

# Living in London: Tips from the Staff

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Some recommendations from Syracuse London staff for adjusting to life in the UK:

## Using Your Phone:

- Access to free WiFi is common in museums, pubs, restaurants, etc. We recommend sticking to WhatsApp, FaceTime, WeChat, etc. for communicating with friends and family back home.
- You can work with your phone provider so your phone will work abroad, or you can get the device unlocked and get a new British number here.
- There will be a SIM card from [Three](#) in your arrivals pack; you'll need to choose a plan and put money on it if you'd like to use that one.
- Another popular option is [GiffGaff](#) - you can order a SIM to be mailed directly to you, and they have a lot of deals and flexibility!

## Travel:

- There will be an [Oyster Card](#) in your welcome pack, with a bit of money on it to get around the city for your course field trips. You can add money to that card for personal travel, or use contactless from your phone or a debit card.
- You should buy a [16-25 Railcard](#) for 1/3 off trains around the country. When you get it, go to a Tube station office and ask a member of staff to add the discount to your Oyster card for cheaper travel around London too!
- Travel around London's public transportation system like a pro with:
  - Tube Map ([Apple](#) or [Android](#)),
  - Bus Times ([Apple](#) or [Android](#)), and
  - City Mapper ([Apple](#) or [Android](#))

## Banking:

- The easiest and fastest way to get a British debit card is through [Monzo](#). The card has no foreign transaction fees and comes with an app that makes it easy to track your spending.
- If you would like to set up a different bank account, the Syracuse London staff can provide you with a stamped letter confirming your student status and UK address.

## Health & Safety:

- Be aware and cautious, following these [Safety Basics](#)
- You can access a variety of [Medical Services](#) in the UK, and get in touch with the Student Support team at Syracuse London if you need assistance
- Download the following phone apps for support:
  - [Alert Traveler](#)
  - [International SOS](#)
  - [NHS COVID-19](#)

### Grocery Delivery:

It is common practice in the UK to have large grocery orders delivered directly to your flat, and charges are low. Suggested shops offering online deliveries:

- [Sainsbury's](#)
- [Tesco](#)
- [Asda](#)

*Pro Tips:* Order ahead of time, as slots fill up. You can make any changes until the night before! Share deliveries with flatmates to do smaller shops, more frequently.

### Food Delivery Services:

- [Deliveroo](#)
- [JustEat](#)
- [UberEats](#)

### Our Favourite Food:

- [Franco Manca](#): Outrageously good sourdough pizza for under £10. There's one right next to Russell Square Tube Station – but watch out, it's addictive.
- [Hiba Express](#): Like delicious hummus and falafel? Chicken shawarma calling your name? Look no further. (PS - Their mint lemonade is absurdly delicious.)
- [Dishoom](#): There is a reason this restaurant group has a long line or 'queue' of people outside it's doors every night – it's amazing! Make a reservation or get there early to avoid the lines. Alternatively, go explore Brick Lane and walk by the many different curry houses before making your choice.
- [Wahaca](#): The UK's first carbon-neutral restaurant group serves up Mexican street fare. Don't go for their guacamole - we don't have great avocados in the UK! But definitely do order sweet plantain tacos and fried cauliflower...

### Coffee/Tea/Sweets:

- [Pret Coffee Subscription](#): While the sandwiches and salads at Pret may be a bit overpriced and 'meh', their coffee subscription deal is NO JOKE. £20 per month for 5 barista drinks *every day*, first month FREE. With locations on almost every street corner, you're never without a caffeine fix nearby.
- [Store Street Espresso](#): If you're into artisan coffee and looking 'cool', you'll need to hit up Store Street Espresso. A good loyalty program, it's a must if you're a coffee snob. Small black beret not required.
- [Camelia's Tea House](#): Maybe coffee isn't your jam or maybe you're in Britain now so you want a spot of tea? This lovely tea shop so close to Bedford Place and across from the British Museum will do the trick.
- [Hefaire 黑芙蕾](#): There is no shortage of delicious bubble tea in London. We'd recommend the 'Brown Sugar Bubble Milk Tea'; your taste buds will thank you.
- [Ben's Cookies](#): Sweet tooth? This London chain does a great morning deal: buy a cup of coffee, get a free cookie. What's not to love? We'd recommend any and all flavours, but the chocolate orange is particularly divine.
- [Crosstown Doughnuts](#): They're not cheap, but there's a reason for that. They're epic. And they have an *incredible* vegan range!

Get in touch via [ldnprogramming@syr.edu](mailto:ldnprogramming@syr.edu) if you have any questions or want more ideas!