



LONDON

Summer Study Abroad

May 29 – June 22, 2017

Your Guide to Living in London

London has been, for the vast majority of recorded history, the center of the Anglophone world, of civilization, of culture and commerce. Today it remains a capital for all of those things and more. It is, as Eddie Izzard so eloquently puts it, “where the history comes from” and where it continues to be made.

The city has survived wars, seizures, floods, and fires, and two millennia of settlement. This cosmopolitan metropolis on the Thames has fostered some of the world's best artists, authors, musicians, chefs, and world leaders. It is a vibrant, rich, and living city.

Your home for the summer.....

*“When a man is
tired of London, he
is tired of life; for
there is in London
all that life can
afford.”*

- Samuel Johnson



Palace of Westminster

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Royal Albert Hall

Before You Go!

This great list of tips from travelzoo.com includes things you're sure to have thought of and some you might not have. Also be sure to check out the State Department's checklist for other important information: <http://travel.state.gov/content/passports/en/go/checklist.html>.

Security & Health

Check-in with your doctor and insurance carrier. Double check and make sure that you have all of the proper vaccinations and that you have renewed all essential prescriptions. Also, ask your medical insurance provider if your policy applies overseas for emergencies. **All students are required to have the supplemental HTH Student Travel Insurance.**

Bring copies of your passport. If your passport gets stolen or lost you want to be sure that you can still get back into the country, or be able to prove your citizenship.

Leave a copy of your passport. For extra backup, leave a copy of your passport at home or with someone you trust. Consider making an electronic copy you can store in your email account as well. **Register with your embassy. This is very important! If there's a problem in the country, this will make it easier for your government to contact you and get you to safety. You can find that information here: <http://italy.usembassy.gov/contact.html>**

Money

Look up the monetary conversion before you go. Finding out that one Danish Krone is equal to just 19 cents ... bad surprise. Make sure you do your math before you travel to get a sense of the conversion rate.

Make sure your credit card will work in the country you're visiting. European banks have switched almost completely to the more secure chip-and-PIN technology, and fewer businesses abroad are accepting the outdated magnetic-strip cards.

Always have local cash. Not every place takes credit cards.

Check the country's entrance/exit fees. Some countries require travelers to pay in order to enter or leave the country. These fees are not included in the price of your airline ticket, and can range from \$25 to \$200.

Go to a bank or ATM in the country you're visiting. The conversion centers in the airport or around the city tend to be huge rip-offs. You won't get charged as many fees at the ATM or the bank, and the conversion will be exact.

Call your bank or credit card provider. Sometimes banks think fraud maybe occurring if transactions are suddenly happening in Bali when you're from Jersey, and they will turn off your card as a security measure.

Local Research

Buy tickets now for places you know you want to visit or see. By buying in advance you'll be able to skip lines, and find more deals targeted toward you.

Get guidebooks. Guidebooks usually include maps, key words or phrases, and give you enough detail on certain sites that you won't need to purchase the pamphlet at the venue. And download apps before you travel. Avoid downloading charges from your wireless carrier and get your apps before you leave.

Research events going on while you're there. This will help you make sure that you're not missing be events going on in the city. Fun things like festivals, ceremonies and natural events. Also be sure to research as a few national dishes to try. You don't want to leave the country without experiencing what its known for.

Electronics

Bring a charger adapter. Countries have different size plugs and voltage. So if you want to use your electronics, make sure you can charge them.

Check the voltage of your electronics. Nothing is worse than having an adapter and still not being able to use a blow-dryer or a straightener because the voltage isn't high enough for that country.

Activate your phone's global capabilities. To avoid roaming charges, you should determine if your phone is unlocked (you can call your provider to find this out) If so, you can purchase a fairly inexpensive SIM card that will allow you to use your phone at a significantly lower cost.

Download useful apps. Tripomatic and Roadtrippers will be great for your free weekends. Citymapper can help navigate public transport, and Offmap can store maps to your phone without racking up data costs.

Luggage & packing

Pack an extra set of clothes in your carry-on bag. Don't be one of those travelers decked out in J'adore Paris apparel because the airline lost your luggage and you have nothing else to wear.

History and tradition greet you at every turn in London; it's also one of the most diverse, most modern cities in the world. If London contained only landmarks such as Westminster Abbey and Buckingham Palace, it would still rank as one of the world's great destinations, but Britain's capital is much more. People come to glimpse the royals and stop by hot galleries; to take in theater and trendy shops, and so much more.



The view from the garden

Worrell House

Worrell House has four stories and is situated on Steele's Road (named for essayist Sir Richard Steele) in a sector of suburban London known as Hampstead. Hampstead is primarily a residential neighborhood and home to Hampstead Heath, Regent's Park, Primrose Hill, and the Keats Cottage.

Even if you won't be staying in Worrell House, it will be your base of operations of sorts. You will have your daily classes here, and you are welcome to join your classmates here for meals and socializing. It is, you will find, a wonderful place to spend an afternoon: in the garden or the library, soaking in the history and culture of the City.

History with Wake Forest University

In 1977, Wake Forest acquired a house in Hampstead for its London program. The house, a gift from Anne and Eugene Worrell, was named in their honor. Formerly known as Morven House, the building served as the home and studio of landscape painter Charles Edward Johnson. Hampstead is primarily a residential neighborhood and home to Hampstead Heath, Regent's Park, Primrose Hill and the Keats Cottage.

The House

Worrell House

36 Steele's Road

London NW3 4RG

England

Phone: 011 44 207 722 9892

Worrell House accommodates fourteen students. There are five student bedrooms, four bathrooms, a large kitchen, a student lounge, a living room, two libraries, and a seminar room. Modern kitchen facilities are available, and students often prefer to cook their meals together in the house. The house is wired for Internet access and students should bring their laptop computers. The living room, called the Churchill Room, was named in honor of the former prime minister and statesman. His daughter, Sarah Churchill, unveiled a bust of Churchill at the 1977 dedication of the house. A beautiful English garden is located behind the house. There is a ground floor apartment (flat) for the Resident Professor consisting of three bedrooms, two bathrooms, and a kitchen.





Worrell House Library

House Information

Fiona Hayes is the House Administrator and oversees all the Domestic needs of the Program. She works actively with the Faculty Director and the Housekeeper to identify needs of all sorts, supply equipment, and organize systems which enable participants to enjoy their surroundings in a responsible way.

Contact information for Ms. Hayes:: Phone: 011-44-781-713-4107 (mobile), 011-44-207-28-1565 (home)

Email: fitrier@inbox.com

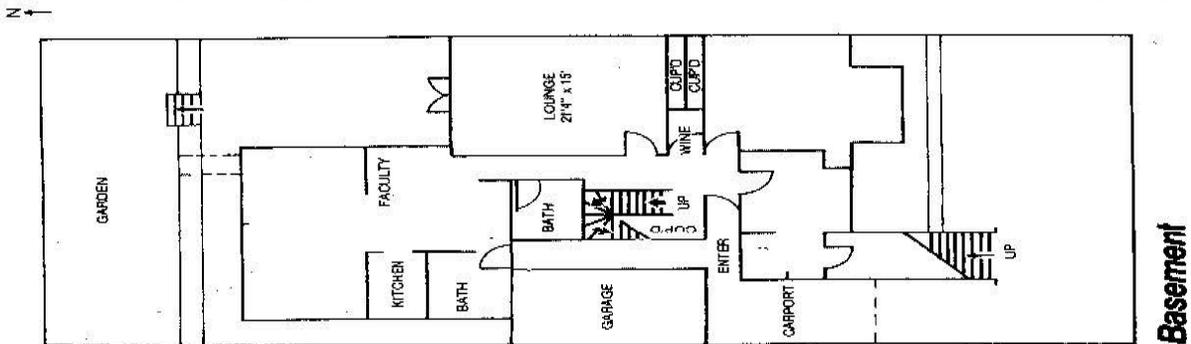
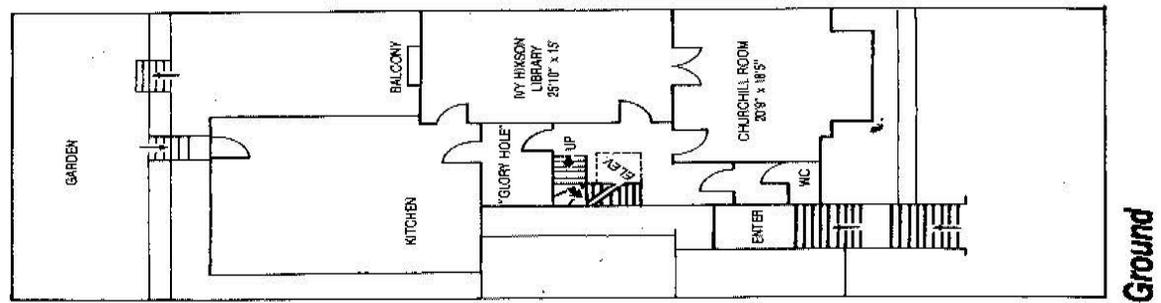
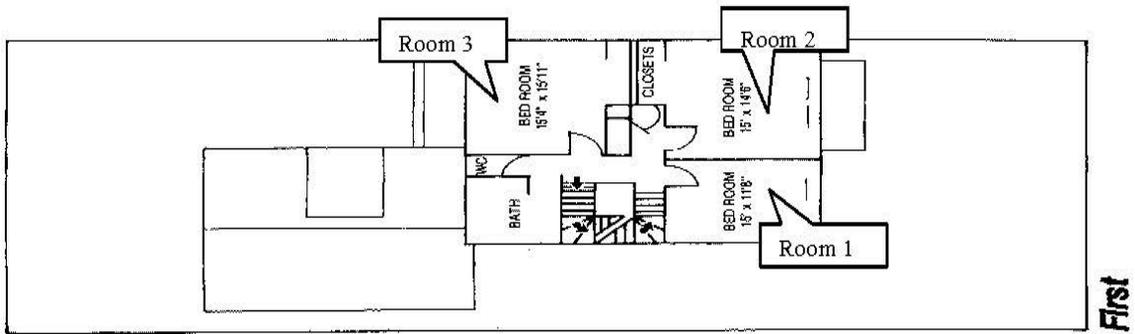
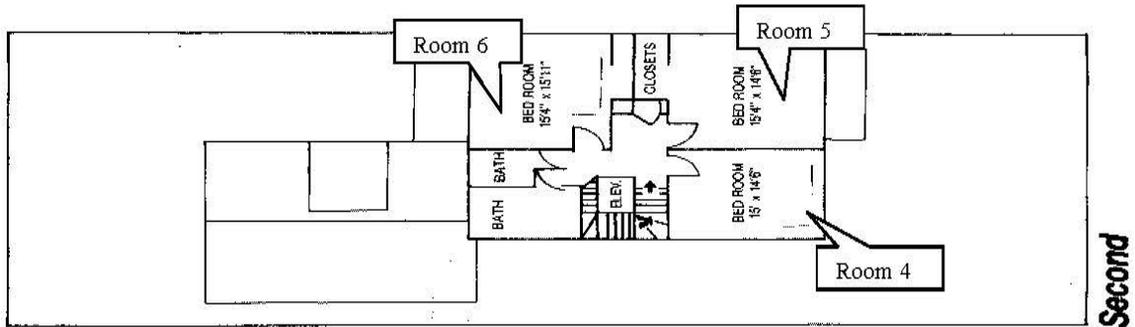
Jacki Strenton is the Housekeeper. She comes on Mondays, Wednesdays and Fridays to clean the common areas of the House and to *help* keep the kitchen clean. She is valuable support for both students and the Faculty Director and provides a wealth of knowledge about local shops/residents, customs and habits and will help you with many queries you may have while she is in the House.



A view from the street.

Inside the Worrell House

Floor Plan



Reaching Worrell House from the Airports.



FROM HEATHROW

Underground (cost: £6 unless you already have an Oystercard /travel time: up to 90min) Follow signs out of Heathrow airport to the Underground. Buy a single, zones 1-6 Underground ticket. Board eastbound Picadilly line train to Leicester Square Station. Change lines and board northbound Northern line train (be sure to get an Edgware train going towards Chalk Farm station). Disembark at Chalk Farm and walk uphill to Worrell. Alternatively, you could disembark from the Northern Line at Euston station and take a taxi to Worrell House (£10/10 min).

Express Train Take the Heathrow Express train to Paddington Mainline station (£22/15 min) and then take a taxi to 36 Steele's Road. (£10/15 min).

Heathrow Connect (£11/30 min) A cheaper

alternative to the Heathrow Express is the Heathrow Connect which also goes to Paddington station. It follows exactly the same route, but it stops at a few stations along the way. Overall, the cost is less than half that of the Heathrow Express, and it only takes about ten to fifteen minutes longer to get to Paddington Station. From Paddington, take a taxi to Worrell House as noted above (£10 or less/15 min).

Taxi (£100/at least 60 minutes, depending on traffic) Taxi straight to Worrell House.

FROM GATWICK

Gatwick Express Train to Victoria Main Line Station (£16.80/ 30 min). **Then: Taxi** (£18/20 min) Taxi from Victoria station to 36 Steele's Road.

Underground (£4 /roughly 30 min) Buy a single zones 1-2 Tube pass. Take a northbound Victoria line train to Euston, then board a northbound Northern line train, Edgware branch. (Do not get off at the previous stop, Warren Street, as the connection to Northern line involves many stairs!) Get off at Chalk Farm and walk to Worrell.

London: Navigating The City



London has a fantastic public transport system. With trains, buses, and the iconic Underground, it is an extremely easy city to get around, even for those that aren't as familiar with reading subway maps.

It is highly suggested that you get an Oyster Card for traveling throughout the city. This pre-paid card offers lower fares and saves time at the terminals. While there are special "Visitor" Oyster Cards available (see <https://tfl.gov.uk/travel-information/visiting-london/visitor-oyster-card>) these must be purchased online well in advance and are shipped to your home, and do not offer the attractive monthly rates that the regular Adult Oyster Cards do. Therefore, it may be better to buy a monthly Oyster pass once you arrive for zones 1 and 2. This provides unlimited travel on buses and the Tube. The charge is £124.50 per month, and they will accept credit cards. This will be the cheaper option if you find yourself using the Tube frequently, especially during peak hours, and if you never use the bus. You can also put pay-as-you-go credit onto your Oyster card. Every time you scan the card in and out of the London transport network (which includes bus, Tube, overground, riverboat, etc.) your credit will be reduced by the cost of your journey. You save money because the Oyster card

If possible, plan to arrive in the city a couple days before classes start (if you are staying at Worrell House, you can check in the Saturday before). This will give you time to begin to familiarize yourself with the city, especially its modes of transportation. Don't be shy about taking a guided tour, you'll feel more confident about traversing the city if you can recognize major landmarks.

www.visitlondon.com

is a great place to start for finding a tour and other helpful information.

UNDERGROUND



Trivia Night at the Local Pub

London Pubs

Public houses, more fondly known as pubs, serve several purposes in British culture. As they say in the sitcom *Cheers*, pubs provide local families and friends with a place where everybody knows your name. Pubs are generally places of leisure, local news, debate, and sports ("discussion" and TV watching - primarily soccer, rugby, and cricket). Their history in the culture is long and rich—London pubs have served as local gathering spots for such notables as Boswell, Johnson, Keats, Dickens, Cromwell, and Dylan Thomas.

In addition to serving domestic and imported alcohol (e.g., ale, cider, lager, bitters, stout), mineral waters, juices, and sodas, pubs serve a wide selection of lunch and dinner items. Traditional pub foods include ploughman's lunch, shepherd's pie, fish and chips, and steak and kidney pie. Believe it or not, some pubs will even provide a decent steamed vegetable plate! Most pubs close at 11pm, but there are exceptions. Smoking is not allowed in pubs or any other public places.

In London, there is a pub for every taste, for every class, for every type of person. The listings below are those that come highly recommended by previous students, though this is certainly not a comprehensive list. You'll find a pub on nearly every corner, and the neighborhood around the Worrell

The Sir Richard Steele

97 Haverstock Hill

<http://www.faucetinn.com/sirrichardsteele/>

Right around the corner from Steele's Road. Cozy atmosphere with fireplaces and multiple rooms, friendly people, a delicious menu, and nightly events, including a very popular Trivia League. It has traditionally been a favorite of Wake Forest students.

The Washington

50 Englands Lane

<https://www.thewashingtonhampstead.co.uk/>

On the corner of England's Lane, opposite Starbucks. Another favorite of students, with a wide selection of beers and traditional pub food in a cozy atmosphere.

The Hill

Haverstock Hill

<http://thehilllondon.co.uk/>

At the end of Steele's Road. A classy pub with a tapas menu.

The Enterprise

2 Haverstock Hill

This pub mixes the old and the new in its décor and offerings. There are DJs on weekends



The Sir Richard Steele



Fish and chips, as far as the eye can see.

Popular and Inexpensive Local Restaurants

All jokes aside about the blandness of British food, there really are an amazing array of restaurants throughout the city. Because the city is so large and the offerings so vast, you'll find here a less comprehensive, much more local list. These restaurants are all within a short walk of the Worrell House and have been recommended by previous visitors. Again, this is in no way a complete list. Within just a few minutes stroll of the house you'll find Thai, Brazilian, Persian, Japanese, Chinese, Indian, French, Greek, and much more.

Lemonia

89 Regent's Park Road NW1 8UY.

<http://www.lemonia.co.uk/>

Cross the iron railway bridge near Chalk Farm Tube station and continue straight on Regents Park Road. This is an excellent Greek restaurant. The menu gives you an incredibly large selection. Make reservations –everyone in London knows it is wonderful, so it is always crowded.

Tandis

73 Haverstock Hill NW3.

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

An authentic and delicious Persian restaurant around the corner from Worrell House.

Marathon Kebab House

87 Chalk Farm Road

<http://www.marathonkebabhouse.co.uk/>

Like the name says, quick and inexpensive kebabs and other Turkish favorites. A great place for a quick lunch.

Marine Ices

61 Chalk Farm Road

<http://www.marineices.co.uk/>

Renowned throughout London for their gelato and sorbets. Charlie Chaplin used to come here straight off the plane. No credit cards accepted.

Silks and Spice Yum Cha

28 Chalk Farm Road

<http://www.yumchasilksandspice.co.uk/web/>

Just a few steps from the entrance to Stables Market, this Chinese establishment serves some of the best and most reasonably priced dim sum in London. Recently featured in Time Out as one of the top 10 places in North London to eat for under 10 GBP, go with a group and share the goodness.

Wagamama

4a Streatham St, WC1A 1JB.

www.wagamama.com

A chain of trendy pan-Asian noodle bars offering a fresh, healthy menu with a wide selection of noodle and rice dishes. Try the fresh fruit juices.

Nando's

57-58 Chalk farm Road

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

Famous for their chicken sandwiches but also have great burgers and veggie burgers. You can add pineapple, spicy sauces, or halloumi cheese to any sandwich. Side dishes range from corn on the cob to chips. They also have all-you-can-eat frozen yogurt.

Chez Nous

157 Haverstock Hill NW3.

Some good sandwiches and simple dishes, and breakfast served all day



Events

Trooping the Colour ***Saturday, June 4***

An annual event that takes place on **Horse Guards Parade** near London's St James's Park, marking **The Queen's** official birthday. The ceremony of Trooping the Colour is full of military pomp and pageantry as The Queen carries out an inspection of the troops from the **Household Division**. The Queen then leads the troops down the Mall to [Buckingham Palace](#), one of London's most



famous landmarks. The Queen salutes and guns are fired in [Green Park](#) and at the [Tower of London](#). Finally she joins other members of the Royal Family on the balcony to watch the RAF flypast.

History of Trooping the Colour

After existing in various forms from around 1700, the Trooping the Colour ceremony was restored in 1820 on the accession of King George IV. The main aspects of the parade have changed very little since then. Trooping the Colour has been held each year in London, apart from during the world wars and a national rail strike in 1955. Although the official birthday is celebrated in June, Queen Elizabeth II's actual birthday is in April. Monarchs are traditionally given a second birthday if they were born in winter, in case the weather is unsuitable for an outdoor event!



The Royal Ascot ***June 14-16***

It's all about fast horses and fancy hats at **Royal Ascot**, the world's most famous race meeting, and the most glamorous event in London's sporting calendar. Royal Ascot is Britain's most popular race meeting. It's the place to see and be seen for high society, royal watchers, fun seekers and horse racing enthusiasts alike!

Steeped in tradition, heritage and pageant-

ry, Royal Ascot dates back 300 years and is attended by the Royal Family, including **Her Majesty the Queen**. Founded by Queen Anne in 1711, Royal Ascot features a daily horse-drawn procession from [Windsor Castle](#) to Ascot Racecourse led by the royal carriage.

Day Trips

Due to readily accessible public transportation and relatively close proximity, taking day trips across the city, country, and even borders into neighboring countries is both easy and affordable.

The city is covered in theatres, so taking time to see a play is a must. The Globe Theatre, a reconstruction of Shakespeare's theatre, will have productions of several plays. Though fairly touristy, the Tower of London offers the Crown Jewels and the iconic Beefeaters, so well worth a visit.



For those wanting to venture a bit further out, **Stonehenge**, near the town of Salisbury is several hours by train. It is common for those visiting Stonehenge to also tour the **Salisbury Cathedral**, home of one of the original Magna Carta.

Students also traditionally have taken day or overnight trips into **Paris** and further abroad in Europe. Buying a ticket for the Eurostar is easy and fairly inexpensive. These trains will take you from London to Paris, Brussels, and more.

Once in Europe, the numerous train and rail systems are fairly easy to navigate and offer the chance to see much of Europe on a student-friendly budget.

Be sure, if you choose to move about in Europe, that you take care to let your classmates know your itinerary. You'll also need your passport, and it is always smart to put in some brief research on the location of that country's embassy and their passport/visa requirements.



A weekend jaunt to Copenhagen.



Professor Kate Mewhinney

Faculty & Course Information

Clinical Professor Kate Mewhinney is the managing attorney of The Elder Law Clinic, where she supervises upper level law students in representing actual clients in civil matters. She is Certified as an Elder Law Attorney by both the National Elder Law Foundation and the N.C. State Bar Board of Legal Specialization. Kate is a Fellow of the National Academy of Elder Law Attorneys. On the state level, she was Chair of the N.C. Bar Association’s Elder Law Section and is a Certified Superior Court Mediator with additional certification to mediate guardianship and estate disputes. Kate is also an Associate in the School of Medicine’s Department of Internal Medicine (Section of Geriatrics and Gerontology). She is rated AV Preeminent by Martindale-Hubbell Peer Review Ratings, the highest rating available for attorneys. Her teaching goals are to inspire law students to work for social justice and strive for excellence in their legal work.

Comparative Law and Aging (3 hours)

This course examines how countries address what has been called the “silver tsunami” – the rapidly aging demographic. Through a comparative and international analysis students will learn how different legal systems address similar challenges brought on by increased longevity and fewer births. The course allows us to compare legal approaches to such issues as retirement ages, pensions and Social Security, appointment of financial surrogates, employment discrimination, filial responsibility and health care policies on long-term care and end-of-life options. The focus will be on the U.S., U.K. and major European countries, as well as Japan, the European Union, and China. There are no prerequisites. Students will be graded on class participation, a quiz on fundamentals, and a short research paper to be turned in within a month of the course end.

History of the English Common Law (2 hours)

This course will explore the rich legal heritage of the United Kingdom, including the origins of the common law and the creation of the modern court system. Students will trace the roots of the common law tradition, learn about the institutional development of the English system of justice, and examine the major role judges play in shaping the common law. As a part of their study, students will attend a guest lecture at Oxford or Cambridge and tour significant sites of legal interest. Students will also delve into the structure of the United Kingdom’s court system and the workings of the parliamentary system by visiting with members of the judiciary and participating in a guided tour of Parliament. Finally, students will be asked to examine legal trends by discussing current events and meeting with members of the local bar. No prerequisite is required.