


Summer International Exchange Programme 2013

Developing Cultural Tourism

Preparation before departure

Area	Description / Information
Leeds Metropolitan University	http://www.leedsmet.ac.uk/
About Leeds	http://www.visitleeds.co.uk/
How to get there	http://onlinestore.leedsmet.ac.uk/browse/extra_info.asp?compid=1&catid=11&modid=2&prodid=216&deptid=4&prodvarid=0 OR refer to Appendix I for details
Language	British English is official language.
Time difference	Leeds follows London Time (GMT+0 in Winter; GMT+1 in Summer).
Entry Visa	http://www.ukba.homeoffice.gov.uk/visas-immigration/ http://www.ukba.homeoffice.gov.uk/visas-immigration/do-you-need-a-visa/
Customs	http://www.ukba.homeoffice.gov.uk/customs-travel/customs/
Weather	http://www.weather.com/weather/today/Leeds+UKXX0078:1:UK
Currency	The official currency in the United Kingdom is the British Pound (GBP). Participants are advised to have some GBP ready before arriving UK. Exchange rate in HKD: http://www.bloomberg.com/quote/GBPHKD:CUR Exchange rate in USD: http://www.bloomberg.com/quote/GBPUSD:CUR
Telecommunications	http://www.freeindex.co.uk/categories/business_services/business_communications/telecommunication/
Electricity and socket	 http://www.adaptelec.com/index.php?main_page=document_general_info&products_id=224
Accommodation	http://www.leedsmet.ac.uk/accommodation/
Insurance	You are strongly advised to have your own insurance package covering your travel to Leeds, United Kingdom.
Dress code	<ul style="list-style-type: none"> - Smart casual most of the time, with business attire for the presentation session. - Bring comfortable walking shoes.

<p>Self-fringe programme</p>	<p>When the programme ends on Jul 10, students could make a short trip to London and then fly out there.</p> <p>Suggested activities: London offers an abundance of amazing sites to visit. Some suggestions and links to website are listed below:</p> <p>The British Museum www.britishmuseum.org</p> <p>Victoria and Albert Museum www.vam.ac.uk</p> <p>Buckingham Palace www.royal.gov.uk/theroyalresidences/buckinghampalace/buckinghampalace.aspx</p> <p>Windsor Castle www.windsor.gov.uk/things-to-do/windsor-castle-p43983</p> <p>The Tower of London www.hrp.org.uk/TowerOfLondon</p> <p>The London Eye www.londoneye.com/VisitorInformation</p> <p>Madame Tussauds London www.madametussauds.com/London</p> <p>Tate Modern www.tate.org.uk/visit/tate-modern</p> <p>For more sightseeing options, please visit www.visitlondon.com</p> <p>Listings of events and what's on in London can be found at: www.timeout.com/london.</p> <p>For accommodation in London, please go to: www.visitlondon.com/where-to-stay?ref=nav</p>
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~~~Wish you an enjoyable stay in Leeds~~~

## Appendix I - How to get to Leeds from the Airport

| From London Heathrow             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>By Train</b>                  | <ul style="list-style-type: none"> <li>- From the Airport take the Underground (Piccadilly Line, the blue one, see attached map) to <b>Kings Cross Station</b>. Tickets for the underground can be bought at the counter or at the ticket machine, a single fare for zone 1-6 costs 5£50.</li> <li>- From Kings Cross you can take a direct train to Leeds, the journey is of 2 ½ hours. Buy tickets in advance online for a cheaper price (14-20£) on the National Rail Website <a href="http://www.nationalrail.co.uk">www.nationalrail.co.uk</a>. Leave enough time before the landing and the train departure.</li> <li>- If you buy tickets at the station prices will range from 40-50£ and 90-100£ depending on the time of travel.</li> </ul> |
| <b>By bus (National Express)</b> | <ul style="list-style-type: none"> <li>- Buy the ticket in advance online <a href="http://coach.nationalexpress.com">http://coach.nationalexpress.com</a>, if you do it 14 days before or earlier you will save money, the prices will be around 18-20£. Or buy the tickets at the National Express Stand.</li> <li>- Buses leave directly from the airport terminals.</li> <li>- The journey lasts 5 1/2 hours.</li> </ul>                                                                                                                                                                                                                                                                                                                           |
| From Manchester Airport          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>By train</b>                  | <ul style="list-style-type: none"> <li>- Trains to Leeds leave directly from Manchester Airport and take about 1h15min</li> <li>- Buy tickets online in advance <a href="http://www.nationalrail.co.uk">www.nationalrail.co.uk</a> for 10£</li> <li>- Buy tickets at the Airport/Station on the day, the prices are around 17-25£</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>By bus (National Express)</b> | <ul style="list-style-type: none"> <li>- Buy your ticket at the airport at the National Express Stand.</li> <li>- Book the ticket in advance online on <a href="http://coach.nationalexpress.com">http://coach.nationalexpress.com</a>, if you do it 14 days before or earlier you will save money and the price will be around 10-12 £.</li> <li>- Journey time: 2 1/2 hours</li> <li>- Beware that some of the departures ask you to change bus at Manchester Coach St.</li> <li>- Allow around an hour between your plane landing and your bus departure</li> </ul>                                                                                                                                                                                |
| From Leeds Bradford Airport      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>By bus</b>                    | <ul style="list-style-type: none"> <li>- Buses leave from just outside the airport</li> <li>- Take bus 757, which leaves every 30 minutes. You need to get off at the stop Kirkstall Bridge.</li> <li>- A single fare is 3.30£. The bus takes 17min to get to Kirkstall, 30min to get to Leeds station and 35min to get to Leeds Bus Station</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>By taxi</b>                   | <ul style="list-style-type: none"> <li>- Arrow Private Hire taxis are immediately available at LBA.</li> <li>- To book a taxi you can either visit the Arrow office, conveniently located outside the main terminal of the airport or book online <a href="http://arrowprivatehire.co.uk">arrowprivatehire.co.uk</a></li> <li>- A taxi to Kirkstall Brewery costs around 20-25£ (all together)</li> <li>- Journey time 10-15min</li> </ul>                                                                                                                                                                                                                                                                                                            |

| <b>Getting to Kirkstall</b>                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>From Leeds train station to Kirkstall</b>                               | <ul style="list-style-type: none"> <li>- <u>Remember to stick your arm out when the bus gets near so that it will stop.</u></li> <li>- As you exit the train station turn left and walk up to the light crossing in the corner of the street. Cross the first set of lights and turn right into Bishop Gate, there you will find the bus stop Z1.</li> <li>- Take bus nr 1 to Holt Park which goes via</li> <li>- Headingley and get off at <b>Headingley Arndale Centre</b>.</li> <li>- Buses to Headingley, depending on your day and time of arrival leave every 7-15 minutes.</li> <li>- The journey time is about 20 min</li> <li>- The one way ticket to Headingley costs 2£, whereas the day ticket costs 3.90£ (off peak time) and 4.60£ (peak time).</li> <li>- Once in Headingley get Centre bus (94) which leaves from Headingley Arndale Centre (where you got off with the First bus) and goes straight to Kirkstall Brewery for 1£.</li> </ul> |
| <b>From Leeds Bus Station to Kirkstall</b>                                 | <ul style="list-style-type: none"> <li>- Get bus number 33/33A which is going to Otley Bus Station via Kirkstall</li> <li>- Get off at the stop Kirkstall Bridge Road</li> <li>- Journey time: about 20 min</li> <li>- Alternatively: get buses 6 or 28 to Headingley Arndale Centre and from there bus 94 to Kirkstall Brewery.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>From Kirkstall Bridge Bus Stop to Kirkstall Brewery Accommodations:</b> | <ul style="list-style-type: none"> <li>- Once you get off cross the bridge and make a slight left into Wyther Lane then continue on Broad Lane.</li> <li>- Once you've passed the smaller bridge you will find Kirkstall Brewery Accommodations on your right</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

**Leeds train station**

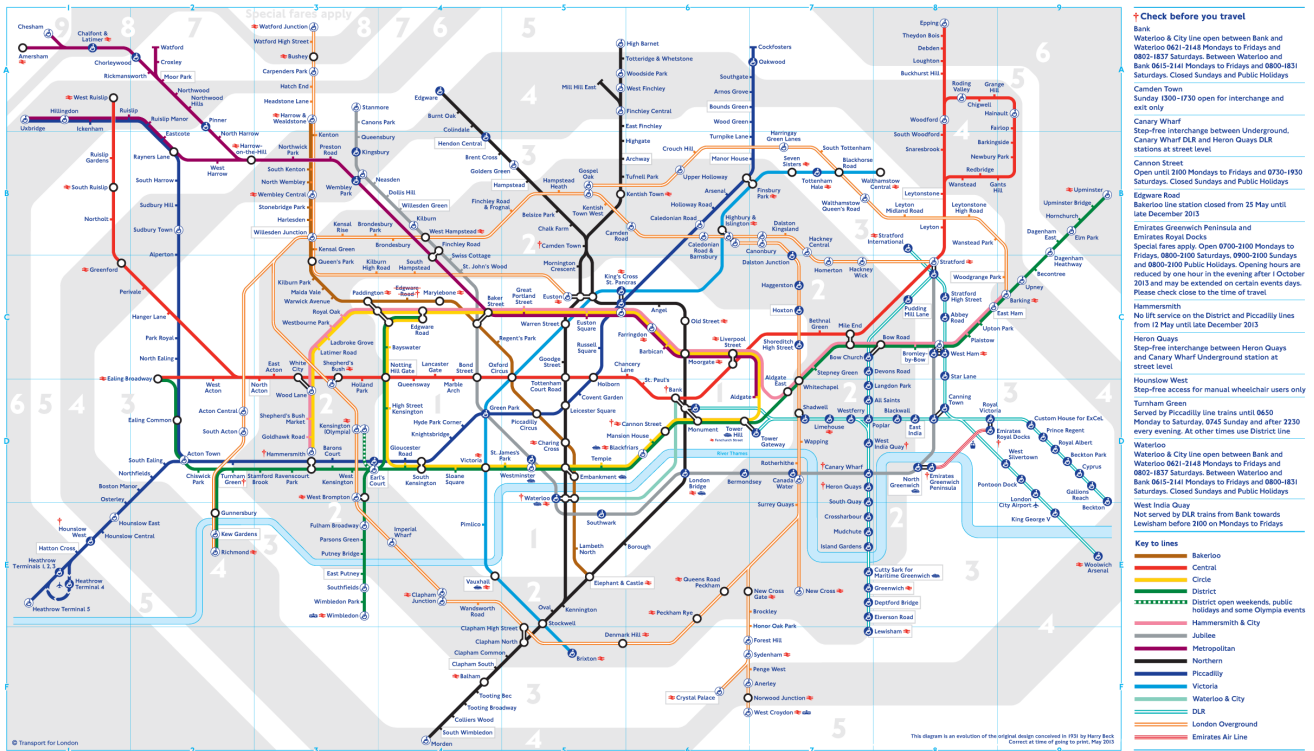


**Leeds City Bus Station**



# London Tube Map

## Tube map



MAYOR OF LONDON

[tfl.gov.uk](http://tfl.gov.uk)

24 hour travel information  
0843 222 1234\*

Travel information at stations  
Help points

[tfl.gov.uk/socialmedia](https://twitter.com/tfl.gov.uk/socialmedia)

Transport for London



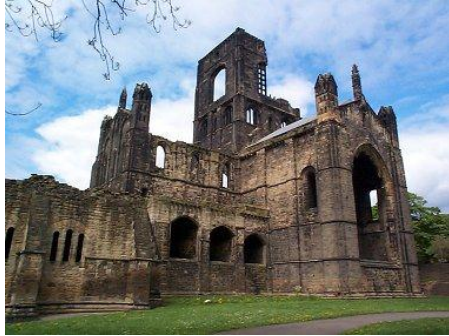
\*You pay no more than 5p per minute if calling from a BT landline. There may be a connection charge. Charges from mobiles or other landline providers may vary.

## Appendix II – Things to do in Leeds

### HEADINGLEY/KIRKSTALL

Kirkstall Brewery, the place you are staying at is not in Leeds city centre but is in Kirkstall, just about 15-20 minutes away by bus from the centre.

#### Supermarkets



The closest and biggest supermarket in the area is **Morrisons Kirkstall**, it's a big supermarket selling local and international food and all sorts of stuff needed for your stay. There is also a section of food on the go where you can compose your own salads and choose from different sandwiches. It is 7 min walk away from Kirkstall Brewery Accommodations. As you exit Kirkstall Brewery turn left into Broad Lane, cross the bridge walk straight on and turn right on Savins Mill Way, you'll find the supermarket in front of you. Opening hours: Monday-Saturday 8h-22h; Sunday 10h-16h

**Sainsbury's:** this supermarket is in Otley Road, in Headingley. Buses number 1, 6, 28 and 97 departing from Leeds City Centre stop at the Headingley Arndale Centre. Alternatively you can get a bus from Kirkstall to Headingley. But there is definitely more choice at Morrisons, which is also cheaper. Opening times: Monday-Saturday 8h-22h; Sunday 11h-17h

#### Pharmacy

**Boots:** in the UK you don't need a prescription to buy medicines such as pain killers. Boots sells medicines, cosmetics, and also food on the go. It is situated in Savins Mill Way right next to Morrisons Kirkstall. It has also a midnight Pharmacy.

#### Things to do in Kirkstall

**Kirkstall Brewery:** you can't come to England without trying some ales (local brewed beers). Kirkstall Brewery is right next to your accommodation. <http://www.kirkstallbrewerycompany.com>

**Kirkstall Abbey:** it is regarded as the best preserved Cistercian monastery in the country. Visit the remains of this beautiful Abbey and the park which surrounds it, it's right by the river Aire's bank. It is a 15 min walk from Kirkstall Brewery, just cross the bridge and continue straight on in Bridge Road, then turn left in Abbey Road and keep on walking until you see the Abbey and the Park on your left. You can't miss it!



**VUE Cinema Kirkstall:** if you fancy going to the cinema, take bus nr. 671 from Bridge Road and get off at Burley, Kirkstall Rd Wolseley Road (it takes about 3min by bus) and then walk to VUE cinema.

## Where to eat/go out in Kirkstall

**Palace Chine:** Unit 6A, Cardigan Fields, Kirkstall. Take bus nr. 671 from Bridge Road and get off at Burley, Kirkstall Rd Wolseley Road (it takes about 3min by bus) and then walk to the Restaurant, which is close to VUE cinema.

**Dinner Box:** 57 Kirkstall Lane, Chinese Restaurant just 10 min walk from Kirkstall Brewery. Cross the bridge and go straight on Bridge Road and then continue straight into Kirkstall Lane, you'll find Dinner Box on the corner of Morris Lane and Kirkstall Ln.

The UK has a great pub culture and also around Kirkstall there are a number of pubs offering local ales and cheap meals. **Aire of the dogs** in Kirkstall, 5 Cardigan Fields Road, it's close to Palace Chine. **Cardigan Arms** get off at the stop Burley, Kirkstall Road Cardigan Fields.

## Where to eat/go out in Headingley



Headingley has a number of pubs in Otley Road or just off the main road, including the following:

**The Box:** On Monday and Wednesday you get 50% off on food and drinks!

**Skyrack:** Offers ales and a nice pub food (fish and chips, burgers, ...)

**The Original Oak** has a huge terrace (see picture) where you can sit in the sun and watch sport on the big screen. The menu offers also great barbecues and grilled meals!

**Headingley Taps:** Good choice of ales and other drinks

## LEEDS

Leeds is the UK's largest financial centre outside of London and is the third largest city in the country. It is also considered one of the UK's best shopping destinations.

### Supermarkets

**Morrisons:** it is on Merrion Centre Woodhouse Ln, buses 1, 6, 28 and 97 leaving from Headingley Arndale Centre stop right in front of this Morrisons store

**Sainsbury's:** It is situated on The Headrow, Leeds' main street. Get off at the stop Albion Street J6, from there walk straight down and turn left on The Headrow, you'll find Sainsbury's on the left hand side.

**Marks and Spencer:** if you want to taste the finest British food, then Marks and Spencer is the perfect choice. It is a bit more expensive than Morrisons but the quality is better. It is situated in Trinity Leeds

## Shopping



**Trinity Leeds** is the ultimate shopping experience in Leeds. Trinity is a brand new huge shopping centre. It's different than the normal shopping centres in that it is covered in glass and you can actually see the sky when you're inside! There are shops, restaurants and also a cinema. The shops include: Hollister, H&M, Dorothy Perkins, Urban Outfitters, Topshop, Pandora, etc. Among the Restaurants there is Wagamama, which makes nice Asian dishes.

**The Headrow** is Leeds' main street; there are many shops on it like Primark, Sports Direct, New Look and Ark.

**Briggate** is one of the pedestrianized principal shopping streets in central Leeds. It is easy to find because it is connected to the Headrow.

## Where to eat



**Red Hot Buffet, The Headrow:** if you and your friends can't agree on what to eat, Red Hot is perfect because it offers a buffet with all sorts of International Food, from Chinese to Italian, from British to Indian. You pay 12.99£ and you can eat all you want. Remember to leave space for the nice desserts they offer!

**Red Chilli Chinese Restaurant, 6 Great George Street,** this Restaurant is just off the Headrow. Walk down the Headrow towards Leeds Town Hall turn right into Cookridge St. you'll find the restaurant at the end of the road on your left. Alternatively, if you get off the bus in front of Morrisons in Woodhouse Lane you just have to cross the street and go straight down on Great George Street, the restaurant is just after the Cathedral.

**The Town Hall Tavern, The Headrow:** if you want to have a taste of local food and ales pay a visit to this Award winning gastro pub. On the menu they offer among others a delicious handmade burger, swordfish and they also have a special menu every day. It is located on The Headrow, right across the Town Hall.

## Nightlife

Leeds has a vibrant nightlife which is great for all tastes.

**Call Lane:** this street is one of the liveliest in Leeds, here you can find pubs, bars and clubs. Some of the best are Oporto and Norman Bar

**Woodhouse Lane:** in this lane you will find clubs like Oceana and Tiger Tiger. Some pubs like nr. 1 Lloyds. And bars like Fab Café, which is a TV and movie themed bar.





**The Cockpit**, Swinegate (close to Leeds train station) is an indie and alternative club and concert venue. It hosts different themed club night during the week and weekend. Tickets for the club night are 5£, gigs prices vary.

**The O2 Academy** is a big concert venue which hosts “Propaganda”, the UK’s biggest indie rock club night every Saturday. Tickets are 4£ at the door for students before midnight. It is right next to Millenium Square.

**Brudenell Social Club:** concert venue and bar close to Hyde Park

## Places of interest



**Town Hall:** this magnificent building is situated on the Headrow, it hosts theatrical performances and other events.

**Civic Hall & Millenium Square:** The Civic Hall is the house of the Leeds City Council

**Leeds Art Gallery:** situated right next to the Town Hall this gallery displays artworks from different periods. Free entry. Opening times: Mon-Sat 10am-5pm, exc. Wed 12am-5pm; Sun 1pm-5pm

**Royal Armouries Museum:** it is Britain’s national museum of arms and armour. Entry is free. There are over 8,500 objects on display in five galleries: War; Tournament; Oriental; Self Defence and Hunting. Take Bus nr 28 from Albion Street going to Clarence Docks, the museum is just a few min away from the bus stop. Open daily 10am-5pm

*Welcome to Leeds! We hope you will enjoy your stay in this beautiful city!*

