

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

Study Abroad



GLASGOW, SCOTLAND
SUMMER 2019

Program Guide

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CONGRATULATIONS on being accepted to study in the University of Glasgow International Summer School! 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 adventure!

This program guide is to be used together with the online Study Abroad Handbook. The Handbook has information that is valid for all study abroad programs. This guide will provide you with specific information for Scotland and the University of Glasgow International Summer School. It is designed to complement the Handbook, study abroad orientation, and your individual pre-departure preparations.

All of the information available at the time of publication has been used, it is impossible for any single resource to answer all of your questions. Your Peer Adviser will email additional information throughout the semester. We strongly encourage you to contact your Peer Adviser, the Center for International Education (CIE) staff, past program participants, and Scottish students on campus with your specific questions. Also make use of the written and web resources listed towards the end of this guide.

Basic questions only you can answer include:

1) What are YOUR goals for this experience? Common objectives of student travelers include advancement in a future profession, desire to expand personal and academic horizons, need for a change, and a wish to challenge oneself with immersion in a new culture; and advancing language skills.

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 truly being immersed in Scottish culture, how can you ensure that you do not spend too much time with other Americans or international students on your Scottish campus?

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

GENERAL INFORMATION

The Program

The University of Wisconsin-Eau Claire and the University of Glasgow have worked together on study abroad for several years. Summer 2019 marks the second year that UWEC students will participate in the University of Glasgow International Summer School! Find details on their website:

<https://www.gla.ac.uk/study/visiting/internationalsummerschool/>

Although you apply for the program through UW-Eau Claire, once you are accepted by Glasgow, you will get information directly from the International Office there. It is CRITICAL that you read all email or regular mail correspondence from the University of Glasgow promptly and carefully. If you have questions, forward the correspondence and questions to Cheryl Lochner-Wright (lochnecb@uwec.edu), the Study Abroad Coordinator for the Scotland programs; she will generally not be copied in by Glasgow.

The Location

With a population of nearly 600,000, Glasgow is Scotland's largest city. Whether your interest is art, architecture, nightlife, shopping, or sports, you'll find it in Glasgow. With nearly 80 parks, it's also possible to find green spaces in the midst of the bustle of city life.

The University

The University of Glasgow

The University of Glasgow is one of the oldest and most prestigious research universities in the UK. An urban campus, it

has buildings scattered throughout the West End of Glasgow.

Academic Calendar

There are three, four and eight-week course options, with a wide variety of start and end dates. Find the specific dates for each course here:

<https://www.gla.ac.uk/study/visiting/internationalsummerschool/ourcourses/>

Click on the specific course description to find the specific course dates, credits and costs. These are listed under "Key facts" on the righthand side of the page. Costs and dates can vary for every course! Below are the dates for some specific courses UWEC students have indicated interest in:

Education in a Globalized World

Arrive: June 5, 2019

Orientation & Classes Begin: June 6, 2019

Classes End: June 28, 2019

Housing Move-Out: June 29, 2019 by 10 am

Math or Physics Track

Arrive: June 19, 2019

Orientation: June 20, 2019

Classes Begin: June 24, 2019

Classes End: August 16, 2019

Housing Move-Out: August 17, 2019, by 10 am

Do not make flight arrangements until you receive confirmation of your acceptance and the exact arrival/departure dates from U of Glasgow.

Remember that in planning travel to Europe, you will need to leave the U.S. the day before you need to arrive in Europe.

ACADEMICS

There is additional information on maintaining program eligibility, as well as topics such as registration, class attendance, credits and course load, grades, transcripts, and accessing the UW-Eau Claire library while abroad in your Study Abroad Handbook.

Pre-departure Planning & Course Equivalencies

You can find the courses Glasgow plans to offer and their UW-Eau Claire equivalencies on the [Academics page](#) of the UWEC/Glasgow website.

Credits & Course Load

The University of Glasgow uses Scotcat credits. Four Scotcat credits equal 1 U.S. credit. If your Glasgow course is 15 credits, for example, you will earn 3.75 credits for the course.

This credit transfer applies even if your Glasgow course has a direct UW-Eau Claire equivalency, and that course on the UW-Eau Claire campus carries a different number of credits. For example, MATH 2030 at Glasgow is 10 credits and will transfer back as MATH 312 for 2.5 credits at UW-Eau Claire, even though MATH 312 is usually a 3-credit course. You do not need to make up that .5 credits of MATH 312. However, if you were short total credits in your math major or minor, you would need to take a different math course to fulfill the total credits required.

Registration

At UW-Eau Claire: All you need to do for registration at UW-Eau Claire is **sign your**

online PPA for Summer 2019. CIE staff will work with Registration to enroll you in the Glasgow program under a temporary INTA course number. This "blanket registration" will appear on your billing statements and will be replaced by the specific Glasgow course once your transcript arrives.

At the University of Glasgow: You will indicate your course choice on your University of Glasgow on-line application form.

UK Academic System

Expectation of independent learning:

Returned students most often describe academic life at the UK as "different." They go on to explain that while they didn't find classes there more or less difficult than classes at home, they definitely did need to adjust to a new way of teaching and learning.

From a UK perspective, it is hard to understand the teaching and assessment methods used in U.S. higher education, with lots of direction from the professors, many small, graded assignments, and the general "checking up" to be certain that students are learning the assigned materials. This is how UK students learn in high school. Once they enter university, they are expected to take responsibility for their own education.

Classes and schedule: Per the University of Glasgow, the number of teaching hours will vary depending on the nature and on the pedagogical objectives of the course but on average they are between 50 and 80 hours.

Most courses are a mix of seminar, lecture and experiential learning, supplemented by

directed learning hours. Some courses will focus more on the practice and will be field-based; others will be more lab-based and lecture-based. See the specific course descriptions to get a sense for the course you are taking.

An average day would include

- 3-4 hours of lab/lecture/seminar/guided visit,
- 2-3 directed learning hours to prepare for assessment and other preparatory exercises,
- optional social program activities in the evening.

Lectures: Like in the U.S., the lecture is a traditional method of teaching that allows lecturers to pass important information to a large number of students. However, lectures in the UK may offer less opportunity for students to ask questions, since students are expected to ask questions and discuss the topic in the tutorial.

Also, lectures in the UK are not intended to tell you everything you need to know for the test or assignment. Instead the lectures might provide an overview to allow you to place your course material or readings in context or to focus on a difficult concept or theory.

To take the best advantage of lectures, you should keep up with course reading and come to lecture prepared. By being prepared for lecture, you will be able to engage and ask questions in the tutorials.

Tutorials/Seminars/Directed Learning:

Tutorials, or seminars as they are also

called, are NOT mini-lectures. Instead, tutorials are active learning opportunities where the professor and your fellow students meet regular to discuss the material being covered in lecture and the reading that you are doing outside of class. For tutorials to be effective, they require active student participation. This means you:

- must have read assigned work and suggested sources in advance,
- should be prepared to contribute to the discussion,
- made note of any difficult concepts or points from lecture or your readings that you do not understand, and
- should be willing to raise issues for discussion.

Tutorials are not optional. Attendance and absences are noted. One benefit of tutorials is that they allow for closer professor/student relationships than are typically found at the undergraduate level in the U.S.

Differences in assignments and exams:

In the social sciences and humanities, you will rarely find a lecturer who makes short, weekly assignments. During the course you may have to give a few **tutorial/seminar presentations**, typically a group assignment where you and two or three other students need to prepare a short presentation about the day's topic in order to facilitate discussion.

Final assessments tend to be major essays or papers, which will range in length from 5-15 pages. You often receive the essay questions with your syllabus at the beginning of the course. Start writing early! The essays give you the opportunity to 1) show the lecturer that you have done some

of the course reading, and 2) show the lecturer that you have critically thought about the material you have read.

Generally speaking, you will be expected to present an original idea, or discuss opposing ideas, and *come to your own conclusion*. Demonstration of clear thought and argumentation are as critical as backing up your arguments with knowledgeable sources. You may also take a final exam in essay format.

In case you're worried, take this advice from a former student: *"Don't be afraid to email your lecturer or go to office hours! I often went to office hours to get input on essay outlines!"*

In the sciences, more frequent assessment is common. For example, this is the assessment plan for the 8-week math track:

- course engagement (10%),
- per-class e-assessed assignments (20%),
- per-week handwritten and communicated exercises (20%),
- a 90-minute written examination (50%).

Final assessment:

- 1,500-word written report (75%),
- group presentation (25%).

Participation points: Another difference is that there are no "participation points" in the UK. You may be penalized for **not** attending but you will not earn points just for coming to class or participating, as that is a basic expectation for all students.

Student services: Another difference to note is that "**student services**" are a **relatively newer concept** in U.K.

universities than in the U.S. The university is there to provide access to academic resources. There are some student support units. However, universities do not have the mission, common to most U.S. institutions, of "student development." University students are considered adults who will work their way through the system, asking questions when necessary. As a newcomer to the system and the culture, you may need to ask questions often!

Books

Unlike in the U.S., there usually is not one specific text for a course. Students are given reading lists and are free to choose any of them to prepare for class and/or to write the essay or exam. Exceptions include literature classes.

Students often share books with other students or check them out from the library. **Past students have suggested getting to the library early in the term as many books on the list will be checked out from the library if you wait too long.**

Attendance

You are expected to attend all teaching sessions (e.g. lectures and tutorials), as material covered in these sessions forms the basis for your understanding of the subject. Note that different departments/faculty may have specific attendance requirements and penalties over and above the general university guidelines. If you are in doubt about the policy for your module/course, please consult your professor.

Grades

The grade conversion scale for the University of Glasgow is:

Glasgow Grade	UWEC Equivalent
A1, A2, A3, A4, A5	A
B1, B2	A-
B3	B+
C1	B
C2	B-
C3	C+
D1, D2	C
D3	C-
E1	D
E2, E3, F1, F2, F3	F
G1, G2	

Transcripts & Graduation

Glasgow will send a transcript for your time abroad to UW-Eau Claire. **Summer transcripts are typically not available until late September, regardless of when a course ends.** Due to this delay, you will initially receive a grade report with "NR" (not reported) for all courses.

If you are a senior and are studying abroad for your last term, please note that the different timelines in grade reporting **may require you to delay your graduation from summer to fall.** The UW-Eau Claire Blugold Central-Registrar must receive grades within 42 days of the last day of the UW-Eau Claire term in order to confirm your graduation that term. This is a UW-Eau Claire requirement, and our partners abroad cannot change their usual timelines to accommodate it.

MONEY MATTERS

Information about how payments are made, when they are due, the UW-Eau Claire withdrawal/refund deadlines, financial aid, scholarships, budgeting and ways to bring

money abroad is in your Study Abroad Handbook.

Cost Estimate

You can find the most current Cost Estimate for your program, in easily printable format, on the [CIE Glasgow webpage](#) . Be sure you are looking at the correct term. Remember that the cost estimate includes what you pay to UW-Eau Claire, what you pay to the University of Glasgow, and what you pay directly to other vendors.

University of Glasgow Withdrawal & Refund Policy

These policies apply in addition to the UW-Eau Claire policies.

<https://www.gla.ac.uk/study/visiting/internationalsummerschool/cancellationandwithdrawal/>

Even though you will pay your fees through UW-Eau Claire, and therefore do not need to pay the £400-pound deposit to the University of Glasgow in advance, you are responsible for the deposit if you withdraw after April 30, 2019. It will be charged through your UW-Eau Claire CampS account.

Personal Travel

The actual amount spent on personal travel will vary greatly from student to student, depending on your budget and your priorities.

Some weekend excursions in Scotland are included in the program costs. Be sure to take advantage of these opportunities!

To do any extensive travel, you will need to plan this before or after your course.

Currency and Currency Exchange

The currency of the United Kingdom is the pound, abbreviated GBP (Great Britain Pound) and symbolized "£." Just like the dollar, the pound is divided into 100 units, called "pence," abbreviated "p." Coins come in denominations of 1, 2, 5, 10, 20, and 50 pence, as well as 1 and 2 pounds. There are £5, £10, £20, and £50 bills.

Scottish banks print their own versions of the pound, commonly referred to as "Scottish notes." Scottish notes can be used in all parts of the United Kingdom although a small number of students have reported trouble using Scottish notes in England. You can avoid this problem by simply withdrawing money after you arrive at your destination in England.

The exchange rate as of December 5, 2019 was 1 GBP = 1.23633 USD. You can find current exchange rates at <http://www.oanda.com/currency/converter/>. All costs are estimated and may change due to exchange rate fluctuations.

MONEY ABROAD

In addition to the information about bringing money abroad in the Study Abroad Handbook, past participants report the following about the UK.

Funds upon Arrival

Glasgow recommends that you arrive in the UK with approximately £200-£250 in British currency. Do not carry any more than this in terms of safety. You can also withdraw money from ATMs using your credit or debit card.

Traveler's Checks

Many people no longer find traveler's checks useful in the UK due to the convenience of ATMs and the service fees (1-4%) associated with cashing your travelers' checks. Also, you will need to go to a bank or a money exchange office (e.g. bureaux de change) in order to cash travelers' checks, which can be inconvenient. However, traveler's checks are useful in an emergency, such as when your credit or debit cards are lost or stolen, your cards are damaged, or your cards are deactivated due to fraud concerns, etc.

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 UK.

On-Campus Medical & Counseling Services

Glasgow offers a range of on-campus student support services; you can find details here:

<https://www.gla.ac.uk/myglasgow/students/azsearch/>

Services for Students with Disabilities

Glasgow can provide academic and other accommodations for students with a variety of specific requirements. Details are here:

<https://www.gla.ac.uk/myglasgow/disability/>

You are welcome to contact **Cheryl Lochner-Wright, the Scotland program coordinator**, at lochnebc@uwec.edu with any questions you may have about on-

campus medical, counseling services or disability accommodations before you leave.

Intro to the UK Health System

The National Health Service (i.e. the UK national healthcare system) sometimes does not have a very good reputation in the U.S. The system generally works fine; 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 UK health systems.

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

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

2) Because of this, there can be a long wait to set up treatment for pre-existing conditions. If you have a condition that will need ongoing treatment while in the UK, contact your UW-Eau Claire study abroad coordinator right away!

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

4) Antibiotics are rarely prescribed in the UK. Doctors point to research that shows 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.

5) Allergy shots are generally not recommended by physicians in the UK. It will be difficult to find anyone who will prescribe or administer them.

Vaccinations

There have been large measles outbreaks in Europe. The [Centers for Disease Control](#) recommends that you are up-to-date on routine vaccines before your study abroad experience. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

Also, our university partners in the UK have indicated that the National Health Service has a policy of immunizing for Meningitis "C" and recommends that students who have not been vaccinated make arrangements to have this done before leaving home.

Safety in Scotland

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

Information on crime, road safety, drug penalties, and terrorist activity in the UK is included in the State Department Consular Information Sheet at the end of this guide. Safety in and around your host university will be discussed during orientation in Scotland.

Hiking

Per the U.S. State Department, "Hiking in higher elevations can be treacherous. Several people die each year while hiking, particularly in Scotland, often due to sudden changes in weather. We encourage visitors, including experienced hikers, to discuss their intended routes with local residents familiar with the area and to adhere closely to recommendations."

Sexual Harassment and "Lad Culture" in the UK

"Lad culture" has become a concern among British universities. In [recent research](#), it was defined by participants as a "group or 'pack' mentality residing in activities such as sport and heavy alcohol consumption, and 'banter' which often sexist, misogynist and homophobic." Although some respondents found it influenced their academic experience at university, lad culture is seen as particularly influential in the social side of university life. Some commentators have compared it to "bro culture" or frat culture in the United States viewing it as an imported phenomenon from the United States.

Many respondents reported sexist jokes and rape banter in their friendship groups that made them feel uncomfortable or pressure to engage in sexual relationships. Sexual harassment was common, and there were accounts of sexual violence. Harassment ranged from verbal harassment and catcalling to physical harassment and sexual molestation. Groping in nightclubs was viewed by some as a part of a normal night out. Excessive drinking is an often-cited contributing factor and the university drinking culture is seen as one of the

biggest obstacles to eliminating lad culture. Some women were also found to participate in the heavy drinking and crude behavior associated with lad culture and have been dubbed "ladettes."

Undoubtedly, some UW-Eau Claire students have witnessed this type of behavior at UW-Eau Claire. However, oftentimes it may be more difficult to speak up when you are in a new culture. You cannot change a culture in a short time, but you can make smart choices about how to manage your interactions and reactions to lad culture:

- Ask your UK friends, both male and female, how they think lad culture impacts university social life.
- Remove yourself from situations where you do not feel comfortable. Listen to your instincts.
- Drink in moderation if you choose to drink. [CASE at UW-Eau Claire offers advice how to drink in moderation.](#)
- Be careful about accepting drinks from people that you don't know. In particular, watch your drink when you are out at bars or clubs.

Emergency Contacts

General emergency procedures are described in the *Study Abroad Handbook*, and International Summer School staff available for consultation if difficulties arise. You will receive an emergency contact card from your Peer Advisor. The information is also on the *Contact Names & Addresses* section of this guide and will also be posted to the Learning Content of your UWEC online study abroad account closer to departure.

911 Equivalent in the UK

If you are in an emergency situation in the United Kingdom, you will need to know how to reach the local police, fire, or ambulance services. The local equivalent to the 911 emergency line **in the United Kingdom is 999; in Gibraltar, it is 112.** Save this number in your cell phone in case you need it to use it quickly.

The U.S. State Department also provides a list of [911 numbers abroad](#). Please note that in some countries there are different numbers for fire, police, and ambulance. Plan ahead and research numbers before you go.

REQUIRED DOCUMENTS

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

Visa for the UK

A visa is official permission to temporarily reside in another country and is granted by the government of that country. You will find basic information about the current visa options for U.S. citizens for study in Scotland in the “Visa Information: UK” handout in the Learning Content section of your UWEC study abroad account during the semester prior to departure.

Students on the Glasgow summer program generally use the short-term study visa option. Note that **you cannot enter the UK for the first time via Ireland if you are using this visa option.** In addition, proof of onward journey, **usually in the form of a roundtrip plane ticket**, is required.

It is your responsibility to keep up-to-date about student visa requirements for Scotland, and if required, to apply for and receive a visa from a Scottish consulate or embassy in a timely manner.

Please read the “Visa” section of your Study Abroad Handbook for more information about what you should do to keep up-to-date on visa requirements.

Visas for Travel to Other Countries

If you plan to travel outside of the UK 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 nations do not require U.S. citizens to have a visa for tourist travel of less than three months, but you should always verify the requirement as entry requirements can change with little notice.

PACKING TIPS

In addition to the general packing information in the Study Abroad Handbook, you will receive a packing list at Orientation 2 and should know the following about Scotland.

Clothing

The summer weather in Scotland can be cool and wet or hot and muggy. Many buildings are not centrally heated. Past participants suggest bringing clothing that you can wear, or take off, in layers.

Bring a few “dress-up” clothes for going out to restaurants or clubs. Some nightclubs will not let you in wearing jeans or tennis shoes.

A jacket is essential; a raincoat with a warm lining may be a good idea. And don't forget your umbrella!

If you plan to buy some of your clothing in Scotland, take note that you can buy wool clothing quite reasonably, while cotton items are generally more expensive than in the U.S.

Appliances

The standard electric current in Europe is 220 volts. U.S. appliances such as hair dryers and razors run on 110 volts. If you plan to bring these appliances, you will need to buy both a **converter and a plug adapter**.

TRAVEL TO SCOTLAND

There is additional information on travel, including student-oriented travel agencies and instructions for booking a flight, in your Study Abroad Handbook.

Travel Arrangements

It is your responsibility to make travel arrangements to Glasgow. **Remember that you should not book your flight until your acceptance has been confirmed by the University of Glasgow.** However, this does not mean that you cannot look online and begin price comparisons.

As stated earlier:

- Most visas require a **roundtrip** ticket. If you are planning to travel at the end of the program, that is fine. You do not need to leave the UK immediately at the end of the program, as long as you will not be there/in Europe as a tourist for more

than a total of 90 days before/after the program

- **You cannot enter the UK for the first time via Ireland if you are using the short-term study visa option.**

Immigration

If you are using the short-term study visa option to enter the UK, you will be asked to provide documents to the UK immigration official at the airport. Please see your **BlugoldAbroads Learning Content "Visa Information: UK"** for details on what documents you need to have with you. Upon verifying your documents, the immigration agent will stamp your passport with the short-term study visa.

Getting to the University of Glasgow

Glasgow students can fly directly to the Glasgow International airport.

<http://www.gla.ac.uk/about/maps/howtogethere/>

The University of Glasgow will provide airport pick-up for students who arrive at Glasgow International Airport between 6 am and 6pm on the designated arrival date for the course. (Note that there is also a Glasgow Prestwick airport. This is about 45 minutes from Glasgow by train. There is no airport pick up from Prestwick airport!) Glasgow International Airport is approximately 7 miles west of the university. If you didn't sign up for the airport pick-up, you are expected to proceed directly to your residence hall. A taxi from the airport to a Hall of Residence costs roughly £20-£25. An airport bus goes to Buchanan Bus Station which is situated in

the center of the city. A taxi journey from there to one of the Halls of Residence will cost roughly £8 to £10.

You can also find information about traveling from London to Glasgow by bus (coach) or train at the link above.

SETTLING IN

Housing

Housing is included in the program fee you pay to UW-Eau Claire. You will be housed in student flats (apartments) in the University's Student Accommodation in the West End of Glasgow. Go to <http://www.gla.ac.uk/undergraduate/accommodation/> to get a feel for what the residence are like.

In most instances, you will have your own room within a self-contained apartment shared with 4-5 other students. Each flat has a fully equipped kitchen and laundry facilities. Bedding is provided, but you need to provide your own towels.

As Glasgow is an urban campus, not all residence halls are on campus. Walk time from halls used for the summer school to campus average 15-20 minutes.

Note that Environment, Change and Future takes place on the Dumfries Campus, and students are housed on campus there.

Details:

<https://www.gla.ac.uk/schools/interdisciplinary/studyindumfries/accommodation/>

Laundry

All self-catered halls at the University of Glasgow have coin-operated laundry facilities.

Meals

All summer residences are **self-catering**, meaning you buy food and cook your own meals. For those of you coming from traditional dorm life, this may be a new experience. In most kitchens, you can expect to find an electric kettle, fridge, oven, freezer, stove, and microwave.

Your kitchen mates may be from all around the world – be open to trying and sharing food with them!

Past student tip: *"Byres Road next to the University's main building has a lot of shops to choose from. Iceland would be my go-to. Almost everything sold there is frozen, but it is cheap; most items cost around £2-4! There is also a Waitrose on Byres road which is a bit more expensive; look for deals to save some cash! (University Cafe and Little Italy are both on Byres Road too—some of my favorite places to grab a quick bite!)"*

Cultural differences in food: Because tea is a more common drink than coffee, you'll find water kettles rather than coffee pots in most kitchens. When you go shopping, you'll find that eggs are not refrigerated. You'll find less beef and chicken, and more pork and lamb. Ketchup, peanut butter, and ranch dressing are hard to find and have a slightly different flavor. If you eat out, you'll find more Indian food and less Mexican food.

Common Scottish and English meals

- **Haggis:** a traditional Scottish savory dish containing sheep's organs (heart, liver and lungs) minced with onion, oatmeal, suet, spices, and salt; mixed with stock; and traditionally encased in the animal's stomach and simmered for approximately three hours. Most modern commercial haggis is prepared in a sausage casing rather than an actual stomach. For those of you who are not fans of organ meat, there is also vegetarian haggis.
- **Black Pudding:** a type of sausage made by cooking blood or dried blood with a filler until it is thick enough to congeal when cooled; often served at the traditional Scottish breakfast.
- **Square Sausage:** Lorne sausage known for its shape is often served with breakfast or on a roll.
- **Tablet:** basically sugar and butter; it is amazing.
- **Cloutie Dumpling:** a traditional dessert pudding made with flour, breadcrumbs, dried fruit, sugar, spice, and milk.
- **Stovies:** A Scottish dish based on potatoes; recipes vary widely but the dish always contains potatoes and variously onions, carrots, other vegetables, roast beef, corned beef or other meat.
- **Fish and Chips:** fried fish served with fries. Depending on where in Scotland you are, they will ask if you would like vinegar or salt or both. You will also find a variety of toppings people put on just chips such as doner or curry.
- **Shepherd's Pie:** lamb pie cooked in a casserole with a layer of toasted mashed potatoes.
- **Bangers and Mash:** sausages and mashed potatoes.

- **Yorkshire Pudding:** popover served alongside roast beef with gravy on top.
- **Doner:** found at the kebab shops; similar to a Gyro.

Getting Involved

The Summer School includes many opportunities to experience Scottish culture. You can participate in a Ceilidh (kay-lee), a traditional Scottish gathering with live folk music and dance, other evening activities around Glasgow, and several weekend fieldtrips.

COMMUNICATION

Information on accessing/forwarding your UW-Eau Claire email address and international calling through your computer is in your Study Abroad Handbook.

Time Difference

Scotland is six hours ahead of Eau Claire. When it is 1:00 p.m. in the afternoon here, it is 7:00 p.m. in the evening there. Because of the time difference, you may wish to set up a specific calling time with people at home.

Telephone Information

From the U.S. to Scotland: You must first dial 011, which is the international dialing code. Next, you must dial 44 to get Scotland, and then the rest of the number to reach a specific city and location.

From Scotland to the U.S.: Dial 001, the area code, and the number.

Email

You'll have email and internet access. If you bring a laptop, there will be places to use it on campus and in your housing arrangement. There are also various

computer labs on campus. You will need to purchase a UK adapter for your computer if you bring one. Make sure that if you have a three-prong computer plug that you purchase a two-prong converter (to plug into your adapter) that turns into a three prong so that you can charge your computer.

Snail Mail

International airmail usually takes at least 7-10 business days. Make sure you do not send anything valuable through snail mail until you are sure of where your mail will end up and that it is in a secure place.

CULTURE NOTES

Where am I going? UK, Great Britain, or Scotland?

You are actually going to all three simultaneously. The United Kingdom is a country that consists of 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 somewhat autonomous regions: England, Wales and Scotland. Therefore, Scotland is part of Great Britain, which is part of the United Kingdom. The UK includes England, Wales, Scotland, and Northern Ireland.

http://geography.about.com/library/faq/blq_zuk.htm

The Government

The United Kingdom is a constitutional monarchy and parliamentary democracy, with a queen and a parliament that has two

houses: The House of Lords, with 574 life peers, 92 hereditary peers, and 26 bishops; and the House of Commons, which has 651 popularly elected members. Supreme legislative power is vested in parliament, which sits for five years unless dissolved sooner. The House of Lords was stripped of most of its power in 1911, and now its main function is to revise legislation. In November 1999, hundreds of hereditary peers were expelled in an effort to make the body more democratic. The executive power of the Crown is exercised by the cabinet, headed by the prime minister.

The current monarch and prime minister are:

Sovereign: Queen Elizabeth II (since 1952)

Prime Minister: Theresa May (since 2016)

England has existed as a unified entity since the 10th century; the union between England and Wales, began in 1284 with the Statute of Rhuddlan, was not formalized until 1536 with an Act of Union. In another Act of Union in 1707, England and Scotland agreed to permanently join as Great Britain. The legislative union of Great Britain and Ireland was implemented in 1801, with the adoption of the name the United Kingdom of Great Britain and Ireland. The Anglo-Irish treaty of 1921 formalized a partition of Ireland; six northern Irish counties remained part of the United Kingdom as Northern Ireland and the current name of the country, the United Kingdom of Great Britain and Northern Ireland, was adopted in 1927.

<http://www.infoplease.com/country/united-kingdom.html>

Population

Population of the UK: 63,742,977 (2014 est.)

Nationality: British

Language: English (Note: the UK also has recognized regional languages: Scottish Gaelic, Welsh, and Cornish)

Religion: Christian 59.5%, Muslim 4.4%, Hindu 1.3%, other 2%, none 25.7%, unspecified 7.2%

Ethnic groups: White 87.2%, black 3%, Indian 2.3%, Pakistani 1.9%, mixed 2%, other 3.7% (2011 estimated)

<https://www.cia.gov/library/publications/the-world-factbook/geos/uk.html>

TRAVEL WHILE ABROAD

Here is specific information about travel in the UK to supplement the Study Abroad Handbook.

Included Day Trips

The Summer School includes day trips around Scotland each weekend. Past summers, these have included Edinburgh, Fort Augustus, Loch Ness and the Isle of Arran. These trips may change each year; the specific 2019 day trips have not been confirmed.

Independent Travel

If you plan to travel in England, Scotland or Wales, transportation by train, ferry, bus (coach) and plane are all possible. When deciding whether to travel by train or air, remember this: they are often comparable in price, but train travel is considerably longer. For example, a train from Glasgow to London takes four hours versus a forty-minute flight. On the other hand, traveling by train allows you to see much of the countryside that you would miss if you fly. Also, train stations are usually closer to the

city centers, while a taxi or bus ride might be needed if you fly.

Train

A 16-25 RailCard gives you 1/3 off regular fare tickets. It pays for itself after three to four trips. Check out this Web site for more information: <http://www.16-25railcard.co.uk/>. There is also a special rail pass just for southwest England (which includes London and Oxford) that gives you a discount on train tickets. When you buy a ticket to London using the pass, the ticket may also be used as a subway pass around London for the entire day.

Bus

Scotland has a great bus system that can take you to many Scottish cities inexpensively. At www.megabus.co.uk, you can get a roundtrip bus ticket from Glasgow to Edinburgh for 3-4 pounds (roughly \$7-9). If you're going further, a National Express Student Coach Card entitles you to one-third off all regular fare coach tickets.

Ferry

If you have time, you can also take a ferry from Scotland to various cities in Ireland/Wales/England. Past participants have said they really enjoyed the ferry experiences. See <https://www.aferry.co.uk/> for more information.

Air

Many past students have recommended Ryan Air as a helpful site with low-budget flights all around Europe: <http://www.ryanair.com/en>. Typically, Ryan Air flies into airports that are further outside the city, so you may need to spend more on taxis, buses, or trains to get into town.

CONTACT NAMES AND ADDRESSES: **Glasgow**

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Fax: (715) 836-4948

BRITISH CONSULATE IN THE U.S.

British Consulate in the U.S.

British Consulate-General, Chicago
625 N. Michigan Avenue
Suite 2200
Chicago, IL 60611
Tel: (312) 970-3800
Fax: (312) 970-3852

<https://www.gov.uk/government/world/usa>. Scroll
down to the heading "British Consulate-General
Chicago." **Please be aware that British Consulate
in Chicago no longer offers visa processing
services.**

U.S. CONSULATE ABROAD

The U.S. Consulate General
3 Regent Terrace
Edinburgh EH7 5BW
Phone: (0) 13-156-8315 (in country)
Fax: (0) 13-1557-6023 (in country)
After-hours Emergency for American Citizens:
Phone: (0) 20 7499-9000 (in country)
[https://uk.usembassy.gov/embassy-
consulates/edinburgh/](https://uk.usembassy.gov/embassy-consulates/edinburgh/)

**Note: If you are calling outside the UK, please
drop the "0". If you are calling within the UK,
drop the "44" and begin the number with "0"
plus the number**

WEB RESOURCES

Glasgow	Scotland	UK
Glasgow University of Glasgow http://www.gla.ac.uk/ What to do and see: http://peoplemakeglasgow.com/	Tourism Historic Scotland: www.historic-scotland.gov.uk The Official Gateway to Scotland http://www.scotland.org/us Edinburgh and Lothians Tourist Board http://www.visitscotland.com/destinations-maps/edinburgh-lothians/ VisitScotland.com http://www.visitscotland.com Scotland.com http://www.scotland.com	Expedia Travel Guide http://travel.excite.com The UK Travel Guide http://www.uktravel.com/ UK Rail Schedules http://www.nationalrail.co.uk http://www.scotrail.co.uk/ UK Weather http://www.metoffice.gov.uk/weather/uk/
Media		
Scottish News <i>Telegraph:</i> http://www.telegraph.co.uk/news/uknews/scotland/ <i>BBC:</i> http://www.bbc.co.uk/scotland/ Radio Scotland http://www.bbc.co.uk/radioscotland/	The British Council— Welcome to Scotland http://scotland.britishcouncil.org/	

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