



UNIVERSITY OF
ST THOMAS
SPRING 2022
STUDENT
SUGGESTIONS



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AIFS Suggestions for University of St Thomas *Spring 2022*

Football Matches

London Teams

- Premier league
 - o Chelsea - <https://www.chelseafc.com/en/tickets---membership/buy-tickets?pageTab=MEN%27S%20FIXTURES>
 - o Tottenham - <https://www.tottenhamhotspur.com/tickets/buy-tickets/home-tickets/>
 - o Arsenal - <https://www.arsenal.com/tickets>
 - o Crystal Palace - <https://www.cpfc.co.uk/tickets/>
 - o West Ham - <https://www.whufc.com/tickets/match-tickets>
- Championship
 - o Fulham - <https://www.fulhamfc.com/tickets-and-hospitality/match-tickets/>
 - o QPR - <https://www.qpr.co.uk/visit/buying-tickets/>
- League 1
 - o Wimbledon - <https://www.afcwimbledon.co.uk/tickets/>

In England, we have the football pyramid with the Premier League at the top, followed by the Championship, then League 1 etc. Each of these is a “League” with a champion and relegation/promotion.

In England we also have cup competitions such as the FA Cup and the League cup, along with European games for the Champions League and the Europa League.

When looking for tickets, you may have more chance getting them for teams lower down the football pyramid such as Fulham in the Championship or Wimbledon in League 1. It’s also good to look for FA cup games where a big team may be playing a smaller team and the take up for tickets, will be lower so you’re more likely to get one and they are cheaper.

Please be aware at UK football games, there are “Home” and “Away” sections. If sitting in the Home end do not turn up in colors for the opposing team or cheer for the opposing team as you may be jettisoned from the stadium.



Hiking

London is a city but it's very walkable and has some great places to explore, however if you want to look further afield, there are some great options locally for day trips:

Walking in London:

- Richmond Park
- Bushy Park
- Regents Park
- Hyde Park
- Along the Thames from Westminster to London Bridge

Outside of London, here are some options: <https://www.timeout.com/london/things-to-do/best-walks-near-london>

Hiking Groups:

- <https://www.meetup.com/GO-London/>
- <https://www.meetup.com/Love-To-Hike/>
- <http://www.senderismoenlondres.co.uk/>

Theatre and Musicals

Theatre is massive in London and there are loads of options from big West End Musicals to small theatre productions.

"Today Tix" is a great app, and shows you offers and cheap tickets, as long as you are happy to go at short notice.

Musicals:

- Lion King - <https://thelionking.co.uk/london/>
- Mamma Mia - <https://mamma-mia.com/london.php>
- Wicked - <https://www.wickedthemusical.co.uk/>
- Mary Poppins - <https://www.marypoppinsonstage.co.uk/>
- Mathilda - <http://uk.matildathemusical.com/tickets/tickets/>
- Book of Mormon - <https://thebookofmormonmusical.com/london/>
- Phantom of the Opera - <https://uk.thephantomoftheopera.com/>
- Les Miserables - <https://www.lesmis.com/london>
- Hamilton- <https://hamiltonmusical.com/london/home/>



There are also loads of theatres around London with a range of different productions, below are some of the more well know ones:

- National Theatre - <https://www.nationaltheatre.org.uk/>
- Royal Opera House - <https://www.roh.org.uk/>
- Young Vic - <https://www.youngvic.org/>
- Barbican - <https://www.barbican.org.uk/whats-on/theatre-dance>
- Sadler's Wells - <https://www.sadlerswells.com/>
- London Coliseum - <https://londoncoliseum.org/>
- Old Vic - <https://www.oldvictheatre.com/>
- Unicorn Theatre - <https://www.unicorntheatre.com/>
- Bridge Theatre - <https://bridgetheatre.co.uk/>
- Royal Albert Hall - <https://www.royalalberthall.com/>
- The Globe- <https://www.shakespearesglobe.com/>

Also special shout out for the Harry Potter stage show:

<https://uk.harrypottertheplay.com/>

Cooking Classes

London has food from all over the world, giving you the opportunity to find a variety of cooking classes, offering all sorts of different international cuisine.

Check out Trip Advisor for the Top-Rated cooking classes in London:

- https://www.tripadvisor.co.uk/Attractions-g186338-Activities-c36-t203-London_England.html

For those looking to replicate a celebrity chef, there are courses for the below:

- Jamie Oliver - https://www.virginexperiencedays.co.uk/cookery-class-for-two-at-the-jamie-oliver-cookery-school?irclid=0nHUelygpxyITISXQIR4LQfzUkG3FixNk0DV3M0&irgwc=1&utm_source=impact&utm_campaign=Skimbit%20Ltd.&utm_publisher=10078&utm_medium=affiliate
- Gordon Ramsey - <https://www.gordonramsayrestaurants.com/gifts-and-experiences/masterclasses/>
- Cordon Bleu - <https://www.cordonbleu.edu/london/programmes/en>

For any aspiring bakers, the Bread Ahead Cookery classes are a must -

<https://www.breadahead.com/courses>



Local Gyms

There lots of gyms located all over London, I have listed some gym chains below:

- Virgin Active
- David Lloyd
- Pure Gym
- The Gym

“Pure Gym” and “The Gym”, are generally the cheapest for memberships and have flexible memberships so you do not have to sign up for the full year. You can just pay by the month.

Remember, with your Imperial College Student Card, you do have access to the Gym Facilities at Imperial College (Charges will apply).

Below are some suggestions, near to your homestays:

- Pure Gym - Muswell Hill
- The Gym – Wood Green
- Giants Gym – Bounds Green
- Pure Gym - North Finchley

Fashion

Where to go for shopping:

- Oxford Street
- Regent Street
- Stratford Westfield
- Shepperd’s Bush Westfield
- Covent Garden
- Kensington High Street
- Kings Road
- Knightsbridge

Where to go for vintage clothes:

- Spitalfields Market
- Camden Market
- Brick Lane
- Portobello Road Market



Department stores:

- John Lewis
- House of Frazer
- Primark
- Next
- Selfridges

For the main fashion brands in the UK, check out this link:

- <https://www.independent.co.uk/extras/indybest/fashion-beauty/best-online-clothes-shops-uk-mens-vintage-womens-luxury-plus-size-discount-deals-a9155011.html>

Museums

A list of museum and galleries can be found here:

- <https://www.visitlondon.com/things-to-do/sightseeing/london-attraction/museum/top-museums-and-galleries-london>

Playing Football

Football is the most popular sport in the UK and there are lots of opportunities to play in London. Whether you want to play traditional 11 v 11 or 5 v 5, there are several options:

- 5 a side: <https://www.gomammoth.co.uk/5-a-side-football/london/> / <https://5aside.org/>
- 5, 6 or 7 a side: <https://powerplay.co.uk/football/London>
- 11 a side: <https://www.alexandraparkfc.co.uk/join/>

Footy addicts seems a really good option for just finding a game, if you do not want to commit to a team: <https://footyaddicts.com/>

Rowing

Thames Rowing Club seem open to visitors joining in with them, as long as you have prior experience: <https://www.thamesrc.co.uk/visiting-rowers>



Running

There are running clubs all over London and in unexpected places so keep an eye out, lots of pubs and breweries now run them to promote health.

Here is a list of clubs in London:

- <https://www.runnersguidetolondon.co.uk/london-running-clubs.html>

Park run is a great social activity too, where people meet on a weekend for a group run, find your local one here:

- <https://www.parkrun.org.uk/>

Art

London Drawing Group: <http://www.londondrawinggroup.com/>

Painting experiences in London: <https://www.designmynight.com/london/painting-classes-in-london>

Bake off tent

Not the actual tent but a great alternative in South London:

- <https://www.thebiglondonbake.com/>

Barbican Conservatory

Barbican conservatory is a big greenhouse within the Barbican Centre. The Barbican is an art and exhibition space with café's, shops, the conservatory, galleries, outdoor space and more.

Currently there is a show in the conservatory, so you need to book entry:

<https://www.barbican.org.uk/whats-on/2022/event/visit-the-conservatory-akari-cloud>

If this interests you, I would also recommend Kew Gardens: <https://www.kew.org/>



Biking

North London Cycling Club: <https://islington.cc/>

If mountain biking is more your thing, here are some trails in and around London: <https://www.mbr.co.uk/mountain-bike-routes/best-place-mountain-bike-near-london-354854>

If you're looking to buy a bike in London, eBay and gumtree would probably be your best bets but there are a few shops below:

- <http://camdencycles.co.uk/>
- <https://www.claphamcycles.co.uk/>

Boxing

North London Boxing Club - <https://northlondonboxing.co.uk/>

Total Boxer, North London - <https://totalboxer.com/>

British Film Institute

Details of the BFI can be found here: <https://www.bfi.org.uk/>

If you're looking for old cinemas, I would recommend the Ritzy in Brixton or On the Green Cinema in Angel.

The Prince Charles is also really cool and shows old films:

<https://princecharlescinema.com/PrinceCharlesCinema.dll/Home>

Cricket

Cricket is really popular in the UK, similar to baseball in style and generally played during the summer. There are several formats, "test cricket" which is played over 5 days, and "20/20" plus "1-day cricket" which are both shorter formats of the game. 20/20 is the quickest form of cricket and probably the most entertaining, for someone introducing themselves to the sport.

Stadiums in London:

- Lords: <https://www.lords.org/>
- Oval: <https://tickets.surreyccricket.com/content>



Lake District

The Lake District is one of the UK's national parks with wonderful scenery and known for its mountain, lakes and quaint villages.

To get there, your best route would be to get a train from London Euston Station to Penrith. Penrith is the main town in the Lake District and from here you can get buses and transport out to the countryside.

To search trains, check out: <https://www.thetrainline.com/>

The tallest mountain in the Lake District, and England, is Scarfell Pike.

Towns to visit include: Keswick, Ambleside, Grasmere, Pooley Bridge and Cartmell.

Downton Abbey

Downton Abbey was filmed at Highclere Castle in Hampshire:

<https://www.highclerecastle.co.uk/>

Details of how to get there can be found here: <https://www.touristengland.com/get-to-highclere-castle-from-london/>

Food in London

Generally, for lunch, people in London grab a Sandwich, salad or savory pie. People in the UK love sandwiches, and you're bound to see lots on offer. Most supermarkets do meal deals where you get a sandwich, drink and a snack (Crisps or chocolate bar etc) for £3-£4.

Cheap eats:

- Pret a Manger (Sandwiches/Salads)
- Greggs (Pies, Sausage rolls, sandwiches, cakes)
- Supermarkets – Tesco, Sainsburys, Waitrose, Coop
- Costa (Coffee and Sandwiches)
- Wasabi (Japanese food)

Cheap chain places to eat out

- Nandos (Chicken and sides)
- Honest Burger
- Wagamama's (Japanese food)



- Pizza Pilgrims
- Franca Manca (Pizza)

Gardening

Find a gardening group near you: <https://www.rhs.org.uk/get-involved/find-a-group> or <https://www.meetup.com/topics/gardening/gb/17/london/>

Golf

Golf clubs in and around London can be quite expensive so looking for alternatives to 19 holes can be a good option for students.

Head over to Greenwich and try out the driving range:

<http://greenwichpeninsulagolfrange.com/>

Urban gold offers a virtual golf experience in central London: <https://urbangolf.co.uk/>
London has also had a wave of Crazy Golf courses opening, mixing golf with drinks and food:

- Swingers - https://swingers.club/uk/book-now?gclid=CjwKCAiAxJSPBhAoEiwAeO_fPx_b4FJqnrj44Y43DZKrMVVYfceWTIUjSkExVib2R7x8Bwmlq1hVbBoCQL4QAvD_BwE
- Junk Yard Golf - <https://www.junkyardgolfclub.co.uk/>

Here you can find places in London to play 9-hole golf: <https://www.golfnow.co.uk/tee-times/9-hole-golf-courses-in-london/search>

Afternoon tea

Afternoon tea is an English tradition and usually involves a pot of tea, with a selection of sandwiches and cakes.

Here is a list of the more famous ones: <https://secretldn.com/best-afternoon-tea-london/>

Other good options are:

- Afternoon tea at:
 - o the British Museum - https://www.britishmuseum.org/sites/default/files/2019-11/BM_GCR_Afternoon_tea_web_Oct_19.pdf
 - o The Orangery - <https://www.royalparks.org.uk/parks/kensington-gardens/food-and-drink/the-orangery>
 - o National Gallery - <https://afternoonteaonline.co.uk/book/the-national-cafe/>



Hunting

Hunting clubs in England tend to be quite exclusive, and usually frequented by the upper classes so joining them can be expensive and quite hard due to the membership process, especially regarding licenses to use firearms. I've listed some below:

- <https://www.gunsonpegs.com/shoots/london/capreolus-club>
- <https://www.londonshootingclub.com/>
- <https://www.capreolusclub.co.uk/>

An alternative might be this Air soft range in London: <https://www.agl-airsoft.co.uk/>

Or clay pigeon shooting, which you can do here:

<http://englishshootinginternational.com/>

Professional Networking

Eventbrite have a series of networking events around London here:

<https://www.eventbrite.co.uk/d/united-kingdom--london/networking/>

Here you can build up networks in London: <https://www.meetup.com/topics/free-business-networking-events/gb/17/london/>

Reading/Book Shops

London has loads of really old and beautiful bookshops:

- Here is a list of the best: <https://secretldn.com/london-bookshops-beautiful/>

If you're looking for a place to hang out in London and read, any of the museums and art galleries, always have loads of nice spaces to sit and read. Other good outdoor spaces are the many parks or places like Coal Drops Yard, Little Venice or sitting by the side of the Thames.

Rugby

Rugby is a contact sport, a bit like American football but better 😊

3 of the best teams in the country play in London and the season runs until around May time, so you should be able to get tickets for either the premiership or the European Champions cup, fairly easy. It's well supported but not as hard as football, to get tickets for games, they're generally a bit cheaper too.



- London Irish - <https://www.london-irish.com/>
- Saracens - <https://www.saracens.com/>
- Harlequins - <https://www.quins.co.uk/>

The Six Nations will be starting in February too. This is an annual competition between England, Ireland, Wales, Scotland, France and Italy. It sweeps over the nation, so you'll probably see people on Saturday and Sundays getting into the spirit, when games are on. It's really hard to get tickets for these games but I'd recommend going down to your local pub and soaking up the atmosphere and the friendly local rivalries.

- Fixtures: <https://www.sixnationsrugby.com/fixtures/>

Spin Classes

Spin classes in London:

- <https://www.digmefitness.com/>
- <https://www.boomcycle.co.uk/>
- <https://psyclelondon.com/>
- <https://www.1rebel.com/uk>
- <https://core-collective.co.uk/>

Swimming

There are pools all over London, I've listed some below near your homestays:

- <https://www.fusion-lifestyle.com/centres/park-road-pools-fitness/> – Wood Green
- <https://www.fusion-lifestyle.com/centres/arnos-pool/> – Bounds Green
- <https://www.better.org.uk/leisure-centre/london/barnet/finchley-lido-leisure-centre> - North Finchley

For something different you could do swim at the Olympic Park:

- <https://www.londonaquaticscentre.org/>

Or if you're brave, outdoor swimming!

- <https://www.timeout.com/london/things-to-do/lidos-and-outdoor-swimming-pools-in-london>



Tennis

Tennis courts/clubs near your homestays:

- Wood Green - <https://clubspark.lta.org.uk/WoodValeLTC>
- Bounds Green - <https://bgbtc.co.uk/>
- North Finchley - <https://clubspark.lta.org.uk/ravenslawntennisclub> or <https://clubspark.lta.org.uk/VictoriaPark11/Booking/BookByDate#?date=2022-01-17&role=guest>
- Muswell Hill - <https://clubspark.lta.org.uk/MuswellHillMethodistLTC> or <https://www.olmltc.co.uk/>

Also, make sure to check out Wimbledon whilst you are in London:
https://www.wimbledon.com/en_GB/museum_and_tours/index.html

Volleyball

Here is a list of volleyball clubs in London: <https://londonvolleyball.org.uk/clubs/>