



Living in London

By choosing to work and live in the largest city in Western Europe you can benefit from a number of advantages. Aside from the vast range of social and entertainment facilities on offer, London has the greatest concentration of libraries, museums and art galleries in Europe, with:

- 159 theatres
- 8500 restaurants
- 230 clubs
- 3700 pubs
- 13 professional football teams.....and much more

What's happening in the UK

Find out what's happening in the UK before you get here by reading the newspapers online.

www.wrx.zen.co.uk/britnews.htm - Directory of national and regional British newspapers publishing online including 600 local papers in England, Scotland, Wales and Ireland. Also includes major magazines and news portals.

www.thetimes.co.uk - The Times site includes the newspaper edition, breaking news, archives and special collections of articles.

www.guardian.co.uk - The Guardian site includes newspaper editions of the Guardian, Guardian Weekly and the Observer.

London airports

Connections for London airports:

Heathrow airport

By Tube: Piccadilly Line (journey time is approximately 1 hour from Leicester Square, frequency is every few minutes).

By Bus: A2 from central London-Marble Arch (journey time is approximately 1 hour, frequency is every 30 minutes).

By National Rail: Heathrow Express - Paddington Station (journey time is 15 minutes - 20 to Terminal 4, frequency is every 15 minutes).

Gatwick airport

By National Rail: Gatwick Express or Connex from Victoria Station, (journey time is approximately 30-45 minutes, frequency is every 30 minutes).

London City airport

Take the Tube (Jubilee Line) or DLR to Canning Town for connecting bus service. Shuttle bus service also run from Liverpool Street Station and Canary Wharf Tube and DLR stations.



Stanstead airport

Stanstead Skytrain services run every 15 minutes (30 minutes on Saturdays and Sundays) from Liverpool Street and Tottenham Hale rail stations, Airbus A6 departs from Victoria Coach Station, Hyde Park Corner, Marble Arch and Baker Street hourly or more frequently. Approximately journey time is 90 minutes depending on the traffic.

Luton airport

Thameslink rail services run from London Bridge, Blackfriars, Farringdon and King`s Cross (Thameslink) to Luton Airport Parkway Station for the connecting bus service. Green Line coaches run from Victoria (Buckingham Palace Road), Hyde Park Corner, Marble Arch, George Street and Baker Street. Coaches run approximately every 30 minutes and the journey takes approximately 90 minutes (depending on your starting point).

Airport Inquiry lines

Heathrow: 0870 00 00 123
Gatwick: 0870 00 02 468
Stanstead: 0870 00 00 303
Luton: 0158 24 05 100
City: 0207 64 60 088

Train Stations

Euston: 08457 48 49 50
King`s Cross: please call London Travel Information
Liverpool: please call London Travel Information
Paddington: please call London Travel Information
Victoria: please call London Travel Information
Waterloo: please call London Travel Information
London Travel Information Helpline - 020 7222 1234

Travel

Get a London A-Z street directory from newsagents. London has many transport options: the Tube, buses, the Docklands Light Railway (DLR) and British Rail (BR). www.streetmap.co.uk and www.multimap.co.uk are online maps.

For public transport purposes, London is divided into a series of zones and the further away from the center (Zone one) you travel, the greater the cost. See www.thetube.com for zones.

The **London Underground** is the World's oldest and most extensive public underground system and it's still often the quickest and cheapest way of getting about. Open generally from 05.30 to 00.30 daily and best avoided between 07.30 - 09.00 and 17.00 - 18.30.

London Buses are slower than the tube and have a new two fare only system (£1 for Central and 70p everywhere else).

Black Cabs are expensive and metered, but the drivers have all done two years learning 'the knowledge' and know where they are going. This is more than can be said for some so called **Mini**



Cabs, which are generally cheaper, but unlicensed. Agree the fare before getting in, if you have to get in.

Ticket types

After 09.30, the best value is the **One Day Travelcard**: Zones 1-2 (£4.10), Zones 1-4 (£4.50) and Zones 1-6 (£5.10). This gives you unlimited travel on all forms of transport within your selected zones.

Weekend Travelcards

Zones 1-2 (£6.10), Zones 1-4 (£6.70).

Weekly Travelcards

Zones 1-2 (£19.60), Zones 1-4 (£28.40)

Monthly Travelcards

Zone 1 (£63.40), Zones 1-2 (£75.30), Zones 1-4 (£109.10). You need a passport photo to get a weekly, monthly or yearly Travelcard. If you are traveling only in Zone 1, get a set of **Carnet cards** - 10 for £11.50, which can be used anytime. Get Travelcards from Tubes and newsagents, 0870-849 9999 or www.ticket-on-line.co.uk. For information, call 020 7222 1234 or log on to www.londontransport.co.uk.

Money

Arriving in London you will have the choice of exchanging your foreign currencies at the exchange bureau at the airport, but by doing so you will not normally get the best rates for your money. It is advisable to change just enough money to get you by and go to Paddington Station (convenient if you have arrived to Heathrow and are about to take Paddington-Heathrow Express). Go to Praed Street, situated just outside station and exchange your money there. There are many bureaux and they don't charge commission like the banks and they can give you better rates.

Opening a Bank Account

OES have an arrangement with one of the four major banks. Opening an account is notoriously difficult in the UK, but OES can give you a letter to take to the bank that will smooth the way to opening your UK account.

Switch cards - are the most popular piece of plastic. They are used to access ATMs as well as used as debit cards in shops. Ask for an account that features a switch card and chequebook.

Credit cards - you might have to wait until have started your job and have proof of regular earnings. However, if your credit history is good enough and/or the bank is affiliated with your bank back home, you might be able to get a credit card immediately.

Online banking - most banks have free online banking facilities. You can also try 'digital' banks like www.smile.co.uk, www.firstdirect.com or www.egg.com.



Charges

These vary between banks, so ask at your branch.

Sending Money Home

There are a number of ways to do this. The traditional way involves wiring your money home through a bank or travel agency.

Via banks - standard payments take three days to arrive, with costs varying from bank to bank. Budget for £10 or more. Priority international payments take one day, but cost much more.

An international money order (IMO) costs upwards of £8 for amounts up to £10,000, plus a commission charge at the receiving bank. If you want to send an international payment, you will need to be a customer of the bank. Costs vary depending on how much you are sending home, so check with your bank.

Receiving money - most banks operate a cheque collection service. The charge tends to be 0.25% of the sterling equivalent, with a minimum charge of £16 and a maximum of £40. The cheque negotiation service is a cheaper option where funds will be credited immediately. However, it is usually at the bank manager's discretion. For amounts less than £100, charges are seldom more than £5. Some branches will waive the charge. Amounts more than £100 are generally charged at 0.25%, with minimum and maximum charge amounts applied. Receiving an inward payment via an international transfer will cost both sender and receiver. The receiving charges vary between £5 and £10. If the amount is above £1000, there may also be an additional charge levied.

Many travel agencies use a service called Moneygram. It currently costs about £33 to send £500 home, or £44 for £1000. However, the money arrives within 10 to 15 minutes and there isn't usually a receiving charge. It's very handy if you need the money urgently. Your money will arrive anywhere displaying a Moneygram sign, usually at Thomas Cook and American Express branches. Both sender and receiver will need a passport as ID.

You can also send a cheque home and get someone to deposit it straight into your account. The money will take up to a month to clear. Being a cheque, it's traceable if it gets lost in the post. There will be a charge at home to convert it into dollars, etc.

Phones/email

Landlines are likely to be with British Telecom (BT), but you don't have to register with them for national or international phone calls. Check out www.bt.com.

For cheap international calls, there are lots of deals to be found. Calls to Australia should be about 4p, New Zealand 5p and Canada 4p. Shop around. Phone cards are available for overseas calls. You use a landline, but punch in the code on the card. These have competitive tariffs.

Mobiles are everywhere in London. Choices are pre-paid or contractual.



Pre-paid phones - you won't have to have a bank account, but you will have to buy the phone. Phonecards come in denominations of £5, £10, £20, £30 and £50. Calls per minute range from 2p to 35p, depending on the carrier and who you are calling.

Contractual - you will need photo ID, proof of address and a bank account. Most deals give you a free handset that becomes yours after the contract is up (usually a year). You can also switch carriers at the end of the contract. The four main networks are T-Mobile, Orange, Vodafone and O2. Tariffs differ with each network, but most will offer a certain number of free minutes and texts at a set price per month. Again, shop around.

Internet cafes abound. Many local libraries offer free Internet access and general computer usage. Ring 020 7259 9695 or visit www.iocentre.com. Victoria, Brixton, Putney, Marylebone and Kensington public libraries are popular.

Accommodation

Hostels

Many welcome long-term guests, some include breakfast. Weekly rates range from £70 to £200.

Sharing a room

Excellent for saving money, you can share for £40 a week.

Sharing a flat/house

The most popular option. Rent starts around £45 per week.

Going it alone

You might find a bedsit for less than £100, but budget for at least £150 a week.

Bills

This depends on the flat/house; most will quote you rent only. Bills can include gas, electricity, phone, water and council tax.

Bond

Bond is four or six weeks' rent. It is illegal to charge more than two months' rent. You may also have to pay a month's rent in advance. If you have a formal arrangement with an agent or landlord, request that your bond be placed into a savings account. You will be entitled to the interest when the bond is released.

Leases

You may need to sign a lease, which will typically run for six to twelve months. **Read the small print** - This will tell you what you are and are not responsible for.

Where to look

Most newspapers have accommodation sections. If you want someone to do your searching for you, use a local real estate agent or try an accommodation agency.



Doctors and Health

Reciprocal arrangements with the UK allow residents of Australia, New Zealand and South Africa to receive free accident and emergency treatment, free use of hospital clinics for sexually transmitted diseases and subsidised dental health care through the National Health Service (NHS). You can go public or private for healthcare in the UK. Private treatment tends to be expensive, so chances are you will be using the National Health Service (NHS).

Register - Call NHS Direct on 0845 4647 (24 hours a day, 7 days a week) www.nhs.uk. They can supply a list of General Practitioners over the phone to callers who supply them with their postcode. Also, try the NHS website www.nhs.uk/localnhservices/default.asp, which allows you to search for NHS services. Doctors' consultations are free.

A more expensive but quicker option is to use an NHS Walk-In Centre. You don't need an appointment, but you will have to pay. Centres are at Charing Cross, Edgware, Fulham and Parsons Green.

Medicine - needs to be paid for, but the contraceptive pill is free. You can buy the 'morning after' pill at pharmacies. Contraceptive Education Service 020 7837 4044.

Dentists - can also be NHS-registered, but aren't free. You will need to pay 75% of the cost of your treatment, only the basic of which is covered by the NHS. If you want cosmetic dentistry, eg gold filling, tooth whitening, you will pay 100% of the cost.

Emergency - go to an **NHS Hospital** in emergencies, but be prepared to wait. For more information, see www.nhs.uk. There is also a direct line for health advice and information: 0845 4647.

Major Hospitals

Charing Cross, Fulham Palace Road, W6	020 8383 0000
Guy's, St Thomas Street, SE1	020 7955 5000
Homerton, Homerton Row, E9	020 8919 5555
Royal Free Hospital, Pond Street, NW3	020 7794 0500
St Bartholomew's, West Smithfield, EC1	020 7601 8888
St Mary's, Praed Street, W2	020 7886 6666
St Thomas's, Lambeth Palace Road, SE1	020 7928 9292

More organisations and telephone numbers

Pregnancy Advisory Service:	0716 378 962
Eating Disorders Association:	01603 621 414
Disabled Living Foundation:	020 7289 6111
National AIDS Helpline:	0800 567 123
Medical Advisory Service:	020 8994 9874



Personal Safety

The Suzy Lamplugh Trust - www.suzylamplugh.org/worldwise. The Trust's emphasis is on the reduction of crime and violence against individuals, with a particular focus on the workplace, transport, schools and the most vulnerable - children, the young, elderly, disabled and disadvantaged people. Operating increasingly on an international basis, the Trust campaigns on safety issues, liaising with statutory and voluntary organisations and instigating research, for changes in attitude, policy, legislation and practice. It also provides general and specific advice to both individuals and organisations, and through its *World Wide Website* (supported by the Foreign Office), offers personal safety guidance for young travellers in over 200 countries.

Working in the UK

Working Holiday Visa - are your two years nearly up - is your visa about to expire - call OES and we'll help you to sort it out.

Getting a National Insurance Number

Getting a National Insurance number can be a very frustrating experience. National Insurance pays for pensions and health services. NI numbers are issued through the Department of Social Security (DSS). Call 0845 377 0001 and give your postcode and work details to locate your local DSS office and make an appointment. Take your passport, a letter from your agency or employer confirming you are employed or registered with an employment agency and two or three other pieces of ID to the appointment.

Six to eight weeks later you will get your permanent NI number in the post. See www.inlandrevenue.gov.uk or www.dss.gov.uk/localoffice, or call 0845 302 1487.

Social Security

You are not entitled to any unless you are a British citizen. You are entitled to the services you pay tax for: police, roads, NHS and the pension scheme through NI.

Tax and Rebates

Anyone working in the UK must pay tax. How much you earn will determine which tax bracket you are placed in. Amounts range from 10% to 40% and everyone has a tax threshold of £4615 a year.

Claiming a rebate

If you've worked less than the full tax year (the year starts on April 5), you may get a refund. You may also be due a refund for any credit interest you've earned on savings.

You'll need a P45 (from your employer when you leave) and a P60 (from your employer at the end of the tax year). If you haven't received these, you will need a Statement of Earnings from your employer. Most people have to claim tax rebates at the end of the financial year. If you're leaving the UK and are not intending to work again before the end of the financial year, you can claim a rebate during the year.



If you are self-employed, a company director or on the self-assessment system, you have to submit a tax return to get a refund. You'll get all the relevant forms from Inland Revenue (0845 070 0040 or www.inlandrevenue.gov.uk).

Pensions

There are several types of pensions; the state pension, occupational pensions (contributed to by both employer and employee) and personal pensions. Those in the UK for two years should get a personal pension or not bother at all. If you are employed full time, check what your employer offers and check whether you can transfer to another pension fund and what the penalties are.

NI contributions partly fund the state pension scheme, formerly known as SERPS. You can contract out of this State Second Pension (S2P) and get your 'extra' contributions transferred to a private pension. However, you must do this before the end of the tax year or NI contributions will be lost.

Getting NI contributions back is not possible. However, as your contributions remain on the system under your NI number, you can elect to continue contributing. After contributing for 11 years, you are entitled to a UK pension.

Pensions are taxed at the UK rate. You can claim a rebate on this tax when you shift the pension (and yourself) back home. Ask at your local tax office for more information.

Pensions are a labyrinth - a good option is to check out www.moneyextra.com. It's always a good idea to speak to an Independent Financial Adviser (IFA) about pension matters.

Voting

You might have left your home country, but you still want to help influence what goes on there. Most countries will let you vote when you live abroad, provided you intend to return home permanently at some stage. Check that you are on the electoral roll in your home country. If you aren't, contact your embassy for details on how to enroll. There are several ways to vote when you're overseas. The easiest is by postal vote, but most embassies and some consulates will also operate voting facilities. Check out www.elections.org.nz (New Zealand), www.aec.gov.au (Australia) and www.dfait-maeci.gc.ca (Canada) for more information. South Africans are not allowed to vote when abroad. Check with the South Africa High Commission for updates.

Entertainment, food and drink

In many respects London need be no more expensive than any other town or city. Many of London's attractions are free; galleries, libraries, parks and street markets abound, together with the pick of theatre, cinema, opera, ballet, music, sport and nightlife.

Pubs and Bars

The Redback Tavern 264 High St Acton W3

Closed Monday and Tuesday, big nights Thursday through Sunday. Good for live music. Free BBQ's on Sundays in the summer.



The Water Rats Gray's Inn Road WC1

Great value music pub, where you can often see three bands for under a fiver. Anyone who's anyone has played here including the brothers Gallagher

The Walkabout Inn Covent Garden, 33 Maiden Lane WC2. Showing AFL on Wednesday nights and Super 12's on Thursday.

The Walkabout Inn Shepherd's Bush, 58 Shepherd's Bush Green

Bar Oz 51 Moscow Road W2

The White Swan Golders Green Road, Brent Cross. Huge beer garden and Thursday & Sat night disco sessions.

The Pitcher and Piano Fulham Road (cnr of Munster Road), SW6 rocking on Sundays, expect queues post rugby.

The Slug and Lettuce Fulham Broadway SW6

Always heaving, and a good place to pull - the steamed up windows give it away!

The Ion Bar/ restaurant 161 Ladbroke Grove - handy for Portobello market and great Sunday barbies in summer.

The Church York Way N1

A Sunday Institution - get there early (before 12 noon to guarantee entry), nearest tube King's Cross.

Sports Bars

Shoeless Joe's 555 King's Road SW6

Popular for big Rugby games

Football Football 57-60 Haymarket SW1

Huge screens

Sports Cafe 80 Haymarket SW1

Always packed on Fridays, good for the Sunday Grand Prix

Clubs

The Aquarium 255 Old Street EC1

Spartan underground club with swimming pool

Bagley's Studios York Way N1

Warehouse Club with five dance floors, pasty faced youngsters and bare chests

Bug Bar Brixton Hill SW2

Converted Church with vaulted ceilings, good place to warm up, live music Tuesdays

The Cross York Way N1

Top place with open air space in Summer, older and well dressed crowd

Dogstar 389 Coldharbour Lane Brixton SW2

Converted Pub, laid back, casual - especially on Sunday arvo

Fabric 77 Charterhouse Street EC1

Converted meat store next to Smithfield Market

The Fridge Brixton Hill SW2

Long standing and consistently popular with a wide variety of club nights, always packed with happy smiley faces



Home Leicester Square WC2

New mega-club with seven floors to get lost in

Ministry of Sound 103 Gaunt Street SE1

Large, commercial but now fraying at the edges, everyone from hardcore clubbers to tourists

Vibe Bar 91 Brick Lane E1

Converted Brewery with live music and club nights, student trendy

London for Free

Arts and Artefacts

Trafalgar Square, in the centre of London is one of the best places to begin a tour of the sights. Here, you are looking over 150 years of history, with Nelson's famous column behind you, and the fountains by Lutyens and Landseer's lions in front of you. Beyond them lies the **National Gallery**, which holds one of the world's finest collections of Western European paintings. The Leonardo Cartoon by da Vinci and the Hay Wain by Constable are just two of its highlights - and admission is free.

Right next door, one of the most inspiring collections of portraits can be found. The **National Portrait Gallery** holds likenesses of both the famous and infamous - poets and princesses, statesmen and sportsmen are all on display. Royal portraits abound, from Holbein's Henry VIII to Annigoni's portrait of the Queen, but stars from today's world of rock, pop and showbiz are there too. Catch a glimpse of Elizabeth Taylor, supermodel Elle MacPherson and The Spice Girls, or enjoy panoramic rooftop views over London from the Portrait Café.

There are two other major art galleries in London - neither of which levy an admission charge for their permanent collections. **Tate Britain** holds British paintings from 1500 to the present day, while Tate Modern is one of the foremost galleries of modern and contemporary art.

London boasts the oldest public museum in the world. The **British Museum** in Bloomsbury is one huge treasure store. Items from all over the globe have found their way there - everything from mummies to Ming; exhibits include priceless antiquities like the Elgin Marbles from The Parthenon and the Rosetta Stone that provided the key to Egyptian hieroglyphics. Over 200 years, the museum has built up a collection of 6 million objects that now fill its 94 galleries. Once part of the British Museum, the **British Library** is now found in St Pancras. Its new building was designed by Sir Colin Wilson to house the UK's National Library, the riches of the written word. It has an amazing 150 million separate items in storage and state-of-the-art technology lets you journey through some of the priceless exhibits via a 'virtual manuscript'. Guided tours of the building will lead you to the exhibition galleries and the Lindisfarne Gospels (dating from 700AD), Shakespeare's First Folio of 1623, Handel's Messiah and Beatles' manuscripts.

Gallery telephone numbers, addresses and nearest tube station

Dulwich Picture Gallery - 020 8693 5254 - College Rd, SE21. West Dulwich rail.

National Gallery - 020 7747 2885 - Trafalgar Square, WC2. Charing Cross Tube.

National Portrait - 020 7306 0055 - St Martin's Pl, WC2. Charing Cross Tube.



Serpentine Gallery - 020 7402 6075 - Kensington Gardens, W2. South Kensington Tube.
 South London - 020 7703 6120 - 65 Peckham Rd, SE5. Oval Tube then bus.
 Tate Britain - 020 7887 8008 - Millbank, SW1. Pimlico Tube.
 Tate Modern - 020 7887 8008 - Bankside, SE1. Southwark or Blackfriars Tube.

Museum telephone numbers, addresses and nearest tube station

British Museum - 020 7323 8000 - Great Russel St, WC1. Holborn or Russell Square Tube.
 Imperial War Museum - 020 7416 5000 - Lambeth Rd, SE1. Lambeth North or Elephant & Castle Tube.
 Florence Nightingale - 020 7620 0374 - 2 Lambeth Palace Rd, SE1. Waterloo or Westminster Tube.
 Freud Museum - 020 7435 2002 - 20 Maresfield Gardens, NW3. Finchley Rd Tube.
 Geffrye Museum - 020 7739 9893 - Kingsland Rd, E2. Old St or Liverpool St Tube and then bus.
 London Transport - 020 7836 8557 - The Piazza, WC2. Covent Garden Tube.
 Museum of London - 020 7600 3699 - London Wall, EC2. Barbican, St Paul's, Moorgate or Bank Tube.
 National Maritime - 020 8858 4422 - Romney Rd, Greenwich, SE10. Cutty Sark DLR.
 National History - 020 7942 5000 - Cromwell Rd, South Kensington. South Kensington Tube.
 Science Museum - 0870 870 4868 - Exhibition Rd, SW7. South Kensington Tube.
 Victoria & Albert - 020 7942 2000 - Cromwell Rd, SW7. South Kensington Tube.

Theatre telephone numbers, addresses and nearest tube station

Adelphi - Ticketmaster 020 7344 0055 - Strand, WC2. Charing Cross Tube.
 Albery - 020 7369 1730 - St Martin's Lane, WC2. Leicester Square Tube.
 Aldwych - 0870 400 0805 - The Aldwych, WC2. Covent Garden Tube.
 Apollo Shaftesbury - 020 7494 5070 - Shaftesbury Avenue, W1. Piccadilly Circus Tube.
 Arts Theatre - 020 7836 2132 - 6-7 Great Newport St, WC2. Leicester Square Tube.
 Comedy Theatre - 020 7369 1731 - Panton St, SW1. Piccadilly Circus Tube.
 Criterion - 020 7413 1437 - Piccadilly Circus, WC2. Piccadilly Circus Tube.
 Drury Lane - 020 7494 5000 - Catherine St, WC2. Covent Garden Tube.
 Duke of York's - 020 7369 1791 - St Martin's Lane, WC2. Leicester Square Tube.
 Garrick - 020 7494 5085 - Charing Cross Rd, WC2. Leicester Square Tube.
 Gielgud - 020 7494 5065 - Shaftesbury Ave, W1. Piccadilly Circus Tube.
 Her Majesty's - 020 7494 5400 - Haymarket, SW1. Piccadilly Circus Tube.
 Lyceum - 0870 243 9000 - Wellington St, WC2. Charing Cross Tube.
 Lyric Shaftesbury - 0870 890 1107 - Shaftesbury Ave, W1. Piccadilly Circus Tube.
 New Ambassadors - 020 7369 1761 - West St, WC2. Leicester Square Tube.
 Palace - 020 7434 0909 - Shaftesbury Ave, W1. Leicester Square Tube.
 Piccadilly - 020 7369 1734 - Denman St, W1. Piccadilly Circus Tube.
 Prince Edward - 020 7447 5400 - Old Compton St, W1. Leicester Square Tube.
 Prince of Wales - 020 7839 5972 - Coventry St, W1. Leicester Square Tube.
 Queen's Theatre - 0870 890 1110 - Shaftesbury Ave, W1. Leicester Square Tube.
 Whitehall - 020 7369 1735 - Whitehall, SW1. Charing Cross Tube.
 Wyndhams - 020 7369 1736 - Charing Cross Rd, WC2. Leicester Square Tube.



Markets in London

Almost every part of London has a small market that is normally open during the weekend and sometimes on Wednesdays also. The following are some of the most popular. They are spaced away from each other so no matter where you live you will be able to visit at least one of them. These markets are for general public and are not specialised markets (excluding Borough Market) like **Billingsgate Market** Trafalgar Way E14, Daily 05.00 - 08.30 (Wholesale fish - now open to public, but you have to be there early) or like **Smithfield Market** (EC1) in Barbican which sells meat.

Petticoat Lane also known as Aldgate East Market is situated in E1 and next to the Aldgate Tube station. Visiting this one you will have to come pretty early on Sunday (09.00-10.00) if you want to buy anything. It can get very busy later on in the morning. This market opens early on Sundays and closes early afternoon. Saturdays it does not open. Here you can buy things from used clothes, new clothes, perfumes, tools, fruits and vegetables to electrics. Take a camera with you (beware of thieves), and about 20 minutes walk from there will bring you on to the River Thames and the Tower Bridge.

Wembley Market adjacent to Wembley Stadium is organised and laid out differently from the first one. While the Aldgate East market is situated in a street, this one is on open space, with row upon row of sellers trying to sell you the London T-shirts, kitchen utensils, car parts and accessories, fruits and vegetables and so on. Coming to this market is a good option if you are a football fanatic or maybe a snooker fan and would like to see Conference Hall where they hold snooker tournaments. To reach the market you can take a tube to Wembley Park or train to Wembley Stadium. After a visit to the market if you are feeling capable of doing another kind of shopping, just go to Ealing Road (not far away) and there you can buy Asian spices. Indian and Pakistani cultures are represented there with their way of life. The Asian food and ingredients are very cheap and there is a chance for you to buy an Indian Sari.

Lower Marsh, South Bank's Market SE1, is a great place for shopping and to eat and drink. So named because it lies on the site of the ancient Lambeth Marsh that first appeared in historical records in 1377. This historic street has operated as a street market and centre for local shopping since the mid-nineteenth century. In 1984 Lambeth council designated Lower Marsh and its immediate surroundings a conservation area in recognition of its special character. Located between Westminster Bridge Road and Waterloo Road, within the South Bank, London. It's close to the rear entrance of Waterloo Station (Lower Marsh Market exit and then follow the sign) and just a few minutes walk away from the Imax Cinema, The Old Vic Theatre, the Imperial War Museum, London Eye and all of the other South Bank entertainments. For more information about this particular market please go to www.Lower-Marsh.co.uk

Camden Market Camden High Street N1, Weekends 10.00- 18.00

Bric-a-brac and Street fashion, very busy on Sundays.

Composed of one main street with small alleys and buildings, it is very popular with younger people. The whole Camden area is becoming so expensive now because professional people and



generally people with money find it convenient for their travel to and from their job in the city and the West End. After leaving the Camden tube station you are immediately presented with cacophony of noise. The best days to experience it are on Saturday and Sunday. Shops and stalls are open during the week but not so many of the sellers come then. Difference between Camden markets and the previous two is that this one is better organised. Also the main strength lays in sale of the clothes. Second-hand or new, this is the place to come. If you are after shoes or jackets (leather ones) you have to come. The best thing and this is almost a rule (if you know it) is this: ALWAYS HAGGLE. Even in shops and especially there, never ever pay the price you can see. After you have finished your shopping, hopefully successful you can take a boat trip on canal. You can have a meal and even a glass of bubbly to celebrate. If you take a Minicab or Black cab there is a short journey to Regents Park and the Zoo there to finish your day off.

Borough Market Borough High Street SE1, Saturdays 09.00 - 17.00

Organic farm produce and groceries, but don't expect any bargains.

Located beneath the railway arches between the High Street and the cathedral. It is one of the few wholesale fruit and vegetable markets still trading under its Victorian wrought-iron shed.

The Borough was the most obvious choice for the Kent farmers to sell their goods to the City grocers.

Portobello Market Portobello Road, Daily 06.00 - 16.00, Sat biggest

From clothes and jewellery to antiques and groceries.

The famous Portobello Market is reached by taking a tube to Ladbrooke Grove or Notting Hill station. Saturday is your main day even though if you come any other day you will find open shops but not so many other sellers like in Camden market case. This market is huge and you will have to push and be pushed by other people. If you are looking for a pen or a tank you will find it here. Selection is huge and so many tourists visit this market each year. Also once a year they have Notting Hill Carnival so there is always plenty of buzz. To list everything they sell would take us ages to do, so if you are local to the area or you have inquisitive nature just go there and have a nice day because you will not be disappointed. Local and not far away is Bayswater area where you can go to Whiteley shopping centre and have something to eat.

Some more for you to try

Bermondsey Market Bermondsey Square SE1, Fridays 04.00 -14.00

Top place for antiques, get there at dawn and watch the dealers trade by torchlight.

Brick Lane Market Brick Lane E1 Sundays 08.00 - 14.00

Lively market selling clothes, fruit and vegetables, household goods and best curry houses in town.

Brixton Market Electric Av SW2, Mon to Sat 08.00 - 17.30

Exotic foods and other miscellanea, great atmosphere

Columbia Road Flower Market E2 Sundays 08.00 - 14.00

Lively East End flower market plus arty shops to browse

Spitalfields Market Commercial Street EC1, Sundays 09.30 - 17.00

Arts and Crafts to Fruit and Vegetables.

The Van Market Market Road N7, Daily market.

Camper Vans



Parks

From the largest to the smallest parks, the city of London can really boast about its variety of parks. They are beautiful, spectacular and truly amazing. You would never imagine a city of the size of London to have so much green and open space till you actually land here. Every part of London has at least one park, no matter if it's just a small pool with surrounding trees or a park like the magnificent and slightly wild in appearance Richmond Park. The following are the most popular ones.

Hyde Park. This is the most prominent and famous park in whole of the UK. Surrounded from north with Queensway and Bayswater (plenty of youth hotels and hostels and Whiteleys shopping centre), with Mayfair (American Embassy, Bond Street, the Intercontinental hotel) from east, Kensington on west (nice small shops on Kensington Church Street) and plenty of bigger ones in High Street and Knightsbridge on south (Exhibition Road, Royal Albert Hall, Harrods shop, Belgrave Square with Embassies), this park has the best location from where you can reach main shopping streets and roads in London. Being 360 acres in size it can take you a while to cross it. In summer time there is a option of renting a small boat and gently paddling in the lake, having a refreshing drink in those few weeks that are called summer time here or maybe fishing in certain allocated places. Beware, you will need a licence for fishing. Just stroll around and see maybe a statue of Peter Pan or just enjoy the view. If you are into roller-skating this is the place for you. In the park itself there is a Speakers Corner where you can let your soul out and scream at the whole world or have a normal debate with strangers about topics that interest you. Kensington Palace can be found in Kensington Gardens, part of Hyde Park. If you would like to pay tribute to late Princess Diana go there. After her death thousands upon thousand's of people came just to lay the flowers and leave cards.

The second park that visitors almost regularly see is **Green Park.** The Green Park with its tube station is on the right hand side of Piccadilly. Home of the Queen that lives in Buckingham Palace, this is the place where on Saturdays and Sundays you can hardly move and take a picture of Palace, just because of huge number of people standing outside the gates. Maybe while you are at the gates you will have a chance to see people attempting to access the Palace driving with car's trough gates or just landing with parachute like it happened few months ago. The Palace was built in 1703 and bought by King George III sixty years later on. It became a permanent residence of Kings and Queens after King George IV commissioned remodeling in 1824. It was "updated" twice more for needs of the court and their families. If you can see the Royal flag flying over the east front, you know that Her Majesty the Queen is inside. The interior of the Palace is open to the visiting public during August and September.

Adjacent to the Green Park is **St. James's Park.** Both of the parks you can truly enjoy on Sundays when they are closed to traffic. Inside of the park you will see St. James's Palace that was originally built on the site of a lepers` hospital. Just before his execution Charles I decided to spend his last night there. It is the home of Duke and Duchess of Kent as well as offices for various other royals. In the case of this palace you will not be able to go inside, apart from Chapel Royal that is open for services only. Short walk from the Palace you can emerge on to



Parliament Square and see splendour of the Big Ben, Houses of Parliament and Westminster Abbey.

Taking a tube to Baker Street, Regent's Park or Portland Street you will emerge in front of **Regents's Park**. Situated in northwest London, this park can offer you a variety of fun and leisure. Inside the park is boating lake where you can again rent a boat and take pictures of birds nesting on an island found in the middle of a lake. If you are avid lover of beautifully cultivated flowers you will have a memorable experience. To see roses blooming and inhale all of those smells is a trip well worth taking on. With plenty of chairs and benches around, you could just sit and watch the time pass you by. There is a small restaurant inside the park but we have to say that cup of coffee or tea will be expensive for you coming here as a tourist. Better suggestion and more fun are, to take a blanket and hamper basket with you. At least like that you will have plenty of time to relax and watch others. On the north side of the park is a London Zoo. Like almost everything in the London, entry to the Zoo is dear but worth it. Following recent renovations and installation of new cages you can see endangered species and help the animals by adopting them. It will give you sense of achievement and will really help preserve the Zoo that is always in a need of financial support. You can play a game of tennis or if you have come in larger numbers there are plenty of football fields where you can test your skill. The park is also a home for Regents College with many a foreign student who has come here for further education. Outside Regent's Park is the biggest Mosque in London and beware when they have Muslim holidays it can become crowded and busy with traffic in local streets.

A small park not far away from there is **Primrose Hill Park**. During summer months and generally whenever we have a nice sunny day, so many people go there from local areas just to sunbathe or read newspapers and gently doze off. It offers you nice view of central London if you can manage to climb to the top.

The park with even better view of the London is **Alexandra Park**. To find it will be easier for you to take a normal train to Alexandra Palace station or a tube to Wood Green, but then you will have to walk to it approx. 20 minutes. The view is very nice and also it offers you a chance to go inside the Alexandra Palace complex where ice-skating during hot and humid days can save your skin.

Coming closer and between Alexandra Park and Regent's Park is **Hampstead Heath**. With a choice of going by tube to Hampstead or taking a train to Hampstead Heath you can have a really enjoyable day of walking. This park is fairly large and sometimes it holds Fun Fares or Circuses when they visit the town. To try to take a swim you have a option of mixed pools or lady's pool. The pools inside the park are surrounded with bushes and trees and if you like a bit of fishing there is a chance to do so. People with younger children can pay a small amount to professional anglers who will take a charge of your young ones. Those are more or less central parks we would like to offer to you. As we have said before there are huge varieties of smaller parks you can visit. The last three parks we are going to mention are slightly further away from centre but you will see why we are giving you the description of them.



First one is **Kew Garden** can be reached by trains and District Line underground rail. You can take local buses if you are based there or Minicabs and black cabs for journey from other parts of town. Train stations are: Kew Gardens and Richmond. Kew Garden is a legend amongst the parks. To see botanical wonders from around the globe this is the park that you will have to visit. Thousands of seeds being put in vaults are there to make sure that in today's society we do not lose another specimen. To see palms, exotic flowers, bushes and so on will take your breath away. Japanese Gateway, Temperature House, Bamboo garden, Temple of Bellona, Rose Garden to name but a few will astonish you. To describe the feelings and anticipation of the next part of the park would be futile. You really have to go there and see it by your own eyes. Open from: daily 09:30 - 19:30 or dusk. Tel: 020 8332 5000.

Connected with Kew Garden is **Syon Park**. This park has on offer a small Butterfly House. It was made for younger audiences but anyone can enjoy it. Inside you are welcomed by strong smells of tropical forest and humidity. Hundreds of butterflies are flying beside you and you can take a look at a day in the life of an ant colony. It shows how well organised these little creatures are and how they rummage through the forest and you can buy a Stick-bug at the end of your tour! Our last park is **Richmond Park**. Describing its size, HUGE doesn't do the justice. With a kind of a wild exterior this park has a certain look that will calm you and maybe extinguish the way we live urban life. Heed our advice and go early morning there with a picnic basket in one hand and blanket in another. Possibility to find and see deer is so calming and you have 50-50 chance of seeing them because they often roam around. The park people take care of them in winter months and often move them to more sheltered spots in the park. Relationship between locals and deer has been established for a long time and they are very tame. The deer are Royal property so if you are driving through the park be careful and watch for them crossing the road.

Sporting Life!

London as a huge variety of sports and leisure pursuits on offer. From climbing and snowboarding to yoga and croquet, it's all out there.

Hyde Park W2 - Hyde Park Sporting Club, South Carriage Drive, W2 020 7262 3474

All sorts of activities for anyone, no dress code but tennis shoes a must. Tennis members £6 for 45mins, non £7.50, casual petanque and bowls £3.50 a session, putting from the end of May. Hyde Park Stables 020 7723 2813 summer & winter horse riding £30p/hr
Swimming in the Serpentine lido late June to August 020 7298 2100 £2.50.

Kensington Gardens W8 - great spot for rollerblading, hire from Slick Willies 41 High St Ken 020 7937 3824 £10 day but £100 deposit required, other hire places in Queensway (Bayswater side of park).

Regents Park NW1- 020 7486 7905 boules, football, hockey, rugby and softball pitches. Golf & tennis school 020 7724 0643.

Alexandra Park N22 - 020 8888 2122 pitch and putt golf, boating, ice rink.



Hampstead Heath NW3 - 020 7485 4491 mixed and single sex bathing ponds, very popular in summer. Swimming in the lido free from 07.00 - 10.00, £3 after, tennis courts £3.40p/h but really busy especially at weekends so registration for £8.50 is highly recommended.

Victoria Park E3 - 020 8985 1957, athletics track, football pitches, bowls, cricket nets free to use and tennis courts £3.50 p/h.

Battersea Park SW11 - 020 8871 7542, 200 acres to get around, bowls, boating and of course tennis courts £3.40 before 18.00, £4.70 after.

Holland Park W8 & W11 - tennis courts £4.70p/hr, you must live or work in the Kensington/Chelsea Borough and pay £9.60 for annual membership. Golf/cricket nets £1.25/£2.40p/hr, just turn up.

Paddington recreation ground W9 - 020 7641 3642 tennis courts (indoor and out), from £4.25 for open tarmac to £8.60 for astro turf. Cheaper if you have a City of Westminster 'res card' or are a member of the 'Courtney's' gym chain (£34p/mnth). Athletics track, gym and cafe too.

Richmond Park, SW15 - 020 8876 3205, 2 x 18-hole public golf courses £15 up to 14.00 Mon-Sat, £18 the rest of the time. £1.50 to book a tee time over the phone.

Wimbledon Village stables 020 8946 8579 has horse riding in the Park and lessons too for £25p/h during the week and £30 at weekends.

Sportsline - Mon-Fri 10am-6pm ph: 020 7222 8000 very helpful and info on most sports.

Time Out - a weekly sportsboard plus information on spectator and participation sports.

Your local Council - loads of secret pools, courts, sports and leisure facilities right on your doorstep and usually pretty cheap

Barnet	020 8359 2000
Brent	020 8937 1234
Camden	020 7278 4444
Ealing	020 8579 2424
Enfield	020 8366 6565
Greenwich	020 8854 8888
Hackney	020 8356 3000
Hammersmith & Fulham	020 8748 3020
Haringey	020 8489 0000
Hounslow	020 8583 2000
Islington	020 7226 1234
Kensington & Chelsea	020 7937 5464
Lambeth	020 7926 1000
Lewisham	020 8695 6000
Merton	020 8543 2222



Newham	020 8472 1430
Richmond	020 8891 1411
Southwark	020 7525 5000
Tower Hamlets	020 7364 5000
Waltham Forest	020 8527 5544
Wandsworth	020 8871 6000
City of Westminster	020 8641 6000

Shopping in London

In this section we cover particular London streets and shopping centres where you can find bargains or spend your hard earned money in a shopping spree. We will concentrate on main London shopping streets and places that you are most likely to visit.

The street that you have most likely heard of, and will visit first, is **Oxford Street**. It is the most famous street in London where you can buy souvenirs, clothes, electrical equipment and so on. The good news about Oxford Street is that so many big retailers are represented here that you will be spoilt for choice. The bad news is that you may have to be prepared to struggle from store to store. During the busiest times so many people are milling around that the street looks like an anthill. No matter which day you choose to come here you will be bewildered by mass of shoppers. But if you want to avoid the worst of the crowds then you have to be an early riser and come between 09.00 and 10.00 - Saturdays and Sundays are bad no matter what time of day it is - when most of the other shoppers are either in bed or having a breakfast. The nearest tube stations are: Marble Arch, Bond Street, Oxford Circus or Tottenham Court Road.

The second street that you are most likely to visit is **Regent's Street**. With Oxford Circus tube station on one end, and Piccadilly Circus on the other, this street is packed with all kinds of shops. The main reason for us mentioning this one is, the Hamley's store. Hamley's is every child's dream come true. Packed with all kinds of toys this shop will make a hole in your pocket from demands from your children. Michael Jackson was seen doing his shopping there while he was in the town.

Just off Oxford Street, less known and less crowded, but more expensive are **New Bond Street** and **Old Bond Street**. These streets have designer shops ready to dazzle you. Most stores have a doorman who is there to open the doors for you, smile at you and wish you a nice day. The main difference with these two streets compared with the Oxford Street is the friendliness of staff working there and the price of the things they will try to sell you. But if you are looking to buy designer clothes, expensive furniture, paintings, or maybe go to an Auction then this is the right place for you to be in.

Near to these two streets is **Savile Row**. The one and only thing they do here is to make and sell you clothes; especially custom-made shirts and suits for men. For a "good" suit you will have to make a reservation up to six months in advance and pay up to 20,000 pounds

Leaving it all behind, a few minute's walk is **Shaftesbury Avenue** from where Soho and the world famous **Carnaby Street**, **Covent Garden** and **Chinatown** awaiting for you. Soho is infamous for



being seedy or sleazy but this reputation is overstated, out of date and neglects the many other things that this area has to offer. Yes, in the past it was a bad place to find yourself in, but night life there in recent years has been improved and made safer. Any time of the day or night there is always something going on. You have contrast such as; an old fruit and vegetable market and Old Compton Street where gay people meet and have fun. Covent Garden with its market is a trendy place to have cup of coffee or maybe something stronger. A huge number of cafes gives you chance to explore different foods. If you can force yourself to rise early, go there on Sunday morning, sit outside and just watch surrounding streets waking up. For a night of entertainment go to the Royal Opera House or just sit in front of St. Paul's Church. To experience a different culture and taste an exotic meal go to Chinatown. Inexpensive restaurants and the chance to buy Far East spices are there and if you are here for a Chinese New Year then you are in for a treat.

If that is not really you and you prefer to look at things rather than buy them, please take a tube to **Baker Street**. Sherlock Holmes and Beatles memorabilia will lighten your pockets but for real entertainment go to Madame Tussaud's wax museum and the London Planetarium. You may have been warned before about the dangers of queuing at other places and trust us, Madame Tussaud's museum is the place where we emphasise good shoes and patience especially during school holidays. People have shown great interest in Madame Tussaud's work ever since she arrived in London in 1802. Presidents, pop stars, actors, serial killers, musicians and many others are all represented here. The museum consists of several 'themed' sections such as; Garden party with politicians and TV personalities, 200 Years section with exhibits of historical figures, Chamber of Horrors, Spirit of London and so on. For tickets and opening time call 0870 400 3000.

The London Planetarium has on offer permanent displays featuring a giant revolving Earth circled by satellites, live weather, touch-screen computers and information on the rest of the planets in the solar system. The strength of this place is shown in 30 minute virtual-reality presentation, Planetary Quest projected onto a vast dome in the auditorium upstairs. Call 0870 400 3000 for further information.

Take a trip to the **Bayswater Road** (nearest tube station Lancaster Gate), just on the northern side of the Hyde Park and you will come across dozens of artists who bring their paintings here so you can appraise them and maybe buy from them. Although many of these artists are amateurs, you may be pleasantly surprised by the craftsmanship displayed.

Exiting from Knightsbridge tube station, situated south of Hyde Park, you can take the left exit from the tube station and emerge at one end of **Brompton Road**. The most famous shop in the whole of London, **Harrods** store is here. Harrods store, a red terracotta building which was completed in 1905 and its interior decoration includes Art Nouveau and Art Deco styles. It began, in 1849, as a small grocer's shop and was further developed by the son of the founder, Henry Harrods. It can boast that it is the store that has delivered an elephant to Ronald Reagan, gooseberries to Saudi Arabia and a skunk to an American's ex-wife. This was the first store in the world to install an escalator and Victorian customers were so overcome by the experience of riding a "moving staircase" that the store posted attendants at the top of the to



administer brandy to gentlemen and smelling salts to the ladies. Currently it is owned by the Egyptian Mohamed Al Fayed and employs in excess of 3000 staff. It is four acres in size and with more than 300 departments, bars, restaurants and even own pub this store is London's third top attraction with around 30,000 customers passing it through on daily basis. Most of them just pass through, though simply because of the expensive nature of the things. All along Brompton Road that runs into Fulham Road you can see a wider variety of shops.

If you exit from Knightsbridge tube station, and take the right exit you come out on **Sloane Street**. Once you enter Sloane Street turn first left into Basil Street, here you will find the Stockpot Restaurant. In Stockpot you can eat and drink well for a fraction of the cost that you will normally pay in any of the restaurants and cafes in this area. Good value for your money, especially in Knightsbridge.

Sloane Street is packed with designer shops and runs all the way to Sloane Square, which is at the top of the **Kings Road**. Another restaurant suggestion for this area is Peter Jones - huge department store in Sloane Square. You can have a coffee/lunch in the restaurant and enjoy a great view over the whole area. The Kings Road has all kinds of shops that you would expect to find in such an expensive and luxurious area, but mainly the things that make it special and well known are antiques and clothes boutiques. If that is what makes your heart beat faster then go to Sloane Square tube station and you will come out at the top of this street. Please do not confuse the Kings Road with King Street (W6) in Hammersmith. King Street in Hammersmith has a wide variety of shops and restaurants but they are much more everyday than the Kings Road.

Kings Road later merges with **Chiswick High Street**. This is a pretty street with plenty of the restaurants and cafes. The whole Chiswick area is very popular and in the summer months all of the sidewalks in front of the cafes are packed with people having a cold beer and just daydreaming.

When you pass through Chiswick and go through **Kew Gardens** you will come across the Richmond area. We particularly like anything even remotely connected with **Richmond** and **Kingston** so here is a mention of Richmond shopping centre and its streets. What makes it nice is the feeling you have, that actually this is not London but some small town with a close community of people living there.

To have a wonderful day out here is very easy thing to do simply because of the variety of shops, cafes, taking stroll on the banks of the River Thames or visiting **Hampton Court Palace**. This palace was a home to King Henry VIII. To see the splendour and admire the interior you can take guided tours that last about 45 minutes each. The King lavished more money on this palace than any other apart from Greenwich (which has ceased to exist). He spent large amounts of money enlarging the kitchens, rebuilding the chapel and altering the rooms to suit the tastes of the last five of his six wives. After the tour if you still have a bit of energy inside of you go to the Maze, laid out in 1714. At that time mazes or labyrinths were "the thing" among the eighteenth-century nobility. Open from: Mid-March to mid-Oct Mon 10:15 16.00, Tues-Sun



09:30 - 18.00; mid-Oct to mid-March closes 16:30. Tel: 020 8781 9500.

There are three more places that we will mention. The first two are **Beauchamp Place** and **Walton Street**. Personally we like them, especially the second one, because they are the kind of places where you go to if you really want to show your partner how much you love and appreciate them. If you want to find these two streets take either the Knightsbridge or the South Kensington tube station. All those nicely decorated boutiques with fine clothes will make the love of your life's heartbeat faster.

If you really want to spend your money go to **Hatton Gardens**, EC1, (nearest tube stations Chancery Lane or Farringdon - tube and Thameslink). This is the place in London to buy diamonds.

Shopping Centres

Whiteleys - in Queensway, does not offer too much regarding variety of shops so don't go there if your intention is purely to spend the whole day shopping.

Brent Cross - (off the North Circular, Brent Cross tube station) is on the other hand a much better choice with plenty of shops, but then again further away from the centre of London.

Lakeside shopping centre - (take the train from Southend or Fenchurch Street that runs every 30 min). This is an even bigger shopping centre than Brent Cross but is even further away from central London.

The **Bluewater Centre**, which consists of 320 shops, restaurants, leisure centres, and cinemas, is actually the biggest in Europe and situated in Dartford. To reach it by car go on the A2 one mile from M25 junction 2 or take the train to Greenhive where every 15 minutes you will be greeted by the shuttle that takes you on a 3-minute journey to the centre.

Shop telephone numbers, addresses and nearest tube station

Christie's - 020 7839 9060 - Bury Street, W1. Green Park Tube.

Harrods Store - 020 7730 1234 - Brompton Rd, SW1. Knightsbridge Tube.

John Lewis - 020 7629 7711 - Oxford Street, W1. Bond Street or Oxford Tube.

Liberty - 020 7734 1234 - Regent St, W1. Oxford Street Tube.

Marks & Spencer - 020 7437 7722 - Oxford Street, W1. Marble Arch or Bond Street Tube.

Selfridges - 020 7629 1234 - Oxford Street, W1. Marble Arch or Bond Street Tube.

Sotheby's - 020 7493 8080 - New Bond St, W1. Bond or Oxford Street Tube.

Waterstones - 020 7851 2400 - Piccadilly, W1. Piccadilly Circus Tube

Tourist sights telephone numbers, addresses and nearest tube station

Greenwich - 020 8858 6376 (Greenwich Tourist Centre) - Greenwich Park, Greenwich station (DLR).

Hampton Court - 020 8781 9500 - Hampton park

Kew Gardens - 020 8332 5000 - Kew Road, Richmond or Gunnesbury station.

London Aquarium - 020 7967 8000 - County Hall, South Bank, Waterloo station.



London Zoo - 020 7722 3333 - Regent`s Park, St John's Wood Tube.
Lord's Cricket Ground - Wellington Rd, St John's Wood Tube.
Madame Tussauds - 020 7935 6861 - Baker St, Baker St Tube.
Millennium Wheel (London Eye) - Southbank, Waterloo station.
Tower of London - 020 7680 9004 - Tower Hill, Tower Hill Tube.
St Paul's - 020 7236 4128 - St Paul's Churchyard, St Paul's Tube.
Syon House - 020 8560 0881 - Syon Park, Richmond station (then walk through the park).
Westminster Abbey - 020 7222 5152 - Westminster, Westminster Tube.

London Links and Websites

London Town - www.londontouristboard.com

The official site of the London Tourist Board, with maps, tours, shopping, entertainment, transport, education, health and plenty more.

The UK Travel Guide - www.ukguide.org/index.html

This site features information about the UK, as well as providing an active map of London; getting around London by Underground, entertainments, restaurants, top attractions, museums and galleries, shopping and guided tours.

This is London - www.thisislondon.com

Find out about the Underground, buses and river service timetables.

TimeOut - www.timeout.com/london/index.html

A guide to a selection of some of the most interesting features; up-to-the-minute listings of concerts, exhibitions, clubs and events. There's also information on how much your money will buy and the easiest way to get around.

London.Town.com - <http://www.londontown.com/>

An excellent site offering information on travel, hotel offers, sightseeing, etc.

Museums and Theatres

www.londontheatre.co.uk - Comprehensive London Theatre Guide that offers theatre tips, play reviews, chance to purchase tickets and many other bits of information regarding theatres.

www.nhm.ac.uk - National History Museums site.

www.1st4londontheatre.co.uk - Find all about Theatre land in this beautiful city.

www.theatremonkey.com - What Theatregoers tell you, that Box Office staff do not!

London Souvenirs

www.thelondonsouvenirshop.com - Great On-line souvenir shop for your every need.

London Information

www.squaremiletimes.co.uk Find out what's-on, where and things to do in London's Square Mile.

www.virtual-london.com - A step-by-step London guide

www.first4london.com - For every bit of information about London visit this site.



www.timeout.co.uk - Gives you the latest news concerning theatres, museums or any place of interest in the UK.

Hotels

www.jetsetting.net - Travel reviews of hip and trendy hotels in London. Check the lowest prices on hotels in London and destinations worldwide.

www.londoncybercityguides.com - Guide to London including discount hotels, attractions and more.

www.thelondonportal.co.uk - London Discount Hotel Portal

www.the-hotels.com - 6000 destinations and more than 35000 properties. Book online.

www.milesfaster.co.uk - Discount London Hotels, Heathrow hotels, Stansted hotels, Luton airport hotels, Gatwick hotels, luxury London hotels!

www.londonby.com - Hotels in London, Apartments and Bed and Breakfast accommodation. Extensive information on each listed property.

www.vip-hotels.com - Find your VIP hotel in London and rest of the UK.

www.1st4londonhotels.co.uk - If you are looking for a place to stay you can get all the help you need from this site.

www.metrospaces.com - Ideally-located apartments for short-term rental.

www.londonnights.com - Directory and reservation service for discount London hotels.

www.1st-london-hotels.com - 1st London hotels offers a listing of apartments and hotels in London. Check availabilities online!!!

www.mammothdeals.com - Mammoth Deals - worldwide hotel guide and online reservations

Restaurant Guides

www.porters.uk.com - Porters will give a lot of people good, simple, traditional English dishes in comfortable surroundings, at very reasonable prices!

www.porters-bar.com -Offering a wide choice to the customer: with real ales, a wide choice of wines by the glass, a great cappuccino, freshly cooked food, air conditioning, table service and comfortable stylish Lloyd Loom furniture.

www.restaurant-guide.com - The Premier UK Restaurant Guide

www.english-restaurants.com - Your Guide To English Restaurants In London

www.london-restaurants.com/london - The Earl of Bradford's London Restaurant Guide

www.londonlantern.com - Putting the spotlight on London restaurants

London Topics

www.londoncongestioncharges.com - London congestion charges discussed.

Weather

www.bbc.co.uk/weather - - All the climate news that you could possibly want.

Transport

www.thetube.com - London Underground web site. To find out how services are running on London Underground, visit the www.thetube.com/content/nexus/default.asp area of this website. Alternatively, you can call London Travel Information on +44 (0) 20 7222 1234.

www.netlondon.com/transport/ - Good site with details of all forms of transport in London.



www.londonblackcab.com - Traditional London Taxi booking service for Airport Transfers, Tours, Day Trips and more...

www.britainontrack.com - Britain With BritRail. This site will provide you with useful info regarding train travel out of London.

Going out in London

www.21stcenturytravel.com - find your perfect sightseeing tour operator

www.statelyhomes.com - the website that brings you all the information you need to help you plan your visit to or event at one of Britain's stately homes

www.ga-taxis.co.uk - visit Scotland while here and enjoy a beauty and serenity of Highlands and its people.

www.english-heritage.org.uk - Hundreds of ideas on places to visit in the United Kingdom.

Useful phone numbers and web sites

Directory assistant 192

BT's international directory assistance 153

Emergency services 999

High Commissions

Australia: 020 7379 4334

www.australia.org.uk

New Zealand: 020 7930 8422

www.nzembassy.com

Canada: 020 7258 6600

www.canada.org.uk

Support

British Association for Counselling and Psychotherapy 0870 443 5252 www.counselling.co.uk

Cruse (bereavement) 020 8940 4818

London Friend (gay support) 020 7837 3337 www.londonfriend.org.uk

Samaritans (help with distress) 08457 909 090

Help

Legal Aid 020 7759 0000 www.legalservices.gov.uk

Crimestoppers 0800 555 111

Rape Crisis Federation 0115 900 3560 www.rapecrisis.co.uk email info@rapecrisis.co.uk

Alcoholics Anonymous 01904 644 026 www.alcoholics-anonymous.org.uk

National Drugs Helpline 0800 776 600 www.ndh.org.uk

Gamblers Anonymous 020 7384 3040

National Missing Persons Helpline 0500 700 700 www.missingpersons.org

Going Home

Shipping

Send by surface or sea. The choice is door-to-door or door-to-port. Sea is cheaper. Look for ads for shipping companies - Royal Mail and Parcelforce are alternatives.



Insurance

Different companies will have differing exclusion clauses. Shop around and compare terms and conditions.

Packaging

Make sure fragile items are well wrapped in either tissue or bubble wrap. Do not wrap clothes in plastic, as this will cause condensation within the box. Clothes would then become mouldy and unusable at destination.

Closing accounts is easy

Tell your bank when you need the account closed and organize to wire the money home. Another option is to request your bank to issue a banker's draft (a bank cheque which is drawn on the bank itself) - you won't have to wait for funds to clear. Alternatively, you could draw all your money out and convert it to your local currency. See the 'sending money home' section for options and costs.

Claim all your tax rebates

Sort out any pensions, NI contributions and any work scheme pensions. These should be transferable, so if you can't collect the cash, your pension provider should be able to transfer your funds to a scheme in your home country.

If you are planning to start work as soon as you get home, contact one of the many agencies around, or use the international jobsearch facility at www.tntmagazine.com/uk, all of which could secure a job appointment for you back home. Even if you're planning to have a break, sort out your references before you go.

Change your address through Royal Mail. Ask for a three-month redirection period. The cheaper option is to leave a forwarding address with your ex-flatmates or landlord.

**Enjoy your stay in the UK and if you need any help, support or advice,
call us at OES**

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