

London Pre-Departure Orientation

Foundation for International Education



About FIE

- The Foundation for International Education, a London-based non-profit organization, supports U.S. universities and colleges and their faculty who wish to provide a London-based study abroad experience for their students.
- FIE achieves a high level of quality student support by supplying an innovative curriculum, cutting-edge facilities and high-quality student life services.
- FIE staff are on hand to help you in every way they can, so please come to Foundation House during your time abroad and use us as a resource.

Prepare Now

- You may think you have a long way to go before departure... but your program will be here before you know it!
- Before you go, write down what you hope to learn or accomplish during your program.
- Make copies of important documents – passport, immigration letter
- Your pre-departure handbook will be your reference for what we talk about today.



Things to Know Before You Arrive

- Prepare for Culture Shock
 - What to Pack
- Money and Finances
 - Insurance
 - ISIC Card
- Passport and Immigration

Preparing for Culture Shock

- Definition: <noun> Anxiety and disorientation felt when people have to operate within a different cultural or social environment.
- Just because you are going to an English-speaking country does NOT mean you won't experience culture shock.
- Expect to feel a bit uncomfortable at times
- The Stages of Culture Shock:
 - HONEYMOON
 - HOSTILITY
 - HUMOR
 - HOME

Ways to Manage Culture Shock

- Revisit your goals for the program when you are having trouble appreciating your time abroad.
- Remember that this experience is what you make of it.
- Utilize your sense of humor.
- Be open-minded: it's not wrong, it's different!
- Repeat this daily: I HAVE TOLERANCE FOR AMBIGUITY!
- Talk to FIE staff if you feel that you are really having difficulties adjusting. We are here to help.

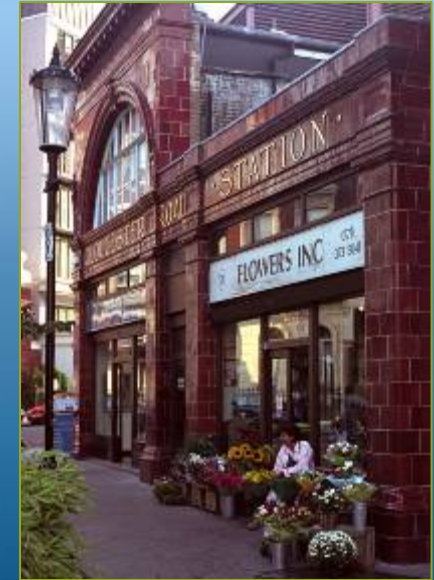
What to Pack

- DO NOT OVERPACK. Storage space is limited, and you will have to get your luggage to your residence!
- You should bring:
 - an umbrella or hooded rain jacket.
 - a bath towel and washcloth.
 - a battery-powered alarm clock.
 - all necessary prescriptions and medications for the duration of your program, in their original labeled bottles.
 - your pre-departure handbook
- About small appliances: British and American voltages are different. It will be easiest for you to buy a cheap hairdryer or electric shaver while you are there.



Money and Finances

- The cost of living in London is significantly higher than in the U.S.
- For current exchange rates, visit www.x-rates.com.
- Budget between \$150 and \$200 per week for food and personal expenses.
- Carry some British currency for your arrival, or visit an ATM in the airport once you land.
- Banking: Use your regular debit card while abroad. Always have a backup debit or credit card. Watch the fees.
- You MUST notify your U.S. bank/credit card companies that you will be using your accounts overseas, or they will freeze the accounts.



Insurance and Medical Provision

- Most FIE programs include comprehensive health insurance through Endsleigh. Check with your home institution.
- You will receive more information about this policy from the London team, including instructions on how to make a doctor's appointment.

ISIC Card

- ISIC = International Student Identity Card
- An ISIC card is an internationally recognized form of student identification that gives you student discount rates at places such as museums, theaters, restaurants and concerts, as well as on airplane and train tickets.
- ISIC cards are cheaper to buy once you arrive in the U.K. The Student Life office will give you more information during your on-site orientation.





Passport and Immigration

- You MUST have a current U.S. passport to enter Britain.
- American passport holders need Pre-Entry Clearance (PEC) to enter the U.K. if completing an internship or service learning placement, or if you are studying in the U.K. for more than 6 months. A variety of documents are required to apply for the PEC. More information is available at www.visa4uk.fco.gov.uk/.
- If you are on a study-only program, you will not need Pre-Entry Clearance. Instead, your home institution will issue you an immigration letter that you must carry with you and present at U.K. Immigration.
- If you are not an American passport holder, please check with the British embassy immediately for your entry requirements.

When You Arrive

- Going Through Customs
 - Getting to FIE
 - Orientation



Going Through Customs

- When you land in London, you will go through U.K. customs, where you will present your passport with the Pre-Entry Clearance stamp and/or immigration letter. An official will ask you questions such as the purpose of your visit, how long you will be in the U.K., and where you will be staying.
- It is in your best interest to treat the customs officials with respect, as they approve your entry into the country!

Getting to FIE



- If your school makes group arrangements, please follow those instructions.
- Your Pre-Departure Handbook includes detailed information on getting to FIE from Heathrow or Gatwick airports in London.
- The London team will be sending you more arrival information. Please send your flight details to them as requested.

Orientation

- Following your arrival, you will have an orientation to help you settle in, answer any questions you have, orient you to the local area and help you understand London public transportation.
- Most orientations include a walking tours of Kensington and Chelsea, London tour, theater trip, health and safety lecture and welcome reception.



During your Program

- Academics
- About London
- Foundation House Study Centre
 - Student Housing
- Computing and Technology
 - Telephones

Academics

- Classes will use the extensive and excellent resources of London.
- This is a study program, not a travel program.
- Academics take precedence over other activities.
- Preparation and participation are expected in all class sessions and excursions.
- Realize that faculty may have a different teaching style abroad.

About London

- London is...
 - the most multi-cultural city in the world, with one in three Londoners born outside the U.K.
 - the largest city in Europe with more than 8 million people.
 - home of the pub culture, heart of the British social scene.
 - endlessly accessible by tube, bus and train.
 - a gateway to the rest of Europe.



Foundation House Study Centre

- Foundation House...
 - is centrally located in Kensington on Cromwell Road, a few blocks from the Natural History and Victoria and Albert Museums.
 - is just around the corner from the Gloucester Road tube stop on the Piccadilly, Circle and District lines.
 - houses classrooms and offices for the FIE academic and administrative staff.



Student Life in London

- The Student Life team in Foundation House offers you information about local events, sponsors special discounted outings for students, and is available to help with your questions and concerns.
- Some unique student life offerings:
 - Weekly Cheap London Emails
 - Extra-curricular calendar
 - Access to the Imperial College Student Union
 - HOST U.K. weekend British home stays
 - Volunteer Opportunities
 - Occasional cooking classes

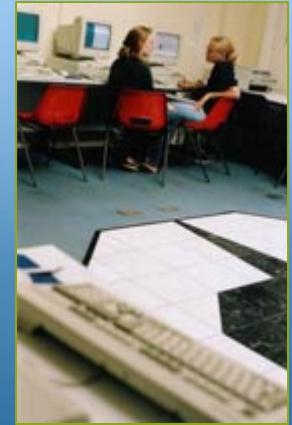


Student Housing



- Student accommodations are located within easy walking distance of Foundation House. Resident Advisors live in the building.
- The housing was not purpose built – rooms will be different shapes and sizes.
- The details...
 - Students may have one, two or three roommates.
 - Fresh bed linens are provided once a week.
 - Kitchens are equipped with basic cooking gear and utensils.
 - No overnight guests are allowed. Period.
 - The London staff will notify you of your housing placement within one month of arrival.





Computing and Technology

- Each FIE academic and housing facility has wireless internet.
- Metrogate, one of the residences, features a Study Center PC Lab open 24 hours to all FIE students.
- Students are encouraged to bring their own laptop, but should properly insure it.
- The IT team in London will assist you with setting up your computer on our network after you arrive.
- Check with your computer manufacturer or retailer to ensure that you have the appropriate power cord for use in the U.K.

Telephones

- Dialing details for U.S. to U.K and U.K. to U.S. calls can be found in your pre-departure guide.
- Many students purchase inexpensive mobile phones for their time in the U.K.
 - The most common mobile plan in the U.K. is the “top-up,” or minutes-based, phone.
 - Student Life will send you information regarding a mobile plan that allows you to order a phone in advance.

Health and Safety

- Emergency response plan
 - Incident reports
 - Lock your doors
 - Big city - petty crime
- State Department Web site
- Stay in touch – travel forms

Internships

- Internship Stages
- Internship Expectations
- Your role as an Intern

Internship Stages

Before you arrive:

- Application Form
- CV (resume) and Personal Statement
- Internship Allocation and Sourcing of Placement

After Arrival in London:

- Notification of Placement
- Internship Orientation and Workshop
- Interview
- Placement Commences
- Assessment



Internship Expectations

It is important for you to know:

- Internships are not as popular or wide-spread in the U.K. as they are in the US.
- Most placements are small to medium-sized organizations, since most large corporations run their own closed internship program or none at all.
- Expect U.K. industries and the workplace to be very different from that of the U.S.
- Internships are entry-level positions.
- All internships are unpaid.



Your Role as an Intern

To be a successful intern, you should...

- have reasonable expectations, be open minded and flexible.
- be willing to take on unexpected challenges.
- view it as a cultural learning experience, and *not* as 'on the job training.'
- research the U.K. industry associated with your internship choices.
- check your email regularly and keep to internship office deadlines.
- for questions, please email the Internship Team at: internship@fie.org.uk



Remember...

Make the most of this experience!

It will go by quickly, so work consciously toward achieving your goals.

Also, remember how lucky you are simply to have the opportunity to study abroad.

Contact FIE

studyabroad@fie.org.uk

www.fie.org.uk

#011 44 207 591 7750

114 Cromwell Road
London, SW7 4ES UK

