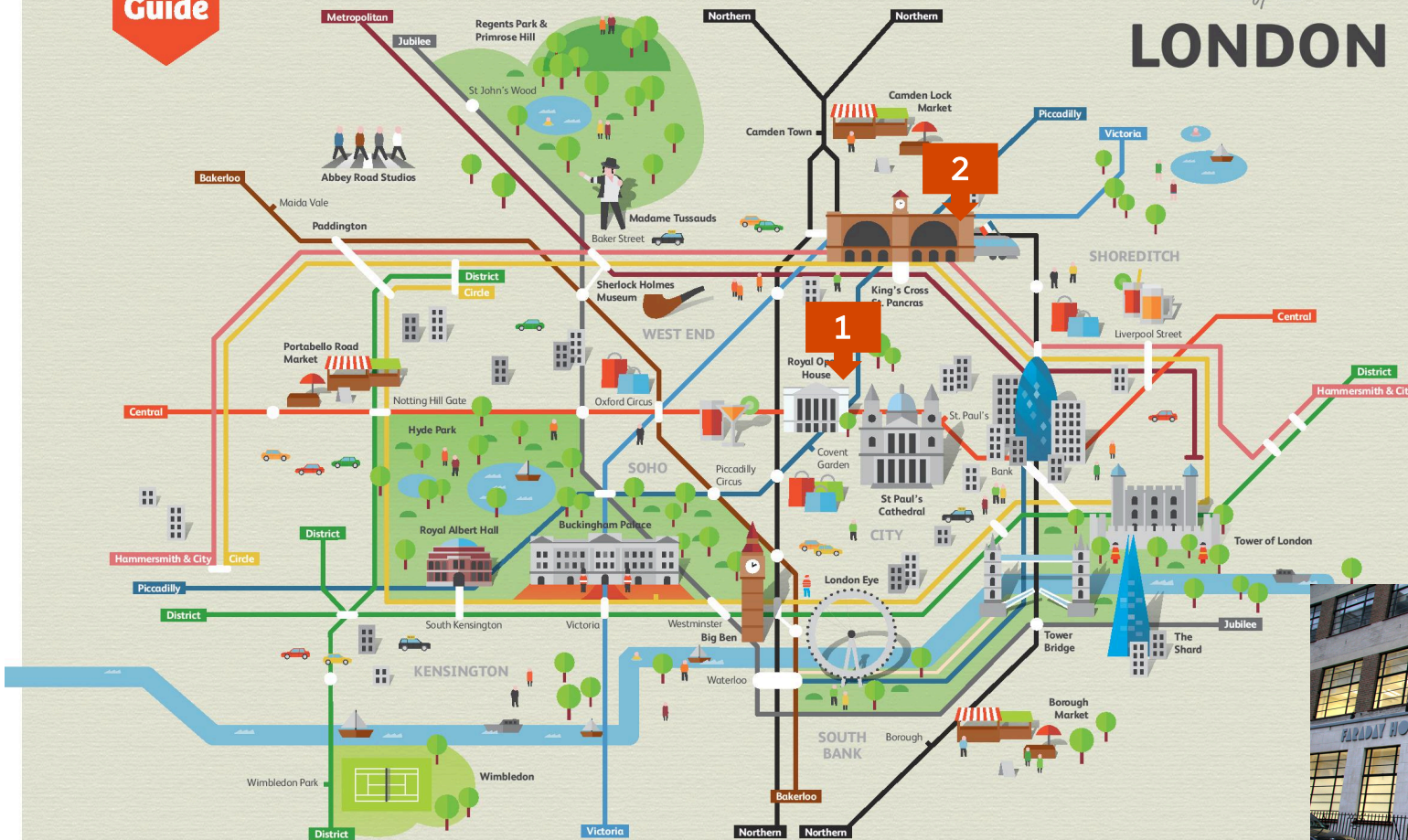


Syracuse ABROAD

London Pre-Departure Orientation Spring 2018

Get Your Guide

sightseeing Map — of — LONDON



CENTRAL LONDON: Zone 1

- 1) Faraday House and Holborn Tube station
- 2) King's Cross/St. Pancras Station (Eurostar trains)



Students will be welcomed by the supportive Syracuse London staff:



Dr. Troy Gordon,
Syracuse London
Director



Lisa Watkins, Health
and Wellness Advisor



Olivia Compton,
Community Engagement
Manager

Flights: Departure

Group flight:

- Departs JFK on Monday, January 15 at 8 p.m.
- Arrive at least **four hours** before the flight departs
- You'll be met at the airport by reps from travel agency and two Syracuse Abroad staff members
- Complete the travel questionnaire in your application portal and confirm your group flight

Independent travelers:

- Complete the travel questionnaire in your application portal and upload your itinerary
- Information on where and when to arrive in London has been posted on students' application portals

Flights: Arrival

Group flight:

- Arrives January 16 at 7:55 a.m.
- London staff will meet you at the airport and arrange travel from the airport to your housing

Independent travelers:

- Arrive on Tuesday, January 16 by 11 a.m.
- Coordinate your own transportation to Faraday House (options: Heathrow Express train, taxi, car service)
- At Faraday House, staff will meet you and arrange travel to your housing

Weather

Month	Jan	Feb	Mar	Apr	May
Record high °C (°F)	17.2 (63)	19.7 (67.5)	24.2 (75.6)	29.4 (84.9)	32.8 (91)
Average high °C (°F)	8.1 (46.6)	8.4 (47.1)	11.3 (52.3)	15.7 (60.3)	18.6 (65.5)
Average low °C (°F)	2.3 (36.1)	2.1 (35.8)	3.9 (39)	8.2 (46.8)	10.9 (51.6)
Record low °C (°F)	-21.5 (-6.7)	-12.2 (10)	-8.3 (17.1)	-3.2 (26.2)	-3.1 (26.4)
Average precipitation mm (inches)	55.2 (2.173)	40.9 (1.61)	41.6 (1.638)	43.7 (1.72)	49.4 (1.945)
Average precipitation days (≥ 1.0 mm)	11.1	8.5	9.3	9.1	8.8
Mean monthly sunshine hours	61.5	77.9	114.6	168.7	198.5

London isn't known for extreme weather, so just be prepared for the rain!

Packing

- One large suitcase, one carry-on, and one personal item (tote, purse)
- Valuables/medication(s) should go in personal item (in case baggage is delayed, lost, etc.)
- Check with your airline(s) for baggage restrictions and fees: Too many bags or overweight bags will usually incur fees!
- Check the TSA website (www.tsa.gov) for the most up-to-date security regulations
- Don't bring too much stuff! Most clothing and daily necessities can be purchased abroad
- Leave room in your suitcase for souvenirs that you're going to buy!

Orientation

- Begins Tuesday, January 16 at Faraday House
- Attendance is **mandatory** for all on-site orientation meetings
 - General orientation
 - Living in London
 - Academic orientation
- During this time, you will receive your Student ID & Access Card, take a walking tour, and enjoy a Welcome Dinner with students, faculty, and staff
- Love London Week sign-ups

Arriving: Signature Seminar

Optional Signature Seminar: Sustainability and Environmental Justice in Europe

- Pack everything you will need for the pre-semester Signature Seminar in one bag (your carry-on).
- Large suitcase will be stored at Faraday House for the length of the seminar

Health Preparations

Before departure:

- Discuss continued medical/immunization/mental health treatment with your doctor
- Dental exam
- Compile all medical/health information and bring it abroad in case of a medical emergency

Traveling with medication:

- You **CANNOT** mail medication - bring enough for the entire time abroad
- Pack all medication in personal item **only**
- Medication must be in original containers with a copy of the prescription
- Notify Syracuse Abroad's Assistant Director of Student Services of special storage requirements for medication

Questions: Contact Assistant Director of Student Services, Bridget Demorest:
brhughes@syr.edu

Insurance Abroad

- Review current insurance policy for international coverage
- Students will pay up front for the cost of a doctor's visit, then submit claim for reimbursement
- For more information on insurance, visit the Syracuse Abroad website: *suabroad.syr.edu/health-and-safety/insurance/*

International Student ID Card (ISIC)

- Included in program fee
- Students receive their card at on-site orientation
- Limited supplemental emergency health and travel insurance
- Over 41,000 discounts worldwide on travel, hotels, entrance fees, and restaurants
- For more details of what ISIC Premium Plan covers, visit: www.myisic.com/insurance/

International SOS

- Included in program fee
- SU Membership Number: 11BCPA000177
- Download the free ISOS Assistance app
- Medical referral services available 24/7 for phone and in-person consultation
- Contact the medical teams at ISOS for country-specific information
- Emergency evacuation services

Technology

Cell phones:

- Bring U.S. phones for use pre- and post-semester travel
- Students can purchase a prepaid cellular phone plan or a SIM card for an unlocked U.S. phone
- Many apps provide free texting, calling, and video chatting with Wifi (Whatsapp, Viber, Skype, etc.)

Using devices abroad:

- Single voltage appliances will need a converter
- All appliances need a plug adaptor

Finances Abroad

- **Contact your bank:**
 - Let them know how long you will be living abroad
 - Notify them of your travel plans (while abroad)
 - Ask about affiliate banks abroad
 - Ask about international fees
- Do NOT bring large amounts of U.S. dollars
- Create a budget for shopping, traveling, and spending abroad
- **Optional:** Bring a small amount of local currency (taxi from airport)
- Be aware of exchange rates: They change all the time!
- Review the financial information section of the online **Preparing to Go** guide

Academics Abroad

Course registration:

- Online class registration: November 28-December 1
- Hold off on making personal travel plans until registration is finalized abroad: Required course trips

Academic accommodations (if applicable):

- Complete the Request for Accommodations in application portal
- Contact your office of disability services
- Questions? Contact Assistant Director, Student Services, Bridget Demorest: brhughes@syr.edu

Expectations abroad:

- Students are bound by Syracuse University's Academic Integrity Policy
- Class attendance is mandatory

Housing



Housing

- Students will live in flats (4-8 students, all in the Syracuse London program)
 - Assignments were distributed by Syracuse London in early December
- Flats located in city center (Zone 1), within 30 minutes of the Syracuse Center by bus, the Tube, or on foot
- Included in program fee: Oyster card for unlimited public transportation in zones 1 & 2 for the semester
- **Included with each flat:**
 - Keys
 - Wi-Fi
 - Maintenance
 - Council tax & utilities
 - Damages clause built into contract
 - Kitchen supplies

Living Abroad

Adjusting abroad:

- Be patient, adjust your expectations, keep an open mind
- Get involved with the local community
- Rely on your support system
- Maintain a sense of humor

Keep an open line of communication with the Syracuse Center staff about your health

Keep the local emergency phone number from orientation on hand

Attitudes toward your gender, race, nationality, ethnicity, or sexual orientation may be different than what you are used to. Staff are available to answer any questions you may have.

Health & Wellness

- Dealing with stress, anxiety, and homesickness
 - Get rest
 - Eat well
 - Find a quiet place
- Your first visit to a local medical clinic, DocTap, is covered by your program fee
- Gym membership is also included in your program fee

Staying safe

- Physical safety: Traffic on the other side
- Pickpockets
- Alcohol: Vast majority of problems students have abroad are related to excessive drinking
- Required Independent Travel Form

In case of emergency

Keep cell phone on and charged at all times. Always travel with phone and charger.

Contacts before departure:

- Group flight questions/concerns: Advantage Travel (315) 471-2222
- Emergencies: Syracuse Abroad 1-(800)-235-3472

While abroad:

- Students: Call the Syracuse London emergency number provided at orientation
- Parents: Contact Syracuse Abroad on-call staff 24/7 1-(800)-235-3472

Email:

- All official program information, including emergency information, will be sent to your Syracuse email account, so students must check that account

Final reminders

- Read and review the online Preparing to Go guide
- Complete any remaining post-acceptance forms ASAP
- Set up Syracuse email (visiting students)
- Make health care arrangements (medication, insurance, etc.)
- Contact your bank about your travel plans
- Unlock your U.S. phone (*optional - check with provider*)
- Research baggage restrictions and luggage fees for your airline(s)
- Connect with a global ambassador
- Visit the Syracuse London website: *sulondon.syr.edu*

Contact/Follow-up questions

- Mary Fedorko: mmfedork@syr.edu
- Jenn Horvath: jmhorv01@syr.edu
- Syracuse Abroad: 315-443-3471 or suabroad@syr.edu