Pre-Departure Orientation
Spring 2016

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Goals:

• Resources
• Responsibility
• Flexibility
• Introduce yourself to one other student who you have not previously met.
  – Name
  – Major
  – What are your top two reasons for enrolling in the London program?

• Global Ambassador Panelist introductions
  – Email global.ambassadors@nyu.edu if you’d like to speak with an NYU London alum.
Hopes
Expectations
Concerns
London is not...

New York.

Why would you go abroad if everything was the same?
What is NYU London?

- One of NYU’s 14 Global Academic Centers.
- Students attend for one semester or full academic year.
- Courses taught in NYU’s Academic center, by locally-hired faculty.
- “London-icity” Classroom learning supplemented by field trips, excursions, and community service.
- Full-time professional staff provides high quality student support services.
- 375-499 students each semester:
  - Mostly upperclassmen (sophomores-seniors), from all of the NYU schools, representing many different majors
  - About 80 Liberal Studies Freshmen
  - ~5% Visiting Students from other US Colleges and Universities
- 6 Bedford Square
- Main entrance and Reception
- Mail collection
- Three classrooms
- Student Hub
- All administrative staff
- Computer Lab and printer

- 4-5 Bedford Square
- Entrance via No. 6
- Most classrooms
- Quiet Computer Lab and printer
- Quiet Study Room
- MA Study Room
- Student Lounge
Where is NYU London?

- NYU London is centrally located in Bloomsbury, the heart of the city’s university district.
- From the NYU Center, students are just steps away from the British Museum, the Royal Academy of Dramatic Art, and the West End (London’s famous theater district).
- Bloomsbury is perhaps best known for its historical intellectual inhabitants, including Virginia Woolf, E.M. Forster, and John Maynard Keynes, among others who comprised the Bloomsbury Group.
Who is NYU London?

Professor **Gary Slapper**, LL.B, LL.M, Ph.D, PgCE Law

**Director, NYU London**

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**Eric Sneddon**

Associate Director

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Amy Rowe

Assistant Director

Academics

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Nigel Freeman

Assistant Director

Student Life

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Robert Pinkerton

Sr. Program Manager

Academic Affairs

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Tony Skitt

Sr. Program Manager

Student Life
How are classes in London?

- Must register for 12-18 credits, *not including waitlisted courses*. Usual course load is 4 classes.
- Waitlists are not a guarantee- use the SWAP function!
- Small classes (usually @18) taught by local faculty who are academics, practitioners, passionate Londoners by birth & choice. Get involved!
- Classes meet once a week Mon - Thurs for 3 hours- Fridays reserved for co-curricular trips & programs.
- Mandatory participation in Global Orientations program.
- Workload is similar-Time management!
- Books: You will buy most in London. If you need to buy ahead of time, you will be emailed prior to departure.
- Registration & Class details: Sample syllabi are online- further details coming in blog.
- Questions? Email global.academics@nyu.edu
Can I miss class or reschedule my exams?

- Wait until you receive your syllabi during the first week of classes before planning personal travel! Site visits & field trips (often on Fridays and weekends) are considered required class time.

- NO UNAUTHORIZED ABSENCES. Any unauthorized absences will result in a 2% grade reduction. We encourage travel, but not at the expense of your education 😊

- Exams may NOT be taken early/late.

- TurnItIn.com is used to ensure academic integrity.
Which libraries and resources can I access?

- **Senate House Library**: 4th floor of South Wing
  - Main University of London research collection
  - NYU in London reserve collection
  - Tours will be offered during the first week of classes.

- **Bobst Library Global Services**
  - Online resources, including full-text journals and ebooks; scanning service; Ask Bobst

- **Specialist Libraries** in London: Architectural Association & SOAS

- **Computer Labs**: In residences & 2 in Academic Centre
So when do I need to be at NYU London?

All students MUST arrive on January 27, 2016.

ARRIVAL
- **NO shuttle service** from the airport to NYU London housing
- A staff member is usually present at Heathrow Airport to help direct you.
- Detailed arrival instructions will be provided before departure

CHECK-IN
- Upperclassmen MUST check-in ON arrival day (January 27) at the NYU London residences ideally between 8am and 3pm.
- Check in and check out times at the external (non-NYU managed) residences may vary – full details will be provided.
- Housing is only available for dates of the program: January 27 – May 20 (all students must check out)
- If you arrive early or depart late, you must find your own accommodations. **No exceptions!**

ORIENTATION
- Orientation is **MANDATORY**, and begins on the morning of January 28 through January 31.
- Classes begin February 1.
Do I need a visa?

• Our partner office, The Office of Global Services, manages all visa advising
  – Each student’s individual circumstances are different

Contact information:
• 561 LaGuardia Place (at W. 3rd Street)
• ogs.outbound@nyu.edu
• 212-998-4242
• Aaron Reynolds; aaron.reynolds@nyu.edu
What should I pack?

- Bedrooms are small – only bring what’s absolutely necessary.
- Limited clothes hangers will be provided.
- Check maximum baggage allowance with your airline.
- Remember: you’ll want to bring extra things back!

**Packing Suggestions**
- Sweaters, hats, scarves, gloves, and a coat for the cold winter weather!
- Dress in layers to stay the most comfortable at all times.
- You’ll need a raincoat/umbrella, and sturdy walking shoes!
- Book bag for weekend trips and groceries is useful
- Power adapters/convertors
- At least one towel (not provided in housing)
- Battery-operated travel alarm clock
- Any medication you need (and copies of the prescription written in the generic term)
- Camera (with battery charger)
- Toiletries you can’t live without – the brands are different abroad, and some things can be expensive

**WARNING: Voltage is different in the UK:**
- Buy shavers, hairdryers, flatirons, etc. cheaply upon arrival; don’t bring them from the US!
- “Hi-tech” electronics (laptops, iPods/iPads, cameras, etc.) often have a built-in voltage converter; that’s what that box on the cord is for!

**Shipping**
- YES, you may ship items, ONE WEEK before arrival, to:

  NYU London  
  ATTN: [YOUR NAME]  
  6 Bedford Square  
  London, WC1B 3RA  
  UNITED KINGDOM

(*this will be your mailing address all semester/year)  
Add NO COMERCIAL VALUE on the front of the package.

**Leave these things at home:**
- Linens
- Kitchen utensils
- Anything you can’t bear to lose!
What’s provided in housing?

ALL housing options include:

• Bed linens: One (fitted) undersheet, duvet (comforter), duvet cover, pillow and pillowcase.
• Towels are not provided – bring at least ONE with you.
• Utensils, pots, pans, cutlery, plates, bowls are included.
• Utilities (gas, water, central heating and electricity, wireless internet) are all included.
• Everyone will have their own bed, desk, chair, wardrobe space, corkboard/bookshelf space.
• Regular room cleaning and linen exchange services; card or coin-operated laundry in the building.
• Beds are UK single size (not large, or double size).
• Security and controlled entry; maintenance support.
• All residences have strict “no smoking” policies.
• There are NO meal plans or dining halls at NYU London. Everyone will have access to kitchens and cooking essentials.
Where will I live?

- **TWO housing options at NYU London:**
  - **NYU-L Residence Halls**
    - Byron Court & Guilford House
  - **Third-party housing options**
    - Urbanest King’s Cross
    - Unite Woburn Place

- Housing is **mandatory** and **guaranteed** for all students.
- Housing assignments are NOT first-come, first-serve; they are based on the housing application in the Study Away Confirmation Portal (due November 20).
- All bedrooms/apartments are single-sex.
- We will attempt to honor all **mutual** roommate requests.
- Roommate details are not supplied before arrival.
- **Each apartment layout is slightly different!**
- Assignments will be emailed about 2 weeks before arrival.
- ALL residential buildings utilized are non-smoking.
- Overnight guests are allowed, **but** you cannot plan any visits until you arrive in London, receive the housing guidelines, and submit a Residential Living Agreement with your suitemates!
Byron Court & Guilford House

- Apartment-style housing; 1-3 bedroom suites, with 2-4 beds in each room.
- Apartments have one or two bathrooms, with showers (not baths).
- Fully equipped kitchen area in each apartment: oven, stove, microwave, refrigerator/freezer, storage cabinets, pots and pans, cutlery.
- Very few single occupancy rooms are available, and all are within shared suites (less than 5 single rooms total between both residences)
- Priority for singles given to those who provide relevant medical documentation to the NYU Moses Center (and receive approval) – you need to do this ASAP!

- Communal facilities include
  - Study space outside bedrooms
  - Laundry facilities
  - TV room
Urbanest King’s Cross

- Operated by a third-party provider, NOT NYU
- Will host about one-third of the NYU London community
- All student-housing; you can meet international students from other programs!
- All single en-suite rooms (private bathrooms)
- 4 and 8 bedroom apartments with fully equipped kitchens: oven, stove, microwave, kettle and cookware
- On-site laundry room
- Short walk from King’s Cross St. Pancras train station and various restaurants and bars
Unite Woburn Place

- Operated by a third-party provider, NOT NYU.
- Will be the smallest community of NYU London students (around 40 students).
- Unite is all student-housing; you can meet international students from other programs!

- Two room types – all singles:
  - single studio
  - single in a 2-bed apartment
  Rooms are self-contained and have one private bathroom.

- All rooms have in-room kitchenettes; stove-top, microwave, mini-fridge.

- Rooms are designed for space efficiency, and are QUITE SMALL

- Closest to the Academic Center

- [http://www.unite-students.com/london/woburn-place](http://www.unite-students.com/london/woburn-place) - to learn about the rooms and communal space
How will I pay for things?

- **Credit Cards** (specifically Visa and MasterCard) are widely accepted
  - Credit cards usually offer the best exchange rate.
  - Fee is generally very small; typically a small % of the total transaction, ranging from a few cents to a few dollars per swipe.
  - Check with your credit card company for international fees/charges.
- **Debit cards** will allow you to withdraw money from local ATMs
  - Easiest way to access local currency!
  - Exchange rate is much better than exchanging money at the airport.
  - ATMs are often fee-free, BUT your bank will charge you! Check with your bank for fees
  - Make a few large withdrawals vs. many small ones. Lock excess money away in your room; only carry what you need!
- **Chip and Pin Cards**
  - Embedded security chip (in addition to the magnetic stripe found on American-style cards).
  - When purchasing, enter a PIN (as we do with debit cards)
  - Ask your bank if they offer this card
London is expensive!
How can I be strategic with my money?

**Budgeting Tips:**

- Local Public Transportation:
  - Don’t buy an Oyster Card beforehand.
  - Buses are more affordable than the Tube.
  - The annual 16-25 Railcard helps you save on off-peak Tube fares.

- Purchase a cheap local cell phone OR bring an unlocked phone and purchase a local SIM card

- Get a credit card that has no or low foreign currency exchange fees.

- Don’t purchase textbooks in the U.S.; wait to find out exactly what you need!

- Must have a Tier 4 visa to work (maximum 20 hours per week)
How will I stay in touch with people?

- Contact your cellular provider to discuss unlocking your phone and/or international perks your plan already includes.

- Set-up a video chat account (such as Skype) for yourself -- and your parents, if they’re tech-challenged.

- Create a communication plan
  - You should inform family and friends that you will call or email them as soon as you can after arrival, BUT this may not be for several hours after your plane lands.
  - Decide with your family & friends on a reasonable amount of time to stay connected, and stick to it.
  - *Home will be here when you get back!* Spend more time building stories than sharing them!
Taking care of your health and medical needs

- All students are enrolled in HTH, an international health coverage plan
  - No advance out-of-pocket payment for students to see a doctor or counselor
  - Credentialed, western trained, nearby, English-speaking health professionals
  - REMEMBER to register with HTH when you receive an email from them.
  - HTH works everywhere in the world (except the US!)
- **NYU Shanghai Students**
  - International Students will remain on the HTH NYU Shanghai Global plan
  - Chinese national students must remain enrolled in the national citizen health insurance plan while they are abroad (this is a condition of enrollment in NYU study away). Do NOT cancel the current health insurance.
- Students should consult with NYU site staff if you need help seeking medical attention and locating doctors
- **DO NOT cancel your domestic health insurance while you are abroad!**
- If you take prescriptions regularly we recommend getting a full supply prior to going abroad.
- If you anticipate wanting to be in on-going counseling while abroad, call the NYU Wellness Exchange so they can help coordinate. It is covered by HTH!
- **Free emergency health care in the UK at 24/7 Accident & Emergency departments**
Counseling and Wellness Services

• In addition to the 24/7 Wellness Exchange, NYU London has a full-time Wellness Counsellor available.
  • Dr. Maisie Chou Chaffin is NYUL’s Full-time Student Wellness Counsellor.

• Appointments are FREE AND CONFIDENTIAL

• Some examples of reasons students have used wellness while studying away:

  Balancing time away with attention to friends and family at home: Making choices about how you use your energy.

  “My sleep is so messed up. I know that I’m online too much but can’t seem to do anything about it. If I don’t keep up with everyone at home, they will think I don’t care”

  Having a discussion about whether or not to continue your prescribed medications – and support connecting to a local psychiatrist for further evaluation.
Will I feel safe?

- NYU’s academic center is staffed with security guards during opening hours.
- There is ALWAYS an NYU staff member on duty, in New York and London.
- You will be given a phone number to call in emergencies during on-site Orientation.
- To call for a local emergency number:
  - Dial 999 instead of 911.

Help us keep you safe. Follow all staff recommendations:

- Don’t invite strangers into the residence. Your guests should always be in your company.
- Always lock your doors.
- Don’t ever hitchhike.
- Don’t leave your street smarts at home!
How can I meet people?

SIGN UP FOR CULTURAL PROGRAMING…

- **Aimed at giving you:**
  - A sense of being in Britain
  - A “place to start” when exploring the range of cultural opportunities available in London;
  - A chance to bond with Britain and with each other

Various events offered during the semester, including:

- Day Trips to Bath, Oxford, Stonehenge & Salisbury, Dover Castle, English Country Walk, and Tour of the Cotswolds
- Performances at the Royal Ballet and English National Opera
- Trips to West End theatre shows
- Walking tours of London
- Live soccer and rugby games
- Cultural eating nights (e.g. fish n chips, curry night!)
- Ceilidh dances

More information about all activities, including the Cultural Programming Calendar, will be released in the “Letters from London” series, which will start on the blog around December 15th
Glen Coe with the Three Sisters mountain range backdrop

Students at the Ben Nevis Whisky Distillery
Student Central is a great way to connect with London students, whether over a drink in the “Library” bar, at gigs, over coffee at the subsidised Lunchbox store, or when joining the gym (monthly fees apply) or signing up to a Club or Society.

www.student-central.co.uk

University College London Union is another great way to connect with London students. With a subsidised gym, infinitely more choice of clubs and societies to join and great places to eat, you will be able to apply for your UCLU membership a few weeks into the semester. NYUL pays the fee, so all you will have to do is pop into Student Hub and fill out a short form to apply!

www.uclu.org
VOLUNTEER!

- Meet other NYU students
- Immerse yourself in the local culture
- Build your resume with international experience
- You do **NOT** need a Tier-4 Visa for most charitable volunteering or community service.
- You can apply to take part in the NYUL Community Service Award, which recognises students who volunteer for 10 hours or more while abroad.
- You may like to:
  - Commit to an on-going community service such as SHINE, Action Tutoring or Keeping in Touch;
  - Participate in as many one-off events as you like with charities such as Thames 21, Cancer Research UK, TCV or the local Soup Kitchens.
  - There will be a volunteering weekend in Snowdonia, North Wales in mid-April
PART II

- What is Culture?
- Cultural Adjustment: Discussion
- Making the Most of Your Experience
- Q & A
What is Culture?

• How do you define culture?

• How do you define your cultural identity?

• How do you think your culture will be perceived in London?

“Culture is the way we perceive the world; it is how we behave according to the values, attitudes, and beliefs that we have learned. It is the glasses through which we see the world.”

It’s important to note that culture goes beyond national cultures. We often associate culture with nationalities – British, Spanish, American, etc. Even within each culture there exists many other subgroups that have their own culture. Culture is made up of our values, attitudes, and beliefs – and ultimately influences our behaviors.
This activity is designed to discuss assumptions for where values come from (Courtesy of OneWorld Now!)

**Intention**

- To start to recognize how culture can affect actions and seemingly “universal” decisions
- To understand where one's culture shows up in actions
- Looking at the actions on the next slide, which do you think are universal, cultural or personal?
Values: Universal, Cultural or Personal?

1. Sleeping with a bedroom window open
2. Running from a dangerous animal
3. Considering snakes to be “evil”
4. Men opening doors for women
5. Respecting older people
6. Learning one’s native language
7. Preferring playing soccer to reading a book
8. Eating regularly
9. Developing artistic skills
10. Seeking harmony in everything one does
11. Eating with fork, knife and spoon
12. Being wary of strangers
13. Considering competing and winning important
14. Calling a waiter with a hissing sound
15. Regretting being the cause of an accident
16. Eating no dairy products
17. Feeling sad at a loved one’s death
18. Wearing white mourning robes after the death of a loved one
19. Keeping your bedroom door open
20. Liking spicy food
21. Talking loudly in public

As is probably evident, the line between universal/cultural/personal is not necessarily set or clear. Part of understanding this is exploring how and where we learn these values.
It's important to spend some time thinking about where you learned your cultural values before you leave for London. The Cultural Iceberg image helps us visualize what we see on the surface, and everything beneath that we may not see so easily. What are your own values and beliefs? Where do they come from? How have these molded you?

Everyone has their own cultural iceberg. All of these aspects of our cultural iceberg impact how we interact with others, and also how others interact with us. By exploring our own cultural iceberg, we can understand our own positions, but also be open to knowing that others are coming from their own positions. This may be something you’ve experienced at NYU, at home, and you may experience this while studying in London.
Adapted from Oberg (1960) and Gullahorn & Gullahorn (1963)
Adapting to a new environment takes time and the pace of transition varies from person to person. The typical pattern of cultural adjustment often consists of distinct phases: Honeymoon, Points of Conflict (or Crisis), Recovery, and Adjustment. Notice that this cycle is then repeated upon re-entry to one's home country or culture of origin. The effect these phases have on one's mood is illustrated in this "w-curve" figure. This figure is not a one-size-fits-all predictor of every student's experience. It's not a perfect model, of course, but it's a good visual for you to think through some of the ups and downs that you’ll encounter in your new city.

**The Honeymoon Phase**
This phase is best described by feelings of excitement, optimism and wonder often experienced when you enter into a new environment or culture. While differences are observed, students are more likely to focus on the positive aspects of the new environment.

**The Conflict Phase**
This what is often termed as "culture shock." Culture shock has been defined in different ways by many social scientists. In general, it is a term used to describe the anxiety and feelings (of surprise, disorientation, confusion, etc.) felt when people have to operate within an entirely different cultural or social environment. It grows out of the difficulties in assimilating to the new culture, causing difficulty in knowing what is appropriate and what is not. Often this is combined with strong disgust (moral or aesthetical) about certain aspects of the new or different culture. Culture shock does not necessarily occur suddenly, but may gradually begin to affect a person's moods over time. The length of time a person experiences culture shock depends on how long they stay in the new environment, as well as their level of self-awareness.

**The Recovery & Adjustment Phases**
Recovering from culture shock is handled differently by everyone—we each have our unique circumstances, background, strengths and weaknesses that need to be taken into consideration. With time and patience, we can experience positive effects of cultural adjustment, like increasing self-confidence, improved self-motivation and cultural sensitivity. As you gradually begin to feel more comfortable in and adjusting to the new environment, you will feel more like expanding your social networks and exploring new ideas. You will feel increasingly flexible and objective about your experience, learning to accept and perhaps practice parts of the new culture, while holding onto your own cultural traditions.

Adapted from Oberg (1960) and Gullahorn & Gullahorn (1963)
What resources can I access at home and away?

Our student life staff members in London work closely with our colleagues in New York to provide the best possible student support, resources and opportunities for engagement. Remember that you’re not alone in your preparations, cultural adjustment, and return to your home campus. You have lots of resources, and these are just some of the teams across campus that you can continue to work with.
Questions?

Safe travels to London!