

## NOTES FROM THE PRE-DEPARTURE ORIENTATION (MAY 2017)

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### Teaser Tip – Passport

Do you have a valid passport? Your passport needs to be valid through June 2018 in order to be considered valid. If you need a passport, do NOT delay!

<https://travel.state.gov/content/passports/en/passports.html>

### Teaser Tip – Weather

Any idea what the weather is like in London/UK in the fall? Time to do some research now so that packing is a breeze come September! Look for tips in your UVA London First Handbook... See you HERE on this group page Thursday, May 18, 3:00pm EST for more pre-departure information!

### Teaser Tip – Packing

Pack light! When packing, do your research on your airline's requirements in terms of baggage size, weight limits, and overweight baggage fees. You won't be able to pack everything, and you'll likely want space to take purchases home when you return to the U.S.

You will find loads of packing tips online and in your UVA London First Handbook.

See you HERE on this group page Thursday, May 18, 3:00pm EST for more pre-departure information!

## DAY OF:

### Expectations for PDO – Post

Calling all UVA LONDON FIRST FALL 2017 COMMITTED PARTICIPANTS!!! Join us LIVE for the pre-departure orientation HERE on the UVA London First, Fall 2017 group page, Thursday, May 18, 3:00pm. Please actively participate by liking/commenting on the posts so that we know that you are out there! We will be posting every 2 or 3 minutes, so you will want to refresh your browser often. The posts will be numbered so that you can be sure that you didn't miss any of the information.

After we are finished with the posting portion (~30 minutes), we plan to go to LIVE VIDEO for an additional 30 minutes with Faculty Director, Michael Levenson and Education Abroad Advisor, Kathleen McLaren-Hawking. (If the live video doesn't work out for some reason, we will still answer your questions in real time on the page). While we are live, we will go back and answer the questions that you posted and answer any additional questions that you might have. If you are unable to tune in for the event in real-time, you will still be able to see all of the posts and questions and video for reference.

### Teaser – Email & Key Players

Even though we are having this Pre-departure Orientation on Facebook, email will continue to be the main method of communication with the participants on UVA London First. Communications from the UVA International Studies Office will continue to be addressed to the email account that you used to set up your London First application. You will need to check your email frequently as we have a lot of information to communicate to/with you about UVA London First before your departure in September!

In the fall, we will switch over to using your UVA email as the main method of communication. If you are already using your UVA email, you should consider email forwarding to keep it organized and in one place.

Who are the key players and/or who might be emailing you regarding UVA London First?

- ✓ Michael Levenson, Faculty Director for UVA London First & Course Instructor for EGMT 1510/1530
- ✓ Kathleen McLaren-Hawking, your Education Abroad Advisor for UVA London First
- ✓ Casey Ireland, UVA London First Graduate Assistant & Course Instructor for ENWR 1510
- ✓ Dudley Doane, Director of the International Studies Office and your College Advisor
- ✓ Rachel Most, Associate Dean for Undergraduate Academic Programs
- ✓ Regent's University London staff - You will soon also be introduced via email to the staff at Regent's who will be working to help prepare for your arrival in September as well as working with you on site in London.
- ✓ 4 UVA exchange students will be housed with you in Reid Hall to serve as mentors for the fall semester in London. Introductions coming soon...
- ✓ YOU! If you want to get to know each other ahead of time (encouraged), please keep in mind that some participants are not on Facebook, so emailing will be more inclusive. Please email Kathleen, [kdm4q@virginia.edu](mailto:kdm4q@virginia.edu), if you do NOT want your email shared with other participants.

## **UVA London First PDO**

### **Post #1 Welcome**

Welcome to your pre-departure orientation for UVA London First: Global Cultures in a World City, Fall 2017! We are so excited to help prepare you for your upcoming experience on the inaugural "London First" program!

Remember to like or comment when you are finished reviewing each post!

### **Post #2a Academics - Fall in London**

The program will introduce components of UVA's new Arts & Sciences curriculum, including courses in two of the College's four core engagement topics: Engaging Difference and Aesthetic Engagement.

It will also offer the required course in first-year writing.

Students will also choose from a selection of Regent's University London courses, taught by Regent's faculty and taken alongside Regent's students.

Course descriptions are available on the UVA London First Web Site:

<http://college.as.virginia.edu/sites/college.as.virginia.edu/files/UVALondonFirstCourses.pdf>

## Post #2b Academics & Housing - Spring in Charlottesville

Shortly before course enrollment begins for the spring 2018 semester (mid-November), you will be able to log in to SIS to view your enrollment appointment, the date and time at which you can begin course enrollment. Your on-Grounds course registration time will **not** be adjusted because you are abroad! You will confer with the Director of the International Studies Office and College Advising Fellow, Dudley Doane, before completing online enrollment.

You will all live in the International Residential College when you return to Charlottesville in the spring. The International Residential College (IRC) is a vibrant and enriching residential/academic community for over 300 undergraduate students, about 60% domestic and 40% foreign. All IRC housing will be air-conditioned as of Fall 2017 – yes!

Upon your return, you will attend a one-day orientation in Charlottesville before spring semester classes start on Tuesday, January 16, 2018. (FYI - This date is an update from what the handbook states.)

## #3 Arrival in London

YOU NOW HAVE THE GREEN LIGHT TO PURCHASE FLIGHTS!! Arrival and Check-In at Reid Hall, Regent's University is Thursday, September 14, which will require **departure from the US no later than Wednesday, the 13th of September.** There is no group flight, but you are encouraged to meet the other London First participants and coordinate as appropriate. Heathrow Airport is recommended as it is the closest and most convenient to Regent's.

You will need to arrange your own transportation to the Regent's campus. The recommended and most affordable option of transport is the underground train, aka "the tube." There are DETAILED instructions in your handbook on how to get to Regent's from the airport – print out those pages and take them with you! There will be a gathering for dinner on the evening of September 14.

UVA Orientation (in London) for London First participants will be September 15-16, and Regent's Induction will be September 18-22. Classes will begin on Monday, September 25!

Set expectations with your family/friends about contacting them after arrival... it is unrealistic that you will be able to get in touch right away. You will be jet lagged and figuring out your way through customs, baggage, local transportation, etc. Discuss calling/emailing them before you go to bed that night because you probably won't have time before then!

## Post #4 Documentation

You will want to keep a photocopy of your documents in a safe place at home with family and also keep a copy in a secure place with you abroad (away from the originals).

U.S. citizens currently do **not** need a visa to enter the U.K., however should check out the [gov.uk](http://gov.uk) website for documents to present at the border.

Students traveling with a non-U.S. passport may have different visa requirements, and should research these as early as possible, aka NOW. Email your Education Abroad Advisor, Kathleen McLaren-Hawking,

kdm4q@virginia.edu, if you need documentation regarding enrollment in the program or UVA. All UVA international students need to make contact with their International Student Advisor to discuss re-entry documentation and requirements, <http://issp.virginia.edu/contact-information>

## Post #5 Finances

Make sure to review the [budget sheet for UVA London First](#) to understand how much money you will need for incidental expenses. The “non-billable” estimates are not billed by UVA and will vary from student to student!

Alert your bank of your travel locations and dates to avoid the card being cut off for a foreign transaction! Most banks allow you to note this information through their website.

There are ATM’s on the Regent’s University campus and throughout London, especially in shopping areas. Generally, if your debit card has a Visa or MasterCard logo on it, it should work in many of the ATM’s.

Financial Aid: Your financial aid award is made available to you in the Finances section of your SIS Student Center <http://www.virginia.edu/sis>. At the time your award is complete, you should receive an email message from Student Financial Services instructing you how to access the details of your award. For questions about your financial aid, contact Student Financial Services at [sfs@virginia.edu](mailto:sfs@virginia.edu) or (434) 982-6000.

## Post #6 Health

It is so important to take a close look at the many factors that contribute to your physical and emotional well-being. Traveling abroad will almost certainly affect your health, because so many factors of your daily health have to do with lifestyle and environment. Travel will also not magically solve any problems, such as alcohol, drug use, or emotional well-being. In fact, being in an unfamiliar environment can often exacerbate these problems.

A visit to your family physician, gynecologist, dentist, and mental health professional will help you prepare for a healthy journey and might prevent emergencies abroad.

Make sure to verify that any prescription medicine is legal in the U.K. (you can consult with CISI), and pack enough for your time abroad

Because the U.K. is a low-risk destination according to the CDC, you just need to make sure that your routine vaccinations are up to date.

## Post #7 Health Insurance

- All participants in this program are covered for both international health insurance and emergency assistance and evacuation by Cultural Insurance Services International (CISI).
- Students will receive their ID card and more information in an email from CISI. Students should print their ID card and policy information, and MUST carry their CISI ID card with them at all times during their time abroad.

- More information about the CISI coverage and local medical facilities can be found in the handbook.

<https://www.culturalinsurance.com/>

## Post #8 Safety and Legal Matters

- Traveling may give you a new sense of freedom and a false sense of security. It is very important to be aware of the environment and take necessary measures to ensure your safety.
- While studying abroad, you are a representative of the University of Virginia and have agreed to comply with UVA's rules, standards, and instructions for student conduct and behavior, as well as any stated codes of conduct from the host institution/program provider. These rules include the Honor Code and the Policy on Sexual and Gender-Based Harassment and Other Forms of Interpersonal Violence, to name a few.
- Students have a continuing duty to report any violations of local, state, federal, and international law to the Dean of Students within 72 hours, with the exception of minor traffic incidents that do not result in injury to others.
- Students should stay informed about current events in London and the U.K., and be alert at all times.
- Certain groups, such as women, racial and ethnic minority students, students with disabilities, and LGBTQ individuals may encounter situations or norms that differ from those in the U.S. Take the time to visit the various websites and resources listed in the handbook.
- Check out this website for tons of useful information:  
<https://travel.state.gov/content/studentsabroad/en.html>

## Post #9 Cultural Adjustment

Watch this video to learn a bit more about how to more successfully navigate through different cultures. How many of you have lived in another culture before? What are YOUR favorite tips that helped you navigate the adjustment? <https://www.youtube.com/watch?v=Me2HITQPS40>

And when you come back – REVERSE CULTURE SHOCK. It is REAL. Just ask any study abroad returnee. Use your resources and rely on each other to get through it. You will be happy to have each other when you get back to C'ville!

And of course, more information in your handbook!

Please comment "done" when you have finished viewing the video clip.

## Post #10 Next Steps – To Do!

Lots to do and lists to help keep you organized!

- ✓ Complete your post acceptance requirements ASAP! These are found within your London First online application. Kathleen will check off that you have participated in this Pre-Departure Meeting after she sees that you have liked/commented on these pre-departure posts.

- ✓ Complete your UVA – Charlottesville To-Do List. Complete the “Now” tasks now and make plans to complete the remaining items during the fall semester. This list was emailed to you and can also be found on this group page as a pdf (posted on 5.16.17)
  - *You will NOT be attending the summer orientation in Charlottesville, and so you should disregard the “Student To-Do List” on the Orientation & New Student Programs page.*
- ✓ Keep track of your preparations by using the “Pre-Departure Checklist” on pages 37-39 of your UVA London First Handbook
- ✓ Keep an eye out for emails from UVA regarding the online modules required for all incoming UVA students – Alcohol, Title IX and Honor. You will need to complete these modules prior to the start of your fall semester in London.