

Travel Newsletter

Scotland Summer 2008



May 15, 2008

Contents

Last-Minute Reminders	1
Checking In for Your Flight	1
Baggage and Backpacks	1
Packing Your Carry-on Bag	1
Security Check	2
Running Late?	2
In-flight Comfort	2
Beating Jet Lag	2
Landing Card	2
Lost Luggage	2
Phone Home	2
Clearing Immigration	3
Where Is Orientation?	3
Currency	3
If You Arrive Early	3
Updated Calendar	3
Last-Minute Tips	3
Program Calendar	4

Last-Minute Reminders

Before you depart, make sure you have your **student validation document** and **passport**. If you don't have them with you, immigration will turn you away at the airport when you land. **Your student validation document is included in this mailing.**

Make sure you have paid your program fee and/or taken care of your financial aid. We can't place you in housing if you haven't paid your fee.

E-mail your travel plans to dpraul@ifsa-butler.org by June 1. We need to know when to expect you so that we have a way to track you down if you don't turn up on time. If you miss a flight or change your plans, call IFSA-Butler at 800-858-0229 and **let us know.**

Checking In for Your Flight

You should plan to arrive at the airport three hours before your international flight. That allows you enough time to check in, get a boarding pass, go through security and make it to your gate.

You must check in for your flight. Otherwise, the airline can give your seat to someone else.

Ask if your domestic carrier has an agreement with your international carrier. If so, the domestic airline may be able to check your bags all the way through to your final destination. This way it may be possible to get your international flight boarding pass at the gate instead of having to leave the gate area to retrieve your luggage and check it back in at the international airline desk in the check-in area.

If your bags can't be checked to your final destination, you'll have to leave the gate area and claim your luggage, then recheck your luggage at the check-in desk of your international airline carrier. They will issue you a boarding pass for this leg of your journey. Once you have rechecked your luggage and received your new boarding pass, you will have to proceed through security in order to re-enter the gate area.

Get to the gate in plenty of time so you don't miss your flight.

Baggage and Backpacks

Many airlines allow two pieces of checked luggage and one carry-on bag. Contact both your domestic and international carriers for more information on baggage limits.

If you exceed baggage limits, the airline can require you to buy new luggage and repack right there in the airport. **Do not over-pack.** You may be required to pay a fee for extra or oversized luggage.

If you lock your luggage, make sure the lock is Transportation Security Administration-approved in order to lessen damages to your luggage. If your bag is searched, officers may cut the lock off, damaging your bag in the process.

Please do not bring sporting equipment such as bikes. If you feel you must bring your own, call your domestic and international carriers for information about packing and excess baggage fees.

Packing Your Carry-on Bag

Did you pack:

- Your passport
- Your student validation document
- Your tickets
- *Preparing to Study Abroad* (sent with your welcome packet)
- Your newsletters
- Your telephone calling card and instructions for calling home from Scotland
- List of contact names, addresses, phone numbers, fax numbers, and e-mail for:
 - Academic advisor at your home college
 - Study abroad advisor at your home college
 - Parents and relatives
 - IFSA-Butler Scotland office

You might also want to bring:

- Travel-size toiletries that meet airline specifications/restrictions (i.e., liquids in containers no larger than three ounces, all sealed in a clear, quart-size plastic bag).
- Something to read
- Something to listen to
- Spare clothes in case your luggage is lost or delayed

- Any medications and prescriptions
- Your spare glasses
- Snacks
- Camera

According to FAA regulations, you are not allowed to bring in your carry-on the following items:

- Knives (including pocket knives)
- Cutting instruments of any kind
- Metal knitting needles (plastic needles are acceptable)
- Lighters
- Metal scissors (plastic scissors are acceptable)
- Baseball or softball bats
- Golf clubs
- Pool cues
- Ski poles
- Hockey sticks

You can get the most up-to-date list of prohibited items and restrictions for packing liquids from the Transportation Security Administration Web site at www.tsa.gov (click on "Travelers and Consumers" and then on "Air Travel").

Airlines have implemented stringent security measures and any items described above will be confiscated and not returned. Remember that metal objects, even pocket change and pen caps, can set off the airport's security alarms.

Carry-ons are subject to inspections. You may bring an umbrella on board, but only if it has been inspected at the airport. If you need to take a syringe on the airplane, you must have documented proof of medical need.

If you intend to bring a laptop computer, portable CD player or a hand-held electronic game, follow your airline's instructions. Cell phones must never be used while an airplane is in flight.

Security Check

Security is tight, so you may have to unload the batteries from electronic devices or undergo security procedures. Do not joke about having weapons or explosives. Security can arrest you on the spot and send you to jail. Be patient and cooperative with the security personnel.

You may be required to turn on all electronic equipment. Be sure that your equipment is fully charged and include the power cord or battery in your carry-on.

Running Late?

If you are delayed and it looks like you may not make your flight, make arrangements with the airline (not your travel agent!) to get on the next available flight. Then call us at 800-858-0229 to let us know about your change in plans. We will then inform our Scotland office of any delays on your behalf.

Be sure to leave your name, location, airline, old flight numbers, new flight numbers, departure and arrival times, and the name, number and room of the hotel (if you have to stay in a hotel). Then call your parents to let them know about your flight change.

We monitor messages on flight days, so if no one answers the phone, be sure to leave a message with the above information.

In-flight Comfort

For comfort during the flight, wear loose-fitting clothes and comfortable shoes. Your feet might swell during the flight. You'll probably find that the cabin feels cold, so don't give away your blanket.

Pack your carry-on with snacks, your toiletries, a change of clothes and something to read.

Beating Jet Lag

During the flight drink plenty of water and sleep as much as you can. Try to eat something, but avoid drinking alcohol.

If you don't adjust your internal clock right away, jet lag will hit you harder and last longer. Set your watch to local time, and eat and go to bed at normal Scottish times.

Landing Card

As your plane descends into the U.K., your flight attendants will hand out a few forms with customs and agricultural declarations. You can bring into the country duty-free goods valued up to £145, one liter of spirits or two liters of wine and 200 cigarettes. Do not bring explosives or flammable fluids. Remove the price tags and wrappings from any new purchases; you don't want to pay customs charges on new items.

If you have nothing to declare, go through the green channel.

If you have a question about declaring goods, declare them. It's not a problem to declare something you don't have to. However, if you neglect to declare something customs considers dangerous to agriculture or against the law, they may fine, deport or imprison you.

Lost Luggage

If your luggage doesn't come out of the carousel, see the airline officials to file a lost luggage claim **before you leave the customs area**. Do not give officials our Scotland office address. You can give them the orientation address:

Royal Over-seas League
100 Princes Street
Edinburgh EH2 3AB
Telephone: 0131-225-1501

If you lose your luggage, let our Scotland office staff know.

Phone Home

Please call home as soon as you get to Scotland. Your family will be worrying about you. Check with your long-distance carrier for instructions on calling home from Scotland (and anywhere else you plan to travel) **before** you leave. Sometimes instructions for calling internationally with a calling card can be complex, so be sure to write the information down and bring it with you in your carry-on bag.

You may prefer to purchase a calling card in the U.K. The U.K. Post Office offers one of the best calling card rates from the U.K. to the U.S. You can order a calling card online at the post office Web site: www.postoffice.co.uk. Calling cards can also be purchased at any post office branch; most branches close at 5 p.m.

Clearing Immigration

When you go through immigration, the officials will ask the purpose of your visit. Tell them that you are a student and present your **passport, landing card** (from the airplane) and **student validation document**. The student validation document verifies your status as a full-time student and confirms that your program fees are being paid.

If the official asks for your address and you do not yet have one, give him/her the following address.

Institute for Study Abroad
19 Albany Street, Second Floor
Edinburgh EH1 3QN
Telephone: 0131-557-8811
Fax: 0131-557-9977
E-mail: ruth@ifsascotland.org

Where Is Orientation?

During the IFSA-Butler orientation, you will be staying at the Royal Over-seas League in Edinburgh:

Royal Over-seas League
100 Princes Street
Edinburgh EH2 3AB
Telephone: 0131-225-1501

Take a taxi to get to your orientation site. Be sure to get a taxi with a meter; drivers without meters may overcharge you. You can expect to pay £15–£20 to get from the airport to your orientation site. It is normal to round the fare up but tipping is not expected.

A cheaper alternative is to take the airport express bus to the city center (Waverley Bridge). The airport bus costs £3 from Edinburgh Airport to Waverley Bridge. This bus stop is approximately a 5-minute walk from the hotel.

If you experience any problems or have questions once you arrive in Scotland, call our Edinburgh office toll free at 800-731-3271.

Currency

You can exchange currency at the airport. If you arrive late at night or on a weekend, you should definitely exchange your currency at the airport. Banks give a better rate of exchange, but they are not open on weekends or holidays.

You may want to acquire some pounds sterling before you depart, but you might need to order them in advance. Some banks and travel agencies (such as AAA) keep pounds sterling on hand. If you cannot get pounds sterling or traveler's checks in pounds sterling, you can exchange American dollars and traveler's checks at banks in the U.K. for a small fee.

If You Arrive Early

Hostels and Hotels

IFSA-Butler cannot accommodate early arrivals. If you plan to stay in Scotland before orientation, we suggest you purchase a guidebook. We recommend:

- Lonely Planet Travel Survival Kit (www.lonelyplanet.com)
- Rough Guides (www.roughguides.com)

You might consider staying in a youth hostel, since it is usually cheaper than a hotel. Check out the Scottish Youth Hostel Association on the Web at www.syha.org.uk.

Luggage Storage

IFSA-Butler does not have luggage storage facilities. If you arrive before orientation to travel, you can leave your luggage at a Left Luggage facility in the airport or at Waverley train station in the city center. There is a small fee for each piece of luggage you leave.

Updated Calendar

We've included an updated calendar. Please check to see if any of the dates associated with your program have changed.

Last-Minute Tips

- Sign up for frequent flyer miles.
- Reread the housing and health insurance sections of *Preparing to Study Abroad*.
- Photocopy your passport and tickets and give a copy to your parents.
- Give your parents the numbers of your credit cards and traveler's checks in case they are lost or stolen.
- Remember that the U.K. is expensive, so double-check your budget.
- Buy a travel guide or take a look at the Visit Scotland Web site: www.visitscotland.com.

Questions? Call us at 800-858-0229 or check our Web site: www.ifsabutler.org.

Program Calendar

Summer Programs 2008



Argentina

	Summer Language and Culture Program
Group Flight Departs	May 29
Arrive in Buenos Aires	May 30
Program Starts	May 30
IFSA-Butler Orientation	May 31–June 1
Classes Begin	June 3
Classes End	July 4
Last Day of Paid Housing	July 11
Program Ends	July 11

Australia

	Murdoch University	University of Melbourne: 1 course	University of Melbourne: 2 courses	University of New South Wales
Group Flight Departs	N/A	N/A	N/A	June 19
Arrive in Australia	June 13 (in Perth)	June 26 (in Melbourne)	June 26 (in Melbourne)	June 21 (in Sydney)
Program Starts	June 13	June 26	June 26	June 21
IFSA-Butler Orientation	June 13	June 26	June 26	June 21
University Orientation	June 16	June 27	June 27	June 23
Classes Begin	June 16	June 28	June 28	June 24
Last Day of Classes	July 18	July 13	July 25	July 29
Final Exams	N/A	N/A	N/A	July 30
Program Ends	July 19	July 14	July 26	August 4
	U. Queensland: Marine Microscopy & Microanalysis	U. Queensland: Marine Neurobiology	U. Queensland: Coastal Resource Management	U. Queensland: Tropical Marine Invertebrates / Coral Reef Ecosystems
Group Flight Departs	N/A	N/A	N/A	N/A
Arrive in Australia	June 19 (in Brisbane)	June 23 (in Brisbane)	July 10 (in Brisbane)	July 21 (in Brisbane)
Program Starts	June 19	June 23	July 10	July 21
IFSA-Butler Orientation	June 19	June 23	July 10	July 21
University Orientation	June 20	June 24	July 11	July 22
Classes Begin	June 20	June 24	July 11	July 22
Last Day of Classes	June 30	July 4	July 21	August 1
Final Exams	N/A	N/A	N/A	N/A
Program Ends	July 1	July 5	July 22	August 2
	University of Sydney			
Group Flight Departs	N/A			
Arrive in Australia	June 26 (in Sydney)			
Program Starts	June 26			
IFSA-Butler Orientation	June 26			
University Orientation	June 27			
Classes Begin	June 30			
Last Day of Classes	July 18			
Final Exams	July 21–24			
Program Ends	July 25			

England

Group Flight Departs
Arrive in London
Program Starts
IFSA-Butler Orientation
Move into Housing
University Orientation
Classes Begin
Classes End
Program Ends

LSE
Session I
July 3
July 4
July 4
July 5–6
July 6
July 6
July 7
July 24
July 25

LSE
Session II
N/A
July 25
July 25
July 26–27
July 27
July 27
July 28
August 14
August 15

Middlesex
University
June 24
June 25
June 25
June 26–27
June 27
June 28–29
June 30
August 6
August 7

Pembroke and King's
Colleges, Cambridge
June 26
June 27
June 27
June 28–29
June 29
June 30
June 30
August 22
August 23

Group Flight Departs
Arrive in London
Program Starts
IFSA-Butler Orientation
Move into Housing
University Orientation
Classes Begin
Classes End
Program Ends

St. Peter's College,
Oxford University
June 26
June 27
June 27
June 28–29
June 29 (2 p.m.)
June 30
June 30
August 8
August 9 (morning)

University of Sussex
Session I
June 19
June 20
June 20
June 20–22
June 22
June 23
June 23
July 18
July 19 (10 a.m.)

University of Sussex
Session II
N/A
July 18
July 18
July 19–20
July 20
July 21
July 21
August 15
August 16

University of the Arts
London
June 19
June 20
June 20
June 20–22
June 22
June 23–24
June 25
August 15
August 17

Group Flight Departs
Arrive in London
Program Starts
IFSA-Butler Orientation
Move into Housing
University Orientation
Classes Begin
Classes End
Program Ends

U. Westminster Session I:
Media, Arts and Design
June 19
June 20
June 20
June 20–22
June 22 (2 p.m.)
June 23
June 23
July 11
July 12 (10 a.m.)

U. Westminster Session
II: Liberal Arts
July 10
July 11
July 11
July 12–13
July 13 (2 p.m.)
July 14
July 14
August 1
August 2 (10 a.m.)

Ireland

Arrive in Ireland
Program Starts
IFSA-Butler Orientation
Move into Housing
Classes Begin
Program Ends

National University of
Ireland, Galway
June 23 (in Limerick)
June 23
June 23
June 24
June 25
July 24

Queen's University
Belfast
July 19 (in Belfast)
July 19
July 20
July 20
July 21
August 9

University College
Cork
June 28 (in Limerick)
June 28
June 28
June 29
June 30
July 26

University College
Dublin Internship
June 7 (in Dublin)
June 7
June 7
June 7
June 9
August 2

Arrive in Ireland
Program Starts
IFSA-Butler Orientation
Move into Housing
Classes Begin
Program Ends

University of
Limerick
May 27 (in Limerick)
May 27
May 27
May 28
May 29
June 18

Mexico

Arrive in Mérida
Program Starts
Move into Housing
IFSA-Butler Orientation
Classes Begin
Classes End
Last Day of Paid Housing
Program Ends

Mexico Culture and
Language at UADY
June 3
June 3
June 3
June 4–8
June 9–17
July 18
July 20
July 20

Scotland

Arrive in Edinburgh
Program Starts
IFSA-Butler Orientation
Move into Housing
Classes Begin
Classes End
Program Ends

University of Stirling Session I

June 12
June 12
June 13
June 13
June 16
July 11
July 12

University of Stirling Session II

N/A
N/A
N/A
N/A
July 14
August 8
August 9

Spain

Arrive in Málaga
Program Starts
IFSA-Butler Orientation
Classes Begin
Excursion to Sevilla
Excursion to Ronda
Classes End
Last Day of Paid Housing
Program Ends

Summer Literature and Contemporary Spain

June 13
June 13
June 14–15
June 16
June 28
July 12–13
July 25
July 26
July 26

These dates are correct as of May 5, 2008, but must be regarded as provisional given the mutability of host university calendars.

Upon arrival at your host university, check the program ending dates for changes before confirming your return travel plans. Ending dates vary from department to department, and you must complete all course obligations prior to departure. In addition, you should not make plans to travel on the final day of exams, as there may be exams on that day.

Your program housing is available only until the day after your last final exam.