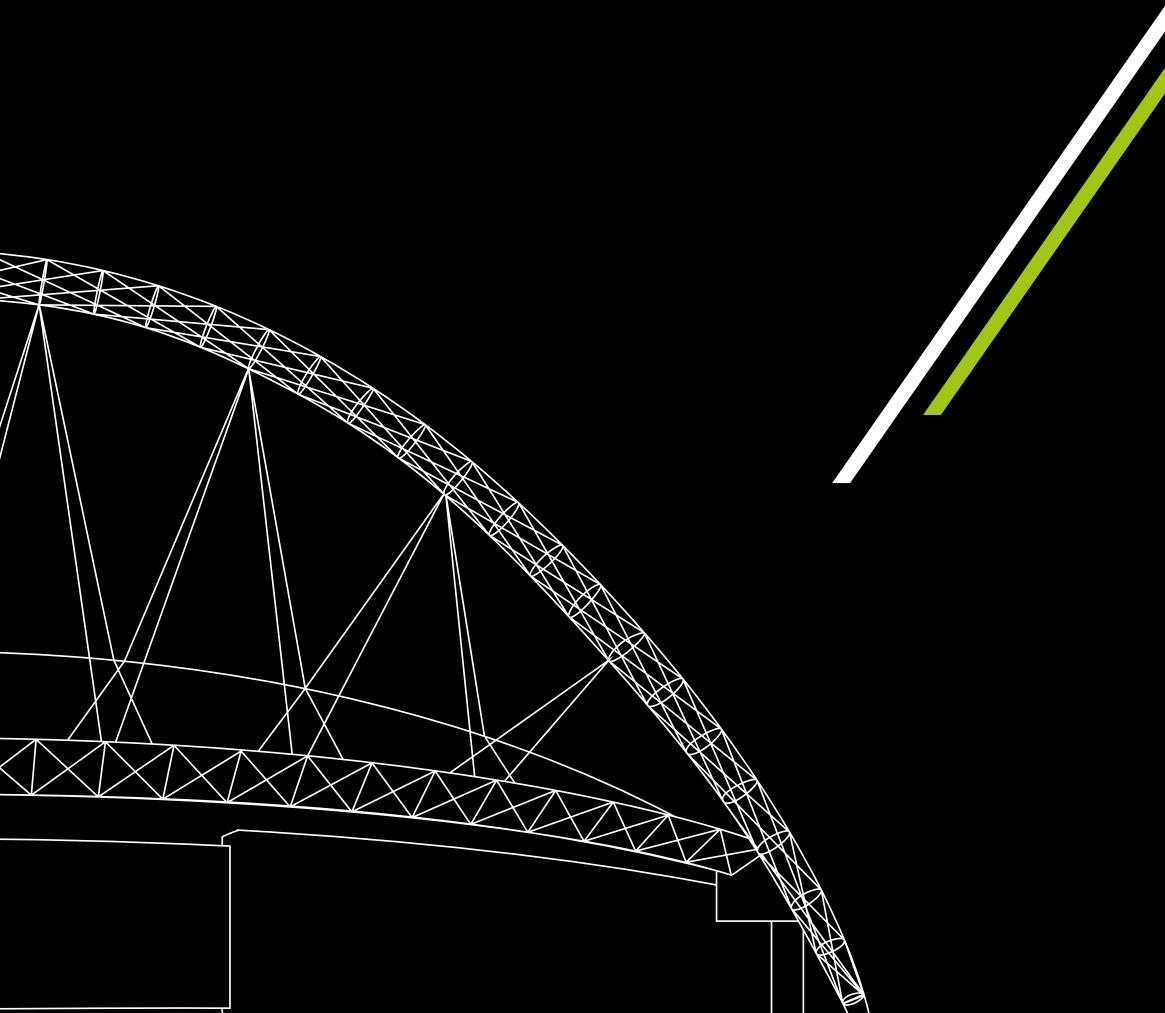


UCFB

LONDON

STUDENT GUIDE

2019





If it's your first time in London, or you haven't lived in a major city before, then it can be rather daunting to get around. We've put together some key information to help you settle in this amazing city. 


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Tube / Train Stations



You are not limited to travelling via tubes and trains, you can also use buses. The bus routes available within the Wembley area, close to the UCFB Wembley campus include, 182, 83, 223, 297, 206. 

Tube / Train Stations

To reach the UCFB Wembley campus, the below are the closest stations to use.

Wembley Park Station - the Jubilee and Metropolitan lines pass through this station.

Wembley Central Station - the Overground and the Bakerloo lines can be accessed via this station.

◆ Travelling in London

You are not limited to travelling via tubes and trains, you can also use buses. The bus routes available within the Wembley area include 182, 83, 223, 297, 206.

In London, there are multiple means of payment you can use to travel including:

◆ Oyster card

Oyster cards are electronic smartcards used to pay for public transport in London. To use an Oyster card, touch the card on the yellow reader at the gates as you start and finish your journey. Oyster cards can be purchased in railway stations and ticket shops, and can also be topped up in those places, via the Oyster card app and online through TFL's website.

◆ Travelcard

Travelcards can be in the form of a one day paper ticket or can be added onto your Oyster card. Travelcards help you to save money. Instead of paying single fares for

every journey, you can purchase a weekly, monthly, or yearly travelcard. The cost for travelcards depends on which zones you wish to travel through.

Travelcards can be bought for the following zones:

Zones 1-4
Zones 1-6
Zones 1-9

Aside from Oyster cards and travelcards, you can also use your own contactless bank card to pay for your travel fare.

For more information on travelling in London, visit this website:

<https://www.visitlondon.com/traveller-information/getting-around-london/oyster>



You can save almost 50% if you take the bus rather than the tube. A single fare on the bus is £1.50, compared to up to £2.90 on the tube.



Money Saving Tips in London

You can save money going to and from the airport for less.

For Heathrow, the 15min+ Heathrow Express is £22. If you opt for a slower train, it is just £10.20. For an even cheaper alternative, take a ride on the Piccadilly tube line and you pay just £3.10 with an Oyster or contactless bank card.

◆ **Eat reduced price fresh food in the evening.**

Many food chains cut the price of their food in the evenings to clear out their shelves.

The Japan Centre near Piccadilly Circus reduces their sushi and other takeaway items by up to 75% from 8pm – 8:30pm.

Itsu chains offer half-price on their sushi and salads half an hour before their closing time.

◆ **Claim freebies and discounts on your birthday.**

Many retailers offer freebies and discounts to signed up customers. For example, Krispy Kreme customers can collect a free doughnut on their birthdays.

◆ **Take the bus rather than tube to save money on transport.**

You can save almost 50% if you take the bus rather than the tube. A single fare on the bus is £1.50, compared to up to £2.90 on the tube.

◆ **Download the free Citymapper app on your phone.**

This app will be helpful getting you around the city until you know your way around.

For more money saving tips for living in London, check out this link:

<https://www.moneysavingexpert.com/travel/london/>



There is a wide range of supermarkets for you to choose from where all the necessities can be found.



Supermarkets & Shopping

SUPERMARKETS & SHOPPING:

You can carry out your grocery shopping in any of these supermarkets. Aside from grocery shopping, all the necessities can be found too.

- ◆ Asda
- ◆ Tesco Extra
- ◆ Sainsbury's
- ◆ Aldi
- ◆ Co-op

Do you love shopping? Need to get new pair of shoes, an outfit for a night out? You can find options in these locations.

◆ **London Designer Outlet** - a wide range of restaurants and shops can be found in this shopping centre. (Wembley Park Blvd, Wembley HA9 0FD)

Opens: 10 am
Closes: 9 pm, 7 pm (Sunday)

◆ **Wembley High Road** - this high street has many different shops, stores, restaurants, and more. (High Road, Wembley, HA9 7AF)



BARS, PUBS & CLUBS:

◆ **The Green Man Pub and Hotel**
(Dagmar Ave, Wembley HA9 8DF)

Opens: 11 am, 9 am (Saturday & Sunday)
Closes: 11 pm, 12 am (Friday & Saturday)

◆ **The Torch** (1-5 Bridge Rd, Wembley HA9 9AB)

Opens: 11 am
Closes: 11 pm, 12 am (Friday & Saturday)

◆ **Blue Check** (12-13 Empire Way, Wembley HA9 0RQ)

Opens: 9:30 am, 11:30 am (Sunday)
Closes: 1 am, 10 pm (Sunday)

◆ **Box Park** (18 Olympic Way, Wembley HA9 0JT)

Opens: 11 am
Closes: 11 pm, 10 pm (Sunday)

If you want to hang out, socialise, have a few drinks, you can head down to any of the pub/clubs mentioned above.



Sports is good for: mental health, time management, discipline, and self-confidence.



Fitness / Gyms / Leisure

Name	Price	Open/Close times	Address	What's included
The Gym Group	£17.99 per month	Open: 6 am, 8 am (Saturday & Sunday) Close: 10 pm	Empire Way, Wembley HA9 0NH (Opposite UCFB's Study Hub)	Fitness classes & gym
Énergie Fitness	£19.99 per month	Open: 6 am, 8 am (Saturday & Sunday) Close: 11 pm, 8 pm (Saturday & Sunday)	Elizabeth House, 341-345 High Road, Wembley, HA9 6BF	Fitness classes & gym





Successful athletes are more likely to get hired by companies because of the traits they possess.



Fitness / Gyms / Leisure

Name	Price	Open/Close times	Address	What's included
Better Leisure Centre (Grand Felda)	Inclusive with accommodation	Open: 6:30 am, 7 am (Saturday & Sunday) Close: 10 pm, 8 pm (Saturday & Sunday)	Gym is located in Grand Felda (student accommodation). Choosing to live in Grand Felda comes with the opportunity to become a member	Gym, fitness classes and swim pool.
Bridge Park Community Leisure Centre	£26.00 per month	Monday to Friday: 6.30am to 10pm Saturday: 8am to 6pm Sunday: 9am to 9pm	Harrow Rd, London NW10 ORG	Gym, fitness classes, swim pool, steam & sauna.



Looking after your mental and physical health is extremely important and that doesn't change just because you are away from home.



Health

HEALTH:

◆ **Wembley Park Medical Centre**
(21 Wembley Park Dr, Wembley HA9 8HD)

If you are feeling unwell, or need medical, want a check-up for any reason, you can head down to the Medical Centre and someone will see you.

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

◆ **Wembley Dental Centre** (21 Bridge Road, Wembley, HA9 9AB)

The Dental Centre is there for your dental needs.

<https://www.wembleydental.com/>

For pharmacies or sexual health clinics, check out the following links:

<https://beta.nhs.uk/find-a-pharmacy/>

<https://www.nhs.uk/service-search/STI-testing-and-treatment/Location-Search/736>



Explore London



Don't just explore Wembley, explore London! Soak in London's culture and visit some amazing places . 

GALLERIES:

- ◆ **National Gallery** (Trafalgar Square, Charing Cross, London WC2N 5DN)

<https://www.nationalgallery.org.uk/>

- ◆ **Tate Modern** (Address: Bankside, London SE1 9TG)

<https://www.tate.org.uk/>

- ◆ **National Portrait Gallery** (St. Martin's Pl, Charing Cross, London WC2H 0HE)

<https://www.npg.org.uk/>

MUSEUMS:

- ◆ **The British Museum** (Great Russell St, Bloomsbury, London WC1B 3DG)

<https://www.britishmuseum.org/>

- ◆ **Museum of London** (Address: 150 London Wall, Barbican, London EC2Y 5HN)

<https://www.museumoflondon.org.uk/museum-london>

- ◆ **National History Museum** (Cromwell Rd, South Kensington, London SW7 5BD)

<https://www.nhm.ac.uk/>

- ◆ **Victoria & Albert Museum** (Cromwell Rd, Knightsbridge, London SW7 2RL)

<https://www.vam.ac.uk/>

- ◆ **Science Museum** (Address: Exhibition Road, South Kensington, London SW7 2DD)

<https://www.sciencemuseum.org.uk/>



POPULAR PARKS:

◆ Greenwich Park (Greenwich, London SE10 8QY)

Greenwich Park overlooks the River Thames and has amazing views. This park has a mix of 17th century landscape, gardens and history, which dates all the way back to the Roman times.

<https://www.royalparks.org.uk/parks/greenwich-park>

◆ Kensington Gardens (Kensington Gardens, London W2 2UH)

Kensington Gardens covers 265 acres and is situated by Kensington Palace, where Queen Victoria was born and lived until she became queen in 1837.

<https://www.royalparks.org.uk/parks/kensington-gardens>

◆ Queen Elizabeth Olympic Park

The park hosted the Olympic Games in 2012, and has since been renovated. The public can explore the grounds, relax, and play in the adventure parks.

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



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◆ Sky Garden (1 Sky Garden Walk, London, EC3M 8AF)


Sky Garden is a perfect spot to take Instagram worthy pictures. The garden is surrounded by a large dome, on the roof of a tall building, offering you a beautiful scene to look up on. Although free, please book in advance before visiting, as space is limited.

<https://skygarden.london/sky-garden>



Explore London



Head down to Buckingham Palace and watch The Changing of the Guard. The famous ceremony begins at 11 am sharp following a march and lasts about 45 minutes. 

MORE FREE THINGS TO DO:

◆ **The Changing of the Guards** (Buckingham Palace, Westminster, London, SW1A 1AA)

Head down to Buckingham Palace and watch the Changing of the Guard. The famous ceremony begins at 11 am sharp following a march and lasts about 45 minutes.

◆ **Strawberry Tours**

Interested in a tour of London? Why not book a tour with Strawberry Tours? You can donate however much you can afford for a tour of London. The tour operates on a "Pay-What-You-Feel-Basis".

<https://strawberrytours.com/>

SPORTS EVENTS:

London offers some of the most famous stadiums where fans can watch elite matches across a range of sports including:

◆ **Wimbledon Tennis Club** (Church Road, Wimbledon, London, SW19 5AE)

<https://www.wimbledon.com/>

◆ **Chelsea FC** (Fulham Road, London, SW6 1HS)

<https://www.chelseafc.com/en>

◆ **Queens Park Rangers FC** (White City, London W12 7PW)

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

◆ **Brentford FC** (7 Braemar Rd, Brentford TW8 0NR)

<https://www.brentfordfc.com/>

◆ **Lord's Cricket Club** (St John's Wood Rd, St John's Wood, London NW8 8QN)

<https://www.lords.org/>

◆ **Twickenham Stadium** (Whitton Rd, Twickenham TW2 7BA)

<https://www.englandrugby.com/twickenham>

For more stadiums, visit this link

<https://www.visitlondon.com/things-to-do/whats-on/sport/stadium>

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