



London – Fact Sheet for Lakehead University Placements 2023 (updated Oct. 2022)

Flights

- From Toronto to London, the cost of a round trip ranges from roughly \$600-\$900 Canadian.
- The flight duration is approximately 7.5 hours direct, or longer with a stop.
- There are multiple airlines that fly to London.

Visas

- A visa is not required for visiting London, however, you should be careful not to indicate to customs that you are “working” or even “volunteering” in London (as working and volunteer work require visas). A letter will be provided by the University outlining the purpose of your trip, in case it is needed.
- You must present a valid passport upon entering, and you may be asked to show your return ticket, proof of sufficient funds for your trip, and proof of lodging.

Language

- English is the official language of the UK, spoken by approximately 98% of the population. There are however many British expressions and slang words that may be unfamiliar! For example:

Loo = bathroom (toilet is also acceptable)

Cheers = thanks

Lift = elevator

Queue = line

Bin = trash

Boot = trunk (used in the context of a car)

Fag = cigarette

Cashpoint = ATM

Trainers = tennis shoes

Zebra Crossing = pedestrian crossing

Chemist = drugstore

Biscuit = cookie

Chips = french fries

Crisps = chips

Ground floor = first floor

Petrol = Gas

Knackered = tired or exhausted

Gobby = being a loudmouth

.... And many more. For further details on British English, see

[100+ British slang words and expressions to knock your socks off](#)

Currency

-The official currency of the UK is the pound sterling, known as the pound (£, GBP). Each pound is divided into 100 pence (100p = £1). 1 pound = \$1.54 Canadian.

-You will usually hear the British say “pee” rather than pence, as in 25p (25 pee). You might also hear a pound referred to as a “quid,” a five-pound note as a “fiver,” and a ten-pound note as a “tenner.”

-ATMs are widely available throughout the UK. Credit cards and debit cards can be used widely.

Food

-There are lots of meat-based foods. Indian food (especially curry) is also quite popular.

-There are quite a few vegan/vegetarian restaurants.

-Popular foods include: fish and chips, bangers and mash, Sunday roast, full breakfast, Shepherd’s pie, Chicken tikka masala.

-Traditional foods are filling, heartwarming, “comfort foods.”

-You may wish to partake in an “afternoon tea” ceremony, complete with “fancies.”

-Note: In restaurants, the average tip is 10-15%, although you need to confirm it hasn’t automatically been added to your bill. You can add the tip to your credit card, but cash is preferred. Not all establishments pass on tips paid on a card to the servers.

Water

The tap water is safe to drink and meets European water quality standards. It may have a slight taste (“hard” or “soft”).

Vaccines

-You do not need to take any COVID-19 tests or fill in a passenger locator form. This applies whether you are fully vaccinated or not.

-The World Health Organization recommends the following vaccinations for the United Kingdom: hepatitis A, hepatitis B, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia and influenza.

Travel Advisories

-Visit <https://travel.gc.ca/destinations/united-kingdom> for latest notifications.

-Currently, there is a Level 2 travel advisory, recommending that visitors exercise a high degree of caution when visiting due to threat of terrorism.

General Information about London and Travel Tips

-London is 4 hours ahead of Ontario.

-For emergency, dial 999.

-Public transportation prices are fairly reasonable for buses and the tube. Remember: NO cash on buses! An Oyster Card is your best bet and could save you up to 50% when compared to a single ticket.

-London can be expensive, so take advantage of the free London museums. You could easily spend days wandering the museums of London but two recommendations are the British Museum and the Natural History Museum.

-Inexpensive lunches can be purchased at Sainsbury, Boots, Co-op & Tesco supermarkets. These meal deals cost around £3 and consist of a sandwich, a snack (such as chips (crisps), fruit or chocolate) and a drink.

-Another great spot to eat for only a few pounds, is the Camden Market. Here you'll find food from around the world at great prices in addition to stalls selling a variety of goods.

- Other good markets in London include Portobello Road Market for antiques, fashion and fruits and veggies. Also, there is Brick Lane Market for antiques, fashion, arts and crafts and street food.
- To save money and get fast entry access into attractions, consider purchasing the The London Pass, an all-inclusive sightseeing card that grants pass holders free entry to 60+ attractions (including Tower of London, Kensington Palace, Westminster Abbey...) and a free hop-on/hop-off tour bus.
- Come prepared to charge your devices: bring an adaptor for the 3-pin UK outlets. The voltage is around 230V in the UK.
- For other travel tips, visit [21 things everyone should know before visiting Britain](#)

Cellphones and Wi-Fi

- It is recommended to purchase a new SIM card, or to use an app that allows you to talk and text over Wi-Fi. Apps such as WhatsApp and TextNow that allow you to text/call over Wi-Fi are alternatives to buying a new sim card.
- Take advantage of your smartphone and download the London App. The app provides directions, recommendations, history and more.
- Wi-Fi networks are widely available.

Temperatures and Weather in March/April/May

- The average temperature in March is 12°C; in April 15°C, and in May 18°C.
- Expect rainfall approximately 9 days per month.
- March-May are considered excellent times of the year to be in London as temperatures are mild and the parks are green and blooming.

Travel and Tourism

London is one of the world's leading tourism destinations, and home to many very famous tourist attractions. For further information, see https://en.wikipedia.org/wiki/Tourism_in_London

Further information to prepare students for placements and travel in London, including a packing list, will be organized through Lakehead University.