

St Giles London Central Cost of Living Guide for Students 2021

London is one of the most exciting cities in the world. There are over 10,000 restaurants, bars, pubs, markets and theatres! Although London is not cheap, it is possible to enjoy many of the city's delights without spending too much money. This guide will help give you an idea of what you might expect to pay when you are out and about in London and at the school. All prices are approximate and may vary.

Entertainment/Social Programme

St Giles London Central offers a social programme to help you make the most of your time in the UK. Some activities, such as a film night at the school and football in the park, will be free. Others will have a charge, such as bowling, a boat party, cinema or a musical. You can also go on weekend excursions.

A guide to prices is included below. If you take part in one weekend excursion and 3 evening activities a week (including a musical and some free events) you should expect to spend about £75 (not including drinks at a pub night).

| Activity | Price |
|---------------------------------------|----------------------|
| Swimming | £6.00 - £8.00 |
| Bowling | £10 |
| Cinema** | £10-15 |
| West End Theatre | £25.00-£40.00 |
| Entry into a nightclub*** | £0.00-£25.00 |
| Weekend excursion on social programme | Approx £30.00-£65.00 |
| Drinks | Price |
| Glass of wine | £4.00 - £8.50 |
| Pint of beer | £3.50-£6.50 |

*Discounts may be available with your student card

**Cinemas are cheaper in the afternoons and out of the West End

*** Some nightclubs offer discounted nights especially for students during the week.

Eating and Drinking

If you have booked half-board accommodation, we recommend that you allow about £10 for extra food, snacks and drinks during the day.

St Giles Café

Students can buy lunch at our on-site café and can expect to pay the following:

| Item | Price |
|-------------------|---------------|
| Sandwich / Panini | £3.00-£5.00 |
| Hot meals | £4.50 - £6.00 |

| | |
|------------|-------------|
| Salad | £4.00 |
| Hot Drinks | £1.00-£2.50 |
| Cakes | £1:00-£2:00 |

Cafes and quick food

| Item | Price |
|--------------------------------------|----------------|
| Coffee | £2:00 – 3:00 |
| Soft Drinks | £2.00 |
| Sandwiches | £4:00 – £7:00 |
| Pizza | £7.50-£15.00 |
| Salads | £5:00-£7.00 |
| Wraps, burritos, sushi, ramen etc... | £5:10 - £10:00 |

Supermarkets / Grocery shops

| Item | Price |
|----------------|-------------|
| Sandwich | £2.00-£3.50 |
| Can of Coke | £0.70 |
| Fruit | £0.50 |
| Crisps | £0.80 |
| Salad | £2:50 |
| Bottle of wine | £6.00+ |
| Bottle of beer | £1:50 |

Restaurant prices / Evening meals

| Item | Price |
|----------------------------------|---------|
| Budget restaurant meal | £6-£10 |
| Standard restaurant meal | £15-£20 |
| Exclusive restaurant meal | £20-£30 |
| Budget restaurant meal + wine | £10-£15 |
| Standard restaurant meal + wine | £20-£30 |
| Exclusive restaurant meal + wine | £50-£70 |

Shopping

Below are some common items you may need to buy during your stay here and the prices for them you can expect to pay.

| Item | Price |
|--|--------|
| Inland stamp (first class) | £0.76 |
| Stamp for a letter to Europe | £1.70 |
| 4 AA batteries | £5.00 |
| 20 cigarettes (main brands) | £12.00 |
| Toothbrush | £1.50 |
| Toothpaste | £2.50 |
| Shower gel | £2.00 |
| Shampoo | £2.50 |
| Packet of washing powder (main brands) | £5.00 |
| Single use face mask | £0.50p |

Public transport

Here are some guide prices for travelling in and around London Highgate.

The London Underground network is commonly called 'the tube' and it is divided into zones. London Central is in Zone 1. Most people in London live in zones 3 and 4 and this is where most of our host families are located.

| Item | Price |
|--|---------------|
| Single bus fare | £1.50 |
| Bus pass | 7 days £21.20 |
| Single underground ticket Zones 1 - 3 | £3.30 |
| Single underground ticket Zones 1 - 4 | £3.90 |
| Travelcard for underground zones 1 & 2 for tubes and trains | 7 days £36.10 |
| Travelcard for underground zones 1 - 3 for tubes, buses and trains | 7 days £42.40 |
| Travelcard for underground zones 1 - 4 for tubes, buses and trains | 7 days £51.90 |
| Travelcard for underground zones 1 - 5 for tubes, buses and trains | 7 days £61.70 |

You may like to buy an Oyster card when you are in London and this can save you money on your tube journeys.

The Transport for London website can help you plan your journey in London: www.tfl.gov.uk.

You can also check train times and ticket prices for trains to places outside of London on the National Rail website: <http://www.nationalrail.co.uk/>.