



# England

## England

<https://www.state.gov/r/pa/ei/bgn/3846.htm>

Fact Sheet  
June 2, 2022

### **U.S.-UNITED KINGDOM RELATIONS**

The United States has no closer Ally than the United Kingdom. Following the end of the American Revolution in 1783, the United Kingdom officially recognized American independence, and in 1785 our two countries established diplomatic relations. Other than a brief break in relations during the War of 1812, the United States and the United Kingdom have remained durable partners and Allies. Our partnership is a foundation of our mutual prosperity and security.



The strong relationship between the United States and the United Kingdom reflects our common democratic ideals and values, which are reinforced through cooperation on political, security, and economic issues. Along with other European allies, the United States and the United Kingdom work closely together to combat terrorism, stop the proliferation of weapons of mass destruction, and ensure regional security. The United States and the United Kingdom coordinate closely to respond to dangerous and destabilizing actions by Moscow that threaten our security and erode democratic freedoms and institutions including the Kremlin's war against Ukraine, election interference, cyberattacks, use of chemical weapons, the use of corrupt proxies, and human rights violations. In September 2021 the United States, Australia, and the United Kingdom signed the Australia, United Kingdom, and United States (AUKUS) security partnership agreement, further solidifying security cooperation between allies.

The United States supports the peace process and devolved political institutions in Northern Ireland and encourages the implementation of the U.S.-brokered 1998 Belfast Agreement, also known as the Good Friday Agreement.

The United States and the United Kingdom preserve and strengthen the historic bonds between our two nations through educational, cultural, and professional exchange and development opportunities. The UK is a top study abroad destination for U.S. students, and in the 2020/21 academic year, more than 8,028 students from the UK studied in the United States. The Fulbright Program in the United Kingdom is one of the oldest and largest in the world. Since 1948, more than 27,000 scholars, students, and teachers have benefited from Fulbright exchanges between the United States and the United Kingdom. Additionally, close to 17,500 UK citizens come to the United States each year on privately funded exchange programs.

### **U.S. Assistance to the United Kingdom**

The International Fund for Ireland (IFI), established by the British and Irish governments in 1986, provides funding for projects to sustain the peace process and to generate cross-community engagement and economic opportunity in Northern Ireland (the United Kingdom) and the border counties of Ireland. The U.S. government has contributed more than \$549 million to the IFI since its establishment.

### **Bilateral Economic Relations**

Mutual trade and investment are at the heart of our prosperity, and our commitment to free market values enables our economies to thrive. Following the United Kingdom's 2020 departure from the European Union, the United States continues to be a strong partner to the United Kingdom and looks forward to advancing mutual international trade priorities rooted in our shared values, while promoting innovation and inclusive economic growth for workers and businesses on both sides of the Atlantic.

The United States and the United Kingdom are the world's first and fifth largest economies in the world by GDP. We traded over \$273 billion worth of goods and services in 2019. Two-way direct investment totals over \$1.3 trillion.

Every U.S. state has jobs that are connected to an investment by a UK company. Nearly 1.3 million Americans work for UK companies in the United States, and over 1.5 million

Britons are directly employed by U.S. firms. The top U.S. exports to the United Kingdom include precious metal and stone, aircraft, machinery, financial and travel services, and agricultural products, such as wine and beer.

### **Leading on Climate**

The United States and the United Kingdom are leaders in the global fight against climate change and are committed to taking decisive action to reach our shared goal of achieving net-zero emissions no later than 2050 and keeping the goal of limiting warming to 1.5 degree Celsius within reach.

The United States is committed to reducing emissions by 50-52 percent in 2030 compared to 2005 levels, while the UK's new 2035 target to slash emissions by 78 percent has also set a high bar for other major economies. The UK hosted the 26th UN Climate Change Conference of the Parties (COP26) in Glasgow, Scotland in 2021, and we will continue to work closely with the UK to secure international commitments that raise ambition on climate action and protect the world from climate change.

### **The United Kingdom's Membership in International Organizations**

Along with France, both the United States and the United Kingdom are among the five permanent members of the UN Security Council (P5) and are founding members of NATO. In addition, the United Kingdom and the United States belong to the Organization for Security and Cooperation in Europe (OSCE), G-20, G-7, Organization for Economic Cooperation and Development (OECD), International Monetary Fund (IMF), World Bank, and World Trade Organization. As our Ally, and a top contributor at NATO, the UK strengthens the Alliance's ability to deter modern security and defense threats. The UK leads on key NATO efforts, such as cyber and emerging and disruptive technologies, and is a Framework Nation for the Enhanced Forward Presence in Estonia. The United Kingdom also is an observer to the Organization of American States and a Dialogue Partner of the Association of Southeast Asian Nations.

## **Bilateral Representation**

Principal embassy officials are listed in the [Department's Key Officers List](#).

The United Kingdom maintains an **embassy** in the United States at 3100 Massachusetts Ave. NW, Washington, DC 20008; tel. 202-588-6500.

More information about the United Kingdom is available from the Department of State and other sources, some of which are listed here:

[CIA World Factbook United Kingdom Page](#)

[U.S. Embassy](#)

[History of U.S. Relations With the United Kingdom](#)

[U.S. Census Bureau Foreign Trade Statistics](#)

[Export.gov International Offices Page](#)

[Travel Information](#)



# The Overseas Security Advisory Council's Travel Safety Reference Guide

November 2011

## In This Guide:

Introduction	P. 1
Pre-Departure	P. 1
Know Before You Go	P. 1
Packing	P. 1
Health	P. 2
During Your Trip	P. 2
Awareness	P. 2
Personal Conduct	P. 3
Electronics Security	P. 4
Logistics	P. 4
Lodging	P. 5
Preparing for the "what if" scenarios	P. 7
Resources	P. 8
About OSAC	P. 9

## Introduction

Globalization has made overseas travel – be it for business, academia, charity, personal, or mission work – quite common. International travelers are exposed to many new experiences and phenomena and among these, certain risks. This guide offers international travelers information, tactics, techniques, and procedures to mitigate risks inherent to international travel.

OSAC acknowledges that every destination is unique and that no one resource can address all eventualities. Therefore, we have developed this reference in coordination with our constituents to inform the private sector of best practices for personnel safety abroad. The risks of international travel are no longer just tied to local or transnational crime. It is our hope that the enclosed recommendations will both encourage individuals to seek overseas opportunities and provide greater comfort and confidence for those traveling internationally.

## Pre-Departure

### **Know Before You Go**

- Register with the U.S. State Department's [Smart Traveler Enrollment Program \(STEP\)](#).
- Review the U.S. State Department's [country specific information](#) and OSAC's [country crime and safety reports](#).
- Do your homework. Visit country-specific websites for important information on your destination country.
- Understand the laws and currency exchange rates in your destination country.
- Be culturally aware; learn a few common phrases in the local language and the basics of the cultural values and norms.
- Get a map and study it. Identify potential hazards and safe havens; learn several routes to key places you will be staying/living/visiting.

### **Packing**

- Pack your luggage wisely. Make sure to place any prohibited materials (scissors, files, other sharp objects) in your check-in luggage.
- Be sure to pack 2-3 day "survival items" in your carry-on bag. This includes: medicines and toiletries, an extra change of clothes (including undergarments), important documents, drinking water, snacks (e.g., Powerbars), and anything else you may want.
- Do not display company or other identifying logos on luggage. Place your pertinent contact information in a visible place inside each piece of luggage.
- Do not openly display your name tags on your luggage. Include only your name and contact number on your tags, and keep them covered or turn the paper over and write "see other side."
- Get a plain cover for your passport.

- Make out a will.
- Consider a privacy act waiver.
- Leave travel itinerary and contact information with family or friends; do not otherwise disclose.
- Consider getting a telephone calling card and a GSM (tri-band or “world”) cellular phone that allows access to most local cellular systems (and provides a single contact number). Depending on your situation, you may want to purchase a local phone or SIM card in country.
- Take out property insurance on necessary equipment (cameras, binoculars, laptops, etc.).
- Consider securing a new credit card with a low credit limit separate from existing credit cards; in the event of theft, your personal accounts will not be compromised.
- Notify your credit card company of your intent to travel; confirm credit limit and availability.

## **Health**

- Make sure health insurance covers foreign medical providers and medical evacuation expenses.
- Take an extra pair of glasses; depending on the destination, contact lenses can be problematic.
- Visit a travel clinic, inform them of destination(s), and get any needed inoculations and medications.
- Get a dental cleaning and checkup if you had not recently had one.
- Prep and pack a travel med kit; some items you may want to include:
  - Anti-diarrheal medication
  - Antibiotics
  - Anti-malaria (if applicable)
  - Antihistamine and decongestant
  - Antacid and laxative
  - Anti-fungal/anti-bacterial and hydrocortisone cream
  - Anti-bacterial hand wipes/ hand sanitizer
  - Pain reliever/fever reducer, sleep aid
  - Gauze, bandages, and medical tape
  - Insect repellent with DEET 35%
  - Shaving razor, tweezers, manicure kits
  - Sunscreen and aloe
  - Thermometer

## **During Your Trip**

### **Awareness**

Situational Awareness is very important domestically but becomes critically important overseas in unfamiliar environments. Keep your head up, eyes and ears open, and listen to your intuition! Situational awareness can and should be practiced and will improve the more you do so. Focus on seeing and remembering everything around you. It will seem extremely arduous and time-consuming at first but will become increasingly easier as time passes and proficiency is gained. Your goal should be for these efforts to become habitual and completed sub-consciously. Some important practices are:

- Trust your instinct; if a place does not feel right, move to a safer location – immediately.
- Assess your emotional and physical strengths and limitations.
- Be attentive to how others perceive you; behave in an unprovocative manner that discourages unwanted attention.
- Familiarize yourself with your neighborhood and work environment.
- Use common sense. Beware of EVERYONE, including pickpockets, scam artists, etc.
- Remove name tags or convention badges when outside the venue.
- Pay attention to local media for any activities or events that might affect you.
- Be aware of surroundings, including the people, cars, and alleys nearby.

- Keep alert to potential trouble, and choose to avoid when possible. Trust your instincts.
- Educate yourself of any pending events (elections, demonstrations, anniversaries) that may cause civil disturbance, and avoid unnecessary risks.
- Establish a support network among your colleagues and when possible, embassy personnel.
- Inform yourself of the availability and reliability of local support services (police, security, medical, emergency, fire).
- Confirm (with your embassy) the procedures for you and your family in the event of a crisis or evacuation.
- Politely decline offers of food or drink from strangers.
- Accept beverages only in sealed containers; make sure there has been no tampering.

### **Personal Conduct**

You can dress, behave, and move about in a manner that is respectful of local custom, but rest assured, YOU WILL NOT BLEND IN. Remember that whenever you travel anywhere, whether you realize it or not, you are representing yourself, your family, your organization, and your country. Your behavior and actions will be applied as a positive or negative impression of all that you represent. In many cultures, this will essentially make or break your ability to successfully function and interact in another culture. Always keep in mind the following:

- Behave maturely and in a manner befitting your status in the local society; insist on being treated with respect.
- Dress in a manner that is inoffensive to local cultural norms.
- Avoid clothing that shows your nationality or political views.
- Establish personal boundaries and act to protect them.
- Exercise additional caution when carrying and displaying valuable possessions (jewelry, phone, sunglasses, camera, etc.); what may be a simple, even disposable item to you, may be a sign of extreme affluence to another.
- Vary your patterns of life/behavior to be less predictable.
- Divide money among several pockets; if you carry a wallet, carry it in a front pocket.
- If you carry a purse, carry it close to your body. Do not set it down or leave it unattended.
- Take a patient and calm approach to ambiguity and conflict.
- Radiate confidence while walking in public places.
- Do not expect privacy, anywhere.
- Do not discuss personal, professional, or financial issues of your group or yourself; these can be used to exploit you and your group.
- Be cool when facing confrontation; focus on de-escalation and escape.
- Respect local sensitivities to photographing/videotaping, especially at airports, police, and government facilities.
- Carry required official identification with you at all times.
- Report any security incidents to your embassy or consulate (who will advise you of options including reporting to local authorities, prosecution, corrective measures, etc.).
- Maintain a low profile, especially in places where there may be hostility toward foreigners and/or citizens of your country; do not seek publicity.
- Avoid public expressions about local politics, religion, and other sensitive topics.
- Avoid being out alone late at night or after curfew.
- Stay alert.
- Be unpredictable.
- Carry yourself with confidence.
- Be aware of distractions.
- Watch for surveillance. If you see the same person/vehicle twice, it could be surveillance; if you see it three times, it probably is surveillance.

## Electronics Security

- First and foremost: if you don't NEED it, don't bring it!
- If you need to bring a laptop and/or phone and have "clean" ones available, use them.
- Back up and then wipe (sanitize) your laptop, phone, and any other electronics to ensure that no sensitive or personal data is on them while [traveling](#) .
- Carry laptop in a protective sleeve in a backpack/purse/bag that does not shout "there's a computer in here."
- DO NOT EXPECT PRIVACY, ANYWHERE.
- Do not leave your electronic devices unattended.
- Do not use local computers to connect to your organization's secure network.
- Clear your temporary files, to include your temporary internet files, browser history, caches, and cookies after each use.
- Consider opening a new e-mail account (Gmail, Yahoo, Hotmail, AOL, etc.) for use during your trip.
- Ensure you update your computer's security software (antivirus, firewall, etc.) and download any outstanding security patches for your operating system and key programs.
- Upon return, change all of your passwords for devices and accounts (including voicemail) used while traveling.

## Logistics

### *Air Travel*

Air travel can be incredibly convenient and frustrating at the same time. While traveling you are extremely vulnerable and must bear this in mind that a distracted individual is a prime target for all kinds of nefarious actions. You must control what you can and readily adapt to, as well as what you cannot (i.e., flight schedules/delays and time to clear security). Here are some key considerations:

- Wear comfortable, loose fitting clothing.
- Arrive at the airport in plenty of time (1.5 – 2 hours before departure).
- Move through passenger security immediately after ticketing and locate your departure gate.
- Stay with your bags at all times.
- Set your watch to local time at destination upon take off.
- Be careful about how much of your personal/business information you share with fellow passengers; they are still strangers.
- Limit intake of alcohol in flight, and drink plenty of water to counteract "jet lag". This will help limit stress and increase alertness.
- If possible, pre-arrange transport from the airport to your hotel. Consider paying the additional room rate for a hotel that provides shuttle service to and from the airport.
- Have your immigration and customs documents in order and available. A durable folder secured by a buckle or elastic band may be useful.

### *Ground Travel*

Ground travel poses several risks to the traveler. Not only are you more vulnerable, but many places do not have the traffic laws, enforcement, infrastructure, or assistance that you are accustomed to. Be prepared. You will be in an unfamiliar environment and may have to contend with, among other things, dangerous road conditions; untrained or unlicensed drivers; drivers operating under the influence of alcohol and/or narcotics; vehicles that are poorly maintained and therefore hazardous, police and/or criminal checkpoints or roadblocks, and others with malicious intentions. Some recommendations for ground travel are:

- Use a common vehicle model (local taxis may be a good indicator). If you rent, remove any markings that identify vehicle as a rental.
- If you have to drive, always leave a path for escape when you stop (at a light, stop sign, cross-walk, etc.).
- Park in a manner that expedites your departure.
- Carry a cell phone, first aid kit, maps, flashlight, and official documents in your vehicle.
- Keep the vehicle windows rolled up and the doors locked.
- Use the seat belts.
- Be alert to scam artists and carjackers while stopped in traffic.
- Understand the proper local procedures should you be involved in or witness a traffic accident. In some locales, stopping for an accident can put your life at risk.
- Only take official, licensed taxis; note the license plate number of taxi and write it down.
- Avoid getting into a taxi already occupied by others. If necessary, pay extra for a single fare. Negotiate a price before getting in taxi. Have money ready to pay in appropriate denominations.
- Take a seat on a bus or train that allows you to observe fellow passengers but does not preclude options to change seats if necessary.

## **Lodging**

### *At the Hotel*

For most destinations you travel to (in addition to being an obvious foreigner), you will be considered wealthy and a prime target. You should not consider a hotel a complete safe haven, there are still many threats and you are potentially very vulnerable at them. Some important considerations:

- Use reputable hotels, hostels, or boarding houses; your safety is worth any added cost.
- Remind hotel staff to not give out your room number.
- Meet visitors in the lobby; avoid entertaining strangers in your room.
- Take a walk around the hotel facilities to familiarize yourself with your environment. Are hotel personnel located on each floor? Are they in uniform? Do they display any identification? Who else has access to your floor?
- Ensure the phone in your room works. Call the front desk.
- Inspect the room carefully; look under the bed, in the showers and closets.
- Ensure door and window locks are working. Do not forget the sliding glass door, if the room has one.
- Ensure the door has a peephole and chain lock.
- Avoid ground floor rooms at the hotel. Third through fifth floors are normally desirable (harder to break into, but still accessible to firefighting equipment – where available).
- Read the safety instructions in your hotel room. Familiarize yourself with hotel emergency exits and fire extinguishers.
- Count the doors between your room and nearest emergency exit (in case of fire or blackout). Rehearse your escape plan.
- Keep all hotel doors locked with a dead bolt or chain at all times (do not forget the sliding glass door and windows).
- Consider traveling with a rubber door stop, smoke detector, and motion detector.
- Identify your visitor before you open the door.
- If you doubt room delivery, check with the front desk before opening the door.
- If you are out of your room, leave television/radio on at high volume. Place a “do not disturb” sign outside door.
- Do not leave sensitive documents or valuables visible and unattended in the room.
- Keep your laptop out of sight, in a safe, or in a locked suitcase. You may wish to use a laptop cable lock to secure your laptop to a window frame or bathroom plumbing.

- Keep your room number to yourself. If your room key is numbered or has your room number on a key holder, keep it out of sight. If a hotel clerk announces your room number loud enough for others to hear, ask for a new room.
- If you leave the hotel, carry the hotel business card with you; it may come in handy with a taxi driver who does not speak your language.

### *Residential*

When residing overseas, it is critically important to understand the threat environment in which you will be living. Take the time to reach out to the resources available, including security professionals in your organization, the local embassy or consulate, and the appropriate crime and safety reports. Here are some security measures you might want to consider:

- Avoid housing on single-entry streets with a dead end or cul-de-sac.
- Housing near multiple intersections can be beneficial.
- Ensure the sound, secure structure of your residence.
- Strictly control access to and distribution of keys.
- Install adequate lighting, window grilles, alarm systems, and perimeter walls as necessary.
- Establish access procedures for strangers and visitors.
- Hire trained guards and night patrols; periodically check-up on guards.
- Set-up a safe room in your house; consider adding additional locks
- Establish rapport with neighbors. Is there a “neighborhood watch” program?
- Seek guidance from local colleagues or expatriates who have insight into local housing arrangements.
- Ensure adequate communications (telephone, radio, cell phone) with local colleagues, authorities, and your Embassy.
- Install a back-up generator and/or solar panels.
- Set aside emergency supplies (food, water, medicine, fuel, etc.).
- Install smoke detectors, fire extinguishers, and carbon monoxide monitors, as appropriate.
- Avoid sleeping with the windows open or unlocked.
- Speak on the phone inside, somewhere that is and away from windows (through which you can be seen and heard).
- Ensure all windows have treatments that can prevent external observation.
- Lock up items, such as ladders and hand-tools, which could be used to facilitate forced entry.
- Store emergency funds in multiple places around the house.
- Keep a “go-bag” with clothes, water, and food (Powerbars, etc.) for three days packed and ready at all times. Keep copies of important documents and some emergency funds with the bag. Keep other necessary items (medications, etc.) in a centralized place for easy placement into bag. Key items include:
  - Documentation
    - Copies of all key documentation
    - Passport and/or national ID
    - Driver’s License
    - Health Insurance Card
  - Communication
    - Mobile phone – including a charger and extra battery
    - Work and emergency contact lists
    - Satellite Phone (if available)
    - GPS devise (if available)
  - Food and water
    - Water bottle
    - Purification tablets
    - Energy bars / dried fruit / nuts

- Other essentials
  - Cash (USD and local currency)
  - Full change of clothing
  - Rain jacket
  - Sweater
  - Walking shoes or boots (with heel and closed toe)
  - Insect repellent
  - Matches (ideally windproof and waterproof)
  - Flashlight (with extra batteries)
  - Medical/first aid kit
  - Sun screen
  - Sunglasses
  - Toiletries
  - Toilet paper
- Extended items
  - Sleeping bag or blanket
  - Mosquito net

### **Preparation for the “what if” scenarios**

#### *If You Become a Victim*

Despite all of your efforts to reduce exposure to risks and to avoid threats, you may still become the victim of a crime or critical event. Following are some general response strategies:

- Remain calm and alert.
- Carefully note details of the environment around you (license plate number, distinguishing features, accents, clothing, etc.).
- First, try to defuse the situation. Culturally appropriate greetings or humor may reduce tensions.
- If an assailant demands property, give it up.
- You can create a timely diversion by tossing your wallet, watch, etc. to the ground in the opposite direction you choose to flee.
- Against overwhelming odds (weapons, multiple assailants) try reasoning, cajoling, begging, or any psychological ploy.
- If someone tries to grab you, make a scene and fight; kick, punch, claw, scratch, and grab as if your life depends on it, it very well could.
- If you feel your life is endangered and you decide to physically resist, commit to the decision with every fiber of your being; turn fear into fury.
- Report any incident your embassy.
- Seek support for post-traumatic stress (even if you exhibit no symptoms).

#### *Hijacking/Kidnapping*

- You may be targeted for kidnapping. As discussed previously, when traveling, you represent yourself, your family, your organization, and your homeland (or perceived homeland). You may be targeted due to any of these affiliations, or you may simply just end up in the wrong place at the wrong time. Because abduction situations vary greatly, the following considerations should be applied based on one’s best judgment at the time:
  - Know the “ransom” policy of your government. The United States of America will not pay a ransom.
  - The greatest risk of physical harm exists at the point of capture and during a rescue attempt or upon release.

- If you are going to resist at the point of capture, do so as if your life depends on it; it most probably does.
- Remain calm and alert; exert control on your emotions and behavior.
- Humanize yourself, quickly and continually.
- Be passively cooperative, but maintain your dignity.
- Assume an inconspicuous posture and avoid direct eye contact with captors.
- Avoid resistance, belligerence, or threatening movements.
- Make reasonable, low-key requests for personal comforts (bathroom breaks, a blanket, exercise, books to read, etc.)
- If questioned, keep answers short; volunteer nothing.
- As a captive situation draws out, try to establish some rapport with your captors.
- Avoid discussing contentious issues (politics, religion, ethnicity, etc.)
- Establish a daily regimen to maintain your body physically and mentally.
- Eat what your captors provide. Avoid alcohol.
- Keep a positive, hopeful attitude.
- Attempt to escape only after weighing the risks and when you are certain to succeed.

## **Resources**

### **U.S. Department of State and OSAC**

- Overseas Security Advisory Council: [www.osac.gov](http://www.osac.gov)
  - Country Crime and Safety Reports: [www.osac.gov/Pages/ContentReports.aspx?cid=2](http://www.osac.gov/Pages/ContentReports.aspx?cid=2)
- Visit [www.travel.state.gov](http://www.travel.state.gov) for security advisories and other travel guidance
  - Smart Traveler Enrollment Program (STEP): [www.travel.state.gov/step](http://www.travel.state.gov/step)
  - Country Specific Information: [www.travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_4965.html](http://www.travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html)
  - U.S. State Department's role in a crisis: [http://travel.state.gov/travel/tips/emergencies/emergencies\\_1212.html](http://travel.state.gov/travel/tips/emergencies/emergencies_1212.html)

### **World Factbook**

- CIA World Factbook: [www.cia.gov/library/publications/the-world-factbook/index.html](http://www.cia.gov/library/publications/the-world-factbook/index.html)

### **Study Abroad**

- To get the latest in education abroad security information and training, go to [www.globalscholar.us](http://www.globalscholar.us)
- U.S. State Department Students Abroad website: [www.studentsabroad.state.gov](http://www.studentsabroad.state.gov)
- NAFSA (Association of International Educators) and The Forum on Education Abroad: <http://nafsa.org/> <http://www.forumea.org/>

### **Weather**

- Review the climate and weather at your point of destination and/or any layover cities: [www.weather.com](http://www.weather.com)

### **Travel Medicine/Health**

- Centers for Disease Control: [www.cdc.gov/travel](http://www.cdc.gov/travel)
- World Health Organization: [www.who.int/ith](http://www.who.int/ith)

## **About OSAC**

### **OSAC's Commitment**

The Overseas Security Advisory Council is committed to providing the American private sector with customer service of the highest standard. As OSAC is a joint venture with the private sector, we strive to maintain standards equal to or surpassing those provided by private industry. OSAC activities directly correspond to requests from the private sector.

OSAC has received exceptional support for its initiatives from the chief executive officers and corporate security directors of many of the largest international corporations in the United States. The U.S. State Department and the Bureau of Diplomatic Security recognize the need in OSAC's goal to support the U.S. private sector by continuing to develop an effective and cost-efficient security information and communication network that will provide the private sector with the tools needed to cope with security-related issues in the foreign environment. OSAC's unique charter and continued success serve as an example of the benefits of mutual cooperation.

### **Mission**

The U.S. State Department's Overseas Security Advisory Council (Council) is established to promote security cooperation between American private sector interests worldwide (Private Sector) and the U.S. Department of State.

The objectives of the Council, as outlined in its Charter, are:

- To establish continuing liaison and to provide for operational security cooperation between State Department security functions and the Private Sector.
- To provide for regular and timely interchange of information between the Private Sector and the State Department concerning developments in the overseas security environment.
- To recommend methods and provide material for coordinating security planning and implementation of security programs.
- To recommend methods to protect the competitiveness of American businesses operating worldwide.

For more information and to join the Overseas Security Advisory Council, please visit [www.osac.gov](http://www.osac.gov).

*This document is a compilation of constituent and OSAC efforts and is meant to serve as a reference guide for private sector best practices. OSAC wishes to thank all of our constituents who generously provided their input and assistance. A special thank you to Michael O'Neil, Director of Global Safety and Security, Save the Children International, whose contributions were vital and provided the foundation for this reference guide.*



[www.osac.gov](http://www.osac.gov)

## TRAVEL SAFETY GUIDE FOR STUDY ABROAD

If you become the victim of a crime, seek medical help if necessary, then immediately contact:

- the local police,
- your home nation's diplomacy or consular office
- your International Programs Office Director

If you have a medical emergency, seek immediate care, then contact:

- your host family/program director/international office at host institution
- IPO
- your family

### PERSONAL SAFETY

- 🌐 Do - A thorough medical and dental check-up before departure.
- 🌐 Do - Travel with limited cash and one credit card keeping cash in more than one place.
- 🌐 Do - Use official currency outlets and use caution at ATM machines so as not to be a target for thieves. Make sure your card works abroad and notify your bank and credit card companies that you will be out of the country.
- 🌐 Do - Lock personal possessions and valuables in the hotel or room safe or use hotel security.
- 🌐 Do- Use a money belt rather than a purse. If you use a handbag, keep it close to the body. Wear backpacks in front.
- 🌐 Do - Maintain a security awareness of items on your person - i.e.: purse, wallet, keys, money and cell phones
- 🌐 Do - If you are sexually harassed, ignore the proposition and continue on your way.
- 🌐 Do not - Open your hotel room door for anyone not expected or known or does not have an official identification.
- 🌐 Do not - Wear expensive looking jewelry. Remember that thieves may not know the difference between pieces of real and costume jewelry.
- 🌐 Do not - Use ATM machines at night unless the area is open and well lit.
- 🌐 Do not - Walk in low-lighted areas without being surrounded by people and trust your instincts if something seems amiss, return to a safer surrounding, such as a hotel.
- 🌐 Do not - Walk, drive or travel alone and be aware of your surroundings when using public transportation, elevators or restrooms.

## Travel Safety Pocket Guide

***“Remember that no list can contemplate every possible “do” and “don’t” on safety issues. Every situation is unique. Be careful, don’t rush, think before you act, stay in a group whenever possible, and always use your own best judgment in any given circumstance.”***

### TRAVEL SAFETY

- 🌐 Do – Leave copy of travel itinerary with two or more known trusted people.
- 🌐 Do – Promise to call or email relatives or friends periodically.
- 🌐 Do – Dress according to the social and cultural norms in each country.
- 🌐 Do – Exclude titles, organization names or unnecessary data on luggage tags.
- 🌐 Do – Keep luggage near by and in view at all times and pack a small flashlight.
- 🌐 Do – Have alternative plans for unexpected events during traveling, keeping necessary items in your carry-on.
- 🌐 Do – Create and have handy detailed maps.
- 🌐 Do – Ask about surrounding and problem areas you may have to travel through. Check these sites:
  - **• U.S. State Department: <http://www.state.gov/travel/>**
  - **<https://step.state.gov/>**
  - **<http://www.traveldocs.com/>**
- 🌐 Do – Be aware of your surroundings – not to be lulled with a false sense of security.
- 🌐 Do – Keep advised, via local media, of the current security situations in the area.
- 🌐 Do – Use main entrance of hotels and other buildings.
- 🌐 Do – Use all security locking devices when in your room and keep your room key in your pocket.
- 🌐 Do – Know the emergency number to call where you will be.
- 🌐 Do – Figure out how you will communicate: SIM card? App? Current phone number? What will work in an emergency?
- 🌐 Do – Have a backup plan if relying on your phone for directions or information. Be prepared in case you lose it.
- 🌐 Do – Research and know the laws of your host country. Ignorance is not an excuse.  
Be aware of what transportation is official and if using ride shares (Uber/Lyft), verify your ride and driver before entering car.
- 🌐 Do – Consider buying RFID blockers to protect cards from identity theft.

### FIRE SAFETY

- **[www.firesafetyfoundation.org](http://www.firesafetyfoundation.org)**
- 🌐 Do – Acquaint yourself with all hotel/residence hall/ etc. emergency procedures and locate all emergency exits nearest you.
- 🌐 Do – Ask about safety measures such as, fire alarms, evacuation procedures and if windows will open.
- 🌐 Do – Call fire department direct if fire occurs then call hotel/residence hall management.
- 🌐 Do – Feel door with palm of hand, if hot don’t open if not try to escape to nearest stairway exit-not elevator.
- 🌐 Do – Stay in room and wait for help when in doubt on what to do and DO NOT PANIC or DO NOT JUMP.
- 🌐 Do – Keep everything wet if you stay in room stuffing door cracks with wet sheets and towels.
- 🌐 Do – Fill the tub with water and douse the door and walls if you stay in room.

## LINFIELD UNIVERSITY INTERNATIONAL PROGRAMS IDST 031 SYLLABUS; 2023-24 Academic Year

IDST 031: Intercultural Communication: Pre-Departure, Experiences Abroad, and Re-entry (S/U; 1 credit)

**Note:** *Students do not register for this course. It will appear on your transcript after you return from your program and attend the re-entry session. IPO then submits the grades to the Registrar to post. Please read the information below which explains the details.*

### Course Objective:

This three-part course, required of all semester abroad participants, is designed to prepare you for your semester abroad program, reflect on your experiences while you are abroad and challenge you to think about your encounter with your own culture/country upon returning home. Studies have shown that students who undergo a well-designed orientation program tend to have a higher probability of success when they encounter a cross-cultural conflict or difficulty or experience culture shock. This applies both to international students who study in the United States and American students preparing to study abroad. Some may think that the term “culture shock” is overplayed in some circles, but rest assured that just about everyone will face some level of stress and anxiety when placed in a cultural environment different than their own. The objective is to be able to identify and recognize the symptoms and be ready to cope with the stress so that the experience abroad will turn out to be a rewarding one.

The International Programs Office (IPO) will provide you with cross-cultural material, specific assignments and readings in order to satisfactorily fulfill this one-credit course.

This companion course to the actual on-site study will allow you to identify, examine and explore your personal objectives for undertaking the study. Linfield College has also identified some of the objectives and learning outcomes expected of all students who study abroad.

### **LEARNING OUTCOMES EXPECTED OF SEMESTER/YEAR ABROAD PARTICIPANTS:**

**At the end of the semester or year of participation in a Linfield-administered program, participants must be able to demonstrate the following:**

- Language acquisition: participants must meet a desired level of proficiency in their language of study. This will be determined through a pre and post test instrument specifically designed and administered by the Global Languages & Cultural Studies. In some cases, the GLCS faculty will also conduct mid-year evaluations of language proficiency for their majors.
- Ability to adapt and be successful in a culturally (and systemically) different educational environment.
- Ability to see and articulate similarities and differences between your own country/culture and the culture of your host country
- Ability to recognize, synthesize and articulate the cultural differences, norms, mores, habits and lifestyles of families in your host country compared with your own.

- Ability to utilize experiences abroad for (international) career building: participants should be able to write a succinct paragraph to this effect to be included in their revised resume.
- Have the skills to be more self-confident, more tolerant and flexible and less reliant on others.

### **Assessment tools:**

- Pre and post language tests, as well as mid-year evaluations **for year-long language majors.**
- Coursework and final grades
- Mid-Semester assignment
- Returnee questionnaire and evaluation
- Re-entry discussion and assignment

### **1. Pre-Departure Preparation:**

A pre and a post orientation assignment will accompany a day and a half of cross-cultural orientation session (normally held in mid-March of each year), required of all participants. The pre-orientation assignment will be emailed to you after you have been accepted into the program and 1-2 weeks before orientation. It will be due the first day of orientation. The mandatory day and a half orientation session will include general discussion and presentation of various cross-cultural topics as well as information about the specific country of your destination. A post orientation assignment will allow you to summarize your thoughts about what you have gained from the sessions.

### **2. Your Experiences Abroad:**

While you are abroad, we will send you a mid-semester assignment that is designed to reflect on your experience and to make comparisons across cultures, your own as well as the one you are experiencing in the host country. You are required to submit your reactions via *Blackboard* or email to ipo@linfield.edu. In completing this on-site mid-semester assessment, you should be aware that IPO will post select entries on the Linfield website so that others in the community would also benefit from your experience abroad.

### **Mid-Semester Assessment**

Please respond to the question/assignment below, with 2-3 thoughtful paragraphs.

- Identify someone from your host country (such as a roommate, a classmate, a member of your host family, a clerk at a local store, a program assistant at the study center, someone you met at the study center) and conduct an interview. Write 2-3 paragraphs to report your findings on these salient points (*make up your own questions to address these points*):
  - What surprised you the most about the lifestyles, mores, norms and habits of the person you interviewed compared to yours or people you encounter with back home?
  - What are (cultural) similarities and differences you observed or learned (their preferences, tastes, outlook, values) between the person you interviewed and you?
  - How did the interview experience and what you learned changed your initial perceptions of the host country?

- At the end of your report, include the name(first name only) of the person you interviewed, who they are and the date of the interview.

At the conclusion of your study abroad program, you will be asked to complete a “study abroad returnee” assessment of your learning experiences.

### 3. *Returning home:*

Studies have shown (and the Linfield experience has confirmed) that study abroad returnees often experience some level of anxiety about returning home and getting back to their normal routine after spending some time (semester or year) living in another culture. Most feel the value of sharing these feelings with fellow students who have had similar experiences. Hence, we have developed a re-entry workshop to provide for this discussion. For the final part of this course, you will be required to attend one re-entry session held each term. The estimated dates for this session are provided below, along with information about the class meeting.

### Grading:

You will receive a passing grade for this course once you have satisfactorily completed all assignments associated with the three segments to this course: pre-departure, experience abroad, returning home.

### Mandatory Semester Abroad Orientation

- ↗ Attend the **mandatory** study abroad orientation sessions listed below. **Absences for any reason are not allowed. For all students:**
  - Friday, March 17, 2023 (from 3:30 pm – 6:00 pm); Jonasson Hall
  - Saturday, March 18, 2023 (from 8:30 am – 12:00 pm); Jonasson Hall
  - Saturday, March 18, 2023 (1-5pm) Country-specific sessions; various locations

<u>Assignments</u>	<u>Due Dates</u> <u>Fall 2023 Programs</u>	<u>Due Dates</u> <u>Spring 2024 Programs</u>
Pre-orientation Assignments	March 17, 2023	March 17, 2023
Post-orientation Review	March 24, 2023	March 24, 2023
Mid-semester assignment: Experiences Abroad	Questions sent by our office for responses. Select entries will be posted on the IPO website and Linfield’s Digital Commons website.	
Returnee Assessment/Questionnaire	Within 2 weeks of the end of your program.	
Reentry Class	Feb./March, 2024	Sept./Oct, 2024

**Relevant texts:**

*These reference materials are available in Nicholson Library. Use these materials as a background to complete your assignments for this course.*

*Culture Shock* publication for all destinations, published by Graphic Arts Center Publishing Company, Portland Oregon. Similar publications are also available through Lonely Planet Publications.

Students with documented disabilities who may need accommodation, who have any emergency medical information of which IPO should be informed, or require special arrangements in order to **fully** participate in the abroad program or in the event of a necessary evacuation from the study abroad site, should meet with a staff member in IPO as early in the process as possible, no later than a week after receiving the acceptance letter.

Students who have been accepted to participate in a semester/year study abroad program are expected to adhere to the college policy on academic honesty, as published in the Linfield College catalogue, in fulfilling the requirements of this course and in all the courses they would be taking while abroad.

10/22

England

**2023/24 key dates**

X

**Terms**

- **Autumn Term:** Monday 25 September 2023 – Friday 15 December 2023
- **Spring Term:** Monday 15 January 2024 – Thursday 28 March 2024
- **Summer Term:** Monday 29 April 2024 - Friday 21 June 2024\*

\*This denotes the end of teaching. This will not be the case for all students, and many postgraduate students will remain in term-time and be required to conduct research over the summer period. Students are advised to check their course structure and end date with their personal tutor.

**Semesters**

- **Autumn Semester:** Monday 25 September 2023 – Friday 26 January 2024
- **Spring Semester:** Monday 29 January 2024 – Friday 21 June 2024

**Welcome Week**

Monday 25 September 2023 - Friday 29 September 2023

## STUDENT BUDGET – England 23-24

The following figures are estimates based on students' budgets from last year. They are only estimates and vary widely according to the individual. It is important to remember that not all expenses are included! Be prepared for some additional small expenses (i.e. photographs, photocopies) that will be necessary for various reasons.

Be aware of the exchange rate while you are there. Currently, it is not in our favor at the rate of 1 US DOLLAR = 0.93 Euro (as of June 2023).

Food	\$400-900
Local transportation	\$200
Independent travel	\$1000-3,000
Books	\$100
Postage	\$50-200
Phone	\$200
Gifts	\$100-500
Entertainment	\$100-600
Other	\$200
<b>Total estimated cost:</b>	<b>\$2,350-5,800</b>

### **BANKING:**

Plan to exchange \$200 USD into your country's currency, preferably at the airport of departure or you can exchange currency at most airports of arrival, but often arrival is a hectic time plus you might be experiencing jet-lag.

The easiest method for obtaining funds is to use an internationally recognized ATM (Automatic Teller Machine) card – such as PLUS or CIRRUS –for cash withdrawals. You will need to get a pin number from your bank, and you will probably be able to withdraw money only from checking accounts, not savings accounts. **Be sure to check with your bank here at home. Have a back-up plan in case your card does not work. ATM's are not always available outside of cities.**

Another practical solution to international banking is a VISA credit card. You can use the card to charge expenses in most stores, restaurants, and hotels throughout Western Europe. You can also get cash advances at exchange windows of many banks. Be aware, however, that there is often a fee for the advance plus interest charges that begin immediately after withdrawal.

It is also advisable to photocopy the backs of all your ATM/credit cards and keep that with a photocopy of your passport. If you lose any of your cards, you will have the phone numbers to call the companies.

## The City of Nottingham

Updated 1/2022

### **Market Square**

The heart of Nottingham is Old Market Square, and it is a very lively place. By day mobs of people swarm to the market to shop and catch their buses, by night, young people decked out in their clubbing outfits roam the streets, going from pub to pub and club to club. Around the market and in the city there is a wide array of things to do: shopping of all kinds (clothes, food, souvenirs, etc.), as well as restaurants, dance clubs, pubs, cafes, bakeries, and delis. Many sights and shops line the streets near the square. There are often events and attractions going on in the market square, including the ice rink and Christmas market in December. Many buses stop in or near the square and can be found easily in this area. You will likely spend a lot of time here outside of being at the University.

### **Shopping**

Nottingham has two "malls" or shopping centres, Victoria Centre and Broadmarsh Centre. Victoria Centre is about two blocks up from the square, and is most likely the bus stop you'll want to get off at to head into the central parts of the city. In the maze of streets around the market there are also many clothing and silver jewelry shops. At stores such as a Tesco, Sainsbury's, Wilkos, Pound World and Boots you will find basics and necessities. There is a Tesco at the end of Victoria Centre. Need cheap, fashionable clothes? Go to Primark. It's the Urban Outfitter's style at Wal-mart prices located just off the market. And don't forget to visit Nottingham's famous Lace Market!

In Beeston, the small town located just outside the West entrance to the University of Nottingham, the Tesco or Sainsbury's are your best bet for a grocery store. Beeston also has a Boots, Wilkos and Poundland, which have basic necessities. You can easily walk to Beeston, but don't forget to bring bags or a backpack to carry your things back. Plastic bags also cost 5p each, so try to save your bags or bring reusable ones. There also is an IKEA located about 30 minutes outside of Nottingham. This is worth the trip for getting your room set up, although you shouldn't have a problem finding items at a larger Tesco or via Amazon UK. There is a Boots, which has personal beauty items and medicine, along with a SPAR for more snack like food. So it is not necessary to go into town when you are in a pinch for things.

### **Buses and Trains**

The best way to get from campus into Nottingham city center is by bus. East Drive has multiple bus stops and most of the bus routes pick-up and drop-off there, including the "34" which gets you to the Broadmarsh and Victoria Centre. Buses are the easiest way

to get off campus to get to Nottingham's bus or train stations when students go on trips. There are several buses that also run through Derby road or just on the outsides of campus, like the Y5, I4, 35 and 36. You can get off/on at Lenton or Wollaton park gates. These normally terminate near Victoria Centre.

There also is the option of taking the tram, these leave from near the east or west entrance and goes into town. This can be a bit of walk though and can cost more if you are buying single tickets. Note that you must flag down the buses, and they won't stop for you if you just stand at the stop! Also to get off you must press the stop button and come to the front of the bus or the driver might not stop for you. The "N34" only runs at night, and can actually take you to bus stops right outside your hall and can be a cheaper option than a taxi. Most buses also have Wi-Fi on board, if you need to look up a map or anything for your journey. UBER is not a bad option to get somewhere quickly and if you are with a lot of friends to split the cost. Taxis can be great as well, just a little more expensive but work in a pinch.

Most buses are only a pound or so for students. There are a few different systems for purchasing tickets to be aware of. NCTX busses have a fair of 1.50 for a one way with a student card shown. They do not give change of any type, so it is important to have exact change. They also have an app in which you can buy a student ticket for 1.25 after validating your student ID. This is good for 15 minutes after validation. You simply show your ticket to the driver. You can also get a Robin Hood card, which you pay as you go, but the fares can be a bit higher depending on your routes. You likely wouldn't need a semester pass as you will not need to take the bus every day. Bus times and routes can be found at [www.nctx.co.uk](http://www.nctx.co.uk) or through the NCTX app.

There are also Trent Barton busses. They have a card called the Mango Card. This is great option for their busses and tram as it gets you 1-pound one-way journeys. This also gets you a discount for the Skylink bus to the airport. You can top this card up online. The Skylink runs to the airport frequently and you can catch it near the tram stop by the east entrance. There is also the Victoria bus station is where you can purchase tickets for coach rides around the Nottingham area (i.e. Sherwood Forest), and is located just up from Victoria Centre.

Snap travel, Megabus along with National Express are great options for getting to London or other places in the UK via busses. This normally is the cheapest option. One option you have is to get the National Express Discount Coach Card. You can save a lot of money with it. Trains are a very reliable option as well, although they can be more expensive. Trains and busses can be very expensive if booked at the last minute, so allow at least a week or two... If your American credit card won't work for an online purchase,

try to get a UK student to buy a ticket for you and reimburse them in cash. For some reason some UK sites don't like American addresses and deny the credit card purchase.

The train station is just up from the Broadmarsh bus station. There is also a train station located in Beeston, which is a 20-minute walk from the West entrance of campus. Train Tickets can be purchased online at a number of websites. Links to these websites can be found at [www.nationalrail.co.uk](http://www.nationalrail.co.uk), which also gives a complete schedule of all trains in the UK. [Eastmidlandstrains.co.uk](http://Eastmidlandstrains.co.uk) and [thetrainline.com](http://thetrainline.com) offers some of the lowest train fares. The Young-Persons Railcard is a good bargain if you plan on using the train frequently. Also, the national rail website has a cheap fare finder option, which will find you better deals.

Take advantage of the trips arranged by the Travel Society and the International Office. If you want to go on an International trip, book it as soon as the spots are opened for purchase because they only fill one coach and the trips fill up quickly. It can be a great way to visit other UK cities for the day or weekend. The Travel Society also plans different trips over the course of the term. Make sure to get a schedule of the plans during fresher's week to plan early.

When booking your travel to and from Heathrow or Gatwick, National Express is normally your best option and will drop you off right on campus. Note that when getting dropped off when you first arrive, you will most likely be on East Drive. Before arriving download a map of campus to know where you will have to go.

### **Cinema and Theatre**

The cinema (movie theater) closest to Market Square is located at the Cornerhouse, which offers student discounts with your NUS student union card (not your Linfield ID). The Cornerhouse has relatively new releases (new for England, anyway, which are generally about 3 months behind US releases).

The Theatre Royale, also near Market Square, puts on theatrical and musical productions. The closest theater to the University is Savoy Cinema located on Derby Road. Savoy Cinema is the cheapest among the Theatre's in Nottingham. Almost every bus running to the city centre has a stop at the Savoy Cinema. They offer student discounts, have cheap snacks, and play new releases as well as classics. You might want to book online for the busiest new releases, to make sure you get a seat! But don't forget your student card.

## **Historical Landmarks**

Nottingham is rich in history, though it may not appear to be so at first glance. Many landmarks can be found all over the city: Nottingham Castle (which really isn't a castle), Ye Olde Trip to Jerusalem, which is the oldest pub in England, caves beneath Broadmarsh, St. Mary's Church, Wollaton Hall (Wayne Manor from *The Dark Knight Rises*) and more. All are pretty close to the city center and signs point to where you need to go. An hour drive outside of Nottingham is the famous Sherwood Forest, where the legend of Robin Hood is heavily played upon.

## **Pubs, Bars and Clubs**

Pubs are the center of social life in England; instead of going out for coffee like Americans, the British may go out for beer. Visiting the local pubs is necessary to fully experience English culture. Nottingham, a city of about 300,000 people, is known to Brits all over England for its nightlife, and attracts many people, especially students. There are many pubs around Market Square. The standard measure for beer and cider is an imperial pint, 20 ounces. Remember that alcohol percentages are often higher in Europe than in America. And the drinking age is 18.

The campus pub, the Mooch, is located in the basement of the Portland Building. Mooch has weekly Pub Quizzes on Sunday which are really fun. Just form a team with your friends and go compete against other Nottingham students. You are just testing your knowledge over a pint with your friends and it is a nice way to spend the weekends. As a student at University of Nottingham, there are many deals and specials for university students. Thursdays are two for one cocktails night. Pay attention to the handouts and the on-goings even on campus. There are also four Hall bars located in Derby, Lenton, Willoughby, and Hugh Stewart. If your hall is one of them, it's just a walk downstairs for a pint with friends or you can journey to any of the others. They also double as cafés during lunch time and might be some of your favorite places to eat.

## **Major Clubs:**

**PRYZM:** This is an upscale club on northeast end of town, multiple bars and clubs, each with different themes and music, and very student-friendly. One of the best rooms is downstairs, called the "Cheese" room, where you get hear all of your favorite classics and the pop songs that you're embarrassed to know all of the words to, while dancing on a disco floor. Be wary of the fact that this place is huge and it is easy to lose people inside.

**Ocean:** One of the cheaper clubs and is on the south end of town. It is a bit dirty and the floor is extremely sticky. Don't wear your nicest pair of shoes, but your comfiest, so you can jam out to the cheesiest music in town. It plays pop hits, but also *Grease* *Lightning* and *High School* musical might also make an appearance. It has two levels and houses 4ish bars.

**Rock City:** Is a club downtown that has a weekly student night called *Crisis*. It is a rather large venue with multiple bars but it is a bit dirty. However *Crisis* has some of the best themed uni nights including *Disney* and *Star Wars*. Prepare for a second round of *Halloween*, where you will need a costume to attend.

**Coco Tang:** Is a small club/bar downtown, with some of the best cocktails around. Unique decor and a cool atmosphere, it's not your average club. The dance floor is small but it has lots of places to sit and enjoy a night out. There is also a secret bar. That's all I can say.

**Bop:** Located at the *Bowery Club*, it's small with only one bar and plays oldies music on Friday nights, and is a good alternative to your typical club.

### **Some pubs/bars to visit in Nottingham:**

**Bunk:** Great to grab wings and drink with friends, very modern and lively.

**Blue Bell:** A pub with a dance floor, 2 bars, and 3 DJs. Good place to go if you don't want to spend money on entry fees, but still want to dance.

**Boilermaker:** Hidden bar that has a laundry mat like front room in which they will ask to see your ID and then you will be let in. Contemporary and fun drinks!

**Pitcher & Piano:** A restaurant and bar located in an old repurposed church. It's even worth just going to have a look at.

**Pepper Rocks:** Great for an outing with a big group of friends. Relaxed and good fun.

**Pit & Pendulum:** A gothic themed bar with 7 deadly sins themed cocktails.

**Ye Olde Salutation:** A typical English pub that is one of the oldest in Nottingham. Excellent food, friendly atmosphere, and music videos.

Ye Olde Trip to Jerusalem: Just down from the castle. This is the oldest pub in England. Well worth the visit.

### Cheap Eats

After a proper night out in the UK, it is very common to grab some cheap food before going to bed.

Within the first week of term, you will get many menus slid under your door for local take-out spots. Most deliver and orders can be made by calling-in or online. Ordering from these places is common for both nights out and nights in, and an order of Chinese food, pizza, or curry can be a pleasant reprieve from the little studying that happens at Uni. Try looking at [www.just-eat.co.uk](http://www.just-eat.co.uk) or <https://deliveroo.co.uk> for different take away options. You can find pretty much any type of food you want. Padrino's has the best student deals; Two 9" pizzas for 7 pounds. With prices like that you're basically stealing from them.

### The University of Nottingham

#### **Campus**

The University of Nottingham actually has more than one campus, but your living quarters and classes will probably all be at the University Park campus. It is quite a bit bigger than Linfield, so be prepared to walk a lot! The most important buildings to get to know are Portland, Trent, and Hallward Library. The Portland building includes the bookstore, the clothing shop, food court, the main campus bar "Mooch," and many offices and functional rooms. Trent is the main building on campus. It includes a large clock tower and a courtyard, so it's quite pretty! There is a nice café in the basement, and many classrooms and professors' offices. Be careful though—this building is very easy to get lost in! Hallward is the main library on campus. It also includes a café, and four floors of study space and library. This may be where you do most of your studying!

University Park contains many large residence halls. Each hall has a number of "blocks," or wings, in which you will be allocated a single dorm. Each hall is different, but most contain a sink, wardrobe, desk, lamp, and mini-fridge. You will also have a hall pantry, which has a sink, toaster, teapot, and microwave (but no oven!). Each hall has a dining hall where you will have your breakfast and dinner served to you. Some residence halls are open for lunch or have bars that serve food. They are a good place to go grab some lunch with your declining dollars on your Nottingham ID. Generally, dorms are the sites of partying, at any hour or any day of the week. So if you don't want to join in the ruckus, you may want to bring earplugs! You will have money loaded on your student ID

card that you can use on campus at any of the restaurants. This is a generous 26 pounds a week that reloads each week and does not transfer over from week to week.

The Jubilee Campus houses more dorms and Nottingham's International Programs Office. You'll need to take a Hopper bus to Jubilee's campus. These free buses are all over campus and are clearly labeled "Jubilee Campus 903".

### **Classes**

In Nottingham, they call the classes "modules." Keep in mind that many modules have at least two instructors. There is generally the main lecture convener as well as the tutors. They may take turns with lecturing and be assigned to different seminar groups. Most modules will include a lecture, which is often in a large lecture hall with at least 100 other students, as well as a seminar. Seminars are broken up into groups of about 15 and are often more similar to the class structure you are used to at Linfield. You get to choose your seminar time and a different tutor will be assigned to each seminar. They are participation based and exist to help you understand the material and the lecture in greater depth. Typically, you will have one hour of lecture and one hour of seminar each week. Your seminar leader will also be the one grading your papers, so it's really important to attend.

Classes in Nottingham will also have a lot less "busy work" than you are used to. This can be nice, but you must be disciplined enough to keep up with reading, writing, and homework or you will not do well in the class. You will typically be graded off of one final exam and/or one final paper. You may also have a mid semester essay or a multiple choice test. Be prepared to also receive lower grades here; they have a different grading system. A 70% is a very desirable grade. Nottingham freshmen only need a 40% to pass. Any grade in a module that is 90 or above means that your work is worthy of being published. Additionally, most other international students only need to pass. This means many of the students that you are living with (first-year and international students) won't be as academically focused, as you should be.

Here is how grades and credits transfer over:

Country: United Kingdom      Grading Scale: Most Common

1 of 1

## United Kingdom

Scale	Description	Division	U.S. Grade
70 - 100	First Class Honors		A
65 - 69.99	Second Class Honours	Upper Division	A-
60 - 64.99	Second Class Honours	Upper Division	B+
50 - 59.99	Second Class Honours	Lower Division	B
45 - 49.99	Third class		C+
40 - 44.99	Pass		C
0 - 39.99	Fail		F

UK credits:      US credits:

20	5
15	4
10	3

The University now has an online system for registration for classes. You may not receive a link or time/date that you need to register for classes. It is important that you find this on your own so you don't miss the date to register. Here is the link from the previous year.

<http://www.nottingham.ac.uk/academicservices/currentstudents/registration/online-registration.aspx>

The registration will open in which you can pick your classes. You will be required to take a certain amount of credits from your department. This is normally 30credits but depends on the department you are under in Nottingham. When picking classes, make sure to distinguish between lectures and seminars. Lectures are mandatory and there is normally only one offering of this. You can also request when you want your seminars in order to make your schedule fit as there are many offerings, just specify when filling out the form. There will be a time where you can "change your mind". Student services generally are very slow so be patient as they work things out. You can send a form via email or go into the student services. They will get it worked out and do want to help you.

Level 1 Modules are what you will most likely want to take. Although, some classes are first year courses and professors know that grades do not count, making it more, tough to pass. Level 2 Modules are manageable if it is in your major or minor but take caution, as some can be very difficult. If you feel as a course is unfair or too hard don't be afraid to change courses during the start of the semester. If you are in business, education or computer science then you will be at Jubilee campus. This is about a 15 minutes free bus ride from the main campus depending on traffic. When planning classes that are outside you major, leave room for getting from place to place as it could be far away not leaving enough time to get there.

### **Arriving on Campus**

In past years check in for international students has been at Cripps hall. Download a map of campus when you get in because it can be confusing at to where to go. The drop off is normally on the east entrance with National Express. There should be some taxis from Cripps to take you to your hall. There you will check in at the hall reception. The first few days are international students orientation. The dining hall will not be open until the freshman arrive after the international orientation. This then starts "fresher's week" in which you will have to get oriented. Classes start the following week after freshers.

### **Clubs and Activities**

There is a wide range of clubs or as they are called societies to get involved in on campus. During the first week you will have an opportunity to check them out. Try to get involved with one or two you won't regret it.

## Everyday Life

### **Money and Banking**

Be sensible and set a budget before you leave. It is not advisable to carry large amounts (more than £ 100 or € 100) of cash with you. The UK uses the pound. If you plan on using your home bank ATM card or VISA/MasterCard to get money from the machines overseas, ask your bank if your PIN number will work. You will want ask how much your bank will charge you for transactions- quite often you can be charged a fee each time you use your card. Also before you leave the country tell your bank where and for how long you'll be traveling abroad. You can do this by visiting you local branch office or calling the number on the back of your card. You may have to update your travel notifications while you are in the UK especially once you determine where you will be spending your winter break. Be sure to clear up any preexisting issues with your bank before leaving the country.

Credit and debit cards can be used worldwide and are very handy to have in an emergency. A credit card is often the best resource to have; they're accepted almost everywhere and you get up-to-the-minute exchange rates when using them. **\*\*NOTE:** You *must* sign your Debit/Credit Card- retailers will *not* accept them if labeled "See ID". A Credit card will be a beneficial way of traveling around Europe. Credit cards can get you out of a situation, especially if your debit card does not work.

Bringing some money with you is recommended for emergencies for when you first arrive. You can get this from your bank before you leave the US. You should be able to easily get money out during your first few days at a more reasonable exchange rate. You will most likely be able to get money out at the airport when you first arrive if need be. There are ATMs or Cash Points on campus with 24-hour access in case of emergencies. Most banks do not charge you to use another bank's ATM.

If you choose you can open a bank account, previous abroad students found it most feasible was bringing a bankers draft or travelers checks and opening an account with a UK bank. **\*\*However,** keep in mind that it takes around two weeks before you will have access to your account, so make sure you have other means of getting money (i.e. ATM card or travelers checks). However this program is only 4 months, so you may not want to go this route. In order to open account, you will need to have proof of your student status and of your local address, which can be obtained from the University. Ones to look into: HSBC, NatWest, Santander, Royal Bank of Scotland, Lloyd's TSB.

Learn the currencies of countries you plan to visit, so you will be familiar with them. If you're traveling around Europe, which you most likely will be, every nation in the European Union, besides the Scandinavian countries and the UK, use the Euro. After a while it gets hard to keep all of the different kinds of money straight and what they're worth in dollars. You can use a converting app, which can come in handy. When traveling, make sure to shop around before making purchases, since prices tend to fluctuate quite a bit in certain areas around main attractions.

## **Food**

Tasting local cuisine is a great way to experience a culture. Be willing to try new things. Experiencing afternoon tea is a must and make sure you try a scone (or a crumpet) or two. You can try and settle the old debate about whether cream or jam goes first. Turkish Kebab's are delicious. While traveling ask hostel workers, hotel employees, tour guides, or locals for restaurant suggestions. With the diverse culture in the UK the variety of food is incredible, so don't be afraid to try something new.

## **Clothing**

This can't be expressed heavily enough: **PACK LIGHT!** Many students found that many of the things they brought with them, they either didn't need or just didn't use. Take fewer clothes and wear them several times before washing; doing laundry is expensive! Laundry machines may also work differently than what you're used to, so they might shrink or thin the fabric of your clothes. Remember that you will be responsible for carrying your own luggage. \*Before you leave home, walk with your luggage around the block to make sure you can manage it. You will be charged extra on your way back if you check more than one piece of luggage or if your luggage weighs too much depending on your airline. If you plan to bring extra luggage back make sure you have enough money in your bank account to cover the extra luggage fee for your airline. If you pack too much on the way over expect to leave stuff behind when you depart. You want room for souvenirs, gifts, and the clothing you purchase while abroad!

## **Weather**

The weather in Nottingham is extremely predictable. Most days are 40° to 50° and overcast with wind. There is some variation (it is warmer at the beginning of the semester and colder at the end), but most days are the same. It does rain, but it rains on fewer days and in fewer amounts than the Northwest. It's also sunnier into the winter months. Keep in mind that the biggest difference weather-wise between England and McMinnville is the amount of wind- England is very windy! \*\*If you travel during December, be sure to bring a hat, a scarf, and gloves; it can be VERY cold!

## **Medical**

There is the chance that you may become sick while in the UK. Because of the short stay, Linfield students **DO NOT QUALIFY** for the NHS. NHS facilities are still available for non-NHS patients, but those patients have to pay for the visit like it was private care. The secretaries and doctors are not terribly prepared for dealing with non-NHS patients, so expect confusion and oddities in care. Both the Cripps Health Center (the student health center) and the QMC are NHS facilities. Another option is going to private care. The standard of care may be better or worse (depending on the physician), but the secretaries will be prepared to deal with non-NHS patients. Private care facilities are farther from campus, and may be more of an inconvenience. It is worth noting that all Linfield students are given travelers insurance, where medical expenses are paid upon return to the US.

## **Postage**

You can mail letters and postcards from any of the red mailboxes scattered throughout the city. There is also one in the basement of the Portland building as well. You can buy

stamps in the bookstore or in SPAR. You can also buy local and international stamps at the post office. Sending packages is very expensive. If you don't mind when your package will arrive, sending it by sea is much cheaper than by air. If you buy stamps in advance for letters then you can send mail by dropping it off in the reception office for your hall.

### **Phones**

Mobile phones are a convenient way of keeping in touch with your new English friends and staying in contact with home while you are traveling. You can purchase a mobile phone cheaply in the UK for around £10. You can get one from Tesco or similar stores. O2 has good deals, including one that includes free international minutes. There is also giffgaff in which you may receive a SIM in your welcome box. This works in your current phone and gives you an English number for texting and calling within the UK. Almost all major companies offer pay-as-you-go plans. You can also make international calls directly from these phones.

Local phones are nice to have to call cabs or in case of an emergency. But if you do not want to purchase a local phone, most places in the UK offer free Wi-Fi. You can also check in with your home carrier to see what international plans exist, this could be worth it for emergencies. The city of Nottingham has free Wi-Fi as well as shopping centers, restaurants, and major stores like Tesco. You can then use apps like Whatsapp or Facebook Messenger to stay in touch. Some networks are not safe, so avoid any that are not through official retailers.

### **Internet/Devices:**

There is Wi-Fi on campus that works great for whatever you may need it for. It may have trouble connecting with your phone and may take a while to connect. When putting in your username use your whole Nottingham email and the password should be the same as for your email. You will receive a Nottingham University login and later you will set up your email account. You should have no problem Face Timing or with Skype. Whatsapp is a common way to message and will most likely be used by your new English friends.

Adapters can sometimes become overheated or not work the best with certain plugs. It is worth an investment for a bit of a nicer one to last you through your time. You may want to bring some extra cords in case they get fried which can happen.

### **Getting Around**

When getting around, Google and iPhone maps shouldn't be an issue in finding areas and helping you navigate around the city. Note that you normally need Wi-Fi or data for

maps to work. You can always go into a coffee shop or some areas in town have free Wi-Fi to get you out of a bind.

During Week One, you will have the opportunity to attend Freshers Fair. Here you will be able to visit many booths, some will provide you with maps of the area. When traveling, you can often find maps available at tourist information centers, train stations, and at your accommodation, often for free.

### **Some Things to Take**

- Phone
- Backup Cords and Laptop Charger
- Laptop Backup
- Decorations for Room
- Daypack for weekends
- Adapters
- Bath Towel(s)
- Toiletries
- Journal
- Small Gifts from Home
- Water Bottle
- Winter Jacket/Boots
- Scarf/Hat/Gloves

\*The University of Nottingham can supply you with cheap bed sheets, a pillow, and comforter, but this is not the highest quality. You can buy it online before you come. If you want higher quality try to hold off on this but you may not have bedding for a night or two.

\*\*NOTE: All of these products can be bought while in the UK; however, many of them can be more expensive and/or harder to find.

### **Know Before You Go**

Have at least some rudimentary knowledge of the countries you plan to visit. Start reading newspapers and magazines now to find out what is happening in England and throughout Europe. Visit BBC.com and read their top news stories. This will let you get a feel for the cultural, social and political dynamics of these countries, increasing your enjoyment of them and possibly reducing problems (i.e. whether or not you need a visa in order to enter the country). This works in reverse also: have some rudimentary knowledge of U.S. history, politics and pop culture, so you will be able to answer questions. Keep in mind that Europeans may not like the American political system or its

leaders, whoever they may be. While abroad it is always important to make the distinction between American government and American citizen.

## Traveling

### **Coach and Rail**

The fastest and easiest way to get around Britain is by train. If you plan on traveling much by train, you may want to get a BritRail FlexiPass before leaving the U.S. It's cheaper than buying a train ticket every time you board a train if you plan on using this type of transport. You can get a pass with any variety of days on it (4, 8, or 15 to be used within two months of the date first used). You can order one online ([www.britrail.com](http://www.britrail.com)). If the BritRail FlexiPass is too expensive then the young-persons rail-card is a great way to travel around the UK and even just a quick trip into London. The cost is around £30.

It's often a good idea to make reservations on trains if you can, it is often *required* for overnight journeys. Reservations on BritRail are free of charge. During peak hours and especially during peak seasons, you may find yourself in the aisle if there aren't enough seats- long journeys like this are no fun!

For travel on mainland Europe, Eurail Youth FlexiPasses are a good idea. They are good in 17 countries and can be bought online at [www.eurail.com](http://www.eurail.com). They work like BritRail passes, and also get you a 35% discount on the Channel Tunnel from London to Paris. The Youth FlexiPass can be bought for 10 days or 15 days to be used within 2 months respectively. Some of these Eurail passes are discounted because winter travel is considered off-season. Just shop around to find the best option for you!

Traveling by coach is also a great option, it may take a bit longer but it can be less expensive. National Express is like Greyhound. Not as quick, but just as comfortable, coach travel is cheaper than train travel. If you plan on traveling much by coach, you can get a student discount coach card that gives you discounts on tickets. Mega Bus is another great option. You will need to have a ticket ready for the bus driver to scan when you get on. You can print this or have it up on your phone, it's not a bad idea to print in case your phone dies.

### **Flights**

If booking in advance, flights can be less expensive. [Ryainar.com](http://Ryainar.com), [easyjet.com](http://easyjet.com) and [flybe.com](http://flybe.com) are typical carriers of flights from the UK to Europe. East Midlands is the closest airport to campus but often flights can be more expensive out of here and limited. Check Manchester or London for better flights, this may extend your travel

time but will save your bank. Make sure you can get a coach to the airport on time before you book the flight. It is also very important to check luggage requirements. These budget airlines are very strict and will charge you high fees. You can normally get a checked bag for a cheaper price online in advance if you will need one. You also want to check in typically 48-72 hours in advance to get a seat and print your ticket. You have to print it in advance as they won't print them at the airport. These carriers normally have an app in which you can get an e-ticket. For some flights you may have to get a VISA check make sure to do this before going through security.

### **Accommodation**

Youth Hostels provide inexpensive accommodation and are where the action is. Hostels are a great place to meet and interact with other travelers and backpackers. Many, especially in the UK, have kitchens, so you can save a few pence and cook your own meals. Each hostel varies from place to place. Some charge extra for towels and luggage storage, while others do not. Some include a breakfast in the price, and some do not. The best place to look online for hostels is through a Google search for hostels in an area or through different sights. Hostelworld.com offers information on international hostels, all of which have to meet certain criteria for membership. They are generally the best ones to stay in. Another good site is Hostels.com. This site offers a comprehensive list of hostels in many cities. Each is rated in areas such as cleanliness, location, and safety, and includes a list of amenities. Also keep in mind that some hostels require you to pay in cash and will not accept any other form of payment. You may also have to pay a deposit for your room key and other items.

If you are traveling with a few other people, it can sometimes be cost effective to split a hotel room instead of hosteling. This is a good alternative if you are uncomfortable sharing a room with strangers. Depending on which city you are visiting, the costs of accommodation will vary. It is helpful to weigh your options of hotel or hostel for each individual city. If you want to book a hotel room, try looking at Hotels.com about a week before you travel. You can get a great room at a really discounted price because they are trying really hard to fill their vacancies.

Air B&B's can be a good deal, usually offering more privacy and hospitality than hostels. They can be more expensive but if you are traveling with friends this can cut down the cost. It is worth looking into when booking accommodation in a new city just to check and see what you may find. You may also want to check at back because new listings frequently go up.

### **Travel Guidebooks**

If you really want to get good information on the place you are traveling a guidebook can be helpful. There are a wide variety of guidebooks available. Lonely Planet's books provide the most comprehensive information. The "Let's Go" books are written by students, but the layout and readability of the books are not the best. Fodor's gives a lot of background information on the sites that it covers, but it is geared more toward the traveler with the bigger bank account. The Eyewitness Travel books are full of pictures to get a better idea of the places you want to visit.

In today's age, you can find a lot out through blogs and websites. Before going to a city you can do online research finding out plenty of information. A guidebook is not essential but can be helpful.

### **Travel Arrangements**

Often it is best to make your own travel arrangements. You will most likely be traveling with friends in which, you will need to make changes or find the cheapest bookings. Booking a month or two in advance is ideal. Prices increase closer to the travel date. You may also be traveling through the travel society in which everything is already done for you. Although if you feel like you need some guidance and have a few extra pounds, one of the best agencies to go to is Thomas Cook. The agents are friendly and are willing to help you with all of your travel needs and concerns.

If you stay in a hostel, they will often have a city map and be very helpful in pointing out major landmarks and things you may want to do. Don't be afraid to ask. SANDEMANs New Europe is a tour company that offers free walking tours of many major European cities. This same company also offers many other tours in these cities at a cost. The tour guides are often young internationals who are very knowledgeable. Visit [neweuropetours.eu](http://neweuropetours.eu) for city specific information. Keep in mind that with free walking tours they do collect tips and you are encouraged to tip the guides the amount you believe their tour was worth. These are amazing to do as soon as you get into a city because then you know where to visit later on.

### **Safety**

Use common sense. Don't pull out money, maps or your "I'm a helpless tourist" look in public. Money belts are good for carrying cash, but scream "tourist!" when you pull up your shirt and dive into them to pay for goods and services. Never pull your stash out in public. Try to travel with others for safety, especially on the continent. Traveling alone can be a wonderful opportunity to discover what you really like and you can be more spontaneous. Don't be afraid to travel alone, just remember to put your safety first. If you do go alone, don't be foolish; let people know where you are and let anyone you

talk with believe you are meeting up with friends in the next town. Be aware of your surroundings and who is around you or may be following you. Personal security items such as pepper spray and Tasers are illegal in the UK and could be in other European countries so it is best to keep these at home.

If you need help, it is generally better to ask shopkeepers or find a space to look at a map away from large crowds. Be polite. Always speak in their language if at all possible, but if you do not know the language, ask the person you are talking to if they speak English. Never assume they do. Ask first to avoid insulting them. It also helps to ask in their language.

**\* NEVER watch a package or luggage for a stranger! Bombs are still a threat in Europe.**

Always keep an open mind. Tourist information centers are there to help and can be found in most train and bus stations as well as in city centres. The locals are often more than happy to talk to you and help you on your way, and some towns may be hiding some great attractions.

### Helpful Hints

You will receive emails from the University before you go. Read through these carefully and do each step they recommend as Linfield is not responsible for this. You will most likely register for the International Students Welcome in which you will book your coach from the airport to Nottingham University. You will also have to upload a picture for your student ID card in which you will get at arrival at your hall. You will also have to apply for housing, in which you create a separate account to do so.

You will have a mailing address at your hall, in which you will have in your room upon arrival. The dining hall hours at your hall can be limited so make sure you know when meal times are so you don't miss them. They are great with dietary restrictions in halls just tell them at your first meal, you will fill out a form to let them know.

Because the semester is only four months, you do not need a visa and will not have to fill out any other information for the government. You will have a packet of information you receive from Linfield that has the information you will need to get into the country. Make a copy or scan these incase anything happens to them or you lose them. Make sure to have them at all times when traveling, if not you may not be able to get back into the country.

Try to make a budget before you leave. Know about how much you have to spend per week and about how much money you think you will need for the month long winter break. You don't have to stick rigidly to your budget but it helps you keep enough money in the bank so you aren't broke in December!

Make friends with your blockmates! If any of them offer to let you visit them during the holidays TAKE THEM UP ON IT! Staying with friends is a cheap way to see the UK and you get to see what it is like living with a British family.

### Other

**Clothing Sizes** are likely to be different in the UK than the US. The following table gives a comparison of British, American and Continental clothing sizes.

#### **Dresses, knitwear and lingerie**

British	10	12	14	16	18	20
American	6	8	10	12	14	16
European	36	38	40	42	44	46
Inches	32/	34/	36/	38/	40/	42/
	34	36	38	40	42	44
Centimeters	81/	88/	91/	96/	102/	107/
	88	91	96	102	107	112

The number in inches and centimeters refer to bust and hip measurements.

#### **Men's Shirts (collar sizes)**

British	14.5	15	15.5	16	16.5	17	17.5
American	14	14.5	15	15.5	15.75	16	16.5
European	36	37	38	39	40	41	42

#### **Men's Shoes**

British	8	8.5	9	9.5	10	10.5	11
American	8.5	9	9.5	10	10.5	11	11.5
European	41		42		43		44

#### **Women's Shoes**

British	4	4.5	5	5.5	6	6.5	7
American	6	6.5	7	7.5	8	8.5	9
European	37		38		39		40

### **Places of Worship**

In the United Kingdom the main religion is Christianity, specifically the Church of England. However, all faiths are present and the freedom to practice belief and to worship is not only allowed but also encouraged. You will find that Nottingham has places of worship or contacts for all major religions. The University of Nottingham also has

student organizations relating to several religions. Be sure to check the Student Union's Web page for societies (clubs). It's a great way to get to know other international students. Every residence hall has Christian Union representatives living in the hall. They hold weekly bible studies and the Christian Union puts on many events throughout the term.

**Emergencies** In an emergency, telephone 999 from any telephone and ask for police, ambulance, fire brigade or Coast Guard. Your call is free.

**Security and Safety** In general, Nottingham is a safe place to live and travel around. However, it is the gun crime capitol of the UK, and there are very occasional crimes on campus. Here are some ideas to help you reduce your chances of becoming a victim of crime during your stay.

- Never leave your keys, money or cash/credit cards unattended
- Never keep large sums of money on you or in your room
- Never keep checkbooks and check guarantee cards together
- Put your passport and other valuables in a safe place out of sight
- Avoid walking in places with few people around, particularly at night and in poorly lit places. If you find yourself in such an area, walk confidently, facing oncoming traffic.
- When using public transport, sit close to the driver or where there are several other passengers.
- Hold your purse/wallet close to you at all times. Using a purse that closes or zips can also be helpful.
- Keep the telephone number of a reputable taxi company with you at all times. DG taxis are the company endorsed by the University and they offer great rates and safe cabs. DO NOT get into an unmarked taxi.
- If you are the victim of a crime, report it IMMEDIATELY to the police. In an emergency, telephone 999. If it is less urgent, contact Nottingham Centre Police Station (0115) 948 2999.

Ultimately, you do not really have to worry, since the UK and Europe are extremely safe as long as you don't engage in unnecessarily risky behaviors, but it is wise to be aware and to take the same safety precautions you would in the US.

Don't be afraid to ask question before you go or when you first arrive in Nottingham. You can always email the University to clear things up or ask past participants.

# 4 Ways People Steal Your Passport

by [Katherine LaGrave](#)

Beware of these four occurrences when traveling with a passport.

Sometimes, a bump, nudge, or distraction is all it takes.

The stolen passport market is huge: There are more than 40 million passports listed as missing on a database created by Interpol in 2002, and according to the U.S. Department of State, more than 300,000 American passports are lost or stolen in the U.S. each year. And given that these are the most common ways thieves have been known to pilfer a passport, it pays to be aware.

## **The set-down**

It's easy enough to make a mistake with your documents when traveling—after all, how natural is it to put your passport on the table at a restaurant as you pull out a chair, or rest it on top of your suitcase as you check the departure board at an airport? I've done it, and I'm guessing you have, too. But take your eye off the document for a moment, and you open yourself up to the possibility of someone bumping your table (or bag) as a distraction—and walking away with your passport. Another one of the most common places for thieves to grab a passport is in a place where we actually need to produce it: checking in at a hotel overseas. Be wary of putting it to the left or right of you as you shuffle for your confirmation number or booking details, as someone could come along and create a distraction—think returning a key, or asking a question—and slip away with your document. Instead, place your passport on the counter in front of you, and immediately return it to its secure location after it is passed back to you.

## **The spill**

It sounds slightly out of a Charlie Chaplin movie: seemingly innocent passers-by "spilling" anything from ice cream to juice on people they

pass. Yet there are worldwide reports of such instances, wherein a distraction is created, and in the process of aiding and cleaning the hapless victim, the "spillers"—or their associates—lift a passport. If you have the misfortune of being spilled on, refuse attendance and instead, avoid contact with the offender by quickly walking away.

## [5 Ways to Keep Your Passport Safe When Traveling](#)

### **The pocket**

It's obvious, sure, but one of the easiest ways for people to snatch your passport is if it's carried in your pockets: All it takes is a crowded train and a nudge—or a coat that's been draped over the back of a chair, and a sleight of hand. If you need to carry your passport with you, look for a flat money belt, which can be worn around your waist and neck and concealed under your clothing. If you're in the market for something a bit more comfortable, try a travel wallet or passport cover. Both conceal your passport (and nationality), and the travel wallet also has room for other valuables, including credit cards and emergency cash. Avoid carrying your passport and spending money together if you can, as taking out cash will alert potential thieves.

### **The authorities**

In countries around the world, you'll most often be asked to produce your original passport at hotels and airports, or when crossing borders. Travelers have also reported instances in which policemen, plain-clothed or uniformed, approach them and ask to see their passports. Sometimes, the officials are actually as they say they are—numerous countries have plain-clothed officers asking for passports in order to catch illegal immigrants—but it's better to be safe than sorry. Signs that it probably isn't a scam: everyone else in your surrounding area is also being checked, security badges and patches are visible on the officer's uniform, and officials are not asking for anything but photo ID. If you feel you are being singled out and are still uncomfortable, agree to show your passport in the nearest police station or hotel lobby, where you can confirm with a clerk who speaks the native language.

## Taking Prescription Medications Abroad:

While you're abroad is not the time to suddenly realize you ran out of your prescription!

If you have a condition that requires regular medication, bring an extra quantity with you and pack it in your carry-on, just in case your checked luggage gets lost. Just remember to keep it in its **original** container and **clearly** labeled — you don't want to create the impression you're carrying drugs which haven't been prescribed to you. In fact, you should [check with the local embassy](#) to make sure that your medication is acceptable to carry into the country. Some countries may consider your prescription medication to be **illegal**. Bring a letter from your doctor listing your medications and explaining why you need them. Doing your research and having a letter can help prevent any misunderstandings along the way.

Bring extras of any medical necessities you need, like contact lenses or glasses. You might want to pack a pair in both your carry-on bag and your checked luggage, just to be safe.

If you have allergies to certain medications, foods, insect bites, or other unique medical problems, consider wearing one of those "medical alert" bracelets and carry a letter from your doctor explaining required treatment if you become ill. It might not be the coolest piece of jewelry you wear, but it could save your life.

- Do you have prescription medications that will require you take a supply that will last for the duration of your program abroad?
- Will your insurance company allow for a prescription to be filled at one time to last for the duration of your program abroad?
- Is the prescription that you take classified as a narcotic and/or stimulant, and do you know if you will be allowed to enter your host country with the drug?

There is no one master list or web search that will give you a list of what medications are or are not allowed in every country you may visit while abroad, but it is important for you to do some research regarding studying abroad and your prescriptions.

- Have a conversation with your healthcare provider at least 8 weeks before your program abroad, to help you determine what, if any, medications you will need while you are abroad.
- Contact your insurance company at least 8 weeks before you program to discuss how best to fill a prescription that will need to last for the duration of your program abroad.
- Your insurance company may be able to advise you if your prescription is legal in the country in which your program will take place.
- Go to the host country's embassy website to see if drug rules and regulations are posted. For example:
  - View the U.S. Department of State's Travel Information page:  
[http://travel.state.gov/travel/cis\\_pa\\_tw/cis\\_pa\\_tw\\_1168.html](http://travel.state.gov/travel/cis_pa_tw/cis_pa_tw_1168.html)  
<[http://travel.state.gov/travel/cis\\_pa\\_tw/cis\\_pa\\_tw\\_1168.html](http://travel.state.gov/travel/cis_pa_tw/cis_pa_tw_1168.html)>
  - View the U.S. Department of State's Custom and Import Restrictions page:  
[http://travel.state.gov/travel/tips/tips\\_1232.html#customs](http://travel.state.gov/travel/tips/tips_1232.html#customs)  
<[http://travel.state.gov/travel/tips/tips\\_1232.html#customs](http://travel.state.gov/travel/tips/tips_1232.html#customs)>
  - View the U.S. Departments of State's Bringing Medications or Filling Prescriptions Abroad page: [http://travel.state.gov/travel/tips/tips\\_1232.html#medications](http://travel.state.gov/travel/tips/tips_1232.html#medications)  
<[http://travel.state.gov/travel/tips/tips\\_1232.html#medications](http://travel.state.gov/travel/tips/tips_1232.html#medications)>
  - View the U.S. Department of State's Country Specific Information; click on a country and then read Medical Facilities and Health Information:  
[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_4965.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html)  
<[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_4965.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html)>
- Have a conversation with your local county health department.
- Contact Mobility International, located in Eugene, Oregon:



# Surviving a Protest

Product of the Research & Information Support Center (RISC)

The following report is based on open source reporting.

August 7, 2014

## Introduction

Travelers are regularly cautioned about protest activity when visiting a foreign country. The U.S. Department of State, for example, consistently encourages citizens to “avoid all demonstrations, since even peaceful gatherings can quickly turn violent” – a phrase common to many Consular messages. However, a deeper understanding of what motivates protest activity, and who or what the intended targets are, can be useful tools for educating travelers.

## The Nature of a Protest

According to a 2013 [report](#) by Friedrich-Ebert-Stiftung, a German non-profit organization that promotes democracy and political education, the global number of protests has increased every year from 2006 (59) through the first half of 2013 (112). [Note: these were protests covered in online news media. The countries analyzed represent 92 percent of the world’s population] While protests take place throughout the world, where

Protests by Region – 2006-2013

	Total	2006	2007	2008	2009	2010	2011	2012	2013*
High-Income (Region)	304	17	25	25	35	44	57	60	41
Latin America/Caribbean	141	14	12	15	12	21	22	25	20
East Asia/ Pacific	83	3	9	10	9	12	20	11	9
Sub-Saharan Africa	78	7	6	8	8	5	18	15	11
Middle East/North Africa	77	3	11	6	7	11	18	15	6
Global	70	7	5	8	8	8	10	14	10
Europe/Central Asia	47	3	4	4	4	7	6	11	8
South Asia	43	5	5	4	4	8	2	9	6
World Total	843	59	77	80	87	116	153	160	111

Data provided by Friedrich-Ebert-Stiftung  
\* As of July 2013

they occur is not always a good indicator of how they will proceed. A country with a peaceful tradition of rallying can experience violence, while another with a more acrimonious style can experience no incidents at all. For example, in Cambodia, generally known for a peaceful tradition, demonstrators and police have recently come to blows over anti-government sentiment as well as a demand for a higher minimum wage among garment workers. In South Africa, known as the “[protest capital of the world](#)” and where violence is not a rarity, most demonstrations end peacefully and without incident. Demonstrations can also take place in countries not known for having any protest tradition at all, such as in Iran during the 2009 Green Movement, or in Egypt, Syria, Tunisia, and Libya during the 2011 Arab Spring uprisings.

By their nature, protests also attract attention. They can be exciting events, and for a foreigner, provide an up-close look at a country’s political landscape. But the advice to avoid them is not dispensed arbitrarily. An overzealous demonstrator can incite a crowd; individuals with ulterior motives can infiltrate an otherwise peaceful rally; a heavy-handed police response can provoke an aggressive reaction from gatherers. When this happens, onlookers can pay the price. This past May, a bystander was killed by a stray bullet during an anti-government protest in Istanbul, Turkey. Authorities in southern China acknowledged that police “may have accidentally injured...bystanders” during an April protest against a chemical plant in Guangdong province. During Egyptian riots in June 2013, an American college student was stabbed to death as he took photographs of the unfolding violence. What starts as simple curiosity can easily turn into a fight to stay out of harm’s way.

The contents of this (U) presentation in no way represent the policies, views, or attitudes of the United States Department of State, or the United States Government, except as otherwise noted (e.g., travel advisories, public statements). The presentation was compiled from various open sources and (U) embassy reporting. Please note that all OSAC products are for internal U.S. private sector security purposes only. Publishing or otherwise distributing OSAC-derived information in a manner inconsistent with this policy may result in the discontinuation of OSAC support.

## Indicators Can Help

There are indicators, however, that can be helpful to any traveler when assessing the probability for protests, and how they will play out. Anti-government protests, for instance, may not be as likely to target foreigners as they would police officers or nearby property (although the death of the American student referenced above shows this is not always true). Destroying property can be a way of not only displaying intense dissatisfaction with conditions in the country, but also attempting to undermine the government. This was the case in Thailand in 2010, when anti-government protesters targeted not only government buildings, but also commercial facilities. The same was true for 2010 anti-government/-austerity protests in Greece. In both cases, foreigners were not directly targeted, and in Thailand, they were actually greeted warmly if they happened to pass by the event.

A protest against another country, on the other hand, might not result in widespread violence, but particular people and properties could be vulnerable. This past May, [anti-Chinese protests in Vietnam](#) targeted what were perceived to be Chinese-affiliated companies and factories following a maritime dispute between the two countries. In July, [anti-Israeli protests in Germany and France](#) led to the attack of synagogues and Jewish businesses in those countries.

There are also a number of issues that seem to bring protesters to the street regardless of location. For example, citizens accustomed to government subsidies (fuel, transportation, etc.) can quickly mobilize if their entitlements are threatened in any way; violent clashes in the streets of Jakarta in 2013 following a reduction of fuel subsidies are a prime example. The suspicion of electoral fraud is another key catalyst, as was evident during protests in Russia following disputed 2011 legislative elections. Another major indicator pertains to infringements-- real or perceived-- on basic democratic rights. Residents of Hong Kong, for example, regularly take to the streets to demand greater democratic freedom.

## The Likeliest Scenario

More than likely, the biggest impact to travelers during a demonstration will be transportation difficulties, including blocked roads, crowded public transportation, and congested traffic. A lot of protests advertise in advance where and when they will take place, which makes a traveler's job of planning to get around them easier. Even for the ones that do not, it should become pretty clear what area(s) to avoid as numbers amass. Social media can be a great tool for collecting information; organizers and participants are likely to tweet about the event or post pictures to Facebook, Instagram, or a popular local social network (such as VKontakte in Russia). During past protests, OSAC constituents have allowed employees to work remotely or even take the day off when demonstration activity encroaches on work sites or precludes safe commuting. Over periods of sustained protest activity, employers have deferred travel, and in some cases, removed personnel from the city or country entirely. Each organization is responsible for its own plan, but understanding the fundamentals is a good start to making one.

## Additional Information

For recent OSAC analysis on other regional protests, please see the below reports:

[Middle East Conflict Fuels Europe Protests](#)  
[Haiti Opposition Protests](#)  
[Northern Ireland Orangemen Parade Volatility](#)  
[Royal Thai Army Invokes Martial Law](#)  
[May Day](#)

## For Further Information

Please direct any questions regarding this report to OSAC's [Cross Regional Analyst](#).

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## Don't Go Soft on Study Abroad: a Call for Academic Rigor

*The following is a guest post by **William G. Moseley**, chair and professor of geography at Macalester College. He has worked and conducted research in Africa for 25 years.*

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Study abroad can be a powerful experience for many students. A student's trip overseas can be one of those transformative educational periods after which a young person will never look at the world the same way again. Yet many students, faculty members, and college administrators don't take this education as seriously as they should.



Study-abroad students bird watching in Botswana's Okavango Delta.

Let's be frank, some students view study abroad as a vacation or at least a time when normal academic standards ought to be relaxed. But as an instructor and director on two different study-abroad programs for undergraduates in South Africa and Botswana, I have sought to expose participants to new cultures and provide academically rigorous courses.

Many students initially chafed at the large amount of reading and writing, in addition to original fieldwork, that I assigned during these programs. Not only did some start

the program with an educational holiday in mind, but they saw students in other study-abroad programs not working as hard. Knowing my interest in having them have cross-cultural experiences, my students would couch their concerns about the workload in terms of not having sufficient time to travel and interact with the local population. How could I deny them exploring southern Africa?, they asked.

Occasionally, a class of students confronts me directly about the workload. This happened a little over halfway through the term in my most recent study-abroad teaching experience in Botswana. Students asked me point-blank how my courses compared in difficulty to those I teach at my home institution. I indicated that the classes I offered in Africa were actually a little less challenging as I was trying to account for the added stress of unfamiliar surroundings and less reliable infrastructure. Their collective gasp was audible; they shook their heads in disbelief. However, in explaining why the academic requirements of the program could not be relaxed, we had one of the more interesting discussions of the term.

I shared my view that a successful study-abroad experience often means at least two things: 1) getting outside of your own cultural head space (that is, coming to understand that other cultures may have very different, yet equally valid, approaches to life); and 2) knowing enough background information about a place, its history, and connections to other parts of the world to really understand what you are seeing. Of course the two criteria are often linked; you can't set aside your own cultural prejudices until you understand why other people do things the way they do. Furthermore, learning enough to get a handle on what you are seeing requires hard work. That is, it means critically reading the academic publications about a place, discussing those insights with your peers, and synthesizing your understanding by writing.

Over time, my students began to value the rigor with which we explored this new area of the world, and the nuanced insights and deeper personal growth that it eventually yielded. For example, these students lived in a rural home for a time in the second half of the semester. This experience produced some beautiful reflections on what it meant to be with a local family. Gone were the shallow complaints about inefficient bureaucracy, the slow pace of life, or bad food from earlier in the term. Instead, the students showed a better ability to contextualize poverty, a greater appreciation for taking the time to get to know someone, or understanding Botswana on its own terms and in relation to the region, rather than just comparing it with American norms and practices.

Could we have done better? Yes, certainly. But I am also aware of the fact that we could have done a lot worse. It is expensive to have someone like me, a scholar of western and southern Africa, to relocate for a term (with his family no less) to teach a

course or two. It is far cheaper to subcontract study abroad to third-party providers. While many such organizations are excellent, some may be tempted to hire less-than-qualified teachers who were never (or are no longer) active scholars, and succumb to student pressure for less academic rigor because their business model demands it.

The reality is that the study-abroad experiences can be orchestrated quite poorly, potentially leaving students with a highly superficial, if not deeply flawed, understanding of another area of the world, not to mention a false sense of regional expertise.

So my hard advice is this: If you are a student looking for a study-abroad “vacation,” then either think about this opportunity anew and look for a rigorous program, or don’t go at all. If you are a faculty member looking to take a group of students overseas, get the necessary training and make sure you have the place-relevant research background to be a competent study-abroad instructor.

Finally, if you are an administrator that oversees study-abroad programs, then please treat this semester the same as you would the rest of an undergraduate’s career. If you are unwilling to compromise quality and provide education on the cheap at home, then a semester abroad should be no different.

[Photo courtesy of William G. Moseley]