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Welcome to the Norwich Program(s)!

Dear Norwich Program Participants,

This **Norwich Orientation Handbook** has been prepared to make your transition to Norwich and the British educational system a little smoother

If you have any questions, contact the Center for Global Study and Engagement (CGSE) at (717) 245-1341 or global@dickinson.edu. The Center for Global Study and Engagement is open Monday through Friday from 8:30 am to 4:30 pm (EST).

IMPORTANT CONTACT INFORMATION

In LONDON (for fall semester ONLY):
From the U.S.: Dial (011-44) and the local phone number to call Norwich/London.
From the U.K.: Drop the (011-44), but add a zero before the first number. Thus the Norwich prefix becomes 01603 rather than 1603. To call the U.S. from the U.K., dial (001) then the 10-digit number.

HUMANITIES:

Jesmond Hotel
63 Gower Street
London WC1E 6HJ
Tel: (011-44) 207 636 3199
FAX: (011-44) 207 323 4373
E-mail:
reception@jesmondhotel.org.uk
Web Site:
http://www.jesmondhotel.org.uk/

The hotel is centrally located, in the heart of Bloomsbury, home to the University of London and the British Museum and Oxford Street (shopping).

SCIENCE:

Ridgemount Hotel
65/67 Gower St., London
WC1E 6HJ, England
Phone: (011-44) 207 636 1141
Fax: (011-44) 207 636 2558
Website:
http://www.ridgemounthotel.co.uk

The hotel is also located in Bloomsbury, near the Jesmond Hotel. Mr. and Mrs. Rees and their son, Aled, operate the hotel)

In NORWICH:

HUMANITIES/SCIENCES PROGRAM:

Professor David Strand
Resident Director
Faculty of Arts and Humanities
Arts Building 1.41
University of East Anglia
Norwich, NR4 7TJ
Tel: (011-44) 1603-592297

Home Address in Norwich:
371 Unthank Road
Norwich NR4 7QG
UNITED KINGDOM

E-mail: strand@dickinson.edu
Home Tel: (011-44) 1603-449332
Mobile phone:

SCIENCE PROGRAM:

Professor David Kushner
Resident Director
Faculty of Science
Office at UEA - To Be Determined

Home address in Norwich
223b Earlham Road
Norwich NR2 3RQ
UNITED KINGDOM

E-mail: kushnerd@dickinson.edu
Home Tel: (011-44) 1603-472293
Mobile phone: (011-44) (0) 7495 176688

University of East Anglia:
The UEA switchboard numbers FOR EMERGENCIES ONLY are:

Regular switchboard	M-F, 9-5: (011-44) 1603-456161
Emergency switchboard	M-F after 5 pm, and on weekends: (011-44) 1603-501266

The Center for Global Study and Engagement:

Samantha Brandauer, Director of Study Abroad
E-mail: brandaus@dickinson.edu

Stephanie Gulden, Program Associate for Education Abroad
E-mail: guldens@dickinson.edu

The Center for Global Study and Engagement
Dickinson College
P. O. Box 1773
Carlisle, PA 17013-2896
Tel: 717-245-1341
FAX: 717-245-1688

On Campus Coordinators:

To be confirmed
Department of
E-mail:

To be confirmed
Department of
E-mail:

CGSE's Travel Agency:

Advantage Travel
313 East Willow Street, Ste 104
Syracuse, NY 13203
TEL: 315-471-2222
FAX: 315-471-6264
Contact: Pamela Devlin
pdevlin@advantagecny.com

British Embassy in the U.S.:

3100 Massachusetts Avenue NW
Washington, DC 20008
Tel (202) 588-7800
Web-site: http://ukinusa.fco.gov.uk/en
For information on visas: http://visa4uk.fco.gov.uk/Welcome.htm

There are also British consulates located in Atlanta, Boston, Chicago, Houston, Los Angeles, New York, and San Francisco.

U.S. Embassy in London:

24 Grosvenor Square
London, W1A 1AE
United Kingdom
Tel: (011-44)-207 499-9000

Major Emergency Protocol:

If you need to contact the Center for Global Study and Engagement after hours for emergency assistance in a very serious situation, call the Dickinson College Public Safety 24-Hour Hotline (**001-717-245-1111**), identify yourself and the program, describe the emergency briefly, and give a number for call back. The operator will locate the proper CGSE staff member, who will return the call.

PROGRAM PREPARATIONS

Program Fees and Financial Aid Information

Program Fees:
The program fee for the 2015-2016 academic year is 61,376.00; for a single semester the fee is 30,688.00. Students at Dickinson College will receive invoices from the Student Accounts Office that show credit for the $300 confirmation fee and any applicable amounts from your financial aid package.

The program fee includes the following:
Intensive Introduction to British Culture and History (Humanities 209 and Science 258 course credits in the fall semester, taught partially in London)**:** accommodations, food allowance, scheduled excursion fees, and bus/tube pass.

IN NORWICH: tuition, University accommodations, food allowance (**when classes are in session and students are in residence at UEA***), scheduled program excursions, and local bus pass. ***Students do not receive a stipend during the winter and spring breaks. Therefore, students should budget accordingly.

Not included in the program fee are: roundtrip air transportation to/from England, visa fees, required health, travel, and accident insurance, insurance for valuables, board between semesters or during breaks, books, clothing, personal entertainment, local transportation beyond what is provided by the program, activity fees (such as fees/insurance for sports, use of the UEA Sportspark, or for clubs at UEA), books and materials, and independent travel on holidays or weekends.

Arrangements for any type of monthly payment plan options should be made as soon as possible through Tuition Management Systems (1-800-722-4867, x 775, or www.afford.com). If the balance due on your account is not paid by the deadline noted on the billing, or if special arrangements have not been made with Student Accounts (Tel. 717-245-1953 or email: stuaccts@dickinson.edu), you will not be allowed to participate in the program.

Financial Aid Information:
Dickinson grant money and endowed scholarships are available only to Dickinson College students on Dickinson programs. Students from other colleges and universities should check with their own financial aid office to determine eligibility.

TRAVEL PREPARATIONS

Passport and Visa Information

The responsibility for ensuring that you have a valid passport and visa in time for your program is ultimately yours.

Passport Information:

A valid passport **that does not expire for 6 months beyond the end date of the program** is required to enter any country. If your passport expires before the required validity, you will have to acquire a new passport before departure and/or before applying for a visa. **If you have not applied for your passport, you must do so immediately.** To find more information and the passport application, you can contact the Prothonotary's Office at the Cumberland County Courthouse at 717-240-6195.

If your program requires a visa, before sending your passport through the mail to apply for a visa, sign in the signature line provided with an ink pen, and also write in pencil your current address and daytime telephone number in the blank space provided opposite your photo page. This will help the U.S. Postal Service return it to you, if it should become separated from the envelope during processing. Be sure to use some traceable form of mail such as certified courier (FedEx, UPS, DHL) or registered mail with the USPS.

Applying for a Visa:

A visa is a stamped endorsement placed in your passport by the embassy or consulate of a foreign government that allows you to enter that country for a specific period of time**.** The Center for Global Study and Engagement **requires all Norwich Humanities and Norwich Science students accepted for the full year to apply for a Tier 4 visa.** Students planning to study for a semester only may apply for **Student Visitor** status upon their arrival.

Visa Guidelines:

Visa guidelines for each program can be found on the CGSE website and on your online application. Please refer to this when applying for your visa. However, please note the following:

> The information in the visa guideline is current to date and is a general guideline only. Each consulate has specific rules that must be followed and with which you must comply. Before submitting your visa application, you will need to check and recheck the consulate website to be sure that nothing has changed. Please note that the responsibility for submitting all original documents required by you or your parents for your student visa ultimately rests in your hands. If necessary, the Center for Global Study and Engagement will supply the supporting documents required from the College or your host institution

PLEASE NOTE NEW CHANGES HAVE BEEN MADE IN VISA PROCEDURES TO STUDY IN THE U.K. PLEASE BE SURE TO READ THE VISA GUIDELINES AND VISA WEBSITE VERY CAREFULLY.

Information is available about these new changes at http://www.ukvisas.gov.uk/en/; click on studying in the U.K.

Information for International Students

If you are not a U.S. citizen, it is your responsibility to research your status, and whether or not you need to obtain a visa, obtain any special entry papers, or other documentation that may be required for entry. Contact the host country embassy in your country of citizenship for assistance. Depending on the country's requirements, you may have to apply in person at that Embassy/Consulate.

SEVIS Information for International Students at Dickinson:
Since you will still be a Dickinson Student while abroad, you are required to pursue a course of study that is considered a full course load at your abroad institution in order to maintain your F-1 status. You will be registered in SEVIS each semester, just as you are while on–campus at Dickinson.

Also, please remember to have your I-20 endorsed for travel prior to your departure from campus this semester.

Packing Tips and Travel Information

Packing Tips:
When planning what to take with you, the first rule is to take the minimum amount of clothes possible. You will accumulate things while abroad, so when in doubt-leave it at home! Be practical and focus on the essentials of a wardrobe. UEA rooms are not spacious and storage space will be sparse, as it will be in London. In general, if you bring an additional (2nd) bag of checked luggage, you should pack one suitcase for London and the other with items that you won't need until you get to Norwich. Choose clothes that can be mixed, matched, and layered to serve different seasons and temperatures. In general, what you wear at Dickinson is appropriate at UEA.

Travel with no more baggage than you can carry! Keep in mind that airlines have cut back on the number of checked baggage allowed and the weight limit. This has complicated things, but given the expenses of shipping, many may choose to pay the additional charge for a second piece of checked luggage. Check with your airline to confirm baggage allowances in order to avoid extra charges. See more details below on TSA and airline requirements.

Here are some suggestions:
- work around a basic scheme of coordinated colors; black and dark colors are always appropriate.
- 1-3 outfits for special events of all seasons
- a sturdy, comfortable pair of walking shoes that are well BROKEN IN; a nice pair of dress shoes; hiking boots optional
- 6-8 everyday bottoms (jeans, corduroys, skirts) that are wrinkle resistant
- 10-14 tops (shirts, blouses) in coordinated colors
- 6-8 coordinating sweaters
- for women, 1 or 2 nice dresses
- for men, a coat and tie

- sufficient underwear and socks,15-18 of each
- a pair of sweats for studying in your room and sleeping (it gets chilly in the evening)
- a strong umbrella, rain shell, or rain parka
- a swim suit, sandals, and a beach towel for traveling
- a hat, gloves and a scarf
- slippers/house shoes
- an extra pair of contact lenses, eyeglasses and prescription

Other Useful Suggestions:

- if you already have one, a laptop with wireless capabilities (every dorm room has an internet hook-up just like Dickinson)
- a laptop lock to prevent theft. You may register your laptop with the University campus security in case it gets stolen**.**
- 2 converter/adapter plugs if you plan to use U.S. appliances (Tip for women: buy hairdryers there!)
- space/vacuum bags (can be found at Walmart or Target and can help condense the amount of space your clothing uses in your luggage)
- swiss army knife with corkscrew, bottle opener, and scissors (packed in the suitcase you are checking)
- travel alarm clock with extra batteries
- luggage ID tags inside and outside of your luggage
- international phone numbers for computer and credit cards
- a few Ziploc plastic bags
- a portable music device with extra batteries
- a camera
- playing cards
- sunglasses & sunscreen
- money belt or neck pouch to secure valuables (A MUST!)
- a travel sewing kit with safety pins
- a small first aid kit
- all medications (both non-prescription and prescription) need to be in their original, labeled containers. Take copies of all prescriptions with you.
- a small supply of toiletries
- shower sandals
- notebooks, school supplies, etc
- a few small gifts, such as mementos of the college or your hometown (T-shirts, baseball caps, books, etc.)
- favorite photos of family/friends to decorate your room and to show to British friends
- a day bag or backpack for traveling (sleeping bag for hostels)
- a portable USB memory device to save and transfer photos and computer documents

A half-dozen or more passport pictures of yourself **will be needed** for various identification cards, and transportation passes.

For the first few days, pack a bar of soap, toothbrush, toothpaste, and a washcloth. Most toiletries are available in London and Norwich, although brands are frequently different. In general, comparable or identical toiletries are readily available in the U.K. However, **if you have a particular type of toiletry that you like to use, you may want to bring it with you.**

Packing Tips from the Transportation Security Administration (TSA):

- Do not pack oversized electronics (laptops, full-size video game consoles, DVD players and video cameras that use cassettes) in your checked baggage when possible. However, please be advised that you will be required to remove these items from your carry-on bag and submit them separately for x-ray screening. Small electronics, such as iPods, can remain in your carry-on.
- Prepare your 1 quart-sized, clear, plastic, zip-top bag of liquids before arriving at the airport, following the 3-1-1 guideline (place liquids into 3.4 ounce bottle or less (by volume); all bottles should be carried in one 1 quart-sized, clear, plastic, zip-top bag)
- Pack all your coats and jackets in your checked baggage when possible. All coats and jackets must go through the X-ray machine for inspection.
- Do not wrap gifts. If a security officer needs to inspect a package, they may have to unwrap your gift. Please wait until you've reached your final destination to wrap gifts.
- Undeveloped film should go in your carry-on bag. You will be able to declare film that is faster than 800-speed to a transportation security officer for physical inspection to avoid being X-rayed.
- You are required to remove footwear for X-ray screening so wear shoes that are easy to take off and put back on.
- Double check the contents of your pockets, bags, and carry-on luggage to ensure no prohibited items were inadvertently packed.
- When in doubt, leave it out. If you're not sure about whether you can bring an item through the checkpoint, put it in your checked bag or leave it at home.
- For more information, visit www.tsa.gov.

Carry-on and Checked Luggage:

BAGGAGE REGULATIONS: Call the airline directly or go online to inquire about baggage regulations. (It should be noted that backpacks have been found useful by past participants due to the amount of traveling you will be doing). Attach a label on the outside of your luggage and place a name and address label inside.

In most cases, you are allowed one piece of carry-on luggage not to exceed 45 total inches, which must fit under the seat in front of you or in an overhead bin. Make sure that your luggage follows TSA regulations. Weigh your luggage before you arrive at the airport to ensure that it is not overweight. Remember that bags should be small enough to go up narrow stairways, go down crowded train aisles, and fit on luggage racks. A coat and a handbag, briefcase, or laptop may be carried on. Also, in case your luggage is delayed for a few days, be sure to pack a change of clothes and any medicine or toiletries you would need in your carry-on bag.

Keep in mind that baggage requirements for intra-European flights are different from transatlantic flights. If traveling on low-cost airlines, you will pay extra for each checked bag.

SHIPPING LUGGAGE: If you mail winter clothes to yourself, indicate on the package that the contents are **USED CLOTHING FOR PERSONAL USE ONLY** to avoid customs duty. You should inquire about U.S. Postal Service air mail or book rates and compare with other international services such as Fed Ex or DHL. It is not advisable to ship large suitcases or trunks. Make sure to insure your package in case it is stolen or damaged. Address packages to yourself at your Norwich address, **for arrival after September 21 for AY/fall students and after January 11 for spring students.** (Please note these dates are subject to change as arrival dates to Norwich are finalized.)

LAPTOP: If you bring a laptop, it will be considered one of your carry-on items. You should purchase insurance to cover it in case it is stolen or damaged.

VALUABLES: Carry extra cash and travelers checks in a money belt or neck pouch. Do not carry all your cash in one place. Never pack money, valuables, or important documents in your checked luggage!

LOST LUGGAGE: Make a list of everything you pack, then bring a copy of the list with you and leave a copy at home. This will be helpful if your luggage is lost and you need to identify the items and cost of your luggage. If your luggage is lost or mishandled, you must file a claim with airline personnel immediately. Do not leave the airport thinking it will be easier to do so at a later time. It won't be.

Airlines don't refund lost baggage unless there are original receipts, so keep the things you care about with you at all times during travel.

Travel Documents:

Before departure, you should make **copies** of all of your important documents. Leave one set of copies with your family and take one with you to keep in a safe place separate from your original documents.

- The information page of your passport
- Any entrance visas
- Insurance policies and contact information
- Your airline ticket
- * Travelers check numbers
- * Contents of your wallet
- *Prescription medications
- * Rail and bus passes
- Front and back of credit cards and phone numbers for credit card replacement (you cannot dial an 800-number from overseas so you will need a direct number).

Flight and Arrival Information

OPTION 1-Group Flight Arrangements:

A group flight option to London will be suggested to students. Although the group flight is not required, it is highly encouraged to ensure that students are arriving at the same time. Students are responsible for the cost of all travel to/from England.

OPTION 2- Individual Flight Arrangements:

If you plan to make your own travel arrangements, please see the following guidelines set by

the program directors.

1) You **MUST** book a flight that arrives at Heathrow airport in London before the group flight on the same date.
2) If you have particular circumstance that causes you to be in London a day or more before the group, please let the Center for Global Study and Engagement and the Resident Director know so that you may discuss a plan for meeting up with the group. In the past, students arriving a day or more before the group have been asked to book a hotel room in the Jesmond Hotel or Ridgemount Hotel (depending on if you are a Humanities or Science student). You would be required to cover the cost of this hotel stay.
3) You MUST inform your Resident Director and the Center for Global Study and Engagement (global@dickinson.edu) of your flight (airline, flight number, time, and airport of arrival in London).

When you have booked your flight (either through the group flight or individual arrangements), please complete the flight itinerary questionnaire found on the online application system at http://dickinson.studioabroad.com.

WHEN TO RETURN:

FOR ALL YEAR AND SPRING STUDENTS: If you are taking the group flight option, which uses Virgin Airlines, then you may change your return date for a modest fee. Please contact the travel agent about this. The return flight will be made for the beginning of **June** , the day after the last day of exams. Please see the academic calendar posted on the CGSE website for dates and be aware that the CGSE will inform students of flight options. Once you know your actual exam schedule, in mid-March, you can then change your return date if you wish. (Ask Advantage Travel when you need to let them know your date change).

> **Note: You may NOT ask UEA professors to allow you to take exams on an alternative date to accommodate your summer schedule. Exam schedules are fixed and non-negotiable. You must plan your travel arrangements accordingly.**

FOR FALL ONLY STUDENTS: If you are taking the group flight option, which uses Virgin Airlines, then you may change your return date for a modest fee. Please contact the travel agent about this. The return flight for fall students will be made for the middle of **December**, the day after classes end. Fall only students do not take final exams. Please see the academic calendar posted on the CGSE website for dates and be aware that the CGSE will inform students of flight options. Once you arrive in Norwich and have a better idea of your schedule, you can change your return date if you wish.

IF YOU ARE BOOKING YOUR OWN FLIGHT:

- **If you book a round trip flight**, please note the following about your return date: You will not know your final exam schedule until about the first of April. The last day you can stay in Norwich is June1- this should be your default return date. **Please DO NOT assume that you will be able to return earlier than this date.** Students who have booked return flights without consulting their exam schedule have had to change the return date of their flight to avoid missing exams.
- **If you book a one-way flight,** you can make return travel arrangements using one of the many travel agencies in the city center. However, due to the high cost of one-way tickets, it is generally preferable to purchase a round-trip ticket with a date change option. Please see the guidelines above about when to book your return flight.

Contact Information:
Group Flight Details: Pam Devlin – pdevlin@advantagency.com
Phone #: 315-471-2222

You need to be at the airport at least 3 hours before departure; leave yourself plenty of time, especially if you have a connecting flight to an international departure airport. You will need your passport and entrance documents (see next topic on Immigration and Customs) when you land in London.

In case your miss your connection or your flight is delayed, you must contact your Resident Director; make a note of his cell phone number and carry it in your wallet.

Clearing Immigration and Customs:
Upon arrival in the U.K., you will pass through British Immigration Control, where an immigration officer will interview you and your passport will be stamped for the duration of your stay.

Be prepared to present the following items to the officer:

- Certification of Student Status in England letter
- the ORIGINAL supporting letter from the Center for Global Study and Engagement at Dickinson
- your Landing Card (given to you on the plane)
- your passport
- your permanent UEA address

When you have retrieved your checked luggage from the carousel, proceed through one of the two appropriate Customs exit channels. The green one is for those with nothing to declare. The red one is for those who are carrying dutiable goods (for example, more than two liters of wine, more than 200 cigarettes, or gifts valued in excess of $45). The Resident Directors will meet all arriving participants from the group flight in the arrival area. If you are not on the group flight, it is your responsibility to inform the Resident Director of your arrival terminal and arrange to meet up with the rest of the group.

Immediate Cash/Travel Funds:
(For fall semester only) When you arrive at the hotel you will be given your **first week's London allowance for food. Your London transport and rail cards will be given to you once they have been purchased, typically later that day or the next.** If you wish, you can withdraw personal funds in pounds directly from ATMs located in close proximity to the hotel.

THE PROGRAM

The City of Norwich:
The University of East Anglia is located at the western edge of Norwich, about 2.5 miles from the city center. Buses run frequently from the University to the city center Monday through Saturday; they are less frequent during the night and on Sunday. With a population of over 122,000 (367,000 in the immediate metro area), Norwich has a cosmopolitan atmosphere that offers numerous attractions, as well as opportunities to participate in the social and cultural life of an English provincial capital. The history of Norwich stretches back to the Saxon period; a major Roman settlement has been discovered nearby at Caister St. Edmund. The Norman cathedral and castle are considered exemplars of their kind.

The city is a thriving commercial center with a bustling open-air market surrounded by department stores, shops, specialist retailers, restaurants, and some three hundred pubs. The Norwich Arts Center offers jazz, drama, rock and world music, and the city's Theatre Royal is a top regional venue, showing many London productions of opera, ballet, and theatre. London is only 110 miles to the southwest, and express trains reach the capital in less than 2 hours. Cambridge, just 60 miles away, can also be reached by direct train and coach services. Norwich has its own international airport with daily flights to Amsterdam, Scotland, Ireland, and other destinations throughout England.

CLIMATE: Winter will have frosts and perhaps a snow or two, whereas summer temperatures rarely reach the 80-degree range. Temperatures are moderate for most of the year, ranging between 35 and 65 degrees. The cold is often damp and penetrating, especially when walking across the windy UEA campus. Still, you will need some pairs of shorts and sunglasses for at least part of your time in Norwich, so bring them with you. Although days in September can get warm, students rarely find the temperature in Norwich warm enough for shorts. Pack accordingly.

The University of East Anglia:
The University of East Anglia, established in 1963, currently enrolls15,000 students in 23 schools. Dickinson students are fully matriculated members of the University with access to all facilities.

The University is built on over 320 acres of beautiful parkland on the south-facing slopes of the Yare Valley, on the western outskirts of Norwich. The main part of the campus, known as University Plain, has open views across the lake and river to woods, meadows, and playing fields. An extended footpath stretches along the lake and river.

The buildings are grouped together, following the natural contours of the land. They are linked by elevated pedestrian walkways that provide easy access between teaching buildings, residences, restaurants, and the library. The campus hosts sports facilities, three coffee bars, a pub, two banks, a post office, a newsagent, a supermarket, a bookstore, a launderette, a Chaplaincy, an art gallery, a concert hall, and a theatre.

ACADEMIC INFORMATION

University Norms and Regulations:
It may well come as a surprise to you how different the academic practices at UEA are from what you are used to at Dickinson College. This includes teaching practices, classroom expectations, student-teacher relationships, exam schedules, assessments, subject matters, and more. Most students adjust positively to the different academic situation and take advantage of the opportunity to learn from a new perspective. For example, most UEA courses require lots of independent reading.

Program participants are to respect and abide by all University regulations and customs.
Dickinson students are not entitled to any special privileges that are not available to UEA students. Some pertinent examples:

- The **end-of-year examination schedule** is not posted before early April. UEA examination schedules, once announced, cannot be changed. Thus, program students should **not** request a change in exam schedule. Hold off on making summer plans (including flight arrangements, summer jobs, or internships, etc.) until you know what your exam schedule will be. If you know you have set summer plans, consider looking into "coursework only" units that may provide more flexibility at the end of the semester.
- You must pay all **UEA fines** incurred during the year. Otherwise, the University will not release your transcript.
- UEA courses are assessed by means of either a final examination, by coursework only, or a combination of both. As a matter of courtesy and respect for University **assessment norms**, Dickinson students are expected to conform to the assessment method noted in the course syllabus.

Course Enrollment

UEA courses, brief descriptions and the time slots are listed on the UEA website at:
http://www.uea.ac.uk/study/study-abroad/incoming/what-can-i-study

Remember the following when choosing University of East Anglia (UEA) courses:

1. Before you leave campus, you should meet with your advisor to discuss the courses you should take in order to fulfill your degree requirements. Your advisor or the department chair can help choose courses appropriate for your major and academic needs. The on-campus coordinator may also be able to help you with this as well, but your best information will come from major department chairs and your academic advisors.

2. If you hope to use UEA courses to fulfill distribution requirements at Dickinson, you should check with the appropriate departments to make sure the courses will transfer back to Dickinson.

3. The UEA course catalog mixes Full Year, Autumn Semester, and Spring Semester classes, so be sure to consider only the courses available during your time at UEA. Courses offered only in the autumn have odd numbers (e.g., BIO-1A03), whereas course offered only in the spring have even numbers (e.g., BIO-1A04). Full year courses are designated by a Y (e.g., BIO-1A3Y).

4. UEA follows the British university tradition and offers a three-year undergraduate degree as opposed to the American model of four years. Therefore, UEA's level 4 courses approximate Dickinson's 100 or 200 courses, level 5 ≈ 200 or 300, and level 3 ≈300 or 400. Most of you will look for courses at level 2 and 3, only in exceptional circumstances may you be approved for level 1 courses. Level M is only for graduate students. The level is indicated by the first number, for example., BIO-4A59 is a level 4 course whereas BIO-5B15 is a level 5 course.

5. It is important to make sure that your courses do not meet at conflicting times. To do so you must understand the complicated course slotting system. UEA's teaching week is divided into five major slots of 12 hours each (identified by the letters A-E). As long as your courses have different slot letters, they should not overlap. If two of your courses have the same slot letter, they still may not overlap. To check this, you need to look at the sub-slot letter. These letters will tell you the exact time your course meets. A course listed as B2*3 means that your course meets during blocks B2 and B3. Most UEA courses meet once or twice a week for two hours, and 300-level seminars generally meet for three hours. Some of you may come across some very strange sub-slot letters. These represent a range of times during which a lecture and several discussion sections may meet. If you have trouble interpreting course times, feel free to contact the Center for Global Study and Engagement, the Resident Director or the On-Campus Program Coordinator.

6. UEA does not count courses as we do at Dickinson. They count UCUs (University Credit Units). Most semester-long UEA courses are 20 UCU. Most UEA students sign up for 60 UCUs per semester. If the courses are less than 20 UCU (e.g., many math courses are 10 UCU), you will take more than three UEA courses in one semester to get up to 60 UCUs. 10 UCU courses typically meet for ½ as many hours as a 20 UCU course. Full Year courses are typically 40 UCU. Some full year courses (i.e., 20 UCU) can be split up and taken for just one semester (i.e., 10 UCU). If you take only the second half, make sure you have had the course content for the first half at Dickinson ahead of time.

7. Select two alternatives for each course you want in case you do not get in to the courses you would like to take. You may wish to ask your Resident Director for suggestions and advice. E-mail your alternative courses to the UEA Study Abroad office with the following information so that he/she can check to see what courses have space left.

- SEMESTER
- # of UCU
- SLOT (SUB-SLOT)
- UEA SCHOOL
- COURSE # and COURSE TITLE

HUMANITIES:

Students will make **preliminary course selections at Dickinson** with the guidance of their major advisors and the on-campus coordinator. You may be contacted over the summer about your course selection. Using the UEA course choices you have made, the Resident Director will pre-register you for courses at UEA. There will be some opportunity to make last-minute adjustments to your schedule when you arrive at UEA.

Year Long Humanities students will receive 8 Dickinson course credits for successfully completing the Humanities 209-210 and Humanities 311 (each worth 1 Dickinson College credit) as well as UEA course work equivalent to 100 "UCU" credits. (Normally 6 UEA courses) Humanities 209 begins in London and extends into the fall semester. Humanities 311 is an independent research course in the spring semester.

Students take 60 UCUs (normally, 3 UEA courses) during the fall semester and 60 UCUs (normally, 3 UEA courses) in the spring, in addition to the courses taught by the Resident Director. Students are expected to maintain a full course load at all times.

Fall semester Humanities students receive 4 Dickinson course credits for Humanities 209 and 201, as well as completion of UEA coursework equivalent to 40 UCUs (normally two UEA courses).

To aid students in preparing for their study abroad experience in England, the descriptions below serve to provide a preliminary sense of the Humanities Program's "core" courses.

(HUM 209): Studies in the Humanities I. Humanities 209 is an intensive immersion program which will take place both in the city of London and in Norwich as the first component of the Dickinson Humanities Program sequence. It is required of all students in the Humanities Program. The course combines class sessions and site visits to explore London and its environs as a vehicle for understanding key questions about how various humanistic pursuits both contribute to and reflect a sense of national identity. It will provide the essential tools needed to effectively "read" a new environment through a humanistic lens.

(HUM 210): Studies in the Humanities II. Required of all fall-semester and all-year students in the Dickinson Humanities Program. Building on Humanities 209, this class centers on regional/provincial British life and culture, with an emphasis on Norwich and East Anglia. Students will be expected to apply many of the tools learned in 209 to perceive and understand the sometimes subtle regional differences that characterize Great Britain. *This course will fulfill neither a distribution nor a major requirement. Prerequisite: 209. Offered only in the Dickinson Humanities Program in England.*

(HUM 311): Independent Research in the United Kingdom. This is an independent capstone research project designed for all-year students. Projects are designed by students to include both academic and experiential components; their design and proposed final product must be approved by the DHP resident director. Students are expected to seek out appropriate assistance from relevant UEA and Dickinson faculty. Students will have the option of applying to receive credit towards their major if this is approved prior to the beginning of the project subject to the rules and procedures of the relevant department at Dickinson. Students are encouraged to think boldly and imaginatively in approaching this project, thinking of ways in which their experience in England can be tied to their senior year back at Dickinson.

SCIENCES:

Students will make **preliminary course selections at Dickinson** with the guidance of their major advisors and the on-campus coordinator. Using the UEA course choices you have made, you will send module requests to the UEA Study Abroad office and work with them to finalize a schedule. You may wish to speak with your Resident Director for suggestions and advice. There will be some opportunity to make last-minute adjustments to your schedule when you arrive at UEA and through the first two week of modules.

All-year science students will receive 8 Dickinson course credits for successfully completing their Science 258: History of Science course in the fall semester and either Science 300: Science and Society or Science 301: The Science of Sustainability course in the spring semester (worth 1 Dickinson College credit each) and 3 UEA courses (60 credits) courses each semester. SCIE300 – Science and Society may also be an offered course, at the discretion of the Resident Director. For Spring 2016 and Spring 2017, SCIE300 will be the course offered.

Fall semester science students can receive up to 4 credits for successfully completing their Science 258: History of Science (worth 1 Dickinson College credit each) that begins in London in August and continues into the fall semester, in addition to 3 UEA (60 credits) courses.

Spring semester science students can receive up to 4 credits for successfully completing either Science 300: Science and Society or Science 301: The Science of Sustainability (worth 1 Dickinson College credit each), which is chosen at the discretion of the Resident Director, in addition to 3 UEA (60 credits) courses.

Students are expected to maintain a full course load at all times. Students may not withdraw from the Resident Director offered course or any of their UEA modules.

Science students should plan to take mostly science courses while at UEA. It is not customary for students at English universities to cross over to other schools because students complete their 'general education' before entering university and focus on their major field at university. Since non-science fields have limited enrollment slots, science students generally have difficulty getting into those courses.

Many science courses at UEA have a **lab component** built into the course but others do not. Some have **field course options**, which frequently take place before the semester begins (such as the Ireland field course) or during semester breaks. These are excellent experiences and students should take them into consideration.

Course Equivalencies: The following departments at Dickinson have made UEA course equivalencies available on their website. All other departments handle course equivalencies on a student-by-student basis and students should consult their advisor(s). If you have any questions, please contact the department directly.

- **Biology:** **http://www.dickinson.edu/info/20098/biology/2823/study_abroad_university_of_east_anglia**
- **Chemistry:** http://www.dickinson.edu/academics/programs/chemistry/content/Study-Abroad-Course-Equivalencies/
- **Psychology:** http://www.dickinson.edu/academics/programs/psychology/content/Study-

Abroad/

Academic Culture

Typically, the most difficult academic adjustments for American students are:

1) Learning to manage time: There is much more out of class "free" time at UEA. Assignments (course work) and exams are fewer and less frequent and are more heavily weighted, with final exams and/or final papers typically accounting for 75% or more of the semester's grade.

2) Taking responsibility for planning all your work for each course.
Schedule regular study time; do not let the work pile up. Talk with tutors, faculty, and/or your UEA academic adviser early if you sense any problems.

HUMANITIES:

The British education style features few or no assignments or tests during the semester (except in courses noted as graded on "coursework only," which often have a presentation during the semester and **places responsibility on the student to organize and to pursue learning goals**. You will be given a reading list and expected to read widely and in depth about the subject from the first day – the more, the better, for the quality of your work. Do not wait for pages to be "assigned" or for your work to be checked by quizzes. Professors will lecture; you should listen carefully and take good notes. After the lecture, read through your notes and add in details you can recall, as well as related information you have read and your own ideas and opinions. Discussion occurs in tutorial and seminar groups numbering from three to twenty.

You will demonstrate competence by participating in seminars and tutorials and by writing essays. Original research and thought is expected in these papers. At the end of the semester, your grade is determined by mastery of the material as articulated in the final exam or paper. Some students thrive in this environment, while others can get lost because of the deceptive amount of "free" time. Your time will almost certainly be less structured than at Dickinson. You will need to organize and make good use of your time or else that time will quickly disappear, leaving you rushing to catch up.

SCIENCES:

Keeping up with your work on a regular basis is crucial for students in the science schools. Although science courses have some course work (such as lab reports and problem sets), which is handed in throughout the year, final exams for all-year and spring-only students will occur at the end of the second semester. **These exams will be for courses taken throughout the year, including those from first semester.** Although courses may have a textbook, specific reading is often not assigned and the student is responsible for finding and reading material that applies to the lecture topics. Be careful not to let reading pile up because this would result in an unmanageable amount of work during the last 3-4 weeks of spring semester. Exams can count for up to 70-80% of the final grade.

Students taking science courses with laboratories are advised to try to have a lab partner who is not American. A regular UEA student already knows the ropes, can answer questions, and can be a good way to meet other students.

Assessment/Grading

UEA courses are assessed by one of the following: 1) examination (both the end of the year final and infrequent course tests (like our midterm exams), 2) coursework only 3) a combination of both coursework and exam. **As a matter of courtesy and respect for University assessment norms, Dickinson students are expected to conform to the assessment method noted in the University course syllabus.** If you opt for the coursework only option, be aware that a substantial amount of additional work will be assigned to make up for not taking the exam.

University of East Anglia Grade Conversion Chart

UEA Letter Grade	Percentage Range	US Letter Grade	UEA Degree Class
A+	90 - 100	A	
A	80 - 89	A	
A-	75 - 79	A	First Class Honours
A=	72 - 74	A	
AB	70 - 71	A	
BA	68 - 69	A-	
B++	65 - 67	A-	Upper Second Class
B+	61 - 64	B+	Honours
B+?	60	B+	
B?+	59	B	
B	55 - 58	B	Lower Second Class
B-	51 - 54	B-	Honours
BC	50	B-	
CB	49	C+	
C+	46 - 48	C+	
C	44 - 45	C	Third Class Honours
C-	41 - 43	C	
CD	40	C	
DC	39	D+	
D+	38	D+	
D	37	D	
D-	36	D	Fail
DF	35	D-	
FD	34	F	
F	1 - 33	F	
FZ	0	F	

Credit Transfer

General Credit Policies:

- Students must take a normal full load as defined by their program. Students may not under-enroll under any circumstances. If a student registers for more than the maximum courses allowed without permission from the Resident Director, their academic advisor at Dickinson, and the Center for Global Study and Engagement, the course credit will not transfer. Students will also be responsible for any additional fees for doing this.
- Only **liberal arts classes** will qualify for transfer credit. If in doubt, consult the on-campus director or resident director as appropriate.
- Generally speaking, courses must have an equivalent at Dickinson. Exceptions include classes that focus on the culture and/or history of the country in which the student is studying.
- Transfer credit will not be awarded for coursework that duplicates what a student has already completed at Dickinson.
- Must be taken for a grade; pass/fail courses are not allowed.

The Humanities program courses (209, 210 and 311) and the Science program courses (258, 300 and 301) are "Dickinson courses." Letter grades earned for these courses will be included in the student's GPA.

Likewise, **all UEA courses in the following fields are approved as "Dickinson courses"** by the appropriate Dickinson academic departments. Letter grades earned for these courses will be included in the student's GPA for:

- Humanities: Psychology, English, American Studies, Economics, History, Fine Arts, Film Studies, Theatre, Music, Philosophy, and Religion. Courses in Sociology will also count as approved Dickinson courses, except for core courses 240, 241, and 330/331, for which pre-approval is required.
- Sciences: Biology, Chemistry, Environmental Science, Environmental Studies, Geology, Mathematics, Psychology, and Computer Science.

All other UEA courses will be listed on the Dickinson transcript with letter grades earned, but will NOT be computed into the student's GPA. For these courses, credit toward the degree will be granted **only if grades of "C" (2.00 on a 4.00 scale) or better have been earned**. Official UEA transcripts of the grades earned at the University are kept in the student's permanent file in the Registrar's Office at Dickinson College.

Physical Education Activities*:*
Students who take formal instruction in physical education or play on an organized university team and have written proof of successful completion of the program may receive credit from the physical education department on the Dickinson campus. Official standards regarding credit from the physical education activities abroad are as follows: 1) the activity is currently offered; 2) the student secures the approval of the Dickinson Resident Director; 3) the student participates in an

activity for a length of time equivalent to (or greater than) that of a similar activity at Dickinson (as a guideline, 20-22 hours of supervised instruction = 1 block); 4) the student chooses an activity which does not duplicate a physical education course already completed at Dickinson; and 5) the student's participation is documented by the instructor of the class or by the Dickinson Resident Director. Credit for self-paced activities will not be permitted.

Upon return to campus, the student should present to the chair of the Physical Education Department the appropriate documentation of participation. Alternatively, the Dickinson Resident Director may verify to the department chair that the student has participated in a supervised, structured program of physical activity for which credit should be given. In either case, the department chair will notify the Registrar's Office of those persons who are to receive physical education credit.

Library Resources

University Library and Books:
Dickinson students have full access to the University library and its collection of over 700,000 volumes of books and journals. Online access to the catalogues for the collections is available from any terminal on the campus and through the Internet. In addition, users of the campus network have access to CD-ROM databases, including major bibliographic and citation databases, and full-text archives of journals and newspapers. The University provides more than 200 PC workstations in the library and elsewhere on campus. All students are connected to the Internet in their dorm rooms via the high-speed University network, and all students are automatically given an email address. See http://www.uea.ac.uk/is/lib for more information on UEA's library.

Former students advise you not to rush out and buy textbooks as soon as you arrive. Multiple copies of textbooks are available in the UEA library or through E-journals on the internet. You can also look for cheaper copies of books on the British version of Amazon at http://www.amazon.co.uk. In addition, the many second-hand bookstores around campus may have what you need. You can also watch the notice boards in your school where third-year students often post their previous year's books for sale.

During the semesters, the Library is open as follows*:

Monday- Friday	8:30 am-12:00am
Saturday	11:00am-7:00pm
Sunday	11:00am- 12:00am

* Note also that the library becomes extremely busy, especially in weeks 11 and 12 just before exams. The fines for items on short loan are severe, and when they require that a book be returned by 10 a.m., the library really means 10 a.m.

Accessing College Library Resources from Dickinson Global Library:
If the libraries at your abroad site do not have the resources you need, or if you have trouble getting the assistance you need for your research projects, please remember that you can access all the resources and services from Dickinson College Library no matter where you are. All you need to do is to go to the Dickinson Global Library page (http://lis.dickinson.edu/Library/Research/Global_Library/LibraryResourcePage.htm).
You can access the page on the library website under "For Students," or "For Faculty," or "Doing

Research."

From the Dickinson Global Library page, you will find detailed information on

- How to find journal articles through the online databases
- How to find books and have them sent to you
- Research resources available online such as subject guides and online reference works
- And most important of all, how to get in touch with a Dickinson College librarian via phone, email, and instant messaging and get the assistance you need.

Interning/Volunteering:

The most exciting independent research projects (such as those required for HUM 311) will require some fashion of on-going community engagement or use of site-specific resources. Only students holding a visa for the academic year study may hold paid positions and the visa may limit the number of hours per week for which the student is paid. In the past many Dickinson students have had learning experiences of lasting value through volunteer work or internships.

While UEA does not have a formal intern system, many positions (both paid and voluntary) can be found both on and off campus. If you are looking for an internship, a good place to start is at the Volunteer Office at UEA.

The Volunteer Office can help you set up an account, which will allow you to be e-mailed with possible application sites. They can also help you translate your résumé into a CV. Another option is to talk to your professors at UEA, as they may know of opportunities for you to work as a research assistant for post-graduate students and other researchers. Many organizations in England do not advertise internship (work experience) opportunities. Therefore, you will need to inquire directly to the organization to ask about potential placements. One possibility suggested by past students is the Norfolk and Norwich University Hospital located on the outskirts of the campus near the Research Park. In order to volunteer at this location or similar ones, you will need to be on campus for the whole year and bring a US Criminal Records check with you. For more information, please check with your Program Director.

LIFESTYLE ABROAD

A general reference guide for students arriving from abroad is available at http://www1.uea.ac.uk/cm/home/services/students/International/IS_handbook.

It contains helpful information for the transition to Norwich and is a reference for all kinds of questions about living in Britain.

Living Accommodations-University Village:
Students in the program are assigned to single rooms in co-ed university residence halls for first years (or 'freshers') and international students, approximately 12 students per floor. Each floor has a shared kitchen that includes a cupboard, refrigerator, freezer, stove, microwave, and grill. Each room has its own bathroom. Residences are centrally heated, well-equipped, and fully furnished. Housekeeping services clean the kitchen and bathrooms once a week and service the dustbins daily.

Over the summer/winter break, informational materials from the UEA International Office will arrive at your home address. Please ignore the request to choose accommodations. To ensure that students are scattered throughout university housing and to facilitate their meeting British and international students, the program requests that our students be assigned university housing in the Village. Read the sections of the UEA Accommodation Guide entitled "Licenses and Terms and Conditions" and "Living in Residences" so that you know your responsibilities as a tenant.

On arrival in Norwich, you will find out your housing assignment and be given a key. Mechanisms exist to trade rooms with other students if you still wish to change your placement after a reasonable time. Most students settle in, make friends, and stay where they are originally placed.

A bedding packet (pillow, bottom sheet, duvet, and cover) can be purchased from the University for about £20. Bed linens and comforters that fit British beds are can be purchased at less cost in Norwich. Previous groups of Dickinson students have left a collection of pillows, bottom sheets, duvets, covers, and other useful items (cooking utensils, hairdryers, school supplies, and so on) with the Resident Directors to be passed along to new students. **It is best to wait and see what previous Dickinson students have left before purchasing items, especially bedding and cooking utensils**. The Student Union also collects such items and resells them at low prices. You may also bring a fitted sheet, flat sheet, and pillowcase in your luggage.

Students can live in their dorm room until departing for the group flight at the end of their program (i.e., the day after the last day of classes). UEA will allow students to stay up to an additional four days in their dorm room, but UEA will charge a per day rental fee for those extra days. In 2010-2011, it was £13.62 per day. Dickinson will only cover the cost of up to four additional days if you have a DOCUMENTED academic course work requirement that you have shown to the Resident Director for which you need to stay later than the group flight departure date. You must arrange this through the accommodation office in consultation with the Resident Director to sort out the billing. Dickinson will NOT pay your per diem board for these extra days.

All year students can live in their dorm room and keep all their things in their room over the Christmas and Easter vacation periods. Spring only students may also keep their things in the dorm

rooms over Easter Break.

Food and Shopping:
Since you will live in self-catering accommodations, you will have opportunities to practice your cooking skills and learn some new recipes. The kitchen is a good place to make friends, share tea and biscuits, etc. Basic equipment, such as a cooking pot with lid, a small skillet, a spoon to stir, a good knife and small cutting board can be bought cheaply in Norwich and/or inherited from previous students and handed down through the Resident Directors . The food allowance assumes self-catering and normal thrift; however, many students say that they are able to set aside some of the stipend for travel.

Grocery shopping is done during regular business hours (8 a.m. until 6 p.m.), but 24-hour stores (except Sundays) are becoming more common. There is a 24-hour Tesco mini-market just off campus. The most popular (and cheapest) grocery store for students is the gigantic Morrison's located next to the rail station in Norwich. It can be reached by the # 25. Sainsbury's, another large supermarket on Queens Street downtown, is also accessible by bus. The higher-end and more expensive Waitrose market (in Eaton) is within walking distance (1 mile) of campus and Marks & Spencers, which is another higher-end market is located in the City Center. A beautiful alternative to these megastores is the old marketplace in the center of Norwich where you will find fresh fruit and vegetable vendors, flower stalls, fishmongers, butchers, and more.

For a quick meal out, the usual fast-food chains and fish-and-chips restaurants are available. Another inexpensive option is pub food served at lunch and dinner times. You should also try some of the ethnic restaurants (e.g., Indian, Greek, Chinese, Thai, Cajun, Italian, etc.).

Entertainment and Recreation:

SOCIETIES AND SPORTS TEAMS: Shortly after you arrive in Norwich, you can attend Societies Mart (a.k.a. SocMart); where you can find out about the dozens of societies (clubs) and other organizations open to you as a UEA student. Some Dickinson students take part in the UEA sports teams including men's basketball, men's American football, men's rugby, women's soccer/ football, co-ed Ultimate, and women's volleyball. Joining at least one group is a good way to meet other students and to integrate into university life. It is up to you to take the initiative. An additional insurance fee may also be required in order to participate. Dickinson does not cover sports and club fees nor sports insurance.

UEA SPORTS CENTRE: The UEA Sportspark is available for Dickinson students to use. It offers many of the same things that the Kline center does, including a rock wall, squash courts, aerobic/weight room, and a pool. You must attend an orientation at the beginning of the year to use the facilities. After your orientation, the cost is £1 per entry (subject to change) with your UEA student ID card. The Sportspark also offers aerobics, dance, yoga, and Pilates classes for £3 per class (subject to change). Dickinson does not cover Sports Park membership.

PUBS: Britain's drinking establishments present a social culture very different from the U.S., with greater emphasis on socialization and conversation with friends and colleagues, and a more gourmet approach to drinking. Formerly rigid opening hours have been relaxed, but most pubs close by midnight or so. The drinking age in England is 18.

PUB ETIQUETTE: There will not be table service – go to the bar to order both food and drinks. Tables in a pub will have a number on them; if you are ordering food, make sure to tell the person at the bar which table number is yours. If you are having drinks, buy them in a round, instead of individually. It is not necessary or expected to tip the bartender. In most pubs, you pay for food when it is ordered; in restaurants, by contrast, when you are finished with your meal you need to ask for the bill in order to pay. The server will not usually bring you the check until you ask. Many times service (10% tip and sometimes higher in London) is included and no further tip is necessary unless you think the service and food were exceptional. Sometimes you have to ask if service is included as it may not be obvious. If it is not, a 10% tip (perhaps rounded up a bit) is considered fair.

EXPLORING LONDON THEATRE: We especially encourage you to take advantage of the opportunity to experience London theatre. Thanks to government subsidies, some tickets can be relatively inexpensive, especially compared to Broadway in New York City. Ticket agencies often charge up to 20% commission, but there are ways to stretch your funds. Preview or matinee tickets, for instance, are less expensive (there is a half-price ticket booth in Leicester Square), and student discounts are often available if you show your student I.D. card. Shakespeare's Globe and The Royal National Theatre are a particularly good value and are types of theatres that you will not see in the U.S.

Norwich also has an active, though smaller, theatre scene. The Norwich Theatre Royal often has pre-West End productions. Other theatres such as the Maddermarket offer locally produced theatre at a reasonable price.

FINANCIAL INFORMATION

In Norwich:

FOOD ALLOWANCE AT UEA: Students are allotted a stipend that is distributed weekly (or biweekly) by the Resident Director. The food allowance is calculated on the basis of £60 per week for food while studying at UEA. **The stipend will be distributed up until the group flight departs and will not go beyond the last day of exams**. However, if you choose to leave the program earlier than the last day of exams, your stipend will end the week you leave.

Please note that students do not receive a stipend during UEA's winter or spring breaks. However, students will receive a stipend during their 'reading week' if such a week is designated for their course. Students who cook their own meals and budget wisely are able to manage comfortably on this amount.

SPENDING MONEY: Students and parents frequently ask how much spending money they should plan on for their time in Norwich. This is a difficult question, since this amount depends in large part on personal choices in Norwich and the amount of traveling done. As a general guideline, you should plan on a minimum of $2,000 for the semester and $4,000 for the academic year.

WORK ABROAD: International students are allowed to work for pay for up to 10 hours per week. In order to work, you will first need a Temporary National Insurance Number, which can be acquired through the International Students Office. This number gives you the privilege of both accepting a job and collecting your tax refund in April. Unlike Dickinson, on-campus employment is limited; however, there are many cafés, shops, and pubs that generally employ students off-campus and in the city, although such opportunities will often draw a considerable number of applications. If you are interested, discuss this in further detail with the Resident Director.

WARNING REGARDING UNPAID OBLIGATIONS TO UEA: Before leaving campus, be sure that you have paid all library fines and penalty fees owed to the University. Until all unpaid obligations to UEA are paid in full (even those little ones you thought they would forget), your UEA transcript will not be released and will not be sent to Dickinson. To avoid unwelcome consequences, please take care to pay all bills before you leave.

Money transfer and access:

You can transfer and access money in a number of ways from the U.S. to the UK.

ATMs: Automated teller machines (ATMs), called cashpoints in England, have become commonplace. If you have an ATM card that draws on a U.S. checking account in your name (NOT a savings account) and shows a CIRRUS symbol, you should be able access it throughout Europe. ATMs have become the most common way for students to transfer money. Parents can make deposits in U.S. accounts as needed.

CREDIT CARDS: A VISA card can be used to obtain cash advances in pounds Sterling. If your VISA card has a PIN, you may be able to use cash terminals in the U.K. and on the

continent. A credit card can be very useful for big purchases: restaurants, hotels, shops, and airline tickets, or for an emergency, in which you can track your spending. When you use a credit card it should be in your name. Verify your credit limit before you depart the US.

MasterCard is less widely accepted in Europe than VISA, but is normally OK within England. American Express cards are helpful for accessing cash at American Express Offices, but are not ordinarily used in stores or in restaurants. Very few outlets accept Discover.
Note that credit cards issued in Europe generally have "chip and PIN" security, while American cards are of the "swipe and signature" variety. This means you may encounter places where you will not be able to use your card. Opening a UK bank account that provides a chip and PIN debit card (see below) will give you a backup.

Check on Fees with Bank or Credit Card Company:

Before leaving the U.S., check with your local bank and credit card companies about fees for using your card overseas. Many banks and credit card issuers impose additional charges on foreign transactions; others such as Capital One and MetroBank (at least at print time) do not. If the fees are hefty, consider withdrawing larger amounts of cash from the ATM and taking only what you need and keeping the rest in a safe place. Only use credit cards with high fees for big purchases or in emergencies.

You should notify your bank and credit card companies that you are going abroad for an extended period of time, and be sure to inform them as to which countries you intend on traveling. Otherwise, when they see charges on your card from a foreign country, they may assume that your card has been stolen and suspend your account. Keep a separate record of your credit card numbers and phone numbers of the companies so you can report theft or loss of your card quickly.

Bank Account:

Some students open a bank account to keep food allowance money safe or to deposit paychecks if they have a job while in Norwich. Dickinson College has its own account at the Barclays on campus. If you are interested in opening an account, you may use a letter for the UEA international office or Accommodations office that shows that you are a student and that includes your campus address. Please be aware that there may be other requirements or paperwork for opening an account in Norwich. These accounts are normally free to set-up and make withdrawing money around England, and often, Europe, much easier, since debit cards drawing on these accounts can be used almost everywhere.

Currency can be exchanged at a low interest rate at the Campus Post Office.

COMMUNICATION INFORMATION

Students on the UEA program must have a mobile phone that can be called and texted from a UK mobile or landline. Students sometimes tell family/friends that they will phone home 'the minute they arrive'. However, plans often go awry because of plane or train delays, unavailability of an international phone line, etc. To save parents and loved ones worry, we suggest an agreement to call at the earliest convenient time, rather than promising to call at once.

E-mail, cell phones, and Skype allow students to keep in closer touch with family and friends back home than ever before. There is a good side to this, but it is possible to overdo it so that you focus too much on home to the detriment of your abroad experience. Consider writing frequent letters, postcards or a blog instead. These can be reread and kept as a record of your time abroad.

Mail:

To expect to receive surface mail while in **London** is a stretch, since you will be there only for a few weeks. A first-class airmail letter takes roughly a week to reach the U.K. Correspondence to and from home should be marked 'air mail.' Aerograms ('blue letters') are a less expensive alternative for surface mail to and from England.

After you arrive in Norwich, surface mail can be addressed to you as follows:

[Your Name]
University Village
[Your School, i.e., School of Biological Sciences]
University of East Anglia
NORWICH NR4 7TJ
United Kingdom

Mobile Phones:

Many students purchase mobile (cell) phones while in the UK. This is an excellent way to communicate with other students on the program, to be accessible to family and friends at home, and to be reachable in the event of an emergency. They are essential in emergency situations when you need to contact the program director, or s/he needs to reach you. Most students buy mobile phones in the UK with a pay-as-you-go plan and use them for local and international calls. Phones cost from $10 to $100 and depending on usage, an extra $25-and-up per month for phone calls (using a pre-paid or "top-up" card). Top-up cards can be purchased at phone stores, post offices, supermarkets, news agents, or the Paper Store on the UEA campus. Phones can also be topped up at most ATM machines. Please note that the specific top-up card for your UK phone service may not be available in other European countries. If traveling outside the UK, make sure to purchase plenty of minutes beforehand to avoid running out.

While you can purchase a phone in the UK, you may also be able to use an American cell phone abroad. Students should check with their current cell phone provider to see if their phone has international calling capabilities because most do not. This usually requires a tri or quad-band phone. If so, you will have to find out the procedures for using your cell phone abroad. More than

likely, you will purchase pre-paid cell phone minutes that do not require subscribing to an overseas cell phone service. Please note that the dormitory rooms do not have phones, although usually each floor has one pay phone per floor.

Calling Home:
It is cheaper to call England from the U.S. than vice versa. You may want to consider is having your parents/friends arrange for a low cost international calling service and arrange for a time for them to call you. There is a five-hour time difference between the U.S. (East coast) and England (it is five hours later in England), except when one country is on daylight savings time and the other is not.

Skype (International calls through the internet):
One of the most inexpensive ways to make international phone calls is through the Internet. Skype is one of the most common programs for this type of phone service. All that is required is access to a computer with an Internet connection and a headset or external microphone. For more information, please visit the website at www.skype.com.

Other options for communication: Facebook, private and group pages for the program. This is a good way to plan events and stay in touch with each other in Norwich. For keeping a blog, many students choose to use Tumblr.

Computers and Internet Access:
You may use the computers in the University computer rooms, and although they are sometimes crowded, you can usually get one. Essentially all program participants bring their own laptop computer. In any case, you are encouraged to limit your Internet use to create a healthy balance between staying in touch with your friends and family in the U.S. and taking advantage of the time you spend abroad. All dorm rooms have internet links (your laptop will need an Ethernet card and cable). Most laptops have converters included in their AC power supplies. However, you will still need a U.S.-to-UK plug adaptor since the U.S. uses 110 volts and the UK uses 220 volts and the plugs are physically different. Connecting cables can be purchased at UEA. The UEA has widespread and good wireless connections. In addition, the EDUROAM network that UEA uses provides free wireless connectivity at educational and travel locations across the UK and Europe.

Please note that in the past, several Dickinson students have been robbed of their laptops when they have left their room doors unlocked for just a few minutes while they went to the toilets or kitchen. Be sure to purchase adequate insurance for your laptop and to bring a laptop lock to secure the laptop to your desk.

E-Mail:
When you arrive at UEA you will be given a UEA email account. Remember that official communications from Dickinson College (for example, instructions from the Registrar, Campus Life, or the Center for Global Study and Engagement) will be sent to your Dickinson e-mail address. UEA communications will go to your UEA e-mail address. Thus, make sure to have one account forwarded to the other. Be sure to clear your Dickinson inbox, outbox, and deleted messages regularly so that messages can reach you and do not bounce back.

TRANSPORTATION AND TRAVELING WHILE ABROAD

Vacation Travel:
Year-long students will find that breaks in between semesters and at the Easter holiday provide a good opportunity to travel elsewhere in the UK, or even continental Europe. Fall only students will have more limited opportunities, and will want to be careful to plan travel thoughtfully, making sure to give their academic and social life at UEA the time necessary to develop in a suitably robust fashion. For safety reasons, you will need to provide an itinerary to the Resident Director before leaving. Also, please be aware of bank holidays when traveling. It is common to find stores closed and extra traffic during these holidays.

Transportation:
Please note this information is subject to change. Please check for updated information before purchasing.

AROUND NORWICH:

- Public Transportation: A regular bus service connects the UEA campus with the rest of Norwich throughout the day. It runs 24 hours a day except for Sunday nights. During the day the buses run every 12-15 minutes, but are less frequent during the evenings and on Sundays. Bus timetables are posted at bus stops and on the internet. Program participants receive a bus pass for the year. (Note that if this pass is lost, it must be replaced at your expense (£190).) Single rides cost £2.30 as of early 2011.
- Taxis: Taxi ranks are located at the Railway Station, near Guildhall in the marketplace, on St. Stephen's Street and elsewhere in Norwich. Most taxis have a meter, but if not, the fare should be agreed upon in advance. A tip of approximately 10% is expected. Some taxi services will offer discounts to students. Telephone numbers for taxi companies are widely advertised.

RAIL AND BUS INFORMATION TO TRAVEL FROM NORWICH:

- Rail Information: The Railway Station is situated at the junction of Thorpe Road, Riverside Road and Prince of Wales Road. There are two trains per hour to and from London throughout the day, with the last train to Norwich leaving London at 11:30 p.m. The Railway Companies offer a huge variety of travel and fares, including British Rail's 16-25 Railcard. As part of your program fee, you will receive this British Rail 16-25 railcard. Please ask your Resident Director about this. You can visit the website at www.nationalrail.co.uk. It bears repeating because it is so important: always book rail travel as far ahead of time as possible, with seven days as a minimum.
- Bus Station: Express coaches to London and other parts of Britain arrive and depart from the bus station on Surrey Street; buses to Heathrow, Gatwick, and Stansted airports stop on the UEA campus itself. For information contact the Travel Shop on campus or the Bus Information Centre (Tel: 01603 613613). The busses that stop on the UEA campus are the National Express and Megabus.

TRAVEL IN LONDON:

Transportation in London is fast and reliable; here are some of the major options for getting around the city:

1. ***The Underground*****:** the Underground (tube) is usually the quickest way to move around the city. The Greater London area is divided into 6 zones, and the cost of your trip depends on the number of zones crossed. Almost all of the tourist attractions in London are located within the central zone (zone 1). Tickets can be purchased in each Underground station from automatic vending machines. Hang on to your ticket until the end of the journey when you have to surrender it. The Underground stops running between midnight and 1:00 a.m., depending on the line, after which night buses (marked "N") run all night on set routes.

   Electronic travel cards (called Oyster cards) will be given to students during their orientation in London for the London portion of the semester. If you do not have an Oyster card, it is usually cheaper and easier to buy a travel card for a set number of days from any underground station. One-, three-, or seven-day travel cards permit unlimited travel on both the Underground and buses in zones 1 and 2.

2. ***Buses:*** double-decker London buses offer a good way to see the city while getting to your destination. Traffic congestion in London often slows buses, so leave plenty of travel time if you plan on traveling via bus. There are two types of bus stops: a compulsory stop (white background) and a request stop (red background). At a compulsory stop, the bus will stop without being hailed, unless it is full. At a request stop, you must signal that you want the bus to stop by extending your arm. Bus route numbers are listed on bus stops and on the front of buses; timetables framed at bus stops list the places served and, often, the estimated travel time to each stop. Check with the driver or conductor if you are unsure. There is a fare zone system similar to that of the Underground. Single-journey bus tickets must be purchased at kiosks at the bus stop. Day-long Tube cards or Oyster cards also work on the bus and offer cheaper single-journey fares. Note that bus routes marked "N" are used only after midnight. Current fare between Norwish and Heathrow is about £22 one way on the National Express Bus.

3. ***Taxis*****:** London's black taxis run independently, but the drivers (as opposed to drivers of "radio taxis" hired by calling for a pickup) have passed stringent tests on their knowledge of London streets. Fares are metered according to both distance and time. A taxi's yellow "Taxi" sign is lit when it is free to take passengers. Black cabs are not cheap, but they are very efficient. There are other cabs ("minicabs") that you can call to pick you up at a specific location; these are usually cheaper, but they are also less reliable. Never used unlicensed (sometimes referred to as "gypsy") cabs hailed or offered on the street.

4. ***Docklands Light Railway:*** this railway provides a spectacular ride from Tower Gateway (just to the north of Tower Bridge), above the docks, to Island Gardens on the Isle of Dogs and all the way to Greenwich. Tickets can be purchased from vending machines, and are valid for any Underground or DLR station. Oyster Cards or other Travel cards are accepted if they cover the appropriate zone.

You will either be met at the airport or transportation will be provided for you. However, for future reference, here are suggestions for getting to and from each of London's two major airports. Please note all costs are estimates and may have changed since the time of publication.

1. ***Heathrow:*** by Underground: 53 minutes on the Picadilly line from central London if you are going to Terminals 1, 2, or 3 (slightly longer journey to Terminals 4 and 5). By bus: 1 or 1 ½ hours by A1 or A2 Airbus from Victoria Coach Station only (or, from Norwich, about 3 ½ hours at a current cost of £40.). By taxi from downtown London: 45 minutes to 1 hour, fare will be at least £40, plus tip. If the taxi is pre-booked, the cost is around £30 one-way. Express train to Paddington: upwards of £14 for a quick 15-minute trip. There are also regular rail (non-express) trains that leave Paddington and call at Heathrow.

2. ***Gatwick:*** by train: from Victoria station take the Gatwick Express. Trains leave every half hour (sometimes more frequently), journey time is 30 minutes, and the fare will be upwards of £19. A slightly slower, but cheaper and more convenient way to get to/from Gatwick Airport is the regular (non-express) rail service, which stops at Farringdon, London Bridge, Blackfriars, and King's Cross rail stations and costs approximately £10 one-way. For more information, see http://www.nationalrail.co.uk/planmyjourney/.

The cheapest way to get to and from Heathrow or Gatwick from Norwich is via the National Express coach service. The one-way fare is £40+. Traveling with a lot of luggage is easier by coach than it is to take Anglia Rail to Liverpool Street and then the Tube to the airport express trains. See www.nationalexpress.com.

TRAVEL OUTSIDE LONDON:

The Railway network (www.nationalrail.co.uk) is a popular, convenient, and economical way of getting around Britain. Money-saving passes can be purchased for travel within Britain. For affordable train travel across Europe, you can look into the Eurail (www.eurail.com). They offer a range of packages, which can be selected to suit the manner of travel most accommodating to your plans. There is an extra charge to make reservations on the train when traveling, though these charges generally range only from 4 to 11 Euro. These passes MUST be validated prior to your first trip. Only specific offices validate these passes, so be sure to get this done before you begin your travels.

Coach travel is generally cheaper than rail, but often slower as well. British coaches are comfortable and provide an excellent opportunity to see less-frequented areas. There are often NO on-board restrooms. The National Travel Express (www.nationalexpress.com) is the major coach company in Britain, operating services and excursions between all major cities and towns in England. Ask at the Student Union Travel Shop about purchasing a "coach card" which offers a discount much the same as the Rail Card. It would apply to the JetLink coach that makes a round-trip route from Norwich to the southern airports (Stanstead, Heathrow, and Gatwick). This is an excellent way to catch your flight at the end of the year.

AIRPLANE TRAVEL:

In Europe, there are discount airlines that offer flights for relatively cheap fares. It would be wise to sign up for airline e-mail newsletters in order to receive information on any travel deals. You can also check discount travel sites such as www.kayak.co.uk or www.lastminute.com. Below is a list of airline websites that students have found useful in recent years:

- www.skyscanner.com
- www.easyjet.com
- www.ryanair.com
- www.vueling.com
- www.aerlingus.com

Hostels:

You can save money and meet other young travelers by staying in youth hostels. One popular hostel network is the Youth Hostel Federation, which has a network of hostels all over the world. You can purchase a membership card to the Youth Hostel Federation and receive discounts on hostel accommodations and other travel offers. The YHA (Youth Hostel Association) is also provides accommodation throughout the U.K. For more information, you can go to http://www.hihostels.com/. Other websites that offer reviews of hostels throughout the world are www.hostelworld.com and www.hostelbookers.com.

International Student Identity Card (ISIC):

The ISIC card, or International Student Identity Card, can be used internationally to identify oneself as a student, thus qualifying in many countries for discounts on airfare, museums, theaters, and the like. Other benefits include a Help Line for emergency assistance, as well as supplemental hospital and accident insurance. ISIC cards can be purchased on line at www.istc.org/sisp/.

Travel Guides*:

- The Rough Guide to England by Robert Andrews.
- Hanging Out in England by Dominique Herman, Lauren Koch and Kristy Apostolides (Frommer, 2001). Aimed toward a college crowd and features affordable accommodations, and less touristy places.
- The Time Out Guide to London
- Let's Go: Britain and Ireland
- Let's Go: London
- Let's Go: Western Europe
- Let's Go: Europe The Let's Go books are cheaper if you buy older editions and generally stay up to date for a few years after the publication date.
- Europe Through the Back Door by Rick Steves (Avalon Travel, 2003). A travel skills handbook.
- Europe by Eurail by LaVerne Ferguson-Kosinski (Globe Pegnot, 2003)

*** To save money it may be helpful to check www.amazon.com or www.half.com for used travel books.**

Safety while Traveling:

Whenever you travel, take care of your belongings, and safeguard your credit cards, mobile phone, and cash at all times. One of the safer places to carry your passport and money is in a breast pouch tied at your neck or in a money belt strapped at the waist, under your shirt. A word to the wise: keep a small amount of money easily accessible so you do not have to dig into your hidden money in public.

HEALTH, INSURANCE & SAFETY

Health Care

Students who are studying at UEA for the **academic year** are covered by the NHS for routine care at the UEA Medical Center. Registration with the medical center is required to obtain free health care. You will need this registration, in addition to your US insurance information, if a specialist or hospitalization is needed. Please note that the University student health system is NOT a substitute for the required health and accident insurance purchased in the United States. While the NHS will cover basic medical issues, it will not cover you if you travel outside of the UK and will not necessarily provide the same level of coverage as US insurance.

Students who are studying for a semester only may obtain care at the UEA Medical Center but are required to pay a fee. Keep your receipts and seek reimbursement from their insurance company. Semester-only students should check with the insurance carrier to ensure that coverage extends to the UK and to any other countries the student may visit.

IN LONDON: Resident Directors will assist students who need to seek professional medical attention while in London; an emergency room is located a few blocks away from the program hotels. An NHS Walk-In Centre is located in Soho and is open 7 days a week. If you seek medical care, you will need to pay for the visit on the spot and keep receipts for reimbursement through your insurance policy.

AT UEA: US Citizens studying at UEA have access to health care provided by the University Medical Centre. The University Medical Centre is a full-service National Health Service medical practice, which covers all medical needs, either on site or by referring you to specialist consultants or the hospital, as appropriate. Generally, such medical care is free to full year students, although a small co-payment is required for prescriptions or services that are not medically necessary. Students studying for a semester will be required to pay for their visits to the medical center and obtain reimbursement from their insurance carrier.

In order to use these services, you will need to show your passport with a visa or your letter from Dickinson showing the dates you are registered at UEA. Full academic year students are also entitled to full National Health System coverage, which includes hospital care. One semester students will need to pay for their own hospital care out of pocket. Students at UEA for only one term MUST make sure that their private medical insurance will cover their expenses.

Before leaving for the UK, students should ask their U.S. doctors for a one-page medical summary (including inoculation records). This will be useful to the nurse practitioner who does the intake when you register at the Health Centre at UEA. If you have an existing medical condition for which you will need treatment, the inclusion of a specific and recommended treatment protocol by your personal physician will facilitate better communication with the physician on site. Wearing a medic alert bracelet is recommended if your condition might affect the treatment administered in an emergency. Either you or your

doctor or you should list all medications that you use regularly. Always carry prescription drugs in their original containers with the original labels.

The culture of medical practice in England is different and may result, for example, in a refusal to prescribe antibiotics as freely as U.S. practitioners do. Allergy shots are generally given much less frequently in the U.K. than in the U.S. and are normally administered in hospitals. Instead of allergy shots, a nasal inhalant for allergies is considered less dangerous and more effective. Consult your U.S. allergist in advance.

Occasionally, a student with special medical needs may not be satisfied with the services provided by the Health Centre at UEA. In this situation, you will have to seek out a private doctor, pay for services up front, and get a receipt to present to your U.S. insurer for reimbursement.

Familiar over-the-counter medicines and items for personal hygiene are plentiful, and chemists (pharmacists) are allowed to be more advisory than in the U.S. Some medications, which are available only by prescription in the US are available over-the-counter in the UK. These may include allergy medications such as Zyrtec and Tylenol with codeine (low doses).

AIDS and STDs Overseas:
You are at the same risk for AIDS and STDs while abroad as you would be at home since your risk of infection depends on your behavior. Therefore, if you are sexually active, use good judgment and common sense. It is also highly recommended that you carry a personal supply of condoms and birth control, especially if traveling to underdeveloped regions of the world.

Insurance FAQs

Planning for your health and safety while abroad is particularly important. You want to be prepared to make the most of this opportunity and the time to ask questions is not when you are in immediate need of health care services. Take a few minutes to read over these frequently asked questions and feel free to contact the Center for Global Study and Engagement if you have additional concerns.

Do I need health insurance abroad?

Yes. Check your current policy to see if your policy covers you outside your home country. Even if your current policy covers you abroad, you may have to pay for medical treatment upfront and submit receipts for reimbursement within a certain time-frame.

What if my insurance doesn't cover me abroad?

Dickinson also covers all students studying abroad through a policy with ACE Insurance Company. This policy is a secondary policy to your primary insurance policy; however, if your standard policy doesn't cover you abroad, ACE becomes your primary policy. Students are automatically signed up

for coverage and the cost is included in the program fee.

What happens if I get sick abroad?

During on-site orientation you will be given information about local doctors, clinics, and hospitals. Be sure you talk with your program director and let them know about any health issues you are experiencing; they are there to help.

Is insurance included in the cost of the program?

Yes, basic insurance is included in the cost of the program. However, you must maintain your primary policy, whether that is purchased through Dickinson or independently.

Can I take prescription medication with me?

It depends; you need to make sure it is legal. Check the consulate website of the country you are visiting—they may be able to direct you to resources advising on what drugs are accepted. If it is legal, carry the doctor's prescription and a letter stating the reason you are taking the medication and, of course, keep the medication in the original container!

What if my prescription medication is illegal?

You should talk to your doctor about changing your medication, if possible. In extreme cases, you may have to consider choosing another country to study abroad. Please investigate this early on in your process; the more time you and your doctor have to explore options the less stressful this aspect of your preparation will be!

What if I need to refill a prescription abroad?

It is illegal to mail prescription medication. Arrange with your doctor and insurance company to take enough medication with you for the duration of your studies. It can take many months to arrange this so start the process early.

Am I covered if I travel outside the host country?

You are covered by the ACE policy as long as you are outside the United States, for the duration of the program. If you travel before or after the program you should make sure your personal insurance provides adequate coverage.

Am I covered by the ACE policy if I travel before the program or after the program ends?

You are only covered by the ACE policy during the program dates. In the event you elect to extend your travel beyond the policy term you can purchase additional insurance at the link posted below. If you have any questions please contact Tim Cummons at tcummons@rcmd.com or (800) 346-4075 ext 1452. http://www.rcmd.com/solutions-students-and-faculty

If my laptop is stolen when I'm on the program, am I covered by Dickinson insurance?

Students are not covered by Dickinson for personal liability, including the loss or theft of personal property. It is the responsibility of each program participant to purchase liability insurance, if needed. Students who bring laptops are advised to purchase adequate coverage. Check first to see whether the homeowner's insurance of your parents/guardian will cover personal liability while overseas. Normally, a copy of the police report filed at the time of loss or theft will be required by the insurer before any claim will be considered.

I am studying in a developing country, does the Dickinson ACE insurance policy cover emergency medical evacuation?

Yes, the policy covers emergency medical evacuation. However, students and their families should be aware that ACE will be responsible for when an emergency medical evacuation is necessary. If the procedure can be performed in-country (or in a neighboring country) this coverage will not pay for the student to return to their home country for the procedure.

What if I need accommodations?

Accommodations available to students with disabilities in the United States may not be available to students studying abroad. It is unlikely that you will find the same medications, medical and/or psychological care, or support services at your study abroad site that you would at home. It is also possible that some host sites abroad may not be adequately equipped for students with physical disabilities.

For you to fully assess whether you will be able to successfully complete a study abroad program, we encourage any student with special needs to review the program descriptions and to visit websites about the community in which you will be living and learning. If you wish to have assistance from Dickinson College in helping you to assess your ability to succeed in studying in a particular program or in identifying programs where more support may be available, you are encouraged to come talk to the Center for Global Study and Engagement. It is important to ask questions and do your research before you apply.

Once you determine the right program for you and, if accepted, you will be invited to self-disclose your personal needs on a medical questionnaire open to you through the on-line application system. Disclosure is completely voluntary. However, on-site staff will have a better chance to advise you of accommodations that may be possible if they are aware of your needs before you arrive on site. If you choose to study on a program and travel to an abroad site, you will be expected to fully participate in the program. Therefore, you need to inform yourself about the demands of the program in order to plan ahead and to prepare to cope with your health needs in a new environment.

I suffer from depression and/or anxiety, am I still able to study abroad?

It is strongly recommended that you consult your counselor or psychiatrist when considering study abroad. When abroad, most students experience various states of excitement and frustration as a result of the opportunities and differences presented by the new culture. These alternating emotions are usually related to the natural phenomenon of culture shock, which occurs when people adapt to

a new culture and surroundings. As you become accustomed to your new surroundings and establish a routine, these feelings will begin to subside. If homesickness, depression, or eating disorders persist, seek professional assistance and inform your program director. If you are currently seeking treatment from a mental health care provider, remember that English-speaking counseling services abroad may be limited and the terms of care will likely be different from here in the U.S.

What if I am a non-Dickinson student, do I still need coverage? Am I covered under Dickinson's health insurance?

Like Dickinson students, guest students attending Dickinson programs from other colleges and universities must have health insurance coverage. However, non-Dickinson students are not covered under Dickinson's ACE insurance policy.

Health Matters

Medical Check-ups:
Before leaving the United States, you should visit your physician, gynecologist, eye care specialist, and dentist. Make sure you are in good health before going abroad so that you can avoid any potential problems.

Immunizations/Inoculations:
Even though England does not require any specific immunizations, please consult with the Dickinson College Health Center or your personal physician to make sure that all of your routine inoculations are up-to-date. These include measles, mumps, rubella (MMR) and diphtheria, pertussis, and tetanus (DPT). It is strongly recommended that you also consult with your personal doctor and/or the College Health Center about other inoculations (e.g., Hepatitis A and Hepatitis B) or medicines that are advisable for the country you are visiting. For more up-to-date country-specific information about immunizations and other health precautions, consult the Center for Disease Control (CDC) website at www.cdc.gov/travel/.

Students on the year-long program are required to register with the NHS at the beginning of the school year. Therefore, bring a copy of your immunization records with you.

Medications:
Prescription/non-prescription medication(s) should be in the original container from the pharmacy and labeled with your physician's name, your name, and the medication name and dosage. **Do not transfer any medication into an unmarked container.** You should also carry a written letter or prescription from your physician verifying that the medication was prescribed by a licensed practitioner and is necessary for medical reasons. If you are on prescription medications or take particular over the counter medications, such as a painkiller or cold medication, you should take enough with you to last the duration of your stay. It is neither advisable nor legal in some circumstances to ship medications by mail. It is your responsibility to make sure that your medications are legal in your host country. You can find this out by consulting the consulate website of the country you will be visiting. You may also want to take along some cold/flu medication, anti-diarrhea, and anti-fungal medicine. Women prone to gynecological infections

should take a supply of medication. Be aware of recent changes in airport security regulations limiting the type of liquids or gels that can be transported in carry-on luggage.

The Center for Disease Control recommends that students with diabetes or health situations that require routine or frequent injections should carry a supply of syringes sufficient to last their stay abroad. If you carry narcotics or syringes, you should also bring a copy of the prescription and a statement from the prescribing physician.

Mental Health, Stability, and Stress:
For students under the care of a counselor or psychiatrist, please be sure that you see him/her before you depart from the US. Participating in a study abroad program in another country will not lessen any emotional issues that you may presently be experiencing. When you are abroad, you will probably experience various states of excitement and frustration as a result of the opportunities and differences presented by the new culture. These alternating emotions are usually related to the natural phenomenon of culture shock, which occurs when people adapt to a new culture and surroundings. As you become accustomed to your new surroundings and establish a routine, these feelings will begin to subside. If homesickness, depression, or eating disorders persist, consider seeking out professional assistance. UEA has an on-campus counseling service available for your use as well.

Special Accommodations:
The accommodations available to students with disabilities in the United States may not be available to students studying abroad. It is unlikely that you will find the same medications, medical and/or psychological care, or support services at your study abroad site that you would at home. For you to fully assess whether you will be able to successfully complete a study abroad program, we encourage any student with special needs to review the program descriptions and to visit websites about the community in which you will be living and learning. If you wish to have assistance from Dickinson College in helping you to assess your ability to succeed in studying in a particular program or in identifying programs where more support may be available, you are encouraged to disclose your situation on the medical forms you completed during the application process or to come talk to the Center for Global Study and Engagement. Such disclosure is completely voluntary**.** If you travel to an abroad site, you will be expected to fully participate in the program. Therefore, you need to inform yourself about the demands of the program in order to plan ahead and to prepare to cope with your health needs in a new environment.

Health and Safety in Flight:
For safety and comfort, wear loose-fitting, natural-fiber clothing during your flight. Do not wear snug-fitting or heeled footwear! If possible, avoid wearing contact lenses. Low humidity in flight tends to remove the moisture from the eye's surface. It is helpful to do seat exercises or to walk in the aisles in order to maintain good circulation. One easy exercise you can do is to tap your toes while keeping your heels on the floor. This pushes blood up your legs and reduces swelling. Tap for several minutes every hour or so.

It is always advisable to sleep during long flights. You should avoid alcoholic beverages in flight because they cause dehydration. Recycled air also has a drying effect, so you should stay hydrated with non-alcoholic beverages. If you require a special diet, be sure to notify the airline at least 72

hours before departure.

The most common difficulty or problem that can result from flying is known as jet lag, which is the sudden sense of fatigue or wakefulness at the "wrong" time. Jet lag is more pronounced flying east than flying west. Veteran international flyers recommend going to bed and getting up at the customary local time from the beginning. This helps the body adjust quickly. Avoid naps until fully adjusted to the new time zone; the body confuses naps with night sleep.

CULTURAL PERSPECTIVES

Being Informed about the Host Country and World Affairs

What do you know about your host country?

1. Can you name the capital city and the head of state?
2. Can you name the major political parties and what they stand for?
3. How is the government organized in your host country as compared to the U.S.?
4. Name five large cities, identify their location and a feature they are famous for.
5. What are the key historical events of the 20th and 21st century in your host country?
6. What are the major religions in your host country and what role do they play?
7. Who are the major literary and/or cultural figures of the last two centuries?
8. What is the state of the economy? What are its problems, successes, and how is it organized?
9. Can you identify on a map the major rivers, mountain ranges, and other significant geographical features?
10. Can you identify on a map the states, provinces, or other political subdivisions of the country?
11. How is the educational system organized and funded?
12. What is the predominant view in your host country regarding current U.S. foreign policy?

Without researching the answers, most of us would do poorly on this little quiz. However, most local people at your study abroad destinations could probably answer most of these questions about the U.S. Think about it!

Before you leave, do some serious research to educate yourself about your host country. Travel guidebooks and encyclopedias offer a respectable starting point. Read books, magazine articles, and newspapers about host country history, literature, geography, cuisine, etc. However, we strongly recommend you to also consult European news like BBC or read British national newspapers like The Guardian (http://www.guardian.co.uk/), The Independent (http://www.independent.co.uk/), or The Times (http://www.timesonline.co.uk/tol/news/) online. Foreign films are also a good resource. Take the initiative and get acquainted with international students on Dickinson's campus before going abroad.

No matter where you go, you will be asked hard questions about U.S. foreign policy, the U.S. government and its actions. It is crucial that you have an understanding of what is going on internationally. Read newspapers and magazines that cover international affairs in depth. Include foreign news sources to expose yourself to other perspectives and a different set of facts abroad. The point is: you do not want to arrive abroad poorly informed or be caught off-guard by an encounter with viewpoints sharply different from your own. You especially need to be knowledgeable about the situation in Iraq, Afghanistan and the Middle East, and how your host country and the United States stand in relation to those areas. People will have strong opinions and want to engage you in dialogue. Prepare for these situations and recognize their value as learning opportunities.

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Better yet, read British national newspapers like The Guardian, The Independent, or The Times online. Now is the time to prepare for your study abroad learning experience. We urge you to engage in learning about the world now!

The People:
Social class distinctions still play a strong role in British society, although there is also a growing reaction against snobbery. Changing social classes, going from working class to middle class, is still widely regarded as trying to be something you are not.

The British are brought up to spare other people's feelings as much as possible. To do this, they may bottle up their own feelings or "keep a stiff upper lip." So long as people are civil to each other, so long as they keep their emotions in check and do not get carried away, there will not be any "scenes," which are the ultimate British nightmare. Americans, in contrast, tend to regard emotional self-control as an oxymoron if not an infringement on their right to self-expression. The British attitude toward the new is to be practical and initially somewhat skeptical; naiveté is not a positive quality. They are as proud of a job well done as anyone is, but it is decidedly bad form to boast or appear proud. While their strong respect for privacy sometimes makes the British seem aloof, they will cheerfully provide assistance if asked. Kate Fox's book *Watching the English* is a light-hearted piece of descriptive ethnography that may be useful to you.

Local Customs ("Do's and Taboos"):

- When referring to England alone, it is correct to say England (and the English). However, Great Britain (and the British) refers to England, Scotland, and Wales. The United Kingdom includes all these countries plus Northern Ireland
- Refer to people generally as "British" or "Brits" (not "English").
- It is bad form to state strong feelings or lose one's temper or self-control in public. (Football hooligans are an exception, but not one you want to emulate).
- Personal space is important. Do not get too close during conversation (e.g., no touching or backslapping).
- Maintaining eye contact during conversation is a sign of respect and interest.
- Never stare at people or bother them in public (unless asking for help).
- Never shout or laugh loudly in public.

- Do not be surprised to be called "love," "dearie," or "darling" by salespeople.
- Be polite; say 'please' and 'thank you' and 'sorry' more than you think you should have to. Wait in queues!
- Pay attention to the ever-present "queue" (line) everywhere from bus stops to supermarkets. Always go to the end. Also, make sure to be in single-file.
- Whenever you hear the national anthem "God Save The Queen," stand up out of respect.
- Eat European style, with knife in right hand and fork in left hand at all times. When eating soup, spoon the soup away from you. Rest your other hand on the table at the forearm.
- If you give the V-sign (i.e.: the peace sign), make sure your palm is facing out (otherwise it is a rude gesture).

Immigration /Racial/Gender/Sexuality Issues:

IMMIGRATION & RACIAL ISSUES: Racism is a problem that is deeply rooted in Great Britain's history. After the break-up of the Commonwealth, people from many of the former commonwealth states came to Britain looking for a better life. Newly-arrived immigrants are often the targets of discrimination. This is especially true for people of color, although some Brits even exhibit patronizing attitudes toward Australians. U.S. Americans may encounter remarks about their American accent. It helps to keep your voice low, since U.S. American speech is more often noticed overseas for its loud volume than for the accent itself. U.S. Americans may also encounter 'anti-American' comments/behavior largely due to U.S. politics. It is usually best to divert the conversation or simply walk away if you do not know the person and do not wish to engage in such confrontational conversation.

GENDER ISSUES: As in other countries, evidence of sexism can be found quite readily in Britain, usually more in a pub-type setting than in a university setting. At the same time, there is a very strong and issue-oriented women's movement.

SEXUALITY ISSUES: In England, homosexuality is legal and civil unions are guaranteed. There are questions about age and consent, and there is a lack of tolerance toward the promotion of homosexual activity. Larger cities have special clubs and nightspots catering to gays and lesbians, and most universities have on-campus organizations dealing with GLBT issues.

British Sources of Information:

Keep up with current events from a British/European point of view to become more aware of the culture and intellectual climate of the country. Respected British newspapers include (from the right wing to the left): *Daily Telegraph*, *Times*, *Financial Times*, *The Independent*, and *Guardian*.* Daily tabloid newspapers of varying quality and/or entertainment value are immensely popular as well.
* You may want to see if you can subscribe to the newspapers on-line service so that news is sent to your e-mail daily.

Weekly papers/magazines, including *New Statesman*, *The Spectator, New Society*, and *The Economist*, provide detailed information on British and European politics.

Time Out and *City Limits* are specialist magazines with information about what is currently going on in London. They discuss not only mainstream arts, but smaller art galleries, listings of public

events and "alternative" arts events (including fringe, socio-political, gendered, avant garde, European, and experimental theatre programs). There are similar publications available in Norwich as well.

News programs and current affairs broadcasts on radio and television include:

- BBC 1 and 2, ITV, Channels 4 and 5, plus satellite channels including BBC 3 and 4
- BBC Radio 1 (Top 40 and rock), Radio 2 (talk and music (think VH1), Radio 3 (classical), Radio 4 (news, cultural programming, drama), Radio 5 (on the AM band: news and sports)
- The BBC website – www.bbc.co.uk – is excellent and provides news, weather, sports, and digital streaming of BBC radio and television, including digital stations targeted at ethnic populations.

Web Sites:

- A general reference guide for students arriving from abroad: http://www.uea.ac.uk/services/students/International/information
- Information about courses and academic facilities at UEA: http://www.uea.ac.uk/courses
- CGSE study abroad programs, policies, announcements: http://www.dickinson.edu/homepage/577/education_abroad
- Information about Norwich: http://www.uea.ac.uk/about/norwich
- British Council- source of information for students studying abroad in England: http://www.britishcouncil.us/study-uk

THE "LANGUAGE" BARRIER

The "Language Barrier":

If someone invited you to a bed-sitter for bangers and mash with plonk for a quid from the off-license or said they'd narrowly escaped an articulated lorry on a zebra crossing, or a stranger offered to knock you up in the morning and wasn't being rude--you'd soon realize that the English and Americans have much in common, except the language.

English	American
999 (emergency)	911 (emergency)
A-Levels	Exams sat at the end of High School
Back dated	Retroactive
Bangers and mash	Sausage and potatoes
Bank holiday	National holiday [almost always a Monday]
Bed-sitter	One-room apartment
Beeb	BBC
Biro	Ballpoint
'Bicci'/biscuits	Cookies
Bonnet	Hood of car
Book	Reserve
Boot	Trunk of car
Box room	Storage closet
Braces	Suspenders
Butty (normally bread And chips)	Sandwich
Car park	Parking lot
Chemist	Drug store
Chips	French fries
Chuffed	Excited
Cling Film	Saran Wrap
Coach	Bus (inter-city)
College	Uni (university)
Consultant	Medical specialist
Crisps	Potato Chips
Curtains	Drapes
Drawing pin	Thumb tack
Dustman	Garbage man
Fags	Cigarettes (slang)
Fanny	Female genitalia (slang)
First floor	Second floor
Flat	Apartment
Flog	Sell
Fortnight	Two-week period
Frock	Dress
Gaff	House
Ground floor	First floor
Jelly	Jell-O
Jam	Jelly
Jumper	Sweater
Knackered	Very tired
Knickers	Underpants (female)
Knock up	Awaken someone in the morning by knocking on the door
Lemonade	Dry lemon/Lime Soda

Lift	Elevator
Loo	Toilet
Lorry	Truck
Mac	Raincoat
Mark	Grade
Mate	Friend
Mobile	Cell phone
Off-License	Liquor Store
Panda car	Police car
Pants	Underpants (male)
Pavement	Sidewalk
Pear-shaped	Wrong
Petrol	Gasoline
Pissed	Blind drunk
Plonk	Cheap wine
Plimsolls	Sneakers
Post	Mail
Pub	Bar
Public School	Private School
Pull	Pick up (e.g. in a bar)
Queue	Line (of people)
Quid	Pound (currency)
Randy	Horny
Return	Round-trip
Ring up	Phone
Roundabout	Traffic circle
Rubber	Pencil eraser
Rubbish Bin	Garbage Can
Rucksack	Backpack
(S)Cello Tape	Scotch Tape
Shandy	Lemonade and beer mixed
State school	Public School
Squash	Soft fruit drink (usually concentrated syrup mixed with water)
Subway	Pedestrian underpass
Table (verb)	Discuss immediately
Takeaway	Takeout, usually Indian or Chinese
Tights	Pantyhose
Toilets	Restrooms
Torch	Flashlight
Trousers	Pants, slacks
Underground or "Tube"	Subway
Vest	Undershirt
Waistcoat	Vest
Way out	Exit
W.C.	Toilet
Whinge	Complain
You alright?	Hi, how are you?

Zebra crossing	Pedestrian crossing
Zed	Z

The list goes on and on. You will enjoy adding your favorites!

FREQUENTLY ASKED QUESTIONS

Dickinson Humanities Program
and
Dickinson Science Program
at the University of East Anglia, England

The Center for Global Study and Engagement
Dickinson College



Created by J. Niemitz,
Past Norwich Science Resident Director
Updated by the Center for Global Study and Engagement 11/09

1) How does the British educational system differ from ours?

Some students feel as though they were dropped into an educational system very alien to what they are used to. Think of the British educational system as different rather than strange. A little background helps your understanding. Though the government announced in 2007 plans to extend schooling to 18 for all students, at present British students have compulsory schooling until age 16. At that time, they can either move into the workforce, usually apprenticing with older workers in the service sector, or move to another 2-year intense course of study (sometimes called 'colleges') preparing them to take A-level exams. A-levels are roughly the British equivalent of our SAT's, but are even more important to a student's academic career. A-levels are taken in specific subjects and more or less dictate what a student will study at University. Most students take three to four A-level exams. If they do well they can be accepted into the best UK universities, including UEA. Unlike the US system, UK students do not apply to UEA. Rather, they apply to a particular school within UEA and are accepted (or not) by that school. Once accepted, they are essentially bound to that school, rarely taking courses outside of it. The British university system is three years rather than four (though American Studies students at UEA spend an extra year abroad in the US) and students take six courses per year, all within their degree (major). Of the eighteen courses that comprise their university education, most will be required for a particular degree program. It is therefore distinctly different from a liberal arts education.

You enter UEA as the equivalent of somewhere between a second and third year student in both age and ability. Most Dickinson students quickly catch on to the level of material. Most of the courses you will take will be second year courses. This does not mean that you should dismiss all third year courses from your consideration, but you should consult with your academic advisor and the on-campus director first. Ultimately, you will find that the British system rewards content knowledge and fluent writing more than critical thinking and discussion.

2) What are classes like?

Because UEA is a large university, the classes tend to be larger than Dickinson's. First year classes can easily have enrolments over 100, second year up to 60, but third year classes are usually more on the order of 20-25, if that. Even second year courses in the Humanities and Social Sciences tend to be quite small. Many courses have multiple instructors. The university prefers to keep the teaching load minimal because of the research expectations of the faculty with graduate students. There is always a course 'convener' that is responsible for the entire course including the syllabus, coursework grading, and final exam, if any.

Humanities:
Humanities courses are some combination of lecture and "seminar" (what we would normally call a "discussion section"), usually meeting for two or three hours a week in total. It is often the case that lectures and seminars do not meet every week and that lectures may meet in different rooms and different times during any given week. It is essential for students to keep on top of these things so as not to miss anything important.

Science:
Courses may meet two or three times a week plus a practical (lab) or seminar, but it is often the case that lectures and practicals do not meet every week and that lectures may meet in different rooms and at different times during any given week. It is critical for students to be responsible about attending lectures and practicals so as to not miss anything important.

3) What are lectures and seminars like?

Besides the fact that several faculty may lecture with different styles, the lectures tend to be quite broad, covering a lot of content in a short period of time. Frequently, the lecturer will post on Blackboard the diagrams, PowerPoint slides, etc. , that will be shown in lecture. It is important to get this information, as it is useful for the final exam, your coursework, and your reading of material not presented in class. Students are expected to read widely on topics of interest to them independent of the course materials. Most courses will have a wide array of suggested or recommended texts and primary literature articles to read on the subject at hand each week. This does not mean you will need to go out and purchase the texts. Virtually no one buys the recommended readings unless they really want them for their personal collection or it is obvious that a text is critical for the course. Multiple copies of texts are usually in the library. However, come final exam time, everybody wants access to the same small number of copies of texts or other course material. Due to this, it is critical to plan your reading in advance. In addition, lecturers will frequently give a list of primary journal articles to read on the lecture topics. This may seem daunting at first since Dickinson students typically do not have much experience reading journal articles, but it is a skill worth cultivating.

The atmosphere of lectures can be quite one-sided with the lecturer talking and the students listening. British students are somewhat reticent to ask questions, even when prompted to do so, and seem loath to discuss anything beyond clarification of content. Seminars, however, rely on student participation and, as at Dickinson, you may well be asked to lead discussion or make a presentation by yourself or in a small group.

Students report that the quality of lectures can be quite variable compared to Dickinson. Remember, the UEA faculty are not there just to teach. For some, teaching undergraduates is really their second priority after their research with graduate students. This means that you need to be prepared to do a lot of learning on your own. This is where reading texts and journal articles pays off. It is absolutely true that you will get as much out of the courses as the time you put in them.

4) What is the workload like?

The workload varies from course to course. Typically, final grades from first year courses are based solely on coursework assessment, and there may not be a final exam. Final grades for second year courses can be based on a combination of coursework and a final exam. Third year courses may only have a final exam, but more commonly consist of additional projects and presentations. The final exam carries tremendous weight because it can be worth up to 70% of the final 'mark' (grade). Some courses that would otherwise have final exams allow international students to enroll in a "coursework only" option. This may be a good choice, since otherwise you may find yourself taking an exam in June on a course that ended in December (see #6, below).

You can expect the coursework to be somewhat similar to that at Dickinson: papers, projects, presentations, and problem sets, but no quizzes or mid-term exams. You can also expect to frequently work in groups for projects, maybe even for the entire semester. You and your group may not receive much guidance about your project or presentations but you can always ask for help. Don't expect your coursework to be handed back right away. Furthermore, your coursework will not always be returned in class. It may be returned by an academic advisor assigned to you upon entering UEA who will know little about the content of the work or why you received a particular mark.

5) Can I talk to my course lecturer/academic advisor?

Absolutely! Open office hours are expected of all UEA staff. Outside office hours, you should make an appointment by e-mail or phone to meet with faculty and not count on being able to "drop by." While most British lecturers are happy to meet with students, they have other responsibilities besides office hours, and most British students do not engage faculty the same way Dickinson students do. Consequently, you will need to be assertive in seeking out your lecturer. However, when you do meet with faculty they are usually more than happy to help and can give you good insight into how the rest of the course will run. They can also offer guidance for writing papers, which tend to be quite specific in their format and length. This requires significant revision in order to produce a concise but robust piece of work, all good practice for the real world.

As at Dickinson, some advisors are better than others and more or less available. The academic advisor keeps students up to date with school matters and is the person you see about changing courses when you first get started and who can clue you in on other school matters.

6) What are exams like?

When they say 'final' exams, they mean just that. ALL course exams are given at the end of the spring term. This presents some interesting differences to the Dickinson experience. If you are at UEA for the fall only, you will not take the course final exam, rather you will take the course as a 'coursework-only' option. This means you will be asked to do an extra coursework to substitute for not taking the exam at the end of the year. If you attend UEA for the entire year or for just the spring semester you will take the final exams (again, unless you enroll in the coursework-only option). The exams attempt to cover all the material taught in the course using a series of very broad, open-ended essay questions. Usually there are no multiple choice or short answer type questions. If the course had multiple lecturers, there will usually be a question or two on each section of the course from each lecturer. You are typically asked to answer only a few of the total questions. Students will typically have 3 hours to complete an exam. Receiving good marks on the exams requires a deep understanding and well-formed answers. A response to an exam question that covers only the basics of the topic will receive an average mark. If you can add journal articles and specific examples to your exam answers, your mark will improve. The more in-depth and well written the answer, the better the mark. The exams are read by at least two people and graded independently. Then the markers 'compare notes'. If the marks are similar then that will be the score that you get. If not, then discussion among the graders ensues to reach agreement. As a last resort, a third marker might be asked to read the paper.

7) What is grading like?

If an exam or paper is returned to you at Dickinson and the grade you received was a 50, then you probably failed the assignment. A mark of '50' at UEA is an average grade equivalent to a B- at Dickinson. Marks at UEA can range from 35 to 100, where 35 is just passing with a D-, and 100 is virtually unheard of. A mark of 70 is considered 1st Honours, or the Dickinson equivalent of an A. If you are conscientious about your work you can expect to receive marks between 55-75. Most Dickinson students in the past have received marks in this range so don't worry too much about grades but rather concentrate on what you are learning and how you are learning it.

8) What are British students like?

This is a very good question to ask a student who has returned from UEA. For the most part, UEA students are like any other students except they have an accent and have some intriguing tastes in food, clothing, and music. They like to socialize and have a good time going to the pubs and night clubs in Norwich. They probably drink too much and get a little wild on Fridays and Saturdays, but for the most part they are at University to learn and start careers just like you.

British students can and will come from backgrounds that are different from the typical Dickinson student. They tend not to have a lot of money (students, rather than their parents, usually pay for most of their university expenses) but the money they have they tend to spend on socializing. They don't seem to be in a big hurry or overly stressed out about life in general.

Sometimes British students are just as clueless as you will be when it comes to what an assignment is all about or what professors expect on coursework. They are usually very friendly and warm up to Americans pretty fast, although they have definite opinions about what America stands for and will ask you about it. Most of them have not been to the US and can be educated gently. They will educate you about British life as well. It is important to just be yourself and try not to be the stereotypical 'ugly American'. They do like to discuss politics, often their own, and are good at articulating an argument. Most of them are very liberal both politically and morally. Living with a 'partner', divorce, abortion, being religious (or emphatically not), etc. are not as big of issues in Britain as they might be in the US. The Brits are very tolerant of others lifestyles, though not necessarily sensitive to other races, of which there are many in the UK and especially at UEA.

9) What will dorm life be like?

Dickinson students are housed in University Village (referred to as 'the Village'), which is one of the housing areas on the UEA campus, just north of the gym complex. Residence halls are arranged in a 'flat' (apartment) style with 6-8 single en suite rooms per flat and a common kitchen. Flats are coed and can have any combination of international and British students. Dickinson students will be dispersed throughout University Village in different flats. Unlike Dickinson, only first year students (freshers) live on campus at UEA. Most freshers are age 18 and it is their first time away from home. This means that the residence halls tend to be quite wild the first few weeks as students act out their new found freedom in a variety of ways. Think of your freshman year at Dickinson and multiply that behavior by five. Usually, though, calm is restored as the year progresses.

The flat kitchens have a fridge/freezer, cooker with hob (stovetop), microwave, sink, ample surface space and a long table. There are cabinets and shelf space available to each occupant for dry/non-perishable food and cooking utensils. Much of the time students will cook together, and in this way the kitchen becomes an additional social space. Bedrooms have a single bed, a desk and chair, shelf space, a wardrobe, a bathroom, and one window. Also, the bed frames lift up to provide additional storage underneath. Each room has Internet access so bringing a laptop computer is a reasonable consideration. See UEA's accommodations office homepage for photos and details.

10) How do I pay for food?

Your comprehensive fees to Dickinson cover your room and board at UEA. The on-site

Director pays for your room in one lump sum. Your board, however, is given to you in cash every week or two from the time you arrive in London until you leave, except during official University breaks. Students report that the weekly 'dole/stipend' is adequate for food (though note that you should not expect it to cover eating out every night – or to cover nightlife). By being frugal, some students are able to save a portion of the food allowance for travel and entertainment. Note that Britain has a culture of 'pay-as-you-go', so you will pay for what you use. This is not what Americans expect. So, for example, if you want to use the UEA Sportspark (similar to the Kline Center), you pay for it each visit at a subsidized rate.

11) Can I work in the UK if I need more money?

Yes! If you have time. A student holding a Tier 4 student visa can work up to 10 hours a week without a work permit in the UK. Students holding a student visitor visa will not be allowed to hold a paid work position. Some students have worked in pubs, for example, and were paid minimum wage, which, for those younger than 22, is £4.77/hour (about $8.00 USD) as of 2009. It goes without saying that the UK is expensive. The same item in the US will cost about 1.5 times as much in the UK given the present exchange rate. There are few on-campus jobs available at UEA. For instance, the University has a 'phonathon' program similar to Dickinson's, and student workers are hired for these positions. The UEA's Sainsbury Center (like the Trout Gallery, but much bigger) hires students as well. This can be a great way to meet other students and to earn some extra money without having to travel very far! However, one term students will have more difficulty with this as time may not permit working.

12) Besides the academic/financial aspects, what else can I expect from the Resident Director?

It has been the tradition of the Director to invite the Dickinson students over to his/her house for tea, dinner or other events. You can expect to have a few holiday celebrations there as well (e.g. Thanksgiving, which is not celebrated in the UK, and perhaps Super Bowl Sunday or Valentine's Day). We also have end-of-term events to say our good-byes. In the past, students and the Director have had cooking classes, watched movies and professional soccer games together, played outdoor games such as Badminton and croquet, and have hung out together on many occasions.

Humanities/Sciences:
The Humanities house is a short bus ride or a 20-minute walk from the UEA campus. In the fall, students will meet with the director for Humanities 209; this may be supplemented by academic excursions in both semesters. However, all of this will vary depending on the Director's preferences.

13) What about travel in Norwich, the UK, and Europe?

This is a two-part question because it depends on whether the travel is with the Dickinson program or on your own. In the former, the College pays for the expenses. This includes all program related travel during the London Orientation period (Underground and Buses; Coaches to sites outside London) and all field trips from Norwich. You are given money to purchase two important transportation tickets: a bus pass for use in Norwich, and a discount student rail card that entitles you to 33% off retail rates for travel within the UK.

Independent travel is done at your own expense but can be subsidized by the student rail card if you are traveling within the UK. Discount airlines (Ryan Air, Easy Jet, Flybe) have made

travel to Europe from the UK easy and cheap. Most flights are out of Stansted Airport, which is between Norwich and London (about 2 hours or less by bus or rail). Staying in hostels further reduces costs. Some destinations are cheaper than others. For example, Paris is expensive, Prague is not. Train and Coach trips to Europe can be inexpensive as well, if booked in advance. Riding the ferry across or the Eurostar train underneath the English Channel can be exciting. The earlier you make your arrangements, the greater your chance of getting the cheapest fares. For instance, if you book early enough, a round trip ticket to London from Norwich can be as cheap as 12 British Pounds. Planning ahead can certainly be a money saving strategy.

14) Other Questions?

This short piece could never answer all the questions one might have about such an experience. It is certain that each of you will have questions specific to your situation. We encourage you to get those questions answered to your satisfaction before applying for this program or any study abroad program of interest to you. The Dickinson faculty, including the present on-site and on-campus directors, and former student program participants are available to help you answer your specific questions. Please take advantage of our expertise and ask.

SPECIFIC QUESTIONS FOR SCIENCE STUDENTS

1) Can I do research or an internship?

The general the answer is YES. There are opportunities to work in faculty labs with graduate student assistance on interesting projects. Specifically, you will need to do some legwork ahead of time to procure a research project spot or participate in a meaningful internship experience. It is never too early to start thinking and talking about what you might like to do. First off, think about something that would be interesting or useful to you later in your time at Dickinson (e.g., senior research requirement) or in your career. Students in the past who have worked closely with UEA faculty were later given good recommendations for graduate or professional schools. Once you have thought about possible fields of study, you need to find a person at UEA who might be doing that kind of research. It is helpful to look at the research interests of faculty on the school website. Also, talk to past Norwich directors at Dickinson and send an e-mail to the present on-site director stating your interests and he or she can make some inquiries at UEA. Alternatively, you can e-mail UEA faculty members directly and inquire about possible research opportunities. In some science schools, research can be done as coursework.

Specifically, there are research opportunities in every science school and in the various research centers near campus (plant science, cancer, nutrition). Other opportunities exist at the new teaching hospital attached to the Medical school. Note: If you are interested in an internship at University Hospital you need to have a US Criminal Check done before you come. Internships at the University Hospital are only available to students on the year long program. There are certainly other opportunities in Norwich proper but you need to take the initiative. You need to make the first move.

2) Can I take UEA courses other than science courses?

To answer this you have to differentiate between the courses you need to take for your

major (if any) and why you are coming to UEA (to explore?). If UEA has all the courses you would have taken at Dickinson in your junior year then you may not have room for any non-science courses. Many students take 3 UEA science courses plus the Dickinson course each semester. If you need a distribution requirement and not as many science courses, then you can certainly explore one non-science course. If you need to take two really difficult science courses in the fall term, you may want to consider giving yourself a break and taking a less challenging non-science course for interest only. Be aware however, that non-science courses are more difficult to enroll in because they have smaller capacities and science students have lower priority. **Remember, you can always change course enrolments AFTER you arrive at UEA.** The bottom line is that this is a science program. The expectation is that you will take MOST of your course work in your science school.