

olemental ng:
oroad ns
ng
sport
rom
bmit
peen
of
ines
nd you er •

COURSE REGISTRATION
Course selection & registration. You will select your courses during the SAI application process. Make sure to get all courses approved for transfer by your home school.
Course schedule & confirmation. Course schedules are confirmed after a personal registration appointment during orientation week in London.
STUDENT VISA (if required)
Review visa instructions: If your program length requires a visa, you will receive an email entitled SAI London Mandatory Visa Instructions. Review it promptly and carefully and begin the process as soon as possible.
☐ Receive visa documents from SAI (if visa is required): You will receive 3 important letters from SAI for your visa application.
TRAVEL ARRANGEMENTS & PACKING
■ Book flights. You are responsible for making your own travel arrangements. We recommend Waldorf Travel Service (info@waldorftravel.com or tel 503.233.4053). Pay careful attention to your SAI program's arrival and departure dates and times and do plenty of research to make sure you get the best deal on your flight.
Complete the SAI pre-departure form once you have booked your flights: pre-departure form.
☐ Create packing list. Use the one included in your student handbook as reference and make sure you check your airline for any baggage restrictions. Keep in mind that your apartment may be up several flights of stairs.
TRAVEL ARRANGEMENTS & PACKING □ Book flights. You are responsible for making your own travel arrangements. We recommend Waldorf Travel Service (info@waldorftravel.com or tel 503.233.4053). Pay careful attention to your SAI program's arrival and departure dates and times and do plenty of research to make sure you get the best deal on your flight. □ Complete the SAI pre-departure form once you have booked your flights: pre-departure form. □ Create packing list. Use the one included in your student handbook as reference and make sure you check your airline for any baggage restrictions.



PREPARING TO LIVE ABROAD

Handling Money
☐ Understand the exchange rates.
☐ Call your bank/credit card company:
\square Inform them that you will be out of the country and making transactions from abroad.
Make sure your ATM card and pin will work abroad; you will need a 4-digit pin.
Learn what foreign transaction fees they charge.
See if they have any partnerships with international banks to minimize transaction fees.
☐ Purchase international currency at your local bank or at the international terminal of the airport (we recommend arriving with 200 GBP).
☐ Put together a budget for your time abroad of estimated and fixed expenses. Refer to your student handbook for a sample budget.
Health
☐ Vaccines. Be sure that you are up to date on all your shots (especially meningitis)
☐ Prescriptions. Have sufficient quantities of prescriptions to last through your time abroad (refer to student handbook for how to travel with prescription medication).
☐ Medical conditions. You will have the opportunity to communicate any medical conditions to SAI through the pre-departure form.
COMMUNICATION
Research your cell phone options. SAI offers an optional cell phone rental service, or you can purchase an international plan through your current provider or buy one in-country. Do your own research; compare the various options. Cell phone info.
☐ Download useful apps. Alumni have said that WhatsApp and Venmo are useful while abroad.
Join the SAI Facebook group. You will receive an invite to a closed group where you will have the chance to get to know the rest of the students studying abroad through SAI in your host city during your term.





Receive your pre-departure packet. About 8 weeks prior to departure you will receive a pre-departure packet with a flash drive loaded with your student handbook, details on your session's excursions, health insurance, and further information to help you prepare for your time abroad.
☐ Be sure you have your GeoBlue health insurance card. You will receive one in the mail, or you can login and print your card on the GeoBlue website.
Additional university information. Sometimes University of Westminster will ask for last minute information and/or documents for you to complete. This will be relayed to you via email.
Receive your housing assignment, airport pick-up, and orientation information. About 14 days prior to departure you will receive your housing assignment, SAI orientation schedule, and details of your airport pickup. Print all these documents and bring them in your carry-on.
☐ Make copies of important documents to bring with you: passport (2 copies) visa (1 copy, if applicable), UK college enrollment letter, credit cards, housing assignment, class schedule, etc.
Add scanned copies of above documents to SAI flash drive for future reference & use.
Pack your bags and set off on the experience of a lifetime!

Questions?

SAI London Admissions Office: 800.655.8965 vanessa@saiprograms.com

