

# east London



# Welcome to east London

London is a city anyone can fit into. It is Britain's economic and cultural powerhouse and is a magnet for people and talent from across the globe, making it one of the most cosmopolitan and exciting cities of the world.

London is made up of districts and boroughs, each with their own unique identity that make up the fabric of the city. East London is a lively area that has something for everyone, from history and culture to culinary delights and good times.

No two streets in east London are the same. The area is a cultural melting pot that blends the innovative with the traditional, from the 2012 Olympics Legacy in Stratford to the history of the East End.

The area makes for a great place to live, work and socialise. It has everything you need to fulfil your potential and enjoy the best of what London has to offer.

So what are you waiting for?  
Let's get rolling...

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your health)



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Or bus if you prefer)

# East End

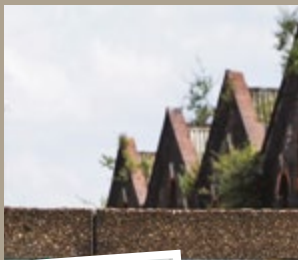
## *The heart of east London*

**Projecting a vibrant blend of colours and landscapes, Mile End and Whitechapel are some of London's most imaginative districts. Located in the heart of east London, they are home to a vivid mixture of cultures and people from across the world.**

This global personality resonates within everything you see, from the people to the businesses and from the food through to the markets. The architecture is a mix of the quaint and the modern, striking a great balance of traditional East End character and contemporary cool across the Victorian churches, pubs, museums and the world-class sports facilities and parks.

The East End is one of the most rapidly changing parts of the capital and with so much creativity and innovation around you, it's hard not to be inspired by everything you experience.

Mile End and Whitechapel sit at the doorstep of central London, Canary Wharf, Stratford and Shoreditch offering an abundance of opportunities. With its world-famous nightlife, festivals, sport, shops and access to industry, London and the East End is an inspiring place to live and study. And when you combine all this with a welcoming community, full of the famous East End spirit, east London will soon become a place that will quickly feel like home.







# East London's world-renowned university

Queen Mary University of London (QMUL) is one of the world's leading universities, with first-class academics delivering inspirational teaching informed by their latest research. We strive to support the pioneers and influencers of the future through opportunities to develop your knowledge and employability skills.



With exceptional facilities, a strong reputation for research and an international outlook, QMUL is a top destination for students pursuing a degree and a rewarding career when they leave us.



**15<sup>th</sup>**  
in the UK (*THE*  
World University  
rankings 2016)

**9<sup>th</sup>**  
in the UK for  
research quality  
(Research Excellence  
Framework 2014)

**24**  
we're a  
member of  
the Russell  
Group of 24  
leading UK  
universities



£105m  
invested  
in facilities  
during the  
past five years



Students and staff  
representing 162  
nationalities



Safest Russell  
Group university  
in London  
(Complete  
University Guide  
2017)



23,120  
students studying  
on our degree  
programmes  
(2016/2017)



academy and society  
fellows among QMUL  
academic staff



Nobel Prize-  
winners among  
former staff and  
alumni



**TOP**  
in  
**LONDON**  
among Russell Group  
universities for student  
satisfaction (National  
Student Survey 2016)



# Feast London - Eating out

East London's eateries boast an array of cuisine from around the globe. The multicultural makeup of the local community means authentic food is the order of the day, with passionate chefs serving up Bangladeshi-spiced curries, skewers of Turkish grilled meats, sticky Chinese Peking duck, and feisty Mexican and fiery Thai delicacies. And nothing is more East End than a menu filled with pie, mash, 'liquor' and eels! With places heaving with hearty burgers and plates of pasta, there's fierce competition for your tastebuds as lunchtime and early evening deals are aplenty.

## Coffee Culture

East London's caffeine cravings are well-served by an array of high street chains and independent coffee shops. Cafés have always been part and parcel of East End life and there are plenty of places where you can relax and unwind with a dreamy latte, a dark roasted espresso or a heady Americano. **Ground**, run by the Queen Mary Students' Union, is a great place to relax with friends and enjoy a cuppa on campus. **The Chesterfield, Foxcroft & Ginger** and **The Coffee Room** are great places for speciality coffee and pastries, or if you prefer

your high-street coffee, **Costa** and **Starbucks** have branches nearby. For a good-value cooked breakfast served with sunshine smiles, head over to **Meds** or the **Pavilion Cafe**.

## Foodies' heaven

You can dine in east London whatever your budget and get a good meal. But if you're a foodie looking for something an extra bit special without breaking the bank, head to the **Corner Room** in Bethnal Green. **Ink**, inspired by Scandinavian cooking, offers an artistically presented modern menu



with nods to seasonality. If you want it all, the Urban Food Fest is a pop-up street market held every Saturday in Shoreditch.



## Look out for the London Coffee

Festival for discerning coffee lovers. The festival features artisan coffee and gourmet food stalls, tastings and demonstrations, interactive workshops, street food, coffee-based cocktails, live music, DJs, art exhibitions and so much more.



It's got to be Tayyab's!  
Unbeatable value and quality  
for a curry. You have to try the  
legendary lamb chops.



Burgers and steaks don't get  
better than at The Greedy  
Cow. The only difficulty is  
which relish to go for?!



Rama Thai is amazing.  
Great dishes especially  
the Pad Thai.



Luscious artisan cake and  
coffee at The Coffee Room.  
Dreamy!



My guilty pleasures are  
definitely the ruffins at  
Foxcroft & Ginger. An indulgent  
hybrid of croissant and muffin!

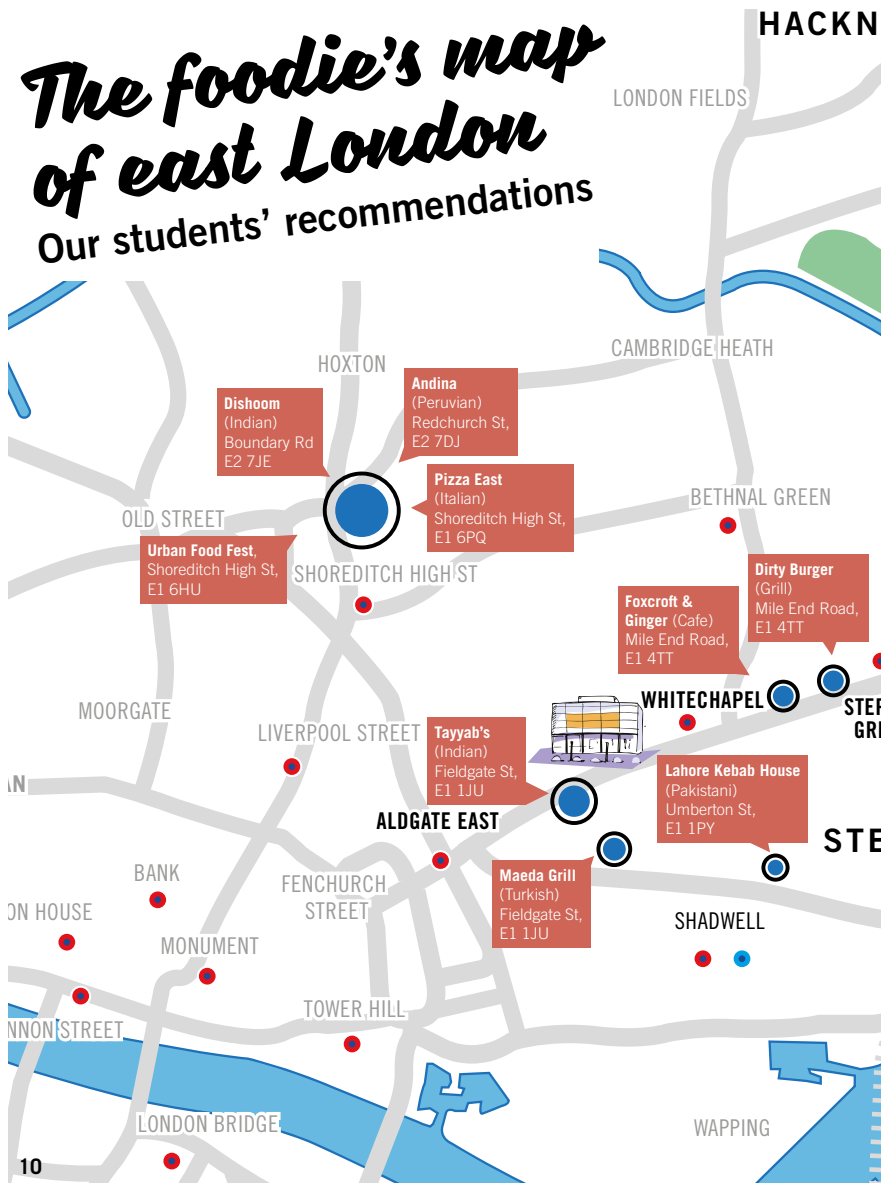


When you can't choose or just  
want it all, head to the Brick  
Lane food market on Sundays.



# The foodie's map of east London

Our students' recommendations



LEY

VICTORIA PARK

THE OLYMPIC PARK

STRATFORD INTERNATIONAL

STRATFORD

PUDDING MILL LANE

**Westfield Stratford**

- Jamie's Italian
  - Las Iguanas
  - The Real Greek
  - Wagamama
  - Wahaca and more
- Olympic Park, E20 1EJ

**Fish House**

(Chippy)  
Lauriston Road,  
E9 7LH

**G Kelly**

(Pie & Mash)  
Roman Road,  
E3 5ES

**Chesterfield**

(Coffee)  
Roman Road,  
E3 5QR

**Greedy Cow**

(Burgers & Steaks)  
Grove Road,  
E3 5AX

**Half Moon**

(Pub)  
Mile End Road,  
E1 4AA

BOW ROAD

BROMLEY BY BOW

**Nandos**

(Chicken)  
Mile End Road,  
E3 4PL

MILE END

**Rama Thai**

(Thai)  
Mile End Road,  
E3 4LJ

DEVONS ROAD

**Ariana**

(Persian/Afghani)  
Midlothian Road,  
E3 4SE

LANGDON PARK

PNY  
EEN

EPNEY

**Sichuan Chicken**

(Chinese)  
East India Dock  
Road, E14 OED

LIMEHOUSE

ALL SAINTS

WESTFERRY

POPLAR

EAST

BLACKWALL

WEST INDIA QUAY

CANARY WHARF

● Underground Stations

● DLR Stations

# Accommodation


**London doesn't need to be an expensive city to live in. Living in east London actually means you benefit from avoiding the higher rates that come with central London living costs.**

Renting in east London presents the best value for money in the city. If you decide to study at QMUL, you can benefit from our residential campus set beside the beautiful Regent's Canal, overlooking Mile End Park. With a relaxing atmosphere

and plenty of greenery and attractive outdoor space, it's easy to forget you're in the middle of a bustling capital city. We also offer accommodation at our Whitechapel campus for our medical and dental students.





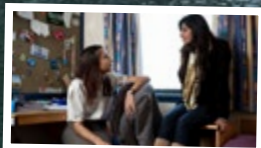


Residential fees at QMUL are very competitive, where rates for a single room start from £127 per week in comparison to student accommodation based in central London, where rates usually start from £150 per week.

If you are looking to live independently, you could consider the private rented sector, privately built halls and home stay.

Privately built halls close to our campuses include Scape, Unite Students and The Curve in Whitechapel.

For more information about our student accommodation and other housing options, please contact Housing Services. [residences.qmul.ac.uk](https://residences.qmul.ac.uk)



# Arts and culture

East London has a rich history and culture, and there are many places to get a flavour of it. From the theatres to the museums, there's something for everyone when you want to soak in some culture and open your mind. Whatever the weather, you'll always have something to do.

For more than a century, the **Whitechapel Gallery** has premiered world-class artists from modern art masters such as Pablo Picasso to contemporaries such as Lucian Freud. With beautiful galleries, exhibitions and artist commissions, this is a place of inspiration.



The **Museum of London Docklands** is a fascinating and unusual museum exploring London's connections with the rest of the world through an epic 2000-year story of trade, expansion and immigration.



The **Museum of Childhood** in Bethnal Green houses the national childhood collection, with exhibitions featuring dolls' houses, dolls, puppets, toys and games, children's clothes and furniture.

The Hackney Empire is a great local theatre for live shows



Built in 1884, the Theatre Royal Stratford is a grade II\* listed building and has a strong tradition of developing new plays, new talent and musicals. It specialises in interesting, off-beat musicals and one of the finest pantomimes in London.

Tickets are just £4.50 on Mondays & Wednesdays!



Our local independent cinema, **Genesis**, shows blockbusters and arthouse films in a renovated 19th-century building. It's also a great place to chill out with a café, bar and wonderful treats including popcorn, pick 'n' mix and cocktails.

## Festivals and concerts



'Quirky and diverse' musical experiences are promised during this well-established fortnight of recitals, concerts and performances.



This lively neighbourhood festival features family-friendly fairs, street theatre and high-energy performances across east



Dance into summer at this two-day music festival in Victoria Park which has previously attracted stars such as MIA and A\$AP Rocky.



One of the UK's largest film festivals, this has a rich and diverse programme of international premieres, industry masterclasses, free pop-up screenings and immersive live events.

# Nightlife

When it comes to nightlife, east London's where it's at. From lively pubs to bars and clubs, our incredible collection of music and drinking establishments is unrivalled in the UK.

## Clubbing

**XOYO** in Shoreditch offers a unique events space where you can enjoy live acts, art exhibitions and some of the best musical experiences in London. Many high-profile DJs and dance music acts have played at the venue.

Legendary super-club **Fabric** makes quite a few lists with the words 'London's best...' in the title. With three mega rooms showcasing some of the world's most up and coming, and established artists; combined with its late (early morning) opening hours, Fabric is a must.

Split between Americana diner, cocktail bar and club, **Steam and Rye** is one of the best places to party in east London. Expect a roster of DJs, live entertainment, a mechanical bull and plenty, plenty more.

Located underneath railway arches in Shoreditch, **Cargo** is at the centre of east London's clubbing scene. The live music listings reveal everything from psychedelic rock to jazz, and hip-hop to electronic pop.





### Pubs and bars

If you fancy your drinks in a calmer setting, then an East End pub may be more down your street. Drink in the atmosphere of the local old-fashioned pubs with their wooden furniture and live music. Each pub in east London has its own charm and character so you'll definitely find your favourite.

#### **Drapers Bar & Kitchen** is

run by the QMUL Students' Union, and is a relaxed and easy-going environment where students can take a break and socialise with friends on campus. There are regular events on during the week from club nights to quizzes and film nights.

A trendy and quirky bar, **Apples and Pears** on Brick Lane is a cocktail bar with an underground music policy and a hip setting for the young crowds.

#### **Comedy Nights**

Who doesn't like a laugh?! Well you'll be in for a good one in a city which has the biggest and best comedy in the world.

**Knock2Bag East** in Bethnal Green offers variety, big names and value for money. Brace yourself for a mix of inventive sketch troupes, character acts and slick stand-ups.

For some of the best new comedians visit the **Comedy Café** in Shoreditch every Saturday, where you can stay on and party the night away.

For a cosy setting and friendly atmosphere, head over to the **Backyard Comedy Club**. A purpose-built comedy venue, the Backyard has its own bar and kitchen if you fancy a drink, a nibble and some fun games. You don't even have to watch the comedy if you just want to go and relax.



# Shopping

East London, let alone London, is a shopaholic's heaven. Whatever your budget, you will find plenty of options to find the right purchase for you. Whether it's the city-centre shopping centre, snazzy boutiques or high street markets, you will have miles upon miles of shops to choose from.

## Malls

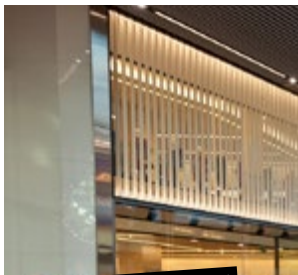
With 250 shops and over 70 places to eat and drink, **Westfield Stratford City** is one of the largest urban shopping centres in Europe. It offers spectacular views of the **Olympic Park**, and also houses the **Vue Cinema** and a luxury bowling experience at **All Star Lanes**.

**Boxpark Shoreditch** is the world's first pop-up mall and home to more than 60 fashion brands and food and drink retailers. Over 200 shops, bars, cafés and restaurants can also be found at **Canary Wharf's** luxurious shopping mall.

## Groceries and markets

There are a plethora of supermarkets around our campus including Asda, Sainsbury's, Tesco and Lidl. In addition there are bargains to be had in local grocery markets in Whitechapel, Bethnal Green and Wapping, offering unbeatable value on fruit and veg, meats and more.

You'll find both junk and gems in the **Brick Lane** market! There's bric-a-brac, second-hand furniture, vintage clothes, shoes and stalls selling exotic spices and colourful saris. If you have green fingers, the super-colourful **Columbia Road** is your destination for flowers, plants, bulbs, trees and (open on Sundays).





**Old Spitalfields Market** is an indoor market selling everything from clothes to food and artwork. It's full of trailblazing fashion and accessories from designer brands and independent boutiques.

### Bookshops

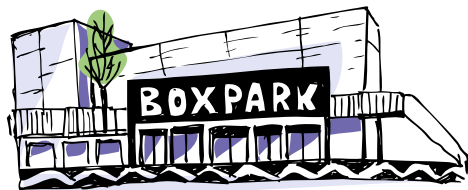
As a student, you'll be accustomed to a daily diet of books. On our Mile End campus, **John Smith's Bookshop** caters for students with a wide range

of textbooks and core texts. You can also find a few branches of **Waterstones** in Canary Wharf providing fiction and non-fiction titles.

An independent bookshop specialising in local history, the **Brick Lane Bookshop** sells literature on East End and London history, including many out-of-print titles and maps, along with



unusual art publications. They stock fiction, travel, children's books, philosophy and graphic novels, and have a second-hand section. They also run writing classes and a book club.



# Sport and fitness

Sport was a huge part of life in east London even prior to the 2012 Olympics in Stratford, and the legacy continues to live on in the local area. Whatever sport you're into, you'll find players, trainers and clubs able to meet your interests. East London is full of gyms, swimming pools, courts and clubs which let you get involved in all kinds of sports including angling, horse riding, go-karting, white water rafting and ice skating to name a few.

## Olympic Venues

The **Copper Box Arena** is one of London's most flexible indoor venues where you can get in shape in the gym, work out in group exercise classes, take part in activities in the state-of-the-art sports hall, or just enjoy a coffee and a bite to eat in the café.

## The London Aquatics Centre

offers a wide-ranging programme of activities including lane swimming, diving, swimming and diving lessons and other aquatic disciplines. If you're into two-wheeled thrills then you will find it at the unrivalled

**Lee Valley VeloPark:** with track cycling, road racing, BMX or mountain biking, the choice is yours.

**Lee Valley Hockey and Tennis Centre** includes two hockey pitches, four indoor tennis courts and six outdoor courts, available throughout the day and evening year round.

Our Students' Union run the sport and fitness centre **Qmotion** at the Mile End Campus and **Fitness to Practice** at the Charterhouse Square campus. The facilities have been designed to

accommodate a range of activities from group exercise classes through to performance training with qualified personal trainers and coaches who can help you achieve your goals. We also offer subsidised gym membership (rates start from £15 per month) to help you get fit or stay fit!







### Club Sport

There are over 60 sports teams at QMUL so you have plenty of opportunities within **Club Sport** to represent your university. Club Sport teams offer competition at various levels, ranging from national to local leagues. Come on, show us what you've got!



# Getting around

It couldn't be easier to get around London with its superb public transport links including the Tube, buses, trains, bicycles and boats. You can travel from the East End to the West End in just 20 minutes, so the city really is on your doorstep.

## Cycling

London's public bicycle scheme is a great way to travel around the city - and the first half an hour is free! The Santander Cycles can be hired from as little as £2 and are available 24/7, 365 days

a year. There are more than 750 docking stations and 11,000 bikes in circulation across London. QMUL also benefits from the new Cycle Superhighway 2 (CS2) running past both Whitechapel and Mile End campuses.



## The Emirates Air Line

Glide above the Thames in the Emirates Air Line cable car and enjoy great views of London. Travelling between the Greenwich Peninsula and Royal Docks, the trip takes around 10 minutes with the option of the aviation exhibition.

## Public transport

All our campuses benefit from being located just five minutes from tube stations and bus stops. This makes it very easy to get around on public transport to pretty much any part of London (or the rest of the country).

Use an Oyster card to benefit from cheaper fares and use it on all Transport for London (TfL) supported modes of transport. This includes buses and trams; the Tube, Docklands Light Railway, TfL Rail, Overground; and many National Rail services.

## London tourism

If this is your first time in London then prepare for an unforgettable experience of landmarks and things to do. And if you've visited before, then you've not seen anything yet! With hidden treasures dotted around the capital, you'll never be short of weekend plans.



Westminster



St Paul's



The City



British Museum



Natural History Museum



The V&A Museum



London Aquarium



London Dungeons



Orbit Slide

Check out Visit London for more info  
on attractions and sightseeing:  
[visitlondon.com](http://visitlondon.com)

Keep up to date with events and things  
to do in London with Time Out:  
[timeout.com/london](http://timeout.com/london)

## Contact us:

UK Student Recruitment  
Queen Mary University of London  
Mile End Road  
London E1 4NS

Tel: 020 7882 3000



**Queen Mary**  
University of London

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and find out what studying  
with us is really like.

Visit: [qmul.ac.uk/undergraduate/openday](http://qmul.ac.uk/undergraduate/openday)

Every effort has been made to ensure the accuracy of the content of this guide. Details are correct at the time of printing (March 2017) but may be subject to change. Information regarding QMUL should be checked against the university's website. This guide is for information and guidance purposes only.

[www.qmul.ac.uk/uksr](http://www.qmul.ac.uk/uksr)