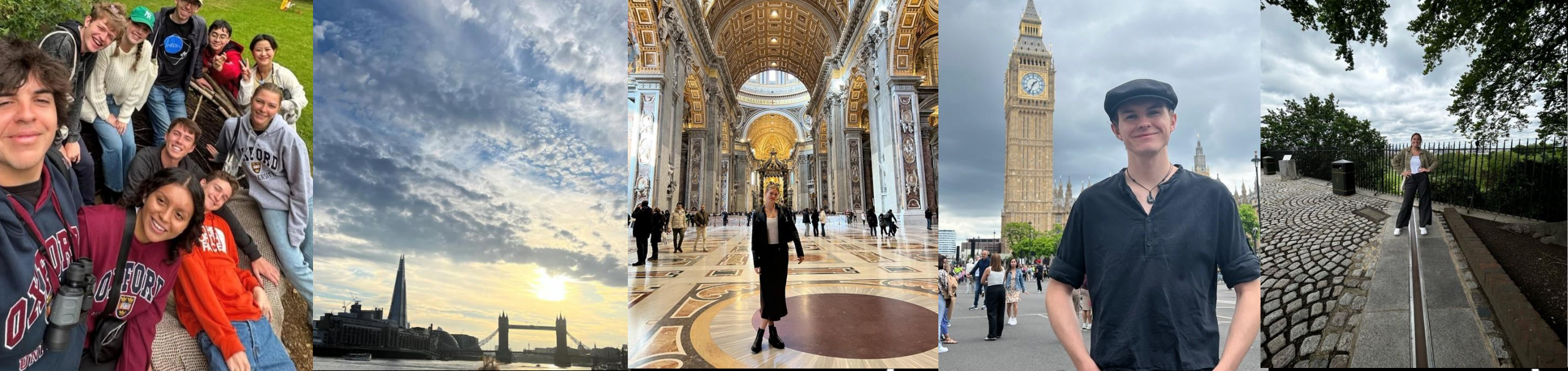




Cal Poly in in London 2026

Lisa Davies, Director of Institutional Relations





Your program at a glance



About FIE

- Established in 1998
- Family-owned and operated nonprofit organisation
- Locations in London, Dublin, Barcelona, Madrid and Amman
- Partnerships with 50+ US universities



About London

- London is actually classified as a forest. 47% of the city is green space!
- The British Government employs a cat with the title, Chief Mouser, to protect 10 Downing Street (think White House) from mouse and pest
- London is truly multicultural with over 300 languages spoken
- There are more than 170 museums, including a museum of sewers and toilets
- The London Underground is the oldest in the world, and started running in 1863



About Your Program

Arrival in London and Move into Housing

- Thursday, June 18

Orientation

- June 19-21

Teaching Begins

- Monday, June 22

Teaching Ends

- Friday, July 31

Move Out of Housing

- Saturday, August 1



Before you go

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Money and Finances

- Contactless / cashless payment is queen
- Visa and MasterCard widely accepted, Amex not readily accepted
- Always have more than one way to access funds, or an alternative card
- Keep some cash on you for emergencies
- Notify your bank that you are traveling
- Budget for self-care, include money for activities that make you feel good
- If you travel outside of the UK, research the currency and common payment methods



Budgeting for Your Time Abroad



Estimates

International Airfare	\$800 - \$1,500
Books & Course Materials	\$200
Lab fees per Course	\$120
Meals	\$100 - \$250 per week
Laundry	\$8 per load
Local Transportation	Varies
Personal Expenses, Entertainment	Hugely variable!
Unexpected purchases	\$200

**Internship programs only*

Food

- Cooking for yourself (or together!) is most budget-conscious and possibly healthiest choice
- Have at least 1 recipe ready to impress your flatmates with!
- Check out Tesco, Sainsbury's, Waitrose supermarkets online
- Delivery services such as Deliveroo and UberEats are common
- Cuisines from around the world available - in store and dining out



\$75 worth of food

Cellphone



- You are required to have a contactable phone while on your FIE program
- Three popular options:
 - eSIM through a US provider
 - eSim through a UK provider
 - International plan through your current US provider
- Consider your data needs and travel plans
- Do your research to find which option best suits your needs

Insurance

- Keep your home insurance active
- Make sure you understand your travel insurance coverage
- FIE insurance coverage information on our website – fie.org.uk/insurance



How to Pack

- Layers, layers, layers, including an umbrella and raincoat!
- Towel (or buy on the ground)
- Prescriptions and medications must be in original labelled packaging. Bring enough for the whole program!
- Some U.S. medications are considered controlled in the UK – check guidance and plan ahead
- Interview clothing if you are participating in an internship
- Bring a few familiar items that help you feel at home
- Travel plug adapter for essential items (laptop, phone charger, etc)
- Purchase bigger items and small appliances once you arrive
- Can purchase second-hand clothing and other items if you require them

Keep in mind: storage is very limited in your residence!





Traveling to London



UK Border Control

- Often referred to as immigration control
- US passport holders can pass through the eGates
- Keep your boarding pass for orientation check-in
- Have your key documents handy

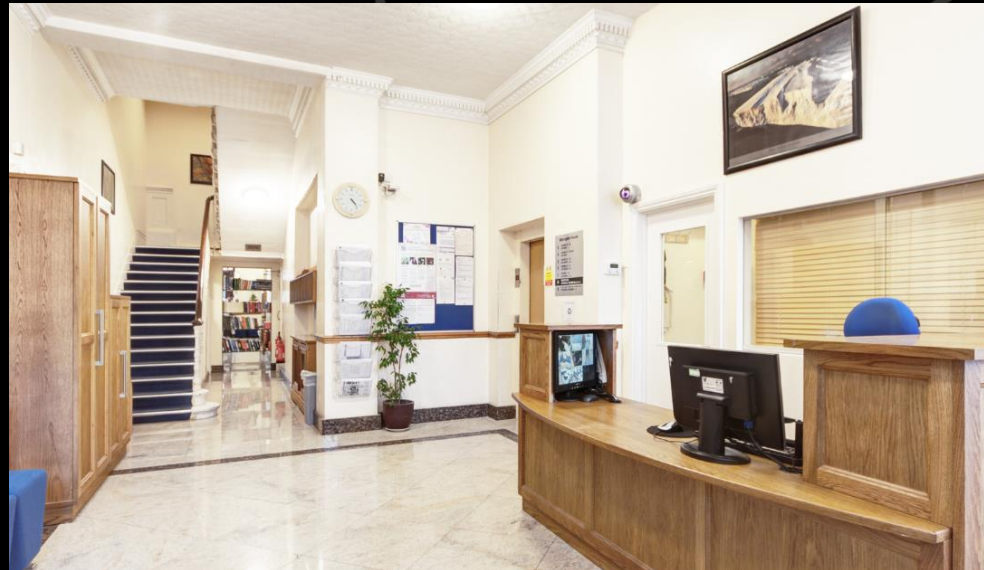
Transferring from the Airport to FIE Residences

- You are responsible for your transfer from London Heathrow Airport to your new home
- All students must head to Metrogate House to collect their keys
- The two most common options are:
 - Public Transportation
 - Take the London Underground to Gloucester Road Station
 - Walk to the housing
 - Journey time around 50mins
 - **Total cost around £6**
 - Private Transfer
 - Prebook a transfer to collect you, or,
 - Contact an Uber on arrival
 - Journey time around 40mins
 - **Total cost from £60**
- Plan your transfer in advance
- Elevators are not common so consider your luggage



Check in at FIE

- Arrive at Metrogate House
- Collect your keys
- You will be assigned to one of three residences:
 - Metrogate House
 - Hyde Park Gate
 - Manson Place
- It is a 10mins walk to the other residences



Orientation Schedule

- You will receive an email from info@fie.org.uk with your orientation schedule
- Housing orientation will be in the early evening on arrival day
- Next day will be info pack collection and passport check





Housing in London

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FIE KENSINGTON CAMPUS

FIE STUDENT HOUSING AND STUDY CENTRE

- 1 HYDE PARK GATE
- 2 METROGATE HOUSE
- 3 MANSON PLACE
- FIE FOUNDATION HOUSE

Your New Home

- FIE Housing includes
 - Single gender double, triple or quad bedrooms
 - Bed linen (but not a towel)
 - Communal kitchen/living areas and bathrooms
 - Live-In Residence Life Supervisors
 - 24/7 staffed reception desk
 - Wi-Fi access throughout
 - Access to laundry facilities
- A milder climate means that residences do not have air conditioning
- Housing location will be confirmed at least 30-days prior to arrival



FIE Residences



Metrogate House



Hyde Park Gate



Manson Place

Your Neighbourhood



Bedrooms

- Bedrooms are single gender doubles, triples or quads
- What is provided: 1 flat sheet, 1 duvet, 1 duvet cover, 1 pillow, 1 pillowcase
- Need to bring/buy a towel and bathmat
- Bathrooms are co-ed and shared with up to 4 people
- Rooms, kitchens and bedding laundry have a weekly/daily cleaning schedule



Shared Facilities

- Kitchens equipped with basic cooking utensils
- No meal plans
- Study space
- Laundry facilities (pay per load)
- Student Lounge



Residence Life Supervisors

FIE's version of a Residence Assistant (RA)

- Slightly different than an RA
- Post-grads and/or working in London
- On-call evenings and weekends
- Host events during term

Manson Place



Jordan



Jesse



Ahmad

Metrogate House



Stephanie



Ama



Jordan



Ivie



Stella

Hyde Park Gate

Useful Information

- Your mailing address while in London:
**3-7 Queens Gate Terrace,
London,
SW7 5PE,
United Kingdom**
- Do not send packages before you arrive
- Care packages from home may be subject to import taxes
- Guest hours are **8am-11pm**, **no overnight guests** are permitted
- You are responsible for the actions of your guests
- Home campus and FIE codes of conduct apply, as does UK law





Academics in London



FIE Study Centre – Foundation House

- Foundation House is where most classes take place
- About a 10mins walk from all FIE residences



Accessibility Accommodations

- Accommodations for housing, academics and internship are available
- All information is confidential
- Add accommodation needs to your FIE application
- Upload accommodation letter to your FIE application
- Share your request as early as possible, cannot guarantee support for late disclosures

Your Courses and Faculty



Professor Tom Bensky, Cal Poly SLO

- Astronomy 324: Longitude, Navigation, and Timekeeping (Taught by Professor Tom Bensky, Cal Poly SLO)
- ISLA 316: London: From Roman Colony to World Capital (Taught by FIE Faculty)



Life in London

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Student Life Team

Questions on anything London

- Local events
- Medical and wellbeing resources
- Avoiding tourist traps!
- Exploring the UK and beyond
- Study abroad on a budget
- Sustainability activities

Activities Calendar

- Look for email to sign-up before arrival
- Activities such as theatre, rugby match, Bake Off, movies in the park, O2 climb, etc.
- Great way to meet other students



Imperial College Student Union



- All FIE students have access
- Located 10mins walk from FIE residences
- Join clubs and societies
- Participate in student union activities
- Access to student café and bar
- Register online for your student union number – email from Student Life will have more info

Getting Around Town

The Oyster Card

- London's travelcard for the public transport network
- Distributed during orientation
- Covers Central London Zones 1 and 2 on the Overground and Underground network
- Unlimited travel on buses



Wellbeing Abroad

Physical Wellbeing	Mental Wellbeing
<p>Build healthy habits now: Sleep, nutrition, and exercise routines are easier to maintain if you start early</p> <p>Schedule check-ups: Visit your doctor, dentist, and any specialists before you travel</p> <p>Plan for medications: Arrange prescriptions for the entire semester and carry them in original packaging</p> <p>Stay active: Walking is a big part of London life — start building stamina</p>	<p>Set realistic expectations: Culture shock and homesickness are normal. Think ahead about your coping strategies</p> <p>Know your support network: Identify friends, family, or mentors you can check in with regularly</p> <p>Practice stress management: Meditation, journaling, or mindfulness apps can help you adjust</p> <p>Be open to change: Flexibility will help you thrive in a new environment</p>

Staying Safe Abroad

- The most common form of petty crime is **mobile phone theft**
- Online scams are becoming more sophisticated
- **Pepper spray is illegal** in the UK (classified as a firearm)
- Complete a travel form to register your plans
- **Marijuana is illegal in the UK**
- Report any incidents to FIE and the police
- Residence Life Supervisors on-call outside office hours for support and guidance
- FIE Emergency Incident Response Plan is available online

FIE 24/7 Emergency Support
+44 (0)20 7808 0131, or, +44 (0)20 7589 0728

Police / Ambulance / Fire Brigade
999





What's next?

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Start to Prepare

- Set goals, academic and personal
- Prepare your budget and think about how you will follow it
- Let your bank know that you will be travelling
- Do not book any travels until after you have arrived
- Secure any necessary prescribed medicine for the duration of your program and check that you can travel with it
- Determine the best phone option for you
- Convert some USD into GBP for travel
- Start to read up on UK life on the BBC News app



Pre-departure Emails

You will receive the following Preparing for London emails from FIE:



Before Arrival in London

Welcome to FIE

Academics & Accessibility

Your Internship

Student Life

Residence Life

Arrivals

Welcome to the Neighborhood

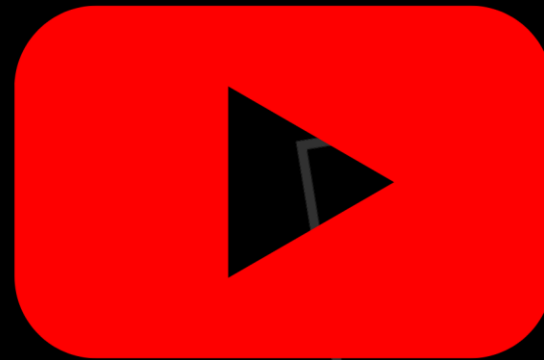
After Arrival in London

MyStudy@FIE

Staying Safe and Connected

Provide UK phone number

Follow Us!



[@fiestudy_abroad](#)

[FIE: Foundation for International Education](#)

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A Day in the Life...



Catch Katrina from University of Wisconsin, Madison as she studies and interns in London!



Scan the QR Code to see Katrina's full video 📷

When you return



Apply to be an FIE Alumni Ambassador or a Cal Poly Peer Advisor

Questions?

Lisa Davies

Director of Institutional Relations

info@fie.org.uk



Give us your feedback
on today's presentation!

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