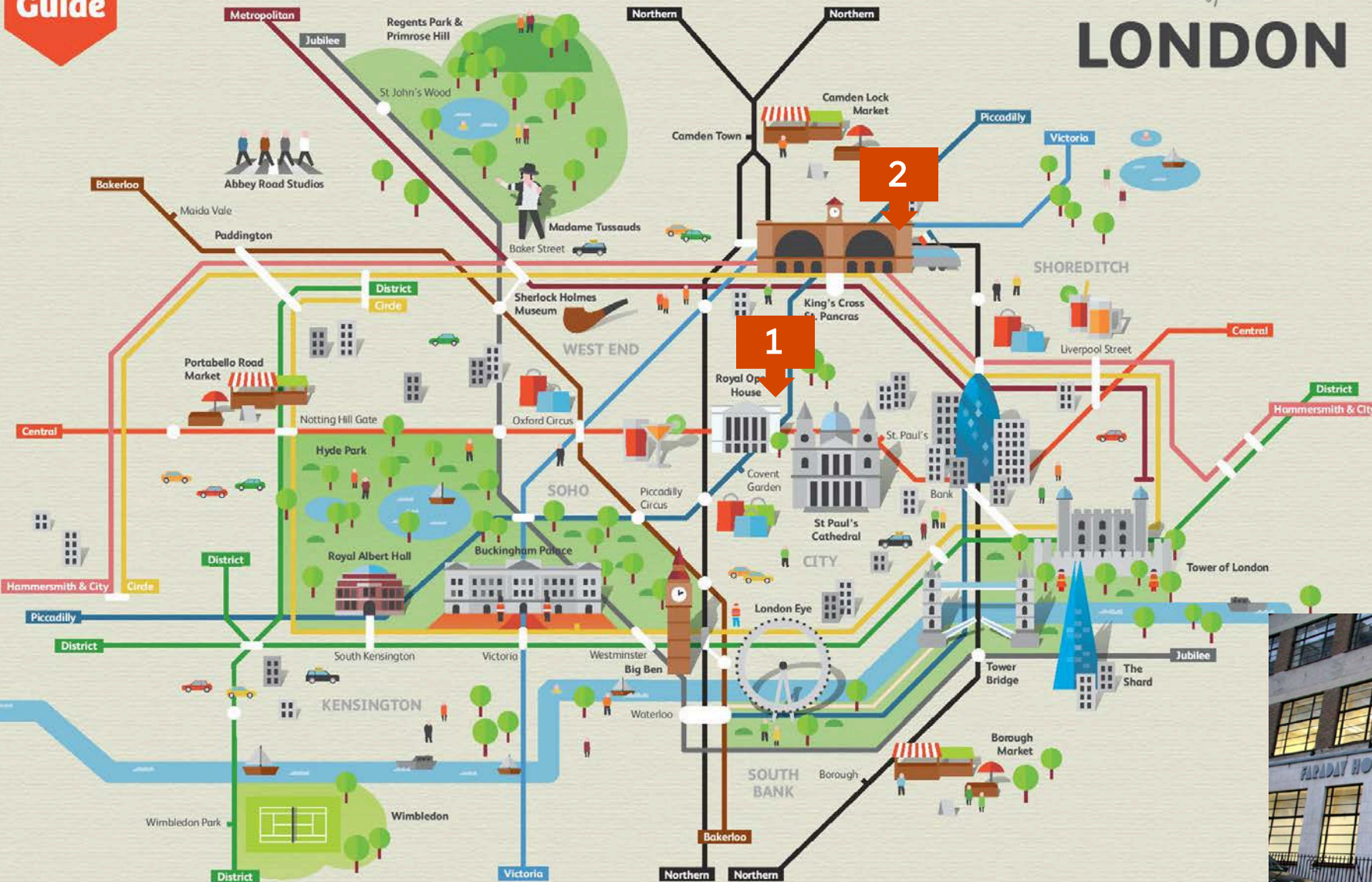


Syracuse ABROAD

London

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



Becca Farnum, Internship
and Student Communication
Coordinator

Flights: Departure

Group flights:

- Virgin Atlantic flight VS0138 and VS0010 depart JFK on Monday, August 27th at 8:30 and 9:00 p.m.
- Arrive at least **four hours** before the flight departs
- You'll be met at the airport by reps from travel agency and 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 will be sent directly to independent travelers



Flights: Arrival

Group flights:

- Virgin Atlantic flight VS0138 arrives August 28 at 8:45 a.m.
- Virgin Atlantic flight VS0010 arrives August 28 at 9:15 a.m.
- London staff will meet you at the airport and arrange travel from the airport to your housing

Independent travelers:

- Arrive on Tuesday, August 28 by 9:30 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

Arriving: Signature Seminar

Optional Signature Seminar: Sustainability and Environmental Justice in Europe

- Virgin Atlantic flight VS0010, arriving in London August 19 at 9:15 a.m.
- 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



Weather

Month	Aug	Sep	Oct	Nov	Dec
Record high °C (°F)	38.1 (100.6)	35.4 (95.7)	29.9 (85.8)	20.8 (69.4)	17.4 (63.3)
Average high °C (°F)	23.2 (73.8)	19.9 (67.8)	15.5 (59.9)	11.1 (52)	8.3 (46.9)
Average low °C (°F)	13.7 (56.7)	11.4 (52.5)	8.4 (47.1)	4.9 (40.8)	2.7 (36.9)
Record low °C (°F)	5.9 (42.6)	1.8 (35.2)	-3.3 (26.1)	-7.0 (19.4)	-11.8 (10.8)
Average precipitation mm (inches)	49.5 (1.949)	49.1 (1.933)	68.5 (2.697)	59.0 (2.323)	55.2 (2.173)
Average precipitation days (≥ 1.0 mm)	7.5	8.1	10.8	10.3	10.2
Mean monthly sunshine hours	204.7	149.3	116.5	72.6	52.0

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, August 28 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



Health Preparations

- Health Check-Up: Discuss continued medical/mental health treatment, and any immunizations
- Dental exam

Medication: Bring enough for your entire time abroad.

- You CANNOT mail medication! Contact us for a letter to your insurance company.
- ISOS resources
- Notify us about special storage requirements.

Traveling with medication:

- Pack all medication in personal item **only**
- Medication must be in original containers

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

Insurance Abroad

- Review private insurance for international coverage
- Students pay up front for medical visits, then submit claim for reimbursement
- Personal Property Insurance- consider purchasing additional coverage

For more info, visit our website:
suabroad.syr.edu/health-and-safety/insurance/



International SOS

Medical & Security Advisory Service

- Pre-departure advice:
 - Prescription medication locally
 - Medical travel recommendations
 - immunization requirements
- While abroad:
 - 24/7 availability phone consultation
 - locally vetted English speaking doctors- locations worldwide
 - Country risk ratings, State Department warnings
 - Emergency evacuation services

Download the free ISOS Assistance app

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: June 19-22
- 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

- Students will live in flats (4-8 students, all in the Syracuse London program)
 - Assignments were distributed by Syracuse London in May
- 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.



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, students are expected to 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

Syracuse Abroad: 315-443-3471 or
suabroad@syr.edu