



Erasmus+

# ITC GUIDE of

# London



● ITC PRAGUE

FR. KRÍŽKA 1, 170 00 PRAGUE 7, CZECH REPUBLIC

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## OUR TEAM



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## ARRIVING TO LONDON

For your convenience, we have decided to help you a little with orientation in the city of London, where you are about to take a Erasmus+ training with us. So if you happen not to be used to travelling or are about to visit London for the first time, do not worry about getting lost and profit out of our “directions handbook” prepared by ITC International for you!

London, being one of the biggest cities in Europe, has five main airports. Two international airports: Heathrow (LHR) and London City Airport (LCY) and three European low cost airports: Luton (LTN), Stansted (STN) and Gatwick (LGW). If you choose to come to London by plane, you will most probably arrive to STN or LGW as Heathrow and London City Airport serves mainly for transcontinental flights. However, Stansted and Gatwick are quite small airports, they are connected by an airport train and shuttle buses and Gatwick airport is also divided into two terminals (North and South).

### From Stansted Airport:

The main central train and bus station from the airport is **Liverpool Street Station**, [map](#).

#### By Train:

There are frequent [trains to London](#) from Stansted airport.

[Stansted Express](#) is the quickest way into Central London. Full-service trains leave the airport from approximately 5.30am (depending on the day of the week) to 11.45pm (or until 12.30am without stopping at Tottenham). Trains run every 15 minutes. A standard adult single ticket costs £23.40. The journey time is 47 minutes and most trains stop at **Tottenham Hale** station before terminating at **Liverpool Street** station.

#### By Coach:

[National Express](#) operates a 24-hour service to **Victoria Coach Station** with stops at Golder's Green, Finchley Road, St John's Wood, Baker Street and Marble Arch. A second service stops at **Liverpool Street** via Stratford, Whitechapel, Shorditch, Bethnal Green, Mile End and Bow. There are several coaches an hour during the day. Prices start from £8 (plus £1 booking fee) for a single ticket. You can also use a low cost coach service [Easybus](#).



### From Gatwick Airport:

The main central train and bus station from the airport is **Victoria Station**, [map](#).



### By Train:

There are many different [trains to London](#) from Gatwick airport.

[Gatwick Express](#) is the fastest way into Central London. Trains run every 15 minutes between Gatwick Airport's South Terminal and London Victoria Station every day from 4.35am to 1.35am. Journey time is 30 minutes and the service is non-stop to **Victoria Station**.



### By Coach:

[National Express](#) runs frequent services between Gatwick and **Victoria Coach Station**. Coaches run approximately every 30 minutes. Journey time varies according to route, most are about one hour 20 minutes. Some services stop at Hooley, Wallington, Mitcham Junction, Mitcham London Road, Streatham, Stockwell and Pimlico. You can also use a low cost coach service [Easybus](#).

**Taxi:** You can also take a taxi, it is possible. Usual price for a ride from the airports to the city costs about £46 - £87.

## GETTING AROUND LONDON

For transportation in London we recommend the tube public transportation system, it is fast and reliable way to get around London. Instead of usual tickets you will need an [Oyster card](#). For more information regarding public transportation in London please visit the [London Journey Planner](#). You can easily find your way from any hotel or place in London to our ITC course location.



### Where to buy tickets:

- ▶ ticket machines

### Public Transportation Tickets:

£4.90 - 1 one way ticket (not transfers allowed)

£6.00 - 1 one way ticket from Heathrow (transfers not allowed)

**Note:** When you travel with oyster card, tickets are much cheaper. You can pay also with your contactless credit card.

When you enter the bus or in the metro/city train station think about punching your ticket, validation boxes are located inside the stations in front of the tourniquets. Don't forget to take your ticket back when it comes out from the validation boxes. You will need it in order to open the exit door when leaving. The same for oyster or contactless credit card.

## NEARBY HOTELS IN LONDON

Book your hotel well in advance because London gets very busy in summer. We have a good experience with some hotels, we would like to recommend you. In case you are looking for something else, look at [booking.com](http://booking.com).

- **Hotel Russell – [Book here](#)**

1-8 Russell Square

[Google maps](#)



- **Grange Lancaster Hotel – [Book here](#)**

4 - 6 Bedford Place

[Google maps](#)

- **Arosfa Hotel - [Book here](#)**

83 Gower Street

[Google maps](#)



- **Arran House Hotel - [Book here](#)**

77-79 Gower Street

[Google maps](#)

- **Euro hotel - [Book here](#)**

53 Cartwright Gardens

[Google maps](#)



**NOTA BENE:** We recommend you not to book anything before you get the confirmation form ITC about your course – you need to have our course place registration confirmation before booking your flight and accommodation.

We recommend you to use the [London journey planner](#) or the [google route planner](#) to check the distance and travel time between your hotel and ITC course location before booking your accommodation – you do not have to be right next to ITC course location, but very long travel times (more than 60 minutes) are not recommended – you need to be able to get to the course location on time for start of every lesson.



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## GETTING TO ST GILES (ITC COURSES IN LONDON)

Wherever you decide to stay in London, your central point will be our course venue the **St Giles London Central Training**, at **154 Southampton Row, London WC1B 5JX** ([map](#)).

**Coming by Metro:** The easiest way to training school is by tube (metro). The closest tube station is **Russell Square** on **Piccadilly** line (If you arrive to Heathrow or LCY, you can take the tube directly from the airport).



- from **Liverpool Street** station -> take **Central** line ( Westbound platform ), make a transfer in **Holborn** station on **Piccadilly** line ( Eastbound platform) to **Russell Square**.

- from **Victoria** station -> take **District** or **Circle** line ( Westbound platform ), make a transfer in **South Kensington** station on **Piccadilly** line ( Eastbound platform ) to **Russell Square**.



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## USEFUL CONTACTS

### ITC

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e-mail: [info@itc-international.eu](mailto:info@itc-international.eu)

website: [www.itc-international.eu](http://www.itc-international.eu)

### contact address of ITC's main office:

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Praha 7, 170 00

Czech Republic

### transportation:

website: [London Journey Planner](#)

Taxi: +44 207 2052677

Website: [londoncabs.co.uk](http://londoncabs.co.uk)

### tourist information:

[londonpass.com](http://londonpass.com)