

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

# Study Abroad



**STIRLING, SCOTLAND**  
**SUMMER 2019**

*Program Guide*

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**CONGRATULATIONS** on being accepted to the University of Stirling summer program! 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 general Study Abroad (SA) Handbook that you also received at orientation. The handbook has information that is valid for all study abroad programs. This guide will provide you with specific information for the Stirling summer program. It is designed to complement the 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 that all of the information available at the time of publication has been used, it is impossible for anyone resource to answer all of your questions. Your peer adviser will e-mail 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. You should also make use of the additional 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 future profession; wish to expand personal and academic horizons; need for a change; wish to challenge oneself with immersion in a new culture; 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 U.S. 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 Stirling's International Summer School (ISS) is open to students from around the world. The program is structured in two 4-week blocks and will include classes (or modules as they call them at the University of Stirling) from a variety of subjects. UW-Eau Claire students can enroll in either, or both, blocks.

You will take two modules in a single block, or three courses during the eight-week program. The program includes some social activities (welcome and farewell events and a Scottish Ceilidh), as well as some field trips and excursions to some of Scotland's top historical sights.

Although you apply for the program through UW-Eau Claire, once you are accepted by Stirling, 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 Stirling promptly and carefully. If you have questions, forward the correspondence and questions to Cheryl Lochner-Wright ([lochnecb@uwec.edu](mailto:lochnecb@uwec.edu)), the Study Abroad Coordinator for the Scotland programs; she will generally not be copied in by Stirling.

## *The Location*

Stirling is Scotland's newest city and is a 10-minute bus ride from campus. With a population of around 41,000, the city offers an interesting blend of the old (Stirling castle and the Wallace Monument) and the modern (cafes, restaurants, and department stores) and affords a warm community

welcome. It is also within easy reach of both Glasgow (50 min. by train), Edinburgh (25 min. by train) and the Scottish Highlands.

## *The University*

With a student population of 9,000, the University of Stirling is known for programs in film & media studies, English, history, politics, religion, environmental science, management, and sports. Built in the rolling hills of the former Airthrey estate, with Airthrey Castle still in place as a teaching building, the Stirling campus boasts a friendly atmosphere and a strong community spirit. Find details at <http://www.stir.ac.uk/>.

## *Academic Calendar*

Below you will find a tentative academic calendar. **Do not make your flight arrangements until you receive confirmation of your acceptance and the exact arrival/departure dates from Stirling.** U of Stirling will confirm all dates in your acceptance letter.

### Summer 2019

#### **BLOCK ONE**

Depart U.S.: June 7  
Arrival: June 8  
Orientation: June 9  
Classes begin: June 10  
Classes end/airport drop-off: July 6

#### **BLOCK TWO**

Depart U.S.: July 6  
Arrival: July 6  
Orientation: July 7  
Classes begin: July 8  
Classes end/airport drop-off: August 3

**Further details about arrival and departure will be sent to you with your University of Stirling "Offer Letter" and in the web-based ISS Student Handbook, which will be published around late March and sent to students who have accepted their ISS placement.**

## 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.*

### Academic Planning

You will take two modules during a single block or three modules during the eight-week program. Each module is worth three U.S. credits, so the maximum is 9 credits. If you are taking an internship during Block 2, you must take two modules during Block 1.

As part of your acceptance materials, you were referred to a list of course equivalencies while completing your application. If you would like to review this list, please access the [Stirling Summer "Academics"](#) page.

### Field Trips

A key feature of the ISS is the out-of-class study. The field trips will vary depending on the module. To learn about the excursion embedded in the module, please visit the International Summer School "What Can I Study?" page: <https://www.stir.ac.uk/international/international-summer-school/what-can-i-study/>.

The excursion information is listed in the individual module descriptions, so you need to click on the links to read about the module and excursion. Additional experiences to major Scottish attractions will also be offered.

### 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 Stirling program under a temporary INTA course number. This "blanket registration" will appear on your billing statements and will be replaced by the specific Stirling courses once your transcript arrives.

At U of Stirling: You will indicate your top choice modules for each block on your Stirling summer application form; you will be automatically assigned to your first choice if it is available or to your second choice if it is not, and so on.

### Grades

U of Stirling switched grades on a 0-100 point grading scale. The grade conversion scale from your University of Stirling grades to your UW-Eau Claire transcript is as follows:

Stirling	UW-Eau Claire
67-77	A
64-66	A-
60-63	B+
57-59	B
54-56	B-
50-53	C+
47-49	C
44-46	C-
40-43	D+
Below 40	F

**Note that UW-Eau Claire students abroad are not allowed to take classes pass/fail, and that grades from Stirling are figured into your UW-Eau Claire GPA.**

### ***Transcripts & Graduation***

The University of Stirling will send a transcript for your time abroad to UW- Eau Claire. **Transcripts are not available until two or three months after the end of the term.** Due to this delay, you will initially receive a grade report with "NR" (not reported) for all courses. A revised transcript will be issued after the grades have arrived.

**If you are a senior** and are studying abroad for your last term, please note that the different timelines in grade reporting **will most likely require you to delay your graduation from summer to fall.** The UW-Eau Claire Registrar's Office 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.

### ***The 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.

**Class meetings and schedule:** Most classes meet once per week for either a three-hour lecture or two to three hours with a mixture of lecture and tutorial. For the lecture and tutorial, both sections are taught by the same professor (known as a lecturer in the British system).

In the words of a past student, "*Classes are usually 3 hours a week, 2 hours of lecture and 1 tutorial. Lectures are at set times, but you can choose which tutorial you would like to take from a list of times. Your classes will be with a mixture of Scottish and other international students.*"

**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:** 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 is kept, 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.

**Advance planning and independent learning:** Much of the emphasis is placed on private study. Keep in mind that in the UK system, students do not say they are "studying" history, for example. **They say they are "reading" history. And that is precisely what students are expected to do: read!** As one student said, *"You will probably spend a lot less time in class than you are used to, but in exchange, you are*

*expected to do a lot more independent work!"*

Upon beginning a class, you will likely be given a (very) long reading list. This is not a required reading list, it is a list of suggested readings that will expand your knowledge of the subject area; what you actually read from the list is mostly left up to you. **If you are told that "You may wish to look at these specific titles," take that as a strong hint to read those books.** You should also browse through several of the others and choose two or three to read carefully. These readings will form the basis of your contributions to tutorial discussions, as well as for the essays that serve as assessment for the module.

#### **Differences in assignments and exams:**

Unlike in the U.S. system, you will rarely find a lecturer who makes short, weekly assignments. During the semester, 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 week's topic in order to facilitate discussion.

In some courses, you may not hand in any work until the last few weeks of the term. At this point, you will probably be asked to hand in 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 semester. 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.

**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 UK 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**

The main thing to remember is that there usually is not one specific text. 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. The only exceptions are 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.**

## **MONEY MATTERS**

*Information about how payments are made, when they are due, the 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 Stirling - Summer 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 Stirling, and what you pay directly to other vendors.

### **Personal Travel**

Past participants who responded to our money survey spent between \$500 and \$1,200 on personal travel. To give you a sense of what you can do for these amounts:

\$500: *Not much- I traveled a couple of weekends during my time abroad.*

\$1,200: *A moderate amount- I traveled about every other weekend.*

### **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 12, 2018 was 1 GBP = 1.21838 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**

The university recommends that you arrive in the UK with approximately £200-£250 in British currency, more if you are traveling by taxis and other public transport. Do not carry any more than this in case it gets lost. It is also advisable to bring some traveler's checks with you for emergencies; they can be cashed at airport "bureaux de change" offices and in banks. You can also withdraw money from ATMs using your credit or debit card.

### **Traveler's Checks**

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

Stirling offers a range of on-campus student support services; you can find details here: <http://www.stir.ac.uk/campus-life/support-and-wellbeing/>. Additional information on campus medical and counseling services will be covered during on-site orientation at your host university in Scotland.

### **Services for Students with Disabilities**

Stirling can provide accommodations for students with a variety of specific requirements. Details are here: <http://www.stir.ac.uk/campus-life/accommodation/studentswithdisabilities/>

It is also important to look at the level of accessibility in Scotland. To find more information on this topic, please see the [State Department Country Specific Information page](#).

You are welcome to contact **Cheryl Lochner-Wright, the Scotland program coordinator**, at [lochnebw@uwec.edu](mailto:lochnebw@uwec.edu) with any questions you may have about on-campus medical, counseling or disability services 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](#). 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 is 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, it may be more difficult to speak up when you are in a new culture.

You cannot change a culture, but you can make smart choices about how to manage your interactions and reactions to lad culture:

- Ask your British 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***

The University of Stirling has a designated ISS adviser for students to contact. Numbers are listed on the *Contact Information* page of this guide. When traveling outside the framework of the

academic program, you may not be able to contact the International Adviser for help. If an emergency should arise while traveling, the American embassies and/or consulates can offer some assistance. They will assist in the following:

- provide a list of local physicians and lawyers
- contact next of kin in event of emergency
- provide assistance during civil unrest or natural disaster
- contact relations on your behalf to request funds or guidance in an emergency.

### **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.**

We suggest you 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 Bugolds Abroad account during the semester prior to departure. **If you plan to do an internship during the program, you must apply for a Tier IV General Student Visa.**

Note that **you cannot enter the UK for the first time via Ireland if you are using the short-term study 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 the designated arrival airport.

**Remember that you should not book your flight until your acceptance has been confirmed and the exact beginning and ending dates of the program have been confirmed by Stirling.**

However, this does not mean that you cannot call travel agencies and begin price comparisons. In the past, students have been asked to arrive by 1 pm on the arrival date and to have a departure flight leaving at 9 am or after on the arrival date if they wish to use the shuttle to Stirling. (See below.)

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.**

### Arriving in Scotland

Further details about arrival and departure will be sent to you with your University of Stirling "Offer Letter" and in the web-based



ISS Student Handbook, which will be published around late March and sent to students who have accepted their ISS placement.

Stirling is located about a one hour and 20-minute drive from Glasgow and a 45-minute drive from Edinburgh.

### **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 Stirling**

University of Stirling uses a local transport service (Stirling Direct) to shuttle students from the airport to campus. You will be given information about how to reserve your seat on the shuttle upon acceptance. A representative from the International Summer School generally meets arriving students at the designated airports and directs them to the shuttle that will ultimately take them to their residence halls at the University of Stirling.

**In order to take advantage of the pick-up service, you must submit your arrival information online; you will be notified by the University of Stirling when the form is available.** You must complete this form if you would like to use the pick-up service. If you do not complete the form on

time, you will be expected to make your own travel arrangements to Stirling. Should you choose to arrive earlier than the official arrival date, you will need to arrange your own transportation to Stirling.

**Drop-off service.** The ISS offers an airport drop-off service for students returning to the United States after the program ends.

**Historically, you must have a return flight leaving at 9:00am or later from Glasgow or Edinburgh on the designated move out day in order to participate in drop-off.** Earlier departures may be accommodated on a case-by-case basis.

## **SETTLING IN**

### **Orientation**

You will have an orientation program, including an introduction to the University of Stirling and its facilities, as well as a tour of the surrounding area, after arrival in Scotland.

### **Housing**

You will be housed in on-campus, apartment-style accommodation with other International Summer School participants. You will have your own bedroom but will share the apartment with 4 to 5 other students.

### **Meals**

**No meal plan is included for ISS participants.** Your apartment will have kitchen facilities where you can prepare your own food. For those of you coming from traditional dorm life, this may be a bit different. In most kitchens, you can expect to find an electric kettle, fridge, oven, freezer, stove, and microwave. You may

need to buy some inexpensive pans and utensils.

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 and peanut butter have a slightly different flavor. Ranch dressing is hard to find and also has a slightly different flavor. And if you eat out, you'll find more Indian food and less Mexican food.

### **Common Scottish and English meals**

- **Cornish Pasty-** Pasty filled with vegetables and minced beef.
- **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 & mashed potatoes
- **Yorkshire Pudding-** Popover served alongside roast beef with gravy on top.
- **Cadbury Chocolate-** An absolute must.
- **Doner-** Found at the kebab shops. We call them gyros.
- **Fried Milky Way Bars!-** Almost anything can be found fried- just check out the menu at the nearest fish and chips shop.

### **Laundry**

The University of Stirling has four laundry facilities located in Alexander Court, Spittal Hill, John Forty's Court, and in Polwarth House, central to the main residences complex. All have card operated washers and dryers.

In the main laundry at Polwarth House, £4 buys a 12-point laundry card, which is swiped in the machines as they are used. Washes "cost" four points, and 20 minutes in the dryer "costs" two points, so each card holds the equivalent of three washes, or six dries, or two of each.

### **Getting Involved**

As the International Summer School classes are largely filled with North American students, you will need to make an extra effort to branch out if you would like to meet local people.

Some students also attended a Scottish church on a regular basis. They really enjoyed doing this as they were able to meet and connect with a wide variety of people.

Other students found the internship class a great way to meet people in the local community as you are working with them every day.

## **COMMUNICATION**

*Information on accessing/forwarding your UW-Eau Claire email address 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 in Eau Claire, 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-area code-number

## ***E-mail***

You will have 24-hour e-mail/Internet access in the university computer labs. If you bring a laptop, there will be places to use it on campus. Please note that there is no Wi-Fi in Fraser Flats where summer school students typically live. You will need an Ethernet cord if you want to email from your dorm room.

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

## ***Snail Mail***

International airmail usually takes 7-10 business days at least! 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](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, begun in 1284 with the Statute of Rhuddlan, which 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> and

<http://www.infoplease.com/ipa/A0108078.html#ixzz1fnATw3d5>

## **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.*

If you plan to travel in England, Scotland or Wales, transportation by train, ferry, bus (coach) and plane are all HIGHLY recommended. When deciding whether to travel by train, bus or air, remember this: they are often comparable in price, but train travel takes 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 Young Person's RailCard gives you 1/3 off regular fare tickets. It pays for itself after 3-4 rail trips. There is also a special rail pass just for Southwest England (which includes London and Oxford) and gives you a reduction off train tickets. When you buy a ticket to London with the pass, the ticket may also be used as a subway pass providing transportation around London for the entire day.

### **Bus**

Scotland also has a great bus system that can take you to many Scottish cities inexpensively. At <http://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 1/3 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. See <http://www.aferry.com> 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 & ADDRESSES

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

## UNIVERSITY OF STIRLING

Jo Hagerty  
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Email: [study-abroad@stir.ac.uk](mailto:study-abroad@stir.ac.uk)  
OR  
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## U.W. EAU CLAIRE

Center for International Education  
Cheryl Lochner-Wright  
Senior Study Abroad Coordinator  
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Phone: (715) 836-4411  
Fax: (715) 836-4948

## 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  
Web site:  
<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: 0131-556-8315 (in country)  
Fax: 0131-557-6023 (in country)  
After-hours Emergency for American Citizens:  
Phone: 020 7499 9000 (in-country)  
Email: [edinburgh-info@state.gov](mailto:edinburgh-info@state.gov)  
Web: <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: STIRLING

COUNTRY	CITY	TRAVEL
<b>VisitScotland.com</b> <a href="http://www.visitscotland.com">http://www.visitscotland.com</a>	<b>City of Stirling</b> <a href="http://www.instirling.com/">http://www.instirling.com/</a>	<b>The UK Travel Guide</b> <a href="http://www.uktravel.com">http://www.uktravel.com</a>
<b>Scotland.com</b> <a href="http://www.scotland.com">http://www.scotland.com</a>		<b>UK Rail Schedules</b> <a href="http://www.nationalrail.co.uk">www.nationalrail.co.uk</a>
<b>The British Council—Welcome to Scotland</b> <a href="http://scotland.britishcouncil.org/">http://scotland.britishcouncil.org/</a>		<b>UK Weather</b> <a href="http://www.metoffice.gov.uk/weather/uk/">http://www.metoffice.gov.uk/weather/uk/</a>
<b>Scottish News</b> Telegraph: <a href="http://www.telegraph.co.uk/news/uknews/scotland/">http://www.telegraph.co.uk/news/uknews/scotland/</a>  BBC: <a href="http://www.bbc.co.uk/scotland/">http://www.bbc.co.uk/scotland/</a>		<b>Edinburgh and Lothians Tourist Board</b> <a href="http://www.visitscotland.com/destinations-maps/edinburgh-lothians/">http://www.visitscotland.com/destinations-maps/edinburgh-lothians/</a>
<b>Radio Scotland</b> <a href="http://www.bbc.co.uk/radioscotland/">http://www.bbc.co.uk/radioscotland/</a>		

## ***Comments from past Stirling ISS Students***

The ISS program was amazing. The coordinators did everything they could to give each person the experience they dreamed of. Scotland is a relatively similar place to the U.S., so it's easy to adjust, but also different enough to be exposed to many new and different experiences. I learned a lot about the rich culture and history there. I loved every part of this experience. Stirling became a second home to me.

This was a relaxed program, since it's summer—no exams, just final essays. The professors were amazing and taught subjects we would never learn in the U.S. The internship was a once-in-a-lifetime opportunity, and I was able to try all sorts of research equipment that isn't available here. The dorms were amazing, nice and brand new. I wasn't a fan of making our own food—I would've rather experienced more Scotland food.



*Updated 12/12/18, clw*