

LET'S GO TO WORRELL HOUSE

A Guide to Wake Forest Life in London

Revised May 2010



**The Worrell House
36 Steele's Road
London NW3 4RG
England**



Main Student Floor

Faculty Suite

Faculty Director's Cell Phone (emergency only)

Faculty Director's FAX

011-44-207-722-9892

011-44-207-722-3808

011-44-207-722-2496

For all calls within the UK, omit the 011-44 and add a 0.
(For example 0207-722-9892 for student floor.)

Important Contacts

Rose Isepp
weekends

011-44-207-435-3302

011-44-132-348-4465

*Police/Emergency

999

*Operator

100

*Directory Assistance

188 500 (national)

*Directory Assistance
website

188 505 (international)

<http://www.thephonebook.bt.com>

*American Embassy
website

7-499-9000

www.londonconsular@state.gov

www.usembassy.org.uk

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INTRODUCTION

This guide aims to help you get acquainted with London and particularly the area around the Worrell House. It is an accumulation of the observations of past students, faculty and resident assistants, as well as the seasoned advice of your House Manager. Hopefully you will find this guide helpful in making the most of your time in London!

Obviously, prices are constantly changing; new businesses open and old ones close. In order to help us keep this guide current and relevant, we encourage your input. Please email any suggestions or feedback to smithkb@wfu.edu.

At the Worrell House, we embrace what Rick Steve calls “the Back Door Travel Philosophy” and encourage you to do the same!

“The Back Door Travel Philosophy” (from *Rick Steve’s Europe Through the Back Door: 2007*)

The average American enters Europe through the front door. This Europe greets you with cash registers cocked, \$5 cups of coffee, and service with a purchased smile.

To give your trip an extra, more real dimension, [enter through] the back door. Through the back door, a warm, relaxed, personable Europe welcomes us as friends. We’re part of the party—not part of the economy.

Traveling this way, we become temporary Europeans, one of the family—approaching Europe on its level, accepting and enjoying its unique way of life. We’ll demand nothing, except that no fuss be made over us.

Extroverts have more fun. If your trip is low on magic moments, kick yourself and make things happen. If you don’t enjoy a place, maybe you don’t know enough about it. Seek the truth. Recognize tourist traps. **Give a culture the benefit of your open mind. See things as different, but not better or worse.** Any culture has much to share.

Of course, travel, like the world, is a series of hills and valleys. **Be fanatically positive and militantly optimistic. If something’s not to your liking, change your liking.**

Travel is addicting. It can make you a happier American, as well as a citizen of the world. Our Earth is home to six and a half billion equally precious people. It’s humbling to travel and find that people don’t envy Americans. Europeans, like us, but with due respect, they wouldn’t trade passports.

Globe-trotting destroys ethnocentricity. It helps you understand and appreciate different cultures. Regrettably, there are forces in our society that want you dumbed down for their convenience. Don’t let it happen. Thoughtful travel engages you with the world—more important than ever these days. Travel changes people. It broadens perspectives and teaches new ways to measure quality of life. Rather than fear the diversity on this planet, travelers embrace it. Many travelers toss aside their hometown blinders. Their prized souvenirs are the strands of different cultures they decide to knit into their own character. The world is a cultural yarn shop, and Back Door travelers are wearing the ultimate tapestry. Join in!

PREPARATIONS FOR TRAVEL

Pre-Departure Checklist

Passports

Each participant must have a valid passport for the trip. Travelers must keep their passports with them at all times. Occasionally they may be asked to leave it briefly with the manager of a hotel in order to allow the management to copy required information. Student should keep a security copy of the passport number in a place separate from the passport itself. ****Make sure your passport is valid for at least 6 months after your planned return to the United States.****

Letter of Certification

- All students should have the original copy of their Letter of Certification from the Center for International Studies. The Letter of Certification confirms your status as a full-time WFU student attending the Worrell House London program for your semester abroad. You must carry this letter with you through immigration when you enter the United Kingdom and on all subsequent travels in and out of the country. It is imperative that you keep this letter with your passport at all times.
- The letter states that you are enrolled in an academic program run by Wake Forest University, that your fees have been paid in full, and that you will not be seeking any type of employment for the duration of your stay in England.
- It is important that you check to ensure that your name is spelled correctly, and report any mistakes to the Center for International Studies immediately so that we can send you a revised letter.
- If you have any questions regarding this letter please feel free to contact Jessica Francis, study abroad advisor, at 336.758.3890 or stop by the Center for International Studies located in Reynolda Hall 116

Visas

Students may need to obtain visas when traveling to other countries over the course of the semester. The visa is official permission to enter a country and stay for a determined period of time. You must have a valid passport to apply for a visa. To learn about entry requirements for any country that you plan on visiting please visit the U.S. State department website (<http://www.travel.state.gov/>).

U.S. State Department

We advise that you let the State Department know you're traveling abroad. You can register online at (<http://www.travel.state.gov/>). In case of political/environmental/ other disaster, the US will know where you are and can help you out. They can also send you occasional emails about things to be aware of while you're traveling.

Verification of Health Insurance

Participants will need to certify that their health insurance coverage applies outside the continental United States. There is a form that you will have to complete for the Center for International Studies regarding your health insurance.

iNext

- As part of your program fee, Wake Forest University will purchase for you the iNext Travel Card. iNext is designed to supplement your private insurance by providing additional coverage for the costs of accidents and routine sicknesses while you are abroad. Additionally, the policy offers Emergency Evacuation and Emergency Medical Transportation coverage, 24-hour Medical, Legal, and Travel Assistance Services, Travel Document Replacement, as well as limited Travel Delay, Baggage Delay, and Baggage and Personal Effects coverage.
- Wake Forest will purchase the card for you once your study abroad plans are finalized. You will then receive an email from iNext asking you to follow a link to complete the registration. You will need to upload a photo on the iNext site and indicate to what address the iNext card

should be sent.

□ **Courses**

The academic program at the Worrell House consists of five main courses per semester. All the classes are held at the Worrell House with the English professors teaching the Theatre, Art and History course. In addition, the Resident Professor teaches two courses from his/her discipline, and the Resident Assistant oversees the cultural immersion course. Classes are scheduled Monday through Thursday, leaving the weekends free for exploring London or travel to other destinations.

□ **Books**

The Resident Professor will furnish a list of books required for the program of study. Students will make arrangements for the purchase and transport of their books.

□ **Registration**

Students will register for courses in the semester preceding participation in the program. The Resident Professor, who will serve as adviser to the students during the semester abroad, conducts the registration. Students will register for the following semester while they are abroad in London. Students may choose to meet with their advisor prior to going abroad to discuss courses for the semester that they return to Wake Forest, and will be responsible for registering while they are abroad.

□ **Make travel arrangements**

- Check with your Faculty Director for program dates. You will need to move in on the weekend before classes start—not the Monday of that week. Also, you will not be admitted to stay in the Worrell House until the faculty director is in residence.
- Consider flights to either Heathrow or Gatwick airport.

□ **Reach out to fellow Worrellites!**

Contact the other students who will be traveling with you—perhaps you can establish travel plans, and ensure that you do not overlap on packing. It's also a great idea to contact past students, for specific advice about what to pack, what to leave home, the cost of living, etc. Last, but certainly not least, contact your resident assistant! That's what s/he is there for!

Packing

IMPORTANT: Please bring two passport sized photos with you to Worrell House.

Necessities for any season:

- comfortable (and preferably waterproof) walking shoes
- warm coat or jacket
- umbrella
- gloves
- sweaters
- electrical adapters/converters**

***Special Request:* Please bring a couple plastic cups, especially the big WF ones from LJVM. It's hard to find anything similar in London, and we love those cups here at Worrell! Stuff them with socks and stick them in your suitcase. You'll be glad you have them. ☺

What NOT to pack:

- Bedding and towels are provided by Worrell House and washed once a week. Students may want to bring one additional towel to use when traveling
- hair driers
 - Worrell House supplies each student bedroom with a British Hairdryer
- straightening irons (*wands*)
 - Wands are also available, but for fire and safety reasons are located in the telephone lobby and are not allowed in bedrooms

- excessive electronic equipment (e.g. ipod home stereos)
- valuable jewelry

Other suggestions:

- Although London is quite cosmopolitan, you may be surprised at how casually Londoners often dress for the theatre. At any performance, you will see both jeans and formal dress. Many students wear jeans far more often than dress attire.
- *Ladies*: A night out in London typically involves massive amounts of walking (house to Tube, Tube to bar, bar to bar, wander about and look for night bus, bus to home). Leave your uncomfortable heels at home, however cute they may be. Bring one or two good, *comfortable* pairs of dress shoes that you can wear with lots of outfits.

****Electric Converters vs. Adapters****

Be aware of the difference between electric adapters and power converters. A converter changes the electric current from European or UK to American. A small adapter allows American-style plugs (2 flat prongs) to fit into British outlets (which take 3 rectangular prongs) or continental European outlets (which take 2 small, round prongs). While there are some combination converter-adapters, you'll most likely need to deal with each of these issues separately.

- Adapters are supplied at the Worrell House, and are all you will need for laptops and MOST advanced electric equipment, which automatically adapts to the change in current. However, some less advanced equipment (like hair driers, straightening irons, and apparently iHomes) require converters. To be on the safe side, you may want to check with your resident assistant or an electronic specialist.
 - **Adapters**, shown below, are cheap and available at most US electronics stores. Try Radio Shack, Best Buy, or Circuit City. They can also be easily purchased in the airports or once you get to London.



US to UK



US to Europe

○

Converters are available at RKP Hardware on England's Lane, although it may be cheaper to buy one before you come. Past students recommend the global [converter](#) below from Brookstone:



Global Converter for appliances up to 1600 watts

Our all-in-one Global Converter changes the power from U.S. 110/120 volts to 220/240 volts and changes plug shape so you can use your appliances worldwide.

No individual plugs to misplace. Compact and easy to fit in your luggage, it has five built-in adapter plugs for use in over 120 countries on every continent. Use with small travel appliances up to 1600 watts, including most hair dryers, travel steamers and irons. Includes travel pouch.

Communication

Internet

- The Worrell House does have wireless internet, so you will be able to be in constant contact with your friends and loved ones. Not that you'll have the time, with all the fun things you'll be doing...

Phone

Your options:

- Bringing internationally capable cell phones with you can be quite expensive, but you will find them incredibly useful while traveling abroad. Look into this option before you leave, but there are options to buy pay-as-you-go international phones in the UK.
- Most students choose to buy pay-as-you-go mobile phones. They are cheap and easy to buy. (£10 phone plus £20 pound top up can last you at least a month) More information on where to buy mobile phones can be found in the "First Day" section.
- The BT phone on the main floor takes phone cards of various sorts which may be purchased at Stationers and some Newsagents. As long as they have a 0800 number to dial, they will work in the phone. Note, this is *an* option, but is now rarely used thanks to...
- SKYPE! If you don't already have it, download Skype at www.skype.com, and tell all of your friends and family to do the same. Skype allows free video chat with other skype users, and cheap rates on calls to international phones.

With the combination of email, Skype, and a cheap UK mobile phone, you can be in easy contact with friends and family in the US and UK for a minimal amount of money.

How to Dial

Britain, like the US, uses an area code dialing system. Area codes start with 0. (e.g. 0207 or 078)

International calls

To the UK

Dial the international access code of the country you're in (011 from the US or Canada, 00 if you're calling from Europe), then Britain's country code (44), then the area code (without its initial 0) and the local number.

- To call the Worrell House (0207-722-9892) from the US, you would dial



011-44-207-722-9892.

From the UK

Dial the international code (00 from the UK), then the country code of the country you're calling (1 for US), then the number you're calling.

- To call the WF Center for International Studies (336-758-5938) from the UK, dial 00-1-336-758-5938.

GETTING TO WORRELL HOUSE

No matter how excited you are, when you first land in London, you're going to be tired, luggage laden, and probably a little disoriented. To ease your transition and get you to Worrell as quickly as possible, try to have a plan in place before you get off the plane.

Also, keep in mind that you will need to preserve your ticket on all forms of public transport. Tickets are scanned on exit from the Underground (more fondly known as the Tube) and may be checked during your journey on any form of transportation.

If you're taking a taxi, tell the driver you want "36 Steele's Road, 2 streets above Chalk Farm Station, between Haverstock Hill and Primrose Hill Road." Do not accept offers from any driver to 'show you the sights' on the way – there are a few cowboys about!

From Heathrow Airport:

Option One: (cost: £4 /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. (See walking directions and map on following page.) Alternatively, you could disembark from the Northern Line at Euston station and take a taxi to Worrell House (£10/10 min).

Option Two:(£26.50/30-40 min)

Take the Heathrow Express train to Paddington Mainline station (£16.50/15-20 min) and then take a taxi to 36 Steele's Road. (£10/15 min).

Option Three: (£18.00/40-50 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 (£7.90/25-30 min). From Paddington, take a taxi to Worrell House as noted above (£10 or less/15 min).

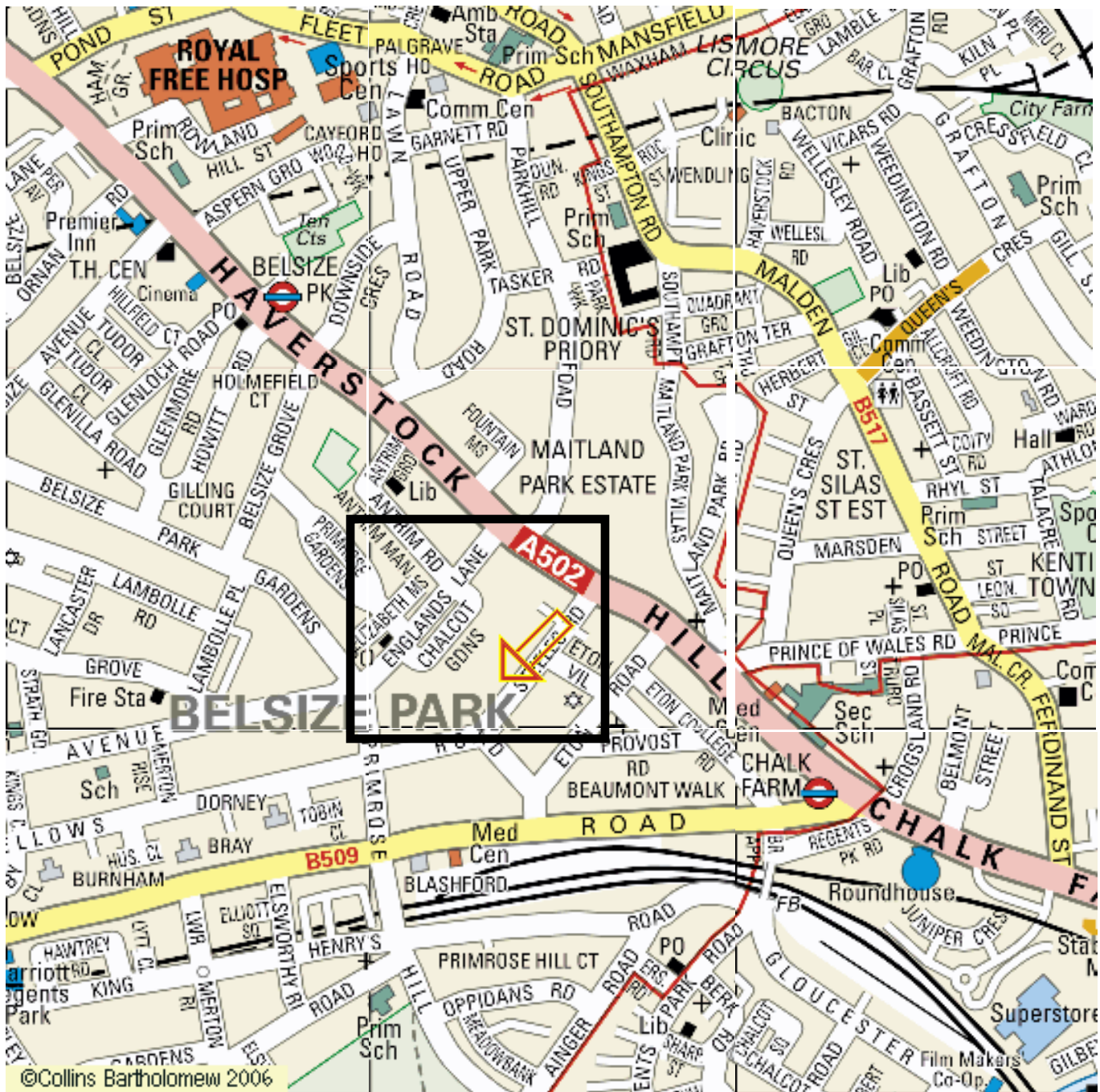
Option Four: (£100/at least 60 minutes, depending on traffic)

Taxi straight to Worrell House.

From Gatwick Airport:

Take the Gatwick Express to Victoria Main Line Station (£16.80/ 30 min).

- Option One: (£18/20 min) Taxi from Victoria station to 36 Steele's Road.
- Option Two: (£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.



Worrell House, 36 Steele's Road



Close up in map on page _____

Walking Directions to Worrell House

- From Chalk Farm Tube:** *(The closest station, but an uphill walk.)*
 Turn right out of the station and walk up Eton College Road. Left on Eton Road, then first right. Turn left onto Steele's Road and No. 36 is about a half a block away, on the right.
- From Belsize Park Tube:** *(A longer walk, but downhill.)*
 Turn left out of the station and follow the main road, Haverstock Hill Road. Walk downhill about six blocks, passing England's Lane and Steele's Pub on the right, and make the next right onto Steele's Road. No. 36 is on the right.

HOUSE PERSONNEL

Rose Isepp:

Rose, our former neighbor, lives nearby in Hampstead. She is the House Manager and oversees all the Domestic needs of the Program. She has advised on many aspects of life at Worrell House and in London since 1980, and knows generations of Wake Faculty and students as friends. 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. She is also the one to call if you need a doctor.

Contact information for Mrs. Isepp:

Telephone: 7-435-3302
Email: risepp@yahoo.co.uk
Weekends and holidays: 01323-484465.

Jacki Strenton:

Jacki is our Housekeeper. She comes on Mondays, Wednesdays and Fridays to clean the common areas of the House AND TO HELP YOU HELP HER keep the kitchen clean. **She does not do dishes**, and she will remind the folks on the House Duty Team for the week of what they need to look out for. She probably knows most of your friends and will have horror stories of what she found in the icebox during their stay. 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.

You can help Jacki by:

1. Placing your trash (rubbish) cans outside your doors on the days that she comes if you want them emptied.
2. Making sure that all dishes are put away when she comes in so she can clean the kitchen sinks and stoves.
3. Clearing all glasses and dishes from the Churchill Room, library, and classroom, so that she can clean those rooms.
4. Keeping your belongings out of the bathrooms unless they are in the cabinets.
PLEASE do not bring valuable jewelry. Worrell House has no safe for valuables and if mislaid in communal bathroom space, this creates hassles.
5. Having all your personal items (clothes, shoes, etc) in your rooms on the days she cleans.

GENERAL RULES OF THE HOUSE

1. No smoking anywhere in the house.

2. No amplified music in the garden area.

3. No ball games other than Frisbee.

Students may play football on Primrose Hill or in Regents Park.

4. No pets and no outside animals fed or invited in.

5. Any alcoholic beverages brought into the house should be consumed with food in the kitchen in a neighborly fashion.

6. No alcoholic beverages allowed in the bedrooms.

7. No overnight guests at any time for any reason.

This rule includes parents, siblings and other relatives. Visiting friends and family can be warmly welcomed at mealtimes and in the recreational areas of the House at any time. We will provide guests with a list of hotels and guest houses close by.

Within the first week of your stay at Worrell House, you will join your Faculty Director, Resident Assistant, and House Manager for a house meeting. Rose will explain how Worrell House students and London Staff historically interact in order to maximize the health and happiness of everyone involved.

Some of the topics covered will be:

- An introduction to the staff
- An introduction to the house, and how it has been maintained and run over the years
- An introduction to the area
- Health Care
- Fire and Safety Rules
- Responsibilities of those on the weekly House Duty Rotation

Please also bring your own questions. Surely you have plenty!

Worrell House is a GRADE II listed building and is designated as a “House in Multiple Occupancy” by the local Borough of Camden, so we must use its facilities in a different way than we would a residence hall room on campus.

FIRST DAY

Welcome to your first day in the Worrell House!

Now you've just got to stay awake. ☺ A few tips for minimizing the effects of jet-lag:

- Immediately set your watch to London time and stop mentally converting to US time.
- Stay hydrated.
- Stay awake until a somewhat normal bedtime. Do not let yourself succumb to the temptation of the five hour afternoon nap. If you must nap, set an alarm!
- Set an alarm or sleep with the blinds open so that you can wake up at a reasonable hour the next morning.

You may be tired for the first few days, but the more quickly you can get yourself on a UK time schedule, the more quickly you can really start to enjoy life in London!

Recommended Instructions for Day One

1) Get a House Key

- Leave a £20 deposit with the faculty director in exchange for a key to the house. Be sure to keep this in a safe location separate from any information about the location of the house, in case of loss or theft.

2) Get Money

- The closest ATM machine is between the Washington Pub and the Tesco Express on England's Lane. There is also an ATM at HSBC Bank, two blocks north at Belsize Park, and another inside Chalk Farm Tube station.
- TIP: Be aware that there is a small fee for each transaction, as well as a small conversion charge from your own home bank.
- You can always cash Traveler's Checks for free at banks as well as any Bureau de Change.

2) Get an Oyster travel card

- Fill in the application form, which should be provided by your Faculty Director or Resident Assistant.
- Turn in application at Chalk Farm station or Belsize Park station. Please do not bombard the attendants in a massive group, as it will slow processing.
- You have two options for your Oyster card:
 - Buy a monthly Oyster pass for zones 1 and 2. This provides unlimited travel on buses and the Tube. The charge is £99.50 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.
 - 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 fares are much lower than paper ticket fares. This option will be cheaper than buying a monthly pass if you use busses frequently or if you mainly use the Tube at off peak hours. *Note:* You should consider using pay-as-you-go credit or week-long passes rather than buying a monthly pass for the month of your mid-semester break.

- To figure out whether a monthly pass or pay-as-you-go credit works better for you, try starting out by putting £50 pay-as-you-go credit onto your Oyster card when you arrive and seeing how far that gets you for the first few weeks you are in London. If you find that you use public transport frequently enough to merit buying a monthly card, you can go ahead and do so when your credit runs out.
- *Note:* Unfortunately, you will not be applicable for student rates, as they are limited to students attending UK universities.

3) Buy groceries

- Stock up on essentials and try to be one of the first to claim some refrigerator and cupboard space! Tesco Express on England's Lane is the closest option.
- For more options, see the "groceries" section of this guide.
- Also, be sure to check out the "Communal Food" cupboard and the spice cabinet. There is very little time between groups of students, and often perfectly good food left behind. Check it out first to be sure you don't duplicate!

5) Buy a phone

- Most students choose to buy pay-as-you-go mobile phones. We recommend Orange phone plans, but look at your options and see what's best for you. Some of you may also choose to bring your own internationally capable phone.
- Try the following for cheap, reliable, phones:
 - Take the Tube one stop south to Camden town and turn left out of the station. Walk downhill and within two blocks you will see The Carphone Warehouse on your right, which has the best selection and carries all types of phones and service providers, and an Orange Shop on your left.
 - The Carphone Warehouse, *Camden High St*
 - Orange Shop Camden, *112 Camden High St, NW1 0LU* (0870 376 3608)
 - Alternatively, Tube to Hampstead and turn left out of the station. An Orange Shop will be on your right.
 - Orange Shop Hampstead, *72 Hampstead High Street, NW3 1QP* (0870 376 3855)

6) Check electrical appliances and adapters.

- Many people have plugged expensive electronic equipment into outlets in the room and been greeted with nasty puffs of black smoke (myself included). If in doubt, consider taking any electrical adapters or converters you have purchased in the US to be checked at RKP Hardware on England's Lane. They will confirm that all is okay or sell you another one.
- See "adapters and converters" section.

7) Get to know your housemates!

- There's nothing like dinner at the pub to get your semester started off right! Steele's pub has great Thai food and the Washington has more traditional English pub grub. See maps below.

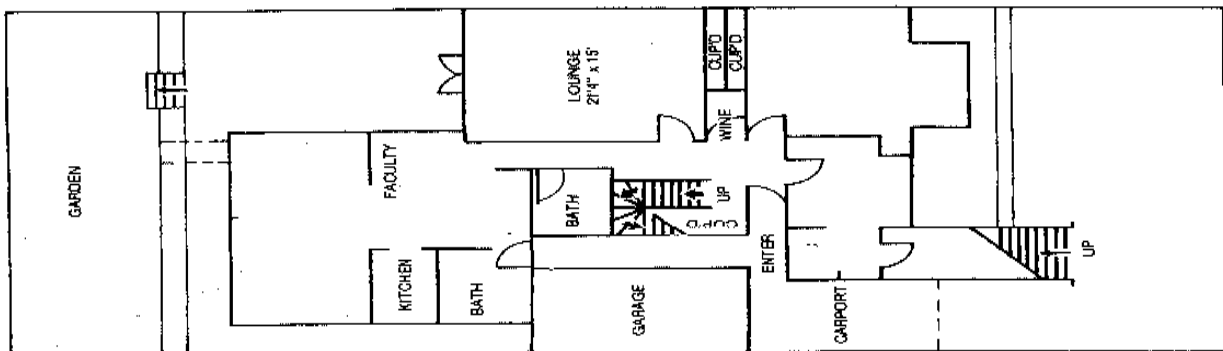
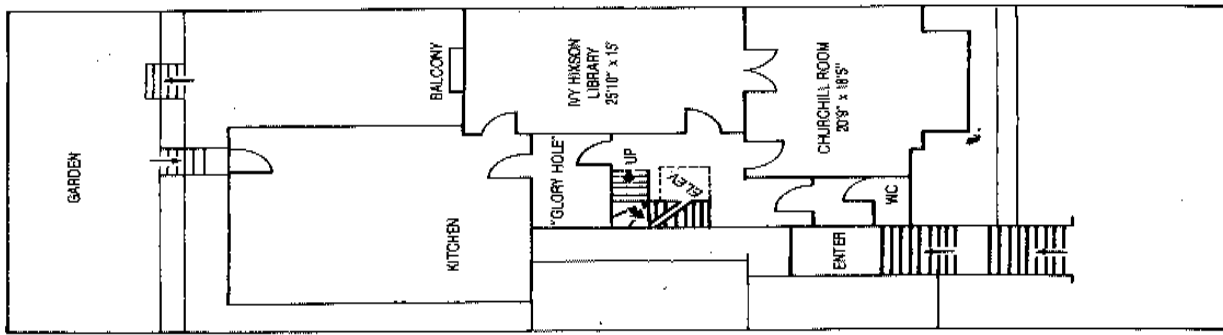
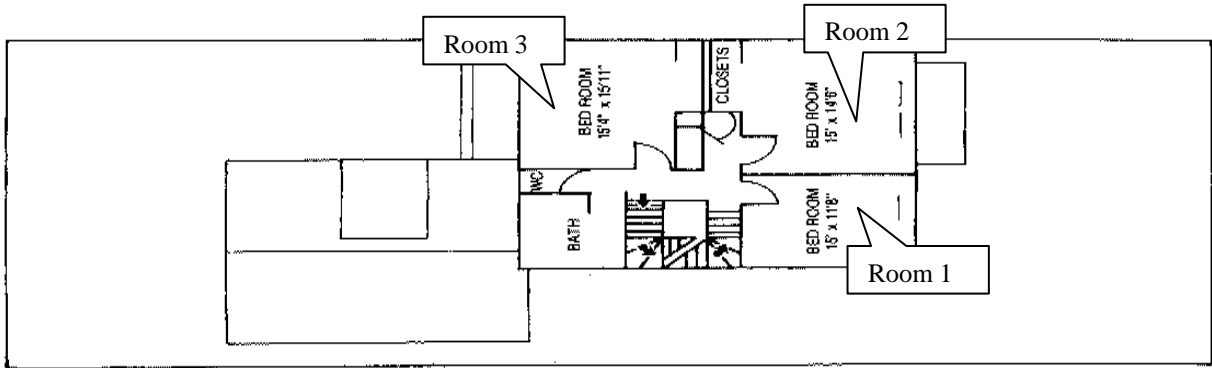
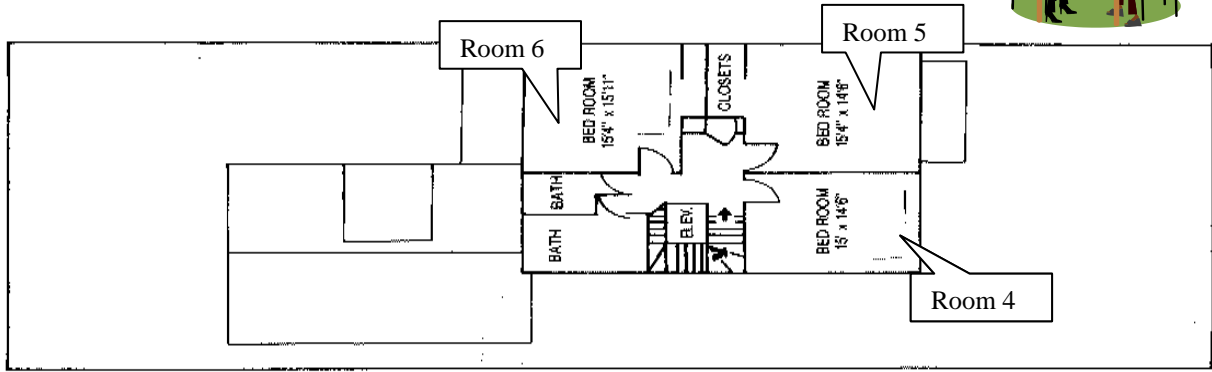
8) Get to know your house and your neighborhood

- Take a look at the floor plan and map on the following pages and go exploring!

Inside the Worrell House



Floor Plan



The Worrell House Neighborhood



Jogging Routes

Jogging is a great way to get to know the city, and one way to exercise for free. The routes below are favorites of past students and will hopefully get you started. If you have a pocket, consider bringing your Oyster pass along, running until you're tired, and then grabbing a bus or the Tube home. Always bring your house key with you, and remember, we are in Central London and it's never a bad idea to jog with a partner. Also check out <http://www.mapmyrun.com/> for some good already-planned running routes throughout the city.

- **Primrose Hill:** Turn right out of the house, and when you see the Hampstead Britannia Hotel, turn left on Primrose Hill Road. Run straight ahead towards the trees, cross the street into the park and then climb Primrose Hill, which has great views of downtown London. (*Worrell House to the top of Primrose Hill: 1/2 mile*).
- **Hampstead Heath:** Turn left out of the house, then left on Haverstock Hill. Take the first right onto Parkhill Road and when it ends, turn left on Fleet Road. Continue along Fleet Road and when it ends, head towards the trees. Now you're in Hampstead Heath, the largest and wildest green space in London, home to natural bathing ponds and miles of wooded paths. If you run along the paths around the edges of the park and cut through to the center, you'll end up on the top of Parliament Hill, another vantage point for a beautiful vista of the city. (*Roughly 1 mile from Worrell to entrance of Heath.*)
- **Hampstead High Street:** Turn left out of the house, then left on Haverstock Hill and just keep going. Explore picturesque Hampstead High Street and its lanes and alleyways, home to great fashion and specialty food. If you keep running uphill past the Hampstead Tube station, you'll pass an entrance to the northern part of Hampstead Heath. Keep running further and you'll end up in Golder's Green (*Worrell to Hampstead Tube: 1.2 mile uphill*)
- **Regent's Canal:** Turn left out of the house and jog down past Chalk Farm Tube station, down Chalk Farm Road, and past the Stables Markets to Regent's canal. When you get to the Camden Lock bridge over the canal, you have two choices:
 - **Little Venice:** Jog down one of the ramps on the righthand side of the bridge. Follow the signs toward Regent's Park—you'll pass a bunch of posh houses and eventually end up in Little Venice, a place where houseboat owners moor their homes. Turn around and jog back the way you came. If you exit the canal path at Regent's Park, you can run back to Worrell House via Primrose Hill.

HOUSE SECURITY

We must keep in mind that London is a large capital city, and it suffers from both the virtues and vices of being such. Crime can be a problem in all neighborhoods, however leafy.



Security gates have been installed on all the rooms at the rear of Worrell House after burglary attempts, with laptops being the main target. People were asleep upstairs on each occasion. It is essential that each resident takes responsibility for his/her own and other people's security while in the house. Please read the following carefully:

1. You are issued a numbered key for which we ask a 20 pound refundable deposit. (Yes, this is the cost of replacing the key!) Never lend it. **DO NOT LEAVE YOUR KEY BEHIND** if you go jogging and expect others to let you in. If you lose it, please share this information promptly with Jacki, the faculty director, and resident assistant, so that everyone can begin to look for it. Keys often turn up under something!
2. **IF YOU THINK YOUR KEY WAS LOST OUTSIDE THE HOUSE**, please report the loss to the faculty director immediately and discuss the circumstances, so that Rose can have the locks changed if necessary. Do not put any address identification on your key!
3. **IF YOU ARE ALL OUT**, at a play or overnight, the outside doors should be double-locked.
4. Check that your bedroom windows always have the gates across and locked. You can then leave the window open.
5. The **TOILET DOOR** by the front door must be locked from the outer hallway after use. This was a point of entry for one burglar, and locking it is essential.
6. The **BACK DOOR FROM THE BIG KITCHEN** to the garden must stay **TRIPLE-LOCKED** (check when you leave the house or go to bed) unless there is definitely someone in the garden or in the kitchen.
7. The **FRENCH DOORS IN THE MAIN LIBRARY SHOULD ALWAYS BE LOCKED AT NIGHT** even if the portcullis is down; the sidewindows there can be left open at the bottom in warm weather. Both these doors and the doors in the lower library are opened by a curious key which lives on a magnet under the library table.
8. Other security tips:
 - Don't tell casual acquaintances or anyone you don't trust completely when half semester break is scheduled. A robbery occurred once because this happened.
 - All service people scheduled at the house will be posted by Rose or Jacki. **DO NOT ADMIT CALLERS** on any other pretext past the front door.
 - Especially after dark, look through the spy-hole in the door before opening, and ask visitors to state their business. All Londoners do this!
9. When you enter and leave Worrell House, please check your name on the IN/OUT board. This is essential for fire and safety reasons. If you leave for overnight travel, sign out on the sheet on the bulletin board in the downstairs lobby.

PERSONAL SAFETY

The good news—crime in Europe is typically opportunist. The bad news—crime in Europe often targets tourists.

Tips to keep you safe:

- Have your London phone number in your purse or wallet, so that in case of loss or theft, someone has a chance to return your property. But remember, do **NOT** include your London address—that puts the whole house at risk.
- Watch out for pickpockets on crowded trains and buses, busy markets, fast food outlets,

- pubs and at major tourist attractions – not forgetting the Camden Lock area!
- Many pickpockets are children sent out by their parents, some work in teams. Occasionally, gangs will get on the Tube in groups and intimidate and rob the passengers. If you dislike the company on the Tube, get out at the next station and change trains.
 - Much casual crime is drug related. This may sound obvious, but don't buy drugs. This is grounds for immediate removal from the program. Dealers target naïve tourists. The Camden Lock area is one of the city's prime drug trade areas, so be careful at night.
 - Be aware of your surroundings. No need to be paranoid, but know what's going on around you. Know where your possessions are at all times. If you're in a crowded place, just keep a hand on your bag or pocket. Don't store valuable in back pockets where they are easily accessed.

When traveling abroad:

- Make copies of your passport and credit cards. Bring a copy with you and leave some behind at Worrell where they can easily be found if needed.
- Email itinerary and contact information to your faculty director, resident assistant, family, and friends.
- Try not to LOOK like a tourist. It makes you a target for petty crime.
- Remember the "Back Door Philosophy." Make the best of any situation and embrace the differences around you. And enjoy yourself!

TRANSPORTATION



Underground (Tube)

The Tube is the most efficient mode of transportation in Central London. The Tube runs from roughly 5:30am until midnight, but if you are on a tight schedule, be sure to check specific station open and closing times at <http://www.tfl.gov.uk/modalpages/2625.aspx>

- Tube map: <http://www.tfl.gov.uk/assets/downloads/standard-Tube-map.gif>

Buses

London Buses take your Oyster card for riding in the central area (zones 1 and 2). Simply swipe your card on the oyster symbol near the driver's window as you get on. Buses are an enjoyable and scenic way to travel, although not the quickest means of transportation.

Check out the bus maps and journey planner at <http://www.tfl.gov.uk/gettingaround/1110.aspx>.

NB: Some stops are "Request Stops," meaning the driver will only stop if you press the red STOP button before arriving. When in doubt, just ring the bell to alert the driver that you want to get off.

Some important buses for the Worrell House:

168 Runs between Waterloo Station and Hampstead Heath. Goes up and down Haverstock Hill and is very convenient when going to Russell Square, the British Museum, or when returning from Morrison's or Camden Town with groceries, etc. The bus stops right where Steele's Road hits Haverstock Hill. This bus will also take you all the way to the National Theatre and Royal Festival Hall: make sure you ring the bell for the first stop after crossing the Thames.

From the Camden Town Sainsbury, walk back to the Camden Town Tube stop and then cross Camden High Street. The northbound bus stop is right in front of the movie theater and health food store.

From Morrison's: walk N a few yards past the gas station and wait near The Round House.

31 Runs up from Camden Town and stops at the Swiss Cottage complex and Lending Library. It will also take you to Portobello Market, Notting Hill, on Saturdays.

From Morrison's: Catch the 31 in front of The Round House and travel up Adelaide Road. If you press the bell after you leave Chalk Farm Station, you will alight opposite Eton Road. Cross over into Eton and bear left into Fellows Road. After a short climb, you will arrive a few yards from the House.

C11 Runs from Swiss Cottage down Adelaide Road to Primrose Hill Road by Hampstead Britannia and then to England's Lane and up to Belsize Park. It can be useful if you have been shopping at Budgens or Waitrose. In the opposite direction it runs past Swiss Cottage up Finchley Road, all the way to Brent Cross Shopping Center—a real American style mall, in case you're homesick!

Travel at Night

Since the Tube closes at midnight, late nights out require alternate means of transportation home. The good news is you do not need to designate a driver. The bad news is, finding your way across the city can be complicated and sometimes intimidating. It's always a good idea to plan your way home before leaving. Consider the following options:



- **Night buses**

- Your Oyster pass will work on the night buses, so this is definitely the cheapest option. Many students use these after visiting clubs and late night venues downtown, however, the company can be colorful and argumentative, so be prepared. They can also require large amounts of walking. Always be aware of anyone getting off the bus at night and following the same route as yourself
- Night buses can be incredibly confusing, but try using the journey planner at <http://www.tfl.gov.uk/gettingaround/1110.aspx>

- **Taxis**

Taxis can be expensive, but sometimes they are well worth it. They serve as a good backup in case of emergency.

- To ensure that you call a licensed cab, try the Cabwise service, provided by Transport for London:
 - Just text **HOME** to **60835** to get the numbers of one taxi and two licensed minicab firms in the area from which you are texting.
- Recommendation: Bee Gee Minicabs run 24 hours. Call 020 7485 6666 or 020 7267 3333.

MEDICAL

**If you need medical attention, call Rose at 0207 435 3302.
From Thursday until Sunday, call her on 0132 348 4465.**

Rose must be contacted before 9am so she can call the doctor and schedule an appointment.

Worrell House is able to call on the services of an excellent Medical Practice, **The Park End Surgery**, which is a short bus-ride from the House. Like most London Practices, they cannot add individuals to their National Health Service list for four months, but they will see students quickly as private patients if introduced by the House Manager. It is important that you have Medical Insurance to cover these visits.

For primary symptoms of cold and other viruses, the house has a First Aid Box on the Professor's floor, and the local chemist will provide advice. For other symptoms, like severe sore throat or earache, you will be referred to a doctor.

For accidents and emergencies, the **Royal Free Hospital** in Hampstead is just up the hill from us. If you have to be admitted for an emergency, you will be treated free on production of your student card. For any longer stay, you would be directed to a Private Hospital. For an inoculation before traveling to a zone which requires something you haven't been jabbed for, contact their Private Travel Clinic on (7) 830.2885.



FOR EMERGENCIES
(police, fire, ambulance)
DIAL:

999

toll free



CHEMISTS OR DRUGSTORES

A chemist acts as a pharmacy and drugstore, carrying most toiletries. A pharmacist is also the person to ask about minor ailments such as colds, sore throats, etc. The British tend not to rush to see a physician as often as Americans do; therefore more “routine” health care often involves the help of a pharmacist.

Allchin Chemist

England's Lane NW3. This is the closest pharmacy. Well stocked and very helpful. (Hours: Mon-Sat 9am-6pm, closed Sun ; Phone 020 77221095)

Boots

A chain of larger pharmacies, stocking a wide selection of cosmetics, perfume, medication, and toiletries—the British answer to CVS and Walgreens. Often has better prices than smaller chemists. Boots are everywhere, including nearby stores in Camden Town, Belsize Park, and Hampstead. (Hours: Mon-Fri 8:45-5:45 and Saturday 9-5:30; Phone: 0207-435-0599)

If you need to go to the doctor or hospital, ask Rose for the name and directions to the nearest chemist. You can fill the prescription on the way home.

IF YOU NEED MEDICINE AT NIGHT

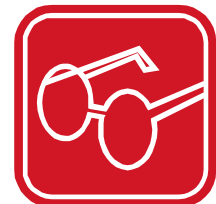
Bliss Chemist

50 Willesden Lane NW6 (Hours: 9-12am everyday; Phone: 0207-624-8000)

L Warman-Freed Chemist

45 Golders Green NW11. They also sell toiletries, cosmetics and electrical goods, and can be reached easily by traveling to Golders Green Tube stop, then walking down the main shopping street over to right of station. (Hours: Open everyday 8am-12am; Phone: 0208-455-7779 or 0208-455-4351)

OPTOMETRY



Specs Direct

Just above Belsize Park Tube station. They can make up a pair of glasses in a couple of days, which will be the quickest you can find.

Andrew's Ophthalmic Opticians

153 Haverstock Hill NW3. There is a doctor here who can fill your prescriptions for glasses and contacts. (Hours: Mon-Fri 9:30am-6pm, Sat 9:30am-5pm, closed Sun ; Phone: 0207-722-5446)

THE ESSENTIALS



COFFEE

Starbucks

57 England's Lane and 202 Haverstock Hill, just uphill from Belsize Park Tube. Locations throughout the city offer coffee, sandwiches, and pastries. Wi-Fi is available for a cost (£5/hr or £10 for 24 hours) (Mon-Fri 7am-7pm, Sat-Sun 8am-7pm)

Legal Cafe

81 Haverstock Hill, NW3 4SL. Small cafe near Worrell offering a wide selection of coffees and drinks, as well as a cafe menu. Wi-Fi is available for a cost. (Mon-Fri 8am-6pm, Sat-Sun 9am-6pm; 0207 586 7412)

Chewie's

82 Haverstock Hill, NW3 2BE. Very friendly bakery with freshly made breads and desserts, coffee, juices, and made-to-order sandwiches. Outside tables in back garden when weather permits. Free Wi-Fi available, just ask! (Mon-Fri 7am-7pm, Sat-Sun 8am-7pm)

Caffe Nero

1 Hampstead High Street, NW3 1QF and throughout the city. The largest independent coffee retailer in the UK. A European style coffee house offering premium espresso-based gourmet coffee, authentic Italian food products and a relaxing atmosphere. Wi-Fi available with a charge. (Mon-Fri 7:30am-6:30pm, Sat 7:30am-7pm, Sun 8am-7pm)

Costa Coffee



210 Haverstock Hill, NW3 2AG. Just uphill from Belsize Park Tube. Locations throughout the city. Wide selection of coffee, sandwiches, and pastries in a cozy atmosphere. (Mon-Fri 7am-8pm, Sun 8am-7pm; 020 7794 0502)

GROCERIES

Most supermarkets expect you to bag your own groceries; PACKING can be requested in large stores but is not automatically offered. Start bagging as soon as they start checking the items. Also, be environmentally friendly and bring your own bags. Worrell House provides reusable bags.

Tesco Express

44-46 England's Lane NW3 4UE. This is the closest option. Turn right out of the house, right on Primrose Hill Road, then right onto England's Lane. Many items are as cheap as a big supermarket. (7am-11pm everyday)



Morrison's

Camden Goods Yard, Chalk Farm Road NW1 8AA. This American-sized store is just below Chalk Farm Tube, off the Chalk Farm Road to the right (you see their gas station first). Best prices and biggest selection of everything. There are several ATMs located there also. (Mon-Wed 8am-9pm, Thurs-Fri 8am-10pm, Sun 10am-4pm; 020 7428 0405)

Sainsbury's

17 Camden Road NW1 9LJ. A big store a few yards from Camden Town Tube. Good quality food, but more of a hike back to the house (see note on 168 bus). (Mon-Fri 7am-12pm; Sat 7am-10pm, Sun 11am-5pm; 020 7482 3828)

Budgens

199 Haverstock Hill, Belsize Park, NW3 4QG. Directly across from Belsize Park Tube with good prices. (Mon-Fri 7-11; Sun 12pm-6pm; 0207 794 0163)

Waitrose

199 Finchley Rd, NW3 6NN. A big store offering great selection. A bit more expensive than other options, but a student favorite. The C11 bus stops directly across the street and will bring you back to Primrose Hill Road. (Mon, Thurs, Fri 8:30am-10pm; Tues, Wed, Sat 8:30am-9pm; Sun 11am-5pm. Be aware of seasonal changes in opening times: www.waitrose.com)



Sesame Health Foods

128 Regent's Park Road, NW1 8XL. Near the foot of Primrose Hill. Provides a wide variety of fresh produce and organic foods. Very classy. Best selection of vegetarian/vegan supplies. (Mon-Fri 9am-6pm, Sat 10am-6pm, Sun 12pm-5pm)

Whole Foods Market

49 Parkway, NW1 7PN. Near Camden Town Tube. Also branches in Kensington (63-97 Kensington High Street, W8 5SE) and Soho (69-75 Brewer Street, W1F 9US). Need a taste of home? Expensive, but always delicious. (Camden Store Hours: Mon-Sat 8am-9pm, Sun 10am-8pm) <http://www.wholefoodsmarket.com/stores/unitedkingdom/index.php>

GYMS



Swiss Cottage Leisure Centre

Adelaide Road, NW3. 0207 974 2012

<http://www.camden.gov.uk/ccm/navigation/leisure/sport-and-fitness/sports-centres/swiss-cottage-leisure-centre>

The Swiss Cottage Leisure Center has a Pay and Play membership that seems to be the best deal around. The facilities include a 25 metre swimming pool, a 20 metre training pool, a 170 station fitness centre, 2 group exercise studios, a 4 court sports hall suitable for basketball, volleyball, netball, badminton and trampolining, a climbing wall, squash courts, a soft play zone, a cafe, 5 treatment rooms, and sauna and steam rooms for men and women.

- **Directions:** Take a right on Steele's and continue down Fellow's Road until it ends at Winchester Road. Cross Winchester, take the brick footpath past the reflecting pool, and the gym will be on the left. (0.6 mile, roughly a ten minute walk)
- **To join:** Bring photo ID, 2 proofs of address, and proof of student status. A letter provided by Wake Forest stating that you are a full time student living at Worrell House will count as both proof of student status and address. Rose will provide a letter as your second proof of address.
- **Cost:** Pay a £2 pound sign up fee, a one time induction fee of £13 pound (only if you plan to use the gym equipment), and then pay for each visit as you go. Fitness Center £2.60; Pool £1.40; Group Classes £ 2.50. See website for other prices.
- **Hours:** Mon-Fri 6:30am-10pm; Sat-Sun 8am-6pm

Spring Health Leisure Centre

81 Belsize Park Gardens, NW3. 020 7483 6800.

<http://www.springhealth.net/clubs/hampstead/hampstead.htm>

An exclusive and expensive gym very close to Worrell House. Facilities include two gymnasiums, weight room, beauty therapies, swimming pool, and cafe with free Wi-Fi.

- **Directions:** Turn right out of Worrell, right on Primrose Hill Road. Walk uphill and pass England's Lane. Springhealth will be on your left. (<5 min walk)
- **Cost:** Membership (3 month minimum) £50 joining fee and £60 per month (peak) or £47 per month (off-peak access only). Prices are negotiable when applying in person.
- **Hours:** Mon-Fri 6:30am-10pm; Sat-Sun 9am-8pm (Off-peak hours are 9am-4pm M-F and after 12:00pm on weekends)

HAIR SALONS

Visage

10 England's Lane, NW3 4TG. <http://www.visagehairsalon.co.uk> Nearby unisex hair salon. A little on the expensive side, but very friendly and highly recommended by past students and staff. (Call for an appointment: 020 7722 7744)

Identity Hair and Beauty

42 England's Lane, NW3. Unisex salon. Also provides beauty treatments including facials, waxing, pedicures and manicures. (020 7722 8003)

Oscar Pink

18a Chalk Farm Road NW3. Unisex salon, a little cheaper than Visage. Very pleasant experience. Ask for Gregory. (0207 485 5535)

Dozens of other options on Haverstock Hill (Daniel Adams, etc.) and throughout the city.

LAUNDRY

Although there are laundry machines in Worrell House, there is a service launderette right around the corner on England's Lane. The Manageress, Celia, gives an excellent service wash six days a week and will return your laundry to you washed, dried, and folded, within hours. She will deal with any special requirements.

- Service wash prices: Large load for £11.50, and a small load for £7.50. (Mon-Sat 8am-5pm, Wed 9am-1pm)
- Self-service prices: Small washing machine is £3.50, large machine is £5, and £1 per twenty minutes in the drier. Don't forget to bring coins! (Open everyday at 7am. Machines automatically shut off at 10pm, so last wash in at 9pm.)
- The launderette also provides cheap dry cleaning service.

Chequer's Dry Cleaning

England's Lane. Slightly more expensive than London Valeting. They can starch shirts, package laundry or provide hangup bags. It takes a few days but you can request their 24 express service at no extra charge. Do not be led into leaving your laundry there for them to wash, their charges are exorbitant. (Mon-Fri 8am-6pm, Sat 8am-5pm; 0207-722-5164)

Perkins Dry Cleaning

171 Haverstock Hill NW3. All shirts are guaranteed to be done within 48 hours. Prices are similar to London Valeting. Recommended by Worrell House staff. (Mon-Fri 8:30am-8pm; Sat 8:30am-6pm, Sun 10am-2pm; 0207-722-8038)

London Valeting

A few yards from Chalk Farm entrance. Besides dry cleaning, they mend and repair clothes, and sell a variety of travel supplies, like locks for luggage, money belts, traveling pillows, etc. 25% senior citizens discount. (Mon-Sat 8:30am-6pm, Often closed between 1-2 for lunch; 0207-722-9176)

LIBRARIES

Swiss Cottage Library

88 Avenue Rd, NW3 3HA. 020 79746522

<http://www.camden.gov.uk/ccm/navigation/leisure/libraries-and-online-learning-centres/swiss-cottage-library/>

The closest library to the Worrell House—only a ten minute walk. It is a public library rather than an academic one, but the reference section is fairly substantial. The library is connected to the Swiss Cottage Leisure Centre and Café, and so may prove to be a

convenient study space for gym-goers. Membership grants you access to all fourteen libraries in the Camden Borough (see website for a complete list).

- **Directions:** Take a right on Steele's and continue down Fellow's Road until it ends at Winchester Road. Cross Winchester, take the brick footpath past the reflecting pool, and the library will be on the left.
- **Membership Information:** You may use library resources and study space without a membership, but must join in order to check out books. Membership is free, but should be done ASAP because there is a minimum amount of time required for membership. You will need to provide ID and proof of address (your letter of intent from WFU).
- **Internet?** Not yet, but they are working on it.
- **Hours:** Mon 10am-7pm; Tue-Wed and Fri 10am-6pm; Thu 10am-8pm; Sat 10am-5pm, Sun 11am-4pm.

City of London Libraries—Guildhall Library and City Business Library

Guildhall: *Aldermanbury, EC2V 7HH*. 020 7332 1868.

City Business: *1 Brewers' Hall Garden (off Aldermanbury Sq), EC2V 5BX*. 020 7332 1812.
http://www.cityoflondon.gov.uk/Corporation/LGNL_Services/Leisure_and_culture/Libraries/City_of_London_libraries/guildhall_lib.htm

The City of London has two reference libraries specializing in rare and unique documents. Guildhall Library provides a wide breadth of sources on British history, while the City Business Library specializes in finance and economics.

- **Directions:** Exit at Moorgate Tube and turn right on London Wall. City Business Library will be on your left. For Guildhall Library, turn left on Aldermanbury. The road will curve and you will see the library on your left. OR exit at St. Paul's Tube and follow Cheapside Street. Turn left on King Street and Guildhall will be straight ahead.
- **Membership Information:** Free to the public—no membership required. Access to some resources may require an ID and proof of address (preferably the letter from Wake Forest proving that you are studying and living in the city of London). Texts may not be removed from the library, but photocopiers are available.
- **Internet?** Yes. Free internet with numerous computers available.
- **Hours:** Mon-Sat 9am-5pm

London School of Economics Library

10 Portugal Street, WC2A 2HD. 020 7955 7229

<http://www.lse.ac.uk/library/>

The working library of LSE and one of the largest libraries in the world devoted to the economic and social sciences, this library has a huge breadth of resources as well as 1,740 seats designated for quiet study space.

- **Directions:** Exit at Holborn Tube and turn left (south) on Kingsway. Turn left on Sardinia Street, then the first right onto Portsmouth, and a quick left onto Portugal Street. The library will be right across the street (10 Portugal).
- **Membership Information:** Reference access is available for free. Complete the [self-registration form](#) and bring it to the library, along with ID, in order to join. This allows you access to all reference materials in the library, as well as the huge amounts of quiet study space, however you will not be able to check out books from the library.
- **Internet?** Limited number of computers to access online resources (these do not have printers, but you may save material to a disk or USB drive). No WIFI available for laptops.
- **Hours:** 8am to midnight everyday during school term (See website for restricted hours during breaks.)

Senate House Library—University of London**

Malet Street, WC1E 7HU. 020 7862 8500

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

Senate House Library specializes in the wider Arts, Humanities, and Social Sciences, but also holds reference materials in science and medicine. The library is only accessible with a membership.

- **Directions:** Exit at Goodge Street Tube and turn left on Tottenham Court Road. Take the first left onto Chenies Street, right on Gower Street, and then left on Store. The library will be straight ahead of you, but is currently under construction and the entrance shifts periodically. Just follow the signs to find your way in.
- **Membership Information:** You must be a member to enter the library or use any services. Members pay monthly (£37 references only; £45 borrowing). Membership allows you to check out eight books for up to two weeks (borrowing membership only), access all online resources, and use the beautiful study spaces provided in the library.
- **Internet?** Yes. Computers are available, as well as internet for your laptops. (No wireless, but Ethernet cords are available to borrow from the front desk.)
- **Hours:** Mon-Thurs 9am-9pm; Fri 9am-7.30pm; Sat 9.45am-5.30pm; closed Sunday

****NOTE**** You can only use this library with a membership. Wake Forest may be willing to invest in this option if enough interest is expressed. If you think that you will be interested, inform your Faculty Director or Resident Assistant *as soon as possible!* It does seem to be the best prospect for all around library access.

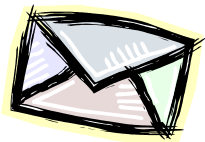
Important: *Wake Forest University will not assume responsibility for any late book fines or lost books. These will be the responsibility of the student. There may be hefty replacement costs and fines, and if incurred, you will not be able to graduate until they have been paid.*

MOVIE RENTALS

Prime Time Video

204 Haverstock Hill, NW3 2AG. Just past Belsize Park Tube, on right between Starbucks and Costa. To join, bring ID, proof of address, and a credit card. Movies are £3 per night and you pay upon return. Mon-Thurs, two movies for £5. (020 7433 3846)





POST OFFICES & POST BOXES

Royal Mail is the national post service here. In addition to main post offices, often you can find sub post offices at newsstands and chemists. Sub-post offices usually have shorter hours, and often shorter lines. In addition, many newsagents and small shops sell packets of stamps. Look for a red sticker in the window that says "Stamps sold here." Post offices offer many types of mail service, including package delivery (called "Parcel Force"), and also sell envelopes and stamps.

Check Royal Mail's website for current rates.

(<http://www.royalmail.com/portal/rm/content1?mediaId=52300716&catId=600025>)

As of May 2010:

- Standard size letter to US: 97p
- Postcard to US: 67p
- Standard size letter within UK: 41p

For international mail, you will also need to affix a blue "Air Mail" sticker. Also, to avoid confusion, write your return address on the back of the envelope (the side that seals).

Post Offices

The closest Post Offices to the Worrell House are:

- 91 Regent's Park Road, NW1. By far the closest post office to the house.
- 79 Hampstead High Street, NW3 1QL.
- 305 Finchley Road, NW3. Catch the C11 from outside the Hampstead Britannia.

Mail Boxes Etc.

176 Finchley Road, NW3 6BT. <http://www.mailboxesetclocal.com/UK0052> Take the C11 bus. UPS services, as well as fax and printing facilities. (020 7435 4335)

Post Boxes

If you already have the correct postage, just slip your letter in a red post box. Post boxes at:

Intersection of Steele's Road and Haverstock Hill

Next to Legal Cafe.

Collections Mon-Fri at 9:15am, 1:30pm, 3:45pm, 5:30pm, Sat 9:45am, 12pm.

Intersection of Eton College Road and Adelaide Road

Right by Chalk Farm Tube stop. Same collections as above.

14 England's Lane

In front of Allchin's the Chemist. Same collections as above.

Intersection of Haverstock Hill and Antrim Gardens

On the way to Budgens. Same collections as above.

FYI: Mail Strikes

- The big difference between the US Postal Service and Royal Mail is that here the postal service occasionally goes on strike, which is illegal in the US. If strikes occur there is little you can do except wait it out.
- If you MUST send/receive something during a strike, use a local company that has a fax service (see "Printing and Fax") or try a private company such as Federal Express.

FOOD & ENTERTAINMENT



Consult *Time Out* for information about movies, plays, and concerts in London. *Time Out* tells you locations, times, phone numbers, and short reviews about what is on. A new issue should arrive at the house every Wednesday and is essential for making the most of your evenings in London.

CINEMAS

The Odeon Swiss Cottage www.odeon.co.uk

96 Finchley Road NW3. Right behind Ye Olde Swiss Cottage. Open everyday including holidays. Students £6.30. (0207-722-5905)

The Odeon Camden

14 Parkway, NW1 7AA. CamdenTown Tube. Left out of Tube station, first right onto Parkway, cinema is on the right. Student £6.20. (0871 224 4007)

The Screen on the Wall

203 Haverstock Hill NW3. Just uphill and across the street from Belsize Park Tube. More intimate cinema with limited number of shows. (0207-435-3366)

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.

Hampstead Pubs

****The Sir Richard Steele's****

Right around the corner from Steele's Road. Cozy atmosphere with fireplaces and multiple rooms, friendly people, a delicious Thai menu, and nightly events, including live jazz on Mondays. It has traditionally been a favorite of Wake Forest students.

****The Washington****

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 Holly Bush

Located on Holly Hill Road, and it's about a 20 minute walk up Haverstock Hill. The Holly Bush claims to have been established in the 17th century and to have been patronized by Oliver Cromwell. Be sure to get a seat in the oak booths by the fireplace.

The Horse and Groom

Around the corner from the Holly Bush on Heath Street.

King William IV

Walk down Haverstock Hill from the Hampstead Tube stop. This pub is often filled with tourists during the summer.

The King of Bohemia

Farther down Haverstock Hill, it plays home to an artsy crowd, as the name implies.

The Rosslyn Arms

Continue walking down Haverstock Hill. It's usually frequented by blue-collar, professional pint drinkers, but it has cheaper drinks than most other pubs.

The George

Farther down Haverstock Hill. The biggest pub on the hill with the widest selection of beers on tap, including Beck's, Foster's, and Tartan Special Bitter. There's a quaint beer garden out back, album music is played nightly, and for the bold they hold a general knowledge quiz night on Wednesdays.

The Haverstock Arms

154 Haverstock Hill, NW3. About half-way up to the Belsize Park station on the right. Fran, Worrell's past housekeeper, swears it has the best pub food in London. While that may or may not be true, it is very close by and pretty cheap. Food is served in the smaller back room. Great selection of sandwiches and hot food—try the shepherd's pie.

The Hill

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

The Belsize Tavern

On Belsize Lane. Four stars! Snooker tables, CD juke box, and t-shirts available.

Other Pubs in London**The Royal George**

Down Charing Cross Road from Tottenham Court Road towards Soho. It's on the right past the Astoria, where most of the George's customers go on weekends. This isn't your everyday pub, more a place for a cultural experience. If you don't want to feel like a total outsider then wear black. The people are friendly no matter how you dress.

Ye Olde Cheshire Cheese

145 Fleet Street, EC4A. One of London's oldest pubs (rebuilt in 1666), it was once patronized by Boswell, Johnson, and Dickens.

The Salisbury

A beautiful Edwardian pub on the corner of St. Martin's Lane behind Trafalgar Square. Dylan Thomas spent many an evening sloshed on its doorstep—picture postcard of this available at the NT bookstore.

The Lamb

In Bloomsbury. Great for lunch. It was frequented by Charles Dickens and is within walking distance of his former home, Tavistock House.

The Duke of Wellington

Located at the corner of Wellington Street and the Strand (opposite Lancaster Place leading to Waterloo Bridge). Several floors and booths provide a lot of privacy. It makes a convenient stop either before or after a play at the National Theatre.

The Red Lion

Located off St. James Square (near Piccadilly Circus) is a cozy, sophisticated pub with some beautiful Edwardian etched glass mirrors.

The Sherlock Holmes

Just behind Charing Cross Station. It's usually mobbed by tourists. Be sure to sit on the terrace upstairs.

RESTAURANTS

Ask Pizza

216 Haverstock Hill, NW3. Just up from the Belsize Park Tube station. Very good pizza, and some pasta dishes. Moderate prices. Any pizza you get to take away is only £4. (Sun-Thurs 12pm-11pm, Fri-Sat 12pm-11:30pm; 020 7433 3896)

Belgo Noord

72-73 Chalk Farm Road, NW3. <http://www.belgo-restaurants.co.uk> Belgian restaurant that specializes in mussels. Waiters dress as monks and they have a huge selection of Belgian beers. Obviously, this is an unusual experience. Try going at lunch and getting a set meal for less than dinner prices. (£6 for a plate of mussels, chips and a beer.) (Mon-Fri 12pm-3pm and 5:30pm-11pm, Sat 12pm-11:30pm, Sun 12pm-11pm; 020 7267 0718)

Bombay Basement

83-85 Haverstock Hill, NW3. Decent Indian restaurant around the corner from Worrell House. Free delivery for orders over £25. Good in a pinch. From time to time, you can make a reservation through TopTable for 50% off your meal. Open daily: 6:00pm - 11:59pm. 020 7483 0223.

Benihana

100 Avenue Road, NW3. (by Swiss Cottage Tube stop). Japanese Steak House. For reservations call 0207-586-9508/9 or 0207-586-7118. (Lunch: Tues-Fri 12:30pm-3pm and Sat-Sun 1pm-3pm. Dinners: Mon-Sat 6:30pm-12am and Sun 6:20pm-11pm)

Chamomile

45 Englands Lane, NW3 4YD. Beside launderette. Serves a variety of organic snacks and meals as well as freshly baked sandwiches and pastries. Eat in or takeaway. Most sandwiches £3.50-£4. (Everyday 7am-6pm; 020 7586 4580)

Chez Nous

157 Haverstock Hill NW3. Some good sandwiches and simple dishes, and breakfast served all day long. Moderate pricing. (Open everyday 10:30am-10:30pm; 0207-586-8800)

***Claire's Kitchen**

41 Chalcot Road, NW1. Near Primrose Hill. <http://www.clareskitchen.co.uk>. Open for lunch from 12-5pm M-F. Claire serves delicious and inexpensive home-style lunches. Cornish pasties, sausage rolls, fresh salads, sandwiches, and delectable deserts —all made from scratch, all very reasonably priced. Get your food to go and take it to Primrose Hill for a fantastic picnic lunch. Claire also caters for 10 Downing Street, so you know it has to be good.

Domino's Pizza

157 Regents Park Road NW1. Right around the corner from Chalk Farm Tube station. If you're homesick, what could be better? Will deliver to Worrell House. Coupons are occasionally delivered to the house. (Mon-Thurs 12pm-11pm, Fri-Sat 12pm-11:30pm, Sun 12pm-12am; 0207-722-0070)

***Lemonia**

89 Regent's Park Road NW1 8UY. 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. A great place to take your parents if they visit. (020 75867454)

Tandis

73 Haverstock Hill NW3. An authentic and delicious Persian restaurant around the corner from Worrell House. (Sun-Thu 12:00-23:30, Fri-Sat 12:00-00:00; 020 7586 8079)

Marathon

Haverstock Hill. Past Chalk Farm on the left and just before The Enterprise Pub. Fish and chips, kebabs, and other greasy, late-night delicacies. A guilty pleasure and student favorite!

Marine Ices

8 Haverstock Hill NW3. Fresh pasta and pizza. Renowned throughout London for their ice cream. Charlie Chaplin used to come here straight off the plane. No credit cards accepted. (Gelateria: Sat 10:30am-10:45pm, Sun 12pm-8pm. Take away window: Mon-Fri 12pm-3pm and 6pm-10:15pm, Sat 10am-11pm, Sun 11am-9pm. Restaurant, Casa Mansi: Mon-Fri 12pm-3pm and 6pm-10:15pm, Sat 12pm-10:15pm, Closed Sunday. 0207-458-8898)

***Silks and Spice Yum Cha**

28 Chalk Farm Road NW1. 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. (12pm-11pm M-R; 12pm-12am F-Sat; 12pm-10:30pm Sun).

Tapeo

177 Haverstock Hill NW3. A nearby tapas restaurant that serves decent food, Tapeo's 2-for-1 lunch special and discounted Paella + bottle of wine deal on Sundays is a steal. (12am-12pm daily, 020 7483 4242)

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. Voted "London's most popular restaurant" in 2009, for the fourth year running! Try the fresh fruit juices. (Mon-Sat 12pm-11pm, Sun 12pm-10 pm; 020 7323 9223)

Pret a Manger

261 Camden High Street, NW1 7BU. www.pret.com Locations throughout the city provide a wide variety of fresh, healthy sandwiches, pastries, and good coffee. Eat-in or takeaway. Very moderately priced. (Mon-Fri 7:30am-6pm, Sat-Sun 8am-7pm; 7932 5409)

Violette Cafe

2b England's Lane, NW3 4TG. Violette Cafe serves a variety of sandwiches, ciabattas, rolls, wraps, seafood, snacks and beverages, as well as a great selection of coffee, desserts, and freshly squeezed juices. (Mon-Fri 7am-6:30pm, Sat-Sun 8am-6:30pm; 020 7586 4326)

Nando's

57-58 Chalk farm Road NW3. 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.

Pizza Express

194 Haverstock Hill. Reasonably priced, decent pizzas. The downfall is that they do not deliver.

Strada

31 Marleybone High Street. Pizzas, pastas, meat dishes, salads—all at good prices.

Tootsie's

196 Haverstock Hill, Belsize Park. Quality burgers and milkshakes. More of a restaurant than fast food joint. Occasional celebrity sightings. Prices are reasonable.

Gourmet Burger Kitchen

200 Haverstock Hill. Massive burgers! Reasonably priced and many interesting toppings. Also have salads and veggie burgers.

THEATRE

Time Out is delivered to Worrell every Thursday and provides great information on upcoming theatre events. *Time Out* often gives short descriptions and reviews of listed plays, as well as locations, times, and prices. Also check www.officiallondontheatre.co.uk.

The easiest way to book a seat is to simply call the box office directly and pay with your credit card. Ticket agencies around Leicester Square will charge up to 20% commission. For discounts on great seats, try the Leicester Square Ticket Booth (see below). You can also stand in line for return tickets. Contact the theatre to find out when they sell returns and what time you should line up.

Many theatres offer student concessions on particular plays. Before buying your tickets for a performance, it is a good idea to ring the box office and find out if they do offer any discounts. Often for student discount tickets, you will have to line up about an hour before the play begins and leftover tickets will go on sale about 30 minutes before starting time. Depending on how many tickets are left over, you may end up getting the best seats for half the cost or less.

TIP: Always line up before the time that the person at the ticket office tells you. Remember that they're telling everyone else to come at the same time.

TIP: Student standbys are usually obtained fairly easily at the National Theatre; arrive an hour in advance of the show and ask at the desk (call for availability 020 7452 3000).

Leicester Square Ticket Booth

Sells all tickets at half-price, plus £1 booking charge on the day of the performance, but carries only the most expensive tickets and only for selected plays. You can find cheaper seats online or at the theatre, but if having great seats is important to you, this option is for you. Only cash is accepted. (For matinees only: Mon.-Sat. from noon-2pm, Evening performances: 2:30pm-6:30pm)

Local Theatres

Hampstead Theatre

Avenue Road NW3.; near Swiss Cottage Tube station. Prices vary according to the day of the performance. Box office is open from 10am-8pm, but the telephone is only answered until 7:30pm. (0207-722-9301)

New End Theatre

27 New End, NW3. Walk right uphill out of the Hampstead Tube station and the theatre will be on your left. Annual Membership 75p. (0207-794-0022)

Recommendations

Shakespeare's Globe Theatre

Bear Gardens, Bankside, Southwark SE1. (www.shakespearesglobe.org) London Bridge Tube plus a ten minute walk. Open as a museum and working theatre, it hosts authentic old-time performances of Shakespeare's plays (generally 2pm and 7:30pm, but confirm). Tickets for all shows £5, (students £4). Museum tours £9. (Hours vary—check website. 0208-928-6342)

Musicals

Musicals in the London West End are elaborate, must-see events! They can be expensive, but are well worth the money. *The Phantom of the Opera*, *Les Miserables*, *Chicago*, and *Mamma Mia* have been around forever, and with good reason! We also recommend the more recent additions to the West End—*Billy Elliot*, *Spam-a-Lot*, and *Jersey Boys*.

SHOPPING



For an afternoon of great shopping, try the following areas:

Covent Garden

Covent Garden or Leicester Square Tube. Leicester Square is on the Northern line and a very short walk. A covered market with shops and vendors, surrounded by streets full of more shops and pubs. Be careful of pickpockets, but enjoy the street performances—and don't forget to tip them if you enjoy the show!

Hampstead High Street

Hampstead Tube or a fifteen minute walk up Haverstock Hill. A relatively small, but incredibly cute area with clothing stores, cafes, coffee, books, and a post office. A short walk from Hampstead Heath.

Kensington

South Kensington Tube. High fashion shops, Whole Foods. Near Hyde Park.

Oxford Street

Oxford Circus Tube. A huge assortment of stores, including H&M, Zara, Benetton, the Apple store, and thousands of other options for clothing, electronics, books, and souvenirs. Usually incredibly crowded, but as long as you guard your pockets, it only adds to the excitement!

Street Markets (with help from *Rick Steve's London 2007*)

Antique buffs, people-watchers, and folks who brake for garage sales love London's street markets. There's some good early-morning activity somewhere any day of the week. The best are Portobello Road and Camden Market.

Camden Lock Market

www.camdenlock.net (Check out the video!) Camden Tube or walk down Haverstock Hill. An absolute must! Enter the Horse Hospital near Morrison's and head down past the Camden Locks to Camden High Street and Camden Town Tube. (Daily 10am-6pm)

Portobello Market

Notting Hill Tube. The flea market, with 2,000 stalls (hopping on Saturday), has three section: antiques at the top, produce in the middle, and clothing and books at the other end. Antiques are featured on Saturday. (Mon-Wed and Fri-Sat 8am-6:30pm, Thurs 8am-1pm, closed Sun)

Spitalfields Market

Liverpool Street Tube: take Bishopsgate East exit, turn right, walk 2 blocks, and turn right on Brushfield Street. Housed under an old arcade, this market features more than a hundred merchants. You'll find lively organic food market, many ethnic eateries, crafts, trendy clothes, bags, and antiques. There's a cutting edge Fashion Market each Friday and a Record and Book Fair on the last Wednesday of each month. (Mon-Fri 10am-4pm, Sun 9am-5pm, closed Sat)

Borough Market

London Bridge Tube. If you like open-air food markets with everything from delicious and inexpensive food stalls to exotic cheeses to ostrich to dozens of varieties of fresh mushrooms and potatoes, this is the place for you. Visit during the morning, then have lunch here. The area also has a ton of neat shops, including Neal's Yard Dairy, a famous cheese shop in London. (Thurs. 11am-5pm, Fri. 12-6pm; Sat 8am-5pm)



BOOKS



****Waterstones****

68-69 Hampstead High Street, NW3 1QP. Turn left on Haverstock Hill Road and walk uphill toward Hampstead Tube. Britain's most successful bookstore chain. They mail books free to the States. Locations throughout the city, including Charing Cross and Kensington High Street. (Hours: Mon-Fri 9:30am-7:30pm, Sat 11am-7:30pm, Sun 12:30pm-7pm; Phone 0207-794-1098)

W.H. Smith

9-10 Harben Parade, off Finchley Road, NW3. Newsagent and limited bookstore that also stocks stationery supplies. Locations throughout the city. (Hours: Mon-Fri 8:30am-6pm, Sat 9am-5:30pm, Sun 10am-4pm; Phone 0207-722-4441)

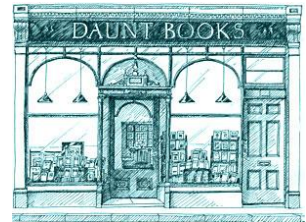
Borders

203 Oxford St, W1D 2LE. Oxford Circus Tube. Five floors of books, DVDs, and music, as well as a Starbucks and Wi-Fi access at a cost. Several locations in the city, including one at Charing Cross Road. (Hours: Mon-Sat 8am-11pm, Sun 12pm-6pm)

Small Shops near Worrell

Daunt Books

193 Haverstock Hill NW3 4QL. Small but a good collection of Penguin books. Will order books for Worrell House. (Hours: Mon-Sat 9am-9pm, Sun 11am-7pm; Phone 0207-794-4006)



Primrose Hill Books

134 Regent's Park Rd, NW1. Small, friendly shop with a good selection of classics and Virago. Some used paperbacks. (Mon-Fri 9:30am -6pm, Sat 10am-6pm, Sun 11am-6pm; 020 7586 2022)

Walden Books

38 Harmood Street, NW1. Off Chalk Farm Road near the end of the market. General secondhand, lots of paperbacks. Specials outside when weather permits. (Thurs-Sun 10:30am-6:30pm; 0207-267-8146)

Bookstores Downtown

The largest concentration of bookstores, selling both new and secondhand books, is at Charing Cross Road. Take the Northern Line Tube to Tottenham Court. Try the following:

Foyles

Charing Cross Rd. The largest bookstore in London with over four million books. (Mon-Wed and Fri-Sat 9am-6pm; Thurs 9am-7pm; 0207-437-5660)

Any Amount of Books

Charing Cross Rd. General secondhand, plus half-price review copies, and publisher's remainders. You also may want to check out the basement offerings. (Open daily 10:30-7:30pm; 0207-240-8140)

The Charing Cross Book Shop

Charing Cross Rd. Used books, bargains on paperbacks.

Cinema Bookshop

Corner of Great Russell St. & Adeline. Specializing in movie memorabilia. (0207 637 0206)

Collett's

40 Great Russell Street. Chinese bookshop and gallery. (0207-580-7538)

Collinge and Clark

13 Leigh Street, off Tavistock Square. Specialists for secondhand academic history, particularly 19th century economic and social. Also art and some literature. (Mon-Fri 11am-6:30pm, Sat 11am-3:30pm; 0207-387-7105)

Francis Edward's

St. Martin's Court. Specialists in military history. (Mon-Fri 9-5)

Gosh

39 Russell Street. Comics. (0207-636-1011)

Grant & Cutler Ltd

55-57 Great Marlborough Street. Specialize in foreign language books. (0207-734-2012)

Hatchards

187 Piccadilly. Oldest and most comprehensive of London's bookstores. Good selection of travel narratives. (Mon-Sat 9:30am-7pm, Sun 12pm-6pm; 0207-437-3924)

John Adrian

10-12 Cecil Court, WC2, just off Charing Cross Road. General secondhand, lots of history and literature, wide selection of children's books and some bargains. (Open daily 9am-11pm; 0207-836-2987)

New Moon Books

Charing Cross Rd. Feminist works and a large selection of Virago classics.

Henry Pordes Books

Charing Cross Rd. General secondhand, lots of history and literature. Also have bargain basement section. This store used to give a 10% discount to students. Check it out. (Open Mon-Sat. 10am-7pm; 0207-836-9031)

Skoob Books

15 Sicilian Avenue. A great used bookstore. Academic and general-interest. 10% off for students. (Mon-Sat 10:30-6pm; 0207-404-0030)

Unsworth, Rice & Co

12 Bloomsbury Street. Walk past the British Museum toward Tottenham Court Road for one block, turn left. Great selection of academic secondhand, out of print and remainder titles, paperbacks. Particularly good selection in literature, history and the humanities. Reasonably priced. (Mon-Sat 10am-7pm, Sun 12pm-6pm; 0207-637-7334)

DEPARTMENT STORES

Harrods



87-135 Brompton Road, SW1X 7XL. Knightsbridge Tube.

(www.harrods.com) London's most famous and touristy department store. Over a million square feet of retail space on seven floors, and an amazing food hall. Be sure to check out the window displays, especially at Christmas! (Mon-Sat 10am-8pm, Sun 11:30am-6pm; 020 77301234)

Harvey Nichols

109-125 Knightsbridge, SW1X 7RJ. (www.harveynichols.com) Once Princess Diana's favorite. Very classy, with great food. (Mon-Wed 10am-8pm, Thurs-Sat 10am-9pm, Sun 11:30-6pm; 020 72355000)

John Lewis

Oxford Street, W1A 1EX and Brent Cross Shopping Center. www.johnlewis.com (9:30am-8pm, Thurs 9:30am-9pm, Fri 9:30am-8pm, Fri 9:30-8pm, Sat 9:30-7pm, Sun 12pm-6pm; 020 7629 7711)

Selfridges

400 Oxford St, W1A 1AB. (www.selfridges.com) (Mon-Wed 9:30am-9pm, Thurs-Fri 9:30am-10pm, Sat 9am-10pm, Sun 12pm-6pm; 020 7629 1234)



OFFICE SUPPLIES

England's Papers

49 England's Lane, NW3 4YD. Very near the house, but pricey with a somewhat limited selection. (Mon-Fri 7am-6pm, Sat 9am-6pm, Sun 9am-1pm; 020 7722 3230)

Ryman the Stationer

191 Camden High Street, NW1 7BT. Located opposite Camden Town Tube. Chain found city-wide, with an extensive selection of office supplies. They also sell prepay T-mobile phones and are able to send faxes (£3 to the US). (Mon-Fri 9am-7pm, Sat 9am-6pm, Sun 11am-6pm; 020 7267 1276)

Central Stationers

163-165 Camden High Street, NW1 7JY. Located one block down from Camden Town Tube, on the right side of Camden High Street. Provides an extensive range of stationery as well as greeting cards, wrapping paper, diaries and calendars. They also have a photocopying facility. (Mon-Fri 9am-6pm; Sat 9am-5:30pm, closed Sunday; 020 7485 8563)

WH Smith also sells a selection of stationary supplies. See listing in "Books" section.

PHOTO SUPPLIES/FILM PROCESSING

Jessops

9A Hampstead High St, NW3 1PR. (Mon-Fri 9am-5:30pm, Sat 9am-6pm, Sun 11am-5pm; 020 74317419)

Snappy Snaps



Two nearby branches: 189 Finchley Road NW3 and 80 Rosslyn Hill, NW3, at the beginning of Hampstead High Street. (Finchley Rd: Mon-Fri 8:30am-7pm, Sat 9am-6pm, Sun 11am-5pm; 0207-624-2840)

PRINTING AND FAX



Belsize Park Pip

197 Haverstock Hill NW3; Photocopying facilities available, and will send and receive faxes to and from the US. They do all the Worrell House printing. (Mon-Fri 9am-5:30pm and Sat 9am-12:30pm; 0207-431-2074; FAX: 0207-431-0311)

Kall Kwik

3 Harbven Parade, Finchley Road NW3. Photocopying facilities and can send and receive faxes to and from the US. (Mon-Fri 9am-6pm and Sat 10am-1:30pm; 0207-586-9117; FAX: 0207-483-2038)

FedEx Kinko's

145 Tottenham Court Road, Bloomsbury, W1T 7NE. Warren Street Tube. (Printing: Everyday 8am-8pm; FedEx: Mon-Fri 8am-4:30pm; 020 7874 5470)

SHOE REPAIR

Rawhide

26 Camden Rd, NW1 9DP. Opposite Sainsbury's. Usually done while you wait. (8am-5:30pm, closed Thursday and Sunday; 020 74852957)

SPORTSWEAR & OUTDOOR EQUIPMENT

Euro Sports

1 New College Parage, Finchley Road, NW3 5EP. Sporting goods supplies including darts, athletic shoes, etc. (Mon-Sat 9:30am-6pm; 0207-722-1775)

JD Sports

213-219 Camden High Street, NW1 7BT. Big sporting goods store directly across from Camden Town Tube. (Mon- Sat 9am-7pm, Sun 11am-5pm; 0207 482 0522)

Laurence Corner

62-64 Hampstead Road, NW1 2NU. Intersection of Camden Road and Drummond Street, three minutes walk from Euston Station. Reasonable prices. Established for over 50 years and famous as a unique source of outdoor and protective wear and government surplus items. Fancy dress hire department and theatrical costumes that are genuine ex-theatre. (020 7813 1010)

Lillywhite's Department Store

24-36 Regent St, SW1Y 4QF. Piccadilly Circus. Impressive five-floor store with regular sales, providing the best in sports, outdoor equipment and exercise gear. Can be very overcrowded, especially around holidays and weekends. (Mon-Fri 10am-9pm, Sat 10am-9pm, Sun 12pm-6pm; 0870 333 9600)

HOTELS NEAR WORRELL HOUSE

Belsize Park Apartments

24 Belsize Sq. NW3 4HU

5 minutes walk from house. Single rooms w/bath; Double rooms w/bath.
Self-catering, TV, very reasonable and friendly.

0207-794-4307, 0207-435-2557

No FAX available

Swiss Cottage Hotel

2 Adamson Road, NW3 3HR

This is a nice hotel, 5 minutes walk from house. Single rooms w/bath; double rooms w/bath. Full English breakfast included. They also have executive suites at higher prices.

0207-722-2281

FAX: 483-4588

Hampstead Britannia Hotel

Primrose Hill Road NW3

Nearest to house, but very overpriced. Service nothing special.

0207-586-2233

FAX: 586-1659

Buckland Hotel

6 Buckland Crescent

Belsize Park NW3

Single rooms w/bath, double rooms. Another reasonable place and 5 minutes walk.

0207-722-5574

FAX: 722-5594

Regent's Park Marriot

King Henry's Road NW3

Single rooms w/bath, double rooms w/bath. Corporate and executive suites. The best of the big, modern hotels locally. 5 minute walk from Swiss Cottage.

0207-722-7711

FAX: 586-5822

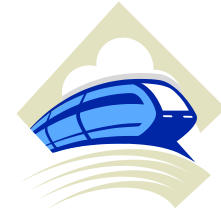
Sandringham Hotel

3 Holford Road NW3

Single rooms w/bath-shower, double rooms w/bath-shower. Includes good buffet. Quiet hotel at top of Hampstead. 3 minute walk from Hampstead Tube stop.

0207-435-1569

TRAVEL



Train

For train travel in the UK:

www.nationalrail.co.uk or 084 5748 4950.

For train travel to Europe:

Eurostar trains run from London St. Pancras to multiple sites in France or Brussels, Belgium. For train schedule, prices, and to book tickets, go to www.eurail.co.uk.

For train travel on the continent:

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

Eurail <<http://www.eurail.com>> is also an option, but passes must be purchased from the US. A good option if you plan to do lots of traveling on the continent.

- **TIP:** If you do not have reservations and have difficulty finding a seat on a crowded train, check the small reservation tickets on the backs of empty seats. Reserved seats often go unclaimed, or the reserved part of the journey may already be concluded. For example, an empty seat reserved from London to Peterborough would be fair game if you boarded farther north on a train bound for Edinburgh.
- **TIP:** When booking, beware of late arriving trains if you do not have a hotel reservation. Britain shuts down earlier than the USA and most Tourist Information Centers close by 7pm at the latest.
- **TIP:** Also, www.skyscanner.com will check every airline (including the budget airlines!) and point you toward the cheapest option.

Coaches

Coaches are a slow but cheap way to travel—not recommended for faraway places over a weekend. Check the National Express website for times, routes, and prices. (<http://www.nationalexpress.com>)

Plane

Two budget airlines, EasyJet and Ryanair, cover all of Europe and Ireland. Flights often land in small airports outside of the city centers and require additional transport by bus or train, but fares can be very cheap. Check the websites for details at www.easyjet.com and www.ryanair.com.

Getting to the airport

Gatwick Express

<https://www.gatwickexpress.com/index.asp?SID={926EC704-D967-4DBC-B216-CFBE5425DEAA}>

- Departs from Victoria Station; trains run every 15 minutes
- Price: Express Single £16.80; Return £28.80
- Travel time: 30 min (35 min on Sundays)

Heathrow Express

<https://www.heathrowexpress.com/index.asp?SID={A79D7C19-8D2F-47C9-A801-EFD26859B437}>

- Departs from Paddington Station; four trains per hour
- Price: Express Single £16.50; Return £32
- Travel time: 15 min

Heathrow Connect

<https://www.heathrowconnect.com/index.asp?SID={A4261378-AF7E-489A-B5B9-5C58FE876C1E}>

- Departs from Paddington Station; four trains per hour
- Price: Single £7.90; Return £15.80
- Travel time: 25 min

Stansted Express

<https://www.stanstedexpress.com/index.asp?SID={26E9854F-9182-4736-8AC6-F02D981570BB}>

- Departs from Liverpool Station; four trains per hour
- Price: Express Single: £17; Return £24

- Travel time: 46 min

Transportation to Luton Airport

- *By Train:* There is no Express Train, but you can book tickets at <http://www.london-luton.co.uk/en/traintickets/>. Travel time can be as little as 25 minutes, but you may need to book a while in advance.
- *By Bus/Coach:* There are several options for bus tickets to Central London. Tickets can be booked at <http://www.london-luton.co.uk/en/content/5/73/coach---bus-tickets.html>

STUDENT RECOMMENDATIONS

Churches

Holy Trinity Brompton <<http://www.htb.org.uk>>

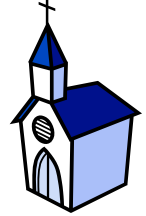
Kind of far away (off of Knightsbridge or Gloucester Road Tube station). Anglican church with traditional services Sunday mornings and contemporary services at night (5 & 7) that most young people go to. Tim Hughes is the worship leader, students already involved with the church would probably recognize the name. They also have a very good university age student service on Tuesday nights (comparable to Emmaus or RUF at Wake). This is where many Wake students have gone in the past.

They have a local branch at Swiss Cottage, which is much smaller and more family/traditional style. If you're looking for a more intimate setting, try this one.

Hillsong Church <<http://www.hillsong.co.uk/london/home.asp>>

A very large global church – anyone turned off by the feel of "mega-churches" probably wouldn't like it as much, but there is a lot of energy at services.

They hold their services in a theater off Tottenham Court Road (may change periodically). Services are styled very much like a concert. The one drawback is they don't have a very organized student program which makes it a little more difficult to meet people.



Contact Cori Melton (meltee6@wfu.edu) or Allison Hagaman (hagaam6@wfu.edu) for more information!

Food

There is a **gas grill** outside at Worrell House. Lots of students have found this very useful! Bring some recipes from home and consider shopping at the butcher on England's Lane (between the Tesco Express and the Washington) for excellent meat. Students are responsible for keeping the grill surfaces clean after use, and alerting Jacki if new Gas Canisters are needed.



Football



The beautiful game started in England and is a must for any British experience! Football season lasts from mid-August to the FA Cup final at the end of May. London has several football clubs, divided into several divisions. English football uses the promotion/relegation system; therefore, a few teams in each league go up and go down every year. Currently, five London clubs are in the top flight.

Overview of London Clubs

Premiership (First Division)

Arsenal FC—<http://www.arsenal.com/>

The Gunners are a traditional powerhouse with a long and storied history. They play in Highbury at Emirates. Due to the club's popularity, tickets can be difficult to get.

Chelsea FC—<http://www.chelseafc.com/page/Home>

The other heavyweight club in London, they play in the borough of Hammersmith and Fulham on the Southwest side at Stamford Bridge. Also tough tickets to get.

Tottenham Hotspur FC—www.tottenhamhotspur.com

Another club with a long tradition in the top division, they are in the tier just below Arsenal and Chelsea in terms of popularity and prestige. Spurs play in the borough of Harginey in North London. Tickets can be difficult for big matches and are nearly impossible for the derby with Arsenal.

West Ham United—www.whufc.com

The Hammers play at Upton Park in London's East End. With a little planning, tickets aren't too difficult. A mid-level club with a history of bouncing between the first and second divisions.

Fulham FC—www.fulhamfc.com

Relatively recent arrivals to the top flight, Fulham is a club with less history and a smallish fanbase. They play in Fulham, of course; near Putney Bridge Tube. Tickets are nearly always available with a few days planning, except for the Chelsea match.

Championship (Second Division)

Charlton Athletic—www.charlton-athletic.co.uk

Recent droppers from the first division, Charlton are in a state of flux. Tickets are almost always available.

Crystal Palace FC—<http://www.cpfcc.premiumtv.co.uk/page/Home/>

Another easy ticket at a mid-level Championship club, they play far south in Croydon.

Queen's Park Rangers (QPR)— www.qpr.premiumtv.co.uk

Based in Hammersmith and Fulham near Shepard's Bush, QPR has seen better days. They rarely sell out their ground.

Watford FC—www.watfordfc.premiumtv.co.uk

Located just outside northwest London in the suburb of Watford. Mid-level club with relatively little history. Tickets often available. Accessible from the Metropolitan line.

League One (Third Division):

Millwall FC—www.millwallfc.co.uk

Formerly a first division club that has fallen on hard times. Matches never sellout. They play in Southwark at Bermondsey. Tickets generally cheaper and plentiful.

Ticket Tips: Premiership matches are very expensive. Arsenal and Chelsea are both more than £40-50. Fulham is much cheaper and you can still see top competition. The lower division clubs are all cheaper. Look for cup matches, either FA or Carling, as these tickets are often cheaper than league fixtures. Feel free to contact me, Colin Heyson, at heyscw6@wfu.edu, for any other advice.

LIFE IN LONDON

Language

Before you even begin this semester, be warned that the English speak English, not American. There are many differences which can cause embarrassing misunderstandings. The house has a copy of *The British/American Language Dictionary*, edited by Norman Ross, in the library downstairs. Here are some you may find useful:

Food

aubergine: eggplant
banger: sausage
bap: hamburger bun
biscuit: cookie
chips: French fries
courgette: zucchini
crisps: potato chips
jacket potato: baked potato
mangetout: snow peas
pudding: dessert in general

School

college: high school
grammar school: high school
(usually private)
public school: private “prep” school
(e.g. Eton)
state school: public school
university: college/undergrad

bobby or copper: police officer
bonnet: car hood
boot: car trunk
cheers: goodbye or thanks
concession: discounted admission
fag: cigarette
football: soccer
fringe: hair bangs
knock up: wake up or visit
let: rent
loo: toilet or bathroom
lorry: truck
nought: zero
on offer: on sale
pants: underwear, briefs
pissed: drunk
plaster: band-aid
queue: line
quid: pound (slang)
snogging: kissing
stone: 14 pounds (weight)
subway: underground walkway (not the Tube)
take the piss/mickey: tease
zebra-crossing: crosswalk

Tipping

(from *Rick Steve’s London 2007*)

Restaurants

At pubs where you order at the counter, don’t tip. At a pub or restaurant with a wait staff, check the menu or your bill to see if the service is included; if not, tip about 10%.

Taxis

To tip the cabbie, round up. For a typical ride, round up to a maximum of 10% (to pay a £4.50 fare, give £5; or for a £28 fare, give £30). If your cabbie hauls your bags and zips you to the airport to help you catch a flight, you may want to throw in a little more. But if you’re being driven in circles or otherwise ripped off, skip the tip.

When in doubt, ask! If you’re not sure whether (or how much) to tip for a service, ask your hotelier or the TI; they’ll fill you in on how it’s done on their turf.

Useful Resources

Rick Steve’s travel books provide user-friendly, up-to-date information on destinations throughout Europe.

<http://www.londontown.com> : “the number one internet site for London”—hotel and event reviews

<http://www.allinlondon.co.uk> : thorough directory of London businesses

<http://www.timeout.com/london> : “Your critical guide to arts, culture, and going out in the capital.”

<http://www.viewlondon.co.uk/clubs.aspx> : London club guide—search for nightly events by type of music and venue

<http://www.visitlondon.com> : “the official website for London”—tourist information, hotels, etc.

And of course, don’t forget Google maps! <http://maps.google.co.uk>

Lots of locals use www.streetmap.co.uk, where you can search by post code, but maps are less interactive.