



Center for Transnational Legal Studies

Student Guidebook

Updated May 2017

Dear Student:

We are excited to have you as a participant in the Center for Transnational Legal Studies. We have put together this guide to help you navigate through your time in London.

Within this handbook we have tried as best as possible to indicate costs in pounds. Please note that all prices listed are subject to change. Exchange rates change daily. To view current rates, go to <http://www.oanda.com>

While we can help with directions, you might want to buy the book of maps used by locals, *London A-Z*. It's a great tool for making your way around London!!

We look forward to a great semester together.

Sincerely,

Maike Kotterba-Wilson

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GENERAL PROGRAM INFORMATION

Academic Locations

Classes are held at Anglo Educational, near Russell Square in the Bloomsbury district, at Gray's Inn and in Swan House. The CTLS administrative and faculty offices are located in Swan House at 37-39 High Holborn, London WC1V 6AA. Students will have access to the King's College's Maughan Library and Information Services Centre, located on Chancery Lane, London WC2A 1LR (<http://www.kcl.ac.uk/library/visiting/maughan.aspx>). The Maughan Library is within walking distance of Swan House and houses the King's College law, humanities, and physical sciences collections.

Closest Tube Stations to academic locations:

Anglo Educational:

Russell Square (Piccadilly line) – 3-5 minute walk

Euston Square (Circle, Hammersmith & City and Metropolitan Lines) – 3-5 minute walk

Goodge Street (Northern Line) – 3-5 minute walk

Euston Station (Northern and Victoria lines) – 10 minute walk

King's College Maughan Library

Temple (District and Circle lines) – 10-15 minute walk

Chancery Lane (Central line) – 8-10 minute walk

Swan House and Gray's Inn:

Chancery Lane (Central Line) – 3 minute walk

Holborn (Central and Piccadilly lines) – 8-10 minute walk

Student Central Membership

Student Central (formerly University of London Union) is the federal students' union of the 18 colleges and 10 other smaller institutes that make up the University of London. From its base in Central London, Student Central represents the views and concerns of its 120,000 members to improve the lives and experiences of students in the capital. King's College is a member of Student Central and so CTLS students can get free membership to Student Central with their King's College ID cards.

Membership of Student Central is free and entitles you to get involved with everything the Union has to offer, as well as access to the facilities in the building on Malet Street. You can join dozens of social and sports clubs and societies and use facilities such as free wireless internet and the print shop with copies priced at 3p.

Read more about Student Central at <http://www.studentcentral.london/>

PROGRAM HOUSING

Liberty House (St John Street), 218 St John Street, London EC1V 4AT

Tele: 020 7250 5800

Email: libertyhouselondon@libertyliving.co.uk

Web: <http://www.libertyliving.co.uk/residence/London/liberty-house-st-john-street/29/>

The residence

Located on St. John Street, the residence is situated in the cosmopolitan area of Clerkenwell. Liberty House has excellent transport links, being walking distance to Angel, Farringdon, Barbican and Old Street tube stations. Liberty House's purpose-built design offers state of the art amenities in an independent environment. The student accommodation provides independent living with the added benefits of having onsite support. This type of accommodation offers a sociable environment whilst combining a healthy and studious place to study and live. There is a Waitrose and a Tesco's supermarket just 3 minutes walk away and in just under 10 minutes one can be in the heart of The Angel Shopping Centre.

Liberty House offers 155 studio apartments (10 of which are twin bedroom apartments); all apartments have their own en-suite bathroom, kitchenette, telephone and high-speed Internet access. The residence provides 8 purpose-built rooms designed for residents with disabilities.

On-site facilities

Liberty House is fully staffed with on-site management and maintenance teams. With 24-hour security for all residents, including CCTV, electronic entry systems plus a manned reception area 24-hours a day the building offers maximum security. The residence also provides a spacious communal living area with digital TV, pool table, and a fully equipped gymnasium (free to all residents) plus on-site laundry facilities.

What is included in the cost of the rent?

- All utility bills (telephone bill or TV licence not included)
- Free membership to the onsite Gym

What is provided in your studio apartment?

- Kitchenette
- 2-ring hob /extractor fan
- Fridge / Freezer
- Microwave /Oven (Combi-grill)
- En-suite shower, toilet and washbasin
- Bedroom furniture including a bed, wardrobe, desk, chair
- Telephone in all rooms plus high-speed Internet access

(The housing information provided above is taken from <http://www.libertyliving.co.uk/student-accommodation/london/liberty-house-st-john-street/residence-information>)

Nearest Tube Stations:

Angel (Northern Line) – 10 minute walk

Old Street (Northern Line) – 10 minute walk

Farringdon (Circle, Hammersmith & City, Metropolitan Lines) - 10 minute walk

Barbican (Circle, Hammersmith & City, Metropolitan Lines) - 10 minute walk

Note: All rooms at St John Street are licensed for single occupancy.

TRAVEL AND TRANSPORTATION

Getting From the Airport

Heathrow Airport (<http://www.heathrowairport.com>)

Heathrow airport is one of the busiest airports in the world. It is about 15 miles west of central London, but the traffic to the city can be grueling.

The **Heathrow Express** (<http://www.heathrowexpress.com>) runs daily from the airport to **Paddington Station** every 15 minutes between 5:00 am and midnight. It takes 15-20 minutes and is the quickest and most efficient way of traveling between Heathrow and central London. The train can be boarded at one of the airport's three underground stations (Terminals 1, 2 and 3, Terminal 4 or Terminal 5). Tickets cost £25.00 one way, with round trip tickets running £37.00. Groups of three or more adults traveling together can also buy a group saver discount; you will save 1/3 on single or return tickets (offer only available online). Note: You still have to travel from Paddington Station to your housing location via Tube or taxi; however, it is still the quickest way to reach your destination.

The Tube (<http://www.tfl.gov.uk>) A longer but cheaper journey is by Tube on the **Piccadilly Line**. Tickets for the 50 to 60-minute ride into central London cost £5.10 with an Oyster Card during peak times and £6.00 with cash. Trains run every few minutes from 5:00 am to 11:45 pm every day except Sunday, when they run 6:00 am to 11:00 pm. There's a Tube station at Terminal 5, Terminal 4 and Terminals 1, 2 and 3. The closest Tube stations to Liberty House are **Angel, Old Street** (both on the Northern Line) and **Barbican** (on the Circle, Hammersmith & City, and Metropolitan lines). Please look at the web site for specific information. It even has a section where you can plan your journey from start to finish.

Taxi fares to London are *quite* high. It costs around £60 for a journey that takes about 1 hour, or sometimes much longer during rush hour.

Gatwick Airport (<http://www.gatwickairport.com>)

Gatwick Airport is about 30 miles (50 km) south of central London.

Two rail services link Gatwick to London. They are the **Gatwick Express** (<http://www.gatwickexpress.com>), which goes to Victoria Station (£19.90 if you buy your ticket at the Ticket Office and £17.80 if you buy it online) and **Southern Railway** (<http://www.southernrailway.com>). If you are going anywhere in the Bloomsbury area, the **Southern Railway** service might be the most convenient. Frequency and journey times vary with the time of day. Thameslink tickets (to **St. Pancras/King's Cross**) cost £10.30.

One of the bus services that link Gatwick to London is **Easybus** (<http://www.easybus.co.uk>) which goes to both **London Victoria** and **Earl's Court/West Brompton** (on the District, Circle and Piccadilly lines). Tickets for the 65 minute ride into central London cost as little as £2 if you book in advance. Buses from Gatwick run every 15 to 20 minutes from 3am to 11pm every day.

Taxis

You will end up paying approximately £100 for a journey into central London.

Stansted Airport (<http://www.stanstedairport.com>)

About 35 miles north-east of central London.

This airport mostly caters to flights from other European cities. The quickest way to get to London from Stansted is on the **Stansted Express** (<http://www.stanstedexpress.com>) train to **Liverpool Street Station**. The journey time is 45 minutes. Trains leave every 15 to 30 minutes depending on the time of day, and tickets cost £19.00 online. You would then need to take the Tube to **Barbican**, which is one stop from Liverpool Street.

One of the bus services that link Stansted to London is **Easybus** (<http://www.easybus.co.uk>) which goes to **Baker Street** (on the Jubilee, Metropolitan, Circle, Hammersmith & City and Bakerloo lines). Tickets for 1 hour ride into Baker Street cost as little as £2 if you book in advance. Buses from Stansted run every 30 minutes from 4am to 1am every day.

Luton Airport (<http://www.london-luton.co.uk>)

About 30 miles north of central London.

The **Luton Airport Parkway** Station is close to the airport, but not in it. You need to take a short shuttle-bus ride. The **Thameslink** service stops at a number of central London stations (e.g. St Pancras/King's Cross) and has a journey time of 30 to 40 minutes. Trains leave every five to ten minutes and cost approximately £14.00.

One of the bus services that link Luton to London is **Easybus** (<http://www.easybus.co.uk>) which goes to **Liverpool Street** (on the Central, Metropolitan, Circle & Hammersmith & City lines). Tickets for the 60 minute ride into Liverpool Street cost as little as £2 if you book in advance. Buses run frequently, every day except Christmas Day.

International Student I.D. Card and STA Travel

The International Student I.D. card (ISIC) provides discounts on airfare, train travel, museum entrance fees, hotels, and many other places throughout Europe and the U.S. It is available from STA Travel for a fee. A list of STA Travel branches in London are listed below. More information is available at http://www.statravel.co.uk/cps/rde/xchg/uk_division_web_live/.

STA Travel Victoria

52 Grosvenor Gardens, London, SW1W 0AG, United Kingdom – 0871 702 9849

STA Travel Islington

24 Islington Green, London, N1 8DU, United Kingdom – 0871 702 9851

STA Travel Tottenham Court Road

11 Goodge Street, London, W1T 2PF, United Kingdom – 0871 702 9823

STA Travel Covent Garden

33 Bedford Street, London, WC2E 9, United Kingdom – 0871 702 9812

STA Travel Ealing

5 The Mall, London, W5, United Kingdom – 0871 702 9815

STA Travel St. Paul's

Unit 1B, 24 Ludgate Hill, London, EC4M 7AA, United Kingdom – 0871 702 9847

STA Travel London High Street Kensington

Unit 7, Kensington Arcade, 125 Kensington High Street, London, W8 5SF, United Kingdom – 0871 702 9824

STA Travel Shoreditch

Unit 15, 2-10 Bethnal Green Road, London, E1 6GY, United Kingdom - 0871 702 9818

STA Travel Clapham

18 St Johns Road, London, SW11 1PN, United Kingdom – 0871 222 9726

Travel Websites**Live On-Line Travel Agents:**

www.fly4less.com

Student Travel:

<http://www.timeout.com>

<http://www.frommers.com>

<http://www.lonelyplanet.com>

General Travel:

www.orbitz.com

www.expedia.co.uk

www.cheaptickets.com

www.airtech.com

www.virgin.com

www.cheaprooms.com

www.studentuniverse.com

www.kayak.co.uk

www.hostelbookers.com

www.hostelworld.com

www.skyscanner.net

Last Minute Travel Deals (anywhere from one day to two months in advance bargain sites)

www.lastminutetravel.com

www.travelocity.com

www.travelzoo.com

www.priceline.com

www.laterooms.com

www.cheapflights.co.uk

travel.kelkoo.co.uk/

www.firstchoice.co.uk

www.lastminute.com

Cheap Flights

For cheap flights (if booked off peak and in advance):

www.easyjet.com

www.ryanair.com

Getting Around London:

By Metro ("Tube") <http://www.tfl.gov.uk>

The Tube system is very large and is probably the most efficient way to get around London. The Tube runs virtually everywhere and tickets are fairly inexpensive compared to other modes of transportation. If you use the tube, it is a good idea to carry a tube map with you so you can make travel plans at the last minute without having to worry about figuring out what tube station you need to get to. There are opportunities to save on the cost of riding the tube, including purchasing an Oyster Card. Use the website above and click on "tickets" to find more information.

Student Oyster Cards

Student Oyster Cards give you 30% off the price of adult-rate Travelcards and Bus & Tram Passes. Bear in mind that if you only make a few journeys, you may not need a Travelcard or Bus & Tram Pass. You may be better off using pay as you go at the adult rate – check with your local station to see what would be more cost effective for you. To register for your card go to:

<https://photocard.tfl.gov.uk/tfl/showLogon.do?selection=student>

You should choose the 18+ student Oyster card. Select Create web account to apply online. You will be asked to choose your establishment. Click on to CTLS and follow the links. It is very important that you fill out the forms properly and do not leave any blanks, unticked boxes etc. Your application will be delayed if your form is not 100% correct.

Our establishment registration number is 9228, make sure you fill this in. You will also need to fill in your GoCard number (not your King's College student ID).

Your application will then come through to Maiké who will approve it and send it back. Applications are reviewed every day and student oyster cards are sent immediately and so the process should not take more than a few days provided you have filled your form in properly.

In order to save the money whilst waiting for your Student Oyster Card it is cost effective to obtain normal Oyster cards from any train station – your card will be given to you immediately. Travel fares are about half price if you use Oyster cards and can be used on any tube or bus. Oyster cards can also be used on overground trains. If you make frequent journeys, you may wish to purchase a travelcard which will be put on your Oyster card.

By Bus www.tfl.gov.uk/buses

The London bus system is cheaper than the Tube, and still quite convenient. It is not quite as quick as the Tube, but can still take you almost everywhere you are likely to be interested in going. A leisurely bus ride can be a good way to see some sights en route to your destination.

You can pay bus fares easily with an Oyster Card (which is also cheaper than purchasing single tickets if you take the bus frequently), like the SmarTrip Card on DC buses. But, if you don't have an Oyster card, in Central London you must purchase your ticket at the bus stop before boarding.

By Taxi <https://tfl.gov.uk/modes/taxis-and-minicabs/>

Taxis in London are quite expensive; however, they are metered, so you can be fairly certain that you are getting a fair price. In addition, unlike most cabs in the United States, cabs in London are generally very clean. One final word of caution: be sure to take only licensed (black) cabs in London. Although they are called "black," licensed taxis come in many colors. Their shape, however, is distinctive.

Travel Within the United Kingdom:

If you want to travel to places near London, the best place to start gathering information (guidebooks/advice/reservations) is the **Britain Visitor Centre**. It is located at *1 Regent Street, London SW1Y 4XT* (south of Piccadilly Circus). Another wonderful source of travel information for the UK is www.visitbritain.com.

Remember that there are wonderful places like Bath, Brighton, Cambridge, and Edinburgh, which are just a few hours away.

By Train

For information about train schedules within Britain go to www.virgintrains.co.uk or www.nationalrail.co.uk. If you want to buy tickets over the web, try www.thetrainline.com. Victoria Station and St. Pancras/King's Cross Station are two of the main centers for rail departures and arrivals. You may want to purchase a **BritRail Pass**, which allows unlimited rail travel during a set time period. **Eurail passes aren't accepted in Britain**, although they are in Ireland.¹ If you know you would like to travel from London while you are still here, please visit www.raileurope.com. They have alternative options to the Eurail dilemma.

By Bus

Bus travel is a cheaper but slower alternative to the rail. The National Express (www.nationalexpress.com) at (0870-580-8080) runs routes to most parts of the country. They depart from Victoria Coach Station. Green Line buses (www.greenline.co.uk) operate within a 30 minute radius of London.

International Travel:

By Plane

Flights between European cities are relatively inexpensive. Two companies to watch for are **EasyJet** and **Ryanair**. (<http://www.easyjet.com> and <http://www.ryanair.com>). By the way, don't expect a beverage or meal aboard!

By Train

One of the most exciting ways to travel to **other countries** is through the Channel Tunnel (Chunnel) using a **Eurostar** train. Eurostar has five routes from London: Paris, Disneyland Paris, Brussels, Calais and Lille.

You can make reservations for Eurostar via the internet at <http://www.raileurope.co.uk> or www.eurostar.com. Eurostar trains arrive and depart from London's **St. Pancras Station**. Fares vary between First and Standard Class, by destination, and by age of the traveler ("Adults" are 26-59, "Youths" are 12-25.) You can reduce the rate further with a second-class, 14-day advance purchase (nonrefundable) round-trip fare. Look out for other special offers nearer the time you wish to depart.

The journey time to Paris 2 hours 15 minutes, and just 2 hours to Brussels. Trains run frequently (12 trains a day to Paris, and about 10 to Brussels). On Sundays trains don't run as often.

¹ **Eurail Passes** are a good idea if you are planning to travel through several European countries, but not worth the cost if you will only be traveling within the UK. Different passes are available for different lengths and styles of travel. Eurail passes can only be bought in the U.S. (See STA, listed above). Eurail offers reduced fares for travel within France, Germany, Italy, Spain, and Switzerland.

MONEY

Britain's monetary system is based on the pound (GBP, also known as "quid"). One pound (£) is made up of 100 pence (p). Exchange rates change daily. You can check updated exchange rates at www.oanda.com or similar exchange rate sites.

Coins come in £2, £1, 50p, 20p, 10p, 5p, 2p and 1p. Banknotes come in denominations of £50, £20, £10 and £5.

Changing Money

ATMs

The easiest and usually least expensive way to turn other currency into pounds is with an ATM machine. ATMs are all over London (as well as other European cities). You will also see them at the airports and a large number of tube stations.

Note: You should check with your bank before leaving, to a) make sure your PIN number can be used internationally; b) to see if your bank charges an extra fee for foreign withdrawals; and c) to notify them you will be traveling so they are not suspicious of overseas transactions.

A few ATMs in the area:

Barclays Bank PLC Cash Machine – 73 Russell Square, Bloomsbury, WC1

Barclays Bank PLC Cash Machine – 58 Southampton Row, Bloomsbury, WC1

HSBC Cash Machine - 210 High Holborn, London, WC1V

Lloyds TSB Cash Machine – 296-302 High Holborn, WC1V

NatWest Cash Machine – 332 High Holborn, London, WC1

Traveler's Checks

With ATMs everywhere, fewer people tend to use traveler's checks. However, traveler's checks are as reliable as currency, unlike personal checks, and are guaranteed against theft. You can buy traveler's checks at any U.S. bank, American Express office, or AAA office. You can also order them over the phone from American Express by calling 001-800-221-7282. You can exchange traveler's checks at banks and some hotels for pounds, but you will pay a commission, often as much as £4 per transaction, on the exchange (you will pay a commission on any kind of cash exchange). **Note:** Keep a separate record of your traveler's checks' serial numbers. This way you're ensured a refund in an emergency.

Banks

In general, banks are open from 9:30 am to 4:30 pm Monday through Friday. Some banks are open on Saturday and Sunday for a few hours. Most banks will convert dollars or traveler's checks into pounds for a small fee or percentage. For nearby banks see ATM list above.

There are numerous exchange offices (*Bureau de Change*) in London. Thomas Cook, American Express, Exchange International, International Currency Exchange and TTT Moneycorp all have branches there.

American Express will convert dollars or traveler's checks into pounds, plus it will cash personal checks for cardholders. American Express also provides International Money Transfers.

Travelex (<http://www.travelex.co.uk/contacts/default.asp?lang=ENG>) also offers a variety of services:

9 Russell Square
Bloomsbury
087-0204-5405

There are a number of **Western Union** agents around the KCL Strand Campus if students need to have money wired, including the following:

T.E.B. Travel

25 Euston Road
London NW1 2SD
Tel: 020-7837-8481

Joys News and Wine Ltd.

3 Back Hill
London EC1R 5EN
Tel. 0800-833-833

NOTARY

CTLs students have previously used Soni & Co. near St James' Park. They also have an office near Covent Garden. Information about making appointments, etc. can be found at the following web address:

<https://www.mksn.co.uk/>

Their contact information is:

M K Soni Notaries
50 Broadway
St. James's Park
London,
SW1H 0DB

Phone: 0845 888 0011
Fax: 08701 316 276
Email: info@mksn.co.uk

Another option is Sajo Thomas Notary Public, with information found at the following web address:

<http://sthasnotarypublic.com/>

Their contact information is:

Sajo Thomas Notary Public
4th Floor, Suite 4.1, Holborn, Sicillian House
Sicillian Avenue
London
WC1A 2QH

Telephone: 020 7269 9590
Fax: 020 7404 7624
Email: sajo@sthasnotarypublic.com

COMMUNICATION

Mail

<http://www.postoffice.co.uk/portal/po>

Postal facilities (aside from **Travelex** mentioned in the “Money” section) close to CTLS locations are:

High Holborn (inside Ryman Stationery) (near Swan House)
19-20 High Holborn
WC1V 6BS

Grays Inn (near Swan House)
19/20 High Holborn
Holborn
WC1V 6BS

Note: Remember, you **MUST** send your mail airmail if you want it to reach the U.S. in a decent amount of time. Ground mail can take months.

Aside from the post office, you can also buy stamps at many news stands, supermarkets and other shops throughout London. In fact, you can probably find at least one store that sells stamps within a short walking distance.

Telephones

Directory Assistance (Directory Enquiries): 118 500 (BT), 118 888 (Conduit) and 118 118 (The Number)

Country code: 44

City code: 020

Local Calls

To make calls within London, just dial the local seven or eight digit number. For the operator, dial 100. For assistance with international calls, dial 155.

To call Swan House (CTLS) while within London, simply dial 3077 5900. If calling from a mobile phone, be sure to dial the city code 020 before dialing the phone number. To call London from elsewhere in the UK, dial 020 followed by the local number.

Public Phones

There are three types of public phones: those that accept (a) only coins, (b) only British Telecom (BT) phone cards, or (c) BT phone cards and credit cards. Most coin operated phones take 10p, 20p, 50p, and £1 coins. Insert the coins before dialing (minimum charge is 10p). If you hear a repeated single tone after dialing; that means the line is busy. There is a screen on the phone that will tell you how much money is left. You can add more whenever you like.

Public card phones operate with special cards that you can buy from post offices or news stands. They come in values of £3, £5, £10, or more (composed of units of 10p) and are ideal for longer calls. To use a card phone, lift the receiver, insert your cards, and dial the number. An indicator panel shows the number of units used. At the end of your call, the card will be returned. There are also cards where you will have to dial a toll free number to access them instead of inserting them. Where credit cards are taken, slide the card through, as indicated.

*In regard to phone cards, shop around a bit for the best deal. Many students claim it is the most economic way of calling the abroad. This online site has been suggested: www.phonecards.com.

International Calls

To make an international call from London, dial the international access code (**00**), then the country code, then the area code, and finally the local number. You can also buy a phone card at <http://www.noblecom.com>.

For country dial codes please check here: <http://www.countrycallingcodes.com/>

Mobile Phones

Most students buy a mobile phone after arriving in London. You can either pay for a price plan, or pay-as-you-talk.

With the price plan, you pay a monthly fee for a set amount of minutes (depending on your plan). With pay-as-you-talk, you pay for the minutes you need, as you need them. Purchasing a mobile phone should cost around £35 - £40. There is also a good market for refurbished phones, so you can purchase a refurbished phone once you arrive in London (at about £20 - £30) then sell it back at the end of your trip. Here are some retailers in London:

Carphone Warehouse: 231 High Holborn, WC1V 7DA, Tel: 0843 538 1198; 10 Old Street, Clerkenwell, EC1V 9AB, Tel: 08701 682 796; 41 Islington High Street, Islington, N1 9LH, Tel: 08701 682 221; 220 Tottenham Court Road, W1T7PZ, Tel: 08701682319; <http://www.carphonewarehouse.com>.

Phones 4 U: 283 Roxburghe House, Regent St. W1B 2HG, Tel: 02074938499; <http://www.phones4u.co.uk/>

Here are some major carriers for price plans:

Virgin Mobile: <http://www.virginmedia.com/>

Vodafone: <http://online.vodafone.co.uk/>

O2: <http://www.o2.co.uk/>

EE: <http://ee.co.uk/>

3: <http://www.three.co.uk/>

Lebara Mobile is a fairly new provider, specializing on more affordable service for calls abroad:

<http://www.lebara-mobile.co.uk/>

E-Mail/Internet

If you are going to bring your laptop, you will need to determine the necessary hardware for adapting your power plug to the receptacles in use in London. (Differences in voltage, current and frequency are unimportant: laptop power adapters will adapt to different kinds of electricity). And, last but not least, you should change the Time Zone of your computer's internal clock for optimal functionality (once in London and once again when you return to your home country).

If you are in need of an internet café:

Goswell Road Coffee - 160-164 Goswell Road, Clerkenwell, EC1V 7DU

Angel Internet Café – 2324 Pentonville Road, WC1

Cybergate - 3, Leigh Street, Bloomsbury, WC1

Day & Night Internet Bar – 61-66, Russell Square, Bloomsbury, WC1

Global Talk - 68, Marchmont Street, Bloomsbury, WC1

Net Bar - 38, Hanway Street, Bloomsbury, W1

Rafael's Cafe.Bar.Internet - 92, Southampton Row, Bloomsbury, WC1

City Communications Internet Café – 283 City Road, The City, EC1N 7UJ

HEALTH AND SAFETY

Embassies in London

Australian High Commission

Australia House
Strand
WC2B 4LA
Phone: 020 7379 4334
Fax: 020 7240 5333
Tube: Temple

Belgian Embassy

17 Grosvenor Crescent
London
SW1X 7EE
Phone: 020 7470 3700
Tube: Hyde Park Corner

Canadian High Commission

Canada House
Trafalgar Square
London
SW1Y 5BJ
Phone: 0207 004 6000
Tube: Charing Cross

Chinese Embassy

51 Portland Place
London
W1B 1JL
Phone: 020 7299 4049
Tube: Great Portland Street and Russell Square

Colombian Embassy

3 Hans Crescent
London
SW1X 0LN
Tel: 020 7589 9177
Fax: 020 7589 5037
Tube: Knightsbridge

German Embassy

23 Belgrave Square
SW1X 8PZ
Phone: 020 7824 1300
Fax: 020 7824 1435
Tube: Hyde Park Corner, Sloane Square

Israeli Embassy

2 Palace Green
W8 4QB
Phone: 020 7957 9500
Fax: 020 7957 9555
Tube: Kensington High Street

Italian Embassy

14 Three Kings Yard
Davies Street
W1Y 2EH
Phone: 020 7312 2200
Fax: 020 7499 2283
Tube: Bond Street

Mexican Embassy

16 St. George Street
London,
W1S 1LX
Phone: 020 7499 8586
Fax: 020 7495 4035
Tube: Oxford Circus and Bond Street

Embassy of the Kingdom of the Netherlands

38 Hyde Park Gate
London SW7 5DP
United Kingdom
Phone: 020 7590 3200
Fax: 020 7225 0947
Tube: High Street Kensington

New Zealand High Commission London

New Zealand House
80 Haymarket
London
SW1Y 4TQ
Phone: 020 7930 8422
Fax: 020 7839 4580
Tube: Piccadilly Circus, Charing Cross

Palestine Embassy

Palestinian General Delegation
5 Galena Road, Hammersmith,
London,
W6 0LT
Phone: 44181-5630008
Fax: 44181-5630058
Tube: Hammersmith

Portuguese Embassy

11 Belgrave Square
London
SW1X 8PP
Phone: 020 7235 5331
Fax: 020 7245 1287
Tube: Knightsbridge

Russian Embassy

6/7 Kensington Palace Gardens
London
W8 4QP
Phone: 020 7229 6412 or 020 7229 7281
Fax: 020 7727 8625
Tube: High Street Kensington

Singapore High Commission

9 Wilton Crescent
Belgravia London
SW1X 8SP
Phone: 020 7235 8315
Fax: 020 7245 6583
Tube: Knightsbridge and Hyde Park

South Korean Embassy

60 Buckingham Gate
London
SW1E 6AJ
Phone: 020 7227 5500
Fax: 020 7227 5503
Tube: St. James Park

Spanish Consulate

20 Draycott Place
London
SW3 2RZ
Phone: 020 7589 8989
Fax: 020 7581 7888
Tube: Sloane Square

Swiss Embassy

16-18 Montagu Place
W1H 2BQ
Phone: 020 7616 6000
Fax: 020 7724 7001
Tube: Baker Street, Marble Arch, Marylebone

United States Embassy

24 Grosvenor Square
W1A 1AE
Phone: 020 7499 9000
Tube: Bond Street

Note: Make sure to make a photocopy of your passport to bring with you and store it in a safe place in case you should lose your passport.

Medical Assistance

All CTLS participants must purchase the Education Abroad insurance (the only exceptions are students who are citizens of the United Kingdom and students whose EU home school has provided CTLS with Certificates of Health Insurance Adequacy for their students. Currently, these schools are only the University of Fribourg, the Free University of Berlin and the University of Torino). Information regarding this coverage is provided on the CTLS website. You may also have medical benefits while abroad through your domestic insurance carrier.

Please note that pharmacists in the UK can do a basic diagnosis (i.e. cold) for you so you may want to go to a pharmacist if your condition is mild.

For an extensive health directory, please go to <http://www.londonhealth.co.uk>.

Hospitals

University College London Hospital
235 Euston Road, London,
NW1 2BU
Phone: 0845-155-5000

London's 24-hour **Casualty (A&E) Hospitals** include Charing Cross Hospital W6 (020-8846-1234), Guy's Hospital SE1 (020-7188-7188), Homerton University Hospital (020-8510-5555), Royal Free Hospital NW3 (020-7794-0500), Royal London Hospital E1 (020-7377-7000), St. George's Hospital SW17 (020-8672-9944 or 020-8672-1255), Whittington Hospital N19 (020-7272-3070), St. Thomas Hospital SE1 (020-7188-7188); King's College Hospital SE (020-3299-9000).

The official website of the UK National Health Service (NHS) also has an extensive directory which can provide you with medical services near you: <http://www.nhs.uk/Pages/HomePage.aspx>

King's College Health Centre

<http://www.kcl.ac.uk/campuslife/services/health/index.aspx>

King's College NHS Health Centre
3rd Floor Macadam Building
Kings College London
The Strand
London WC2R 2LS
Telephone: 020 7848 2613
Fax: 020 7848 2754

Counseling and Mental Health Services

CTLS students will have access to the counseling services offered by King's College London (<http://www.kcl.ac.uk/campuslife/services/counselling/index.aspx>). The counseling service at the Strand Campus can be contacted between 9:30am – 5:30pm every week day throughout the year when the College is in session. Any message left will be treated in the strictest of confidence.

Counseling sessions are by appointment only and take place during business hours, Monday to Friday. A psychotherapy group meets once a week after 5:00 p.m. at the Strand Campus.

The Counselling Service
Counselling, Welfare & Health Centres
3rd Floor, Macadam Building
King's College London
Strand, London WC2R 2LS

Telephone: 020 7848 7017
Fax: 020 7848 2754
Email: counselling@kcl.ac.uk

If you need to talk to someone outside office hours contact:

Nightline: (020 7631 0101), an organization run by student volunteers offering confidential telephone counseling between 6:00 pm and 8:00 am.

Samaritans: (08457 909090), a 24-hour helpline

Pharmacies (Chemists)

Pharmacies are open during normal shopping hours (Mon-Fri: 8:30 am - 7:00 pm.; Sat: 9:00 am - 6:00 pm.; Sun: closed). On Sundays, there's always one local chemist that opens around midday. See the list displayed on the door of your nearest chemist.

Some Chemists in the area around Birkbeck and Swan House:

Boots The Chemist – 24 High Holborn, London, High Holborn, WC1V, Tel: 020 7404 5544

Boots The Chemist – 35-37 High Street, Islington, N1 9LH, Tel: 020 7837 3430

Boots The Chemist – Euston Station, Main Concourse, Bloomsbury, NW1, Tel: 020 7388 3498

Boots The Chemist – 16-17 Tottenham Court Road, Bloomsbury, W1, Tel: 020 7580 3525

Boots The Chemist – 211-212 Tottenham Court Road, Bloomsbury, W1, Tel: 0207 637 8200

Boots The Chemist – 40 Brunswick Centre, Bloomsbury, WC1, Tel: 020 7278 5040

Holborn Pharmacy – 88 Southampton Row, Bloomsbury, WC1

John Walker Chemist – Judd Street, Bloomsbury, WC1

Superdrug – 18 High Holborn, Holborn, WC1V 6DR

Superdrug – 232 High Holborn, Holborn, WC1V 7DA

For other Boots The Chemist locations, see <http://www.boots.com/>

For other Superdrug locations, see <http://www.superdrug.com>

24 hour pharmacies are hard to find; however, **Zafash** is one of the few. It's at 233-235 Old Brompton Road (020-7373-2798). It is NOT in walking distance of BIRKBECK COLLEGE. **Bliss Chemist**, 5-6 Marble Arch, (020-7723-6116) is open until midnight.

Quick Tips

Health

- As a rule, you will be required to pay for all medical services at the time of service. Keep all receipts to submit for reimbursement to your health insurance company.
- Please remember that you are required to pay regular fees for doctor's visits.
- Make sure that you have all pertinent identification cards or paperwork and phone numbers. Please also see the Medical Assistance section above for more information.

General Safety

- London only has one official cab company. Please use only licensed black taxi cabs. Although they are called "black," licensed taxis come in many colors. Their shape, however is distinctive.
- In England, Scotland, Wales and Gibraltar, you are not required to produce identity documents for police authorities so it is okay to leave your passport at home or in another secure place. It is always best to make two photo copies of your passport. Leave one copy at home and bring one with you to London, but keep it in a separate place from your passport. Also bring two passport photos so that if you need to replace your passport, you will already have the copies and photos on-hand.
- If you are a victim of crime, contact the local police and the nearest Embassy or Consulate for assistance. The non-emergency number for the Metropolitan Police Service is 0300 123 1212. In case of emergency, dial 999 or 112.
- Pick pocketing and theft are two crimes you should be particularly concerned about. Don't carry a lot of money or valuables on your person. Keep your wallet in an inside pocket. A purse that has a strong strap that goes over your shoulder is best. Do not set your purse or bag down or leave it unattended or out of your view. Pickpockets and thieves target tourists so try not to look lost. Act like you know where you're going, even if you ARE lost. Be particularly careful of your personal items while visiting tourist attractions.

PREPARING FOR LONDON

What to Bring

Clothing

Socially, the British tend to have an informal yet presentable dress code. Students should wear what they usually wear to classes at their home institution. Make sure that your only clothing options are not shorts and t-shirts, as some museums, churches, restaurants and clubs require more formal attire. We are planning some program events at which more business like attire will be appropriate (i.e. jacket and tie for men). Also, pack a pair of comfortable shoes.

Check out this weather site for updated conditions <http://www.bbc.co.uk/weather>. Remember that weather reports are in ECelsius (ECelsius x 1.8 + 32 = EFahrenheit). There is always a possibility of rain in London. Bring a light waterproof jacket (or, at the very least, an umbrella).

Please note that most buildings in London are not air-conditioned.

Sundries

Most everything you will need in the way of personal items is available for purchase in London. However, certain foods and toiletries, especially if you are attached to specific brands, can be difficult to find.

You might want to consider bringing the following:

1. **Backpack for books and day trips.** Security personnel at many tourist attractions insist on searching your bags, so don't carry around anything too embarrassing.
2. **Favorite toiletries.** If you're attached to a specific brand of hair spray, tampons, razor, deodorant, etc., bring them from home. Otherwise, you can find pretty much everything in London.
3. **Prescription medicine.** Bring a copy of your original prescription in case you need a refill. However, please bring a sufficient amount of medicine to last through 42 weeks.
4. **Travel Alarm Clock.**
5. **Money Pouch** worn under clothing.
6. **Umbrella.**

Note: The British electrical current is 240 volts, AC, so you'll need a converter or transformer for electrical appliances (hair dryers, electric shavers, curling irons, radios, etc.) and an adapter that allows the plug to match British outlets. If you've forgotten one, you can buy a transformer-adapter at most branches of **Boots the Chemist** or a local electric store.

Laptops

Students planning to bring their laptops with them should be aware of the risks. Theft is a serious problem in London. Those of you who have renters' insurance should look into whether you have coverage if your belongings are lost or stolen when you travel.

What Not to Bring

Items like hangers, fans, etc. can be purchased at local stores.

Packing Tips

The rule of thumb is to lay out everything you think you need, then put half of it back! Also, if you can't carry it yourself, you have packed too much. The baggage weight limit on flights varies by airline. Check with your airline to see how much you can bring without incurring an additional fee. Be particularly cautious if your return flight is on a different airline from your original flight, as some airlines are stricter than others with regard to fees for additional or overweight baggage - you could end up being charged to bring back what was free to take with you.

Note: Currently, more restrictions have been set for carry-on items; passengers are limited to one small piece of hand luggage and a purse or small bag in which everyday personal items like money and identification are kept. The weight limit for carry on luggage varies from between 11 to 40 lbs, so check your airline's website.

Flights out of the UK allow only ONE piece of hand luggage – if you are carrying a purse and another carry-on, you need to be able to fit your purse inside your carry-on, same with a laptop bag. This is gradually being relaxed so check your airline's website before travel.

IMPORTANT: Please pack at least one change of clothes and medicines/important items with you in your carry-on. In the event of lost luggage, it pays to have a few extra items of clothing and your essential toiletries with you when you arrive.

LIVING IN LONDON

Cultural Tips

1. Look right, not left before crossing the street. Remember that in England they drive on the left side of the road. Make sure that knowledge translates to your feet when you are crossing the street. Look right first!! Instructions are painted directly on the sidewalks so pay attention. Be sure to cross streets at traffic lights or where you see "zebra stripes" (white markings indicating cross walks). At these spots, vehicles will stop the moment you begin to cross. At other places, crossing is dangerous because vehicles, not pedestrians, have the right of way.

2. Tipping: In restaurants, a 12-15% gratuity is usually added to the bill. Be sure to ask if service has been included with the bill. If service isn't included, 12% is customary. If you order food or drink from the bar, no tip is necessary. The same is true in pubs. Taxi drivers usually get 10% to 15%, although a tip should never be less than 30p. Barbers and hairdressers expect 10% to 15% and tour guides expect £2, although it's not mandatory.

3. Pubs: Pubs are a good, cheap place to get a meal and have some beer. In a pub you order beer (and meals) at the bar. The beer is brought up from the cellar by long hand pulls. Pubs are generally social places (pub is short for public house) so if you go, be ready to chat with the locals. If you stand or sit at the bar, it usually means you are interested in conversation. If you want to be left alone then sit at a table.

4. Coffee: For the java addicts among us, please remember that the English are a tea drinking people, so finding a good cup a coffee can be a challenge. Just because a restaurant has an espresso machine, doesn't necessarily mean the coffee will be what you're expecting. Fortunately, there are plenty of Starbucks for those locked into a name brand. When you are out and about, stop into Coffee Republic on the Strand for a quick café mocha or latte fix. The Café Nero chain also serve good quality coffee and have a loyalty card program, as do Costa Coffee.

5. Notes on food: A very important aspect of this program is the chance for you to explore a new and different culture. In the interest of full disclosure, there are a few "quirks" in the British culinary tradition, that unsuspecting tourists should bear in mind. First, the British have a fascination with sweet corn and have devised more ways to use it in food than one could ever imagine possible. To name a few places where you might discover it: on pizza, as a "jacket" potato topping, on salad, and on sandwiches. Next, mayonnaise is the condiment of choice, and is often slathered on, well, pretty much anything. If you're not a big mayonnaise fan, be alert when ordering. Third, salad bars are not as extensive as you are might be used to, and even vegetarian restaurants like Planet Organic have a limited selection. If your usual diet relies heavily on fresh veggies, we recommend buying produce at one of the markets and making your own.

6. London slang

London has its own famous Cockney Rhyming Slang (dog & bone = phone etc) – you can still hear this on a regular basis if you hang out in pubs!

Restaurants/Pubs/Cafes Near CTLS Locations

WARNING on Closing Time for Nightlife: Unfortunately, despite their fame, pubs typically close at 11:00 pm in London on week nights, and an hour or two later on weekends. You need a special license (a full-license) to serve alcohol after that very EARLY hour. Be prepared to spend more money than expected if you plan to go to a club that has that licensing privilege. Drinks almost double in price at such establishments. **Note:** Many pubs and bars in London are cash only establishments. Best to ask before you order.

Here are a few restaurants and pubs in the area to enjoy before the clock strikes 11:00pm:

Norfolk Arms

28 Leigh Street
Bloomsbury
020-7388-3937

King's Head

115 Upper Street
Islington

Old Red Lion

72 High Holborn
High Holborn

Darbucks World Music Bar

182 St. John's Street
Clerkenwell
020 7490 8772

The Dovetail

9 Jerusalem Passage
Clerkenwell
020 7490 7321

The Lamb

92 Lamb's Conduit Street
02074050713
Hours: 11:00 am-12:00 am MonSat;
Noon-10:30pm Sun.
Traditional Victorian Pub.

Bradley's Spanish Bar

42-44 Hanway St.
Bloomsbury
02076360359
Hours: Noon-11:00 pm Mon-Sat.
3:00pm-10:30pm Sun.
Spanish Decor & a Jukebox

Vats Wine Bar

51 Lamb's Conduit Street
Bloomsbury
020-7242-8963
Hours: Mon-Fri 12:00-9:30 pm
Good cheese and lots of wine

Jerusalem

33-34 Rathbone Place
Bloomsbury
020-7255-1120

Drinking & dancing by candlelight. A bit gothic in feel. Open later than 11:00 pm!

The Big Chill House

257-259 Pentonville Road
King's Cross
020-7682-2020

Lucas Arms

245 Grays Inn Road
King's Cross
020-7837-4340

The Old Queen's Head

44 Essex Road
Islington

In general, a really good place for pubs and clubs is the Angel and Islington areas and Soho. You really can't go wrong with any of the pubs and clubs there.

Some additional suggestions:

North Sea Fish Restaurant - 7-8 Leigh Street, Fitzrovia, 020-7887-5892. *Best Fish and Chips in the area!*

Pizza Express - www.pizzaexpress.com. Multiple locations. Pizza, drinks, and more.

Wagamama's Japanese Noodle Bar - <https://www.wagamama.com/>. Multiple locations.

Rasa Samudra (Indian) – 5 Charlotte Street (off Goodge Street tub), Fitzrovia. **Note:** The quantity of good Indian restaurants in London is incredible. Head to Brick Lane to really experience this (**Aldgate East** tube – Hammersmith & City and District lines or **Liverpool Street** tube – Central, Hammersmith & City, Metropolitan and Circle lines).

Great Nepalese Restaurant – 48 Eversholt Street, NW, Bloomsbury (Near Euston Tube)

Yo! Sushi - www.yosushi.com. Multiple locations. Staff are trained karaoke singers. There is a moving conveyor belt which transports the food for customer viewing.

Vegetarian's Paradise – 59 Marchmont Street, Bloomsbury 020-7278-6881

Chuchi – 14 Charlotte Street, Fitzrovia (Pan Asian Diner)

Café Grec – 18 Charlotte Street, Fitzrovia. Delicious baba ganoush.

Thai Metro – 38 Charlotte Street, Fitzrovia

Coffee Gallery at 23 Museum Street, Bloomsbury (near the British Museum) is a small Italian café serving good coffee, cakes and pastries as well as some hot meals at lunch.

Bleeding Heart (*Student Recommended*) Bleeding Heart Yard, 19 Greville Street, Clerkenwell. Tel.: 020-7242-8238. Fairly pricey French cuisine, but worth the expense, and with an enormous wine list that can accommodate any budget.

Porters - www.porters.uk.com/ 17 Henrietta Street, Covent Garden. Traditional English fare.

Rules - www.rules.co.uk/ 35 Maiden Lane, Covent Garden. One of England's oldest restaurants, dating back to the 1700s. Eat grouse, pheasant, woodcock, partridge, quail, duck venison or board (depending on season).

Tiger Tiger- <http://www.tigertiger.co.uk/london/> 29 The Haymarket, the West End. London's landmark club and grill. Very popular with students in the summer program. Open until 3:00 am, Monday-Saturday.

Zaffrani – 47 Cross Street, Islington.

Tortilla – 13 Islington High Street, Islington (near Angel tube). Brilliant burritos and tacos and reasonably priced.

To explore other restaurant options, check out www.squaremeal.co.uk

For 2-for-1 deals and other restaurant deals, check out www.toptable.co.uk and <http://www.moneysavingexpert.com/deals/cheap-restaurant-deals>

Shopping

Shops generally open at 9:00 am and close at 6:00 pm, staying open until 7:00 pm on Wednesday or Thursday. Most central shops close on Saturday around 1:00 pm. Quite a few shops are closed on Sunday. Larger shops and department stores will usually be open from 10:00 am to 4:00 pm or 11:00 am to 5:00 pm or 12:00 pm to 6:00 pm.

Groceries

Nearby grocery stores near CTLS locations include:

Russell Supermarket

Bloomsbury
145, Tottenham Court Road
MonSat: 7:00 am - 11:00 pm. Sun: Noon - 6:00 pm

Marks & Spencer (<http://www.marksandspencer.com/>)

Heron House (opposite CTLS and towards Chancery Lane)
London WC1V 7PU
020-7242-6538

5 Liverpool Road
Islington
020-7837-2744

Euston Station
Bloomsbury
020-7388-8798

55 Tottenham Court Road
Bloomsbury
020-7388-8798

Sainsbury's (<https://stores.sainsburys.co.uk/>)

69-71 High Holborn (turn right out of CTLS, 50m on your right, there is another larger store further down on the same side)
0207 404 9406

17-23 Farringdon Road
Clerkenwell
020 7430 0213

31-41 Liverpool Road
Islington
020-7278-1789

317-318 Upper Street
Islington
020-7704-9147

15-17 Tottenham Court Road
Bloomsbury
020 7580 7820

Tesco (www.tesco.com/)

Russell Square Express
40 Bernard Street, WC1N 1QJ
Bloomsbury

Clerkenwell Express
Brewnhouse Yard, St John Street
EC1V 4DU

Holborn Southampton Row Express
100 Southampton Row
WC1B 4BB

Outside Produce Markets

Chapel Street Market is located off Liverpool Road (Liverpool Road Islington, London, N1) and not too far from Liberty House. You can buy fruit, vegetables, and meats as well as other groceries and some household items at reasonable prices. The market is open every day except Monday. Opening times are varied, but the market is usually up and running by 9:00 am. The **Berwick Street Market** in SOHO (at Berwick and Rupert Streets) is open 8:00 am-5:30 pm Monday-Saturday. It boasts over 100 vegetable and fruit stands per day. Take the Piccadilly Circus Tube to get there. Likewise, the **Walthamstow Market** in Walthamstow (at Walthamstow High Street) is open the same hours and has a large array of low priced produce. Walthamstow Market has over 400 stalls and you can find some funky clothes purchases there. Both the Berwick and Walthamstow markets have been in existence for over a century. **Borough Market** located near London Bridge Station, is a brilliant place to buy fresh produce, including; fruit and vegetables, dairy, meat, fish and baked goods. There are many stalls which vary in price, but are all very good quality.

Specialty/Ethnic Food

London has thousands of **specialty/ethnic food** stores to choose from. There are a few places where you can purchase spices that you miss or you want to discover:

Loon Fung Supermarket
42-44 Gerrard St.
020-7437-7332
Chinese food and ingredients

Golder's Green (Deli & Butcher)
132 Golders Green Rd.
020-8381-4450
Kosher Meats and more

Brick Lane Beigel Bake
159 Brick Lane
020-7729-0616
Bagels!

Taj Stores
112 Brick Lane
020-7377-0061
Bangladeshi & Punjabi Fish/Meat/Produce

Green Valley
36-37 Upper Berkeley St.
020-7402-7385
Middle Eastern Condiments

Lauries
86 Deptford High Street
020-8691-0514
West African Food

Look in the **Brixton** area for Afro-Caribbean grocery stores. Look in **Southall** for many Indian food specialty shops.

Organic Produce and Macrobiotic

Whole Foods

<http://www.wholefoodsmarket.com/>

There are numerous branches. Check the website for nearest location.

Open 8:00 am - 9:30 pm daily (depending on branch)

Planet Organic

<http://www.planetorganic.com>

Open 9:30 am - 8:00 pm Mon-Sat; noon - 6:00 pm Sun

22 Torrington Place, Fitzrovia

020-7436-1929

Flea Markets (also see "Produce Market" section above)

Camden Markets

Camden Town/Chalk Farm Road on the Northern Line

<http://www.camdenlock.net/camden.html>

Over the past few years the phenomenon of Camden Market has moved from being a weekend only affair to a seven days a week operation and the number of visitors on weekdays has gradually increased. By coming on a weekday you miss the crowds but not all the stalls are open. But remember all of the main streets shops are open 7 days as are most of the shop units in the Market areas of Stables and Camden Lock. In general more traders are open as you move from Monday through to the busiest day, Sunday.

Camden Passage

Islington High Street and Camden Passage (behind Upper Street)

<http://www.camdenpassageislington.co.uk/index.htm>

Open: Main market and trading days are Wednesdays and Sundays but many shops are open on throughout the week.

Extensive malls, arcades, stalls selling antiques, jewelry, vintage clothing and other wares

Portobello Road Market

<http://www.portobelloroad.co.uk/the-market/>

Portobello Road/Goldbourne Rd.

Open **Antiques Market:** 4:00 pm-6:00 pm Sat; closed Mon-Fri, Sun. **General Market:** 8:00 am - 6:00 pm Mon-Wed; 9:00 am - 1:00 pm Thur; 8:00 am - 7:00 pm Fri, Sat; closed Sun. **Organic Market:** 11:00 am - 6:00 pm Thur; closed Mon-Fri-Sun. **Clothes & Bric-a-Brac Market:** 8:00 am - 5:00 pm Fri; 8:00 am - 5:00 pm Sat; 9:00 am - 4:00 pm Sun; closed Mon., Thurs.

Petticoat Lane Market

Middlesex Street and Wentworth Street

Open Mon-Fri: 10:00 am – 2:00 pm; Sun: 9:00 am - 2:00 pm; closed Sat.

Cheap junk (jewelry, clothes and oddities).

Room Furnishings

Students who want to purchase things like a desk lamp or a fan for their dorm room might find that **Rayshack** (34 Chapel Market) or **Debenhams** (334-348 Oxford Street, W1C 1JG; 020-7580-3000) offers reasonable prices and a decent selection. Also check out Argos (<http://www.argos.co.uk/>) which has comprehensive catalogs of household necessities and locations on most high streets. **Gumtree** (<http://www.gumtree.com>) also has a massive selection of second-hand goods.

Electronics

Ryness

<http://www.ryness.co.uk/>

306 High Holborn

WC1V 7JS

Tel: 020 7831 1700

Argos

<http://www.argos.co.uk/>

Various locations

Department Stores

One department store in Bloomsbury is **Heals** (196, Tottenham Court Road/020-7636-1666). Mon-Wed: 10:00 am - 6:00 pm. Thu: 10:00 am - 8:00 pm. Fri: 10:00 am - 6:30 pm. Sat: 9:30 am - 6:30 pm. Sun: Noon - 6:00 pm. This shop stocks everything for the home including furnishings, gardening accessories and a stylish selection of gastro-items as well as a range of cookware and tableware.

The big four department stores along Oxford Street are **Selfridges**, **John Lewis**, **Debenhams** and **House of Fraser**. **Selfridges** - 400 Oxford Street, W1A 1AB, Tel: 08708 377 377, Website: www.selfridges.co.uk, Open: 10am-8pm Mon-Fri, 9.30am-8pm Sat, 12pm-6pm Sun, Tube: Bond Street/March Arch. **John Lewis** - 278-306 Oxford Street, W1A 1EX, Tel 020 7629 7711, <http://www.johnlewis.com/> Open: 9.30am-7pm Mon-Wed, 9.30am-8pm Thu, 9.30am-7pm Fri/Sat, 12pm-6pm (browsing 11.30am-12.00pm) Sun, Tube: Bond Street. **Debenhams** - 334-348 Oxford Street, W1C 1JG, Tel: 0844 561 6161, Open: 9.30am-8pm Mon-Tue, 10am-8pm Wed, 9.30am-9.00pm Thu, 9.30am-8.00pm Fri, 9am-8pm Sat and 12pm-6pm Sun, Tube: Bond Street. **House of Fraser** - 318 Oxford Street, W1C 1HF, Tel: 020 7529 4700, Website: www.houseoffraser.co.uk, Open: 10am-7pm Mon-Tue, 10am-8pm Wed, 10am- 9pm Thu-Fri, 9.30am-7.30pm Sat, 11.30am-6.00pm Sun, Tube: Bond Street

If you are a shopper, you must go to **Harrods** on 87 Brompton Road. Check it out in all its splendor at www.harrods.com. Mon-Sat: 10 am – 8 pm; Sun: 12 pm – 6 pm. Harrods is undisputedly Britain's most famous department store. Even if you can't afford anything, it's worth the trip.

Fashion suggestions

London has a more eclectic variety of clothes than most cities in the US. Some popular clothes stores are: **Oasis** (13 James Street) www.oasis-stores.com, **Mango** (8-12 Neal Street) www.mango.com and **Zara** (118 Regent Street) www.zara.com. For budget clothing try **Primark** (499 Oxford Street), **New Look** (500-502 Oxford Street) or **H&M** (<http://www.hm.com/gb/store-locator>)

Bookstores

Try **Waterstone's** or **W.H. Smith** bookstores. They both have locations throughout London and a wide variety of material. Other options:

Arthur Probsthain

41 Great Russell Street
Asian and African literature
<http://www.oriental-african-books.com/>

The Aquarium

10 Woburn Walk
Pre-owned and new books

The Book Warehouse

120 Southampton Row
Bargain Books

Gay's The Word

66 Marchmont Street
1st bookshop in London
Dedicated to gay literature

You may also want to check out the **Riverside Walk Market** (12:00 noon - 7:00 pm on Saturday and Sunday). It's on the South Bank under the Waterloo Bridge.

Religious Life

There are innumerable churches, temples and other religious facilities in London, but here are a few near UCL:

West Central Liberal Synagogue

The Montague Centre
21 Maple Street
<http://www.wcls.org.uk/>
020 7636 7627

St. Giles-in-the-Fields

(Anglican)
60 St. Giles High Street
<http://www.stgilesonline.org/>
020 7240 2532

Our Lady of the Rosary (Catholic Church)²

211 Old Marylebone Road
<http://www.rcdow.org.uk/marylebone/>
020 7723 5101

Bloomsbury Baptist Church

235 Shaftesbury Avenue
<http://www.bloomsbury.org.uk/>
020 7240 0544

American Church in London

² Catholic students might prefer to attend Sunday service in Westminster Cathedral (not to be confused with Westminster Abbey), which is located at Ashly Place, off Victoria Street. The nearest tube stop is Victoria Station.

Whitefield Memorial Church
79 Tottenham Court Road
<http://amchurch.co.uk/>
020 7580 2791

This is a gathering point for Americans in London.

There are several mosques located throughout the city, here are the addresses of two of them:

London Central Mosque

146 Park Road, St. John's Wood
020 7724-3363

<http://www.iccuk.org/index.php?article=1&PHPSESSID=j3uafbvoj2u25b8qtfuov6sbn2>

East London Mosque

82-92 Whitechapel Road, E1
020 7650-3000

<http://www.eastlondonmosque.org.uk/>

There is also a Buddhist Temple at:

Buddhapadipa Temple

14 Calonne Road, Wimbledon Parkside
020 8946 1357

<http://www.buddhapadipa.org/pages/temple.html>

Fitness

There are many parks around London for outside runs or nice walks. The largest of the central London parks is **Hyde Park** (Tube: Marble Arch, Hyde Park Corner, or Lancaster Gate). There is a lake in it where you can row or swim (provided you don't mind sub-Florida water temperatures). You can rent a paddleboat or a rowboat from the boathouse. For more information call **Hyde Park's Serpentine** (tel. **020-7262-1330**). A closer option to the school is **Regent's Park** (Tube: Regent's Park or Baker Street). Its core is a rose garden planted around a small lake. The park is home to the **Open-Air Theatre** and the **London Zoo**. Deck-chairs can be rented for the sunbathers (if there is sun). Make sure you head to **Primrose Hill** for fantastic views over London. For more information on activities within the park call **Regent's Park** (tel. **0300-061-2300**). Another famous London park is Richmond Park – you can get there by tube to Richmond. It's huge and has a large deer population.

Students will be able to use the gym facilities at King's College.

Kinetic Fitness Club, 127 Stamford Street, (Stamford Street apartments) London, SE1 9NQ but the entrance to the fitness centre is actually from Cornwall Road. All this is on the Waterloo campus across the Waterloo Bridge.

Telephone: 020 7633 2196

Email: kinetic@kclsu.org

<https://www.kclsu.org/>

Additional information will be provided to you at orientation.

Other Gyms in the area:

Fitness First Ltd

361-363 City Road
Clerkenwell
020 7239-0390

Central YMCA

112 Great Russell Street
Bloomsbury
020-7343-1844

Oasis Sport Center (Swimming Pools)

32 Endell Street
Bloomsbury
020-7831-1804
Services in the area

Fax/Photocopies

London Copy Centre

44 Grays Inn Road
Holborn WC1X 8LR
<http://www.londoncopycentre.co.uk>
020 7404 1555

The Color Company/FedEx

114 The Strand
London WC2R 0AG
020-7632-8820

88 Fenchurch Street
London EC3M 4BY
020 7553-2928

35-37 Cannon Street
London, UK
EC4M 5SB
020 7982- 7900

Shoe Repair

Michael's Shoe Care

Southampton Row
020-7405-7436

Dry Cleaning

Denver Dry Cleaning

80 Lamb's Conduit St.
Bloomsbury
020-7404-1979

Barber / Hair Salon

Coopers (Unisex Salon)

57 Lamb's Conduit St.
Bloomsbury
020-7242-0845

Rough Cut

43 Upper Street
Islington
020-7354-2032

Hair by Fairy (Unisex salon)

8-10 Neal's Yard
Covent Garden
020-7497-0776
Walk-ins, no appointment necessary. £13 wash and cut

TOP LONDON ATTRACTIONS



1. The Houses of Parliament with Big Ben – The Houses of Parliament is the place where laws governing British life are debated and enacted. The building originates from 1840 after a fire destroyed the previous building. The Gothic style was designed by Sir Charles Barry with help from A.W. Pugin. Parliamentary tradition is steeped in pomp, ceremony and splendour. The Queen rides in her State coach to Westminster to open each new session of Parliament, usually in the second week in November. A word of caution; in the summer months it can get pretty congested with tourists and traffic competing to cross Parliament Square. Open from: Mon-Fri **9am-4pm**, Sat **9am-2pm** & 4-5pm, also Wed 6-7.45pm. Tel: 020-7219-3000.

The Houses of Parliament contain the bell Big Ben that strikes on the quarter hour. A light in the clock tower tells when the House of Commons is in session. 'Big Ben' the ornate, gilded clock tower, strictly speaking refers only to the thirteen-ton main bell. It takes its name either from the original Commissioner of Works, Benjamin Hall, or a popular heavyweight boxer of the time, Benjamin Caunt. [More information here.](#)

2. Tower Bridge One of the most famous London attractions and just over a hundred years old, the Tower Bridge with its twin drawbridges, or bascules, each weighing about 1,000 tons have been raised more than half a million times since it was built. It takes only 90 seconds for the bascules to be raised with electric motors which replaced the old steam engines. From Tower Bridge you can view HMS Belfast, an 11,500ton cruiser that opened the bombardment of the Normandy coast on D-Day. The closest tube stations are, Tower Hill and London Bridge. Open: daily 10am - 6:30pm; Nov-March 10am - 5:15pm. Tel: 0207 403 3761. [Tower Bridge information](#)



3. Buckingham Palace Popularly known as "Buck House", has served as the Monarch's permanent London residence since the accession of Queen Victoria. It began its days in 1702 as the Duke of Buckingham's city residence, built on the site of a notorious brothel, and was sold by the Duke's son to George III in 1762. The building was refurbished by Nash in the late 1820s for the Prince Regent, and again by Aston Webb in time for George V's coronation in 1913. It is the largest private house in London it has more than 660 rooms. The palace is actually back-to-front: the side you look at from the Mall is the back of the building. [More information](#)



4. London Eye Millennium Wheel Based on the bank of the River Thames near Waterloo Station this is a spectacle well worth a visit. This London attraction will blow your mind away. Basically it is the biggest observation wheel in the world, hence its name. It will, over 30 minutes, make a full circle and thus give you a splendid view of London. It towers 135 meters over the Thames River and weighs 2,100 tonnes. If there are clear skies you will have a 25mile panoramic view. Open: Daily 10.00am 8.00pm. Late opening to 9.00pm during June to September. Tel: 0870 5000 600. Nearby attractions like Big Ben, Houses of Parliament on the other bank and the bridges over the Thames River will keep your camera busy.

5. **Trafalgar Square** Here the statue of Admiral Lord Nelson dominates the square from 167 feet above it. Built to commemorate his naval victory in 1805 it is the focal point of this magnificent area. Trafalgar Square was laid out in 1830 and is a popular venue for political rallies and used to be home to thousands of pigeons. The Mayor of London's recent ruling banning pigeon food sellers is designed to purge this patch of London of a health hazard. The pigeons don't seem to realize they're not welcome and you still find tourists feeding them and taking photos with them. Each year people from all parts of London congregate there on December 31st to celebrate the New Year.



Four majestic bronze lions, each 20 feet long and 11 feet tall guard the base of Nelson's column and the church of St Martin-in-the-Fields, with its lunchtime concerts, dating from 1721 makes it popular destination for tourists. [Picture and more information](#)



6. **The Tower of London** Overlooks the river at the eastern boundary of the old city walls. Chiefly famous as a place of imprisonment and execution, it has variously been used as a royal residence, an armoury, a mint, a menagerie, an observatory and a function it still serves a safe-deposit box for the Crown Jewels. The Crown Jewels are perhaps the major reason so many visitors flock to the Tower. At least some of the Crown Jewels have been kept in the Tower since 1327, on display since Charles II let the public have a look at them. The oldest piece of regalia is the twelfth-century 'Anointing Spoon'; the most famous is the 'Imperial State Crown', sparkling with a 317carat Indian diamond, called the

'Kohinoor', a sapphire from a ring said to have been buried with Edward the Confessor, and assorted emeralds, rubies and pearls. Although you can explore the Tower complex independently, it is a good idea to get your bearings by joining up with one of the guided tours, given every thirty minutes by one of the forty-odd eminently photographable Beefeaters. These ex-servicemen are best known for their scarlet-and-gold Tudor costumes. <http://www.hrp.org.uk/TowerOfLondon/>

7. **The British Museum** This national institution attracts millions of people each year. It is located on the Great Russell Street, London, WC1 and you can reach it by taking the Tube to Russell Square or Tottenham Court Road. You will find almost everything under one roof starting with collections from Egypt, Greek and Roman art, China, old Mesopotamia, Antiques, coins and medals, Prints and drawings, Renaissance and Anglo-Saxon Britain, etc. The sheer size of the museum (2,5miles of galleries) should warn you to wear a good pair of walking shoes and be prepared to spend most of the day there.



Whatever your taste you will have a memorable day out. Open: Mon-Sat 10am-5pm, Sun noon-6pm. Tel: 0207 323 8000. [See here for current exhibitions.](#)

8. **Tate Gallery of Modern Art** The building was transformed from an old power station by the Swiss architectural duo Herzog & de Meuron at a cost of 130 million pounds. This gallery of modern art and sculpture is becoming very popular. Located at Bankside, SE1 (Southwark, Blackfriars) it features international Modern Art organized in four themed groups "Landscape", "Still Life", "The Nude" and "History". Tel: 0207 887 8888. [Current exhibitions.](#)

9. **National Gallery** Next to the National Portrait Gallery on the north side of Trafalgar Square you will find the National Gallery which was founded in 1834 and houses one of the greatest art collections in the world. It includes artists like Titian, Monet, Leonardo da Vinci and Turner to name but a few. Open from: Mon-Sun 10am-6pm (Fri till 9pm). Tel: 0207 839 3321. [Current exhibitions.](#)



10. **The Victoria & Albert Museum** This is the home of applied arts. Due to the sheer variety and scale of exhibits there is bound to be something to grab your attention. It has the world's largest collection of Indian art outside India, Chinese, Islamic, Japanese and Korean galleries, more Constable paintings than the Tate; seven Raphael masterpieces and sizable collection of miniatures, water-colours and medieval and Renaissance sculpture, and a splendid collection of Samurai swords, among other things. It is located near South Kensington tube station, at Cromwell road, SW7. Tel: 0207 942 2000. [Current exhibitions.](#)

Sights in the area

British Museum - www.thebritishmuseum.ac.uk

Great Russell Street

Bloomsbury

020-7323-8000 or 020-7323-8299

Open: Galleries 10:00 am - 5:30 pm daily.

Great Court 9:00 am - 9:00 pm Mon-Wed.; 9:00 am - 11:00 pm Thurs-Fri; 8:00 am – 11:00 am Fri; 8:00 am - 6:00 pm Sun.

Admission is free, except for special exhibits and events. The reading room is open to the public 10:00 a.m - 5:30 p.m., each day of the week.

British Library - www.bl.uk

96 Euston Road

Bloomsbury

Hours of Operation: Monday 9:30 am to 6:00 pm; Tuesday 9:30 am to 8:00 pm; Wednesday 9:30 am to 6:00 pm; Thursday 9:30 am to 6:00 pm; Friday 9:30 am to 6:00 pm, Saturday 9:30 am to 5:00 pm, Sunday and Bank Holidays 11:00 to 5:00 pm.

Note: The Reading Rooms have different opening times, and you must obtain a “reader’s pass” from the Reader Admissions Office in order to access the Library’s collections. You will need to provide proof of your address and proof of your signature. It is also advisable to bring your student ID.

Dickens House

48 Dougherty Street

Bloomsbury

020-7405-2127

Open: 10 am - 5pm Mon-Sat;

11 am - 5pm Sun

Admission: Approx. 4 pounds for students

www.dickensmuseum.com

For more information on sightseeing & current happenings throughout London go to:

TimeOut www.timeout.com/london

UK Guide <http://www.ukguide.org>

Travel Britain <http://www.travelbritain.com>

London Town www.londontown.com

Britannia www.britannia.com

All in London www.allinlondon.co.uk

ViewLondon www.viewlondon.co.uk

VisitLondon www.visitlondon.com

What's On www.whatsoninlondon.com

What's On Stage www.whatsonstage.com

LondonForFun www.londonforfun.com

London For Free www.londonforfree.com

Free London Listings www.freelondonlistings.co.uk

For information on additional festivals and events taking place during your stay, visit http://london.eventguide.com/annual_events_overview.html.

Entertainment in the area

King's Head Theatre

115 Upper Street, Islington

020 7226 1916

<http://www.offwestend.com/index.php/theatres/view/16>

Renoir Cinema (foreign and nonmainstream films)

Brunswick Centre

Bloomsbury

020-7837-8402

Odeon Cinema

Tottenham Court Road

Bloomsbury

0871-224-4007

<http://www.odeon.co.uk>

The London Zoo

Regent's Park

020-7722-3333

<http://www.zsl.org/londonzoo/>

Shakespeare in the Park

Open Air Theatre

Inner Circle, Regents Park Box Office and Information: 020 7486 2431

<http://openairtheatre.org/>

The UCL Bloomsbury Theater

15 Gordon Street

020-7388-8822

<http://www.thebloomsbury.com>

Wonderful venue for plays, concerts, films, and exhibitions.