

The Wash U Student's Guide to **The University of Sussex**



Brighton, England, Spring 2012

Academic Year 2015-2016

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Welcome to the University of Sussex!

Congratulations on your acceptance into the University of Sussex! For the next semester or academic year, you will be representing Washington University in St. Louis at the University of Sussex. Your time abroad may be challenging at times, but know that it will be ultimately rewarding as you come to see Sussex and Brighton as your home-away-from-home.

This Handbook has been prepared to make your transition to life at Sussex as smooth as possible. Please take the time to read the information carefully and share it with your parents. You will also be receiving emails and written transactions from both Washington University and the University of Sussex. Pay close attention to these correspondences to ensure that you arrive at Sussex prepared and open to your new surroundings.

If you have any questions or concerns prior to your departure, contact Overseas Programs at overseas@wustl.edu.

Best wishes!

Advice from Past Participants

“Brighton has a lot of personality – it’s very eclectic and young, and there are two universities near it (including Sussex). It’s a great environment to be away from home.”

-Deidre Heiss & Ashley Tullman

Dates and Contact Information

	FALL SEMESTER 2015
12-13 September	Arrival Date
14 September	Sussex Orientation
17 September	Fall Term Begins
25 September	WU's London Orientation with ACCENT International
12 December	Fall Term Ends
	SPRING SEMESTER 2016
27 January	Arrival Date
28 January	Sussex Orientation
TBD	WU's London Orientation with ACCENT International
1 February	Spring Teaching Term Begins
19 March-3 April	Spring vacation
6 May	Spring Teaching Term Ends
12 May - 10 June	Mandatory Exam Period

Important Contact Information

Prof. Leonard Green

Faculty Liaison
Psychology Program
Campus Box 1125
(314) 935-6534
Psychology 415B
lgreen@wustl.edu

University of Sussex

International and Study Abroad Office
Mantell Building
T Internal: 8422
External: +44 (0)1273 678422
international@sussex.ac.uk

Overseas Programs

Campus Box 1088
(314) 935-5958 main line
(314) 935-5555 for emergencies
after office hours
McMillan 138
overseas@artsci.wustl.edu

ACCENT London

Tel: +44-20-7813-7723 from US
Tel: 020-7813-7723 from UK
Emergency Tel: 020 7436 5826 from UK
Emergency Tel: +44 20 7436 5826 from US
london@accentintl.com

Documentation

Short-Term Study (a.k.a. student visitor):

For students studying abroad for less than 6 months with no intention of extending your stay another semester and who are NOT planning to work while abroad. US citizens do not need to pre-apply for this. If you are not a US citizen, please check this site to see if you must pre-apply for the short-term study visa: <https://www.gov.uk/check-uk-visa>.

You will need to have with you upon entry into the UK the following items (please note that you will need to have these items with you EVERY TIME you leave and reenter the UK if you plan to travel):

- Signed Passport valid for at least 6 months after your return date
- ROUNDTRIP ticket with a return date less than 6 months after the arrival date or information about when you plan on returning/end date of program
- Official Acceptance letter from UK university
- Letter of Financial Guarantee from WU

Tier 4 Visas (a.k.a. General Student Visas)

For students studying abroad for more than 6 months or who plan to work, intern, or volunteer in the UK, you must pre-apply for this visa. The processing time generally won't take more than 15 business days. <https://www.gov.uk/visa-processing-times>

- You can pay to use a service like Travisa, www.travisa.com if you would like to expedite the process.
- Students cannot apply for the Tier 4 visa until 3 months prior to the start date of the program.

You will need the following items to apply for a student visa:

- Confirmation of Acceptance for Studies or CAS (Will be sent to you electronically from your program)
 - **Do not start the process until after you have received this from your program**
- Signed Passport valid for at least 6 months after your return date
- 2 Passport photos (Cannot be digital photos you have printed. These can be taken at Walgreens, etc.)
 - Must have name written on the back of each photo
- Visa Application, including Appendix 8 General Student self-assessment form
 - <http://www.visa4uk.fco.gov.uk/>
- \$515 paid online
- Biometrics
 - Must be done within 2 weeks of sending application
 - After you've submitted your online application, it will prompt you to schedule the Biometrics appointment. You cannot do this before you have submitted the application
 - Make sure to bring your passport
- ***Maintenance funds***

- *They will ask you in the application to declare that you have the required “maintenance funds” to cover your semester/year abroad*
- *You should be prepared to be able to show evidence of funds just in case they ask to see it (this would occur later, after the application is submitted).*
 - *Academic Year:*
 - *£600/month for 9 months (a total of \$8,654 according to today’s exchange rate)*
 - *Fall*
 - *£600/month for 4 months (a total of \$3,846.22 according to today’s exchange rate)*
 - *Spring*
 - *£600/month for 6 months (a total of \$5,769.32 according to today’s exchange rate)*
- *Conversions from dollars to pounds must be written on the document before arriving at the border (you can handwrite this):*
www.oanda.com/convert/classic
- *Documents can include a letter from Student Financial Services if you receive financial aid or scholarships, a bank statement in your name, a bank statement in a parent's name along with a signed letter from the parent that you will have access to these funds while abroad, or a letter from the bank*

Students who wish to work, intern, or volunteer: If you want British permission to work part-time in the UK, you must apply for the Tier 4 visa regardless, even if you are studying there for less than 6 months. You will be eligible to work a maximum of 20 hours/week during the term and 40 hours/week during term breaks up to the end date of your program.

Money Matters

See the pricing sheet on the Sussex page on the Overseas Programs website for program pricing. Estimated costs for the program can be found at <http://www.artsci.wustl.edu/~overseas/students/programprice.html>.

Spending Money:

Remember that the exchange rate is not in favor of the US dollar, so budget carefully. A movie in Central London can cost \$25 and a regular coffee at Starbuck's can run \$4-5.

At the time of this publication, £1 = \$1.54, or \$1 = £0.65.

Advice from Past Participants

"Brighton is slightly less expensive than London and there are a lot of student friendly deals because Brighton has two uni's nearby. Make sure you plan ahead so you can have enough money for living in England and traveling over Easter break."

-Deidre Heiss & Ashley Tullman

Academics

A typical half-year's work is 72 units. You should expect to receive 15-16 WU credits for 60 Sussex units. WU requires that you take the full load. The specific credits awarded to each course you take at Sussex will depend on your department. However, Overseas Programs will make sure you are awarded the full 15 WU credits for your time abroad.

See

<http://www.sussex.ac.uk/Units/publications/sabroad2010/studying/> for more information.

Arts-Based Courses

Teaching takes place primarily in small groups or in seminars. A variety of lectures is also provided as support. In each course the class meets for between one and a half and two and a half hours a week. You are expected to prepare for the meeting by reading widely from a course list and to contribute actively to class discussion. The discussion is likely to be based on one or two papers prepared and presented by members of the class. You are also required to write between two and four essays per course each term.

Advice from Past Participants

"Coming from WashU, it definitely takes some adjustment to get used to the workload at Sussex. There is usually a lot of discussion, and a lot of my classes had discussion sections and a lecture. You also might encounter un-assessed assignments (usually papers), meaning not graded, which may seem strange but are required"

-Deidre Heiss & Ashley Tullman

Although the number of contact hours is probably smaller than you are used to, it would be a mistake to think that this means less work is required. In preparation for your classes, you are expected to read extensively, participate fully in discussions and develop your own ideas and arguments. The emphasis at Sussex is on independent study, and to make a success of your time here you need to be both enthusiastic and self-disciplined in your work.

Science-Based Courses

Teaching in science and technology has three main elements: lectures, tutorials and other forms of learning support (e.g. problem classes and workshops), and laboratory work. Lectures provide the basic course information, which you then develop under the guidance of your tutors. Tutorials are compulsory gatherings of a small group of undergraduates and a member of the faculty, for which work is set and discussed and ideas are elaborated and explored.

If you selected courses from Level (year) 1, you may have a tutorial a week. In Level (year) 2 and 3 courses, as students become more experienced and independent, increasing use is made of seminars, workshops, exercise classes and project work, although individual tutor-undergraduate contact is retained.

Assessment and Transcripts

Different methods of assessment are used to test the range of your knowledge, understanding, skills and abilities. Many of these may already be familiar to you: essays, reports on projects or practical work, examinations, and presentations where appropriate.

Advice from Past Participants

“The British educational system was a much bigger obstacle for me than I was expecting. Everyone says that studying abroad is so much easier, and it is true that there are fewer contact hours and more free time, but this also means that studying abroad can end up being much harder if you are not adequately prepared for the fact that this means that (at least for me) all of your assessments will be due at the same time, at the end, and that this will be your only chance to be evaluated. I went through academic culture shock at the end of term, and though I got through it, it was an extremely difficult time for me.”

For students who are registered at Sussex in the standard assessment period for any given course, they will take the normal assessment for the course, at the same time, and in the same place, as all the other students in the course. If a student is not registered at the time that the normal assessment would be given (for example a student who only takes part of a longer course) alternative arrangements will be made.¹

Advice from Past Participants

“Try to make spring term less of a complete break from school and more of a balance, or else summer term will come back to bite you. There are a lot of things to juggle and think about, but making sure that you are keeping up on your reading and even working ahead at times can make a big difference. It won't take much time away from socializing, either.”

¹ Adapted from http://www.sussex.ac.uk/Units/publications/sabroad2009/academic_system

Housing

The university offers both on- and off-campus self-catered student housing. Visiting students tend to be housed on campus. Review housing brochure and online information so that you can best rank your choices of accommodation. Fall students make sure the length of stay includes Sussex in September plus Autumn Term. Allocations will be made at the end of July. Spring students make sure the length of stay includes Sussex in Spring and Summer Terms, Choice “E”. Students should note that the University of Sussex is not able to guarantee your choice of room type or location.²

Advice from Past Participants

“The dorms are pretty social and I liked being on campus rather than being in an apartment somewhere in Brighton. The dorm setting is very social and try to take advantage of that.”

-Deidre Heiss & Ashley Tullman

Below are brief descriptions of some of the housing options:

Park Village: Separate, three-story flats housing 12 students, two shared kitchens per flat, sinks in each room. There is a porter’s office and a bar in a central building. Some are non-smoking.

Park Houses (includes Lancaster, Kent, York and Norwich House): Each corridor houses roughly 12 students who share bathrooms and a kitchen. There are sinks in each room. Lancaster House has a living room/TV room. Your House has a 24-hour computer lab and 24-hour security center.

Advice from Past Participants

“Try to live with British students. If you end up living with second or third-years, they might not go out as much as first-years or other international students, but you will get an extra level of cultural immersion that is irreplaceable. I learned so much from my flatmates, even when we would do something as simple as watch TV together.”

East Slope: Consists of separate, two-story flats housing roughly 12 students each. Each flat has shared kitchens and bathrooms. In a central building are the porter’s office and bar.

Lewes Court: Either five- or six-person flats containing a shared living and dining space with single rooms (some with personal bathrooms, some without), or a single-person studio with personal kitchen and bathroom.

Brighthelm: Consists of 60 five-bedroom houses arranged around six small quads or courtyards. The number of stories per house varies but each is equipped with two bathrooms and a kitchen.

² <http://www.sussex.ac.uk/residentialservices/1-2.html>

In all of the residences, the kitchens have a sink, stove/oven, refrigerator/freezer, tea kettle, cupboards and many have microwaves.³

Student Life

The University of Sussex Students' Union (USSU) is the focal point of student life on campus and organizes entertainment and social events throughout the year. These events are both on- and off-campus and include comedy gigs, quizzes, live music nights and student-led DJ nights in the Hothouse (the campus nightclub). It also supports and helps fund over 80 societies and 29 sports clubs. From ultimate Frisbee to chess to break-dancing, you're bound to find not only an organization that strikes your fancy, but also a great way to meet new people and try new things. See the following link for a list of current societies and sports clubs: <http://www.sussexstudent.com/sport-societies-media/>.

The city of Brighton also offers a wide variety of entertainment and pastimes. Brighton has a diverse cultural and artistic scene with a wealth of cinemas, galleries, theaters, venues, parks, and restaurants. Brighton's seafront has restaurants, nightlife, and amusement park rides along its piers. A famous shopping district known as The Lanes offers funky, independent shops mixed in with eclectic cafes and restaurants. For more information on fun things to do within Brighton, see <http://tourism.brighton.co.uk/>.

Advice from Past Participants

"Brighton is right on the English Channel and is an amazing place to live, with plenty to do. Plus, you're still only 1 hour from London by train and 45 minutes from Gatwick Airport to leapfrog over to the rest of Europe."

-Adam Trope, Political Science

One highlight is the Brighton Festival, held each May, is the largest arts festival in England, attracting hundreds of performers, including internationally renowned musicians, artists, dancers, poets, and writers. Complementing the mainstream festival is the Brighton Fringe, a heady mix of comedians, artists, speakers and street performers who spill out into the parks and onto the streets, entertaining the city night and day. See <http://www.brightonfestival.org/> for more information on the Brighton Festival.⁴

Communication

Telephone

There are phones in each dorm room, and students have the option of opening an account with Keycom (<http://www.keycom.co.uk/>), the service provider, in order to make or receive calls outside of the campus network. The rates for making calls, particularly international calls, can be high, though calling other rooms on campus is free. There are also pay phones, which are a good option if you want to buy a calling card, which can be bought on campus.

³ Adapted from *Suss it Out: A personal guide to life at the University of Sussex for North American students*

⁴ Adapted from <http://www.sussex.ac.uk/Units/publications/sabroad2008/brighton>

Many students choose to purchase a cell phone abroad. Mobile World has a pay-as-you-go system, in which students can purchase a phone and then “top up” (add money) as it is used. All plans differ, so find the one that works best for you. Keep in mind that making calls in England can be expensive, and so most people choose to text instead of call.

Internet and Email

Sussex will assign you an email user name and password as part of registration. In addition, all on-campus residencies and some off-campus residencies are connected to the campus internet network. Students must provide their own laptops to make use of this facility in their residence, but computer labs and kiosks are available in some campus buildings, including the library. For more information on the University of Sussex’s IT Services, see <http://www.sussex.ac.uk/its/help/>.

Skype

Skype allows you to make calls from your computer to anywhere in the world. Skype calls are free between Skype accounts, and can also make calls to landlines and cell phones. For more information, go to <http://www.skype.com/>.

Advice from Past Participants

“Skype is essential. Make sure you tell all your friends and family at home to get it before you go. I used it all the time to talk to people in my dorm, in London, at home, abroad other places...”

-Deidre Heiss & Ashley Tullman

Transportation and Travel

Getting There

You will arrange your travel to England independently. Upon an offer of admission, you will be sent more detailed instructions from University of Sussex. In setting a return date, bear in mind that you must remain for your last scheduled exam – that is, **early exams are not allowed**. You should not ask your lecturers for special exam dates. Spring students will not find out their exam schedule until March. Students should not plan their return date for before the last day of final exams since it is not possible to reschedule the exams. It is not appropriate to ask lecturers for exam dates before they are posted.



The University of Sussex campus is well served by public transport with Falmer train station on the south side of campus, and frequent buses on campus to and from Brighton.

Information on travel to Sussex: <http://www.sussex.ac.uk/aboutus/findus>

You might use STA Travel (<http://www.statravel.com>), which specializes in student travel, or consult another travel agency. You can also use online booking systems like <http://www.expedia.com> or <http://travelocity.com>. You can also work directly with an airline (especially if you have access to frequent flyer miles). **Pay careful attention to the restrictions. Lowest fares tend to be both non-refundable and unchangeable.**

Getting Around

Sussex offers some trips (optional and for a small fee) which past students have found interesting as a way to explore more of the area right from the beginning. The Sussex International Office will provide more information in their communications and during Orientation.

The city of Brighton is a 30 minute bus ride or a 10 minute train ride from the campus, so you will most likely be using public transportation often. For more information on the bus system in Brighton and Hove,

Advice from Past Participants

“I never realized this country was so beautiful, and I loved all the day trips I took to different cities. Brighton is a fantastic city as well. Take time to appreciate where you are just as much as where you can go.”

you can visit <http://www.buses.co.uk/>. Additionally, during the ACCENT orientation in London, you will have the opportunity to get a Young Person Rail Card, which gives students discounts on all trains. The train can be taken from the campus in Falmer to Brighton, and also to Gatwick and Heathrow airports, London, and elsewhere in England.

Other Travel

You will likely plan other travel on your own throughout the semester. In the past, students have taken the train to Gatwick and flown into mainland Europe. The Chunnel is another option. Consider getting an International Student Identity Card (ISIC), which will entitle you to discounts on a range of services, including travel. See www.isic.org for details.

Before you Go

Packing Tips

As Brighton can be windy and cold in the winter and quite warm in the spring and summer, bring clothes that are good for layering. Also, be aware that students at Sussex tend to dress up for class more than students at Wash U, so bring some nicer clothing.

Don't worry about bringing bedding with you. The University of Sussex offers a duvet, pillow and fitted sheet for you to either rent or buy upon arrival, called a linen bale. There are also plenty of stores in the center of Brighton that sell affordable pillows, duvets, linen and towels. Also, be aware that many US toiletries brands are available in England, but not all are. If you are brand-specific, bring the toiletries you will need with you; otherwise, it's a good idea to save the space and buy once you arrive.

Here are some suggestions and tips for what to bring:

- Work around a basic scheme of coordinated colors to minimize the number of clothing items you bring with you
- Wash-and-wear shirts
- Sturdy, comfortable pair of walking shoes that have been well broken in
- Adapter plugs (if you plan to use US appliances)
- Laptop computer if you have one; you can buy an inexpensive adaptor cord at an electronics store
- Alarm clock (wind-up or battery-powered/extra batteries)
- Umbrella or raincoat
- If you wear contact lenses, you should take your eye care products with you
- Prescription medicine – enough to cover your entire stay, and bring a copy of your prescription and a letter from your doctor outlining your medical condition and the medication required just in case you run out
- You may wish to take along a few small token gifts; something typically American or representative of the area in which you live in the U.S.
- Some students recommend that you leave room in your bags when you go so you'll have more room on the way home
- Make sure each piece of luggage (even carry-on) has an address tag. It is also a good idea to put a copy of your address inside each piece of luggage.
- Finally, before you leave home, make sure you can comfortably carry all of your luggage at one time (try it for 15 minutes)

Advice from Past Participants

"I brought two giant suitcases, but one of them wasn't entirely full, which was a really good idea because I accumulated so much stuff. Just pack as though you're coming to WashU for the semester, and then take out a lot. You'll buy things in Sussex and you must be able to carry your bags yourself on and off planes and trains."

-Deidre Heiss & Ashley Tullman

Vocabulary

Popular British Dishes

Savory Foods

Black Pudding – Sausage made from blood and cows fat.

Bubble and Squeak – Patties made with leftover cabbage, potatoes and vegetables and then fried.

Cornish Pastry – Pastry case stuffed with meat and folded over.

English Breakfast = The traditional English breakfast is not really eaten very much anymore, but you may see it on menus. It normally consists of sausage, bacon, fried eggs, mushroom and tomato. You may also see black pudding on the side.

Fish and Chips = Perhaps the most famous dish from the UK, the dish consists of fish deep fried in batter and “chips” (French fries).

Haggis – Traditional Scottish dish made with sheep’s stomach.

Ploughman’s = Traditionally a farmer’s lunch but now popular in pubs and restaurants. Consists of cheese, bread, Branston pickle, and maybe a pork pie.

Pork Pie – Heavy meat pie.

Sausage Roll – Minced sausage in a light pastry case.

Scotch Egg – Hard-boiled egg wrapped in minced pork and breadcrumbs

Shepherd’s Pie = Minced beef or lamb in gravy topped with mashed potatoes and baked in the oven.

Steak and Kidney Pudding – Steak and kidney in thick gravy encased in a suet pudding.

Sunday Lunch = Previously, it was a custom for families to have a large meal at lunchtime on Sundays. It normally consists of roast meat (pork, beef or lamb), Yorkshire pudding, roast potatoes, roast parsnips, peas and carrots, all covered with gravy.

Toad in the Hole – Yorkshire pudding with sausage baked into it.

Yorkshire Pudding – Savory batter pudding made with eggs, flour and milk.

Sweet Foods

Bread and Butter Pudding – Made with leftover or stale bread, which is buttered, soaked with milk, and then raisins and sugar are added. It is then baked and served hot.

Cream Tea – Scones with jam and clotted cream (thick yellow cream) normally served with other small cakes and possibly sandwiches.

Fruit Crumble – Stewed fruit topped with a crumble mix made out of butter, flour, sugar and water.

Mince Pies – Pastry cases enclosing a sweet mix of dried fruits, and mince.

Spotted Dick – Sponge pudding filled with raisins.

Treacle Pudding – Sponge pudding topped with treacle (dark sugar syrup) and steamed

Trifle – Sponge biscuits, jelly and fruit topped with custard and whipped cream. Often contains sherry.

Victoria Sponge – Two sponge cakes layered with jam.

Basic Foods

aubergine = eggplant

bap = a soft, round, floury bun for sandwiches

biscuits = cookies

chips = French Fries

courgettes = zucchini

crisps = potato chips

crumpet = a doughy, slightly salty breakfast pastry the size of an English muffin

digestives = a wheat biscuit, often dipped in chocolate

flapjacks = not pancakes, but a sweet square of baked oats, often with a sweet condiment mixed in

juicy bits = pulp (i.e. in orange juice)

mangetout = snow peas

marmite = a salty, sour spread made from yeast and pickles

mince = ground beef

pudding = dessert

sultanas = raisins made with white grapes

Shopping/Home

bin = trashcan

blitz = to dry clothes using an electric dryer

fabric conditioner = fabric softener

flat = apartment

jumper = sweater/sweatshirt

pants = underwear

plastic = a Band-Aid

Tipp-Ex = correction tape

trainers = athletic shoes

trolley = a shopping cart

trousers = pants

washing up liquid = dishwashing liquid

Getting Around

car park = parking lot

cashpoint = ATM

chemist = pharmacy

lift = elevator

loo = toilet (informal)

mind the gap = watch your step

queue = line

quid = pounds

stalls = orchestra seats in a theater

ta/cheers = thank you

Uni = University

WC = “water closet”; bathroom

Useful Websites

Brighton Festival: <http://www.brightonfestival.org/>

Brighton & Hove Tourist Information: <http://tourism.brighton.co.uk/>

British Embassy in the USA: <http://www.britainusa.com/>

British Government Website for Visa Services: <http://www.ukvisas.gov.uk/en/>

Skype: <http://www.skype.com/>

University of Sussex Library: <http://www.sussex.ac.uk/library/>

University of Sussex International and Study Abroad Office:
<http://www.sussex.ac.uk/international>

University of Sussex IT Services: <http://www.sussex.ac.uk/its/help/>

University of Sussex Residential Services: <http://www.sussex.ac.uk/residentialservices/>

University of Sussex Study Abroad Guide: <http://www.sussex.ac.uk/study/sabroad/guide>