

# **Study Abroad Program Handbook**

**Scotland, UK**

**July 9-July 29, 2017**

**EN2132 Environmental Literature: Writing the Wild  
in Scotland**



# Table of Contents

<b>A NOTE OF WELCOME.....</b>	<b>1</b>
<b>TRAVEL DETAILS .....</b>	<b>2</b>
Travel-Day Questions.....	2
<b>CONTACT &amp; EMERGENCY INFORMATION .....</b>	<b>3</b>
At Landmark College.....	3
Landmark College Vice President for Student Affairs .....	3
Landmark College Security & Security Office .....	3
Landmark College Director of International Education.....	3
Program Director.....	3
Academic Director .....	3
In-country .....	3
<b>ITINERARY .....</b>	<b>5</b>
<b>COURSE SYLLABUS.....</b>	<b>7</b>
<b>USEFUL WEBSITES &amp; BOOKS .....</b>	<b>11</b>
<b>PACKING TIPS.....</b>	<b>11</b>
Clothes .....	14
Valuables & Electronics .....	15
Baggage .....	15
<b>PACKING LIST .....</b>	<b>18</b>
Essential gear:.....	18
Course Supplies:.....	18
Clothing: .....	18
Optional: .....	18
<b>TIPS FOR THE TRAVELER .....</b>	<b>19</b>
Passports and Visas .....	19
Money Matters and Suggested Budget .....	19
Water and Food.....	19
Housing .....	20
Communication .....	20
Time .....	21
In-country Transportation .....	21
Weather.....	21

Electricity .....	22
Health and Immunizations.....	22
<b>LANDMARK COLLEGE CONDITIONS OF PARTICIPATION .....</b>	<b>24</b>
Health and Safety .....	24
Services .....	25
Independent travel .....	25
Non-sanctioned activities.....	25
Leaving the program.....	26
Air transportation.....	26
Travel delays and unexpected layovers .....	26
Identification .....	27
Lost passports .....	27
Fee amounts .....	27
Intervention Procedures .....	27
<b>LANDMARK COLLEGE SAFETY STATEMENT .....</b>	<b>30</b>
Insurance.....	30
Staffing .....	30
Communication .....	31
Important Information .....	31
Program Handbook.....	31
Orientation.....	32

## A Note of Welcome

Welcome to Landmark's 2017 study abroad program in Scotland, UK! You are about to embark on a journey to one of the most mystical places in the world where you will have the opportunity to experience the local culture, observe spectacular scenery, and explore the majestic landscapes of Scotland. You will read and write about the work of a number of prominent Scottish, British, and American writers while developing your own voice as a nature writer.



## Travel Details

### Travel-Day Questions

Landmark Security: 802-387-6899, for emergency

Please see for any questions regarding airline travel:

Transportation Security Administration travel information: <http://www.tsa.gov/traveler-information>

US State Department travel information: <http://travel.state.gov>

#### Program Directors Contact Information:

Scotland program director: Lucy Stamp

Office: 802-387-6812

US Cell number: (802) 579-2902

UK Cell number: 011 44 (0) 7937 153162

Email: [lstamp@landmark.edu](mailto:lstamp@landmark.edu)

[lucymstamp@hotmail.com](mailto:lucymstamp@hotmail.com) (Skype)

Scotland Academic Director: Ned Olmsted

Office: 802-387-6875

Cell: (603) 355-7932

Email: [NOlmsted@landmark.edu](mailto:NOlmsted@landmark.edu)

## **Contact & Emergency Information**

### **At Landmark College**

#### **Landmark College Vice President for Student Affairs**

Michael Luciani  
Office: 802-387-6713  
Cell: 603-398-7781  
Email: [mluciani@landmark.edu](mailto:mluciani@landmark.edu)

#### **Landmark College Security & Security Office**

802-387-6899 (24 hours)

#### **Landmark College Director of International Education**

Peg Alden  
Office: 802-387-6821  
Cell: 802-490-4515  
Email: [palden@landmark.edu](mailto:palden@landmark.edu)

#### **Program Director**

Lucy Stamp  
Office: 802-387-6812  
US Cell number: (802) 579-2902  
UK Cell number: 011 44 (0) 7937 153162  
Email: [lstamp@landmark.edu](mailto:lstamp@landmark.edu)  
[lucymstamp@hotmail.com](mailto:lucymstamp@hotmail.com) (Skype)

#### **Academic Director**

Ned Olmsted  
Office: 802-387-6875  
Cell: (603) 355-7932  
Email: [NOlmsted@landmark.edu](mailto:NOlmsted@landmark.edu)

## **In-country Emergency Information**

See "Housing" section of this handbook for details of where the program will be staying and contact information for each site.

Emergencies/Fire/Ambulance: Dial 999

Medical assistance (emergency & non-emergency) for each location:

Wanlockhead, Scotland  
Thornhill Hospital  
Townhead Street, Thornhill,  
DG3 5AA  
Tel: 011 44 (0)1848 330205

Carbost, Isle of Skye, Scotland  
[Dr Mackinnon Memorial Hospital](#)  
Broadford , Isle Of Skye , IV49 9AA  
011 44 (0) 1471 822491

Edinburgh, Scotland  
Royal Edinburgh Hospital  
Morningside Place, Edinburgh, Scotland, EH10 5HF  
Tel: 011 44 (0)131 537 6000

### **S.T.E.P. (Smart Traveler Enrollment Program)**

Landmark College registers all study abroad programs with the U.S. Department of State Bureau of Consular Affairs S.T.E.P. program. If you are interested in monitoring safety conditions for your particular study abroad location, you can register for updates at <https://step.state.gov/STEP/Pages/Common/Subscribe.aspx> .

# Itinerary

Study Abroad programs are dynamic, flexible, adaptable, CHANGEABLE.  
Plan for adjustments as we travel and learn, together!

## Program Itinerary

July 8: Students meet in Boston for flight to London

International flights require that those planning to travel arrive at the airport at least 3 hours prior to departure, so please plan accordingly. Also, keep in mind that if you're flying into Boston from another city in the US in order to travel with the group, you will need to schedule a flight that gets in to Boston quite a bit earlier—allowing extra time for delays or cancellations.

Sunday, July 9: Students arrive in Edinburgh, Scotland & travel by bus to Wanlockhead

### Week 1

The Highest Village in Scotland (July 9-July 16)

Depart Boston for Edinburgh on the evening of July 8

Arrive in Edinburgh in the morning of July 9

Travel to Wanlockhead, Scotland's highest village

Get acquainted with village life in Scotland

Learn about the mining of lead, zinc, copper, silver, and gold that helped shape the history and culture of the surrounding landscape and community

Explore the natural landscape through hill walking on the Southern Upland Way hiking trails.

### Week 2

The Isle of Skye, Scottish Highlands (July 16-July 23)

Depart Wanlockhead and Travel to Carbost, Isle of Skye on the morning of July 16

Tour of Skye, the largest island in the inner Scottish Hebrides

Nature hikes through rugged landscapes and picturesque villages

Coastal walk to Talisker bay

Reading and writing about perspectives of the natural landscape

### **Week 3**

#### The Capital City of Edinburgh (July 23-29)

Travel from the Isle of Skye via ferry and the west highland railway to Edinburgh, Scotland

Explore the capital city's medieval old town and the neoclassical architecture and gardens of Edinburgh's new town.

Optional visit: Edinburgh's medieval castle, home of the Stone of Destiny and the Scottish crown jewels

Climb Arthur's seat, an imposing peak with spectacular views of the city near the palace of Holyrood

One final train journey into the Scottish countryside

Saturday, July 29—Students depart Edinburgh for Boston.

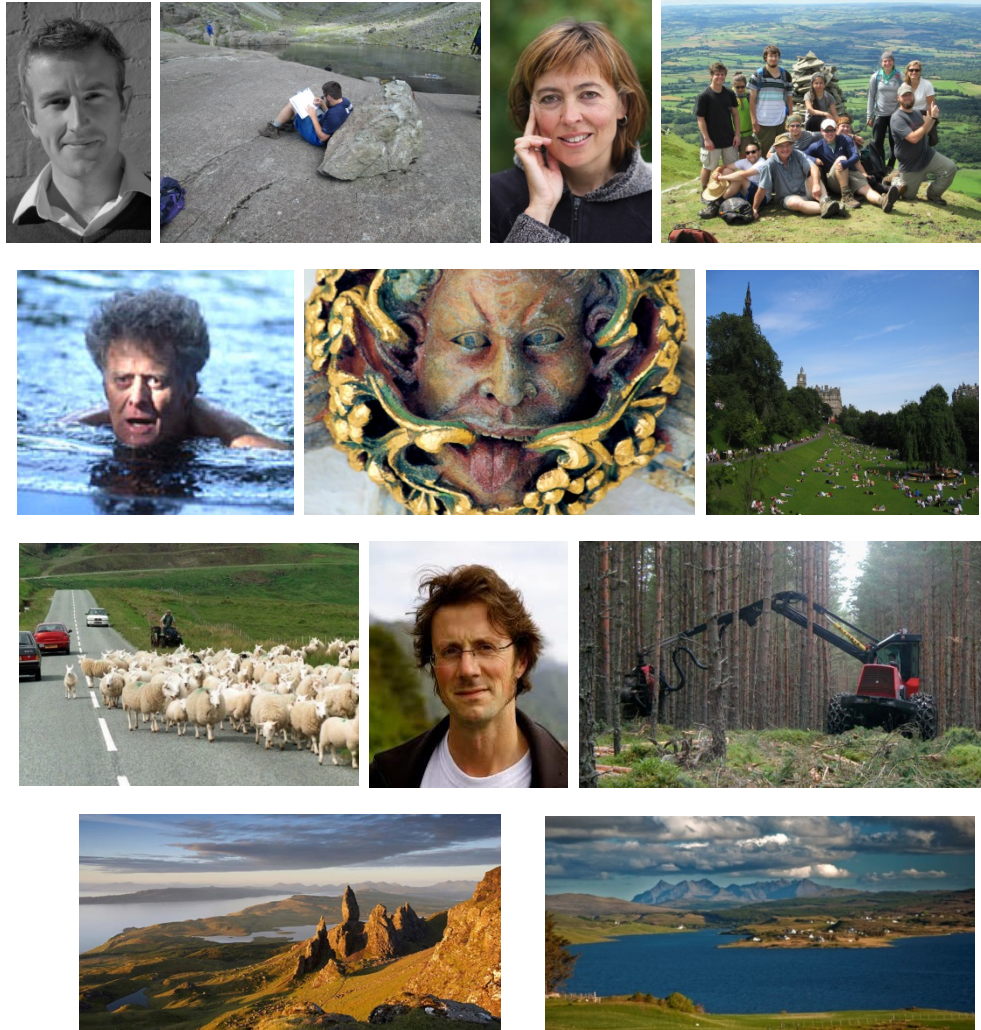


# Course Syllabus

Landmark College Summer Abroad Program 2017

## EN2132 Environmental Literature: Writing the Wild in Scotland

Ned Olmsted (Academic Director) and Lucy Stamp (Program Director)



*To be whole. To be complete. Wildness reminds us what it means to be human, what we are connected to rather than what we are separate from. - Terry Tempest Williams*

## **COURSE DESIGN**

There are two main emphases of this **3 credit** course. One focuses on reading and analyzing works from the genre known as Environmental Literature. The other stresses writing about the natural environment as a source for exposition and journal-based writing. The course examines the techniques environmental writers employ in their craft, and introduces some of the modes of criticism which frequently are applied to environmental literature. Students will read a variety of exemplary essays, short fiction and poetry by such 20<sup>th</sup>/21<sup>st</sup> century British, Scots and American writers as Robert Macfarlane, Nan Shepherd, Barry Lopez and Gary Snyder, and drawing from these foundational readings will begin to develop their own distinctive nature writing voices.

Thematically, the course will examine Western cultural paradigms and ecological thought related to *eco-wildness* through the lens of environmental literature, and will cover such topics as biophilia, wonderment and enchantment, re-wilding, and sense of place. A significant portion of this course will be spent outdoors exploring local ecosystems; reading maps; journaling, using close-observation skills, and investigating regional land use practices.

**Prerequisites:** Full-time status in the Landmark College credit program, and successful completion of EN1011, EN1021, and FY1011.

## **COURSE OBJECTIVES**

<b>EN2132 Course Objective:</b>	<b>LMC Program Goals:</b>	<b>EN2132 Course Assessments:</b>
Engage with a variety and volume of reading which demands sustained critical thinking and abstract reasoning.	<b>Gen. Ed. Goal 2:</b> Think critically, reason soundly, and develop and apply problem solving strategies across academic disciplines. <b>Gen. Ed. Goal 7:</b> Read critically in order to gain disciplinary knowledge and to explore important questions and ideas.	Class discussions, three quizzes, and one response paper on an assigned reading.
Integrate information drawn from textual readings, close observation, experiential learning, independent research, and class discussion into a variety of written expression.	<b>Gen. Ed. Goal 2:</b> Think critically, reason soundly, and develop and apply problem solving strategies across the academic disciplines. <b>Gen. Ed. Goal 5:</b> Communicate with clarity, coherence, and persuasiveness through written, oral, and other modes of expression.	One response paper, five journal entries, one short "investigatory" paper, one small-group presentation (includes interview w/ a local resident), and a final synthesis paper.
Present a coherent narrative that enhances understanding of a variety of literary, cultural, and ecological interpretations of "eco-wildness".	<b>Gen. Ed. Goal 4:</b> Understand the complexities of multiple communities, including educational, cultural and geographic; and respect different perspectives and diversity. <b>Gen. Ed. Goal 5:</b> Communicate with clarity, coherence, and persuasiveness	Class discussions and a small-group presentation.

	through written, oral, and other modes of expression.	
Investigate a variety of critical models, styles and techniques common to contemporary environmental literature.	<b>Gen. Ed. Goal 2:</b> Think critically, reason soundly, and develop and apply problem solving strategies across academic disciplines.	One response paper and a final synthesis paper.
Participate in a variety of physical and outdoor experiences which will provide practice with mindfulness, leadership, group dynamics, and interviewing skills.	<b>Gen. Ed. Goal 8:</b> Develop an understanding of how physical, social, and emotional wellness affect learning and contribute to personal and community well-being.	A small-group presentation, field trips, trail hiking, and visits to rural communities.

## **GRADING CRITERIA**

<b>Category of Assignment</b>	<b>Specific Assessment</b>	<b>Weight</b>
Observation/Investigation	<ul style="list-style-type: none"> <li>Journal entries (5)</li> <li>Short investigatory paper (1)</li> <li>Small-group presentation (1)</li> </ul>	25%
Synthesis Writing	<ul style="list-style-type: none"> <li>Final synthesis paper (1)</li> </ul>	25%
Critical Reading	<ul style="list-style-type: none"> <li>Quizzes on readings (3)</li> <li>Response paper (1)</li> <li>Focused discussions of readings</li> </ul>	30%
Engagement	<ul style="list-style-type: none"> <li>Assessed (3) times, and discussed during student/instructor conferences</li> </ul>	20%

## **OTHER EXPECTATIONS**

**Critical Reading:** This is a reading-intensive course, and although most (but not all) of the assigned readings are relatively brief, students are expected to read each piece actively and deeply.

**Journal Entries:** Students will be asked to write four journal entries based on both personal and whole-group encounters with the natural world while in Scotland. The majority of these entries will be entered by hand in the field, and then later transcribed electronically.

**Final Synthesis Paper:** Upon completion of the 3-week course, students will be asked to submit a synthesis paper in which the concept of *eco-wildness* is critically analyzed and defined. The expected outcome is a rigorous, five page academic essay.

**Attendance:** Attendance and participation are considered vital for the successful completion of this course. Students receive **3 credits** for work that would normally be distributed throughout a 15-week semester, which means that they are expected to devote a considerable amount of time and effort to the assigned work (especially out in the field). Any “extenuating circumstances” which may prevent a student from attending a class or field trip must be discussed with the academic director and/or program director **before** the absence occurs. Outside of these “extenuating circumstances”, which will be assessed on an individual basis as they may arise, one absence from the course will result in academic probation, and a second absence may warrant the student’s withdrawal from the course.

**Engagement:** Active participation and appropriate deportment in the course are expected, which means that students must be on time, reasonably alert, prepared with homework, field notebook, and other gear appropriate to being out-of-doors in all types of weather. They need to be positively engaged in class and group meetings (indoors and out), and productive (completing work as required and according to deadlines, writing in the field, taking the initiative to participate in small group discussions and individual conferences, offering suggestions, asking questions, and/or asking for help - when needed).

#### **Required Text and Materials:**

- Text: Course Pack for EN2132 Environmental Lit. (Summer Study Abroad – Scotland) available in the Landmark College bookstore.
- Journal: Students are expected to purchase a simple, lined journal in which to record hand-written observations while in the field.

## Useful Websites & Books

### UK “Nature” Writers and Publications:

- [http://www.goodreads.com/list/show/26902.British\\_and\\_Irish\\_Nature\\_Writing](http://www.goodreads.com/list/show/26902.British_and_Irish_Nature_Writing) (Partial list of UK “Nature” Writers)
- <https://www.walkhighlands.co.uk/news/putting-walks-into-words/0016026/> (Blog post by Scottish writer Linda Cracknell, “Putting Walks into Words”)
- <https://www.walkhighlands.co.uk/news/street-play-in-edinburgh/0015298/> (Blog post by Scottish writer Linda Cracknell, “Street Play in Edinburgh”)
- <http://www.caughtbytheriver.net/> (Eclectic blog/journal of UK nature writing)
- <http://www.earthlinesmagazine.org/> (UK literary/nature writing E-magazine)
- <http://dark-mountain.net/> (“Radical” UK literary/arts blog – ecological, social economic issues)
- <https://www.youtube.com/watch?v=Yn4SumdIEnM&list=PL7567F3570B10886D> (Video on Roger Deakin and “wild swimming”)
- <https://gerryco23.wordpress.com/tag/kathleen-jamie/> (Blog about Scottish poet, Kathleen Jamie)
- <http://www.bbc.co.uk/programmes/profiles/19P11MV2BmSGMbMFpsY9GIk/norman-maccaig> (Biographical information on Scottish poet, Norman MacCaig)

### UK Landscape, Topography, Sense of Place:

- <https://www.youtube.com/watch?v=KE8-flJJNT0> (Award winning film featuring drone footage of the Scottish landscape)
- <https://www.youtube.com/watch?v=yrCCF3IMN2k> (Video, “Writing Britain: Wastelands to Wonderlands”)
- [https://www.youtube.com/watch?v=6x\\_b-\\_2egGw](https://www.youtube.com/watch?v=6x_b-_2egGw) (Video on UK “wild” landscapes and their writers)
- <https://www.youtube.com/watch?v=MKAyE57F6Vo> (Video on UK “wild” waterscapes and their writers)
- <https://www.theguardian.com/books/2015/mar/09/uncommon-ground-a-world-lovers-guide-to-the-british-landscape> (*Guardian* article on *Uncommon Ground* by Dominick Tyler)
- <https://vimeo.com/119227190> (Short video on Dominick Tyler’s glossary of UK landscape terms, *Uncommon Ground*)
- <https://www.youtube.com/watch?v=QxpmPzyxBN4> (Video on “Holloways”)
- <http://www.geopoetics.org.uk/welcome/what-is-geopoetics/> (Blog on “Geopoetics”)

- <http://landscapism.blogspot.com/2015/02/towards-new-landscape-aesthetic.html> (Blog on UK landscape, topography and sense of place)
- <http://www.youtube.com/watch?v=5q1IK-O5Ypg> (Robert Macfarlane lecture on "Landscape and the Human Heart")
- [https://en.wikipedia.org/wiki/Run\\_rig\\_\(Ancient\\_Scottish\\_land\\_use\\_system\)](https://en.wikipedia.org/wiki/Run_rig_(Ancient_Scottish_land_use_system))
- <http://www.edinburghoutdoors.org.uk/> (Edinburgh Parks)
- <http://www.rbge.org.uk/> (Royal Botanic Garden Edinburgh)

### **Rewilding:**

- <http://www.reforestingscotland.org/> (Website on reforesting Scotland)
- <http://www.scotlandbigpicture.com/Index/rewilding-essay> (Website on rewilding Scotland)
- <http://www.rewilding.scot/> (Website featuring articles and videos that explore arguments for and against the rewilding of Scotland)
- <http://www.rewildingbritain.org.uk/magazine/rewilding-scotland-a-short-film> (Rewilding Scotland - short film)
- <http://www.rewildingbritain.org.uk/> (Website on rewilding Britain)
- <https://www.rewildingeurope.com/> (Website on rewilding Europe)
- <https://wildlandsnetwork.org/> (Website on rewilding North America)

### **Scottish Landscape Painters:**

- <http://www.scottish-gallery.co.uk/exhibitions/decades> (James Morrison - Scottish landscape painter - The Scottish Gallery Edinburgh)
- <http://artuk.org/discover/artworks/search/actor:morrison-james-b-1932/page/3#artwork-an-teallach-between-ristol-and-mullagrach-127935> (James Morrison - Scottish landscape painter)
- <http://www.diana-mackie.co.uk/> (Diana Mackie - Scottish landscape painter)
- <https://www.pinterest.com/andrewboyce12/james-mcintosh-patrick/> (J.M. Patrick - Scottish landscape painter)
- <https://artuk.org/discover/artworks/search/actor:patrick-james-mcintosh-19071998/page/3> (J.M. Patrick - Scottish landscape painter)
- [http://www.electricscotland.com/art/james\\_mcintosh\\_patrick.htm](http://www.electricscotland.com/art/james_mcintosh_patrick.htm) (J.M. Patrick - Scottish landscape painter)

### **Scottish History and Folklore:**

- <http://www.transceltic.com/scottish/scottish-legend-of-blue-men-of-minch> (Blue Men of the Minch)

- <http://www.sacred-texts.com/neu/celt/tsm/tsm08.htm> (Celtic Myths)
- [http://www.bbc.co.uk/history/british/civil\\_war\\_revolution/scotland\\_clearances\\_01.shtml](http://www.bbc.co.uk/history/british/civil_war_revolution/scotland_clearances_01.shtml) (the Highland Clearances)

### **Walking:**

- <http://www.southernuplandway.gov.uk/cms/> (Website for The Southern Upland Way - hiking trail)
- <http://www.theroadnorth.co.uk/> (Blog and interactive map about hiking Scotland)
- <http://walkingandwriting.blogspot.com/> (Blog on UK walking/writing)
- <https://www.visitscotland.com/destinations-maps/edinburgh/see-do/walking/> (Information on walking in Edinburgh)
- <https://www.walkhighlands.co.uk/> (Information on Scottish walking/hiking)
- <https://www.walkhighlands.co.uk/skye/rubhandunain.shtml> (Glen Brittle hike, Skye)
- <https://www.walkhighlands.co.uk/skye/glenbrittle.shtml> (Glen Brittle hike, Skye)
- <https://www.walkhighlands.co.uk/skye/fairypools.shtml> (Fairy Pools hike, Skye)
- <https://www.walkhighlands.co.uk/skye/coirelagan.shtml> (Coire Lagan hike, Skye)

### **Scottish Lighthouses:**

- <https://www.nlb.org.uk/historical/stevenson.htm> (Information about the "Lighthouse Stevensons")
- <https://www.unc.edu/~rowlett/lighthouse/sctse.htm> (Scottish lighthouses - SE Coast)

### **Other Resources:**

- [https://www.ethz.ch/content/dam/ethz/special-interest/usys/ites/ecosystem-management-dam/documents/EducationDOC/EM\\_DOC/Recommended%20readingDOC/Hobbs.pdf](https://www.ethz.ch/content/dam/ethz/special-interest/usys/ites/ecosystem-management-dam/documents/EducationDOC/EM_DOC/Recommended%20readingDOC/Hobbs.pdf) (Report on woodland restoration in Scotland)

### **Recommended Books by UK Nature Writers:**

- *Feral* by George Monbiot
- *The Great Wood* by Jim Crumley
- *The Loch of the Green Corrie* by Andrew Greig
- *The Peregrine* by J.A. Baker

- *Ring of Bright Water* by Gavin Maxwell
- *The Wild Places* by Robert Macfarlane
- *The Living Mountain* by Nan Shepherd
- *Kidnapped* by Robert Louis Stevenson
- *Wildwood: A Journey through Trees* by Roger Deakin
- *Sightlines* by Kathleen Jamie
- *Tarka the Otter* by Henry Williamson
- *From the Forest: A Search for the Hidden Roots of Our Fairy Tales* by Sara Maitland
- *Walking Home: A Poet's Journey* by Simon Armitage
- *Beast: A Novel* by Paul Kingsnorth
- *Savage Grace: A Journey in Wildness* by Jay Griffiths
- *Nature Cure* by Richard Mabey
- *The Moth Snowstorm: Nature and Joy* by Michael McCarthy
- *The Wind in the Willows* by Kenneth Grahame

## Packing Tips

The following is a list of recommended clothing items and supplies

### Clothes

-**Prescription glasses** (if you wear them, and an extra pair).

-**Swimsuit**

-**Wide-brimmed hat or visor** (The cool temperatures in Scotland can be deceiving. You can still catch sunburn)

-**If you wear prescription glasses and have an extra pair, bring them along**

-**Laundry detergent** -for laundering your clothes at Laundromats or in the sink or tub

-**A smaller travel pack that can be worn around your waist**

This is a safe way to carry valuables. A travel pouch can be worn under a shirt or in front of you.

-**A bath towel** (which may not be supplied at every location)

--**Light weight, cotton sleeping bag** (100% cotton sleeping bag liner) is recommended—although linens and blankets will be provided

-**Sturdy, comfortable, waterproof hiking boots** (You will be doing a great deal of walking and hiking, and it often rains in Scotland)

-A waterproof raincoat and rain pants. Again, it can rain a lot in Scotland, which can be miserable if you get really wet.

-An umbrella (the umbrella should be an addition to the raincoat since it's often windy in the Scotland and umbrellas don't always do the job).

-**Comfortable sandals for warmer weather**

-**Lightweight trousers or jeans** (2 pairs)

-**Two pairs of shorts** (It can be quite warm in Scotland in July)

-Moisture wicking or fast drying **t-shirts** (4-5) Try to minimize those with American team names, slogans, etc.

-**Cotton long-sleeved tops or shirts** (2-3). Because the temperature varies so much in England, it's often a good idea to bring things that can be worn alone or layered.

--**Sweaters**. It can be cold even in the summer in the UK. (Last time I was in Scotland in July, I wore a rain coat, a fleece jacket, a sweater, and a long sleeved shirt one day, and I was still a little cold).

-**Underwear and socks**. Bring enough for at least one-week

-**Pajamas**

-**A medium weight jacket**. (a fleece jacket would be the best idea)

-A light weight jacket for warmer weather and to wear in the evening

-**Waterproof hiking boots**

## What NOT to bring

You should not bring anything that cannot be replaced because of cost or sentimental value. Loss and/or theft are possibilities—especially if you bring expensive or flashy items.

-If you are going to bring electrical appliances—like hairdryers or electric razors—they must be dual voltage, and you must bring an adaptor for the UK. More than one adaptor is recommended since it's not uncommon for students to leave adaptors behind in their rooms.

-Large Musical Instruments such as guitars

-Too many dressy clothes. You will have few opportunities to wear them.

## Baggage

You are going to have to carry whatever you bring by yourself, so leave behind half of what you think you may need. This “leave half behind rule” is a time-tested study abroad/travel tip. Many unhappy students can attest to struggling with their heavy luggage on and off buses, trains, stairs, etc. Don't be one of them. You will be limited to two pieces of luggage (the second you will have to pay for if it is too big to be considered a carry on). I would suggest bringing **a large backpack (a backpackers backpack)** and a smaller bag to carry with you (preferably a smaller bag on wheels that can easily be lifted with one hand up stairs—when necessary). The Scotland trip moves a fair amount (more than many other study abroad trips), and there are stairs and no elevators in the train stations on route. Large suitcases/ duffle bags with wheels aren't really appropriate for this type of trip.

Keep in mind that overseas it's perfectly acceptable to wear the same outfit a few times in one week. If you plan carefully so that all articles of clothing mix and match, you can create plenty of different outfits from a minimum number of items. Choose wisely!

### **Other items you should bring:**

- ATM/Debit card and a credit card (with PIN number)
- Alarm clock (battery operated) and batteries. This is a must for catching the early morning train.
- Enough prescription medication for the entire time you will be away! Bring medications in their original containers and a copy of the prescription. You may not be able to purchase certain medications in the UK. Bring vitamins if you take them.
- Toiletries. Bring supplies of your basic toiletries: shampoo, soap, deodorant, hairbrush/comb, toothpaste, lotion, etc. since we will not generally be in locations where these items are readily available.
- Sunglasses
- Sunscreen
- Band-aids and Antiseptic ointment
- Camera (Would strongly suggest a digital camera for the course because you will be able to use this as a form of notetaking for writing. With a digital camera, it's possible to capture frames for later viewing. You will be able to capture all the details you may want to include in your writing later. This will be a particularly important technique if you have difficulty remembering details or taking notes). You can also simply use your phone.
- Your laptop. Although internet access will be limited at least one of the locations where we will be staying in Scotland, you will still need your computer to complete assignments.
- A jump drive (thumb drive) to submit/save your written work for feedback.
- Flashlight (would recommend packing both a flashlight and a head lamp)
- Enough batteries to last the length of trip for your alarm, camera, flashlight, etc.
- Daypack-for water, notebooks, pens, etc.
- pocket size journal that you can use to take notes/ create sketches
- Don't forget your course reader!!!!!! (which you should have purchased at the Landmark bookstore)
- Pens/Pencils



# Packing List

## Essential gear:

- ☐ Passport
- ☐ Color copy of passport
- ☐ Student ID Card
- ☐ ATM/ credit card
- ☐ Camera
- ☐ Head lamp/ flash light
- ☐ Bath towel
- ☐ Sun screen
- ☐ Day pack
- ☐ Water bottle (for day hikes)

## Course Supplies:

- ☐ Course pack
- ☐ Flash/thumb drive
- ☐ laptop

- ☐ journal
- ☐ writing utensils

## Clothing:

- ☐ Waterproof rain jacket
- ☐ Waterproof rain pants
- ☐ Waterproof hiking boots
- ☐ Moisture wicking layers
- ☐ Fleece jacket
- ☐ Sun glasses

## Optional:

- ☐ Cotton sleeping bag liner
- ☐ Prescription medication (if relevant)
- ☐ Scotland Travel Guide

# Tips for the Traveler

## Passports and Visas

A travel wallet is recommended to carry passports, which are often subject to loss or theft.

## Money Matters and Suggested Budget

The exchange rate is currently 1.25 dollars to the pound, and it is recommended that students budget about \$200 per week for the trip. Some students will spend more, and some will spend less—depending on the number of purchases made and the cost of the items purchased.

The Cost of Everyday Items will vary depending on the location in Scotland. Prices in Edinburgh tend to be a little higher than elsewhere in Scotland.

As indicated below, while in Wanlockhead, we may need to order food for delivery from the local supermarket for the entire group, in which case we will request that students make a small monetary contribution for the food purchase.

## Personal Funds

Students should have a combination of ways to access personal funds while in the UK. These should include an ATM (or Debit) card and a credit card with a pin number—in case the ATM/ Debit card is lost or stolen (preferably a Visa or MasterCard). If students choose to rely primarily upon ATM/ Debit and credit cards, it might be a good idea to set up an online account so they can track their expenses via the internet when at locations where internet is accessible. Having more than one credit card available (one to carry with them in their wallet and another to keep secured in their luggage back at the accommodation) is generally a good idea as a back-up in case of theft. Students are generally discouraged from bringing large quantities of cash with them.

**ATM/ Debit Cards:** In most locations, students will be able to withdraw cash from their home accounts at CIRRUS or PLUS ATM machines linked with their bank's system. Students should check their ATM/ Debit card for the CIRRUS or PLUS mark. Their bank should also have a list of cooperating banks abroad which have ATM's where their card will be accepted. Students should ask about bank fees charged for each transaction.

**Visa and MasterCard:** Credit cards (American Express is not widely accepted) are generally accepted at most restaurants, shops, and hotels in Britain. Many credit cards charge a fee for each foreign transaction. One card that does not charge such a fee is Capital One, which might be one of the ideal cards for foreign travel.

## Water and Food

Food will be available at all locations where we are staying in Scotland, although there will be more limited options in Wanlockhead and on Skye. There is a pub in the village in Wanlockhead where food can be purchased. The local supermarket also delivers food to the house in Wanlockhead. We may need to order food from the supermarket for the entire group, in which case we will request that students make a small monetary contribution for the food purchase. Both the Lotus lodge in Wanlockhead and the house in Carbost, Isle of Skye have fully equipped kitchens where students can prepare their own food. In Carbost, there is an Inn next door to the house where the group will be staying, which serves good food all day and also provides packed lunches for day hikes. In addition, there is a small shop a very short distance from the accommodation, which sells basic necessities, such as cereal, bread, eggs, cheese, some produce, pasta, etc. In Edinburgh, the food options are limitless, and there is also food available for purchase at the Youth Hostel throughout the day.

## Housing

Wanlockhead, Scotland  
July 9-16  
Lotus Lodge  
Wanlockhead ML12 6UT, United Kingdom  
Phone: +44 1659 74544

*Carbost, Isle of Skye, Scotland*  
*July 16-23*  
The Old Inn, Skye  
Waterfront Bunkhouse  
Carbost, Isle of Skye IV47 8SR, United Kingdom  
+44 1478 640205

*Edinburgh, Scotland*  
*July 23-29*  
*Edinburgh Central Youth Hostel*  
9 Haddington Pl, Edinburgh EH7 4AL, UK  
[Phone: +44 131 524 2090](tel:+441315242090)

## Communication

### Communicating while in Scotland:

Cell phones, e-mail, and/or Skype will be the most reliable way of communicating in Scotland. You should check with your cell service provider in-country to determine the

availability/costs associated with obtaining an international plan for cell phone use in Scotland, UK. It may also be possible to purchase a pay-as-you go phone in advance for use in Scotland.

### **Internet and E-mail:**

Wireless internet will be available free of charge at all of the places we will be staying. Where we are staying on the Isel of Skye, wireless internet access is only available at the Inn next store, so it's not as reliable.

### **Time**

Scotland, UK is 5 hours ahead of Eastern Standard Time, so when it is 12:00 noon in Boston, New York, and Atlanta it is 5:00 p.m. in Britain. You will need to keep this in mind when attempting to communicate with family members/friends in the US.

### **In-country Transportation**

When they arrive, students will receive rail passes for travel within Scotland, and all other in-country transportation costs associated with the program—such as any additional bus fare associated with required program activities, will be included. Any travel expenses that are not associated with the program itinerary will be considered the responsibility of the program participant. If students' rail passes are lost or stolen, the student will be responsible for purchasing a new pass for which he/she may seek reimbursement from ACP Rail upon return to the US. Rail protection plans will be purchased for all students as a means of protecting against loss or theft. In order to seek reimbursement for lost or stolen rail passes, students must report the loss immediately and file a police report before purchasing a replacement pass.

### **Weather**

The weather can be extremely variable in the UK and range from between 50 degrees fahrenheit to 80 degrees fahrenheit in July and August, so students need to be prepared for any and all weather—particularly rain. It can be cold even in the summer in the UK. As I mentioned above, when I visited Scotland in July a few years ago, I wore a rain coat, a fleece jacket, a sweater, and a long sleeved shirt one day, and I still felt cold.

The Scots have a saying that is abbreviated "SOOT," which means, "Sun's Out Over There." In the highlands of Scotland, you can often see the sun shining somewhere in the distance, even though it's not shining on you.

Here are some famous Scottish quotes about the weather that should give you some appreciation for what to expect:

"There are two seasons in Scotland. June and winter."  
"In Scotland, there's no such thing as bad weather, only the wrong clothes."  
Billy Connolly – comedian and actor

"[Edinburgh] is a city of shifting light, of changing skies, of sudden vistas. A city so beautiful it breaks the heart again and again." Alexander McCall Smith – author

William Wallace: "It's fine Scottish weather we're having. The rain is falling straight down and kind of to the side like." Braveheart (1995)

"Cast not a clout till May be oot." Scottish proverb – meaning: "Don't discard your winter clothing until May."

"If you don't like Scottish weather, wait thirty minutes, and it is likely to change."  
Raymond Bonner – author and journalist

"Ye nivver dee'd o winter yit." Scottish proverb – meaning: "You will survive."

"In Scotland, beautiful as it is, it was always raining. Even when it wasn't raining, it was about to rain, or had just rained. It's a very angry sky."

Colin Hay – musician and actor "I love summer in Scotland. It's my favourite day of the year." Unknown

## **Electricity**

You will need to bring an adaptor for any electrical appliances you plan to use in the UK (Scotland), which can be purchased online or at most small appliance stores. It's recommended that you purchase 2-3 of these because it's not uncommon for people to leave them behind when they move from one place to another (this has happened to me many times). If it's not a dual voltage appliance, you won't be able to use it in the UK unless you bring a converter with you. The UK voltage is 220v vs. 125v, which is typical in the US. If you try to use an appliance with a 125v limit in a system designed for 220v, it will burn-out in a matter of seconds and may create a fire hazard. Most computers/ cameras come with power cords that have converters built into them, so you won't need a converter for these.

## **Health and Immunizations**

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

**Rabies:**

Rabies is present in bats in the United Kingdom. However, it is not a major risk to most travelers. CDC recommends rabies vaccine for only these groups:

- Travelers involved in outdoor and other activities in remote areas that put them at risk for bat bites (such as adventure travel and caving).
- People who will be working with or around bats (such as wildlife professionals and researchers).

**Hepatitis A:**

Hepatitis A outbreaks occur throughout the world and sometimes in countries with a low risk for hepatitis A (including the US). You can get hepatitis A through contaminated food or water in the United Kingdom, so talk to your doctor to see if the hepatitis A vaccine is right for you.

For more information on health while traveling outside the U.S., visit the Center for Disease Control (CDC) website at:

<http://wwwnc.cdc.gov/travel>

# Landmark College Conditions of Participation

## Health and Safety

In a Study Abroad program, as in other settings, participants can have a major impact on their own health and safety through the decisions they make in preparation for and during the program.

### **Participants should:**

Read and carefully review all materials issued by Landmark College and any partnering institutions that relate to safety, health, legal, environmental, political, cultural, and religious conditions in host countries.

Consider your health and other personal circumstances when applying for or accepting a place in a program. Note: Some programs may require students to participate in physically demanding activities. If the student feels that s/he is unable to participate due to health concerns, s/he may consult with program leaders to determine an appropriate alternative activity.

Make available to the Program Director accurate and complete physical and mental health information that may relate to your ability to participate safely in the study abroad program and any other personal data necessary in planning for a safe and healthy study abroad experience, and for responding to an emergency situation. This is in addition to information already provided to the Landmark College Health Office.

Assume responsibility for all elements necessary for your personal preparation for the program, and participate fully in all orientations.

Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the carriers.

Inform parents/guardians/families and other relevant people about your participation in the Study Abroad program, provide them with emergency contact information, and keep them informed on an ongoing basis.

Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program, and obey host-country laws.

Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions.

Promptly express any health or safety concerns to the Program Directors and/or other appropriate individuals.

Behave in a manner that is respectful of the rights and well-being of others, and encourage others to behave in a similar manner.

Accept responsibility for your decisions and actions.

Become familiar with the procedures for obtaining emergency health and law enforcement services in the host country.

Follow the program's policies regarding keeping program staff informed of your whereabouts.

## **Services**

The Landmark College Study Abroad fee covers all scheduled program expenses including international air and most in-country ground transportation, accommodations, tuition, admission fees to scheduled places of interest, and some group meals.

Participants are expected to pay for all personal expenses, including some meals, snacks, laundry, passport fees, and other miscellaneous travel expenses. Students may also be required to purchase textbooks and other course supplies depending on their program.

## **Independent travel**

Participants are expected to use the transportation arranged by Landmark College between the points of departure and return. Participants who choose to travel independently during the program during non-course-related times must inform the Country Director in writing of his/her planned itinerary, including a full itinerary with time and date of departure and return, mode of travel, contact information of the places staying at, phone numbers, etc. Students are generally discouraged from changing plans to travel back to the U.S. independently, but if they choose to do so, they must inform the Program Director and the Director of International Education in writing of their plans not to return on their scheduled flight.

Landmark College and its employees assume no responsibility for the individual once s/he has separated him/herself from the program.

It is strongly recommended that all students inform their parents/guardian when making independent travel arrangements.

## **Non-sanctioned activities**

Students choosing to participate in non-sanctioned activities during their free time at any point in the program release the College from all responsibility and liability associated with such activity. Landmark College strongly discourages participation in dangerous activities, and strongly recommends parents/guardians be consulted regarding the advisability of any potentially dangerous activities.

## **Leaving the program**

Landmark College Study Abroad students who leave their scheduled program at any time without informing the Program Director in writing and obtaining his/her approval may be subject to disciplinary action, including immediate suspension or dismissal from the program and direction to return to the United States, as detailed in the Intervention Procedures – see below. Landmark College and its employees have no responsibility for the individual once s/he has separated him/herself from the program. All travel expenses associated with an early departure will be borne entirely by the participant.

## **Air transportation**

Landmark College arranges for the ticketing of scheduled international air transportation and program-related in-country air and ground transport for the participant through commercial airlines or travel agents. Participants agree that Landmark assumes no responsibility or liability for death or injury to the participant or for loss of or damage to property (including baggage) resulting from the provision of air transportation and other services. The passenger contract issued by the airlines will constitute the sole contract between the airline and the passenger.

Landmark College reserves the right to change the air transportation dates, times, prices, and itinerary, and to make aircraft substitutions. Any additional costs resulting from such changes will be borne solely by the participant.

Landmark College will designate the times and ports of departure for group transportation during the program and will arrange for assembly at the designated times and places. Each participant is solely responsible for any missed connections due to his/her failure to assemble in a timely manner. Landmark College will not be liable for the cost of alternate transportation arrangements, or for any losses resulting from the participant's failure to use the designated transportation.

## **Travel delays and unexpected layovers**

Students traveling to and from the host country will be responsible for all expenses (meals, hotel, transportation, etc.) associated with unexpected delays in travel, including overnight layovers due to, but not limited to, inclement weather, flight cancellations and airport closures. Due to changes in airport security regulations, students may be required to contact the associated airline to book new reservations following an unexpected layover or flight cancellation. In programs where the entire group is returning to the Landmark College campus together, the Program Director may choose to provide hotel rooms for students at the College's expense.

If an unexpected layover results in the student's decision to separate voluntarily from the group, the student will be responsible for making his or her own travel arrangements, and releases the College from any associated potential responsibility.

## **Identification**

Prior to departure for the host country, students are required to submit a color photocopy of the first page of their passport. The expiration date should be at least 6 months after the group flight is scheduled to return to the U.S. Upon departure, participants must present a valid passport for international travel and other purposes such as accommodations, in-country travel, and positive ID.

## **Lost passports**

Students who lose their passport assume sole responsibility for all action and costs associated with arranging for a replacement passport. If this results in missed travel connections, the student will consult with the program leaders as to the most appropriate course of action. If it is determined that a program leader must remain with the student to assist in securing a replacement passport, the student will be assessed those costs associated with the delay, including those that may be assessed to the program leader as a result of their staying behind. This includes, but is not limited to, airline penalties, ground transportation, accommodations and meal expenses. In such situations, the College will attempt to contact the student's parent/guardian to inform them of the situation.

## **Fee amounts**

Fees, as quoted in Landmark College's program materials, have been established based on all known circumstances at the time of calculation, and no changes are expected. However, Landmark College reserves the right to make adjustments in these fees based on fluctuations in travel costs, including the costs associated with unexpected layovers and fluctuations in the valuation of U.S. currency. In the event of a fee increase, the participant will be provided with a reasonable amount of time, not less than ten (10) days from the date of notice, in which to withdraw. In the absence of notice of withdrawal, the participant will be committed to any adjusted program fees.

## **Intervention Procedures**

Students participating in a Landmark College Study Abroad Program are bound by the same rules and subject to similar intervention procedures and sanctions as outlined in the most current version of the Landmark College Student Handbook. This section states additional or different rules and procedures Landmark College has determined are appropriate in the context of Study Abroad programs. In the case of conflict between the provisions of this Addendum and the provisions of the Landmark Student Handbook, the provisions of this Addendum will control.

Program Directors, and in their absence, Academic Directors, have the authority to implement these procedures, including imposing sanctions ranging from an informal warning to the immediate dismissal from a Study Abroad program. Disciplinary sanctions imposed during a Study Abroad program are intended for the duration of the Study Abroad program. In some cases students may be summoned for an administrative hearing or conduct board proceeding upon their return to the Landmark College campus for additional disciplinary action, which additional action may have consequences on the student's general status as a student at the College outside the context of the Study Abroad program. Program Directors have the option of consulting with or deferring judgment to an appropriate Landmark College administrator.

Some Landmark College Study Abroad programs are held in conjunction with, and on the campus of a partnering institution. Students are expected to know and abide by the rules and regulations of those institutions, with the understanding that failure to do so may result in interventions by both Landmark College faculty as well as representatives from the partnering institution.

The following are some examples of behaviors that would likely initiate a disciplinary intervention. The Program Director or Academic Director may initiate an intervention at their own discretion for behavioral or safety-related issues that are not listed here.

- Failure to attend and participate in the required program elements, including classes, trips, course work, etc.
- Failure to comply with reasonable directions of the Program or Academic Director
- Cheating, plagiarism, or any effort to pass in work that is not that of the student enrolled in the program
- The use, possession, or distribution of illegal drugs (by U.S. definition) of any kind
- Use of alcohol to the point where medical or behavioral intervention is necessary
- The misuse or distribution of prescription drugs
- Theft of property, money, etc.
- Assault, including sexual assault as defined by the most current version of the Landmark College Student Handbook
- Harassing behavior, including, but not limited to that of a sexual nature as defined by the most current version of the Landmark College Student Handbook
- Any behavior that puts the group or individual at risk, or that could be determined to be offensive, including drunkenness, vandalism, etc.
- Any violation of Landmark College's Code of Conduct as defined by the most current version of the Landmark College Student Handbook
- Behavior considered potentially detrimental to the health (mental or physical) or safety of the participant or other participants in the program or others in the host country
- Any violation of the rules and policies of cooperating institutions
- Any violation of the host country's laws
- Any other behavior considered inappropriate for a study abroad/cross-cultural program

If a student is suspended from a Study Abroad program, the student will be separated from the program and will need to return to the U.S. Participants are solely responsible for any additional travel costs that may be incurred as a result of suspension or dismissal from the Study Abroad program. No refund of tuition, travel or other related costs will be made, nor will academic credit be issued. The College will attempt to contact the student's parents or guardians to inform them of the situation. Following suspension, Landmark College is released from all obligations to and responsibility for the student. Landmark College, at its discretion, may provide assistance, per the student's request, to attempt to arrange for travel arrangements back home.

Landmark College Study Abroad students are solely responsible for understanding and conforming to all the laws of the host country. When you are overseas you are subject to the laws of that country. U.S. or other citizenship gives you no immunity from local jurisdiction. You should make no assumptions about your "rights," since in many countries legal procedures are very different from what we may be familiar with at home. Students should further understand that law enforcement and the judicial process, including penalties for breaking the law, are likely to be significantly different than those of the United States.

# Landmark College Safety Statement

Landmark's goal is to maintain student safety at all times and in all aspects of our Study Abroad Program.

At Landmark College, we believe study abroad is one of the most rewarding and life-changing experiences students can have during their college years. An emphasis on safety is a critical aspect of ensuring that the programs can be successful in their educational goals. We want to share with you information regarding the preparations we take to make Landmark College's Study Abroad programs a safe and rewarding experience.

Thoughtful planning, professional leadership, solid preparation, and contingency planning ensure that our study abroad programs are safe, fun, and productive learning experiences. Please be assured we will continue to make safety the top priority in all our Study Abroad programs.

## Insurance

Each student and leader is provided with an International Student ID Card which provides insurance coverage in a number of areas which includes but is not limited to the following:

- Medical and Dental coverage, including hospital benefits
- Emergency Medical Transportation – including evacuation, and air evacuation if needed
- Travel Document Replacement
- Baggage and Travel Delay
- 24-Hour Emergency Hotline Services – including medical and legal referral, emergency cash transfer, replacement of medication and eyeglasses, embassy and consular services, and interpretation or translation services

A complete description of the coverage, including contact numbers, how to file a claim, and definition of terms, can be found at: <http://www.myisic.com>

In addition, each student is covered by their Landmark College Student Health Insurance policy (if this was purchased) and/or an individual family policy.

## Staffing

Each Landmark College Study Abroad program is staffed by experienced leaders. Study Abroad Directors are Landmark College employees with extensive experience working with students with learning differences. Program Directors, who are primarily responsible for coordinating in-country logistics and activities, typically have experience living or working in the host country. Academic Directors are Landmark faculty with an

expertise in their particular academic discipline. Directors are available to provide students with one-on-one support for academic and student-life issues.

## **Communication**

Communication is important for the safety and effectiveness of our programs. Study abroad staff based in Putney, Vermont, remain in contact with Program Directors during each trip. A designated primary contact person working at the Putney campus is responsible for fielding questions, requests for information, and managing any emergency situation. The Program Director provides updates to our staff in Putney including notification of safe arrival at the final Program country destination. Students are also encouraged to contact their parents when they arrive in the Program country, and as needed during the trip. Program Directors are accessible by phone, and when possible by Skype, to communicate with students and Study Abroad Program staff working in Putney.

## **Important Information**

Study Abroad Program staff and faculty check a variety of sources for information pertaining to Program safety, including government and news media websites for current information about health and safety issues. Each student is requested to complete a Study Abroad Health Form in which they are asked information about their personal health history, current health concerns and medications. This information is essential in providing appropriate support to students on Study Abroad.

Students and their families are provided with essential information documents with flight information and itineraries, emergency phone numbers, and contact information for the places they will be staying. This information is also included in the Program Handbook which is available on the program webpage.

We realize that occasionally students make individual and short-term travel plans during a Program. Students are required to leave their itinerary and contact information at any place(s) they intend to visit with the Country Director. We strongly recommend they inform their families of their individual plans to travel separately from the Program itinerary.

## **Program Handbook**

The comprehensive Program Handbook contains both general information about Study Abroad programs, as well as information specific to each program. The handbook contains all the information listed above as well as:

- Lists of things to do to prepare for the trip, what to bring, what not to bring, and what not to bring back to Landmark College.

- Recommended articles, books, and websites for information about the country and region where the Program will take place.
- The syllabus for the course, a program description, and itinerary.
- Guidelines and information about money, housing, meals and other expenses, and means of communication in the Program country.
- How to access help for academic difficulties or other problems.
- Responsibilities and expectations with regard to Health and Safety.
- The Landmark College Conditions of Participation document includes Intervention Procedures in case of violation of existing Student Codes-of-Conduct, which remain in effect during the Program.

## **Orientation**

During orientation meetings prior to departure, Study Abroad Directors carefully review such topics as Health and Safety requirements, travel tips, local customs, guidelines for appropriate behavior and dress, as well as laws and policies related to alcohol and/or drug use. The Directors also provide participants with specific safety guidelines to follow, including who to contact for special needs or in case of emergency. Orientations, which are mandatory for all students, are considered the start of the academic course.