UNITED KINGDOM

International Summer School
University of Sussex
2011 Program Guide
The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, national origin, religion, sex, gender identity, pregnancy,* disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. The University also prohibits sexual harassment. This nondiscrimination policy covers admission, access, and treatment in University programs and activities. Inquiries regarding the University’s student-related nondiscrimination policies may be directed to the campus Equal Employment Opportunity/Affirmative Action office.

*Pregnancy includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth.
YOUR UCEAP NETWORK

EAP Online
Bookmark your Participants program page; it contains vital resources and requirements you need to know before you go abroad, including the Predeparture Checklist, UCEAP Guide to Study Abroad, Program Calendar, EAP Student Budgets and Payment Vouchers, and policies.

Local EAP Support

Campus EAP Office
The Campus EAP Office coordinates recruitment, student selection, orientation, and academic advising, and serves as your primary contact during the application process.

UCEAP Systemwide Office
The UCEAP Systemwide Office establishes and operates programs and coordinates EAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

- **Program Advisors** communicate program information, both academic and operational, to students and campuses, and coordinate and provide academic and administrative support in all aspects of your participation.
- **Operations Specialists** coordinate the logistics of the program. Document requirements, visa application instructions, health and safety precautions, placement and acceptance by the host institution, arrival and on-site orientation, and housing arrangements are examples of program details the Operations Specialists coordinate.
- **Academic Specialists** advise on academic policies; review and record courses taken abroad for UC credit; process student registrations, petitions, and grades; and document and maintain students’ academic records.
- **Student Finance Accountants** assist primarily with EAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

Contact Information

**Operations Specialist**
Michelle Bobro  
**Phone:** (805) 893-3246; **E-mail:** mbobro@eap.ucop.edu

**Academic Specialist**
Francesca Kempinski  
**Phone:** (805) 893-2810; **E-mail:** fkempinski@eap.ucop.edu

**Program Advisor**
Kirstin Maryott  
**Phone:** (805) 893-3246; **E-mail:** kmaryott@eap.ucop.edu

**Student Finance Accountant**
Rachel Wilson  
**Phone:** (805) 893-5927; **E-mail:** studentfinance@eap.ucop.edu

**UCEAP Systemwide Office**
6950 Hollister Avenue, Suite 200  
Goleta, CA 93117-5823  
**Phone:** (805) 893-4762; **Fax:** (805) 893-2583
University of Sussex
The EAP Study Center works with the University of Sussex International Summer School to customize an eight-week summer program for EAP students. The director of the Sussex International Summer School schedules classes and assigns faculty members according to the courses chosen (during the application process) by each year’s group of EAP students. Sussex International Summer School also handles the logistical side of the academic program, providing prearranged housing.

Student Mailing Address
Student Name
c/o International Summer School
Mantell Building
University of Sussex
Falmer
Brighton BN1 9RF
UNITED KINGDOM

Study Center Abroad
This program is administered from an EAP Study Center with a UC faculty consultant and program officers. Study Center locations are in London and Edinburgh. Study Center staff will advise you on academic matters and ensure that your academic program meets UC requirements. They also provide general information and help with living in the United Kingdom. The host university also has advisors who will work with you to plan your course of study.

The Study Center is the first point of contact for advice or assistance during the year.

Contact Information
London Study Center
3 Bedford Square
London WC1B 3RA, United Kingdom
Phone (calling from the U.S.): (011-44-207) 079-0562
Phone (calling from the U.K.): 0207-079-0562
E-mail: studentsupport@californiabase.org.uk

Edinburgh Study Center
50 Buccleuch Street
Edinburgh EH8 9LP
Scotland, United Kingdom
Phone (calling from the U.S.): (011-44-131) 662-8988
Phone (calling from the U.K.): 0131-662-8988
E-mail: staff@uceapedinburgh.org.uk

Phone Number Codes
U.S. international code ............. 011
(dial this to call from the U.S.)
United Kingdom country code ....... 44
London city code ................. 207
Edinburgh city code ............ 131

Approximate Time Difference: Add 8 hours
EAP STUDENTS SAY...

Things aren’t organized for you like they are at UC. There is a lot more that you must do to stay caught up with a course. For example, a professor will give you a long list of recommended reading and not a course reader with set readings. It requires more time and energy in the library. You’re just expected to be capable and ready and interested enough to research in your free time (less required reading, more suggested reading).

ACADEMIC INFORMATION

University Information

The University of Sussex was founded in 1961 and has a beautiful parkland campus near the south coast city of Brighton & Hove, which is known for its cosmopolitan and relaxed atmosphere. There are excellent transport links to London (only 50 minutes from Brighton by train) and the major airports. On campus there are two sports complexes, a theater, shops, several bars, and a choice of self-service restaurants, including vegetarian. In a recent London Times Higher Education Supplement ranking of world universities, Sussex placed 58th overall in the world, 17th in Europe, and 9th in the U.K.

Program Description

The program is divided into two 4-week sessions. You will enroll in one intensive course during each session, selecting from more than 60 courses spanning the humanities, sciences, and social sciences. Courses are taught by Sussex faculty members with the same styles, formats, and expectations as other Sussex courses. Active participation and attendance is mandatory for all classes during the term. There is a strict policy on absences and tardiness. You are required to take midterm and final exams, as well as complete all required course work and essays.

Course Information

You are required to take a full-time course of study while on EAP and enroll in a minimum of 12 UC quarter units. No courses may be taken P/NP.

Each course is worth 6 UC quarter units and may consist of lectures, tutorials, labs, seminars, workshops, and fieldwork opportunities. Level I courses will appear as lower division on the UC transcript, while Level II and III courses will translate to upper-division UC course work.

Subject areas include American studies, anthropology, archaeology, art and architecture, biology, chemistry, creative writing, drama, economics, education, English, environmental science, film studies, forensic science, history, international relations, management studies, media and popular culture, music, philosophy and religion, physics, politics, psychology, and sociology. New courses include animation, climate change, entrepreneurship, and women in Islam.

Summer courses are outlined on the University of Sussex International Summer School website (select subject areas from the menu on the left side of the screen).

Independent Research Projects

Independent research projects for academic credit may be possible in this program. Special Study Projects must be taken for 5 UC quarter units. If you are interested in participating in an independent research project, e-mail a curriculum vitae and description of the proposed area of research to Chris Sykes (C.Sykes@sussex.ac.uk) before applying to the program.
Internships

Internships for academic credit or enrichment are not available in this program. Instead, some students choose to do volunteer work, but that requires advance planning. Volunteer work is only allowed by the British government if you have obtained a Tier 4 Student Visa from the British Consulate in Los Angeles before departure from the U.S. You must have a CAS number from Sussex in order to apply for the Tier 4 Student Visa, but Sussex produces CAS numbers for summer students only in exceptional circumstances. If you have already arranged an internship, you can request a CAS number explaining your need for it in detail, and Sussex may or may not provide the number.

> Failure to pay lab or field trip fees may result in dismissal from the courses.

Lab Fees

If you register for science courses requiring a lab, you will be responsible for paying a materials fee directly to Sussex before departure from the U.S. as part of the registration process. Sussex will e-mail you instructions on how to register as a participant, how to pay any lab fees, and how to pay for a housing upgrade if desired. If there is a fee, it will appear in the course listing on the Sussex website and in the Sussex Handbook. Lab materials fees are approximately £95 to £130, depending on the course. You will receive two or three reminders after arrival about any fees if you have not already paid them. It is your responsibility to respond to reminders and to pay your debts. Failure to pay lab fees may result in dismissal from the courses.

Field Trip Fees

Other non-science courses may have a field trip fee noted in the course listing on the Sussex website and in the Sussex Handbook. You are responsible to pay field trip fees directly to Sussex; fees range from £20 for the British Popular Culture course to £70 for the Introduction to Archaeology and British Theater courses. You will receive two or three reminders after arrival about any field trip fees if you have not already paid them. It is your responsibility to respond to reminders and to pay your debts. Failure to pay field trip fees may result in dismissal from the courses.
**Academic Culture**

Be prepared to experience a different academic culture in the United Kingdom. There exists a distinct university culture, one that is different in its habits, jargon and terminology, structures, and teaching styles from what exists at UC. You will spend much time at the beginning of the program learning about the different university culture and different expectations of the British faculty.

**Independence Expected**

You are expected to be more independent than you are at UC. There is rarely any immediate accountability for the material presented in lectures; British students often demonstrate their mastery of material in exams at the end of the program. As a result, you may not know where you stand academically in some courses until completion of finals, since no regular tests and few assignments other than papers provide feedback. You will need to work more independently than you have been used to, with less direction, fewer in-term assessments, and less sense of how your performance will finally be judged.

**Reading Texts**

One of the main differences is the amount of direction you receive regarding reading texts. In a typical UC class, you receive a syllabus with detailed information and deadlines for required reading, quizzes, papers, and tests. However, in the U.K. it is much more common to receive a long reading list that constitutes the material of the whole course, and you need to find your own way through it. British lecturers may give some guidance about what will be covered in a certain class meeting, but they may also assume that you are familiar with the works on the list. This lack of specific direction can be frustrating, especially at the beginning of the term. Expect to ask questions about texts and assignments.

**Instruction**

Instruction generally consists of lectures, seminars, tutorials, and labs. Seminars are larger group discussions, usually based on short papers written in advance by one or two students. In seminars, you are encouraged to compare your own views and test your opinions against those of others. Lectures, which are often used to cover the groundwork in a subject, supplement tutorials and seminars. The lectures, which may be on diverse topics, provide background material for the academic work that is assessed during tutorials.

**Faculty**

Faculty members, most often called lecturers (“professor” is a rare title held only by the head of a department or a chairperson), can be found in their offices, but they are not required to hold specific office hours. Like their UC counterparts, some are readily available and some are elusive.

**Libraries**

You may need to buy some texts; however, fewer texts are required and you will use more library resources. Unfortunately, academic libraries in Britain are rarely as user-friendly as the UC libraries. The collections typically are smaller and the hours more restricted.
Writing Ability

There is more emphasis on writing in Britain than at UC, and you may need to write two or three essays per term, even in the sciences or mathematics. Excellent writing ability is the norm and “marking down” for poor writing is common. Seminars and tutorial sessions often require papers and oral reports.

Most British students have been trained rigorously to write well. Their A-levels (exams required for entrance to English universities) are for the most part written in essay format. Significant emphasis is placed on literacy, not only for students in the humanities and social sciences, but for those in the sciences as well. It is important not only to have intelligent ideas, but to express them clearly and coherently in well-supported essays, using accurate spelling and grammar. This is as important in exams as in essays written during the term.

You will need to learn a different style of essay writing. British instructors often expect more outside (secondary) sources to be evident in essays than at UC. A good essay attempts to insert itself into the critical discourse on the topic, not appear simply as the writer’s personal thoughts. Research your topics thoroughly (or more thoroughly than the hectic pace of UC quarters generally allows) and use that research in your essays. Good writing that is clear, elegant, and simple is valued.

Exams

Exams are serious business in British universities—far more so than almost any final exam at UC. British students prepare for tests in earnest, since their entire final standing may be dependent on the result. Although the final exam may not entirely determine your final grades at UC, exams are the academic area in which UC students as a rule have the most difficulty. Keep up with your reading and class attendance throughout the program to avoid unnecessary stress during final exam time.

Grades

For information about grades, see the Academic Information chapter of the UCEAP Guide to Study Abroad.
**CULTURAL AWARENESS**

**Educate Yourself**

“Nothing gives the English more pleasure, in a quiet but determined sort of way, than to do things oddly.” —Bill Bryson

Become as acquainted as possible with the U.K. prior to departure, and keep up with current events by reading articles in newspapers and magazines, and by watching films set in contemporary Britain. UC libraries subscribe to the main daily newspapers published in London, and weekly or monthly magazines of news and commentary also should be available.

**Guidebooks**

EAP students report it is wise to acquire a guidebook or two before departure. Travel books give comprehensive accommodation, sightseeing, historical, and travel information. Suggested travel book series include Let’s Go, Rough Guide, Lonely Planet, Blue Guide, Michelin Guide, and Intelligent Traveler’s Guide. Other resources are Time Out, DK, Insight, and Footprint guidebooks.

**Recommended Reading**

**British University Life**

American universities and their counterparts in the United Kingdom are very different. These books will give you an idea of what life is like at a British university.

Amis, Kingsley  

Snow, C. P.  

**Novels Relevant to California Students**

Are you intrigued by differences between Americans and the British? These books offer a look into Britain’s academia and society, often from an American perspective.

Bradbury, Malcolm  

Fielding, Helen  

Hornby, Nick  

Lodge, David  

North, Freya  
*Polly*, Ullstein TB, 2001; *Sally*, Heinemann, 1996.
Social Conduct
Living in the U.K.

While Great Britain has changed much in the past 15 years, some class stratification is still a part of its society, and you are likely to be aware of some degree of class consciousness among your British peers. A smaller percentage of the population attends university in the U.K. than in the U.S., which means that a given university may be less representative of the population as a whole. But because students traditionally leave home to go to university just as in the U.S., the political and social character of a university cannot be predicted by its location. Be open to a variety of social and political attitudes on the part of your counterparts in Britain.

The United Kingdom is a multiracial society and has experienced, and continues to experience, racial tensions. But the mix of races is quite different; in addition to Africans and Afro-Caribbeans, Britain has a sizable population from the Asian subcontinent, including Indians and Pakistanis, but in relation to California, a smaller number of East Asians. Moreover, ethnic minorities represent different cultural experiences, deriving their place in contemporary Britain from the nation’s comparatively recent colonial past. British people are aware of the need for racial awareness and sensitivity, but as ethnic groups are unevenly spread across the country (minorities typically concentrated in London and the large cities of the Midlands and North), they vary a great deal in their actual experience of racial diversity.

While Britain’s differences from the U.S. should have no consequences for the degree of acceptance and friendliness toward non-white American students, it may mean differing assumptions, even misunderstanding at times, about the backgrounds of such students. Political correctness is as much a part of discourse in Britain as in the U.S., but it also means different things and elicits a variety of attitudes.

You will likely hear much about culture shock in your EAP campus orientation meetings and during the orientation abroad. Whether you feel the term overstates the matter, or that shock is just the right term to describe adjusting to a new environment, realize that adjusting to life, even in a country where the language is the same and much of the popular culture is shared, can present a significant challenge. Though many returned students describe their time on EAP as “the best time of my life,” they admit that genuine effort is required to adjust, especially in the beginning.

Although the British are not as open about sexuality (especially in the smaller cities), larger cities such as London have well established lesbian, gay, bisexual, and transgender (LGBT) scenes. Publications such as *Time Out* list LGBT-friendly events and venues in London, and EAP staff will have further contact information. In addition, most universities offer LGBT societies. The age of consent for gay males is 16 years in the U.K. There are no legal prohibitions against lesbianism.

“EAP STUDENTS SAY...
It’s easy to underestimate the degree to which you will feel foreign. The key is to be honest about how you’re feeling and what confuses you. Find people you can talk to and share with. Don’t struggle to assimilate entirely or to understand everything you feel. Have patience and courage.

Culture shock happens—you just have to go and experience it.”
Drinking and Smoking

You will find quite different practices and attitudes toward drinking and cigarette smoking. In general, British students use pubs for socializing a great deal more than their American counterparts; a night out may be more frequent and involve the consumption of more alcohol than most American students are used to.

Smoking, while more controlled than a few years ago, is still common, especially among university students. Smoking in public buildings has been banned. It is restricted to designated areas on university grounds. If you do not want to share accommodations with smokers (even though they are not smoking indoors), clearly note this in your housing application and every attempt will be made to accommodate the request, although it cannot be guaranteed.
ARRIVAL & ORIENTATION

Travel Documents
You are not required to present a birth certificate to the host university, even if requested. Your passport is sufficient identification.

Make photocopies of all important documents and keep the copies in a separate location from the originals. E-mail yourself a list of passport and credit card numbers and any other personal information that would need to be replaced if it were stolen or lost.

Entry Clearance
You can obtain an entry clearance called the Student Visitor Visa when you arrive in the U.K. from British immigration officers at the airport or at another port of entry. UCEAP will provide detailed information about this clearance. You need to show proper documentation of your student status and evidence of financial support for the coming term abroad. EAP strongly encourages U.S. citizens to obtain the Student Visitor Visa upon arrival in the U.K.

To work or do volunteer work in the U.K. you must obtain an entry clearance called the Tier 4 Student Visa before departure. It is unlikely that you will be able to work in the U.K. during the summer program, regardless of the visa you hold.

If you are not a U.S. citizen, contact the British consulate in Los Angeles to find out if you need to obtain an entry clearance while still in the U.S.

Entry Clearance for Back-to-Back Program Participants (subject to change)
Summer plus Fall: Present admission letters from both host universities plus financial proof to cover both programs, and obtain a Student Visitor Visa upon arrival in the U.K. (if both programs total six months or less).

Summer plus Year: If possible, obtain a Tier 4 Student Visa before departure for the year program, then obtain a Student Visitor Visa upon arrival for the summer program. This method may not be possible because you cannot apply for the Tier 4 Student Visa more than three months before the start of the year program and you may not yet have received the CAS number you need from the host university.

Traveling to the U.K.
You may not travel to or through the Republic of Ireland on your way to the United Kingdom. Do not book your flight on Aer Lingus, as it will make a stop in Dublin on its way to the U.K.

The U.K. and Ireland are part of the Common Travel Area (CTA) arrangement, which also includes Jersey, Guernsey, and the Isle of Man. The first entrance into CTA dictates the type of entry clearance stamp or entry clearance activation you will receive. This means that if you arrive first in Ireland on your way to the U.K., you will receive an “in transit” stamp, even if you already have an entry clearance (for the U.K.) from the British consulate in your passport. So, the U.K. entry clearance you might already have will not be activated upon arrival in the U.K., and you will not receive an entry clearance for short-term study because the CTA has already been entered and an “in transit” stamp given.
U.K. immigration officers may not even be present where passengers deplane from flights via CTA locations into the U.K. Immigration officers elsewhere in the airport will not and cannot activate or give an entry clearance to persons who have already entered the CTA. This means you have no status in the U.K. immigration computer records—your student status in the U.K. is nonexistent and your stay is considered illegal. You must regularize your status in order to register at your host university—and you will be denied reentry if you travel.

If you must regularize your status, you will have to apply for the correct entry clearance after arrival at your host university. Most likely you will need to return to the U.S. to obtain the correct entry clearance. If the British Home Office allows you to apply to their London office, it will cost at least $590 to apply by mail and at least $1,000 to apply in person. Applying by mail requires you to submit your passport to the British Home Office for several weeks, so you will not be able to travel out of the country. To be on the safe side, do not travel to or through Ireland on your way to studying in the U.K.

**History of CTA**

CTA has been in existence for decades to allow ease of travel to British and Irish citizens between the two countries. The European Union has adopted and continues to refine several similar arrangements for various groups of European countries, the most well known being the Schengen Treaty and its offshoots. However, Europe compensates for ease of border crossing with more internal controls, such as identity checks and shared immigration databases. How does this affect you? The U.K. appears to be loosening internal CTA border control in the European manner, thus you would not receive the entry clearance stamp or activation you need if you arrive in the U.K. from Dublin.

**International Student ID Cards**

An international student identification card is cheaper in the U.K. than in the U.S., and some students wait to purchase one. However, cards purchased in the U.K. do not carry the supplemental travel insurance policy that is provided with cards purchased in the U.S.
Packing Tips
Identify each item of luggage on the inside and outside with your name, home address, and destination. A rolling, wheeled suitcase is a wise investment. Luggage restrictions vary by airline, though all carriers have weight restrictions.

Pack clothing that is washable and quick drying if possible. Objects such as scissors, pocket knives, nail clippers, etc., must be packed in the checked luggage only. They will be confiscated if found in your carry-on luggage.

› The EAP Student Budget does not include funds for the purchase of clothing abroad.

Essential
• Layered clothing (T-shirt, shirt, fleece vest, button and pullover sweaters)
• Lightweight jacket
• Warm socks
• Flip-flops, walking shoes, casual footwear
• One dressy outfit
• Umbrella
• Heavy jacket or coat
• Rainwear

Optional
• Bathrobe and slippers
• Beach towel
• Lightweight blanket
• Seat pad (good for train and bus travel)
• Travel-size sleeping bag
• Empty backpack (to bring home items purchased abroad)
• Travel alarm clock and flashlight
• Small gifts for new friends (with UC logo or California designs)
• Family photos

Do Not Bring
• Medications that are illegal in the U.K.
• Fragile items unless they are bubble wrapped

Insurance for Personal Possessions
The UCEAP Insurance Plan includes a personal property benefit; however, it is your responsibility to determine if it will suit your needs. You must look into the benefits prior to departure and decide whether or not you will need to purchase additional coverage, especially if you are bringing anything of value like a laptop or camera.

In addition, your parents may already have insurance coverage for personal possessions, though it may not cover items that are in transit or abroad. Find out if your parental policy, combined with the UCEAP policy, is sufficient to cover the items you will be taking with you.

If you decide to purchase additional coverage, it is best to obtain insurance before departure because most theft occurs in the airport or while moving into housing. The host university does not protect student belongings, even in university accommodations. Endsleigh is a major student insurance provider in the U.K.
Electronics
The electrical current used abroad is 50 cycles AC rather than the 60-cycle current used in the U.S., and voltage is 220–250 rather than the standard U.S. 110–125 volts for small appliances. Most electrical sockets abroad have three-pin plugs. In general, North American appliances need both a converter and an adapter for use abroad. However, travel irons, curling irons, hair dryers, electric razors, etc., can be purchased in the U.S. with either a built-in converter or a dual-voltage function. These appliances will need only an adapter to be used abroad. (Appliances without either a built-in converter or a dual voltage function will need an external converter, which can be purchased at electronics stores or travel specialty shops.) U.S. clocks need to be battery-driven to operate abroad. Past EAP students recommend purchasing small appliances abroad, although they will be more expensive than in the U.S.

If you plan to take a laptop, be sure that the AC input of its power supply will accept 240 volts and 50hz (AC Input: 100V–240V; 50hz–60hz); if it does not, purchase a transformer before departure. You can purchase the correct adapter plug (for three-pronged sockets) in the U.S. or abroad. Since the cost of electricity abroad is high and improper use of appliances may damage both the electrical outlets and the appliances, ask before using the outlets. Some university accommodations will test your appliances to make sure the appliances comply.

Information on purchasing appliances and accessories can be found on the Magellan's and Distant Lands websites.

Travel Tips
You are responsible for reserving and purchasing your tickets (even if you are on full financial aid). Your Financial Aid Office is not responsible for purchasing tickets. You are strongly urged to purchase a changeable airline ticket. Standby tickets are not appropriate for EAP.

You are required to arrive at the correct program site on the EAP Official Start Date (see your program calendar for exact dates). Failure to appear on the date and at the place EAP indicates will subject you to dismissal from the program (see Student Agreement).

Flights are routinely changed or canceled. Confirm your flight schedule with your airline about two weeks before departure.

When traveling always carry your passport, visa, ticket, prescription medications, and money. Never put valuables in your checked luggage. Leave extra credit cards at home and carry only what is necessary.

To avoid theft, never leave your luggage unattended. Do not ask others to carry any items abroad for you (laptop, camera, extra bags, etc.) and do not volunteer to do so for others. Airlines may not allow you to take them or customs abroad may charge you a very high duty. This is particularly a concern with electronic goods.

Flights from the U.S. direct to Europe arrive the day after they depart the U.S. Keep this in mind when booking your flight to arrive on the correct date for your program. When you fly directly home from the U.K. you will arrive in the U.S. the same day you departed.
The start date of the program can change due to unforeseen circumstances. You are responsible for making modifications in your travel itinerary to accommodate such changes. EAP is not responsible for any unrecoverable transportation charges you may incur. In order to be kept informed of any program changes, update MyEAP with any changes in your e-mail address, mailing address, or phone number.

**Financial Aid Students**

Your financial aid package is based partly on the EAP Student Budget for the program. The estimated round-trip airfare amount is based on the cost of a changeable student fare to the United Kingdom. If your independent travel costs are greater than the airfare estimate in the EAP Student Budget, notify your financial aid counselors. Neither EAP nor the Financial Aid Office can guarantee that the additional cost will be funded by financial aid.

**Orientation**

You will attend an on-site orientation organized by the program provider. The orientation will include information on the academic structure of the program as well as important information about health, personal safety, finances, emergency preparedness, and other practical matters.

You are required to appear at the program site on the Official Start Date and participate in all orientation activities; failure to do so could subject you to dismissal from EAP (per Student Agreement).

The Sussex summer orientation begins on arrival day (a Sunday), when Sussex provides a free minibus service from the local Falmer railway station to the Reception Office. At the office, you will receive a comprehensive Welcome Pack and room and mailbox keys; staff will direct you to your accommodation. You then have the opportunity to join a guided campus tour and an accompanied supermarket trip. Within the Welcome Pack will be a Sussex Handbook, trip and travel information, a computer logon and password, and a registration ID swipe card to access the library and gym. The swipe card is also useful for obtaining discounts for local clubs, the cinema, and travel. On the first Monday morning, the orientation includes informative welcome talks from the vice chancellor, the director of the summer school, and members of her staff. Also included is a tour of the library and an IT briefing. Later, there is an optional day trip to London and the Tate Modern Gallery for a small additional cost (about $7), to be paid after arrival.
LOCAL TRANSPORTATION

Travel within the U.K.
Eurail passes must be purchased in the U.S. (either before departure or by someone in the U.S. once you are abroad).

Detailed instructions on transportation from London-area airports to the designated arrival point at the summer program site are found in the Arrival/Orientation Information in your online Predeparture Checklist.

Storage
Numerous sites exist where you can store luggage during breaks or while traveling after the end of the program. Two storage companies are Big Yellow Self Storage and Excess Baggage Company. Storage sites are usually at airports, underground stations, and train stations. Prices and hours will vary, so confirm details in advance. Most companies can also arrange to ship luggage.

Return Travel
If you do not make round-trip arrangements, book a return flight with plenty of lead time once abroad. Study Center staff can refer you to a local travel agency for information on return travel. Flights to the U.S. fill up fast and economy-fare seats are booked early.
It is important that you carefully read all of the information available in the UCEAP Guide to Study Abroad and discuss it with the person who will assist you with your finances while you are abroad.

**FINANCIAL INFORMATION**

**Understanding Your Finances**

Understanding your finances before, during, and after EAP is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the Money Matters chapter of the UCEAP Guide to Study Abroad:

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to EAP
- EAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while on EAP (how do I get my financial aid from my home campus and how are my fees paid)
- Various forms (e.g., direct deposit, etc.)

**MyEAP Student Account**

Your MyEAP Student Account is similar to your home campus Financial account. It will be available as soon as you are selected for your program in MyEAP. The fees that you owe UCEAP are posted to your account, and you can make payments through this account using e-checks or credit cards (MasterCard or Discover). Fees will be applied after your program predeparture withdrawal date, which is listed in MyEAP.

**EAP Student Budget**

Carefully review your UCEAP Student Budget.

Your UCEAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. The fees due to UCEAP will be posted to your MyEAP Student Account after your program predeparture withdrawal date. Program fees are subject to change. View your EAP Student Budget frequently.

**Instructions**

- Download and print your EAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the EAP Student Budget and Payment Vouchers to the person responsible for paying your EAP bills. Sign them up for Third Party Authorization so they can make payments online.

For further information see the Money Matters chapter of the UCEAP Guide to Study Abroad and the Money Matters tab of your Participants Portal. If you are on financial aid, see also the EAP Financial Information web page.
“EAP STUDENTS SAY...”

The reality of spending time in the U.K.: It’s expensive. You’ll spend a lot of money, even if you’re living cheaply. Things just cost more there. So I found the best thing is to submit to the forces that be and accept being eternally indebted to your parents and to your credit card company. You won’t regret spending the money later, but you’ll regret missing out on any experiences that present themselves.

Don’t think about converting pounds into dollars. It will make you crazy. Just realize that the year is going to be expensive. The sooner you start thinking one pound equals one dollar, the better off you’ll be (although not financially).

Get as much money together as possible before you come abroad. Things are expensive and you don’t want a lack of money to limit you.

Never cash a check at a “checks cashed” place unless you want to be ripped off. Go to a bank.

Handling Money Abroad

Initial Expenses

While abroad be cautious about carrying and displaying money. You will need a minimum of at least $200 initially for textbooks and basic supplies. Budget additional funds for clothing and travel.

Before leaving the U.S., exchange $200 into British pounds. The funds will be useful upon arrival for snacks, transportation, tips, and unexpected purchases. Some U.S. banks will purchase the foreign currency for you; the process may take a week or more. Dollars can also be exchanged for foreign currency at airports.

ATM Withdrawal

Take a bank card that enables access to funds in a U.S. bank account at an ATM. The bank card must have a four-digit PIN. Although most U.S. banks will charge currency exchange fees when money is withdrawn from an ATM, ATM withdrawal is the best way to access your money.

Travelers Checks

You can also take travelers checks issued in British pounds for immediate use after arrival. However, note that travelers checks are not as widely accepted abroad at retail venues as they are in the U.S. You will first need to cash your travelers checks at a bank. Not all banks provide this service, not all banks will cash American Express travelers checks, and some banks will charge a commission. You will need to show your passport as ID when cashing travelers checks.

Do not expect to open a bank account due to time constraints.
COMMUNICATIONS ABROAD

E-mail
E-mail is available, but facilities and resources are not the same as at UC and you will likely have to wait for access to computers.

Some computers may be too old to have ports for downloading and saving images from digital cameras. Also, some computer labs will not allow images to be loaded on the computers and e-mailed. If you plan to use a digital camera, you are encouraged to bring a laptop.

Skype
Many students use Skype for long-distance calls. Family and friends in the U.S. can call you, at low rates, using Skype from their computers. You can Skype family and friends from any computer with Internet access. Computer-to-computer Skype calls are free. You will need a headset or a microphone.

Study Center Contact
It is important to keep in contact with the EAP Study Center in addition to being in daily contact with the on-site program provider. See Your UCEAP Network in this guide for contact information.

Study Center office hours are generally 9:30 a.m. to 5:30 p.m., Monday through Friday. The office may be closed for lunch. You may contact the Study Center at any time and leave a message on the answering machine. You may also contact the Study Center Director or Program Officer outside office hours in an emergency by using the personal phone numbers you will receive after arrival.

Mail
The British mail service is usually fast. Letters mailed in the evening before the last mail collection at any of the British universities are delivered in London the next day or two and vice versa. Airmail to or from California usually takes from six to ten days; however, delivery times can vary widely and if you are being sent a package that must arrive by a certain date, have the package sent by an express mail service.

See Your UCEAP Network in this guide for the correct mailing address at your host university.

Shipping
Packages sent from the U.S. generally take six to eight weeks to arrive by surface mail. Do not have packages sent. The Study Center will not collect luggage that has been shipped in advance and staff will not pick up any luggage that must be claimed at a customs office or dock.
EAP STUDENTS SAY...

Calling home is expensive. Buy a calling card for 5 or 10 pounds and put all of your calls on it. It’s much cheaper than using a telephone account that your school may provide, and it’s easier to limit your spending.

Phone

- Approximate time difference: add 8 hours

There are two types of public phones in the United Kingdom. Pay phones take coins of 20 pence and over. Card phones are the alternative. Calling cards are the most convenient method for making calls from public telephones. Cards in denominations of £2, £4, £10, or £20 are available from the post office, travel centers, some news agents, machines on underground platforms, and anywhere there are Phone Card signs. Many BT pay phones take major credit cards and charge cards. Unfortunately, phone card telephones may not be available in your residence hall, and you may have to walk to one elsewhere on campus, or even off campus.

Collect Calls: In the U.K., collect calls (made by dialing 100) are expensive. Do not phone the Study Center this way unless there is an emergency.

Directory Assistance: Information in the U.K. is reached by dialing a provider of Directory Service Information. All providers have six-digit numbers beginning with 118 and all charge for the service, even from public phones. First try other means to find a phone number (the Internet, a phone book, etc.) because the charge can be expensive. More information will be distributed at the on-site orientation.

International Phone Calls: International calls are best made using phone cards, though at least a £10 card is needed for calling the U.S. The direct dialing code to the U.S. is 001 + area code + number. You can call the U.S. collect through the operator by dialing 155 (the International Operator). Calls made between 8 a.m. and 1 p.m. are the most expensive, those made in the afternoon are slightly less expensive, and rates go down considerably after 8 p.m. An excellent time to phone California is 7 a.m. because the rates are still low and because at that time it is 11 p.m. (the previous day) in California.

Calling the U.S. from Abroad: Many U.S.-based long-distance phone companies, including AT&T, Sprint, and MCI, provide special services that make it easy to phone home from abroad. In addition, you can purchase a wide range of commercial phone cards in the U.K. in various denominations specifically for international calls.
You will be required to sign a Code of Conduct, for both the college and the university. The rules are strictly enforced, so read them carefully before signing.

**Housing Q & A**

**Q: What kind of housing is available?**

**A:** You are required to live in a university dormitory for the eight-week summer program. All dorms are co-ed and self-catering, with shared kitchen and co-ed bathroom facilities. Sussex will provide a duvet, duvet cover, pillow, pillowcase, flat sheet, and towel. On-campus housing consists mainly of single study bedrooms, but there are some shared rooms.

All rooms have phones, but EAP participants report serious problems with the phone system. Sussex Summer School is aware of this problem and is working with the system provider. Inform the Summer School office if the phone in your room is not functioning properly.

Your EAP fees cover the regular housing to which you are assigned. However, upgraded “en suite” accommodations are offered at a higher cost (rooms with their own bathrooms). If you request this housing, you are required to pay the difference in cost directly to Sussex. You can find details of the upgrades and costs in Sussex Summer School's published materials. If you are unhappy with your dorm assignment after arrival, inform Residential Services that you would like to move to another room or another dorm.

**Q: What about meals?**

**A:** Dorms are self-catering, which means you are expected to purchase and prepare your own food. EAP participants recommend learning to cook if necessary and bringing some dry, packaged foods with you (such as Ramen noodles) so you will have food immediately available. You can purchase groceries and prepared foods on campus, but note that most on-campus stores close at 4:30 p.m. and going into the city requires a long bus ride. Self-catering is the most inexpensive and healthy way to eat, but it can present some challenges, especially if you are not accustomed to cooking.

**Q: How do I report complaints?**

**A:** It is important to report complaints immediately. You may contact either the Sussex staff that will on be on site when you move into the dormitory, RA's, or the 24-hour security personnel, depending on the issue and timing. All students need to contribute their fair share of keeping the dorm environment pleasant for everyone.

- Report unclean or broken items immediately upon moving in. (There is only a 24-hour turnaround between students moving out and summer students moving in.)
- Attend the “Kitchen Meeting” held by RA's for all students.
- Agree with your dorm mates on basic rules for living together and keeping your shared rooms in good condition.
- Clean up after yourself; especially wash your own dishes after each use.
- Report any damage done by your dorm mates immediately.
- Keep doors locked. Report any thefts to RA's or security personnel.
- Window screens are not in common use abroad. There are no screens on the dorm windows so be prepared for some insects to enter if windows are kept open for a long period of time.
• Use the correct adapters for electric/electronic items, or fuses will be blown.
• Report unacceptably loud nighttime noise to security personnel, which includes a night porter.

Q: Are there computer facilities?
A: Sussex has three computing facilities that are open 24/7. Although York House is the facility nearest to your housing, there are newer and better computer facilities in the School of Biology and in the Physics Building, which is less than a five-minute walk away.

Withdrawal Policy
The application fee of £150 is not refundable at any time after you apply to Sussex. Sussex Summer School must establish a firm and final list of participants in order to plan courses and arrange for classrooms and faculty. If you intend to withdraw, you must e-mail your intent to withdraw to summer@sussex.ac.uk, your Campus EAP Office, and mbobro@eap.ucop.edu. Sussex will also charge one week’s housing fee for a withdrawal for any reason after June 1. Sussex will not refund any prorated amount (per four-week session) if you withdraw for any reason after the session has begun.

Accommodation for Students with Disabilities
Inform your host university of any needs so accommodation in services or housing can be made if at all possible. You must provide a letter from your UC campus Disabled Students Office requesting specific services. Accessible housing is available but needs to be reserved early. Professors will give extra time on exams if required. Note takers are not available. You will need to borrow notes from your classmates or record the lectures (each professor’s permission must be obtained to record his or her lectures).
“EAP STUDENTS SAY...”

Expect a completely different way of socializing—especially if you’re under 21. Be prepared for the centrality of alcohol consumption in the culture. Going to the pub daily is a very easy pattern to fall into. Be aware.

EXTRACURRICULAR ACTIVITIES

Get Involved

Participating in extracurricular cultural and social activities while on EAP is an excellent way to meet people, improve your language skills, and integrate more fully into the community.

Join clubs, sports, music/theater/arts groups; attend lectures and receptions held in academic and community circles, and get the most out of your time abroad.

New visa regulations prohibit students from any kind of work, including volunteer work, unless the correct visa is obtained before departure for the U.K. If you want to do volunteer work, obtain the Tier 4 Student Visa from the British Consulate in Los Angeles.

Extracurricular Activities

It is sometimes difficult for EAP summer students to find and participate in activities, but it can be done. You do not live with, or attend class with, British students. You will receive information after arrival on options available, but you also need to make an effort to locate other options and participate in as many activities as possible. Interaction in the community is the only way to get to know British people, and EAP students who have joined clubs, played sports, attended religious services, and participated in local events have tremendously increased their enjoyment of their time abroad.

There are optional trips offered nearly every weekend. The trips are highly praised by EAP participants as an excellent value and a great way to meet other students. You must sign up and pay Sussex directly for each trip.

University of Sussex Facilities

Do not expect the kind of access you have at UC libraries because the Sussex library has shorter hours of operation. Also, summer maintenance may cause some sports facilities, such as the gym or weight room, to be unavailable at times during the eight-week program.
EAP STUDENTS SAY...

You’ll probably get sick when you first get to the U.K. Almost all of us got a horrible cough and cold-type symptoms. It lasted about two weeks.

HEALTH

- In addition to the following sections, read the Health and Safety chapters of the UCEAP Guide to Study Abroad.
- Before departure, review the U.S. CDC Travelers’ Health information website for specific health information for all your travel destinations.

Physical Health
If you feel sick or have a medical emergency, seek medical attention and contact the Study Center immediately. The Study Center can recommend a clinic to visit, provide advice about the necessary medical insurance claim forms to complete, and help if extended absences are expected.

You may choose where to obtain medical treatment. Usually the best option is to go first to the Student Health Service at your host university. If you need further treatment, the Student Health Service can make recommendations about private practitioners, clinics, hospitals, or other care providers. Wherever you go to receive care, you will pay up front. A visit (regardless of the nature of the illness) to a care provider’s office may cost approximately $115; a consultation with a nurse, approximately $24; a consultation with a doctor, approximately $45; to have a prescription written, not including the cost of the medicine, approximately $22. So if you visit a care provider and are examined by a nurse who calls in the doctor for further consultation, and the doctor writes a prescription, the approximate cost may be $206, not including the cost of any tests done or the cost of the medicine. Be prepared to be charged a fee for every type of service, including completion of forms.

Since you will be studying in the U.K. for fewer than six months, you will not be entitled to free treatment by the National Health Service. However, you will be covered by the UCEAP Insurance Plan, and you may file a claim to receive reimbursement for services covered under the plan.

Medical Referrals
The Student Health Service may further refer you to a specialist, such as a psychiatrist. Although you might be able to make your own appointment directly with a specialist, this is not the usual procedure. If you are referred to a specialist, then your physician or specialist in the U.S. should consult directly with the specialist in the U.K. There may be a fee for this consultation if it is done by phone. If you plan to request a referral to a specialist, provide a letter from your health care provider to the Student Health Service. The letter will be needed for appropriate referral and further medication prescription. It should specify your diagnosis, treatment, and medication.

You can always ask the Study Center and the International Office at your host university for advice and assistance in choosing a care provider.

You can also call collect the UCEAP travel assistance provider, Europ Assistance, in the United States. You may ask them for medical referrals and help facilitating payment directly to medical providers, in particular if you face a medical emergency. Contact information: (202) 828-5896 or e-mail OPS@europassistance-usa.com. Identify yourself as a UCEAP student.
Psychological Health

If you are close to the London area, you can be referred to a consultant psychiatrist at Priory Hospital North London for individual or group consultation sessions with psychiatrists specializing in various areas of mental health. The Priory Hospital is part of the Priory Group, the leading provider of private psychiatric care in Europe.

The UCEAP Insurance Plan covers up to 40 outpatient visits; there is no co-pay and you can make an appointment with any doctor. Call the UCEAP travel assistance provider, Europ Assistance, in the United States to ask for medical referrals. See the previous section (Medical Referrals) for contact information.
Safeguard

Precautions

The U.K. Firearms Act makes it unlawful to manufacture, sell, transfer, purchase, acquire, or possess any prohibited weapon or ammunition without authority. Homicide and armed assault are less common in the U.K. Cities in the U.K. are, by all relevant measures, markedly safer than comparable metropolitan areas in the U.S. The overall level of crime in the U.K. has been dropping in recent decades.

In general, the centers of cities, the parts that visitors and tourists are likely to frequent, can be considered safe. Most central-city parks present few risks in daylight hours. But larger open areas, the commons and heaths in and adjacent to major cities, should be treated with caution. In all cases, inquire into and accept the advice of local university officials, police, and others with experience in the communities.

Most crime in the U.K., as in Europe generally, is directed against property. Pick-pocketing, mugging, and snatch-and-run thefts remain common criminal incidents, especially in airports, restaurants, public transportation hubs, and crowded streets. Take precautions. When in public, keep valuables, especially your wallet, passport, and credit cards, in buttoned or zippered inside pockets, or in money belts or fastened bags. Never leave bags, backpacks, and cases unattended or in locked cars. Burglary is on the increase in the student residences. Keep your room door locked and store valuable items in locked drawers or closets, if available. If you take valuable items such as a laptop or an expensive camera, the UCEAP Insurance Plan provides personal property benefits (in addition to health coverage). Read the plan, make sure it is adequate, and consider purchasing additional coverage before departure from the U.S. See more detailed information about insurance for personal possessions in the UCEAP Insurance Plan brochure.

Hitchhiking is not considered safe in Britain or in most of continental Europe. Exercise common sense about your personal safety and belongings and do not be lulled into a false sense of security by the perception that Britain or continental Europe is safer than the U.S. Do not carry large amounts of cash and, unless traveling, leave your passport in a safe place in your room.

The U.S. Department of State provides information about road safety in its country information bulletins. Refer to the U.S. Department of State website.

Demonstrations

Public rallies and demonstrations, common in bigger cities, are usually peaceful and rarely end in violent confrontations. In case of bigger gatherings, there is a possibility of sporadic confrontations and violent escalation. Strikes occasionally occur in the transportation sector and could have an impact on commuters. Do not participate in demonstrations, and remain vigilant when in the vicinity of any demonstrations; if violence erupts seek shelter.
Emergency Contacts

What Constitutes an Emergency?
Emergencies are circumstances out of the ordinary, unplanned, or unexpected, which threaten the health, safety, and well-being of you and/or your fellow students. The following are considered true emergencies:

- Any situation that places a student or students at risk, including illness or harm, or other traumatic incidents that require immediate response
- A student who has been arrested
- Civil unrest or a natural disaster in the host country

In an Emergency
Contact local emergency services first and then contact the following:

If you are in the U.S.
- During office hours (8 a.m.–5 p.m. Pacific Time): Contact the Operations Specialist at the EAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

If you are abroad
Carry the local emergency contact information at all times:
- If you need immediate emergency assistance, call 999 for Police, Ambulance, or Fire Department
- If necessary, call the emergency number of the U.S. Embassy in London: (011-44-207) 499-9000.

U.S. Embassy in London
Physical Address (GPS & Google maps)
24 Grosvenor Square
London, W1A 2LQ
United Kingdom

Mailing Address
24 Grosvenor Square
London, W1A 1AE
United Kingdom

If you have a health or safety emergency and do not have access to local or Study Center emergency contact information, call the EAP 24-hour emergency phone number.