

# GRINNELL-IN-LONDON



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Student Handbook  
Fall 2016

# Grinnell-in-London Contact Information

In Grinnell:

*For general questions, please contact the Assistant Director of Off-Campus Study, Jonathan Larson, who functions as a coordinator for the program. If you cannot reach him, please contact the Director of Off-Campus Study, and then the office of the Associate Dean.*

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*For instructions on phoning to and from the UK, see appendix D.*

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(mobile is for emergency use only)

## **Florida State University (FSU) London Study Centre**

99-103 Great Russell Street

London WC1B 3LA England

Head Receptionist: Janice Moody

Phone: +44 20 7813 3223

Fax: +44 20 7813 3266

Students may receive faxes and mail, both letters and packages, at this address. Be sure to include "Grinnell-in-London" or "Grinnell College" as part of the address.

**Note that FSU does not sign for or take delivery of student packages sent via FedEx.** The reason for this is that there is often a customs or waybill charge to be paid, which FedEx does not disclose at the time of delivery. FSU has received many requests from FedEx for payment after the student has left London. **Students should therefore have their packages sent via UPS, DHL, or Parcellforce.**

## **Emergency Number in London:**

To call for the police, fire brigade, or an ambulance immediately, dial **999**, the general telephone emergency number.

# GRINNELL-IN-LONDON

## Student Handbook Fall 2016

Revised March 2016

Please note that the information in this handbook is current at the time of writing and is provided in good faith. However, Grinnell College takes no legal responsibility for any omissions or errors. This is a living document; please send comments or corrections to Jonathan Larson, the Asst. Director of Off-Campus Study.

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# PROGRAM SCHEDULE FOR FALL 2016

Monday, 29 August	Recommended date for flying to London (for those with pre-arranged housing)
Tuesday, 30 August	Expected arrival date by 11 a.m. (for those with pre-arranged housing)  Grinnell-in-London office open: 1 to 4 pm
Wednesday, 31 August	<b>WELCOME TEA: 3 pm</b> , at teaching site <b><i>NB: all should attend</i></b>  Grinnell-in-London office open: 9 to 12 noon
Thursday, 1 September	Grinnell-in-London office open: 9 to 12 noon
Friday, 2 September	<b>MANDATORY ORIENTATION: 9.30 am</b> , at teaching site
Saturday, 3 September	TBA
Sunday, 4 September	Free day for exploring London
Monday, 5 September	Classes begin
Monday, 7 Nov.-Sunday, 13 Nov.	Tentative Queen Mary Reading Week/ Fall Break; program office is closed
Friday, 16 December	Classes end; program office closes at 4 pm
Saturday, 17 December	Recommended departure date (housing contracts terminate)

NB: In booking return flights, bear in mind that you will need to allow time at the end of the semester for thoroughly cleaning your accommodations once you have completed your academic work. If you return your rental space in worse condition than you received it, your deposit will not be fully refunded.

# Chapter 1: Introduction

Dear Grinnell Students,

Welcome to the Grinnell-in-London Program! I serve as the program manager for Grinnell-in-London. I oversee this program on behalf of the Office of the Dean, and help coordinate recruitment and preparation for the program.

The Grinnell-in-London Program strives to live up to its name and truly be a bit of Grinnell in the unique world city that is London. Thus, a hallmark of the program is that courses are carefully planned to take regular advantage of London, and occasionally the surrounding region, as a classroom. Grinnell-in-London offers an intellectually challenging opportunity to combine academic study and experiential learning as part of a Grinnell community. Field trips, theatre visits, walks, speakers, independent projects that make use of the London site, and beyond – all feature prominently in the program’s vision and agenda.

Grinnell-in-London has long offered students the opportunity to serve as interns as a cultural experience on the program. In Fall 2016 we will be in our third year of an alternative cultural experience of taking a course at Queen Mary, University London. This British institution has been selected because of the reputation of its teaching and campus life. We are pleased to be working for a second year with the third-party provider IES Abroad in support of Grinnell-in-London. IES Abroad assists with registration at Queen Mary, internships, and matters of health and safety on the program. Once you arrive in London your primary contact and host is Professor Donna Vinter, our resident director and adjunct professor of English literature. Professor Vinter, Professor Vinter’s assistant, IES Abroad staff, and Grinnell faculty are all available to help you with any concerns. Until you leave campus, please think of me as your primary contact for issues concerning the program, although you will also find your housing provider and IES staff your best and most direct resources for matters of housing, registration at Queen Mary, internship placements, and the documents that the program needs to collect from you regarding health and safety.

I urge you to take full advantage of your time in London! London can be explored in so many different ways because of its unique place in world history and role in the world today. Take time to read this handbook and other materials that will give you background on what to expect. Review the goals that you expressed in your application to the program and see how you might want to refine them and act on them once you are on the program. Professor Vinter and other program staff are eager to offer recommendations for individual student interests in the city beyond the formal opportunities offered by the program.

A semester of study in London is an exciting prospect. For many students, the Grinnell-in London program is a life-changing experience – I hope that it will be for you.

With warm regards,

Jonathan Larson, Ph.D.  
Assistant Director of Off-Campus Study



Student responses to: “What was most valuable about your Grinnell-in-London semester?”

- The exposure: museums, some amazing art, theatre, culture, restaurants, diverse peoples and travel.
- Being in London is energizing, there are so many different types of people and so much stuff to do, and if you get bored you can shoot over to the continent for a weekend. It’s a once in a lifetime experience to spend four months somewhere without the responsibilities of a job, etc.
- London has endless possibilities. It is so diverse that you find yourself meeting people from around the world. You can get lost in the big city, but in a way that makes you want to continue your stay there after the semester is over.
- The huge differences between cultures, not shock, but the fantastic opportunity to interact with people from so many different cultures.
- It’s a great way to be immersed, meet people, learn another culture without the language barrier.
- Traveling! I got to see so much and take advantage of my location. I really valued the theatre performances and the various trips. I found them exciting and insightful of the history and culture of London--especially the way that these trips and performances coincide with our studies.
- Culture! London is filled with so much free culture, it’s amazing. Also nice to go abroad with people you’ll see again on campus, and, London is a great hub for other places in Europe. Classes, and especially field trips are wonderful.
- Of course I learned lots of academic stuff and I really drooled over all the resources here (*I love museums!*). But really, in a non-cheesy way, I’ve learned a lot about myself--how to deal with the independent, adult world better, what I need from a “home” and what I can do without, another chance to form lasting bonds with friends.
- Coming on this program allowed me the opportunity to finally see London and other parts of Europe. I am so grateful that I had this opportunity. I truly consider this to have been an invaluable experience. I wish I could do it all again; and if I could I would try to see and do even more with my time here. There is so much to see and do here and just the range of experiences available in London (and Europe) that aren’t available anywhere else.
- So many things you can do and lots of them are free; museums, concerts, performances, markets, clubs- all *world class*.
- The classes and excursions. Grinnell students and faculty are so fantastic.
- Being on my own and really self reliant in a big city- learning to cook for myself, seeing all of the places I’ve read about! Learning from experiences, not just classes. Walking tours, really getting to bond with other Grinnellians and professors, learning to view a new place as another home that I want to return to, broadening my horizons.

## The Grinnell-in-London Program Site

The Grinnell-in-London program is located in the Bloomsbury neighborhood of London, on a street whose most famous and prestigious building is no less than the British Museum. Thus, we are just down the street from the Rosetta Stone, the Parthenon Marbles, the Benin Bronzes, treasures of ancient Egypt and much more. Bloomsbury is also a central location for colleges belonging to the University of London, so the neighborhood is a comfortable one for students.

Grinnell-in-London leases space from the Florida State University London Study Centre, at 99-103 Great Russell Street. We have a program office and use of a classroom for Grinnell-in-London classes. Students also have the use of two computer labs (open twenty-four hours a day), the small Study Centre library, a small student lounge and a quiet study area. The Grinnell-in-London office is in Room 30, next door to the Oberlin program office. The FSU London Study Centre is home not only to Grinnell, Oberlin and FSU, but also houses many other programs including Drew University, Colgate University, the University of Iowa Law Program, and SUNY Binghamton. The building is open to students and monitored by security staff 24 hours a day, seven days a week. Students will

receive a swipe card, with a photo ID, which will provide access to the building. **For security reasons, this swipe card must be worn at all times that students are in the building.**

The website for the Florida State University London Study Centre is <http://www.fsu.edu/~london>.

## Directions to the Grinnell-in-London Site

The nearest Underground station is Tottenham Court Road, on both the Northern and Central lines. Take Exit 1 for Oxford Street South side. Cross Oxford Street directly in front of the station. You will then be on the corner of Tottenham Court Road. Cross the road to your left heading to the Dominion Theatre on Tottenham Court Road. Turn left and then take the first right onto Great Russell Street. The FSU London Study Centre is a block and a half down Great Russell Street, on your left as you walk toward the British Museum. The building's main entrance is at no. 99.

## Student Responsibilities and Regulations

Life in London will demand responsibility and maturity. As registered Grinnell College students, participants in the Grinnell-in-London program remain subject to the same community and individual responsibilities as if physically present in Grinnell and on the campus. Breaches of the codes of conduct set out in the *Grinnell College Student Handbook* may be handled by the campus judicial system. The Grinnell faculty members teaching on the Grinnell-in-London program have received training in the Campus Hearing Board procedures and are empowered to invoke those procedures should it be necessary.

Copies of the current *Grinnell College Student Handbook* can be obtained from the Student Affairs Office. Any questions you may have regarding the procedures can be answered by Maria Tapias, Associate Dean of the College.

## Attendance Policy

UK Visas and Immigration regulations governing student visas require that attendance records be kept and attendance policy be strictly enforced. The program expects regular attendance at all classes and internships. Absences may be excused in certain circumstances at the instructor's discretion. Such circumstances might include significant illness or family emergency. Students should report any absences to the instructor and to the Resident Director as soon as possible for consideration as excuses. Failure to comply with the attendance policy will result in lowered final grades and, in exceptional cases, failure of the affected course. Immigration regulations state that students who miss ten or more expected contacts during the term must be reported to UK Visas and Immigration.

## Harassment, assault, or abuse

Grinnell College reprehends any harassment based on sex, race, color, age, creed, national or ethnic origin, disability, or sexual or affectional preference. The college takes a firm stance against acts of violence by members of the college community toward individuals within or outside the community.

In London the College or an aggrieved party has recourse to the British civil authorities for violations of British civil law. **While affording reasonable advice and consultation to its members in difficulties with the British law, the College provides no shelter from the consequences of illegal acts.** The college neither provides nor acts as legal counsel for its students.

Please refer to section in Chapter 8 for more in depth information on harassment, assault or abuse.

## Alcohol

The legal drinking age in Great Britain and in many countries in Europe is 18 years of age. Students under 21 may therefore find themselves for the first time in a culture where socializing with alcohol is an option. You may find yourself swept up into club and pub culture. Please be aware of the dangers involved with drinking (see the *Grinnell College Student Handbook*). Be aware that drinks in the UK and Europe are usually both higher in alcohol percentage and larger in quantity. The standard British 'pint' is twenty ounces. Students are advised to be cautious and careful in deciding whether or not to drink, how much to drink, and when and where you drink.

# Chapter 2: Essential Documents

You will need to secure some essential documents in advance: an official Program Letter, a passport, and a UK Visa. Without these, you will not be able to participate in the program. And finally, you will need to check whether you have adequate health insurance coverage which will cover you abroad and to be sure to take with you all necessary insurance numbers and documents.

Please read this section carefully, make arrangements promptly, and put your essential documents in a safe place ready for departure. **And remember: essential documents need to be available to present to UK Visas and Immigration officials when you enter the UK, not packed away in your checked luggage.**

## 1 Program Letter

You will receive an official Program Letter before the end of the semester. It states that you are a student on the Grinnell-in-London program and provides other crucial information – which will differ depending on whether you are entering the UK as a Tier 4 (General) Student or as a Student Visitor. (For more information about the significance of this distinction, see below under “UK Visa.”) This letter is crucial to facilitate the visa application process and your passage through immigration in London. If you travel during the program outside of the U.K., you are strongly advised to carry a copy of this letter. Immigration officials may require you to produce it when you re-enter the UK.

## 2 Passport

To enter the United Kingdom, you must have a **valid passport, with at least 6 months validity after the end of your stay**. If you do not already have one, you should apply as soon as possible. If you have questions about applying for a passport, visit the following web site:

<http://www.travel.state.gov/passport>

Passports can be processed at the main post office in Grinnell (932 Broad St, phone (641) 236-5353; hours are 9 am to 3 pm, M-F). Please note that if you are getting a passport for the first time, you must do so in person. Students who were issued a passport when they were 16 years old or older that has expired can complete a renewal application and mail that in without going in person.

To have an application processed, you must have:

1. A completed passport application form.
2. Two passport photos. These may be taken at the Grinnell Post Office for a fee of \$15.00
3. A certified copy of your birth certificate *or* previous passport. The birth certificate must be the original or a copy certified by the records clerk in the office where your birth is recorded. It is not possible to use a photocopy or any copy notarized or certified by some person/office other than at the courthouse where your birth record is filed. The certificate will be returned to you with your passport. If you do not have a birth certificate, see the back of the passport application for information on alternative documentation (or check the web page listed above).

4. An ID with your signature and photo, such as a driver's license (not a learner's permit).
5. Application fee. As of December 2013, the passport application fee is \$110.00 for renewals and \$135.00 for first time applicants. **Please call your passport acceptance facility to confirm the fee, method of payment, and required documents.** Once your application is processed, it takes 6 weeks for your passport to arrive.

### 3 UK Immigration

In order to study within the United Kingdom, all students are required to obtain an entry visa. A visa is a special stamp affixed to or stamped on your passport by a consular or immigration official. This information below is specifically for a student holding a US passport. If you are not a US citizen, check with your embassy or the British consulate ([www.britainusa.com](http://www.britainusa.com)) to view the entry requirements relevant to your circumstances. See also the section following on 'International Students'.

Depending on what you will be doing while in the UK, you will be applying for one of two possible UK visas:

**A. Student Visitor Visa** (For Students taking Courses at Queen Mary)

If you are studying abroad for less than six months and are not participating in an internship or any other type of paid or unpaid work, you are eligible to enter as a Student Visitor. US nationals do not require a visa before arriving in the UK as a student visitor. You do not need to apply for your Student Visitor Visa prior to your departure. However, student visitors must be prepared to supply the Immigration Officer with the correct documentation.

**B. Tier 4 (General) Student Visa/Prior Entry Clearance** (For Students doing Internships)

If you hold a US passport and are participating in **an internship or any other type of work** while in the UK, whether paid or unpaid, you must obtain a Tier 4 (General) Student Visa/Prior Entry Clearance.

- C.** Visa requirements and application procedures will be covered in detail in the orientation meeting on campus. Pay careful attention, as the information given at the meeting will be the most up-to-date. Details in the information here, while correct at the time of printing, might be superseded.

#### A. STUDENT VISITOR VISA

For students who are US citizens or citizens of an EU country, the Student Visitor Visa is granted when you pass through Immigration at the airport of your arrival to the UK. In this case, **you do NOT need to apply for your Student Visitor Visa prior to your departure. However, if you are not a US citizen, you may need to do so.**

After your flight arrives, you will need to clear Customs and Immigration by meeting with an Immigration Officer. **The Immigration Officer will request all of the following documents:**

- **A valid passport that has at least 6 months validity after the END of your stay in the UK**
- **Proof of a round-trip ticket (one-way tickets will not be accepted)**
- **Your Program Letter from Grinnell College.**

**The Immigration Officer *may* also ask to see bank statements proving your ability to support yourself for the duration of the semester. Further guidance on this point will be offered at Orientation in Grinnell.**

After reviewing your materials, the Immigration Official will stamp your passport with the Student Visitor Visa stamp, and you will be permitted to enter and study in the UK.

**Remember: students entering with a Student Visitor Visa are *not* permitted to work in any capacity, paid or unpaid, or to participate in an internship.** Please take careful note of this prohibition: it is a criminal offence to breach the terms of your visa. Students entering with a Student Visitor Visa are also not permitted to extend their study period beyond six months without first departing the UK.

#### B. Tier 4 (GENERAL) STUDENT VISA/PRIOR ENTRY CLEARANCE

If you are participating in an internship or other work experience, you must apply for and obtain a Student Visa/Prior Entry Clearance prior to departing for the UK. You cannot apply for a visa more than three months in advance of your departure, but the processing can take six weeks to complete, so assemble all the necessary information and documentation early so that you can apply as soon as the three-month window opens. Documents outlining the visa application procedure were handed out at orientation and are available on Grinnell-in-London's pioneerweb page.

**REMEMBER, IT IS YOUR RESPONSIBILITY TO ENSURE THAT THE APPROPRIATE VISA OR PRIOR ENTRY CLEARANCE IS OBTAINED FOR PARTICIPATION ON THE LONDON PROGRAM.**

#### Arriving in London via the Republic of Ireland: not recommended

Students arriving in the UK through the Republic of **Ireland** should actively seek out a UK Visas and Immigration officer upon arrival in the UK to ensure that their passport is correctly stamped. However, as stated in the 'Checklist of important tasks' below, it is **not advisable** to enter the UK by this route. You may literally not be able to find a UK Visas and Immigration officer to stamp your passport. In such a situation, you will then have to leave the UK at the very earliest opportunity, for example by taking a day trip to France, in order to re-enter the UK at a border where your passport can be stamped. Without the appropriate stamp, you cannot be legally enrolled on the Grinnell-in-London program, according to UK immigration regulations.

#### International (non-U.S.) students

International students who will be doing internships require Tier 4 (General) Student visas, just as US students do. For those international students planning instead to take a course at Queen Mary University London: unless you hold a passport from a member country of the European Union, you are likely to need **Prior Entry Clearance as a Student Visitor** along with your passport to enter the United Kingdom. See the following website for information specific to your circumstances: <https://www.gov.uk/check-uk-visa> . Once obtained, **please mail or fax a copy of your visa to Assistant Director of Off-Campus Study, Jonathan Larson.**

Although you cannot apply for a visa more than three months in advance of departure, it is strongly recommended that you visit the website immediately and make the necessary effort to obtain all the required documents as soon as possible. Note also that you will need to send off your passport as part of the application process. As a general rule, the documents required to process your visa must be originals, not copies. To establish student status, you will have your Program Letter. As further proof that you are an enrolled, paying student, you can obtain a bill showing that you pay to attend Grinnell College and a verification of enrollment. The former you can obtain from the Cashiers Office, the latter from the Registrar's Office.

The UK Student Visa is, of course, applicable only to entry into the United Kingdom. If you intend to travel outside the UK during Fall Break, find out early what visas will be required to make that possible.

**Most importantly, some courses on the Grinnell-in-London program may require field trips which take students outside the United Kingdom. Please check if that is likely to be the case for the courses in which you are enrolled!**

**If you do not hold a US or EU passport, it is your responsibility to obtain the necessary visas to participate fully in your courses on the Grinnell-in-London program.**

## 4 Health Insurance Card

**All students participating on the program are provided with CISI international health insurance through IES Abroad at no additional cost to students.** This standard health insurance allows the program staff to make uniform recommendations on health care in London. You can read more about the policy through your IES Abroad accounts.

Although you will have health insurance while in London, it is generally a good idea to retain the insurance that you would otherwise have during a semester at Grinnell. This is a good idea for at least two reasons: 1) it ensures that you will have no gap in coverage between when the CISI dates of coverage and those of another plan, and 2) you will be covered in the U.S. in case you need to return to the U.S. for an unexpected emergency.

Below is some older advice pre-dating the introduction of CISI insurance. You may find some of these considerations helpful for your preparations for your semester in London.

**Do not leave for London without your insurance card as well as full insurance information.** Are you absolutely certain that your health insurance covers you while you travel abroad? If it does cover you, are you required to pay out of pocket for treatment and then submit for reimbursement? Do you have to submit for reimbursement within ninety days of receiving treatment? These are crucial questions to know the answers to. Make sure that you have sufficient health and accident insurance for the entire period you'll be traveling. Research the travel provisions of your current insurance, and make sure you understand both the coverage and the procedures to follow if something should occur while you are abroad. Medical insurance to cover hospitalization and/or specialist appointments and prescriptions is **strongly recommended**. You should also consider Emergency Medical Evacuation Insurance and/or Repatriation Insurance. Check with your insurance carrier to see what your policy covers. Consult with your insurance agent to find out the process for filing a claim from overseas. Check to find out if it is possible to pay a supplementary fee to your existing health policy to ensure adequate coverage while abroad. Fees may be higher for living in London than in Iowa.

If you have coverage other than those listed below, **make sure** the policy covers medical care outside the US.

### Student Accident & Health Insurance through Grinnell College

If you participate in the Grinnell College student plan, you are minimally covered during your London semester. This plan protects students of Grinnell College at home, at school or while traveling; twenty-four hours a day for twelve months. This insurance provides \$7,500 for repatriation and up to \$10,000 for emergency medical evacuation. You will receive full details on this insurance coverage in July before the Grinnell-in-London program begins. Insurance information is mailed out with your bill. If you are interested in Emergency Travel Assistance Services connected with this insurance, please contact the health insurance provider and request an application. There is a fee associated with this additional service. Note that mental health visits are partially covered under this insurance. You will need to pay out of pocket and then submit for partial reimbursement.

# Chapter 3: Financial Matters

## Grinnell Financial Aid

Once students confirm their participation in the Grinnell-in-London program, the Financial Aid Office will reconfigure the financial aid award package to take account of the higher housing costs in London and the fact that work-study is not available there. Students receiving financial aid from the College should ensure that they have signed all forms and made arrangements for disbursement prior to leaving the country. Students approved for participation in the Grinnell-in-London program who wish to receive aid must go through the same financial aid process as students intending to remain on campus. All financial aid deadlines and requirements still apply. Awards for the fall semester are generally mailed in June.

The Financial Aid Office uses the same federal and institutional formulas to determine family contribution and need, whether the student is on campus or on Grinnell-in-London. Budgets include allowances for tuition, room and board, textbook, personal expenses, transportation, and fees.

Grinnell makes every effort to meet students' demonstrated institutional need for off-campus study. However, students who choose to attend off-campus programs, including Grinnell-in-London, may have to borrow or contribute more than they would if they remained on campus.

Certain conditions apply to Grinnell-in-London that may affect your award:

- Trustee Honor Scholarships and Grinnell Foreign Grants can be used for the Grinnell-in-London program but cannot be adjusted upwards to reflect increased costs.
- Tuition-remission benefits do apply to the Grinnell-in-London program.
- Work-study eligibility may be replaced by loans.
- Aid will not under any circumstances exceed the cost of attendance.

## Program Fees

### Advance Deposits

1. Along with your acceptance letter, you will receive a confirmation of acceptance form. You should complete this form and return it to the Assistant Director of Off-Campus Study, Jonathan Larson. Additionally, you must make a **\$50 deposit in the form of a check or credit card to the Cashier in the Chrystal Center** to hold your place on the program. This deposit will be deducted from the total amount due and will appear as a credit on your bill. **The deadline for withdrawal from Grinnell-in-London with a deposit refund is June 1.**
2. In addition, you will need to pay the **\$200 return-semester deposit** that is required of all students. It will be held and applied toward tuition and fees for your first semester back on campus. The payment deadlines are the same as if you were staying on campus. The deadline is April 1st if you are studying in London in the fall. Again, the **\$200** will be credited to you for the semester you return from off-campus study, **not** for the semester you are away.
3. By the time you receive this handbook you will likely have already paid a deposit to your housing provider. This deposit is refundable if you attend the program and there is no damage to your residence. This deposit may be kept by the housing provider if you drop the program before arriving in London as a small way to recoup the financial loss that the provider might have sustained in planning to allocate a room for you.



4. If you need to drop the program, depending on the timing you may be responsible for the entirety of the rent for the fall in London, as well as costs incurred by IES Abroad in its work on your behalf with the Queen Mary or internship tracks.

## Tuition & Fees

Grinnell College charges students enrolled in the Grinnell-in-London program the same tuition and fees as are charged for a semester on campus. For students who choose the Euracom arranged housing option, their London housing expenses will be billed to Grinnell College and will appear as charges on the student's accounts. A handling fee of \$300 will also be charged.

## College Billing

Some costs may vary due to fluctuation in the exchange rate and are subject to change without notice. The College's billing procedures for a semester on the Grinnell-in-London program are essentially the same as for a semester on campus. That is, bills will arrive as they normally would in mid-July and mid-December. The invoice from the College will list Grinnell's tuition and handling fee along with other fees and any credits that are applicable, such as financial aid and the program deposits. Payment is due to Grinnell College at the same time as for any on-campus semester. Those who have selected the monthly payment plan may continue to use this plan for an off-campus semester and the payments will be adjusted accordingly.

### Billing Questions

DeNeil Moes/Cassie Stubbs  
Bursar  
John Chrystal Center  
Grinnell College  
Grinnell, IA 50112-1690  
(641) 269 4100  
Fax: (641) 269 4937  
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### Financial Aid Questions

Gretchen Zimmerman  
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## Costs incurred when a student withdraws from the program

Students will be charged tuition, fees, etc. according to policies and procedures in place in the Office of Student Affairs. Students who leave the program should be prepared to pay for the entirety of their housing costs.

## Grinnell-in-London Program subsidies

**Subsidies are provided for Grinnell-in-London students as follows:**

- Health Insurance
- Normally, for any field trip, whether or not the student is enrolled in the course for which it is required, all admissions, transportation and accommodation (when the trip is overnight) costs are paid for you. However, trips may sometimes need to be limited only to students in the course. NOTE: *meals are not paid for by the program.*
- All students are provided with Associate Membership of the International Students House.

## Estimating the Cost of Living in London

Costs of participating on Grinnell-in-London are higher than a typical Grinnell semester. However, for students with need-based financial aid, GIL is one of a few programs for which the College is able to support students with costs above the usual financial aid off-campus program cap. The Office of Financial Aid has generated a helpful summary of estimated program costs (see [Appendix A](#)). Financial aid, fellowships, and expenses covered as part of the cost of the program all help manage the higher cost of a semester in London, making Grinnell-in-London financially attractive for many students.

### How much will the semester cost?

In addition to the tuition fees, the Grinnell-in-London participant will need to pay for their transatlantic air fares, their accommodation, food, and daily transportation while in London, as well as such other expenses as course texts, personal travel and personal items. Expenditure tends to vary greatly among students, depending on individual budgets and personal choices. For some guidelines, consult the tables in [Appendix A](#) giving self-reported expenditure from end-of-semester *Cost of Living Surveys* completed by last year's participants on the Grinnell-in-London program.

London can be a very expensive city. In the first week or so the shock of prices is compounded by the fact that there are a lot of things to pay for right at the start in settling into accommodation and getting ready for classes. However, do not panic: once you are settled in, weekly expenses are considerably reduced, and London offers so much in entertainment and enrichment for free!

Previous program participants have found ways to economize and limit their weekly spending, while still enjoying London thoroughly. You will too. One of the most productive places to save money is on your food budget. Eating out is expensive, so do it sparingly. Cut down on the lattes; shop ahead at your local supermarket and cook your own evening meals; take lunch from home to eat at the site; and pack food to take with you on field trips. With care you can eat *relatively* cheaply.

As for activities, read the listings of free events in *Time Out* (<http://www.timeout.com/>). Every week there are concerts, lectures and a variety of events from the wonderful to the weird that cost either nothing or very little, especially to students. Personal travel doesn't mean going to an airport and to another urban environment. A country walk outside London with friends using a 4-for-the-price-of-2 cheap day return train ticket will cost much less than a weekend in Amsterdam. There are books of country walks available for consultation in the Grinnell-in-London office.

### Transportation costs

Londoners use public transport and so will you. A complete picture of the system is given at [www.tfl.gov.uk](http://www.tfl.gov.uk). You should get to know this website! For travelling around the extensive London bus and underground network, **you are strongly advised to get an Oyster card**. Oyster cards are electronically programmed cards that are used by touching them on electronic readers as you **enter and leave** the underground system, or as you **enter** buses. Oyster cards for travel on the London Transport underground and buses are priced to be the cheapest form of travel. In 2016 a single bus journey, no matter the distance, costs £1.50 using an Oyster card. Pricing and ticketing for the London underground is more complicated. For the complete picture of how it all works, go to <http://www.tfl.gov.uk/fares-and-payments/fares?intcmp=1648>. Oyster cards are available at any underground station. Note that there is an initial refundable £5.00 deposit for the card.

**ADVICE: Do not purchase cash single fares on the Underground: the rates are punitive! A single journey from one station to the next in central London would cost you £4.80.**

**Oyster cards** operate by means of two different payment systems, and you can use the same card to use both methods:

#### “Pay as You Go” loaded onto an Oyster card

An Oyster card can be “loaded” with a sum of money – usually £5, £10 or £20 – and fares will be debited from this sum as you travel around London each day. This is called “Pay as you go.” The Card computer system keeps track of your journeys and will “cap” the amount you pay in a day, so that it will always be cheaper to travel by this means than by any other kind of day ticket. In 2014 the Off-Peak Pay-as-you-go capping rate for travel in Zones 1&2 is £6.50. See <http://www.tfl.gov.uk/cdn/static/cms/documents/tube-dlr-lo-adult-fares.pdf>. ***Always be sure to touch your Oyster card on the reader as you enter and leave underground stations in order to be sure you get this best rate!!***

**ADVICE: Get an Oyster card as soon as you arrive at Heathrow Airport and load some ‘Pay as you go’ money on it.**

If you have an Oyster card, your single fare from Heathrow to central London will be £5.10 during peak times (06.30 to 09.30 and 16.00 to 19.00 Monday to Friday) or £3.10 during off-peak times (all other times). It will be £6.00, at any time, if you simply pay cash. You are advised to get an Oyster card at Heathrow! If your plane arrives at Gatwick, buy your Oyster card at Victoria Station, where the Gatwick Express trains terminate.

**NOTE: If you have a contactless credit card, these can be used just like an Oyster Card for “Pay as You Go” journeys on all modes of TFL transport. Be sure to keep your contactless credit cards separate from your Oyster Card to ensure that you’re never charged twice for a journey!**

#### “Weekly or Monthly Travelcard” loaded onto an Oyster card

The second method is to use the Oyster card as a ‘Travelcard’, meaning that for a single lump-sum payment, your card is good for a selected period of time within selected travel-zones for an unlimited number of journeys. Any Londoner who travels to school or work every day by London Transport uses this system. In 2016, a seven-day Weekly Travelcard will cost you £32.40 for Zones 1&2, and £38 for Zones 1-3. Do the math and you will see that this is the most economical way to travel around London, if you are going to be travelling on a daily basis. Having a weekly or monthly Travelcard is also a tremendous psychological stimulus to getting out and doing things, because you are not constantly thinking about what journeys will cost.

**NOTE:** these two methods of paying for journeys can both be present on your Oyster card. That is, you can have a Weekly or Monthly Travelcard for Zones 1 and 2 and then have some extra money loaded on the card for whenever you take a journey beyond, into Zone 3, for example. The card will automatically calculate and deduct the additional charge for the extra zone. Having cash loaded on with your Travelcard is also a good safety precaution, because ticket inspectors can impose a swingeing fine of £50 on those who do not have a ticket that covers the full extent of their journey.

#### Student Oyster cards

The Grinnell-in-London program is registered with Transport for London as an educational institution. This allows the participants on our program to apply for the **Student Photo ID Card**, which entitles the bearer to **a 30% reduction on Weekly and Monthly Travelcards!** Thus, a Weekly Travelcard for Zones 1 & 2 would cost £22.60 rather than £32.40. Applications for the Student oyster card are done on-line, **BUT** no earlier than September 1<sup>st</sup>. Further

information will be provided at Orientation in London. The only preparation you can do is to make sure you have access in London to a **digital passport-type photograph**. The card will arrive about two weeks after your application has been accepted by Transport for London. Meanwhile you will have to pay the full adult rate, so you are advised to load Weekly Travelcards onto your Oyster card.

Note: the Student Oyster card will cease to work at the end of the program. If you stay in London after that time, you will need to pay full adult fare once again.

## Banking

There are different options for getting money to London, and best advice is to make sure you have at least one back-up plan for accessing funds in case of problems with your primary method. Think through carefully in advance what will work best for you.

### ATM cards

Students report that the method for accessing cash which works most easily and economically is to use an ATM card at a “hole-in-the-wall,” as they are called in London. If your ATM card is part of the Visa or MasterCard networks, you should have no problem with this method. Make sure that you have a four-digit PIN number. **British banks recognize only four-digit PIN numbers.**

In order to access your US account, you must have money in the type of primary account designated for international access by your bank. Contact your home bank to ensure that your account is properly designated for international access.

The currency you receive in pounds (£) will be debited directly from your US account in dollars. In most cases, this is the best exchange rate you will receive. However, note that you will not be given a receipt that shows you what your US bank balance is after the debit, so you need to have established some other way to keep tabs on that. Many students currently use online banking to manage their accounts in the U.S.

To avoid extra charges, use ATM machines that are in or outside British banks and that display a notice saying that you will not be charged for the transaction. ATM machines found in other places, e.g. supermarkets, *will* charge per transaction and they are best avoided. Note that your US bank may add an extra service charge each time, however. Check what your bank’s policies are before going abroad.

Note that there will be a limit to the amount of money you can draw per day at these machines. That amount varies but it may be no more than £300.

It is strongly recommended that you let your bank know that you will be abroad and for how long, so they do not put a stop on your account because of ‘unusual’ transactions. You may also want to see whether your bank would be willing to adjust the daily and one-time withdrawal limit on your account. Note that if your card is ‘captured’ by an ATM machine, or if it apparently completes the transaction but fails to give you cash, there is little the British bank can do about it. You will have to contact your issuing bank in the US to get a replacement. This is why it is an excellent idea to have a back-up way of accessing funds.

## Visa & MasterCard

Visa and MasterCard credit cards are accepted pretty universally throughout Europe. However, **most US credit cards have started to charge exchange fees** on purchases in other than US dollars. Some debit cards, however, have not imposed fees. See <http://www.creditcards.com/credit-card-news/foreign-exchange-fees-going-up-1267.php#foreignfeecharts>. Check with your card company.

Some very small shops in the UK may not accept cards, and many shops impose a minimum expenditure for credit card use. The exchange rate that you get when you use your credit cards to make purchases tends to be a favourable one compared to other ways of translating pound expenditure into dollars. However, you should not use your credit cards in an ATM as a way of getting cash: you will begin to pay interest on what is effectively a 'loan' from the moment that you obtain the cash in this way until you pay your monthly credit card bill. This is a very expensive way of accessing cash.

With any credit card, be sure to know your maximum expenditure limit. Also be sure that you know how to cancel or replace your card if it is stolen. **As with the use of bank debit cards, be sure to let your credit card companies know in advance the dates that you will be in the UK and Europe.** The card is otherwise likely to be stopped after one or two transactions as a precaution against fraud.

## Prepaid cards

Prepaid cards are increasingly popular as an alternative to carrying cash. They are available from both Visa and MasterCard. You pre-load these cards with money, and they can then be used like a debit card in shops, when shopping online, etc. No credit card check or prior bank account is typically needed. Visit one of the money comparison sites available on the internet to check terms and conditions and compare available deals.

## Amex

An American Express card allows you to cash your personal checks up to \$500 at Amex offices (not Amex banks) all over the world. If you don't have a card, but your parents do, they can transfer money to you in 24- 48 hours from their home Amex office. American Express travellers cheques can be cashed free of charge at an American Express office. Google "American Express London" for full information about the current locations of American Express offices. Note that many stores do not accept American Express credit cards, so be sure to have an alternative.

## Wiring money

See [www.westernunion.com/info/selectCountry.asp](http://www.westernunion.com/info/selectCountry.asp) for information about wiring money via Western Union. This is a relatively expensive but useful way to get money from the US to the UK if you need it in a hurry.

## AAA Global Currency Card

The AAA Global Currency card is for individuals travelling internationally. The card enables individuals to have 24-hour access to their cash in local currency at more than 556,000 ATMs worldwide.

## Personal checks: not recommended

These are not readily negotiable. In most cases you would have to deposit them into a British bank account (and as a short-term visitor you will not readily be able to open a bank account) in order to turn them into cash. Any corner money exchange shop willing to negotiate your American personal checks is likely to give you a very bad deal.

# Chapter 4: Housing

Students on Grinnell-in-London are expected to live in the housing recommended by the program. The housing market in London is one of the most expensive in the world. The program's recommendation of housing is based on experience with different providers, as well as a balance of cost and student satisfaction. The College does not operate its own housing, but works with providers of housing who are responsible for introducing you to your accommodation, maintenance, and matters of safety.

# Chapter 5: Preparing for London

## A checklist of important tasks

While this checklist contains much crucial information and is a useful tool, it is not a summary of all that you should consider. Please read *the whole* of this handbook carefully. Please also refer to documents handed out during on-campus orientation in the spring.

### 1. Assemble your essential documents.

- \_\_\_\_\_ Receive your Program Letter
- \_\_\_\_\_ Apply for a Tier 4 Student Visa/Prior Entry Clearance, if required
- \_\_\_\_\_ Secure documentation

### 2. Prepare for your courses and internships.

- \_\_\_\_\_ Pre-register for Grinnell-in-London courses  
Following the April Orientation, at which you will receive information on pre-registration for the Grinnell-in-London program, arrange a meeting with your advisor to discuss your program of study. Those undertaking internships must pre-register for both the internship and the internship seminar. Parliamentary interns must pre-register for both the parliamentary internship and the British Politics course. Pre-registration course numbers provided at orientation will also be listed on the Courses page at the Grinnell-in-London website.
- \_\_\_\_\_ Buy textbooks for courses taught in London by faculty from campus  
Books and packets for these courses will be available in the Grinnell College Bookstore and should be purchased before the end of May, as the Bookstore will clear its shelves at the end of the spring semester. Assume that you are enrolled in courses for which you have pre-registered (unless notified to the contrary). Buying on campus does mean having to carry the books to London, but it will be cheaper and surer, since some titles may only be available in the US.  
  
As to books for courses taught by adjunct faculty resident in London, any necessary information will be given via email during the summer or at the orientation in London. These books can usually be bought in advance from Amazon.co.uk and sent to you at the teaching site to await your arrival.
- \_\_\_\_\_ Check your email during the summer for notices of course reading assignments to be completed before the first day of class
- \_\_\_\_\_ Make sure your laptop computer is in good shape  
While there is a computer lab administrator and assistant at the teaching site, who are usually very willing to help if they can, they are responsible only for the site computers, not for any brought by students. If you encounter difficulties with software, hardware, or viruses on your personal laptop, you will be responsible for arranging for and paying for any repairs. Be sure that your laptop is insured.



\_\_\_\_\_ Prepare for applying to and/or taking exams for graduate school in London (if applicable). Because the graduates of British universities as well as American students studying abroad apply for graduate school in the US, the GREs and other exams are offered at locations in Britain, though not necessarily in London. If you intend to take graduate school exams while in London, be sure to begin researching availability and requirements as soon as possible. See also the section on ‘Exams for graduate school’ in Chapter 7.

### 3. **Make arrangements for Spring term before you leave campus (check with Residence Life to see if still valid).**

\_\_\_\_\_ Sign up for meal plan for the following spring semester

Before you leave campus, submit a request now for a meal plan for the spring semester next year. On the drop-down menu under “Housing Location” be sure to indicate that you will be away from Grinnell during the fall semester. If you do not submit a request prior to May this year, you will be automatically assigned to and billed for the full 21 meal plan for the spring semester. If you have any questions, please do not hesitate to call the Dining Services Office at extension 3661.

The dining plans are now available for your review at

<http://www.grinnell.edu/offices/dining/boardprogram/diningoptions/>

\_\_\_\_\_ Arrange housing for the following spring semester

If you would like to participate in room draw (May 3<sup>rd</sup>), pair up with someone who intends to be away in the spring term. If you don’t participate in room draw, the Housing office will contact you in the summer about your housing plans for the spring.

### 4. **Make Your Travel Arrangements**

\_\_\_\_\_ Buy a round-trip plane ticket. A one-way ticket is not acceptable (the Immigration Officer will want to see evidence of when you plan to leave the UK).

**You are responsible for your own travel arrangements.** Students are expected to arrive in London early enough to attend two events in the week before classes begin: the Welcome Tea on the Wednesday afternoon and the mandatory Orientation on the Friday. For those taking an arranged housing option, it is recommended **to fly out of the US** on the Monday in August of the week before classes start, arriving in London on the Tuesday. **Arrange to fly back from London no earlier than Saturday, December 19<sup>th</sup>.**

**NOTE: You are strongly recommended to avoid booking cheap flights that take you to London via Dublin.** Coming via Dublin means that you will arrive in London via a domestic flight and will not receive a UK passport stamp. Therefore, you will not have any formal immigration status. If you do come via Dublin, you must take responsibility for finding a UK Visas and Immigration officer at the airport who can stamp your passport. **But this can be very difficult to do.** If you don’t succeed in doing this on first entry into the UK, you will have to leave the UK and re-enter. The program cannot enroll anyone who does not have documented immigration status.

## Other ticket options

See the OCS Handbook and website for a few recommendations on booking flights. See the appendices for a list of Internet travel sources. If you are interested in securing your flight, but want to wait until you receive financial aid to help pay for it, check out STA Travel's Blue Ticket (<http://www.statravel.com/blue-ticket.htm>). You can secure your seat and ticket price with STA's exclusive deposit arrangement of only \$49. You may also want to visit StudentUniverse (<https://www.studentuniverse.com/>) for cheap student flights. You can often take advantage of low student fares to holders of International Student Identification Cards.

\_\_\_\_\_ Upload your flight details to your IES abroad account as soon as you have purchased your flight. This information will be shared with staff in London and other students for planning arrival.

\_\_\_\_\_ Consider your travel plans for Fall Break.

Did you know that Eurail passes can only be purchased in America, not in Europe? The earlier the purchase, the cheaper the ticket for Eurostar and most of the cheap airlines. Youth hostels, which can provide the best cheap accommodation, can book up fast, particularly in cities. Whatever you intend to do for fall break, do some research in the summer so that you can make the best of your opportunities. Guidebooks will also be cheaper to purchase in the US. If you do not have a US or European Union passport you will also need to check what additional visas may be required to travel outside Britain.

\_\_\_\_\_ Check whether you need additional vaccinations.

Students attending the Grinnell-in-London program are advised to be up to date on both meningitis and hepatitis B vaccines. Please contact Student Health Services for more information.

If your travel plans before, during or after Grinnell-in-London take you beyond continental Europe, be sure to check what vaccinations are advised for your destination.

## 5. Ensure you provide contact details.

\_\_\_\_\_ Will your family be able to reach you in an emergency?

Make sure a family member has all the relevant telephone numbers and addresses for reaching you, should there be an emergency. Be sure to update these contact details during the semester, as necessary, such as when you find your own flat or confirm your travel plans for Fall Break. Remind your family that there is a five-hour time difference to the East Coast. *A phone call at 3 am London time needs to be an emergency—especially if made to the Resident Director!*

\_\_\_\_\_ Do you need to arrange to redirect your campus mail?

Your campus mail will automatically be forwarded to the address that you have listed in the student directory. Ask your parents/guardians to sift through the mail and forward to you in London important items. If, however, you want campus mail to go to a *different* address in the US while you are abroad, make sure to fill out a change of address form before leaving campus. This form is available at the campus post office. Requesting that your campus mail be forwarded to you in London is *not recommended*: it will be sent economy rate and may take many weeks to arrive.

## 6. Make a budget.

London is one of the most expensive cities in the world. The program pays for many expenses, but not as many as you may be used to from living on campus in Iowa and eating from a meal plan. Don't run out of money in September! Expect to shop for and prepare more of your own food than you may be used to. Use all the information in this handbook (especially Chapter 3 of this handbook) and in the guidebooks and websites you've consulted to map out a realistic budget for yourself, and then make a plan for how to stick to it.

## 7. Arrange for a full supply of prescription medicines.

A medical professional from IES Abroad will review your uploaded medical information and contact you with any recommendations for attending to medical needs while in London. This might include prescriptions.

**For prescription medication, you are advised to take a supply that will last the entire semester.** Label all bottles clearly and bring the actual prescription to avoid any potential problems with Customs at the airport. Having a list of the generic names of the drugs, together with the prescription, may also be useful if you underestimate the supply you need. But be aware that British pharmacies will not fill foreign prescriptions and British doctors will not endorse a prescription without making their own diagnosis.

If you have an **allergic condition** which requires you to have shots periodically, you should prepare carefully. Because of issues of liability, general practitioners in England are unwilling to comply with requests from an American doctor to give allergy shots. Instead, you will need to go to the London Allergy Clinic, where you will either have to pay for consultation and diagnosis or provide the following:

- A letter signed and office-stamped from your home doctor with the diagnosis of your condition and details of the course of treatment which s/he has prescribed;
- Precise information about dosages
- A statement as to whether, and if so how many, injections have already been given in the series;
- A statement as to whether any adverse reactions to previous injections have occurred;
- If you are bringing the serum with you, phials which are clearly labeled and dated. These must be kept refrigerated.

**Advice:** If at all possible, arrange to have allergy shots shortly before you leave so that you do not need to be taking care of this during the first two weeks of your stay in London.

You should take along an **extra pair of glasses or contacts** as well as the **prescription** for them. This precaution is especially important if you wear contacts, because the type of lens you wear may not be available abroad.

**Advice:** Do not have your medication or prescription glasses mailed to you from the US. The package will be held up at Customs (for weeks!) and VAT (20%) will be charged on the value of the items. If you cannot do without it during the semester, be sure carry it with you into the country.

*“Taking medication to London and maintaining a medical condition while on the Grinnell-in-London program created no problems whatsoever while I was abroad. The key to my success was*

*proper planning of how much medication I would need while I was abroad. Once I decided what amount of medications would last me six months (I was there only five months, but took an extra month of supplies) I told my doctor and got all the medication together before I left. Once the medication was packed, I made sure that I had a doctor's note, explaining my medical condition, as well as the prescriptions for these medications. Though I never used these, this was what my doctor told me I might have to present to a Customs official at any point during my stay or trip. In addition, I always carried this doctor's note as well as my insurance information wherever I went just in case I were to encounter a problem or needed immediate medical attention."*

## **8. Prepare for your London experience: do some reading!**

You will enjoy and profit from your experience more if you have prepared. In Appendix C are some suggested titles, both non-fiction and fiction. Use the internet to see what issues are current in the British media. The websites of the BBC and Channel Four News are good places to start, as are those of major newspapers, such as *The Guardian*, *The Independent* and *The Times*.

## **9. Prepare for your London experience: look at maps of London.**

Take some time to look at maps of the city where you will be living and studying for four months. Have you bought that street map of London as recommended in Chapter 4? Get a guidebook too, especially one with good maps covering the neighborhoods of central London.

London is enormous: eight million people call it home, crammed into the middle and sprawling over miles of suburbs. The motorway that encompasses the metropolis in a great circle is called the M25, because it has a radius of 25 miles (measured from Trafalgar Square). But don't get overwhelmed: start with the central area, where the theatres, national museums, art galleries, and historic sites can be found. Locate the teaching site and see where it is in relation to the British Museum. Look up where you will be living, if you are in arranged accommodation. If you will be flat hunting, start by locating your temporary accommodation. You might also locate any accommodation address that your preliminary searches have suggested look promising.

There are twenty-four London boroughs, each with many distinctive areas and neighborhoods, so it is impossible to describe London comprehensively. There is a new guide to London neighborhoods, the *Time Out London for Londoners* (Time Out, 2012). Each chapter focuses upon one of the London boroughs, giving information on amenities such as pubs and parks, providing statistics on student populations and crime, and giving comments on the 'highs and lows' of the area.

## 10. Arrange to mail packages to London

The most secure address to use for mailing packages to London is the Grinnell-in-London teaching site, where there is a reception desk to receive them.

Address packages as follows:

Your Name  
c/o Grinnell-in-London Program  
Florida State University Centre  
99-103 Great Russell Street  
London WC1B 3LA  
UK

Airmailed items will take about seven to ten days. The post office also offers economy rates for shipping items overseas, but items may take up to six weeks to arrive. In general it is a good idea not to trust to the mail any items that you will want to have right from the start of the semester. **DO NOT** under *any* circumstance mail packages to the Resident Director at her home address.

## 11. Pack.

### DO NOT OVER PACK

Have there ever been words of advice more frequently flouted? Once students are in London they often feel that they have brought too much with them. The journey into central London trying to manage heavy suitcases can often be enough to convince them, but by then it is too late! Packing light will also save on baggage charges, as airlines have put increased restrictions on size, number, and weight of bags. Be sure to check with your particular airline's website for its baggage policy. Label your bags with your name on the inside as well as on the outside. For a helpful pack list, see appendix B.

On my person, in hand luggage or in checked bag?

*Remember: keep your valuables on your person.* Passports, traveler's checks, plane tickets, cash, credit cards, and IDs should **never** be put in checked luggage and not even carried in hand luggage. Pack any equipment of significant value, such as computer or camera, in your carry-on bag. *Do not put such an item in your checked luggage.* Carry *all* prescription medications in your carry-on, if possible, or enough at least so that there will be no difficulties if the checked luggage is delayed for several days. Please see Chapter 6 for essential documents to pack in hand luggage that you may need to show passing through Immigration.

Wherever there are crowds and tourists there will be pickpockets. Think defensively at all times. Consider buying a money belt that can be worn around your waist or a special pouch that can be worn around your neck under your clothes. *Do not assume you will notice something wrong:* these thieves can be very, very clever. Backpacks, shoulder bags, and wallets in the back pocket: are all common and easy targets.

Clothing for London

It is recommended to bring a combination of grubby, casual and dressy clothes. Bring clothes that can be combined in various ways to make more outfits. **Londoners dress up more than mid-westerners do;** you don't have to copy them, but you might want at least one nice outfit. To accommodate weather changes—and there will be big ones over the course of the semester!—pack clothes that can be worn in layers. London in August and even September can be hot, but bear in mind that the city does get cold and surprisingly windy. Flats can be drafty or

inadequately heated. Don't forget also that you'll be walking a lot: comfortable shoes, preferably a couple of pairs, are a must. Quite a few of your London class sessions will involve travelling and walking outdoors, so as the days get shorter and summer fades, **hat, scarf and gloves are essential**. Be prepared to cope with class in wet weather, too!

There are many good used clothing stores and charity shops, as well as some outdoor flea markets, in London. If your wardrobe needs to be supplemented, it needn't be costly.

### Clothing for the countryside

Some courses may involve field trips with walks in the countryside, and you are strongly encouraged to explore the English (Welsh, Scottish and Irish, too!) countryside on foot. Great Britain has many, many miles of wonderful public footpaths. Since the autumn weather is likely to be colder (and often wetter) outside London, it is helpful to bring proper clothes with you to fully enjoy the experience. Layers are sensible. A wind-proof jacket with sweater or fleece is better suited to the autumn damp cold than a big down coat. Hat, scarf and gloves are also essentials. An umbrella can be useful in the city, but a waterproof coat with hood (and zip-in-lining!) is better for walking. And if you know you'll be walking in the countryside, bring hiking boots. The ability to change out of wet shoes and into dry ones may make all the difference to your happiness.

### Clothing for interns

Interns will need to bring outfits suitable for the workplace. While different placements may have different requirements, everyone will need to have an appropriate outfit for the interview.

- “I wore a suit/coat and tie every day. I took two suits, a blazer, and two vests. Those made for some decent combos. The key, however, is lots of shirts and ties. And get a pair of dress shoes you don't mind getting very wet.”
- “I wore a suit and tie almost every day. I took two suits (one black and one blue), three dress shirts, dress socks, and dress shoes. Occasionally I would wear a shirt/tie combo with a wool sweater, on Fridays when the MP wasn't there, to be more casual. It is useful to have dress clothes that you are comfortable in and that breathe, as you are at work for long hours and can have painfully hot rides home on the Tube. Also, I always went in to work clean-shaven as I noticed that most everyone in the Parliament offices did, so it is important to remember your razor.”

### What to bring

#### *Pack this Handbook!*

Pack a **towel**. Some youth hostels do not provide them, so a towel is essential for some overnight field trips and generally useful for traveling. It may also be that your flat does not provide any or enough towels. Purchasing a towel while in London at shops such as Argos or Primark can save your room in your suitcase.

Bring with you any necessary **prescription medicines**. See Chapter 5.

If your insurance will cover it, bring your **laptop** to London. The teaching site is a wireless environment available to you twenty-four hours a day. Bear in mind that, in addition to normal big-city risks, your valuables are only as safe as the individuals you live with make them. Get a proper adaptor so that you can plug in your machine in London. Also check with your supplier about procedures to follow if your laptop develops a fault, especially if it is still under warranty.

## What NOT to bring

Do not bring any electrical appliance other than a laptop. The voltage in the UK is different from that in the US: UK standard is 240 volts while US is 110 volts. Relying on travel adapters may not only damage the appliance, but risk damaging wiring and even starting a fire. The program office has some electrical items, such as irons and hair dryers, which may be borrowed for the semester. For a vital piece of equipment that cannot be substituted, it is possible to use an expensive and very heavy transformer, but this is not recommended.

**Do not bring a mobile phone, iPhone or Blackberry, unless you have checked very carefully what you will be charged for using it abroad.** It is likely to be prohibitively expensive, unless you want to have it available for when you land back in the US. Some students bring their US smartphone with them and get it unlocked in order to use a prepaid local calling plan. See the section on mobile phones in *Chapter 8: London Information*.

Do not bring American ring-binders, unless you bring the paper to go in them. Paper sizes and hole punch patterns are different in the UK.

Do not bring personal security devices such as pepper sprays. Such products are illegal in the UK. The program has very effective screech alarms available for you to borrow for the semester, however.

### **Student Advice on Packing**

- “I had a medium sized hiking backpack and it was great for weekend trips or week-long trips (for Break).”
- “Don’t rely on electrical appliances brought from the States, as the voltage in Europe is different. Although appliances can be used with an adapter and converter, the adapters are expensive and the appliances may still not work right. Electric clocks will NOT keep accurate time.”
- “Bring cosmetics and toiletries with you. They are considerably more expensive in London.”
- “Bring a portable CD (or MP3) player and headphones, and bring lots of batteries from home (because, like everything else, they are more expensive in London.”
- “Pack lightly- you’ll buy stuff in London and won’t be able to get it all home.”
- “Don’t over pack- you don’t need to stock up on everything.”
- “Leave space in your suitcase for plenty of things to take home from London/Europe. I brought a winter coat with I needed only 2-3 times.”
- “Don’t forget that the voltage levels are different in the UK. Socket converters alone aren’t enough. That’s all I had and ended up blowing out my mom’s friend’s hair dryer.”
- “Don’t over pack, but DO bring your winter things. It doesn’t get Iowa-snowy, but it did get very cold even within London. That said, a small, basic wardrobe that can be washed often will make your life much simpler. If in doubt, leave it at home!”
- “There are certain things that you might be able to borrow from the GIL office such as alarm clocks, flashlights, radios, voltage converters, extension cords, depending on availability.”

# Chapter 6: Arrival in London

## Passing through Immigration at the Airport

Have ready to show to the Immigration Officer these essential documents:

- your passport
- your program letter
- your round-trip ticket (to the UK and back to the US)
- proof of ability to support yourself in the UK (bank statements)

Be scrupulously polite and answer truthfully any questions you may be asked. If you encounter any difficulties at Immigration, ask the Immigration Officer to contact the London Director, Prof Donna Vinter. Have her contact details with you. The Grinnell College program letter includes the Grinnell-in-London office phone number, but **you should carry with you** Dr Vinter's home telephone number, her mobile telephone number and the Grinnell College office number as well. All of these are listed at the beginning of this handbook. To repeat them here:

- Grinnell-in-London office 020 7813 3265
- Prof Vinter's home 020 8995 0049
- Prof Vinter's mobile 07754 182 389

Have these other essential documents readily available to produce, if necessary:

- Your Grinnell College ID
- A document that confirms you have medical insurance
- a letter or email confirming your residential address in London (or the booking details of your hotel or hostel accommodation, if you are flat hunting)
- Supporting evidence that you will have access to funds to cover your housing and other living expenses while you are in Britain. A US bank statement showing a reasonable balance would be good. Evidence of travellers' cheques, relevant financial aid document, affidavit of financial support from your parents – any of these could be helpful, depending on what questions you are asked at Immigration.
- Any prescriptions, certificates of immunization, instructions for treatment, etc. that you may have from your doctor, especially if they relate to drugs you have to carry with you.

## Travelling into London from the Airport

Think ahead about the journey from the airport to your accommodation. There is an *essential* website for information about travelling around London, which is maintained by Transport for London, the overall authority managing the London Underground, the London buses, and many greater London over-ground train routes. It is: [www.tfl.gov.uk](http://www.tfl.gov.uk)

Here you will find information on any disruptions to lines on the day of your arrival, because of planned engineering work or unplanned events, such as signal failure. The website has a "Journey Planner" facility, which you can use to plot the best route between any two points in greater London. The website will also give you information about prices – for example, what you might expect to pay if you take a taxi from Heathrow airport into central London. Please read the following advice only as a preliminary to the more detailed advice that this website can give you on all of the following.



## Travel from Heathrow Airport

From Heathrow, you can choose to take the London Underground (Piccadilly Line), the Heathrow Express (fast direct train to Paddington Station), the Heathrow Connect (slower but cheaper train to Paddington Station), a taxi, or a bus. Follow the airport signs that will direct you to the right place to access any of these modes of transport.

### London Underground

Heathrow Airport is in Zone 6 of the London Underground on the Piccadilly Line. This is the cheapest way into central London. There are trains every few minutes from approximately 5 am (a little later on Sundays) until 11.45 pm (10.50 pm on Sundays). Journey time to Piccadilly Circus is about 50 minutes.

The section in Chapter 3 of this handbook entitled “Transportation Costs” gives advice on purchasing an Oyster card at Heathrow in order to travel by London Underground into central London. Load about £10 on the Oyster card at Heathrow. Note there is also a refundable **£5.00** deposit for the Oyster card. (Once you have got checked in to your accommodation and are ready to explore London, you can load your Oyster card with a Weekly Travelcard.)

The Piccadilly Line connects Heathrow Airport to central London and to the rest of the Underground system. Work out your route to your destination before you board: know where you need to change, what line you are changing to. Pick up an Underground map at Heathrow if you do not already have one. **If your luggage is heavy or awkward to carry, be warned: many stations have stairs to negotiate – this may not be your best route if you have much to carry.**

### Heathrow Connect

Heathrow Connect trains leave every 30 minutes, with a journey time into Paddington Station in central London of 25 minutes. They leave directly from Heathrow Central station (Terminals 1 and 3); if you’re arriving at Terminal 4 or 5, you can take the Heathrow Express train (see below) free to Heathrow Central, and then the Heathrow Connect from there. In March 2015, a one-way ticket costs £10.20 (book in advance online). Visit <https://www.heathrowconnect.com/> for more information. From Paddington Station you can take the Underground (buy that Oyster card!) or a taxi to your final destination. The combination of Heathrow Connect and taxi is recommended if you have heavy or awkward luggage to manage.

There’s also another train to Paddington called the Heathrow Express, which is around 10 minutes fast but is more expensive. A single ticket purchase on the day is £17, but you can get tickets much cheaper buy purchasing them online well in advance. Book over 90 days in advance for the cheapest fare – just £12.10. See [www.heathrowexpress.com](http://www.heathrowexpress.com) for more info.

### Car Service

Private car hire can be surprisingly affordable, especially if you’re traveling with one or more other people. And it’s obviously much more convenient than the Underground or the train if you have much luggage. One very reliable service is ExpressWays ([www.expressways.co.uk](http://www.expressways.co.uk)), which currently charges around £36 (plus tip) to meet you at Heathrow and drive you and your luggage to your destination in central London. That’s per car, not per person, for a car that will fit 3 or 4 passengers and 3 pieces of luggage; they also have larger vehicles available (see the website). It’s bookable in advance online, and even less expensive (around £30 per car) when you’re going *to* Heathrow. The FSU people use this company on a regular basis, and it seems a better choice than a taxi.

## Taxis

The Transport for London website reports that journeys from Heathrow Airport take between 30 and 60 minutes and cost on average between £45 and £85. Sharing a taxi with other students can make this a more affordable option, though be aware that you will pay a small additional charge per item of luggage.

## National Express buses

National Express also runs coach (i.e., *bus*) services into central London from Heathrow Airport (currently tickets range from £6.00 - £8.50 to Victoria Coach Station). For full details, consult [www.londontoolkit.com/travel/heathrow\\_bus.htm](http://www.londontoolkit.com/travel/heathrow_bus.htm).

## Travel from Gatwick Airport

The recommended method of travel into central London from Gatwick Airport is the Gatwick Express. This 30-minute train ride delivers you to Victoria Station, from where you can either take the London Underground or a taxi to your final destination. The Gatwick Express leaves the airport every fifteen minutes. The current cost of the one-way journey (March 2016) is £17.70 if booked online, or £19.90 if booked at the station office. If three or four people are travelling together, they can get a group deal, i.e., three or four tickets for the price of two (£44.70). But you must travel together and you must purchase these tickets online or at the Gatwick ticket office before boarding the train. Alternatively, with an International Student ID card (ISIC), you can get a 25% discount on the £19.90 fare, but only when purchasing your ticket from the ticket office; this deal is not available online. See [www.gatwickexpress.com](http://www.gatwickexpress.com).

A slightly longer but cheaper and more direct travel option from Gatwick Airport is the Thameslink train to Farringdon. The Thameslink train towards Bedford includes a direct stop at Farringdon, which is the closest station to the Euracom flats and only one Tube stop away from King's Cross Station (the closest station to IES-Chapter accommodation). From there, it is a short walk to the flats (or a very short taxi ride) for Euracom students and IES-Chapter students can either take the London Underground from Farringdon or a taxi to the final destination. You can purchase tickets online or at the station office, as with the Gatwick Express. The cost is approximately £10.30 if booked online.

For more information on London airports, consult: [www.airwise.com](http://www.airwise.com), or [www.baa.co.uk](http://www.baa.co.uk).

## Arriving at Your Accommodation

Euracom will email all students staying in their accommodation approximately two weeks before departure with recommendations about the best ways to travel from the airport to the flats. They will also give you information about gaining access to the flats and generally what to expect when you arrive. As part of this process, it is important that you have provided Jonathan Larson with information about your travel plans – date, time and flight number of your flights to and from the UK. If you are staying in the IES-Chapter accommodation, check with them about what you should expect and make sure they know precisely when you will arrive.

Once you have arrived, please notify the Resident Director, Dr Vinter that you have arrived safely. Do this either by phone, or by email: [d.vinter@imperial.ac.uk](mailto:d.vinter@imperial.ac.uk)

## **Arriving at the Grinnell-in-London Program Site**

As described in Chapter 1, the Grinnell-in-London program site is located just west of the British Museum on Great Russell Street, near the Tottenham Court Road underground station. Go to the Reception desk at the main entrance of the FSU Study Centre, which is at 99 Great Russell Street.

### **Getting a Key Card and Access to the Site**

In order to have regular access to the FSU Study Centre, you will need to obtain a key card with your photo. These will be distributed at the Welcome Tea. This key card gives access not only to the front door, but to the library and computer labs. It will come with a holder and a lanyard so that it can be worn round your neck. All persons in the building are expected to display their cards at all times as a security measure.

If you wish to check your email, go to the computer lab downstairs. Your username will be your first initial followed by your last name, so for example, William Shakespeare's username would be "wshakespeare." The password initially is "london" (all lower case, no quotation marks). The first time you log on the system will prompt you to change the password.

### ***Grinnell-in-London Office hours during Arrivals Week***

During the arrivals week the Grinnell-in-London Office in Room 30 at 99-103 Great Russell Street will be open for students for the hours listed below.

#### **Grinnell-in-London Office Opening Hours:**

Tuesday	1 – 4 pm
Wednesday	9 – 12 noon
Thursday	9 – 12 noon

## **Welcome Tea**

All students are invited to enjoy—and expected to attend—a welcome tea at the Grinnell-in-London site. This is an opportunity to meet the Resident Director, Prof. Vinter, to receive some preliminary details about the program, and to meet the other program participants.

## **Orientation Meeting in London**

Orientation is on Friday, September 2<sup>nd</sup> at 9.30 am at the program site. This orientation meeting is MANDATORY and will last until approximately 4pm. It will introduce you to the courses and field trips, to the schedule of classes, and to the program calendar. You will also meet some of the site staff and learn about the facilities available, including the library and computers, and about the Centre's rules and regulations.

# Chapter 7: Studying in London

## The city as your classroom

On the Grinnell-in-London program you will discover quickly that, while some time is spent in the classroom at the Grinnell-in-London site on Great Russell Street, class meetings may also take place at sites all over London. You might be asked to meet at a museum or gallery; or rendezvous for a guided walk. London itself becomes the classroom. For example, almost half of the History of London classes meet at different underground stations for walks. This opportunity for a different kind of study requires discipline on the part of every student. You need to keep your syllabuses handy, look ahead, know where your class is meeting and get there on time. The class schedule is tight and cannot accommodate some students' more flexible approach to starting times. Since getting anywhere usually requires interacting with London Transport, the challenge to be on time is enormous! Hint: aim to be early.

You are advised to purchase an Oyster card that will enable you to travel freely in Zones 1 & 2 for at least the period of time when classes are in session. Not only will this give you the 'freedom of London' to explore and do things without thinking of the cost of each journey, but it will be essential to your course work.

## Grinnell-in-London field trips

In addition to the course schedule, which runs Monday through Thursday, there will field trips on some Fridays and Saturdays – and possibly even Sundays. As well as being fun, field trips are required parts of courses. If you are enrolled in the course, you *must* go on any course-related field trip (near-fatal illnesses excepted). You are also invited to participate on the field trips associated with other courses, apart from those field trips which are specifically limited to enrolled students. There may also be field trips which need to limit the total number involved, in which case extra places beyond the enrolled numbers will be allocated according to the order in which field trip contracts are turned in. (See below.) Participating in a field trip means following the class itinerary and staying with the group (though longer trips usually have some free time built in) – in other words, you cannot use a field trip simply as a means of transport.

The programs cover the costs for transport, overnight accommodation, and admissions. You are responsible for you meal expenses.

## The Field Trip Contract

Field trips involve planning, booking, and often payments in advance. This means that you must commit yourself *at the start of the semester* to which field trips you will participate in, by agreeing and signing an individual field trip contract. The field trip contracts will be handed out at Orientation and must be completed and turned in to the Grinnell-in-London office by the deadline announced at Orientation. *There is a financial penalty for not showing up for a field trip you have signed up for:* you will be asked to reimburse the program for any expenses pre-paid on your behalf.

## Visiting family on program field trips

In principle it may be possible for visiting family members coming on field trips when space is available, so long as sufficient notice is given and the instructor's permission has been sought and granted. Guests are expected to cover their own costs, apart from coach transport. In addition, depending on the details of an overnight trip, a guest might be asked to book his or her own accommodation.

## Computers and wireless access

The program site has two computer labs available to all students enrolled on the Grinnell-in-London program. At Orientation you will be given further information about the computer facilities and the form for enrolling your laptop onto the building's wireless system.

## Libraries

### The site library

The library at the program site is open 9.00am to 8 pm, Monday to Thursday; 9.00am to 5.30 pm on Fridays. It is closed on Saturdays, and opens on Sundays 4pm to 8pm. The computer labs are open twenty-four hours a day. There is a quiet study space, a glass room called the Conservatory, at the back of the library.

### The British Library

Undergraduates may now use the St Pancras Reading Rooms of the world-renowned British Library on Euston Road. This is a reference library, meaning that a reader's pass entitles the bearer to use the catalogues and consult books on site, but not to take books away. The vast majority of the collection is closed stack, so that a book must be requested in order to use it. This takes at minimum about an hour, and may well take several days.

To get a Reader's Pass, go to the Reader Registration Desk and bring with two forms of identification: a) proof of signature – *e.g.* passport, driving licence, credit card; and b) proof of your home address in the US – *e.g.* bank statement, credit card statement, driving licence), or London rental agreement or lease (provided your name and address are officially recorded). Note that a single item, such as driving licence, can only be used as one form of proof: either of signature OR of address, but not both. See [www.bl.uk](http://www.bl.uk) for full details.

Although entering the Reading Rooms requires a Reader's Pass, there are public areas inside the Library but outside the Reading Rooms, which have comfortable seating and tables available for studying and designed for using laptops!

### Central London libraries

#### Westminster Central Reference Library

It is located behind the National Gallery, at 35 St. Martin's Street, London WC2. This library's reference collection may not be borrowed, so the books are permanently available. It is a useful place for students who find it difficult to study at home.

#### Guildhall Library

The City of London's archives and reference library is located in the Guildhall, on Aldermanbury, London EC2, and is open Monday to Saturday, 9:30 a.m. to 5:00 p.m. It has open shelves of books on London history; as well as extensive collections on English and parliamentary history, including the complete series of House of Commons papers and journals from 1800.

#### Barbican Library

Located in the Barbican Centre, London EC2, this is one of the local libraries of the City of London system. There is also a very good music library, too. The Centre itself makes a quiet place to study, occasionally with musical accompaniment. There are tables and chairs with good lighting on several levels indoors and a lakeside terrace with tables and chairs when the weather is fine. For more information, check: <http://www.cityoflondon.gov.uk>.

### Holborn Library and Local History Centre

Located at 32 Theobalds Road WC1, this is a local library of Camden Borough and, as its name suggests, has an archive collection of Bloomsbury history.

### Metropolitan Archives & Family Records Centre

Located at 1 Myddleton Street EC1, this is the destination of choice for genealogical research, but it also has much on the history of London.

## Local libraries

Local libraries will allow members to take out books. Though the collections are obviously not geared specifically to undergraduate academic needs, local libraries in a borough try to ensure that, among them, they cater to a wide range of subjects which you can access through inter-library loan.

Once you have established a flat address, find out where your nearest library is (the Grinnell-in-London office can help you determine this) and go there to join. You will need proof of your address, for example a copy of your lease, or a proof of address document provided by your housing provider

## Specialist libraries

There are many specialist libraries in London, often reference libraries, ranging from the Poetry Library on level 5 of the Royal Festival Hall on the South Bank to the Karl Marx Library in Clerkenwell. The Grinnell-in-London Office has information on those specialist libraries which allow access to undergraduates.

## Other quiet places to study

It can be difficult to find a quiet place to study in London. Even if your flat or residence is a good place, it is not necessarily close enough to the teaching site to use in the middle of the day. So here are a few suggestions of other places to study.

### The Wellcome Library

Located at 183 Euston Road, NW1, this library which specializes in the history of medicine is also open to members of the public to use, including as a place to read. You need to bring personal identification and proof of address to join. Many program participants have joined this library and reported very positively on their experience with it.

### The South Bank

The National Theatre has lots of tables, chairs, and comfy corners. Try the Lyttelton Terrace! The Royal Festival Hall is a newly refurbished concert hall with a large foyer with seating and a poetry library on level 5. The National Film Theatre has cafes and comfy chairs and sofas in public areas.

### At bigger bookstores (with coffee shops):

Waterstone's, up Gower Street, is the main bookstore for the University of London. It has a coffee shop in the basement. There is also a new branch of Waterstones on Tottenham Court Road with a lovely café / bar to study in. This branch is open until 11pm Monday to Saturdays.

## **Bookstores**

Full information about where to purchase course books in London will be given at the London orientation.

### **Foyle's**

113-119 Charing Cross Road, WC2. This famous bookstore, a short distance from the teaching site, has almost every book in current publication. It is sometimes hard to find what you want because there is so much there.

### **Waterstone's**

82 Gower Street WC1 is an easy walk from the teaching site, and it is the bookstore for the University of London. The other local branch is on Tottenham Court Road, 3 minutes' walk from the teaching site. There are also branches of Waterstone's at other London locations including High Street Kensington; Notting Hill Gate; Charing Cross Road, and in many towns and cities outside London.

### **French's Theatre Bookshop**

52 Fitzroy Street, W1 (Warren Street tube): recommended by the Resident Director.

### **The National Theatre Bookshop**

National Theatre, South Bank. This bookshop has a very good selection of play texts and books about all aspects of theatre.

### **Gay's the World**

66 Marchmont St., London WC1. London's only gay and lesbian bookstore. Good selection of fiction, biography, magazines and cards.

### **The Response Book Store**

300 Old Brompton Road, Earl's Court. Publishes a free community newsletter.

### **Bookmarks**

1 Bloomsbury Street, WC1. This shop carries a selection of politically left-leaning books and is just round the corner from the teaching site.

## **Exams for Graduate School**

The Educational Advisory Service of the US/UK Fulbright Commission provides information and advice to individuals wishing to do graduate study in the US, including information on entrance examinations such as the GRE, GMAT, TOEFL, LSAT, and MCAT. Note that there is a USA Grad School Day event scheduled in October 2016 (date to be confirmed). See:

<http://www.fulbright.org.uk/news-events/usa-study-events/usa-grad-school-day> The Fulbright Commission website <http://www.fulbright.co.uk/> gives a full range of contact information.

## Chapter 8: Safety and Security

There are reasonable precautions for personal safety that anyone in a big city needs to take, and that you should take, while you are in London. You should be mindful of several things regarding your everyday physical safety, the safety of your possessions, and possible emergencies while in London. Unrest on the international stage makes everyone involved with American students in London very conscious of security and emergency procedures. The Resident Director is in touch with IES Abroad support staff, the American Embassy, and other program directors. The Resident Director and IES Abroad staff will advise you on arrival at a general program orientation, and as new information becomes available relevant to your safety in London.

### Security Emergencies

- In the event of a sudden emergency such as a reported terrorist attack, be aware of the advice of the London Metropolitan Police: **GO IN, STAY IN, TUNE IN.** Go or stay inside some safe location and tune in to local radio or television news programs for advice and information. The authorities will use local radio and TV to deliver information and advice. They will issue advice immediately, through all possible methods, if you need to take specific action.
- Put an ICE (In Case of Emergency) number in your mobile phone. We suggest this might be the Resident Director's mobile number, as she would be the person most readily on hand if you were found injured. The Resident Director can then make the proper arrangements and contact your family.
- It is to your advantage, in case of loss or theft, to have ready access to a photocopy of your passport in addition to a certified copy of your birth certificate. It is recommended that you scan and email yourself copies of these.
- If you are going to be travelling outside the UK, use the Internet to find out the location of the US embassy or consulate where you will be – in case your passport is lost or stolen or you need other emergency consular help.
- When travelling outside the UK, consult the US State Department Travel Advisories. The website is [travel.state.gov/travel\\_warnings.html](http://travel.state.gov/travel_warnings.html). The appropriate UK government site is [www.fco.gov.uk](http://www.fco.gov.uk).
- Keep with you at all times emergency telephone numbers: the U.S. embassy, the Resident Director's home and numbers, IES Abroad staff contact information, and possibly London numbers of the visiting Grinnell faculty. Put these into your mobile phone if you have one. Feel free to use these in case of emergency at any time.
- At the start of the term in London you will be provided with a laminated card giving the Grinnell office, Resident Director, IES Abroad, and Grinnell faculty contact numbers. **Carry this in your wallet at all times.**
- Ensure that the Resident Director in London and IES Abroad have full, up-to-date contact information for you. **It is very important that you inform her if your mobile phone number changes or there are any other changes in your contact information.**
- If you plan to be out of London during the semester, you should post your plans to your IES Abroad account via its Travel Tracker feature. It may be necessary to establish your whereabouts in the event of a sudden emergency.
- The Resident Director will register the entire group under the US Embassy-sponsored Smart Traveler Enrollment Program (STEP). But you can also register any shorter trips you take while you are in the UK on the same website. See: [www.travelregistration.state.gov](http://www.travelregistration.state.gov).



## Contacting your local police

To report a crime that has already happened, seek crime prevention advice, or make police aware of any policing issues in your local area, call 101. Calls to 101 from landlines and mobiles cost 15 pence per call, no matter what time of day you call or how long your call lasts.

## General precautions for staying safe in the city

Official advice provided by the Metropolitan Police about general safety in London (*Stay Safe*) and official advice provided by London Underground and the British Transport Police about safety on public transport in London is given below. If possible, a police officer will also come to Orientation in London to talk more about staying safe in London. Please read the official advice carefully. We particularly highlight the following:

### Top tips for a safe London experience

1. Be street-wise. Traffic approaches from the right. Obey traffic signals. Cross the road only at designated pedestrian crossings. At night walk on well-lit streets, preferably with a friend or two.
2. Do not carry valuables carelessly. Thieves are likely to know that you are a visitor to the UK. Your valued possessions should not be in an easily snatchable bag or in a wallet kept in your back pocket. And don't go out at night with your entire wallet. Take only what you'll need. Never leave your bags unattended in public places, and keep a close eye on them at all times. Thieves and pickpockets can be devious, and sudden, in their efforts to relieve you of your possessions.
3. Be alert. Report any suspicious persons or packages to the appropriate authority, e.g. the FSU building staff, the police, London Transport staff, etc. **Never agree to carry a package or anything else anywhere for anyone that you meet.**
4. Be especially watchful on the London Underground. In central London sophisticated gangs of pickpockets operate on the tube.
5. Be especially watchful at ATM machines. Never accept help. Do not allow yourself to be distracted. Always shield your pin number. If possible, use an ATM machine located inside a bank. If there is anything suspicious about the machine, do not use it and report it immediately.
6. Never give the address of your flat to casual 'friends' that you make in bars, clubs, etc. or invite such people back to your flat on a casual acquaintance. Remember that the safety of your flatmates is also involved in choices that you make.
7. Make sure that the outer door of your flat shuts behind you. Always lock the windows and door to your flat when you leave, using all the available locks.
8. Be aware of how much louder Americans tend to talk: do you need to be so loud? Avoid speaking loudly when you are with groups of other Americans (quite apart from any other considerations, the locals will appreciate this!). If you encounter any anti-Americanism, try not to over-react to it or take it personally.
9. Be especially careful when out at night. To travel home, use either the night buses or licensed "black" cabs. Never get into a mini-cab touting for business (these are taxis that look like ordinary cars). Get to know your neighbourhood so that if you felt you were being followed on your way home you would know in advance what premises were likely to be open where you might go for help.
10. Be alcohol-wise. You are more at risk if you are under the influence of alcohol.

## Stay Safe: advice from the Metropolitan Police

The following is taken from a 1998 booklet entitled *Stay Safe: a guide to personal safety* produced by the Metropolitan Police.

### Introduction

Although few of us will become victims of crime, some of us can feel vulnerable when we are out and about in a city new to us. This is especially so at night. Staying safe is all about being aware of what's happening around you, being alert to situations that might be dangerous and knowing how best to avoid them. If you have any fears be aware of them.

The reality is that most victims of assault in the street are young men under 30 – and drink usually has a part to play. Women are at greater risk from those they know – from rape or domestic violence, for example. Even so, for many, the fear of harassment, robbery or assault by a stranger remains.

Of course, we are *all* vulnerable at times, and it would be foolish to pretend otherwise. But we should not let that fear of crime take control of our lives.

### Stay Safe at Home

A few precautions can significantly reduce the risk of burglary and make you feel more secure. In one third of all home burglaries, the criminal gets in through an open door or window without forcing an entry.

- Be sure that all outside doors and windows are fitted with good locks and bolts. If your door has a chain and/or peephole, use them.
- Keep ground-floor level windows shut. They are a favourite way in for burglars.
- If a stranger rings the doorbell, do not let them in until you are satisfied: ask for proof of identity. Staff from gas, electricity and water services should have identity cards. Keep the chain on the door while you check it. If you were not expecting anyone from that service or from your landlord, have the caller wait outside while you ring his office to check.
- If you have any suspicions, call the police – dial 999.
- When you go out or go to bed, check that all doors and windows are locked. And don't leave valuable possessions on view from windows.
- On returning home in the evenings or late at night, have your house keys ready so you can let yourself in quickly.

### Stay Safe in Public Places

By taking a few simple precautions you can help yourself to stay safe in the street, in crowds, and at cash dispensers.

- Think ahead and plan your journey. Carry your *A to Z* with you.
- Walk confidently. Stay alert: be aware of what's going on around you. Hold your head up and look as if you know where you are going. Don't make it apparent that you are a tourist by stopping in open places to consult your *A to Z* — duck into a more discreet place to do so.
- Try to avoid walking alone at night. If you are going to stay out late, try to travel home with a flatmate. Keep a taxi number and your fare handy.
- Consider how much alcohol you have had. It can affect your judgment of people and situations.
- If you think you are being followed, quicken your pace and cross the road. Head for other people: a shop, pub, police station, etc.

- It is an offence to carry any item for the sole purpose of self-defense. *Mace and pepper sprays are illegal in Britain.* Personal alarms are permitted.
- Keep your personal property safe. Always keep your bag where you can see or feel it: on your lap or between your feet. Don't hang bags over the backs of chairs.
- Try to keep your keys separate from anything with your address on it.
- Don't leave valuables in your jacket pockets or coat if you are likely to take it off. Don't leave your mobile phone exposed to view.
- Carry your handbag over your shoulder with the flap against you. If someone tries to snatch your bag, give it up rather than risk injury.
- Carry your wallet in your front trouser pocket, *never* in a back pocket.
- At cash machines stay alert. Make sure no one can see you entering your PIN number. Be aware of anyone loitering nearby. If you are in doubt or at all suspicious, trust your instincts and don't use the dispenser.

### Stay Safe on Public Transport

By remembering a few general points when travelling on public transport you can help yourself to feel safe and stay safe.

- Plan your route there and back, and tell someone the details. Check on times of trains, tubes and buses before you travel, especially late in the evening.
- Always stay in well-lit areas on platforms. If there is a Help Point, stand near it.
- Try to sit in a train or tube carriage that is near the guard or driver. On a bus, sit downstairs. Always try to sit near other passengers.
- Be aware of other passengers getting off at the same stop or station.
- If you feel uncomfortable with any of the people in your carriage, don't be afraid to move at the next station. Make sure you know where the alarm or emergency cord is and don't be afraid to use it if necessary.
- If you see anything suspicious, tell a member of the transport staff.

### Stay Safe in Taxis and Mini-cabs

You can reduce the risks to your safety when using taxis or mini-cabs by being aware of a few facts and following these practical tips.

Taxis are licensed and regulated in London by the Metropolitan Police Service. Taxis have an illuminated 'taxi' sign on the roof and display license details on a white plate on the back of the vehicle, showing the license number, expiry date, and the words 'Metropolitan Police'. **Do not get into a London-style taxi that does not have this license plate on the boot [trunk] lid.**

- The taxi driver always wears a green or yellow metal badge.
- Only licensed taxis can be hailed legally in the street or picked up at a taxi rank.
- Mini-cabs in London can only carry passengers who have booked them in advance. Ordinary cars are used as mini-cabs. Do not hail them in the street and do not get into one touting—illegally—for business.
- If you are in a public place when you book a taxi or mini-cab, avoid being overheard when you give your name and address. Share a mini-cab with a friend. You will feel better, and it's cheaper.

- If you use a mini-cab, choose a firm recommended by someone you trust. When you book the mini-cab, ask what sort of car will be sent and the driver's name.
- When the mini-cab arrives, ask the driver who he has come for. Don't give your name first. Check the driver's identity and check they are from the company you telephoned.
- Sit in the back seat, not next to the driver. If you talk to the driver, stick to general topics and don't give away any personal information.
- Trust your instincts. If you are in any doubt, don't get into a mini-cab or taxi.

### Stay Safe – To sum up

- Staying safe is all about being aware of what's happening around you, being alert to situations that might be dangerous and knowing how best to avoid them. If you have any fears be aware of them.
- We are unlikely to become victims of crime ourselves. And the fear of crime can be very damaging if you allow it to blight your life. Try to keep it in perspective: the streets are still safe and being more aware and feeling more confident is the best defense you can have.
- So when you're at home: Lock up securely; never let strangers in without checking; if you're suspicious, phone the police.
- And when you're out: Think ahead, and tell someone what your plans are; stick to busy, well-lit areas.

## Safety on the London Underground and buses

The Tube is one of the quickest ways to get around London. It is also one of the safest. The following advice is based on that given by London Underground and the British Transport Police.

### Before you go

- Locate your Travelcard or Oyster card and have it ready. This will avoid you having to dig through belongings in full view of others at a crowded station.
- If you are travelling late at night, avoid travelling alone. If you must travel alone, phone ahead to alert your flatmates that you are on your way and when they should expect you.
- If you do not have a mobile phone, carry a phone card with you.
- Keep keys separate from anything with your address on it.
- If you are setting off on a trip, avoid putting your flat address on any visible suitcase labels.
- If you are carrying large sums of cash, split it up and carry it in different pockets. Never keep a wallet or valuable items in a back trouser pocket.

### Around the station & on the platform

- Always look as if you know where you are going: appear confident!
- On escalators, hold on to the handrail. Stand to the right and avoid standing too close to the edge.
- In lifts, NEVER obstruct the doors and take great care with loose clothing and baggage straps.
- Don't stand near the platform edge and NEVER attempt to retrieve belongings from the track. Always ask a member of staff.
- Never try to board or alight from a train while the doors are closing. Take extra care if there is a gap between the train step and the platform edge.

- If you know the layout of your destination station, move along the platform so that you travel in the part of the train which will be closest to the platform exit at your destination.
- Always keep handbags and backpacks closed, with the fastener towards you.

#### On the train

- Make sure you know where the emergency handle or button is located.
- Avoid standing near the doors if you can, and be aware of who is around you. This will minimise your risk of becoming a victim of pick-pocketing or bag-snatching.
- Beware if you are jostled or if there is a sudden argument or commotion. Incidents can be staged to distract you while a pickpocket steals from you.
- Sit or stand near other passengers. If the carriage empties and you feel uneasy or uncomfortable, get off at the next station and move to a busier carriage.

#### If something should happen

- Shout out to alert others if you see a thief at work or if your pocket is picked.
- If you are on a train, use the red emergency alarm to alert the driver. If the train is between stations it will not stop until the next station.
- On a platform, dial 999 or push the green emergency button on the nearest Help Point. Report details to a member of staff or a British Transport Police Officer.
- If you have witnessed a crime on the Underground, you can speak in confidence to the British Transport Police on 0800 405040

## Sexual harassment

Sexual harassment is unwelcome conduct of a sexual nature that creates a hostile learning environment or limits a student's ability to participate in or benefit from the educational program or an employee's ability to work.

London is a cosmopolitan city and its people a mix of the cultures of the world. Some neighborhoods gain their character from the concentration of people from a particular culture. This rich cultural diversity is partly what makes London such a vibrant city. But it also means that you may encounter unfamiliar and disconcerting norms of behavior, particularly in regard to women. This may be more true the further you travel in Europe. Outright physical and verbal assault is unacceptable everywhere, but your expectations and assumptions concerning what constitutes harassment may need to be modified. Stay alert to your surroundings and walk away from uncomfortable situations: don't turn them into confrontations. If you have an encounter that is troubling to you, please discuss the matter with the Resident Director.

Serious sexual harassment is a matter for the police, just as it would be in the US, but the staff and faculty of the program are available to assist you. Grinnell College is committed to providing a learning and working environment that is free from all forms of discrimination and conduct that can be considered harassing, coercive, or disruptive, including sexual harassment.

The College will not tolerate sexual harassment, sexual violence, sexual assault, or intimate partner violence. The College is prepared to take all appropriate steps to prevent and correct such behavior, including providing interim remedies and accommodations and support for the Complainants, conducting a Title IX review of the conduct, pursuing informal resolution, or taking formal conduct (corrective) action against the Respondent/s.

If a student experiences sexual misconduct while on Grinnell-in-London, we encourage that student to go to a safe place, find someone they trust, and seek medical attention, if needed. The student is also encouraged to contact specific staff members designated by the local support staff if a student wishes to directly report sexual misconduct or seek assistance.

Coming forward with a complaint about sexual misconduct DOES NOT mean the student is pursuing conduct charges; it means the student is seeking help.

To report sexual misconduct and/or seek assistance from a Grinnell College staff member, please contact Campus Safety and Security by calling +1-641-269-4600. This number is answered by Campus Safety and Security staff 24 hours a day, 7 days a week. These trained staff can help get a student connected to confidential and/or non-confidential College resources (based on a student's preference). In a non-emergency situation where a student prefers to communicate by email, please be aware that the college offers a range of confidential resources, which are listed at: [www.grinnell.edu/sexualrespect](http://www.grinnell.edu/sexualrespect). Anyone may also contact the Title IX Coordinator and/or any of the Title IX Deputy Coordinators:

- Angela Voos, Title IX Coordinator ([voos@grinnell.edu](mailto:voos@grinnell.edu))
- Jeff Pedersen, Title IX Deputy Coordinator for Athletics ([pedersej@grinnell.edu](mailto:pedersej@grinnell.edu))
- Jen Jacobsen, Title IX Deputy Coordinator for Prevention ([Jacobsen@grinnell.edu](mailto:Jacobsen@grinnell.edu))
- Andrea Conner, Dean of Students, Title IX Deputy for Case Management ([conneran@grinnell.edu](mailto:conneran@grinnell.edu))

At a student's request, Grinnell College staff can also assist by contacting a third party to act as an advocate and help to ensure that a student receives all due care, attention, and assistance from the program itself. Students participating in the Grinnell-in-London programs are subject to Grinnell College policies concerning harassment. Students are encouraged to report sexual harassment so that they are afforded the remedies, resources and options. Grinnell College prohibits retaliation against the complainant or the respondent (the accused person).

## **Racial abuse**

This is always unacceptable and should be reported to the police. Always keep in mind your own personal safety and try to get away as soon as possible from any situations that appear threatening or that could escalate.

## **Lost passport**

If you lose your passport or have it stolen, you must report this loss to the police immediately. If you are in London, contact the Resident Director for assistance in obtaining a new passport. If you are traveling when this occurs, please follow these instructions:

- Read the following for detailed information on what to do in the case of a lost passport: <http://travel.state.gov/content/passports/english/emergencies/lost-or-stolen-passports-abroad.html>. If your passport is lost during the course of the semester while you are away from England, you will probably need to obtain an emergency, limited validity passport for immediate travel and will then take care of obtaining a full-validity passport back in London.
- Check the US Consulate Web site: [usembassy.state.gov/](http://usembassy.state.gov/) for the location and hours of the Passport Service Office nearest to you.
- Contact the Resident Director and/or your parents/guardians for assistance in faxing a copy of your passport and a copy of your program letter to the appropriate Passport Service Office.
- US Embassy in London: 020 7499 9000

# Chapter 9: Medical Emergencies and Medical Information

## Medical Emergencies

The general emergency telephone number is **999**. You should use this if you need to contact the police, fire brigade or an ambulance in an emergency.

## Emergency Services/Hospitals

You can visit the Accident and Emergency Department (“A&E”) of a hospital if you are in **serious need of immediate treatment** but are not in a genuine emergency requiring an ambulance. Oftentimes sudden medical needs seem to arise at weekends; the nearest hospital emergency room may be your most practical option for seeking treatment. Accident and Emergency departments are normally very busy. Expect to have to wait quite a long time to be seen, depending on the severity of your condition – up to four hours. However, when you finally are seen you should not be charged for this medical attention. Should you need to be admitted to hospital, you would have to pay.

Not all hospitals have Accident and Emergency Departments. The main central London hospitals which do have them are:

### St. Mary’s Hospital

Praed Street  
London W2  
(Paddington underground station)  
Switchboard: 020 3312 6666  
[www.imperial.nhs.uk/stmarys](http://www.imperial.nhs.uk/stmarys)

### University College Hospital

235 Euston Road  
London WC1  
(Euston Square underground station)  
Switchboard: 0845 1555 000  
[www.uclh.nhs.uk](http://www.uclh.nhs.uk)

### Chelsea & Westminster Hospital

389 Fulham Road  
London SW10  
(Fulham Broadway underground station)  
Tel. 020 8746 8000  
[www.chelwest.nhs.uk](http://www.chelwest.nhs.uk)

### Charing Cross Hospital

Fulham Palace Road  
London W6  
(Hammersmith underground station)  
Tel. 020 8846 1234  
[www.imperial.nhs.uk/charingcross](http://www.imperial.nhs.uk/charingcross)

### St. Thomas’s Hospital

Lambeth Palace Road  
London SE1 7EH  
(Westminster underground station)  
Tel: 020 7188 7188

[www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)

### Moorfields Eye Hospital

City Road  
London EC1  
(Old Street underground station)  
Tel: 020 7253 3411; Advice line: 020 7566 2345  
(M-F 9.00-4.30)

[www.moorfields.nhs.uk](http://www.moorfields.nhs.uk)

*For an accident or for serious concern about your eyes.*

### Western Eye Hospital

153-173 Marylebone Road  
London, NW1 5QH

(Marylebone underground station)

Tel: 020 3312 6666

*This hospital offers the only 24-hour emergency eye care in West London.*

***Check the location of the hospital nearest to your flat that has an Accident & Emergency Department.***

## **Minor Injuries Units**

Minor injuries units are for patients with less serious injuries, such as sprains, cuts, fractures and grazes. The waiting times are much shorter than those in Accident and Emergency Departments. You do not need an appointment.

St Bartholomew's Hospital 020 346 55869  
Outpatients Wing  
West Smithfield, EC1  
Open: Monday to Friday, 8 am to 8 pm

St Charles Hospital Minor Injuries Unit 020 8962 4262  
Exmoor Street, W10  
Open 9 am to 9 pm every day

Guy's Hospital Minor Injuries 020 7188 3879  
Ground Floor, Tabard Annexe  
Great Maze Pond  
London SE1 9RT  
Open: 8 am to 4 pm (last patient booked in at 3.15 pm)

## **NHS Direct: Phone Line for Medical Advice**

**NHS 111 Service** is a 24-hour confidential helpline and telephone advice service. To access it, simply ring **111**. Also see: [www.nhs.uk.111/](http://www.nhs.uk.111/). You will be asked to provide some basic information about yourself and to describe the nature of your call. If you need advice about a health problem you are asked if you are calling for yourself or on behalf of someone else and are asked to explain:

- What the symptoms are, how they affect you/the person and when they began
- What you/the person have tried already
- Any drugs you/the person are already taking
- Any existing medical conditions
- Anything else you think is relevant

If you are calling on behalf of someone else, that person needs to be in the same room as you so that the adviser can accurately assess their symptoms. NHS 111 advisers will use their skills and experience, together with a comprehensive computer system, to advise you on the most appropriate course of action to take – for example, whether you should see a doctor immediately, whether it can wait till the next day, whether you should instead seek over-the-counter help at a pharmacy, etc. He or she will also have details of other relevant health information services, late-night pharmacies, after-hours dentists, etc. that you can contact if you need to.



## If you need to see a Doctor

### General Practitioners

You have CISI medical insurance provided by the program. If you need to see a doctor or other medical practitioner, please contact IES who will assist you with making an appointment.

Call 020 7299 4420 Monday to Friday 9:00 – 5:30

In an emergency outside these office hours please call IES on 020 7299 4420 (or back up number 07595 482973)

The contact number for CISI insurance is 001 312 935 1703

### NHS Walk-in Centres

You can go to an NHS walk-in clinic and receive same-day consultation. NHS Walk-in Centres offer fast and convenient access to a range of NHS services, including health information, advice and treatment for a range of minor illnesses (coughs, colds, infections) and minor injuries (sprains, cuts). The nearest to the program site is:

#### SOHO Square General Practice

1 Frith Street (off Soho Square)

London W1

Tel. 020 7534 6500

Open: Mon-Fri, 8 am- 8 pm; Sat, Sun, Bank Holidays: 10 am – 8 pm

The cost of a visit here will be about £75.00.

To find other London locations, perhaps nearer to where you are living, search “NHS Walk-in Centres” on the internet.

### Medicentres

These are walk-in GP services and may be your best option if you need to see a doctor at the weekend. You will need to pay up-front to see one of these doctors. Visit [www.medicentre.co.uk](http://www.medicentre.co.uk) for complete information. Note that last appointments are 20 minutes before closing time.

#### Victoria Station Medicentre

Main concourse, by Platform 15, London SW1V 1JT

0845 437 0353

Open: Mon-Fri, 8 am-8 pm; Sat, 9 am- 6 pm; Sun, 10 am-4 pm

Please note that for very serious or life threatening conditions, like a heart problem or collapse, you should **dial 999** for an ambulance. It will be with you within minutes with life-saving equipment. No doctor can get to you as quickly as that with the same level of equipment.

## **If you need a Dentist**

### Emergency Dental Treatment

#### NHS 111 Service

Tel: 111

They can give you details of emergency dentists in your area.

#### 24-hour Emergency Dental Treatment

Emergency hotline: 020 8748 9365

Three treatment centres in central London

[www.24hour-emergencydentist.co.uk](http://www.24hour-emergencydentist.co.uk)

#### Soho Dental Care

1 Frith Street

London W1

Tel. 020 7434 6622

Open Mon-Fri, 9 am – 6 pm. Emergencies seen same day.

#### Kensington Dental Spa Emergency Dental Service

13 Kensington High Street

London W8

(High St. Kensington underground station)

24-hour emergency hotline: 0800 389 1998

### Non-emergency Dental Treatment

#### Dr. Peter Lawrence

Tel. 020 7580 1610

His name has been recommended by Acorn, the agents who manage the FSU site.

#### NHS Direct

Tel: 111

They will give you details of dentists in your area who may treat you as a private patient

## If you need a Pharmacist (Chemist)

**Be sure to see information about bringing medications and prescriptions in Chapter 5.**

Pharmacists, or chemists as they are often known in the UK, are good medical resources. They can give you professional advice about what your medication or treatment needs may be. Once you have settled into your housing, be sure to locate a nearby chemist. The **Boots** chain is the commonest on London streets, but there are also others.

Here are some chemist's shops in central London which open late.

### Bliss Chemist

5 Marble Arch  
Tel. 020 7723 6116  
Open until midnight every day

### PharmaCentre

149 Edgware Road  
London W2  
(located midway between Edgware Road and Marble Arch underground stations)  
Tel: 020 7723 2336  
Open until midnight every day

### Zafash Pharmacy

233 Old Brompton Road  
Earl's Court  
London SW5 0EA  
020 7373 2798  
Open 24 hours a day: the only one in London!

## If you need an Optician

There are many opticians in London. To find one in your area, try [www.192.com](http://www.192.com). Or try [www.londontown.com/](http://www.londontown.com/). Both sites will enable you to search businesses and services in your area. An optician that is close to the FSU centre is:

### University Vision

University of London Union  
Malet Street  
London WC1  
Tel. 020 7636 8925.

This optician serves the student market and you may find that frames and lenses are cheaper than elsewhere.

See also: Boots Opticians ([www.boots.com/opticians](http://www.boots.com/opticians)) and SpecSavers ([www.specsavers.co.uk](http://www.specsavers.co.uk))

## If you have Mental Health concerns

If you need to see a therapist or counsellor, please contact IES who will be able to assist you in making an appointment with a specialist who is covered by CISI insurance.

Call 020 7299 4420 Monday to Friday 9:00 – 5:30

In an emergency outside these office hours please call IES on 020 7299 4420 (or back up number 07595 482973)

The contact number for CISI insurance is 001 312 935 1703

### International Students House

Free counselling advice. Email: [advice@ish.org.uk](mailto:advice@ish.org.uk)

### London Nightline

Confidential listening, support and information service run during term-time by trained students, for students.

Tel. 020 7631 0101, between 6 pm and 8 am.

Email: go to [www.nightline.org.uk](http://www.nightline.org.uk)

### Where to go for Advice and Support

Living and studying in London can be very rewarding, but it can also at times be overwhelming. But there is help available. There are many organizations and services, in and around London, offering advice and support to international students on immigration and legal matters, disability, drugs and alcohol, HIV and AIDS, and pregnancy. See the list in the appendix for specific organizations that might be appropriate for your needs. **Additionally, do not hesitate to discuss your concerns with the Resident Director or, if you prefer, other program staff or faculty.** All of them can help point you in the right direction for a support group or arrange for you to meet with a counsellor.

# Chapter 10: Living in London

Here is just a bit of useful information on living in London to get you going. See the appendices for lists of various resources, from health insurance information to grocery stores to stores that sell maps and guide books. These lists were compiled from information gathered from both students and faculty on the Grinnell-in-London program.

## Getting around London

The main modes of transport around central London are the London Underground, buses, local over-ground trains, all run by London Transport, and taxis.

It is recommended that, once you have established an address, you get Weekly or Monthly Travelcards on your Oyster card. These will work on the tube, buses and trains. (Note: ‘pay as you go’ Oyster cards do not currently work on many overground train lines.) Read more about the details of these in the section above called “Transportation Costs”. Full information is to be found in the leaflet “**Your Guide to Fares and Tickets within Zones 1-6,**” available at the Transport for London website: [www.tfl.gov.uk](http://www.tfl.gov.uk)

**Initially, buy only Weekly Travelcards, or put money on your Oyster card on a ‘Pay as You Go’ basis.** Once your London Transport Student Photo ID card comes through, you will save 30% on the cost of Weekly or Monthly Travelcards. As we cannot predict exactly when the student cards will arrive, it is a good idea to purchase the full-price Travelcards only week by week until such time as you can start to save.

## London Underground

The cost of journeys on the underground is mainly determined by the distance you travel: the network is divided into ‘zones’ that form concentric rings around central London. Using the London Underground can be confusing at first, but you will be pleasantly surprised how quickly it becomes second nature. The London Underground map is a work of genius: it makes seeing where you are with relation to where you want to go very easy. But if you get confused, London Underground staff are normally on hand (during the daytime, at least) to offer advice. Seek their help. Ordinary members of the public are also normally happy to help strangers – but *never* accept help if/when you are trying to buy a ticket at a ticket machine. This is classic con-artist territory.

London Underground stations will have maps of the system. Pick one up at your earliest opportunity if you haven’t acquired one before coming to London. You should also buy, at your first opportunity, a **London A-Z** (street map book – pronounced “A to Zed”). It is essential. It contains detailed maps and a street index. The fold-out maps of central London that are marketed to tourists will not help you find individual streets. It will be essential for flat hunting, finding internship sites, class excursion sites, or anywhere special you want to go while you are in London. You are not going to be a tourist!

In addition to the Transport for London website ([www.tfl.gov.uk](http://www.tfl.gov.uk)), you can call the 24-hour London Transport Information Line (0343 222 1234) for more information.

## Buses

Buses come fairly frequently and there are many, many routes traversing all of London. Many people find them a more pleasant mode of travel than the London Underground, because you can see where you are going and thus get a better sense of the relation between one place and another. There is also simply more to look at than on the underground. However, they will often (though not always) be a slower mode of transport than the underground and probably won’t be your best choice if you have to be sure to be somewhere on time.

There is also a system of Night Buses that run throughout the night. They are less frequent than daytime buses, but they are a reliable means of getting home if you have been out late in central London, after the underground network has closed down at around midnight.

**Central London bus maps will be provided to you at Orientation in London.**

## Taxis

There are two kinds of taxis you can take in London – traditional black cabs (they are not always black) and ‘minicabs’.

### Black cabs

These are the safest option but also the more expensive. As they are government-regulated, they must charge a consistent metered and posted rate. Each individual cab has a licence number clearly displayed inside. They are available at designated locations near some train and underground stations, but you can also hail them in the street. A cab is ‘for hire’ if the yellow “Taxi” light on the roof is lit up. As a rule, you should tip the driver – 10% is adequate, though some people just round up to the next whole pound.

Black cabs can also be ordered by phone. See <http://www.tfl.gov.uk/modes/taxis-and-minicabs/book-a-taxi> for full details.

### Mini-cabs

London’s streets are also served by independently owned and operated ‘mini-cabs’. These vehicles look like ordinary cars. Many of the companies that operate mini-cabs are reputable and licensed, but you need to be sure. To check whether a local company is licensed, go to:

<https://www.tfl.gov.uk/info-for/taxis-and-private-hire/licence-checker>. **Under no circumstances should you get into a ‘mini-cab’ touting for business at an underground station, outside a pub or club – or anywhere. It is illegal for mini-cabs to tout for business in this way. Such drivers will not be legitimate. You will be putting your safety at serious risk if you get into such a vehicle. Do not even do this as a group.**

## Getting a mobile phone

You are required to have a working cell phone while on the program. Many students buy a UK mobile phone for the period that they are in London. The costs of phones and pay-as-you-go plans are very low compared to in the U.S. Do not expect to use your U.S. phone on roaming, which is very expensive! Your phone will be an essential item in any emergency situation. It is a good idea to seek out specialist and independent advice for purchasing a mobile phone. Carphone Warehouse ([www.carphonewarehouse.com](http://www.carphonewarehouse.com)) is a major independent chain in Britain, selling mobile phones at a range of prices and on all the different networks. They should be able to advise you on the best phone deal to meet your needs. There is a branch of Carphone Warehouse at the junction of Tottenham Court Road and Oxford Street, very near to the program office.

Students have also found it advantageous to buy phones on the same network as one another (e.g. Orange, Virgin, giffgaff, O2, etc.), as calls and text messages to other phones in the same network are priced more cheaply than calls to other networks.

Recently, students have been getting their US smartphones unlocked so that they can take advantage of prepaid plans that include a data allowance for internet usage. Plans vary, but one of the least expensive pay-as-you-go plans is from giffgaff. Their package includes 3GB data, unlimited texting and 500 UK minutes for only £12/month. The Grinnell office has some SIM cards with £5.00 free credit which you can redeem once you activate a prepaid plan.

Often students need to get their phone unlocked once they arrive in the UK. Luckily, there are many places to do this near the study centre, namely near the intersection of Tottenham Court Road and Oxford Street. Look for “mobile unlocking” signs in shop windows. Fees vary depending on your phone model, so shop around to get the best rate, which will range from £30 - £45. Students have also used UnlockFusion.net to unlock their phones for as little as \$1.99.

Skype ([www.skype.com](http://www.skype.com)) is an attractive option for calling the US from the UK, and Facebook and Google+ also offer free audio and video chat. Viber is also a great app for free international calling on your smart phone. As long as you and the recipient of your call have the app, the call is free and good quality.

## Posting mail from London

### Local Post Office

The nearest post office to the teaching site is on High Holborn. Letters and postcards to addresses overseas go airmail, but packages and larger parcels can be sent airmail or surface. Airmail should arrive within five days following the day of posting; surface mail will take eight to twelve weeks. There are three main postage rates for international mail: letters, small packets and printed papers. The Royal Mail also offers an ‘Airsure’ international tracked service and an ‘International Signed For’ service. Post office counter services are usually open 9 am to 5:30 pm, Mon-Fri and 9 am to noon, Sat. For further information, visit the Royal Mail website at [www.royalmail.com](http://www.royalmail.com) or call Customer Services on: 08457 740 740.

You must complete a Customs declaration for anything other than letters or postcards. As you will also need to make a Customs declaration when returning to the US, you may find helpful the booklet *Customs Hints for Returning U.S. Residents: Know Before You Go*, which is available online at the Department of the Treasury’s U.S. Customs Service website, and which gives complete information on regulations applicable to the US.

### Mail Boxes Etc.

Just across from the teaching site at 10 Great Russell Street is a branch of Mail Boxes Etc., which is UPS in Britain. They offer courier and postal services, fax and mail-forwarding services and more. If you’re posting a card or parcel to the US, this is a more convenient option than going to the Post Office. Visit their website at: [www.mbelondonwestend.co.uk](http://www.mbelondonwestend.co.uk)

## Supermarkets

Large supermarkets are cheaper than smaller food stores. The biggest names are Tesco, Sainsburys, Morrisons, Asda, and Waitrose and Marks and Spencer. Tesco and Asda have reputations as being the least expensive (but Sainsburys is often competitive), Waitrose and M&S as most expensive. There is a Sainsburys Supermarket very near the program offices, at the junction of Great Russell Street with Tottenham Court Road. You can use the supermarkets’ websites to locate the ones nearest to your flat, or ask your landlord for information. Program staff are also happy to help. The FSU Reception Desk staff (at the program offices) also know a lot about where to shop locally.

## Street markets

### Berwick Street Market

(Leicester Square or Piccadilly Circus underground stations) Open 8 am-6 pm Mon-Sat. The best and cheapest selection of fruit and vegetables in central London. Also good for cheese, fish, bread, herbs and spices and a variety of international street food.

### Borough Market

(London Bridge underground station) Open 10 am - 5 pm Weds -Thurs, 10 am - 6 pm Fridays; 8 am - 5 pm Saturdays. This is an astonishingly wonderful farmers' market, though not especially cheap. There are plenty of opportunities for free tastes of things, though. A number of traders specialise in organic produce. See: [www.boroughmarket.org.uk](http://www.boroughmarket.org.uk).

### Brick Lane Market

(Aldgate East, Shoreditch or Liverpool Street underground stations) Open Sunday, 9 am – 5pm. A huge range of things is on sale here: meat, fruit, vegetables, electrical items, tools, bicycles, clothing, jewellery and household goods.

### Brixton Market

(Brixton underground station) Open 8 am - 6 pm, Mon, Tues, Thur-Sat; 8 am-3 pm Weds for the street market and Sun. 10 am – 2 pm for the farmers' market. A thriving multicultural market where you can find African and Caribbean produce along with traditional fruits and vegetables and fish. There are also record stalls, second-hand clothes and bric-a-brac. The newer part of the market, Brixton Village, is bursting with amazing independent restaurants and cafes. See: [www.brixtonmarket.net](http://www.brixtonmarket.net).

### Camden Market

(Camden Town or Chalk Farm underground stations) A whole collection of markets on Saturdays and Sundays primarily. Youth culture, street fashion and retro clothes dominate; also crafts. It's very busy, sometimes claustrophobic. See <http://www.camdenlock.net/>.

### Old Spitalfields Market

65 Brushfield Street, E1. 10 am - 4 pm Mon-Fri; 9 am - 5 pm Sun. Old covered market with a wide variety of shops and stalls, including an international food centre. Crafts and antique stalls are especially notable. See [www.oldspitalfieldsmarket.com](http://www.oldspitalfieldsmarket.com).

### Petticoat Lane Market (located on Middlesex Street)

(Liverpool Street underground station) Primarily 9 am-2 pm Sundays. A traditional East End market selling a wide variety of things, including inexpensive clothing.

### Portobello Road Market

(Ladbroke Grove, Notting Hill Gate or Westbourne Park underground stations) Antiques market: 4 am-6 pm Saturdays; General market: 8 am-6pm Mon-Wed; 9 am-1 pm Thur; 7 am-7 pm Fri, Sat. The antiques market has a huge choice and range; the general market still has some of the cheapest fruit, vegetables and flowers that you'll find in west London. Also famous for its new and vintage clothes stalls.



## Farmers Markets

There are also lots of local farmers markets in different London neighbourhoods. They offer the freshest (and often the cheapest!) local food to Londoners.

See the LFM website for details about places and times: <http://www.lfm.org.uk/>

The Islington Farmers' Market (Chapel Market, Angel area) in particular is a great place to buy your veggies and fruits for a bargain price.

## Eating out cheaply

Here are some relatively cheap places to eat near the FSU site. Consult the *Time Out* website to research restaurants by type of food, by location and by price.

**Belgo Centraal**, 50 Earlham Street WC2 (Covent Garden). This Belgian restaurant offers high quality, affordable, filling meals. This restaurant is popular, so arrive even earlier to secure a table and save more money.

**Chipotle**, 114-16 Charing Cross Road WC2 (Tottenham Court Road area). Missing Mexican food? This popular US chain will sort out your burrito cravings! Burritos, tacos, and salads range from about £6-8.

**Diwana Bhel Poori House**, 121 Drummond Street NW1 (Euston). There is a set, buffet all-you-can-eat, amazing-value lunch available here. But it's an inexpensive Indian meal in the evenings too. (Be aware that in this country, unlike some places in the US, you usually have to order and pay for rice separately in Indian and Chinese restaurants.) Also in the same block with a great-value lunch buffet: another Indian restaurant called Chutney's.

**Five Guys**, 1-3 Long Acre WC2 (Covent Garden). An American burger chain that has recently arrived to the UK!

**Fryer's Delight**, 19 Theobalds Road WC1 (Holborn). Good fish and chips. Get the mushy peas and mug of tea, too, for a real traditional English supper.

**Hummus Bros**, 37 Southampton Row WC1 (Bloomsbury). Hummus with bread and a choice of toppings. Very friendly and popular. Highly recommended.

**Indian YMCA**, 41 Fitzroy Square W1 (Fitzrovia). This is authentic and very cheap Indian food. Most of the diners here are Indian students. Average price: £5-10.

**Jerk City**, 189 Wardour Street W1 (Soho). Popular Caribbean café.

**Maoz Falafel**, 43 Old Compton Street W1 (Soho). This popular lunchtime restaurant offers delicious falafel in pitas with fresh, crisp veggies and hummus. The cost is about £6-7 for a very filling meal (often with a drink!).

**Masala Zone**, 48 Floral Street WC2 (Covent Garden). One of a new chain of Indian restaurants serving excellent, inexpensive food.

**Rasa Express**, 5 Rathbone Street W1 (Fitzrovia). Primarily a take-away, this is part of the Rasa chain of fantastic restaurants serving South Indian cuisine. Excellent vegetarian dishes, too.

**Shake Shack**, 24 Market Building, The Piazza WC2 (Covent Garden). Located in the heart of Covent Garden Market, this is where you'll find American burgers, fries, shakes, and hot dogs. This

is London's first location of the popular NYC chain. Cheeseburgers start from £5, and prices increase as you add more toppings.

**Soho Joe**, 22-25 Dean Street W1 (Soho). Excellent pizza at very good prices. Strongly recommended.

**The Sandwich Man**, 23-24 Easton Street WC1. This is located just minutes from the Euracom flats. During weekdays at lunchtime they offer hearty sandwiches and salads starting from just £1. Just look for bikes and a queue of people outside of the warehouse-type building (it doesn't have a traditional store front).

**Wagamama**, Streatham Street WC1. Wagamama is a Japanese noodle bar chain popular with students and anyone wanting a nourishing, nutritious, and not very expensive meal in central London. To get there, turn left out of our building, right at the first corner onto Bloomsbury Street. Cross Bloomsbury Street at this corner too. The first left is Streatham Street.

**Tippling** – aka 'service' or 'service charge': Restaurants in London often add a so-called 'optional' service charge to the bill when they bring it to you. This will be either 10% or, more frequently, 12½%. Check whether service has been added! Don't fall into the trap of leaving a tip twice. If service hasn't been added, then leaving something in the region of 10-12½% will be adequate.

## Gyms and swimming pools

There are three gyms that program participants have used in recent years. You will need to check what the current rates are for joining them:

**YMCA** (has swimming pool)  
112 Great Russell Street  
London WC1

This is a one-minute walk from the FSU centre. Students can join the YMCA at a reduced, student rate. This will require you to bring with you a letter from the FSU front desk, affirming your student status.

**Camden Oasis Sports Centre** (has swimming pool)  
32 Endell Street  
London  
WC2H 9AG  
Phone: 020 7831 1804

<http://www.camden.gov.uk/ccm/navigation/leisure/sport-and-physical-activity/sports-centres/oasis-sports-centre/>

### **easyGym**

The Plaza  
120 Oxford Street  
London W1D 1LT  
Phone: 0330 055 3568

This new gym is only a five-minute walk from the FSU study centre. There are no contracts and the cost is only £24.99 per month.

## Meeting the locals

It's not always easy to meet the British socially. Some of the best ways to do so are to join a club, do volunteer work, or attend a local church or other place of worship.

While it may not come naturally to you, you should try hard to take initiative about talking to people – e.g. in pubs, while you are standing in a queue, at concerts or theatres, etc. If you smile, are friendly and interested in others, you will be likely to meet with a positive response: the great British reserve is much overstated!

Try, for example, the **Saturday Walkers' Club**, which has weekly outings. You can just turn up for any of them. There's no charge other than the train fare to the walk's starting point. For details of weekly walks, see [www.walkingclub.org.uk](http://www.walkingclub.org.uk). Britain has over 120,000 miles of public footpaths, and this is a great way to see the countryside and to meet people. See also the **Ramblers Association**: [www.ramblers.org.uk](http://www.ramblers.org.uk). Or there is the **London Intersociety Club** that organises evening and weekend walks in and around London every week for members. Membership starts at £9.99 a month for a three-month trial. See [www.londonivc.com](http://www.londonivc.com)

You could also look into HOST. This is a voluntary organisation that arranges for students to stay with people who enjoy meeting and welcoming international students into their homes at any weekend during the year and also at Christmas. These are volunteers who enjoy learning about other cultures and are pleased to share their own lives with students from different countries. HOST is not able to place every student who would like an invitation, so you need to apply in plenty of time. Students pay nothing except their travel costs. See [www.hostuk.org](http://www.hostuk.org). Tel. 020 7254 3039.

## Groups and Clubs

Visit "Yahoo Groups" ([groups.yahoo.com](http://groups.yahoo.com)) to search for London groups in your area of interest. Here is just a *small sample* of the kinds of groups you might find in London:

### Sports

Badminton clubs, boxing training for beginners, cricket clubs, fencing clubs, football clubs, handball clubs, korfbal clubs, running clubs, tennis clubs, volleyball clubs, walking clubs, lacrosse clubs. Martial arts/self defence classes of all kinds are popular. *Time Out* has weekly listings, including the strange and surprising, such as:

- London Hash Hound Harriers. "Hash runs are non-competitive 'hare and hounds' outings of about four miles, including loops, false trails and short cuts so that runners of all standards can get involved. A trail from the station marked with chalk or blobs of flour leads to the start of the run." Admission £1 per run or £20 annual membership /£10 for half year. [www.londonhash.org](http://www.londonhash.org)

### Dance

- **Danceworks**, London W1. [www.danceworks.net](http://www.danceworks.net) Tel. 020 7629 6183
- **The Drill Hall**, London WC1. [www.drillhall.co.uk](http://www.drillhall.co.uk). Classes: dance, fitness, photography, voice, craft, etc.
- **English Folk Dance and Song Society**, London NW1. [www.efdss.org](http://www.efdss.org). Tel. 020 7485 2206.
- **Ceilidh Club**. Scottish dancing. [www.ceilidhclub.com](http://www.ceilidhclub.com).
- **The Gay Gordons**, London N1. Scottish country dancing for gay people and friends. Tel. 07752 617 708.

- **Hammersmith and Fulham Irish Centre:** classes in Irish dancing. [www.lbhf.gov.uk](http://www.lbhf.gov.uk). Tel. 020 8563 8232.
- **London Swing Dance Society.** [www.swingdanceuk.com](http://www.swingdanceuk.com). Tel. 01895 613 703.
- **The Place,** London WC1. Dance classes. [www.theplace.org.uk](http://www.theplace.org.uk). Tel. 020 7121 1000.
- **Salsa Class.** [www.salsaclass.co.uk](http://www.salsaclass.co.uk). Tel. 07932 658 861.
- **Salsa Rosada Gay Salsa Classes** [www.salsa-rosada.co.uk](http://www.salsa-rosada.co.uk) Tel. 020 7359 5767.
- **Much more!**

Karaoke bars and pub quizzes

See *Time Out*.

Music

- **East London Chorus.** [www.eastlondonchorus.org.uk](http://www.eastlondonchorus.org.uk). Tel. 07762 822 157.
- **Imperial College Choir.** [www.union.ic.ac.uk/arts/choir/](http://www.union.ic.ac.uk/arts/choir/)
- **St. Matthews Choir.** [www.smce.org.uk](http://www.smce.org.uk)
- **London Community Orchestra.** [www.ontera.net/~lco/about.html](http://www.ontera.net/~lco/about.html)
- **The Pink Singers.** [www.pinksingers.co.uk](http://www.pinksingers.co.uk). Tel. 07020 934 916.
- **Non-professional orchestras in London. See:**
  - [www.amateurorchestras.org.uk/](http://www.amateurorchestras.org.uk/)
  - [www.ravel.org.uk/tco/](http://www.ravel.org.uk/tco/) (**The London Orchestra for Amateur String Players**)

## Cinema

The weekly magazine *Time Out* provides up-to-date listings. Central London cinemas can be expensive. For much cheaper options, try:

- **The Prince Charles Cinema**, 7 Leicester Place, is a high-quality, low-priced independent cinema that shows a daily-changing programme of commercial, classic and cult films – in the heart of Leicester Square. Monday – Thursday matinees cost a bargain £4, while evening and weekend films will cost £8.50 (if you get the yearly membership).. This is roughly half what you will pay at any other central London cinema. [www.princecharlescinema.com](http://www.princecharlescinema.com)
- **The International Student House** shows free, current films on Sunday evenings to members. You are a member!
- **Amnesty International** screens films at its east London action centre. See [amnesty.org.uk/events](http://amnesty.org.uk/events).
- **Roxy Bar and Screen** in Borough High Street shows full-length features every night, plus shorts (free for members, £4 cover fee otherwise. Membership costs £30). See [roxybarandscreen.com](http://roxybarandscreen.com).
- **The Electric Cinema**, 191 Portobello Road, offers a unique (but quite expensive) cinema experience with a great programme of films as well as original interior, luxurious leather seating, footstools and tables plus a bar serving food and drinks. Londoners say it's their favorite cinema, so you have to try it!

## Theatre

There are several ways to get cheaper tickets to major productions:

- **The National Theatre** saves some low-priced tickets, at £12 each, to sell on the morning of the day of the performance – including very good front stalls seats. Each person can buy only two tickets. The Box Office opens at 10 am, but you may want to join the queue earlier as many enthusiasts do, in order to get the best seats. There is also the Friday Rush from 1pm where a limited number of tickets are available online for the next week's performances.
- **Student Standby.** Many theatres sell heavily discounted tickets to students in the hour before the show begins. Just show up at the theatre's box office. You need to present a valid student ID.
- **TKTS: the Leicester Square Half-Price Ticket Booth.** (Mon-Sat 9 am- 7 pm, Sunday 11 am- 4.30 pm) , located in the middle of Leicester Square. Tickets for same-day shows are available here. Tickets are sold at half the face value of the ticket, but you must take the tickets next on top of the pile. There is also a £3.00 service charge added to the price of the ticket. See <http://www.tkts.co.uk/leicester-square/> for full information.
- **Standing room tickets for sold-out shows have also been recommended by some students.**

Theatre enthusiasts should note the wealth of London's fringe theatre activity waiting to be explored. This is a dynamic sector that stages both new writing and freshly-imagined revivals. Don't make the mistake of assuming that because it's "fringe" it will be inferior to what you would find on the "West End" stages; but it certainly will cost you less to see. The venues are smaller and the feeling of being a member of an audience intimately involved in that essential performer-audience transaction is correspondingly often much more gratifyingly intense. Consult *Time Out* on a regular basis to see what's on where, and what is recommended. Fringe theatres with strong track-records include:

- **The Bush Theatre**, Shepherd's Bush (Shepherd's Bush tube)
- **The Gate Theatre.** A postage-stamp-sized stage and a first-class track record for excellent theatre. (Notting Hill Gate tube)
- **King's Head Theatre**, 116 Upper Street (Angel or Highbury/Islington tubes)
- **The Battersea Arts Centre** ([bac.org.uk](http://bac.org.uk)) also has "pay what you can nights." (Clapham Junction mainline station – from Victoria or Waterloo)
- **Soho Theatre**, 21 Dean Street, W1: a short walk from the FSU site.
- **Theatre Royal Stratford East.** Every night in the lively linked bar (with good, cheap food) there are free music, free poetry and free comedy events. The theatre itself has a strong reputation for theatre generally, and a good line in theatre about multi-cultural London. (Stratford tube)
- **Menier Chocolate Factory**, 53 Southwark Street, SE1. (London Bridge tube) There is an attached restaurant, and you can get theatre-meal deals. The theatre itself has a strong recent track-record of putting on non-mainstream or forgotten-about musicals: wonderfully done in a small space!
- Not a fringe theatre, but an artistically-notable theatre (modern British drama is said to have begun here on a night in May, 1956) is the **Royal Court Theatre** in Sloane Square. This theatre offers discounted £10 seats on Mondays. (Sloane Square tube)

## Music

There are too many venues and kinds of music available in London every night of the week to begin to list them all. What's certain is that there is something for every taste and that there is much that is affordable or even free. Consult *Time Out* regularly to pursue and extend your interests. Among the free offerings you might like to note are:

- Late at Tate Britain is an eclectic pop music night on the first Friday of every month. See [tate.org.uk](http://tate.org.uk).
- St Martin in the Fields Church, Trafalgar Square has free lunchtime concerts (though they appreciate donations).
- The BBC Concert and Symphony Orchestras have some free recitals. See [bbc.co.uk/whatson/tickets](http://bbc.co.uk/whatson/tickets).
- National Gallery. See <http://www.nationalgallery.org.uk/>
- For other free music venues, see regular listings in *Time Out*.

## Museums and galleries

The following major museums are all FREE and FANTASTIC. This is not an exhaustive list by any means:

- The British Museum
- The National Gallery
- The National Portrait Gallery
- The Tate Britain
- The Tate Modern
- The Imperial War Museum
- Museum of London
- The Victoria and Albert Museum
- The V&A Museum of Childhood
- The Geffrye Museum (the museum of the British Front Room, from 1600 to the present)
- The Science Museum
- The Natural History Museum
- The National Maritime Museum, Greenwich; also the Royal Observatory in Greenwich – essential!
- The William Morris Gallery

## Auction houses

Christie's exhibits art valued at millions of pounds for free. Works going under the hammer at upcoming auctions are shown in plush salons at its London premises. Dress smartly and the doorman will wave you in. Contemplate works by Botticelli, Renoir or whoever is coming up for sale, and gawp at the price tags. Some of these paintings may never go on free public view again. Christie's, 8 King Street, St James's, London SW1.

## Artists' open-studio and open house weeks

These are now prevalent throughout the UK, offering a chance to view the works of upcoming artists in their studios and even their own homes. At a typical open house you will see the art displayed in an informal setting. Dates vary but entry is always free, and a cup of tea or glass of wine may be thrown in. A starting point to find out more is the UK tourist information site: [info-britain.co.uk/uk.art/artweeks.directory/](http://info-britain.co.uk/uk.art/artweeks.directory/)

## Speakers' Corner

In a category of its own. This is an enduring symbol of Britain's right to free speech, visible every Sunday in a corner of London opposite Marble Arch. Ever since the right of free assembly was recognized in 1872, Speakers' Corner in Hyde Park has been the place for philosophers, politicians and anyone else to get things off their chest. Past orators have included the Pankhursts (famous suffragettes), Karl Marx, Lenin and George Orwell. Other London parks have designated speakers' corners too, including Clapham Common and Finsbury Park. Two subjects are off limits: the royal family and overthrowing the government.

## Haircuts

- **Toni & Guy** also offers very cheap cuts from students in the two central London branches of its hairdressing academy, with each branch specialising in a different service. Ring **020 7836 0606**. Haircuts from £5, highlights from £25, relaxing from £15. Mondays to Fridays.
- **Vidal Sassoon Davies Mews School, Davies Mews, W1** offers some "model appointments" at greatly reduced rates. The session takes about 3 hours, though. Cuts are free, colouring from £5. Appointments at either 9:30am or 1:30pm Mondays to Fridays. Ring **020 7491 0030**
- For a cheap local haircut, go to **Mr. Topper's** on Great Russell Street, diagonally across the street from the FSU centre, from £8.

# Chapter 11: Travelling Outside London

The resources of the Internet have taken away the need to provide a great deal of information here. Students will be, or become, practiced users of the relevant websites. Be aware, though, that both the FSU centre library and the Grinnell-in-London office have many travel books which may be consulted and also borrowed.

“I went to Ireland, Amsterdam and Spain. But I really should have travelled more around England. I would suggest this, and Brighton is awesome.”

“I travelled to Paris, France for a week. I wholeheartedly recommend travelling to the continent if at all possible but at the same time don't travel too much. The London program offered numerous activities to take advantage of and I advise future students to consider the wealth of options available in London before attempting to spend a great deal of time travelling.”

“Day trips to Oxford, Cambridge, or Canterbury are worthwhile. I visited the Eden Project in Southern England (Cornwall). I recommend visiting Scotland or otherwise getting out of London and into the countryside.”

“Make sure to take advantage of free weekends early in the semester if you don't like traveling when it gets colder.”

“Get to know your neighborhood and do all the tourist stuff in London when you first arrive so you do not miss out on anything!”

“Manage your travel time wisely. If you miss one free weekend it can be very frustrating because it might be your only one.”

## See Britain First

When you are thinking about possible travel outside London, consider the arguments that you should **See Britain First**. You will have future opportunities to visit Europe as a tourist but you may not readily have a future opportunity to put down roots for so long in one place and get to know it well. For a small island, Great Britain is astonishingly diverse in its history, landscape, people and culture. Have a look at [www.visitbritain.com](http://www.visitbritain.com), [www.visitscotland.com](http://www.visitscotland.com), [www.visitwales.com](http://www.visitwales.com). Before you opt to take CO<sub>2</sub>-producing short-haul flights to Europe, consider the alternative of taking coaches (i.e., buses) and trains around the UK. Both modes of transport offer substantial discounts to students:

- National Rail offers a Young Person's Railcard. For an initial outlay of about £26 you can save 1/3 off most journeys. You may recoup the cost of this card with one journey to Scotland! Go to [www.railcard.co.uk/](http://www.railcard.co.uk/)
- National Express, the principal inter-city coach (bus) company operates a similar scheme, the NX2 card, costing £10.00. Go to [www.nationalexpress.com/offers](http://www.nationalexpress.com/offers) Tel. 020 7730 0202. Journeys by coach are normally cheaper than journeys by train.

**Before coming to the UK, you should also investigate train passes that must be bought in the US, e.g. Eurail Youth Pass, Britrail Pass, etc.**

Most long distance public transport in the UK is by coach or train. Most UK airports have train and coach connections to nearby towns, where more connections can be made. In general, coach travel is cheaper than train travel but can take longer.

Many train services offer 'economy', 'business' and 'first' class seating. Business and first class are far more expensive than 'economy', which most people find perfectly comfortable. For many long distance journeys, especially if you plan to travel on a Friday, it is advisable not only to buy a ticket but also to book a seat in advance. Long distance coach and train services usually have good luggage



facilities. Larger train stations may also have lockers where you can leave luggage for a few hours if there is a long wait between connections.

Train services are operated by a variety of companies. Some companies offer special deals, especially if booked in advance. There has been a recent effort to simplify and regularize across companies what had become an unbelievably complicated fare structure. To find out more about train travel in the UK, including details of train schedules and fare options, visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) There is also a National Rail enquiries number: **08457 48 49 50**.

Note: make sure you understand the terms and conditions of any rail tickets you buy. Some tickets are flexible, but the cheapest usually apply only to the train time specified. If you take an earlier or later train, you could be charged a large penalty fare.

Eurostar trains which use the Channel Tunnel depart from the beautifully restored St Pancras International, next to Kings Cross. This is the fast and easy way to get to central Paris or Brussels, and to connect into the European rail networks. And if booked well in advance, Eurostar can also be fairly cheap. Go to [www.eurostar.com](http://www.eurostar.com) , from £29 one way to Paris or Brussels.

For cheap travel to the European continent, go to:

[www.ryanair.com](http://www.ryanair.com); [www.easyjet.com](http://www.easyjet.com) and [www.cheapflights.co.uk](http://www.cheapflights.co.uk)

STA Travel is one of the main student travel companies in the UK:

[www.statravel.co.uk/cps/rde/xchg/uk\\_division\\_web\\_live/](http://www.statravel.co.uk/cps/rde/xchg/uk_division_web_live/)

“Ireland, Germany and Switzerland were all fun, beautiful, and accessible. Any travel in Europe, I gather, is spectacular. I also went to Birmingham and Manchester. It was fun seeing other British cities.”

“I think the amazing part of London is that it is simultaneously a hub to travel to amazing locations cheaply, and also so enjoyable to live in! I travelled to Amsterdam, Ireland, and will soon go to Turkey, Greece and Sweden very inexpensively. I think it is a great asset for being in London.”

“Go to Ireland, but near the coast, countryside.”

## Organized Travel

Some students have enjoyed travelling with companies that specialize in tours in particular locations. Past students have mentioned favourably in particular:

- Tirnanog Tours in Ireland ([www.tirnanogtours.com/](http://www.tirnanogtours.com/))
- Anderson Tours [formerly Hallam Anderson] ([www.andersontours.co.uk/](http://www.andersontours.co.uk/))
- Haggis Tours through Scotland ([www.haggisadventures.com/](http://www.haggisadventures.com/))
- Rabbie’s Tours, based in Edinburgh ([www.rabbies.com/](http://www.rabbies.com/))
- The International Students House Travel Club. Free membership with your ISH card. Trips are subsidised for very cheap travel! See [www.ish.org/student-zone/travel-club](http://www.ish.org/student-zone/travel-club)

“Tirnanog Tours in Ireland was excellent, fun, small and perfect.”

“Hallam-Anderson Tours was GREAT! I did a tour to Edinburgh/Loch Lomond while friends of mine did their tour to Bath. The prices include transportation and hotel and are all very economical. Pass on the information - there were a lot of great trips people could take! Other students went with them to Bath, Stonehenge, Scotland, Paris & Versailles and also had good things to report.”

“Haggis Tour through Scotland was great.”

“I loved the Magic Tours horseback riding trip to Wales. It was good if you like horses!”

“Rabbie’s Tours, based in Edinburgh, does very nice tours in Scotland- small groups and lots of stops to explore.”

“EvansEvans tour to Bath-Stonehenge was nice.”

“Haggis Sky High tour- strongly recommend.”

“ISH- yes!”

“ I used Anderson Tours, Rabbits Tours, and the ISH Travel Club.”

“Personally, I wouldn’t recommend Anderson Tours.”

## Accommodation

The cheapest and most popular form of accommodation for students while travelling is hostel accommodation. Check out the details of:

Youth Hostel Association: [www.yha.org.uk](http://www.yha.org.uk)

Hostelling International: [www.hihostels.com](http://www.hihostels.com)

Other websites: [www.hostels.com](http://www.hostels.com) and [www.hostelseurope.com](http://www.hostelseurope.com)

## Guidebooks

There are a number of very good guidebooks aimed at student travellers, such as *The Rough Guide* series, *The Lonely Planet* series, and the *Let’s Go* series.

## Luggage storage

If you are planning to travel at the end of the semester and wish to leave some luggage behind in London while you do so, it will normally be possible to leave it in the GIL office at the FSU site. Please ask Prof. Vinter.

### A Note for International Students

If you do not carry a US or EU passport, be sure to check what visa requirements apply to you for travelling outside Britain. Acquiring a visa will probably be time-consuming and frustrating. You will have to purchase air and rail tickets and book accommodation in advance without knowing whether you will actually be allowed to use them. By contrast, your opportunity to travel in Britain is guaranteed as that visa has been secured. It is recommended that you **See Britain First!**

# Chapter 12: Returning Home

## Travel to the airport

If you take a Gatwick Express train from Victoria Station or a Heathrow Express or Heathrow Connect train from Paddington Station, it might be easiest to book a cab from your flat to the train station.

We recommend using [expressways.co.uk](http://expressways.co.uk) to pre book a mini cab if you need one. From central London to Heathrow airport will be around £40 (£60 for a larger car). To Gatwick airport the price will be around £55 (£75 for a larger car).

## Reverse culture shock

You finished your semester in London. You had a wonderful time there, enjoyed the British culture, the places you visited, and the people you met. Now, it's time to head back to Grinnell. Although you are returning to a place you know well, it has changed while you were away. A new class of first year students is on campus. Your group of friends may have changed, or at least the relationships holding people together or keeping them apart may have changed. Even more dramatic than the changes you will find at Grinnell are the changes in you. You are not the same person you were a semester earlier. Because you have grown and developed while abroad, you may find it difficult to return to Grinnell. You may feel isolated and alienated by the Grinnell culture that once was so familiar. This alienation is called reverse culture shock. Remember, when you first arrived in London, you had a tough time figuring everything out and getting use to the culture. After a while, you found London was a great place to be. You will go through this exact same process when you return to Grinnell. At first it will be strange and new, and probably uncomfortable. But, after a while, Grinnell will feel like home again.

What can you do to lessen the amount of reverse culture shock that you feel? Here are several strategies to help you through this:

- Attend the Welcome Back Grinnell-in-London reception- this will give you an opportunity to talk to others who were on the program with you, and you can also share your experiences with other students who are interested in the Grinnell-in-London program
- Extend hospitality to international students, faculty, and visitors on campus. Remember, they may be going through culture shock and could benefit from talking with you given your new experiences with culture shock and reverse culture shock.
- Re-read letters that you wrote home, or the journal you kept while in London. When you re-read your descriptions of people, places, and events in London, it will help you relive your experiences and reduce the sense of loss many feel after leaving the Grinnell-in-London program. Consider continuing to keep a journal at Grinnell, as a means to assess how your perspectives have changed and provide you with new insights into your experience off campus, your own country, Grinnell, and yourself.

Some degree of reverse culture shock is **completely** normal. Almost everyone who returns from studying abroad goes through some reverse culture shock. Most students say that reverse culture shock is more difficult than culture shock, mostly because it is unexpected. You expect to be able to return home and fit in. However, you are no longer the same person and may not fit in quite the same way. Reverse culture shock can manifest itself in feelings of loneliness, sadness, and wanting to

isolate yourself from others simply because you don't feel like you can share your experiences. It is not uncommon to feel depressed. If you feel at any point that you would like to talk with someone about these feelings and your whole process of reverse culture shock, please contact Student Health Services at 641-269-3230.

There are many people on campus, students, faculty, and administrators, who are ready and willing to listen to your experiences while abroad and help you with reverse culture shock. Please contact us if you have any needs.

## Appendix A: What the semester may cost

What the semester may cost you, based on self-reported student expenditure for Fall 2015. These numbers, which **are in British pounds not dollars** (*except for airfare*), were estimated by students at the end of the term, and should therefore be treated as approximate figures rather than hard ones.

Grinnell-in-London, Fall 2015

(20 responses)

Survey Response	Highest (£)	Lowest (£)
Airfare (in US dollars)	2800	1000
Mobile phone purchase	70	10
Phone calls per week	20	0
Laundry per week	6	0
Food per week (including eating out)	80	10
Entertainment per week	40	5
Travel in London per week	40	20
Travel outside London per semester	500	0
Books	100	15
Personal items per semester	200	20
Medical expenses	200	0
Fall Break	1000	150
<b>Total, excluding airfare, housing and break</b>	<b>4500</b>	<b>1250</b>

# Appendix B: Packing List

- Passport (and two Xerox copies of the first page of your passport, packed separately)
- Program letter
- Airline ticket
- Debit card & cash
- Credit card
- Grinnell College Student ID card
- Money belt
- Grinnell-in-London Student Handbook
- Hiking boots
- Backpack
- Umbrella
- Comfortable shoes
- Jeans / slacks / shorts
- Blouses / shirts, T-shirts, turtlenecks
- Sweaters
- A few dressy outfits
- Raincoat with hood
- Camera
- Extra glasses/contacts and the prescription
- Prescriptions for any medication as well as the medicine
- Costume jewelry only, nothing valuable
- Toiletries
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Appendix C: Reading List

You will enjoy and profit from your time in London a lot more if you prepare for it. The more of a historical, political or cultural matrix you have when you come, the more informed responses and intelligent connections you will be able to slot into it. This will add to your pleasure! Here are some suggestions:

## Fiction

Peter Ackroyd, *Hawksmoor*; *Dan Leno and the Limehouse Golem*; *The Clerkenwell Tales*

Monica Ali, *Brick Lane*

Martin Amis, *London Fields*

Joseph Conrad, *The Secret Agent*

Charles Dickens, *Bleak House*; *Our Mutual Friend*; *Little Dorrit*; *Great Expectations*

Margaret Drabble, *The Millstone*; *The Ice Age*; *The Radiant Way* (first in a trilogy)

Buchi Emecheta, *Second Class Citizen*

Sebastian Faulks, *A Week in December*

Alan Hollinghurst, *The Line of Beauty*

Hanif Kureishi, *The Buddha of Suburbia*

David Lodge, *Changing Places*; *The British Museum is Falling Down*; *Therapy*

John Lanchester, *Capital*

Andrea Levy, *Small Island*

Ian McEwan, *Saturday*

Timothy Mo, *Sour Sweet*

Iris Murdoch, *A Word Child*

Ruth Rendell, *The Keys to the Street*; *Thirteen Steps Down*; *Portobello* (crime fiction)

Sam Selvon, *The Lonely Londoners*

Zadie Smith, *White Teeth*

Muriel Spark, *The Ballad of Peckham Rye*; *The Girls of Slender Means*

Barbara Vine, *King Solomon's Carpet*

Sarah Waters, *Fingersmith*; *The Night Watch*

Virginia Woolf, *Mrs. Dalloway*

## Poetry

Mark Ford, ed., *London: A History in Verse*

## Non-Fiction

Peter Ackroyd, *London: the Biography*

Bill Bryson, *Notes from a Small Island*

Linda Colley, *Britons: Forging the Nation*

Kate Fox, *Watching the English: The Hidden Rules of English Behaviour*

Helene Hanff, *84 Charing Cross Road*

Christopher Hibbert, *The Story of England*

Stephen Inwood, *A History of London*

Jeremy Paxman, *The English*

Roy Porter, *London: A Social History*

Polly Toynbee, *Hard Work*

Justin Webb, *Cheers, America*

## Newspapers and Magazines

Try *The Guardian*, *The Independent*, *The Times*, *The Daily Telegraph*, or *The Economist*. Many of these are available online.



# Appendix D: Phoning to the UK and within the UK

## Phoning the UK from the US

Take, for example, the number required to reach the Grinnell-in-London office from the US:

**011 44 20 7813 3265.** ‘011’ puts you through to the international system and ‘44’ is the UK country code. ‘020’ is the London dialing code, but the first ‘0’ drops out when phoning from outside the UK. The final eight digits are the office number. Be aware that other UK dialing codes can be longer than three digits and that phone numbers also vary in length, though all London landline numbers are eight digits.

## Phoning from within the UK

If your phone is a landline:

- Use the full London dialing code ‘020’ plus the eight-digit local number.

If your phone is a mobile:

- To phone a landline, use the full London dialing code ‘020’ plus the eight-digit local number.
- To phone a mobile, use the full number. Mobile phones numbers always begin ‘07’ and have 11 digits in total, e.g., 07754 000 000.

## Phoning the US from the UK

Dial ‘001’, the international code to the US, followed by the US area code, followed by the seven-digit local number. E.g., 001 641 269 4640 would connect you to the Grinnell-in-London office in Grinnell.

## Public telephones

The most convenient way to make phone calls is to acquire a mobile phone. There are, however, still public telephones at all airports, sea ports, railway stations, and bus stations. The iconic red telephone boxes in the street belong to BT, or British Telecom, and can be found in tourist areas. While BT continues to operate some modern public phones boxes on the street, if you find one at all, it may not be BTs and it may not be a pleasant experience.

If you have occasion to use one, keep in mind the following. Some public phones will accept coins (from 20p. upwards), but most convenient is to use a phone card. These can be purchased from local shops and newsagents and come in denominations from £2 to £20.

# Appendix E: Places of Worship

A comprehensive list of places of worship in London would have thousands of entries. Inclusion here does not imply recommendation; this is simply a brief sample of what is available. Explore the web for more information, including times of services.

## Baha'i

Baha'i Centre  
27 Rutland Gate, London SW7 020 7584 2566  
*Tube: Knightsbridge*

## Baptist

Bethesda Baptist Church  
Kensington Place, London W8 020 7221 7039  
*Tube: Notting Hill Gate*

Bloomsbury Central Baptist Church  
235 Shaftesbury Avenue, London WC2 020 7240 0544  
*Tube: Tottenham Court Road*

## Buddhist

Buddhapadipa Temple  
14 Calonne Road, London SW19 020 8946 1357  
*Tube: Wimbledon*

Buddhist Society  
58 Eccleston Square, London SW1 020 7834 5858  
*Tube: Victoria*

## Church of England (Episcopalian)

Westminster Abbey  
Broad Sanctuary, London SW1 020 7222 5152  
*Tube: Westminster*

St Paul's Cathedral  
St Paul's Churchyard, London EC4 020 7246 8350  
*Tube: St Paul's*

All Souls, Langham Place (**evangelical**)  
2 All Souls Place, London W1 020 7580 4357  
*Tube: Oxford Circus*

All Saints, Margaret Street (**Anglo-Catholic**)  
Margaret Street, London W1 020 7636 1788  
*Tube: Oxford Circus*

Holy Trinity, Brompton  
Brompton Road, London SW7 020 7052 0200  
*Tube: South Kensington*

St. Bride  
Fleet Street, London EC4 020 7353 1301  
*Tube: Blackfriars, St. Pauls, Chancery Lane*

## Greek Orthodox

All Saints Greek Orthodox Church  
Camden Street, London NW1 020 7485 2149  
*Tube: Camden Town*

## Hindu

The Hindu Centre  
39 Grafton Terrace, London NW5 020 7485 8200  
*Tube: Chalk Farm*

## Interdenominational Christian

The American Church in London  
Tottenham Court Road, London W1 020 7580 2791  
*Tube: Goodge Street*

## Jewish

Union of Jewish Students  
Endsleigh Street, London WC1 020 7387 4644  
*Tube: Euston Square*

The Liberal Jewish Synagogue (**similar to American 'Reform'**)  
28 St. John's Wood Road, London NW8 020 7286 5181  
*Tube: St. John's Wood*

West London Synagogue (**Reform –closest to American 'Conservative'**)  
33 Seymour Place, London W1 020 7723 4404  
*Tube: Marble Arch*

Western Marble Arch Synagogue (**United Synagogue**)  
32 Great Cumberland Place, London W1 020 7723 9333  
*Tube: Marble Arch*

## Methodist

Westminster Central Hall  
Storey's Gate, London SW1 020 7654 3809  
*Tube: St James's Square; Westminster*

Chelsea Methodist Church and Pastoral Centre  
155a Kings Road, London SW3 020 7352 9305  
*Tube: Sloane Square*

Hinde Street Methodist Church  
19 Thayer Street, London W1 020 7935 6179  
*Tube: Bond Street*

## Muslim

London Central Mosque  
146 Park Road, London NW8 020 7724 3363  
*Tube: Baker Street*

## Pentecostal

Elim Pentecostal Church, Kensington Temple  
Kensington Park Road, London W11 020 7908 1700  
*Tube: Notting Hill Gate*

## Presbyterian

St Columba's Church of Scotland  
Pont Street, London SW1  
*Tube: Knightsbridge*

## Quaker

Friends House  
Euston Road, London NW1 020 7663 1094  
*Tube: Euston, Euston Square*

## Roman Catholic

Brompton Oratory  
Brompton Road, London SW7 020 7589 4811  
*Tube: South Kensington, Knightsbridge*

Westminster Cathedral  
Ashley Place, Victoria Street, London SW1 020 7798 9055  
*Tube: Victoria*

## Russian Orthodox

Cathedral of the Dormition  
67 Ennismore Gardens, London SW7 020 7584 0096  
*Tube: Knightsbridge*

## Sikh

Sikh Cultural Society of Great Britain  
88 Mollison Way, Edgware, Middx 020 8952 1215

Sikh Temple  
62 Queensdale Road, London W11 020 7723 7340  
*Tube: Shepherds Bush*

## Unitarian

Essex Church  
112 Palace Gardens Terrace, London W8 020 7221 6514  
*Tube: Notting Hill Gate*

# Appendix F: Hostels in and around London

Hostels provide the cheapest temporary accommodation. Here are a few useful websites that have lists of hostels:

London Hostel Association: [www.lhalondon.com](http://www.lhalondon.com)

## Hostels near the Grinnell-in-London site

St. Pancras YH (YHA)  
(King's Cross Tube) 79-81 Euston Road  
London NW1 2QS  
(0845) 371 9344  
[stpancras@yha.org.uk](mailto:stpancras@yha.org.uk) (reservations)  
[www.yha.org.uk](http://www.yha.org.uk)

Astor Museum Inn  
(Russell Square tube) 27 Montague Street  
Bloomsbury WC1B 5BH, London  
(020) 7580 5360  
[www.astorhostels.com](http://www.astorhostels.com)

*Grinnell-in-London students have used this privately run hostel very near the site.*

International Students' House  
(Great Portland Street tube) 229 Great Portland Street  
London W1M 5HD  
(020) 7631 8300  
[www.ish.org.uk](http://www.ish.org.uk)

## London Association of Hostels:

Belvedere House 6 Greenville Place  
London, SW7 4RT  
(020) 3468 4340  
[www.lhalondon.com](http://www.lhalondon.com)  
[Belvedere@lhalondon.com](mailto:Belvedere@lhalondon.com)

Halpin House 97 Queens Gate  
London, SW7 5AB  
(020) 3740 9888  
[Halpin@lhalondon.com](mailto:Halpin@lhalondon.com)

Leinster House 46 Leinster Gardens  
London, W2 3AT  
(020) 3740 9845  
[Leinster@lhalondon.com](mailto:Leinster@lhalondon.com)

Railton House	10 Craven Hill London, W2 3DT (020) 3740 2484 Railton@lhalondon.com
St Christopher's Greenwich	189 Greenwich High Road Greenwich, London 020 8858 3591
St Christopher's Inn London Bridge	121 Borough High Street Southwark, London 020 7407 2392
St Christopher's Oasis London Bridge	161 - 165 Borough High Street London 020 7939 9710 FEMALE ONLY HOSTEL
St Christopher's Shepherds Bush Belushis Bar	13 – 15 Shepherds Bush Green London W12 020 8735 0270

## Youth Hostels Association (YHA)

[customerservices@yha.org.uk](mailto:customerservices@yha.org.uk)

The YHA ([www.yha.org.uk](http://www.yha.org.uk)) has seven hostels in London, including St Pancras listed above. Accommodation is in shared rooms and the maximum stay is two weeks. Prices range from £20 to £35 per night. YHA hostels are also friendly, good value places to stay when travelling around Britain. Other central London YHA hostels are located at:

Oxford Street	<a href="mailto:oxfordst@yha.org.uk">oxfordst@yha.org.uk</a>
St Paul's	<a href="mailto:city@yha.org.uk">city@yha.org.uk</a>
Earls Court	<a href="mailto:earlscourt@yha.org.uk">earlscourt@yha.org.uk</a>
Central	<a href="http://londoncentralyha.org.uk">londoncentralyha.org.uk</a>

# Appendix G: Hotels in and around London

Here are a few possibilities for hotel accommodation near the Grinnell-in-London teaching site. Before booking, check the hotel's website and also one that provides reviews, such as [www.hotel.shark.com](http://www.hotel.shark.com). Guidebooks, such as *Let's Go London* and *Fodor's Budget Guide to London* (both available in the Off-Campus Study Resource Center) are well worth consulting, too.

Arosfa  
(Euston Square Tube)

83 Gower Street WC1  
(020) 7636 2115  
*A simple budget hotel near the teaching site.*  
[www.arosfalondon.com](http://www.arosfalondon.com)

Citadine Apart'Hotel  
(Holborn Tube)

94-99 High Holborn WC1V 6LF  
(020) 7395 8800  
*Studios and apartments with well-equipped efficiency kitchens. This is a French chain, highly recommended for clean, efficient accommodation, with living and dining space so you can easily prepare meals and save considerably on dining-out expenses.*  
[www.citadine.com](http://www.citadine.com)

George Hotel  
(Russell Square Tube)

58-60 Cartwright Gardens WC1H  
(020) 7387 8777  
[www.georgehotel.com](http://www.georgehotel.com)

Harlingford Hotel  
(Russell Square Tube)

61-63 Cartwright Gardens WC1H  
(020) 7387 1551  
[www.harlingfordhotel.com](http://www.harlingfordhotel.com)  
*Parents have stayed here.*

Morgan Hotel  
(Tottenham Court Road Tube)

24 Bloomsbury Street, London WC1B 3QI  
(020) 7636 3735  
[www.morganhotel.co.uk](http://www.morganhotel.co.uk)  
*Parents have stayed here: it is only yards from the teaching site.*

Ridgemount Hotel  
(Euston Square Tube)

65-67 Gower St, Bloomsbury WC1  
(020) 7636 1141  
[www.ridgemounthotel.co.uk](http://www.ridgemounthotel.co.uk)

For more information on hostels, hotels and accommodations:

[www.visitlondon.com](http://www.visitlondon.com), [www.lastminute.com](http://www.lastminute.com) or [www.hitel.com](http://www.hitel.com)

# Appendix H: Chemists, Health Care, Dentists, Support Groups, Info Lines

## Chemists/Drugstores:

Zafash Pharmacy 233-35 Old Brompton Road 020 7373 2798  
(open 24 hours)

PharmaCentre, 149 Edgware Road, W2 0808 108 5721  
(open till midnight)

## Health/Medical Care or Advice

NHS Direct 111 (free number, 24 hours)  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)  
Dr. Stephen Court 020 7580 5411  
Medical information for US citizens <http://travel.state.gov/medical.html>  
US Consular information: UK <http://www.state.gov/travel/>  
Student Specific Health Links [www.studenthealth.co.uk](http://www.studenthealth.co.uk)  
Meningitis Is Now [www.meningitisisnow.org](http://www.meningitisisnow.org)  
(24-hour helpline & emergency information) 0800 8010 388

## Dental Care

Dr. Peter Lawrence (dentist) 020 7580 2720  
Soho Dental Care 020 7580 2720

## Mental Health

SANELINE 0300 304 7000 (6 pm – 11 pm daily)  
[www.sane.org.uk](http://www.sane.org.uk)  
Samaritans 116113 (free number, 24 Hours)  
London Nightline 020 7631 0101 (6pm – 8am, term time only)  
Support service for students [www.nightline.org.uk](http://www.nightline.org.uk)

## Alcohol

Alcohol Concern <http://www.alcoholconcern.org.uk/>  
Alcoholics Anonymous 0300 123 1110  
<http://www.alcoholics-anonymous.org.uk>  
National Drink Helpline 0800 9177 650

## Smoking & Drugs

National Drugs Helpline 0300 123 6600  
[www.talktofrank.com](http://www.talktofrank.com)  
Narcotics Anonymous 0300 999 1212  
[www.ukna.org/](http://www.ukna.org/)



## Sexual Health

British Pregnancy Advisory Service	03457 30 40 30 <a href="http://www.bpas.org">www.bpas.org</a>
Brook Advisory Centres	0808 802 1234 <a href="http://www.brook.org.uk">www.brook.org.uk</a>
Sexual Health Charity	0845 122 8690 (Mon-Fri, 9am – 6 pm) <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
Terrence Higgins Trust ( <i>Advice for HIV/AIDS sufferers</i> )	0808 802 1221 <a href="http://www.tht.org.uk">www.tht.org.uk</a>

## Eating Disorders

Beating Eating Disorders (BEAT)	0345 634 1414 <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>
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## Advice for (International) Students

International Students House (ISH)	229 Great Portland ST; W1N 5HD (020) 7631 8366 (Student Welfare) <a href="http://www.ish.org.uk">www.ish.org.uk</a>
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London Nightline (based at ULU) <i>Open 6 pm to 8 am in term time</i>	(020) 7631 0101 <a href="http://www.nightline.org.uk">www.nightline.org.uk</a> Email: <a href="mailto:listening@nightline.org.uk">listening@nightline.org.uk</a>
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## Lost or Stolen Credit Cards

American Express	0800 917 8047
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For all other lost or stolen cards, please call your bank / credit card company direct to cancel

# Appendix I: Useful UK Travel Websites and Numbers

## Transport for London

Website: [www.tfl.gov.uk](http://www.tfl.gov.uk)  
24 hour travel information 0343 222 1234

Covers bus, tube, train and other services in London.

## National Rail Enquiries

Website: [www.nationalrail.co.uk](http://www.nationalrail.co.uk)  
Telephone: 03457 484 950  
Information on all UK rail services

## National Express coach services

Website: [www.nationalexpress.com](http://www.nationalexpress.com)  
Telephone: 0871 781 8181

## Scottish Citylink coach services

Website: [www.citylink.co.uk](http://www.citylink.co.uk)  
Telephone: 0871 266 33 33

## Airport express train services

### Heathrow Express

Website: [www.heathrowexpress.com](http://www.heathrowexpress.com)  
Telephone: 0345 600 1515

### Gatwick Express

Website: [www.gatwickexpress.com](http://www.gatwickexpress.com)  
Telephone: 0345 850 1530

### Stansted Express

Website: [www.stanstedexpress.com](http://www.stanstedexpress.com)  
Telephone: 0345 600 7245

## Tourist Boards

British Tourist Authority

Website: [www.visitbritain.com](http://www.visitbritain.com)

UK-wide information, including on accommodation

# Appendix J: The British Council

The British Council is the United Kingdom's international organization for educational opportunities and cultural relations; it is located at the British Embassy in Washington DC. Here in the US, the Education Promotion section provides free information on such topics as applying for study in the UK, funding opportunities and more. Most of this information is available on the website (<http://www.studyintheUK.org>), but the Council also responds to email ([info@us.britishcouncil.org](mailto:info@us.britishcouncil.org)) and phone inquiries: (0) 161 957 7755.

Below, I have highlighted some of the services that may be especially useful to US university students who are seeking information on education in the UK. The British Council USA provides:

- A searchable database of graduate programs in the UK, as well as general information on the application process, ranking and the differences between higher education systems in the US and the UK
- A listing of scholarships available for US students to study in the UK
- Information on other sources of funding, such as loans
- Information on studying for professional qualifications, such as law, medicine and teaching
- A Resources page, with information on available publications, including our Pre-Departure Guide
- An order page for our common graduate study application form
- Information on ordering UCAS application forms for undergraduate study and medical degrees
- Information on student life and British culture

# Appendix K: Emergency and Useful Numbers

Ambulances/Fire Service/Police	999
British Gas Emergency Number	0800 111 999
UK Operator	100
International Operator	155
Directory Inquiries: <i>(many competing companies offer this service)</i>	118 500 (BT); 118 888 (Low Cost)
International Directory Inquiries	118 505 (min charge: £1.50)
US Embassy in London	020 7499 9000
To call US from London	00 1 + area code + number
To call London from US	011 44 20 + eight digit London number
AT&T	0 800 89 00 11
MCI	0 800 89 02 22
Sprint	0 900 89 08 77

## Lost or Stolen Credit Cards

American Express	0800 587 6023
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## HOSPITAL ACCIDENT AND EMERGENCY ROOMS

*(Phone numbers are provided, but it is best to go to the emergency room rather than to telephone. Hospital emergency rooms are usually very busy. Expect a wait of several hours for all but life-threatening conditions. In a true emergency, dial 999 for an ambulance.)*

University College Hospital Gower Street, WC1 <i>(For anyone living near the site)</i>	0845 1555 000
St. Mary's Hospital Praed Street, W2 <i>(For anyone living in Paddington, Bayswater, Maida Vale)</i>	020 3312 6666
Chelsea and Westminster Hospital 369 Fulham Road, W10 <i>(For anyone living in South Kensington, Chelsea, Westminster)</i>	020 3315 8000