



Yes you are in London !

London is the capital of England and the United Kingdom (which encloses England, Northern Ireland, Wales and Scotland), where more than 8 million people live. Between museums, galleries, gardens, theatres, markets, shops and pubs, London never sleeps and everyone gets something out of it.

London is often characterised by its cosmopolitanism, thanks to its integration politics and tolerance, a various range of culturally different people live peacefully side by side. More than 300 languages are spoken in the capital city and 7 religions are listed. Cultural, dynamic, rowdy and quiet, London has a wide range of things to offer.

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Orientation

How to get to the centre of London?

From Gatwick: Gatwick Express is the fastest rail link between the airport and central London. Non-stop trains run to and from London Victoria every 15 minutes and take 30 minutes (35 minutes on Sundays).

Tickets can be bought in the terminals, at the station, or on board at no extra cost.

For details of prices, special offers and to book in advance, visit the [Gatwick Express website](#) or ring +44 (0)845 850 1530 (UK only).

From Heathrow: Heathrow Express offers the fastest journey between the airport and central London. Non-stop trains run every 15 minutes. The journey between Heathrow Central and London Paddington takes 15 minutes.

For more fares, timetables and special offers, or to book tickets, visit [Heathrow Express website](#) or call 0845 600 15 15 (+44 845 600 15 15 from abroad).

With the Eurostar: you arrive at Saint Pancras International in the centre of London.



With Eurolines:

Eurolines (UK)
4 Cardiff Road
Luton
Bedfordshire
LU1 1PP

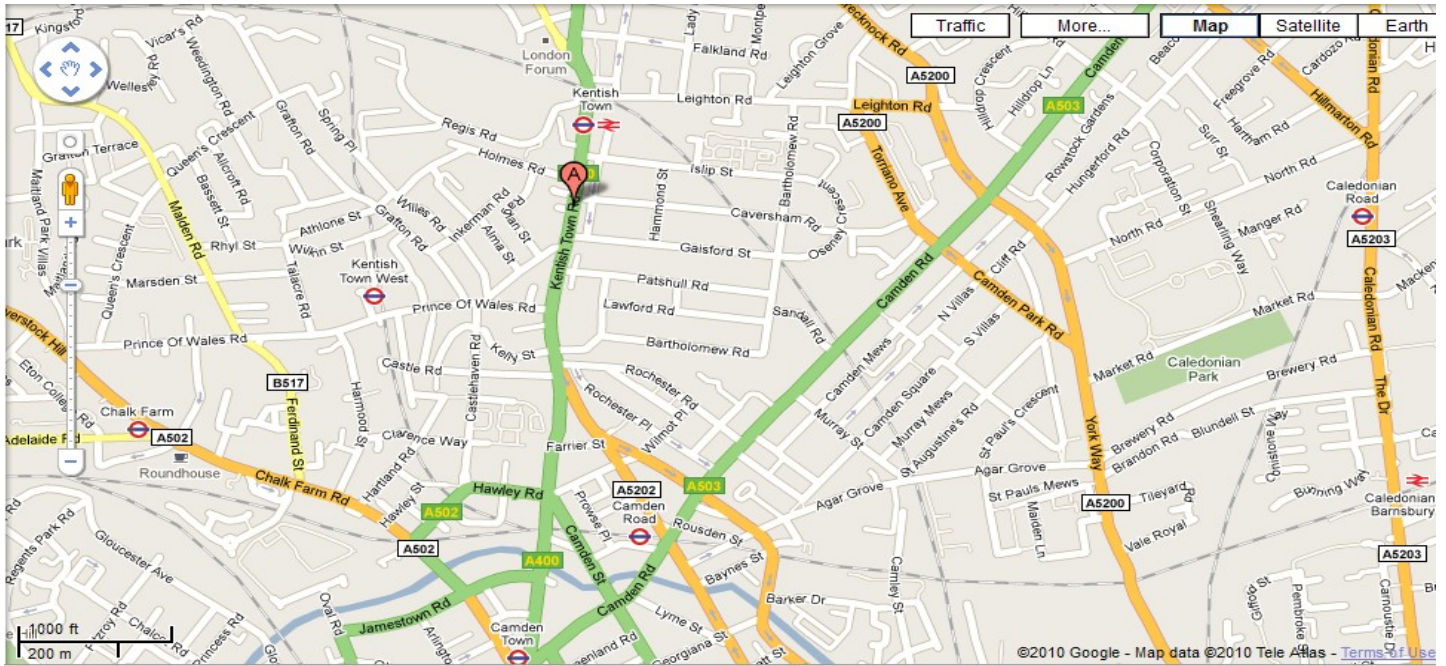


How to get to London Language Centre?



By tube: Kentish Town Station and then 2 minutes walk.

By bus: 46, C2, 134, 214



http://maps.google.co.uk/maps?q=158+kentish+town+road&oe=utf-8&rls=org.mozilla:en-US:official&client=firefox-a&um=1&ie=UTF-8&hq=&hnear=158+Kentish+Town+Rd,+Camden+Town,+Greater+London+NW5+2&gl=uk&ei=RENqTivzA5De4AaWjOGVAQ&sa=X&oi=geocode_result&ct=image&r

London underground map

<http://www.tfl.gov.uk/assets/downloads/standard-tube-map.pdf>



Which ticket do I buy?

If you are in London for a short period of time, you can opt for a simple ticket you buy at the ticket office or at the machines in any station.

The ticket price depends on the zones you go through. For example, if you are in St Pancras and you wish to get to Blackhorse Road on the Victoria line, you have to ask for a single ticket from zone 1 to zone 3. But if you want a return ticket, we advise you to ask for the day travel card between these zones, it will be cheaper and you will be able to make more than one journey with it.

If you wish to stay longer, it is better to opt for an Oyster card. An Oyster card is £3 deposit (you can have the cost of the oyster card refund at the end of your stay) on which you can charge whatever kind of ticket.

How to get an Oyster card?



The quickest and easiest way to get your Oyster card is to apply [online](#). First of all you have to choose the kind of ticket you want (pay as you go: you charge your Oyster card with money and you travel, the card will calculate the cheapest journey; Annual Bus & Tram Pass or Travelcard) then you create your on-line account, you pay and your card would be sent by post.

Alternatively, if you are a student staying at the London Language Centre for more than 24 weeks, taking a 15 hour per week course or more you can benefit from a 30% discount by applying to 18+ Student Oyster photocard. You can do this on-line or ask us for the form and fill out it before to give it back to any ticket office.




Visit tfl.gov.uk/photocard for further details.

Tourism office

Direction: 2 More London Riverside, London, SE1 2RR

Phone: 08701 566 366 (08701 London)

 London bridge

Website: <http://www.visitlondon.com/>



Discovering The United-Kingdom

United-Kingdom map



Historical landmarks of The United-Kingdom



- **500 BC:** England was occupied by the Celts.
- **From 800 AD:** The Vikings came up North.
- **From 400 AD:** It is the time of the Anglo-Saxon Invasion.
- **55 BC-410 AD:** The Roman Invasion.
- **1066:** Norman Conquest-Hastings (William the Conqueror).
- **1215:** Writing of The Magna Carta which is an important text because it limited the power of the King and introduces the right to have a lawyer as well as to be judged in a court.



- **14th century:** Black Death: 1/3 of the Europe population died of the plague.
- **1455-1485:** War of the Roses: Two families, the House of Lancaster and the House of York wanted to have one of them becoming the head of the country. The House of York won. (Henry Tudor)
- Henry Tudor was decapitated by Richard III.
- **1497:** beginning of the British Empire.



- **1605:** Bonfire Night: Guy Fawkes was meant to die because he plotted something against the King, but he failed to blow the Parliament up. This is why, every November 5th English people gather round bonfire to burn Guys.
- **1824:** Industrial Revolution
- **1916: Easter Rising:** Rebellion in Dublin against the British rule, took place at Easter in the context of famine in Ireland. They officially announced the **Republic of Ireland was independent** but it was not well accepted. 420 000 people were killed in riots.
- **1919-21: Anglo-Irish War.** It was a violent fight between the IRA (Catholics) and the Black Tans (British people). This period is called "The troubles".

- **1939-1945:** World War II
- **1960s-1997:** This period was also called The Troubles. It was a fight between:
 - the Republicans who were Nationalists (IRA), and
 - the Loyalists who were Unionists (Orange Order), those who want to remain loyal to the British Crown.

This fight killed 1000 people.

- **1972:** Bloody Sunday: Direct Rule. After a peaceful demonstration organised by civilians, the British army put in jail without trial a lot of Irish people and their persecuted many Catholic people in the North of Ireland.
- **1973:** European Union membership.
- **1998:** Good Friday Agreement: Tony Blair put an end of the Troubles: An agreement was signed to give up the fight for ever. This led to a decommission of weapons and the release of prisoners.
- **1998:** Devolution: creation of the Northern Ireland Assembly.
- **1999:** Creation of the Welsh Assembly and the Scottish Parliament.



Prime Ministers

1997 – 2007: Tony Blair (Labour Party)

2007 – 2010: Gordon Brown (Labour Party)

Currently in office since 2010: David Cameron (Conservative Party)

& Nick Clegg (Liberal Democrat)

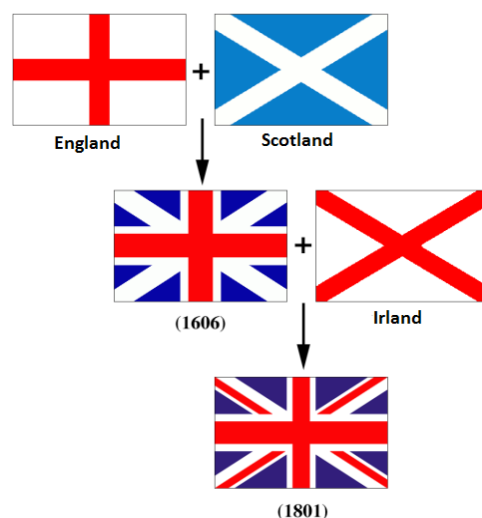


David Cameron

Flags and Symbols

The **Union Jack** is the flag of the UK, it is composed of different crosses:

- **1606:** first union: St George's Cross (England) + St Andrew's Cross (Scotland)
- **1801:** second act of union: + St Patrick's Cross (Ireland)
- **1922:** Irish Free State decided to leave the Union.





Lady Britannia is the symbol of England.

“Rule Britannia” is a 1940's British Patriotic anthem.

RULE BRITANNIA LYRICS

*When Britain first, at heaven's command,
Arose from out the azure main,
Arose, arose, arose from out the a-azure main,
This was the charter, the charter of the land,
And guardian angels sang this strain:*

*Rule Britannia!
Britannia rule the waves.
Britons never, never, never shall be slaves.*

*Rule Britannia!
Britannia rule the waves.
Britons never, never, never shall be slaves.*

*The nations, not so blest as thee,
Must in their turn, to tyrants fall,
Must in, must in, must in their turn, to tyrants fall,
While thou shalt flourish, shalt flourish great and free,
The dread and envy of them all.*

(Chorus)

*Rule Britannia!
Britannia rule the waves.
Britons never, never, never shall be slaves.*

*Rule Britannia!
Britannia rule the waves.
Brittons never, never, never shall be slaves.*

Culture

What you cannot miss in London

BUCKINGHAM PALACE

Buckingham Palace was built in 1705 for the Buckingham Duke and has served as the official London residence of Britain's sovereigns since 1837 but today it is the administrative headquarters of the Monarch.



Although in use for the many

official events and receptions held by The Queen, the State Rooms at Buckingham Palace are open to visitors every year (usually in August and September).

For visitor information, please visit [the Royal Collection website](#). If you are not here during these months, you can still have a walk in the park and observe the changing guards which occurs every day from May until the end of July at 11.00 and on alternate days for the rest of the year, weather permitting.

BRITISH AIRWAYS LONDON EYE



The London eye is the biggest wheel ever built around the world, sponsored by British airways. 135 meters high, it is the fourth highest building in London. One complete rotation lasts 30 minutes and every carrier can host 25 passengers.

Access: Riverside Building, County Hall, Westminster Bridge Road, London SE1 7PB

🚶 Waterloo, Embankment, Charring Cross and Westminster.

Opening hours: October to March: daily 10.00am – 8.00pm, April: daily 10.00am – 9.00pm, May and June: Sundays to Thursday 10.00am – 9.00pm, Friday and Saturday 10.00am – 9.30pm, July and August: daily 10.00am – 9.30pm, September: daily 10.00am – 9.00pm

Admission fee: Between £5 to £16. There are so many different prices (you can get a combined ticket, for example) that we advise you to check it in their website:

<http://www.londoneye.com/TicketsAndPrices/>

HOUSES OF PARLIAMENT

Westminster Palace was built by Charles Barry and Augustus Pugin in 1840, at the height of Neo-Gothic wave. Today it shelters the Houses of Parliament (Chamber of Commons and Chamber of Lords). From the outside, the most characteristic thing is the Big Ben clock, called after Benjamin Hall, responsible for the tower works in 1858. At the other side of the palace is the Victoria tower.



Access: Parliament Sq SW1 (visitor access: St Stephen, St Margaret St SW1)

🚫 Westminster

Opening hours: During the parliamentary sessions: Chamber of Commons: Mon-Wed 14.30 – 22.30, Thu 11.30 – 19.30; Chamber of Lords: Mon-Wed 14.30 – 19.30, Thu 15.00 – 19.30, Fri 11.00 – 15.00

Admission fee: free

<http://www.parliament.uk/>

KENSINGTON PALACE



Kensington Palace was built in 1605 and was bought in 1688 by William III and Marie II who hired Christopher Wren and Nicholas Hawksmoor to make some transformations. The palace was for a time the residence of Princess Margaret and later the residence of Princess Diana, Princess of Wales after her divorce from Prince Charles in 1986. The Queen Victoria was born there in 1919. Inside you can see the Royal Ceremonial Dress Collection and the clothes which were worn by Diana.

Access: Kensington Palace, State Apartments W8

🚫 Queensway, Notting Hill Gate

Opening hours: Mon-Sun 10.00 – 18.00, last admission 17.00

Admission fee: £12.50, Child £6.50, Concessions £11

<http://www.hrp.org.uk/kensingtonpalace/>

MADAME TUSSAUD'S

Millions and millions of people have flocked through the doors of Madame Tussauds since they first opened over 200 years ago and it remains just as popular as it ever was.



The museum-style ropes and poles have gone so guests can truly get up, close and personal with A-list celebrities, sporting legends, political heavyweights and historical icons, reliving the times, events and moments that made the world talk about them....

Access: Marylebone Road, London, NW1 5LR

🚫 Baker Street

Opening hours: June to September: 9.00 – 17.30, September to May: Mon-Sun 10.00 – 17.30, Sat-Sun 9.30 – 17.30

Admission fee: Between £5 to £12, check the website for combination ticket.

<http://www.madametussauds.com/London/Default.aspx>

ST PAUL'S CATHEDRAL

The current Cathedral – the fourth to occupy this site – was designed by the court architect Sir Christopher Wren and built between 1675 and 1710 after its predecessor was destroyed in the Great Fire of London. Its huge Dome which towers above the City is an iconic feature of the London skyline and is the highest just after the one of St Pierre's Cathedral in Rome.



Access: St Paul's Churchyard EC4 M8AD

🚫 St Paul's, Mansion House and Cannon Street stations (Blackfriars being closed)

Opening hours: The Cathedral is open for sightseeing from Monday to Saturday between 08.30 - 16.00 (last ticket sold). The galleries are open to sightseers from Monday to Saturday between 09.30 – 16.15 (last admission).

Admission fee: Adults £12.50, Seniors £11.50, Students £9.50, Children (6-16yrs) £4.50

SHAKESPEARE'S GLOBE

The reconstitution of Shakespeare's theatre was founded by the pioneering American actor and director Sam Wanamaker. Shakespeare's Globe is a unique international resource dedicated to the exploration of Shakespeare's work and the playhouse for which he wrote, through the connected means of performance and education.



Access: 21 New Globe Walk, Bankside, London SE1 9DT

🚫 Mansion House, London Bridge, Southwark, St Paul's

Opening hours: Monday to Sunday: April to October 09.30 – 18.30, October to April 10.00 – 18.00

Admission fee: visits: £5 to £7, theatre: between £5 (standing) to £27 (lodge)

<http://www.shakespeares-globe.org/>

LONDON TOWER



In the early 1080s, William the Conqueror began to build a massive stone tower at the centre of his London fortress. Nothing like it had ever been seen before. Through the centuries that followed, successive monarchs added to the fortifications. Under the reign of Henry VIII, the tower became more and more a prison. Go and discover by yourself all the entire story of the tower.

If you go there, do not forget to plan time to walk along the Tower Bridge and admire the view on London.



Access: Tower Hill EC3

🚫 Tower Hill

Opening hours: 1st March to 31st October: Tue-Sat 09.00 – 17.30, Sun-Mon 10.00 – 17.30 (last admission 17.00); 1st November to 28 February: Tue-Sat 09.00 – 16.30, Sun-Mon 10.00 – 16.30 (last admission 16.00)

Admission fee: Adult £17.00, Child (under 16) £9.50, Under 5: free, Concessions

Full-time student, over 60 with ID £14.50

<http://www.hrp.org.uk/TowerOfLondon/>

WESTMINSTER ABBEY



Westminster Abbey is steeped in more than a thousand years of history.

Benedictine monks first came to this site in the middle of the tenth century, establishing a tradition of daily worship which continues to this day.

The Abbey has been the coronation church since 1066 and is the final resting place of seventeen monarchs. The present church, begun by Henry III in 1245, is one of the most important Gothic buildings in the country, with the medieval shrine of an Anglo-Saxon saint still at its heart.

Access: Dean's Yard SW1

 Westminster

Opening hours: Monday, Tuesday, Thursday, Friday 9.30am - 4.30pm

(last admission 3.30pm), Wednesday 9.30am - 7.00pm (last general admission 6.00pm, last group admission 3.30 pm), Saturday 9.30am - 2.30pm (last admission 1.30pm), Sunday Worship only - No Tourist Visiting

Admission fee: Adults £15.00, Concessions £12.00 (Over 18 students (on production of a valid student card) and 60+), Schoolchildren (11 - 18 years) £6, Child under 11: free

<http://www.westminster-abbey.org/home>

Art & Museums

There are so many museums to visit that you will not know where to start. All museums possess a permanent collection and a temporary one, to know exactly what they propose, check out their website. Here are some London museums that can not be ignored:


BRITISH MUSEUM

It is the biggest museum in The United-Kingdom and one of the most antique in the world and of course one of the most visited in London!

The museum is huge, its collections are rich and multiple. For example, you can see there the Rosetta stone, Egyptians mummies or the Oxus treasure. As the admission is free, take your time to visit it and come back another day if you do not have finished.



Access: Great Russell Street, London, WC1B 3DG

 Tottenham Court Road, Russell Square

Opening hours: Every day 10.00-17.30

Open late on Thursday and Fridays

Admission fee: free

<http://www.britishmuseum.org/>


COURTAULD GALLERY



The Courtauld Gallery is a vibrant international centre for the study of the history of art and conservation and is also home to one of the finest small art museums in the world.

There you can find paintings of well-known artists such as Rubens, Velásquez and Botticelli but his reputation relies above all on the works of impressionist and post-modernist of Van Gogh, Cezanne, Manet, Pissarro, Sisley, Henri Rousseau, Toulouse-Lautrec, Degas, Gauguin, Renoir and Monet.

Access: Somerset House, Strand, London WC2R 0RN

 Temple, Embankment

Opening hours: Every day 10.00-18.00 (last admission 17.30)

24 Dec: 10.00 – 16.00, 25 & 26 Dec: closed

Admission fee (20 September 2010): Adults £6, Concessions £4.50 (includes over 60s, part-time and international students)

<http://www.courtauld.ac.uk/index.html>

NATIONAL GALLERY



With more than 2,000 European paintings, the gallery founded in 1824, is one of the richest in the world. The museum possesses a large range of paintings going from Vermeer, Turner, Constable, Hogarth to Rubens, Rembrandt and Caravaggio.

Access: Trafalgar Square, London, WC2N 5DN

 Trafalgar Square

Opening hours: Daily 10am – 6pm, Friday 10am – 9pm

Closed all day 1 January and 24-26 December

Admission fee: free

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

TATE BRITAIN

The Tate Britain is the home of British art from 1500 to the present day.

Access: Millbank, London SW1P 4RG

 Pimlico

Opening hours: Every day 10.00 – 18.00, Last admission to exhibitions 17.15

Open until 22.00 on the first Friday of each month

Closed 24, 25, 26 December (open as normal on 1st January)

Admission fee: Entry is free except for major exhibitions


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



TATE MODERN

International modern and contemporary art.

Access: Bankside, London SE1 9TG

 London bridge

Opening hours: Sunday – Thursday, 10.00 – 18.00, last admission into exhibitions 17.15 (Friday and Saturday 21.15). Closed 24, 25 and 26 December (open as normal on 1 January).

Admission fee: Entry is free except for major exhibitions

<http://www.tate.org.uk/modern/>

VICTORIA & ALBERT MUSEUM



This huge and wonderful building was built short after the universal exposition of 1851 and is devoted to decorative arts.

Access: Cromwell Road, London SW7 2RL

 South Kensington

Opening hours: Daily 10.00 to 17.45, 10.00 to 22.00 Fridays (selected galleries remain open after 18.00), Closing commences 10 minutes before time stated. Closed 24, 25 and 26 December.

Admission fee: free but some exhibitions and events carry a separate charge.

<http://www.vam.ac.uk/index.html>

NATURAL HISTORY MUSEUM

The museum is all about sciences and includes two different collections: the Life Galleries (humane biology) and the Earth Galleries (explaining the interaction between the four elements).



Access: Cromwell Road, London SW7 5BD, UK.

 South Kensington

Opening hours: Every day 10.00 – 17.50, last admission 17.30

The museum is open every day, including Sundays and bank holidays, but closed on 24 – 26 December.

Admission fee: Free

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

SCIENCE MUSEUM

This science museum devotes each of its fifth floors to a different theme. The basement is dedicated to hands-on galleries, on the ground floor the section “Making the Modern World” redraws the history of the industrial revolution and then it introduces the conquest of the future. On the third floor, you can also admire the Vickers Vimy, an old flight with which Alcock made the first Atlantic cross in 1919.



Access: South Kensington, London, SW7 2DD

🚫 South Kensington

Opening hours: Every day from 10.00 to 18.00 except 24 to 26 December

Admission fee: free

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

Going to social events

Keep your eyes open and look everywhere for activities to do. London is incredibly big and creative, you won't have any difficulties to find something which suits you. Of course, do not forget to check the social program at the London Language Centre!

THEATRE



Maybe you wish to spend one evening at the theatre enjoying an exceptional performance of “The Phantom of the Opera”, “Mamma Mia!”, “The Lion King” or “Les Miserables”. London offers 1001 possible shows, from musical halls to Shakespearean plays. Most of the performances occur in West End, Leicester Square or Covent Garden.

Of course, these performances are not for free, but to get reasonable prices, keep informed via the social programme of the London Language Centre or visit the following websites.

In West End:

- To see what's on when you are in London visit <http://www.londontheatre.co.uk/>
- To get cheap tickets, visit <http://www.theatreticketsdirect.co.uk/>, <http://www.londontheatretickets.com/>, <http://www.discounttheatre.com/>
- To get cheap last minute tickets, visit <http://www.lastminutetheatretickets.com/>

In Covent Garden:

- To know what's on when you are here: <http://www.coventgarden.uk.com/>

CONCERTS, FOOTBALL, ETC.

To get tickets for concerts, football, music hall, etc., visit <http://www.ticketmaster.co.uk/>

MOBILE PHONE

Phoning with your mobile phone might not work while you are staying in the United-Kingdom or it might cost a lot. Do not worry, the London Language Centre will furnish you a SIM card.

How to find Accommodation?

First of all, the best this is to ask the **London Language Centre**. We will arrange for you the accommodation that best suits your needs (host family or residence we are in contact with).

When your courses finished you might like to stay in London and to find a studio, a flat or a share apartment, for this, you can visit these **websites**:

- Unite accommodation: <http://www.unite-students.com/>
- Accommodation in London: <http://www.accommodationlondon.net/>
- Britannia Student Accommodation: <http://www.accommodationlondon.net/>

You can also look the ads in the **media**:

- Local newspapers published in London (you can find these in local newsagents).
- Free newspapers such as “Metro”, “London evening standard”, which are available in any station.

How to open a bank account?

If you are only in the UK for less than 6 months, you may find it easier to keep your money in an account in your home country (using travellers' cheques, bank transfers, credit cards and cash machines to access your money). If you are staying in the UK for more than 6 months, it may be useful to open a UK bank account.

Vocabulary

A **bank** or **building society** or **post office** offer financial services to customers through their **branches**, and may also offer **internet banking** or **telephone banking**. A branch is identified by a 6-digit number called a **sort code**.

Ways of transferring money from abroad to a UK account include **electronic transfer**, a **banker's draft** and **travellers' cheques**. You can change foreign currency into UK currency (**pounds Sterling**) at a

bureau de change or at a **foreign exchange counter** in a bank. The number of pounds you receive depends on the **exchange rate** which is offered, and you may also have to pay a charge known as **commission**.

The most common type of bank account used to manage your money in the UK is known as a **current account** (American English: checking account). The amount in your account is called the **balance**. If you have money in your account you are **in credit**; if you have withdrawn more money than you have, your account is **overdrawn** and you may agree to borrow money by arranging an **overdraft** from your **bank manager**.

When you take money out of your account you make a **withdrawal**. You can withdraw **bank notes** at a **cash machine** (also called a **cash point** or an **ATM**) using a **cash point card** (such as **Maestro**, **Cirrus** or **Link**) by entering your **personal identification number (PIN)**. You can also take out cash



by completing a form called a **withdrawal slip** and giving this to a **cashier** in a branch of your bank. Another method of paying is by using a **credit card** (such as **Visa** or **Mastercard**); in this case, the money is not paid immediately; you can **borrow** money up to your **credit limit**, but you will have to **pay interest**.

Glossary Terms

Automated Credit Transfer: a direct payment into your bank account, instead of by cash or cheque to you.

Direct debit: a payment out of a bank account which is arranged by the organisation which receives the money with the express agreement of the account holder.

ID: identity.

Standing order: an instruction by a bank's customer to the bank, to pay an amount of money regularly to another account.

Where can I open an account?

Choosing the best bank for your needs is easy. First, you have to figure out exactly what you need from a bank. Once you know what to look for, you can quickly evaluate the competition and end up with the best bank account out there.

To help you, the British Bank Association has made a document with a very useful table to compare the different banks which exist in UK. Please go to this link to see it, it is on page 7: <http://www.bba.org.uk/content/1/c6/01/80/56/International%20Students%202010.pdf>

Once I have chosen an account, how do I open it?

You will need to visit the local branch of the bank you have chosen and take with you documents that show who you are. Please check with your chosen bank what they require, but usually you need to provide the following as a minimum:

- your passport with student visa, if that is appropriate OR
- your national photo ID card, if you are from an EU country
- the letter from your university/college/school confirming your UK study details

Once you have opened a bank account in the UK, always let your bank know in writing and as soon as possible if you change your address.

Be careful to try to avoid some problems that sometimes occur when foreigners try to open an account, for example:

- First name and family name the wrong way round
- Cards and chequebook sent to the address abroad, instead of your UK address
- Note that it takes time (usually between 1 and 2 weeks) before the account becomes active
- The bank cannot open an account because you have no proof of your address

Where can I go for further help?

Your university/school/college's advice or welfare office or your student union advice service.

- If you are an international student who is sponsored, you should contact the representative of your sponsor in the UK.
- UKCISA, the Council for International Education. Advice line: Monday to Friday, 1.00-4.00 pm, telephone 020 7107 9922, www.ukcisa.org.uk.
- Your local Citizens Advice Bureau (see the telephone directory or type in your postcode at the Citizens Advice website – www.citizensadvice.org.uk – for your nearest bureau).
- The British Council. If you are a student managed by the British Council, you should contact your local office as explained in your briefing pack.
- The Consumer Financial Education Body (CFEB) leaflet on Basic Bank Accounts at www.moneymadeclear.org.uk/publications; and CFEB website giving impartial financial information for young adults at www.whataboutmoney.info
- <http://www.bba.org.uk/content/1/c6/01/80/56/International%20Students%202010.pdf>

Travelling around United Kingdom

The easiest way to travel around the United Kingdom is by train. There are many companies operating in the country according to the place you would like to go. Here are the main significant ones:



Trains to go to Wales.

Website: <http://www.arrivatrainswales.co.uk/Home.aspx>



Trains to Leeds, Newcastle, York, Glasgow, Edinburgh.

Website: <http://www.eastcoast.co.uk/>



Trains to Liverpool, Manchester, Nottingham, Sheffield, Norwich, ...

Website: <http://www.eastmidlandstrains.co.uk/EMTrains>



Trains to Cambridge, Brighton, Bedford, Peterborough, King's Lynn, ...

Website: [http://www.firstcapitalconnect.co.uk/Main.php?](http://www.firstcapitalconnect.co.uk/Main.php?sEvent=HomeCommuter)

[sEvent=HomeCommuter](http://www.firstcapitalconnect.co.uk/Main.php?sEvent=HomeCommuter)



Trains inside London, to Norwich, Ipswich, Colchester, Great Yarmouth, Coast of Essex, Norfolk, ...

Website: <http://www.nationalexpresseastanglia.com/>



Trains inside London and to the South East of England.

Website: <http://www.southeasternrailway.co.uk/>

You can find all trains companies here: <http://www.rail.co.uk/ukrail/railcomp/towelcm.htm>

How to find a job?

You may consider working part-time whilst in the UK. This is always a good way to fund living and studying costs. Many students find that when they reach a high level of English it is much easier to find a good job, especially professional jobs.

To find a job, visit recruitment offices in London. Recruiting offices will be able to access your skills and allow you to test your office skills. They will then match you with jobs in the field that best suits your experience.

Talk to contacts or any new friends that you may have in London. If you do not have any contacts or friends yet, then you can ask questions in online forums or online London chat rooms that focus around employment.

Research London newspapers and look through the classifieds of each paper. The London Times, Daily Telegraph, and The Guardian newspaper all offer a selection of employment offers and a variety of job offers.

Look at London online websites or London Career Builder (see infra) and perform searches within your area of expertise. Post your resume online as well so you will create awareness about your job skills and attract employers.



National Insurance Number

You will need a National insurance number in order to be able to work legally in the United-Kingdom.



The National Insurance system is a fund created to provide protection to the unemployed, fund the National Health Service (NHS), as well as to provide pension payments at retirement for all who qualify in the UK.

Your National Insurance number is your own personal account number, it is unique to you and you will keep the same one all your life. The number makes sure that the National Insurance contributions and tax you pay are properly recorded on your

account. You must keep your number safe and not disclose it to anyone who does not need it, this will help to prevent identity fraud.

You must apply for a National Insurance number if:

- you need to claim benefits and/or tax credits
- you have the right to work in the UK
- you are entitled to and have applied for a student loan and require a National Insurance number

An application is made to the Department for Works and Pensions for National Insurance Number. This can be done via your local job centre. You will need to provide:

- Proof of your identity.
- Proof of your address. This is a document showing that you live at an address. (It could be your driving license, a bank statement or your tenancy agreement).
- Proof that you are entitled to work in the UK. This could be the visa stamp page of your international passport or travel document showing entitlement to work. If you are a student, you may be required to provide a letter from your institution of learning that you have been enrolled into a course of study.
- If you are not employed, you will need a proof that you are actively seeking work. Such evidence could include letters inviting you to attend interview, any correspondence from a potential employer, a letter or email acknowledging receipt of your application form, a letter stating that you have been unsuccessful at an interview.

For those already employed, a payslip or letter of job offer, is all that is needed as proof of working.

- Your employers name, full address and telephone number
- The postcode of the area you live and work.

For more information:

- http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/BeginnersGuideToBenefits/DG_10014073
- <http://www.get-uk-jobs.com/national-insurance-number.html>

The Job centre

The job centre is a great place to try. They have details of jobs all over the country listed on their databases. It is free and advisers are always available to help you.

The job centre on-line: <http://www.jobcentreonline.com/JCOLFront/Home.aspx>

Looking for work on-line

We recommend ...

- **Reed.co.uk** – they have thousands of UK based job vacancies in every sector. You can find jobs in all areas like marketing, call centre, au pair, tourism, languages.
- **Gumtree** – this is a community based website which is excellent for finding local jobs in London. It is also helpful for other finding other things in the community like language exchange partners.



... but there is also:

LondonNet's Jobs Guide

Guide to finding work in London. With essential info for newcomers to the capital, job-seeking tips and current vacancies this is the must-see guide to employment in the London. Free job ads posts for employers. www.londonnet.co.uk/jobs

Craigslist

General London jobs from Craigslist with new vacancies posted daily. london.craigslist.org/jjj

Fish4jobs

This site claims to have 'the best selection of job vacancies throughout Britain'. It carries online versions of job ads printed in many of the UK's local papers. Unlike the offline versions the web-ads are updated daily. They have 40,000 jobs advertised and 1.3m job seekers visiting the site every month. www.fish4.co.uk/iad/jobs

Gumtree

Bulletin board style site with a wide variety of London based jobs, updated daily. www.gumtree.com

Jobserve

First published in 1993, Jobserve can claim to be the first online recruiting guide. Originally it focused on IT jobs but has since widened out to cover pretty much the full spectrum of employment opportunities. www.jobserve.com

Jobsite

Jobsite's offering is boosted by a daily email alert announcing latest employment vacancies around the UK. www.jobsite.co.uk

London Jobs

Capital based jobs from Associated's offline publication the London Evening Standard. www.londonjobs.co.uk

Monster

Another UK site claiming 40,000 jobs online, with 2 million registered jobseekers. www.monster.co.uk

Reed

A wide selection of London and UK jobs. Features both temporary and permanent employment positions. www.reed.co.uk

Secsinthecity

Secretarial, admin, PA & office jobs from all the top recruitment agencies. www.secsinthecity.co.uk

Total Jobs

Owned by employment giants Reed Elsevier Group, this site carries over 150,000 vacancies at any one time, and generates around 1.2 million applications every month.

www.totaljobs.com

Workthing

Selection of UK jobs with job-finding tips. www.workthing.com

You can also look in the media



Local newspapers – you may have local newspapers that advertise jobs. You can find these in the local newsagents or you may receive them free by post.

National newspapers – for example The Loot, The Times and The Guardian, these papers are cheap and can be found in newsagents. They advertise local and national jobs.

Free Newspapers – such as ‘The Metro’ and ‘The Evening Standard’ advertise jobs, what is better is that you don’t need to pay for them and they have local jobs.

Going in to shops and companies

Many companies do not always advertise jobs so it is always worth going in to shops, banks, restaurants etc. to give them your CV.

Other shops have advertising in their windows which tell you which vacancies they have.

Recruitment agencies

Recruitment agencies have many vacancies available. If you give in your CV to one of these agencies they will help you to find a job. The best thing is that they will not charge you and they have 100’s of connections with employers. Some agencies are specialist so they can find you a job in you specialist area. For example some recruitment agencies only work with office jobs, others only work with people with special language skills or hospitality and catering.

Useful work areas for language students

Travel and tourism

For example: Airline industry, tour guide, hotels, travel, summer camps

This industry becomes very busy during the summer, when many children and adults are on holiday. Foreign language skills are always useful in this industry.

If you are looking for a travel vacancy TravelJobSearch.com specialises in advertising 1000s of the latest travel jobs including jobs in travel agencies, travel consultants jobs, cruise jobs and travel management jobs.

www.tourismjobvacancies.co.uk



Hospitality and Catering

For example: hotel work, bar work, restaurant work.

The best way to find these jobs is to go to bars, hotel, restaurants directly to give in CV's or complete application forms. You could also search online through job websites or asking friends if they know anyone who is looking for employees.

Language Specialist

For example: Translator, call centre, other jobs that need language skills.

Most language student's have important language skills which some jobs are looking for. This is not only for popular languages like Spanish and Italian, it can also be found for other languages such as Dutch, Arabic and Russian. There may be companies looking for people with your language skills. Please remember that many of these jobs also require good levels of English.

Office work



For example: Administration, receptionist, office junior.

These jobs are very easy to find through job websites like reed, monster and gumtree.

Care work

For example: Au pair, working with the elderly, disabled people or children, physiotherapist, nurse.

When working with vulnerable children or adults you will need to go through many checks. This means getting a job in this industry will take longer as you may need to do a criminal record check which can take 1-3 months. Gumtree is an excellent place for au pair work. Specialist agencies will help you to find work in this industry.

How to keep informed?

The best way to be aware of what happens in London is to keep informed through media: TV, newspapers, the Internet and radio.

Main TV channels

In 2005, it was released that 97.6% households have a TV set. The Public Service Broadcasting is called BBC and is nicknamed "Auntie". Their specific mission is to inform, educate and entertain. They broadcast arts, education, multicultural programs, documentaries, current affairs programmes and so on.

Of course, commercial broadcaster are also numerous in The United-Kingdom.

Here are the main TV channels:

- BBC1: Current events, news (broad appeal) <http://www.bbc.co.uk/>
- BBC2: More specialized (morning: kids, sciences, ...)
- BBC world: news, current affairs, watched by 16 000 000 peoples worldwide.
- all the ITV services <http://www.itv.com>
- GMTV: Good Morning TV provides news.
- Channel 4
- Channel 5

Main newspapers

In UK everybody reads the press and newspapers are so numerous that you can't count them. There are two types of newspapers: Quality papers and popular newspapers.

Here are the most important:

Quality paper (called "broadsheets"). They used to be big format.

- The Daily Telegraph (right-wing)
- The Times (center & right-wing)
- The Financial Times (center & right-wing)
- The Guardian (left-wing)
- The Independent (center)

Popular papers (called "tabloids") They used to be small format.

- The Sun (right-wing)
- Daily Mirror (left-wing)
- Daily Mail (center)
- Daily Express (center)
- Daily Star (center)

Free Press

- New International
- London Evening Standard
- Metro

Radio

The radio monopoly is held by the BBC radio services but there are also 270 independent radios in the UK, here are some:

- BBC1: best new music; youth music (live concerts)
- BBC2: music and entertainment; chat shows
- BBC3: classical, world, jazz music; drama
- BBC4: intelligent speech (cultural programs); in-depth news
- BBC5live: live news; live sports coverage
- BBC World Service was founded by the Commonwealth and they broadcast in five different languages! On their website, they broadcast in 42 different languages.
- Radio Caroline
- Virgin Radio

Sport

During your stay, some of you might wish to relax by doing sport, others who probably abused puddings and fish and chips might think to get rid of the few kilos they gained. For them, there is nothing like doing some exercises.

If you are here during summer, the cheapest way to do sport while discovering the city is to go jogging in the numerous city parks. Unfortunately, during rainy days, there isn't any other option than to join a club. Most of the sport clubs are fitness gyms which propose self-training and sports classes (aerobic, dance, and so on) or even a particular coach to force you to follow the program imposed on you.

Of course there are the well-known chains such as *Virgin active*, *Fitness First*, *LA Fitness*, *David Lloyds*, *Canonns health* but the best thing is to go to your borough's website or to walk around your local area to find the closest one.

If you wish to play tennis, *London Tennis* may help to find where you can go to play near your house. www.londontennis.co.uk

With the *London Sport Guide*, find out about sport in London. See football matches, rugby games and watch the cricket at world-famous venues, or participate in marathons, triathlons and other top London sports events.

All the information are available here: <http://www.visitlondon.com/events/sport/>

How to get discounts?

Living in London is not without expense, so we can offer you some tips to reduce it.

London has some great discount cards for young people that get you cheap food and drinks, discount shopping deals, cheap theatre tickets, budget travel, free entry to galleries, museums and night clubs and much more!

Students

Discount with a 16+ Oyster photocard

If you are aged 16 to 18, You can get a 16+ Zip Oyster photocard and pay:

- Child rate for 7 Day, monthly or longer period Travelcards and Bus & Tram Passes
- Half the adult rate when you pay as you go on bus, Tube, tram, DLR, London Overground

When you apply you'll need

- A passport size photo
- Proof of age

The application form tells you what ID we accept.

Pick up a form from any Post Office in and just outside London. Or ask your school if they have an application form.

Complete your form and take it to a Post Office with the identification listed in the form.

If you are still in full-time education, you can also apply for free bus and tram travel.

For free bus and tram travel you'll need to:

- Bring proof of address
- And get your school or college to sign your application form after you've started your course for this academic year

Application status

If you have a question once you've applied or want to track your application, you can:

- Call the helpline on 0845 330 9876
- Text your application reference number to 07624 809 330. You will receive a response from our SMS service.

If your photocard doesn't arrive within two weeks, please call 0845 330 9876, quoting your application reference number.

For more information: <http://www.tfl.gov.uk/tickets/14308.aspx>

The International Student Identity Card - ISIC

ISIC is internationally recognised as a form of student ID. The scheme provides members with many benefits, services and discounts worldwide. Save on fashion, music, entertainment, transport, eating out and more with loads of UK discounts. It costs £6.



Visit the website: <http://www.isiccard.com/>

Student Oyster Card 18+

If you are a student staying at the London Language Centre more than 24 weeks, taking a 15 hour per week classes or more you can benefit from a 30% discount by applying to 18+ Student Oyster photocard. For this, you can do it on-line or ask us for the form and fill out it before to give it back to the ticket office.



From 1 September 2010 non-London residents will have to pay a non-refundable £10 administration fee, and there will be no pay as you go credit loaded on to your photocard.

Youth Person

16-25 Railcard

If you are a young person between 16 to 25, you can apply for a youth National Railcard which costs £26 and which will make you benefit from:

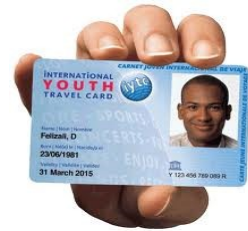
- 1/3 discount on adult Off-Peak Oyster single fares for most National Rail journeys, including London overground
- 1/3 reduction on the adult rate Off-Peak daily price cap

- Holders of 16+ and 18+ Student Oyster photocard can also have a 16-25 National Railcard discount added to their card. The system will ensure the customer is charged the best value of the discount schemes, according to travel.

International Youth Travel Card - IYTC

Not a student? Don't worry, you can get an IYTC card instead. Anyone under 26 can apply. More than 400,000 young travellers sign-up for the card each year and benefit from thousands of youth-orientated discounts. You can buy the IYTC online or at specialist travel agents, it costs £6.

Visit the website: <http://www.istc.org/>



Adults/Everyone

London Pass



The London Pass is a unique visitor pass for London. Buy a card and you can get free entry into over 55 of London's best attractions and exhibitions, as well as discounts in theatres, shops and restaurants. Choose from one, two, three or six day passes and discover all that London has to offer. It costs between £40 to £64, depending on the number of days you choose. For more information see the website:

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

The Ace Card

The Ace Card gets you discounts at more than 350 places in London including restaurants, theatres, museums, exhibitions, galleries, clubs, music venues, cinemas, shops, and fitness centres. A one-year Ace Card membership costs £19.95, so it only needs to be used only a couple of times before it has paid for itself!



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

If you need any further information, do not hesitate to contact the London Language Centre student services team, it will be our pleasure to help you.



London Language Centre

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info@llcentre.com

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