



ACADEMIC
STUDIES ABROAD

Site-Specific Guide – London *LSBU Internship Program*

Contents:

PRE-DEPARTURE

- Important Phone Numbers
- International Dialing Instructions
- Passport and Visa
- Budgeting for Your Trip

ARRIVAL

- Airport Pick-up

ACADEMICS

- London South Bank University
- Attendance Policy
- **Grades & Exams (IMPORTANT)**
- Academic Calendar

INTERNSHIP

- Expectations
- Dress Code

EVERYDAY LIFE

- Housing
- Student Centre
- Students' Union
- LSBU Sports Centre
- Sports Clubs
- Societies
- Health and Wellness
- Living in London
- Local Transportation
- Weather

STAYING IN TOUCH

- Time Difference
- Computers and Internet

Please see our [Pre-Departure Guide for All Programs](#) for additional important pre-departure information!

PRE-DEPARTURE

Important Phone Numbers

**** PROGRAM THESE EMERGENCY NUMBERS INTO YOUR CELL PHONE ****

<p><u>ASA Office in Boston, MA</u> Academic Studies Abroad 16 Cohasset St. Roslindale, MA 02131-3013 Tel: 617-327-9388 Lee Frankel Emergency Cell: 413-221-4559 Fax: 617-327-9390 E-mail: info@academicstudies.com</p> <p>Lee Frankel, Director lee@academicstudies.com Chelsea Kaloupek, Assistant Director chelsea@academicstudies.com Cayleigh McCarthy, Programs Advisor cayleigh@academicstudies.com</p>	<p><u>London South Bank University</u> 103 Borough Road London, SE1 0AA, UK http://www.lsbu.ac.uk</p> <p>LSBU International Office tel: +44 (0) 20 7815 6709 Contacts @ LSBU: -Study Abroad Office (studyabroad@lsbu.ac.uk) -Gemma Proudley (proudlg2@lsbu.ac.uk)</p> <p>** See international dialing instructions below. **</p>
<p><u>ASA Site Director in London – Victoria Hedges</u></p> <p>► Cell Phone (Save THIS number in your Phone Contacts): +44 7512 738 676</p> <p>If you save Victoria's number exactly as above and have the app Whatsapp, you can text/call her for free if your phone is connected to WiFi or data.</p> <p>If direct dialing: 011 44 7512 738 676 (from the U.S.) 0 7512 738 676 (in the UK)</p> <p>Email: vhedges@somewherenew.com</p>	
<p><u>U.S. Embassy in London</u> https://uk.usembassy.gov/ 24 Grosvenor Square, W1A 1AE (tube: Bond Street) For emergencies involving U.S. citizens, call +44 (0) 20 7499 9000</p>	<p><u>Additional Emergency Numbers</u> (Local numbers, as dialed in the UK)</p> <p>Police, Fire, Ambulance: 999 Campus Emergencies: 2222 Department of Health: 020 7210 4840</p>

In an emergency, please contact your ASA Site Director or the ASA office immediately. It is of utmost importance that you notify your Site Director of any problems, issues, or concerns that you encounter while you're abroad.

International Dialing Instructions

011 = INTERNATIONAL DIALING CODE

44 = COUNTRY CODE (UK)

--Within the UK: Dial the local number as is, including the beginning 0.

--How to call the UK from the U.S.: Dial 011 44 plus the local number, but drop the first 0 of the local number. For example, if the number you're trying to call is 0 7512 738 676, then you would dial 011-44-7512 738 676.

--How to Call the U.S. from the UK: 001 + area code and number

Passport and Visa

All students must have a passport that is valid for at least 6 months beyond the day you plan to return to the U.S.

You must have your passport stamped upon your first entry into the UK! This will document your entry into the country; failing to get your passport stamped could cause problems with your visa.

Validating your Tier-4 Student Visa:

As an internship student, you will successfully apply for your Tier-4 Student Visa. This document will be affixed to the inside of your passport by the UKVI (United Kingdom Visas and Immigration) before departure. This visa needs to be validated upon arrival in the UK. This validation occurs when your visa is stamped by the Immigration Officer at Heathrow Airport. You will pass through Immigration **BEFORE** you collect your luggage from Baggage Claim – so, please **PRINT and pack the following documents in your carry-on**, as you'll need to present them to the Immigration Officer at Heathrow:

1. Your **valid passport** (that does not expire for at least 6 months past your proposed return date to the U.S.) with your Tier-4 Student Visa affixed inside.
2. Your **Admissions Letter** from LSBU. This will be E-MAILED to you with your Pre-Departure Handbook as well as in your final Pre-Departure email.
3. Your **CAS Statement** from LSBU. This will be E-MAILED to you with your Pre-Departure Handbook as well as in your final Pre-Departure email.
4. **Financial Evidence.** This is the bank statement you submitted to the UKVI to obtain your Tier-4 Student Visa.
5. **Round trip plane ticket.** (You will not be allowed to enter the UK on a one-way ticket.)

Don't be surprised if the Immigration officer asks you:

1. What is the purpose of your visit to the UK?
2. Where are you studying in the UK?
3. Have you got a letter from the University?
4. Where are you living in the UK? (*Your accommodation address is included on the last page of on your Last Minute Checklist*)
5. How much money have you got to study in the UK?

****Every time you leave and re-enter the UK during your summer abroad, you may be asked to present the above-listed Visa documents when you re-enter. *Do not discard those documents after arrival!***

What should I do if I lose my passport?

Contact the local police, the U.S. Embassy, and your Site Director immediately. Having a photocopy of your passport on hand will make it MUCH easier to have it replaced.

-U.S. Embassy in London: <https://uk.usembassy.gov/>

Budgeting for your Trip

The currency in Britain is the **pound sterling (£)**, which is divided into 100 pence. The banknotes are worth £50, £20, £10 and £5; the coins £2, £1, 50p (50 pence), 20p, 10p, 5p, 2p, 1p. Exchange rates fluctuate, so check <http://www.xe.com/ucc/convert.cgi> for today's exchange rate.

How much money should I bring?

Recommended amount: **US\$250-300 PER WEEK OF YOUR STAY**

Please note that these are general guidelines based on what past students have reported spending. Some students spend less and others more. The above figures do not allow for traveling every weekend, eating out a lot, or shopping every day.

What expenses should I budget for?

*** Housing, medical insurance, and all other ASA services are not included during the break between semesters or terms.*

** = Accounted for in weekly money recommendation above.*

1. Books and materials for your classes
Budget **US\$100 per summer**.
2. Local transportation*
Budget **US\$100 per summer**. Local transportation includes getting around town during your free time, getting to and from where your group is meeting to depart for an excursion or academic field trip, and getting home afterwards. This may include paying for bus, subway and taxi fares. Since you'll be living on campus, you'll walk to and from class.

Depending on your internship location, you may be using the London public transportation system quite a bit in order to get to your office. London is a very large city, and though the subway system (the "Tube") can get you to any point in the city you may need to reach, your commute to work could be lengthy (~1 hour). During orientation, our ASA Site Director will go over your internship address with you, and explain the best way to get to work.

For subway and bus fares, go to <http://www.tfl.gov.uk/tube/>.
You can get discounted Tube rates by purchasing an Oyster Card:
<https://oyster.tfl.gov.uk/oyster/entry.do>.

For taxi fares, go to <http://www.tfl.gov.uk/gettingaround/taxisandminicabs/taxis/1136.aspx>. Sharing a taxi with friends is always a good idea. Finally, keep in mind that the exchange rate will affect exactly how much in U.S. dollars you end up spending.

3. Phone usage (calls and text messages)
Budget **US\$100 per summer**.
4. Spending money / Personal expenses*
Meals, laundry, entertainment, shopping, souvenirs, dining out, travel, haircuts, toothpaste, etc. This is accounted for in our weekly money recommendation (see previous page).
5. Transportation back to the airport at the end of the program
Budget **\$40**

ARRIVAL

Airport Pick-up

What should I do when I get off the plane at London Heathrow airport?

- ▶ **After you de-plane, you will go through Passport Control (also called Immigration), where you must present your passport and Tier-4 Student Visa documents.** (See “Passport and Visa” section for the required documents.) It may take you awhile (~1.5 hours) to pass through Immigration (if there are long lines).
- ▶ **You must get your passport stamped to document your first entry into the UK.** Not getting your passport stamped could cause problems with your visa! *You may not automatically receive a stamp, so you may have to ASK to have your passport stamped.*
- ▶ After Passport Control and Customs, follow signs to baggage claim. Delayed baggage must be reported to your airline’s lost luggage counter before exiting the baggage claim area.
- ▶ Next, **claim your luggage**, go through customs, and **exit into the airport lobby**. You will see a large crowd of people picking up passengers. **Look for an ASA/LSBU sign OR a sign with your name on it.**
- ▶ **Our Site Director OR one of our drivers will be waiting for you in the airport lobby.** NOTE: They **cannot** meet you in baggage claim! Please enter the Arrivals Hall.
- ▶ **Address for delivery of delayed baggage:**
YOUR NAME

Dante Road Reception
2 Dante Place
London
SE11 4RX

If my flight is delayed, will you still pick me up at the airport?

If you will not be arriving as scheduled, it is YOUR responsibility to notify the emergency contact person indicated on your **Last-Minute Checklist**. They will let you know if you will still be picked up at the airport. We will make every effort to pick you up.

ACADEMICS

Host Institution: London South Bank University

LSBU is a vibrant UK university of approximately 25,000 students. It has 2 campuses – the main campus, Southwark, is situated just south of the River Thames in the London Borough of Southwark. The University's main buildings sit within a triangle bordered by three major London roads – Borough Road to the north, Southwark Bridge Road to the east and London Road to the west. Within a 20-minute walk of the campus are some of London's most famous tourist attractions.

Attendance Policy

Attendance to class (lectures) is required. **Attendance will be tracked electronically. You will be required to scan in and out of each lecture using your LSBU Student ID card. As a student entering the UK on a Tier-4 Student Visa – attendance is especially important.** If you do not attend class, you risk having your visa revoked.

London South Bank University has a high academic standard, and it is of utmost importance you attend every lecture. **NON-ATTENDANCE WILL AFFECT YOUR GRADE** because usually one major topic is covered in each lecture. If you miss one lecture, you will miss an entire topic. **In cases of extremely poor attendance, the lecturer reserves the right to lower your grade.** All ASA students are expected to take their classes seriously. Don't forget that the faculty and International Office at LSBU are always happy to assist you if you need academic advice or support, so don't hesitate to ask!

Grades & Exams – SUPER IMPORTANT! Please read!

Different Teaching Style

Just like here in the U.S., each professor is different and has his or her own distinct way of conducting class sessions. **Be prepared for the fact that your British professors may have different teaching styles than what you have experienced!**

In England, university classes are usually **more lecture-based** than what American students are used to. There may be **fewer class discussions, debates, and group projects** than what you are accustomed to.

University classes in Great Britain and Europe usually allow students more independence and less guidance than university classes in the States.

Universities generally expect students to be more “self-starting” than American students are used to. Although getting used to different styles of teaching is a normal part of the study abroad experience, we do realize that difficulties and confusion could arise. Therefore, we encourage all of our students to actively participate in class and get to know their professors. We also encourage students to bring any academic concerns to the attention of the LSBU International Office. **Don't forget, to get help, you must take the first step and ASK.**

Different Grading System

VERY IMPORTANT: In Europe, most university classes DO NOT have continuous evaluation throughout the semester – meaning **you won't have quizzes, papers, partial exams, mid-terms, etc. to count toward your grade!**

As is typical at universities in Europe, **your final grade in a module could depend entirely on ONLY ONE final exam or one assignment!** Or, your grade may depend on one mid-term assignment (paper/project) *and* one final exam or final assignment.

It is your responsibility to ensure you understand the grading for your modules; if you're unsure, check with your lecturer. Because each exam and assignment counts for a big portion of your grade, **you need to do WELL on EVERY exam and assignment in order to pass the module!** You will not be given the opportunity to submit extra credit or make-up work to raise your grade.

Most U.S. colleges and universities will only grant transfer credit for classes in which you earn a C/C+ or higher. This policy varies from school to school, so if you're unsure, check with your school's Study Abroad Office.

Exams & Assignments

Exams and assignments (papers) at UK universities are different than you are probably used to! In the case of **assignments (papers)**, since your grade may be based on only 1 or 2 assignments, the expectation is that each assignment be of very

high quality, and volume. An assignment (paper) may need to be 20+ pages long and require a number of hours of (documented) research.

If you have an **exam**, it will typically be in essay format and you're allotted several hours to complete it. Since it's going to count for a big part of your grade, the expectation is that you write a LOT – as much as you possibly can, in an effort to show the depth of your knowledge and understanding of the coursework. **BE SURE TO USE ALL THE TIME ALLOTTED TO YOU! IF YOU FINISH BEFORE TIME IS UP, YOU DIDN'T WRITE ENOUGH!** **You must not assume the expectations of an exam or assignment is the same as what you're used to at your home institution.** (A past student made this assumption, and she failed a module.)

In order to do the best you can in your exams and assignments, we encourage you to visit the “Skills for Learning” department at Caxton House. They offer workshops and one-on-one sessions to all enrolled LSBU students on a range of academic topics – including essay writing.

Taking the time to attend a workshop or a one-on-one session could make the difference in you passing your modules! The different kinds of sessions offered and information on how to book a spot can be found here: <https://my.lsbu.ac.uk/page/skillsforlearning>

Finally, if you have ANY doubts about what is expected in a module, PLEASE check with your lecturer as early on in the semester as possible. It is always better to ask questions than to wish you had later on.

Academic Calendar

Please note: Calendar is subject to change. Excursion dates and locations will be announced by **email** shortly prior to departure. **All Orientation meetings are mandatory.**

At the following link, you can see the Academic Calendar for your program:

<https://www.academicstudies.com/london-england-program-calendars/>

INTERNSHIP

Expectations

Internship students are expected to report to any and all hours requested by their host company. In order to receive 3 credits for the course, you will need to complete **at least** 120 working hours. You must also be sure to attend **all** of course class hours at LSBU. Professors will take formal attendance, which is reported to the UKVI. Missing classes

can affect your Tier-4 visa status. Missing class or internship hours for personal travel plans is **not acceptable**.

Please be aware that your commute to and from your internship office could be lengthy. London is an extremely large city, and though the public transportation system is extensive and can bring you anywhere you need to go, you could be traveling about an hour each way. Make sure to keep this in mind when deciding what time to leave your flat! Tardiness will affect your working hours.

Dress Code

Internship students will receive information on how to dress directly from their placement company. Some offices will be more casual, while others (especially finance and banking positions) will require formal business attire. If you have any questions about the office's dress code, please reach out to your Internship Coordinator for more information.

EVERYDAY LIFE

Housing

You will be living in **Dante Road** residence hall. (Note that Housing at UK universities is usually called "Accommodation." Likewise, the "Accommodation Office" is the housing or residence life office.) A short walk from the Southwark (main) campus, it is comprised of clusters of single rooms, called "flats". Each flat has 6 single bedrooms, with 2 shared bathrooms per flat. Each flat has its own shared kitchen and living area. Bedding and basic kitchen necessities (pots, pans, dishes, silverware) and included, but towels are not. The entire residence hall has Internet and 24-hour security. **Meals are not included**, but there are a number of refectories and cafes on campus, as well as grocery stores and restaurants nearby. During orientation, ASA's Site Director will take you on a walking tour of the immediate area so you will know where to find the grocery store, pharmacy, ATM, etc. You will also be able to buy towels if you did not pack them in your suitcase.

Will I have a roommate?

No, all rooms are single. However, you will have 6 other students in your flat (called your flat-mates), with whom you'll share a kitchen.

What are the rooms like?

They are probably a bit smaller than you're used to, but you have everything you need. What you'll have is actually a normal sized room in the UK and Europe. Living spaces in Europe are generally smaller everywhere you go. Each room has a twin bed, desk, armoire, shelves and an en-suite bathroom "pod."

Do I need to bring bedding and towels?

Bedding and kitchen items ARE included, while towels are NOT. We recommend you bring a towel, and preferably ones you won't mind leaving behind when you leave, as it will save you money as well as free up room in your suitcase for the trip home. **Re: kitchen items – when you arrive, we recommend you talk to your new roommates before buying any additional kitchen items –** they may have brought some already or will be willing to share the cost.

Where can students do their laundry?

Students will have 24-hour access to the coin-operated laundry machines on site at the residence hall.

◆ **You may not move in early to your program housing or stay after the program ends.** Students who choose to arrive early or stay late must make their own lodging arrangements for any extra days. **All students must vacate their dorm room by 12 NOON on the official last day of the program.**

Student Centre

The **Student Centre** is what we might call the Student Union at U.S. universities. It is the building on campus dedicated to Student Life. The LSBU Student Centre is the home of the Student Life Centre, the Students' Union, and the Accommodation Office. It can be accessed from Borough Road or Kell Street. **You will need to have your LSBU Student ID Card on hand in order to access the Student Centre and other campus buildings.**

Student Life Centre desk opening hours:

Monday 8:30am-5pm

Tuesday-Thursday 8:30-7pm

Friday 10am-5pm

Catering opening hours:

Monday-Friday 8:30-8pm

Students' Union opening hours:

Monday-Friday 9am-5pm

LSBU's Student Centre was recently renovated; no expense has been spared in creating a dynamic, fit-for-purpose space where you will be able to:

- Discover LSBU's many sports clubs and societies with the Students' Union.
- Access Accommodation staff to resolve any issues with your Accommodation.
- Refuel at Grads Café, serving Costa coffee and other drinks and snacks.
- Access our multi-faith support service offering spiritual help and fellowship to all students.

The design of the space has been developed in consultation with the Students' Union to ensure that the centre meets all of our students' needs. The centre includes an open area on the first floor, where students can socialize and study together and a vibrant

foyer at ground floor level with landscaped areas outside the front and back of the building for students to enjoy.

The centre also brings all of our non-academic services, such as Student Advice, Employability, Accommodation, Fees & Bursaries, and Disability & Dyslexia Support, into one place. A key feature of the new development is the Student Life Centre, which is staffed by experts in a wide range of issues that might affect you whilst at university.

Disability and Dyslexia Support

Disability & Dyslexia Support (DDS) provides advice and information about disabilities, specific learning difficulties (including dyslexia) and mental health conditions or other medical conditions. We are committed to providing accessible education to all students.

We also coordinate the support that is offered to you whilst you're studying with us, and our services and facilities can be personalised to meet your individual needs, enabling you to get the most out of your time at LSBU.

In order to get support as a disabled student at LSBU **you must first register with DDS**. We are now based in the new Student Centre next to the Borough Road Building.

For further details or to contact DDS, please visit: <https://my.lsbu.ac.uk/page/disability-dyslexia-support>

Students' Union

Unlike at most U.S. campuses, the Students' Union is not a building. (What we might call the Student Union is called the Student Centre – see previous section.)

At UK universities, the Students' Union is an organization run by students, for students, and is the center of campus life. They organize social events, as well as clubs and societies on campus. **International Students are strongly encouraged to join the Students' Union! It is the best way to get to know your new campus, meet other students, and find out what resources are available to you, campus-wide.** (Please note, there is a fee to join the Students' Union as well as to join clubs and societies.)

The Students' Union's primary aim is to represent you to the University, the local community and beyond. With over 23,000 members, an annual turnover of just under £1 million, and 15 full-time staff supported by dozens of part-time staff and volunteers, we, together, are a significant voice.

We believe that every student should be free to develop both academically and socially within, and enjoy all aspects of University life, whether this is through becoming a Course Rep, joining a sports club or society, meeting new friends in our bar, visiting our Student Advice Bureau or running for in an election for Student Union President.

The Students' Union serves the following purposes:

- Asking students to make suggestions and choices about what they want us to say or do on a particular issue and who they want to represent them
- Working to support over 5000 Course Representatives and other Student Representatives on your course and all areas of university life
- Supporting and running key campaigns for positive change
- Student consultation and research
- Providing training and development opportunities

LSBU Students' Union website: <https://www.lsbsu.org/>

LSBU Sports Centre

The LSBU Sports Centre (gym) offers a 40+ station Fitness Suite, personal training, sports therapy, and multiple fitness classes. For a list of available classes, click here: <https://my.lsbu.ac.uk/page/sport-classes>

You can learn about membership options and pricing at: <https://my.lsbu.ac.uk/page/sport-centre-membership>

Sports Clubs

Sports Clubs fall under the Students' Union, and any student can join. The Sports Office is the central point of administration and information for all of LSBU's representative and recreational sports clubs.

The Sports Clubs are run by students, for students, and have qualified coaches to help you with your performance and development.

They can help you find out anything you need to know about a sports team or activity. They also offer you the chance to represent LSBU in student competitions in almost every kind of sport, including athletics, horse riding, rowing and much more.

The clubs and activities we offer include:

- American Football
- Athletics
- Badminton
- Boxing
- Cheerleading
- Cricket
- Dodgeball
- Men's Football
- Hockey
- Jitsu

- Judo
- Men's Basketball
- Netball
- Rugby
- Softball
- Taekwondo
- Tennis
- Women's Basketball
- Women's Football

You can find details about these clubs by visiting the Students' Union website at:

<https://www.lsbu.org/activities/sport/>

Societies

Societies are what we might call student clubs or interest groups. These also fall under the Students' Union. Joining a society is a great way to get involved on campus and make new friends! Below some of the societies LSBU has. If you can't find what you're interested in, you can even form your own society via the Students' Union!

African and Caribbean Society (A.C.S.)
 Accounting & Finance
 Bright Futures LSBU
 Christian Union
 Chartered Institute of Building (CIOB)
 Criminology
 Dance
 Film Society
 Hellenic
 Iranian & Arabic
 Islamic
 Islamic Educative
 Law
 LGBT
 Music
 Nursing
 O.N.E. (Our New Era)
 Pakistani
 Petroleum & Chemical Engineering
 South Bank Entrepreneurs (S.B.E.)
 Student Midwives
 Socialist Workers Students Society (SWSS)
 Tamil

Further details about Societies at LSBU can be found here:

<https://www.lsbu.org/activities/societies/>

Health and Wellness

Many students do feel ill during their first few days abroad, due to the time zone change, different foods, homesickness, tiredness, etc. Please rest assured that it will pass and you will be having a great time in London before you know it!

One good way to ensure a smooth transition into life in London is to make sure that you don't nap too much the day you arrive. Naturally, you will be tired after your transatlantic flight and therefore will be tempted to sleep the day you arrive. Taking a short nap will probably be good for you, but please try not to sleep all day because then you won't be able to sleep that night. Try to stay up until 10pm and get a good night's sleep, so you'll be on London time the next day.

If you become ill, contact your Site Director immediately. There are several pharmacies close to campus, where you could ask the pharmacist to recommend some medication. There are also several clinics near the Southwark campus (see list below) **If you have a life-threatening illness or injury anytime during your trip and you can't reach your Site Director, please call the 24-hour emergency number listed on your medical insurance card.**

In addition, LSBU's Student Mental Health & Wellbeing service offers short-term counseling for all students.

Clinics near Southwark campus:

- **Princess Street Group Practice**
Princess Street, London, SE1 6JP
020 7928 0253
- **Borough Medical Centre**
1-5 Newington Causeway, London, SE1 6ED
020 7357 7852

Living in London

From the very beginning you will notice that things are different in London: The looks and styles of streets, the taste and smell of food, the sounds of voices and traffic. These are the tangible things that you will notice right away. To understand and become comfortable in your new environment, you have to start getting used to the city, the ways of Britons and the habits and tastes of your new English friends and acquaintances. Soon you will start to see the reasons behind English customs, and you will come to enjoy your ability to fit in. Be prepared for a wonderful adventure that brings you towards an understanding of England and its people, and a new understanding of yourself and your American heritage.

London is a very large city, with a population of about seven million. This booming city

boasts every type of restaurant, museum, theatre, bar, club, and person imaginable. Over 30% of those who live in London are of overseas decent, making it an incredibly diverse city. In fact, over 200 different languages are spoken in London alone!

For Americans, London can be an expensive city. For the most part, things are priced the same in London as in American cities, except that the pound costs more than the dollar. So, for example, a pair of Levi jeans cost about \$40 in the U.S. and about £40 in London. The difference is that £40 is about \$60! So, when you arrive be careful to convert pounds into dollars before buying anything to make sure you don't spend all your money in the first week.

However, London doesn't have to be an expensive city; reading newspapers such as Time Out will help you find the bargains around London.

What do people do at night?

In general, bars and pubs close early in London. So, those who want a late night generally hit the pub until 11pm or so and then go clubbing when the pubs close. Clubs stay open very late—until 4-5 am.

In addition, there are loads of concerts and plays every night of the week. Good places to go for theatre are London's West End, which is similar to New York City's Theatre District. If you can't find something to do 7 nights a week in London, then you're not looking hard enough!

Picking up a copy of Time Out is always a good idea to stay on top of what's going on in London. It includes information on plays, movies, clubs, bands, food, museums, and more.

How can I meet locals?

One of the best ways to meet people in London is to go to the local pub for a beer. While the media and television shows may portray the English as tight-lipped, the reality is that they are very warm and quite outgoing. They also have an incredible sense of humor, so be prepared to laugh quite a bit.

When do I tip?

- A 10% tip is customary for restaurants. It is not necessary to tip bartenders.
- For taxi rides, a 5% tip is sufficient, if any at all. A lot of people don't tip taxi drivers in the UK at all. (Never tip a driver who overcharges you!).
- Porters are always found at airports and railroad stations. You should tip £1 per piece of luggage.
- A VAT tax is added to all hotel rooms and restaurant bills. (VAT means "value added tax" and is currently 20% in the UK.)

Local Transportation

How do I get around?

Taxis: There are basically two types of taxis in London: black cabs and “gypsy” cabs. The gypsy cabs tend to be cheaper, but aren’t legal and aren’t as safe, as they are not bonded. In many cases you have to give the driver directions! (If you ever get into a taxi and the driver asks you for directions, exit the cab and find another one!) The famous black cabs are expensive, but the drivers are required to take a test called “The Knowledge” to prove that they know every street in London. Always take a black cab if possible.

Subway (The Tube): This is a fast and easy way to get around London during the day. The Tube’s website is <https://tfl.gov.uk/modes/tube/>

During orientation, your ASA Site Director will answer all your questions about the London subway system, show you how to use it, and help you purchase your Oyster card. An Oyster Card is a pre-paid travel pass that gives you discounted rates on the Tube and London buses. You can find out more about the Oyster Card at <https://oyster.tfl.gov.uk/oyster/entry.do>.

Coach: There are more bus lines than you can count in London that can bring you to anywhere from anywhere. In most cases the Tube is faster than the bus, unless you need to get somewhere that is between Tube stations. For info on bus routes in London, go to <https://tfl.gov.uk/modes/buses/>. You will also find that the actual bus stops around London have very good maps, showing which lines stop there and where they go.

Air: There are four major airports in London: Heathrow, Gatwick, Luton and Stansted. None of these are actually in London, but Heathrow is only a 15-minute train ride away from Central London if you take the Heathrow Express train. It is more expensive than taking the Tube to the airport, but much faster. There is a Gatwick Express train from central London to Gatwick airport. Luton and Stansted can take quite a while to get to, but offer some amazing fares.

► Please remember, luggage allowances within the UK or within Europe are MUCH more limited than when you fly in the U.S. domestically. Be sure to check your airline’s website before your trip to check their luggage allowances.

Rail: There is an extensive rail network in the UK, although it’s not always the most reliable. Virgin trains seem to be the best right now and tickets can be booked at www.virgintrains.co.uk. You can also buy a Young Person’s Railcard once you get to London; it offers up to 30% off the price of rail fares in the UK for full-time students up to 25 years old. A one-year card costs about £24, which you should easily recoup after one or two rail journeys.

Weather

Summer

Summer students should be prepared for warm (but usually not hot) weather in the 60's and 70's. It may rain occasionally. If it gets warm, it shouldn't be any warmer than the low 80's at the most. Even during the summer months, it can be cool outside, especially at night, so bring a light jacket or sweater and clothes you can layer. See below for a chart of average temperatures.

Fall

Students going to London for the Fall should pack for a change of seasons. (See below for average temperatures!) Fall students: when you arrive, the weather will be nice, much like summer (i.e. in the 70's during the day, cooler at night). As the Fall semester continues, it will gradually get cooler. By the end of your stay, you'll be wearing a winter jacket and possibly a scarf and gloves. So, Fall students will need to bring lighter clothes for the beginning of the semester, and fall/winter clothes for the end. Bring clothes you can layer (sweaters, light jacket, t-shirts, etc.)

Spring

Students going to London for the Spring should also pack for a change of seasons. (See below for average temperatures!) Spring students: when you arrive, the weather will be cold (i.e. winter weather—in the 40's during the day). However, the winters in London are not as harsh as New England winters, for example, because it rarely snows in London. As the Spring semester continues, it will get gradually warmer. By the end of your stay, you will have Spring weather (60's-70's during the day). Bring clothes you can layer (sweaters, light jacket, t-shirts, etc.)

Don't forget, it can rain quite often in London no matter the season!

LONDON - AVERAGE HIGHS (DEGREES FAHRENHEIT)

<u>JAN</u>	<u>FEB</u>	<u>MAR</u>	<u>APR</u>	<u>MAY</u>	<u>JUN</u>	<u>JUL</u>	<u>AUG</u>	<u>SEP</u>	<u>OCT</u>	<u>NOV</u>	<u>DEC</u>
45F	45F	51F	55F	62F	68F	72F	72F	66F	58F	51F	47F

Fahrenheit to Centigrade = Subtract 32 from F and divide by 1.8.

Centigrade to Fahrenheit = Multiply C by 1.8 then add 32.

STAYING IN TOUCH

- For information about cell phones abroad, please see the [ASA PRE-DEPARTURE GUIDE FOR ALL PROGRAMS](#)

Time Difference

What is the time difference between England and where I live?

The following times are the number of hours BEHIND England each region is:

Pacific	Central	Eastern
8 hours	6 hours	5 hours

So, if it is 6pm in England, then it is 1 pm Eastern, 12pm Central, and 10am Pacific.

Computers and Internet

Should I bring a laptop?

YES. LSBU has free WiFi on campus, and you will have Internet in your residence hall as well. LSBU also has computer labs that are free for students to use.

► For information about using a plug adapter with your laptop,
SEE [PRE-DEPARTURE GUIDE FOR ALL PROGRAMS](#)