

**ASA**

*Location-Specific*

**GUIDE:**

**London**

**Regent's College**

*For parents and students*

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## Recommended Hotels near Campus

**Blandford Hotel** (10 minute walk from campus; recently renovated; rates include breakfast)

80 Chiltern Street

W1U 5AF

London

Tel: 011-44-207-486 3103

Price range: approx. £95 and up

Closest Tube station: Baker Street

<http://www.capricornhotels.co.uk/bforddefault.asp>

**Sherlock Holmes Hotel** (15 minute walk from campus; very nice hotel)

108 Baker Street

W1U 6LJ

London

Tel: 011-44-207-486-6161 or 011-44-207-034-4830

Price range: approx. £119 and up

Closest Tube station: Baker Street

[www.sherlockholmeshotel.com](http://www.sherlockholmeshotel.com)

**Four Seasons Townhouse** (15 minute walk from campus; rates include breakfast)

173-183 Gloucester Place

Regent's Park

London NW1 6DX

Tel: 011 -44-207-724-3461

Price range: approx. £95 and up

Closest Tube station: Baker Street

[http://www.londontown.com/LondonHotel/Bed\\_and\\_Breakfasts/Four\\_Seasons\\_Townhouse](http://www.londontown.com/LondonHotel/Bed_and_Breakfasts/Four_Seasons_Townhouse)

NOTE: Hotel rooms and cars in London (and in Europe in general) tend to be smaller than what we're used to. Phone numbers above are listed *as you would dial from the U.S.*

Another good source for London hotels is [www.londontown.com](http://www.londontown.com).

## Host Institution & Housing

### ASA students in London will attend:

Regent's College - Regent's American College London

Inner Circle

Regent's Park

London NW1 4NS

UNITED KINGDOM

[www.regents.ac.uk](http://www.regents.ac.uk)

Tel: 011-44-207-487-7700 (*main reception*)

Tel: 011-44-207 487 7522 / 011-44-207 487 7402 (*Reid Hall dorm reception desk*)

### Location

Regent's College is located inside Regent's Park, in central London. If you look at a map of London, you won't be able to miss the huge green expanse which is Regent's Park! The nearest Tube stop to the College is Baker Street. The world-famous Madame Tussaud's wax museum is around the corner. Regent's Park is a sprawling, colorful park with bike/jog trails, streams, flower gardens, amphitheatre, tennis courts, and an endless number of park benches so people can relax and enjoy the beautiful surroundings. The park is a tranquil retreat from the bustling city of London, and people from all over London come to Regent's Park to relax, read, take in some sun, picnic, or even attend concerts. The location really couldn't be more ideal!

### Where will the students be living?

Students live in Reid Hall, one of the Halls of Residence, located on the Regent's College campus. A **double occupancy room** is included with the ASA program price. Other students from the U.S. and around the world also live in the dormitories.

### **Is the campus safe?**

Yes, we feel that the Regent's College campus and the surrounding area are safe. Regent's College has made every effort to create a safe environment for its students. Using their swipe-card system, the College is able to have better control over who is allowed on campus. Every student receives a college ID swipe-card that they must use to enter and exit any building on campus. All visitors or anyone without swipe-cards must sign in at the front desk of the main building before being allowed inside.

Although the park surrounding the campus is generally a safe area, students are encouraged to be careful when coming home late at night. We recommend that students, especially female students by themselves, do not walk home late at night. Students always have the option of calling the front desk of the College to request that a security guard accompany them from the park entrance to the college.

### **Will I have a roommate and if so, who will this be?**

Yes, you will have a roommate, as a double occupancy dorm room is included with the price of the ASA London program. Whenever possible, we try to place our students with a roommate from the ASA program. However, if we have an odd number of students, then we may not be able to place everyone with an ASA roommate. In this case, the Regent's College Student Services department places the student with a roommate from the college's master list of students who are also staying in the dorms.

### **Can I get a single room?**

This may or may not be possible. Single rooms on campus at Regent's College are scarce and in high demand, and there is an additional charge of approximately \$1,200 for a single room (price subject to change). Students who want a single room should apply very early because of the small number of single rooms available (i.e. apply at least 7 months prior to the program start date). Even then, you may still be placed on the wait list. Usually students on the wait list don't know if they have a single until they actually get to London. If nothing opens up before the program starts, one might open up after the semester begins. If you are on the wait list, know that there are no guarantees, and be patient!

### **What are the Reid Hall dorm rooms like?**

Reid Hall was fully renovated during the 2009-2010 academic year. All the double rooms have 2 twin beds, 2 desks, lighting (lamps, etc.) and a closet. Most rooms also have dressers or shelving. Some double rooms have two separate twin beds, while others have bunk beds.

♦ **Pillows, blankets, and sheets are provided by the college. (Students need only bring their own bath towels.)**

♦ **Reid Hall has free wireless Internet, so students are encouraged to bring their laptops.**

Reid Hall is non-smoking. There are not phones inside the dorm rooms, but there are public pay phones in the Residence Hall corridors, and each ASA student gets a UK cell phone. There are 2 spacious bathrooms on most floors. Past students have commented that the Regent's custodial staff keeps them absolutely spotless!

### **Where can students do their laundry?**

Students will have 24-hour access to the coin-operated laundry machines on campus.

♦ **You may not move in early to your program housing or stay after the program ends. Students who choose to arrive early or stay late must make their own lodging arrangements for any extra days.**

## ***Medical Care***

### **What happens if I get sick while I'm in London?**

Our students' health and safety is always our number-one priority. Modern medical facilities and medications are widely available in the UK. There are several Boots pharmacies within a 5-minute walk from campus, where you can ask the pharmacist to recommend some medication. There is also a medical practice used by the College less than 5 minutes from campus, and students can go to the Reid Hall desk to request a doctor's appointment there. All of the Residence Hall staff has first aid training, and in case of an accident or an emergency, a member of the Residence Hall staff can accompany you to the hospital.

In addition, one of the schools on campus at Regent's College is the **School of Psychotherapy and Counseling**, and they have a consultation facility where students can have up to 8 appointments with a therapist, free of charge. All

therapists maintain the strictest confidence, and the matters discussed during therapy are not recorded on your academic file.

## **Cell Phones**

◆ **If a student can't be reached on their cell phone, you may call the Reid Hall reception desk at 011 44 207 487 7402 between the hours of 9am-11pm London time. Your call will be put through to the nearest telephone on their floor. (There are 4 telephones per floor.) If you call during a peak hour, you may get a busy tone from the floor telephone.**

### **What is the time difference between England and where I live?**

The following times are the number of hours BEHIND England each region is:

Pacific	Mountain	Central	Eastern
8 hours	7 hours	6 hours	5 hours

So, if it is 6pm in England, then it is 1 pm Eastern, 12pm Central, and 10am Pacific.

### **Dialing Instructions for the UK**

011-INTERNATIONAL CODE 44-COUNTRY CODE FOR ENGLAND + PHONE NUMBER\*\*

\*\*Drop the zero at the beginning of the local number when calling the UK from the U.S.

For example, if your phone number is (+44) (0) 123-456-7891, you would dial 0123-456-7891 if you're in the UK; and you would dial 011-44-123-456-7891 if you're calling from the U.S.

For more information on calling abroad, go to <http://www.howtocallabroad.com/>

### **How do the cell phones work?**

Each student receives a cell phone from Piccell Wireless. ASA provides the phone, while students are responsible for the cost of all calls. Students will receive email instructions from ASA on how to order the phone about a month prior to departure. *(Please do not order your phone until you receive instructions from ASA.)* Students will get their cell phone number when the phone arrives in the mail. The rates for calls and text messages can be found at <https://www.piccellwireless.com/latest/ratesandinfo.php> (click on the UK). Piccell offers fairly reasonable call rates to the U.S. Piccell will bill the student's credit card monthly for their phone calls, text messages, etc

INCOMING CALLS TO THE INTERNATIONAL (UK) PHONE NUMBER ARE **FREE**. INCOMING CALLS TO THE U.S. VIRTUAL NUMBER ARE **NOT** FREE. Piccell assigns each student an international (UK) phone number and a U.S. Virtual Number (USVN for short). Be sure to call their international number, since students are charged for calls receive on their USVN. As long as you dial their international number and they are in the UK at the time, the student will NOT be charged for the call.

The U.S. Virtual Number is basically a way for someone in the U.S. to call the student "collect." The USVN is a U.S. phone number that connects you to the student's phone abroad. The caller pays only for the local or long distance call. However, while it's cheaper for the caller, the student is charged for the incoming call at the rate given by Piccell. Check the link above for current rates. The USVN is automatically assigned, but students aren't obligated to use it. If you don't use the USVN for 45 days, it is automatically deactivated.

**ROAMING CHARGES: When you're outside your home service area of the UK, all phone usage, including calls/text messages received or placed, is considered ROAMING and is therefore, subject to high roaming charges.**

**To avoid roaming charges, students should NOT use their UK cell phone outside of the UK.** Students can order a SIM card online from Piccell for any country they're going to travel to, in which case you would just swap out your SIM card.

### **What is the best way to call to/from the UK?**

Many students use **SKYPE** which gives you **free international calls** over the Internet. For details, go to [www.skype.com](http://www.skype.com).

You can also contact your long distance provider about their international calling plan. Or, use an international pre-paid calling card. To use an international pre-paid calling card, you dial the access number, enter your PIN number/calling card number, then enter the number you want to call.

Try [www.nobel.com](http://www.nobel.com) or [www.tel3advantage.com](http://www.tel3advantage.com) for international pre-paid calling cards for calling U.S. – abroad.  
Try [www.enjoyprepaid.com](http://www.enjoyprepaid.com) for international pre-paid calling cards that parents or students can use to call each other, anywhere in the world.

#### TIPS ON CHOOSING A GOOD CALLING CARD:

- Make sure the rate you're looking at is for a mobile phone and not a landline. Usually the rate to call a mobile phone abroad is higher than the rate to call a landline.
- Check to see if the card has a connection fee or disconnection fee.
- Some cards charge a small weekly or monthly MAINTENANCE FEE that is deducted from your balance.
- Watch out for MINUTE ROUNDING. For example, if your card has 3-minute rounding and you make a 1-minute call, you will actually be charged for 3 minutes of talk time; if you make a 5-minute call, you will actually be charged for 6 minutes of talk time; if you make a 7-minute call, you will be charged for 9 minutes of talk time. So, 1-minute rounding is much more desirable than 5-minute rounding.
- Most cards will give you a toll-free OR local access number to use. Try to use their LOCAL ACCESS NUMBER, if possible, because some cards charge a per-minute or flat fee for using their toll-free access number.
- Normally, the fewer “fees” a card has, the higher the per-minute rate. Conversely, the more “fees” a card has, the lower the per-minute rate. If a card seems “too good to be true,” with no fees AND a super low rate...then it probably is! Therefore, it's important to READ ALL OF THE FINE PRINT before purchasing any phone card, and don't be afraid to call the company to ask questions before purchasing anything.
- Don't forget that you may have to pay for the call you make to the access number. If you call the access number from your cell phone, that call uses your minutes (or in the case of students abroad, Piccell will bill you for the call to the access number).

## ***Mail, Computers, Internet***

### **Will students have Internet/email access while in London?**

Yes. Regent's College has free WiFi on campus, so **bring your laptop!** There are also several free computer labs on campus at Regent's College, as well as numerous Internet cafés around London that students can use for a reasonable price.

### **What kind of adaptor do students need in order to use their laptop in London?**

In the UK, the power supply is 220 volts/50 cycles, while in the U.S. it is 120 volts/60 cycles. Most laptops have a power supply that supports both 110 and 220 volts and 60 and 50 cycles (dual voltage). If your computer meets these requirements, you will only need to buy a plug adaptor so that the U.S. plug will fit into the UK wall socket. Voltage adaptors and converters can be purchased at most hardware stores or places like Target, Wal-Mart, etc.

### **Can students receive mail at Regent's College?**

Yes. However,

- We do NOT recommend mailing packages to the UK unless it is absolutely necessary.
- All mail/packages must arrive AFTER the student has moved in.

### **What is the best way to ship packages/send mail to London?**

In general, it is problematic to receive packages in the UK— the recipient is usually charged a customs tax to receive the package. Therefore, it is not advisable to mail anything— especially not items such as clothing, gifts, etc. that are of a non-urgent nature. The customs tax can be anywhere from £5 (approx. \$10) to £200 (approx. \$400), depending on the package's declared value and contents. It is difficult to predict what the tax will be when sending a package. If you declare a value, it is not uncommon to pay fees as high as US\$60-\$150 to pick up the package! Remember that all insured packages require a declared value.

If you do choose to send something, the following information will assist you. On the customs form, you should mark your items as “used” whenever possible (i.e. “used books” or “used clothing”), or “FOR PERSONAL USE ONLY – NO COMMERCIAL VALUE,” as packages containing new items will be taxed exorbitantly. You will also have to declare a value on the customs form. The higher the declared value, the higher the tax will be on the receiving end. Declaring a value of less than £10/\$10 may help to keep the customs tax to a minimum.

For sending packages, we recommend FedEx, UPS, or DHL because they will give you a tracking number. Although FedEx, DHL, and UPS are not the cheapest ways to mail items abroad, they are the fastest and most secure. You may contact any of these companies for a price quote and estimated transit time by giving them the weight, dimensions and

destination of your package. For sending mail (letters, cards, papers, photographs, etc.), we recommend the U.S. Postal Service. *Here is the address to use:*

**STUDENT'S NAME**

Reid Hall  
Regent's College  
Inner Circle  
Regent's Park  
London NW1 4NS  
U.K.

◆ **OVERNIGHT MAIL**

“Overnight” from the U.S. does NOT mean overnight to the UK! If someone in the U.S. sends an overnight document to the UK, it will arrive in the UK AFTER 2 DAYS OR MORE. For urgent documents, ATM cards, etc., use a reliable service such as FedEx or UPS. While the express or overnight USPS Global Priority service is reliable, it will actually take several EXTRA days to reach its destination because when the item enters the UK it is placed directly into the British postal system, which delays its delivery.

*Example:* If a FedEx letter classified as “overnight” leaves the U.S. on a Monday morning, the student will likely receive the item at the *earliest* on Wednesday or Thursday of the same week. Other couriers (UPS, USPS) may take longer.