



New College
of the Humanities

Your guide to moving to London

Where quick minds **meet**



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Welcome

Hello and warm greetings from the Student Support Office at New College of the Humanities!

The following guide has been created in order to facilitate the transition of students new to living in the UK, and in London.

We understand that moving to a whole new country, climate and culture can be a daunting prospect, so this guide is

designed to help answer all those questions you may have from the initial move to getting around the city.

We hope that you find this guide helpful for now and for future use, as it aims to offer background facts as well as practical information for

moving to the UK and more specifically, living in London. This guide is not exhaustive so please do not hesitate to contact the team in the Student Support Office for further information and advice, or contact Beth Tomlinson, our Tier 4 Compliance Coordinator,

with any questions about your visa. Detailed information regarding Freshers' Week and initial orientation will be sent to you separately.

We look forward to welcoming you to the College very soon!

Student views on the big move

Ana Chiriac – Republic of Moldova

‘Moving to London will definitely become one of the most interesting adventures of your life; for me it was. While at first it might feel slightly overwhelming, once you get to know your way around public transport, entertainment locations and learn how to organise your budget, your student life will be fulfilling and enjoyable. Moreover, this vibrant city offers every student the possibility to be active and to engage in various activities. Besides NCH’s clubs and societies, you can be involved in volunteering or NGO activities or you can simply enjoy the beauty, culture and rich history of this extraordinary city.’



‘Moving to London was one of the best decisions in my life, not only because of the variety of activities and possibilities, but also because with NCH based at the heart of London it feels that we are constantly in the centre of London’s life.’

Te Manu Boynton – New Zealand

‘Moving to the UK, in particular London, has definitely been a learning experience! Coming from a small city in New Zealand, I thought I would find London quite a daunting task to deal with. However, my fears evaporated as soon as I began at NCH and got to know people. Living in such a vast city also means I now have so many exciting opportunities on my doorstep! PS: Try opting for the bus over the Tube – it is the best way to get your bearings!’



Raphaël Tulkens – Belgium

‘Moving over from Belgium to London changed my life. At first, the city seemed too vast and hectic ever to feel like a home. Yet, as soon as I started my first year at NCH, everything felt different. My period of acclimatisation was suddenly ended, not only because the College itself feels like a lovely home on Bedford Square, but also for the fact of sharing a daily life with friends who have lived in London their whole lives. My favourite thing about this city is that it will surprise you every single day and its exploration seems endless.’



Ben Berry – USA

‘When I moved to London, I had lots of questions needing answers. “Does it ever stop raining?” “Where is the supermarket?” “Why can’t I bring my dog to live with me in Halls?” “Is this an acceptable time to go to the pub?” Needless to say, Google Maps quickly became my best friend. I quickly found out a few good rules for traveling around the capital: the Tube map is not a regular map; take the bus to learn your way around the area; the student Oyster card will save you a fortune; and most importantly, getting lost is part of the learning process. If you’re ever confused, NCH is full of lovely people who will help you navigate.’



‘Once you’ve learned how to get places, you may want to decide where to go – riding the bus in circles gets boring. Living in London means that you will have endless destinations. London has almost everything that you can imagine, and quite a few things that you couldn’t. Exploring the city with all of its unique neighbourhoods will always keep you busy. Just remember to find time to study!’

Paula Erizanu – Romania

‘As a metropolis, London can become your city as much as anyone else’s (as long as you like people, since it’s hard to avoid them here). If you are scared of its size, remember that the College offers you precisely the community atmosphere you need in such a big city. When you want to get out of the College however, I think that as a student it’s worthwhile to make the best of the green spaces of London, as well as of its multicultural environment. Look for festivals, student friendly offers for exhibitions, concerts, performances, dinners and anything you’re into – you will find plenty of these at reasonable prices.’



‘London gives you exactly what you need and want if you put the effort into researching it.’



Weather and climate in the UK

England's climate can be described as temperate maritime climate, because the Gulf Stream ensures mild, maritime influenced weather.

England is famous for its rain and the lush green of its countryside. Average annual rainfall in the north is more than 1,600 mm, but central and southern England receives an average of less than 800 mm.

The coldest months are December, January and February, when the temperature is usually between 3 and 6°C.

In the summer months (July and August) the average temperature is between 16 and 21°C. Rain falls throughout the year, and the

weather in England can change very rapidly. In autumn and winter, strong low-pressure systems can bring gales, heavy rain and thunderstorms.

British weather facts

The average number of days on which rain falls in London each year is less than in Paris (France), Santander (Spain) and Wellington (New Zealand).

London is drier than Rome, New York, Brisbane, Rio de Janeiro, and Tokyo.

The average minimum daily temperature in London is higher than that in Seattle, Dublin and Toronto.

Climate data for London

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	7.9 (46.2)	8.2 (46.8)	10.9 (51.6)	13.3 (55.9)	17.2 (63)	20.2 (68.4)	22.8 (73)	22.6 (72.7)	19.3 (66.7)	15.2 (59.4)	10.9 (51.6)	8.8 (47.8)	14.78 (58.59)
Average low °C (°F)	2.4 (36.3)	2.2 (36)	3.8 (38.8)	5.2 (41.4)	8.0 (46.4)	11.1 (52)	13.6 (56.5)	13.3 (55.9)	10.9 (51.6)	8.0 (46.4)	4.8 (40.6)	3.3 (37.9)	7.22 (44.98)
Precipitation mm (inches)	51.9 (2.04)	34.0 (1.33)	42.0 (1.65)	45.2 (1.78)	47.2 (1.85)	53.0 (2.08)	38.3 (1.50)	47.3 (1.86)	56.9 (2.24)	61.5 (2.42)	52.3 (2.05)	54.0 (2.12)	583.6 (22.97)
Precipitation average days	10.9	8.1	9.8	9.3	8.5	8.4	7.0	7.2	8.7	9.3	9.3	10.1	106.6

Check list before you leave home

Ensure that you have arranged your accommodation.

Bring original copies (and translations) of relevant certificates and examination results for College registration.

Complete your visa application correctly and get your visa.

Buy travel tickets and travel insurance.

Check your government's restrictions on taking money out of the country.

Check with your bank about regulations concerning transferring money to the UK.

Check the HM Revenue and Customs website to see what you can bring into the UK.

www.hmrc.gov.uk

Check your luggage weight against your airline's allowances.

Obtain British currency for use during first few days.

Obtain a letter of explanation from your doctor for any prescribed drugs you may need to bring with you.

Visit the dentist/optician as care can be expensive in the UK.

Apply for your European Health Insurance Card (EHIC) if you don't already have one (see page 10).

Double check where your passport is, ensure that it's in date and bring a photocopy!



Moving to London

Entry and immigration to the UK

- You will not need a visa if you hold a passport issued by the UK or any other country in the European Economic Area (EEA) or Switzerland.
- For up to date and more detailed information, please refer to the UK Home Office website

www.gov.uk/visas-immigration

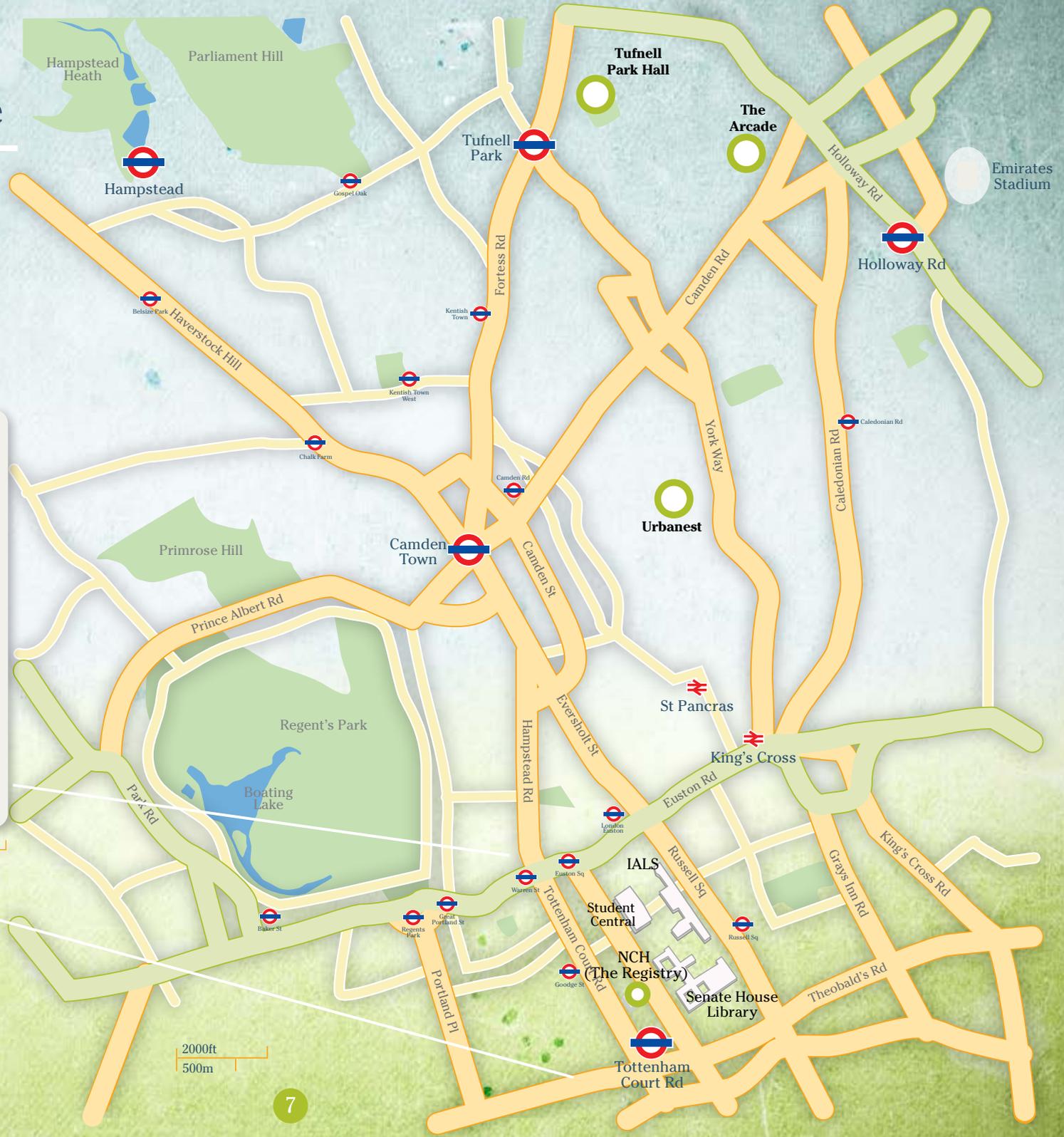
- Police Registration for some nationals – check the UK Home Office website for more information

www.gov.uk/register-with-the-police

Embassies & Consulates

A full diplomatic list of all foreign and Commonwealth countries with representation in London can be found under 'Foreign Embassies in the UK' on the gov.uk website. The London Diplomatic List contains the addresses and contact details of all Embassies and High Commissions.

How to reach the College



- To Tufnell Park (11 minutes via Tube from Goodge Street)
- To Holloway Road (7 minutes via Tube from Russell Square)
- To King's Cross (20-25 minutes' walk)



500ft
100m

2000ft
500m

How to reach the College



To the College

The Registry is a spacious Grade I listed five-storey townhouse in Bedford Square. It is home to our academic and non-academic staff, and where most of our teaching takes place.

Air

If you are flying into **London Heathrow** you can take the London Underground (also known as the Tube) to Russell Square station via the Piccadilly line, eastbound.

You can walk the 700m to the Registry or take a taxi. If you fly into **Gatwick**, you can take the Gatwick Express to Victoria station. From Victoria station, you can take the Victoria Line northbound and change at Warren Street onto the Northern Line southbound to Goodge Street, or you can take a taxi. There are taxi ranks at both Heathrow and Gatwick airports but please be aware that a taxi into central London will cost in excess of £50 from Heathrow and £70 from Gatwick.

Train

The nearest mainline train stations are King's Cross/St Pancras and Euston. The College is a 15 to 20 minute walk from these stations. If you prefer to take the Tube, it's two minutes on the Piccadilly Line from King's Cross/St Pancras to Russell Square or three minutes on the Northern Line from Euston to Goodge Street station.

There are also taxi ranks outside the stations.

Tube

Bedford Square is centrally located and surrounded by Tube stations. The nearest stations are Goodge Street (Northern Line), Tottenham Court Road (Central and Northern Lines) and Russell Square (Piccadilly Line).

Bus

Bedford Square is well served by bus routes. The following buses stop within 200m of the College: 1, 7, 8, 14, 25, 29, 55, 73, 98, 134, 176 and 390.

Bike

An extensive network of cycle routes lead to Bedford Square, and there are cycle rack facilities on the south and west sides of the square.

Walk

From Tottenham Court Road Station

Take the exit for the Dominion Theatre. With the theatre on your right walk north along Tottenham Court Road.

Take the second turning on the right (Bayley Street) and walk east about 100m. The Registry is on your left at 19 Bedford Square, opposite the gates to Bedford Square Gardens.

From Goodge Street Station

Take the Tottenham Court Road exit. Walk south along Tottenham Court Road towards Oxford Street. Take the third turning on your left (Bayley Street) and walk east about 100m. The Registry is on your left at 19 Bedford Square, opposite the gates to Bedford Square Gardens.

From Russell Square Station

Take the Bernard Street exit from the station and turn left towards Russell Square. Cross Woburn Place and continue straight ahead with Russell Square Gardens on your left. Walk around the perimeter of the gardens and then turn right into Montague Place.



Continue straight ahead, crossing Malet Street and then Gower Street.

Continue another 100m and the Registry is on your right at 19 Bedford Square, opposite the gates to Bedford Square Gardens.

From Tufnell House

This accommodation is just five minutes' walk from Tufnell Park Tube station. From there you can take the Northern Line three stops southbound to Goodge Street which is just 200m from the Registry.

From The Arcade

The Arcade is just eight minutes' walk from Holloway Road Tube station. From there you can take the Piccadilly Line three stops southbound to Russell Square which is just 700m from the Registry.

From Urbanest

Bus

The nearest main bus route is from King's Cross/St Pancras (approximately 5 minutes' walk from Urbanest St Pancras), where you can get either the number 73 or 390 bus to Cheries Street bus stop.

Walk

Walking may be your quickest option in the rush hour traffic, from Urbanest St Pancras to the Registry. It will take you around 25 minutes to walk door to door.



Bike

Urbanest St Pancras also has a bike store with free to use fold away bikes for all residents, particularly useful if you want to cycle part of your route.

To The Arcade

Train

Get the Piccadilly line from King's Cross/St Pancras northbound to Holloway Road.

Tube

The nearest Tube station is Holloway Road, which is served by the Piccadilly Line. The Arcade is 800m from the station.

Bus

Holloway Road is well served by bus routes including numbers 4, 17, 43, 263 and 271.

Bike

An extensive network of cycle routes lead to Holloway Road, and there are cycle storage facilities at The Arcade.



To Tufnell House

Train

The nearest mainline train stations are King's Cross/St Pancras and Euston. From either station, take the Northern Line northbound towards High Barnet and get off at Tufnell Park.

Tube

The nearest Tube station is Tufnell Park, which is served by the Northern Line. Tufnell House halls are 400m from the station.

Bus

The 4 and 33 bus routes serve Tufnell House.

Bike

An extensive network of cycle routes lead to Tufnell House, and there are cycle storage facilities at the accommodation.

Travel



Driving in the UK

If you wish to drive in the UK you must have the following:

- A valid driving licence
- Have valid motor vehicle insurance cover (various options)
- A valid UK road tax disc displayed on your car
- Vehicle registration (whether purchased or imported)
- An MOT test certificate

For non-UK students wanting to drive in the UK:

EU citizens – If you have a driving licence from any EU country, you can drive in the UK until your licence is valid, or until the age of 70. If you don't have a driving licence yet you can't take a driving test in the UK until you've been studying in the UK for at least 185 days.

Non EU – If your driving licence has been issued from outside the European Union or

you have an international driving licence, you can drive in the UK for up to 12 months. For certain designated countries, you can exchange your licence for a British one after becoming a UK resident.

For more information, please refer to

DVLA
www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency

www.gov.uk/non-gb-driving-licence

London Oyster card

For those who live in London, an Oyster card is an essential for underground, overground train and bus travel. The swipe card can be topped up online, in most newsagents and via Tube station card machines. The Oyster card allows you to move freely in London at a discounted rate. Tariffs vary, dependent on weekly or monthly top ups, travel zones and

if applicable to both train and bus journeys. A weekly student discounted travel card for zones 1 and 2 (train and bus) will cost £22.60. Please do check the TFL website for any variations and updates.

London buses

London offers many bus routes, with many 24hr services. You can either pay with your Oyster card or with a contactless payment card. Cash is no longer accepted on buses for payment.

Transport for London website

www.tfl.gov.uk/

Trains

www.nationalrail.co.uk

for information and enquiries

www.16-25railcard.co.uk

16-25 railcard – third off rail travel in the UK

The London Underground

The London Underground, known as 'The Tube', is an extensive array of underground network lines, connecting all areas of the vast city. It can seem a little daunting and confusing to begin with, especially at peak hours, when corridors and platforms are filled with commuters and tourists, but it won't take long to fathom out the different routes! Please note that drinking alcohol on public transport is not permitted.

Taxi

We strongly advise that students do not use unlicensed mini cabs. Please always make sure to book your taxi in advance, making note of the licence number and the name of the driver. The London black cabs that you can hail in the street are also safe to use but can cost considerably more.

Cycling

Riding your bike is one of the fastest, most convenient and easiest ways of travelling to your destination.

However, in a busy city like London, it can also be quite stressful and even dangerous if you're not careful. Thankfully all it takes is a bit of practice before you become a confident, competent and courteous cyclist. Here are some safety tips to bear in mind...

- Be assertive and 'claim' your space on the road. Ride at least one metre away from the curb.
- Slow down when passing slow moving or stationary traffic (especially buses) as pedestrians can quickly dart out in front of you.
- Watch for car doors suddenly opening.
- Avoid the temptation of running red lights. It's just not worth your life nor the potential £50 fine.
- Lorries and vans have large blind spots so be extra careful going around corners when they turn left.

More safety tips can be found at
www.tfl.gov.uk/corporate/safety-and-security/road-safety/cycle-safety

Transport for London's cycling page
www.tfl.gov.uk/cycling/

Cycle links

Nearest bike shops to The Registry:

Evans Cycles

51-52 Rathbone Place W1T 1JP
+44 (0)20 7580 4107
www.evanscycle.com

Evans Cycles Holborn

178 High Holborn WC1V 7AA
+44 (0)20 7836 5585

Cycle Surgery

3 Procter Street WC1V 6DW
+44 (0)20 7269 7070
www.cyclesurgery.com



The greatest wealth
is health – Virgil

Health

Registering with a GP

We recommend you register with Holborn Medical Centre, the College's General Practitioner's Surgery (GP). You can register with the GP free of charge and it is a simple procedure which will take around 30 minutes. You will be asked to complete a form providing your personal details, and to provide a form of photographic ID and proof of your address (e.g. your contract with your halls of residence). We advise you to register as soon as possible after you arrive in the UK, especially if you require repeat prescriptions or frequent medical attention. If you are not a UK, EU or EEA citizen, you may need to pay a healthcare surcharge

(called the 'immigration health surcharge' or IHS) as part of your visa application. We'll email you more information about this when it's time to apply for your visa.

European Health Insurance Card

The EHIC is issued free of charge and is valid throughout the EEA and Switzerland. The card allows you access to state provided medical treatment (sometimes free or at a reduced cost), while temporarily staying in a member state.

You will need to apply for an EHIC in your home country before coming to the UK; please consult your relevant Department of Health for further information on this.

For more information on health care for foreign students, please refer to www.foreignstudents.com/health

Dentist

Dentistry in the UK is not free. You can register with any dentist of your choice. Some dentist surgeries accept both NHS and private patients. You will need to complete some simple registration forms at reception. Private paying patients will obviously receive faster and more convenient appointment times, with the option of booking on a Saturday. NHS patients will often wait a little longer but treatment is not inferior. NHS dentist patients will receive subsidised prices; however, you must be

aware that treatment is not entirely free. A standard NHS check-up will cost around £18.50.

Optician

Opticians' services are not free in the UK. We recommend that if you wear contact lenses or glasses, that you update your prescription before coming to the UK, in addition to bringing your prescription information. You can find your nearest optician via the NHS website.

www.nhs.net

What to do in an emergency

If you find yourself or someone else requiring urgent medical attention and are in immediate danger, call 999 and request an ambulance.

If you require medical attention, but you are not in immediate danger, you can go to the Accident and Emergency department of the nearest hospital – this is free of charge but long waiting times are usually encountered.

Pharmacies and medicines

You will find pharmacies (also known as chemists) all over the city, usually marked with a green cross. High-street pharmacies such as Boots and Superdrug are very common and sometimes offer more convenient prices, as opposed to independent pharmacies.

The UK offers many medicines and over the counter treatments for minor ailments at fairly low prices; these can also be purchased from a supermarket.

Paracetamol can be purchased for as little as 16p a box! Antibiotics and stronger medicines will require a prescription from your local GP.

Sexual health

Free contraception is available for full-time students from most family planning clinics. More information can be found on the NCH website, or by speaking with the NCH Student Wellbeing Coordinator, Emma Norman.

Herbal remedies and alternate medicines

You will find many places, such as supermarkets, Boots and Superdrug, that will sell herbal alternatives. There are also many specialised shops, such as Holland and Barrett, that also sell such products. There are many places in London that offer alternate treatments, such as acupuncture, reflexology, aromatherapy, etc. Such treatments are not usually available through the NHS, so you will need to pay for them.

Private healthcare

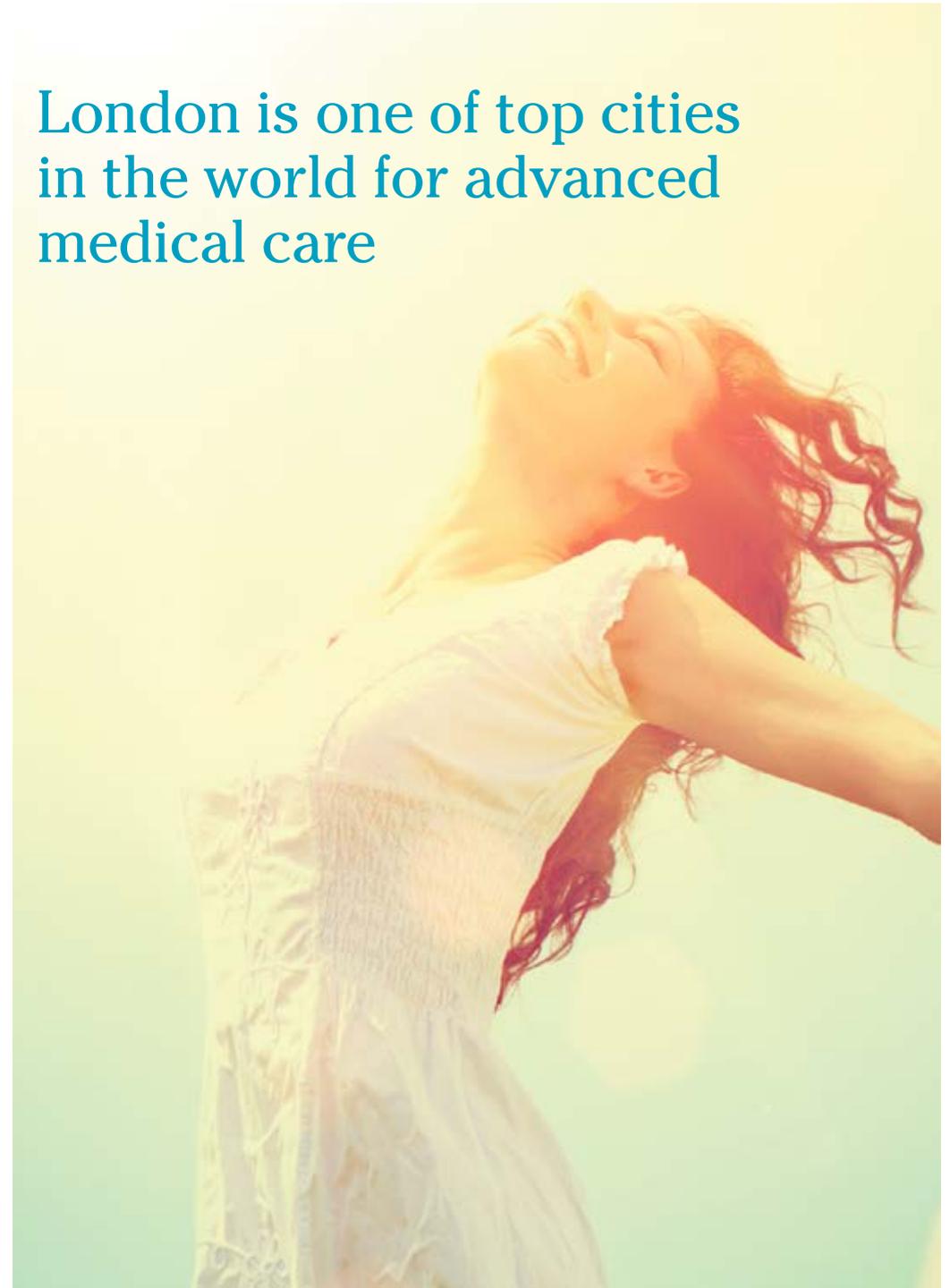
Other than the NHS, private healthcare is also an option, offering much quicker appointments and treatment; however this does come at a cost. Private medical insurance may also be necessary if you do not fully qualify for NHS treatment, so please verify this before moving to the UK.

London is one of top cities in the world for advanced medical care, so finding a private clinic will not be difficult.

Endsleigh insurance offers low prices specifically for students and is the only insurance provider recommended by the NUS (National Union of Students).

Please visit their website for further information www.endsleigh.co.uk. If you already have an insurance policy in your home country, please check to see its validity for the duration of your stay in the UK.

London is one of top cities in the world for advanced medical care



Housing

Where to live

We recommend living in student halls in your first year at NCH so that you can experience the support and fun of living with fellow students, and have a ready made group with whom to get straight into the swing of living independently and London life. Each of our halls has a secure entry system, CCTV and is staffed 24 hours a day, providing you with reassurance and support if necessary. Another benefit of choosing halls is that the rent is all-inclusive meaning that you won't have to worry about setting up and paying numerous utility bills in your first year. You can find more details about our halls on our website, and we'll send you booking instructions once you have accepted your offer to study at NCH.

Flats – furnished and unfurnished

Student halls will come fully furnished; however you will need to bring your own linen (bed sheets and towels) and kitchen crockery. We also suggest bringing a few items, such as pictures and keepsakes, to make your room feel more homely. Private accommodation can be advertised as furnished and unfurnished, so please make sure you know what is included when agreeing a tenancy.

Searching for accommodation

If you are looking for private student accommodation, one of the best ways is simply through word of mouth, as this way you are not likely to incur any charges, often associated with housing agencies. Students will use methods such as Facebook when advertising rooms, so be sure to use social media! Shared accommodation can also be found via spareroom.com. If you wish to use a housing agency, please be aware that you need to pay a commission charge, which varies from agency to agency. Most private accommodation will require a deposit, which can be anything from two to six weeks' rent.

Rent and living expenses

This is a rough guide to how much you might expect to spend on a weekly basis during your time in London.

Aside from accommodation, living expenses will generally take up the majority of your budget. Of course, this is entirely dependent on the kind of lifestyle you lead and the amount of money you like to spend.

There is a perception that London is more expensive than other cities in terms of living costs. This can be the case, but there does tend to be some degree of exaggeration.

Our Student Support Team will always be on hand to offer advice and to help you to keep your finances in check, and will keep you updated with all the very best deals this amazing city has to offer.

Contracts

When agreeing a tenancy, you will be required to sign a legal housing contract. This protects both tenant and landlord – please make sure to read all the information carefully and to clarify any points that are unclear.

Utilities

Once in private accommodation, you will also need to contact the water and gas/electric providers and provide your new information and meter readings.

Water – Thames Water
www.thameswater.co.uk

Gas/Electricity

There are many providers, such as EDF Energy and EON, but if you can shop around, this is very much advised as tariffs rates can vary greatly. You should speak with your landlord for further information.

Registering with your local council

You will need to register with your local town council when moving into private accommodation. This can be done via the telephone, but all residents must be registered with full names and dates of occupation. You can find your local council and contact details via the gov.uk website:

www.gov.uk/find-your-local-council

Council tax

Council tax is levied on households by local authorities in Britain, based on the estimated value of a property and the number of people living in it. Students are usually exempt from Council Tax, and you can get a student council tax exemption letter from Emma Norman or Antoinette Guest in the NCH Student Support Office.

Recycling

Although recycling is not a legal obligation it is widely used in the London boroughs. Please check with your local council the recycle days for your area and the colour codes of the bins.

Type of Cost	Average per week
Accommodation (includes heating, electricity, water, wireless, contents insurance)	£197.00
Books	£7.00
Food, toiletries & general housekeeping	£35.00
Socialising & entertainment	£40.00
Transport (Oyster card zones 1-2)	£22.60
Contingency	£10.00
Total	£311.13



Need to know



Banking

Most banks and building societies will expect you to have a UK address before opening an account, so you will need to have proof of identification and a UK address to open a current account.

Usually a debit card is issued; however, a simple cash card to withdraw money from ATMs is also an option. There are usually no annual charges on maintaining a bank account, unlike some other countries. You may be charged commission if using your card abroad or in the case where an ATM states there is a charge to use the service.

Generally you can use an ATM to withdraw money and check your balance from any machine (not necessarily your bank's machine) without incurring a fee.

Online banking is also widely used. You will need to set up your account and many banks and building societies will send you a card reader and PIN to access the service.

To open a student bank account, you will also require proof from the College that you are a full time enrolled student. Please ask for this in the Student Support Office.



Supermarkets & groceries

The main UK supermarkets are:

Low price: Aldi, Asda, Iceland, Lidl

Mid price: Morrison's, Sainsbury's, Tesco

High end: Marks & Spencer, Waitrose

Halal food is widely found in London, both in supermarkets and smaller shops.

These items of food are always clearly marked. Most supermarkets around London sell international foods stuffs; the markets too are a great resource.



Mail and postal service

The Royal Mail has a wide variety of services. Please refer to their website for more information

www.royalmail.com

UK standard first class stamp is 63p.

UK standard second class stamp is 54p.



Useful numbers

Operator 100 – Can be called also to make reverse charge calls.

International Operator – 115

Payphones accept coins (£1, 50p, 20p, 10p)



Telephone

It is probably more economical to make international phone calls by using phone cards, available from most newsagents.

If you are interested in obtaining a mobile phone, there are many high street shops that sell both pay as you go handsets and contract phones.

Contract phones usually have better tariffs for messaging and 'free' minutes but minimum contractual periods are often 24 months. Unfortunately, phone theft is quite common, so you might consider taking out a basic insurance plan when buying a mobile phone.



TV

If you decide to watch a TV, you will need to purchase an annual TV licence – more information can be found at www.tvlicensing.co.uk.



Tax rates

The current Value Added Tax (VAT) in the UK is 20%. Shops and restaurants will already have the VAT included in their published prices, unlike the USA for example where the VAT is added additionally.

Some bars and restaurants may decide to add an extra gratuity charge onto your bill, of approximately 10-12%; however this is optional to pay.



Nightlife

Most places that serve alcohol, such as bars and nightclubs, will request a form of identification for entrance. Accepted forms of ID are usually either your passport photo or driving licence. Although the legal drinking age in the UK is 18, some bars and venues will hold over 21s evenings and as such will not allow entry to those under the age of 21.

Smoking in public places in the UK is not permitted. Some bars and clubs will have a designated outdoor smoking area but this varies from place to place.

On the spot fines of £80 are issued if caught throwing a cigarette butt in the street by a police officer.



Source: www.efingpot.com/slang

Say What?

Despite your knowledge of the English language, there may be a few terms and colloquialisms that you may not have heard before...

All right? – this is used a lot around London and is used to mean, “Hello, how are you?” You would say it to someone you knew. It is said as a question. Sometimes it might get expanded to “all right mate?”

Bender – used to mean a pub crawl or a heavy drinking session.

Blimey – an exclamation of surprise.

Bloody – one of the most useful swear words in English. Mostly used as an exclamation of surprise i.e. “bloody hell” or “bloody nora”. Something may be “bloody marvellous” or “bloody awful”.

Bob’s your uncle – this is a well-used phrase. It is added to the end of sentences a bit like “and that’s it!”

Bodge – to do a bad job of something, often in a hurry and with little skill! Applies to building, DIY, programming and most other things.

Budge up – if you want to sit down and someone is taking up too much space, you’d ask them to budge up – move and make some space.

Bugger all – if something costs bugger all, it means that it costs nothing. Meaning it is cheap. If you have bugger all, it means you have nothing.

Cheerio – not a breakfast cereal, just a friendly way of saying goodbye.

Cheers – this word is obviously used when drinking with friends. However, it also has other colloquial meanings. For example, when saying goodbye you could say “cheers” or “cheers then”. It also means thank you.

Cheesed off – this is a polite way of saying you are annoyed with something.

Chin wag – this is another word for a chat.

Chuffed – you would be ‘chuffed to bits’ if you were really pleased about something.

Cockney rhyming slang – there are lots of words that make up cockney rhyming slang. These are basically rhyming words like “butchers hook” which means “look”, “plates of meat” which means feet, “apple and pears” meaning stairs, etc.

Cracking – if something is cracking, it means it is the best, usually said without pronouncing the last “G”.

Cram – before a big exam you would be expected to cram. This simply means to study hard in the period running up to the exam.

Crikey – an exclamation of surprise. Some people say “Crikey Moses”.

Do – if you go into a shop and say “do you do batteries?” it means “do you sell batteries”.

Doddle – something that is a doddle is a cinch, it’s easy.

Donkeys’ years – to mean a long time/ages i.e. I haven’t seen him in donkeys’ years.

Fancy – if you fancy something then it means you desire it. There are two basic forms in common use – food and people, e.g. I really fancy a piece of cake!

Fortnight – two weeks.

Comes from an abbreviation of “fourteen nights”.

Kip – a short sleep, forty winks, or a snooze. You have a kip in front of the telly on a Sunday afternoon.

Knees up – if you’re having a knees up, you’re going to a dance or party.

Not my cup of tea – this is a common saying that means something is not to your liking.

Over the moon – to mean you’re extremely happy with something e.g. “I was over the moon when I heard my sister was getting married”.

Piece of cake – to mean something is very easy to do.

Porkies – more cockney rhyming slang. Short for “porky pies”, meaning “pork pies”. Rhymes with lies.

Quid – the informal way of saying a pound sterling.

Rubbish – refuse you put in

the bin, sometimes referred to as trash or garbage in the USA. You might also accuse someone of talking rubbish.

Strop – if someone is sulking or being particularly miserable you would say that they are ‘in a strop’ or ‘being stroppy’.

Suss – if you heard someone saying they had you sussed, they would mean that they had you figured out! If you were going to suss out something it would mean the same thing.

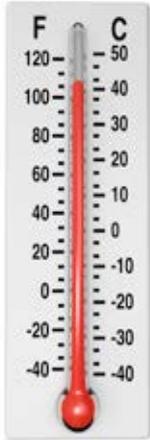
Taking the mickey or Michael (Cockney rhyming slang for Mickey Bliss) – to mock, tease or ridicule somebody.

Throw a spanner in the works – this is an expression that means to wreck something.

Yonks – “Blimey, I haven’t heard from you for yonks”. If you heard someone say that it would mean that they had not seen you for ages!

Conversions

Unlike most countries, where the standard Metric System has been implemented, the UK still widely uses both the metric and imperial systems for its weights and measurements and you will often see a combination of the two.



Temperature

To convert Fahrenheit into Celsius, subtract 32 and multiply by 5/9.



Length, distance and area

- **Centimetres to inches**
multiply by 0.39
- **Metres to feet**
multiply by 3.28
- **Metres to yards**
multiply by 1.09
- **Kilometres to miles**
multiply by 0.62
- **Hectares to acres**
multiply by 2.47
- **Square metres to square yards** multiply by 1.20
- **Square kilometres to square miles** multiply by 0.39

Volume

- **Litres to cups**
multiply by 4.23
- **Litres to British pints**
multiply by 1.76
- **Litres to US pints**
multiply by 2.11
- **Litres to British gallons**
multiply by 0.22
- **Litres to US gallons**
multiply by 0.26



Weight

- **Grams to ounces**
multiply by 0.035
- **Kilograms to pounds**
multiply by 2.20



Mains electricity in the UK

Voltage tolerance of 230 V. A 'shaver socket' is sometimes found in bathrooms that will provide a low current to some other plug types.

A UK socket usually has an on-off switch. The plugs have three rectangular pins arranged in a triangle, including an earthing pin.

International plug adaptors are widely sold, both at airports, online and in shops, so most electrical items should be able to be used in the UK.



Women's clothing sizes

S-M-L	XS-S	S	M	M	L
USA	2	4	6	8	10
UK	6	8	10	12	14
Italy	38	40	42	44	46
France	34	36	38	40	42
Japan	5	7	9	11	13

International brassiere measurements

Under bust (cm)	68-74	74-79	79-84	84-89	89-94	94-99
EU	60	65	70	75	80	85
FR, BE, ES	75	80	85	90	95	100
IT	0	1	2	3	4	5
US, UK (in)	28	30	32	34	36	38
AU, NZ	4	6	8	10	12	14

Men's jackets chest sizes

	XS	S	M	L	XL	XXL	XXXL
UK/USA	36	38	40	42.5	45.5	49	52.5
EU	40-42	44-46	48-50	52-54	56-58	60-62	64-66

Collar sizes

	XS	S	M	L	XL	XXL	XXXL
UK/USA	13.5-14	14.4-15	15.5-16	16.5	17-17.5	18	19
EU	35-36	37-38	39-40	41	42-43	44	45

Women's footwear sizes

USA	6	6.5	7	7.5	8	8.5	9	9.5	10.5	10	11
EU	36	36.5	37	37.5	38	38.5/39	39.5/40	40.5	41.5	41	42
UK	3.5	4	4.5	5	5.5	6	6.5	7	8	7.5	8/8.5

Men's footwear

USA	7.5	8	8.5	9	9.5	10	10.5	11	12	12.5
EU	41	41.5	42	42.5	43	43.5	44	45	46	47
UK	7	7.5	8	8.5	9	9.5	10	10.5	11	12

Useful numbers & links



Dialling code for the United Kingdom

+ 44

Emergency number for Police, Ambulance and Fire Brigade

999 (free of charge)

In an emergency you should phone 999

You should use this service if a crime or incident is happening now or if anyone is in immediate danger. If you are deaf, deafened, hard of hearing or have a speech impairment, a text phone is available on 18000.

National Health Service

111 from landline or mobile phone free of charge – for non-urgent medical queries.

Metropolitan Police

Non-emergency contact number – 101 is the number you call if you need to contact your local police. You can call 101 to report a crime that has already happened, seek crime prevention advice or make them aware of any policing issues in your local area.

For more information regarding international students, you can also visit the British Council and the UK CISA (UK Council for International Student Affairs) websites.

www.ukcisa.org.uk
www.britishcouncil.org

UK Home Office

www.ukba.homeoffice.gov.uk/visas-immigration/general-info

UK Met Office

www.metoffice.gov.uk/weather/uk/climate

DVLA

www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency

www.gov.uk/non-gb-driving-licence

Transport for London

www.tfl.gov.uk

Trains

www.nationalrail.co.uk for information and enquiries

www.16-25railcard.co.uk
16-25 railcard – third off rail travel in the UK.

The NHS

www.nhs.co.uk

Find your local council

www.gov.uk/find-your-local-council

Royal Mail

www.royalmail.com



New College
of the Humanities

Where quick minds **meet**

The Registry

+44 (0)20 7637 4550

Emergency contact

+44 (0) 7512 655 442

Rosalind Barrs (Registrar)

rosalind.barrs@nchlondon.ac.uk

Antoinette Guest (Student Support Administrator)

antoinette.guest@nchlondon.ac.uk

Emma Norman (Student Wellbeing Coordinator)

emma.norman@nchlondon.ac.uk

The Holborn Medical Centre

64-66 Lamb's Conduit Street,
Holborn, WC1N 3NA

+44 (0)20 3077 0044

Holborn Dental

3 Lion Court, Procter Street,
Holborn, WC1V 6NY

enquiries@holborndental.co.uk

+44 (0)20 7242 7212

Nightline

+44 (0)20 763 10101

listening@nightline.co.uk

Samaritans

+44 (0)854 7909090

jo@samaritans.org

British Dyslexia Association

+44 (0)845 251 9002

Dyslexia Action

+44 (0)1784 222300

Local Police (Camden)

non-emergencies 101

The STI Clinic

Suite 404, Albany House,
324-326, Regent St, London,
W1B 3HH

+44 (0)20 7084 7290

Sexual Health Line

+44 (0)800 567 123 (24 hrs)

Sexwise Advice Line

+44 (0)800 28 28 30

Senate House Library

+44 (0)20 7862 8500

Tufnell Park halls

+44 (0)20 7607 5415

The Arcade

+44 (0)20 7607 5415

Urbanest

+44 (0)20 7042 7890