London Program
Spring 2016
PRE-DEPARTURE HANDBOOK
**Introduction**

This information is for students who have been admitted to the UNH London Program at Regent’s American College London (RACL), a college within Regent’s University London. Hopefully you will find the contents not only helpful, but in some cases essential for making your experience in London a success. Read the handbook carefully now, several times again before you depart, and bring it with you to London. When you arrive in London, it will be supplemented by more information about the campus, living in London, and traveling in Great Britain. The information included in this handbook is not intended to be all-inclusive. Only the basics are provided. You are expected to read and do research on your own. We welcome your suggestions for material to include in future editions.

**Program Director and Support**

Soon after you arrive in London you will meet the on-site director of the UNH London Program for the 2015-2016 academic year, **Professor Nadine Bérenguier**, a member of the Languages, Literatures & Cultures Department at UNH. She is the person who will help you with your initial orientation to Regent’s College, and with course registration once you have arrived in London. She is also the person to whom you should turn when you have questions or if any problems should arise during your semester of study. As on-site director, she works closely with the Regent’s administration and with the support staff on the UNH campus, including the on-campus coordinator, **Professor Doug Lanier** of the English Department, and the College of Liberal Arts Study Abroad Coordinator, **Jim Parsons**. Please feel free to contact any of us if we can be of help.

**Spring 2016 Semester Calendar**

- **December 11, 2015**: Mandatory Orientation Meeting at UNH, 2:00-4:00 p.m.
- **January 13 by 2:00 p.m.**: Arrival/Check-in at Regent’s (students must arrive no later than this date)
- **January 13-15**: Mandatory Orientation Sessions
- **January 18**: Classes Begin
- **January 22 by 2:00 p.m.**: Add/Drop Period Ends
- **March 7-11**: Mid-Semester Break
- **April 25-29**: Final Exam Period
- **April 30 by 10:00 a.m.**: Students must check out no later than 10:00 a.m. on April 30.
Traveling from the US to the UK

You should book your flight to arrive in London on January 13th at the latest. Flights from the US to the UK typically depart in the evening and arrive the next morning in London, so your departure flight should leave no later than the morning of April 30.

If you plan to arrive prior to the scheduled move-in date, you must make your own accommodation arrangements, as Regent’s does not offer housing for early arrivals. You may e-mail Jim Parsons (james.parsons@unh.edu) for a list of nearby hotels or hostels.

If you plan to leave Regent’s after the latest departure date at the end of the semester, please understand that accommodation in the Reid Hall dormitory cannot be guaranteed; if available, all late stays at Reid Hall are at the rate of approximately £40 per person per night.

In making your travel arrangements to London, it is important to plan ahead! The cheapest seats go quickly. Students have found reasonable airfare in the past on the following websites:

- www.studentuniverse.com
- www.statravel.com
- www.kayak.com
- www.airfarewatchdog.com

It is the responsibility of the student to read the fine print regarding refund policies. The UNH London Program is not responsible for refunding money spent on airfare for any reason.

Passports

If you do not have a passport or your passport is expired, you should apply for one as soon as possible. It typically takes 4-6 weeks for an application to be processed. Visit http://travel.state.gov/passport and read the detailed instructions on how to apply for a passport. The fee for a new passport is $110 (plus a $25 execution fee if it is your first passport). You will need to submit a passport-sized photo with your passport application; if you need to, you may request one of the photos you submitted as part of your London Program application. Once you receive your new passport, submit a photocopy of the bio page to the COLA Center for Study Abroad.

If you already have a passport, check to make sure that it does not expire before 6 months after you will return from the UK (October 2016). You should make photocopies of the bio page of your passport to bring with you to London. If you lose your passport, these photocopies will help speed the process of getting a replacement.

Before You Go: Advance Planning

UNH Spring 2016 Course Registration

You do not need to register on Webcat for any fall 2015 courses. Jim Parsons will register you for COLA 655 London Program (15 credits), and COLA 653 Intro to British Culture (1 credit) for the spring semester. COLA 655 is a placeholder that will appear on your transcript until UNH receives your final grades from the courses you have taken in London. COLA 653 is a 1-credit course all students on the program take with the on-site UNH faculty director.

UNH Fall 2016 Course Registration

Before you leave home, you should meet with your academic advisor and plan your courses for the semester after you return from London. If you are going to be in London during your senior year, make sure you do not miss any graduation application deadlines, etc. If you are a non-UNH student, it may be especially difficult for you to plan your schedule from London, so be sure to check with the registrar on your campus, your study abroad office, and/or your academic advisor on the procedure for enrolling in courses for your return.

If you are a UNH student, the fall 2016 course time and room schedule will be published online in mid-March, about one month in advance of registration, and you will be able to access it at http://courses.unh.edu. We will send you instructions for registering for UNH courses from abroad, such as obtaining your RAC number and registration timeslot, etc. Nevertheless, it is crucial that you make plans with your advisor now for the semester of your return, and you should remain in close contact with your advisor while you are abroad. S/he is the best resource for questions concerning your major requirements. You are responsible for making any special arrangements for getting permission for permission-required courses, internships, independent study, the Honors Program, getting courses approved for your major or minor, etc.
UNH Housing
Please make sure to read the study abroad information available on the UNH Housing website: http://www.unh.edu/housing/study-abroad.

Release from Campus Housing for the Spring
If you live in UNH campus housing now, you need to submit a formal request to be released from your housing contract for the spring 2016 semester to the UNH Housing Office by 4:30pm on Friday, November 13, 2015. More information about the Petition for Release and how to submit it can be found here: http://www.unh.edu/housing/request-release.

Petition approval is typically granted for students accepted to UNH-sponsored study abroad programs. The COLA Center for Study Abroad will provide written verification to the Housing Office that you have been accepted and have confirmed your participation in the London Program. Once that is received, the petition should be approved and the spring housing and dining charges will be adjusted. You will also be eligible to submit an Intent to Return to Housing After Exchange at that time if you wish to do so.

Returning to Campus Housing in the Fall
If you currently live in UNH housing and intend to return to UNH housing for the fall 2016 semester, you will need to submit an Intent to Return from Exchange form. This form does not commit you contractually or financially - it simply lets the Housing Office know that you have initial interest in returning to campus housing. Please read the study abroad information sections of the UNH Housing website: http://www.unh.edu/housing/study-abroad

If you submit the Intent to Return form online via your Webcat account (Webcat/Services>Housing Online) prior to your exchange, and indicate that you will be returning to campus housing for the spring semester, Housing will send an e-mail to your UNH email address in mid-February detailing the online housing reapplication process and giving you instructions on how to pay your housing deposit through Webcat. Once you have done those two things, you will be able to participate in the In-Hall process (if you wish to return to the same hall you lived in immediately prior to the exchange) or the online Apartment or Between Hall process the same way as any on-campus residents would. The Intent to Return form will ask you to ensure that the London Program provides written verification of your participation; we have done so by sending them a list of all confirmed program participants.

Because Housing will only communicate with you via your UNH email address, it is vital that you check it regularly while you are in London so that you do not miss any important information or deadlines. Please direct any questions you may have to Jody Hicking at (603) 862-3408 or via email to jody.hicking@unh.edu.

Money
Costs and Payment Deadlines
In order to confirm your participation in the London Program, a $2,000 deposit is due November 10, 2015. Payment instructions are in your acceptance letter. Billing for the London Program works exactly as it would if you were spending the semester in Durham: the London Program fee will be reflected on your spring 2016 tuition bill. Your deposit will be applied toward your total bill, and the balance of payment will be due by December 10, 2015 (the normal UNH spring 2016 tuition bill payment deadline). Everyone must pay the $2,000 deposit by the due date. This includes students on 100% financial aid and students whose bills are paid through Tuition Management Systems (TMS).

Refund Policy
If an admitted student withdraws from the London Program by written notification,

• before December 10, 2015, we will refund all fees except the $35 application fee;
• from December 11, 2015 through January 11, 2016, we will refund all fees except the $2,000 deposit and the $35 application fee;
• on January 12, 2016 and after we will offer no refund of fees.
Students on the London Program pay the following fees:

<table>
<thead>
<tr>
<th>Fee</th>
<th>Amount</th>
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<tbody>
<tr>
<td>UNH Tuition</td>
<td>$7,025 NH Res. -or-$13,660 Non-NH Res. -or-$12,293.75 N.E. Reg.</td>
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<tr>
<td>UNH Technology Fee</td>
<td>$96.50</td>
</tr>
<tr>
<td>London Program Fee</td>
<td>$8,987</td>
</tr>
<tr>
<td>Room Damage Deposit (refundable)*</td>
<td>$100</td>
</tr>
<tr>
<td>Mandatory Insurance Fee</td>
<td>$150</td>
</tr>
<tr>
<td>Study Abroad Administration Fee</td>
<td>$200</td>
</tr>
</tbody>
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*Unused room damage deposit will be refunded to the student’s account after students return to the U.S.

Most students choose to live in a triple room at Regent's, which is what your program fee pays for. If you opt to live in a double room, you will pay UNH the difference (£305) directly.

**Financial Aid**

UNH allows federal, state, and institutional aid (except Work-Study) to transfer for all UNH-managed study abroad programs. As soon as the Financial Aid Office is notified by the London Program that you are going to participate, they will adjust your budget to reflect your new program costs as outlined by the program. Your Financial Aid will credit your account at the Business Services Office. If you have questions or concerns, you should make an appointment with the Financial Aid Office at (603) 862-3600. Non-UNH students should consult the Financial Aid office at their home institution.

**Banking, Currency and Exchange Rate**

British currency is the “pound” (£) or “GBP” (Great Britain Pound), which is based on the pound sterling and divided into 100 “pence”; £1 = 100 pence. Exchange rates can vary from day to day; following are some samples from the past few years.

<table>
<thead>
<tr>
<th>Date</th>
<th>Exchange Rate</th>
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</thead>
<tbody>
<tr>
<td>March 10, 2012</td>
<td>1.577</td>
</tr>
<tr>
<td>October 21, 2013</td>
<td>1.616</td>
</tr>
<tr>
<td>March 26, 2014</td>
<td>1.651</td>
</tr>
</tbody>
</table>

*This means that $1.54 will buy you £1.00. In other words, when you purchase something that costs £10.00, you should get used to calculating that it is really costing you about $15.40. Feel free to monitor the exchange rate at [http://www.oanda.com/currency/converter/](http://www.oanda.com/currency/converter/).

**Before you leave**

We recommend having cash (in British pounds) on hand when you arrive in London to cover your expenses until you can get to an ATM. Most large banks in the US sell foreign currency, and if you have a bank account with them, you can order cash over the phone or online to be delivered to your local branch for pick-up (there is sometimes a delivery fee). Keep in mind that exchange rates for banks tend to be slightly better than exchange rates at international airports, but obtaining pounds at the airport before you leave is an option as well.

**While in London**

Depending on what US bank you use, your debit card can be used to withdraw cash in local currency at ATMs in the UK. Most banks tack on ATM fees that can add anywhere from 3 to 8 percent, but a few, such as Citibank and Bank of America, have international partner banks that allow you to use your ATM card with no extra fee. Bank of America is particularly convenient, as its partner bank is Barclay’s, which has ATMs near Regent’s. Check with your specific bank about its policies, and if you do have to pay international transaction or ATM fees, it is best to minimize them by withdrawing larger amounts less often.

Another option for purchases while abroad is using your credit card or debit card just as you would at home. MasterCard and Visa are as widely used in the UK as they are in the US. Be aware, however, that card issuers usually tack on currency-conversion fees of 2 to 3 percent per international transaction, but the advantage is that you’ll get the best exchange rate and fees that are lower than those associated with exchanging cash. Capital One is one of the few cards that do not add on fees for international transactions.
You should not use a credit card to take money out of an ATM. You’ll be hit with hefty fees (up to $20 in transaction fees or 4 percent of the amount of the advance, along with any local ATM fees), plus you’ll be charged interest starting on the day you withdraw the money.

You should notify the bank(s) associated with any debit, credit, or ATM cards that you plan to use abroad the dates you will be traveling (many banks call this putting a “travel alert” or “travel message” on your account); otherwise, they may assume your card has been stolen and halt all activity on it. If you plan to travel outside of the UK during your semester, you should make sure to let your bank know the other countries in which you may be using your card.

Many banks are only willing to put the travel message on your account for up to 90 days, so you may find that you will need to call your bank before your 90th day abroad in order to extend the travel message. Also note that most ATMs in the UK and Europe require 4-digit PINs; if you currently have a 6-digit PIN, contact your bank to change it to a 4-digit PIN.

Budgeting for Expenses

It is difficult to estimate the amount of spending money that you will need for your stay in London. Different students have different needs and comfort requirements, as well as different personal spending habits. All students agree, however, that London is an expensive city. Some students have said:

*The one thing I wish I planned for before I came here was the cost of public transportation. I just didn't factor the cost of the tube and bus into my budget, because I didn't realize how expensive it is, especially when 3 out of my 5 classes involve traveling throughout the city.*

*I certainly wish I knew this before coming here: that everything here is so expensive; I thought that it seemed crazy that students were spending £150 a week, now most weeks it’s rare if I don’t spend that.*

Most of your basic costs (airfare, tuition, room and meals) will have already been paid prior to your departure. Snacks and meals when the refectory may often be closed on Saturday nights can be purchased throughout the day at the cafe/brasserie on campus. There are also many restaurants, pubs and snack shops located nearby.

Keep in mind that expenses such as textbooks and transportation around London are not included in the program fee. While the Tube doesn’t currently run all night, there are buses that do. Past participants have noted that taxi rates go up for late night rides.

The following represents sample costs that a typical student might encounter in London:

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<table>
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<tbody>
<tr>
<td>Light lunch (sandwich and beverage)</td>
<td>£6-9</td>
</tr>
<tr>
<td>Cinema ticket</td>
<td>£10-12</td>
</tr>
<tr>
<td>Theatre ticket</td>
<td>£23-55</td>
</tr>
<tr>
<td>Cup of coffee</td>
<td>£2-4</td>
</tr>
<tr>
<td>Concert ticket</td>
<td>£20-40</td>
</tr>
<tr>
<td>Beer (pint)</td>
<td>£3-5</td>
</tr>
<tr>
<td>Tube or bus ride (one-way) w/o Oyster Card</td>
<td>£4.80</td>
</tr>
<tr>
<td>Tube or bus ride (one-way) with Oyster Card</td>
<td>£2.30</td>
</tr>
<tr>
<td>Dinner (fast food/bargain)</td>
<td>£6-9</td>
</tr>
<tr>
<td>Dinner (standard)</td>
<td>£16-28</td>
</tr>
<tr>
<td>Load of laundry</td>
<td>£3.20</td>
</tr>
</tbody>
</table>

You should probably anticipate spending more than you think you will, and save as much money as you can (within reasonable limits). If you practice careful budgeting, you’ll likely be able to get by on £100-175 per week for spending money and minor travel expenses (this excludes longer weekend trips and travel outside London, and it excludes extensive clothing and gift purchases).

Health and Insurance

As the first step in supporting your well-being abroad, the College of Liberal Arts at the University of New Hampshire requires that all students admitted to its study abroad programs complete a Study Abroad Health Assessment form. Study abroad often involves settings and activities that can be physically and emotionally demanding. Preexisting medical or psychological conditions, even if you think they are under
control, are often intensified by living in a different culture. You will likely find that familiar medications, support networks and health services may not be available in your host country. The personal health assessment encourages you to consider these issues and, as necessary, consult with medical or study abroad professionals to prepare to manage your health abroad. It is often possible to arrange special accommodations at our study abroad locations, but you are responsible for recognizing your needs and seeking appropriate assistance in advance.

**Vaccinations/Country-Specific Health Conditions**

All students should review the International SOS website for vaccination and disease prevention information in the U.K. and any countries you plan to visit while outside the U.S. (www.internationalsos.com, UNH membership # 11BCAS000009). You should review the general overview of health conditions in the country, plus information on required and recommended vaccinations and disease prevention strategies. Also sign up for International SOS’s country-specific email alerts.

**Students with Disabilities**

The University of New Hampshire is committed to providing students with documented disabilities equal access to all university programs. While we cannot guarantee full accessibility at all international program locations, if given enough advance notice, arrangements can be made at many of our sites for a successful experience.

If you think you have a disability requiring accommodations, you must register with Disability Services for Students (DSS) at https://clockwork.unh.edu (or the equivalent office at your home institution). If you are a UNH student and have questions about the process, please contact DSS at (603) 862-2607 or disability.office@unh.edu (non-UNH students e-mail the equivalent office at your home institution). If you are registered with DSS and eligible for accommodations that you would like to request on the London Program, please forward that information to Jim Parsons in a timely manner so that you can meet with her privately in her office to review those accommodations.

**Students Traveling with Medication**

You are responsible for confirming that your medications (prescription or over-the-counter) are legal in the location(s) you will be traveling, and that you can take a supply to last throughout your time abroad. Some medications that are legal and commonly prescribed in the U.S. may be considered illegal, require a prescription, or a host country authorization to be allowed in the country. Students may call International SOS at +1.215.942.8478 to get information about the legality of certain medicines.

We recommend that you carry a letter from your physician on letterhead explaining your diagnosis, treatment, and prescribed medication(s). Customs officials abroad may inspect medications, so be sure to pack them in your carry-on luggage in their original containers along with the letter from your physician.

**Individuals cannot mail medications abroad.** Medications can only be mailed by registered practitioners or dispensers, and even then most countries have strict regulations on shipping medication abroad. Decisions on what medications are accepted into the country are made by the host country government; not the U.S. Post Office. Medications can be stopped by the host country’s Customs services, which may require payment of fees, completion of documentation, and several trips to the Customs office.

**Students with Dietary Preferences/Restrictions**

If you have dietary preferences, please communicate them to the COLA Study Abroad Coordinator prior to departure. While we cannot guarantee accommodation, all reasonable efforts will be made to honor such requests so long as they are provided well in advance of the program start date. Dietary restrictions related to medical conditions should be discussed with your physician and the COLA Study Abroad Coordinator as soon as possible.

**Health Insurance**

UNH provides international travel assistance, emergency services and insurance to all students, undergraduate and graduate, traveling abroad on University-related activities, including study abroad. Provided you register your travel using UNH’s International Travel Registry prior to departure (instructions to be provided), you will be automatically covered by this service and insurance for the dates that you are enrolled as a participant in the London Program. You will not be covered for personal travel before the program begins or after the program ends. Therefore, UNH rec-
ommands that you maintain your domestic coverage to insure continuation of coverage and care before the program begins, after it ends, and upon returning to the U.S. A one-time charge of $150 for this coverage will appear on your spring 2016 tuition bill. Please read carefully the “University of New Hampshire International Travel Assistance and Insurance Program” document for more information. Extensive information and a full evidence of benefits can also be found here: http://unh.edu/cie/international-travel-assistance-insurance-program.

**Healthcare Abroad**

We are eager and well-equipped in London to help you get the timely, quality care you need. Regent’s University requires non-EU study abroad students (that's you!) to carry international health insurance that provides coverage for more than just emergencies. You will be provided with such coverage, as mentioned in the previous section, for the dates of the London Program.

In the event of an illness or health emergency while in London, you should try to notify the on-site director, if possible. For a routine illness, call International SOS and to schedule a doctor’s appointment with a local clinic. Before leaving for London, you will be issued an International SOS card which contains a Scholastic Members number for you to call for medical or other assistance. International SOS can make arrangements for the appointment and provide payment to the healthcare provider. International SOS will need to verify with the insurance company that the medical assistance you are seeking is a service that is covered by your insurance plan before pre-paying for the service. This may take up to 1-2 days. If your medical issue is not serious or urgent, this may not be a problem for you. Therefore, for fastest service, you should arrange your own appointment, pay for the service out of pocket, and then submit a claim for reimbursement. Students who travel to other European countries during school breaks or weekends will also be able to follow these steps to seek medical care and emergency services outside of the U.K. (with the exception of travel before the program start date or after the program end date).

Refer to the UNH flowchart for a description of the processes:
If you arrange your own appointment and pay out of pocket, you should follow these instructions for to be reimbursed:

When you submit claims for reimbursement, you will need to have:
- Itemized bill(s) translated into English if necessary
- Letter stating that you are from the University of New Hampshire and seeking reimbursement for charges previously paid
- Letter also must include: your name, UNH ID#, and your U.S. mailing address. Reimbursement checks will be sent only to a domestic address

Send this claim information to: Consolidated Health Plans, 2007 Roosevelt Ave, Springfield, MA 01104. The Itemized bill can be scanned and e-mailed to CHP at: CustomerService@chpemail.com. If you have questions about a specific claim or a claims payment, e-mail KristenD@univhealthplans.com. Please do not hesitate to reach out to Jim Parsons for assistance with this, as well.

Students should note that accident and emergency care is free of charge under the NHS for non-EU visitors (as long as it is not for a pre-existing condition), however students can be charged for follow-up appointments and medication. If you suddenly become very unwell while in Reid Hall, a university first aider may be called. In an emergency they would call for an ambulance; otherwise, they may advise you to see a doctor, or another appropriate service.

Here are some nearby facilities at which International SOS is able to arrange visits, in addition to information about fees (subject to change) in case you decide to arrange your own appointment:

**Princess Grace** (Private Walk-in Centre)
7 minute walk from Regent’s (0.3 mile)
42-52 Nottingham Place
London W1U 5NY
Tel: 020 7486 1234
- Open 8:00 a.m. – 9:30 p.m., 7 days/week
- Urgent Care Price List:
  - Doctor Consultation - £100
  - Doctor Follow-Up Consultation - £39
  - Nurse Consultation - £22
  - X-rays - £50 per x-ray
  - Blood Test Packages (e.g. chest pains, abdomen pains) - £50 per package
  - Wound Packages:
    - Small Dressing Package - £10
    - Large Dressing Package - £20
    - Small Suture Package - £40
    - Large Suture Package - £60

**The London Clinic** (Hospital/Clinic with General Practitioners available)
8 minute walk from Regent’s (0.4 mile)
20 Devonshire Place
London W1G 6BW
Tel: 020 7935 4444
- £175 for initial appointment (General Practitioner)
- £200-350 for initial appointment with specialist
- Additional fees for lab tests
- £100 deposit to be seen; pay in full for appointment immediately after

**University College Hospital** (closest hospital with Urgent Care Centre and 24-hr Emergency Department)
20 minute walk from Regent’s (1 mile)
235 Euston Road
London NW1 2BU

**Packing**

Transatlantic airlines have complex and strict weight and size restrictions on luggage. Find out what they are for your airline. In case your checked luggage is delayed or misplaced, it is a good idea to carry your passport and other valuables, toiletries, medication, etc., in your carry-on.

Many of the discount airlines students typically use for side-trip travel within Europe (i.e. easyJet, Ryanair, etc.) have even stricter luggage weight and size limits. Sometimes passengers are only allowed one small carry-on item for free, so we recommend you bring a smaller backpack or travel pack for side trips outside of London.

**What to take to London**

Travel light! Remember you will have to carry your own luggage. There is limited storage space in the dorm rooms in Reid Hall, so when you have packed
what you think you need, we recommend looking again, and taking out at least one third. Most of the
time you will be wearing the kinds of clothes you wear
at home or at school, though past students have al-
ways remarked that the British and Europeans tend to
wear dressier clothes and more dark colors or black
than Americans. You will want to take warm, practi-
cal, easy-to-care-for, versatile outfits that you can wear
in layers. Remember that English buildings are not
heated to the extent that Americans are accustomed,
and it can get cold and damp, especially in the winter.
You will have access to laundry machines in Reid Hall.
This is not an exhaustive list, but the following items
are strongly recommended:

- comfortable, supportive, already broken-in shoes
- raincoat, umbrella
- some winter clothes, sweaters, coat/jacket
- some informal sportswear
- one or two dressy outfits
- slippers
- shower shoes
- towel and face cloth, though you may want to pur-
chase these in London (bed sheets/bed linens are
provided)
- sleeping bag if you plan to stay in hostels while
traveling
- laundry bag
- swimsuit
- laptop and charger
- outlet/plug adapter for the UK
- basic medications (allergy meds, cold meds, etc.)

We suggest that you pack all of your things in one (two if
you have to--not recommended) suitcase and a shoul-
der bag or day pack. Huge suitcases do not fit in luggage
racks of trains or in the trunks of small European taxis.

The TSA has a helpful guide for how to pack your
carry-on so that you can get through the security line
to faster: http://www.tsa.gov/traveler-information/3-
1-1-carry-ons . We recommend putting your name,
home address/phone number and destination on the
inside and outside of all pieces of luggage, and locking
your luggage during transit. Do not pack your pass-
port or any other important papers you will need to
get through customs in the luggage you plan to check!

What NOT to take to London

We must warn you that it is not recommended to bring
electric hair dryers, hair straighteners, razors, etc.
These appliances will need converters and adapters for
use in England (in England electrical equipment oper-
ates on 220-240 voltage, AC 50 cycles; most American
equipment is designed to operate on 110-120 volts, AC
60 cycles). Converters are expensive (less expensive in
London than the U.S.) and seem to ruin some equip-
ment. The size of plugs is also different (usually three
prongs). Students in the past have bought cheap hair
dryers, etc. in London and shared them with room-
mates.

Before you leave, check whether or not your laptop
can run on either voltage. Most modern laptops have
a converter built-in to the cord, but if you are not sure,
contact the manufacturer for more information.

Leave at home anything truly valuable, such as jewel-
ry. Neither Regent’s College nor the University of New
Hampshire can accept responsibility for lost or stolen
property.

Bedding is provided; towels are not. If you want to
save room in your luggage, you can purchase a towel
relatively inexpensively at nearby stores (specifically,
Primark is nearby, which is similar to Target).

Arrival in London

Arriving at Heathrow Airport

Immigration

When you arrive at Heathrow, you will be routed
through Immigration. Follow the “ARRIVALS” sign
to the Immigration Hall. Here they will check your
passport and ask you why you are visiting the UK and
how long you plan to stay. You should have your pass-
port and 3 important documents ready when you are
standing in line to speak with the immigration officer.
We will go over these 3 documents in more detail in
orientation. The first is a border agency document
provided to you by UNH (we will distribute these at
orientation); the second is an immigration document
provided to you by Regent’s (we will distribute these
in orientation); and the third is a letter of financial
support from a parent (see a sample template at the
end of this packet). Not only will students need these 3
documents when they enter the UK for the first time; they will need them each time they reenter the UK after travel in Europe.

**Baggage**

At Heathrow Airport proceed downstairs to claim your baggage from the carousel indicating your flight number. Free carts are available for your heavier luggage. We recommend you use one, since you’ll have to walk a long way to catch the train to central London.

**Customs**

You will have been given a customs declaration form to fill out on the plane. Most entering students and tourists are able to go through the “Nothing to Declare” or “Green” zone. Be prepared to open your luggage if asked when you go through customs. Have passports ready to show. It is also a good idea to have copies of your prescriptions with you if you are carrying medications. Once you’ve cleared customs, you will be in the ARRIVALS hall. From there you can obtain transport to central London.

**Getting to Regent’s College from Heathrow**

Once in the ARRIVALS hall, there are two options for trains to central London: the Heathrow Express or the Heathrow Connect.

The Heathrow Express is a non-stop train that runs every 15 minutes from Heathrow Airport directly to Paddington Station. Trains run between 5:07 a.m. and 11:42 p.m. daily, and the journey takes about 15-20 minutes from Heathrow Terminal 5 (international terminal) to Paddington Station. The standard single fare is £21.50, and tickets can be bought on the internet or at kiosks in Heathrow. If you wait and purchase your ticket after boarding the train, it will cost £26.50.

- If you’re arriving at Terminal 1, Terminal 2, Terminal 3, follow signs to the Heathrow Express station. From there, take a Heathrow Express service to London Paddington – transfer time is 15 minutes.
- In Terminal 5 the station is at basement level and reached by lift or escalator. All trains call at Heathrow Terminals 1, 2 and 3 and then run non-stop to London Paddington – total transfer time is 21 minutes.
- In Terminal 4, take the free transfer to Heathrow Terminals 1, 2 and 3 (departures every 15 minutes, travel time four minutes). From there, take a Heathrow Express service to London Paddington – transfer time is 15 minutes.

For more information on fares and timetables, or to book a ticket, visit [www.heathrowexpress.com](http://www.heathrowexpress.com).

The Heathrow Connect is a stopping service train that runs every 30 minutes and stops at Paddington Station. A single fare from Heathrow to Paddington is £10.10, and the journey takes about 25-30 minutes. You may need to catch the Heathrow Connect at a terminal other than Terminal 5. For more information, visit [www.heathrowconnect.com](http://www.heathrowconnect.com).

Once you arrive at Paddington Station, we recommend that you take a taxi to Regent’s College (£8-12). There will be signs for the taxi stand (upon exiting the station), where you stand in a “queue” for a taxi. Students arriving together can easily share a taxi to minimize cost. A 10-15% tip is expected. Ask the driver to bring you to “Regent’s University in Inner Circle of Regent’s Park;” more specifically, you will ideally want to get dropped off at the main entrance in Herringham Hall.

**Culture Shock**

Aside from physical issues that some might experience, most students who study abroad experience some form of “culture shock.” Culture shock can be defined as a lack of direction, or the feeling of not knowing what to do or how to do things in a new environment. It often comes from the reactions you have to above-the-surface cultural differences in things like food, linguistic expressions and social etiquette, as well as below-the-surface differences in things such as cultural values, the nature of friendships, the importance of time, and general worldviews.

Culture shock can be generalized into four stages: the “honeymoon stage,” the “frustration stage,” the “understanding stage,” and the “acclimation stage.” The honeymoon stage normally begins when you arrive and lasts the first few days or weeks. You may feel euphoria, eagerness and anticipation; everything you encounter is new and exciting. After a while, though, the frustration stage may set in when you feel as though all you are noticing are the things that differ from what you are accustomed to or have always taken for grant-
You may feel anxiety, homesickness, irritability and melancholy.

It is important to try to stay open to new cultural norms. After all, exposure to a new culture is one of the reasons you chose to study abroad in the first place. You’ll probably make mistakes at first but that is part of the learning process. Coping strategies to get you to the understanding and acclimation stages might include some of the following:

- Ask questions
- Get involved
- Don’t compare
- Be patient
- Don’t take yourself too seriously or try too hard
- Exercise
- Find time to relax
- Allow yourself to feel sad about the people or things you have left behind: your family, your friends, etc.
- Ask for help
- Find ways to live with the things that don’t satisfy you 100%

Soon you will experience increased familiarity with the culture, people, food and expressions; you might even make British friends and begin to feel a lot less homesick. One way you can tell that you’ve made it to the acclimation stage is when you begin to view the host country as a second home, and start laughing about things that once frustrated you. See the Cultural Adjustment Curve below for a representational diagram of the highs and lows you might feel during your time abroad.

**Travel in London and Beyond**

Once in London, the “Tube,” (the subway system, also known as the “Underground”) is the most convenient and fastest way to get around. The bus system also provides excellent access to the city. It is suggested that students purchase an **Oyster Card**, which is available as a monthly pass. The Oyster Card monthly pass provides modest discounts on tube and bus travel, and it’s very convenient.

UNH London Program regulations prohibit UNH students from renting a cars or any other motorized vehicles while abroad.

![Cultural Adjustment Curve](http://www.umt.edu/ip/docs/faculty/CulturalAdjustmentCurve.pdf)
At Regent’s College

Transfer Credits and Grades

Because you are participating in a UNH-managed study abroad program, the credits you are taking at Regent’s have been pre-approved to transfer back and count toward your degree. **Credits from all courses you take at Regent’s College in which you receive a ‘C’ or better will count toward your degree.** While the grades you earn will appear on your transcript, they will not factor in your GPA. The only grades that will be averaged into students’ GPAs will be those earned in the one-credit “Intro to British Culture” course taught by the UNH on-site director, and those earned in any other course taught by the UNH on-site director.

Because you will be earning transfer credits from another institution, your grades and credits will be hand-logged onto your UNH transcript by the Registrar’s Office and may take longer to appear on your transcript than usual. Until your final grades are sent to UNH by Regent’s College and logged in the system, your transcript will show that you are taking COLA 655 London Program for 15 credits, and COLA 653 Intro to British Culture for 1 credit.

UNH students must complete a London Program course **planning form** before going abroad. The purpose of this form is for your academic advisor to sign off on courses that will count toward your major, and for the Registrar’s Office to sign off on the courses that will count for Discovery credit. If you make changes to your courses during the add/drop period once at Regent’s, you will need to notify the on-site director, and have the new courses approved by your advisor via e-mail. You should then forward such approvals to Jim Parsons in the COLA Center for Study Abroad.

**Class Attendance Policy**

If you plan to travel extensively in Europe, you should try to build in time to do so either at the beginning or end of your semester in London, or during your mid-semester break. It is possible to take short trips on weekends to destinations near London, but extended travel to Europe and beyond is not advisable during the semester. Regent’s College has a very strict policy on class attendance:

1. Regent’s College expects students to attend all regularly scheduled meetings of courses in which they are enrolled.

2. Instructors will keep an electronic record of attendance at all course meetings. **If you arrive in class after the end of attendance-taking, you will be marked absent.**

3. There are no “justified absences.” If you are absent due to illness, this counts towards your number of unexcused absences.

4. **Once a student has had 6 unexcused absences (or more than 20% of the number of class meetings, whichever comes first), s/he will be immediately dropped from the class.** Getting dropped from a class means that a student will be enrolled in fewer than the minimum number of credits required to remain as a student visitor in the UK. **If a student is dropped from a class, s/he will be sent home with no refund from the program.**

5. Instructors may supplement this basic policy with further requirements appropriate to their own courses.

**Quiet Study Options**

Some students in the past have indicated that there is not always enough room for studying in the Tate Library at Regent’s College. Students seeking quiet study options may wish to go to the nearby Marylebone Library. Students can study in the information section or find a number of tables for study purposes. One does not need to be a member to study, but if students want to join they need to bring official proof of where they are residing. A letter from Regent’s College will be acceptable.

**Computers/Internet**

You will have access to a computer lab and printing at the college. Students in the past have said that the internet on Regent’s computers is not always the speediest, so we recommend that students bring their laptops. Be sure to bring the necessary adapter and converter (though most laptop cords these days have converters on the power cords). Some students may have spotty access to WiFi from their room, though
wireless is generally available in most areas of the college and dorm. Students will be given a network access username and password. There is also a computer lab for student use at Regent’s.

**Cell Phones**

All students on the program are required to have a mobile phone while in London, by either purchasing a mobile phone upon arrival or obtaining a British SIM card for your current phone (contact your provider for details). There are several cell phone retailers in London; you can buy a simple phone for as little as £15, and a pay-as-you-go plan typically costs about £10-20 per month, depending on how often you use it. A pay-as-you-go phone will allow you to communicate easily by calling or texting. While you will be able to use it to call the US, this is not the cheapest option: most students find Skype is the easiest and cheapest option for communicating with friends and family back home.

For safety reasons, you must carry your cell phone with you at all times, keep it charged, and keep it on. At orientation, all students will be provided with an emergency contact card that lists the phone numbers of the on-site faculty director, the front desk in the Reid Hall dormitory, the emergency number (911 equivalent) in the UK, and International SOS. If a family member back home needs to get in touch with you in case of emergency and is unable to reach your cell phone, they may call the 24-hour Reception Desk number: 011-44-2074-877-402.

**Reid Hall Facilities**

**Housing**

Prior to arrival in London, you will be provided instructions from Regent’s on how to pay your £10 room key deposit online. Upon checking in at Reid Hall you will be given your room key. When you return your room key at the end of the semester, you will be reimbursed for the key deposit. Reid Hall is co-ed by area and houses 210 students in doubles, triples, and a few single rooms. Each room has beds, a wardrobe, desk, chair, blinds, and mirror. Pillows, duvets/bedspreads, and sheets are provided.

You must bring your own towel or purchase one in London. Bathroom facilities are located on each floor. Kitchenettes with refrigerators, sinks, kettles, and microwaves are located in the building. There is a laundry room on the second floor. Tokens for the machines are available at Reid reception.

**NOTE:** A damage deposit of $100 is required of all students in college housing to offset damages in individual rooms. The deposit is collected by UNH at the time tuition and program fees are due. It will be refunded to students’ accounts once back in the US and after the damage reports are submitted.

There is 24-hour access to Reid Hall although the side doors in the lobby are locked in the evening, during which time students can only reach Reid Hall via the Regent’s College main entrance. Access to Regent’s Park is limited to daylight hours: times are posted on the campus. If you are returning to campus after these hours, you will need to enter the park through the main road entrance.

**Dining**

Students are provided with a meal ticket valued at about £77 per week for use in the refectory (dining hall), which past students have said is more than enough. A £10 deposit will be taken which you will get back when you return the card, but refunds are not given for unused credit on the card. The main campus refectory provides three meals per day, except on Saturdays when dinner is not served. A snack bar in the student centre provides sandwiches at a moderate price. Vegetarian options are available at all meals. Normally the meal plan can be adapted according to special dietary requirements; in such cases it is appropriate to consult the catering management upon arrival at the College. It is important to note that unlike many American college meal plans, Regent’s College’s meal plan, like most British ones, allows students only one trip through the food and drink line per meal.

**Visitor Policy**

In Reid Hall, the right of a student to live in reasonable privacy takes precedence over the right of his/her roommate to entertain a guest in the room. In determining when guests should be invited to the room, common sense and mutual respect should prevail. Student rooms are for use by the student assigned to that room. Guests may not stay in unoccupied student beds without the consent of the student whose bed is to be used.
Students are to remember that they are responsible for their guests’ actions. Guests are expected to follow residence hall and campus policies. Hosts are responsible for making guests aware of the appropriate policies and must agree to accept responsibility for their guests’ conduct while staying in the residence hall. Students will be held responsible for their guests and are subject to disciplinary action if their guests violate regulations.

Anyone who does not reside on campus and who wishes to remain in the halls overnight must register as an overnight guest of a resident in the hall. Regent’s limits the number of guests allowed in the hall at any one time.

Visitors may be registered for a maximum of seven nights per term. Roommate consent is required for residents who wish to host guests in a double or triple room. Any resident who would like to host multiple guests should submit a written request to the Reid Hall warden at least 48 hours prior to the guest’s arrival. Resident assistants should be informed if a guest is expected. Overnight guests must check in at the Reid Hall reception desk before 6:00 p.m. on the night of their arrival. The visitor will receive a “Guest Pass” which is required for entrance to the hall without a host. Any guests found without a pass will be asked to leave.

Hosts are responsible for their guests’ access to the room, and are also responsible for lost keys. Keys cannot be left at the Reid reception desk. Regent’s College does not supply bedding for guests, but has a limited number of mattresses that can be arranged through the RA at a cost of £5 for a maximum of 7 days.

**Student Services Center**

A major responsibility of the student services staff at Regent’s College will be to assist you in adapting to a new culture and helping you to discover ways to get the most out of your experiences overseas. The staff will serve as an important resource for all kinds of information about the College and the city of London itself. The Centre organizes events and trips and is there to give you help with theatre tickets, travel, etc. The staff will also be available to make referrals to the appropriate persons or agencies when you need counseling or medical assistance.

The student services staff is committed to maintaining an atmosphere on campus conducive to academic pursuits in responsible, meaningful group living.

The staff’s approach will be to work with you to help you solve your own problems. All students will be subject to regulations governing the campus and Regent’s Park.

1. Quiet hours in the residence halls will be established and announced when you arrive in London.

2. You will be expected to respect college property. Students will be charged for any damages, defacement, breakage, or misuse of property. You have paid a damage deposit of $100 with your fees due to UNH. It is refunded in the U.S., after the damage reports are submitted.

3. There is a policy on guests staying in the residence halls. Details are explained in the Visitor Policy section, although there may be modifications to these policies once you arrive in London.

4. Students will be held fully accountable for disturbances and damages caused by behavior related to the misuse of alcohol. British law allows anyone over the age of 18 to purchase and consume alcoholic beverages.

5. Possession, sale, use and/or the distribution of any illegal drug (as defined by English law) could result in imprisonment or deportation.

6. Tampering with fire alarms or extinguishers can result in a £400 fine or six months’ imprisonment under British law.

7. Possession of fire arms, fireworks, or explosives is also punishable under British law.

Failure to comply with any of the above may result in temporary or permanent dismissal from the residence hall or campus (with no refund). **Students should remember that they are also subject to UNH conduct policies while they are in London as outlined in the Students’ Rights, Rules and Responsibilities Handbook.**
Sports and Recreation

Regent’s is committed to providing students with the very best opportunity to pursue a sporting interest, keep fit, try something new and live well. There are a number of ways students can get involved with fitness at Regent’s and during each semester there is plenty going on.

Gym

The University partners with an established, private members health club who offer competitive deals for rolling, three-month memberships to suit the academic semester. Membership fees range from £32 to £49 per month. Regent’s Place Health Club has a vast range of cardio, resistance, high-energy and bodyweight training options (including over 80 classes per-week), steam room and sauna, free towels and changing facilities. To find out more about Regent’s Place Health Club please visit www.regentsplacehealthclub.co.uk.

Facilities at Regent’s College

Sports and recreation facilities at Regent’s College include two outdoor half-court basketball courts, a hard surface tennis court, three grass tennis courts, a croquet lawn, a volleyball pitch, and a large field for free play with nets for British football (soccer). In addition, the Botany Garden Students’ Centre provides facilities for ping pong, snooker (pool) and darts. The theatre laboratory is used for instructional classes such as aerobics.

Regent’s Park itself offers a number of opportunities for recreational and sport activities including a jogging track, walking paths, football (soccer) pitches, baseball diamonds, and cricket squares. Golf is easily accessible to Regent’s University at the Brent Valley Golf Club.

Instructional and Recreational Activities

The College has a limited number of instructional and recreational activities on campus throughout the year. These include aerobic classes, a snooker (pool) night at orientation and a field day.

Intermural Sports Competition

Regent’s College offers a number of competitive intermural sports for students; these include: ping pong, basketball, volleyball, darts, tennis, football (soccer), and softball.

International Student House

The International Student House (http://ish.org.uk) is a unique club for British and overseas students. Sport serves as only one way by which the International Student House addresses its goal of presenting students opportunities to broaden their knowledge and understanding of people from widely divergent cultures and backgrounds.

Membership is open to all full time students over the age of 18. Regent’s College students are generally able to secure a one month free membership upon arrival. Longer memberships are available at approximately £10 per semester. Activities at ISH include: badminton, chess, darts, karate, aerobics, modern dance, squash. Instruction is available in squash, snooker, table tennis, tennis, chess, and badminton. There are also opportunities for more talented athletes to participate in intercollegiate sports.

Regent’s College Address and Phone Numbers

Mail should be addressed to:
  Your Name
  Regent’s University London
  Inner Circle, Regent’s Park
  London NW1 4NS
  ENGLAND

All mail should be sent airmail. Mail between the US and England can take up to 2 weeks. For urgent mail from the US to London, use special delivery.

24/7 Emergency Contact number/
Reid Hall Reception:

When dialing from the U.S.:
  011-44-2074-877-402
When dialing from the U.K.:
  02074-877-700

We hope this answers some of your more pressing questions, and that you’re looking forward to your semester in London. Please don’t hesitate to call or e-mail Jim Parsons, the study abroad coordinator, if you have any questions: (603) 862-3962, james.parsons@unh.edu
Students will need to present a letter similar to the one below, as well as their passport and the two other documents provided to them by UNH and Regent’s College, to the Immigration Officer in the airport in London.

**Sample Letter of Intent of Financial Support**

Immigration Officer  
Port of Entry (i.e. London, UK)

Dear Sir/Madam:

________________________________, U.S. citizen born _________________________

name       mo     day     year

in ______________________________

   city               state

This letter is written to advise you that my son/daughter, named above, is a participant in an academic program operated at Regent’s College in London by the University of New Hampshire, where he/she is a student in good academic standing.

During my son’s/daughter’s visit in the United Kingdom, I will provide a monthly payment of funds in amounts recommended by Regent’s College for my son’s/daughter’s living expenses.

Therefore, I am writing to request that you grant my son/daughter _____________________________ permission to remain in the United Kingdom for up to six months.

Your cooperation is appreciated.

Respectfully,

________________________________          ______________________________

parent’s name          parent of