

**2007
DU
London**



**Pre-departure
Guide**

2007 DU Fall Term in London Orientation Guide

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Introduction

Congratulations! You are about to spend an exciting and rewarding thirteen weeks studying and living in England with the University of Denver Fall Term in London Program. This handbook has been written to assist you and your family in preparing for your time in the United Kingdom (UK), and to help you with daily life once you are there. Read it before you leave the US and take it with you to London. Any unanswered questions can be directed to the Study Abroad Office while in the US and to the Resident Director once you have arrived in London. The Study Abroad Office at the University of Denver is open all summer and can be reached during normal business hours.

PRACTICAL INFORMATION

From Home to London: Booking Your Plane Ticket

Please refer to your acceptance packet for instructions on how to book your plane ticket. Remember to book the ticket so that you can be in London on the morning or early afternoon of September 14th and return after December 14th 2007. There are two major airports serving London—Gatwick and Heathrow. It is very convenient to reach the heart of London from both airports.

From the Airports into London...

Arriving in the UK and Immigration:

If you are a US citizen¹ who will be studying for less than six months in the UK, you do not need a visa to enter the UK as a student; nevertheless, you will need a UK Residence Permit (details for this are outlined below). *You will get the Residence Permit at the airport immigration upon arrival to the airport in the UK by presenting the documents listed in the below section.*

Please note that successful passage through immigration is your responsibility. You need to keep in mind that information we give you should be regarded as advice. Immigration policy changes frequently. The consulate for your region has the final word on immigration information.

You may receive directions from your host university on how to apply for “Entry Clearance,” which is a process that *does not apply* to you. Our office will *not reimburse* you if you unnecessarily apply for entry clearance.

For instructions on how to navigate immigration and customs upon arrival at the airport, please refer to British Council Guide pg. 31-33.

Getting your Residence Permit: 7 things to have and 1 thing to do

When you get off of the plane in the United Kingdom airport, you will need to pass through immigration and then customs. At immigration, you will need to show the following:

1. **Your valid passport**
2. **Acceptance letter or immigration letter** from your host university in the UK; this is not the acceptance letter from DU (make sure that you have this now; if you do not, let me know immediately)

¹ If you are a **non-US passport holder** and have not received alternate visa and immigration instructions, please contact Reed Beall at rbeall2@du.edu or 303.871.4912 for further instructions immediately.

3. A **letter of support** from me. This *letter of support* states most importantly that you're a study abroad student, you're financially stable, you have adequate health insurance, and you have a place to stay during your studies.

It is wise for you to be able to back up these claims in case the immigration officer asks with the following:

4. **Proof of funding- To demonstrate that you can afford your study abroad without working illegally in the UK.** This proof can be in the form of documentation proving scholarship funding, federal financial aid, private loans, parental bank account, or whichever method you are using to fund your studies. It's best to also have a recent bank statement, which shows you have enough money for the duration of your program (there's not specific number here).
5. **Proof of health insurance**—your health insurance card
6. Your **address in the UK**
7. Your **DU student ID and ISIC card**

8. If you will be bringing **prescription drugs** with you, you should also have documentation of your condition and the prescription of the drug from your doctor. I will send further information on this in the next few days. You may need to show this at customs.

9. It's also a good idea to have proof of your return flight back to the US to support your intention to leave the UK after your study abroad program.

You should have these 7 items organized in a folder and ready to show the immigration officer. Show the officer the first 3 items I list above, and the others only upon request.

Going in and out of the UK

Each time you leave the United Kingdom, your clearance is cancelled in a sense. This means that each time you re-enter the UK, you will have to go through immigrations and customs all over again. *If you keep these 7 items with you whenever you travel outside of the UK, you will not have a problem re-entering the country, but it will be an inconvenience. If you forget or lose these documents, it may cause problems for you re-entering the country.* So remember to keep these with you in a safe place in your backpack. It's also a good idea to have photocopies of these documents in a different safe place in case the others are lost or stolen.

Visualizing Immigrations and Customs

The following is a step-by-step description of immigrations and customs produce by the British Council:

When you get to the UK your first step is to pass through immigration control. The UK offers a warm welcome to international students. But, as in all countries, the authorities have to ensure that everyone who enters the UK has a legitimate reason to be here.

Here's a step-by-step guide to the process.

1. When you enter the terminal building, follow the signs for 'Arrivals'. These signs will lead you to the passport control area. (If you are transferring to another flight at the same airport, follow the signs for 'Flight Connections' instead. Then, at your final airport, follow the signs for 'Arrivals'.)

2. As you approach passport control, you will see electronic screens indicating where you should queue. There will be two types of queue: one for travellers with British or EEA

(European Economic Area) passports, and another for all other passport-holders. Make sure you join the correct queue, or you could waste a lot of time.

3. At some major airports, arriving passengers are also sorted by flight number as they enter the immigration control area, so you should have this number to hand. You can find your flight number on your boarding card and ticket stub. You will also need to know your flight number later in order to collect your baggage, so do keep this information with you even after you leave the plane.

4. When you reach the front of the queue, the immigration officer at the desk will want to see that your documents are in order, so make sure you have them ready. In particular you should have ready your letter of acceptance from your place of study and evidence of your funding, such as a sponsor's letter or bank statements. The immigration officer will check that you have an up-to-date passport. You should also be prepared to answer some questions about yourself, including where you will be staying and what you intend to do during your time in the UK.

5. You may be asked to undergo a brief, routine health check by the airport doctor, which might include an X-ray. The health check will take place in a separate room. Afterwards, you will need to return to immigration control.

6. The immigration officer will put a stamp in your passport showing how long you are allowed to stay and any special conditions, such as registering with the police. As long as your documents are in order, you should pass through immigration smoothly. But if you find you need help for any reason, there are two things you can do:

Ask the immigration officer to telephone your college or university (keep the number readily available),

OR

Ask to speak to a representative of the Immigration Advisory Service. The Service has offices in a number of UK cities, and can also be reached on the following telephone numbers:

Immigration Advisory Service
England: London 020 8814 1115, Manchester 0161 834 9942
Scotland and Northern Ireland: 0141 248 2956

Customs control

Your next step is to move on to the baggage reclaim area. Collect your luggage from the carousel that has your flight number on it. If you cannot find your luggage ask a member of airport staff for assistance.

Once you have collected your luggage, you must pass through customs control. If you will be bringing prescription medication, please refer to the relevant advice leaflet.

You should have a choice of three different channels:

- Choose the blue channel if you are traveling direct from an airport within the EU where you have already cleared your luggage through customs. When you enter the UK from another EU country, no taxes or duties apply to your goods.

- Choose the green channel if you are traveling from outside the EU and have nothing to declare. Customs officials may still stop you and ask you to open your luggage for inspection if they wish, or they may allow you to pass straight through.
- Choose the red channel if you are traveling from outside the EU and you have goods to declare. You have goods to declare if you are carrying more duty-free or tax-free goods than you are allowed to bring, or if you are carrying any prohibited goods. (Find out in advance what your allowance is and which goods or food items are prohibited: check with your local British Embassy, High Commission or Consulate before you leave home. You can also check the travel information section on the HM Customs and Excise site www.hmrc.gov.uk) When you go through the red channel, a customs official will ask you what you have to declare. He or she will probably also ask you to open your luggage so he or she can see what you are bringing into the UK. You will not be allowed to bring in any prohibited goods. If you are carrying more duty-free goods than you are allowed, you will be able to bring them in but you will have to pay duty on them before you can proceed. So if you choose to bring in more goods than your duty-free allowance, do make sure you have a credit card or enough extra cash with you to pay the duty.

After you have passed through customs, continue on to the express train to the heart of the city center. A meeting site will be designated in central London where you will need to meet the group; most often in past years, we have met at the Westminster Hotel. I will send you an email about the meeting site with your flat address during the summer.

Gatwick Airport to the Westminster Hotel

To get Gatwick airport to the Westminster Hotel, you can take the “Gatwick Express” train to central London’s Victoria Station. For information on costs and departures and arrivals, see <http://www.gatwickexpress.co.uk/>. From the Victoria station, we recommend taking a black cab to the hotel. Wait in line for a taxi and give the driver the name and address of the hotel. The cost will be around \$15-20 (the price can vary greatly due to downtown traffic and time of day).

Heathrow Airport to the Westminster Hotel

If you arrive at Heathrow Airport, we recommend taking the Heathrow Express, which runs from Heathrow to Paddington Station in central London every 15 minutes. For fares and timetables, see <http://www.heathrowexpress.com/>. From Paddington Station, you can take a taxi to the Westminster Hotel.

The Westminster Hotel

Once in London, we recommend that you take a black (registered) taxi from the train station to the Westminster Hotel. The Westminster Hotel is owned by the same people who have arranged and own your flats. The contact information for the hotel is the following:

The Westminster Hotel
16 Leinster Square
Bayswater, London W2 4PR
www.thewestminsterhotel.com
(44) (0)20 7221 9131

Once at the Westminster Hotel, introduce yourself to the receptionist at the front desk as a University of Denver Fall Term in London student; the receptionist will alert our contacts that you have arrived, and they show you to your flat.

Arriving Prior to the Program

Your flat (apartment) for the program will not be ready until Friday, September 14th 2007. If you would like to arrive in London prior to the start of the program, you will have several choices for accommodations. The most affordable option is to stay in one of the many youth hostels that are in London. Make sure that you pre-book your bed at the hostel before your arrival well in advance. Do not arrive in London without accommodations prearranged—it will be nearly impossible to find any accommodation the same day as your arrival.

Please note that arriving prior to September 1st may have consequences on the expense of your plane ticket; for more information on this, please refer to your study abroad handbook. If you decide to arrive in Europe prior to the start of the program, please allow yourself enough time to rest before the program actually starts.

Staying on after the Completion of the Program

Arrangements can be made to stay in your flat after the completion of the program on December 14th 2007. **You must contact the Study Abroad Office and the Vienna Group if you plan to do this.** The Study Abroad Office is not involved with this transaction. This will be at your expense and must be organized with the Vienna Group. Their central reservation number at 011 44 20 7221 1400. Note that the first numbers (011 44) are for making calls from the U.S. You can also contact them by e-mail at hotels@vienna-group.co.uk or through their website at www.vienna-group.co.uk. You will be billed directly for the extra accommodation by the Vienna Group.

Also, as with leaving after the completion of your program, please remember that delaying your departure could impact the expense of your plane ticket.

Living In London: Housing

You will be housed in a shared apartment with other DU students. The DU study abroad office will get the address of your apartment during the summer and email you the address, names of your roommates, and the status of internet service in the rooms. Each apartment contains two to three bedrooms (sleeping between two-three people per bedroom), a living room, a kitchen stocked with basic utensils, and a bathroom. The apartments—but not bedrooms—will be co-ed. All bedding is supplied, and will be washed and changed once a week. Towels are not provided generally.

Roommates (Flatmates)

You can make roommate requests at the final Fall Term in London Orientation. We recommend having a conversation about living habits with your roommates shortly after arrival in order to avoid conflicts. You will be living in relatively tight quarters and be spending a lot of time with each other; conflicts may occur during stressful times—many of which can be avoided by addressing the issues before they occur.

Flat Maintenance and Accommodation

A representative from the Vienna Group visits the flats once a week to hear complaints and check a maintenance log, in which you can leave maintenance notes, complaints, or requests. If your issue is not being taken care of, you can contact the London Director, Jere Surber. If

you have problems with the housing or the program in general that you cannot solve with the London Director or the Vienna Group, please contact the Study Abroad Office. If your issue is not being addressed, we have the contacts to get things done and we can address the problem—please let us know. It is not wise to contact your parents/friends with the problems and let them contact the Study Abroad Office. With secondhand information, the problem is more difficult to resolve. E-mail is checked regularly and is a quick way to get problems solved.

Deposit for Damage

The housing is arranged by the University of Denver. These are private apartments. Noise and damage to the apartments will not be tolerated. Any damage will be charged to all students in the apartment, including fines for noise violations. The deposits will not be refunded if damage is found. Smoking is not allowed in the apartments. You will be billed \$100 damage deposit refundable upon your return from London.

Laundry

Laundry facilities are not provided in the apartments but all neighborhoods have a number of laundrettes for student use. As with many things in London, it is not cheap to do laundry. Please budget accordingly.

Safety in Apartments

Do not give out your address to strangers or casual acquaintances. Do not invite casual friends to the apartment and be alone with them, or leave them alone in the apartment. Valuable possessions were stolen when casual friends were left in an apartment alone. Try to avoid advertising that you are an American student. Wearing flip-flop sandals or college sweatshirts, T-shirts, and baseball caps are 'give-away's that you are a vulnerable American visitor. Locals also tend to wear darker and more conservative clothing than most Americans.

Money Matters

Meals

There is no formal meal plan. We suggest an average of \$1,000-\$1,400 for food for the length of the program. Some students may use less and some students may use more. Eating out in London can prove to be expensive so we suggest that you utilize your kitchen facilities.

Currency

The British pound is currently worth about \$2.03. London is the third most expensive city in the world. Though the exchange rate fluctuates, London is consistently expensive. You can access the current exchange rate at <http://www.xe.com/ucc/>.

British currency consists of pounds, sometimes referred to as 'quid" (£), and pence (p). One pound equals 100 pence. Paper notes are issued for £50, £20, £10, £5 and coins come in £2, £1, 50p, 20p, 10p, 5p, 2p, and 1p.

Scotland prints its own money, which looks a bit different from English money. It is still pound sterling, and has equal value to English money. You can use either form anywhere in the UK.

It is wise to bring about \$200 in cash with you to get you through the first couple of days. Also, make sure to notify your credit and debit card companies that you will be making international transactions BEFORE you leave for London. If you do not, it is likely that your card will be denied.

You will not be able to open a bank account in the UK; therefore, you must make other arrangements for accessing your finances. A combination of cash, credit cards and traveler's checks is best. Most students will access their US bank accounts through London ATMs that accept Visa or Mastercard debit cards. These ATMs are fairly abundant in London, but do have withdrawal fees.

Cost of Living in Britain

To get an idea of finances, here are some basic examples of current prices. Remember to convert these prices into dollars, multiply them by 1.75.

Daily newspaper: **25-50p**

Dinner at a pub: **£7**

A pint of lager: **£2.50**

Lunch at the student union: **£3**

Loaf of bread: **90p**

Bananas: **55p per pound**

Hamburger: **£2.50 per pound**

Small jar of Peanut butter: **£1.50**

Spaghetti: **45-65p per pound**

Cornflakes: **£2**

Pint of milk: **65p**

Toilet paper (4 pack): **£1.99**

Toothpaste: **70p+**

Cinema ticket: **£2 – 10**

Admission to club on "student night": **£5-£10**

A haircut from a mid-priced salon: **£20**

A music CD: **£15**

Umbrella: **£3+**

Portable Hairdryer: **£7+**

Working in Britain

As a full-time student in the UK, you might have permission to work up to 20 hours a week during the term and up to 40 hours per week during vacation periods. To be eligible to work, you will need to tell the immigration officer at the airport that you are a student and request a "Code 2" stamp in your passport—without it, you cannot work. In the past, some students have had difficulties receiving this stamp. If this happens, go through immigration and contact the US Embassy. The embassy might be able to help you acquire permission to work as a student in the UK.

For more information go to:

http://www.lancs.ac.uk/users/studentssupport/international/employment_permits.htm

E-Mail

We will not know whether or not there will be internet access in your flat until we know the exact address. The flat and room assignment will be made during the summer—when this is determined, we will email you this information. It is best to plan on not having internet service in your flat. You can access your DU e-mail account from City University. E-mail accounts are also available from City University; however, you will need to continue checking your DU e-mail account as we will be sending you *important* updates (like how to register for the winter quarter at DU) during the term abroad. Remember to take the e-mail addresses of your advisors, Center for Academic Advising, and any other departments you might need.

Electrical Appliances

If you plan to bring any electrical appliances with you from the US (e.g. hairdryers, curling irons, etc.), please make sure that you bring a transformer **and** an adaptor. The electrical current in Britain is 240 volts, in the US, it is 110 volts. This means that American appliances are made to handle about half the amount of electricity that UK sockets provide, resulting in a blown out hairdryer! For many appliances, the best advice is to simply wait and purchase the hairdryer or whatever once you're in Britain.



British **adaptors** will look like the following picture—3 prongs, 2 horizontal, 1 vertical.

Computers

You will have access to a computer lab at City University. This will be similar to the computer labs at DU, but probably much more heavily used as British students tend not to have their own computers. If you have your own laptop computer, you will probably be glad to have it with you; however, be sure to get good advice on transforming the voltage before you go. Incorrect transforming can ruin the computer! **If you are taking a laptop with you, check that you have insurance coverage case it gets lost or stolen. It is also a good idea to purchase a lock if you do not already have one, keeping your laptop locked at all times.**

Transportation in London

London has an excellent public transportation network, and the average Londoner will spend a significant portion of his or her day commuting. Please be prepared and even excited for this experience—it is part of living in London!

You will have several options for paying for use of the London 'Tube.' Upon arrival at the train station, we recommend purchasing a month tube pass for zones 1 and 2, which will cost £89.10 (approximately \$177). This might sound expensive, but it is less money than vehicle-related expenses in the US; plus, this pass is also valid on all busses. You will use this pass everyday.

At the City University Student Union, you will be able to apply for a student ID card that will enable you to buy discounted monthly passes for the following months. It will take three weeks to have your London student ID card processed and created—so apply for this as soon as possible. This process cannot be begun outside of London.

Another option is to use the pre-pay, pay-as-you-go “Oyster Card.” Oyster cards are plastic smart cards charged with credit, which is deducted each time you take the tube or bus. You can charge your Oyster Card by credit or debit with rides at machines in the underground stations. Each ride is significantly discounted and much more affordable than paying for each trip—Oyster Card fares are frozen at the 2003 rate. There are also Student Oyster Cards, but these also require a London student ID. Depending on how often you use the tube or bus, this can be a more affordable option than the monthly pass.

For more information on both of these options, please go to the following websites:

<http://www.tfl.gov.uk/>

As you might expect, the public transportation in Europe is remarkable. Like the locals, you will be reliant upon it. Realistically you should expect to have more of your time and money spent commuting, especially in large cities, than at home. This is a part of everyday European life so do your best to enjoy it—you will miss it when you come home.

Remember that traffic will be moving in the opposite direction in the UK. An American study abroad student in London was struck by a bus and killed several years ago when she walked out into the street while looking wrong way—be careful!

Academics

Remember that this is a *study* abroad program. Your academic schedule will be comprised of four classes.

DU London Program Courses

DU Courses: All students are required to take the program’s core classes which will be taught by Professor Jere Surber (jsurber@du.edu) of the philosophy department. All students will be registered for two 4-credit courses: Discovering Philosophy (AHUM 1610) and The Modern Mind: London (CORE 2607).

Choice Courses: You can choose one of two following courses: “Art History in London” or “Shakespeare at the Globe Theatre.” These courses are taught by adjunct professors and have proven very popular in the past. They both use London as a classroom. The Art History course visits various art museums and galleries where students can study paintings and sculptures firsthand. The Shakespeare course provides an introduction to Shakespeare’s plays and is taught at the famed Globe Theater in London. The class also includes admission into several productions of Shakespeare at London theaters.

The program’s core courses, along with the Art History and Shakespeare classes, will be recorded on your DU transcript as regular DU grades and will be figured into your overall GPA.

City University Courses: You are required to choose one course taught at City University. There is a wide variety of courses to choose from at City. Check out their web site at <http://www.city.ac.uk/international/study.htm> for class information. Courses should be approved prior to leaving the University of Denver, but can be changed in London if they conflict with the CORE class. Please choose at least three courses in case there is a time conflict with the London core course or a course is canceled. (Note that you are allowed to take only one course at City.) Please communicate your course choices to the Study Abroad Office. Special arrangements can be made for music, performance, or theatre majors.

Courses taken at City University will be recorded as DU credit and the grade will appear on your DU transcript but will not be figured into your overall GPA.

Registering for Class at City University

Before beginning discussing the logistics of registering for classes at City University, it is important to understand that British universities (or many with British influence) use the following terms:

US Terminology	UK Terminology
Classes or courses	Modules
Majors	Courses
Professors or Teachers	Tutors, academics, lectures, instructors, or professors

Consider this your first lesson in British English! For the purposes of this booklet, we will keep to the American terminology.

Remember that because the British universities do not set their academic time table and course offerings until shortly before the beginning of the term; therefore, you will not register for your class at City University until you arrive. There is no alternative to waiting until your arrival because your host university's course catalogue will not be finalized until a few weeks prior to the start of their term.

The best way to cope with the uncertainty of what classes will actually be offered is to select many classes that would satisfy DU degree requirements and have them all pre-approved by your advisors at DU; this way you will have many back-up plans when you register. You can use the previous years' catalogue because it's likely that your host university will offer similar classes again. An updated link to the catalogue with course descriptions can be found on our Fall Term in London page of our website.

Getting your City Classes Approved for a DU Degree Requirements

Remember that you will still need to gain the approval of one of the DU academic advisors listed in the appendix for your course at City University. Advisors will require you to show them a course description before making a decision. They are willing to do this over email. When you gain the approval of an academic advisor for a course, make a copy of it and give (or email) our office the original. It is very important to keep your own record of these conversations. *We highly recommended arranging this before you leave so that you are certain that you will not delay your progress on your DU degree.*

Course Levels and Equivalencies

Most universities in the UK have three year degree programs. British students focus only upon their major and are not required to take any courses in other departments like Americans are. The British students will begin to focus their studies upon 2-4 subjects during a two year exam period before applying to college called "A-Levels." This means that they have been focusing on their major even before they enter the university system. The upshot of this is that your fellow students in most of your classes will have some background in the subject. DU students, however, have found that they can keep up—so long as the course is at the introductory level. If you have no background in a particular subject that you want for a CORE or foundations class, it is wise to choose classes with the lower levels. In general, we translate the course level equivalencies in the following way:

100/1000 level – UK First Year – DU Sophomore/Junior Level

200/2000 level – UK Second Year – DU Junior/Senior Level
300/3000 level – UK Third Year – DU Senior/Graduate Level

Grades

To reiterate, the DU equivalent grades or marks that you earn in your class taken at City University will be displayed on your transcript, but will not be factored into your DU GPA; therefore, your GPA will be same upon return as it before departure. If you do not earn a passing grade for a class, you will not earn credit for the class and the grade will be displayed. In order to pass a course and get credit for a course, you must earn the equivalent of a “C” or better.

Keep in mind that the UK education system does not suffer from the same grade inflation that has become a problem in the United States. Most UK professors are accustomed to awarding “C” level grades to the average hard-working student, reserving “A” grades for the extraordinary students who come along once a year or even less frequently. Returned students have equated “B+” level work with “C” level work in the UK.

What you will see on your APR

When you return to DU, the general 4-credit study abroad placeholder course will remain on your APR until our office has received your City University transcript. It can take British universities up to four months after your departure to ship your transcript to DU. Once we’ve received it, we will need an additional 10-14 days to apply these credits to your APR (assuming you had your course approved by DU academic advisors); therefore, your actual class that you took and grade you received will not be visible on myWeb until sometime in February or March.

Once the transcripts have been received, the Registrars’ Office will use your course approvals to locate the class in the proper requirement for graduation, as determined by an academic advisor. If you do not have the City University course approved by a DU academic advisor, it will be placed in a general elective category by default. If you are planning to graduate at the end of winter or spring quarter, it is important to let us know so that we can arrange for rushed delivery.

The UK Academic System

Because you will be taking a class at City University, I have included the following information about the British Education System tips on how to be successful in your course.

Being Successful in the UK Academic System

There are several major differences between the US and UK academic systems at the undergraduate level; in fact, you may experience culture shock most vividly in the classroom. In the following paragraphs, I will give you a better idea of what to expect.

Grades, Tests, and Study Tips

One difference between the UK and US systems is the amount of assessments that happen in any one term. In the US, you might have weekly homework assignments and two papers for a class. Most classes in the UK will have only one final exam or paper worth 100% of your grade. Sometimes professors will assign optional homework that is not graded and may have no impact on your final grade.

As a consequence, your final assessment—whether it’s a test or paper—should be your very best work. You should set aside time each week to study and prepare throughout the entire

term, and not just the final weeks of the term. American institutions recommend that you should study a minimum of two hours for each hour that you are in class. This might be a good guideline for your schedule in the UK. Set deadlines for yourself and meet them.

Another difference between the US and the UK system is the level of independence. British students often work independently, studying on their own for significant periods of time. This model is actually very similar to ideal US graduate schools.

There is less guidance on what is expected of you to prepare for class each day. Some professors might only tell you the topic for the next class, and it is your responsibility to prepare yourself through independent research. Typically, you will be given a comprehensive list of suggest readings, but you will not be required to read all or any of them. You should go to the library and examine each of the suggested readings and focus on the ones that are most helpful to you.

British students rely heavily on the university library for their reading materials, buying only the most necessary texts. You may find that many of your classmates are rushing to the library the first day after class to check out the important reading materials on the list. Keep in mind that you can have books recalled if what you need is checked out. This process will usually take around 2 weeks.

Often professors will put several books on reserve in the library for students to use, but will not assign specific page numbers to read; therefore, you must make the decision about what and how much you want to read. Most professors are willing to meet with you and discuss this, but want you to take the initiative in your research. It might be a good idea to propose some thoughts about your research plan to your professor and ask for her or his feedback.

This is a lot of pressure and can cause some anxiety, especially since you do not have the opportunity to learn how the professor grades and what he or she believes to be most important about the topic. If you are accustomed to having readings assigned for each week, assign them to yourself and ask for the professor's feedback on your assignments. This should ease your worries. Make sure to visit your professor or tutor's office hours regularly.

The UK Council for International Education has compiled a four page list of study tips and description of the UK educational system. I strongly recommend reading this work: <http://www.ukcosa.org.uk/images/methods.pdf>. Your British Council Guide also has several study tips.

In general, it is much more apparent on UK campuses that the emphasis is upon independence and critical thinking (which they call "critical judgment"). As junior university students, you should know about what constitutes critical thinking. If you have doubts about what exactly critical thinking looks like, it might be best to ask one of your favorite professors at DU before you leave for the summer. In general, critical thinking is the ability to suspend your preconceived notions in order to investigate an issue from many different academic angles, and then form an opinion that is coherent and well-supported by evidence. After taking a course in the UK, you should be able to speak at length in an interesting way about the topic, displaying critical views of many of the basic points of the course material; if you can do this, it's a good indicator that you're prepared for the exam!

If you want personal academic help and advice, the student union will often have support services like tutors and writing workshops. Utilizing local tutorial services will familiarize you

with the UK system and save you the stress of trying to learn it the hard way—by making mistakes!

In general, it is important to remember that the British academic system is one of the most difficult in the world. It probably will not feel like this until you receive your grades at the end of term because independent work is such an emphasis. Do not be fooled by the casual attitude that your professors and local classmates may appear to have towards their studies. Take your work very seriously and do not procrastinate on preparing for your final exam.

Getting Integrated and Making the Most of Your Study Abroad Experience The Student Union

Since the majority of your time in class and in your flats will be spent with other DU students. You must make a conscious effort to meet the locals. The main place for you to do this is at City University's Student Union.

Here is general information about British student unions from the British Council: "Student unions are the hubs of student life at UK universities. At most US universities, no umbrella organization oversees both activities and student services. But in the UK, unions – run by students, for students - provide a one-stop shop for all needs: from giving advice on accommodation or finances to organizing sports and arts clubs and from running student pubs to planning city clubbing nights. At the union, students can get practical advice on such topics as finances, academic concerns, accommodation, job searches and immigration. Unions also provide resources on mental health issues, safe sex and alcohol awareness. Large unions act as drop-in advice centers and often employ full-time staff, while smaller unions rely on volunteers and, at the very least, have information resources. Unions also oversee all student groups. At the union, students can sign up for societies devoted to radio, painting, religion, volunteerism and more. And sports clubs are a popular way to get fit and make friends in a low-key setting. Providing entertainment is a core function of students' unions, most of which run in-house pubs and cafes. Larger unions sometimes have their own dance clubs, cinemas and performance spaces for student and professional groups. In addition to on-campus entertainment, unions often host events – like pub and club nights – in the local town. And for first-year students, union organizers are the ones that run Freshers' Week, a series of activities – from parties to club and society sign-ups – meant as a fun welcome to university life. Unions have a democratic tradition. Each union is governed by elected officers and will hold general meetings where students can vote on issues. As the voice of the student body, unions speak on behalf of students to university administrators on academic and welfare topics, and also lobby to the local or national government on larger issues of import to students. Many of these campaigns are run in conjunction with the National Union of Students (www.nus.org.uk/), an umbrella organization with which most individual unions are affiliated."

This is your primary way to get involved and integrated into City University. You can find out about many student groups and intramural sports during "Freshers Week"—which will take place shortly after arriving in London. Nevertheless, you can begin planning now by contacting leaders of student groups that interest you. We encourage you to get involved as much as possible at City University on an individual basis. Allow your fellow DU students to explore the clubs and societies separately, as an individual DU student will have better success integrating into a student group than a pack of DU students. Feel free to send an email to the student union now, inquiring for a list of possibilities. Information about the City Student Union can be found at the following websites:

<http://www.city.ac.uk/studyatcity/studentlife.html>

<http://www.cusuonline.org/>
<http://www.cass.city.ac.uk/student/clubs/>

The British Pubs and Alcohol

Pubs are a significant part of British culture and social life. They are the principal meeting place to relax with friends. It is important to understand since the legal drinking limit in the UK is 18 (and even younger in other parts of Europe), most of your non-American classmates have had legal access to alcohol for much longer than you and hold a different attitude towards alcohol, resulting in a much more responsible and mature attitude. If you engage in binge drinking or drunkenness (a horrible way to make a first impression!), your non-American friends will probably see you as immature and childish. Of the few US students who have been victimized while studying abroad, nearly all of them have been attacked while they were stumbling home alone from the bars drunk. Not only is this behavior childish—it is dangerous! We highly recommend practicing responsibility in the pubs, the UK, and Europe as a whole.

Homesickness, Mental Health, and Culture Shock

US students the in UK often experience a high level of culture shock because they expect the UK to be so similar to the US. Although the UK is English-speaking, there are still many large differences that you will encounter. For example, you will notice and much different mentality regarding customer service, convenience, and consumerism. Stores in the UK are open less frequently than Americans are accustomed and even be less helpful to their customers. If you are expecting America with an English accent when you arrive in the UK, you will be shocked and this can cause stress.

Another common source of struggle for DU students in the UK is the weather. With approximately 300 days of sunshine in Colorado, it can be very difficult adjusting to the typical gray, rainy weather of the UK. Remember that it is just as far north as Canada.

The student union building will also offer free counseling services. If you are seeing a counselor here, you must see one in the UK. Culture shock and homesickness tend to exacerbate (not resolve) depression, anxiety, and many other emotional concerns and physiological disorders. Even if you're not accustomed to meeting with a counselor, you may consider meeting with one while you're in the UK. Even if you just want to process how you're adjusting to your new surroundings, counseling is a luxury that is very expensive in the US—make use of this service!

Useful Websites

www.du.edu/intl/abroad/index.html - DU Study Abroad Office
www.travel.state.gov/travel_warnings.html – Travel warnings from U.S. State Department
www.britishcouncilusa.org/learning/clearance.shtml - Information on Entry Clearance Form
www.bbc.co.uk – British news source
www.statravel.com – U.S. student travel company
www.thetrainline.com – A site where you can purchase train tickets online
www.ryanair.co.uk – Cheap European airline (also own Buzz Airline)
www.go-fly.com – Cheap European airline (also own Easy Jet)
www.xe.com/ucc/ - Currency conversion rates
www.hps.com/~tpg/ukdict/ - A guide to British language
www.peevish.co.uk/slang/links.htm - Guides to slang in different parts of Britain

British to US English Language Translations

(Taken from the British Council's pre-departure guide for US Students going to the UK)

BANGERS AND MASH: sausages and mashed potatoes. A common, filling and often tasty staple at most pubs.

BAP: bun/roll for sandwiches.

BIN: garbage can.

BISCUIT: cookie

BLOKE: a guy.

BLOODY: a swear word. similar to the American 'damn' but a bit stronger.

BUGGER: similar to the American "damn!" Can also be used as "bugger all" meaning 'nothing.'

BUM: rear end, bottom.

CANTEEN: cafeteria.

CAR PARK: parking lot

CASHPOINT: ATM

CHAT UP: flirt with, come on to.

CHEERS: greeting, as in 'hello.' Also used in lieu of "thanks."

CHEMIST: drugstore/pharmacy:

CHIPS: French fries.

COACH: bus.

CRISPS: potato chips.

DOSH: cash/money.

DUVET: comforter or bed covering.

FAG: cigarette.

FIVER: five pound note.

FLAT: apartment.

FULL STOP: a period (punctuation).

FOOTBALL: soccer. Football is called "American football."

FORTNIGHT: two weeks.

GARDEN: yard.

GROUND FLOOR: first floor

HIRE: to rent.

HOOVER: the action of vacuuming.

JUMPER: sweater.

KNACKERED: tired, worn out.

KNICKERS: women's underwear.

LAVATORY/LOO: bathroom

LIFT: elevator

LORRY: truck/18 wheeler.

MATE: friend, pal.

MOTORWAY: highway.

NOT BOTHERED/CAN'T BE BOTHERED: don't care. Ex. "I can't be bothered to go out tonight."

NUTTER: crazy person. Ex. "He's acting like a nutter!"

OFF LICENSE: shop that sells alcohol to go.

PANTS: in the UK, 'pants' refers to underwear. So be wary of using "pants" to describe your "trousers."

PETROL: gasoline.

PISSED: drunk.
POST CODE: zip code
QUEUE: line
QUID: a pound in currency.
RETURN: round trip
RING UP: the British don't 'give you a call' they 'ring you up.'
RUBBER: eraser.
SMART: fashionable/chic.
SNOG: to kiss.
SOD OFF: get lost.
SOLICITOR: a lawyer.
SORRY?: pardon me? Excuse me?
SORT IT OUT: figure it out.
Single: one way
TA: thank you.
TAKE THE MICK/TAKE THE PISS: teasing/taunting.
TAKEAWAY: take out food.
TEA: dinner. "Going to tea" often refers to going out for dinner.
TELLY: television.
TRAINERS: tennis shoes/athletic shoes.
TYRE: tire. As in the rubber wheel of a car.
UNI: university.
WASHING UP: doing the dishes.
WAY OUT: exit