

University of Wisconsin-Eau Claire

Study Abroad

Faculty-Led Immersion



MEDICAL HISTORY IN THE UNITED KINGDOM

WINTER 2020

Program Guide

Table of Contents

General Information	2	Passport.....	8
The Program	2	Visa for the U.K.....	8
The Location.....	2	Student Visitor Visas	8
Program Calendar	2	Visas for Travel to Other Countries.....	9
Academics	3	Packing Tips	9
Program Prerequisites.....	3	Clothing & Weather.....	9
Pre-departure Orientation,	3	Appliances	10
Coursework while Abroad, and Re-entry		Other Items to Bring	10
Requirements	3	Arriving in England	10
Credits and Grades	4	Fox Travel.....	10
Money Matters	4	Travel Arrangements	10
Costs Paid to UW-Eau Claire	4	Getting from Heathrow to Paddington Station ..	11
Estimated Additional Costs	4	Lodging.....	11
Total Cost Estimate	4	About Hostels	12
Program Fee: What does it cover?.....	4	Meals	12
Souvenirs & Personal Travel.....	5	Common Foods Found in the U.K.....	12
FLIIE Funding	5	Communication	12
Program Refunds from UW-Eau Claire	5	Time Difference.....	12
Currency Exchange	5	Telephone Information	12
Credit Cards.....	5	Computer / Email Access	13
ATMs: Credit / Debit Card Use.....	5	Language and Lingo	13
Traveler's Checks	5	Where am I going? England? Great Britain? Or the	
Health & Safety	6	United Kingdom?	13
Immunizations	6	CONTACT NAMES & ADDRESSES.....	14
BSE (Mad Cow Disease).....	6		
Prescriptions-Allergy Shots.....	6		
Intro to the British Health System	7		
Emergency Contacts	7		
Safety in England	7		
Alcohol & Drugs	7		
Sexual Harassment & Assault	7		
Required Documents	8		

CONGRATULATIONS on being accepted to the UW-Eau Claire study abroad program: Medical Breakthroughs in England during Winterim 2020! Living and studying in a foreign culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

Building upon existing foreign language skills
Gaining new perspectives on a chosen academic field
Increasing understanding of different cultures
Enhancing personal development
Developing different perspectives on U.S. culture
Gaining self-confidence and independence
Learning skills for the future international job market

It is up to you to determine how you can best benefit from these possible advantages. This is your experience!

This program guide is to be used together with the general Faculty-Led Study Abroad Handbook. The Handbook contains information that is pertinent to all faculty-led, short-term study abroad programs. This guide will provide you with specific information for the Medical History in the U.K. Winterim program, complementing the Study Abroad Handbook, study abroad orientation, and your individual pre-departure preparations.

Please realize that although this guide was written to help you better prepare for your time abroad and contains all of the information available at the time of printing, it is impossible for any single resource to answer all of your questions. We strongly encourage you to contact your faculty leaders, the Immersions staff, and past program students on campus with your specific questions. You should also make use of the additional written and web resources listed near the end of this guide.

Basic questions only you can answer include:

- 1) What are YOUR goals for this experience? Common objectives of students abroad include advancement in future profession; desire to expand personal and academic horizons; need for a change; and the wish to challenge one's self by being immersed in a new culture.
- 2) Given the way the program is set up, how can you best prepare to meet your goals? For example, if one of your goals is to truly be immersed in British culture—but the program is quite short, how can you best meet your goal?

The information in this guide was current at the time of printing, though changes may occur at any time.

GENERAL INFORMATION

The Program

This two-week program will be led by biology professors, **Dr. Winnifred Bryant** and **Dr. Julie Anderson**. This exciting medically-focused immersion program will bring you to the famous West End of London, near Hyde Park, to explore the “history of health and healing” and the evolution of medicine in the historic, yet highly modern, city of London. In addition, you will be given the opportunity to engage in more historical medical-related information and experiences in Edinburgh, Scotland.

The Location

This course will take place in London, England and in Edinburgh, Scotland—both of which are part of the United Kingdom (the U.K.). The United Kingdom comprises the countries of England, Scotland, Wales, Northern Ireland, and a few other smaller territories. Both London and Edinburgh are cities steeped in medical history with dozens of museums of medical history and historical sites, providing an engaging curriculum to follow the history of medicine over the past 500 years.

London, in particular, is the home of 17th-century operating rooms, the birthplace of public health, the site of the discovery of DNA, and home to luminaries like John Hunter, John Snow, Florence Nightingale, and Alexander Fleming. We will visit many of these historical sites and view historical artifacts as we survey the world’s healing traditions and the history of Western medicine.

Program Calendar

January 4	Travel: MSP to London
January 5	Travel: Arrive in London; Settle in and Explore Local Neighborhood
January 6	Morning Discussion; London History
January 7	Morning Walking Tour: “Who Needs Doctors, Anyway”; Afternoon Discussion
January 8	Morning Walking Tour: “Earthly Paradises and Living Encyclopedias”; Afternoon Discussion
January 9	Morning Walking Tour: “Florence Nightingale’s London”; Afternoon Discussion
January 10	Depart London; Ride Train to Edinburgh
January 11	Morning Discussion; Site Visits: Wohl Pathology Museum, The History of Surgery Museum, The Dental Collection, The Museum of Scotland
January 12	Morning Discussion; Site Visit: Surgeons’ Hall Museums
January 13	Depart Edinburgh; Return to London
January 14	Morning Walking Tour: “Pathologies: An A-Z of London’s Illnesses”; Afternoon Discussion
January 15	Morning Walking Tour; Site Visits: “Women and Medicine”; Afternoon Discussion
January 16	Morning Discussion; Site Visits: “Always and Everyone, from Cradle to Grave: the NHS Story”
January 17	Morning Discussion; Site Visit to University of Cambridge
January 18	Program ends; Return to MSP



ACADEMICS

There is additional information on academic topics such as registration, class attendance, credits and course load, grades, and transcripts in your Study Abroad Handbook.

Program Prerequisites

To participate in this study abroad program, you must be **in good academic standing and have the minimum required GPA of 3.0**. Our office checks grades at the end of the semester prior to departure. If you are on probation, we will need to check with the faculty leader(s) to see if you will be allowed to participate. If you have been suspended, you will not be allowed to participate in the program.

Pre-departure Orientation, Coursework while Abroad, and Re-entry Requirements

Attendance at the October 12th Orientation is required. There will be additional pre-departure mandatory meetings in the fall, and times and days will be announced by your Faculty Leaders. You will be engaged in several readings, research, and writing assignments throughout fall semester.

Students will complete assignments while you are traveling that require working individually and in groups. As you engage in discussions, visit museums, and study historic sites related to the fields of medicine and health, you will analyze diverse perspectives of, or viewpoints on, past events or historic developments and how they impact medical practices then and now.

After you have returned from England, there are several key follow-up activities during spring semester of 2020 that you will be completing, as well. These activities are:

- A post-program session to reflect on the longer-term impact of their experiences in London;
- An online survey about the course and the travel experience;
- A presentation of your experiences in the Biology Department Seminar and with other appropriate departments and programs; and
- Sharing aspects of your travel journals on various online sites and with local healthcare professionals.

Upon successful completion of the program, you will earn 3 credits of **BIOL 491 (Special Topics)** upon completion of all course requirements (*students earning a B.A., B.F.A. or B.M degree in the College of Arts & Sciences cannot use study abroad to fulfill their foreign language/foreign*

culture requirement. See the university catalog for details). BIOL 491 fulfills the Responsibility Outcome 2 (R2): Global Perspectives requirement upon completion of all course assignments.

Credits and Grades

Class attendance and participation in the fall course, and in program lectures and excursions while in England is required of all students and will be considered for your final course grade. **You are expected to actively participate in all activities on the itinerary.**

Credits earned abroad on this program are considered UW-Eau Claire resident credits. The class you take abroad will count towards the total credits needed for graduation, **and the grade will be figured into your GPA.** You cannot take any credits pass / fail.

The UW-Eau Claire Faculty Leaders will issue grades for the course using the usual UW-Eau Claire A-F grading scale. Grades are typically not available until late February after you have submitted your final assignment.

MONEY MATTERS

Information about how payments are made, when they are due, withdrawal / refund deadlines, financial aid, scholarships, and budgeting is in your Study Abroad Handbook.

Costs Paid to UW-Eau Claire

The **estimated** total UNDERGRADUATE Wisconsin resident cost to participate on the winter 2020 Medical Breakthroughs in England immersion program is \$3,967.

Tuition/Fees (WI res, 3 credits)	\$1,102
----------------------------------	---------

Program Fee	\$1,600
Application Fee	\$30
Total	\$2,732
FLIIE Funding	-\$1,000
Total Estimated Cost Paid to UWEC	\$1,732

The estimate is based on a Wisconsin undergraduate Wisconsin resident charge for summer 2020. Minnesota students add reciprocity; non-residents will pay non-resident tuition; graduate / MBA students will pay graduate/MBA tuition.

Estimated Additional Costs

Meals	\$500
Personal expenses	\$200
Passport/Photos/Mailing	\$135
International Airfare (MSP to London)	\$1,200
Total Additional Estimated Costs	\$2,035

Total Cost Estimate

If you add up everything you will pay to UW-Eau Claire, and estimated additional costs, the total comes to **\$3,767 for an undergraduate UWEC student.** This cost is based on twelve student participants. **All costs are estimated and may change due to exchange rate fluctuations and/or participant numbers.**

Program Fee: What does it cover?

- In-country transportation to, from, and around London and Edinburgh;
- Cultural and academic visits to historical and cultural sites included in itinerary;
- Housing in London and Edinburgh at hostels in shared bedrooms for the entire program;
- Breakfast at the hostels in London and Edinburgh; and

- International travel insurance with CISI.

Souvenirs & Personal Travel

The amount of personal funds to cover souvenirs and personal travel will vary based on your shopping habits, off-program entertainment, personal spending, etc. We do not expect you will spend a lot on personal travel as you have limited opportunities to travel during the program due to a full calendar of events. However, multiple opportunities for souvenir shopping and more will arise.

FLIIE Funding

This program is supported by Blugold Commitment FLIIE (Faculty-led International Immersion Experience) Funding for undergraduate UWEC students. While students are encouraged to participate in multiple high-impact immersion programs, each student is eligible to receive BCDT funding for only one FLIIE experience. Graduate and non-UWEC students are not eligible to receive this funding. Blugold Commitment funding is not able to cover the entire costs of the program, but will contribute \$1,000 per student toward the program fee.

Program Refunds from UW-Eau Claire

The \$30 application fee is non-refundable. **The withdrawal deadline for the program is October 1. No refunds are available after October 1, and if you withdraw after October 1, you will still be required to pay all program costs and any funds already committed on your behalf, up to the full program cost.** All withdrawals must be in writing.

Undergraduate students who withdraw will lose their FLIIE funding. As such, they will be expected to pay ALL non-refundable program costs paid to UW-Eau Claire. A student who

withdraws after the refund deadline would be responsible for paying the \$2,732 estimated cost, which is the true cost of the program without the FLIIE subsidy. FLIIE program support is based on student enrollment and can only benefit students actually participating in program.

Currency Exchange

The exchange rate as of August 2019 was £\$1.00 (one British pound) = \$1.25 in U.S. dollars (USD). You can find current exchange rates at <http://www.oanda.com/currency/converter/>

Credit Cards

In addition to the information on credit cards in your *Study Abroad Handbook*, you should be aware that **credit cards are not as widely accepted in England and Scotland as they are in the U.S.** Though accepted in many places, many small, locally-run businesses might not accept credit cards—particularly if you leave the large urban areas of London and Edinburgh.

ATMs: Credit / Debit Card Use

24-hour ATMs are plentiful in the large cities you will be traveling to. The most commonly accepted U.S. credit and debit card is Visa. You can withdraw cash from an ATM as soon as you land at the airport. You should compare the international transaction fee charged by your different banks; the fee can range from 1-3%.

Traveler's Checks

With the rise in the global presence of ATMs over the past several decades, traveler's checks are no longer recommended and they have fallen into disuse. Do not bring traveler's checks as they will be difficult to cash as few places aside from major banks accept them. Instead, use debit cards to take money out from an ATM in the local currency.

HEALTH & SAFETY

In addition to the general information in the Study Abroad Handbook, you should be aware of the following health & safety information specific to the U.K.

Immunizations

The CDC recommends that travelers to England discuss updating several routine vaccinations with a doctor at least four to six weeks prior to travel. You can find the list of vaccinations here: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/united-kingdom>.

There are very few required vaccinations for travelers anywhere in the world. Requirements can only be placed by the government of the particular country, and because such requirements often discourage tourists, governments are reluctant to establish them. CDC recommendations should be taken very seriously. However, since many of the recommendations depend on the type of travel you anticipate doing, or the length of time you are staying, you need to meet with a doctor to determine what's best for your individual situation.

UW-Eau Claire's Student Health Services offers some routine immunizations (IG, tetanus, Hepatitis B, etc.) and health education on international travel for a small fee. To set up an appointment call: (715) 836-5360.

Often, your health insurance will cover the cost of immunizations. **If your immunizations are not covered by your health insurance and you receive financial aid, you can meet with the Office of Financial Aid to inquire if these can be added to your total financial aid budget.**

BSE (Mad Cow Disease)

In some parts of the world, cattle can get an infectious, fatal brain disease called Mad Cow Disease. In these same locations, humans have begun to acquire a new related disease that is a variant of Mad Cow called Creutzfeld-Jacob Disease (vCJD)— also a fatal brain disease. Scientists believe that vCJD is a form of Mad Cow Disease that has somehow transferred to humans, possibly through the food chain.

As you may be aware, Mad Cow Disease has been present in Britain for quite some time. The general advice if you are concerned about Mad Cow is to (1) avoid beef and beef products altogether, or (2) select beef or beef products that are solid pieces of muscle meat versus brains or beef products such as burgers and sausages. You can find more information at <http://www.cdc.gov/prions/bse/>.

The American Red Cross has indicated that they will restrict the donation of blood in the United States from people who have spent (visited or lived) a cumulative time of three months or more in the United Kingdom (U.K.) from January 1, 1980, through December 31, 1996, or had a blood transfusion in any country(ies) in the U.K. from January 1, 1980 to present. Please note that these restrictions may change as more is known about the emergence of Mad Cow Disease in humans. If you have questions or concerns about your ability to give blood now or in the future, please contact the American Red Cross: <http://www.redcrossblood.org/>.

Prescriptions-Allergy Shots

Please note that allergy shots are generally not recommended by physicians in the U.K. and it will be difficult to find anyone who will prescribe or administer them.

Intro to the British Health System

You may be aware that the British health system does not have a very good reputation in the U.S. The system is actually very good; however, it operates under a different set of assumptions from the U.S. health system. U.S. students and their parents need to be aware of some of the major differences between the U.S. and British health systems.

1) The British system is set up to favor those typically most in need of medical treatment:

infants / children, pregnant women, and the elderly. People within the traditional university age range are expected to be minimal users of the health system except in the case of accidents or serious illness.

2) In Britain, medical professionals do not consider a common cold / sore throat to require medical attention. Being sick with a cold for three-four days is generally considered normal and of no major concern to a person of college age.

3) Antibiotics are very rarely prescribed in Britain. British doctors point to research that shows that frequent use of antibiotics leads to mutation in germs, rendering the antibiotics useless. Antibiotics are therefore used to treat severe illness. If you use antibiotics regularly, you may wish to bring them with you.

Emergency Contacts

General emergency procedures are described in the *Study Abroad Handbook*, and the UW-Eau Claire faculty member will be available for consultation if difficulties arise. You will receive an emergency contact card at orientation with her cell phone number; be sure to keep it with you at all times. The information is also on the last page of this guide.

Safety in England

One thing to remember about safety in the U.K. is that they drive on the opposite side of the road, so **LOOK RIGHT!!** before crossing the street.

Detailed information on crime, road safety, drug penalties, and terrorist activity in the U.K. is included in the [State Department Consular Information Sheet](#). It is highly recommended that you read through that information carefully before travel to the U.K. Safety will be discussed during orientation in England.

Alcohol & Drugs

Alcohol: The legal drinking age in England is 18. However, remember that you will want to keep in mind that cultural practices and traditional customs may be more important in determining the appropriate time, place, and circumstances for consuming alcohol than the law.

Drugs: Marijuana and other “recreational” drugs are widely available in England **and highly illegal**. Possession of any amount of cannabis is prosecutable for up to 5 years in prison along with rather hefty fines. For harder drugs, the penalties are even more severe.

Sexual Harassment & Assault

Harassment: Female travelers have reported everything from staring, lewd and suggestive comments to catcalls, and groping. Often these incidents occur in crowded areas such as market places, bus/train stations, and public streets. Women travelers in England are advised to respect local dress and customs as a way to minimize harassment.

Assault: Crimes against women including rape have also been reported in various countries in

Europe. Suggestions to maintain stringent security precautions include:

- Avoid public transport after dark without the company of known and trusted companions.
- Restrict evening entertainment to well-known venues.
- Avoid isolated areas any time of day.
- Keep your hotel room number confidential.
- Lock your hotel room and use deadlocks/door chains while in your room.
- Hire only reliable cars and drivers. Avoid traveling alone in cabs at night.
- Keep conversations with unknown men short—getting involved conversations with unknown men can be interpreted as a sign of sexual interest.

REQUIRED DOCUMENTS

Passport and additional visa information is included in your Study Abroad Handbook.

Passport

General passport information is found in your *Study Abroad Handbook*, but you will need a valid passport with an expiration date more than six months after the end of the program.

Visa for the U.K.

A visa is official permission to temporarily reside in another country and is granted by the government of that country. At the moment, the U.K. does not require U.S. citizens to obtain a travel visa for a visit under 180 days. **However, it is ultimately your responsibility to keep up-to-date about visa requirements for your host country.** Student visa information and updates for the U.K. are available at <http://ukinusa.fco.gov.uk/en/visiting-uk/visas>.

Student Visitor Visas

As of March 31, 2009, U.S. citizens who are studying in the U.K. for up to six months may enter the U.K. to study under two categories of visas: (Non-PBS) Student Visitor or PBS Tier 4 Student Visa. As you are participating in a study abroad program sponsored by a U.S. institution, you can only enter the U.K. under the **Student Visitor Visa**. This category is for students who are 18 years or older who wish to study in the U.K. for 6 months or less. Under this category, students may not work (including internships, work-placement, or work-study, volunteer work, or any type of practical experience).

Students are not allowed to switch their status or extend their stay whilst in the U.K. **U.S. nationals are not required to secure a student visitor visa before arriving in the U.K.** However, they must be prepared to show the following documents to the Immigration Officer at the airport:

1. A valid U.S. passport that will NOT expire while you are in the U.K.
2. Acceptance to a course of study at an accredited educational establishment. UW-Eau Claire will provide you with this letter documenting your participation in a study abroad program before you leave.
3. Proof of the necessary funds to pay for your course fees and support yourself for the entire period you intend to stay. This can be in the form of scholarships, grants, or other financial aid award letters as well as bank statements in your name which are **dated no more than one calendar month before you arrive in the U.K.** UW-Eau Claire will also provide you with this letter stating that tuition, room, and fees were paid prior to departure.

You will receive this letter in December.

- 4. Proof of onward journey.** You must demonstrate your willingness to leave the U.K. once your program of study is completed by showing return tickets or an itinerary with your name and information on them.

Upon satisfying the Immigration Official, you will receive a Student Visitor stamp / endorsement in your passport when you present your documents. **If you travel outside the U.K. during your course of study, you must show the Immigration Officer your Student Visitor stamp / endorsement and the acceptance letter when re-entering the U.K.**

For more information, please visit the UKBA site: <http://www.ukba.homeoffice.gov.uk/visas-immigration/visiting/student/>

Special note on arriving via Ireland. The U.K. Border Agency indicates that students arriving in the U.K. via Ireland should actively seek out an Immigration official upon arrival in the U.K. to ensure that their passport is stamped with the Student Visitor stamp / endorsement. We have learned from one of our U.K. partners that an Immigration Officer will NOT be present when students arrive in the U.K. via Dublin or other Irish cities. As such, students will not receive a stamp in their passports and will only be permitted to stay three months in the U.K. as a visitor. Visitors cannot switch to student status if they enter as a tourist. **Therefore, to avoid this problem, you must not enter the U.K. via Ireland.**

If you are NOT a U.S. citizen, go to the following Website:

<http://www.ukba.homeoffice.gov.uk/visas-immigration/do-you-need-a-visa/> to find out if you need a visa and to download an application form if you do.

Visas for Travel to Other Countries

If you plan to travel outside of the U.K. while abroad, verify visa requirements for each country you will visit by contacting the nearest consulate for that country, or your travel agency. Most Western European countries do not require U.S. citizens to have a visa for tourist travel of fewer than three months.

PACKING TIPS

In addition to the general packing information in the Study Abroad Handbook, you should know the following about England.

Clothing & Weather

We recommend that you **pack light**, bringing warm, comfortable casual clothing and good walking shoes. London and Edinburgh in January are much warmer than Eau Claire, averaging between 30 and 40 degrees Fahrenheit. But January is quite rainy, windy, and damp—much like November in Eau Claire. The humidity combined with the wind and rain can become extremely chilling and uncomfortable. Be sure to bring an **umbrella, a warm jacket, a hat, and gloves or mittens**. The Brits wear wool socks and sweaters for a reason!

All your belongings should fit into medium-sized suitcase with wheels or a travel backpack. Bring the minimum amount of clothes that you can mix and match and layer. You should plan to wear the same clothes more than once (or twice)! Related, please do not worry about fashion. The group will all be

wearing the same clothes over again. You can do laundry in London and / or Edinburgh. Or, if you bring old clothes that you decide not to bring home, you will have more room in your bag for souvenirs!

Appliances

The standard electrical current throughout Europe and the U.K. is 220 volts. U.S. appliances such as hair dryers and electric razors run on 110 volts—meaning that **if you plug a U.S. device built to function on 110 volts into an outlet with 220 volts of electricity, you will likely burn up your appliance.** Therefore, if you plan to bring any appliances, you will likely need a converter (that adjusts the amount of electricity entering the appliance) and a plug adapter (to allow your device to fit into the electrical outlet in the wall). You may also choose to simply buy the appliances you need in England—though the cost of living (and prices!) in London are rather high. Your devices will function the same in Edinburgh as they do in London.

Other Items to Bring

The following is a partial list of recommended items to pack:

- **Shoes / Socks:** *Bring good walking shoes (in addition to the ones you are wearing) and make sure all shoes are well broken in! Again, wool socks are key to your comfort in the chilly London winter. Also, bring flip-flops for the showers in the hostel.*
- **Sleepwear:** *Bring a lightweight bathrobe and / or pajamas so that you have something you can wear going down the hall from your room to the bathroom. Most hostels and dorms are rarely equipped with a private bathroom inside the room.*
- **Travel umbrella**

- *At least one towel and washcloth*
- *Personal toiletry articles (not all products, especially feminine, will be available for purchase in England)*
- *Medications – both prescription* and over the counter. Past students recommend bringing your own pain relievers, lotions, and cold / flu medicine.*
- *Travel size tissues, wet wipes / hand sanitizer (travel size)*
- *A small purse or bag to carry tissues / toilet paper, and sanitizer*

ARRIVING IN ENGLAND

Fox Travel

All students on faculty-led immersion programs sponsored through UWEC are required to purchase their international flights through Fox World Travel. Please contact a Fox World Travel agent (open 7:00am-5:30pm on weekdays) through one of the options below:

- Call toll-free (866) 230-8787 (option 4)
- Email uwgroups@foxworldtravel.com with the Group Code in subject line
- Use **GROUP CODE: 09UW4375**

Have ready:

- Name exactly as it appears on your passport
- Passport number and expiration date
- Credit card number to charge

Travel Arrangements

Travel arrangements are the responsibility of each student. The Immersion Office encourages you to consider traveling with another program participant on your flight to and from England—a travel companion can make arrival in a new country feel safer and much less intimidating! You will have the opportunity to discuss travel

arrangements with your fellow study abroad participants during orientation.

Students should fly into London Heathrow Airport. Faculty will meet students at the “Paddington Bear Bench” near Track 1 at Paddington Station at 1:00 pm on January 4 (this means leaving the U.S. on January 3 or earlier) and travel with you to the hostel in London. **You should book a flight that arrives into London Heathrow by 10am on January 4th.** Once you have bought your ticket and have received your itinerary, you need to provide a copy of the itinerary to the Immersions Office and your faculty leaders prior to departure.

You can plan your return flight on January 18, but it is recommended that you depart after 1pm as you will need to travel from the West End of London to the airport (about 2 hours journey).

Whenever you buy your ticket, be sure it has a low cancellation fee. UW-Eau Claire will not reimburse students for tickets should the program be cancelled. You may wish to purchase **travel or trip cancellation insurance** when you purchase your ticket, in case your plans change unexpectedly. Discuss your options with Fox Travel and be sure you know exactly what the policy covers. Many policies are very restrictive in what they will reimburse.

Getting from Heathrow to Paddington Station

Here are the directions to get from Heathrow airport to Paddington Station via the London Underground (or “tube”):

1. After you clear immigration, please head to the "Arrival Hall". Look up and follow the signs to the London Underground.

This will involve going down some stairs, escalators, or elevators. Luggage carts are not allowed on stairs or escalators so **pack light.**

2. Once you find the London Underground ticket window, purchase tickets on the Heathrow Express to Paddington Station (<https://www.heathrowexpress.com>) if you don't already have a ticket. Once again, no luggage carts are allowed when you enter the tube platform.
3. Keep your ticket handy, and get on the tube. Don't worry: you can't go the wrong way or get on the wrong one. In approximately 15 minutes you will arrive at Paddington Station.
4. Exit the tube by inserting your ticket in the turnstile.
5. Find your way to the famous Paddington Bear bench near Track 1 and meet the group there.
6. The group will walk to the hostel from Paddington Station.

You can find more information and a map of Heathrow Airport at: <http://www.heathrowairport.com/transport-and-directions/underground>.

LODGING

During the program, you will be staying at the [Smart Hyde Park View](#) hostel in London's famous West End. All costs for accommodations are included in your program fee which you will pay directly to UW-Eau Claire. The hostel is just minutes away from Hyde Park (the “Central Park” of London) and two London Underground metro stops: Bayswater and Queensway.

In Edinburgh, you will be staying at the outstanding [Castle Rock Hostel](#) in Central Edinburgh. The hostel is just minutes away from Edinburgh Castle and is located in the heart of the historic center of Edinburgh, itself.

About Hostels

Hostels come in a variety of forms, sizes, degrees of luxury, and more—just like regular hotels. Hostels are, however, generally much more communal than hotels and therefore much cheaper than hotels—making them a perfect form of lodging for students and backpackers. The hostel could include a common kitchen, bathroom, or communal space to watch TV or use the internet, laundry facilities—much like a college dorm. In short, there is nothing inherently “good” or “bad,” about a hostel; it’s just a different form of lodging than most U.S. Americans are used to. Just be sure to read the hostel rules upon entering. Rules often address quiet hours, smoking, and / or restrictions of alcohol and / or food in the rooms, among others. You will be responsible for paying for any damages or fines incurred.

MEALS

While at the Smart Hyde Park View hostel, every day you will be served a continental breakfast that is included in the program. The breakfast includes: tea, coffee, milk, orange and apple juice, toasts, cereals, Nutella, jam, honey and butter. All other meals (including all lunches) are your responsibility. The Smart Hyde Park View hostel does not have kitchen, but they do have a refrigerator to store groceries in as well as a microwave and an electric tea kettle. Castle Rock Hostel does have a kitchen—and a working fireplace in the communal space, even!

Common Foods Found in the U.K.

- Fish and Chips: Fried fish served with fries (similar to a Friday Night Fish Fry)
- A variety of toppings for chips (French fries) such as salt and vinegar or curry.
- Shepherd's Pie: Lamb pie cooked in a casserole with a layer of toasted mashed potatoes.
- Bangers and Mash: Sausages & mashed potatoes
- Jacket Potato: Baked potato filled with cheese, bacon, onions, and much more!
- Yorkshire Pudding: Popover served along roast beef with gravy on top.
- Cadbury Chocolate: An absolute must.
- Doner Kebabs: Found at the kebab shops. We call them gyros. Cheap and delicious!
- Cornish Pasty: Pasty filled with vegetables and minced beef.
- Fried Milky Way Bars! Almost anything can be found fried—just check out the menu at the nearest fish and chips shop.

COMMUNICATION

Information on accessing/forwarding your UW-Eau Claire email address is in your Study Abroad Handbook.

Time Difference

The United Kingdom is six hours ahead of Eau Claire. For example, when it is 1:00 PM in Eau Claire, it is 7:00 PM in London.

Telephone Information

From the U.S. to England / Scotland: You must first dial 011, which is the international dialing code. Next, dial 44 which is the country code for the entire U.K., and then the rest of the number to reach a specific city and location

From England / Scotland to the U.S.: Dial 001+ area code + number. International phone calls dialed from any hostel phone are not free and you will be responsible for any international calls made from the hostel. The cheapest and most accessible means of making international calls is through the free Wi-Fi available at the hostel (though it may be a bit slow). Downloading free Wi-Fi-based communication apps like WhatsApp, Viber, or Signal **allow you to make international calls for free** via Wi-fi to anyone who also has that app.

Computer / Email Access

Your best bet to access the Internet is through the free wi-fi network available at the hostels, as noted above. Within walking distance from the hostel are plenty of cafes, coffee shops, pubs, and restaurants that will also likely have free Wi-Fi available. Whether you bring your laptop is your own liability and decision.

Language and Lingo

As you know, English is the native language spoken in England. Don't let that fool you, though. Many words can mean something quite different from what you are used to! British words and accents might be a bit confusing at first, but this guide will help you get the hang of it! You can also check out this website:

<http://septicscompanion.com/>

Biscuits	Cookies
Cashpoint	ATM
Cheers	Thanks
Chips	French Fries
City Centre	Downtown
Crisps	Potato Chips
Dinner	Lunch
Fag	Cigarette
High Street	Main Street
Holiday	Vacation, trip

Jumper	Sweater
Quid	Pound
(as in money: similar to use of "buck" for dollar)	
"p" ("pea")	Penny / Pence (plural)
Pants	Underwear
Queue	Line (stand in line)
Revise	Study (for an exam)
Tea time	Dinner time
Trousers	Pants
Trainers	Sneakers
Yank	American
"zed"	the letter "Z" ("zee")

Where am I going? England? Great Britain? Or the United Kingdom?

You are actually going to all three simultaneously. "The United Kingdom is a country that consists of the large island Great Britain and Northern Ireland. In fact, the official name of the country is 'United Kingdom of Great Britain and Northern Ireland.'

Great Britain is the name of the island northwest of France and east of Ireland that consists of three major somewhat autonomous regions: England, Wales, and Scotland. Therefore, England is part of Great Britain, which is part of the United Kingdom. The U.K. includes England, Wales, Scotland, and Northern Ireland" and a number of smaller territories around the world.

<http://geography.about.com/library/faq/>

For a more in-depth, yet entertaining, explanation of the differences between these regions, visit:

<https://www.youtube.com/watch?v=rNu8XDBSn10>

If you want to learn more about British culture, visit the following Web site:

<http://projectbritain.com/>.

CONTACT NAMES & ADDRESSES

GENERAL UW-EAU CLAIRE & CISI CONTACT
INFORMATION IS IN YOUR STUDY ABROAD HANDBOOK.

**Please copy this page and leave it with your
emergency contact and/or parents.**

UWEC FACULTY LEADERS

Dr. Julie Anderson

Biology Department

Phillips Hall 349

Phone: (715) 836-3860

Email: anderju@uwec.edu

Dr. Winnifred Bryant

Biology Department

Phillips Hall 344

Phone: (715) 836-3383

Email: bryantwm@uwec.edu

UWEC ACADEMIC AFFAIRS

Jeff DeGrave

Intercultural Immersions Coordinator

degravjr@uwec.edu

Schofield Hall 17C

Tel: (715) 836-4471

Fax: (715) 836-4948

UW-Eau Claire After Hours Numbers

(715)839-4972 or (715) 577-9045

In an after-hours emergency, please call University Police at (715) 577-9045. Calls can be made to this number 24 hours a day. You may get an answering machine; however, an officer is alerted as soon as you have left your message. Be sure to give the officer the phone number you can be reached at, as well as what type of assistance you require.

U.S. EMBASSY IN LONDON

The American Embassy

24 Grosvenor Square

London, W1A 2LQ

American Citizen Services:

Phone: **(44) 020-7499-9000**

Special Consular Services unit or

Passport Citizenship unit:

(44) 0200-7499-9000 (main Embassy
switchboard)

Web Site: <https://uk.usembassy.gov/>

U.S. CONSULATE IN EDINBURGH

U.S. Consulate Edinburgh

3 Regent Terrace

Edinburgh EH7 5BW

American Citizen Services:

Phone: **(44) 0131-556-8315**

Email: Edinburgh-Info@state.gov

BRITISH CONSULATE IN THE U.S.

British Consulate General-Chicago

625 N. Michigan Avenue, Suite 2200

Chicago, IL 60611

Phone: (312) 970-3800

Fax: (312) 970-3852

Website:

<https://www.gov.uk/government/world/organisations/british-consulate-general-chicago>

**Please be aware that British Consulate in
Chicago no longer offers visa processing
services.**