LONDON
PRE-DEPARTURE ORIENTATION
FIE Partners with over 40 Institutions
FIE’s Articulated Values

From our formal missions, FIE has devised specific values which underpin & motivate all aspects of our organization.

**FIE PROUDLY SUPPORTS:**

- **COMMITMENT TO THE ENVIRONMENT**
- **ETHICS & HUMAN RIGHTS**
- **SOCIAL & CULTURAL REFLECTION & ACTION**
- **KNOWLEDGE & INCLUSIVITY**
- **SOUTH SUDAN, AFRICA**
- **CANCER RESEARCH UK**
- **LOVE ORPHANAGE HAITI**
- **Where Every Little Bit Helps**
- **climatecare**
London is the largest city in Europe.

Population of 8.5 million.

It is the greenest metropolis in the world with 40% parkland and gardens.

Over 300 languages are spoken in London.

It has over 170 museums.

Is divided north and south by the River Thames.
United Kingdom or Great Britain?
To Pack or Not To Pack?

- London & the UK has a temperate climate
- Consequently, it doesn’t get too hot or cold
- However, four seasons can occur in one day
- The best approach is to dress in layers
- Bear in mind that storage space will be limited
- You will need to be able to carry your luggage
- If you forget anything, it can always be purchased once you arrive

https://www.studyabroad.com/student-guide-study-abroad-packing

You Should Bring

• An umbrella and hooded rain jacket
• All necessary prescriptions and medications for the duration of your program, in their original labeled bottles
• Bath towel (all other bedding included)

• Small appliances: hair dryers, straighteners, etc
• Check the voltage of your appliance
• British voltages are typically 240V. It may be easier for you to buy a cheap hairdryer or electrical appliance once you are in London
Before your Arrival

• You may think you have a long way to go but... your program will be here before you know it!

• Make copies of your important documents to bring with you – passport photo page, insurance, medical information and student letter

• Before you travel to London, write down what you hope to accomplish and learn during your program
Do some research
KEEP CALM AND CARRY ON

The Great British Weather

CHANGING THE WAY YOU SEE THE WORLD

SIZE Isn't every thing

LOOK BOTH WAYS

I love tea

NOT SURE IF UNFUNNY OR BRITISH HUMOR

PANTS? DO YOU MEAN TROUSERS
Royal Borough of Kensington & Chelsea
Academics

- Remember this is a study abroad program, not a travel program
- Academics take precedence over other activities (including personal travel)
- Classes will take place in Foundation House
- Faculty may have a different teaching style than you are used to
- Attendance and participation is required
- ‘London as a classroom’ - co-curricular visits and excursions
- Support available in the form of accessible faculty / writing support tutors / mentors
- Please let us know if you have any academic accommodations
- As ever, ask for help if you need it
Student Life Office – Foundation House Basement

W: [www.fie.org.uk](http://www.fie.org.uk) > While you’re there > In London > Student Life

E: studentlife@fie.org.uk

James Cameron-Cooper
Director of Student Life & First Year Programs

Tracy Hall
Assistant Director of Student Life

Charley Dare
Assistant Director of Residence Life

Francesca Robbins
Student Life Coordinator
Metrogate

Metrogate House operates 24/7 and provides all FIE students with access to a study lounge, quiet study area, and printing facilities.

- Fully equipped communal kitchens
- 24-hour emergency support number
- Live-in Residence Life Supervisors
- Wireless internet connection

Mail should be sent to: Metrogate House, 3-7 Queens Gate Terrace, London, SW7 5PE
Metrogate Bedrooms

- You will receive roommate assignments when you arrive
- Rooms are typically multiple occupancy
- Bed linens provided, towels are not
- Only room with other iCharleston students
- Co-ed floors
- Bathrooms shared with up to 4 people
Metrogate Kitchen
WHO SAYS I CAN’T COOK?
YOU OBVIOUSLY HAVEN’T TASTED MY CEREAL
Local Amenities

www.fie.org.uk/student-life-faq
Arriving In London

• When you land in London you will go through UK immigration and present your passport to the Border Officer

• Have your documents ready in case the officer requests them:
  ➢ Evidence of Covid vaccination
  ➢ Letter of enrolment 'study only' from FIE
  ➢ Address of where you are staying in London:
    ➢ Metrogate House, 3-7 Queens Gate Terrace, London, SW7 5PE
  ➢ Return flight details

  ▪ The officer will ask you questions about your studies, how long you will be in the UK, and where you are staying. Don’t worry – these are routine

  ▪ Please ensure you have uploaded a copy of your passport on MSA

  ▪ Once this is received you will get your 'Study Only' letter from FIE
Arrival Day
Wednesday 24th August

Airport Transfer by coach to your residence – Metrogate House

If arriving independently, take the Piccadilly line to Gloucester Road or a taxi

- Walking tour of the local neighbourhood
- Documents and registration
- RLS Welcome Meeting
- Shopping for groceries and necessities
Orientation

• Orientation – Wed 24th → Sun 28th Aug

• Will include FIE Staff led sessions:

• Academics: Class schedule, course information and expectations

• Student Life: Events & activities, health and wellbeing, living in London

• Residence Life: Community & Housing

• Administration: Foundation House, Immigration compliance

• West End Theatre show, Tour of Houses of Parliament, Afternoon Tea River Cruise
Culture Shock

- Just because you are going to an English-speaking country does NOT mean you won’t experience culture shock.
- There are many cultural differences between your home country and the UK.
- **Definition:** Anxiety and disorientation felt when people have to operate within a different cultural or social environment.
Ways to Manage Culture Shock

- Revisit your goals for the program when you are having trouble appreciating your time abroad
- Remember that this experience is what you make of it
- Utilize your sense of humor

- It’s not wrong, it’s just different!
- Have tolerance for ambiguity
- Talk to your Site Directors and FIE staff if you feel that you are really having difficulties adjusting. We are here to help
Health & Safety

www.fie.org.uk/London-health-safety
Health & Safety: Common Sense

- There are no ‘No-Go’ areas in London
- Keep wallets & handbags safe and zipped up
- Be aware of your surroundings
- Be careful when using phones/tablets/devices
- Do not carry your passport unless travelling
- Driver’s license is sufficient as ID
• We can help you find a doctor, counsellor or other medical service
• Pharmacies are a good first stop particularly for sore throats, coughs and colds
• In the event of emergency Chelsea & Westminster is the nearest local hospital
London: Getting Out & About
Public transport is the best way to get around London.
London Transport: Oyster Card

- Your oyster card is valid for zones 1 - 2
- Touch in and out at tube stations
- Also valid on London buses / DLR / trams / trains
- Top up if travelling beyond zone 2
• Gloucester Road is the closest tube station to Foundation House – Piccadilly / District Line

• The first tube trains start to run at about 5am

• Tube does not run all night – last tube around midnight

• The Night Tube means a number of lines, including the Piccadilly run 24 hours on Friday and Saturday night

• Tube trains typically run every few minutes

• Go to [www.tfl.gov.uk](http://www.tfl.gov.uk) for the Journey Planner & other info
• Each bus has a number and specific route
• At the bus stop you will need to flag it down
• Touch oyster card once, when getting on
• Press the stop button before required stop
• Oyster cards are valid for all zones
• Many buses run 24 hours
• [link to TFL website]
• Black cabs have a meter, can fit up to 5 people, but fewer around after night
• Mini cabs are not metered so fare needs to be established before starting journey
• Order mini cabs by phone or mini cab office
• Be cautious of illegal mini cabs (unlicensed)
• www.tfl.gov.uk/modes/taxis-and-minicabs
Established in 1759, Kew Gardens houses the largest and most diverse botanical and mycological collections in the world.

The White Tower in the centre was built by William the Conqueror in 1078. Today it is home to the Crown Jewels.
Maritime Greenwich (East London)

Palace of Westminster
- Service not as dynamic as it is in the US
- You may need to call wait staff when you are ready to order
- You will need to request the bill (check) at the end of the meal
- Check to see if 12.5% service charge is already included before adding any gratuity
- Typical gratuity is 10% (easy maths 😊)
- No need to tip at pubs and bars
Finance

- London is expensive but student friendly
- Discounted opportunities, free museums, cheap eats
- Current exchange rate is approx £1 = $1.20 / $1 = 80p
- Useful to notify bank that you will be using card abroad
- Sign the back of your bank card
- Chip & Pin is common in the UK
Staying Connected

- All students must have a UK phone number in case of emergencies
- Inexpensive pay as you go SIM cards can be purchased in the UK
- If you bring a phone from the US check with your cell phone provider for rates abroad
Please complete the FIE Travel Form when travelling outside London.

www.fie.org.uk/travel-information
ACCOUNTABLE? 
RESPONSIBLE? 
ANSWERABLE?

Independence

There is only one thing more painful than learning from experience and that is not learning from experience.

IT ALL STARTS WITH YOU

it is NOT THE MOUNTAIN we conquer, BUT OURSELVES.

Resourcefulness

Resilience

Take Ownership
Studying Abroad: Life in London

- Nothing can fully prepare you for life in London
- Expect differences, embrace and learn from them
- Be open minded about experiencing a new culture
- Happiness is relative. Expect to be challenged
- Growth comes when you are out of your comfort zone
- Congratulations on already taking the most important step. Signing up to Study Abroad