

Hollins University
International Programs

Hollins Abroad – London Pre-Departure Guide



Welcome to Hollins Abroad – London!

You are about to embark on a unique academic and personal adventure that will change the way you think about yourself and the world around you. You will get the most out of the experience if you are flexible, open-minded, and willing to leave your preconceptions behind when you get on the plane.

We hope that your stay in the United Kingdom will be a valuable and enjoyable one, as it has been for many students before you. You will be in one of the most exciting cities in the world, offering a wealth of cultural, social, and historic resources. How much you gain from your stay will depend on how much of yourself you put into your experience and how well you seek to adjust to a different culture. Be ready to experience what London and the United Kingdom have to offer.

Table of Contents

Addresses, Phone Numbers, and Websites	2
Academic Calendar 2016—2017	3
The Program	4
Preparing for Your Term Abroad	6
Travel and Arrival	8
Orientation	9
Housing and Meals	10
Meeting People	12
Communication	12
Money Matters	13
Health and Medical Care	14
Cultural Adjustment	15
Travel	17
Returning Home	18
Appendix	18
Safety	
British-American Dictionary	

Addresses, Phone Numbers, and Websites

Hollins Abroad-London

Connaught Hall, University of London
36-45 Tavistock Square
London WC1H 9EX, England
Telephone: 020 7383 7070
From the U.S.: 011 44 20 7383 7070
Tubes: Goodge Street, Russell Square, Warren Street,
Euston Square or Euston
Fax: 020 207 383 4109 (indicate 'Hollins'
or 'Nick Hugh' on the fax)

Nick Hugh, Director

Telephone: 020 7383 7070
From the U.S.: 011 44 20 7383 7070
hughns@hollins.edu
Cell phone: 07711 161377
From the U.S.: 011 44 7711 161377

American Embassy

24 Grosvenor Square
London W1A 1AE
Telephone: 020 7499 9000
Tube: Bond Street, Marble Arch
Website: www.usembassy.org/uk

Jeanette Barbieri, Director of International Programs

jbarbieri@hollins.edu
Office telephone: 540-362-6214
Office fax: 540-362-6693
Cell phone: 540-429-6517 (for
emergencies only)

Emergency (Fire, Police, Ambulance): 999

International Operator: 155

~

Local Operator: 100

Websites

For information on conditions in your host country,
travel warnings and tips for Americans traveling and
living abroad from the U.S. Department of State

www.travel.state.gov

For bulletins on health conditions around the world
from the U.S. Centers for Disease Control

www.cdc.gov/travel

For information on air travel from the Federal Aviation
Administration

www.faa.gov

For health information for travelers: "Travel Health On-
line"

www.tripprep.com

For an introduction to culture and cultural differences:
"What's Up With Culture"

<http://www2.pacific.edu/sis/culture/>

For students and parents: the State Department website
provides GO! Guides and Tips to Go wallet cards

<http://www.studentsabroad.state.gov/content/studentsabroad/en.html>

ACADEMIC CALENDAR - LONDON

Fall, 2018

Sunday, September 2	Arrival in London
Monday, September 3 - Friday, September 7	Orientation in London
Monday, September 10	Classes begin
Friday, October 5 – Sunday, October 7	Field trip to Europe
Monday, October 22 – Friday, October 26	Fall break
Thursday, December 6	Last day of classes
Saturday, December 8	Departure – End of the program

Spring, 2019

Sunday, February 3	Arrival in London
Monday, February 4 – Thursday, February 7	Orientation in London
Monday, February 11	Classes begin
Friday, March 8 – Sunday, March 10	Field trip to Europe
Monday, April 1 – Friday, April 5	Spring break
Friday, April 19 – Monday 22	Easter holiday
Thursday, May 9	Last day of classes
Saturday, May 11	Departure and end of the program

Read this guide now--there are things you will need to do long in advance of departure.

This Pre-departure Guide provides **important information** to help you prepare for and make the most of your time in London and the UK. It is imperative that you read it now because there are things you will need to do long in advance of departure, such as applying for your passport or visa. You should also **take this guide with you to London** as it contains important names, phone numbers, and other essential information you will need upon arrival and during your stay in London.

The Program

The Academic Program

The core of Hollins Abroad-London is the academic program. **Each student pre-registers for four courses or if pursuing an internship, you will register for two courses. You must take at least two Hollins Abroad courses.** Other options may include:

- One course at London South Bank University;
- an independent study in dance;
- an internship. (See "Internships" later in this guide for more details).

All courses and the independent study in dance are graded A-F on your Hollins University transcript and cannot be taken on a pass/fail basis. The student's home institution determines policies for transfer of credit.

You will need to follow your home institution's credit approval procedures. If you need course syllabi, contact abroad@hollins.edu.

Hollins Abroad Courses

Hollins Abroad offers courses in a variety of fields, which are organized by the program director and taught by local faculty. All courses are directly related to Britain or Europe and take advantage of the rich cultural resources

London has to offer by incorporating field trips to plays, museums, and architectural, historic, political or other relevant sites in and around the city. The faculty is experienced at teaching American undergraduate students. Hollins Abroad classes are usually held Monday through Thursday, and all students in these classes are Hollins Abroad participants. Class attendance is mandatory and unexcused absences will adversely affect your grade. Internship hours and university courses must be scheduled around your Hollins courses.

You will receive your final course schedule during your London orientation. In most cases students can add and drop Hollins Abroad courses during the first week of the term in consultation with the director. To get the very best rates and seats, we purchase tickets far in advance for productions studied in The London Stage and Shakespeare as Dramatist. **Therefore any student dropping these courses will be responsible for the cost of the tickets.**

Note to Hollins University students: All Hollins Abroad-London courses are listed in the Hollins catalog. You do not need to request special approval to count them toward your major, minor, or general education program requirements. You can fulfill the AES, PRE, GLO, and MOD perspectives with Hollins Abroad-London courses. **If you do an internship or an independent study in dance, the same forms are required as on the Roanoke campus.**

All courses are directly related to Britain or Europe and take advantage of the rich cultural resources London has to offer.

London South Bank University

If your cumulative GPA is 3.0 or higher overall and in your major and you'd like to experience the British university system first-hand, you can register for one of the many courses offered each term in business, psychology, the humanities, and the social sciences at London South Bank University.

LSBU is a modern, urban institution enrolling 25,000 students, including 3,000 international students, and is based in central London, a short walk from many of the city's major landmarks.

If you take a class at LSBU, you should choose a course that is in one of your areas of academic focus (generally your major or minor) and does not duplicate a Hollins Abroad course. In general, courses are most appropriate for U.S. juniors. Last-minute changes in course offerings, schedule, and location are common occurrences, so you will need to be flexible. You should select at least one or two alternates to avoid scheduling conflicts and closed courses. Our director will help you resolve any problems that arise at the beginning of the term. Courses at LSBU generally have less structure, less discussion, and less student/faculty interaction than courses at most U.S. institutions and do not include field trips. Your final grade may be based primarily or solely on a final examination. Be sure to follow your institution's procedures for credit approval.

Students pre-register for LSBU courses and receive application instructions, including a list of course offerings, from the Hollins Abroad office.

Internships

Hollins Abroad–London offers internships in almost any field of academic or career interest, including business, public relations and marketing, media, law, the arts and arts management, education, sports and leisure, and politics, among others. Interns must have a GPA of 3.0 or higher overall and in your major, and internship credit must be approved by the student's home college or university.

Internships are arranged individually, based on each student's interests. The internship manager works with interns and supervisors to address any problems or concerns that arise. In the unlikely event that there are legitimate concerns about a placement, a new placement can usually be arranged.

Hollins Abroad–London offers internships in almost any field of academic or career interest.

Internships, worth six credits, must be taken seriously and require 200 total hours of work or 15-20 hours of work per week, excluding orientation week and the term break. Per immigration regulations, students cannot work more than 20 hours per week at any time. These hours are scheduled around academic classes. Interns should expect to schedule some work hours on Fridays and, depending on the placement, may be required to work at special events on occasional weekends.

Hollins Abroad pays a fee for each internship placement. Students who register for an internship and then withdraw fewer than 70 days before the start of the term are charged an internship cancellation fee ranging from \$250 to \$1300, depending on the date of withdrawal.

Students pre-registering for internships receive application instructions from the Hollins Abroad office.

Dance

Through a special arrangement with *The Place*, one of London's leading modern dance studios, dance majors may enroll in a two or four-credit independent study in dance. Students take 2 classes a week for 2 credits or 4 classes a week for 4 credits. You must obtain the approval of your home school and complete any required independent study forms. If you are not a dance major but wish to take classes at *The Place*, you can do so as a non-credit option at your own expense.

Transcripts

Hollins University issues official transcripts to participants and their home institutions within two weeks of completion of the term unless there is an outstanding balance on the student's account. Be sure to complete the Release of Transcript form as part of the post-decision process online.

Grades for courses taken at LSBU are generally not available until two to three months after completion of the term.

The Staff

Nick Hugh directs the Hollins Abroad program in London. He holds an MA in Natural Sciences (Chemistry) from Cambridge University and also received his MSc in Management Science from Imperial College London. Mr. Hugh organizes the academic program and oversees all arrangements for students. He is available full-time to assist in resolving questions or concerns of any kind.

Developing the skills to function successfully in your new environment will be an important part of your study abroad experience.

Developing an understanding of British habits and customs and the skills to function successfully in your new environment will be an important part of your study abroad experience. Nick will explain cultural misunderstandings and help you find culturally appropriate ways to solve problems but will not resolve every problem for you. If necessary, he will intervene on your behalf but, in many cases, he will advise you and then ask that you make an effort to solve the problem yourself first. The result is almost always more satisfactory for you in the long run.

The Facilities

Office, classrooms and study space for Hollins Abroad-London are located in Connaught Hall, University of London. The Hollins base is conveniently situated for London Transport buses and underground. It is within easy walking distance of Goodge Street, Russell Square, Warren Street, Euston Square and Euston tube stations. Several University of London colleges are nearby.

The Hollins Abroad Reading Room at Connaught Hall includes texts and catalogs relevant to the Hollins Abroad courses and has computers with broadband internet access that can be used for doing research, emailing, and

typing papers (faculty also accept handwritten papers).

Nick Hugh can also make arrangements for students requiring more extensive research facilities to use the nearby Senate House Library at the University of London. Students enrolled in LSBU classes can use LSBU's library as well.

Preparing for your Term Abroad

Passport

To travel abroad, you must have a valid passport. To avoid difficulties at customs in some countries, **you should have a passport that is valid at least six months beyond your intended date of return to the U.S.** If you need to apply for a new or renewed passport, you should begin the process early. Normal processing time is four to six weeks but it can take longer prior in peak travel seasons.

Passport applications are accepted at designated post offices and, in a few cases, at other government offices. For forms, fees, and information on the application process and required documentation, go to www.travel.state.gov.

U.S. passports are not issued outside the U.S. except in emergencies. Once you are abroad, keep your passport in a safe place.

Visa and Pre-Entry Clearance

Due to ever-changing immigration and visa regulations, students will be provided with detailed instructions upon acceptance to the program.

For forms, fees, and information on the passport application process, go to www.travel.state.gov.

Generally, US nationals studying in the UK for fewer than six months do not need a visa

and will be able to enter as “Student Visitors”.

Students undertaking an internship (or any employment in general) and/or staying for longer than six months will need a visa. The Director of International Programs will provide detailed instructions after acceptance to the program (for Hollins students, this will be during pre-departure orientation).

Per immigration regulations, you will be permitted to study in the UK under Hollins University sponsorship. Therefore, **class attendance is mandatory and a record will be kept daily.** Excessive absences will put your immigration status in jeopardy and could lead to its cancellation. In addition, you must keep Nick Hugh apprised of any changes to your status, including any change in your contact details both in the UK and in the U.S.

Students who are not U.S. citizens should check www.ukvisas.gov.uk for visa and entry clearance information. Click on “Do I need a UK visa?” to find out the most updated guidance for your situation. You should also consult with the Hollins Abroad office.

Power of Attorney

We strongly suggest that you arrange to give a family member or trusted friend power of attorney for the period you are abroad, especially if you expect to receive any checks or important documents that will require your signature (including financial aid payments or agreements), need to file income tax returns, or need to take care of other legal matters while you are away.

Absentee Voting

If elections will take place while you are abroad, you can apply for an absentee ballot using a form called the Federal Postcard Application (FPCA), which is available on-line at <http://www.fvap.gov/>

What to Take

The most important advice is **pack light.** Do not take more luggage with you than you can carry. It may seem impossible to pack enough for more than three months in two suitcases and a carry-on, but almost every returning

abroad says that she/he brought too many clothes. Keep in mind that regardless of the housing option you choose, storage space for your belongings will be limited. There are also airline restrictions on the number, measurements, and/or weight of your suitcases. In general, each passenger is allowed two pieces of checked baggage and one carry-on. Additional baggage can cost \$100 or more per bag.

Carry your passport and immigration documents (with you on the plane)—don’t pack them in the luggage you check with the airline.

Casual clothing is suitable for almost all occasions in London, including the theatre. The weather tends to be cool most of the year and can be cold and damp in late fall, winter, and much of the spring so casual pants and tops, sweaters, a warm coat and/or raincoat, gloves, and scarf are suggested for women. For comfort at home you might want sweat pants and a sweatshirt, warm socks, slippers, and warm sleepwear. Bring along one dressier outfit (pants or skirt) at most. You will be walking a great deal, so bring more than one pair of comfortable walking shoes.

For men, suggested clothing includes casual pants, shirts, and sweaters, warm sleepwear, warm raincoat and/or coat, gloves, scarf, and perhaps one dressier outfit. Again, comfortable walking shoes are a must.

Other handy items include a money belt, battery-powered alarm clock, fold-up umbrella, and backpack or sturdy book bag. **Do not take a hair dryer, shaver, or other electric appliances with you as both the voltage and the plugs are different in Britain.** It is easier to purchase small appliances in London. If you cannot manage without a particular U.S. appliance, you’ll need both a converter for the voltage and an adapter for the plug. Unless you have the appropriate voltage converter and plug adapter (and sometimes even if you do), you will destroy your appliance and possibly

damage the electrical system where you are living.

Students are strongly encouraged to bring their own laptops with them. Computers may be scarce in our facilities, particularly during popular study times. If you bring a laptop, be sure to check with the manufacturer's customer service to find out what, if any, adapters and converters are needed to use your computer safely in London. Most laptops are built with a converter but you will still need a plug adapter. **Laptops are popular targets of theft, so guard yours carefully when traveling.**

Carry your passport and your immigration documents (with you on the plane)—don't pack them in the luggage you check with the airline. Keep them with you on the plane so you will have them when you arrive at the airport in London.

Be sure you and someone in your family have the numbers of your passport, photocopy of the passport identification (picture) page, credit card, and traveler's checks and photocopies of your plane tickets, in case they are lost or stolen. **Scan the identification page of your passport for yourself and keep the scan accessible in London. (One copy will need to be turned in to the London director.) For students participating in an internship, please bring a scan of your UK visa as well.** The website <http://www.cbp.gov/> (click on Travel) will tell you how to avoid problems when bringing your belongings back into the U.S.

Reading & Other Suggestions

You will find that British culture and language usage are surprisingly different from our own. Prepare yourself prior to departure by reading books on British history, society, and culture, reading British newspapers, and viewing British films. Most colleges' libraries carry British newspapers and your college's media center and local video outlets should carry films made in Britain. You can also read British newspapers on-line (<http://www.independent.co.uk/>, <http://www.guardian.co.uk/> and others).

Prepare yourself prior to departure by reading books on British history, society, and culture, reading British newspapers, and viewing British films.

Other suggested reading includes:

Notes from a Small Island by Bill Bryson
A Visitor's Britain: Exploring Past and Present edited by Martin Upham and Patricia Tatspaugh. Both Editor Martin Upham and contributor Jean Elliott have taught for Hollins Abroad.

Culture Shock! Britain by Terry Tan
The English: A Portrait of a People by Jeremy Paxman

London at Your Door (Culture Shock! at Your Door) by Orin Hargraves

London: The Biography by Peter Ackroyd

In addition, any good British history survey will provide invaluable background for the Hollins Abroad history, architecture and Shakespeare courses.

Useful information for students heading to the U.K. can be found at:

<http://www.visitbritain.us/> provided by VisitBritain, formerly the British Tourist Authority as well as from the British Council www.britishcouncil.org/usa.

Travel and Arrival

NOTE: if any of your contact information has changed since your original application, please notify the Roanoke office. All of your pre-arrival information will be sent via email.

Hollins Abroad does not arrange for a group flight, as it is now generally less expensive and more convenient for students to book individually from their local airports or to use frequent flyer miles. **We recommend that you book a flight that arrives at Heathrow Airport no later than noon (12pm) on arrival day.** (No early arrivals can be accommodated. See the Academic Calendar at the front of this guide). You can book through a travel agency, airline

website, or through a student travel site such as Student Universe (www.studentuniverse.com) or STA Travel (www.statravel.com). Once you have booked your flight, please forward your complete itinerary (dates, departure and arrival airports, airline and flight number) to the Hollins Abroad office in Virginia and upload them on studio abroad so we can provide detailed arrival instructions.

Once you have booked your flight, you must forward your complete itinerary to the Hollins Abroad office in Virginia AND update StudioAbroad so we can provide detailed arrival instructions.

For arrival day, Hollins will book a cab for all students that provide the Roanoke office with flight itineraries. Complete arrival instructions will be sent in a pre-arrival email to your university email account.

Hollins Abroad provides a contribution (currently about £12) toward the cost of the airport cab for each student. The remaining cost to you will depend on when and where you arrive and whether or not you can share a cab with other students. Nick organizes the students into shared cabs as allowed by their arrival times and destinations.

We recommend that you book a flight that arrives at Heathrow Airport no later than noon (12pm) on arrival day.

Students arriving at Gatwick should be prepared to pay significantly more for transportation into London than those arriving at Heathrow. The cost of a cab from Gatwick is currently about £60 (about \$95). However, if flights from your city of departure to Gatwick are much less expensive or considerably more convenient than those into Heathrow, it may be worth the extra cab fare.

Hollins Abroad can provide instructions for any student wishing to travel from Heathrow or Gatwick by public transportation rather than cab. To do this, you must be willing and able to manage your luggage through multiple transfers (including up and down stairs) from train and/or tube and/or bus and, depending on your accommodations, to walk the remaining distance. This is especially difficult after a long overnight flight and we do not recommend it.

If you encounter problems upon arrival in London, contact Nick Hugh on his cell phone (07711 161377) and he will try to help.

Bring (or withdraw from a cash point ATM at the airport) at least £100 in British currency in case of emergency. Those arriving at Gatwick should bring or exchange £150.

Hollins Abroad does not provide transportation to the airport from individual housing locations at the end of the program but Nick can suggest options.

Because of increased security, it is important to pay careful attention to the information on check-in and baggage restrictions provided by your airline including restrictions on liquids in carry-on luggage. Check-in for international flights is usually two hours or more prior to departure. Carry-on baggage may be restricted to one piece (if you are bringing a laptop, check to see if it will be considered your one carry-on). Expect passenger and baggage searches. The website of the Transportation Security Administration (<http://www.tsa.gov/>) has information on what you can and cannot take on an airplane.

Orientation

Each term, Nick Hugh plans a four-day orientation in London designed to acquaint students with the program, the facilities, the city, and life in Britain. A typical orientation includes sessions with Nick on a range of issues, including academic arrangements and expectations, travel within the UK and abroad, safety and security. There is a get-acquainted buffet supper with faculty, a meeting with a London-based American counselor, a guided tour of the British Museum

highlights, and time to meet individually with Nick to address any questions or concerns.

Students enrolling in a course at London South Bank University or doing an internship will have an additional orientation meeting.

Housing and Meals

Hollins Abroad students can choose to live in a homestay or in a student residence hall. Each has advantages and its own financial arrangements. Because the **cost of accommodations in a residence hall is higher** than in homestays, more amenities can be provided to students who live in homestays. Read the information about each option that follows and choose the situation that best suits your preferences and meets your budget requirements.

Due to contractual arrangements, it is not possible to change your housing choice after arrival. Hollins Abroad is not responsible for finding or paying for alternative housing for any student who is asked to vacate accommodations due to inappropriate or disruptive behavior.

Meal Allowances

Meal allowances are distributed at the beginning of each month.

Homestays: Will receive £4.50 for your lunches and £6.00 for those evening meals not provided by your homestay (95 lunches & 56 evening meals) [£775.50]

Homestay hosts provide breakfast every day and three dinners each week. Accommodation is provided from the first to last day of the program - whether there is a 'break' or not.

Residence: Will receive £4.50 for your lunches (95 lunches) [£439.50]

Homestays

Most students on Hollins Abroad-London choose to live with British hosts to experience directly the way of life and points of view of typical London residents. Hosts are carefully screened and chosen on the basis of friendliness, safety of the neighborhood, and quality of accommodations.

Contact with the families by the Hollins Abroad staff in London is maintained on a regular basis in order to ensure the students the best possible living conditions. With the exception of occasional new families, all Hollins Abroad-London homestays have been with the program for several terms or more and have received enthusiastic evaluations from our students. **Doubles and a limited number of singles are available.** Staying with a family provides a great opportunity to learn about British views on politics, social issues, customs, etc. Many students make long-lasting friendships with their hosts and continue to keep in touch with them years later.

Living with a homestay family is not like being on an exchange program. Your hosts do not assume the role of parents but instead treat you as an independent adult. You receive a key to the home and the family does not monitor your comings and goings unless they have reason to be concerned for your safety.

Homestays are in typical middle class neighborhoods in the northern residential areas of London, generally about a 30-45 minute commute from Connaught Hall on public transportation. Most are within walking distance of neighborhood centers (Muswell Hill, Crouch End, East Finchley) that have shops, pubs, cafés, cinemas, etc. **Hollins Abroad provides a transportation pass for the bus and tube system so you can travel to and from your homestay and classes free of charge.**

If you choose a homestay, you should be willing to adapt to British ways of doing things and to abide by rules of common courtesy, such as coming in quietly if arriving late at night. Notify your hosts if you will not be there for a meal you normally take with them so they don't prepare food for you unnecessarily.

Your British hosts provide breakfast every day and three dinners each week. You will receive a monthly cash stipend towards your other meals from Nick. You and your hosts will agree on the days and times of your dinners with them based on your schedule. Most hosts are happy for you to use the fridge to store

snacks, drinks, etc. but please don't take anything from the fridge that is not yours.

Bed linens, blankets, and towels are furnished by your hosts. There are laundry facilities in all homestays and most families are happy for you to use them. Ask first, however, and use your own detergent.

Some, but not all, of our families have internet service. Again, ask first before using.

While many families are happy to let you have guests stay in your room occasionally, they do expect you to ask them in advance. Don't just presume that guests can spend the night or that you can have overnight guests on a regular basis. It is best to tell the family you are expecting a guest and ask if they can suggest a local bed and breakfast. Then, if they are able and willing, they will suggest that the guest share your room.

Mail should be addressed to you in care of your hosts at their address.

It is a nice idea to bring a small gift for the family. Something representative of your region of the United States is always appropriate. They will also be eager to see photos of your family and home.

The online application included a housing form so you can provide information about yourself and indicate your needs and preferences regarding your placement. We are most likely to match you with hosts with whom you are compatible if you are honest in your responses to the questions. While we are generally able to accommodate most preferences regarding homestays, it is not always possible to fulfill all requests. Health concerns (such as allergies to pets) are always given priority.

Please respect the terms of the contract between Hollins and the hosts and refrain from asking for special favors (for example, to arrive before the scheduled date, to join the family for extra meals, etc.).

Hollins has a very high rate of success in matching students and hosts, but occasionally a

homestay assignment does not work out. If you are unhappy with your homestay and feel you have given it a reasonable chance to work out, you should discuss the situation with Nick. He will attempt to work things out to everyone's satisfaction. If your concerns are warranted and the problems cannot be resolved, they will make arrangements for you to move to a new family. It is important to us that you are happy and satisfied in your placement.

If you have special needs, request assistance from the Hollins Abroad offices in Virginia or London.

In summary, if you want to live like a typical Londoner, see British home life first hand, have some home-cooked meals, want a home away from the crowds and noise of central London, or want a single, a homestay is the best choice. Homestays also have a significant financial advantage as most meals are provided and you receive a stipend for the rest.

Student Residence Hall

Due to the increasingly competitive student housing market in London, residence halls will be selected each term based on student interest and availability. Hollins Abroad cannot guarantee housing in a student residence hall will be available, nor can we guarantee the location of the student housing. The safety of our students is our number one priority and will always be taken into account when selecting a residence hall location.

Students who live in a residence hall only receive partial board. This includes a cash allowance from Hollins of £4.50 per day distributed monthly by Nick, and a **transportation pass for the bus and tube system so you can travel to and from your housing and classes free of charge.**

Bed linens, a pillow and towels are provided. Bathrooms and kitchens may be communal; however some of the newer housing provides both within each student room. Facilities will vary depending on the housing that is available.

The major disadvantage is financial; you must budget extra funds for the meals and laundry.

Meeting People

The British tend to be less outgoing than Americans and have their own friends and social lives so U.S. students in London often find it difficult to meet British students. Hollins Abroad provides a number of ways for you to meet local and international students.

The upper floors of Connaught Hall, where Hollins Abroad is based, house British and international students. There are several social spaces in the building where you can meet the residents. **In the fall, there is a freshers' (newcomers) party at Connaught Hall, and a Freshers' Fair at the U. of London Union (ULU), to which Hollins Abroad students are invited.**

As a Hollins Abroad participant, you are a member of ULU, which is located near Connaught Hall. The Union is a gathering place for University of London students and houses a restaurant, snack bar, bank, shops, swimming pool, squash courts, and health club (a fee is charged for use of some of the athletic facilities). It is headquarters for dozens of student clubs and organizations.

Taking advantage of the facilities at the Union and participating in student clubs and organizations is a great way to get to know British and other international students.

For information on the facilities, clubs, activities, and social events, go to <http://www.ulu.co.uk/>

The University of London Union is a gathering place for students and houses a restaurant, snack bar, bank, shops, swimming pool, squash courts, and health club.

Time Out (www.timeout.com/london) and Spoonfed (www.spoonfed.co.uk) offer

complete London event listings in all areas including comedy, music, theatre and the arts.

Communication With Home

Cell phones and email have made communication between abroad and home convenient and inexpensive. This has great advantages but unfortunately also has the disadvantage that students may spend a considerable amount of time while they are abroad calling or emailing friends and family in the U.S. to "stay connected." As a result, they may not seek or make connections in London. While it is important to keep in touch with those in the U.S. who are important to you, Hollins Abroad encourages you to keep emails and phone calls to a minimum. Immerse yourself in your new surroundings instead. You will have only a few months to experience all there is to see and learn about London and the UK—take advantage of them!

We also encourage you to be kind to your parents. It is natural to want to call them for support when you are having a problem, experiencing culture shock, or are homesick. But remember to call them back when your problem is resolved or you are feeling better so they don't continue to worry about you. Also, remember that the people who can best help you resolve problems are the on-site staff, not your parents or the Hollins Abroad office in Virginia. Always take your problems and concerns to the London staff—there's nothing you can ask that hasn't been asked before!

Telephones

Students on Hollins Abroad–London program are required to have cell phones that work in the UK so that our director can reach you in an emergency. Therefore, phones will be provided with no rental charge to students during orientation. Phones will have £10 on them to start for which you will be charged.

Students will be responsible for the cost of their calls through top-up cards and will be charged £20 should the phone be lost or returned to the director with any damage. Cell

phones are popular targets of theft so store your phone securely.

Skype is available in the Reading Room for student use.

For those using land lines: As in other European countries, there is a charge in Britain for each call placed, whether local or long distance. You can buy calling cards at any newsagent. The telephone cards come in amounts of £5, £10, £20, or more and can be used for local or international calls.

Students living in homestays have access to the family's phone. It is best to arrange a system with your hosts to reimburse them for local calls. **International calls should be made using a charge card or phone card.** It is considered impolite to monopolize the phone for long periods of time and to place or receive calls before 9 a.m. or after 9:30 p.m. Please ask your family and friends in the U.S. to take the time difference into consideration and to avoid calling during these hours except in true emergencies.

Which telephone card or calling plan is most advantageous for use between London and the U.S. depends on the plans currently being offered and whom, when, and how often you expect to call. If you will be using a calling card, it is best to check with several companies and compare their current offers before making a choice.

Money Matters

Fees and Billing

The Hollins Abroad comprehensive fee your tuition, all course field trips except theatre and Shakespeare performances, your accommodations, meals (depending on your housing choice), your bus and tube pass, one optional weekend excursion, and comprehensive health insurance while on the program. Bills for the fall term are mailed in July, with payment in full due within 30 days. Bills for the spring term are mailed in December, with payment in full within 30 days.

Students who are not degree-seeking students at Hollins University are not eligible to

participate in extended payment plans through Hollins University for Hollins Abroad. **If you will be unable to pay your Hollins Abroad comprehensive fee in full on the due date because you will receive financial aid from your home institution that cannot be released until the start of the term, please notify the Hollins Abroad office in Virginia.** We will confirm the details of your situation and make arrangements so you can avoid late payment charges until after your funds are released. Students whose home universities have special financial arrangements with Hollins may be billed by their home institutions rather than Hollins.

Full-time Hollins University students can apply all of their financial aid toward the Hollins Abroad comprehensive fee, except institutional work-study (IWS). Students from other institutions should check with their financial aid offices to ascertain their schools' policies. In most cases, federally subsidized financial aid can be applied toward the Hollins Abroad comprehensive fee. In many cases, other aid can be applied as well.

Virginia residents are eligible to apply for Virginia Tuition Assistance Grants for the Hollins Abroad program. The application deadline for students who received a VTAG award in the previous fiscal year is July 31. Students new to the VTAG program and enrolling in the fall can apply until September 14, but applications received by July 31 are given preference. Students new to the VTAG program and enrolling in the spring must apply by December 1.

The Commonwealth of Virginia does not guarantee that all applicants will receive funding; returning VTAG students are given first priority, those attending in the fall second, and those attending spring only, third. VTAG applications can be downloaded at <http://www.schev.edu/schev/formsIndex.asp> Completed applications should be mailed to the Hollins Abroad office before their deadline.

A Hollins University account will be established in your name and you will have the option of charging program-related expenses to your account. The bill for your

comprehensive fee and monthly statements of your account will be sent to the permanent home address (or your home institution in some cases) you provide us on your application form. We will not send duplicate statements to you in London. If you want your monthly statements sent directly to you while you are in London, please notify the Hollins Abroad office in Virginia.

See <http://www.oanda.com/> for “currency converter” tool.

The only course-related costs the Hollins Abroad comprehensive fee does not cover are ticket charges for the *London Stage* and *Shakespeare as Dramatist* courses. These are billed to your Hollins account with your comprehensive fee bill for the term you are abroad. The amount is \$500 for each course. For *Shakespeare as Dramatist*, this includes an overnight trip to Stratford-upon-Avon. Tickets are purchased well in advance of performances to keep prices as low as possible. We often are able to get some of the best seats in the house for one-fourth to one third the usual price.

You can expect to pay little, if anything, for textbooks in London because many books relevant to the courses can be found in the program’s Reading Room.

Several weeks before the beginning of the term, we will begin to make financial commitments for all students enrolled in the program. If you withdraw after June 1 for the fall term or after December 1 for the spring term, you will be responsible for any expenses incurred in London on your behalf.

Money and Banking

You can use credit (Visa, MasterCard) and bank cards that honor Cirrus, Honor, or Plus in Britain and throughout Europe to withdraw money from ATMs for routine access to funds. It is a good idea to have two credit/cash cards, in case one malfunctions. Check with your bank about transaction fees, which vary from one bank to another. **Notify your bank in advance that you will be living abroad for several months so their security department won’t**

put a hold on your account when you start to incur charges abroad.

Most stores and restaurants accept Visa or MasterCard but many do not accept American Express or Discover. Please be sure to have the PINs for all your credit, bank and check cards with you, but do not keep them with your cards.

Most students find traveler’s checks inconvenient to cash. However you may wish to take along a few traveler’s checks, just to have a second source of funds in case there is a problem with your credit or ATM card or PIN.

Health and Medical Care

Living and studying abroad may present significant physical and psychological challenges. Even mild problems may be exacerbated by the stress associated with adjusting to a new cultural environment. If you are not in good physical and emotional health, you should carefully consider your plans to study abroad at this time. If you have any questions about your situation, be sure to consult with your parents, health and counseling services, or your private physician and/or counselor.

Be sure to provide the Hollins Abroad office with accurate and complete physical and mental health information on your Health Report and Release form. Having this information can make the difference in our ability to meet your medical and psychological needs while abroad.

Be sure to provide the Hollins Abroad office with accurate and complete physical and mental health information on the Health Report and Release form.

While you are abroad, as at home, you are more likely to stay healthy if you eat well, get enough sleep and exercise, and refrain from risky behaviors, including excessive drinking, drug use, and having unprotected sex.

If you need medical care while in London, the Hollins Abroad director can recommend private physicians, dentists, and counselors as well as hospitals for emergency care and can assist in making appointments.

If you need a particular type of medication, bring a sufficient supply with you for the duration of your time abroad. All prescription medication brought into another country should be accompanied by a photocopy of the prescription, preferably noting the generic name of the drug.

If you require allergy shots, you should notify the Hollins Abroad office with the details, so we can look into the feasibility of arranging shots for you in London. If you wear glasses or contact lenses, bring an extra pair or the prescription with you. Also bring a supply of care products for your glasses/lenses.

If you have any physical condition that may require emergency care, you should purchase and carry an identification tag, bracelet, or card with you at all times, indicating the specific nature of your problem and what should be done in the event you are unable to communicate.

Additional information is available at Health Issues under Tips for Traveling Abroad on http://www.travel.state.gov/travel/tips/tips_1232.html#health and at Travel Health On-line at www.tripprep.com

Insurance

Students on Hollins Abroad are required to enroll for health insurance through Hollins University's study abroad insurance provider, Cultural Insurance Services International (CISI). This comprehensive insurance covers claims outside the U.S. and the premiums are included in your comprehensive fee. You will receive the CISI plan and schedule of benefits after you return the enrollment form (included in your acceptance packet.)

Cultural Adjustment

Although Americans and British speak the same language, there are a number of distinct differences between U.S. and

British culture. Please remember that you are guests in the United Kingdom and you should seek to conform to the customs and habits of the British, not try to impose American patterns on them. **Much to the surprise of some, the British do not necessarily think that American ways of doing things are automatically the best!**

Generally speaking, you will find British people friendly and helpful. They are great respecters of privacy and will not usually make initial contacts with you, but if you approach them politely and cheerfully, they will respond the same way.

Culture Shock

Culture shock is the term used to describe the psychological disorientation most people experience when they move for an extended period of time into a culture markedly different from their own. For most people the experience of culture shock is brief and hardly noticeable. For some, however, culture shock can bring considerable discomfort. Often it is the students who least expect it or refuse to recognize it that have the most difficulty.

Culture shock does not result from a specific event or series of events. It comes instead from the experience of encountering ways of doing, organizing, perceiving or valuing things which are different from yours and which question your basic, unconscious belief that your own customs, assumptions, values and behaviors are "right." It tends to build up slowly, from a series of small events which are difficult to identify. Simple examples include times when people don't understand your sense of humor and you don't understand theirs or when someone's reaction to something you have done or said doesn't make any sense to you.

Culture shock comes from:

- Being cut off from the cultural clues and patterns with which you are familiar.
- Having your own values brought into question.

- Being put into positions in which you are expected to function effectively, but where the rules are unclear to you or different from what you expect.

Culture shock can cause symptoms such as homesickness, boredom, and frustration or irritation with your host culture or its people. If you find yourself having difficulty adjusting to your new surroundings, try to remember that some degree of culture shock is natural and inevitable. If you are like most students, within a short time you will be feeling comfortable and at home in your new surroundings. If you experience significant difficulties, the program staff can provide support and advice.

Americans Abroad

Just as Americans stereotype people from other countries, people from other countries stereotype Americans, based on what they see in movies and other media and the behavior of American tourists. Among the common negative stereotypes of Americans is that they are loud and demanding, have lots of money to spend, expect all foreigners to speak English, make no effort to adapt to local customs, and think the U.S. is better than any other country. If you encounter negative stereotypes of Americans that you think are unfair or inaccurate, prove them wrong with your own positive behavior.

There is considerable opposition in many countries to the U.S. foreign policy, particularly in the Middle East. Be prepared to encounter anti-American attitudes and, perhaps, the assumption that because you are American you support the U.S. government's actions (regardless of whether you do or not). You should not feel compelled to defend U.S. foreign policy, but you should be prepared to defend your own personal views intelligently if you enter into political discussions.

Here are a few things to keep in mind:

- In most other countries, people tend to be well-informed about local, national, and world politics; engaging in political discussions is a way of life, as is

criticizing their own and other governments.

- In many countries, people tend to be very direct in expressing their political views; it is not considered impolite to openly disagree with others.
- Don't enter into heated discussions when you or those you are conversing with have been drinking heavily.
- Don't take criticism of the U.S. government, president, or foreign policy personally—you are not responsible for U.S. foreign policy, whether you support it or not.
- Don't make assumptions. If someone treats you disrespectfully, whether in a discussion or on the street, don't automatically assume it's because you are an American—maybe the person is having a bad day or maybe he's just rude to everyone.
- Be open-minded and remember that people with different life experiences and world views see things differently. An important part of the study abroad experience is seeing and evaluating different perspectives.

Travel

Group Excursions

Nick Hugh organizes an overnight excursion within the UK and an optional weekend trip abroad each term with guided tours by faculty experts. The overnight trip to the continent is included in the Hollins Abroad fee and takes you to a destination within Britain, such as York, Bath, or the Cotswolds. Arrangements are made well in advance, so if you do not wish to participate, you must notify the director during orientation. A £30 non-refundable deposit will be due to Nick in London upon signing up for the trip. It cannot be billed to your Hollins account. The optional weekend trip will take you to a destination on the European continent, such as Dubrovnik, Budapest, Venice, Barcelona, Salzburg, or Prague. Each term's

destination is chosen by the students in the group. The destination will be selected before your arrival in London. Once you have registered for this trip, it will not be possible to cancel your reservation. The cost varies, depending on the destination and number of nights included, but is generally less than \$550, including airfare, hotel, breakfasts, tours, and entry fees. The cost of the trip is charged to your Hollins account during the month when the trip is taken.

If friends or family are planning to visit you while you are on Hollins Abroad–London, please ask them to wait to schedule their visits until the dates of the group excursions and any overnight class excursions have been set, so you will know when you will have commitments that will take you away from London.

Independent Travel

It is fairly inexpensive to travel from London to destinations within the UK or to the European continent by train or plane. Several low-cost airlines are based in London and offer extremely inexpensive flights to many destinations across the continent. Nick can provide tips on how to travel cheaply from London.

While we encourage you to explore other parts of the UK and other countries during breaks and on occasional weekends, spending adequate time on your academic work and taking advantage of what London and the surrounding area offer should be priorities.

Depending on your travel plans, you may find a rail pass useful. Rates and ordering information for the various passes can be found at www.statravel.com or at most travel agencies. Remember that none of the passes except Britrail are valid in the British Isles and that the passes must be purchased before leaving the United States.

When you are traveling, remember that there is a tourist information office in practically every train station in Europe, where you can get local travel and hotel information and, in many cases, hotel reservations.

Long-distance traveling every weekend often leads to academic and physical stress. Try not to be overly ambitious in your travel plans.

Before traveling to any country, check the state department website for any travel warnings issued for your destination. See their website at <http://www.travel.state.gov/>

Reading travel guides on London, the UK, and your other intended destinations will make your travel more valuable and enjoyable. Guidebooks that students have recommended include Lonely Planet, Frommers, Rough Guide, Let's Go, Fodor's, and First-Time Europe. Useful websites include www.lonelyplanet.com, www.frommers.com, www.ricksteves.com, www.letsgo.com, and www.travelguides.com.

The Hollins Abroad office in London has up-to-date guidebooks on the UK and Europe. In addition, there are many travel information centers in London, including the student travel service sponsored by the University of London at the Student Union and the student travel service at International Students House, which both offer inexpensive group flights and trips. These trips are open to all Hollins Abroaders and are great ways to meet students from other countries.

Before traveling to any country, check the state department website for any travel warnings issued for your destination.

Accommodations

Bed and breakfasts (B&Bs) usually cost around £35 per night, including breakfast. The accommodations are generally very nice and owners are often happy to provide information on local places of interest. Nick can help you find B&B accommodations.

If you are a member of the International Youth Hostel Federation, you can stay inexpensively in youth hostels, where accommodations are dormitory style. The quality of the hostels varies considerably so consult a hostel or travel guide when making your plans. Visit

<http://www.hihostels.com/> for options and more information.

Hotels are the most expensive accommodations. Check the guidebooks in the Hollins Abroad reading room and the internet for recommendations, costs, and reservation information.

Returning Home

Even though you haven't even departed yet and are certainly not thinking about what it will be like to return home after your time abroad, it is worth noting even now

that coming home requires an adjustment that can be as difficult as or even more difficult than the adjustment you need to make when going abroad. This is known as reverse culture shock or re-entry culture shock. When you leave your study abroad site, you will be leaving places, people, and a way of life which have become very important and familiar to you. You are likely to have changed as a person and may have new interests and values. You may be concerned about how you will adjust to being back at home and on your home campus and how your family and friends will adjust to the "new you." If you have significant readjustment problems, you may wish to seek assistance from resource people on your home campus.

Appendix Safety

Life in most European cities is as safe as, or much safer than, life in a large city in the U.S. Violent crime is relatively rare, although petty theft is quite common. It is important that you use common sense and observe reasonable safety precautions while you are abroad, as you would at home.

- Register your trip on-line with the U.S. Department of State at <https://step.state.gov/step/>. This will enable Department of State officials to communicate with and assist you in an emergency. You can register at this on-line site as soon as you have your overseas address.
- Do not leave your bags or belongings unattended at any time. Security staff at airports and train stations are instructed to destroy any unattended luggage. Do not agree to carry or look after letters, packages, or suitcases for anyone.
- Never keep all of your documents and money in one place or one suitcase. Once you arrive, keep your passport in a safe place. Don't carry your passport with you unless you need it. A U.S. passport is an enticing target for thieves; thousands are reported stolen overseas every year and passports can no longer be replaced at U.S. embassies and consulates overseas except in emergencies and only for travel home. European hotels actually expect you to hand over your passport so they can register your details, as required by the police. Sometimes they deal with this straight away, but it is not uncommon to be asked to collect it later in the day.
- Don't ever keep all your money and credit cards with you. Just take what you need for each day and leave the rest in a safe place.
- Remember that, at least at first, you will be unfamiliar with your surroundings, local customs, behavior, and body language. You won't know whom to trust. Be more cautious than you would at home, where you are better able to "read" a given situation.
- Avoid walking alone in poorly lit or deserted streets, parks, and other areas.
- Even when accompanied by others, stay away from areas of a city reputed to be dangerous.
- If you find yourself in uncomfortable surroundings, act as though you know what you are doing and where you are going.
- Know how to use public phones and how to contact the police. Have necessary coins or phone cards with you. Also keep your UK cell phone charged and topped up at all times.
- Areas around public telephones and the underground are common places for pickpocket activity. Keep backpacks and purses in hand. Safeguard calling card numbers.

- Do not leave money, credit cards, IDs or valuables in a backpack that you carry behind you.
- If you don't want to or can't afford to lose something, don't take it with you. When traveling, don't show off cash or expensive jewelry or watches in stores or on the street. Keep your money in a money belt or bag that fits across your chest when you are on the street, on public transportation, and in public buildings.
- Be aware of the dangerous effect that alcohol consumption can have on your ability to use common sense and make good judgments, especially in unfamiliar situations. Don't accept drinks from or get drunk with strangers.
- Stay away from illegal drugs entirely. Use of illegal drugs is grounds for immediate dismissal from the program. Most foreign countries have extremely strict laws regarding even small quantities of drugs and there is very little that program staff or U.S. officials can do to help you if you are caught with illegal drugs. For more information, go to http://travel.state.gov/travel/tips/tips_1232.html#drug_offenses
- Remember that you are subject to the laws of whatever country you are in, which may be much more restrictive than those in the U.S. U.S. standards of due process may not apply in overseas legal proceedings and Hollins cannot provide or pay for legal representation of program participants. Familiarize yourself with local laws and don't jeopardize your studies and your freedom by breaking them.
- Do not hitchhike or accept rides from strangers.
- Let your hosts, friends and/or the program director know of any travel plans and how they can reach you. Have the director's phone number with you at all times in case of emergency.
- When traveling, do not tell strangers where you are staying.
- Always have two sources of funds available to you – an ATM card and traveler's checks, for example. If for any reason you can't get money from one source, you'll still have access to cash.
- Go the opposite direction of any disturbance. Do not get involved. Avoid political demonstrations and protests. In the case of sudden political upheaval involving the U.S. or your host country, rely on instructions from the program director.
- Remember that any behavior that puts you or your fellow students in danger is grounds for dismissal from the program.

In the current world situation, some added precautions are advisable:

- Avoid places frequented by large groups of Americans.
- Avoid rowdy behavior in public.
- Avoid dressing in ways that readily identify you as an American.
- Be cautious about how much you tell strangers or people you don't know well about your program, its location, your residence, or any travel plans.
- Do not invite strangers or recent acquaintances to your program building.
- Report any suspicious people or packages to the front desk staff.

The website of the U.S. Department of State (www.travel.state.gov) provides a wealth of information on safety and security in overseas travel. The consular information sheets provide cultural, practical, and safety information on every country in the world. **We suggest you read these information sheets before traveling to any country.** Other worthwhile links can be found under "Tips for Traveling Abroad" and "Living Abroad Tips."

We strongly recommend that you regularly monitor the Department of State's website for alerts issued for U.S. citizens abroad. There are two kinds of alerts issued by the State Department. The first is a "public announcement," which notifies Americans of a potential threat and suggests measures they should take when traveling in a particular country or region. The second is a higher level of alert, called a "travel warning," which is generally a recommendation that Americans not travel to a particular country or region. We suggest that you go to the website before departure and

read examples of each of these types of warnings so you will be familiar with them and the reasons they are issued. While travel warnings are uncommon in Europe (except in the Balkan region), public announcements are sometimes issued, especially when a controversial international meeting is scheduled and large demonstrations are expected. The Hollins Abroad office receives these bulletins as they are issued and immediately forwards them to the program directors and all students if they cover countries or cities to which you might travel.

In the unlikely event that a travel warning is issued for the United Kingdom while Hollins Abroad is in session, we will consult with the U.S. Department of State here and our director will consult with the U.S. embassy in London to determine the safest course of action. Hollins Abroad has emergency plans ready for implementation should the need arise.

Hollins cannot assume responsibility for actions or for events that are not part of the program or for those that are beyond our control or for situations that may arise due to the failure of a participant to disclose pertinent information.

British-American Dictionary

United States	United Kingdom
14 pounds (weight)	stone
7-Up (soft drink)	lemonade
apartment	flat
apartment building	Block of flats
ATM	cash point
backpack	rucksack
baggage check room	left luggage
bangs (hair)	fringe
bill (\$)	note (£)
broiled (meat)	grilled (meat)
busy/occupied	engaged
candy	sweets
chat	natter
check	bill
cigarette	Fag (slang)

United States	United Kingdom
coffee with milk	white coffee
coffee without milk (with or without sugar)	black coffee
conductor	railway guard
cookie	biscuit
dessert (pudding)	sweet
diaper	nappy
divided highway	dual carriageway/motorway
drapes	curtains
drugstore pharmacy	chemist
dubious/sketchy (person or thing)	dodgy
eggplant	aubergine
elevator	lift
English muffin	crumpets
entrance hall	foyer
exit	way out
faucet	tap
feminine hygiene pad	sanitary napkin
fender (of car)	bumper
fever	temperature
first floor	ground floor
French fries	chips
garbage can (large)	dustbin
gasoline	petrol
ground beef	mince

United States	United Kingdom
a guy	bloke
half-beer/half-lemonade	Shandy
happy/delighted	chuffed
hood (of car)	bonnet
horn (of car)	hooter
intermission (theater)	interval
Jello	jelly
a kiss	snog
lawyer	solicitor or barrister
liquor store	off-license
mail box	pillar box
molasses syrup	treacle
napkin (paper)	serviette
nylons (or heavier tights)	tights
oatmeal	porridge
one-way ticket	single
pants	slacks/trousers
paved enclosure	yard
phone or call	ring or ring up
pie (with open top)	tart
playing a joke/poking fun	taking the piss
popsicle	ice lollies
potato chips	crisps
pound (money)	quid (slang)

United States	United Kingdom
private bus	coach
public holiday	bank holiday
pullover sweater	jumper
purse	bag
raincoat	mac
refrigerator	fridge
to reserve (a room, seats, etc.)	to book
reservation	booking
review for exams	revise
round-trip ticket	return
second floor	first floor (always subtract one floor)
senior nurse	sister
shoulder (highway)	verge
sidewalk	pavement
spaghetti with meat sauce	bolognese
subway/metro	tube
suspenders	braces
thanks	cheers
t.v.	telly
tea with lemon & without milk	lemon tea
tennis shoes/sneakers	trainers
throw away (trash)	bin it
tired/worn out	knackered
to mail (a letter)	to post (a letter)

United States	United Kingdom
toilet	loo/W.C.
traffic circle	roundabout
trash	rubbish
truck	lorry
trunk (of car)	boot
underground pedestrian walk	subway
undershirt	vest
underwear	knickers/pants
unfashionable/poor taste	naff
vacation	holiday
vest	waistcoat
wastebasket	wastepaper basket/rubbish bin
windshield	windscreen
won't do	not on
yield	give way
z (pronounced "zee")	z (pronounced "zed")
zucchini	courgette