

# fie Foundation for International Education

## Travel Guide

**Although London has enough going on to occupy you throughout your programme, many of you will probably want to take advantage of your location to do some travelling whilst here, both around the continent and within the rest of the UK.**

**This guide has been written to help you ensure you have all the info you need to plan your travels and excursions so that you make the most out of each trip you take!**

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## Travelling outside of the UK

London is a fantastic base by which to get out and about and discover some other corners of the continent. As one of Europe's largest cities (beaten only by Moscow) our infrastructure is second-to-none and with a bit of careful planning and research you can take back some great memories with you.



## London Airports

There are 5 airports that service London – did you know, only ONE is actually technically in London... Read through this section to find out where the airports are, how to get there and other useful information.



### London Heathrow (LHR)

This is the largest airport servicing London, and is located in the West London suburb of Hounslow. Many international airlines operate from here, as well as low cost airlines. This is British Airways London airport. Getting there...

- Conveniently, Heathrow is accessible by tube, and is in Zone 6 on the Piccadilly line. This makes it the easiest airport to get to from FIE residences in South Kensington! Heathrow has three stations – Terminals 1, 2 & 3; Terminal 4 and Terminal 5. Travelling by tube is the cheapest way to get to and from Heathrow, and also makes it the cheapest airport to get to out of the three! Please bear in mind the times the tube closes and opens if you have an unsociable hours flight.
- The Heathrow Express is an express train to London Paddington station. From there you can get the Circle Line round to South Kensington or a taxi.
- A metered trip in a black cab to/from Central London will cost around £40.
- Info on getting to and from Heathrow can be found here: <http://www.tfl.gov.uk/gettingaround/2558.aspx> and <http://www.heathrowairport.com/>

*Heathrow is the easiest airport to get to from South Kensington, as not only is it the closest, it is also on the Piccadilly line so you can use your Oyster card to get straight there.*

*Although few low-cost airlines operate from Heathrow you may be surprised at the competitiveness of prices offered by larger carriers such as British Airways on continental flights out of Heathrow.*

*Always check these out, as the money you'll save in getting to and from the airport may be worth paying a little bit more for your ticket!*

### London Gatwick (LGW)

London Gatwick is located south of London, in the county of West Sussex. International airlines operate from this airport as well as low cost airlines.

Getting there...

- The Gatwick Express train runs out of Victoria station. [www.gatwickexpress.com](http://www.gatwickexpress.com)
- National Express run coaches to and from Gatwick Airport <http://www.nationalexpress.com/Airport/gatwick.cfm>
- easyBus offers a high frequency, low cost express bus service between Central London and Gatwick Airport. easyBus coaches run 24-hours a day between the airport and Fulham Broadway station. Fares start at £2 one-way and vary according to demand. You should book early to get the best fares. [http://www.easybus.co.uk/gb/routesGB\\_gatwick%20-%20west%20central%20london.php](http://www.easybus.co.uk/gb/routesGB_gatwick%20-%20west%20central%20london.php)

#### **Getting a low-cost airline flight?**

*Make sure you check the time it departs and think about your journey to the airport!! If your flight leaves from Stansted, Gatwick or Luton at 5am you would have to get there the evening before if you're catching a train there. How much is the cost of getting to the airport going to outweigh the cheapness of your ticket?*

**Bear these considerations in mind when booking your travels!**

### London Stansted (STN)

London Stansted is located in the county of Essex, just east of London. Many low cost continental airlines operate out of Stansted Airport as well as some larger international carriers.

Getting there...

- The Stansted Express train runs out of Liverpool Street station [www.stanstedexpress.com](http://www.stanstedexpress.com)
- National Express run coaches from Stansted to Victoria coach station <http://www.nationalexpress.com>
- easyBus offers a high frequency, low cost express bus service between Central London and Stansted Airport. easyBus coaches run 24-hours a day between the airport and London Victoria. Fares start at £2 one-way and vary according to demand. You should book early to get the best fares. [http://www.easybus.co.uk/gb/routesGB\\_stansted%20-%20central%20london.php](http://www.easybus.co.uk/gb/routesGB_stansted%20-%20central%20london.php)

### London Luton Airport

London Luton Airport (LTN) is one of the UK's fastest growing airports. A large proportion of passengers travel on scheduled services, many of which are provided by low-cost airlines. Luton Airport is located 32 miles north-west of London.

Getting there...

- A regular shuttle bus links the airport to Luton Airport Parkway train station in around eight minutes. From there, First Capital Connect operates regular services to stations including King's Cross, Farringdon, London Bridge and Blackfriars in Central London. Trains run throughout the day and night and the journey time is approximately 50 minutes. A standard single costs £10.90. <http://www.firstcapitalconnect.co.uk>
- easyBus offers a high frequency, low cost express bus service between Central London and Luton Airport. easyBus coaches run 24-hours a day between the airport and London Victoria. Fares start at £2 one-way and vary according to demand. You should book early to get the best fares. [http://www.easybus.co.uk/gb/routesGB\\_luton%20-%20central%20london.php](http://www.easybus.co.uk/gb/routesGB_luton%20-%20central%20london.php)

## London City Airport (LCY)

London City Airport is the only airport located in the city of London. It is in the Docklands, 3 miles from Canary Wharf. It has a single short runway that handles short-haul flights with a strong emphasis on business travel.

Getting there...

- Catch the Docklands Light Railway (DLR) to *London City Airport*. Services run every seven to ten minutes. Fares on the DLR are the same as those on the Tube and Oyster cards are accepted. Note: *London City Airport* is in Zone 3.
- Local bus routes serving the airport are the 473 (Stratford, Silvertown, North Woolwich, and Prince Regent Station) and the 474 (Canning Town, North Woolwich and East Beckton via Silvertown).
- A metered trip to/from Central London will cost about £20.

## About STA Travel

STA Travel is the UK's leading travel company for students and young people. They specialise in discounted flights, round-the-world trips, gap years and adventure travel.

They also offer great deals on accommodation, travel

insurance, bus and rail passes, discount cards and much more. You can book your trip by popping into one of their branches, calling 0871 230 0040 or visiting them online at [www.statravel.co.uk](http://www.statravel.co.uk).

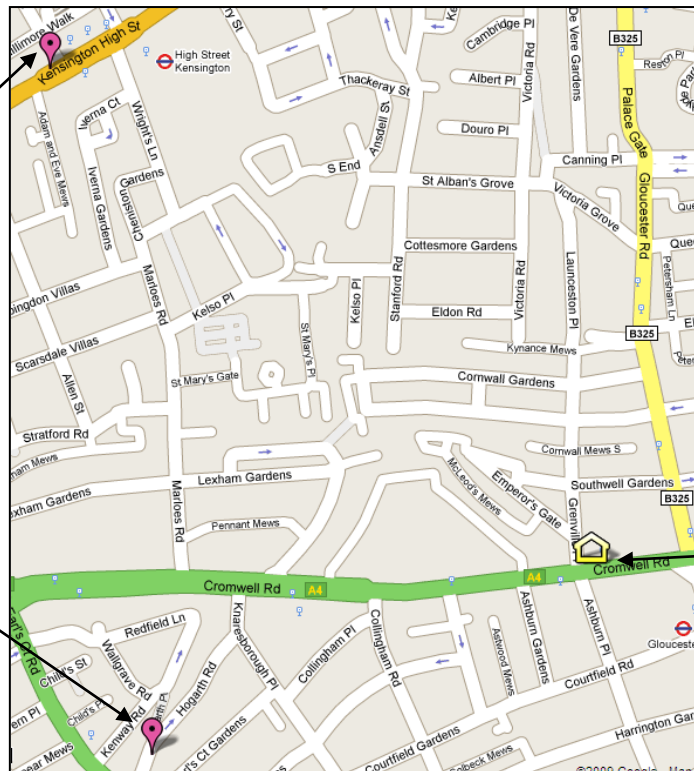
STA offer a huge range of flexible travel deals especially created for students and under 26's that'll save you money, and they'll also help you bag thousands of discounts in the UK and worldwide with an ISIC card (see below).

**STA TRAVEL**

[www.statravel.co.uk](http://www.statravel.co.uk)

STA Travel – High St Ken branch  
1 Campden Hill Road (off High Street Ken)  
Kensington  
London  
W8 7DU  
0871 468 0624  
[kensington@statravel.co.uk](mailto:kensington@statravel.co.uk)

STA Travel – Earls Court branch  
2 Hogarth Rd  
Earls Court  
London  
SW5 0PT  
0871 468 0616  
[earlscourt@statravel.co.uk](mailto:earlscourt@statravel.co.uk)



Foundation House

## International Student Identity Card (ISIC)

The ISIC gives you thousands of travel, online and lifestyle discounts. It's accepted in the UK & worldwide, includes a FREE\* global roaming SIM and is yours for just £9 from any STA Travel! You'll save loads with your ISIC at over 40,000 businesses in the UK as well as over 100 countries like Australia, Brazil, Bulgaria, Costa Rica, Czech Republic, Egypt, Denmark, France, Hong Kong, India, Iran, Italy, Mexico, New Zealand, Peru, Poland, Russia, South Africa, Tanzania and the USA. As well as the student discounts you'll get at your favourite high street retailers they've negotiated thousands more... Restaurants, guidebooks, travel gear, hotels, tours, attractions, museums, galleries, audio phrase books, CDs & DVDs, takeaways, and even carbon offsetting.

Check out all 40,000 of them with the International Student Identity Card Discount Finder here:

[http://www.statravel.co.uk/cps/rde/xchg/uk\\_division\\_web\\_live/hs.xml/317.htm](http://www.statravel.co.uk/cps/rde/xchg/uk_division_web_live/hs.xml/317.htm)



## FIE Resources



Travel guides are an invaluable tool when going away, giving you not only interesting info on your destination but often invaluable knowledge as well. They also fantastic when deciding where to go – so take some time out in the Student Common Room and have a flip through some of our many travel guides. We have resources for both Great Britain and the rest of Europe available for all students to read so please do come and use them! Your Student Life staff and other FIE staff have also got around the world a bit so feel free to bend our ear to help you out also!

## Going to Paris?

London is connected to mainland Europe by a high speed passenger train operating from St Pancras International station called the Eurostar.

If you're planning on visiting Paris during your time in London then we recommend using the Eurostar as it is by far and away the easiest method of getting there. St Pancras International is accessible by tube (*Kings Cross St Pancras* underground station on the Piccadilly, Northern, Hammersmith & City, District and Circle lines). ISIC holders receive a student discount on the Eurostar, and the best deals are those purchased well in advance!



## Europe by rail

Travelling by rail is not only an adventurous way to see Europe, it is also sometimes more cost efficient, time efficient and most definitely a greener way to travel than by air! It can, however, be more difficult to plan than booking a flight (which gets easier and easier by the week!) We find the website *The Man in Seat Sixty-One* invaluable with its advice so make sure you check it out if rail travel is something you would like to do!

<http://www.seat61.com/Europe.htm> Advice is condensed into this friendly, easy to use website jam packed with outside links, ensuring that you're able to have breakfast in London and lunch in Berlin without your feet ever having to leave the ground!



**Eeny meeny miny mo, wherever's cheap that's where I'll go...**

[www.travelzoo.co.uk](http://www.travelzoo.co.uk) is an amazing website. Fact. They list the best deals on travel every day.

Those of you savvy enough will sign up to their mailing list at the beginning of the semester and then book your trips according to what amazing deals drop into your inbox!

Those late on the bandwagon can still use the site to search deals in your area of interest...

*over on the next page...*

*Travelling in the UK*

## Travelling in the UK

The UK has many varied and popular tourist destinations, from exciting cities other than London to lush countryside to miles of scenic coastline. Here is some helpful information to aid in your exploration of our fantastic island!



## Trains



**Train travel** is a great way to get around the UK, and it is advisable that you book advance fares in order to secure the cheapest ticket! Below are some websites to help you find out more and book your ticket:

[www.nationalrail.co.uk](http://www.nationalrail.co.uk) – check the National Rail Enquiries website for official train times and ticket prices. This is also the website to go to and check which rail company operates the line you wish to travel

on (the National Rail network is made up of many lines owned by many different companies). This is useful if you want to compare prices between ticket sales website and the train companies website directly.

[www.thetrainline.com](http://www.thetrainline.com) - UK's No.1 independent rail ticket retailer online. Sells train tickets for every line.

[www.virgintrains.co.uk](http://www.virgintrains.co.uk) - *Virgin* Trains is a large UK rail network with high speed and pretty plush trains! Use the website to buy cheap train tickets and get great advance deals on train fares.

*Need another network?* Find out websites for every train operator in the UK at this website: <http://www.rail.co.uk/ukrail/railcomp/towelcm.htm>

*Want more advice?* You can't find better than the Man in Seat Sixty-One... <http://www.seat61.com/UKtravel.htm>

Planning on taking a few train trips? The **16-25 railcard** is valid on all national rail journeys and gives you **1/3 off ticket prices!** It costs £25 and is available for all full time students or people under the age of 25. Apply in any national rail station, with ID/proof of age, proof of student status and a passport size photograph.

<http://www.16-25railcard.co.uk/>

*"Cor blimey! Train tickets can be expensive!"* Yes they can – but there are a few tricks to save cash. The most obvious is buying early to make advance savings, however, there are some sneakier ways too. Britain's favourite frugal website *Money Saving Expert* gives away some great secrets on how to slash the cost of your journeys... <http://www.moneysavingexpert.com/travel/cheap-train-tickets>

## Coaches/Buses

**Coach travel** is another great option, and although journey times are slightly longer, tickets are mostly cheaper. Victoria Coach Station (near the rail/underground station) is London's major coach station and the one closest to South Kensington, although always check if your coach has intermediary stops that may be closer by to your residence!



<http://www.nationalexpress.com/buseslanding.html> - National Express is the largest coach provider (think Greyhound, but far less ghetto!) and upon its success has built a travel empire and now owns many rail networks also!

<http://www.megabus.com/uk/> - MegaBus provide low cost inter-city coach travel in the UK. Advance fares can be as cheap as £1!

<http://www.greenline.co.uk/> - Green Line provides fast and frequent scheduled coach services between London and the Home Counties (counties surrounding London).

## Youth Hostels



YHA (or the Youth Hostel Association) operate a network of more than 200 Youth Hostels, bunkhouses and camping barns across England and Wales and are a fantastic option for travelling the UK on a budget. They have a super website with options to 'inspire me' or search for your type of activity holiday as well as a wealth of information on different regions. FIE have a group membership with YHA so if you're planning a trip there [let us know](#) and we'll help you out with getting discounted rates!

<http://www.yha.org.uk>

## UK Tourist information

<http://www.english-heritage.org.uk/> - The English Heritage exists to protect and promote England's spectacular historic environment and ensure that its past is researched and understood. And with over 400 historic properties to visit including abbeys, castles, ruins, stately homes and palaces, you're sure to find something to interest you!

<http://www.nationaltrust.org.uk> - The National Trust protect and open to the public over 300 historic houses and gardens and 49 industrial monuments and mills, as well as also look after forests, woods, fens, beaches, farmland, downs, moorland, islands, archaeological remains, castles, nature reserves and villages. Sites are located all over the UK (as well as in London) and many are free. FIE has a group membership to the National Trust and so if you are planning a visit please get in touch to receive membership rates.



<http://www.visitbritain.com> - the official website for travel and tourism in Britain (England, Scotland and Wales). Here you can look at maps, destination and city guides, book hotels and B&Bs in the UK through Britain's largest online accommodation directory, find travel and transport information as well as lots of practical travel advice.

<http://www.discovernorthernireland.com/> - the official website for visiting Northern Ireland.

<http://www.enjoyengland.com/> - the official website for breaks and days out in England, specifically.

<http://www.visitwales.com/> - the official website to find places to stay and things to do in Wales.

<http://www.visitscotland.com/> - the official site of Scotland's national tourism organisation

## Insurance



**Please be aware that the insurance you are covered under with FIE<sup>1</sup> does not cover leisure travel outside of the UK<sup>2</sup>.** We, therefore, recommend that you research and purchase additional coverage for any trips you take outside of the UK during your programme in London.

Please note that the below links are by no means extensive and made for guidance only. FIE does not support or endorse any particular insurance provider and is not in any way responsible for insurance taken out independently by the student. Always remember to read policy documents carefully and thoroughly when signing contracts.

It often can be useful to use a comparison website when choosing insurance products, such as <http://www.moneysupermarket.com/travelinsurance/>

Some useful links:

[www.insureandgo.com](http://www.insureandgo.com)

[http://www.statravel.co.uk/cps/rde/xchg/uk\\_division\\_web\\_live/hs.xsl/travelinsurance.htm](http://www.statravel.co.uk/cps/rde/xchg/uk_division_web_live/hs.xsl/travelinsurance.htm)

<http://www.endsleigh.co.uk/category-travel.html>

### **Do you live on the wild side?**

High risk activities are often not covered on basic travel insurance policies. Therefore, if you're planning on going skiing or another form of adventure holiday then be aware that you may have to purchase additional coverage. This is true for FIE's insurance policy also, so for example, the activities on the Wales Adventure Weekend are not covered.

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<sup>1</sup> This is relevant to students on programmes which include FIE's insurance. The policy would have been issued to you in your orientation. Please check to determine whether your programme includes FIE's insurance.

<sup>2</sup> If you are travelling outside of the UK on a school related trip, you will be covered.

## Travel Safety Tips

FIE hopes that all students get to experience places outside of London whilst on their study abroad programme – the experience is nearly always incredibly rewarding and an opportunity to mature and grow, as well as usually being lots of fun! However, we do remind you that travelling anywhere always comes with inherent risks and dangers that should not be taken lightly. You are a responsible adult and should act so accordingly, taking the requisite precautions for your own personal safety.

Below are some tips that you should read through carefully before embarking on any visit away from your study abroad programme:

- Always keep your passport secure in your room (in a safe where available) when not in need of it. Try not to ever carry it around with you unnecessarily.
- Always have a copy of your passport kept separately in the event that you do lose your passport
- Do not carry unnecessary valuables around with you. The valuables that are absolutely necessary should be kept in a zipped bag or travel pouch to minimize loss or theft.
- Always know exactly where you are and how to get home.
- Always have emergency contact information with you and know the local emergency number. FIE contact information can be found on the back of your student ID card.
- Always have a back up form of money to rely on should you lose your primary source
- Always keep your Oyster card (if you needed to take it with you at all) in a safe place, and do not carry it around with you.
- Practice vigilance in general at all times – you are likely to be visiting touristic areas, and thus areas far more prone to crime.

### And finally...

We wish you great experiences and memories for all of your trips whilst on your programme and urge you to **stay safe**. Always practise common sense, and **don't forget to [fill out an online travel form](#)** before you go! There's one on the following page for you to print + drop off to Metrogate if you have a problem with the online form.

## Student Travel Form

Please complete a travel form online before you travel!

[http://www.fie.org.uk/student\\_center/london\\_students/travelform/](http://www.fie.org.uk/student_center/london_students/travelform/)

If you do not have access to the internet then you can complete this by hand, it should be given to Metrogate Reception or Foundation House Front Office before you depart for any overnight trip outside London.

**\*\* Don't forget to tell someone at home that you'll be travelling before you leave London\*\***

### Part A: student details

Student name: \_\_\_\_\_

FIE Residence, including flat & room number: \_\_\_\_\_

Home University: \_\_\_\_\_

Mobile phone number: \_\_\_\_\_  
(if applicable)

Other FIE students also travelling: \_\_\_\_\_

\_\_\_\_\_

### Part B: travel details

Departure date: \_\_\_\_\_ Return date: \_\_\_\_\_

Destination(s): \_\_\_\_\_

\_\_\_\_\_

Hotel including address and phone number: \_\_\_\_\_

\_\_\_\_\_

Tour operator / travel agent: \_\_\_\_\_  
(if applicable)

Mode of transport and flight number: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_