



## St Giles Eastbourne Cost of Living Guide for Students 2024

To help you to prepare for your stay in Eastbourne, we have put together a '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 Eastbourne!

### Entertainment/Social Programme

St Giles Eastbourne offers a social programme to help you make the most of your time in the UK. Some activities, such as a film night and games night are free. Others will have a small charge, such as bowling, cinema or cream tea. You can also go on weekend excursions.

A guide is included below. If you take part in one weekend excursion and 3 evening activities a week (where some are free) you should expect to spend about £70 (not including drinks at a pub night).

Activity	Price
Golf & Chips	£9.00
Bowling	£12.00
Cinema	£9.00
Karaoke	£5.00
Day excursion on social programme	From £15.00 to £75.00
Drinks at a pub (pub nights)	Price
Glass of wine	£5 +
Pint of beer	£5 +

### 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
Croissants and Cake	£1.00 +
Sandwiches	£3.00 - £4.00
Fruit	£0.50
Chocolate bar/crisps	£1.00
Hot Drinks	£2.00+
Soft Drinks	£1.00

### **Cafés in Eastbourne**

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.

<b>Item</b>	<b>Price</b>
Hot Drinks	£1.80 - £4.00
Soft Drinks	£1.50 - £5.00
Sandwich	£3.00 - £6.00
Soup	£3.50 - £5.00
Pizza	£7.00 - £15.00
Salad	£4.00 - £12.00
Burger and Chips	£5.00 - £13.00
A Big Mac meal	£4.69 medium £5.09 Large

### **Supermarkets / Grocery shops**

<b>Item</b>	<b>Price</b>
Sandwich	£2.00 - £4.00
Can of Coke	£0.60 - £1.50
Fruit	£0.20 - £2.50
Crisps	£0.80 - £1.00
Salad	£1.00 - £5.00
Bottle of wine	£6.00 +

### **Restaurant prices / Evening meals**

<b>Item</b>	<b>Price</b>
Budget restaurant meal	£7.00 - £10.00
Standard restaurant meal	£10.00 - £20.00
Exclusive restaurant meal	£30.00 +
Budget restaurant meal + wine	£20.00 - £30.00
Standard restaurant meal + wine	£30.00 - £40.00
Exclusive restaurant meal + wine	£50.00 +

### **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.

<b>Item</b>	<b>Price</b>
Inland stamp (first class)	£1.65
Stamp for a letter in Europe	£3.30
4 AA batteries	£4.00 +
20 cigarettes (main brand)	£15.00 +
Toothbrush	£1.00 - £3.00
Toothpaste	£1.00 - £3.50
Shower gel	£1.50 +
Shampoo	£1.00 - £3.00
Packet of washing powder	£4.00 - £8.00

(We suggest that you buy some of these things at Poundland – a discount shop)

NB. Postage prices may change in April 2023

## Public transport

Here are some guide prices for travelling in and around Eastbourne.

### Bus

Item	Price
Single journey	£2.00
Bus pass	£18.50 per week
Day return to London	£13.00 - £28.00
Single to or from Gatwick Airport	£5 - £14
Single to or from Heathrow Airport	£30

### Train

1 day Travelcard to London	£21-31 Off-Peak £49.50 - £56.20 Peak
Single to or from Gatwick Airport	£10.50 - £14.00
Single to or from Heathrow Airport (change trains twice)	£36.60

Eastbourne Bus tickets are cheaper if purchased online at [www.buses.co.uk](http://www.buses.co.uk), you can also download the Eastbourne bus app from the app store or google play.

If you think you will travel a lot by train, you may like to get a railcard. A Young Persons Railcard available to students aged 16-25 for £30, offering 1/3 discount on Off-Peak rail fares (some students aged over 25 may also be eligible).

### Course Books

Course books start from £30. The number of books you need will depend on your own progress. You will usually need a new book each time you change your class; this may be about every 8-12 weeks depending on your personal progress.

You may also want to buy additional self-study materials to help you during your stay and a grammar books costs around £27.

### 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 Eastbourne:

Examination	Fees
FCE	£185
CAE	£190
CPE	£191

\*You can book the Cambridge examinations and IELTS examinations through St Giles. TOEIC is not currently offered in the UK. If you wish to book a TOEFL examination you should do direct on the internet. Our office staff can tell you the website address.