



PH388: TALKING TOLKIEN IN ENGLAND

PRE-DEPARTURE ORIENTATION

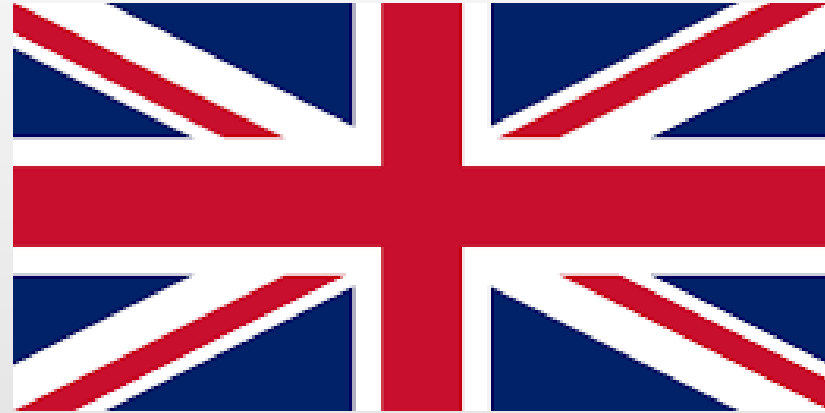


OVERVIEW OF YOUR TRIP

May 5 - May 15, 2024

Travel to:

London, Oxford, York,
Alnwick, & Cambridge



Quick facts

The United Kingdom, made up of England, Scotland, Wales and Northern Ireland, is an island nation in northwestern Europe. England – birthplace of Shakespeare and The Beatles – is home to the capital, London, a globally influential center of finance and culture. England is also site of Neolithic Stonehenge, Bath's Roman spa and centuries-old universities at Oxford and Cambridge.

TODAY'S ORIENTATION TOPICS:

- Passport & ETA
- Flights / Airports
- Packing
- Money
- Communications
- Insurance
- Behavior
- Culture Shock
- Stereotypes Abroad
- Safety
- Scams and Pick Pockets
- Other Sources of Safety Knowledge



PASSPORT

- Passport needs to have a minimum of 6 months of validity beyond your stay in England.
- Make sure you have signed your passport!
- Travel with a photocopy of your passport, carried separate from your passport.
- Bring your passport with you to the airport – Is anyone checking a bag? Don't leave your passport in your checked bag or carry on.
- Do not lose it!



ELECTRONIC TRAVEL AUTHORIZATION (ETA) - UNITED KINGDOM

The United Kingdom Electronic Travel Authorization is a Home Office electronic system that is used to pre-check people travelling to the United Kingdom.

How to apply for an Electronic Travel Authorization (eTA) Applying for an eTA is an easy online process. Applicants will need a valid passport, a credit card, and an email and can get their eTA approval via email. The application is then stored and linked to the applicant's passport number.

You can get an ETA if you're travelling to the UK on or after 22 February 2024.

- Application Guidance: <https://www.gov.uk/guidance/apply-for-an-electronic-travel-authorisation-eta#apply-for-an-eta>
- Apply Online - <https://apply-for-an-eta.homeoffice.gov.uk/how-to-apply>

How to apply:

- Take or upload a photo of the passport you will use to travel to the UK.
- Scan your face with your device, if it has a camera.
- Take or upload a photo of yourself.
- Answer some questions about yourself.
- Pay for your application, approximate cost £10.

FLIGHTS

- Reserve your seat.
- On the day of your flight, check [FlightStats.com](https://www.flightstats.com) for airport information such as security wait times, flight delays and other information that could affect your trip.
- Add your airline's app to your smartphone.
- Most airports have self-service kiosks that make the process of checking in speedier.
- Use your airline's website to check in online up to 24 hours before your scheduled departure time. Either print your boarding pass at home or download it to your phone.
- Arrive at the airport 3 hours before an international flight.



AIRPORTS

Airport Security:

- Expect long waiting lines
- Have your passport & boarding pass readily available
- At U.S. airports you will need to take off your shoes as well as jackets, belts and anything in your pockets before going through security.
- Laptops also need to be removed from their cases and put in a bin for screening. (Smaller devices such as phones and cameras can be left in your carry-on.)
- You may carry liquids, gels and aerosols in travel-size containers that are 3.4 ounces or 100 milliliters. A passenger is limited to one quart-size bag of liquids, gels and aerosols.



Customs:

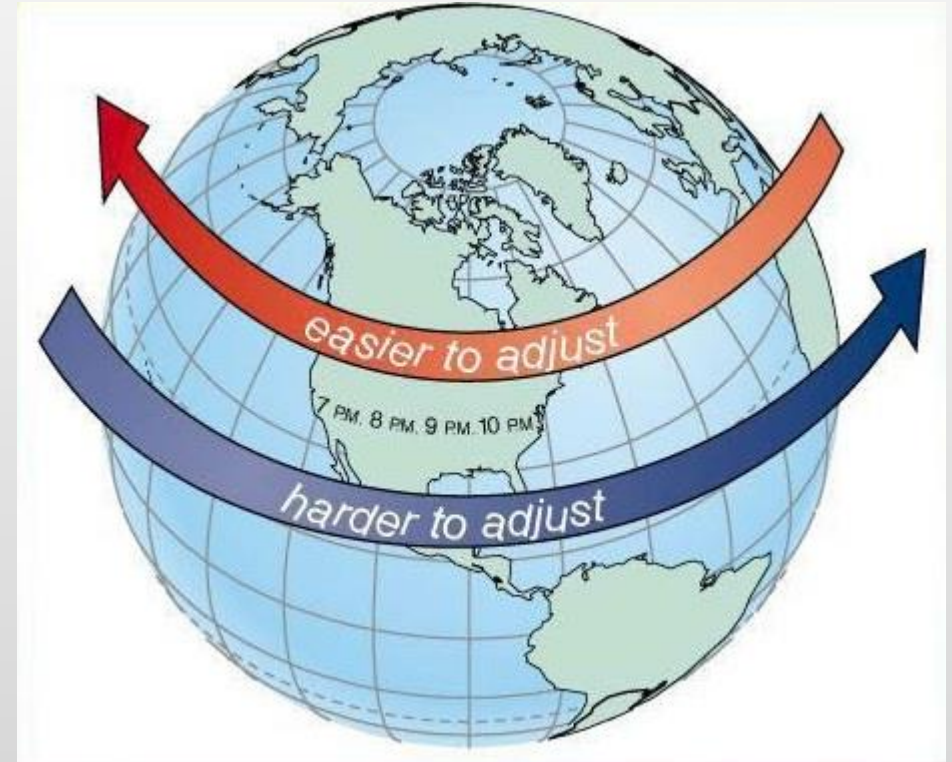
- Expect long waiting lines.
- Have your passport readily available.
- You may be asked various questions
 1. What is the purpose of your trip?
 2. How long do you intend to stay?
 3. Where will you be staying?
 4. What is your occupation?
 5. Do you have anything to declare?

Keep all documents given to you at Customs & Immigration. You'll need them to leave.



Avoiding Jet Lag:

- Adjust your sleeping pattern before the trip
- Rest during the flight
- Stay hydrated
- Eat well - avoid junk food/heavy meals
- Wear comfortable cloths/shoes



PACKING

General Tips:

- Do not over pack! Follow your airline's rules about what size carry-on luggage they allow, typically 22 x 14 x 9 inches is standard, also check weight limits.
- Bring copies of all important documents (passport, credit cards, flight itinerary, insurance, etc...) and store them separate from your originals – A suggestion would be the inside lining of your suitcase.
- All liquids must be in containers of no more than 3.4 ounces, and all containers must fit in a clear, one quart sized zip top plastic bag.



Suggested Packing List:

- Comfortable shoes for walking
- Clothing you can layer
- A light jacket
- Umbrella or rain jacket
- Small backpack for day trips
- Backup contacts or glasses
- Money belt/passport holders
- Outlet adaptors (converter)
 - American appliances run on 110 volts, while European appliances are 220 volts. If you see a range of voltages printed on the item or its plug (such as 110-220) you're ok in Europe – but an adaptor to fit sockets may be necessary.
- Bring any prescriptions in original containers and make sure you have enough for the trip



What Not To Pack:

- Expensive jewelry
- Large amounts of cash
- Irreplaceable items/keepsakes
- Lighters, matches and other flammable items
- Sharp items: Ex. knife or scissor
- Anything that could be considered a weapon: Ex. a gun, tools, some sporting equipment (bat, golf club etc.)
- Meat, fruit, vegetables, and other agricultural products
- Heavy items



MONEY

Banking/Credit Cards:

- Tell your bank and credit card companies the dates and countries where you will be traveling to. If you lose your credit/debit card know how to contact them.
- Visa and Mastercard are the most widely accepted cards. Do not bring a Discover card or American Express card.
- Investigate the fees for using your credit or debit card abroad. You can be getting charged \$2-5 each time you take out money so don't take out small amounts each day! BUT, don't walk around with a huge amount of cash!



British Pound

Getting Cash:

- ATMs are convenient and located throughout Europe.
- You can also get money from local banks or at airports, rates can vary greatly. ATMs provide the most up-to-date rates.

Money Tips:

- Have a backup plan in case you lose your wallet or purse How are you going to get money?
- Remember to budget for souvenirs and meals that are not included in the trip.
- The exchange rate as of March 26, 2024, the British pound is worth approximately \$1.26. So, if an item costs £20 it really cost you \$25.20.

COMMUNICATIONS

Cell Phones:

- Find out in advance if your phone can be used abroad and what the rates might be for calls/texting.
- If you choose NOT to buy an international plan, keep your phone on airplane mode & connect to WiFi when possible instead of using data.
- It's often cheaper to rent a phone or purchase a "pay as you go" phone abroad at a mobile network store, electrical retailer or a supermarket.

Other Means:

- WhatsApp Messenger is a free messaging app.
- Skype, FaceTime, and Facebook messenger can be used online and are free with a Wi-Fi connection.
- If you have a Gmail account, set up Google Voice to call/text family members for free while abroad; registering in the U.S. is free, while registering abroad is not.



Other Recommend Apps:

- Google Translate
- Google Maps
- XE – currency converter
- Transit – navigate public transportation in real-time in major cities around the world
- Uber/Lyft



INSURANCE

iNext:

- You will be enrolled with iNext Insurance with their Enhanced Comprehensive policy for the duration of the trip.
- iNext will send a confirmation e-mail with all the details of the coverage and policy information.
- Print confirmation e-mail, or the policy information portion, and travel with it.

Personal Insurance:

- You should maintain your regular insurance and communicate with them regarding your upcoming international travel. Carry your policy information with you.



BEHAVIOR

- Be polite and respectful to your fellow students, your faculty leaders and the people you meet abroad.
- Be on time, pay attention to instructions, and use your best manners.
- Remember to dress sensibly when visiting the various sites and businesses.



GOOD
MANNERS
COST
NOTHING

Extreme misconduct will not be tolerated and you may be removed from the program

Things that are STUPID!

- **NO DRUGS**
 - Who is selling it? Are they cops? Are they crooks?
- **DO NOT ABUSE ALCOHOL**
 - Heavy drinking is disruptive and can lead to program dismissal.
 - Heavy drinking can put you in danger.
- **DO NOT COMMIT A CRIME**
 - You are subject to the laws of your host country and there's not much we can do if you get arrested.



CULTURE SHOCK

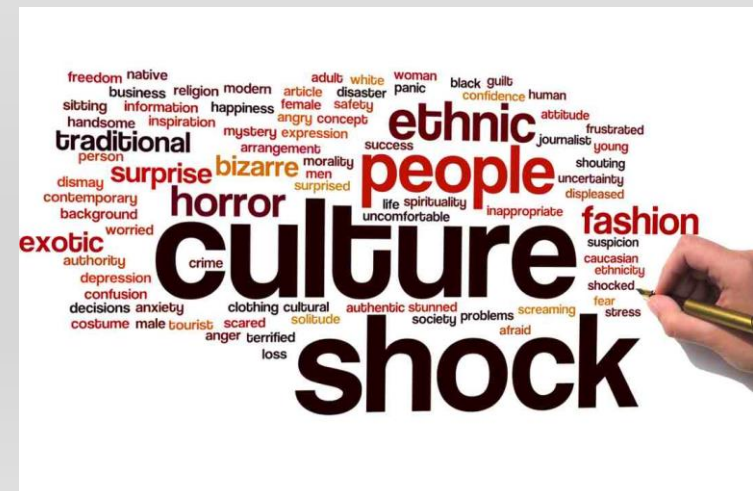
- Be prepared by learning as much as you can about your host culture before departure and be prepared to answer questions about your own culture.
- Start with an open mind and a positive attitude.
- Observe gestures and non-verbal communication such as eye contact, personal space and touching behavior. Observe the manner in which people interact with each other.

[The 4 Stages of Culture Shock](#)

[Why Culture Shock is Good for You](#)

[How to Deal with Culture Shock](#)

[Tips for Dealing with Culture Shock](#)



STEREOTYPES ABROAD

Whether a U.S. citizen or not, it is likely you may be singled out as “American” at some point and possibly subject to related stereotypes.

Do:

Listen to other's views

Be respectful (even more than when home)

Ignore verbal harassment

Positively discuss the difference of opinion

Be a positive example of what the U.S. represents

Be open-minded to cultural norms

Don't:

Be confrontational

Tell people the U.S. is superior...

Be rude

Lecture people

Take it personally

Prove the stereotype is correct

[Types of Nonverbal Communication](#)

[Tips on Cross-Cultural Communication](#)

[Communication Styles](#)

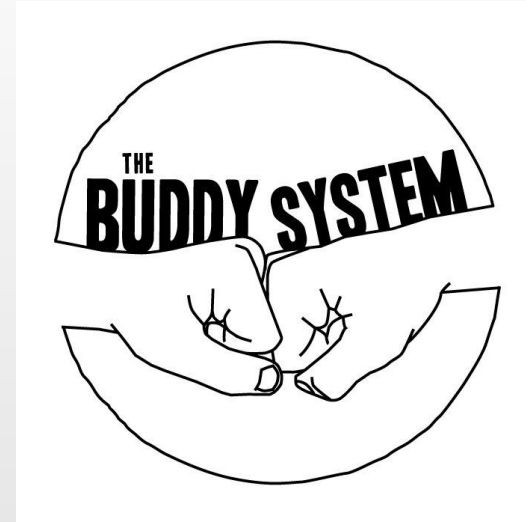
[Dealing with Stereotypes While Abroad](#)

SAFETY

- The most important things to assure your safety is to **remain vigilant and avoid risky behavior**
 - Remember that tourists are targeted.
 - Alcohol is the #1 contributor to unfortunate events abroad.
- **Beware of con artists and predators**
 - Do not be overly trusting of strangers.
 - Do not be naïve, if it is too good to be true, it probably is.
- **Report back**
 - If something happened to you, please report to your faculty leader.
 - If someone is missing or you believe someone's behavior could lead to problems, please report to your faculty leader.
 - In the event of an emergency, you should have a list of emergency numbers and contact plans. Have these numbers pre-programmed into your phone.

Common Sense:

- Do not go out alone
- Implement the buddy system
- Make sure someone knows where you are
- Do not leave anyone behind



Tips to Help You Avoid Harm:

- Use your **common sense**, just as if you were home.
- Be **aware of your surroundings** at all times.
- **Don't be alone**...have a partner(s) with you.
- **Do NOT walk while talking on the phone or with headphones in**; you may become a target because you are not paying attention. Walk like you are confident and know where you are going.
- **Don't put your phone in your back pocket**, or have it out while on public transit. This makes you easily susceptible to pickpockets.
- Use **caution if you drink alcohol**. It can impede your judgment and the penalties abroad are often stricter than in the US.

- Know the **local risks**, i.e. what parts of town are not safe, especially after dark. If you do not feel safe somewhere or with someone, GET OUT.
- Know the [emergency number\(s\)](#) in your host country.
- You will be expected to **know and follow the local laws** and customs. Your U.S. rights don't apply abroad!
- **Avoid large demonstrations and crowds.**
- **Know your address** (or better yet, keep it with you at all times along with your group's contact information).
- Make sure you **have downloaded rideshare apps** on your phone like Uber in case you need one. Depending on the country, these apps can be safer than taking a regular cab.

Have a backup plan:

If you become separated from the group, where will you meet? Have group leaders contact/phone information.

SCAMS AND PICKPOCKETS

Scams:

- Remember, you may be targeted!
- NEVER leave your bags unattended.
 - Be aware of your surroundings.
 - Remember the buddy system, have someone watch your bags.
- Pushy Salesmen: people selling things may harass you! To avoid them ... give them a firm NO and avoid starrng at them or their goods.
- Demanding money after doing something nice for you, “Let me read your palm.”

Pickpockets:

- Be aware of your surroundings
- People at ATMs can be targets
 - Make sure no one is watching you enter your PIN
 - Step into the banks when you can
- Be careful in crowds
- Keep your wallets in your front pockets
- Pay attention to purses and bags
 - Purses with zippers are encouraged
 - Keep it in front of you in crowds
 - Keep your bag on your lap or under your feet
 - Watch out for people trying to reach into your bag



PAY ATTENTION TO YOUR SURROUNDINGS



DON'T GET DISTRACTED



OTHER SOURCES OF SAFETY KNOWLEDGE

[STEP](#) – Safe Travel’s Enrollment Program

Group Leaders will enroll you in the STEP program through the State Department.

[Travel.State.Gov](#)

Interactive map for checking worldwide travel advisories as well as embassy & consulate locations. For additional travel safety information from Travel.State.Gov, [check out this](#).

[Centers for Disease Control and Prevention](#) (CDC)

Use the menu on the left to find health information, from country specific to general advice for travelers.

[The CIA’s World Factbook](#)

Provides basic intelligence on history, people, government, economy, environment, transportation, military, terrorism, + more for 266 world entities.

[World Health Organization](#) (WHO)

Research health topics, country/area specific information, news, emergency info, and other data.

[Overseas Security Advisory Council](#) (OSAC)

Find: Traveler Toolkit, Country Security Reports, State Department Travel Guidance

[European Centre for Disease Prevention and Control](#)

Health safety topics