. Each apartment has a microwave, refrigerator, range and oven.

The apartments usually contain between three and five students with shared kitchen and living area.

Bathroom Facilities

Bathrooms are attached to the student's room & come with private shower, sink and toilet for most accommodations.

Laundry Facilities

There are coin-operated laundry facilities on campus.

Internet Access

Most housing offers wireless internet access to students.

Directions

Interstudy arranges for a pick-up for students if they arrive in Ireland on the specified date at Dublin Airport.

Information on travel and transport to Maynooth will be given to students at orientation.

Trinity College Dublin

Campus

Founded in 1592 on the model of Oxford and Cambridge colleges, Trinity College Dublin has retained the collegiate sense of a closely-knit, self-governing academic community. Its long and distinguished history as well as its excellent academics has earned Trinity College Dublin its high reputation as one of the leading universities in Europe. Located in the center of Dublin, capital of Ireland, the forty-one acres site consists of historic buildings set around cobbled squares and green space. The student body and staff form a compact academic community and are at the same time very much a part of the life of the city itself.

The Student Union, also called the "Uni", is at the heart of student life. The Union organizes many social functions, discos, bands, meals etc. Make the Union your social and recreational base - it's a great way to meet fellow students, and to feel fully integrated right from the start. It also provides many services within the University, offering shops, travel agencies, a student insurance office, banks, bars, restaurants and so on. Upon enrollment you automatically become a member of the Student Union. Membership offers a great way to meet others who share the same interests.

Sports and Recreation are well provided for on campus. Sporting facilities are provided in several locations. There is provision for outdoor sports including rugby, soccer, hockey, tennis and athletics. The Luce Sports Hall, completed in 1981, accommodates squash, basketball, badminton etc. Facilities are also provided for climbing, sailing, swimming and many others. Classes in fitness training, step aerobics, weight training, among other things, are offered on a regular basis. Finally, at Trinity Hall, there are badminton, squash and tennis courts. The University offers also leisure activities with many clubs and societies to join, such as the Philosophical Society, European Movement Society, Irish Traditional Music to name a few.

The library of Trinity College Dublin is the largest research library in Ireland. Its collections of manuscripts and printed books have been built since the end of the sixteenth century. In addition to the purchases and donations of almost four centuries, since 1801 the library has had the right to claim all British and Irish publications under the terms of successive copyright acts. The Library contains a book stock of 4.25 million volumes, 30,000 current periodicals, significant holdings of maps and music and an extensive collection of manuscripts, the most famous being The Book of Kells.

Campus Contacts

Wendy Bernard, Sarah Coyle:
+353(0)16082683
+353(0)16083150

Office of International Student Affairs
East Theatre
Trinity College
Dublin 2, Ireland

From Campus Phone: 1999
From Mobile Phone: 01.608.1999

Housing

Interstudy works diligently to ensure all Interstudy students have accommodation in close proximity to Trinity College Dublin. Housing on campus at Trinity is scarce and not guaranteed. Your specific accommodation allocation will be forwarded to you two weeks before departure.

Below is a list of allocations for example. All residences and properties listed include similar facilities.

On-campus Accommodation (may be possible for Full Year applicants only):

1) Front Square, Goldsmith Hall, New Square & Rubrics

These residences consist of single bedrooms with shared bathroom and kitchen facilities:

2) Botany Bay, Graduate Memorial Building & Pearse Street

Off-campus Accommodation:

1) National College of Ireland Accommodation: Located in the Financial sector of Dublin, NCI housing is a short 15 minute walk from Trinity's main campus. These residences consist of single bedrooms with personal bathrooms and shared kitchen facilities. Washing machines are in each apartment and all bedrooms are internet ready.

2) Trinity Hall. This residence is 2.5 miles from the center of Dublin. The accommodation consists mainly of single bedrooms, although double occupancy rooms are available, some with ensuite bathrooms and shared kitchen facilities others with shared bathroom and kitchen facilities.

Facilities in Residences

Bedrooms

Your room will contain a single bed, bedside lamp, wardrobe, desk or table, chair, and cabinet.

No bed linen is provided, though bedroom packets can be purchased for approximately 100 euros prior to arrival. They include a quilt, quilt cover, pillow case and sheets. Towels are not provided.

Kitchens

Kitchens are shared between students in the apartment or on the same floor. The kitchens are fully fitted including a stove, microwave oven, kettle, toaster, refrigerator, table and chairs, and seating area with TV. Saucepans, cups, saucers, glasses, bowls, plates and cutlery are not provided. Kitchen packages can be purchased for approximately 80 euros prior to arrival and include 2 glasses, 1 tea towel, 1 plastic chopping board, 1 frying pan, 1 7" sauce pan, 1 6" sauce pan, 1 tin opener, 1 wooden spoon, 1 paring knife and a selection of table ware sufficient for two settings.

Bathroom Facilities

Most students have shared bathrooms and showers in their flat. Occasionally, if students are housed off campus, accommodations will have ensuite bathrooms.

Laundry Facilities

Coin-operated laundry facilities are located within easy reach of the Residences.

Internet Access

Most housing offers network connection points for students.

Other Information

Students are expected to clean their bedrooms and keep kitchens and bathrooms clean and tidy. Overnight guests are sometimes permitted with the permission of the Hall Manager for a specified number of days.

Directions

Arrival instructions vary, and Interstudy will be in contact regarding the procedures for arrival to your program for your semester. Depending on your circumstances, you may find directions useful.

Below are instructions for getting to Trinity College from Dublin Airport.

Students arriving on the Interstudy group flight will be picked up from the airport and transported to their accommodation.

From Dublin Airport to Trinity College

1) Take a bus (bus numbers 747/748) from Dublin Airport to Busáras (Central Bus Station) in the city center. This will cost around 5 Euros one-way.

Alternatively, there is an "Aircoach" which departs every 15 minutes from Dublin Airport. This will cost approximately 6 Euros one-way.

The main Trinity College campus is a 10-15 minutes walk away from the central bus stations.

Alternatively, take a taxi from Dublin Airport direct to Trinity College. Approximate cost is 30 Euros.