



UNIVERSITY  
*of* CALIFORNIA

Education  
Abroad  
Program

United Kingdom

EAP Arrival and Orientation Information

**SPRING 2013**

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## Introduction

All students attending universities in the UK **must** attend a UK EAP orientation.

Full participation in the EAP orientation is required for all UCEAP students as it is an integral part of the student contract.

Failure to attend the whole EAP orientation could result in dismissal from the program.

## EAP Orientation Dates & Venues

EAP orientations in the UK will take place in different locations depending on your particular Host University. The table below shows all EAP orientation locations and details of arrival times.

Please go directly to your accommodation, NOT the Study Centre.

Your UK Host University	EAP Orientation Location	Check in at orientation or campus accommodation:	EAP Orientation accommodation See Map	EAP Orientation starts at:	EAP Orientation ends (Check out):
<a href="#">St. Andrews</a>	St. Andrews	Wednesday, 23 January by NOON	Your Host University accommodation	Wednesday, 23 January, 2pm, International Office, St Katharine's West, The Scores.	Wednesday, 23 January, 8pm
<a href="#">Edinburgh</a>	Edinburgh	Thursday, January 10	Your host University accommodation	Friday, 11 January 10am, UC Study Centre	Friday, 11 January, 5pm
<a href="#">Leeds</a>	Edinburgh	Monday, 14 January, arrive by 3.30pm	IBIS Hotel Hunter Square Edinburgh	Monday, 14 January, 3.30pm IBIS Hotel Reception	Wednesday, 16 January, 8am
<a href="#">UEA</a>	London	Tuesday, 1 January from 2.00pm (check in at hotel)	Harlingford Hotel	Wednesday, 2 January 9.00am Harlingford Hotel Lounge	Thursday, 3 January before 11.30am
<a href="#">Warwick &amp; York</a>	London	Friday, 4 January 2.00pm	Harlingford Hotel	Friday, 4 January 3.00pm Harlingford Hotel Lounge	Sunday, 6 January before 11.30am
<a href="#">Kent</a>	London	Monday, 7 January 2.00pm	Harlingford Hotel	Monday, 7 January 3.00pm Harlingford Hotel Lounge	Wednesday, 9 January before 11.30am
<a href="#">Sussex</a>	London	Monday, 14 January 2.00pm	Harlingford Hotel	Monday, 14 January 3.00pm Harlingford Hotel Lounge	Wednesday, 16 January before 11.30am
<a href="#">Bristol</a>	London	Monday, 21 January 2.00pm	Harlingford Hotel	Monday, 21 January 3.00pm Harlingford Hotel Lounge	Wednesday, 23 January before 11.30am

## Orientations in London for UEA, Warwick, York, Kent, Sussex, and Bristol Students

- 1) Orientation accommodation information
- 2) Directions
- 3) Orientation program
- 4) Departure to your UK Host University

### 1) Orientation accommodation information

You will be accommodated at the **Harlingford Hotel** for the duration of the EAP orientation. The check in is at 2pm. If you arrive earlier, you may leave your luggage in a locker room and return at 2pm to complete your check in. You will have one hour between check in time and the beginning of EAP orientation programme to refresh and get ready. At 3pm go to the Lounge on ground floor where you will meet with Niki Sol and Monika Popp from the London Study Centre and your EAP orientation will begin. On arrival to the lounge, please check in with Niki or Monika.

**Attention Students going to UEA:** you can check in at Harlingford Hotel on January 1<sup>st</sup> but your EAP orientation will start on Wednesday, 2<sup>nd</sup> January at 9am

EAP has booked and paid for two nights, bed and breakfast accommodation for you at the Harlingford Hotel. There is NO elevator in the building, so we recommend that you pack all you need for your orientation in a separate bag that you can take with you to your room and lock the main luggage in a locker room downstairs. There is free WiFi throughout the hotel; just ask at reception for the access codes. Breakfast is served from 7-9am Monday through Friday, and 7-9.30am Saturday and Sunday.

Harlingford Hotel address:  
6-13 Cartwright Gardens, London, WC1H 9EL  
Tel: +44 (0)20 7387 1551  
Fax: +44 (0)20 7387 4616  
[www.harlingfordhotel.com](http://www.harlingfordhotel.com)

The closest Tube station is Russell Square or King's Cross/St. Pancras (on Piccadilly line from Heathrow airport). This hotel is located in the centre of London, in Bloomsbury area within walking distance to the London Study Centre. The main landmark in Bloomsbury is the British Museum, and the study centre is around the corner from there.

If you have any questions about your accommodation during EAP orientation in London, please contact Niki Sol.

### 2) Directions to your EAP orientation accommodation

If you require travel instructions from another destination that is not mentioned below, please contact Niki Sol.

**From London Heathrow Airport**

By London Underground - Tube: London is serviced by a very well developed network of public transportation, including London Underground, also called the “Tube.”

Taking the Tube from Heathrow is easy and economical but you must be prepared to carry your luggage up and down a few stairs at Russell Square (there are elevators at King’s Cross – please look at the map of the station).

At Heathrow, follow signs to Underground and take Piccadilly Line to your station: Russell Square or King’s Cross for Harlingford Hotel. The journey takes 45min to an hour. At Heathrow Underground station you should purchase a Single ticket to Zone 1, which costs £5.00. Oyster Cards offer discounted fares on the Tube, and you will be given one at orientation. Therefore, just buy a single ticket to get to the hotel.

The “Travel for London” website includes links to the various individual travel companies, e.g. London Underground, Heathrow Express, etc. You can access this site by going to: <http://www.tfl.gov.uk/> to get more details about your journey options. It is advisable to check whether there are any planned engineering works, line suspensions or station closures on the date of your arrival.

You can also find a copy of the London Underground map to plan your journey through the following link: <http://www.tfl.gov.uk/tfl/pdfdocs/colourmap.pdf> or use the Journey Planner on the TFL website.

Detailed walking instructions on how to get from different stations to your accommodation are listed below. There is also a map attached to this document that should help you locate your hotel and the London Study Centre, both of which are in the Bloomsbury area, central London.

By Shuttle Services: Companies such as Hotel By Bus and Heathrow Shuttle Limited provide pre-reserved semi-private (shared with a few other passengers) car service directly to any hotel in London. The cost will be a flat rate of £20-£25 depending on the specific hotel, which includes one large bag and one piece of hand luggage. It costs £5 more per each extra bag. You must pre-book online at:

<http://www.hotelbybusheathrow.com/>  
<http://www.heathrowshuttle.com/>

By Taxi: Alternatively you can take a taxi from Heathrow if you do not want to brave public transport while jet-lagged. A Black cab will cost around £60. However, pre-booked Minicabs usually operate on a flat-rate of around £35-50 for up to 4 people.

Book online at:

<http://www.londonairportcarservice.co.uk/>  
<http://www.adlg.co.uk/index.html>  
<https://www.airportsrunner.com>

The London Study Centre frequently uses a licensed mini cab company called Fairway and Kenwood: <http://www.fairwaycars.co.uk/>

Alternative options include:

By National Express Coach (Bus): The coach service leaves 3 times per hour and brings you into Victoria Coach Station in 40 – 60 minutes. It costs £5.00. From Victoria Coach Station, follow signs to the Victoria Underground.

For Harlingford Hotel, alight from King’s Cross/St. Pancras station and follow walking instructions below.

**By Heathrow Express:** The quickest route into London is the Heathrow Express train service. It departs every 15 minutes from the airport (after you exit customs, follow signs to the Heathrow Express), and the journey into Paddington Train Station takes just 15 minutes. It costs £16.50 if you buy your ticket online, £18.00 if you buy it from the machines at the station, and £23.00 if you buy your ticket on the train.

If students can carry their luggage quite easily up and down the stairs, they can take Underground train from Paddington Station to get to their accommodation: For Harlingford Hotel, take Hammersmith and City line eastbound (towards Barking – cost £4.00) to King’s Cross/St. Pancras station (5 stops) and follow the walking instructions below.

For students with heavy bags, a taxi is the best option from Paddington directly to the hotel- approximate cost £20.

**By Heathrow Connect:** Students with a bit more time and wishing to save some money can take the Heathrow Connect train service. It departs every 30 minutes from the airport, and it takes about 25 minutes to get to Paddington Train Station. Tickets cost £8.50 and can be purchased online at [www.heathrowconnect.com](http://www.heathrowconnect.com).

If students can carry their luggage quite easily up and down the stairs, they can take Underground train from Paddington Station to get to their accommodation: For Harlingford Hotel, take Hammersmith and City line eastbound (towards Barking – cost £4.00) to King’s Cross/St. Pancras station (5 stops) and follow the walking instructions below.

For students with heavy bags, a taxi is the best option from Paddington directly to the hotel- approximate cost £20.

### **Walking Instructions to Harlingford Hotel (See attached map: approximately 10-15 minute walk)**

#### **From Russell Square Station on Piccadilly line from Heathrow (approximately 10 minute walk with luggage) – the closest Tube station**

- Come out onto Bernard St. and make a right along the road.
- Cross the street at the crosswalk (called a zebra crossing) and turn left onto Marchmont St. just after you see the Tesco Express on the corner.
- Keep walking straight down Marchmont St on the left-hand side, passing by the Brunswick Shopping Centre on the right, until it turns into Cartwright Gardens after you cross Tavistock Place.
- When you come to a semi-circle shaped road with a garden area in the middle, turn left onto it.
- Harlingford Hotel will be first building on your left.

#### **From King’s Cross Tube Station (Piccadilly Line from Heathrow) (approximately 15 minute walk with luggage). This is a step-free station – there are elevators to take you from the platform to the street level:**

- Come out of the exit leading to Euston Rd South side/ St Pancras Library, and you’ll see a Burger King on Euston Rd.
- Stay on that side of the road and walk down towards O’Neils (Pub) at the corner of Judd St. On the other side of the road, you’ll see St Pancras Chambers (a red-brick gothic building) and the British Library next to it.
- Walk past Starbucks and turn left at Pret a Manger (sandwich shop chain) onto Mabledon Street. There’ll be a row of University of London Residence Halls on the left of the Cartwright Gardens. Walk past Hughes Parry Hall and once you reach Commonwealth Hall at the intersection of Leigh Street on the left, the Harlingford Hotel is the first hotel in the arch of the road, opposite Commonwealth Hall.

### **From Euston Station on Northern and Victoria lines (approximately 10 minute walk)**

- Come out onto Eversholt St, and make a right along the road. You will see a bar called Royal George on your left as you walk.
- Continue one block and after you see a Travelodge on your left, make a left onto Euston Rd.
- Proceed and then make a right onto Duke's Rd. where you will see a Costa Coffee on the corner.
- Duke's Rd will bend to the left. When it ends, turn right onto Burton St.
- Turn left onto Burton Place and proceed to the end of this road.
- This will bring you to Cartwright Gardens. Here, make a right and you will find the hotel on your right after about a minute of walking.

### **From London Gatwick Airport**

By Gatwick Express: You can take the Gatwick Express which runs directly from Gatwick to London Victoria Rail Station. This service runs every 15 minutes, and the journey takes about 30-40 minutes. Cost: £16.10

From Victoria Station, students with limited baggage (i.e. if you can carry it up and down stairs without much difficulty) can take the underground (tube). Take the Victoria Line northbound.

If you are staying at the LSE High Holborn Residences, please change trains at Euston Station (4<sup>th</sup> stop) to Northern Line southbound via Charing Cross and alight at Tottenham Court Road (3 stops further). Then read the instructions on how to walk to the hotel (below).

If you are staying at Harlingford Hotel, then alight from King's Cross/St. Pancras station and follow walking instructions above.

To get to the tube at Victoria Rail Station, follow signs to the underground and purchase a single, Zone 1 ticket. Cost: £4.00.

Students who can't move easily with their luggage are advised to take a taxi from Victoria Station to the hotel - approximate cost £13.00.

By National Express Train: You can take a national express train as well, which will take you from Gatwick to London Victoria Rail Station. This journey takes about 30-40 minutes, and its cost can range from £5-17, depending on the time of the day you travel.

Check here for train ticket pricing and schedule information:

<http://www.nationalexpress.com/trainslanding.aspx>

The directions from Victoria Station to your hotel are as above.

### **3) EAP Orientation program in London**

An orientation program includes:

- Mandatory information sessions on Life in the UK and Academics in the UK
- Cultural and educational activities in London
- Some free time in the centre
- Two dinners together



A detailed itinerary will be available upon arrival. You should expect to be busy with orientation activities on the dates specified. During orientation, there will be some free time when you can purchase your mobile (cell) phone.

As part of your orientation packet, you will receive an orientation folder with important information, a goodie bag, and an Oyster card for travel in London (a ticket).

All orientation activities are pre-arranged and pre-paid for by the London Study Centre. You will only need money to cover the journey from the airport to your accommodation and lunch during day 2 of orientation.

If your flight gets delayed and you may arrive late, you must contact Monika Popp or +44 (0)7503507985.

#### **4) Departure to your UK Host University**

After orientation, you will depart for your Host University. Your travel will be pre-arranged and pre-paid for by the London Study Centre. You will either travel by train and taxis or by a private coach (bus) together with other EAP students going to your Host University.

## Orientation for University of Edinburgh Students:

- a) Orientation accommodation
- b) How to get to your campus accommodation
- c) Orientation programme & location

### a) Orientation accommodation:

You will be able to check-in to your Edinburgh campus accommodation on Thursday 10 January. Please note that whilst your official Edinburgh accommodation contract will start on Saturday 12 January, EAP has arranged an early arrival date directly with Edinburgh University and will cover the cost of two nights' accommodation on the 10 and 11 January. If you are choosing to stay in private accommodation, please ensure you arrive by Thursday 10 January ready to start orientation on Friday 11 January at 10am.

### b) How to get to your campus accommodation:

#### 1) Arriving at Edinburgh Airport

Edinburgh Airport –to Edinburgh University Residences:

By Taxi. Around £25. Hassle-free and definitely worth the money with lots of luggage!

By Bus. Buses run direct from the airport to Waverley Train Station, costing £3.50 ([www.lothianbuses.co.uk/flybybus](http://www.lothianbuses.co.uk/flybybus)). Once you arrive at the city centre bus stop, you would be best to catch a taxi from the train station to your university accommodation, costing around £8 depending on where you are living.

#### 2) Arriving at Glasgow Airport

By Bus: The easiest option is to take the Citylink Coach to Edinburgh. This bus leaves from outside the main terminal and there is one change at Glasgow Buchanan Street Bus Station (please see details [Glasgow Airport Travel](#) ). A single ticket costs £11.50 and you can buy this on the coach. On arrival in Edinburgh (St. Andrew Square Bus Station), take a taxi directly to your accommodation. The taxi will take about five minutes, and will cost around £8.

By taxi: A taxi journey directly from Glasgow airport to Edinburgh city centre would cost around £60 - £80 and would take over an hour.

#### 3) Arriving in London

By Train: Take the train to Edinburgh Waverley Station from London Kings Cross train station. This takes approx. 4.5hours and will cost around £95 for a single ticket purchased on the day of travel. However, tickets become available around 3 months before date of travel and it is much cheaper if you book online as far in advance as possible via <http://www.eastcoast.co.uk/> or [www.thetrainline.com](http://www.thetrainline.com). Some tickets can be as cheap as £15 one-way but you must book early. You will be able to use your own US credit card (and sometimes debit card) to make the booking. Please note that we do not pay for travel on your behalf and you are responsible for paying these fares online. However, you may be asked to provide a UK billing address as a US one may not be accepted. For this purpose, you may enter our Edinburgh Study Centre postal address: 50 Buccleuch Street, Edinburgh, Postcode: EH8 9LP. To collect your tickets, you will want to select

the “Fasttrack” machine option. Once you arrive at Kings Cross, you will need to go to a Fasttrack machine and put in the credit/debit card with which you booked the tickets and they will be printed out there and then for you.

From Edinburgh Waverley train station it is a short taxi drive to the Edinburgh University accommodation, and will cost around £8.

By Plane: Fly from London Gatwick, Heathrow, Luton, Stansted airports to Edinburgh. Prices vary, flights depart hourly. Tickets should be booked in advance, but can be purchased on the day of travel. Consult British Airways [www.britishairways.com](http://www.britishairways.com), British Midland [www.flybmi.com](http://www.flybmi.com), Easy jet [www.easyjet.com](http://www.easyjet.com), Ryan Air [www.ryanair.com](http://www.ryanair.com) or KLM UK [www.klm.com](http://www.klm.com) for more details. On arrival at Edinburgh Airport, take either a taxi or a bus into the city (see From Edinburgh Airport section).

By Coach: From Victoria Coach Station to St Andrews Square Bus Station. Consult <http://www.nationalexpress.com/coach/> for further details – costs can vary greatly, from around £30 - £70. On arrival, take a five-minute taxi ride directly to your accommodation, which will cost around £8.

### **c) Orientation Programme & Location**

Your EAP Orientation will consist of mandatory meetings on Academics and Life in the UK, Edinburgh Castle visit and lunch. A more detailed itinerary will be emailed to your UC email address in December.

Our orientation meeting will start at 10am prompt and will take place at the University of California Study Centre on 50 Buccleuch Street. Please see the map in your Pre-Departure Checklist.

As part of your orientation packet, you will receive an orientation folder with important information and goodie bag.

All orientation activities are pre-arranged and pre-paid for by UCEAP.

If your flight is delayed, please contact Hilary Noyce on +44 (0)7968 704 994 to confirm your expected arrival time.

## Orientation for University of Leeds Students

- a) Orientation accommodation information
- b) Getting to the hotel
- c) Orientation programme & location
- d) Onwards travel to Leeds after orientation

### a) Orientation accommodation information

EAP has arranged and pre-paid for two nights' bed and breakfast accommodation for you so you do not need to organise your own orientation accommodation in Edinburgh:

#### IBIS Hotel

6 Hunter Square,  
Edinburgh, EH1 1QW  
Tel: +44 131 240 7000  
Location: [IBIS map](#)  
Website: [IBIS Edinburgh](#)

Please make your own way to the hotel on Monday 14 January. If you are arriving ahead of this date and wish to book a room at the IBIS, please contact the hotel and arrange payment directly.

### b) Getting to the hotel:

#### 1) Arriving at Edinburgh Airport

Edinburgh Airport –to IBIS Hotel:

By Taxi. Around £25. Hassle-free and definitely worth the money with lots of luggage!

By Bus. Buses run direct from the airport to Waverley Train Station, costing £3.50 ([www.lothianbuses.co.uk/flybybus](http://www.lothianbuses.co.uk/flybybus)). It is a 5 minute walk to the IBIS hotel from where the airport bus stops. However, it is uphill and could be challenging if you have a lot of heavy luggage! If you prefer to get a taxi, then it would cost around £5.

#### 2) Arriving at Glasgow Airport

By Coach: The easiest option is to take the Citylink Coach to Edinburgh. This bus leaves from outside the main terminal and there is one change at Glasgow Buchanan Street Bus Station (please see details [Glasgow Airport Travel](#) ). A single ticket costs £11.50 and you can buy this on the coach. On arrival in Edinburgh (St. Andrew Square Bus Station), take a taxi directly to the IBIS Hotel. The taxi will take about five minutes, and will cost around £8. A taxi journey from Glasgow airport to Edinburgh city centre would cost around £60 - £80 and would take over an hour.

#### 3) Arriving in London

London to Edinburgh by Train:

By Train: Take the train to Edinburgh Waverley Station from London Kings Cross station. This will take approximately 4.5hours and will cost around £95 for a single ticket purchased on the day of travel. However, tickets become available around 3 months before date of travel and it is much cheaper if you book online as far in advance as possible via <http://www.eastcoast.co.uk/> or [www.thetrainline.com](http://www.thetrainline.com). Some tickets can be as cheap as £15 one-way but you must book early. You will be able to use your own US credit card (and sometimes debit card) to make the booking.

Please note that we do not pay for travel on your behalf and you are responsible for paying these fares online. However, you may be asked to provide a UK billing address as a US one may not be accepted. For this purpose, you may enter our Edinburgh Study Centre postal address: 50 Buccleuch Street, Edinburgh, Postcode: EH8 9LP. To collect your tickets, you will want to select the "Fasttrack" machine option. Once you arrive at Kings Cross, you will need to go to a Fasttrack machine and put in the credit/debit card with which you booked the tickets and they will be printed out there and then for you.

From Edinburgh Waverley train station it is a short taxi drive to the the IBIS Hotel (5-25 minutes depending on your location), and will cost around £5.

By Plane: Fly from London Gatwick, Heathrow, Luton, Stansted airports to Edinburgh. Prices vary, flights depart hourly. Tickets should be booked in advance, but can be purchased on the day of travel. Consult British Airways [www.britishairways.com](http://www.britishairways.com), British Midland [www.flybmi.com](http://www.flybmi.com), Easy jet [www.easyjet.com](http://www.easyjet.com), Ryan Air [www.ryanair.com](http://www.ryanair.com) or KLM UK [www.klm.com](http://www.klm.com) for more details. On arrival at Edinburgh Airport, take either a taxi or a bus into the city (see From Edinburgh Airport section).

By Coach: From Victoria Coach Station to St Andrews Square Bus Station. Consult <http://www.nationalexpress.com/coach/> for further details – costs can vary greatly, from around £30 - £70. On arrival, take a five-minute taxi ride directly to your accommodation, which will cost around £8.

### **c) Orientation programme & location**

We will meet in the reception area of the IBIS Hotel at 3.30pm prompt. Please see the following link for the hotel location: [IBIS map](#).

Your EAP Orientation will consist of:

Day 1: Welcome meeting & dinner

Day 2: Mandatory meetings on Academics and Life in the UK, Edinburgh Castle visit, lunch and dinner

A more detailed itinerary will be emailed to your UC email address in December. You should expect to be busy with orientation activities on the dates specified. During orientation, there will be some free time when you can purchase your mobile (cell) phone.

As part of your orientation packet, you will receive an orientation folder with important information and goodie bag.

All orientation activities are pre-arranged and pre-paid for by UCEAP.

If your flight is delayed, please contact Hilary Noyce on +44 (0)7968 704 994 to confirm your expected arrival time.

### **d) Onwards travel to Leeds after orientation**

EAP will purchase your train ticket in advance for onward travel to Leeds on the morning of Wednesday 16 January.

## Orientation for University of St. Andrews Students:

- a) Orientation accommodation
- b) Getting to St Andrews
- c) Orientation programme & location

### a) Orientation accommodation:

EAP does not provide orientation accommodation for you as you will be able to check-in to your campus accommodation on Wednesday 23 January. Please arrive and check-in by 12 midday so that you have time to deposit your luggage and then make your way to our EAP Orientation meeting at 2pm.

### b) Getting to St Andrews

- 1) The easiest way to reach St Andrews is to fly into Edinburgh Airport and then take one of these two Airport collection services

Edinburgh Airport Collection Service:

St Andrews Direct offers a discounted taxi transfer service from Edinburgh Airport to St Andrews for around £20 per person. You must book in advance via the website: <http://www.st-andrews.ac.uk/orientation/transport/> Registration for January 2013 is not yet open but please keep checking the website for updates. This is a very reasonable fare given the distance and if you have a considerable amount of luggage, it would be worth your while arranging for this service. A private taxi from Edinburgh Airport to St Andrews would usually cost around £70.

Another similar option is the St Andrews Shuttle: <http://www.standrewsshuttle.com/>

Independent travel by bus or train from Edinburgh or Glasgow airport would involve several changes of stop. However, if you are interested in making your own way to St Andrews then please contact Hilary Noyce for further information [hilary.noyce@uceapedinburgh.org.uk](mailto:hilary.noyce@uceapedinburgh.org.uk) .

### 2) Arriving in London:

If arriving at a London Airport you would be best to fly to Edinburgh. You can fly from London Gatwick, Heathrow, Luton, Stansted airports to Edinburgh Airport. Prices vary, flights depart hourly. Tickets should be booked in advance, but can be purchased on the day of travel. Consult British Airways [www.britishairways.com](http://www.britishairways.com), British Midland [www.flybmi.com](http://www.flybmi.com), Easy jet [www.easyjet.com](http://www.easyjet.com), Ryan Air [www.ryanair.com](http://www.ryanair.com) or KLM UK [www.klm.com](http://www.klm.com) for more details. On arrival at Edinburgh Airport, you would be best to opt for the St Andrews Direct or Shuttle services detailed above. Alternatively, you would need to take either a taxi or a bus into the city and then change to a train to Leuchars and then take a short bus trip to St Andrews town centre (around £20) or a bus to St Andrews coach station. This bus trip takes around 1hour 40 mins and would cost around £6.

By Train: You would need to take airport link transport from the London airport in to London Kings Cross train station. From there, take the train to Edinburgh, which will take around 4.5hours and cost around £95 for a single ticket purchased on the day of travel. You would then need to change train to Leuchars (around £20) and then take a short bus trip (around £1.50) from Leuchars to St Andrews town centre. It is much cheaper if you book train fares around 3

weeks or more ahead of time online: <http://www.nationalexpresseastcoast.com/GNER> or [www.thetrainline.com](http://www.thetrainline.com). Some tickets can be as cheap as £15 one-way but you must book early. You will be able to use your own US credit card (and sometimes debit card) to make the booking. Please note that we do not pay for travel on your behalf and you are responsible for paying these fares online. However, you may be asked to provide a UK billing address as a US one may not be accepted. For this purpose, you may enter our Edinburgh Study Centre postal address: 50 Buccleuch Street, Edinburgh, Postcode: EH8 9LP. To collect your tickets, you will want to select the "Fasttrack" machine option. Once you arrive at Kings Cross, you will need to go to a Fasttrack machine and put in the credit/debit card with which you booked the tickets and they will be printed out there and then for you.

### **c) Orientation programme & location:**

Your EAP Orientation will consist of mandatory meetings on Academics and Life in the UK, a walking tour of St Andrews and a group dinner. A more detailed itinerary will be emailed to your UC email address in December.

Our Orientation meeting will start at 2pm prompt. Please meet Hilary Noyce outside the International Office, which is 16 St Katharine's West, The Scores. This is located at point 30 on the following map: <http://www.st-andrews.ac.uk/media/wwwmap.pdf>.

As part of your orientation packet, you will receive an orientation folder with important information and goodie bag.

All orientation activities are pre-arranged and pre-paid for by UCEAP.

If your flight is delayed, please contact Hilary Noyce on +44 (0)7968 704 994 to confirm your expected arrival time.

## Arriving Early?

### Ideas for London, Edinburgh, Glasgow & St Andrews

Arriving early is advisable but not required. However, if you do arrive early, you must book your accommodation yourself.

If you wish to add extra nights in advance of the group booking, please contact your orientation accommodation directly.

A hotel room or bed & breakfast accommodation in London, Edinburgh or St Andrews would cost £50-100 per night. Alternatively, you may want to stay in cheaper accommodation at one of the hostels mentioned below. These are usually dorm room beds that range from around £16 - £25 per night and may or may not include breakfast.

#### London

Accommodation in London

Hotels:

Premier Inn King's Cross, 26-30 York Way, Kings Cross, N1 9AA

[www.premierinn.com](http://www.premierinn.com)

Travelodge Covent Garden, 10 Drury Lane, High Holborn WC2B 5RE

[www.travelodge.co.uk](http://www.travelodge.co.uk)

Hostels:

Astor Museum Hostel: 27 Montague Street, WC1B 5BH

Tel: 0044 20 7580 5360

(Nearest Tube station: Tottenham Court Road)

[www.astorhostels.com](http://www.astorhostels.com)

YHA London Central: 104-108 Bolsover St, W1W 5NU

Tel: 0845 371 9154

(Nearest Tube station: Great Portland Street)

[http://www.yha.org.uk/find-accommodation/london/hostels/london\\_central/index.aspx](http://www.yha.org.uk/find-accommodation/london/hostels/london_central/index.aspx)

YHA London St Pancras: 79-81 Euston Road, NW1 2QE

Tel: 0845 371 9344

(Nearest Tube station: King's Cross/St. Pancras)

<http://www.yha.org.uk/find-accommodation/london/hostels/london-st-pancras/index.aspx>

#### Ideas for sightseeing in London if you arrive early:

We recommend that you rest and get ready for orientation. However, if you really want to go and explore, try not to visit the places we will during orientation! Most museums in the UK do not charge admission fee, so it's worthwhile checking some of the great collections at the British Museum, or the National Gallery. Other recommended attractions include the London Eye, Westminster Abbey, or Buckingham Palace. A stroll on the South Bank is one of Londoners' favourite pastimes.



## Edinburgh

Accommodation in Edinburgh:

Hotels:

IBIS Hotel: 6 Hunter Square, Edinburgh, EH1 1QW

Website: [www.ibishotel.com](http://www.ibishotel.com)

Premier Travel Inn: (Lauriston Place or Morrison Street)

Website: [www.premierinn.com](http://www.premierinn.com)

Travelodge: Edinburgh City Centre, St Mary's Street

Website: [www.travelodge.co.uk](http://www.travelodge.co.uk)

Hostels:

Budget Backpackers, Candlemaker Row, Tel: 00 44 131 226 6351

Email: [hi@budgetbackpackers.com](mailto:hi@budgetbackpackers.com)

<http://www.budgetbackpackers.com/>

High Street Hostel, 8 Blackfriars Street, Tel: 00 44 131 557 3984

Email: [high-street@scotlands-top-hostels.com](mailto:high-street@scotlands-top-hostels.com)

<http://www.highstreethostel.com/>

Royal Mile Backpackers, 105 High Street, Tel: 00 44 131 557 6120

Email: [royalmile@scotlandstophostels.com](mailto:royalmile@scotlandstophostels.com)

[www.scotlandstophostels.com](http://www.scotlandstophostels.com)

Ideas for sightseeing in Edinburgh if you arrive early:

Edinburgh is probably best known for its Castle and this is well worth a visit. (Leeds and Edinburgh students - don't visit Edinburgh Castle as we will take you here during your EAP Orientation!). It costs around £13 and unfortunately there are no student/concession priced tickets. If you don't fancy paying that, don't worry as you can just admire it from afar and instead choose to visit one of Edinburgh's many free attractions. Try taking a walk up Calton Hill to look at the panoramic view of Edinburgh or visiting one of our five free National Art Galleries (at The Mound, Queen Street or Dean Village). A particular favourite of ours, is the newly re-furbished National Museum of Scotland! <http://www.nms.ac.uk/>

## Glasgow

Accommodation in Glasgow:

Hotels:

IBIS Hotel: Glasgow City Centre, 220 West Regent Street

Website: [www.ibishotel.com](http://www.ibishotel.com)

Premier Travel Inn: Glasgow City Centre, George Square

Website: [www.premierinn.com](http://www.premierinn.com)

Travelodge: Glasgow Central, 6-11 Hill Street

Website: [www.travelodge.co.uk](http://www.travelodge.co.uk)

Hostels:

Euro Hostels, 318 Clyde Street, G1 4NR, Tel: 0044 141 222 2828

Email: [reservations@euro-hostels.co.uk](mailto:reservations@euro-hostels.co.uk)  
<http://www.euro-hostels.co.uk/>

Blue Sky Hostel, (there are two of these in Glasgow but the one closest to the University is the West End one), 3 Bank Street, Glasgow, G12 8JQ, Tel: 0044 141 221 1710

Email: [westend@blueskyhostel.com](mailto:westend@blueskyhostel.com)  
<http://www.blueskyhostel.com/>

Ideas for sightseeing in Glasgow if you arrive early

Glasgow has a lot to offer in the way of tourist attractions and many sights have free entry! For example, check out the recently re-furnished Kelvingrove Museum and Gallery, which is located just next to the University, or stunning Glasgow Cathedral. The Riverside Museum of Transport is fascinating as well as the Science Centre, both located on the Clyde. If you like clothes shopping and afternoon tea, you will be spoilt for choice here!

## **St. Andrews**

Accommodation in St Andrews:

Bed & Breakfasts:

Hotel accommodation in St Andrews can be very expensive and so the more affordable option would be to stay at a Bed & Breakfast. A wide variety of options can be found here:

<http://www.standrewsbandbs.co.uk/bed&breakfasts.htm>

Ideas for Sightseeing in St Andrews:

As St Andrews itself is a small town and you will have plenty of time to discover it during your time there, you might wish to jump on a train or bus to Edinburgh or Glasgow to take in sights. In Edinburgh, the Castle, Holyrood Palace and the many free National Art Galleries and National Museum of Scotland are well worth visiting.

Another source you can use when searching for a hostel in any UK city is the website

<http://www.hostelworld.com/>

## Luggage, Mobile Phones, Money and Jet Lag

### Useful Tips from Previous Participants

#### LUGGAGE

##### Travel light!

Students routinely say how they wish they had brought **HALF** of what they actually did for their time in the UK ...

Every year many students seem surprised at how far and how many times they have to move and carry their suitcases.

In the UK you will notice a lot of stairs, uneven pavements and no elevators. Even on the Underground, you must be prepared to carry your luggage up a few stairs before you get to an escalator or elevator. Also, very few host universities' housing has elevators either, so it is worth trying to travel as lightly as possible. You should also expect to have to lift and carry your bags quite a bit on their journey from the airport to orientation accommodation, and, in all likelihood, at your host university as well.

One solution for students who do have a lot of things they wish to bring for the year is to arrange to have the heavier items shipped directly to their host university, although not all host universities allow this. Students who decide to do this will have to ensure they have the correct delivery address (and in particular the postcode) for any shipment, which might mean sending it just prior to their own departure from California, or even asking someone else to send it on a short while after they've arrived and have their postal address confirmed. The host university liaison offices can advise further. Items like: bed linen, duvets or blankets take up a lot of room in your suitcase, so it is much better to purchase them here. Many Halls will have a scheme where you can buy these items.

It is also worth noting that many students do tell us that they buy more clothes than they expected to while on their year abroad (bargains are available here, contrary to expectation). So please take notice and bring as little with you as you can!

#### MOBILE PHONES

Cell phones are called mobiles in the UK. A Pay-As-You-Go is the most common plan for study abroad students that offers flexibility and good rates. Often, EAP students purchase an inexpensive handset that will serve them for one term or one year and a SIM card with their chosen plan: either free texts, free minutes or free data allowance, or the combination of the three. There are a lot of options and we will advise you on who can best guide you through your purchase so that your mobiles needs are met. During orientation, you will have some free time when you can go and purchase your mobile phone.

Some of you might want to unlock your US phone, which can be done, but be aware that this can void any warranty you have on your phone, and one student found she would no longer be able to get software updates on her smartphone after having it unlocked. If you are not sure of your US phone's international capabilities, we suggest you speak to your provider before coming to the UK.

## MONEY

Please make sure your US bank knows that you will be abroad for a while! You don't want to try your card while here only to have the purchase rejected because your bank thinks someone outside the country has stolen your account details!

In order to open a bank account in the UK, you will need a letter from your host university, proof of new UK address and your passport. Therefore, you need to make sure you have enough money available to get you going until you can open a bank account, which can take up to a few weeks (depending on the bank). During EAP orientation in the UK, we will talk in detail about different banks and money matters. For London orientations, as mentioned earlier, we recommend you have enough money for your transportation from the airport to your orientation accommodation, and for your lunch on the second day of orientation (you can get a good lunch for under £10).

## JET LAG

### Before the flight:

- Try to get plenty of rest and hydrate.
- It can sometimes help people to start adjusting to their new time zone a few days before travelling. Setting your watch ahead and shifting your meals can train your brain into the new time you will be in.

### While on the flight:

- Stay away from coffee and alcohol!
- It's best while flying internationally to drink water, as hydration is key to fighting jet lag.
- Make yourself comfortable, even if that means you bring a pair of pajamas to wear for the flight.
- Depending on the time of your flight, you might want to forgo the dinner they serve, as it will probably be in the middle of night in the UK. It's okay to snack, but try to wait until breakfast is served.
- Try to sleep on the plane! Even if you only get a few hours, this will help you upon your arrival in the UK. It is a long journey and upon arrival you will be expected to stay alert and focus to participate in the EAP orientation.

### After the flight:

- Try to stay awake until evening (always aim for 8-9pm) the first day as this will help your body adjust to the new time more quickly.
- Continue to drink lots of water.
- Get sunlight. Yes, the British Isles may be known for clouds, but sunlight will help those circadian rhythms get into their new time zone!

Combating a jet lag can take up to a few days (usually one day for time zone crossed). With these steps, you should be able to tackle it well.

## Contact details for UCEAP London and Edinburgh Study Centres

### UCEAP London Study Centre

Winston House  
3 Bedford Square  
London, WC1B 3RA  
Tel: +44 (0)20 7079 0562

[www.uceap-uki.org.uk](http://www.uceap-uki.org.uk)

Emergency Cell number: (if dialling from inside UK) 07503507985 and (if dialling from outside UK) +44 7503507985

Programme Officer: Ms Monika Popp  
[monika.popp@uceap-uki.org.uk](mailto:monika.popp@uceap-uki.org.uk)  
Skype: monikauceap

Programme Assistant: Ms Niki Sol  
[Niki.sol@uceap-uki.org.uk](mailto:Niki.sol@uceap-uki.org.uk)  
Skype : nikiuceap

### UCEAP Edinburgh Study Centre

50 Buccleuch Street  
Edinburgh, EH8 9LP  
Tel : +44 (0)13 1662 8988  
[www.uceap-uki.org.uk](http://www.uceap-uki.org.uk)

Emergency Cell number: (if dialling from inside UK) 07968 704 994 and (if dialling from outside UK) +44 7968 704 994

Program Manager: Mrs Hilary Noyce  
[hilary.noyce@uceapedinburgh.org.uk](mailto:hilary.noyce@uceapedinburgh.org.uk)  
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Program Assistant: Ms Emily Rootham  
[Emily.rootham@uceapedinburgh.org.uk](mailto:Emily.rootham@uceapedinburgh.org.uk)  
Skype: emilyuceap