

COST OF LIVING FOR STUDENTS

PLANNING YOUR BUDGET FOR YOUR TRIP TO LONDON

BEFORE COMING TO LONDON, IT IS IMPORTANT YOU PLAN FOR YOUR BUDGET FOR THE DURATION OF YOUR STAY. THE COST OF LIVING IN LONDON MAY BE MUCH MORE THAN IN YOUR HOME COUNTRY. IT MIGHT BE LESS, IT MIGHT BE MORE EXPENSIVE FOR SOME THINGS AND CHEAPER FOR OTHERS. IT IS IMPORTANT TO PLAN AHEAD AND ENSURE THAT YOU WILL HAVE ENOUGH MONEY FOR THE DURATION OF YOUR STAY.

PLEASE NOTE THAT THE BELOW IS ONLY AN ESTIMATE OF COSTS. PRICES CAN VARY A LOT DEPENDING WHERE YOU BUY THINGS AND WHICH LEVEL OF QUALITY YOU CHOOSE.

FOOD:

OUR KING CAFÉ

We have a nice and affordable Café on the Student Common Area on the first floor of the school at 77 Gloucester Road.

Tip 1: Use the King Café loyalty card to get a free hot drink once you have purchased 10.

Tip 2: Chat with our friendly barista Victor and he will make sure your coffee is done exactly to your liking.

- Hot drinks (espresso, cappuccino, hot chocolate, tea etc) £1.50 – £2.10
- Baguette £3.50
- Panino £3.00
- Sandwich £2.80
- Salad/Pasta £3.80
- Ham & Cheese croissant £2.00
- Pastries £1.20 – £1.30
- Muffin £1.80
- Soft drink £1.00
- Still water £1.00
- Juice £1.00

CAFÉS IN LONDON

Please be advised that the following prices may vary significantly depending on the café. It's also important to know that not all branches of a chain such as Starbucks will have the same prices. The ones in the centre of London may be more expensive than the ones further out.

Tip 1: Ask for a loyalty card from any café you regularly visit, as you can get free food/drink or discounts if you are a good customer. Don't forget to get it stamped for each purchase.

Tip 2: Some places give you a small discount if you bring your reusable cup. That is good for your wallet and the planet! Starbucks give you a 25p discount, Prêt-a-Manger give you a 50p discount.

Tip 3: Some places have 2 sets of prices: one for eating in and one for taking away. The take away prices are cheaper, so why not take your food to the nearest park and enjoy it in the fresh air (weather permitting!).

Tip 4: Some franchises allow their staff members to give away few items per day to reward good customers. So why not take the opportunity to practise your English and be super friendly with the staff?

- Hot Drinks (Coffee / Hot chocolate / Tea) £2.50 – £4.00
- Soft Drinks £1.50 – £3.00
- Sandwiches £2.50 – £6.00
- Hot Sandwiches £3.5 – £7.00
- Soup £3.00 – £6.00
- Pizza £5.00 – £11.00
- Jacket Potato £5.00 – £9.00
- Salad £3.00 – £8.00
- Hamburger & Chips £4.00 – £10.00
- A Big Mac meal £4.00 – £7.00

SUPERMARKETS / GROCERY SHOPS

There is a wide range of supermarkets in the UK. Waitrose (opposite 77 Gloucester Road) is expensive but good quality. Also, Wholefoods on Kensington High Street sells very good quality organic food. Sainsbury, Tesco and the Co-operative are cheaper but also have good quality products. Asda and Lidl are the cheapest supermarkets and have the most offers.

LUNCH:

- Sandwich £1.50 – £3.00
- Can of coke £0.65 – £0.80
- Fruit £0.50 – £0.80
- Pack of Crisps £0.60 – £1.00
- Salad £2.50 – £3.50

COOKING AT HOME:

- Milk (regular, 1 litter) £0.70 – £1.20
- Loaf of Fresh White Bread (500g) £0.70 – £1.60
- Rice (white), (1kg) £1.00 – £2.20
- Eggs (regular) (12) £1.30 – £3.30
- Local Cheese (1kg) £5.00 – £12.00
- Chicken Breasts (Boneless, Skinless, 1kg) £5.00 – £9.00
- Beef Round (or Equivalent Back Leg Red Meat, 1kg) £5.00 – £16.00
- Apples (1kg) £1.30 – £3.00
- Banana (1kg) £0.76 – £2.00

- Oranges (1kg) £1.30 – £3.00
- Tomato (1kg) £1.50 – £4.00
- Potato (1kg) £0.65 – 2.00
- Onion (1kg) £0.70 – 2.00
- Lettuce (1 head) £0.55 – £1.00
- Water (1.5 litter bottle) £0.50 – 1.30
- Bottle of Wine (Mid-Range) £7.00 – 10.00
- Domestic Beer (0.5 litter bottle) £1.10 – 2.30
- Imported Beer (0.33 litter bottle) £1.20 – 3.00
- Cigarettes 20 Pack (Marlboro) £10.00 – 12.45
- Average food cost per month £265.00

RESTAURANT PRICES / EVENING MEALS

There is a wide range of restaurants in London and a lot of them offer international cuisine.

Tip 1: Best value are often Indian or Chinese. Some do ‘all-you-can-eat’ deals.

Tip 2: Don’t forget to try English food, go to a pub and try some traditional English meals like Shepherd’s Pie.

Tip 3: In restaurants if a ‘service charge’ has been added to the bill you don’t have to leave a tip. If service is not included, it is normal to leave a tip of 10 – 15%. Do not tip in pubs.

- Budget restaurant meal £6.00 – £12.00 (all prices are per person)
- Standard restaurant meal £15.00 – £30.00
- Exclusive restaurant meal £40.00 – £60.00
- Budget restaurant meal + wine £15.00 – £25.00
- Standard restaurant meal + wine £25.00 – £50.00
- Exclusive restaurant meal + wine £60.00 – £100.00
- Super expensive restaurant meal + wine £150.00 – £300.00!

FOOD MARKETS/FARMERS’ MARKETS

Tip 1: You can get discounted price from food street markets if you go when they are getting ready to close.

Tip 2: For good quality fresh food try a farmers’ market early on a Saturday or Sunday morning (See www.lfm.org.uk to find one).

- A basket of goods £6.50 - £15.00
- A cooked portion to eat on site £6.00 – £10.00

PERSONAL CARE

Tip 1: Chain shops such as Boots or Superdrug sell all your personal care products plus make up etc. They always have special offers on shampoos, shower gels etc, so look for ones with “buy one get one free”, “buy one get one half price” as well as just reduced prices.

Tip 2: Antihistamines for allergy relief are often on special offer at the start of “hayfever season”. If you know that you are going to need them at some point in the summer because you get grass/pollen/tree allergies, it’s worth buying them when they are on offer and using them later when you need them.

- Cold medicine for 6 days £3.00 – £6.00
- 1 box of antibiotics (on prescription – 12 doses) £9.00
- Short visit to private Doctor (15 minutes) £78.00
- 1 box of 32 tampons £3.00 – £5.00
- Deodorant £2.00 – 4.00
- 4 rolls of toilet paper £2.00 – 3.00
- Toothbrush £1.00 – £6.00
- Toothpaste £1.50 – £4.00
- Shower gel £1.00 – £3.50
- Shampoo £1.00 – £7.00
- 2-in-1 (shampoo & conditioner) £3.00 – £5.00
- Standard men’s haircut £16.00 – £25.00
- Standard woman’s haircut £25.00 – £80.00
- Washing powder £3.00 – £6.00

ENTERTAINMENT

Frances King offers an Activity Programme to help you make the most out of your time in the UK. Some activities, such as walking tours or museum visits, will be free. Others will have a small charge, such as bowling/ice-skating or a ticket entry such as Houses of Parliament Tour. We also go for dinner or afternoon tea or to pubs. In these cases, you will have to pay for what you eat/drink. You can also go on weekend excursions with another company (see the bottom of the list below).

Tip 1: Discounts may be available with a student card.

Tip 2: Cinemas/musicals/ballets are cheaper in the afternoons (matinée) and outside of the West End.

Tip 3: A lot of pubs offer free Live Music.

Tip 4: Nearly all major museums are free in London, but special exhibitions usually have to be paid for.

Tip 5: Night Clubs normally offer discounted entry ticket if you arrive before 11pm.

- Swimming pool entry ticket £5.00 – £15.00
- Fitness Club, Monthly Fee for 1 Adult £25.00 – 80.00
- Tennis Court Rent (1 Hour on Weekend) £6.00 – 20.00
- Ice-skating £10.00 – 15.00
- Bowling £5.00 – £15.00
- Cinema £8.00 – £20.00
- West End Theatre £25.00 – £35.00

- Ballet £10.00 – 60.00
- Temporary museum exhibition £10.00 – 20.00
- Concert £10.00 – £60.00
- Major concert £50.00 – £180.00
- Entry into a nightclub £10.00 – £25.00
- London Attractions (Houses of Parliament, London Eye, Madame Tussauds etc) £9.00 – £30.00

Guided Day trips for Students (arranged by [UK Study Tours](#)):

- Bath & Stonehenge from £49
- Oxford, Windsor & Eton from £39
- Cambridge from £39
- Shakespeare’s Stratford & The Cotswolds from £40
- Cardiff & Wales from £60

SHOPPING

Below are some common items you may need to buy during your stay.

- First class stamp (UK) £0.70
- Second class stamp (UK) £0.61
- Stamp for Europe (letter under 10g) £1.35
- 4 x AA batteries £2.00 – £6.00
- UK plug adaptor £4.00 – 8.00
- 1 pair of jeans £40.00 – £80.00
- 1 summer dress in a high street store £30.00 – £50.00
- 1 pair of sport shoes (Nike, Adidas, or equivalent brands) £40.00 - £120.00
- 1 pair of men’s leather business shoes £92.00

TRANSPORT

PUBLIC TRANSPORT

Public transport is the easiest and cheapest way to go around the city. Here are some guide prices for travelling in and around London.

The London Underground network is commonly called ‘the Tube’ and it is divided into zones. Zones 1-2 are the centre of London. Most people in London live in zones 3 and 4. All of Frances King accommodation are in zones 1-3.

Please note that you cannot use cash to pay for your bus fare.

You can use an “Oyster card” (a plastic card which you can load with pay-as-you-go prepayment, or with a Travelcard, which gives you unlimited travel in specific zones for 1 day, 7 days or 1 month) or a contactless payment card to pay as you go. You can also get a one-day travelcard (paper ticket) from most Tube stations.

FARES:

Single bus “pay-as-you-go” fare £1.50 (you can change bus once within 1 hour).

Tube, DLR and London Overground single (pay as you go) fares (adult-rate, peak time, 2019):

Zones 1-2	£2.90
Zones 1-3	£3.30
Zones 1-4	£3.90
Zones 1-5	£4.70

Buses, Tube, DLR, London Overground and TfL Rail services and National Rail services travel card (adult-rate, 2019):

	Daily	Weekly	Monthly
Zones 1-2	£7.00	£35.10	£134.80
Zones 1-3	£8.20	£41.20	£158.30
Zones 1-4	£10.10	£50.50	£194.00
Zones 1-5	£12.00	£60.00	£230.40

You can check all fares on: <https://tfl.gov.uk/fares/find-fares>

Tip 1: You have to pay a deposit for an “Oyster card” when you are in London and this can save you money on your tube journeys. Be sure to return the Oyster card when you leave London and you will get your deposit and any pay-as-you-go credit back!

Tip 2: If you are studying for at least 14 weeks you can get a student oyster card and get a 30% discount on the above fares. You will need: a credit/debit card and a digital photo. There is a £20 charge per card. Get a form from Student Services to help you apply.

The Transport for London website can help you plan your journey in London:

<https://tfl.gov.uk/plan-a-journey/>

You can also check train times and ticket prices for trains to places outside of London on the National Rail website: <http://www.nationalrail.co.uk>

TAXIS

FROM/TO AIRPORTS:

You can use our airport transfer service to make sure that a professional driver is waiting for you at the airport. We work with a reliable company and all drivers are licenced, insured and have had a criminal records check.

Transfers (from/to)	Price / Single Transfer	
	1-3 people travelling to same address	4-7 people travelling to same address
Heathrow	£95	£120
Gatwick	£115	£160
Stansted/Luton	£130	£160
London City	£95	£125
London Railway Stations	£80	£110

Double fares apply December 24-26, 31; January 1

Supplement for transfer 23:00 – 05:00 £15

Waiting time 2 hours included. Extra time: £30 for every 30 minutes.

AROUND LONDON:

If you decide to take a taxi, on the street only take a black cab (traditional London taxis with an orange light on top), both driver and cab are licensed. A licenced taxi should have its license number displayed on the back of the vehicle. All taxis should use a meter unless a fixed price has been agreed.

General Fees Guidance for black cabs (subject to change):

		(Tariff 1)	(Tariff 2)	(Tariff 3)
Distance	Approximate journey time	Monday to Friday 05:00 - 20:00	Monday to Friday 20:00 – 22:00 Saturday and Sunday 05:00 – 22:00	Every night 22:00 – 05:00 Public holidays
1 mile / 1.6km	6 – 13 mins	£6.00 – £9.40	£6.00 – £9.60	£7.00 – £9.60
2 miles / 3.2km	10 – 20 mins	£9.20 – £14.60	£9.60 – £14.80	£10.60 – £15.00
4 miles / 6.4km	16 – 30 mins	£16.00 – £23.00	£17.00 – £24.00	£18.00 – £28.00
6 miles / 9.7km	28 – 40 mins	£24.00 – £31.00	£30.00 – £33.00	£30.00 – £34.00
Between Heathrow and Central London	30 – 60 mins	£48.00 – £90.00	£48.00 – £90.00	£48.00 – £90.00

Mini cabs are private cars that are used as a taxi, but they cannot be stopped on the street, they must be booked in an office, by phone or using an app.

The advantage of using a phone app is that the company will know your location and you can connect the app to your credit card so you don't need to worry about having enough cash on you.

Mini cabs are cheaper than black cabs, but the cars are regular cars, which are not as spacious inside, and the drivers may not know their way around London as well as a black cab driver, who has had years of very demanding training and exams to qualify as a London Taxi Driver.

Some mini cab and car ride companies operating in London:

- Addison Lee
- Swiss Cottage
- Uber
- Greentomato

When there is a lot of demand for cars in the area you are in (for example, if it is raining), some care ride companies (such as Uber) increase their prices. It is worth waiting for the “Price Surge” to pass so you don’t have to pay extra money.

STUDIES

COURSE BOOKS

Material is included in the price of your course apart from Exam preparation and Business English for which you will have to buy a textbook: £25 – £35 every 4weeks

SELF-STUDY MATERIALS

Grammar / Vocabulary book £15 – £30

EXAMINATION FEES FOR EXAM BOOKED VIA FRANCES KING

If you would like to take an examination during your stay with us, you will need to pay extra for the examination. Frances King is not an exam centre. You can register yourself independently, or we will register you and take care of all the paperwork. Our prices are:

- IELTS £190 (UKVI IELTS is extra, please ask for details)
- Cambridge FCE £155
- Cambridge CAE £160

INSURANCE:

Before you arrive in the UK, you should take out insurance for your own financial and personal security.

You can take out your own insurance or you can get the International Student Policy offered by Guard.Me Insurance: Medical, travel and course insurance: £5.25/week. Book at: <https://www.guard.me/francesking>

If your home country does not have a special agreement with the UK and you require medical treatment, this can become very expensive. We strongly recommend you take out insurance to cover you during your time here.

EU nationals should bring their European Health Insurance Card (EHIC) which allows you access to health care services.