

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

Study Abroad



STIRLING, SCOTLAND
FALL 2018

Program Guide

TABLE OF CONTENTS

General Information	2	Services for Students with Disabilities	9
The Program.....	2	Intro to the U.K. Health System	10
The Location	2	Prescriptions-Allergy Shots.....	10
The University	2	Vaccinations	10
Academic Calendars	2	Safety in Scotland	10
Academics.....	3	Hiking	10
Semester Pre-Departure Planning and Course		Sexual Harassment and “Lad Culture” in the UK	
Equivalencies	3	11
Graduate Courses	3	Emergency Contacts	11
Stirling Credits & Course Load.....	3	911 Equivalent in the UK.....	12
Registration at UW-Eau Claire	3	Required Documents.....	12
Registration in Scotland	3	Visa	12
U.K. Academic System	4	Visas for Travel to Other Countries.....	12
Books.....	6	Packing Tips	12
Attendance.....	6	Clothing.....	12
Grades	6	What to Pack	12
Transcripts & Graduation.....	7	Appliances.....	12
Service-Learning	7	Arriving in Scotland	13
Money Matters.....	7	Travel Arrangements	13
Cost Estimate	7	Getting to Stirling.....	13
Exchange Option	8	Immigration	13
Personal Travel.....	8	Getting to Stirling.....	13
Currency and Currency Exchange.....	8	Settling In	14
Money Abroad	8	Orientation	14
Funds upon Arrival	8	Housing	14
Bank Accounts	9	Meals	14
Travelers Checks	9	Laundry	15
Scholarships.....	9	Getting Involved	15
BUTEX North American Scholarship Programme		Communication	16
.....	9	Time Difference.....	16
Health & Safety.....	9	Telephone Information.....	16
On-Campus Medical & Counseling Services	9	Email	16
		Snail Mail	16
		Culture Notes	16

Where am I going? UK, Great Britain, or Scotland?.....	16
The Government.....	17
Travel While Abroad	17
Train.....	17
Bus.....	17
Ferry.....	18
Air	18
WEB RESOURCES: SCOTLAND	19
Cities	19
Scotland	19
UK	19
Contact Names & Addresses: Scotland	20

CONGRATULATIONS on being accepted to study in Stirling, Scotland! 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 Stirling for more than 10 years.

As a UW-Eau Claire student, you may choose to study for a semester or an academic year. You will live in the residence halls and take classes with Scottish students taught by Scottish professors. It will be a true immersion into Scottish university culture.

Although you apply for the exchange through UW-Eau Claire, once you are accepted by Aberdeen, 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 Aberdeen promptly and carefully, and that you forward the correspondence to Cheryl Lochner-Wright (lochnecb@uwec.edu), the Study Abroad Coordinator for the Scotland programs, with questions, if there is anything you do not understand.

The Location

The city of Stirling is a 10-minute bus ride from campus. With a population of around 45,000, the city offers a warm community and is within easy reach of both Glasgow (50 minutes by train) and Edinburgh (25 minutes by train).

The University

With a student population of 9,000, the University of Stirling is known for programs in communication & media studies, English, environmental science, social work, and sociology. Built in the rolling hills of a former estate, the Stirling campus boasts a friendly atmosphere and an active student life, with a

large percentage of students living on campus and many opportunities for student involvement. You can learn more about the University of Stirling by visiting their website: <http://www.stir.ac.uk/>.

You may also want to consult the University of Stirling the "Incoming exchange and study abroad students" page at: <http://www.stir.ac.uk/study-abroad-exchanges/>. Scroll down to find the "Student Handbook for Study Abroad" and other helpful pre-arrival information.

Academic Calendars

Below are the Stirling Fall 18 dates. **Do not make your flight arrangements until you receive confirmation of your acceptance and the final, confirmed dates from the Scottish university.**

Stirling: The Stirling academic calendar is divided into two equal semesters. **Autumn runs from September to mid-December.** Spring semester runs from mid-January to mid-May.

Stirling Fall 2018

Depart the U.S.	September 7
Official arrival date	September 8
Orientation	September 9
Classes Begin	September 10
Final Exams End	December 14
Earliest Departure Day	December 15
Student Accommodation Contract	10:00 am* on Saturday, September 8 to 9:30 am, Wednesday, January 9

ACADEMICS

There is additional information on program eligibility, as well as academic 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 Stirling academics page](#) to plan for your semester in Scotland and complete the module (course) interest section of the application.

To find courses that have been evaluated for your institution, you will use the Transfer Credit Wizard. A guide to using the Wizard, with screenshots, is on each of the Academics pages listed above.

The CIE will ask the Admissions Office to evaluate any courses listed on your application that do not have UW-Eau Claire equivalencies. Equivalencies will be posted on the Transfer Wizard as they are evaluated.

Graduate Courses

Some students have expressed an interest in taking graduate courses abroad. Although your Stirling 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 unless Aberdeen allows the graduate course to count toward their home campus undergraduate degree.**

Stirling Credits & Course Load

Most University of Stirling courses are worth 5 U.S. credits. Typically, **you must take three classes (15 credits) per semester.** However, there are a few “half modules” that are equal to 2.5 U.S. credits, in which case you could take either 12.5 U.S. credits or 15 credits per semester.

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 the transcript from your host university 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 regarding who has studied abroad. However, the INTX credit units will be removed and the INTX course will not be graded.

Registration in Scotland

You indicated on your U of Stirling application which courses you would like to take. In your official offer letter from the U of Stirling, you will receive a list of modules that you have been approved to take. You will need to select your top three module choices and one reserve module and return the form to the U of Stirling.

You will be pre-approved to register for these classes by the International Office at the U of

Stirling, based on the course information you listed on your offer reply/acceptance form.

You will also be asked to complete a four-step, online "Discover Process" via your online Stirling account. **Please follow the directions for completing the online enrollment forms. These forms must be completed BEFORE you will be allowed to apply for housing.**

Upon arrival, you will be assigned an Advisor of Studies. **You must set up a meeting with your advisor during the first week of the semester to discuss your registration.** You may make changes to your registration during the first two weeks of the semester, provided space is available in the classes you wish to take. All changes must be approved by your Advisor of Studies, and **you must report them to the Student Matriculation and Records Office.**

As soon as you are registered for classes in Scotland, please complete the course questionnaire in your online UWEC study abroad account for all courses that you are taking that have not been evaluated. You will be asked to include the course title, course number, course description (just cut-and-paste from the on-line catalog) and number of credits for each of the classes you are taking.

If no UW-Eau Claire equivalency has been determined for a class that you registered for, Cheryl Lochner-Wright will contact the Admission Office for an equivalency and let you know what it is. Note that the equivalency is determined by the chair of the appropriate department, and that the process of determining an equivalency can take three to four weeks. Because of the time involved, department chairs will only evaluate courses

students are actually taking abroad. In other words, you will not be able to have equivalencies established for three or four courses so that you can choose which one you wish to take.

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 definitely did need to adjust to a new way of teaching and learning.

From a U.K. 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 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. Past peer advisor tip: *"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: With only 12-15 hours of class time per week, you may think your time in Scotland will be an academic vacation. This is definitely not the case. Much of the emphasis is placed on private study. Keep in mind that 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:

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.

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. Please note that your 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, please consult your professor.

Grades

The grade conversion scale is as follows.

Stirling Grade	UWEC Equivalent
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+

Transcripts & Graduation

U 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 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.

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 US:**

- **Apply For A Tier IV Student Visa** See the Learning Content "Visa Information: UK" in your online study abroad 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)

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 Stirling 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 2018, you will be going to Stirling 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 15, 2017 was 1 GBP = 1.30261 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

Stirling 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 to get to campus. Do not carry any more than this in case it gets lost. It is also advisable to bring some travelers 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.

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. bureaux de change) in order to cash travelers checks, which can be inconvenient. However, travelers 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

Stirling: <http://www.stir.ac.uk/campus-life/accommodation/studentswithdisabilities/>

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

The University offers a range of on-campus student support services; you can find details at the following links:

<http://www.stir.ac.uk/campus-life/support-and-wellbeing/>

<http://www.stir.ac.uk/student-support/>

You are also welcome to contact **Cheryl Lochner-Wright, the Scotland program coordinator**, at lochnecb@uwec.edu with any questions you may have about on-campus medical and counseling services before you leave.

Services for Students with Disabilities

Stirling can also 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](#).

If you have questions or concerns about this, please contact your UWEC study abroad coordinator.

Intro to the U.K. Health System

You may be aware that the U.K. health system does not have a very good reputation in the U.S. media. The system is actually very good; however, it operates under a different set of assumptions from the U.S. health system. U.S. students and their parents need to be aware of some of the major differences between the U.S. and 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 the traditional university age range are expected to be low users of the health system except in the case of accidents or serious illness.

2) 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.

3) 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.

Past peer advisor tip: *“Register with a doctor as soon as you arrive. That way if you do fall ill you will be able to get an appointment straight away! Aberdeen has doctor’s offices (you may*

hear them called GP surgeries) just a 5-minute walk from campus.

Prescriptions-Allergy Shots

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

Vaccinations

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 make arrangements to have this done before leaving home.

Safety in Scotland

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

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

Hiking

Per the U.S. State Department, “Hiking in higher elevations can be treacherous. Several people die each year while hiking, particularly

in Scotland, often due to sudden changes in weather. We encourage visitors, including experienced hikers, to discuss their intended routes with local residents familiar with the area and to adhere closely to recommendations."

Sexual Harassment and "Lad Culture" in the UK

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

Many respondents reported sexist jokes and rape banter in their friendship groups that made them feel uncomfortable or pressure to engage in sexual relationships. Sexual harassment was common, and there were accounts of sexual violence. Harassment ranged from verbal harassment and catcalling to physical harassment and sexual molestation. Groping in nightclubs was viewed by some as a part of a normal night out. Excessive drinking is an often cited contributing factor and the university drinking culture is seen as one of the biggest obstacles to eliminating lad culture. Some women were also found to participate in the heavy drinking and crude behavior associated with lad culture and have been dubbed "ladettes."

Undoubtedly, some UW-Eau Claire students have witnessed this type of behavior at UW-Eau Claire. However, 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 Study-in-Scotland 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 online study abroad account for basic information about the visa options

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 US 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.

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.**

ARRIVING IN SCOTLAND

Travel Arrangements

It is your responsibility to make travel arrangements to Stirling. A list of student-oriented travel agencies, instructions for booking a flight, and other travel information are included in your Study Abroad Handbook.

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

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 your host campus.** However, this does not mean that you cannot look online and begin price comparisons.

Getting to Stirling

You should plan to fly into either Glasgow International Airport (GLA) or Edinburgh International Airport (EDI). You can fly into Glasgow Prestwick Airport (PIK), but the cost of getting to Stirling will be much higher unless you are traveling with a group (see below.)

Immigration

If you are using the short-term study visa option to enter the UK, you will be asked to provide the following documents to the UK immigration official at the airport:

- *a valid passport*
- *your Letter of Acceptance from your host university*

If requested by the immigration agent, you must also show additional documents. Again,

this information is also in your Learning Content, Visa Information: UK

Plan to have the following documents on hand if they are requested:

- *proof of onward journey* (i.e. proof that you are leaving the UK, most often this is in the form of a round-trip airline ticket).
- *proof of the necessary funds* to pay for your course fees and support yourself for the entire period you intend to stay. This can be in the form of scholarships, grants, or other financial aid award letters as well as bank statements in your name which are **dated no more than one calendar month before you arrive in the UK.** UW-Eau Claire will also provide you with a letter stating you're your tuition will be paid through UW-Eau Claire.

Upon verifying your documents, the immigration agent will stamp your passport with the short-term study visa.

Getting to Stirling

Stirling is located about an hour and 20-minute drive from Glasgow and a 45-minute drive from Edinburgh; both cities have international airports.

U of Stirling does not arrange a pick-up service from the airport. Instead, they recommend that you use the transport service "Stirling Direct" since it is the least expensive way to get to the university. Current prices are from:

£18 per person from Edinburgh Airport
£20 per person from Glasgow Airport
£90 per vehicle from Prestwick Airport

For more information on airport collection, visit the U of Stirling website:
<http://www.stir.ac.uk/study-in-the-uk/airport-collection>.

If you wish to book an airport collection with Stirling Direct, please do so through their website: www.stirlingdirect.org. **Please book at least 7 days in advance of your arrival in Scotland to ensure your place on the shuttle.**

SETTLING IN

Orientation

You will have an orientation program upon arrival, including an introduction to the university and its facilities as well as a tour of the surrounding area.

Housing

Study abroad and exchange students have the choice of two to three on-campus and one off-campus residences each year. Students apply for accommodation online and instructions about how to do this will be emailed to you after you have been offered admission to the University and accepted the offer.

Student accommodation is apartment-style living similar to Chancellor's Hall at UW-Eau Claire. Students live in apartments or chalets, where three to seven students have individual bedrooms but share living, kitchen, and bathroom space. Each room has a desk, lamp, chair, bed, bookshelf, storage space, and sink. A bedding pack is provided, but you need to provide your own towels, cooking and eating utensils. Find details at <http://www.stir.ac.uk/campus-life/accommodation/visitingstudents/>.

Stirling- students with disabilities: U of Stirling does have some accommodation that was specifically designed to be accessible for students with varying needs. For more information on what is available, please visit the [Accommodation Students with Disabilities page](#).

Meals

All accommodation at U of Stirling is self-catered, meaning you cook your own food. You will need to provide your own silverware, plates, cups, and other cooking utensils.

Alternately, you can eat at campus cafeterias and eateries. You can add funds to your U of Stirling student card if you like for use at these venues.

Most students choose to cook for themselves and limit the amount they eat at the campus eateries as cooking is less expensive, and lots of social life in the halls centers around the kitchen. You can learn more the campus catering outlets at <http://www.stir.ac.uk/campus-life/campus-facilities/catering/>.

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

The University of Stirling has various laundry facilities located in A K Davidson Hall, Murray Hall, Alexander Court, Spittal Hill, John Forty's Court, Thistle Chambers, Union Street development Stirling 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, six dries, or two of each.

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.

Stirling University Students' Association, or SUSA, helps students organize activities, from sport to cultural activities and more. SUSA also

provides a framework within which students can organize clubs and societies which suit their interests. A list of clubs and societies can be found on the SUSA clubs and societies web page: <http://www.stirlingstudentsunion.com/>.

The university is a great place for sport and offers excellent sporting facilities. Facilities include a large indoor sports hall, a nine-hole golf course, squash courts, 50-meter swimming pool, indoor and outdoor tennis courts, a fitness center (with a variety of equipment including free weights) and an athletics track.

You can also get involved with the International Society. It runs a variety of social events (including the famous Scottish ceilidh!), trips around Scotland and other opportunities to mix with people from the 80+ nationalities represented on campus. For more information, visit the Society's website: <http://www.stirlingstudentsunion.com/clubssocieties/societies/internationalsociety/>.

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

The University 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/blqzu.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.

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 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 Young Person's RailCard gives you one-third off regular fare tickets. It pays for itself after three or four rail trips.

Bus

Scotland has a great bus system that can take you to many Scottish cities inexpensively. At <https://uk.megabus.com/>, 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
Stirling University of Stirling: http://www.stir.ac.uk/ City of Stirling: http://www.instirling.com/ Stirling Visitors' Guide https://www.visitscotland.com/info/towns-villages/stirling-p235631	Tourism Historic Scotland: www.historic-scotland.gov.uk The Official Gateway to Scotland http://www.scotland.org/us Edinburgh and Lothians Tourist Board http://www.visitscotland.com/destinations-maps/edinburgh-lothians/ VisitScotland.com http://www.visitscotland.com Scotland.com http://www.scotland.com	Lonely Plant Travel Guide https://www.lonelyplanet.com/scotland
Radio Scotland http://www.bbc.co.uk/radioscotland/	The British Council—Welcome to Scotland http://scotland.britishcouncil.org/	The UK Travel Guide http://www.uktravel.com/
UK Weather http://www.metoffice.gov.uk/weather/uk/	Scottish News Telegraph: http://www.telegraph.co.uk/news/uknews/scotland/ BBC: http://www.bbc.co.uk/scotland/	UK Rail Schedules http://www.nationalrail.co.uk http://www.scotrail.co.uk/

CONTACT NAMES & ADDRESSES: SCOTLAND

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

UNIVERSITY OF STIRLING

Maria Cid Castilla, Study Abroad Manager
Student Recruitment, Admissions, & International Affairs
C3 Pathfoot Building
University of Stirling
Stirling FK9 4LA
Scotland, UK
Tel: + 44 (0) 1786 467042 or 44 (0) 1786-466052
Fax: + 44 (0) 1786 466800
maria.cid@stir.ac.uk or
study-abroad@stir.ac.uk

U.W. EAU CLAIRE

Center for International Education
Cheryl Lochner-Wright
Sr. Study Abroad Coordinator
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
<http://edinburgh.usconsulate.gov>

**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**

Comments from recent Stirling Participants

Stirling is such a great place, with lots of opportunities. Tess, Spring 17