

Travel Newsletter

Scotland Summer 2011



May 10, 2011

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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 as soon as possible, if you have not already done so. 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 and to get your international flight boarding pass at your domestic departure airport.

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.

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 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. **Be sure to call IFSA-Butler on our general line at 800-858-0229 to ensure that the correct person gets the message. Please do not leave a message about travel problems on your program advisor's voicemail or e-mail.**

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 overpack.** 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 or e-ticket confirmations
- *Preparing to Study Abroad*
- Your newsletters
- Your telephone calling card and instructions for calling home from Scotland
- Any medications and prescriptions
- 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 3.3 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
- Snacks
- Camera

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

- 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
- Ski poles
- Hockey sticks

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

Security Check

Security is likely to be tight at all airports. Do not joke about hijacking, weapons or explosives—you can be arrested on the spot and sent to jail. Be patient and cooperative with all airport personnel.

You may be required to turn on electronic equipment to prove that it works. Be sure that your equipment is fully

charged and include the power cord and/or batteries in your carry-on.

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.

Beating Jet Lag

During the flight drink plenty of water and sleep as much as you can. Try to eat something, but avoid 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 address of your orientation accommodation (see page 3).

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.

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 website: www.postoffice.co.uk. Calling cards can also be purchased at any post office branch.

Students can also keep in touch via Skype. Many students now use this as their primary means of keeping in touch with people at home.

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
26 Rutland Square
Edinburgh EH1 2BW
Telephone: 0131-221-9617
Fax: 0131-228-1181
E-mail: rcasey@ifsa-butler.org

Where Is Orientation?

During the IFSA-Butler orientation, Stirling students will be staying at:

Ramada Jarvis, Mount Royal
53 Princes Street
Edinburgh, Scotland EH2 2DG
Tel. 0844-815-9017

University of Edinburgh interns will be staying at:

Hilton Edinburgh Grosvenor Hotel
Grosvenor Street
Haymarket
Edinburgh, Scotland EH12 5EF
Tel. 0131-226-2300

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. **For Stirling students:** the Princes Street bus stop is right outside the hotel. **For University of Edinburgh interns:** the Haymarket bus stop is about a five minute walk from the Hilton Edinburgh Grosvenor 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 plan to have some pounds sterling with you. Banks give a better rate of exchange, but they are not open on weekends, holidays or bank 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 keep pounds sterling on

hand. If you cannot get pounds sterling, you can exchange U.S. 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 *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 website: www.visitscotland.com.

Questions? Call us at 800-858-0229 or check our website: www.ifsa-butler.org.

Program Calendar

Scotland Summer 2011



	University of Stirling International Summer School Block I	University of Stirling International Summer School Block I and II
Scotland Arrival	June 9	June 9
Program Starts	June 9	June 9
IFSA-Butler Orientation	June 10	June 10
Residence Begins	June 10	June 10
University Orientation	June 12	June 12
Classes Begin	June 13	June 13 (Block 1); July 9 (Block 2)
Classes End	July 9	August 6
Program Ends	July 9	August 6

	University of Edinburgh Summer Parliamentary Internship
Scotland Arrival	May 29
Program Starts	May 29
IFSA-Butler Orientation	May 30
Residence Begins	May 30
University Orientation	May 31
Classes Begin	May 31
Classes End	July 29
Program Ends	July 30

These dates are correct as of March 22, 2011, 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.