

LOCAL INFORMATION

LONDON



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SAE
INSTITUTE



CONTENTS

Things to Do	3
Wellbeing	4
Best Places to Eat	4
Best Places to Drink	6
Best Places to Go Out	7
SAE Student Discounts	8
Student Support	8
The Boring Bits	9

Travelling Around London

There are lots of overground transport methods in London including 'Boris' Bikes, buses, Uber and other taxi services, but The London Underground is arguably the easiest way to travel around London.

If you download the **London Underground** app you can easily figure out how to get from your current location to your destination.

You can buy an Oyster card which you can top up with your debit or credit card to make travel cheaper. If you have a **16 - 25 railcard**, you can add your 1/3 travel discount to your Oyster card.

Find out more [here](#).

Uber and other taxi services operate in London, but this is likely to be a more expensive way of getting around.

Kings Cars: 020 7241 5000

London Transport Cars: 020 3478 8762

It's a colourful area that is often less busy than Oxford Street and Piccadilly Circus. There are plenty of cafes and restaurants along the way as well.

Opening times:

Most shops are open from 10am - 7pm Monday to Saturday, and from 12pm - 6pm on Sunday.

Find out more [here](#).

Take in the Tate

The Tate Modern is a world-renowned art gallery with international and contemporary work. They have temporary exhibitions on throughout the year, so visit their website to see what's on.

Opening times:

10am - 6pm

Sun, Mon, Tues, Weds, Thurs

10am - 10pm

Fri, Sat

Find out more [here](#).

Decorate your digs with vintage treasures from Portobello Market

Portobello Road Market runs between Notting Hill Gate and Ladbroke Grove, and has lots of vintage shops and stalls, as well as lots of places to grab a bite or a coffee. It's a great place to pick up something special that will accentuate your student accommodation.

Opening times:

9am - 6pm

Mon, Tues, Weds

9am - 1pm

Thurs

Find out more [here](#)

9am - 7pm

Sat

Closed

Sun

Watch a film in the open air with Luna Cinema

Watch classic films on a big screen in a beautiful or prestigious setting with Luna Cinema, the country's leading producer of



Things to Do

Immerse yourself in arthouse at Rio Cinema

The Rio Cinema is a Grade II listed independent Art Deco cinema in Dalston, up the road from SAE London. If you're a fan of arthouse cinema then sign up to their weekly email newsletter to keep up to date with screenings.

Find out more [here](#).

Shopping in Soho

Carnaby Street is packed with your favourite brands and lots of quirky boutique shops.

open air cinema events. From London parks to country castles, to swimming pools and ruined abbeys there are lots of events going on throughout the year. Sign up to their mailing list to keep on top of screenings.

Find out more [here](#).

Wellbeing

F45, Haggerston

The F stands for functional training, and consists of a mix of circuit and HIIT style workouts geared towards everyday movement, whilst 45 is the total amount of time for sweat-dripping heart-pumping fun.

Single classes are £25, but you can buy them in bulk to make it cheaper, and unlimited monthly passes are available.

Find out more [here](#).

TripSpace, Haggerston

In addition to regular nights of cutting edge and experimental performance, TripSpace offer a variety of yoga, and professional dance classes with some of the best teachers in London. If you have never been to the studio before make sure to arrive 15 minutes prior commencement of class to register.

A one hour class is £15

Find out more [here](#).

For the Core, Hoxton

For the Core offer 45 minute drop-in yoga sessions from just £9. With no more than 14 students in each class, the studio provides an intimate and calming environment for students to feel comfortable and supported.

Find out more [here](#).



Britannia Leisure Centre, Hackney

If you find going for a swim clears your head and helps you focus on the day ahead then get down to Britannia Leisure Centre, a fantastic local facility offering a wide range of activities. The centre contains a state of the art gym, swimming pool with a wave machine and slide, fitness class studio, sports hall, squash courts, outdoor pitches and a function room.

They have a student membership price plan.

Find out more [here](#).

Anytime Fitness, Dalston

One of the more budget-friendly gyms in the area, joining Anytime Fitness gives you access to over 160+ gyms across the UK with high-spec equipment, 24/7 access, free classes for members and a welcoming environment to help make you feel happy and healthy.

Find out more [here](#).

Best Places to Eat

Chillibeers

Located on the fourth floor of SAE House, Chillibeers, our student cafe provides a variety of light meals, snacks and drinks including sandwiches, burgers and hot dogs. Pop in for your caffeine fix or a sweet treat

to get you through an afternoon in the studios!

Opening times:

9.00 am - 4.00 pm

Mon, Tues, Weds, Thurs, Fri

Get your caffeine fix at Curio Cabal

Curio Cabal is a coffee shop opposite SAE House, which is supported by its brother company, Creative Blocks, a co-working/

studio space based in the same building. If you're needing a pick-me-up then this is the place to go for your morning coffee. At nighttime, you can get rum and roti as the venue transforms into Island Social Club.

Find out more [here](#).

Visit Venezuela with Arepa & Co

This quirky canalside cafe/bar has hammocks and an outside terrace, which is the perfect place to take in the view. Depending on how hungry you are, the menu ranges from light bites to Venezuelan mains.

Find out more [here](#).

Have a bite to eat at Borough Market

Borough Market is one of the city's largest, oldest food markets. It's packed with artisan traders, street food vendors and is home to some of the best restaurants and bars in the city.

Opening times:

10am - 5pm

Mon, Tues, Weds, Thurs

10am - 6pm

Fri

8am - 5pm

Sat

Closed

Sun

Find out more [here](#).

Boozy late night bender? Visit Brick Lane Beigel Bake

Open 24 hours, this East End landmark is the go to after one beer too many. From the traditional Jewish delicacies of salt beef to salmon and cream cheese bagels, to cheesecake and sausage rolls, there's bound to be something to cater to your cravings.

Follow Beigel Bake on Twitter - [@BeigelBake](#)



Bye bye hangover with brunch at Bad Egg

This permanent pop-up has long waiting lists but if you can book in advance the food is worth the wait. A mix of Tex-mex diner plates, and more typical brunch-style options, there will be something on the menu capable of soaking up your hangover. Or, you can go full hair of the dog with the bottomless brunch, which includes endless booze.

Opening times:

8.00am - 10.00pm

Mon, Tues, Weds,

10.00am - 7.30pm

Sat

Thurs, 10.00am - 5.00pm

Fri Sun

Find out more [here](#).

Have Sunday lunch at Blacklock Shoreditch

Enjoy the traditional English Sunday lunch in the setting of an old furniture factory turned award-winning steakhouse in the heart of London's East End. Added bonus: their cocktails are only a fiver, which is great value for money.

Opening times:

12.00pm - 3.00pm; 5.00pm - 11.00pm

Mon, Tues, Weds, Thurs, Fri

12.00pm - 11.00pm

Sat

12.00pm - 9.00pm

Sun

Find out more [here](#).

Pace yourself pre-night out at Purezza Camden

Purezza is the UK's first plant-based pizzeria, serving plant-based versions of classic Italian dishes. If you're looking for a hearty meal before a night on the town, you have lots of mouth-watering options to choose from. They also have lots of Gluten free options.

Opening times

12.00pm - 10.00pm

Sun, Mon, Tues, Weds, Thurs

12.00pm - 11.00pm

Fri, Sat

Find out more [here](#).

Best Places to Drink

Old St Records, Hackney

With happy hour from 5.00 - 8.00pm, deals on pizza, live bands, DJs and performers across two floors every day until the small hours of the morning, there is a real buzz around Old St Records. Not one to be missed.

Opening times:

5.00pm - 1.00am

Mon, Tues, Weds

5.00pm - 2.00am

Thurs, Fri

9.00am - 2.00am

Sat

9.00am - 5.00pm

Sun

Find out more [here](#).

Craft Beer Company, Hoxton

You can't ignore the bright red facade of the The Craft Beer Co. on Old Street. With over 25 keg lines, 8 cask pumps and 200+ bottles and cans, there's bound to be a tippie that takes your fancy.

Opening times:

4.00pm - 12.00am

Mon, Tues, Weds

4.00pm - 1.00am

Thurs

12.00pm - 2.00am

Fri, Sat

12.00pm - 12.00

Sun

Find out more [here](#).

Tonight Josephine, Hackney

This social media sensation is an 80s themed glitzy bar offering party-themed cocktails, beer, sparkling wine and shooters. Psst -

you can get a free cocktail if you sign up to their mailing list.

Opening times:

5.00pm - 12.00am

Mon, Tues, Weds, Thurs

4.00pm - 1.00am

Fri

3.00pm - 1.00am

Sat

5.00pm - 12.00am

Sun

Find out more [here](#).

Cocktail Trading Co., Shoreditch

Expect your drinks served in conch shells and wellies at the award-winning Cocktail Trading Co. This Instagram friendly venue has live music on Wednesday evenings between 8 - 10.00pm.

Opening times:

Closed

Mon

5.00pm - 11.30pm

Tues, Weds

5.00pm - 12.00am

Thurs, Fri

2.00pm - 12.00am

Sat

2.00pm - 11.00pm

Sun

Find out more [here](#).

Happiness Forgets, Hackney

This low-lit basement bar frequently finds its way into 'Best Bars' lists, and whilst its decor is somewhat understated it makes up for it with its carefully crafted cocktails, shaken by professional mixologists.

Opening times:

5.00pm - 11.00pm

all week

Find out more [here](#).

The Gibson, Shoreditch

This bar is famous for the classic pickled cocktail, the Gibson. There is often live jazz, and as it's a rather small venue, it's easy to imagine yourself transported to a New York



speakeasy during the prohibition era.

Opening times

5.00pm - 2.00am

Mon, Tues, Weds, Thurs, Fri, Sat

1.00pm - 10.30pm

Sun

Find out more [here](#).

The Old Blue Last, Hackney

Owned by Vice, The Old Blue Last is arguable East London's most notorious venue. There are bands and DJ sets seven nights a week, often completely free.

Opening times:

4.00pm - 12.00 am

Mon

12.30pm - 12.00

Tues, Weds, Sun

12.30pm - 12.30am

Thurs

12.30pm - 2.00am

Fri, Sat

12.30pm - 12.00am

Sun

Find out more [here](#).

Best Places to Go Out

Fabric, Farringdon

Fabric is a music lover's haven. For over 16 years the venue has hosted memorable nights in its three massive rooms. Whatever your genre preference, there is bound to be something that suits your tastes. 19+

Opening times:

Friday night - Mon morning

Find out more [here](#).

Union Chapel, Highbury & Islington

The Grade I-listed gothic structure, completed in 1877, is a working church and help centre for homeless people in Islington that transforms into a beautiful live music venue. If you can catch a show

here your eardrums won't be disappointed - the acoustics really add to the space.

Click [here](#) to see what's on.

The Printworks, Rotherhithe

Just a few minutes walk from Canada Water station, The Printworks is a massive industrial complex that used to print newspapers - but no more. The space has been transformed into a 3000-capacity venue which has an impressive electronic music programme on the weekend.

Saturday events kick off at 12pm and then through until 11pm, whilst on Fridays, things tend to start later and end later, beginning at around 7pm and with a 2am curfew.

Find out more [here](#).

The Roxy, Fitzrovia

This student-friendly basement bar and nightclub in Fitzrovia has lots of drinks promotions throughout their themed club nights, which are great for indie and pop lovers.

Opening hours:

5.00pm - 3.00am

Tues, Weds, Thurs

5.00pm - 3.30am

Fri

6.30pm - 3.30am

Sat

10.00pm - 12.00am

Sun

Find out more [here](#).

XOYO, Shoreditch

XOYO is a beacon of the London nightclub scene, with live music and DJs across two floors. They also regularly host gigs earlier in the evenings.

Opening hours:

10.00pm - 3.00am

Mon, Tues

10.00pm - 3.00am

Thurs

9.30pm - 4.00am

Fri, Sat

Closed

Weds, Sun

Find out more [here](#).



SAE Student Discounts

SAE Student Store

Our students get lifetime access to the SAE Student Store, where they can get exclusive discounts on a whole host of industry-related products and software from big brands such as Apple, Adobe, Ableton, Nugen and Softube.

Find out more [here](#).

UNiDAYS

Sign up with your SAE email address to benefit from discounts on all your favourite brands with UNiDays. Students can contact their SEO for a Certificate of Enrolment if they have any issue signing up.

Find out more [here](#).

Kansas Smitty's

SAE students only need to pay £5 for every weekday show (Tuesday, Wednesday, Thursday and Sunday).*

Students will be able to get their concession tickets through their [Ticket Web events page](#). You'll need to display the proof of ticket purchase and your physical student card on the door (no pictures will be accepted).

*For premium shows with high-profile musicians, they reserve the right to limit the availability of the student tickets offered.

Opening times:

7.00pm - 12.00am

Tues, Weds, Thurs, Fri, Sat, Sun

Address: 63-65 Broadway Market, London E8 4PH

Free trial: Noiiz

SAE students are eligible for a three month free trial of Noiiz, the world's most powerful connected plugin with unlimited modules, sounds and instruments.

[Register](#) for your free trial now.

Rio Cinema

Student tickets are £10.50, or you can become a member and benefit from £5 tickets on Member's Tuesdays.

Find out more [here](#).

Student Beans

Download the free Student Beans app and get instant access to top and exclusive discounts from your fave brands. Whether you're eating out, shopping online or on the high street, you'll have access to the latest student offers instantly on your phone.

Find out more [here](#).

Student Support

Student Experience Officers

Our Student Experience Officers are able to offer SAE students a free and confidential student advice service.

Student Experience Officers are here to assist you with your assessments, particularly with essays and presentation skills. If you have questions regarding the subjects you are studying they will be able to direct you to the relevant lecturers for assistance and can also suggest suitable reading.

If you are struggling to manage your assignments, or want a fresh pair of eyes to read over that all important essay, then a Student Experience Officer should be your first point of contact.

When your course begins, if necessary they can create a Student Support Plan to assist with your studies.

If you have listed a learning disability on your application our support officers will arrange a meeting during enrolment and induction to discuss any assistance that you may need during your studies.



“We’d like to wish you a very warm welcome to the SAE Institute. It’s a pleasure to have you on board. We are looking forward to seeing you in September and helping you achieve your goals at SAE.”

Eddie Nwolie, Lead Student Experience Officer, SAE London

Disabled Students’ Allowance (DSA)

As a higher education student living in England, you can apply for a Disabled Students’ Allowance (DSA) if you have a:

- **Disability**
- Long-term health condition
- Mental health condition
- Specific learning difficulty, such as **dyslexia**

The support you get depends on your individual needs and not on income.

Find out more [here](#).

The boring bits

Water, Gas, Electricity and Wi-fi

Some types of accommodation will factor the costs of gas, electricity, water and wi-fi into your rent, and for others it will be separate, so make sure you ask the landlord before you sign the tenancy agreement so you know what you need to budget.

You may have to use a card or fob for the electricity and gas that you can top up at certain local shops and newsagents. At other properties the gas, electricity and water will be metered and you can pay for what you use via direct debit or one off payments.

In some situations it will make more sense to share bills for lighting and heating with

other tenants, but make sure you agree beforehand on how the costs are to be shared.

Usually when you move in to a rented property the suppliers contact you directly to set up an account in your name and they ask you to provide them with meter readings to ensure they are charging you the right amount.

You should expect to spend around £40-50 a month on water/gas/electricity (dependent on usage) and your wi-fi bill can vary depending what speed you opt for and how many people you are sharing a house with.

Council tax - student exemption

In the UK most people over the age of 18 have to pay a charge for local community services, such as the police, fire brigade, rubbish collection and leisure services, and this is called Council Tax. If you are a full time student then you should not have to pay this tax.

If you are a full-time student and receive a letter stating that you owe council tax don’t panic - you can **apply for an exemption**. The Student Experience Team can provide students with an exemption letter.

Registering with a GP

If you are not living at home during your studies at SAE you need to register with a nearby GP as soon as possible.

That way you can receive emergency care if you need it, and access health services quickly and easily while you’re at SAE.

This is especially important if you have an ongoing health condition, particularly one that needs medication, such as **asthma, diabetes** or **epilepsy**.



You can choose to register with any local GP.

Find your local GP surgery.

There is also a new app called Babylon, which is an online doctor service funded by the NHS where students can have GP appointments over Facetime.

Find out more [here](#).

Register with a dentist

Dental problems can't be dealt with by doctors, so make sure you register with a local dentist.

Not all treatment is free, even under the NHS. You may be able to apply for help with health costs, including prescriptions and dental care.

Find an NHS dentist

Get help with dental costs.

Vaccinations

Universities and colleges also advise students to be immunised against **mumps** before starting their studies.

The **MMR vaccine** (for mumps, measles and rubella) is part of the routine NHS childhood immunisation schedule. This means most young people who've grown up in England will have had two doses of it in childhood.

If you're not sure you've had two doses of the MMR vaccination, ask your GP for a catch-up vaccination.