

LONDON THEATRE PROGRAM

OF

SARAH
LAWRENCE
COLLEGE



PRE-ARRIVAL HANDBOOK SPRING 2023

INTRODUCTION

Congratulations and welcome to the London Theatre Program!

BADA and Sarah Lawrence College look forward to working with you in the coming semester.

By now you are probably happily excited and happily confused about what to do (and when to do what) in order to end up in London in the right place and at the right time. This handbook has been designed to help you begin preparations for your time at BADA.

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We have highlighted points of particular importance in red throughout this handbook; please pay special attention to these.

This should answer any immediate questions you may have. If it does not, please don't hesitate to contact us:

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LONDON THEATRE PROGRAM DATES

SPRING 2023

Students Arrive	Saturday, January 21
Orientation Day	Sunday, January 22
Classes	Monday, January 23 – Friday, March 17
Half Term Break	Monday, March 20 – Friday, March 24
Rehearsal Period	Monday, March 27 – Friday, April 21
Production Week	Monday, April 24 – Friday, April 28
End of Semester	Friday, April 28
Students Must Vacate Housing	Saturday, April 29

Please note: these dates may be subject to change

You are expected to arrive in London on the Saturday stipulated and cannot depart prior to the end of the semester.

ENTRY REQUIREMENTS FOR STUDYING IN THE UK FOR 6 MONTHS OR LESS

Please note: UK Immigration requirements for entering the United Kingdom to study changed on 31 December 2020. Please consult this document to ensure that you have the correct documentation to be granted leave to study in the United Kingdom. Should you have any questions or concerns, please contact Prema Samuel (psamuel@sarahlawrence.edu).

BADA and Sarah Lawrence College must comply with the legal requirements set out by United Kingdom Visas and Immigration (UKVI). **It is important that you read and fully understand this document to ensure your smooth entry into the UK.**

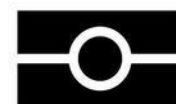
If you are citizen of the United States, or an EU, EEA or Swiss national, you will not need to apply for a visa to study in the UK prior to your arrival (you are classed a 'non-visa national'). Under the new system, you will be entering as a Visitor, which permits study of up to 6 months, in effect applying to enter the UK on arrival at your point of entry.

Given that you are entering the UK under a Visitor visa permitting up to 6 months of study, we strongly recommend that you have **at least 6 months remaining** on your passport from the start date of your period of study. (Your period of study starts on Saturday January 21, 2023, therefore **your passport needs to be valid until July 21, 2023** at the very minimum).

Please be sure to take on the plane with you all the documents given to you by Sarah Lawrence College and BADA for your entry to the UK. It is essential that you have with you your BADA Visa Letter, which contains information required by UKVI for evidencing your intention to undertake study in the UK. This letter will be sent to you separately by BADA.

At your point of entry (the UK border) you have the choice of either:

1. Using eGates to enter the UK: In order to use an eGate, your passport must have a biometric symbol on the cover. **Using eGates to enter the UK as a visitor will mean that you do not receive a stamp** endorsed in your passport, as you do not have to see a Border Force Officer in order to use one. This does not affect your permission to enter and stay in the UK.



Biometric Symbol

Following using the eGates you are permitted to enter the UK as a visitor for a period of six months. You will need to evidence your arrival date to BADA using your paper or electronic boarding pass or e-ticket in order for us to complete the checks we are required to carry out by UKVI, so please retain these until a member of staff at BADA has inspected them (please bring them to the office on the Sunday following your arrival).

OR

2. Passing through an immigration point staffed by a Border Force Officer: If using a staffed immigration point, you will need to present all necessary documents to support your application to enter the UK as a visitor to the Border Force Officer (see below).

At the UK border, you will need the following:

1. You must provide a valid passport. **Your passport must be valid for the whole of your stay in the UK, and we strongly recommend that you have at least 6 months remaining on your passport from the start date of your period of study.**
2. Your plane ticket. We strongly recommend that you purchase a return ticket, as this enables you to comply with the potential need to evidence at entry that you will leave the UK at the end of your visit and that you are able to pay for your return or onward journey (or have funding from someone else to do so).

3. A letter of acceptance from BADA and Sarah Lawrence College in paper copy (not an electronic copy on tablet or phone). This is to enable you to evidence that you have been accepted onto a course by an accredited institution. This is evidenced by separate letters that will be sent to you by BADA and Sarah Lawrence College.
4. Documentary evidence that you have enough money to pay your tuition fees and accommodate yourself while you are in the UK. This is evidenced by separate letters which will be sent to you by BADA and Sarah Lawrence College.

You may also be asked to prove that:

1. You have arranged housing for your stay. This is evidenced by separate letters which will be sent to you by BADA and Sarah Lawrence College.
2. You are able to support yourself during your trip (or have funding from someone else to support you). This is evidenced by separate letters which will be sent to you by BADA and Sarah Lawrence College.

WHAT TO PACK

The weather in England can be cold and damp during your time at BADA; a snowfall is unusual, but it can occur. Program veterans suggest packing warm sweaters and some rain clothes.

Students regularly report they did not realize how much casual 'sporty' clothing they needed for this program. You will need to be in casual movement type clothes for most of your classes.

Pack:

- Lots of gym wear/active clothing (tracksuit bottoms/joggers, leggings, sneakers, etc.) for your classes - as neutral colours as possible with no logos
- Character shoes (hard soled dress shoes) for High Comedy
- Some British Pounds in cash (banks will be closed on the weekend when you arrive)

Consider packing:

- Jeans and casual clothes (the norm in London) for outside of class
- One nice outfit for the occasional social event
- Warm sweaters
- Rain clothes
- A long skirt for High Comedy (BADA has a storeroom onsite with plenty of skirts and shoes that can be borrowed by students for classes and rehearsals if needed; if you wish to bring your own long skirt, you may)
- A laptop; please note individual laptops are not covered by BADA's insurance, so you must organize insurance of your own. There are computer facilities and WiFi at BADA as well as WiFi at The Stay Club and at Anglo Apartments.

Do not pack:

- Electrical appliances (hair dryer, alarm clock, etc.)
- Electrical converters for small appliances
- Any valuables or any items that are not insured or replaceable.

Do not bring electrical appliances if you can possibly avoid it. Converters are costly and may damage your equipment. Plan instead to purchase small appliances when you get to London.

We encourage you to pack as lightly as possible.

TRAVEL TO THE UK AND ARRIVAL

Please carry with you on the plane all the official documents from Sarah Lawrence and BADA.

Be sure to carry:

- BADA Entry Letter

Please also carry:

- Passport
- Details of your return flight
- Proof of intention to return to your home country (in the form of a letter from your parents, school or employment)
- Proof your ability to fund your living expenses while you are in the UK. This is evidenced by separate letters which will be sent to you by Sarah Lawrence College.
- Prescription medications with a copy of the prescription

On your arrival in London, BADA will need to make a copy of your passport, passport stamp and return flight details and take an up-to-date e-mail address. This is a requirement of the UKVI. **Please ensure you have these documents with you when travel to BADA on Sunday for Orientation Day.**

You are responsible for making your own flight arrangements. STA Travel is a student travel service, which can often find affordable fares to which many travel agencies don't seem to have access. You are encouraged to visit the STA Travel website before booking your flights as you could save a considerable amount of money. Information on flights as well as the ISIC (International Student Identity Card) can be found at www.statravel.com. They can also be reached at 800-781-4040. Another student travel site is www.studentuniverse.com (800-272-9676). Using the student travel resources may offer the ability to change your return dates with little or no penalty. However, you should always check before booking as to any possible penalties for changing your ticket.

You must arrive in London on Saturday, January 21. Further information regarding arrival day will be sent to you nearer the time.

The Stay Club
65-69 Holmes Rd
London
NW5 3AN
+44 20 7267 7774

Anglo Apartments
203-209 North Gower Street
London
NW1 2NJ
+44 20 7580 9922

There are different ways to get to both housing locations from the airports serving London (and we highly recommend downloading the Citymapper app at <https://citymapper.com/london> which not only gives great public transit directions, but also includes the fares for each option):

- **From Gatwick:** Take the train to Victoria Station. From there, take a licensed taxi/Uber to your housing at either: The Stay Club Kentish Town at 65-69 Holmes Road, NW5 3AN or Anglo Apartments at 203-209 North Gower Street, NW1 2NJ

Alternatively For The Stay Club Kentish Town, get a Thameslink train to Blackfriars and

change Thameslink trains to Kentish Town. The Stay Club is a 6-minute walk from the station.

Alternatively For Anglo Apartments: Take the train to Victoria Station. From there, transfer to the Victoria tube line (Northbound) to Warren Street. Anglo Apartments are a 5 minute walk from the station.

- **From Heathrow:** Take the Elizabeth Line to Paddington Station. From there, take a licensed taxi/Uber to your housing at either: The Stay Club Kentish Town at 65-69 Holmes Road, NW5 3AN or Anglo Apartments at 203-209 North Gower Street, NW1 2NJ

Alternatively For The Stay Club Kentish Town: take the Piccadilly tube line (Eastbound) to Leicester Square. From there, transfer to the Northern tube line (Northbound) to Kentish Town. The Stay Club is a 6-minute walk from the station.

Alternatively For Anglo Apartments: take the Piccadilly tube line (Eastbound) to Green Park. From there, transfer to the Victoria tube line (Northbound) to Warren Street. Anglo Apartments is a 5 minute walk from the station.

Please be aware that taking a taxi directly from the airport to your housing can be expensive. Some students arriving around the same time or onboard the same flight will find that sharing a taxi between 3 or 4 can make it more affordable. Take advantage of our Geneva platform and get in touch with each other!

What to Expect During Your First Few Days in London

Saturday, January 21	Arrive at your housing and meet a member of the BADA team; get settled in your housing.
Sunday, January 22	Orientation Day, this will include introductory talks, a masterclass and a 'Welcome to BADA' lunch. You must bring with you: <ul style="list-style-type: none">• Your passport• Your flight details
Monday, January 23	Classes begin

LONDON THEATRE PROGRAM CURRICULUM

The program curriculum is on the Sarah Lawrence College website:
www.sarahlawrence.edu/bada/london-theatre.html

Classes

All students take the following courses:

Scene Studies	Shakespeare High Comedy Modern Physical Theatre
Performance Techniques	Voice Movement Stage Fighting: Hand-to-Hand Combat
Academic Courses	Dramatic Criticism Theatre History
End-of-Semester Productions	Acting in Performance

Each student will also have one tutorial every other week.

Classes run between 9:00 am to 6:00 pm daily. However, the timetable does allow for a certain amount of free time. Each class is mandatory; since the work you will be doing is rigorous and intense, your presence in class is vital. All courses are graded, and you will receive a written evaluation of your work. There is no Pass/Fail option available. Lateness and unexplained absence will result in a reduction of your grade.

The end-of-semester productions are the culmination of the semester. A professional director is chosen for each play. After eight weeks of class, students are placed in one of the productions. Each director then determines the exact casting for each play, and four weeks of rehearsals begin, followed by production week. Each play is simply staged in a London theatre and performed once before an audience during the final week of the semester.

Students are required to attend all BADA productions in the final week of the program.

Masterclasses

Several masterclasses will be arranged each semester. These sessions will offer you the rare opportunity to work with some of the finest performers and directors in Britain.

Faculty & Guests

Due to their professional commitments, we are unable to announce the members of the Faculty or Masterclass guests before the commencement of the program.

Additional details about courses and the BADA faculty, and regular Masterclass guests may be found on the BADA website: www.bada.org.uk/ltp.

Theatre Trips & Excursions

The semester includes weekly trips to the theatre during the first eight weeks for all students; the productions will be discussed in your Dramatic Criticism class. The plays are chosen from shows currently being staged in London, in a variety of venues from the historic to the cutting edge, and your tuition fee covers the cost of these tickets. As discussed at your audition, some of these productions may contain themes that are challenging.

Additionally, there will be a trip to Stratford-upon-Avon one Saturday during the first eight weeks of the Program. The trip includes a performance at the Royal Shakespeare Company.

TRANSCRIPTS AND GRADES

For non-Sarah Lawrence College students, your official transcript is sent to your college (to the attention of the person you designated on your application). There is no charge for this transcript.

Sarah Lawrence College will process your transcripts after receiving your grades and written evaluations from the Faculty at BADA. Feel free to call Sarah Lawrence College with any questions but remember that having written evaluations can add to the time it takes to finalize your transcript, and do not be concerned if you haven't heard from Sarah Lawrence College prior to July 1, 2023.

Production Week Visitors

Your family and friends are welcome to visit you in London during the final week to see your performance during the Production period. Those family members visiting you in the final week are also invited to the "Farewell Party"; this is a special event where they can meet with Eunice Roberts, BADA's Dean; Lars Franke, the Managing Director; BADA's Faculty and Staff; and hear about the BADA alumni community.

More details will be made available during the semester.

14 GLOUCESTER GATE

The offices and classrooms for the London Theatre Program are located at:

14 Gloucester Gate
London NW1 4HG

Gloucester Gate is opposite Regent's Park, near to London's West End and principal theatres, and offers easy access to all parts of London by public transportation.

For over 20 years we have been in these superb and historic buildings owned by the Crown Estate. The building has many facilities including a small dining area, a green room with computer access, a library, and rehearsal spaces.

BADA Personnel at Gloucester Gate

Dean	Eunice Roberts
Managing Director	Dr Lars Franke
Finance Director	Helen Ainsworth
Facilities & Compliance Manager	Robert Hanwell
Student Welfare Officer	Donna Harris
Administrative Assistant	
Caretaker	Marek Wojcik

Connecting with Other Students

This Spring, students from various colleges and universities around the United States will be taking part in the London Theatre Program.

A Geneva group will be created for all students attending the program this Fall. You will be sent instructions via email in due course on how to join this group. You can use the group to interact with your new classmates before you arrive and, if you like, coordinate flight arrivals so you can share journeys from the airport.

Receiving Packages

Her Majesty's Revenue and Customs has rules which affect all temporary visitors to the UK receiving packages. You are required to pay significant duty up front on the value of the goods you are receiving (even on things you already own, such as clothing which you might have shipped over). While you can reclaim these duties when you leave the U.K, you must complete complicated paperwork to do so. **We strongly advise students not to receive packages unless absolutely necessary.**

If you must receive packages, **it is imperative that parcels sent from the United States have all custom duties paid to the final destination.** Often packages are held up at Customs because the duty has only been paid as far as England and not to the final destination address or because the contents of the package have not been clearly marked on the outside. If a package is held up at Heathrow, it incurs daily storage charges which can cost between £50-£100. Releasing these packages involves significant paperwork.

We will not accept Federal Express packages unless all duty and taxes have been paid. If packages are not sent via express mail, they can take up to 3 weeks to arrive in the UK.

Please do not send valuables such as cameras, jewellery etc.

Office Phones

Students may not use the BADA office phones unless in an emergency and only after getting permission from a member of the BADA staff.

In the event of an emergency, you can usually be reached at the BADA office between the hours of 9:00 am – 5:00 pm British time at 011-44-207-487-0730.

Secure Storage

Students are welcome to store personal property in the lockers at BADA. Lockers are available on payment of a £10 deposit, refundable at the end of the semester.

The BADA building is not open to the public and all guests are greeted and monitored. The building is locked and alarmed at the end of each day.

HOUSING

Housing can be either at The Stay Club or Anglo Apartments.

The Stay Club Kentish Town

BADA provides furnished student housing in single-occupancy studio rooms at:

The Stay Club Kentish Town
65-69 Holmes Road
NW5 3AN

The Stay Club is located just minutes from the main Kentish Town High Street with a bus stop just around the corner with buses that take students straight to BADA's building and all the central London locations. It is also about a 5 minute walk to Kentish Town Northern Line underground (subway) station, a 10 minute walk to Kentish Town West Overground, and a 30 minute walk to BADA via the main street. Previous participants report that they primarily chose to walk from The Stay Club to BADA and home again.

The Stay Club's central location means that the immediate area around the housing remains busy at all times. To ensure the safety and security of our students, the building has a concierge at the front door twenty-four hours a day and CCTV is in constant operation, not only at the entrance to the building but also in public areas on each floor.

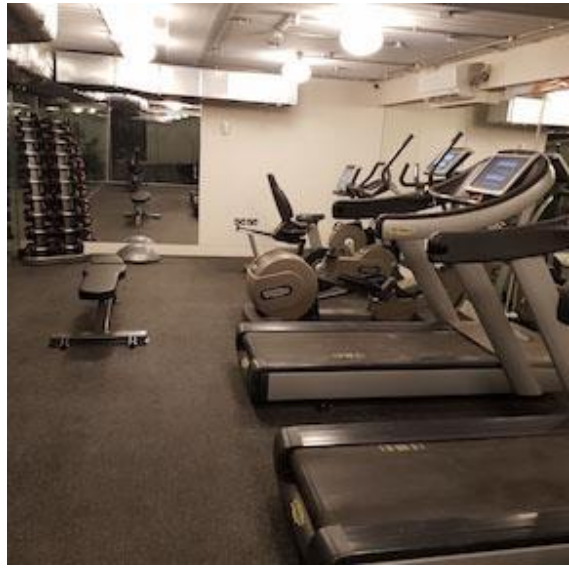
This housing is in single rooms. All rooms include a sofa and desk space, as well as cooking facilities, and a private bathroom with shower.

The Stay Club has WiFi available in the rooms and some common spaces, although BADA accepts no responsibility for ensuring computer access.

The Stay Club Kentish Town offers a cafe, classrooms which can be used free of charge for rehearsals, a gym, and spacious social areas all within the same building.

You will not be able to move into your room prior to the start of the program on January 21, 2023.





Anglo Apartments – North Gower

BADA provides furnished student housing in shared apartments with double-occupancy bedrooms at:

203-209 North Gower Street
London
NW1 2NJ

These apartments are on the doorstep of Central London, with a superb location and links to all major areas the capital has to offer. The closest Underground stations are Euston Square, (Hammersmith & City, Metropolitan and Circle lines) approximately 100 metres away, and Warren Street (Northern and Victoria lines). The building is also close to King's Cross and Euston Mainline Rail and Underground stations.

The apartments include the following:

General

- Video entry phone system
- Elevator to all levels
- Weekly cleaning service of flats and change of linen
- Apartment cleaning service

Apartments

- Central heating
- Fully Equipped Kitchen
- Crockery/Cutlery and Utensils
- Cooker, Oven and Microwave
- Refrigerator
- Washer Machine /Dryer
- Large Lounge with a flat-screen TV
- Telephone line for incoming calls
- Private safe for valuables
- Wireless Internet Access (please note that BADA accepts no responsibility for ensuring computer access)

You will not be able to move into your accommodation prior to the start of the program on January 21, 2023.





LIVING IN LONDON

Security

The safety of all students while studying in London is paramount to both BADA and Sarah Lawrence. Every effort is made to minimize risk to students and their belongings. However, BADA also expects students to act responsibly to ensure their own well-being; living in a capital city inevitably brings new risks that need to be taken very seriously to avoid incident.

Valuable belongings, such as passports, laptops, mobile phones, etc. should be kept under lock and key, not left out in public spaces around the accommodations.

BADA strongly discourages students from keeping large amounts of cash in rooms. Instead, spending money should be stored in a bank account accessible through an ATM (known in the UK as a “Cashpoint” or a “Hole in The Wall”). If for any reason students are unable to arrange this, cash should be stored in a safe at all times.

Safety in London

(Information drawn from Visit London official visitor guide, October 17, 2022.)

Emergency contacts in London

In an **emergency**, contact the police, ambulance, or fire department on 999 or 112. These numbers are free to call – only use them in a real emergency.

To report non-urgent crime, contact your local police station by calling 101 from within the UK.

Always inform the BADA office.

Check transport information on the [Transport for London website](#).

Safe travel in London

- Plan your route before you leave. See the [TfL website](#).
- Only use **taxis**, licensed minicabs, or licensed rideshares such as Uber.
- Avoid walking alone at night. Keep to well-lit main roads.
- Notice of your surrounding and beware of wearing headphones.
- In the UK, cars drive on the left. To cross roads safely, use designated crossings, cross when the green man is showing and take note of the signs indicating "look right" or "look left" to spot oncoming traffic.

Staying safe in bars and restaurants

- Keep your property out of sight and safely under the table.
- Many venues have clips under the tables. Use them to secure your bag.
- Don't accept drinks from strangers.

Keep your belongings safe

- Don't leave your bag unattended anywhere in London – this can cause a security alert.
- Keep your purse or wallet close to your body and don't carry too much cash.
- When using a cash machine, check that no one is looking over your shoulder and that the ATM hasn't been tampered with. Cover the keypad so no one else can see your PIN.
- Keep your mobile phone and other electronics out of sight in your pocket or bag when not in use.
- Record details of your electronic serial numbers (ESNs).

- Inform your mobile phone provider and police if your phone or other valuables are stolen or lost.

<https://www.visitlondon.com/traveller-information/essential-information/staying-safe-in-london>

Meals

You are responsible for providing your own meals while on the program. There are several local eateries near Gloucester Gate and both housing locations where students like to go in small groups. If you will be cooking your own food, there are many markets and the produce is of good quality.

The cost of living is higher in England than in America, so be prepared to pay more for groceries there than you would at home.

You will save a considerable amount of money if you prepare your own meals on a regular basis.

Traveling on the Tube and Oyster

Oyster is a plastic smartcard you can use instead of paper tickets. You can put Travelcards, Bus & Tram season tickets and pay as you go credit on it. Oyster is an easy way to pay for single journeys on bus, Tube, tram, DLR, London Overground and most National Rail services in London. Transport for London has a mobile app that allows you to track your journeys and add funds to your Oyster card ("top up") on the go.

Contactless credit/debit cards and mobile payments (such as Apple Pay) are also accepted throughout the system.

As the walk from your housing to BADA is roughly the same duration as riding the tube or bus, most students opt to walk rather than ride public transport.

PERSONAL TRAVEL WHILE ON THE PROGRAM

Travel should not be arranged to depart London before 9pm on Friday evenings without prior approval from the BADA office, as classes, and in the second half of the semester, rehearsals, are sometimes scheduled to last until 6pm on Fridays. Again, check with the BADA office before confirming any travel arrangements during this time.

During the rehearsal period and particularly on the weekend before Production week, we ask that students remain in London in order to ensure their availability for technical rehearsals in the theatre.

All students travelling on weekends must ensure they return by Sunday night. This is to avoid students missing classes due to travel delays or cancellations.

STAYING IN LONDON AFTER THE PROGRAM

London Theatre Program housing is only available during the program. If you are planning to remain after the end (subject to the restrictions of your visa), you must arrange for your own housing directly. We have listed a few suggestions for affordable accommodation:

- Hostels - there are a large number of hostels in London, varying in cost and location. The following website collates the best offers, by location and price:
www.hostelbookers.com/hostels/england/london/
- University Rooms - Bringing together over 100 universities, colleges, and student residences in 30+ UK cities, to fill their empty rooms during the Summer, Christmas and Easter holidays. <https://www.universityrooms.com/en-GB/countries/GB>
- Easyhotel - a chain in London that offers small but clean and functional rooms. The further in advance you book the cheaper the rate. There are Easyhotels at Paddington station and Old Street (a short underground ride from BADA's building):
www.easyhotel.com
- Holiday Inn Camden Lock - approximately a 15-minute walk from the BADA building; hotels near Camden tend to be more expensive, but sometimes deals and offers are available: www.holidayinncamden.co.uk

These are intended for your reference only; none are in any way affiliated with or endorsed by BADA, or offer special rates for its students.

FINANCES

Most businesses and local transportation are now cashless; therefore, please make sure you bring a contactless credit or debit card. You will save a lot of money in foreign transaction fees if you take the time to research and select a card provider that does not have any foreign transaction fees, otherwise you may end up paying a fee every time you use your card.

Cost of Living

The current exchange rate at November 1, 2022 is US\$1.15 to UK£1, although due to the current economic uncertainty in the UK this is susceptible to fluctuation. We estimate that you will need approximately £110 pounds per week to cover your living expenses: food, transportation, laundry, etc. You will almost certainly want to take additional trips to the theatre; our tuition covers one visit per week as required for your course in Dramatic Criticism.

Tuition & Housing Fees

A tuition bill will be sent to you through the Sarah Lawrence College Student Accounts Office. Please address any questions or concerns about this payment directly to the Student Account Office at (914) 395-2550. Different payment plans are available, so feel free to talk directly with the bursar about the various options. You may not pay your tuition directly to BADA.

Sarah Lawrence will charge you for your room.

Housing Damages

You are responsible for ensuring your housing is left in a satisfactory state at the end of the program. Any damages to your housing will be assessed at the end of the semester and you will be charged accordingly. The Stay Club and Anglo Apartments determine the charges for students; neither Sarah Lawrence College nor BADA have any say in setting damage charges and are unable to intercede on your behalf if there is a dispute.

Books

The cost of many books is included in your tuition, although you will need to budget for a few. Allow an additional 20 to 40 pounds in your budget for books and supplies. Any unreturned or damaged Theatre History books borrowed from the BADA Library will be charged to your account.

Money & Banking

We recommend students maintain a bank account in the United States and withdraw money overseas with an ATM card as needed. Check with your bank to see if their ATM network includes British banks. While ATM cards give the greatest convenience (and favorable exchange rates), a lost ATM card can pose delays in your ability to access your money.

Be sure to have a back-up system in the event of an emergency: a credit card, or information on Western Union wire transfers can help. Please note: ATMs dispense cash in pounds, not dollars! You should bring a credit card with you if possible but be aware that credit card transactions in the UK can only be processed by 'chip & pin' – you will need to memorize your card's PIN number in advance of your trip.

We strongly suggest you alert your bank and credit card provider(s) that you will be living abroad for the semester before you depart for London.

Mobile (Cell) Phones

While on the London Theatre Program, you must have an active mobile phone where you can be reached in an emergency.

Depending on your provider and phone, your current mobile may work while you are in the UK. Consult with your provider to confirm that your phone will work while living in London and to determine what additional fees you may incur.

If your American phone does not work overseas, you will need to purchase a UK phone and keep it active for the duration of the course. There are a number of options for inexpensive mobile phones in the UK offered as "Pay as You Go". "Pay as You Go" phones do not require an on-going contract and can be topped up inexpensively as needed.

Do not sign an on-going or multi-month contract for a mobile phone. If you sign a 12-month contract for a phone, you are liable for that cost for the entire year even after you depart London and return to your home country. Failure to keep to the terms of the contract or to pay the monthly instalments will result in your credit being black-listed and may affect your ability to re-enter the UK in the future.

BADA is required to pass on your home details to phone companies if you leave without paying your final bills.

HEALTH, WELL BEING, AND INSURANCE

International travel and the related changes in climate, surroundings, and sleep schedule can negatively impact your health and your readiness for the rigours of the London Theatre Program. To help minimize the chances of a difficult transition to living and studying in London, we encourage you to take care of yourself before you travel and in your first few weeks in London. In particular, we recommend you get plenty of rest in the weeks leading up to and following your flight.

Prescription Medicines

We strongly advise all students who use prescription medicines to seek their doctor's advice in advance of the start of the Program, and if necessary, request sufficient medicines for the entire duration of your time in England.

Not all medicines available in the States are available in the UK and you may find English doctors and pharmacists unwilling to accept American prescriptions. This would mean paying and waiting to have a new prescription produced for you in the UK. Please also bear in mind when travelling that prescription medicines should be carried with you in your hand luggage with any necessary documentation to avoid any delays or difficulties at Immigration and Customs.

Mental Health and Wellbeing

BADA offers students an opportunity to meet with an independent counsellor in a supportive, non-judgemental space. You don't need to be in crisis to go, just open to explore and discover more about yourself. It is an opportunity to look at the fears and obstacles that we can all face, to gain understanding, and explore ways to grow. At the end of the first session you will decide together what support would be most useful. Anything shared will be strictly confidential.

To arrange a time please contact Polly Teale at pollyemmateale@hotmail.com. These sessions will be held online.

You also have full access to 24/7 student support through the My SSP app. Download the My SSP app for access to free, confidential student support, with features designed especially for study abroad students. Immediate online chat is available 24/7. Alternatively you can visit <http://myssp.app/ca/home> for more information and to create a free student profile.

UKCISA, the UK Council for International Student Affairs, also offers useful information on accessing support in the UK: <https://ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Mental-health-support-in-the-UK>. As UKCISA points out: 'Starting a new university, school or college is a big change and *all* students, whether from the UK or elsewhere, may feel overwhelmed at some point. You're not alone'.

Medical Insurance and Services

You will be covered while abroad by a policy administered by GeoBlue International Health Insurance. Information on GeoBlue is in the application portal.

Please note: in addition to the GeoBlue policy, you need to have your own medical insurance through: either the Sarah Lawrence plan or your home institution or your parents. This is to ensure you have adequate health insurance before you leave the US and upon your return. GeoBlue only covers your medical expense while you are studying abroad. To avoid a lapse in your medical coverage, you must have your own medical insurance based in the US in an event you return to the US earlier than anticipated.

You will receive information on the Sarah Lawrence plan from the Office of Global Education. This can also be found at <https://www.sarahlawrence.edu/global->

[education/health-safety-security-abroad.html](#). Please be aware that GeoBlue insurance **does not cover dental work or continuing sessions** (such as physical therapy) during convalescence.

The easiest way for you to see a doctor in London is via the Geo Blue App, we recommend that you download it onto your phone. The BADA office can also help you to find a physician who will see you as a private patient and make referrals as appropriate. Such a visit will cost approximately £90-100. Details can be obtained from the BADA office.

All enrolling students are required to complete the medical forms in the portal. The information provided will remain confidential and will be shared with program staff, faculty, or appropriate professionals only if pertinent to your own well-being. This information does not affect your participation in the program.

We look forward to seeing you in London this coming Spring!