

# Students AND 20s

YOUR HANDY GUIDE TO  
LIVING IN LONDON

# WELCOME TO LONDON!

This is an incredible city, with so much to see, touch, taste, hear and smell! This booklet has been put together by our group of Students and Twenties at Westminster Chapel to help you make the most of your experience here.

**See The Sights** One piece of advice from our resident culture expert: “don’t become a tourism snob when you move here”. Go and see things, they’re famous for a reason!

## OUR TOP TIPS ARE:

Houses of Parliament  
Tower of London  
British Museum  
National Gallery  
The V&A Museum  
Regent’s Canal  
The Rose Garden in Regent’s Park  
Free view of London from OXO  
Tower or Sky Gardens

Also check out the ‘lates’ that some attractions put on every so often (Natural History Museum, London Zoo, Science museum etc...). These are simply when places open later than usual for adults to come, enjoy and have a drink. (Tip: get to the zoo early or the animals go to sleep!)

## OUTSIDE LONDON

If you fancy a trip out of the centre then Kingston and Richmond are nice. Even further out, beyond the M25 are Oxford, Cambridge, Brighton, Windsor & Eton, the Cotswolds and Canterbury, which are all very relaxing.

## GO SEE A SHOW!

Make the most of your student discount and go to the theatre! Always check to see if there are tickets on the day or go to [londontheatretickets.org](http://londontheatretickets.org)

*Also check out the free student membership at the Royal Opera House, which can get you £1 tickets. And TheatreFix.co.uk is great to sign up to for big reductions across various different venues. Plus make the most of cheap tickets to see incredible orchestras by using the ‘Pulse’ app.*

# LONDON TRANSPORT

How to get around is going to be a major decision for you. The trick is to decide early on and get the best deal that suits your choice.

## Tip number 1

A 16-25 Railcard is a must-have and you can attach it to your Oyster. Just take both items to the ticket office at any station and ask the nice helper to do it for you.

## Tip number 2

Get your Oyster Card on auto top-up (Google it) and you'll never be left looking silly on a bus (been there!) Plus this is a way relatives can sometimes help you out financially.

## Tip number 3

Get the Citymapper App. It's fantastic for working out your journeys.

**Cycling** is the quickest and most flexible travel option. But there are quite a few things you should consider first (safety, security, clothing etc...). Check out [www.londoncyclist.co.uk](http://www.londoncyclist.co.uk) for a heap of great advice. Boris Bikes are only £2/day and free for the first half an hour. Please please always wear a helmet and use lights at night. Whilst being a great way to get around, it can be dangerous.

**Bus** travel can be really nice around London. If you decide 'yes to bus' then get the annual pass on your Oyster for £584 unlimited, which is only £1.50 a day.

**Tube** travel is grim at peak hours, but fast and easy to navigate so if you don't want the faff of changing buses or cycling long distances then it's often the best option. Just make sure you've followed the three top tips above!



# LONDON FOOD & DRINK

There is so much good food in London and it definitely doesn't have to be expensive. Here's a mix of our favourite places or deals etc...

- Slug & Lettuce Mondays: 50% off
- FREE McDonalds burger/McFlurry with student card
- Waitrose and M&S after 7:30pm: HUGE REDUCTIONS
- Brixton Market: Honest Burger & The Joint are great.
- The Attendant: breakfast/lunch place in an old toilet!
- The Breakfast Club for the ultimate start to your day
- Two a Tea: "best brownies in London"
- There are fantastic Farmer's Markets across the city (try Brixton and Peckham)

## Cafés

You can get an amazingly detailed advice and an app for £1.99: [londonsbestcoffee.com](http://londonsbestcoffee.com) or Google: 'coffee tube map' and save the image on your phone. We recommend, Mothers Milk, Prufrock, Coffee Geek & Friends, Kaffeine, Flat Cap.

*Also at Westminster Chapel (SW1E 6BS) on Sundays (3-5pm) there's Sam's Café, serving very high quality coffee and cake, for frightfully cheap + an amazing atmosphere.*

## Also here are some very useful websites:

[www.opentable.co.uk](http://www.opentable.co.uk) lets you know of last minute deals in any area  
[www.vouchercodes.co.uk](http://www.vouchercodes.co.uk) regular emails with great deals  
[www.moneysavingexpert.com/deals/cheap-restaurant-deals](http://www.moneysavingexpert.com/deals/cheap-restaurant-deals)

*If you fancy eating out or need to treat someone to a date then get yourself a Tastecard ([www.tastecard.co.uk](http://www.tastecard.co.uk)) and you can start saving loads in restaurants (even quite nice ones).*

## Pubs

Pub-wise there are lots of good ones, but our resident experts have these three tips:

- Samuel Smiths pubs are dotted around London. They serve great local beer and are all 'proper pubs'
- The Ship in Holborn: we have a theory that all pubs with this name are excellent – test it yourselves.
- The Newmans Arms: George Orwell's local + best pies in London.

# TV, CINEMA & MUSIC

The IMAX in Waterloo is amazing and the Empire on Leicester Square is an incredible experience if you get in the main screen, but they're pricey. However, there is hope!

## Cinema Number 1

Peckhamplex, in the heart of Peckham (fun place) is always £4.99 so it's worth the bus ride to see a film.

## Cinema Number 2

Prince Charles Cinema, Leicester Square. You pay £7.50 for a year's membership and then ticket prices drop to only £4 each visit!

## “Do I need a TV licence?”

If you at any point are going to watch a 'live TV stream' (even if you start watching a few minutes after) then YES you need one. Also if you ever use BBC iPlayer you now need a licence.

But everything else on demand is fine and you DON'T need one (iTV Player, 4od etc...)

*Spotify offer an amazing student discount of only £4.99/month for unlimited music on all your devices.*



# MONEY MATTERS.

As a student, money is generally going to be tight and London is a daunting place price-wise. But with a good bank account and some helpful advice the whole experience can actually be quite stress-free.

**Check out** the advice on this website for everything money-related [www.moneysavingexpert.com](http://www.moneysavingexpert.com)

*If you want help managing your money and setting yourself a helpful budget then come along to our relaxed and extremely useful Money Course.*  
[www.westminsterchapel.org.uk/cap](http://www.westminsterchapel.org.uk/cap)

If you like **free stuff** and don't mind looking through lists then sign up to [uk.freecycle.org](http://uk.freecycle.org) (choose a nearby 'wealthy borough') and you may well find a couple of miracles (plus it's good if you need to get rid of stuff).

**Free haircuts**, surely not! [www.timeout.com/london/shopping/londons-best-free-haircuts](http://www.timeout.com/london/shopping/londons-best-free-haircuts)

*Fancy volunteering? On Mondays (2-4pm) and Thursdays (11am-1pm) Westminster Chapel runs a local foodbank. We're always looking for keen volunteers and student timetables often allow for this.*

## Final bits.

There are some brilliant websites that help you keep up to date with what's going on across the city. TimeOut and The Londonist are two of the best. Sign up to their email feeds and you'll have daily insights into both the popular and the niche events from all round the city.

For the more mobile user, YPlan and Frugl are both useful apps that also tell you what's on.

In case you missed it above, Citymapper is great for route planning (so is Google maps actually).

When needing to buy books, have a look at whether the e-book is cheaper or check out [www.usedbooksearch.co.uk](http://www.usedbooksearch.co.uk)

# CHILLI CON CARNE & GARLIC BREAD

Serves 2.

## INGREDIENTS

1 tablespoon olive oil  
450g lean mince  
1 onion — chopped  
1 x 400g kidney beans  
2 teaspoons chilli powder  
2 teaspoons cumin powder  
1-2 cloves garlic  
2 tablespoons flour  
1 tablespoon dried oregano  
Good pinch salt & pepper  
2x 400g tinned chopped tomatoes  
1 green pepper — chopped (optional)

**1** Get a large saucepan and heat pan, add oil. Add mince and onion and gently brown.

**2** When meat brown add in chilli, cumin, crushed garlic, flour, oregano, salt & pepper. Stir and heat for a couple of minutes.

**3** Add chopped tomatoes and pepper. Stir, bring to boil and leave to cook for 5 mins with lid on.

**4** Wash and drain kidney beans, add to meat. Continue cooking with lid on for 25 mins.

*Goes nice with rice, topped with sour cream & diced onion, and home cooked garlic bread.*

## GARLIC BREAD

*Heat oven to 200 degrees*

1 x half sized baguette  
2 tablespoons butter/spread  
Teaspoon lemon juice  
1 teaspoon dried parsley  
1-2 cloves crushed garlic  
Black pepper

**1** Mix butter, lemon juice, parsley, garlic and small amount of black pepper.

**2** Slice baguette into 2 cm slices, but don't cut all the way through.

**3** Put butter mix in between slices, be generous. Wrap baguette in foil and pop in oven for 10 mins.

**4** Unwrap baguette and pop in oven for around 5 mins or until bread nice and crispy.



# THAI STYLE STICKY CHICKEN

Serves 4.

## INGREDIENTS

8 chicken drumsticks/thighs  
3 teaspoons Easy Chilli  
3 teaspoons Easy Ginger  
5 teaspoons Easy Garlic  
2 teaspoons Easy Coriander  
2 teaspoons Easy Lemon Grass  
2 tbsp brown sugar  
100ml lime juice  
3 tablespoons fish sauce

**1** Using a sharp knife, cut slashes in the chicken drumsticks and thighs and place in cooking trays.

**2** Mix together the chilli, ginger, garlic, coriander and sugar in a bowl to release the flavours.

**3** Stir in lime juice and fish sauce.

**4** Pour the mixture over the chicken, turning the chicken around to coat in the marinade. *If possible do this first so the chicken has time to sit in the sauce before cooking (in the fridge!)*

**5** Roast in the oven for 35 minutes at about 220°C, or until the chicken is golden-brown and the meat is cooked and starting to come away from the bone.



## THAI POTATO WEDGES

250g white potatoes  
250g sweet potatoes  
1 jar of Schwartz Perfect Shake Thai 7 Spice  
Sunflower oil

**1** Wash potatoes and chop into wedges

**2** Put in trays, drizzle oil over and spice and mix

**3** Cook for about 35 minutes at 180°C

# EASY FRITTATA

Serves 2.

## INGREDIENTS

3 eggs  
Half sliced red onion  
Chopped or sliced vegetables  
– mix of red or yellow peppers /  
mushrooms / courgettes etc  
50 g cheese – grated cheddar or  
sliced goats cheese  
Pinch paprika  
Some roughly chopped herbs –  
parsley and chives are good.

**1** Beat the eggs and season well. Heat 1 tbsp oil in a small non-stick frying pan and cook the onion and vegetables for few minutes until soft. Add the eggs and cook for 5-6 minutes until almost set.

**2** Sprinkle the cheese over, then scatter the paprika and herbs over the top and slide under a hot grill for 2-3 minutes until golden. Serve with salad.

*This also works well with slices of goats cheese instead of cheddar and to make it even more filling you can add some thinly sliced cooked potatoes when you add the vegetables. For meat lovers some chopped ham, cooked bacon or chorizo goes well too.*



# SHAKSHUKA

Serves 2.

## INGREDIENTS

1 tbsp olive oil  
4 eggs  
2 cloves garlic, crushed  
1 onion, diced  
1 jalapeño, diced  
1 green pepper, cut into strips  
2 large tomatoes, diced (or 1 can of whole peeled tomatoes with juice)  
1 t paprika  
1 t cumin  
salt/pepper  
*pitta bread to serve*  
*parsley to serve*  
*feta to serve*

**1** Heat oil in a deep skillet over medium heat. Stir in garlic, onion, and peppers, cooking until onion is soft and translucent.

**2** Add tomatoes and spices, seasoning to taste. Simmer for about 20 minutes, breaking up the tomatoes and stirring occasionally. Add water as needed to de-glaze the skillet.

**3** Crack the eggs into the tomato sauce. Cover the skillet loosely with foil and continue simmering until the whites are firm but the yolk is still runny inside.



# BEEF BURGERS

Serves 3.

## INGREDIENTS

500g beef mince  
1 onion, finely chopped (or 3 shallots)  
1 tbsp tomato ketchup  
1 tbsp soy sauce  
1 egg  
½ tbsp flour (any type)

- 1** Finely chop the onion and put all the ingredients together in a big bowl.
- 2** Mix around for about 4 mins, preferably by hand.
- 3** Form mixture into about 6 balls and place on some kitchen roll on a large plate.
- 4** Use a spatula to pat them down so they are about one inch thick.
- 5** Heat some oil in a pan and fry a few burgers at a time for about 4 minutes inside, or until the meat on both sides is browned (alternatively, throw on the BBQ!)

*Serve with rolls, sliced bread, chips, wedges, salad, cheese, mayo and lots of ketchup.*





[WWW.WESTMINSTERCHAPEL.ORG.UK](http://WWW.WESTMINSTERCHAPEL.ORG.UK)