

# London 30+ Travel Guide & Activities



*History, culture, entertainment and shopping - London has it all! London is a vibrant and bustling cosmopolitan city with lots of famous sights around every corner. It comes as no surprise that London is the number one choice destination for people wanting to learn English.*



## 5 THINGS TO SEE

- Big Ben
- Trafalgar Square
- Buckingham Palace
- St Paul's Cathedral
- Madame Tussauds

## 5 THINGS TO DO

- Watch an opera, ballet or other classical performance at the Royal Opera House
- Shop along the rows of popular shops and fashionable boutiques on the world-famous Oxford Street
- See a play or musical in London's famous 'Theatreland'
- Visit a world-class museum or gallery with free entrance
- Spend a night out at a trendy bar or chic restaurant in Soho

## ELECTRICITY

230 V; 50Hz - 3-pin plug

## TIME ZONE/ SEASONS

GMT

## PUBLIC HOLIDAYS

- 25 December 2019
- 26 December 2019
- 01 January 2020
- 10 April 2020
- 13 April 2020
- 08 May 2020
- 25 May 2020
- 31 August 2020
- 25 December 2020
- 28 December 2020

## CURRENCY

Great British Pound (GBP), also known as sterling.

Students can change money and traveller's cheques at the post office on high holborn. There are several banks on the same street (hsbc, natWest and royal bank of scotland) where they can withdraw money from the atm (cashpoint) machines.

## CLIMATE

The weather in the UK is the topic of many conversations because it is so changeable. It is possible to see sun, rain, wind and clouds all in the same day so it is a good idea to always carry a pair of sunglasses and an umbrella!

## TELEPHONE COUNTRY CODE

(0044)

Students can buy an international phonecard from the post office and many newspaper shops. It can be expensive to use these cards from the mobile so it is better to use the payphone in the school café or a public telephone box on the street. They can buy a British Sim card for your mobile phone from the cardphone Warehouse next to Holborn station.

## TAP WATER - DRINKABLE!

Tap water in England is safe unless there's a sign to the contrary (eg on trains).



## COST OF LIVING

Coffee/cappuccino (Starbucks)	£2.50-£3.50
Bottle of water/soda (0.33 litre)	£0.60-£1.50
Fast-food combo meal	£5.00-£7.00
Meal, inexpensive restaurant	£10.00-£20.00
Fitness club (monthly, 1 adult)	£30.00-£75.00
Public transport (local transport) (one-way)	£1.75-£3.00
Public transport (monthly pass)	£120.00-£175.00

## VISA REGULATION

For Visa information please read [Applying for a Visa in UK](#)

## MAPS (TUBE MAPS / BUS ROUTES)

- [Bus routes](#)
- [Tube map](#)

## USEFUL LINKS

- [Sport & Fitness](#)
- [Planning your travel in London](#)
- [Travelling outside of London by Train](#)
- [Theatre tickets](#)
- [Markets in London](#)
- [Weather in London](#)

## MEDICAL

The NHS (National Health Service) provides free and subsidised treatment for people who live in the UK. International students, may be entitled to NHS treatment if they are enrolled on a course lasting for six months or more. If their course is less than six months long, they may still be able to get treatment under the NHS if they are from a country that has a health agreement with the UK.

To receive any treatment through the NHS, firstly students must be registered with a doctor (GP). They should register with a local GP as soon as they have a permanent address – and not wait until you are ill. To find your local GP they can call NHS direct on 0845 46 47 or visit their website.

If students are not entitled to NHS treatment they will have to pay the full cost of any treatment they receive in the UK. This can be expensive, so make sure you have medical insurance that covers you while you're living abroad.

If students are not able to register with a GP or cannot get an appointment to suit them, they can visit the Soho health centre on Frith street. Opening hours are Monday to Friday from 08.00 to 20.00 and from 10:00 to 18:00 on weekends and bank holidays (excluding Christmas day). There is a consultation charge of GBP 35 for non-eu students.

## HEALTH & INSURANCE REQUIREMENTS

Students must have adequate health, accident and travel insurance while attending any of our programmes.

## COUNTRY LAWS

Students must abide by UK law at all times during their stay. Breach of the law could result in arrest by the police and even imprisonment.

## DRIVING AGE

Legal age for driving is 17

## SMOKING LAWS

Smoking in enclosed public places is illegal in the UK.

## ALCOHOL AGE

Legal age for drinking in the UK is 18 and many places will ask for identification if you look below the age of 21.