

To help you to prepare for your stay in London, we have put together this 'cost of living' guide. This should help you to estimate how much money you will need to bring to England with you. We look forward to welcoming you to St Giles London Highgate!

Entertainment/Social Programme

St Giles London Highgate 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 £70 (not including drinks at a pub night).

Activity	Price
Swimming	£6.00 - £8.00
Bowling	£6.75 - £9.00
Cinema**	£8.00 - £16.00
West End Theatre	£25.00-£65.00
Entry into a nightclub***	£10.00-£25.00
Weekend excursion on social programme	Approx £35.00-£75.00
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	£2.50 - £4.50
Hot meals	£6.00 - £7.00
Salad	£4.00
Soup and Bread	£4.00
Fruit	£0.60
Chocolate bar	£0.80-£1.10
Hot Drinks	£1.00-£2.50
Juice	£1.60

Cakes	£0.80-£1.50
Crisps	£0.80

Cafés in London Highgate

Please be advised that the following prices may vary depending on the place of purchase. Discounts apply in some shops and cafés when you show your St Giles student card.

Item	Price
Hot Drinks	£3.00
Soft Drinks	£2.00
Sandwiches	£2.50 - £4.50
Soup	£3.00 - £4.00
Pizza	£7.50-£15.00
Salad	£3.00-£5.00
Hamburger and Chips	£3.50-£5.50
A big Mac meal	£5.00

Supermarkets / Grocery shops

Item	Price
Sandwich	£2.50-£3.50
Can of Coke	£0.80
Fruit	£0.50
Crisps	£0.80
Salad	£3.00 - £4.50
Bottle of wine	£5.00+

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)	£11.00
Toothbrush	£1.50
Toothpaste	£2.50
Shower gel	£2.00
Shampoo	£2.50
Packet of washing powder (main brands)	£5.00

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 Highgate is in Zone 3 and it takes about 20-25 minutes by underground to get into the centre from there. 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 and trains	7 days £42.40
Travelcard for underground zones 1 - 4 for tubes and buses	7 days £51.90

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/>.

Course books

Loan books are also available for students studying for short courses of up to 3 weeks for a refundable deposit of £30.

Books cost between £25 and £50. During a longer stay several sets of books might be required.

Additional self-study materials:

Monolingual dictionary £20-£30

Grammar book £20

Examination Fees

If you would like to take an examination during your stay with us, you will need to pay extra for the examination. You can arrange to take the following examinations at St Giles Highgate:

Examination	Fees
IELTS	£170
Preliminary for Schools	£110
First for Schools	£150
Cambridge First Certificate	£155
Cambridge Advanced	£160

*You can book the Cambridge examinations and IELTS examinations through St Giles. For the TOEFL examinations you have to book this yourself directly with the examining body on their website. Your teachers can help you to do this.