

# London Study Abroad Program Handbook



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**Description of program:** For 24 years the College of Family and Consumer Sciences has coordinated with the American Institute for Foreign Study, Inc., (AIFS) to provide an exciting academic experience in London. While all students participate in the course “British Life and Culture” for three semester hours of credit; students also add to their experience by either working as an intern or taking other courses offered by the program director. All academic majors are welcome to apply for the London program.

**While studying in London, students will experience:**

- The excitement of living in an international city while earning college credits.
- The richness of London’s museums, theatre, fashion, business, and financial districts.
- Explore the land of Shakespeare and Dickens and ride the appealing double-decker buses.
- Opportunities for day trips to places such as Bath, Stonehenge, Hampton Court, and Greenwich.
- London's historical sites such as the Tower of London, St. Paul's Cathedral, Westminster Abbey, and Buckingham Palace
- Fabulous markets, beautiful parks, and a delicious array of international foods



Tower Bridge\*

\* Photographs are courtesy of Jessica Schwartz

## U.S. vs. British

### A quick lesson in language:

UK		US
Chips	=	French fries
Crisps	=	potato chips
Biscuit	=	cookie or cracker
Scone	=	biscuit (baking powder)
Crumpet	=	no translation
No translation	=	English muffin
Tart	=	hooker
Ground floor	=	first floor
First floor	=	second floor
Vest	=	undershirt
Waistcoat	=	vest
Knickers	=	underpants
Knickerbockers	=	knickers
Lorry	=	truck
Van	=	pickup
Juggernaut	=	big (mother) truck
Pickup	=	hooker
Fag	=	cigarette
Wally	=	jerk
Lift	=	elevator

# Local Transportation

- The London “Transport for London” website is: [www.tfl.gov.uk](http://www.tfl.gov.uk)
- The Underground also known as the TUBE
- Currently, there are over 82 miles of tube tunnel on the Underground system and over 100 stations.
- Over 130 ventilation fans keep the air fairly fresh in the Underground, and the temperature is a constant 73 F (23 C).
- Remember that trains on the London underground often get delayed, so be sure to give yourself enough time to travel to your internship and class.
- When you are on the platform waiting for a train, do not stand near the entrance to the platform. Travelers are often in a rush and can accidentally push people close to the train track and sometimes onto the train track.

## The London Red Bus

- There are currently some 300 bus routes in London. The most bus-packed route in London is Oxford Street. The routes of London buses can be difficult to understand at first, but with everything, the more you study them the easier you will understand them! Certain Tube stations close down at late hours of the night so a London bus can be useful for late night returns to your flat. The Transport for London website provides an interactive way to figure out which route is necessary for your trip. At each bus stop there will be a map for the buses that stop there and where they go. Be aware that the bus routes change from day to night!

## Taxis

- Only trust the traditional black cab – they can often be decorated in outlandish colors and ads these days but the general shape is what you’re looking for.
- Cab rides are not cheap, the bus and the tube are cheaper.
- London cabbies have to apply to the Metropolitan Police Licensing Authority at the Public Carriage Office. They must provide a medical certificate declaring they are physically fit for the job, which can be difficult and stressful. After providing proper certificates, they must prepare for the Knowledge. The Knowledge is a series of nine interviews or tests. Not only does the test examine the cabbies knowledge of London but also their personality to see if they are capable of handling the stress of the job. In each test, the cabbie is tested on 90 different routes across London, totaling 450 routes. The cabbie is given a pick-up point and a destination, which they then have to say how they would drive from one to the other. The cabbie has to pass every test before they are granted a license (Tenison & Yapp, 1999).
- If the yellow TAXI sign at the front is illuminated, the cab is available for hire.
- Be sure to tell the driver where you would like to go before you get into the cab, as they may not be on duty much longer. The cab driver will typically roll down his window so you can tell him the location of your destination.

- You do not need to tip a taxi driver unless they have gone over and beyond what is expected.



London Taxi's

- Walking
  - Consider walking around London as a tour of the city. While the city is quite large, all the main monuments are strikingly close to each other. Take the time to get to know the city as you will get a completely different feel and understanding of your new home. The London A-Z map will come in handy during your walking tours! Remember comfortable shoes!

## What To Do in London

### ■ Museums and Galleries

- The Victoria and Albert Museum
- The British Museum
- Tate Modern
- Tate Britain
- The Courtauld Gallery
- National Portrait Gallery
- National Gallery
- Natural History Museum
- Science Museum
- Museum of London
- Kensington Palace
- Barbican Centre
- Serpentine Gallery
- Charles Dickens Museums
- Chiswick House
- Churchill War Rooms
- Fashion and Textile Museum
- Hayward Gallery
- Imperial War Museum London
- London Transport Museum
- Royal Academy of Arts
- Saatchi Gallery
- Royal Academy of the Arts



Inside the British Museum\*

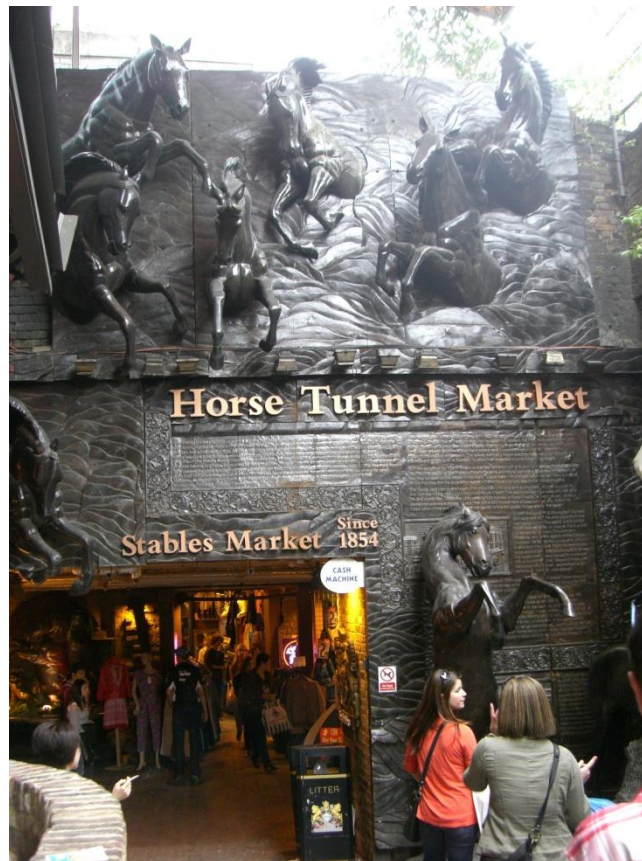
- Markets

- Borough Market is a food and drink market located near the Tower Bridge. It is only open Thursday, Friday and Saturday with varying hours so be sure to check on-line for the specific day you wish to visit (Borough Market).
- Portobello Road Market is mainly known as an antique's and odds and ends market. It is actually three or four markets rolled into one. The Notting Hill end has more than 1,000 stalls in various arcades and on the street. Here you will find objects d'art, jewelry, old medals, paintings, and silverware. Farther down the hill you will come across the fruits and vegetables stalls. If you continue on, you will encounter young fashion designers who sell inexpensive creations as well as second-hand clothes. There are also record and food stalls on Fridays and Saturdays. The antiques and junk market is open Saturday from 5:30am – 5:30pm. The general market is open 9am-5pm on Monday, Tuesday, Wednesday, Friday and Saturday and from 9am-1pm on Thursdays. (Portobello Road Market).
- The Covent Garden Market, located in London's West end, is a combination of three markets: the Apple Market, the East Colonnade Market, and the Jubilee Market. Both the Apple and the Jubilee Markets sell crafts and designs. The Apple Market, where fruits and vegetables were previously housed, currently offers knitwear, jewelry, and novelty goods. Jubilee Hall offers antiques on Monday, crafts on the weekend, and an immense selection of clothes, handbags, cosmetics, and tacky mementoes in between (Covent Garden Market).
- The Greenwich Market, which can be reached by the Cutty Sark DLR as it is outside zones 1 and 2 of the Underground, hosts a wide variety of goods on the weekend. Located in the Hotel Ibis, visitors can find coins, medals, banknotes, second-hand books, Art Deco furniture, and vintage clothing. The covered crafts market, also part of the Greenwich Market, specializes in wooden toys, clothes made by young designers, hand-made jewelry, and accessories (Greenwich Market).



View from the Royal Observatory, near the Greenwich Market\*

- Opening in 1974, the Camden Market has grown to include six markets in total. Located along Chalk Farm Road and Camden High Street, many young people come to the market simply to enjoy the vibrant atmosphere. The stalls at the market sell a wide variety of items, ranging from arts and crafts to street fashion and New Age remedies and body piercing. There are also a wide variety of food stalls within the Camden Market.
- Spitalfields Market is one of the best places in London for organically produced food. Vendors often have photographs on the meat counter of the animals that you choose to eat, with their names recorded.
- Petticoat Lane is primarily a clothes market but also sells fruit and vegetables, shoes, luggage, watches, batteries, sheets and duvet covers.
- Owned and operated by Rei Kawakubo, the designer of Comme des Garçons, Dover Street Market is a six -floor department-style market carrying high-end designers such as Alexander McQueen, Lanvin, Nina Ricci, Paco Rabanne, and Yves Saint Laurent among others. Located in the Mayfair neighborhood, Kawakubo said she wanted “to create a kind of market where various creators from various fields gather together and encounter each other in an ongoing atmosphere of beautiful chaos: the mixing up and coming together of different kindred souls who all share a strong personal vision” ([www.doverstreetmarket.com/about/](http://www.doverstreetmarket.com/about/)).



Entrance to Shops of Camden Market\*

■ Parks

- Hyde Park
- Kensington Gardens
- Green Park
- St. James's Park
- Greenwich Park
- Primrose Hill
- Regent's Park
- Hampstead Heath
- Kew Garden



Hampstead Heath



Regent's Park

■ Monuments

- Kings Cross Station
- Royal Observatory, Greenwich
- St. Paul's Cathedral
- Shakespeare's Globe
- Somerset House
- Tower Bridge
- Tower of London
- Westminster Abbey
- London Eye
- Parliament Square
- Big Ben
- Wimbledon Centre Court
- Piccadilly Circus
- Neal's Yard
- St. Pancras Station
- The Sherlock Holmes Restaurant
- The Royal Albert Hall
- Regent's Park Zoo
- Trafalgar Square
- Leicester Square
- The Gherkin
- Millennium Bridge
- Abbey Road
- The Changing of the Guard
- Platform 9 ¾ - in Kings Cross Station
- Albert Memorial – in Hyde Park
- Marble Arch
- British Library
- Buckingham Palace
- Chinatown
- Clarence House
- Hampton Court
- Kensington Palace
- Hogarth's House
- Neal's Yard
- Kenwood House



Parliament and St. Paul's Cathedral

## Architecture

- The Eden Project
- The Gherkin (30 St. Mary Axe)
- Baths of Caracalla
- White Tower, London
- Wells Cathedral
- Salisbury Cathedral
- Hardwick Hall
- Queen's House, Greenwich
- Wren Library, Trinity College
- St. Paul's Cathedral
- St. Mary-Le-Bow
- St. Mary Woolnoth
- Chiswick House
- British Museum
- St. Pancras Church
- The Palm House, Kew Gardens
- King's Cross Station
- The Palace of Westminster
- Cardiff Castle
- Royal Courts of Justice, London
- Town Hall, East Ham
- High Point, London
- Senate House, University of London
- Arnos Grove Underground Station
- National Theatre, London
- Lloyds Building
- Tate Modern

## Eating in London

Eating out in London can become extremely expensive very quickly. There are a few cheaper options that are chains within London and greater England.

- Popular British Chains

- |                 |                 |
|-----------------|-----------------|
| ▪ EAT           | ▪ Starbucks     |
| ▪ Pret-A-Manger | ▪ Wagamama      |
| ▪ Nando's       | ▪ Yo! Sushi     |
| ▪ PAUL          | ▪ Giraffe       |
| ▪ Benugo        | ▪ Pizza Express |
| ▪ Café Nero     | ▪ ASK           |



If you are looking for a few uniquely British dining experiences, the price may be a little higher than you expected! However, here is a brief list of a few you may consider splurging on:

- The Wolseley – The Wolseley is a café restaurant located in St. James' on Piccadilly Boulevard in central London. Breakfast, lunch and dinner are served in this grand European style building. Reservations are required. Attire is a bit more formal than more casual dining experiences. Private dining rooms are also available. Afternoon Tea, from 3pm on weekdays and 3:30pm on weekends consists of assorted finger sandwiches, fruit scones, and a selection of pastries and choice of teas everyday. Reservations are required (The Wolsely)!
- Afternoon Tea at the Dorchester is served daily at 1:15pm, 2:30pm, 3:15pm, 4:45pm and 5:15pm. It is suggested you make reservations for the time you wish to attend. At the Dorchester, you can enjoy various types of finger sandwiches, pastries and tea (The Dorchester).
- Harrods Food Halls – Located on the ground floor of Harrods in Knightsbridge, the Food Halls carry items ranging from jellybeans to meats and cheeses. Some of the Food Halls have eating counters; a Sushi Bar, a Fromage Bar, an Oyster Bar. The Food Halls also have an ice cream and pizza counter. Seats within the Food Halls fill up extremely fast so consider getting food to go, which is cheaper because you're carrying out (Harrods).

## Shopping in London

Primark is a large department-style store with various locations in Central London. You can find cheap clothes, towels, accessories and shoes for your time in London. Primark is especially helpful for picking up towels for your stay since your flat does not come equipped with these.

### Oxford Street

- Primark
- Selfridges
- HMV
- Next
- River Island
- French Connection
- Accessorize
- Gap
- The Body Shop
- H&M
- Forever 21
- Debenhams
- House of Fraser
- John Lewis
- Monsoon
- Zara
- Nike Town
- TopShop & TopMan
- Urban Outfitters
- Russell & Bromley
- American Apparel
- Esprit
- Waterstone's
- Benetton

### Mayfair

- Russell & Bromley
- Moschino
- Nicole Farhi
- Vivienne Westwood
- Yohji Yamamoto
- Clarks
- Issey Miyake
- Lalique
- Donna Karan
- Burberry
- Anya Hindmarch
- Bally
- Emporio Armani
- Zara
- Reiss
- Baroni
- Bottega Veneta
- Etro
- Tod's
- Jaeger
- Cartier
- Chanel
- Bulgari
- Harry Winston
- Asprey
- Solange Azagury-Partridge
- Dior
- Michael Kors Boutique
- Hermes
- Tory Burch
- Miu Miu
- Hugo Boss
- The Dover Street Market
- Next
- Calvin Klein
- Pellini Uomo
- Fenwick
- D&G
- Mulberry Company
- Coach
- Longchamp
- Jimmy Choo
- Louis Vuitton
- Chopard
- Van Cleef & Arpels
- Ralph Lauren
- Salvatore Ferragamo
- MaxMara
- Prada

### Regent Street

- TopShop (intersection of Regents Street and Oxford Street)
- Nike Town (intersection of Regents Street and Oxford Street)
- Armani Exchange
- All Saints
- H&M
- Banana Republic
- COS
- Jaeger
- Kurt Geiger
- Hugo Boss
- Esprit
- Reiss
- Calvin Klein Jeans
- Guess
- Anthropologie
- Russell & Bromley
- Zara
- Mango
- Uniqlo
- Ted Baker
- Karen Millen
- French Connection
- Michael Kors
- 7 for All Mankind
- Hobbs
- Furla
- Penhaligon's

### Kensington High Street

- Zara
- H&M
- Jigsaw
- Accessorize
- Karen Millen
- Kurt Geiger



Harrods in Knightsbridge\*

### Chelsea (King's Road)

- Anthropologie
- Orla Kiely
- Comptoir des Contonniers
- Furla
- BCBG Max Azria
- Cath Kidson
- Whistles
- Banana Republic
- L.K. Bennett
- Ted Baker
- All Saints
- Coccinelle
- Jigsaw
- Kurt Geiger
- Karen Millen
- Monsoon
- M.A.C.
- Jaeger
- French Sole
- Maje
- Waterstone's
- French Connection
- Laura Ashley
- Radley
- Hobbs
- Peter Jones

### Knightsbridge

- Consists of Sloane Street, Brompton Road, Walton Street and Beauchamp Place
  - Harrods
  - Burberry
  - Mulberry
  - Harvey Nichols
  - Anya Hindmarch
  - Celine
  - Godiva
  - Chanel
  - Prada
  - Penhaligon's
  - H&M
  - Lulu Guinness
  - Jo Malone
  - Smythson
  - Jigsaw
  - Karen Millen
  - L.K. Bennett
  - Accessorize
  - Russell & Bromley
  - Zara
  - Reiss
  - Salvatore Ferragamo
  - Escada
  - Missoni
  - Louis Vuitton
  - Miu Miu
  - Gianni Versace
  - Fendi
  - Hermes
  - Bulgari
  - Dolce & Gabbana
  - Valentino
  - Yves Saint Laurent
  - Emilio Pucci
  - Chanel

Visit [www.streetsensation.co.uk/](http://www.streetsensation.co.uk/) for more information on shopping districts and to see what is in each area.

## Museums and Monuments

- Museums

The Victoria and Albert Museum – Originally built in 1857, the Victoria and Albert Museum has been a staple in South Kensington for nearly two centuries. Known as one of the best fine and decorative arts museums in the world, the V&A has galleries displaying architecture, Indian art, jewelry, fashion and textiles. The newly renovated fashion gallery opened in 2012. The fashion and textiles department has a vast collection of items, ranging from a woman's embroidered jacket of the early 16<sup>th</sup> century to ballgowns by Zac Posen from the 21<sup>st</sup> century. The recently renovated jewelry gallery is worth a visit as well. Highlights of the jewelry collection include numerous diamond tiaras and a display of rings, showing the wide range of gemstones available. The V&A is the National Collection of Art and Design and has continually sought to inspire and inform its visitors through retaining close links with the creative industries (Black, 2009). Located on Cromwell Rd., South Kensington station.



The Victoria and Albert Museum, South Kensington entrance\*

Kensington Palace – The museum housed within Kensington Palace is located in the Historic Royal Palace of Kensington Palace, which was built in the 17<sup>th</sup> century and has served as a residence of the British Royal family since. It was the official residence of Diana, Princess of Wales from 1981 through 1997 and is the home of Prince William and Duchess Katherine Middleton since 2012. In 1911-1912, the “Kensington’s State Apartments were given over to the newly founded London Museum for the display of objects relating to the City of London and royal relics” (Kensington Palace). Previously, exhibitions at the Museum have included *Diana: glimpses of a modern Princess* (2012) and *Victoria Revealed* (2012). Located in Kensington Gardens next to Hyde Park. Not too far of a walk from the Kensington High Street tube station.

Museum of London – Located in the southwestern corner of the Barbican, the Museum of London opened its doors in 1976 following the union of the London Museum with the Guildhall Museum. Somewhat difficult to find, the museum is well worth the effort. The museum covers the extensive history of London through the permanent collection, which traces the history of London from distant prehistory to the present day.

The Fashion and Textile Museum – Situated in Bermondsey Village, textile and fashion designer Zandra Rhodes founded the Fashion and Textile Museum. The museum showcases changing exhibitions that focus on fashion, textile and jewelry, with a particular emphasis on the fashion of the 1960s.

Fashion Museum (Bath, England) – Located about two hours west of London, Bath was first founded as a spa with the Latin name “*aquae sulis*” and is also known as the home of Jane Austen. Within the city is the Fashion Museum, which houses clothing from the Georgia era through present day. The Fashion Museum has a rotating schedule of exhibitions centered on fashion and dress as well as a yearly exhibition titled the Dress of the Year, where the museum staff asks a fashion expert to select a dress or outfit for the museum’s collection to represent the most important new ideas in contemporary fashion.

Design Museum – Known as a museum for the 21<sup>st</sup> century, the Design Museum focuses on design and innovation. The museum holds exhibitions focusing on fashion, with *Christian Louboutin* (2012) and *Fashion Fringe* at the Design Museum (2011) serving as two examples.

The Science Museum – also located on Cromwell Rd., not far from the Victoria and Albert Museum. Interesting exhibits.

Natural History Museum – also located on Cromwell Rd., next to the Science Museum, dinosaurs, gemstones, animals (stuffed) and other fascinating objects.

## Monuments

Carnaby Street – A phenomenon of the 1960s, Carnaby Street played a role in the mod and hippie styles of the time. Many independent fashion boutiques and designer boutiques, like those for Mary Quant, Marion Foale and Sally Tuffin and Irvine Sellars, were located on Carnaby Street. Carnaby Street was also known for its underground music scene, with bars such as the Roaring Twenties showcasing up and coming bands. Bands like the Rolling Stones and The Who would show up on Carnaby Street to work, shop and socialize, thus making Carnaby Street one of the hippest destinations in Swinging London of the 1960s (Black, 2009).



Sign welcoming visitors to Carnaby Street\*

**Liberty** – Opened in 1875, Liberty is a well-known department store located near Regent's Street in central London. The store originally sold ornaments, fabric and objects of art from Japan and the East. Originally named Chesham House, after the childhood home of the owner, Arthur Liberty, the store has been the destination of choice for sophisticated shoppers for well over a century. Liberty is often associated with luxury and great design. In 1884 the store began to carry clothing as well as producing clothing in-house as an attempt to challenge the fashions of Paris. By 1885, the store expanded both in size and in the merchandise carried by selling carpets and furniture. At this time, the store became the most fashionable place to shop and the iconic Liberty fabrics were used for both clothing and furnishing. The Tudor style architecture of the Liberty store, which can still be seen today, was built in 1924 out of timbers from two ships: the HMS Impregnable and the HMS Hindustan. The front of the store at Great Marlborough Street is the same length of the HMS Hindustan. Continuing through the 20<sup>th</sup> century, Liberty carries both contemporary and traditional designs throughout the store (Liberty of London).



Tudor Style Front of Liberty's off Great Marlborough Street\*

Savile Row – Savile Row is the center of bespoke (a garment cut by an individual, for an individual) or custom tailoring in Great Britain. The tailor Robert Baker founded Savile Row in the late seventeenth century and Savile Row celebrated its centenary in 1988. Today, Savile Row remains the home to bespoke tailors such as Anderson & Sheppard and Henry Poole and Huntsman, which has been on Savile Row for over 160 years (Black, 2009).

King's Road – Vying with Carnaby Street for glory in the 1960s, King's Road was a popular spot for "young hedonists in search of fun, freedom and fashion" (Tenison & Yapp, 1999). In the 1970s, King's Road was home to Malcolm McLaren and Vivienne Westwood's boutique *Let It Rock*, which was renamed *SEX* in 1974, and then *Seditionaries* in 1977. The street was also home to the headquarters of Swan Song Records, which was owned by Led Zeppelin before it closed in 1983. In 1999, King's Road served as the home to the first branch of Starbucks in the UK. King's Road is the high street for the neighborhood of Chelsea's and has a reputation for being one of London's most fashionable streets for shopping.

Fortnum & Mason – Hugh Mason and the Fortnum family founded Fortnum & Mason through a chance meeting. In 1705, Mason had a small shop in St. James's Market and a spare room in his house. The Fortnum family came to London from Oxford as high-class builders in the wake of the Great Fire. William Fortnum took a post as footman in Queen Anne's household and consequently needed a place to stay. He took the extra room in Mason's house and in 1707 Fortnum & Mason opened its doors for business. Strong connections with the East India Tea Company allowed Fortnum & Mason to establish itself as a unique emporium for goods sold nowhere else, an aspect of the store that remains true today. On the lower ground floor of the Piccadilly store, shoppers will find a Food Hall, which is filled with fresh fruit and vegetables, meat, fish, cheeses and delicatessen delicacies. On the ground floor, shoppers will find tea and coffee, biscuits, cakes, patisseries, freshly baked goods and honey and preserves. The first floor contains books, china and glass. The second floor is home to ladies fashion accessories such as hats, jewelry, lingerie, handbags, and perfume. Also on the second floor is the children's section as well as the Beauty Rooms, Fortnum & Mason's in-store spa. The third floor contains accessories for men such as gifts, leather goods, luggage, games and stationery. The top floor is home to St. James's Restaurant, which sits high above Piccadilly. Here you can enjoy a formal lunch or a traditional afternoon tea (Fortnum & Mason).

## General Information about the London Internship Program

- What to expect from your internship
  - Students often find the approach of supervisors in the United Kingdom to be less structured with less formal supervision. This requires the student to be self-motivated when it comes to keeping productive during the workday. Supervisors also report the greatest satisfaction with students who are creative and show initiative.

### Previous Student Placements

- Students who intend on completing an unpaid internship placement in London **must apply for a Tier 4 Student Visa** before they depart the USA. It is the responsibility of the student to apply for the visa and to ensure they have read and followed the application guidelines outlined by the UKBA (UK Border Agency).
- A work placement is a significant time commitment. You will be expected to arrive on time and ready to engage in the business at hand.
- Be realistic about your work placement. You may find the approach in London to be less structured with less formal supervision. Be proactive, driven, creative, and responsible in your work. Remember to ask questions!
- Some possible placement ideas:

Art Galleries/Photography

Advertising/Public Relations/Marketing

Agents/Entertainment/Fashion Stylists

Businesses

Charities/Government (generally administrative)

Education

Elderly

Environmental Charities

Fashion Merchandising/Fashion Designers/Fashion PR/Retail

Food Development/Consumer Foods

Health Administration

Housing/Estate Agents

Interior Design

Journalism/Publishing

Media/Promotions

Production

Theatre

Urban Planning

Web Design/Support