

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

# Study Abroad



**ABERDEEN, SCOTLAND**  
**FALL 2019**

*Program Guide*

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**CONGRATULATIONS** on being accepted to study at the University of Aberdeen through the University of Wisconsin-Eau Claire! 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 your Scottish university. 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 advisor will email additional information throughout the semester. We strongly encourage you to contact your peer advisor, 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 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 Wisconsin-Eau Claire has been sending students to the University of Aberdeen for more than 10 years.

At Aberdeen, you will live in the residence halls and take classes with Scottish and international students, taught by Scottish professors. It will be a true immersion into Scottish university culture.

Although you apply for the program through UW-Eau Claire, once you are accepted by your Aberdeen, you will get information directly from the International Office there. It is CRITICAL that you read all email or regular mail correspondence promptly and carefully, and that you forward the correspondence to Cheryl Lochner-Wright ([lochnecb@uwec.edu](mailto:lochnecb@uwec.edu)), the Study Abroad Coordinator for the Scotland programs, with questions, if there is anything you do not understand.

### *The Location*

**Aberdeen** is a thriving city of 220,000 mid-way up the east coast of Scotland. With excellent museums, great concert venues, and a vibrant nightlife, the city offers something for everyone. Its location, on the coast at the confluence of two rivers and near the Cairngorm Mountains, guarantees both spectacular scenery and incredible opportunities for those who love the outdoors.

### *The University*

Founded in 1495, the **University of Aberdeen** is the third oldest university in Scotland and the fifth oldest in the U.K. With a student

population of 13,000, Aberdeen offers nearly 90 majors in three colleges: Medical & Life Sciences, Physical Sciences, and Arts & Social Sciences. You can find complete information at [www.abdn.ac.uk/studyabroad](http://www.abdn.ac.uk/studyabroad)

University of Aberdeen has pre-departure information available at <http://www.abdn.ac.uk/study/international/pre-departure-information.php>. They offer videos, online webinars, Facebook, and old-fashioned print materials to help you prepare for your time at Aberdeen.

### *Academic Calendar*

Below are the Aberdeen Fall 19 dates. **Do not make your flight arrangements until you receive confirmation of your acceptance from the University of Aberdeen.**

#### **Aberdeen Fall 19**

Depart the U.S.	Aug 30 or Aug 31
Official arrival dates	Aug 31 or Sept 1
Orientation/Registration	Sept 2-6
Classes Begin	Sept 9
Final Exams	Nov 30-Dec 13
Earliest Departure Day	Dec 14
Student Accommodation Contract Ends	Late night in hall, December 18; must move out by Dec 19

## 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.*

## ***Semester Pre-Departure Planning and Course Equivalencies***

You can use the information from the [CIE Aberdeen academics page](#) to plan for your semester in Scotland and complete the module (course) interest section of the application.

If any courses you plan to take do not have equivalencies, email the course description, including department, course code, title, credits and summary of content, to Cheryl Lochner-Wright, your UWEC study abroad coordinator. She will ask the Admissions Office have department chairs evaluate the courses. Equivalencies are on the Transfer Wizard as they are evaluated.

## ***Graduate Courses***

Some students have expressed interest in taking graduate courses. Although your Scottish faculty advisor may not have a problem with you taking graduate courses, UW-Eau Claire does. **You will not be granted credit for graduate courses taken abroad. Aberdeen allows the graduate course to count toward their home campus undergraduate degree.**

## ***Credits & Course Load***

The workload at **Aberdeen** will be measured in credit points. You must take a minimum of 50 Scotcat credits and may take a maximum of 70.

Four Scotcat credits equal 1 U.S. credit, so you will generally be taking the equivalent of 12.5-17.5 U.S. credits. There is no fixed number of courses you must take because courses may carry from 10-30 Scotcat credit points or 2.5 to 7.5 U.S. credits.

## ***Registration at UW-Eau Claire***

**Do not register for classes at UW-Eau Claire for the semester you will be abroad.** The semester before your program departs, CIE staff will work with the Registration Office to enroll you in a **temporary course number (INTX)** for 12 credits. This temporary registration for 12 credits will appear on your billing statements. You do not need to complete any other registration at UW-Eau Claire.

**Once your Stirling transcript arrives, your classes, credits, and grades from Scotland will be posted on your UW-Eau Claire transcript.** The INTX registration code will remain on your transcript so that the university can maintain historical records on study abroad. However, the INTX credit units will be removed and the INTX course will not be graded.

## ***Registration in Scotland***

You indicated on your Aberdeen application form which classes you prefer to take, but **registration will not actually be confirmed until after you arrive in Scotland and go through orientation.**

As soon as you are registered for classes in Scotland, complete the **course questionnaire in your BlugoldsAbroad** account for all courses **not already in the Transfer Wizard**. The relevant UWEC offices will use that information to request an equivalency.

Equivalencies are determined by the chair of the appropriate department, and that the process can take three to four weeks. Therefore, if you decide to take a class that has

not been evaluated after you arrive in Stirling, you will not know exactly how it will transfer back to UWEC until after it is too late to change classes.

## ***U.K. 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 did need to adjust to a new way of teaching and learning.

From a U.K. perspective, it is hard to understand 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 U.K. 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 U.K. system). Given that the course load is 3-5 courses per term, you may find yourself spending only 12-15 hours in class per week depending on your schedule.

**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 offer less opportunity for students to ask questions: questions and discussions are in the tutorial. Also, the lectures are not intended to tell you everything you need to know for the test or assignment. They 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. They are active learning opportunities where the tutor and students meet to discuss the material 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 the 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. Tutorials also allow for closer professor/student relationships than are typically found at the undergraduate level in the U.S.



### Advance planning and independent learning:

With only 12-15 hours of class time per week, you may think your time in Scotland will be an academic vacation. This is not the case. Much of the emphasis is placed on private study. In the British 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:** In the U.K., 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.

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

**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 British 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 semester 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.

Different departments/faculty may have specific attendance requirements and penalties over and above the general university guidelines. If you are in doubt about the attendance policy for your module/course, consult your lecturer.

### **Grades**

The grade conversion scale for each of the Scottish universities follows. As you can see, Aberdeen and Glasgow share the same grading system, but Stirling has a different system for issuing grades. Please consult the appropriate grading scale for your university.

<b>Aberdeen</b>	<b>UWEC</b>
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**

Aberdeen 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 semester.** 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 semester, please note that the different timelines in grade reporting **will most likely require you to delay your graduation from fall to spring or from spring to summer.** The UW-Eau Claire Blugold Central-Registrar must receive grades within 42 days of the last day of the UW-Eau Claire semester in order to confirm your graduation that semester. This is a UW-Eau Claire requirement, and our partners abroad cannot change their usual timelines to accommodate it.

**If you are planning to apply to a competitive program at UW-Eau Claire, such as Education or Nursing,** for the semester you return, contact the UW-Eau Claire study abroad coordinator to see if any form of grade can be sent prior to the review deadline. Please note

that this is at the discretion of the Scottish university and may not be possible.

### ***Service-Learning***

*See additional information on Service-Learning in your Study Abroad Handbook.*

Given that you will most likely spend fewer hours in the classroom in Scotland than UW-Eau Claire, you may find your term abroad an ideal time to complete some service-learning. However, to have this option, you must do the following **before you leave the U.S.:**

- ***Apply for A Tier IV Student Visa*** See the Learning Content “Visa Information: UK” in your BlugoldsAbroad account for details.
- ***Have A Criminal Background Check*** Volunteer work with vulnerable populations (i.e. children, the elderly, people with disabilities, etc.) will require a criminal background check. Like in the U.S., the UK has experienced some tragic incidents where people with criminal backgrounds have victimized vulnerable people. The result: a required criminal background check of all volunteers. You can apply for a criminal background check through the State of Wisconsin Department of Justice (<http://www.doj.state.wi.us/dles/cib/crime-information-bureau>). You must apply for and receive your background check before you depart for the UK. Once you receive your letter, put it in a safe place and bring it with you. You will ultimately share it with the volunteer site coordinator.

Remember to submit your service-learning forms online before you begin your project! ([www.uwec.edu/SL](http://www.uwec.edu/SL))

## **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 Aberdeen 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 your host university, and what you pay directly to other vendors.

### ***Exchange Option***

In Fall 2019, you will be going to Aberdeen as exchange students. On a tuition only **exchange program**, each participant pays the costs they would normally pay at their home school – so Eau Claire students pay UW-Eau Claire costs, and Scottish students cover tuition costs at their respective university, and they switch places. Students pay the host institution for their housing.

**No money is exchanged between the schools, and there is no direct monetary correlation between what you pay in Eau Claire and what you receive in Scotland.**

What is exchanged is not actual payment, but rather benefits. You should receive the same benefits a typical Scottish student receives, and the Scottish student receives the benefits a typical Eau Claire student receives. This type of arrangement allows students to participate in overseas programs at a cost similar to what they would pay to attend their home university.

### **Personal Travel**

Past participants who responded to our money survey spent between \$1,500 and \$2,500 on personal travel. To give you a sense of what you can do for these amounts:

*\$1,500-\$2000: A moderate amount – I traveled about every other weekend.*

*\$2,500: A lot – I traveled almost every weekend.* Personal travel depends on your budget and your priorities. Students who want to be involved in their host community generally spend less time (and money) traveling. Others travel every weekend with correspondingly high costs and fewer close connections in their new home.

### **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 19, 2019 was 1 GBP = 1.22628 USD.** You can find current exchange rates at <http://www.oanda.com/currency/converter/>.

## **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**

Aberdeen recommends that you arrive in the UK with approximately £200-£250 in British currency, more if you are traveling by taxi and other public transport to get to campus. Do not carry any more than this in case it gets lost. If you need more, you can also withdraw money from ATMs using your credit or debit card.

### **Bank Accounts**

For yearlong students, it may take up to three weeks to open a UK bank account, so be prepared with cash, debit/credit cards, and/or travelers checks until then. Students studying in the UK for six months or less are not allowed to open an account.

### **Travelers 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 travelers' checks. Also, you

will need to go to a bank or a money exchange office (e.g. bureau de change) in order to cash traveler's checks, which can be inconvenient. However, traveler's checks can be useful in an emergency situation 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.

## SCHOLARSHIPS

*In addition to the scholarship & financial aid information listed in your Study Abroad Handbook, there is one scholarship available specifically for study in the UK.*

### **BUTEX North American Scholarship Programme**

The British Universities Transatlantic Exchange Association (BUTEX) has a North American Scholarship Programme open to all undergraduate students currently registered at an institution in the United States or Canada. To be eligible to apply, you must have been offered a study abroad or exchange place at a U.K. university with BUTEX membership for a minimum of one semester. The University of Aberdeen is a member. For further details on how to apply, please see [www.butex.ac.uk](http://www.butex.ac.uk).

## 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**

You will get information on to access medical services when traveling on a short-term student visa at orientation in Aberdeen. In addition, there is basic information about physical and mental health resources at these links:

<https://www.abdn.ac.uk/infohub/life/doctor-and-dentist.php>

<https://cluedup.abdn.ac.uk/>

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

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

<https://www.abdn.ac.uk/disabilities/>

You are also welcome to contact **Cheryl Lochner-Wright, the Scotland program coordinator**, at [lochnecb@uwec.edu](mailto:lochnecb@uwec.edu) with any questions you may have about on-campus medical, counseling services or disability accommodations before you leave.

### **Intro to the U.K. 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 U.K. health systems.

**1) The U.K. 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 U.K., contact your UW-Eau Claire study abroad coordinator right away!

**3) In the U.K., 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 recommend that students who have not been vaccinated plan 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 is 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***

Each Scottish university has a designated advisor 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 advisor for help. If an emergency should arise while traveling, U.S. embassies and/or consulates can offer some assistance in the following ways:

- 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**. 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

A visa is official permission to temporarily reside in another country and is granted by the government of that country. U.S. citizens studying in the UK for less than six months may enter the UK under two categories: Short-Term Study Visa or Tier 4 (General) Student Visa.

**Most UW-Eau Claire students enter under the Short-Term Study Visa category.**

See the “Visa Information: UK” in the Learning Content section of your UW-Eau Claire BugoldsAbroad account for basic information about the visa options. This information will be discussed briefly at study abroad orientation, also.

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 the UK, and if required, to apply for and receive a visa

from a UK consulate or embassy in a timely manner.

### 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 should know the following about Scotland. Your Peer Advisor will also give you a suggested packing list at Orientation 2.*

### Clothing

The weather in Scotland is often cool and wet, especially in the fall and winter. Many buildings are not centrally heated. Past participants suggest bringing clothing that you can wear, or remove, 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 light and a heavy jacket are essential. One of these should be a raincoat with a warm lining. And don’t forget your umbrella!



## What to Pack

Your Peer Advisor will provide a suggested packing list at Orientation 2.

## 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 Aberdeen. See dates in the "Academic Calendar" section of this guide.

Remember:

- **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 the University of Aberdeen.** However, this does not mean that you cannot look online and begin price comparisons.
- **You cannot enter the UK for the first time via Ireland if you are using the short-term study visa option.**
- 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

## Getting to Aberdeen

Flying directly to Aberdeen's international airport is most convenient. It is served by a number of major carriers providing an extensive network of routes throughout the UK, direct to Europe, and worldwide through major hubs. The airport is located at Dyce, about seven miles from the center of Aberdeen.

If you fly into Edinburgh or Glasgow, or other UK cities, you can take a long-distance bus (coach) or train to Aberdeen. This option will require you to transport your bags and yourself from the airport to the nearest bus or train station. To learn more about bus and train service to Aberdeen, visit the U of Aberdeen's pre-departure information page: <http://www.abdn.ac.uk/study/international/pre-departure-information.php>.

University welcome staff will be located at Aberdeen airport during peak arrival times and will be available to assist you in making the short journey to your halls of residence. Please note that a taxi ride will cost you approximately £15.

If you arrive by bus or train, you will also need to take a taxi to campus. Cost will be ~ £7.

Whether you arrive by plane, train, or coach, you should direct the cab to drop you at Hillhead Hall main reception on the Aberdeen campus, which is where all international students live.

## **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.

## **SETTLING IN**

### **Orientation**

Shortly after your arrival, you will participate in an orientation program during which university staff will go over academic and student life, student support details (health service, counseling service), and transport information.

### **Housing**

You will most likely stay in one of the Hillhead Halls, a group of seven different residences with a range of services provided, at a corresponding range of costs.

Hillhead is "self-catered," which means you have access to a kitchen and cook for yourself. Bedding and bed linens are not provided. You can either bring your own or purchase a bedding pack (approx. £18) when you apply for housing. Bedding and kitchen packs are also available from various retailers in Aberdeen City Center.

**Students with disabilities:** Crombie-Johnston Hall is a catered hall that offers facilities for disabled residents. If you have any special needs, please contact the Scotland program

coordinator, Cheryl Lochner-Wright  
[lochnech@uwec.edu](mailto:lochnech@uwec.edu).

### **Mature (non-traditional) student:**

Elphinstone Road flats are self-catered halls that are usually reserved for postgraduate/non-traditional students.

You can learn more about each hall and compare costs/amenities at the U of Aberdeen Accommodation website:

<http://www.abdn.ac.uk/accommodation/prospactive-students/index.php>

Each hall also has a Facebook page. You are encouraged to join the Facebook page for Accommodation and your hall of residence. Learn more by visiting "[Your Facebook Pages](#)".

### **Meals**

Almost all students select "self-catered" halls at U of Aberdeen, meaning they cook their own food. In self-catered housing you will have access to a kitchen to store food and cook meals. There is a small grocery near the residences, and there are cafeterias on campus if you prefer not to cook every day. No cooking utensils or tableware are provided; however, you can purchase a "kitchen pack" from a number of retailers in Aberdeen city center.

Past peer advisor tip: *"In Aberdeen I always went to the Tesco Local or to Morrisons. Both are on King Street and are easy to get to from Hillhead. The Tesco is just across the road from campus and most students stop by on their way back to halls to grab what they need!"*

**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.
- **Cadbury Chocolate:** an absolute must.
- **Doner:** found at the kebab shops; similar to a Gyro.
- **Fried Milky Way/Mars Bars:** almost anything can be found fried; just check out the menu at the nearest fish and chips shop.

### Laundry

Hillhead Halls at Aberdeen has a laundry facility on site.

### Getting Involved

A great way to get involved in the community is to volunteer your time. Check with the study abroad office on your campus to see if any positions are available on campus or within your city. Otherwise, look into student groups that participate in volunteer activities. Past students who chose to do this gained a lot from the experience. Not only do you get to meet people, you get to make a difference. However, please see the "Service Learning" information on page 10 of this guide as **volunteering in the UK will require a background check and Tier 4 Student Visa.**

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.

The **University of Aberdeen** has a wide array of student organizations, known as "societies." Visit <http://www.ausa.org.uk/> to read about the current societies on campus.

There is also a student union bar with activities every night. It is the social venue for you to visit when you want to get off campus. Take the number 20 bus that runs through Hillhead to Littlejohn Street, where you will be dropped off right in front.

## 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**

Aberdeen provides email access, or you can access a web-based account via the Internet. 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.

From:

<http://geography.about.com/library/faq/blqzuk.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, and the House of Commons. 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, 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.

From:

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

## **TRAVEL WHILE ABROAD**

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

### ***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](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 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.

## WEB RESOURCES: SCOTLAND

Cities	Scotland	UK
<b>Aberdeen</b> University of Aberdeen: <a href="http://www.abdn.ac.uk/">http://www.abdn.ac.uk/</a> City of Aberdeen: <a href="http://www.aberdeencity.gov.uk/home/home.asp">http://www.aberdeencity.gov.uk/home/home.asp</a> Tourist Info: <a href="http://www.welcometoscotland.com/things-to-do">http://www.welcometoscotland.com/things-to-do</a> What to see and do: <a href="http://www.scotland-inverness.co.uk/Chatelaine/list.htm">http://www.scotland-inverness.co.uk/Chatelaine/list.htm</a> Aberdeen Today: <a href="http://www.aberdeentoday.co.uk/">http://www.aberdeentoday.co.uk/</a>	<b>Tourism</b> Historic Scotland: <a href="http://www.historic-scotland.gov.uk">www.historic-scotland.gov.uk</a> The Official Gateway to Scotland <a href="http://www.scotland.org/us">http://www.scotland.org/us</a> Edinburgh and Lothians Tourist Board <a href="http://www.visitscotland.com/destinations-maps/edinburgh-lothians/">http://www.visitscotland.com/destinations-maps/edinburgh-lothians/</a> VisitScotland.com <a href="http://www.visitscotland.com">http://www.visitscotland.com</a> Scotland.com <a href="http://www.scotland.com">http://www.scotland.com</a>	<b>Lonely Plant Travel Guide</b>  <a href="https://www.lonelyplanet.com/scotland">https://www.lonelyplanet.com/scotland</a>
<b>Glasgow</b> University of Glasgow <a href="http://www.gla.ac.uk/">http://www.gla.ac.uk/</a> What to do and see: <a href="http://peoplemakeglasgow.com/">http://peoplemakeglasgow.com/</a>	<b>The British Council—Welcome to Scotland</b> <a href="http://scotland.britishcouncil.org/">http://scotland.britishcouncil.org/</a>	<b>The UK Travel Guide</b> <a href="http://www.uktravel.com/">http://www.uktravel.com/</a>
<b>Radio Scotland</b> <a href="http://www.bbc.co.uk/radioscotland/">http://www.bbc.co.uk/radioscotland/</a>	<b>Scottish News</b> <i>Telegraph:</i> <a href="http://www.telegraph.co.uk/news/uknews/scotland/">http://www.telegraph.co.uk/news/uknews/scotland/</a> <i>BBC:</i> <a href="http://www.bbc.co.uk/scotland/">http://www.bbc.co.uk/scotland/</a>	<b>UK Rail Schedules</b> <a href="http://www.nationalrail.co.uk">http://www.nationalrail.co.uk</a> <a href="http://www.scotrail.co.uk/">http://www.scotrail.co.uk/</a>
<b>UK Weather</b> <a href="http://www.metoffice.gov.uk/weather/uk/">http://www.metoffice.gov.uk/weather/uk/</a>		



# CONTACT NAMES & ADDRESSES: SCOTLAND

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

## UNIVERSITY OF ABERDEEN

Jennifer Hemphill  
International Programme Assistant  
[studyabroad@abdn.ac.uk](mailto:studyabroad@abdn.ac.uk)  
Office Tel: +44 (0)1224 272090  
or +44 (0)1224 272091  
University of Aberdeen  
Student Recruitment & Admissions Service  
Room 102, The Hub, Elphinstone Road  
King's College  
Aberdeen AB24 3TU  
Scotland, UK

## U.W. EAU CLAIRE

Center for International Education  
Cheryl Lochner-Wright  
Sr. Study Abroad Coordinator  
[lochnecb@uwec.edu](mailto:lochnecb@uwec.edu)  
3 Schofield Hall  
University of Wisconsin-Eau Claire  
105 Garfield Avenue  
Eau Claire, WI 54702  
Phone: (715) 836-4411  
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)  
[edinburgh-info@state.gov](mailto:edinburgh-info@state.gov)  
[https://uk.usembassy.gov/embassy-  
consulates/edinb](https://uk.usembassy.gov/embassy-consulates/edinb)  
**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**

# PAST PARTICIPANT VOICES, SCOTLAND

## *WHAT THEY WISH THEY HAD KNOWN BEFORE THEY LEFT*

- Some Doric language (the native, historic language in Aberdeen). It's everywhere.
  - More about the climate. I thought by May, it would be warmer!

## *THE BEST PART OF THEIR EXPERIENCE MID-WAY THROUGH*

- Getting to experience the difference between the UK education system and the US. It has helped me work on my adaptability
  - Meeting new people, exploring the city & surrounding area.

## *BIGGEST ADJUSTMENTS THEY HAD TO MAKE*

- The first week was tough. I was jetlagged and homesick.
  - Living in an apartment and cooking!
  - Picking up on new lingo.
- It takes quite a while to adjust to cars driving on the left. Also, crosswalks don't really exist.

## *HOW THEY SUMMED IT UP*

"I'm very happy I studied abroad. I learned so much about myself and the world around me."

"This was an incredible experience overall. The courses were very interesting, and there were a wide variety from which to choose. The university is very welcoming and organizes many activities and opportunities for meeting people from around the world. Finally, Scotland is a beautiful country with countless opportunities for exploring, and it is easy to travel to other countries from Aberdeen as well."

"Throughout my time in Glasgow I have had little experiences that made me just appreciate the fact that I had the chance to come. I loved the satisfaction of being able to adapt to entirely new surroundings, the diversity of living in a big city. I loved starting over knowing no one and meeting great friends. I loved having to travel someplace that involved a subway, train, bus, plane and taxi just to get there. Who doesn't love Fish and Chips? I loved playing Gaelic Football. I loved the Scottish landscape--for the most part I even loved the rain."

