

# LET'S GO TO WORRELL HOUSE

*A Guide to Wake Forest Life in London*

Revised April 2017



**The Worrell House  
36 Steele's Road  
London NW3 4RG  
England**



**Faculty Suite**

**Faculty Director's Cell Phone (emergency only)**

**Resident Assistant's Cell Phone**

**011-44-207-722-3808**

**011-44-776-990-5447**

**011-44-078-793-06415**

For all calls within the UK omit the 011-44 and add a zero, so for example,  
dial 0207-722-3808 for the Faculty Suite

## **Important Contacts**

House Manager Fiona Haynes – Landline  
Mobile  
Email: [fitrier@inbox.com](mailto:fitrier@inbox.com)

020-7284-1565

078-1713-4107

\*Police/Emergency/Fire

999

\*Operator

100

\*Directory Assistance

188 500 (national)

\*Directory Assistance  
website

188 505 (international)

\*American Embassy  
website

<http://www.thephonebook.bt.com>

7-499-9000

[www.londonconsular@state.gov](mailto:www.londonconsular@state.gov)

[www.usembassy.org.uk](http://www.usembassy.org.uk)

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# INTRODUCTION

This guide aims to help you get acquainted with London and particularly the area around the Worrell House. It is an accumulation of the observations of past students, faculty, and resident assistants, as well as the seasoned advice of your House Manager. Hopefully you will find this guide helpful in making the most of your time in London!

Obviously, prices are constantly changing; new businesses open and old ones close. In order to help us keep this guide current and relevant, we encourage your input. Please email any suggestions or feedback to [smithkb@wfu.edu](mailto:smithkb@wfu.edu)

At the Worrell House, we embrace what Rick Steve's calls "the Back Door Travel Philosophy" and encourage you to do the same!

## **"The Back Door Travel Philosophy"** (from *Rick Steve's Europe Through the Back Door: 2007*)

The average American enters Europe through the front door. This Europe greets you with cash registers cocked, \$5 cups of coffee, and service with a purchased smile.

To give your trip an extra, more real dimension, enter through the back door. Through the back door, a warm, relaxed, personable Europe welcomes us as friends. We're part of the party—not part of the economy.

Traveling this way, we become temporary Europeans, one of the family—approaching Europe on its level, accepting and enjoying its unique way of life. We'll demand nothing, except that no fuss be made over us.

Extroverts have more fun. If your trip is low on magic moments, kick yourself and make things happen. If you don't enjoy a place, maybe you don't know enough about it. Seek the truth. Recognize tourist traps. ***Give a culture the benefit of your open mind. See things as different, but not better or worse.*** Any culture has much to share.

Of course, travel, like the world, is a series of hills and valleys. ***Be fanatically positive and militantly optimistic. If something's not to your liking, change your liking.***

Travel is addicting. It can make you a happier American, as well as a citizen of the world. Our Earth is home to six and a half billion equally precious people. It's humbling to travel and find that people don't envy Americans. Europeans like us, but with due respect, they wouldn't trade passports.

***Globe-trotting destroys ethnocentricity.*** It helps you understand and appreciate different cultures. Regrettably, there are forces in our society that want you dumbed down for their convenience. Don't let it happen. Thoughtful travel engages you with the world—more important than ever these days. Travel changes people. It broadens perspectives and teaches new ways to measure quality of life. Rather than fear the diversity on this planet, travelers embrace it. Many travelers toss aside their hometown blinders. Their prized souvenirs are the strands of different cultures they decide to knit into their own character. The world is a cultural yarn shop, and Back Door travelers are wearing the ultimate tapestry. Join in!

## PREPARATIONS FOR TRAVEL

### Pre-Departure Checklist

#### ☐ **Passports**

Each participant must have a valid passport for the trip. Travelers must keep their passports with them at all times. Occasionally they may be asked to leave it briefly with the manager of a hotel in order to allow the management to copy required information. Student should keep a security copy of the passport number in a place separate from the passport itself. \*\*Make sure your passport is valid for at least 6 months after your planned return to the United States.\*\*

#### ☐ **Letter of Certification**

- ☐ All students should have the original copy of their Letter of Certification from the Center for Global Programs and Studies. The Letter of Certification confirms your status as a full-time WFU student attending the Worrell House London program for your semester abroad. You must carry this letter with you through immigration when you enter the United Kingdom and on all subsequent travels in and out of the country. It is imperative that you keep this letter with your passport at all times.
- ☐ The letter states that you are enrolled in an academic program run by Wake Forest University, that your fees have been paid in full, and that you will not be seeking any type of employment for the duration of your stay in England.
- ☐ It is important that you check to ensure that your name is spelled correctly, and report any mistakes to the Center for Global Programs and Studies immediately so that we can send you a revised letter.
- ☐ If you have any questions regarding this letter please feel free to contact Jessica Francis, study abroad advisor, at 336.758.3890 or stop by the Center for Global Programs and Studies located in Reynolda Hall 116.

#### ☐ **Visas**

Students may need to obtain visas when traveling to other countries over the course of the semester. The visa is official permission to enter a country and stay for a determined period of time. You must have a valid passport to apply for a visa. To learn about entry requirements for any country that you plan on visiting please visit the U.S. State department website (<http://www.travel.state.gov/>).

#### ☐ **U.S. State Department**

We advise that you let the State Department know you're traveling abroad. You can register online at (<http://www.travel.state.gov/>). In case of political/environmental/ other disaster, the US will know where you are and can help you out. They can also send you occasional emails about things to be aware of while you're traveling.

#### ☐ **Verification of Health Insurance**

Participants will need to certify that their health insurance coverage applies outside the continental United States. There is a form that you will have to complete for the Center for Global Programs and Studies regarding your health insurance.

#### ☐ **HTH Worldwide**

- ☐ As part of your program fee, Wake Forest University will purchase for you the HTH Card. HTH is designed to supplement your private insurance by providing additional coverage for the costs of accidents and routine sicknesses while you are abroad. Please check the site (<https://www.hthstudents.com>) for more details.
- ☐ Wake Forest will purchase the card for you once your study abroad plans are finalized.

☐ **Courses**

The academic program at the Worrell House consists of five main courses per semester. All the classes are held at the Worrell House with the English professors teaching the Theatre, Art and History course. In addition, the Resident Professor teaches two courses from his/her discipline. Classes are scheduled Monday through Thursday, leaving the weekends free for exploring London or travel to other destinations.

☐ **Books**

The Resident Professor will furnish a list of books required for the program of study. Students will make arrangements for the purchase and transport of their books. Certain books may be available through the Worrell House library, so check with your professors before purchasing.

☐ **Registration**

Students will register for courses in the semester preceding participation in the program. The Resident Professor, who will serve as adviser to the students during the semester abroad, conducts the registration. Students will register for the following semester while they are abroad in London. Students may choose to meet with their advisor prior to going abroad to discuss courses for the semester that they return to Wake Forest, and will be responsible for registering while they are abroad.

☐ **Make travel arrangements**

- ☐ Check with your Faculty Director for program dates. You will need to move in on the weekend before classes start—not the Monday of that week. Also, you will not be admitted to stay in the Worrell House until the faculty director is in residence.
- ☐ Consider flights to either Heathrow or Gatwick airport.

☐ **Reach out to fellow Worrellites!**

Contact the other students who will be traveling with you—perhaps you can establish travel plans, and ensure that you do not overlap on packing. It's also a great idea to contact past students, for specific advice about what to pack, what to leave home, the cost of living, etc. Last, but certainly not least, contact your Resident Assistant! That's what s/he is there for!

## **Packing**

**IMPORTANT: Please bring two actual WALLET-SIZE PHOTOS with you to Worrell House (not copies) THIS IS MANDATORY.**

**A HOUSE KEY WILL BE ISSUED ONCE THESE HAVE BEEN RECEIVED BY THE RESIDENT PROFESSOR OR RESIDENT ADVISOR. IF YOU HAVE FORGOTTEN THESE, YOUR ARRIVAL AIRPORT, MANY UNDERGROUND STATIONS, AND THE PHARMACY IN ENGLANDS LANE, HAVE PHOTO BOOTHS OR SERVICES.**

**A thirty pound deposit will be required for the keys and returned on your departure.**

## **Necessities for any season**

- comfortable (and preferably waterproof) walking shoes
- warm coat or jacket
- umbrella
- gloves
- sweaters
- electrical adapters/converters
- 1 to 2 locks for hostel lockers
- water bottle (many countries charge for water but have free water fountains)

**\*\*Special Request:** Please bring a couple plastic cups, especially the big WF ones from LJVM. It's hard to find anything similar in London, and we love those cups here at Worrell! Stuff them with socks and stick them in your suitcase. You'll be glad you have them. ☺

## **What NOT to pack:**

- bedding and towels are provided by Worrell House and washed once a week. Students may want to bring one additional towel to use when traveling
- hair driers – Worrell House supplies these
- straightening irons (*wands*) are also available but for fire and safety reasons are located in the laundry lobby and are not allowed in bedrooms
- excessive electronic equipment (e.g. ipod home stereos)
- valuable jewelry

## **Other suggestions:**

- Although London is quite cosmopolitan, you may be surprised at how casually Londoners often dress for the theatre. At any performance, you will see both jeans and formal dress. Many students wear jeans far more often than dress attire.
- *Ladies:* A night out in London typically involves massive amounts of walking (house to Tube, Tube to bar, bar to bar, wander about and look for night bus, bus to home). Leave your uncomfortable heels at home, however cute they may be. Bring one or two good, *comfortable* pairs of dress shoes that you can wear with lots of outfits.
- In order to avoid international credit card fees every time you use your card, ask your bank about a travel rewards credit or debit card. This will save you money and help you avoid unnecessary fees. Bank of America has a travel rewards credit card.
- Label your electronic chargers, such as a ThinkPad or phone charger, since there will be many similar charges lying around the House.

## **\*\*Electric Converters vs. Adapters\*\***

Be aware of the difference between electric adapters and power converters. A converter changes the electric current from European or UK to American. A small adapter allows American-style plugs (2 flat prongs) to fit into British outlets (which take 3 rectangular prongs) or continental European outlets (which take 2 small, round prongs). While there are some combination converter-adapters, you'll most likely need to deal with each of these issues separately.

- You will need adapters for laptops and MOST advanced electric equipment, which automatically adapts to the change in current. However, some less advanced equipment (like hair driers, straightening irons, and apparently iHomes) require converters. To be on the safe side, you may want to check with your resident assistant or an electronic specialist.
  - **Adapters**, shown below, are cheap and available at most US electronics stores and online. Try Radio Shack, Best Buy, or Amazon. They can also be easily purchased in the airports or once you get to London.



US to UK



US to Europe



**Converters** are available at Maplins, Camden Parkway although it may be cheaper to buy one before you come. Past students recommend the global converter below from Brookstone (sku #599472):



## Communication

### Internet

- The Worrell House does have wireless internet, so you will be able to be in constant contact with your friends and loved ones. Not that you'll have the time, with all the fun things you'll be doing...

### Phone

Your options: ALL STUDENTS ARE NOW REQUESTED TO BRING OR BUY A MOBILE PHONE

- Bringing internationally capable cell phones with you can be quite expensive, but you will find them incredibly useful while traveling abroad. Look into this option before you leave, but there are options to buy pay-as-you-go phones in the UK.
- Most students choose to buy pay-as-you-go mobiles or SIM cards. They are cheap and easy to buy (£5-10 phone + £20 pound top up can last at least a month). More information on where to buy mobiles can be found in the "First Day" section.
- SKYPE! If you don't already have it, download Skype at [www.skype.com](http://www.skype.com), and tell all of your friends and family to do the same. Skype allows free video chat with other skype users, and cheap rates on calls to international phones.
- Skype also has a feature called 'SKYPE-TO-GO'. This allows you to access your skype account with your cellphone. Set this up by going to your Account, clicking on the 'skype-to-go' tab and following the instructions. Skype will assign a local (UK) number for each US number you'd like to call – home, parents etc.- and it will only cost you a local call with your phone plan (usually 12p per minute) and a skype call( 02 cents per minute).
- Calling with G-Mail. You need to be connected to the VPN. Dialing a phone number is expensive, using g-mail is very easy and inexpensive.
- Sign on to Google chat and use the video chat option.
- iPhone or Mac users can call for free on FaceTime, or you can download apps like WhatsApp or Viber and call and text for free through the app! WhatsApp is very common in Europe, and many people use this more than regular texting.
- T-Mobile offers free data, texting, and wifi calling for most regular phone plans. So if you already have T-Mobile, ask if you qualify for free data abroad.

With the combination of email, Skype, and a cheap UK mobile phone, you can be in easy contact with friends and family in the US and UK for a minimal amount of money.

### How to Dial in UK

Britain, like the US, uses an area code dialing system. Area codes start with 0. (e.g. 0207 or 078)

### International Calls

#### To the UK

Dial the international access code of the country you're in (011 from the US or Canada, 00 if you're calling from Europe), then Britain's country code (44), then the area code (without its initial 0) and the local number.

- To call the Worrell House 0207-722- 3808 [FACULTY LANDLINE], YOU WOULD DIAL 011-44-207 722 3808

#### From the UK

Dial the international code (00 from the UK), then the country code of the country you're calling (1 for US), then the number you're calling.

- To call the Wake Forest Global Programs and Studies Office (336-758-5938) from the UK, dial 00-1-336-758-5938.



## GETTING TO WORRELL HOUSE

No matter how excited you are, when you first land in London, you're going to be tired, luggage laden, and probably a little disoriented. To ease your transition and get you to Worrell as quickly as possible, try to have a plan in place before you get off the plane.

Also, keep in mind that you will need to **PRESERVE YOUR TICKET** on all forms of public transport. Tickets are scanned on exit from the Underground (more fondly known as the Tube) and may be checked during your journey on any form of transportation.

If you're taking a taxi, tell the driver you want "36 Steele's Road, NW3 4RG. It's 2 streets above Chalk Farm Station, between Haverstock Hill and Primrose Hill Road." Do not accept offers from any driver to 'show you the sights' on the way.

### **From Heathrow Airport:**

#### Option One: (cost: £5 /travel time: up to 90min)

Follow signs out of Heathrow airport to the "Underground." Buy a single, zones 1-6 Underground ticket. Board eastbound Piccadilly line train to Leicester Square Station. Change lines and board northbound Northern line train (be sure to get an Edgware train going towards Chalk Farm station, not one to High Barnet). Disembark at Chalk Farm and walk uphill to Worrell, or downhill from Belsize Park. (See walking directions and map on following page.) Alternatively, you could disembark from the Piccadilly Line at King's Cross station and take a taxi to Worrell House (£10/10 min).

#### Option Two: (£32-37/30-40 min)

Take the Heathrow Express train to Paddington Mainline station (£22 Single/£36 Return – ONLINE. £25 from the ticket machine/15-20 min) and then take a taxi to 36 Steele's Road. (£15/15 min).

#### Option Three: (£22/40-50 min)\*

**A cheaper alternative to the Heathrow Express is the Heathrow Connect, which also goes to Paddington station. It follows exactly the same route, but it stops at a few stations along the way. Overall, the cost is less than half that of the Heathrow Express, and it only takes about ten to fifteen minutes longer to get to Paddington Station (£10.20/25-30 min). From Paddington, take a taxi to Worrell House as noted above (£15 /15 min).**

#### Option Four: (£40-85, taking at least 60 minutes, depending on traffic)

Taxi straight to Worrell House or use a car service such as Just Airports. Booking a car in advance is cheaper than taking a taxi, and it's nice to have the driver waiting for you so you don't feel quite so overwhelmed leaving the airport. Plus it's a flat rate, so you don't have to worry about your fare increasing because of traffic.

**\*Many people confuse Heathrow Express and Heathrow Connect since they leave from adjacent tracks in Paddington.**

**From Gatwick Airport:**

Take the Gatwick Express to Victoria Main Line Station (£18 online, £20 from the ticket machine / 30 min).

- Option One: (£20/20 min) Taxi from Victoria station to 36 Steele's Road.
- Option Two: (£4.50 /roughly 30 min) Buy a single zones 1-2 Tube pass. Take a northbound Victoria line train to Euston, then board a northbound Northern line train, Edgware branch. (Do not get off at the previous stop, Warren Street, as the connection to Northern line involves many stairs!) Get off at Chalk Farm and walk to Worrell.

**To and From Luton and Stansted Airports:**

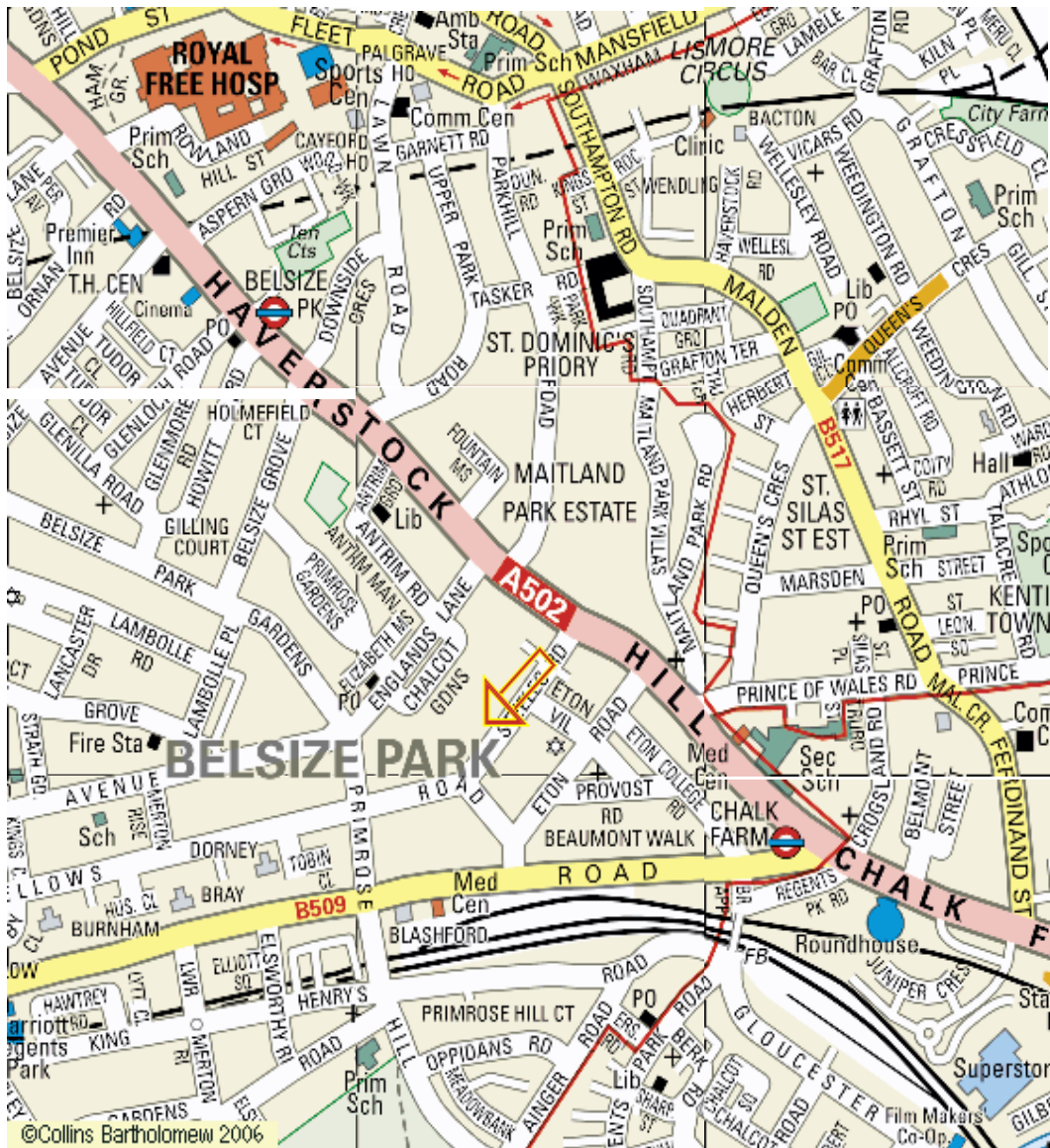
Try National Express coaches, you can get the tube to Golders Green and take the coach from there to the airports <http://www.nationalexpress.com/home.aspx>. Also Stansted Citylink coaches to and from Stansted Airport are cheap and pick you up/drop you off at Kings Cross/St Pancras, which is close to the House: [http://www.terravision.eu/airport\\_transfer/bus-stansted-airport-london/#](http://www.terravision.eu/airport_transfer/bus-stansted-airport-london/#).

**Worrell House Address:**

**Worrell House, 36 Steele's Road, NW34RG**

**Walking Directions to Worrell House**

- **From Chalk Farm Tube:** *(The closest station, but an uphill walk.)*  
Turn right out of the station and walk up Eton College Road. Left on Eton Road, then first right. Turn left onto Steele's Road and No. 36 is about a half a block away, on the right.
- **From Belsize Park Tube:** *(A longer walk, but downhill.)*  
Turn left out of the station and follow the main road, Haverstock Hill Road. Walk downhill about six blocks, passing England's Lane and Steele's Pub on the right. Turn right here onto Steeles Road, No. 36 is on the right.



**The Worrell House Neighborhood**



**From Chalk Farm Tube: (The closest station, but an uphill walk.)**

Turn right out of the station and walk up Eton College Road. Left on Eton Road, then first right. Turn left onto Steele's Road and No. 36 is about a half a block away, on the right. □

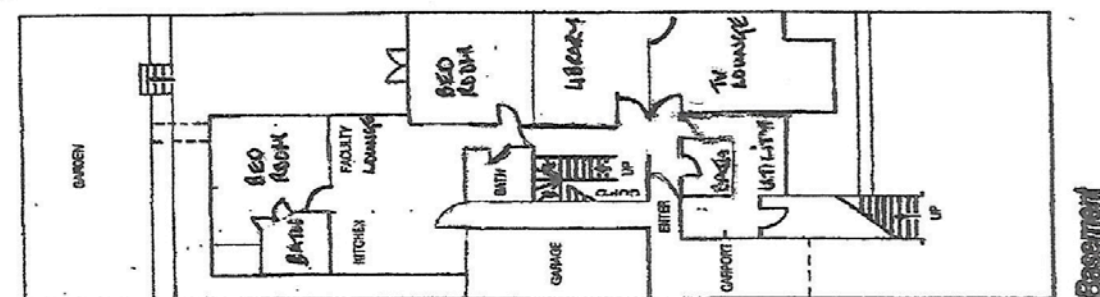
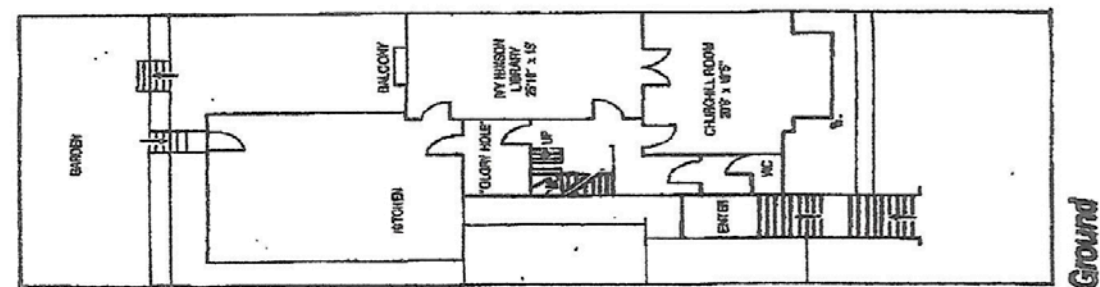
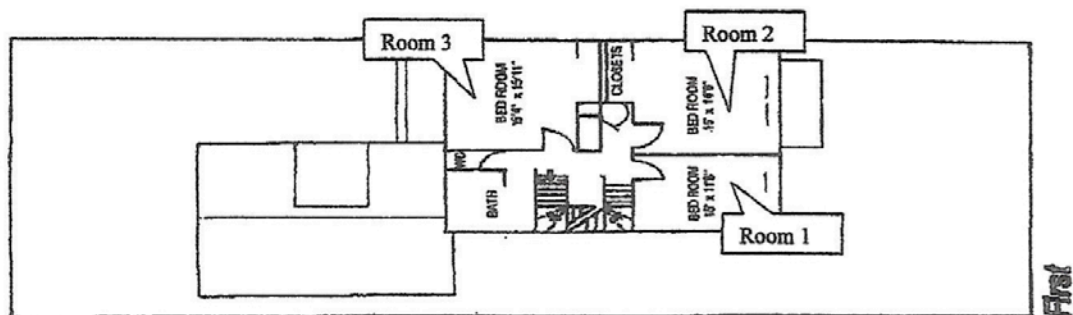
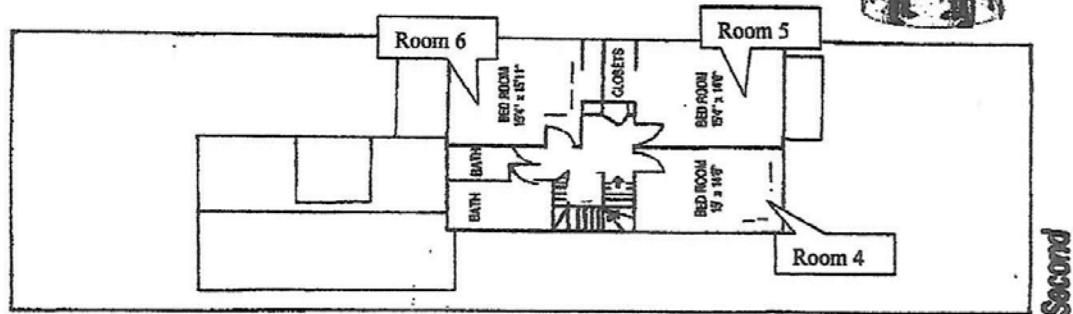
**From Belsize Park Tube: (A longer walk, but downhill.)**

Turn left out of the station and follow the main road, Haverstock Hill Road. Walk downhill about six blocks, passing England's Lane and Steele's Pub on the right, and make the next right onto Steele's Road. No. 36 is on the right.



# Inside the Worrell House

Floor Plan



## HOUSE PERSONNEL

### **Fiona Haynes:**

Fiona is the House Director and oversees all the Domestic needs of the Program. She works actively with the Faculty Director and the Housekeeper to identify needs of all sorts, supply equipment, and organize systems which enable participants to enjoy their surroundings in a responsible way. She is also the one to call if you need a doctor.

### **Contact information for Mrs. Haynes:**

Telephone: 020-7284-1565  
Email: [fitrier@inbox.com](mailto:fitrier@inbox.com)  
Mobile: 07817 134107.

**Jacki Strenton:** 07826 324898

Jacki is our Housekeeper. She comes on Mondays, Tuesdays, Wednesdays (Laundry Day), and Fridays to clean the common areas of the House AND TO HELP YOU HELP HER keep the kitchen clean. **She does not do dishes**, and she will remind the folks on the House Duty Team for the week of what they need to look out for. She probably knows most of your friends who went to the Worrell House. She is valuable support for both students and the Faculty Director and provides a wealth of knowledge about local shops/residents, customs and habits and will help you with many queries you may have while she is in the House.

### **You can help Jacki by:**

1. Placing your trash cans outside your doors on the days that she comes if you want them emptied.
2. Making sure that all dishes are put away when she comes in so she can clean the kitchen sinks and stoves.
3. Clearing all glasses and dishes from the Churchill Room, library, and classroom, so that she can clean those rooms
4. Keeping your belongings out of the bathrooms unless they are in the cabinets.  
PLEASE do not bring valuable jewelry. Worrell House has a safe for valuables but access to this is limited as is the space inside it.
5. Having all your personal items (clothes, shoes, etc) in your rooms on the days she cleans.

## **GENERAL RULES OF THE HOUSE**

**1. No smoking anywhere in the house.**

**2. No amplified music in the garden area.**

**3. No ball games other than Frisbee.**

Students may play football on Primrose Hill or in Regents Park.

**4. No pets and no outside animals fed or invited in.**

**5. Any alcoholic beverages brought into the house should be consumed in the kitchen, Churchill rooms, or outside in a neighborly fashion.**

**6. No alcoholic beverages or food allowed in the bedrooms.**

**7. No overnight guests at any time for any reason.**

This rule includes parents, siblings and other relatives. Visiting friends and family can be warmly welcomed at mealtimes and in the recreational areas of the House at any time. We will provide guests with a list of hotels and guest houses close by. Note: due to the Security implications which infringement of this rule has caused, **YOU WILL BE SENT HOME IF YOU VIOLATE THIS RULE.**

**8. For no reason should you ever accept mail for neighbors.**

Within the first week of your stay at Worrell House, you will join your Faculty Director, Resident Assistant, and House Manager for a house meeting. Fiona will explain how Worrell House students and London Staff historically interact in order to maximize the health and happiness of everyone involved.

Some of the topics covered will be:

- ☐ An introduction to the staff
- ☐ An introduction to the house, and how it has been maintained and run over the years
- ☐ An introduction to the area
- ☐ Health Care
- ☐ Fire and Safety Rules
- ☐ Responsibilities of those on the weekly House Duty Rotation

Please also bring your own questions. Surely you have plenty!

Worrell House is a GRADE II listed building and is designated as a “House in Multiple Occupancy” by the local Borough of Camden, so we must use its facilities in a different way than we would a residence hall room on campus.



## **WORRELL HOUSE ACADEMIC POLICIES**

- 1. Please wear proper attire to classes – sleepwear is not acceptable.**
- 2. Phones must be turned off during class and class activities such as museum visits and theatre performances.**
- 3. Laptops and iPads must also be turned off during class unless prescribed by the faculty member.**
- 4. No food is to be consumed during classes.**
- 5. Students may only leave classes when given permission to do so.**
- 6. Only students may attend classes – no friends or family are permitted.**
- 7. The teaching schedule is from Monday am to Thursday pm.**
- 8. Students should be available for Thursday evening theatre visits and any other group activities.**

# **FIRST DAY**

## **Welcome to your first day in the Worrell House!**

Now you've just got to stay awake. ☺ A few tips for minimizing the effects of jet-lag:

- ☐ Immediately set your watch to London time and stop mentally converting to US time.
- ☐ Stay hydrated.
- ☐ Stay awake until a somewhat normal bedtime. Do not let yourself succumb to the temptation of the five hour afternoon nap. If you must nap, set an alarm!
- ☐ Set an alarm or sleep with the blinds open so that you can wake up at a reasonable hour the next morning.

You may be tired for the first few days, but the more quickly you can get yourself on a UK time schedule, the more quickly you can really start to enjoy life in London!

## **Recommended Instructions for Day One**

### **1) Get a House Key**

- ☐ Leave a £30 deposit with the resident assistant in exchange for a key to the house and individual room keys. Be sure to keep this in a safe location separate from any information about the location of the house, in case of loss or theft. Be sure to bring the 2 passport photos requested to this sign-in.

### **2) Get Money**

- ☐ The closest ATM machine is between the Washington Pub and the Tesco Express on England's Lane. There is also an ATM at HSBC Bank, two blocks north at Belsize Park, and another inside Chalk Farm Tube station.
- ☐ TIP: Be aware that there is a small fee for each transaction, as well as a small conversion charge from your own home bank.

### **3) Get an Oyster travel card**

- ☐ You'll buy your Oyster card from an automated machine in the tube station, but if you're using a credit card without a chip in it, the machine might not recognize it. However, most machines also take cash.
- ☐ You have two options for your Oyster card:
  - Buy a monthly Oyster pass for zones 1 and 2. This provides unlimited travel on buses and the Tube. The charge is £126.80 per month PLUS A £5 refundable deposit for the card itself. Credit card payment is accepted. This will be the cheaper option if you find yourself using the Tube frequently, especially during peak hours.
  - Put pay-as-you-go credit onto your Oyster card. Every time you scan the card in and out of the London transport network (which includes bus, Tube, overground,

riverboat, etc.) your credit will be reduced by the cost of your journey. You save money because the Oyster card fares are much lower than paper ticket fares. This option will be cheaper than buying a monthly pass if you don't use the Tube a lot or if you mainly use the Tube at off peak hours.

- To figure out whether a monthly pass or pay-as-you-go credit works better for you, try starting out by putting £50 pay-as-you-go credit onto your Oyster card when you arrive and seeing how far that gets you for the first few weeks you are in London. If you find that you use public transport frequently enough to merit buying a monthly card, you can go ahead and do so when your credit runs out.
- *Note:* Unfortunately, you will not be applicable for student rates, as they are limited to students attending UK universities.  
\*\*But please bring your WFU Student ID as there is a bounty of student discounts throughout London/UK/Europe. The savings add up! Always ask if there is a discount.\*\*

#### 4) Buy groceries

- Stock up on essentials and try to be one of the first to claim some refrigerator and cupboard space! Tesco Express on England's Lane is the closest option and Morrisons is the largest store and cheapest option.
- For more options, see the "groceries" section of this guide.
- Also, be sure to check out the "Communal Food" cupboard and the spice cabinet. There is very little time between groups of students, and often perfectly good food left behind. Check it out first to be sure you don't duplicate!

#### 5) Buy a phone

- Most students choose to buy pay-as-you-go mobile phones or SIM cards. We recommend EE or Three phone plans, but students also frequently use Orange or O2. Phone plans are always changing, so look into your options and see what's best for you. Some of you may also choose to bring your own internationally capable phone (and if you have T-Mobile you probably qualify for the free data, texting, and wifi calling at zero cost).
- Another good option is Vodafone pay-as-you-go, or the Freedom Pack Plans.
- Many carriers have good SIM only plans now, where you only pay £10-20/month for data, text, and calls, and include a free SIM card.
- If you're planning on using a new SIM card in an American smart phone, make sure the phone is unlocked before coming abroad. iPhones 6 and newer should automatically be unlocked and internationally capable, **but older phones typically have to be unlocked by your American provider. Check with your carrier before coming over!**
- Try the following for cheap, reliable, phones:
  - Take the Tube one stop south to Camden town and turn left out of the station. Walk downhill and within two blocks you will see The Carphone Warehouse on your right, which has the best selection and carries all types of phones and service providers, and an EE Shop on your left.
    - The Carphone Warehouse, *Camden High St*

- EE or O2 Camden, *Camden High St*
- Three: *135 Camden High St, London NW1 7JR*

Alternatively, Tube to Hampstead and turn left out of the station. An EE Shop will be on your right.

- EE Shop Hampstead, *72 Hampstead High Street, NW3 1QP*

#### **6) Check electrical appliances and adapters.**

- ☐ Many people have plugged expensive electronic equipment into outlets in the room and been greeted with nasty puffs of black smoke, make sure you're using the right adaptor.
- ☐ See "adapters and converters" section.

#### **7) Get to know your housemates!**

- ☐ There's nothing like dinner at the pub to get your semester started off right! Steele's pub and the Washington both have traditional English pub grub. See maps below. The RA should make reservations for a group dinner the first night, if possible!

#### **8) Get to know your house and your neighborhood – see maps and floor plans pages 12 to 14.**

## Jogging Routes

Jogging is a great way to get to know the city, and one way to exercise for free. The routes below are favorites of past students and will hopefully get you started. If you have a pocket, consider bringing your Oyster pass along, running until you're tired, and then grabbing a bus or the Tube home. Always bring your house key with you, and remember, we are in Central London and it's never a bad idea to jog with a partner. Also check out <http://www.mapmyrun.com/> for some good already-planned running routes throughout the city.

- **Primrose Hill/Regents Park:** Turn right out of the house, and when you see the Hampstead Britannia Hotel, turn left on Primrose Hill Road. Run straight ahead towards the trees, cross the street into the park and then climb Primrose Hill, which has great views of downtown London. If you continue down Primrose Hill, you will see maps for entrances to Regents Park just across the street. Regents Park has many beautiful pathways, boating ponds and gardens to enjoy (*Worrell House to the top of Primrose Hill: ½ mile*).
- **Hampstead Heath:** Turn left out of the house, then left on Haverstock Hill. Take the first right onto Parkhill Road and when it ends, turn left on Fleet Road. Continue along Fleet Road and when it ends, head towards the trees. Now you're in Hampstead Heath, the largest and wildest green space in London, home to natural bathing ponds and miles of wooded paths. If you run along the paths around the edges of the park and cut through to the center, you'll end up on the top of Parliament Hill, another vantage point for a beautiful vista of the city. (*Roughly 1 mile from Worrell to entrance of Heath. Can also take the 168 Bus to the Royal Free Hospital to shorten your journey to the Heath.*)
- **Hampstead High Street:** Turn left out of the house, then left on Haverstock Hill and just keep going. Explore picturesque Hampstead High Street and its lanes and alleyways, home to great fashion and specialty food. If you keep running uphill past the Hampstead Tube station, you'll pass an entrance to the northern part of Hampstead Heath. Keep running further and you'll end up in Golder's Green (*Worrell to Hampstead Tube: 1.2 mile uphill*)
- **Regent's Canal:** Turn left out of the house and jog down past Chalk Farm Tube station, down Chalk Farm Road, and past the Stables Markets to Regent's canal. When you get to the Camden Lock bridge over the canal, you can :
  - **Little Venice:** Jog down one of the ramps on the righthand side of the bridge. Follow the signs toward Regent's Park—you'll pass a bunch of posh houses and eventually end up in Little Venice, a place where houseboat owners moor their homes. Turn around and jog back the way you came. If you exit the canal path at Regent's Park, you can run back to Worrell House via Primrose Hill.
  - **NOTE: Do not use canal paths after dark. We do not recommend jogging towards the Camden Lock and Kings X AREA**

## HOUSE SECURITY



We must keep in mind that London is a large capital city, and it suffers from both the virtues and vices of being such. Crime can be a problem in all neighborhoods, however nice.

Security gates have been installed on all the rooms at the rear of Worrell House after burglary attempts, with laptops being the main target. People were asleep upstairs on each occasion. It is essential that each resident takes responsibility for his/her own and other people's security while in the house. Please read the following carefully:

1. You are issued a house and room key for which we ask a £30 refundable deposit. (Yes, this is the cost of replacing the key!) Never lend it. **DO NOT LEAVE YOUR KEY BEHIND** if you go jogging and expect others to let you in. If you lose it, please share this information promptly with Jacki, the Faculty Director, and Resident Assistant, so that everyone can begin to look for it. Keys often turn up under something!
2. **IF YOU THINK YOUR KEY WAS LOST OUTSIDE THE HOUSE**, please report the loss to the faculty director immediately and discuss the circumstances, so that Fiona can have the locks changed if necessary. Do not put any address identification on your key!
3. **IF YOU ARE ALL OUT**, at a play or overnight, the outside doors should be locked.
4. Check that your bedroom windows always have the gates across and locked. You can then leave the window open.
5. The **TOILET DOOR** by the front door must be locked from the outer hallway after use. This was a point of entry for one burglar, and locking it is essential.
6. The **BACK DOOR FROM THE BIG KITCHEN** to the garden must stay **LOCKED** (check when you leave the house or go to bed) unless there is someone in the garden or in the kitchen.
7. The **FRENCH DOORS IN THE MAIN LIBRARY SHOULD ALWAYS BE LOCKED AT NIGHT** even if the portcullis is down; the side windows there can be left open at the bottom in warm weather. Both these doors and the doors in the lower library are opened by a curious key which lives on a magnet under the library table.
8. Other security tips:
  - ☐ Don't tell casual acquaintances or anyone you don't trust completely when semester breaks are scheduled. A robbery occurred once because this happened.
  - ☐ All service people scheduled at the house will be posted by Fiona or Jacki. **DO NOT ADMIT CALLERS** on any other pretext past the front door.
  - ☐ Especially after dark, look through the spy-hole in the door before opening, and ask visitors to state their business. All Londoners do this!
9. When you enter and leave Worrell House, please check your name on the IN/OUT board. This is essential for fire and safety reasons. If you leave for overnight travel, sign out on the sheet on the bulletin board in the downstairs lobby.

## PERSONAL SAFETY

The good news—crime in Europe is typically opportunist. The bad news—crime in Europe often targets tourists. BE AWARE OF PICKPOCKETS !

Tips to keep you safe:

- ☐ Have your London phone number in your purse or wallet, so that in case of loss or theft, someone has a chance to return your property. But remember, do NOT include your London address—that puts the whole house at risk.
- ☐ Watch out for pickpockets on crowded trains and buses, busy markets, fast food outlets, pubs and at major tourist attractions – **especially** in the Camden Lock area!
- ☐ Many pickpockets are children sent out by their parents, some work in teams. Occasionally, gangs will get on the Tube in groups and intimidate and rob the passengers. If you dislike the company on the Tube, get out at the next station and change trains.
- ☐ Much casual crime is drug related. This may sound obvious, but don't buy drugs. This is grounds for immediate removal from the program. Dealers target naïve tourists. The Camden Lock area is one of the city's prime drug trade areas, so be careful at night.
- ☐ Be aware of your surroundings. No need to be paranoid, but know what's going on around you. Know where your possessions are at all times. If you're in a crowded place, just keep a hand on your bag or pocket. Don't store valuable in back pockets where they are easily accessed.
- ☐ Several students lately have had their phones stolen, and phone theft is currently at an all time high in Europe. Always be aware of your phone, especially in Camden!

When traveling abroad:

- ☐ Make copies of your passport and credit cards. Bring a copy with you and leave some behind at Worrell where they can easily be found if needed.
- ☐ Email itinerary and contact information to your Faculty Director, Resident Assistant, family, and friends.
- ☐ Try not to LOOK like a tourist. It makes you a target for petty crime.
- ☐ Remember the "Back Door Philosophy." Make the best of any situation and embrace the differences around you. And enjoy yourself!

## TRANSPORTATION



### Underground (Tube)

The Tube is the most efficient mode of transportation in Central London. The Tube runs from roughly 5:30am until midnight, but if you are on a tight schedule, be sure to check specific station open and closing times at <http://www.tfl.gov.uk/modalpages/2625.aspx>

- Tube map: <http://www.tfl.gov.uk/assets/downloads/standard-Tube-map.gif>

**The Night Tube is in effect in certain areas of London. It runs Friday and Saturday nights on five lines: Victoria, Central, Jubilee, Northern, and Piccadilly.**

**Tip:** A very useful site to plan your transportation is **citymapper.com/london**. It will give you options for various modes/mixtures of transportation and estimated travel times.

### Buses

London Buses take your Oyster card for riding in the central area (zones 1 and 2). Simply swipe your card on the oyster symbol near the driver's window as you get on. Buses are an enjoyable and scenic way to travel, although not the quickest means of transportation. Check out the bus maps and journey planner at <http://www.tfl.gov.uk>

*NB: Some stops are "Request Stops," meaning the driver will only stop if you press the red STOP button before arriving. When in doubt, just ring the bell to alert the driver that you want to get off.*

### Some important buses for the Worrell House:

168. Runs between Waterloo Station and Hampstead Heath. Goes up and down Haverstock Hill and is very convenient when going to Russell Square, the British Museum, or when returning from Morrison's or Camden Town with groceries, etc. The bus stops right where Steele's Road hits Haverstock Hill. This bus will also take you all the way to the National Theatre and Royal Festival Hall: make sure you ring the bell for the first stop after crossing the Thames.

From Morrison's or the Chalk Farm Sainsbury's, wait outside the Roundhouse Theatre at the northbound bus stop. It's only one stop up the hill, but it makes a big difference when carrying lots of groceries!

31. Runs up from Camden Town and stops at the Swiss Cottage complex and Lending Library. It will also take you to Portobello Market, Notting Hill, on Saturdays.

From Morrison's: Catch the 31 in front of The Round House and travel up Adelaide Road. If you press the bell after you leave Chalk Farm Station, you will alight opposite Eton Road. Cross over into Eton and bear left into Fellows Road. After a short climb, you will arrive a few yards from the House.



- C11. Runs from Swiss Cottage down Adelaide Road to Primrose Hill Road by Hampstead Britannia and then to England's Lane and up to Belsize Park. It can be useful if you have been shopping at Budgens or Waitrose. In the opposite direction it runs past Swiss Cottage up Finchley Road, all the way to Brent Cross Shopping Center—a real American style mall, in case you're homesick!

## Travel at Night

With the Tube being open 24/7 on Friday and Saturday, night transportation should be much easier than it previously was! However, in case there are problems with the Night Tube or you're traveling somewhere the Night Tube doesn't reach, it's important to be familiar with other night transportation options. The good news is you do not need to designate a driver. The bad news is, finding your way across the city can be complicated and sometimes intimidating. It's always a good idea to plan your way home before leaving. Consider the following options:



### □ Night buses

- Your Oyster pass will work on the night buses, so this is definitely the cheapest option. Many students use these after visiting clubs and late night venues downtown, however, the company can be colorful and argumentative, so be prepared. They can also require large amounts of walking. Always be very aware of anyone getting off the bus at night and following the same route as yourself
- Night buses can be incredibly confusing, but try using the journey planner at <http://www.tfl.gov.uk>

### □ Taxis

Taxis can be expensive, but sometimes they are well worth it. They serve as a good backup in case of emergency.

- To ensure that you call a licensed cab, try the Cabwise service, provided by Transport for London:
  - Just text **HOME** to **60835** to get the numbers of one taxi and two licensed minicab firms in the area from which you are texting.
- Recommendation: Bee Gee Minicabs run 24 hours. Call 020 7485 6666 or 020 7267 3333.
- NEVER GET IN AN UNLICENSED CAB WHICH PULLS UP AND ASKS FOR YOUR BUSINESS!

### □ Uber

- If you have a phone with international data capabilities (or are in wifi with your smartphone), you can download the Uber App. Uber is a taxi-like service that is said to be cheaper than actual taxis. The cars can usually arrive within 5-15 minutes upon requesting them via the app.

## MEDICAL

**If you need medical attention (non-emergency), please call Fiona, the House Manager**

Fiona must be called by 9am so she can call the doctor and schedule an appointment.

Worrell House is able to call on the services of an excellent Medical Practice, **The Park End Surgery**, which is a short bus-ride from the House. Like most London Practices, they cannot add individuals to their National Health Service list for four months, but they will see students quickly as private patients if introduced by the House Director. It is important that you have Medical Insurance to cover these visits. Since you will be considered a “private patient,” you will be charged £55, which must be paid in cash. **KEEP YOUR RECEIPT**, as your home insurance policy should reimburse you for this expense.

For primary symptoms of cold and other viruses, the house has a First Aid Box on the Professor’s floor, and the local chemist will provide advice. For other symptoms, like severe sore throat or earache, you will be referred to a doctor.

For accidents and emergencies, the **Royal Free Hospital** in Hampstead is just up the hill from us. If you have to be admitted for an emergency, you will be treated free on production of your student card. For any longer stay, you would be directed to a Private Hospital. For an inoculation before traveling to a zone which requires something you haven’t been jabbed for, contact their Private Travel Clinic on (7) 830.2885.



**FOR EMERGENCIES**

**(police, fire, ambulance)**

**DIAL:**

**999**

**toll free**



## CHEMISTS OR DRUGSTORES

A chemist acts as a pharmacy and drugstore, carrying most toiletries. A pharmacist is also the person to ask about minor ailments such as colds, sore throats, etc. The British tend not to rush to see a physician as often as Americans do; therefore more “routine” health care often involves the help of a pharmacist.

### **Allchin Chemist**

*England's Lane NW3.* This is the closest pharmacy. Well stocked and very helpful. (Hours: Mon-Sat 9am-6pm, closed Sun ; Phone 020 77221095)

### **Boots**

A chain of larger pharmacies, stocking a wide selection of cosmetics, perfume, medication, and toiletries—the British answer to CVS and Walgreens. Often has better prices than smaller chemists. Boots are everywhere, including nearby stores in Camden Town, Belsize Park, and Hampstead. (Hours: Mon-Fri 8:45-5:45 and Saturday 9-5:30; Phone: 0207-435-0599)

### **Ipsa Pharmacy**

020 74499490

*7 Harben Parade, Finchley Road, Hampstead , London, NW3 6JP*

If you need to go to the doctor or hospital, ask Fiona or Jacki for the name and directions to the nearest chemist. You can fill the prescription on the way home.

## IF YOU NEED MEDICINE AT NIGHT

### **Bliss Chemist**

*50 Willesden Lane NW6* (Hours: 9-12am everyday; Phone: 0207-624-8000)

### **L Warman-Freed Chemist**

*45 Golders Green NW11.* They also sell toiletries, cosmetics and electrical goods, and can be reached easily by traveling to Golders Green Tube stop, then walking down the main shopping street over to right of station. (Hours: Open everyday 8am-12am; Phone: 0208-455-7779 or 0208-455-4351)

## OPTOMETRY



### **Specs Direct**

Just above Belsize Park Tube station. They can make up a pair of glasses in a couple of days, which will be the quickest you can find.

### **The Eye Place**

153, Haverstock Hill NW3 4QT. Top of the range equipment for supply of glasses and contacts. Hours: Mon-Wed 9:00am- 6pm, Thurs 9:0am-7pm, Fri 9:00am-6.00, Sat 9.00-7pm and Sun 11.00am-5pm Phone: 0207-722-5446



## THE ESSENTIALS

### COFFEE

#### **Black Truffle**

*England's Lane.* A slightly more expensive cafe with artisanal sandwiches and hearty soups, free Wifi, and the best flapjacks in London. The staff is friendly and likes the Worrell House. Say hi to Django! (Mon-Sat 7:30am-8pm, 7:30pm Sun)

#### **Ginger and White**

*England's Lane and Hampstead Village.* This is a locally owned and British-focused café located just around the corner from the House with excellent brunch and breakfast options. Free internet and great quality coffee are available at all of their locations.

#### **Gail's Artisan Bakery**

*167 Haverstock Hill, NW3 4QT.* Just south of Budgen's grocery store, on the left, as you approach the Belsize Park tube station. The menu ranges from bakery/bread items (their specialty) to smoked salmon salads and afternoon tea options. (7am-8pm Monday-Saturday, shorter hours on Sunday; 0 20 7586 4399)

#### **Starbucks**

*57 England's Lane and 202 Haverstock Hill, just uphill from Belsize Park Tube.* Locations throughout the city offer coffee, sandwiches, and pastries. Wi-Fi is available for a cost (£5/hr or £10 for 24 hours) (Mon-Fri 7am-7pm, Sat-Sun 8am-7pm)

#### **The Tupelo Honey Cafe**

*82 Haverstock Hill, NW3 2BE.* Very friendly bakery with freshly made breads and desserts, coffee, juices, and vegetarian and vegan-friendly options. Free Wi-Fi available, just ask!

#### **Café Nero**

*1 Hampstead High Street, NW3 1QF* and throughout the city. The largest independent coffee retailer in the UK. A European style coffee house offering premium espresso-based gourmet coffee, authentic Italian food products and a relaxing atmosphere. Wi-Fi available with a charge. (Mon-Fri 7:30am-6:30pm, Sat 7:30am-7pm, Sun 8am-7pm)

#### **Costa Coffee**



*210 Haverstock Hill, NW3 2AG.* Just uphill from Belsize Park Tube. Locations throughout the city. Wide selection of coffee, sandwiches, and pastries in a cozy atmosphere. (Mon-Fri 7am-8pm, Sun 8am-7pm; 020 7794 0502)

### GROCERIES

Most supermarkets expect you to bag your own groceries; PACKING can be requested in large stores but is not automatically offered. Start bagging as soon as they start checking the items. Also, be environmentally friendly and bring your own bags. Many grocery stores charge 5p for a bag. Worrell House provides reusable bags.

#### **Tesco Express**

*44-46 England's Lane NW3 4UE.* This is the closest option. Turn right out of the house, right on Primrose Hill Road, then right onto England's Lane. Slightly more expensive than a big supermarket, but cheaper than Budgens. (7am-11pm everyday)

#### **Diamond Food and Wine**

*87, Haverstock Hill*

Small corner store with necessities and friendly staff. Open until midnight.



### **Morrisons**

*Camden Goods Yard, Chalk Farm Road NW1 8AA.* This American-sized store is just below Chalk Farm Tube, off the Chalk Farm Road to the right (you see their gas station first). Best prices and biggest selection of everything. There are several ATMs located there also. On your first visit ask for a Morrisons card, and when you reach a certain amount of points you receive a £5 voucher. (Mon-Wed 8am-9pm, Thurs-Fri 8am-10pm, Sun 10am-4pm; 020 7428 0405)

### **Sainsbury's**

*74-77 Chalk Farm Road.* Across from the Roundhouse Theatre. Good quality food, but smaller than Morrison's. (Mon-Fri 7am-12pm; Sat 7am-10pm, Sun 11am-5pm; 020 7482 3828)

### **Budgens**

*199 Haverstock Hill, Belsize Park, NW3 4QG.* Directly across from Belsize Park Tube with good prices. (Mon-Fri 7-11; Sun 12pm-6pm; 0207 794 0163) HAS POST OFFICE INSIDE.

### **Waitrose**

*199 Finchley Rd, NW3 6NN.* A big store offering great selection. A bit more expensive than other options, but a student favorite. The C11 bus stops directly across the street and will bring you back to Primrose Hill Road. (Mon, Thurs, Fri 8:30am-10pm; Tues, Wed, Sat 8:30am-9pm; Sun 11am-5pm. Be aware of seasonal changes in opening times: [www.waitrose.com](http://www.waitrose.com))



### **Whole Foods Market**

*49 Parkway, NW1 7PN.* Near Camden Town Tube. Also branches in Kensington (63-97 Kensington High Street, W8 5SE) and Soho (69-75 Brewer Street, W1F 9US). Need a taste of home? Expensive, but always delicious. (Camden Store Hours: Mon-Sat 8am-9pm, Sun 10am-8pm) <http://www.wholefoodsmarket.com/stores/unitedkingdom/index.php>

### **Pomona**

*179 Haverstock Hill, Belsize Park, NW3 4QG.* A fairly inexpensive health foods store across from Belsize Park. Closer than Whole Foods, with a decent selection.

### **Marks and Spencer**

*43-151 Camden High St, NW1 7JX.* Across from Camden Town Tube (next to Carphone Warehouse). This store has a great selection of ready-made and easily prepared food. It also has many organic and specialty items. (Camden Store Hours: Mon-Fri 8am-9pm, Saturday 8am-8pm, Sun 12pm-6pm)

### **GYMS**



### **Swiss Cottage Leisure Centre**

*Adelaide Road, NW3.* 0207 974 2012

<http://www.camden.gov.uk/ccm/navigation/leisure/sport-and-fitness/sports-centres/swiss-cottage-leisure-centre>

The Swiss Cottage Leisure Center has a Pay and Play membership that seems to be the best deal around. The facilities include a 25 metre swimming pool, a 20 metre training pool, a 170 station fitness centre, 2 group exercise studios, a 4 court sports hall suitable for basketball, volleyball, netball, badminton and trampolining, a climbing wall, squash courts, a soft play zone, a cafe, 5 treatment rooms, and sauna and steam rooms for men and women.

- **Directions:** Take a right on Steele's and continue down Fellow's Road until it ends at Winchester Road. Cross Winchester, take the brick footpath past the reflecting pool, and the gym will be on the left. (0.6 mile, roughly a ten minute walk)
- **To join:** Bring photo ID, 2 proofs of address[incl.letter addressed to you at Worrell House], and proof of student status.
- **Cost:** Pay a £2 pound sign up fee, a one time induction fee of £13 pound (only if you plan to use the gym equipment), and then pay for each visit as you go. Fitness Center £2.60; Pool £1.40; Group Classes £ 2.50. See website for other prices.
- **Hours:** Mon-Fri 6:30am-10pm; Sat-Sun 8am-6pm

### **Spring Health Leisure Centre**

*81 Belsize Park Gardens, NW3. 020 7483 6800.*

<http://www.springhealth.net/clubs/hampstead/hampstead.htm>

An exclusive and expensive gym very close to Worrell House. Facilities include two gymnasiums, weight room, beauty therapies, swimming pool, and cafe with free Wi-Fi.

- **Directions:** Turn right out of Worrell, right on Primrose Hill Road. Walk uphill and pass England's Lane. Spring Health will be on your left. (<5 min walk)
- **Cost:** Membership (3 month minimum) £50 joining fee and £60 per month (peak) or £47 per month (off-peak access only). BUT: Prices are negotiable when applying in person. In the past, students have been able to get a price cut and waive the joining fee when they've applied in a large group. Short term passes also available for 3,5,7 Or 30 days.
- **Hours:** Mon-Fri 6:30am-10pm; Sat-Sun 9am-8pm (Off-peak hours are 9am-4pm M-F and after 12:00pm on weekends)

### **Pineapple Studios**

<http://www.pineapple.uk.com>

*7 Langley Street, Covent Garden, WC2H 9JA.* Across from the Covent Garden Tube Station (to the left of Marks and Spencer, if facing away from tube). There are 12 studios in the building with individuals instructors teaching a variety of classes: yoga, Pilates, ballet, jazz, hip-hop, Eastern, and Contemporary (to name a few). Check the Timetables section on the website and pick a class you think sounds fun; levels of difficulty are listed. All classes cost £7 (paid to the instructor); you also pay the studio upon arrival £2 for morning and afternoon classes and £3 for evening classes. (020 7836 4004)

**The Fitness Mosaic** – 81-84 Chalk Farm Road NW1 8AR ( 020 7267 5544 ) Group classes, gym, personal trainers. £50 per month for all-inclusive access.

## **HAIR SALONS**

### **Visage**

*10 England's Lane, NW3 4TG.* <http://www.visagehairsalon.co.uk> Nearby unisex hair salon. A little on the expensive side, but very friendly and highly recommended by past students and staff. (Call for an appointment: 020 7722 7744)

### **Identity Hair and Beauty**

*42 England's Lane, NW3.* Unisex salon. Also provides beauty treatments including facials, waxing, pedicures and manicures. (020 7722 8003)

### **Oscar Pink**

*18a Chalk Farm Road NW3.* Unisex salon, a little cheaper than Visage. Very pleasant experience. Ask for Gregory. (0207 485 5535)



Dozens of other options on Haverstock Hill (Daniel Adams, Jimmys's barber shop, Balushis etc.) and throughout the city.

## **BROW BAR**

### **Benefit Cosmetics**

Covent Garden Boutique. 19 Shorts Garden. £14.50. Great service, affordable, and located right in Covent Garden.

## **LAUNDRY**

**Although there are laundry machines in Worrell House**, there is a service launderette right around the corner on England's Lane. The Manageress, Celia, gives an excellent service wash six days a week and will return your laundry to you washed, dried, and folded, within hours. She will deal with any special requirements.

- Service wash prices: Large load for £11.50, and a small load for £7.50. (Mon-Sat 8am-5pm, Wed 9am-1pm)
- Self-service prices: Small washing machine is £4, large machine is £5.50 and £1 per twenty minutes in the drier. Don't forget to bring coins! (Open everyday at 7am. Machines automatically shut off at 10pm, so last wash in at 9pm.)
- The launderette also provides cheap dry cleaning service.

### **Chequer's Dry Cleaning**

*England's Lane.* Slightly more expensive than London Valeting. They can starch shirts, package laundry or provide hangup bags. It takes a few days but you can request their 24 express service at no extra charge. Do not be led into leaving your laundry there for them to wash, their charges are exorbitant. (Mon-Fri 8am-6pm, Sat 8am-5pm; 0207-722-5164)

### **Perkins Dry Cleaning**

*171 Haverstock Hill NW3.* All shirts are guaranteed to be done within 48 hours. Prices are similar to London Valeting. Recommended by Worrell House staff. (Mon-Fri 8:30am-8pm; Sat 8:30am-6pm, Sun 10am-2pm; 0207-722-8038)

### **American Dry Cleaning**

A few yards from Chalk Farm entrance. Besides dry cleaning, they mend and repair clothes, and sell a variety of travel supplies, like locks for luggage, money belts, traveling pillows, etc. 25% senior citizens discount. (Mon-Sat 8:30am-6pm, Often closed between 1-2 for lunch; 0207-722-9176)

## **LIBRARIES**

### **Swiss Cottage Library**

*88 Avenue Rd, NW3 3HA.* 020 79746522

<http://www.camden.gov.uk/ccm/navigation/leisure/libraries-and-online-learning-centres/swiss-cottage-library/>

The closest library to the Worrell House—only a ten minute walk. It is a public library rather than an academic one, but the reference section is fairly substantial. The library is connected to the Swiss Cottage Leisure Centre and Café, and so may prove to be a convenient study space for gym-goers. Membership grants you access to all fourteen libraries in the Camden Borough (see website for a complete list).

- **Directions:** Take a right on Steele's and continue down Fellow's Road until it ends at Winchester Road. Cross Winchester, take the brick footpath past the reflecting pool, and the library will be on the left.
- **Membership Information:** You may use library resources and study space without a membership, but must join in order to check out books. Membership is free, but should

be done ASAP because there is a minimum amount of time required for membership. You will need to provide ID and proof of address (your letter of intent from WFU).

- ☐ **Free Wifi?** Yes.
- ☐ **Hours:** Mon 10am-7pm; Tue-Wed and Fri 10am-6pm; Thu 10am-8pm; Sat 10am-5pm, Sun 11am-4pm.

### **Primrose Hill Library**

*Sharpies Hall St., London NW1 8YN.* Around the corner from Sweet Things bakery, and opposite of Regent's Park Road . Probably the closest option! Sometimes have special film screenings and events.

### **The British Library**

**96, Euston Road NW1 2DB**

**This is a great resource for anything printed in the UK, as well as elsewhere. There are public spaces as well as the Reading Rooms To use the Reading Rooms, you must become a member (which is free). Read online about it before you go to join.**

### **City of London Libraries—Guildhall Library and City Business Library**

Guildhall: *Aldermanbury, EC2V 7HH.* 020 7332 1868.

City Business: *1 Brewers' Hall Garden (off Aldermanbury Sq), EC2V 5BX.* 020 7332 1812.

[http://www.cityoflondon.gov.uk/Corporation/LGNL\\_Services/Leisure\\_and\\_culture/Libraries/City\\_of\\_London\\_libraries/guildhall\\_lib.htm](http://www.cityoflondon.gov.uk/Corporation/LGNL_Services/Leisure_and_culture/Libraries/City_of_London_libraries/guildhall_lib.htm)

The City of London has two reference libraries specializing in rare and unique documents.

Guildhall Library provides a wide breadth of sources on British history, while the City Business Library specializes in finance and economics.

- ☐ **Directions:** Exit at Moorgate Tube and turn right on London Wall. City Business Library will be on your left. For Guildhall Library, turn left on Aldermanbury. The road will curve and you will see the library on your left. OR exit at St. Paul's Tube and follow Cheapside Street. Turn left on King Street and Guildhall will be straight ahead.
- ☐ **Membership Information:** Free to the public—no membership required. Access to some resources may require an ID and proof of address (preferably the letter from Wake Forest proving that you are studying and living in the city of London). Texts may not be removed from the library, but photocopyers are available.
- ☐ **Internet?** Yes. Free internet with numerous computers available.
- ☐ **Hours:** Mon-Sat 9am-5pm

### **London School of Economics Library**

*10 Portugal Street, WC2A 2HD.* 020 7955 7229

<http://www.lse.ac.uk/library/>

The working library of LSE and one of the largest libraries in the world devoted to the economic and social sciences, this library has a huge breadth of resources as well as 1,740 seats designated for quiet study space.

- ☐ **Directions:** Exit at Holborn Tube and turn left (south) on Kingsway. Turn left on Sardinia Street, then the first right onto Portsmouth, and a quick left onto Portugal Street. The library will be right across the street (10 Portugal).
- ☐ **Membership Information:** Reference access is available for free. Complete the [self-registration form](#) and bring it to the library, along with ID, in order to join. This allows



you access to all reference materials in the library, as well as the huge amounts of quiet study space, however you will not be able to check out books from the library.

- **Internet?** Limited number of computers to access online resources (these do not have printers, but you may save material to a disk or USB drive). No WIFI available for laptops.
- **Hours:** 8am to midnight everyday during school term (See website for restricted hours during breaks.)

### **Senate House Library—University of London\*\***

*Malet Street, WC1E 7HU. 020 7862 8500*

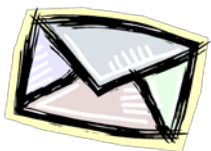
<http://www.ucl.ac.uk/>

Senate House Library specializes in the wider Arts, Humanities, and Social Sciences, but also holds reference materials in science and medicine. The library is only accessible with a membership.

- **Directions:** Exit at Goodge Street Tube and turn left on Tottenham Court Road. Take the first left onto Chenies Street, right on Gower Street, and then left on Store. The library will be straight ahead of you, but is currently under construction and the entrance shifts periodically. Just follow the signs to find your way in.
- **Membership Information:** You must be a member to enter the library or use any services. Members pay monthly (£37 references only; £45 borrowing). Membership allows you to check out eight books for up to two weeks (borrowing membership only), access all online resources, and use the beautiful study spaces provided in the library.
- **Internet?** Yes. Computers are available, as well as internet for your laptops. (No wireless, but Ethernet cords are available to borrow from the front desk.)
- **Hours:** Mon-Thurs 9am-9pm; Fri 9am-7.30pm; Sat 9.45am-5.30pm; closed Sunday

**\*\*NOTE\*\*** You can only use this library with a membership. Wake Forest may be willing to invest in this option if enough interest is expressed. If you think that you will be interested, inform your Faculty Director or Resident Assistant *as soon as possible!* It does seem to be the best prospect for all around library access.

**Important:** *Wake Forest University will not assume responsibility for any late book fines or lost books. These will be the responsibility of the student. There may be hefty replacement costs and fines, and if incurred, you will not be able to graduate until they have been paid.*



## POST OFFICES & POST BOXES

Royal Mail is the national post service here. In addition to main post offices, often you can find sub post offices at newsstands and chemists. Sub-post offices usually have shorter hours, and often shorter lines. In addition, many newsagents and small shops sell packets of stamps. Look for a red sticker in the window that says "Stamps sold here." Post offices offer many types of mail service, including package delivery (called "Parcel Force"), and also sell envelopes and stamps.

Check Royal Mail's website for current rates.

(<http://www.royalmail.com/portal/rm/content1?mediaId=52300716&catId=600025>)

As of May 2011:

- ☐ Standard size letter to US: £1.06
- ☐ Standard size letter within UK: 64p

For international mail, you will need to affix a blue "Air Mail" sticker. The Post Office will give you these additional stickers; be sure to buy them separately if you are planning to drop your mail in a box. Also, to avoid confusion, write your return address on the back of the envelope (the side that seals).

### Post Offices

The closest Post Offices to the Worrell House are:

- ☐ 199 Haverstock Hill, inside Budgen's grocery store (open until 11pm Monday-Saturday, Sunday closes at 6pm)
- ☐ 91 Regent's Park Road, NW1.
- ☐ 79 Hampstead High Street, NW3 1QL.

### Mail Boxes Etc.

176 Finchley Road, NW3 6BT. <http://www.mailboxesetclocal.com/UK0052> Take the C11 bus. UPS services, as well as fax and printing facilities. (020 7435 4335)

### Post Boxes

If you already have the correct postage, just slip your letter in a red post box. Post boxes at:

#### **Intersection of Steele's Road and Haverstock Hill**

Next to Legal Cafe.

Collections Mon-Fri at 9:15am, 1:30pm, 3:45pm, 5:30pm, Sat 9:45am, 12pm.

#### **Intersection of Eton College Road and Adelaide Road**

Right by Chalk Farm Tube stop. Same collections as above.

#### **14 England's Lane**

In front of Allchin's the Chemist. Same collections as above.

#### **Intersection of Haverstock Hill and Antrim Gardens**

On the way to Budgens. Same collections as above.

**FYI: Mail Strikes**

- ☐ The big difference between the US Postal Service and Royal Mail is that here the postal service occasionally goes on strike, which is illegal in the US. If strikes occur there is little you can do except wait it out.
- ☐ If you MUST send/receive something during a strike, use a local company that has a fax service (see "Printing and Fax")
- ☐ or use FEDERAL EXPRESS. To schedule a pickup, phone 08456070809

**FYI: Receiving Packages**

- ☐ Students are allowed to receive packages at the Worrell House, but keep in mind that it may take a while to be delivered. Also, if packages are sent using USPS and Royal Mail, you will have to pay both American and UK customs, which can get pretty pricey. It's probably easier and faster to use an international shipping service like FedEx or UPS, although you may still have to pay entry customs as well.
- ☐ Students are not allowed to sign for packages for anyone other than someone they know is resident in the house. **DO NOT ACCEPT ANY DELIVERIES FOR NEIGHBOURS.**

## FOOD & ENTERTAINMENT



Consult *Time Out* for information about movies, plays, and concerts in London. Sign up for their email list and receive daily or weekly emails about events in the city. *Time Out* tells you locations, times, phone numbers, and short reviews about what is on. The website is [www.timeout.com/london](http://www.timeout.com/london) and the magazine hard copy is distributed free on Tuesdays at Chalk Farm Underground Station. YPlan is another great resource; it's a free app that lists events in London and offers discounted tickets.

## CINEMAS

### **The Odeon Swiss Cottage** [www.odeon.co.uk](http://www.odeon.co.uk)

96 Finchley Road NW3. Right behind Ye Olde Swiss Cottage. Open everyday including holidays. Students £6.30. (0207-722-5905)

### **The Odeon Camden**

14 Parkway, NW1 7AA. CamdenTown Tube. Left out of Tube station, first right onto Parkway, cinema is on the right. Student £6.20. (0871 224 4007)

### **Everyman Cinema** [www.everymancinema.com](http://www.everymancinema.com)

5 Holly Bush Vale, NW3 6TX AND 203 Haverstock Hill, NW3 4QG (nearest locations to Worrell). This theatre is a bit more *luxurious* than the typical cinema. Tickets are about £15. You can buy hummus, pizza, beer/wine, caramel popcorn, etc upon arrival and it will be brought to your seat.

<http://www.everymancinema.com>

## PUBS

Public houses, more fondly known as pubs, serve several purposes in British culture. As they say in the sitcom *Cheers*, pubs provide local families and friends with a place “where everybody knows your name.” Pubs are generally places of leisure, local news, debate, and sports (“discussion” and TV watching - primarily soccer, rugby, and cricket). Their history in the culture is long and rich—London pubs have served as local gathering spots for such notables as Boswell, Johnson, Keats, Dickens, Cromwell, and Dylan Thomas.

In addition to serving domestic and imported alcohol (e.g., ale, cider, lager, bitters, stout), mineral waters, juices, and sodas, pubs serve a wide selection of lunch and dinner items. Traditional pub foods include ploughman's lunch, shepherd's pie, fish and chips, and steak and kidney pie. Believe it or not, some pubs will even provide a decent steamed vegetable plate!

Most pubs close at 11pm, but there are exceptions. Smoking is not allowed in pubs or any other public places.

## Hampstead Pubs

### **\*\*The Sir Richard Steele's\*\***

Right around the corner from Steele's Road. Cozy atmosphere with fireplaces and multiple rooms, friendly people, great food, and a beer garden. It has traditionally been a favorite of Wake Forest students.

### **\*\*The Washington\*\***

On the corner of England's Lane, opposite Starbucks. Another favorite of students, with a wide selection of beers and traditional pub food in a cozy atmosphere. Tuesday quiz night!!!

### **The Holly Bush**

Located on Holly Hill Road, and it's about a 20 minute walk up Haverstock Hill. The Holly Bush claims to have been established in the 17th century and to have been patronized by Oliver Cromwell. Be sure to get a seat in the oak booths by the fireplace.

### **The Horse and Groom**

Around the corner from the Holly Bush on Heath Street.

### **King William IV**

Walk down Haverstock Hill from the Hampstead Tube stop. This pub is often filled with tourists during the summer.

### **The King of Bohemia**

Farther down Haverstock Hill, it plays home to an artsy crowd, as the name implies.

### **The Rosslyn Arms**

Continue walking down Haverstock Hill. It's usually frequented by blue-collar, professional pint drinkers, but it has cheaper drinks than most other pubs.

### **The George**

Farther down Haverstock Hill. The biggest pub on the hill with the widest selection of beers on tap, including Beck's, Foster's, and Tartan Special Bitter. There's a quaint beer garden out back, album music is played nightly, and for the bold they hold a general knowledge quiz night on Wednesdays.

### **The Load of Hay**

At the end of Steele's Road. A slightly more upscale pub that's been recently refurbished.

### **The World's End** / <http://www.theworldsend.co.uk>

Located directly opposite the Camden Town tube station Exit (not Entrance doors). Very popular with young professional and university students. Great music.

## **Other Pubs in London**

### **The Royal George**

Down Charing Cross Road from Tottenham Court Road towards Soho. It's on the right past the Astoria, where most of the George's customers go on weekends. This isn't your everyday pub, more a place for a cultural experience. If you don't want to feel like a total outsider then wear black. The people are friendly no matter how you dress.

### **Ye Olde Cheshire Cheese**

*145 Fleet Street, EC4A.* One of London's oldest pubs (rebuilt in 1666), it was once patronized by Boswell, Johnson, and Dickens.

### **The Salisbury**

A beautiful Edwardian pub on the corner of St. Martin's Lane behind Trafalgar Square. Dylan Thomas spent many an evening sloshed on its doorstep—picture postcard of this available at the NT bookstore.

### **The Lamb**

In Bloomsbury. Great for lunch. It was frequented by Charles Dickens and is within walking distance of his former home, Tavistock House.

### **The Duke of Wellington**

Located at the corner of Wellington Street and the Strand (opposite Lancaster Place leading to Waterloo Bridge). Several floors and booths provide a lot of privacy. It makes a convenient stop either before or after a play at the National Theatre.

### **The Red Lion**

Located off St. James Square (near Piccadilly Circus) is a cozy, sophisticated pub with some beautiful Edwardian etched glass mirrors.

### **The Sherlock Holmes**

Just behind Charing Cross Station. It's usually mobbed by tourists. Be sure to sit on the terrace upstairs.

## **RESTAURANTS**

### **Belgo Noord**

72-73 Chalk Farm Road, NW3. <http://www.belgo-restaurants.co.uk> Belgian restaurant that specializes in mussels. Waiters dress as monks and they have a huge selection of Belgian beers. Obviously, this is an unusual experience. Try going at lunch and getting a set meal for less than dinner prices. (£6 for a plate of mussels, chips and a beer.) (Mon-Fri 12pm-3pm and 5:30pm-11pm, Sat 12pm-11:30pm, Sun 12pm-11pm; 020 7267 0718 )

### **Benihana**

100 Avenue Road, NW3. (by Swiss Cottage Tube stop). Japanese Steak House. For reservations call 0207-586-9508/9 or 0207-586-7118. (Lunch: Tues-Fri 12:30pm-3pm and Sat-Sun 1pm-3pm. Dinners: Mon-Sat 6:30pm-12am and Sun 6:20pm-11pm)

### **Bubbledogs**

70 Charlotte St., Fitzrovia, W1T 4QG. An amazing restaurant that serves gourmet hot dogs and champagne!!! A student favorite. Monday and Tuesday night "liquid dinner" deal has two free hot dogs with the purchase of a bottle of champagne, and Mon-Thurs there's a £10 hot dog + glass of champagne deal. One of the best restaurants in London!

### **Caravan**

11-13 Exmouth Market EC1R 4QD (but two locations: Kings Cross OR Farringdon Tube). Trendy restaurant and coffee roaster, overlooking the Exmouth Market. Great for breakfast, lunch, or dinner (serve cornbread!). (Mon-Fri 8:00am-10:30pm; Weekends Brunch 10:00am-4:00pm; Regular menu 5:00pm-10:30pm; Bar is open until 11pm [weekends] and midnight [weekends]). <http://www.caravanonexmouth.co.uk>

### **Chamomile**

45 Englands Lane, NW3 4YD. Beside launderette. Serves a variety of organic snacks and meals as well as freshly baked sandwiches and pastries. Eat in or takeaway. Most sandwiches £3.50-£4. (Everyday 7am-6pm; 020 7586 4580)

### **Chez Nous**

157 Haverstock Hill NW3. Some good sandwiches and simple dishes, and breakfast served all day long. Moderate pricing. (Open everyday 10:30am-10:30pm; 0207-586-8800)

### **Curry Manjill**

83-85 Haverstock Hill, NW3. Decent Indian restaurant around the corner from Worrell House. Free delivery for orders over £25. Good in a pinch. From time to time, you can make a reservation through TopTable for 50% off your meal. Open daily: 6:00pm - 11:59pm. 020 7483 0223.

### **Domino's Pizza**

157 Regents Park Road NW1. Right around the corner from Chalk Farm Tube station. If you're homesick, what could be better? Will deliver to Worrell House. Coupons are occasionally delivered to the house. (Mon-Thurs 12pm-11pm, Fri-Sat 12pm-11:30pm, Sun 12pm-12am; 0207-722-0070)

### **Fiddies**

An excellent Italian restaurant just North of the Swiss Cottage Tube station, on Finchley Road. The owner is very nice, and the food is delicious and reasonably priced! Delivery is also available.

### **Giraffe**

196-198 Haverstock Hill NW3. Just North of Belsize Park Tube station. This is a funky chain with an international menu and drink specials. 020 7431 3812

### **Jamon Jamon**

177 Haverstock Hill NW3. A nearby tapas restaurant that serves decent food, Tapeo's 2-for-1 lunch special and discounted Paella + bottle of wine deal on Sundays is a steal. (12am-12pm daily, 020 7483 4242)

**Khon Thai**

*Outside Swiss Cottage Tube station.* This Thai food stand has some of the best Thai food in London, and it's amazingly cheap! For £5 you can get enough Pad Thai to last for three meals! (Mon-Sat 11-7)

**\*Lemonia**

*89 Regent's Park Road NW1 8UY.* Cross the iron railway bridge near Chalk Farm Tube station and continue straight on Regents Park Road. This is an excellent Greek restaurant. The menu gives you an incredibly large selection. Make reservations –everyone in London knows it is wonderful, so it is always crowded. A great place to take your parents if they visit. (020 75867454)

**Marathon**

Haverstock Hill. Past Chalk Farm on the left and just before The Enterprise Pub. Fish and chips, kebabs, and other greasy, late-night delicacies. A guilty pleasure and student favorite!

**Marine Ices**

*Chalk Farm Road NW1* Great ice cream. Renowned throughout London for their ice cream. Charlie Chaplin used to come here straight off the plane. No credit cards accepted. (Gelateria: Sat 10:30am-10:45pm, Sun 12pm-8pm. 0207-458-8898)

**\*Silks and Spice Yum Cha**

*28 Chalk Farm Road NW1.* Just a few steps from the entrance to Stables Market, this Chinese establishment serves some of the best and most reasonably priced dim sum in London. Recently featured in Time Out as one of the top 10 places in North London to eat for under 10 GBP, go with a group and share the goodness. (12pm-11pm M-R; 12pm-12am F-Sat; 12pm-10:30pm Sun).

**Tandis**

*73 Haverstock Hill NW3.* An authentic and delicious Persian restaurant around the corner from Worrell House. (Sun-Thu 12:00-23:30, Fri-Sat 12:00-00:00; 020 7586 8079)

**Wagamama**

*4a Streatham St, WC1A 1JB.* [www.wagamama.com](http://www.wagamama.com) A chain of trendy pan-Asian noodle bars offering a fresh, healthy menu with a wide selection of noodle and rice dishes. Voted "London's most popular restaurant" in 2009, for the fourth year running! Try the fresh fruit juices. (Mon-Sat 12pm-11pm, Sun 12pm-10 pm; 020 7323 9223)

**Pret a Manger**

*261 Camden High Street, NW1 7BU.* [www.pret.com](http://www.pret.com) Locations throughout the city provide a wide variety of fresh, healthy sandwiches, pastries, and good coffee. Eat-in or takeaway. Very moderately priced. (Mon-Fri 7:30am-6pm, Sat-Sun 8am-7pm; 7932 5409)

**Nando's**

*57-58 Chalk farm Road NW3.* Famous for their chicken sandwiches but also have great burgers and veggie burgers. You can add pineapple, spicy sauces, or halloumi cheese to any sandwich. Side dishes range from corn on the cob to chips. They also have all-you-can-eat frozen yogurt.

**Pizza Express**

*194 Haverstock Hill.* Reasonably priced, decent pizzas. The downfall is that they do not deliver.

**Strada**

*31 Marleybone High Street.* Pizzas, pastas, meat dishes, salads—all at good prices.

**Gourmet Burger Kitchen**

*200 Haverstock Hill.* Massive burgers! Reasonably priced and many interesting toppings. Also have salads and veggie burgers.

**FOOD DELIVERY SERVICES****Deliveroo**

Most restaurants now offer delivery through Deliveroo, a food delivery service that has taken over London in the past year or two. There aren't minimum delivery fees, but it will only deliver from restaurants within a two mile radius of you in order to keep the food fresh.

**UberEATS**

There is no minimum delivery fee and there are often promo codes and discounts.



## THEATRE

Time Out [www.timeout.com/london](http://www.timeout.com/london) often gives short descriptions and reviews of listed plays, as well as locations, times, and prices. Also check [www.officiallondontheatre.co.uk](http://www.officiallondontheatre.co.uk).

The easiest way to book a seat is to simply call the box office directly and pay with your credit card. Ticket agencies around Leicester Square will charge up to 20% commission. For discounts on great seats, try the Leicester Square Ticket Booth. You can also queue for return tickets. Contact the theatre to find out when they sell returns and what time you should line up.

By far the best deal for theatre seats are what are known as “day seats”, where you queue at the box office the day of the performance for tickets. Usually day seats are limited to two per person but are often front row of the theatre. Most theatres offer this option but always double check.

Many theatres offer student concessions on particular plays. Before buying your tickets for a performance, it is a good idea to ring the box office and find out if they do offer any discounts. Often for student discount tickets, you will have to line up about an hour before the play begins and leftover tickets will go on sale about 30 minutes before starting time. Depending on how many tickets are left over, you may end up getting the best seats for half the cost or less.

**TIP:** Always line up before the time that the person at the ticket office tells you. Remember that they're telling everyone else to come at the same time.

**TIP:** Student standbys are usually obtained fairly easily at the National Theatre; arrive an hour in advance of the show and ask at the desk (call for availability 020 7452 3000).

### Leicester Square Ticket Booth

Sells all tickets at half-price, plus £1 booking charge on the day of the performance, but carries only the most expensive tickets and only for selected plays. You can find cheaper seats online or at the theatre, but if having great seats is important to you, this option is for you. Only cash is accepted. (For matinees only: Mon.-Sat. from noon-2pm, Evening performances: 2:30pm-6:30pm)

### Local Theatres

#### Hampstead Theatre

*Avenue Road NW3*; near Swiss Cottage Tube station. Prices vary according to the day of the performance. Box office is open from 10am-8pm, but the telephone is only answered until 7:30pm. (0207-722-9301)

#### New End Theatre

*27 New End, NW3*. Walk right uphill out of the Hampstead Tube station and the theatre will be on your left. Annual Membership 75p. (0207-794-0022)

### Recommendations

#### Shakespeare's Globe Theatre

*Bear Gardens, Bankside, Southwark SE1*. ([www.shakespearesglobe.org](http://www.shakespearesglobe.org)) London Bridge Tube plus a ten minute walk. Open as a museum and working theatre, it hosts authentic old-time performances of Shakespeare's plays (generally 2pm and 7:30pm, but confirm). Grounding (standing) tickets for all shows £5, (students £4). Museum tours £9. (Hours vary—check website. 0208-928-6342)

#### Musicals

Musicals in the London West End are elaborate, must-see events! They can be expensive, but are well worth the money. *The Phantom of the Opera*, *Les Miserables*, and *Mamma Mia* have been around forever, and with good reason! We also recommend the more recent additions to the West End—*Book of Mormon*, *Wicked*, and *Kinky Boots*.



**Sights:**

London guidebooks, online resources, and apps are especially helpful for learning more about various sights in different areas of London. However, below are a few places closest to the Worrell House that may be easily overlooked but are certainly worth checking out.

**Camden Arts Centre**

*Arkwright Road, London NW3 6DG*

Free Entry, Closed Mondays

Open Tuesday to Sunday 10am-6pm; Wednesdays 10am-9pm

Features art galleries, a bookshop, café and garden

Keep a lookout for the diverse art exhibits at Camden Arts Centre. Both a close walk and free entry, Camden Arts Centre makes for a fun day if you want to explore areas closer to the Worrell House. Additionally, Camden Arts Centre often hosts various guest speakers and workshops throughout each month.

**Freud Museum**

*20 Maresfield Gardens, London, NW3 5SX*

*Open Wednesday-Sunday 12-5pm*

Sigmund Freud's former London home, where he lived after escaping the Nazis in 1938, is a short walk from the Worrell House. The museum not only offers interactive informative exhibits, (including Freud's iconic couch he used for psychoanalysis), but also has a beautiful garden in the backyard.

**Kenwood House**

*Hampstead Lane, Hampstead, NW3 7JR*

Open 10am-4pm

Free Entry

The film Notting Hill was filmed at this beautiful location and offers both stunning gardens and architecture. Rembrandt's famous painting "Self Portrait with Two Circles" is located at the museum.

**Keats's House**

*10 Keats Grove Hampstead, NW3 2RR*

Closed Mondays and Tuesdays; Open Wednesday-Sunday 11am-5pm

Visit the home of Romantic Poet John Keats. Explore the life of Keats through exhibits of his original manuscripts and surrounding gardens. Additionally, visit nearby Hampstead Heath for a visceral experience of the picturesque landscape mentioned throughout the poetry of Wordsworth, Keats, and Blake.

**Primrose Hill**

Primrose Hill is sure to be one of the most memorable locations in London, as it arguably offers the best view of London's skyline. This is a perfect spot to enjoy a picnic, watch the sun set or rise, and enjoy green space while also viewing London's landmarks like the London Eye and Shard from a distance. Primrose Hill is a part of the larger Regent's Park which also houses the Open Air Theatre and London Zoo. See the Jogging Section for possible running routes at this beautiful location.

## SHOPPING



For an afternoon of great shopping, try the following areas:

### **Covent Garden**

Covent Garden or Leicester Square Tube. Leicester Square is on the Northern line and a very short walk. A covered market with shops and vendors, surrounded by streets full of more shops and pubs. Be careful of pickpockets, but enjoy the street performances—and don't forget to tip them if you enjoy the show!

### **Hampstead High Street**

Hampstead Tube or a fifteen minute walk up Haverstock Hill. A relatively small, but incredibly cute area with clothing stores, cafes, coffee, books, and a post office. A short walk from Hampstead Heath.

### **Kensington**

High Street Kensington or South Kensington Tube. High fashion shops, Whole Foods

### **Oxford Street**

Oxford Circus Tube, Bond Street Tube, or Tottenham Court Road will all get your near Oxford Street. . A huge assortment of stores, including H&M, Zara, Benetton, the Apple store, and thousands of other options for clothing, electronics, books, and souvenirs. Usually incredibly crowded, but as long as you guard your pockets, it only adds to the excitement!

### **Street Markets** (with help from *Rick Steve's London 2007*)

Antique buffs, people-watchers, and folks who brake for garage sales love London's street markets. There's some good early-morning activity somewhere any day of the week. The best are Portobello Road and Camden Market.

#### **Camden Lock Market**

[www.camdenlock.net](http://www.camdenlock.net) (Check out the video!) Camden Tube or walk down Haverstock Hill. An absolute must! Enter the Horse Hospital near Morrison's and head down past the Camden Locks to Camden High Street and Camden Town Tube. (Daily 10am-6pm)

#### **Primrose Hill Farmer's Market**

A cute little farmer's market right at the bottom of Primrose Hill, with lots of locally made cheese, sweets, etc., and locally grown produce. (Saturdays 10-3)

#### **Swiss Cottage Farmer's Market**

Right outside the Swiss Cottage Tube, this market has a variety of amazing street food vendors and locally grown produce and flowers. (Wednesday 10-3)

#### **Portobello Market**

Notting Hill Tube. The flea market, with 2,000 stalls (hopping on Saturday), has three section: antiques at the top, produce in the middle, and clothing and books at the other end. Antiques are featured on Saturday. (Mon-Wed and Fri-Sat 8am-6:30pm, Thurs 8am-1pm, closed Sun)

#### **Spitalfields Market**

Liverpool Street Tube: take Bishopsgate East exit, turn right, walk 2 blocks, and turn right on Brushfield Street. Housed under an old arcade, this market features more than a hundred merchants. You'll find lively organic food market, many ethnic eateries, crafts, trendy clothes, bags, and antiques. There's a cutting edge Fashion

Market each Friday and a Record and Book Fair on the last Wednesday of each month. (Mon-Fri 10am-4pm, Sun 9am-5pm, closed Sat)

**\*\*Borough Market\*\***

London Bridge Tube. A student favorite, and with good reason!!! If you like open-air food markets with everything from delicious and inexpensive food stalls to exotic cheeses to ostrich to dozens of varieties of fresh mushrooms and potatoes, this is the place for you. Visit during the morning, then have lunch here. The area also has a ton of neat shops, including Neal's Yard Dairy, a famous cheese shop. (Open for Lunch Mon-Wed, Thurs. 11am-5pm, Fri. 12-6pm; Sat 8am-5pm.)

**Brick Lane Sunday Market**

<http://www.visitbricklane.org/#/brick-lane-market/4537676886>

Brick Lane is fantastic – great food, vintage stores, coffee and chocolate shops, and famous street art. The Sunday Market appears in various venues along Brick Lane. Ethnic food stalls and craft vendors take over. You could spend all day wandering the area (it is also walking distance to Spitalfields Market, Columbia Road's Flower Market, and Petticoat Lane Market)

**Columbia Road Market**

<http://www.columbiaroad.info>

Sundays from 8am until mid-afternoon (around 3pm), the street is filled with flowers to buy. Many florists come to the market very VERY early morning to buy flowers for their shops.



**BOOKS**



**\*\*Waterstones\*\***

68-69 Hampstead High Street, NW3 1QP. Turn left on Haverstock Hill Road and walk uphill toward Hampstead Tube. Britain's most successful bookstore chain. They mail books free to the States. Locations throughout the city., including Charing Cross and Kensington High Street. (Hours: Mon-Fri 9:30am-7:30pm, Sat 11am-7:30pm, Sun 12:30pm-7pm; Phone 0207-794-1098)

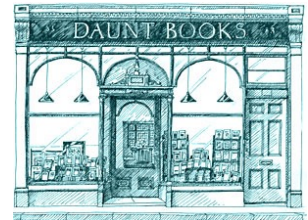
**W.H. Smith**

9-10 Harben Parade, off Finchley Road, NW3. Newsagent and limited bookstore that also stocks stationery supplies. Locations throughout the city. (Hours: Mon-Fri 8:30am-6pm, Sat 9am-5:30pm, Sun 10am-4pm; Phone 0207-722-4441)

**Small Shops near Worrell**

**Daunt Books**

193 Haverstock Hill NW3 4QL. Small but excellent selection of books. Will order books for Worrell House. (Hours: Mon-Sat 9am-9pm, Sun 11am-7pm; Phone 0207-794-4006)



**Primrose Hill Books**

134 Regent's Park Rd, NW1. Small, friendly shop with a good selection of classics and Virago. Some used paperbacks. ( Mon-Fri 9:30am -6pm, Sat 10am-6pm, Sun 11am-6pm; 020 7586 2022)

**Walden Books**

38 Harmond Street, NW1. Off Chalk Farm Road near the end of the market. General secondhand, lots of paperbacks. Specials outside when weather permits. (Thurs-Sun 10:30am-6:30pm; 0207-267-8146)

### **Bookstores Downtown**

The largest concentration of bookstores, selling both new and secondhand books, is at Charing Cross Road. Take the Northern Line Tube to Tottenham Court. Try the following:

#### **\*Foyles\***

*Charing Cross Rd.* The largest bookstore in London with over four million books. (Mon-Wed and Fri-Sat 9am-6pm; Thurs 9am-7pm; 0207-437-5660)

#### **Any Amount of Books**

*Charing Cross Rd.* General secondhand, plus half-price review copies, and publisher's remainders. You also may want to check out the basement offerings. (Open daily 10:30-7:30pm; 0207-240-8140)

#### **The Charing Cross Book Shop**

*Charing Cross Rd.* Used books, bargains on paperbacks.

#### **Cinema Bookshop**

*Corner of Great Russell St. & Adeline.* Specializing in movie memorabilia. (0207 637 0206)

#### **Collett's**

*40 Great Russell Street.* Chinese bookshop and gallery. (0207-580-7538)

#### **Collinge and Clark**

*13 Leigh Street, off Tavistock Square.* Specialists for secondhand academic history, particularly 19th century economic and social. Also art and some literature. (Mon-Fri 11am-6:30pm, Sat 11am-3:30pm; 0207-387-7105)

#### **Francis Edward's**

*St. Martin's Court.* Specialists in military history. (Mon-Fri 9-5)

#### **Gosh**

*39 Russell Street.* Comics. (0207-636-1011)

#### **Grant & Cutler Ltd**

*55-57 Great Marlborough Street.* Specialize in foreign language books. (0207-734-2012)

#### **Hatchards**

*187 Piccadilly.* Oldest and most comprehensive of London's bookstores. Good selection of travel narratives. (Mon-Sat 9:30am-7pm, Sun 12pm-6pm; 0207-437-3924)

#### **John Adrian**

*10-12 Cecil Court, WC2, just off Charing Cross Road.* General secondhand, lots of history and literature, wide selection of children's books and some bargains. (Open daily 9am-11pm; 0207-836-2987)

#### **New Moon Books**

*Charing Cross Rd.* Feminist works and a large selection of Virago classics.

#### **Henry Pordes Books**

*Charing Cross Rd.* General secondhand, lots of history and literature. Also have bargain basement section. This store used to give a 10% discount to students. Check it out. (Open Mon-Sat. 10am-7pm; 0207-836-9031)

#### **Skoob Books**

*15 Sicilian Avenue.* A great used bookstore. Academic and general-interest. 10% off for students. (Mon-Sat 10:30-6pm; 0207-404-0030)

#### **Unsworth, Rice & Co**

*12 Bloomsbury Street.* Walk past the British Museum toward Tottenham Court Road for one block, turn left. Great selection of academic secondhand, out of print and remainder titles, paperbacks. Particularly good selection in literature, history and the humanities.

Reasonably priced. (Mon-Sat 10am-7pm, Sun 12pm-6pm; 0207-637-7334)

## DEPARTMENT STORES

### Harrods



87-135 Brompton Road, SW1X 7XL. Knightsbridge Tube. ([www.harrods.com](http://www.harrods.com)) London's most famous and touristy department store. Over a million square feet of retail space on seven floors, and an amazing food hall. Be sure to check out the window displays, especially at Christmas! (Mon-Sat 10am-8pm, Sun 11:30am-6pm; 020 77301234)

### Harvey Nichols

109-125 Knightsbridge, SW1X 7RJ. ([www.harveynichols.com](http://www.harveynichols.com)) Once Princess Diana's favorite. Very classy, with great food. (Mon-Wed 10am-8pm, Thurs-Sat 10am-9pm, Sun 11:30-6pm; 020 72355000)

### John Lewis

Oxford Street, W1A 1EX and Brent Cross Shopping Center. [www.johnlewis.com](http://www.johnlewis.com) (9:30am-8pm, Thurs 9:30am-9pm, Fri 9:30am-8pm, Fri 9:30-8pm, Sat 9:30-7pm, Sun 12pm-6pm; 020 7629 7711)

### Selfridges

400 Oxford St, W1A 1AB. ([www.selfridges.com](http://www.selfridges.com)) (Mon-Wed 9:30am-9pm, Thurs-Fri 9:30am-10pm, Sat 9am-10pm, Sun 12pm-6pm; 020 7629 1234) Has an outstanding ground floor FOOD HALL

### Primark

Tottenham Court Road and Oxford Street – The cheapest fashion store in town.

## OFFICE SUPPLIES

### England's Papers

49 England's Lane, NW3 4YD. Very near the house, but pricey with a somewhat limited selection. (Mon-Fri 7am-6pm, Sat 9am-6pm, Sun 9am-1pm; 020 7722 3230)

### Ryman the Stationer

191 Camden High Street, NW1 7BT. Located opposite Camden Town Tube. Chain found city-wide, with an extensive selection of office supplies. They also sell prepaid T-mobile phones and are able to send faxes (£3 to the US). (Mon-Fri 9am-7pm, Sat 9am-6pm, Sun 11am-6pm; 020 7267 1276)

**WH Smith** also sells a selection of stationary supplies. See listing in "Books" section.

## PHOTO SUPPLIES/FILM PROCESSING

### Jessops

9A Hampstead High St, NW3 1PR. (Mon-Fri 9am-5:30pm, Sat 9am-6pm, Sun 11am-5pm; 020 74317419)

### Snappy Snaps



Two nearby branches: 189 Finchley Road NW3 and 80 Rosslyn Hill, NW3, at the beginning of Hampstead High Street. (Finchley Rd: Mon-Fri 8:30am-7pm, Sat 9am-6pm, Sun 11am-5pm; 0207-624-2840)

## PRINTING AND FAX

**Printline**

200b Haverstock Hill, NW3. A block north of Belsize Park Tube. Nearest shop with good photocopying facilities, stationery, etc  
Phone: 020 7431 1330  
e-mail:printline2002@btconnect.com

**SHOE REPAIR****Rawhide**

*26 Camden Rd, NW1 9DP.* Opposite Sainsbury's. Usually done while you wait. (8am-5:30pm, closed Thursday and Sunday; 020 74852957)

**SPORTSWEAR & OUTDOOR EQUIPMENT****Ace Sports**

6 Fortress Road, NW5 2ES. Small sporting goods store but great prices, including athletic shoes, clothing, gloves and other sporting goods. (Mon-Sat 9:30-6pm; 020 7485 5367)

**Euro Sports**

*1 New College Parage, Finchley Road, NW3 5EP.* Sporting goods supplies including darts, athletic shoes, etc. (Mon-Sat 9:30am-6pm; 0207-722-1775)

**JD Sports**

*213-219 Camden High Street, NW1 7BT.* Big sporting goods store directly across from Camden Town Tube. (Mon- Sat 9am-7pm, Sun 11am-5pm; 0207 482 0522)

**Laurence Corner**

*62-64 Hampstead Road, NW1 2NU.* Intersection of Camden Road and Drummond Street, three minutes walk from Euston Station. Reasonable prices. Established for over 50 years and famous as a unique source of outdoor and protective wear and government surplus items. Fancy dress hire department and theatrical costumes that are genuine ex-theatre. (020 7813 1010)

**Lillywhite's Department Store**

*24-36 Regent St, SW1Y 4QF. Piccadilly Circus.* Impressive five-floor store with regular sales, providing the best in sports, outdoor equipment and exercise gear. Can be very overcrowded, especially around holidays and weekends. (Mon-Fri 10am-9pm, Sat 10am-9pm, Sun 12pm-6pm; 0870 333 9600)

## HOTELS NEAR WORRELL HOUSE

### Palmer's Lodge Hostel

Only about a 10-15 minute walk from the Worrell House, and the cheapest option around. Many students and visitors have stayed here in the past, and all recommend it. Since student visitors can't stay in the Worrell House, this is probably the next best option!

### Belsize Park Apartments

*24 Belsize Sq. NW3 4HU*

5 minutes walk from house. Single rooms w/bath; Double rooms w/bath. Self-catering, TV, very reasonable and friendly.

0207-794-4307, 0207-435-2557

No FAX available

### Swiss Cottage Hotel

*2 Adamson Road, NW3 3HR*

This is a nice hotel, 5 minutes walk from house. Single rooms w/bath; double rooms w/bath. Full English breakfast included. They also have executive suites at higher prices.

0207-722-2281

FAX: 483-4588

### Hampstead Britannia Hotel

*Primrose Hill Road NW3*

Nearest to house, but very overpriced. Service nothing special.

0207-586-2233

FAX: 586-1659

### Buckland Hotel

*6 Buckland Crescent*

Belsize Park NW3

Single rooms w/bath, double rooms. Another reasonable place and 5 minutes walk.

0207-722-5574

FAX: 722-5594

### Regent's Park Marriot

*King Henry's Road NW3*

Single rooms w/bath, double rooms w/bath. Corporate and executive suites. The best of the big, modern hotels locally. 5 minute walk from Swiss Cottage.

0207-722-7711

FAX: 586-5822

### Sandringham Hotel

*3 Holford Road NW3*

Single rooms w/bath-shower, double rooms w/bath-shower. Includes good buffet. Quiet hotel at top of Hampstead. 3 minute walk from Hampstead Tube stop.

0207-435-1569

### Black and White House

*Flats located on Howitt Road*

Across from Belsize Park Tube, reasonably **priced flats available for rent or vacation.**  
**<http://www.theblackandwhitehouse.com>**

0207-722-2781

078-554-94974

### Premier Inn

*215 Haverstock Hill, NW3 4RB*

A variety of rooms for a reasonable price, almost directly across from the Belsize Tube Station. A short walk up Haverstock Hill from the Worrell House.

0871-527-8662

**Also try Airbnb and Generator near King's Cross**



## TRAVEL



### Train

For train travel in the UK:

[www.nationalrail.co.uk](http://www.nationalrail.co.uk) or 084 5748 4950.

For train travel to Europe:

Eurostar trains run from London St. Pancras to multiple sites in France or Brussels, Belgium. For train schedule, prices, and to book tickets, go to [www.eurail.co.uk](http://www.eurail.co.uk).

For train travel on the continent:

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

Eurail <<http://www.eurail.com>> is also an option, but passes must be purchased from the US. A good option if you plan to do lots of traveling on the continent.

\*\*\***Make SURE to get a 16-25 student railcard in the beginning of the semester** if using trains more than once. It is a very significant discount and well worth the money! It also gives you a 1/3 discount of off-peak Tube fares. Go to any of the big train stations to buy one. It's £30 and lasts for one year.

- **TIP:** If you do not have reservations and have difficulty finding a seat on a crowded train, check the small reservation tickets on the backs of empty seats. Reserved seats often go unclaimed, or the reserved part of the journey may already be concluded. For example, an empty seat reserved from London to Peterborough would be fair game if you boarded farther north on a train bound for Edinburgh.
- **TIP:** When booking, beware of late arriving trains if you do not have a hotel reservation. Britain shuts down earlier than the USA and most Tourist Information Centers close by 7pm at the latest.
- **TIP:** Also, [www.skyscanner.com](http://www.skyscanner.com) will check every airline (including the budget airlines!) and point you toward the cheapest option.
- **TIP:** If you know your plans a few months in advance, train tickets are often the cheapest three months in advance. Traveling by train is highly recommended!

### Coaches

Coaches are a slow but cheap way to travel—not recommended for faraway places over a weekend. Check the National Express website for times, routes, and prices. (<http://www.nationalexpress.com>)

### Plane

Two budget airlines, EasyJet and Ryanair, cover all of Europe and Ireland. Flights often land in small airports outside of the city centers and require additional transport by bus or train, but fares can be very cheap. Check the websites for details at [www.easyjet.com](http://www.easyjet.com) and [www.ryanair.com](http://www.ryanair.com). Also, [kayak.com](http://kayak.com) and [google.com/flights](http://google.com/flights) will show a variety of airlines from which you can choose.



## Getting to the airport

### **Gatwick Express**

<https://www.gatwickexpress.com/index.asp?SID={926EC704-D967-4DBC-B216-CFBE5425DEAA}>

- ☐ Departs from Victoria Station; trains run every 15 minutes
- ☐ Price: Express Single £18 online, £20 from the ticket machine; return £31 anytime, £24 off-peak
- ☐ Travel time: 30 min (35 min on Sundays)

### **Heathrow Express**

<https://www.heathrowexpress.com/index.asp?SID={A79D7C19-8D2F-47C9-A801-EFD26859B437}>

- ☐ Departs from Paddington Station; four trains per hour
- ☐ Price: Express Single £21.50 online, £25 from the ticket machine; Return £35
- ☐ Travel time: 15 min

### **Heathrow Connect**

<https://www.heathrowconnect.com/index.asp?SID={A4261378-AF7E-489A-B5B9-5C58FE876C1E}>

- ☐ Departs from Paddington Station; four trains per hour
- ☐ Price: Single £10.10 Return £20.20 online
- ☐ Travel time: 25 min

## **Transportation to Stansted Airport:**

### **Stansted Express**

<https://www.stanstedexpress.com/index.asp?SID={26E9854F-9182-4736-8AC6-F02D981570BB}>

- ☐ Departs from Liverpool Station; four trains per hour
- ☐ Price: Express Single: £23.40; Return £32.80
- ☐ Travel time: 46 min

**National Express:** A coach that departs from Golder's Green and takes roughly 1 hour to get to Stansted. The cheapest and easiest option. About £15 each way.

**Stansted Citylink Coaches:** These coaches are cheap and pick you up/drop you off at Kings Cross/St Pancras, which is close to the House:

[http://www.terravision.eu/airport\\_transfer/bus-stansted-airport-london/#](http://www.terravision.eu/airport_transfer/bus-stansted-airport-london/#).

## **Transportation to Luton Airport**

- ☐ *By Train:* There is no Express Train, but you can book tickets at <http://www.london-luton.co.uk/en/traintickets/>. Travel time can be as little as 25 minutes, but you may need to book a while in advance. When you get off the train, there is a bus that takes you right to the airport but you will need £2.20 cash to pay for a one-way ticket.
- ☐ *By Bus/Coach:* There are several options for bus tickets to Central London. The easiest is the National Express, which departs from Golder's Green and arrives at Luton in ~30 minutes. £11 each way. Tickets can be booked at <http://www.london-luton.co.uk/en/content/5/73/coach---bus-tickets.html>

## STUDENT RECOMMENDATIONS

### Churches

#### **Holy Trinity Brompton** <<http://www.htb.org.uk>>

Kind of far away (closest tube station is South Kensington). Anglican church with traditional services early Sunday mornings and contemporary services at later morning and at night (6p) that most young people go to. Tim Hughes is the worship leader, students already involved with the church would probably recognize the name. They also have a very good university age student service on Tuesday nights (comparable to Emmaus or RUF at Wake). This is where many Wake students have gone in the past.

They have a local branch at Swiss Cottage, which is much smaller and more family/traditional style. If you're looking for a more intimate setting, try this one.



#### **Hillsong Church** <<http://www.hillsong.co.uk/london/home.asp>>

A very large global church – anyone turned off by the feel of "mega-churches" probably wouldn't like it as much, but there is a lot of energy at services. They hold their services in a theater off Tottenham Court Road (may change periodically). Services are styled very much like a concert. The one drawback is they don't have a very organized student program which makes it a little more difficult to meet people.

**St. Helen's, Bishopsgate** Great St Helen's, London EC3A 6AT, United Kingdom. There are three services every Sunday (10:30, 4:00, and 6:00). The 10:30 is a mixture of members, the 4:00pm mostly consists of families, and the 6:00pm is VERY popular with students and young professionals. Wednesday evenings there are student dinners and talks. Definitely worth checking out – great way to meet people.

### Food

There is a **gas grill** outside at Worrell House. Lots of students have found this very useful! Bring some recipes from home (there is also a recipe book that RA's and students contribute to) and consider shopping at the butcher on England's Lane (between the Tesco Express and the Washington) for excellent meat. Students are responsible for keeping the grill surfaces clean after use, and alerting Jacki if new Gas Canisters are needed. **After using the grill, please be sure to put the grill cover back on. This is your responsibility.**



## Football



The beautiful game started in England and is a must for any British experience! Football season lasts from mid-August to the FA Cup final at the end of May. London has several football clubs, divided into several divisions. English football uses the promotion/relegation system; therefore, a few teams in each league go up and go down every year. Currently, five London clubs are in the top flight.

### *Overview of London Clubs*

#### **Premiership (First Division)**

*Arsenal FC*—<http://www.arsenal.com/>

The Gunners are a traditional powerhouse with a long and storied history. They play in Highbury at Emirates. Due to the club's popularity, tickets can be difficult to get.

*Chelsea FC*—<http://www.chelseafc.com/page/Home>

The other heavyweight club in London, they play in the borough of Hammersmith and Fulham on the Southwest side at Stamford Bridge. Also tough tickets to get.

*Tottenham Hotspur FC*—[www.tottenhamhotspur.com](http://www.tottenhamhotspur.com)

Another club with a long tradition in the top division, they are in the tier just below Arsenal and Chelsea in terms of popularity and prestige. Spurs play in the borough of Harginey in North London. Tickets can be difficult for big matches and are nearly impossible for the derby with Arsenal.

*West Ham United*—[www.whufc.com](http://www.whufc.com)

The Hammers play at Upton Park in London's East End. With a little planning, tickets aren't too difficult. A mid-level club with a history of bouncing between the first and second divisions.

*Fulham FC*—[www.fulhamfc.com](http://www.fulhamfc.com)

Relatively recent arrivals to the top flight, Fulham is a club with less history and a smallish fanbase. They play in Fulham, of course; near Putney Bridge Tube. Tickets are nearly always available with a few days planning, except for the Chelsea match.

#### **Championship (Second Division)**

*Charlton Athletic*—[www.charlton-athletic.co.uk](http://www.charlton-athletic.co.uk)

Recent droppers from the first division, Charlton are in a state of flux. Tickets are almost always available.

*Crystal Palace FC*—<http://www.cpfc.premiumtv.co.uk/page/Home/>

Another easy ticket at a mid-level Championship club, they play far south in Croydon.

*Queen's Park Rangers (QPR)*— [www.qpr.premiumtv.co.uk](http://www.qpr.premiumtv.co.uk)

Based in Hammersmith and Fulham near Shepard's Bush, QPR has seen better days. They rarely sell out their ground.

*Watford FC*—[www.watfordfc.premiumtv.co.uk](http://www.watfordfc.premiumtv.co.uk)

Located just outside northwest London in the suburb of Watford. Mid-level club with relatively little history. Tickets often available. Accessible from the Metropolitan line.

#### **League One (Third Division):**

*Millwall FC*—[www.millwallfc.co.uk](http://www.millwallfc.co.uk)

Formerly a first division club that has fallen on hard times. Matches never sellout. They play in Southwark at Bermondsey. Tickets generally cheaper and plentiful.

**Ticket Tips:** Premiership matches are very expensive. Arsenal and Chelsea are both more than £40-50. Fulham is much cheaper and you can still see top competition. The lower division clubs are all cheaper. Look for cup matches, either FA or Carling, as these tickets are often cheaper than league fixtures. Feel free to contact me, Colin Heyson, at [heyscw6@wfu.edu](mailto:heyscw6@wfu.edu), for any other advice.

# LIFE IN LONDON

## Language

Before you even begin this semester, be warned that the English speak English, not American. There are many differences which can cause embarrassing misunderstandings. The house has a copy of *The British/American Language Dictionary*, edited by Norman Ross, in the library downstairs. Here are some you may find useful:

### Food

*aubergine*: eggplant  
*banger*: sausage  
*bap*: hamburger bun  
*biscuit*: cookie  
*chips*: French fries  
*courgette*: zucchini  
*crisps*: potato chips  
*jacket potato*: baked potato  
*mangetout*: snow peas  
*rocket*: arugula  
*pudding*: dessert in general

### School

*college*: high school  
*grammar school*: high school  
(usually private)  
*public school*: private “prep” school  
(e.g. Eton)  
*state school*: public school  
*university*: college/undergrad

*bobby* or *copper*: police officer  
*bonnet*: car hood  
*boot*: car trunk  
*cheers*: goodbye or thanks  
*concession*: discounted admission  
*fag*: cigarette  
*football*: soccer  
*fringe*: hair bangs  
*knock up*: wake up or visit  
*let*: rent  
*loo*: toilet or bathroom  
*lorry*: truck  
*nought*: zero  
*on offer*: on sale  
*pants*: underwear, briefs  
*pissed*: drunk  
*plaster*: band-aid  
*queue*: line  
*quid*: pound (slang)  
*snogging*: kissing  
*stone*: 14 pounds (weight)  
*subway*: underground walkway (not the Tube)  
*take the piss/mickey*: tease  
*zebra-crossing*: crosswalk

## **Tipping**

(from *Rick Steve's London 2007*)

**Restaurants:** At pubs where you order at the counter, don't tip. At a pub or restaurant with a wait staff, check the menu or your bill to see if the service is included; if not, tip about 10% if you feel you have been well served.

**Taxis:** To tip the cabbie, round up. For a typical ride, round up to a maximum of 10% (to pay a £4.50 fare, give £5; or for a £28 fare, give £30). If your cabbie hauls your bags and zips you to the airport to help you catch a flight, you may want to throw in a little more. But if you're being driven in circles or otherwise ripped off, skip the tip.

**When in doubt, ask!** If you're not sure whether (or how much) to tip for a service, ask your hotelier or the TI; they'll fill you in on how it's done on their turf.

## **Useful Resources**

Rick Steve's travel books provide user-friendly, up-to-date information on destinations throughout Europe.

<http://www.londontown.com> : "the number one internet site for London"—hotel and event reviews

<http://www.allinlondon.co.uk> : thorough directory of London businesses

<http://www.timeout.com/london> : "Your critical guide to arts, culture, and going out in the capital."

<http://www.viewlondon.co.uk/clubs.aspx> : London club guide—search for nightly events by type of music and venue

<http://www.visitlondon.com> : "the official website for London"—tourist information, hotels, etc.

And of course, don't forget Google maps! <http://maps.google.co.uk>

Lots of locals use [www.streetmap.co.uk](http://www.streetmap.co.uk), where you can search by post code, but maps are less interactive.