United Kingdom and Ireland Study Abroad Manual

2017 - 2018

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This manual is meant to supplement any information you receive from your program provider or host institution. If any of the information provided in these notes conflicts with information you have received from your provider or host institution, please contact Cory Petersen (cory-petersen@uiowa.edu, or 319-335-0353) as soon as possible.

Health

For general information about health and Safety, please see our Health and Safety Abroad website here: http://international.uiowa.edu/study-abroad/prepare/health

Before you leave

Before you leave the US, contact your doctor, counselor, dentist, and any other related healthcare professional to get a general check-up. This will help prevent any occurrences of current medical issues while you’re abroad.

Health Insurance

University of Iowa students who study abroad are enrolled in an international health insurance plan through Cultural Insurance Services International (CISI). As of May 2017 the cost of this insurance is $1.33 a day for the duration of the program- totaling about $150 per semester. This is charged to directly to your U-Bill about three weeks prior to the start of your program.

You will receive more information about this plan about three weeks prior to departure.

For more information about CISI, please visit http://international.uiowa.edu/study-abroad/prepare/health/insurance

You may also receive additional insurance coverage through your program provider if you are studying abroad through a provider such as IES Abroad, CIEE, USAC, etc. This may result in you being enrolled in two international health insurance policies. You can find more information about this under the Double Coverage heading of our website here: https://international.uiowa.edu/study-abroad/prepare/health/insurance

Your current health insurance may also cover you while you’re abroad. Please contact your health insurance provider for more information on how your coverage might work abroad.

Continuation of Care Benefit

Continuation of care for ongoing medical conditions while abroad can be arranged before you travel.

The Iowa Regents CISI insurance plan covers all students studying abroad under the auspices of the University of Iowa. CISI can help connect you with appropriate medical care providers abroad in advance of your departure.

If you have a current medical condition for which you’d like to receive treatment when you’re abroad and would like to pursue a continuation of care plan, please contact safety-abroad@uiowa.edu to request assistance.
Disability Accommodations Request

A request form is available from UI Study Abroad to help plan reasonable accommodations abroad for a disability. Please contact safety-abroad@uiowa.edu for more information.

Food and Dietary Restrictions

In terms of ingredients and preparations, food in Ireland and the U.K. is similar to food in the U.S. If you have dietary restrictions, you will need to be at least a vigilant about what you eat abroad as you are in the U.S. Please discuss your diet with your doctor to make a plan about how to ensure you are adhering to your required diet while you’re abroad, and contact us at safety-abroad@uiowa.edu if you require any special accommodations.

Prescription Medications

If you take prescription medications and plan to take them with you when you go abroad, it is important that you ensure that you have enough to last you throughout the time you’ll be there. If this requires an alteration of the usual amounts you get when you fill your prescription, please contact your doctor as soon as possible to make special arrangements to ensure you have enough medication to last you throughout your time abroad.

Prescription medication should only be carried in their original packaging. You should also bring the prescription and a note from your doctor indicating that the medication is meant for you, and briefly describing the condition the medication is meant to treat.

Prescription drug availability abroad

There are two issues to be aware of here: legality and availability.

Legality is about whether or not a drug is considered legal, illegal, or a controlled substance in the host country. Some drugs that are common in the U.S. are considered illegal in other countries, and possession of those drugs can lead to fines, jail time, etc.

Availability is about whether or not you can actually buy the drug while you are abroad. Just because a substance is legal does not mean you will be able to easily find it in local pharmacies while you are overseas.

At this time, we are not aware of a good resource to find out about drug legality and availability other than by contacting your host country’s embassy here in the United States. But actually, it is quite common that embassies do not return travelers’ phone calls, which we understand can be quite frustrating.

Bottom line: talk to your physician for advice. Ask your physician for information about whether or not any prescription medications you take in the U.S. are legal and/or available abroad. If they are not, you should discuss alternative medications or treatment options with them. If you need assistance making a plan for alternative options abroad, please contact safety-abroad@uiowa.edu.

This is particularly true for medications used to treat mental or emotional disorders, as well as ADHD and similar conditions. If you take medications for these conditions, please contact your doctor or safety-abroad@uiowa.edu to discuss your options.

If you do take medications abroad, please have your physician write a note for you on official letterhead stating that the medications are for your personal use only and that you do not intend to share the substance with others. You may need to show this doctor’s note if you are questioned at airport customs about why you have a large quantity of pharmaceuticals in your bags.
Over the Counter Medications

Most over the counter medications available in the U.S. are available in the U.K./Ireland. However, if there is a specific over the counter medication that you take, it is a good idea to bring a supply (carried in the original packaging only) with you just in case it is not available in your area.

Immunizations

Check with your doctor or the International Travel Clinic at the Student Health and Wellness Services (more info here: http://studenthealth.uiowa.edu/services/international-travel) for information about recommended vaccinations and other health concerns specific to travel in the U.K./Ireland or anywhere else you might want to travel.

You can find more information about health and safety issues in the United Kingdom from the Centers for Disease Control website here: http://wwwnc.cdc.gov/travel/destinations/traveler/none/united-kingdom


If you’re planning to travel to other countries while you’re studying abroad, those countries may present specific health concerns that are less of an issue in the U.K./Ireland. If you plan to travel to other countries, please also discuss these plans with a doctor prior to departure just in case!

If you do not currently plan to travel outside of the U.K./Ireland while you’re studying abroad, but decide to do so while you’re already abroad, please meet with a doctor in your host country to discuss health recommendations.

Illegal Drugs

The U.K. and Ireland (and other countries in Europe and around the region) have extremely strict laws related to the sale, purchase, possession, and consumption of illegal drugs. Violation of these laws typically involves heavy fines and significant jail sentences. It is not uncommon for tourists and students visiting many of the places you’ll be visiting to be offered illegal drugs.

For both legal and health reasons, we advise you, in the strongest possible terms, NOT to sell, produce, purchase, possess, or consume illegal drugs of any kind under any circumstances while you are abroad.

Safety

General Tips

Just a few notes on this in addition to the information covered through the online predeparture orientation:


If you are studying in London, please review the OSAC report for London, as well: https://www.osac.gov/pages/ContentReportDetails.aspx?cid=17104

And, for a general overview or safety and security issues in Ireland, please carefully read over the following Crime and Safety Report for Ireland: https://www.osac.gov/pages/ContentReportDetails.aspx?cid=21110
For more information about the U.K. and Ireland, or any other country you plan to visit while you’re studying abroad, be sure to take a look at the U.S. Department of State’s country guides for country-specific information: https://travel.state.gov/content/passports/en/country.html

- Due to a variety of global issues, over the last few years the U.K. and Ireland have experienced an increased threat of terrorism. While the specific threat to your personal safety and security is remote, it is wise to keep an eye on the local news, and stay in touch with the international office at your host school as well at the Study Abroad office at the University of Iowa for updates on any security concerns. If any issues do develop, it is extremely important for you to take them seriously and take the advice of the international office or your program provider.

In general, the most likely crime/safety issues you might encounter will be petty theft and similar issues common to tourists abroad. Don’t leave your valuables out in public, avoid carrying large amounts of cash, and stay aware of your surroundings, never travel alone—always travel in a group.

- In general, the best way to stay safe is to practice situational awareness. Because this is a new place, with new cultural cues, it will be more difficult for you to identify dangerous/generally shady people/places/situations. In your home country, it’s much easier to know when a situation is unsafe because you’ve had a lifetime to learn how to identify a dangerous situation. However, when you’re abroad it’s much easier to get into dangerous situation and not know it until it’s too late.

Because of this, it’s extremely important to keep an eye on your surroundings, as well as keeping an eye on your friends. This especially the case if you’re drinking... if you’re intoxicated, it’s always much more difficult to be aware of your surroundings. Please keep this in mind!

- Avoid using an Iphone/Ipod/MP3 player with ear buds/headphones while you’re walking around abroad. This will severely limit your ability to pay attention to your surroundings, and may make you a target for crime.

- Do not share your travel itinerary, address, specific location, or international travel plans on Facebook, Twitter, Instagram, or any other social media. Since these resources are publicly searchable, it is fairly easy for criminals to search for and target individuals who post this information online. It is fine for you to share this information with friends and family, but it is best NOT to share this information in any sort of public forum.

- If you use Uber, AirBnb, or similar services while you’re abroad, it is important that you do as much research as possible on the individuals you are staying with or riding with. Thoroughly read and pay attention to the reviews for the individuals you are working with, travel in groups, etc.

- Remember that they drive on the left side of the road in the U.K. and Ireland, and traffic accidents are common among tourists who are used to looking the other way when crossing the street. Just to be safe, ALWAYS look both ways before you cross the street.

- Finally, keep emergency contact names and numbers for local emergency responders, the international office at your host school, your accommodations, friends, the study abroad office at the University of Iowa, and your family on hand at all times. If you run into any problems, this information can be extremely valuable!

Terrorism in the U.K./Ireland
There is no indication that terrorist organization poses an ongoing threat to any part of the U.K./Ireland associated with any active study abroad programs. However, the safety of our students is our primary concern, and we will continue to monitor any potential threats and respond accordingly.

For more information about terrorism and safety abroad, please take a look at our Health and Safety page here: [http://international.uiowa.edu/study-abroad/prepare/health](http://international.uiowa.edu/study-abroad/prepare/health)

### Safety and Gender

Please take a look at the following links for information about safety and gender.

**Study Abroad’s Gender Issues** page: [https://international.uiowa.edu/study-abroad/first-steps/identity/gender](https://international.uiowa.edu/study-abroad/first-steps/identity/gender)

**Journeywoman**- advice on clothing and other tips for international female travelers: [http://www.journeywoman.com/](http://www.journeywoman.com/)

### Identity Issues

Please take a look at the Diversity and Identity Abroad section of our website for information about a wide variety of identity issues related to study abroad, including Race and Ethnicity, LGBT, Disabilities, first-generation, and non-traditional students, and feel free to contact us if you have any questions or concerns: [http://international.uiowa.edu/study-abroad/first-steps/identity](http://international.uiowa.edu/study-abroad/first-steps/identity)

### More information

If you’d like to speak to someone in our office more specifically about gender or identity concerns, please contact Cory Petersen at cory-petersen@uiowa.edu or 319-335-0353.

### Emergency Response Plans

Your local staff, and the Study Abroad office at the University of Iowa have specific safety plans in place to respond to emergencies. If an emergency occurs it is extremely important that you stay in contact with your local staff and the Study Abroad office at the University of Iowa for updates.

Related to this, it is essential that you check your University of Iowa email account frequently while you’re abroad. All communication from the University of Iowa will be sent to this account, and we will use this to get in touch with you in case of an emergency.

### Staying in Contact

While you’re abroad, it is essential that you check your University of Iowa email account frequently- at least several times a week. The University of Iowa will direct all communication to you through your UI email account. This will be especially important in case of emergency. If there is an emergency of any kind while you’re abroad, the University of Iowa will be in contact with you through your University of Iowa email account to 1) check in on your status and ensure that you are safe, 2) provide follow up information to you about getting help and staying safe.

*It is essential that you check your University of Iowa email address, and respond to any messages you receive from the Study Abroad office while you’re abroad.*

### Travel Safety

If you plan to travel outside of your host country during your study abroad program it is important that you 1) provide a travel itinerary to Cory Petersen at cory-petersen@uiowa.edu,
and 2) (for US citizens) that you register your travel itinerary with the US Department of State’s Smart Traveler Enrollment Program (STEP): [https://travel.state.gov/content/passports/en/go/step.html](https://travel.state.gov/content/passports/en/go/step.html). Registering your travel plans with the US Department of State allows them to contact you in the case of an emergency, and provide health and safety/evacuation support.

Registering with the US DOS also allows them to provide aide if your passport is lost or stolen awhile you travel.

Please do this each time you leave your host country so that you can stay aware of health and safety concerns that might be an issue, and so that the US State Department can be in contact with you in the event of a security concern or event.

If you are NOT a US citizen, you may contact your home country embassy for information about any similar programs that might be available to you from your country of citizenship.

### Identity Theft/Data Protection

Identity and data theft is not uncommon among students travelling abroad. To help prevent this, it is a good idea to ensure that your passwords and data are as safe as possible. Please take a look at the following article for advice on to help keep your personal information, bank accounts, credit cards, data, etc as safe as possible: [https://its.uiowa.edu/security](https://its.uiowa.edu/security)

### Conduct while abroad

- First, remember that you are a representative of not just yourself, but of the University of Iowa, Iowa City, and your home country, in general. Of course, everyone knows that the behavior of one individual doesn’t represent everyone from that place, but your behavior will strongly influence the way that people you meet perceive other people from your home country. *All safety issues aside, please act accordingly.*

- It is important to note that the [University of Iowa Code of Student Life](https://dos.uiowa.edu/policies/code-of-student-life-16-17/) applies while you are abroad in the same way it does while you are on campus, and appropriate conduct is all the more critical given the international and cross-cultural context. All students are expected to adhere to the University of Iowa Code of Student life (see [https://dos.uiowa.edu/policies/code-of-student-life-16-17/](https://dos.uiowa.edu/policies/code-of-student-life-16-17/) for more information), as well as policies and regulations established by the local and U.S. program staff.

- Finally, keep in mind that while you are abroad, you are subject to the laws of your host country. [If you violate laws in abroad, the United States (or your home country), the University of Iowa, and the Study Abroad office WILL NOT have any power to change the legal implications of your behavior.](https://www.ods.uiowa.edu/policies/code-of-student-life-16-17/)

### Billing and Financial Aid

- For those of you on University of Iowa programs, study abroad program fees are charged to the U-Bill, following the University of Iowa billing calendar. Payment options will be explained on the bill itself (i.e. due date, Billing Office contact information, etc).

As with any other academic session, financial aid (grants, scholarships and loans) will be disbursed within about a week of the start of your program, and will apply to your U-Bill first, with any remaining funds being refunded back to you.

The Course Fees and Administrative Fees related to your program vary based on program, and can be found under the **Costs**
heading of the Application section on each program’s website.

- If you are not participating in a University of Iowa study abroad program, you will not be charged University of Iowa tuition when you study abroad. You will only be charged for the University of Iowa study abroad administrative fee of $400, in addition to the CISI insurance. All other costs must be paid directly to your program provider.

As with the University of Iowa programs, any financial aid (scholarships, grants, or loans) that you receive for your program will be applied to your U-Bill first, and any remaining aid you receive will be sent to you. In your case, you can expect your financial aid to be available within the first several days of your program.

- For all students, you will also be responsible for the mandatory CISI health insurance, which will total approximately $150 per semester.

- Finally, if you receive any sort of financial aid (scholarships, grants, or loans) it is important that you set up direct deposit with the University of Iowa. Having this set up allows the University of Iowa to deposit any aid that is left over after paying your U-Bill directly into your bank account.

If you do not have direct depositing set up the University of Iowa will send your refund to you via check, and this can take up to several weeks to be processed and sent to you, meaning that you may not have access to your financial aid until several weeks after your program begins.

You can set up direct deposit on MyUI using the instructions provided on the Billing Office’s webpage: https://ubill.fo.uiowa.edu/financial-aid-refunds-direct-deposit

Academics

- Classes (usually called modules or courses rather than ‘classes’... although not always!) in the U.K. and Ireland typically meet less often, and require you to be more independent than classes in the U.S. A typical class involves about two hours of class time each week, with the rest of the time meant to be spent working independently.

Classes are usually lecture-based, and focus less on in-class discussion. You are encouraged to meet with your instructor during their office hours- this is a great time to talk through your ideas and get questions answered.

You will usually be given a long list of course-related books, and you’re expected to develop your own plan of study and read the books most related to your interest.

- You can expect less homework, and more heavily-weighted exams. Many classes will only have one paper due during the semester, worth about 20% of the grade, with the remaining 80% of the grade based on one, large cumulative test given during the exam period at the end of the semester.

- You will be earning academic credit/semester hours for your program, and your courses will satisfy your degree requirements based on the approvals you received on your Credit Approval Form (CAF). However, in most cases you will not be receiving U.S. letter grades for the courses you’ll be taking.

You will earn a grade in the British/Irish systems, but those grades will not appear on your UI transcript, and will not affect your GPA.

However, your grades are equally as important as they are in the U.S.! You still need to pass your classes in order to receive credit, and you’ll need to produce transcript from your host institution if you plan to apply for scholarship/grants in the future, or attend graduate school.
- The exception to this are the Iowa Regents’ Semester in Wales, UI-sponsored IES Abroad programs, and, in some cases, non-UI program providers. In these cases your grades will be changed from U.K./Ireland marks to U.S. letter grades when you return to the U.S., which will then apply to your GPA.

Course Registration Abroad

In most cases, you will not be able to register for classes until you arrive on campus at your host university. You will tell your host university which courses you would like to take as part of your application, but you will not officially register until you arrive. While it is likely that you will be able to take most of the courses that you’d like to take when you’re there, it’s very possible that your chosen courses might not be available.

Because of this, it is important to have several alternative courses in mind, and even get many of them reviewed for your major, minor, certificate, or general education requirements, to ensure that you are able to complete all of your requirements while you are abroad.

If there is a specific course that you need to take while you’re abroad, it’s possible that that course might be full or unavailable when you arrive, so you will need to contact your academic advisor at the University of Iowa before you finalize your visiting student application to set up an alternate so you have a back-up plan.

Fulfilling your University of Iowa degree requirements

By default, all of the classes you take while abroad will be applied to your UI degree requirements as general elective credits. You will not need approval for these courses to apply as general elective credits.

If you would like to apply the credit to a major, minor, or certificate requirement, you will need to have the syllabi for those courses reviewed by your academic advisor in that department.

If you would like to apply the credit to a general education requirement, you will need to have the syllabi for those courses reviewed by the Study Abroad office (contact Cory Petersen for more information).

- These are just some basics. Your host university/program provider will provide you with more details during their orientation session during the first few days of the semester. In general, expect the academic experience there to be different than the U.S. system- the new learning environment, accents, jet lag, culture shock, and brand new academic system will all provide you with new experiences that will challenge and engage you in new ways. Be good to yourself, and enjoy it!

Housing/Accommodation

Housing/Accommodation Abroad

You will receive information about housing from your host institution. Unless you are studying through a UI-sponsored IES Abroad program or the Iowa at Oxford program, payment for housing will be made to your host university or program provider.

If you are studying through a UI-sponsored IES Abroad program or the Iowa at Oxford program, the course fee covers housing so you will not need to make an additional payment.

University of Iowa Housing Contract

If you need to be released from your UI housing contract, please contact your study abroad
advisor to get a housing release letter. You can then submit that letter to the UI Housing office to be released from your contract for the time you’ll be studying abroad.

Flights

When to Buy Plane Tickets

After you have heard back from your host school with your official acceptance, have secured your housing, and received your visa (if necessary), you can buy your plane tickets.

Ticket prices will start to increase significantly within about six weeks of your departure date, so it is strongly advisable that you to purchase your tickets as soon as you can. However, DO NOT purchase your plane tickets until all of the following conditions are met:
1- You have received official acceptance from your host university
2- You have arranged for your housing
3- You have received your visa, or you have prepared all of the immigration requirements for your host country (see the Visa section below for more information).

If you think you’ll have problems paying for your ticket, please contact Cory Petersen (cory-petersen@uiowa.edu or 319-335-0353) as soon as possible so we can discuss your options.

Which Airport to Fly Into, and How to Get to Your Accommodations When You Arrive

Most host universities/program providers will provide you with information about which airport to fly into, and how to get from the airport to your accommodation. If you have not received this information within six weeks of your departure date, please Cory Petersen (cory-petersen@uiowa.edu or 319-335-0353).

An Essential Note For Students Studying in the U.K.

If you’re studying in the U.K., ***DO NOT*** travel through Ireland on your way to the U.K. Travelling through Ireland on your way to the U.K., even if it’s just a stopover in an airport in Ireland, can cause you significant problems when getting your visa to study in the U.K. If you travel through Ireland on your way to the U.K., you will not be issued a visa when you arrive in the U.K., and you will not be allowed to enter/study in the country.

How to Purchase Plane Tickets

You will have to make flight arrangements on your own- the Study Abroad office will not arrange a group flight. We recommend working with Meacham Travel Service, as they are a locally run, vetted, University-sanctioned travel service provider. They can generally provide good deals and excellent logistical support throughout the process.

You can contact Meacham Travel at 319-351-1360.

If you would prefer not to purchase your tickets through Meacham Travel, that’s fine. You can purchase your tickets through a travel agent, directly through an airline, through a website like STA Travel, Kayak, Orbitz, Priceline, etc, or through any other means.

Students that purchase their own tickets online generally have good luck with STA Travel, which is a student-oriented travel service, but you should use the option that works best for you.

How to Avoid Unexpected Fees/Penalties

It is essential that you thoroughly read and understand the terms and conditions of any flight arrangements you make, as a wide variety
of rules, restrictions, and additional fees can apply. A travel agent can help explain these terms and conditions to you, and can help get you the most favorable terms. However, if you purchase your ticket without the help of a travel agent, you will need to review these conditions on your own.

If you need to rebook your ticket for any reason, you will be responsible for all costs associated with rebooking your ticket. The University of Iowa will not be responsible to pay for any additional fees incurred as part of any flight changes.

This applies to rebooking for any reason, including a weather delay that prevents arrival to the airport in time for your flight, a flight cancelation due to bad weather, a lost passport, a missing visa, denial of entry to the U.K./Ireland, illness, or any other reason.

It is important to be aware of all fees related to changes or cancellation of your tickets before you finalize your purchase. If you are not sure about what fees might apply should you change or cancel your ticket for any reason, it is essential that you not purchase your ticket until you have clarified what fees you may be responsible for by checking with your travel agent or airline.

**Winter Weather Delays/Travel insurance**

Flight delays and cancellations due to bad winter weather are common for flights to and from the U.K./Ireland, especially when you fly during November through February. Because of the increased chances of travel delays at this time of the year, and the high fees associated with rebooking tickets (hundreds or even thousands of dollars), we strongly encourage all students to purchase travel insurance that applies even in the case of inclement weather.

If you purchase your ticket through Meacham Travel Service (319-351-1360), they will be able to provide you with an insurance policy called **Travel Guard Gold**. This policy insures against changes to flight plans for covered reasons such as inclement weather and documented illness. The cost for this insurance policy is variable based on the policy holder’s age, destination, etc. Meacham will be able to clarify the cost if you choose to pursue this option.

If you choose to book your ticket without working with Meacham Travel, we still advise that you contact Meacham to purchase the Travel Guard Gold insurance plan to ensure the costs associated with travel delays can be greatly reduced.

If you choose to purchase trip insurance elsewhere, it is essential that you confirm that it covers travel delay or cancellation due to inclement weather as many insurance policies do not. The University of Iowa will not be responsible for paying any fees associated with your airline ticketing.

**Does CISI Insurance Apply to Travel Delays?**

Not entirely. While the CISI policy you will be enrolled in has robust coverage for medical and security emergencies, it offers only limited insurance coverage for travel delays. Under the Iowa Regents CISI insurance policy, some hotel stays and other costs resulting from a travel delay may be reimbursable to you if you file a claim with CISI insurance. You will be enrolled in this policy for the duration of your UI program in the U.K./Ireland. You can find a claim form and details about the trip delay coverage of the mandatory Iowa Regents CISI insurance policy here: [http://international.uiowa.edu/study-abroad/prepare/health/insurance](http://international.uiowa.edu/study-abroad/prepare/health/insurance)

The CISI policy alone is not sufficient for these purposes. Additional trip insurance is extremely helpful for your financial protection given the chances of travel delays due to inclement weather during that time of the year.
Additional Flight Recommendations

If you travel to any other country on the way to the U.K./Ireland, be aware that you are responsible for meeting visa requirements that apply in any country that you travel through. If you are travelling directly to your host country and you don’t have any stops along the way, this will not be a problem for you.

However, if your itinerary has a stop in another other country on your way to your destination, it is important that you contact UI Study Abroad to ensure you are aware of any additional visa requirements that might apply in the country(s) you will be stopping in.

Visas

Each of you will need a visa to study in your host country.

If you are studying abroad through a University of Iowa study abroad program, you will receive information about the visa process by email in the coming weeks.

If you are studying abroad through a study abroad program that is NOT offered directly through the University of Iowa, you will receive information about the visa process through your program provider. If you have not received information about the visa process from your program provider, please contact them immediately to clarify how to move forward.

Packing

General Packing Advice

- **Emergency contact card** - The emergency contact card (found here: https://international.uiowa.edu/sites/inte

- **Visas**

- **Your academic advisor’s name, email, and phone number.** You can use this to get in touch with your advisor if you have any academic issues along the way.

- **Bring your U.S. driver’s license or other form of government-issued ID.** You will not be able to drive while you’re abroad, but your U.S. driver’s license is a good alternative form of identification to have on you just in case.

- **A travel guide** from Lonely Planet, Let’s Go, etc.

- **You CISI health insurance information.** If you haven’t received this information by email already, you will very soon! Be sure to understand your CISI health insurance policy, and how to use it while you’re abroad.

- **Copies of your passport and visa**- you won’t need to carry your passport with you while you’re in the U.K./Ireland, so go ahead and keep it in a safe place in your apartment/dorm when you arrive. However, it is important to carry a copy of your passport and visa with you, so be sure to make a photocopy and keep it with you at all times. This can help with identification, and help speed up the process of replacing your passport if it gets lost or stolen.
- **Copies of your visa documents** - Ensure that you have all of the materials you will need to get a visa when you arrive in your host country.

- **Voltage convertors** - Voltage in the U.K. and Ireland is different than it is in the U.S. Most laptops, camera chargers, cell phone charges, etc have a voltage convertor in the box-shaped gizmo on the power cord-something like this:

However, other appliances probably do NOT have this, so using them there will (at best) ruin them or (at worse) cause a fire (on your head).

(Almost happened to Cory......)

For things like hair dryers, straighteners, beard trimmers, etc you’ll need to bring a voltage convertor (found at any travel store, Target, Wal Mart, etc), or **just leave them at home and buy a cheap one when you arrive**.

- **Outlet adaptors** - These allow you to plug in your U.S. plug-ables into the outlets in the U.K. and Ireland. If you’re planning to stay in the U.K./Ireland throughout the semester, you’ll probably be fine sticking with one style of adaptor:

However, countries in Europe (and around the world) have different outlet designs, so most of our returnees recommend bringing a universal adaptor (or maybe more than one) so you’re covered if you plan to travel. Something like this should do it:

- **Waterproof shoes/boots/rain boots** - It rains a lot in the U.K. and Ireland, so waterproof shoes/boots/good quality rain boots should be high on your list.

- **LAYERS!** - It is generally chilly (40 - 60 degrees for most of the semester) and rainy in both the U.K. and Ireland, so you will want to bring a lot of warm, layer-able clothes! Sweaters, scarves, warmer pants, etc will be essential. It may warm up towards the end of April or beginning of May, but until then, stay warm!

- **Address for your accommodations and arrival instructions** - Bring a copy of your arrival instructions from your host university, and the street address for your accommodations! You’ll want to know exactly where you’re going when you arrive so you can get there easily on your own, or tell a taxi driver exactly where to drive. Remember, you’ll be tired and jet lagged when you arrive and telling a taxi driver that you live “at the University of Strathclyde” isn’t going to get you to your dorm!
- **24/7 contact information for the International Office at your host school.**
  Having information about who you can contact anytime of the day or night at your host school will be helpful if you run into any problems with accommodation, transportation, etc when you arrive.

- **Finally,** it’s easy to find these, and pretty much any other item you’ll need while you’re studying in the U.K./Ireland, **so if you forget something don’t worry!** You can probably get it there. This goes for toiletries, clothes, etc... if you need it, you can probably get it!

- **Clothing** - In general, students in Ireland and the U.K. wear slightly more formal clothing than we do in the U.S. Avoid wearing sweat pants, leggings, yoga pants, shorts, Iowa sweaters, etc.

- **Unpacking tips** - Just a couple of tips on things you WON’T need while you’re in the U.K./Ireland.

  - **Unpack that wallet/purse.** If you don’t need it while you’re abroad (library card, CVS card, car keys, etc), don’t bring it! The less you bring, the more stuff you can bring back home!

  - **In general, pack fewer clothes!** It’s easy to find cheap clothes in the U.K. and Ireland, and they tend to be a little more locally fashionable. Save the bag space for stuff you want to bring back home with you!

  - **It is culturally inappropriate to wear sweat pants/yoga pants to class.** You can wear them in your accommodation, but please avoid wearing them to class.

**Packing List**

The following list of important items we suggest everyone travels abroad with. Each student will need to adjust the list based on his or her needs and preferences. Of course, you’ll need clothes, too! :)

**Carry-on Items (take these on the plane with you)**

- **Emergency contact card** (found here: [http://international.uiowa.edu/files/ip.uiowa.edu/files/emergency_card_4.27.15.pdf](http://international.uiowa.edu/files/ip.uiowa.edu/files/emergency_card_4.27.15.pdf))

- **Phone numbers, fax numbers and email addresses of local contact in at your host institution, and the Study Abroad office at the University of Iowa.**

- **Arrival instructions, and the exact street address of your accommodations**

- **Copies of the arrival/airport pick-up information you’ve received from your host institution or provider, if any**

- **Money belt with passport, cash**

- **Credit/debit cards**

- **CISI insurance information**

- **Prescription medications with note from your doctor, on their letter head, indicating what the medication is for and that it is specifically for you to treat your medical condition**

- **2+ copies of passport and visa**

- **All documents required to get a visa**

- **1 copy of CISI insurance information (Including information regarding reimbursement of expenses abroad)**

- **1 - 2 copies of your round-trip flight itinerary**

- **Contact numbers for all bank cards (In case of loss or theft, leave a copy of all cards at home)**

- **Valuables you do not want to lose (anything that is too valuable to lose is better left at home)**

- **1 full change of clothes**

- **Sweater/Light jacket/Socks (the long plane rides can be chilly)**

- **Chewing gum**

- **Motion sickness aids: bands/medications**

- **Electronics- laptop, phones, tablets, etc**

- **Electronics chargers**

- **Earplugs/eye cover/small pillow etc. for sleeping**
- A copy of your Credit Approval Form (CAF). If you don't have a copy please contact Cory Petersen (cory-petersen@uiowa.edu or 319-335-0353) to request a copy.

Toiletries and Health Items (you can find many of these items in the U.K./Ireland, too, so you probably only need a small supply to get you by for a few days upon arrival)
- Full supply of all prescriptions for the duration of the program, or a plan to get refills while you’re abroad (consult with safety-abroad@uiowa.edu for more information)
- Toothbrush/Toothpaste/Floss (bring with you as they can be expensive in the U.K./Ireland)
- Condoms/preferred safe sex/birth control method
- Contact lens solution
- Anti-motion sickness armbands (Cory anecdotally swears by these- something like this: http://www.sea-band.com), patches, or medication
- Pain reliever
- Heartburn medication
- Anti-diarrhea medication
- Laxative medications
- Nail clippers
- Tweezers
- Razors
- Make-up
- Hairbrush/other hair needs
- Small first-aid kit
- Chap stick/lip balm

Personal Items
- Small bag for short trips
- Raincoat
- 1 towel
- Watch or small travel alarm clock
- Water bottle
- Sunglasses
- Flashlight
- Zip-lock or plastic bags (For organizing and storing, keeps contents dry)
- Earplugs

- Small notebook
- Thin cable lock/padlock or combination lock
- Small sewing kit
- Swiss army knife (Cannot be carried on planes, so be sure to pack in your checked bag!)

Electronics
- Outlet adapter
- Camera
- USB/external hard drive/other memory device
- Laptop/tablet
- MP3 player with ear buds/headphones

Phones/Communication
- You generally have three options if you’d like to have a cell phone/smart phone while you’re in the U.K. or Ireland.

1) Use your current phone, and purchase a SIM card in the U.K./Ireland that will allow you to access the network there. Check with your US-based services provider to ask if your current phone is unlocked, and/or if it can be used abroad with another country’s SIM card. If so, you will be able to purchase a SIM card and calling/texting/data plan abroad and use your U.S. phone as you would here.

2) Purchase a cheap phone and calling plan abroad. This is a good option if you don’t want a smart phone or data plan, or if you’d like to purchase a cheaper plan and only use your smart phone over a WiFi connection. This is generally the cheapest option.

3) Use your current phone and calling/text/data plan abroad. Some U.S. service providers provide international calling plans, and in some cases this might be a good option for you. However, this is usually the most expensive option. The coverage is often limited and the fees related to going over the call/text/data limits may end up costing you several hundred dollars. Before committing to an international plan, please be aware of the requirements!
Check with your provider for more information on pricing.

- Remember that if you have a smart phone/iPod/tablet/laptop/etc you can use services like Skype, What’s App, Viber, Weibo etc through WiFi, so staying in touch with home can still be cheap and easy.

- **A couple of notes about using smart phone apps.** Smart phone apps can be extremely helpful when travelling abroad for making travel plans, purchasing tickets, avoiding getting lost, store personal information, etc. However, keep in mind that apps can often be easily hacked, or may be run by criminals who exploit the information users share on the app.

  If you use apps for these purposes please be aware that it is possible that this information could be acquired by hackers or criminals who could steal your personal information, or learn about your travel plans and make you a target for violent crime. Please use caution when sharing this type of information. Be sure that the apps you are using are secure and trustworthy and be cautious about the information you share with them to create an account or use the service.

- Relying on apps to navigate while you travel is helpful, but relying too heavily on these apps can make it difficult for you to have a clear knowledge and awareness of your surroundings. If you use apps for this purpose, it is wise to also make an effort to familiarize yourself with your surroundings so you can navigate your way around without your phone in case your battery dies or you lose your phone.

- **Finally, contact your provider to check into suspending your current phone plan.** Since you won’t be using your U.S. talk/text/data while you’re abroad, if you can suspend or cancel your plan until you return you can save some money on the monthly charges.

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**Money Abroad**

Here are a few tips for dealing with money in the U.K. and Ireland:

- You can use your U.S. credit cards and debit cards relatively easily in most of Europe, HOWEVER, it is **ESSENTIAL** that you contact your bank and credit card company to let them know that you’ll be using your cards abroad. If you don’t contact them to tell them that you’re planning to use your cards abroad, they will assume your cards have been stolen and will lock access to your account- meaning that you will not be able to use the card to access money or make purchases of any kind until you contact the bank to resolve the issue.

  - Do this whenever you leave your host city/country to inform them of which locations you’ll be travelling to.

  - While you can use your cards abroad, some places may not accept them, so using **cash is typically preferable**, especially for smaller purchases, taxis, buses, etc.

  - The **chip and pin** system ([https://en.wikipedia.org/wiki/EMV](https://en.wikipedia.org/wiki/EMV)) is much more common the U.K. and Ireland, and around the rest of Europe, than it is in the U.S. If your current debit/credit cards do not contain these security chips, contact your bank to ask if you can request them. This will make it much easier to use your credit/debit cards abroad.

  - **It is best to arrive in your host country with some cash in the local currency. You will NOT be able to use U.S. dollars in your host country.** Check with your bank to get about $200 - $300 in pounds (for the U.K.) or euros (for Ireland) before you depart. If you can’t get these before you depart, you can exchange money (although at an unfavorable exchange rate) at the airport.
- If you withdraw cash from an ATM, the current exchange rate will be used to withdraw the U.S. dollar equivalent of the pounds/euros from your U.S. account. So, if you were to withdraw 20 British pounds from an ATM in London today, the ATM would withdraw about $29.00 from your U.S. account. **When you withdraw money from an ATM in the U.K./Ireland, it will take money out of your U.S. account, and give it to you in the local currency, NOT U.S. dollars.**

- Many banks in the U.S. charge service fees for international transactions, so be sure to check with your bank to find out how much you will be charged per transaction for any international charges. We recommend withdrawing larger amounts from ATMs less frequently to help reduce the cost of these international service fees.

- Always stay aware of the current exchange rate. While that 12 pound meal of a pint, chips, and a couple of scotch eggs might not seem like a lot, remember that the cost in U.S. dollars will be somewhere around $18. Remember that the exchange rate can change drastically, depending on the current exchange rate, so keep an eye on the rates!

- If possible, give someone you trust (family members, partner, close friend, etc) access to your bank accounts so they can help you work out any financial issues you might have in the U.S. You may be able to do this simply by contacting your bank and signing a few forms, but you may need to set up **Power of Attorney** for your loved one. Here’s some more information on that: [http://en.wikipedia.org/wiki/Power_of_Attorney](http://en.wikipedia.org/wiki/Power_of_Attorney). This can usually be set up through a lawyer, but it depends on your circumstances.

- Finally, there’s the option of setting up a bank account in your host country. **For students going to the U.K.,** since you can easily access your U.S. bank accounts while you’re there, setting up a bank account in the U.K. is usually not worth the trouble. If you are interested in setting up a bank account in the U.K., please check with the international office at your host school, or with your program provider.

**For students going to Ireland,** you may need to set up a bank account there in order to get your visa. Please work with the international office at your host school, or your program provider to get this taken care of.

### Restaurant/Pub culture/Social Life

- In restaurants, **you will have to ask for your check when you’re ready to pay.** The wait staff will not bring it to you unless you ask. If you wait for them to bring it to you, you’ll be waiting for a long time...

- At pubs, there is typically no wait staff. You’ll have to pick your own seat, bus your own table, and order, pick up your order, and pay at the bar.

- Wait staff are paid a minimum wage and do not rely on tips, so tipping is not required, or even expected. If you receive outstanding service, **tipping 10% is sufficient.**

- Speaking of going out/drinking, there is less of a ‘drink to get drunk, and fast...’ culture in the U.K. and Ireland than there is in the U.S. Drinking there is more of a social event, like having coffee with a friend, and drinking too much will be looked down upon. Visibly drunk students in the U.K. are **almost exclusively 18 year olds and American study abroad students...** If you plan to drink, please keep this in mind and take it slow until you get a feel for how the locals do things. We advise against ending up with a reputation as The Drunk American.

- Finally, the best way to meet people- based on what we hear from the host institutions and
past program participants in locations all over Ireland and the U.K. - is to **join groups and societies/clubs on campus!** Society/club culture is a much more significant part of the university experience there than it is in the US, and there is a club for pretty much everything you can imagine. Join one (or five)! Do it!

**Culture Shock/Cultural Resources**

The best first step to adjusting to your new surroundings will be to learn as much as you can before you depart- read, watch documentaries, explore Instagram, and carefully read through all of the predeparture materials you receive from your host institution.

And, once you arrive, the best advice will be to stay relaxed, take care of yourself (and each other!), keep an open mind, and learn as much as you can.

For more advice on adjusting to the cultural differences you’ll find in the U.K. and Ireland, take a look at the **Prepare for Departure** ([http://international.uiowa.edu/study-abroad/prepare](http://international.uiowa.edu/study-abroad/prepare)) and **Living Abroad** sections of our website ([http://international.uiowa.edu/study-abroad/living-abroad](http://international.uiowa.edu/study-abroad/living-abroad)).

**General Cultural Resources**

- **Anglophenia** is a great resource for Americans who want to get to know more about British culture- [https://www.youtube.com/channel/UCOzpgwSVhD9VLZr0vume4YA](https://www.youtube.com/channel/UCOzpgwSVhD9VLZr0vume4YA)

- **The British Council** is a fantastic resource for cultural information about the U.K.: [https://study-uk.britishcouncil.org/living](https://study-uk.britishcouncil.org/living)

- Ireland and Irish culture doesn’t seem to be represented as well on Google or YouTube, although if you do some searches for **Irish Culture** you will find some useful videos.

- For historical context in Ireland try **The Story of Ireland** and, for the U.K., **The Story of Britain**. They’re long, but well worth your time. You can buy them online, or you can try searching for them on the BBC website, YouTube, Netflix, etc.

- For general cultural and travel information, take a look at the **Lonely Planet’s guides** to Ireland, and the United Kingdom.

- For some general **social media and travel** links for the U.K. and Ireland, including details about the locations you’ll be studying at, take a look at the following links:

  **Ireland**
  - Ireland’s official tourism page on Instagram
  - University College Cork on Facebook
  - UCC’s International Office on Facebook
  - University College Cork’s YouTube Channel
  - University College Cork on Instagram
  - University College Cork on Twitter

  **United Kingdom**
  - U.K.’s official tourism page on Instagram
  - Scotland’s official tourism page on Instagram
  - Wales’s official tourism page on Instagram
For being a relatively small part of the world, people from the British Isles speak in a surprisingly diverse array of accents. Take a look at the following videos to get a sense for how the various accents you’ll encounter sound (and don’t be embarrassed if you want to use them for practice... 😊)

- First, a quick tour of the U.K. and Ireland and their accents- https://www.youtube.com/watch?v=-8mzWkuOxz8

- A little more about Ireland- https://www.youtube.com/watch?v=eeN3g4ORLk
- This one makes Cory laugh: https://www.youtube.com/watch?v=FyyT2jmVPAk

- And, for a longer tour with some real-world speakers, take a look at this one (although the coverage of Ireland, Scotland, and Wales is a little weak)
  - https://www.youtube.com/watch?v=R2EdGk9U3Cs

Crack

- What is the crack? Where is the crack? Cory, what are you talking about? If you’re going to Ireland, you’ll want to know. Watch on:
  - https://www.youtube.com/watch?v=qixmPYM1D_k

Apps

- First, for those of you taking a smart phone, iPod, tablet, etc here are some useful links for apps that will be handy while you’re abroad:
  - http://www.lifehack.org/articles/technology/18-must-have-travel-apps-for-traveling-abroad.html

Things to do

And, here are some ideas for places to visit in the British Isles: