

# ABERDEEN

SITE-  
SPECIFIC  
GUIDE



ACADEMIC  
STUDIES  
ABROAD

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# Pre-Departure

Please see our Pre-Departure Guide for All Programs for additional important pre-departure information!

Please add the important numbers to your phone

<p><b>ASA Office in Boston, MA</b> <b>Academic Studies Abroad</b> <b>72 River Park Street, Suite 104</b> <b>Needham, MA 02494</b> <b>Tel: 617-327-9388</b> <b>24-hour Emergency Cell:</b> <b>857-366-6821</b> <b>Email:</b> <b>hello@academicstudies.com</b> <b>Web:</b> <b><a href="http://www.academicstudies.com">www.academicstudies.com</a></b></p> <p><b>Emergency</b> <b>Local in Scotland:</b> <b>999</b></p>	<p><b>University of Aberdeen</b> <b>King's College,</b> <b>Aberdeen,</b> <b>AB24 3FX</b> <b>United Kingdom</b> <b><a href="https://www.abdn.ac.uk/">https://www.abdn.ac.uk/</a></b></p> <p><b><u>Site Director</u></b> <b>Dr. Shannon Babbie</b> <b>+44 7378 588 793</b> <b>shannon.babbie@abdn.ac.uk</b></p> <p><b>UoA Go Abroad Office tel:</b> <b>+44 (0)1224 272026</b> <b>Contact at UoA Study Abroad</b> <b>Office</b> <b>Melanie Viney -</b> <b>goabroad.incoming@abdn.ac.uk</b></p>
<p><b><u>U.S. Consulate in Edinburgh, Scotland</u></b> <b>3 Regent Terrace</b> <b>Edinburgh EH7 5BW</b> <b>Phone: 013 1556 8315</b> <b>Email: <a href="mailto:Edinburgh-Info@state.gov">Edinburgh-Info@state.gov</a></b></p> <p>For emergencies involving U.S. citizens, call 020 7499 9000 if dialing from the U.K.</p> <p><b>U.S. Embassy in London</b> <b><a href="https://uk.usembassy.gov/">https://uk.usembassy.gov/</a></b> <b>33 Nine Elms Lane</b> <b>London</b> <b>SW11 7US</b> <b>United Kingdom</b></p>	<p><b>Additional Emergency Numbers</b> <b>(Local numbers, as dialed in the UK)</b></p> <p><b>Police, Fire, Ambulance: 999</b> <b>Campus Emergencies: 012 2427 3939</b> <b>Student Helpline 24/7:</b> <b>0808 196 2707 (in the UK) or</b> <b>00353 1518 0277 (from outside the UK)</b></p> <p><b>Student Help:</b> <b><a href="mailto:student.support@abdn.ac.uk">student.support@abdn.ac.uk</a></b> <b><u>University of Aberdeen Counselling</u></b> <b><u>Services</u></b></p>

In an emergency, please contact your ASA Site Director immediately.

It is of utmost importance that you notify your Site Director of any problems, issues, or concerns that you encounter while you're abroad.

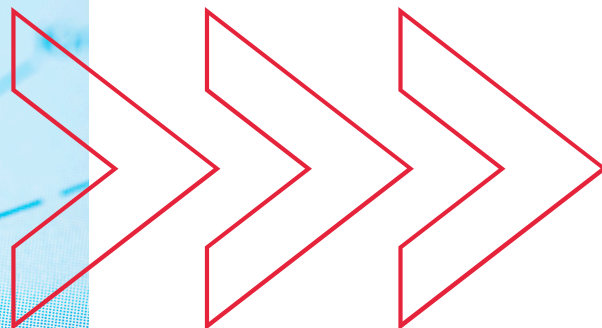
011 = International Dialing Code

44 = United Kingdom Country Code

# International Dialing Instructions



- Within the UK: Dial the local number as is, including the beginning 0.
- How to call the UK from the U.S.: Dial 011 44 plus the local number but drop the first 0 of the local number. For example, if the number you're trying to call is 0 7447 840 064, then you would dial 011-44- 7447 840 064.
- How to Call the U.S. from the UK: 001 + area code and number



# Passport & UK Entry Clearance Requirements

All U.S. citizens must have a passport that is valid for at least 6 months beyond the day you plan to return to the U.S.

What should I do if I lose my passport?

Contact the local police, the U.S. Embassy, and your Site Director immediately. Having a photocopy of your passport on hand will make it MUCH easier to have it replaced.

## IF YOU DON'T HAVE A U.S. PASSPORT, PLEASE NOTIFY ASA IMMEDIATELY!

Non-U.S. citizens may have a different visa process than described below, that requires steps to be taken in the U.S. or your home country before you arrive in Scotland.

If you are studying in the UK for one Semester or a Summer program, you will need to pack the following documents in your carry-on. When you arrive at immigration you will see the option to go through eGates (electronic-only kiosks) or see an immigration officer (an actual person), BOTH options are fine. If you see an immigration office they will ask to see the below documents. If you go through the eGates, you will not have to present the documents.

- **University of Aberdeen acceptance letter**
  - (Emailed to you prior to departure. Make sure to print this document!)
- **ASA letter addressed "TO: The UK Visas and Immigration"**
  - (Emailed to you prior to departure. Make sure to print this document!)
- **Valid Passport**
- **Proof of funding for your stay in the UK**
  - The letter from ASA confirms that you have met your financial obligations concerning tuition (course fees) and accommodation for the full term of your studies.
  - You must also provide proof that you have enough money to live on during your stay: a minimum of £1,334 per month of your stay; present bank statements from you or your parents.
- **Round trip plane ticket**
  - You will not be allowed to enter the UK on a one-way ticket.
- **Air Tickets/Boarding Pass/Flight Itinerary**
  - When you enter the UK you will likely be funneled into the eGates which are electronic immigration kiosks designed so that you don't necessarily see an immigration officer (a live person) when you land in the UK.
  - You will not receive a stamp in your passport showing the day you entered the UK which is vital information for your UK university to enroll you in courses.
  - You must keep your air tickets, boarding pass, or flight itinerary because your university will need to see it. Documenting your exact entry dates into the UK is part of your host university's process of finalizing your registration before you can begin your courses.

# STEP & ETA

## STEP: Safe Traveler Enrollment Program

STEP registration is MANDATORY to complete before departure. This free service, offered by the US Department of State, enables the DOS to quickly contact US citizens abroad during emergencies, such as natural disaster, civil unrest, or a family emergency. By registering, you also get real time updates about safety, security, health, and weather in country. Click this link to complete your STEP registration before departure: <https://mytravel.state.gov/s/step>

MANDATORY:

IF A US CITIZEN, YOU  
MUST ENROLL IN STEP

## ETA: For studying in, visiting & transiting through England, Scotland, Wales & Northern Ireland

### WHO:

For United States (US) passport holders, the ETA is required for anyone traveling to the UK for study, visit, or transit through (layover), via any method of transportation (e.g. plane, train, boat). If you are traveling on a non-US passport, first check to see if you can apply for an ETA [here](#). If your country is not yet approved for the ETA, notify your ASA Program Manager immediately (617-327-9388) for the next steps.

### WHAT:

The Electronic Travel Authorization (ETA) is a permission to travel for those who do not currently need to obtain a visa or do not have a United Kingdom (England, Scotland, Wales, and Northern Ireland) immigration status. **The ETA is valid for two (2) years from date of issue, or until passport expires, whichever is sooner.** It is valid for multiple journeys and must be valid for the entirety of your stay. It cannot be extended.

The ETA is digitally linked to your passport. There is no physical component. While you are not required to show a paper copy, we highly recommend saving a screenshot and/or printing your ETA approval email and adding it to your acceptance documents for your records. You are required to send a copy of your ETA approval email to your ASA Program Manager. To see how to apply, read on.

### HOW:

Students apply for the ETA electronically via the [UK ETA app](#).

Application Steps:

1. Watch the short "Getting Started: Applying for the UK ETA" video.
2. Gather information for the ETA application (contact information, physical valid U.S. passport in hand, recent photo or headshot, method of payment). Your flight itinerary is not required to apply.
3. Follow the instructions on the app or the UK GOV website. We recommend applying and getting approval at least 1 week prior to arrival in the UK.
4. Once received, SAVE your UK ETA approval email as a pdf or jpeg. Be sure that it is legible and email a copy to your ASA Program Manager. This is a critical step, as we must ensure you are complying with immigration requirements.

# Budgeting for Study Abroad

Scotland's official currency (like the rest of the United Kingdom) is the pound sterling, which is indicated by the symbol £ before the amount and it is divided into 100 pence. It can also be shown as GBP. The banknotes are worth £50, £20, £10 and £5; the coins £2, £1, 50p (50 pence), 20p, 10p, 5p, 2p, 1p.

Exchange rates fluctuate, so check <http://www.xe.com/ucc/convert.cgi> for today's exchange rate.

## How much money should I bring?

US\$250-300 per week of your stay

*Please note that these are general guidelines based on what past students have reported spending. Some students spend less and others more. The above figures do not allow for traveling every weekend, eating out a lot, or shopping every day.*

## What expenses should I budget for?

Please note: *Housing, medical insurance, and all other ASA services are not included during the break between semesters or terms.*

1. **Books and materials for your classes** Budget US\$350 per semester
2. **Local transportation** Budget \$250 per semester. Local transportation includes getting around town during your free time, getting to and from where your group is meeting to depart for an excursion or academic field trip, and getting home afterwards. This may include paying for bus and taxi fares. Since you'll be living on campus, you'll walk to and from class.
3. **Cell phone** Budget US\$400 per semester
4. **Spending money / Personal expenses** Entertainment, shopping, souvenirs, dining out, travel, haircuts, toothpaste, etc. This is accounted for in our weekly money recommendation.
5. **Meals on excursions** (Accounted for in weekly recommendation above)
6. **Transportation back to the airport at the end of the program** Budget US\$40
7. **Have at least \$1,000 in savings for emergencies**

# Arrival

What should I do when I get off the plane at Aberdeen airport?

## 01 Passport Control/Immigration

After you de-plane, you will go through Passport Control (also called Immigration), where you may have your passport stamped. It may take up to an hour to pass through Immigration.

## 02 Baggage Claim

After Passport Control and Customs, follow signs to baggage claim. Delayed baggage must be reported to your airline's lost luggage counter before exiting the baggage claim area. After claiming your bags, exit into the airport lobby and look for a University of Aberdeen (UoA) sign. Staff cannot meet you at Baggage Claim.

## 03 Meet ASA Staff

UoA staff will guide you to inexpensive and quick transportation to campus as students must make their own way to their accommodations via train, bus or taxi. Here are some helpful [videos](#) to help you get to your accommodations and around the university. The airport is located in Dyce, about 7 miles from the center of Aberdeen. There's a taxi stand at the airport, and a fare from the airport to the University or Halls of Residence will cost approximately £15-£25, depending upon where you are staying. Alternatively, you can take the regular Jet (727) bus service to Aberdeen Bus Station (travel time is around 35 minutes). The timetable for the Jet Service is available on the [Stagecoach website](#). An [online route planner](#) on [Red Planet Travel](#) is available to help you find directions to your accommodation and about the city.

### **If my flight is delayed, will you still pick me up at the airport?**

If you will not be arriving as scheduled, it is YOUR responsibility to notify the emergency contact person indicated on your Last-Minute Checklist. See above for inexpensive and quick transportation options to campus.

### HELPFUL TIPS

Address for delivery of delayed luggage:

Your Name  
Residence Hall Name  
Res Hall Address  
(You will receive your housing assignment and address before departure.)

For more information about traveling to Aberdeen, click [here!](#)

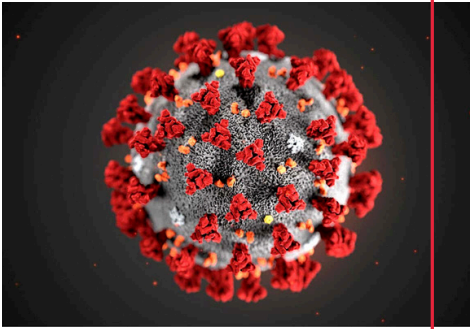
# Academics

University of Aberdeen  
King's College,  
Aberdeen,  
AB24 3FX  
Phone  
Tel: +44 (0)1224 272000

## HELPFUL TIPS

Website:

[University of Aberdeen](#)



## COVID-19

Your host university may have COVID-19 protocols you must follow, such as sanitizing your desk after class, not congregating indoors, wearing a mask, sanitizing hands, and others. Please follow accordingly.



## Academic Advisor Meeting

All students will be assigned an Academic Advisor from the Go Abroad office at University of Aberdeen, with whom you will have a mandatory meeting during your first week on campus. He/she will go over your modules with you and confirm what you will be taking and answer any questions you have. Your academic advisor will serve as a reference point and support person throughout your semester, should you have any issues with your modules.



## Attendance Policy

Attendance to class (lectures) is required. Attendance will be monitored and you will receive an email if it is deemed unsatisfactory. **NON-ATTENDANCE WILL AFFECT YOUR GRADE.** In cases of extremely poor attendance, the lecturer reserves the right to lower your grade.

A detailed Calendar of Events, including orientation and excursion dates & locations, will be emailed to you about 2 weeks before your program starts. ASA will run as many of our normal excursions and activities as possible, according to what is permitted in your host city and country during COVID-19. Calendar is subject to change. All **Orientation Meetings are mandatory**. Click [here](#) to view the general Academic Calendar for your upcoming program (which includes dates of any breaks).

# Academics

## Different Teaching Style

Just like here in the U.S., each professor is different and has his or her own distinct way of conducting class sessions. Be prepared for the fact that your Scottish professors may have different teaching styles than what you have experienced!

The style of teaching and learning at University of Aberdeen differs greatly from what you may be used to at your home university. There may be fewer class discussions, debates, and group projects and more lectures than what you are accustomed to. There is also a heavy emphasis on independent and self-directed study, rather than being directed at every stage by academic staff.

Although getting used to different styles of teaching is a normal part of the study abroad experience, we do realize that difficulties and confusion could arise. Therefore, we encourage all of our students to actively participate in class and get to know their professors.

If you are in need of additional academic support, the [Student Learning Service \(SLS\)](#) works with all students to enhance their academic skills. The SLS also offers assistance to those students with dyslexia and other specific learning differences. We also encourage students to bring any academic concerns to the attention of the UoA Go Abroad Office. Don't forget, to get help, you must take the first step and ASK.

## Different Grading System

**VERY IMPORTANT:** In Europe, most university classes DO NOT have continuous evaluation throughout the semester – meaning you won't have quizzes, papers, partial exams, mid-terms, etc. to count toward your grade!

As is typical at universities in Europe, your final grade in a module could depend entirely on ONLY ONE final exam or one assignment! Or, your grade may depend on one mid-term assignment (paper/project) and one final exam or final assignment.

It is your responsibility to ensure you understand the grading for your modules; if you're unsure, check with your lecturer. Because each exam and assignment counts for a big portion of your grade, you need to do WELL on EVERY exam and assignment in order to pass the module! You will not be given the opportunity to submit extra credit or make-up work to raise your grade.

## Grades

CGS (Common Grading System)	A1, A2	A3, A4, A5	B1	B2, B3	C1, C2	C3	D1	D2	D3	E1, E2, E3	F1, F2, F3, G1, G2, G3
Suggested US Grade*	A+	A	A-	B+	B	B-	C+	C	C-	D	F

\*These are suggested grade equivalencies provided by the host institution and are SUBJECT TO CHANGE. Your home institution may use a different set of equivalencies. Your HOME INSTITUTION will ultimately determine your final grade and credit equivalencies.

## Grades

You must check with your home institution to ensure you understand:

- The minimum grade you need to earn to receive transfer credit. Typically you need to earn a C or C+, but this can vary by institution. Check with your home institution to ensure you understand their requirements!
- Will your grades impact your GPA? Every institution handles this differently! Some institutions transfer in study abroad grades and it impacts your gpa. Some transfer in the grades and it doesn't impact your gpa. Others transfer in study abroad grades as pass/fail. Be sure you understand how your institution handles this.

You must check with your host institution or ASA Site Director upon arrival to ensure you understand:

- The deadline to change or drop classes. Classes dropped after your host institution's add/drop deadline will appear on your final transcript with a failing grade.
- What is your host institution's attendance policy? Absences from class will affect your grade and can result in a failing grade. Many institutions only allow a couple of absences a semester and only for valid reasons such as medical. Travel or family/friend visit is NOT ever an excused absence.

## Exams & Assignments

Exams and assignments (papers) at UK universities are different than you are probably used to! An assignment (paper) may need to be 20+ pages long and require a number of hours of (documented) research. If you have an exam, it will typically be in essay format and you're allotted several hours to complete it. **BE SURE TO USE ALL THE TIME ALLOTTED TO YOU! IF YOU FINISH BEFORE TIME IS UP, YOU DIDN'T WRITE ENOUGH!** You must not assume the expectations of an exam or assignment is the same as what you're used to at your home institution.

Finally, if you have ANY doubts about what is expected in a module, PLEASE check with your lecturer as early on in the semester as possible. It is always better to ask questions than to wish you had later on.

# Everyday Life

## COVID-19 In Country

You are responsible for complying with all COVID-19 protocols and recommendations throughout your journey. COVID-19 protocols will vary based on the city where you are studying. Once you arrive, our Site Director(s) will educate you on the COVID-19 protocols you need to follow on site. **PROTOCOLS ARE SUBJECT TO CHANGE WITHOUT NOTICE!** Local officials make changes to protocols based on case data, which may become stricter or more relaxed at any time.

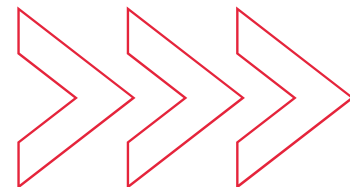
Your housing and host institution may have their own COVID-19 protocols you must follow as well. Once again, these are subject to change without notice.

## UoA Student Guide App

The UoA Student Guide app has everything you need to know as a UoA student. It is packed with information, resources, checklists, events, and activities you can take part in throughout your semester/year. It enables you to find the events and activities that you are required to attend, and add them to your personalized calendar within the app.



# Everyday Life



## Housing

You will be living in the **Hillhead Student Village**, which is located in a safe area, within 15 or 20 minutes walking distance through a beautiful park to campus. The student village also has an on-site bus stop that gives students access to the rest of the city. The flats at the student village typically house 4-7 students, with single-occupancy bedrooms and shared common space. The flats are comfortably furnished, complete with a shared living area, bathroom, and kitchen. All rooms have Internet and 24-hour security. Meals are not included, but there are a number of cafes on campus, as well as grocery stores and restaurants nearby. During orientation you will be taken on a walking tour of the immediate area so you will know where to find the grocery store, pharmacy, ATM, etc. Bedding and kitchen supplies are provided.

Housing is arranged for all students as part of the program. Study abroad students are typically mixed in with full degree seeking students, meaning there is a chance you will have local Scottish students in your apartment in addition to fellow international students from all over the world. This is a great opportunity for students to get to know one another while being immersed in the daily Scottish life.

Note that Housing at UK universities is usually called "Accommodation." Likewise, the "Accommodation Office" is the housing or residence life office.

Following the approval of your application for accommodation at the Hillhead Student Village through your myUoA account, please locate the "eAccommodation portal" for helpful information and hall policies.

### Will I have a roommate?

No, all rooms are single. However, you will have 6 or 7 other students in your flat (called your flat-mates), with whom you'll share a kitchen.

### What are the rooms like?

They are probably a bit smaller than you're used to, but you have everything you need. What you'll have is actually a normal sized room in the UK and Europe. Living spaces in Europe are generally smaller everywhere you go. Each room has a twin bed, desk, armoire, shelves, and either a shared bathroom or an en-suite bathroom "pod."

### Do I need to bring bedding and towels?

No, bedding is provided by ASA. A Bedding Pack will be waiting for you when you check into your accommodation – you can pick it up at the reception desk in your hall. The Bedding Pack will include a pillow, pillowcase, duvet, duvet cover, sheets, and towels.

### Where can students do laundry?

Students will have 24-hour access to the coin-operated laundry machines on campus.

### Can I move in early or stay after the program ends?

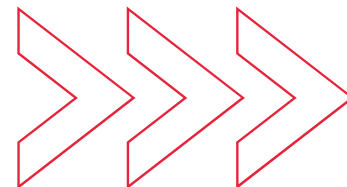
No. Students who choose to arrive early or stay late must make their own lodging arrangements for any extra days. All students must vacate their dorm room by 12 NOON on the official last day of the program.

## Students' Union Building

The Students' Union Building is the building on campus dedicated to Student Life. The UoA Students' Union Building is the home of the Students' Association, and has numerous cafes, restaurants, and a university shop. The [Aberdeen University Students' Association \(AUSA\)](#) is a student-led organization to support, empower, and represent students. The AUSA also coordinates many events throughout the year including events during Welcome Week.

- Discover UoA's many sports clubs and societies with the Students' Association.
- Refuel at the Union Bar & Café, where you can pick up a coffee, grab a bite to eat or a drink after class.
- Access the multi-faith support service offering spiritual help and fellowship to all students.

# Everyday Life



## Aberdeen Sports Village

Aberdeen Sports Village is the premier sports facility in the Northeast of Scotland. It is open to students, staff, and the public with facilities for athletics, football, swimming, hockey, squash, martial arts, and boxing. The £28 million Olympic Standard Sports Village boasts a full sized, 3rd Generation FIFA approved indoor football pitch, large state-of-the-art gym, and a full program of fitness classes.

The new Aquatics Centre opened in May 2014. This world class facility includes a 50 meter, 10 lane Olympic standard swimming pool, an international-standard diving pool with moveable floor and a health suite. It is located adjacent to Aberdeen Sports Village.

Aberdeen Sports Village is a partnership between the University of Aberdeen, Aberdeen City Council and sportscotland. You can learn about membership options and pricing at: <https://www.aberdeensportsvillage.com/membership-overview/student-lifestyle>

## Student Activities

Societies, sports clubs, and student groups fall under the Aberdeen University Students' Association (AUSA), and any student can join. (Societies are what we might call student clubs or interest groups.) These are student-run activities which give students the opportunity to develop their skills, discover new hobbies, and make new friends. From A Capella and Student Radio to Weightlifting and everything in between, there is a whole range of exciting activities, sports, and initiatives for you to get involved with.

Visit each society, sports clubs, and student group [here](#) to find out more information about each activity and contact details.

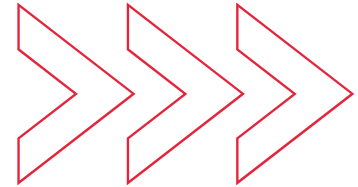
However, if you don't find an activity you are interested in – don't worry, there are plenty of other activities and initiatives you can get involved in! Check out [Forums](#), [Campaigns](#), and [RAG](#) for more information.

You can find details about these clubs by visiting the AUSA website (use the 'filter by category' drop down menu) at: <https://www.ausa.org.uk/getinvolved/activities/>

## The International Centre

The International Center (IC) at Aberdeen is a great way to get involved on campus and meet other international students. The International Center team hosts events and trips throughout the semester to bring students together and familiarize them with Aberdeen and the surrounding area. Make sure you swing by when you first get to campus to see what events and field trips the center has going on! Check out the [events page](#).

# Everyday Life



## Left-side Driving

Though most of the world drives on the right side of the road, Scotland drives on the left. When you are crossing the street, you will need to be cautious as the drivers will be coming towards you in the opposite direction than you are used to. Walk where cars can see you, not behind signs or bushes. Wear clothing that is visible at night, not black. When you cross the street, look both ways. Face traffic when you are walking so that you can see approaching vehicles. And always assume the motor vehicle has the right of way!

## How do I get around?

The area can also be explored by cycling or on foot. Aberdeen is best explored by foot as key attractions are all within close proximity and this means you can get around quickly – if you do fancy cycling, you can cycle from the city to Royal Deeside on the Old Deeside railway line.

## Buses

Buses are the main mode of public transportation in Aberdeen. The regularity of bus service varies between routes. Generally, services run at intervals of 15 minutes during the daytime and every 30 minutes in the evenings and on Sundays.

The main city bus operator is First Aberdeen ([www.firstgroup.com/aberdeen](http://www.firstgroup.com/aberdeen)). Tickets can be purchased in advance or on the bus in exact change as drivers do not carry cash. Local fares cost from £1.50 to £2.70; pay the driver as you board the bus. A FirstDay ticket (£4) allows unlimited travel from the time of purchase until midnight on all First Aberdeen buses. Information, route maps and tickets are available from the First Travel Centre.

## Train

While there is no local commuter train system in Aberdeen, the city is well-served by national rail connections. From Aberdeen railway station, it is possible to catch inner-city, regional, and local train services to various parts of the UK, including overnight sleeper trains to London. First Group, an international rail and bus company with its headquarters in Aberdeen, operate a high frequency network of services across the city while Stagecoach Bluebird's buses link the towns and villages in Aberdeenshire.

## Taxi

Aberdeen Taxis: 01224 200200

Comcabs: 01224 353535

Rainbow: 01224 878787

Aberdeen Airport Taxis: 01224 725725

### HELPFUL TIPS

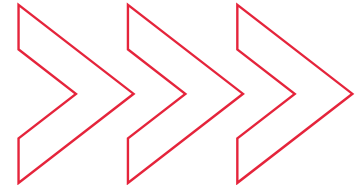
Please remember, luggage allowances within the UK or within Europe are MUCH more limited than when you fly in the U.S. domestically. Be sure to check your airline's website before your trip to check their luggage allowances.

## Air

There are multiple flights a day in and out of Aberdeen Airport from destinations across the UK and Europe, and this can be a relatively cheap way to reach the city, especially if you book in advance with a budget airline. Aberdeen airport is 30 minute drive, bus ride, or taxi ride from the city center.

The next closest airports are Inverness Airport and Edinburgh Airport which offer more UK and international connections.

# Everyday Life

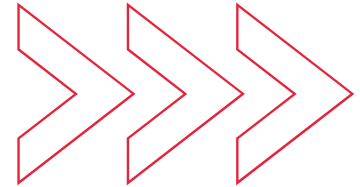


## Weather

**MILD TEMPERATURES:** The oceanic climate of Aberdeen causes the temperature to be milder than one might expect, given its northern location. Temperatures do not fluctuate very much, with the average lows and highs staying between 30-65 °F throughout the year. You should pack a jacket and other weather appropriate clothing. Don't forget: It can rain quite often in Aberdeen, no matter the season!

Months	Temperature	Rainy Days/Month
Jan - March	35-43° F	9-12
April - May	44-54° F	10
June - Sept	53-65° F	10
Oct - Dec	38-48° F	12

# Everyday Life



## General Clothing

Europeans are famous for fashion, and this is not just about names like Gucci and Dolce e Gabbana. Europeans in general, men and women alike, put more thought into their appearance than the typical American college student. Lounge wear, such as sweatpants and hoodies, for example are reserved for inside the home only, if even that. So, if you want to avoid sticking out like an American, you may want to leave the sweats at home.

## Modesty

While abroad it's best to err on the side of caution when it comes to modesty. Less isn't always more in Scotland and especially with the cultural differences, it's best to cover up a bit more to avoid any unwanted attention.

In the States, for example, it is very common for young women to spend the summer in spaghetti strap tank tops, shorts, and flip-flops. European girls, on the other hand, would only wear these things at the beach or the pool. Scots believe in specific clothes for specific occasions, and they are not nearly as casual as Americans in their style of dress.

## Church Coverings

While traveling around Scotland you should be aware (especially in the summer) that some churches may require those who enter to be covered: no spaghetti straps and short shorts. So, plan accordingly. At the very least, keep a cardigan or scarf in your bag for such occasions.

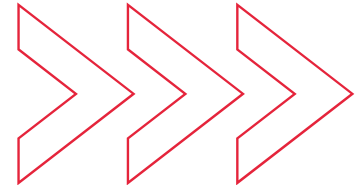
## Handbags & Backpacks

Purses and bags are very helpful tools while traveling! There always seems to be so much that you need to carry with you, so make sure that you get one that's good for travel. The best travel bags are ones that are sturdy ones that you can carry over your shoulder and under your arm. Pick pocketing is more common in European cities so by having a sturdy bag under your arm versus on your back, it is likely to ward off more theft.

### HELPFUL TIPS

- Simple Wardrobe – Scots tend towards a simpler style comprised of solid colors.
- Walking Shoes – The primary mode of transportation in Aberdeen is walking
- Clothes for Layers – The temperature can fluctuate, and it is not customary for buildings to have the same type of AC or heat we have here in the U.S. So, it's best to prepare for dressing in layers.
- Bathing Suit – You never know where your weekend trips might take you!
- Scarf – Handy for layering and keeping you warm.
- Rain Jacket – You'll need it on those Scottish rainy days!
- Hiking Shoes – With so many beautiful places to explore nearby you'll want to be sure you have the right footwear.

# Staying In Touch



## Cell Phones

For information about cell phones abroad, please see the  
ASA PRE-DEPARTURE GUIDE FOR ALL PROGRAMS

## Time Difference

The following are the number of hours BEHIND Scotland each region is:

Pacific	Mountain	Central	Eastern
8 hours	7 hours	6 hours	5 hours

So, if it is 6pm in Scotland, then it is 1pm Eastern, 12pm Central, and 10am Pacific.

For date and time around the world, to help schedule meetings, sunrise and sunset, use the [Time and Date](#) website.

## Computers & Internet

**Should I bring a laptop?** YES. UoA has free WiFi on campus, and you will have Internet in your residence hall as well. UoA also has computer labs that are free for students to use.

### HELPFUL TIPS

For information about using a plug adapter with your laptop,  
see PRE-DEPARTURE GUIDE FOR ALL PROGRAMS