

Travel within the United Kingdom

High Commissions and Embassies in London are responsible for meeting and accommodating students on arrival in the UK and for arranging their transport to the Training Establishment in time for the commencement of the course. Similarly, they are responsible for looking after the students during course recesses and on completion of courses and before their return home. As a general rule, students will not be available for return flights to their country before the scheduled end of course date. All students are to be in possession of a valid passport on arrival at their Training Establishment and retain it whilst under training.

Travel to Central London

If you are flying to the UK, it is likely that you will arrive at either London Heathrow Airport (LHR) or Gatwick (LGW). It is your responsibility, and that of your Embassy/High Commission, to arrive at your Training Establishment in time for the start of the training and you will almost certainly need to travel into London for your onward journey. If your London Embassy/High Commission has not arranged transport there are four ways of travelling into London:

Taxi

You should use only an authorised taxi, usually painted black and always having a clearly visible meter. Make sure the driver switches this on before leaving and pay only what is shown on the meter plus any additional charge if you have a lot of luggage. This is expensive, in relation to other methods of travel, and is in the region of £45 from Heathrow and £80 from Gatwick to the centre of London - and costs even more late at night.

Coach

The airports have good coach links into coach/bus stations in Central London. Travelling by coach is good value (approx £10). +44 121 423 8587 (from overseas) or 08705 757747 (within the UK) www.GoByCoach.com click on the link for airport buses.

Tube/Underground Railway

LHR is on the end of the Piccadilly Line. There is a frequent, inexpensive (approximately £5) service into London, but the Underground Railway is a complicated system. If you decide to use it you are strongly advised to study a map of the system, displayed on the walls in the station, ensure you know exactly where you are going or else ask the station staff. +44 20 7222 1234 (08:30 to 17:30 hrs GMT Monday to Friday) www.thetube.com click on journey planner.

Rail

Travel by train to Central London from LHR or LGW can be achieved using the Heathrow or Gatwick Express services.

The Heathrow Express is a 15-minute direct train ride (20 minutes from Terminal 5) from LHR to Paddington Station in the centre of London. This service runs every 15 minutes from 0510 - 2340 hrs and costs £16.50 each way, or £26 for First Class. 0845 600 1515 (within the UK)

www.heathrowexpress.com

The Gatwick Express is a 30 minute direct train from Gatwick to Victoria Station. The service runs every 15 minutes from 0520-0435 hrs and costs £16.90 each way or £29.50 single First class. 0845 850 1530 (within the UK) www.gatwickexpress.com

There is also a regular train service from Gatwick which takes 30 minutes and costs approximately £10.

The Stansted Express is a 45 minute train from Stansted Airport to Liverpool Street Station, London via Tottenham Hale. The service runs every 30 minutes between 0500 - 0800 hrs then 1630-2300 hrs and every 15 minutes from 0815 - 1630 hrs. Tickets cost £18.00 each way or £29.50 single First class. 0845 600 7245 (within the UK)

www.stanstedexpress.com

Air Travel

This is quite an expensive method of travel and there are services only between the major cities. For journeys up to 200 miles the train is often quicker.

Rail

There is a good network of services between the main towns and cities particularly for journeys from and into London. Inter-City trains are fast, comfortable and frequent, with a restaurant/buffet service available on most long journeys. For journeys to rural areas, however, trains are less frequent. The rail companies operate a wide range of tickets at varying prices. Always ask at the booking office to find out which is the one best suited to your journey. There are First and Standard classes of travel on most journeys. 08457 114141 (within the UK) National Rail Enquiries www.networkrail.com www.thetrainline.com for purchasing rail tickets in advance.

Bus/Coach

London has an excellent bus service. +44 207 222 1234 www.londontransport.co.uk/buses/contact

Other cities and large towns also have good bus services and Tourist Information Offices may be able to provide timetable information. Buses in rural areas can be infrequent. There is also a comprehensive inter-city express coach service which is inexpensive (compared with air and rail). www.GoByCoach.com