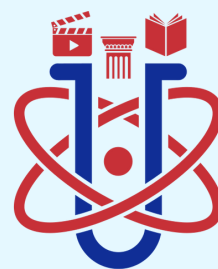




North London
Grammar and Prep School



INTERNATIONAL
GREENWICH
OLYMPIAD

GUIDEBOOK

2023

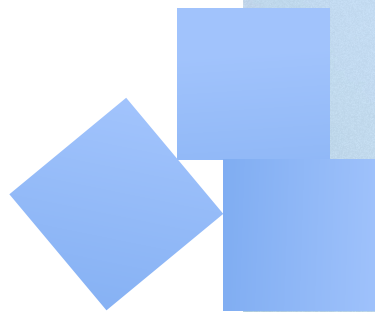


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WELCOME



Welcome to the International Greenwich Olympiad in London! We are so excited to have you here with us as we embark on this incredible journey of exploration and discovery.

The International Greenwich Olympiad is an extraordinary opportunity to explore the world and meet people from different countries and cultures. You will learn new skills, build relationships, and create memories to last a lifetime. We look forward to the amazing experiences and achievements that await you in the coming days.

This handbook will guide you through all the necessary information during your stay in London.



DAY 1 Arrival

Sunday 11th June

Day 1

Airport Transfer



All day

Please note that there will be IGO participants arriving at different times from all over the world. Therefore, the schedule will follow according to your time of arrival.

Arrival

Our trusted IGO staff member will be holding the **supervisor's name card in the arrival area at the airport**, ready for the groups transfer to the accommodation.



On campus

You will be greeted by an **IGO staff member** on campus.

Check in

The group will be **checked in at Queen Mary University** accommodation. All check-ins will be made after 3:00 pm.

Please note we cannot accommodate an earlier check-in. Waiting areas are available for any early arrivals.



Briefing

Short briefing of the programme (maps and handbooks will be handed out by our staff member).

Meals

After check-in has been made, dinner will be served between the hours of 17:00 – 19:00.

*Please note that if the group arrives **later than the stated time above** you will need to make your own arrangements.*



DAY 2 Opening Ceremony

Monday 12th June

Day 2

The Ceremony



07:30 – 09:30

Breakfast Hours

Morning

Excursion



10:00 – 16:00

The group must arrive on time at the **designated meeting point on QMUL campus**.

Late arrivals may cause you or/your group to miss the tour.

Madame Tussauds

Experience the world-famous wax museum and snap a selfie with your favourite celebrity lookalikes.

Regent's Park

Stroll through the beautiful greenery.

Camden Town

Venture through London's home of alternative culture.

Evening

Opening Ceremony



17:00 – 18:30

Dinner Hours

Please note that you must go to the opening ceremony straight after dinner.

19:00 – 20:30

Opening Ceremony at the QMUL
(on campus, see map).

Please note the group must make their own way to the ceremony on time.



The opening ceremony will serve as an official introduction to the competition

Date: 13th June

Time: 19:00- 20:30

Location: Arts Two Lecture Theatre,
Queen Mary University of
London

Mile End Campus

For building accessibility information, please scan this QR code



For building accessibility information, please scan this QR code



The map shows the Mile End Hospital campus with various buildings numbered 1 through 66. Key streets include Bradwell Street, Moody Street, Longnor Road, Leatherdale Street, Massingham St, Holton Street, Carlton Square, Cranley Street, Alderney Road, Mile End Road, and Regent's Canal. Landmarks such as Mile End Hospital, Newvo Burial Ground, and Regent's Canal are labeled. A pink location pin is placed on the map near building 65. A QR code is located in the top left corner, and a text box in the top left corner reads: 'For building accessibility information, please scan this QR code'.

35 Opening Ceremony



DAY 3 The Exhibition

Tuesday 13th June



Day 3

Exhibition set-up

07:30 – 08:00

Breakfast Hours

09:00 – 11:00

A coach will depart at 8:40 am from QMUL to North London Grammar School for the exhibition set up.

Students must bring their projects and any support work for their displays.

You will be provided with name tags, project display boards, and a table.



Afternoon

The Exhibition

11:00

Students must be present at their stations, ready for the viewers and judges.

The IGO Judges will come around to ask questions and assess your project.

14:10 – 14:50

Lunch Break (Pack Lunch)

18:00

Exhibition Ends

17:00 – 19:00

Dinner Hours

Free time





EXHIBITION GUIDE

On the exhibition day, students are required to come to North London Grammar School in the morning to ensure their presentations are appropriately displayed.

(It is recommended that students come in their IGO T-shirts).

Their work will be assessed by the judges however they will not receive any feedback on this day. This is a one-day event, and at the end of the Exhibition, students will be required to pack away their display work.



Date: 13th June

Time: 08:00- 18:00

Location: North London Grammar School

On the Day

- Gather all the necessary materials for your Exhibition, such as displays and any other items you may need to present your work.
- Please bring your IGO ID Badge
- There will be staff members in the reception waiting to register you.
- The Exhibition will take place on the first and second floors of North London Grammar School. A staff member will take you to your allocated space.
- Please note that the Exhibition will take place during school hours. Therefore, **the other areas of the building are restricted.** Please be aware of the signs, and if you have any questions, IGO staff members are here to help!

Steps to setting up your Exhibition

- Set up your displays using the boards provided. Make sure they are placed in a logical and visually appealing order.
- Our IGO staff members are on each floor to accommodate any equipment that may be necessary to display your work.
- Test any audio and video equipment to ensure they are in working order.
- You will have up till 11 am to complete the set-up of your presentation.
- You must remain at your station throughout the Exhibition, ensuring you are available to answer any questions visitors may have. However, during designated breaks or specific time slots, you are more than welcome to explore and see other students' work.
- Toilets are on every floor, please refer to your map for location.

DAY 4 Cambridge Tour

Wednesday 14th June

Day 4

Full Day Excursion

07:30 – 09:30

Breakfast Hours

09:00

Coach departs

The group must arrive 15 minutes before departure at the **designated meeting point**, coach will depart at 9:00 am.

Late arrivals may cause you or/your group to miss the tour.

11:00 – 16:30

Walking Tour of Cambridge

A guided walking tour of Cambridge, exploring the charming alleys, streets, and unique architectural buildings.

Pack Lunch

Punting on the River Cam

A guided tour of the River Cam on traditional flat-bottomed boats called punts, taking in the stunning views of the Cambridge colleges along the way.

(Please note that the order of destinations may vary due to the control of large groups).

Visit to King's College grounds and chapel

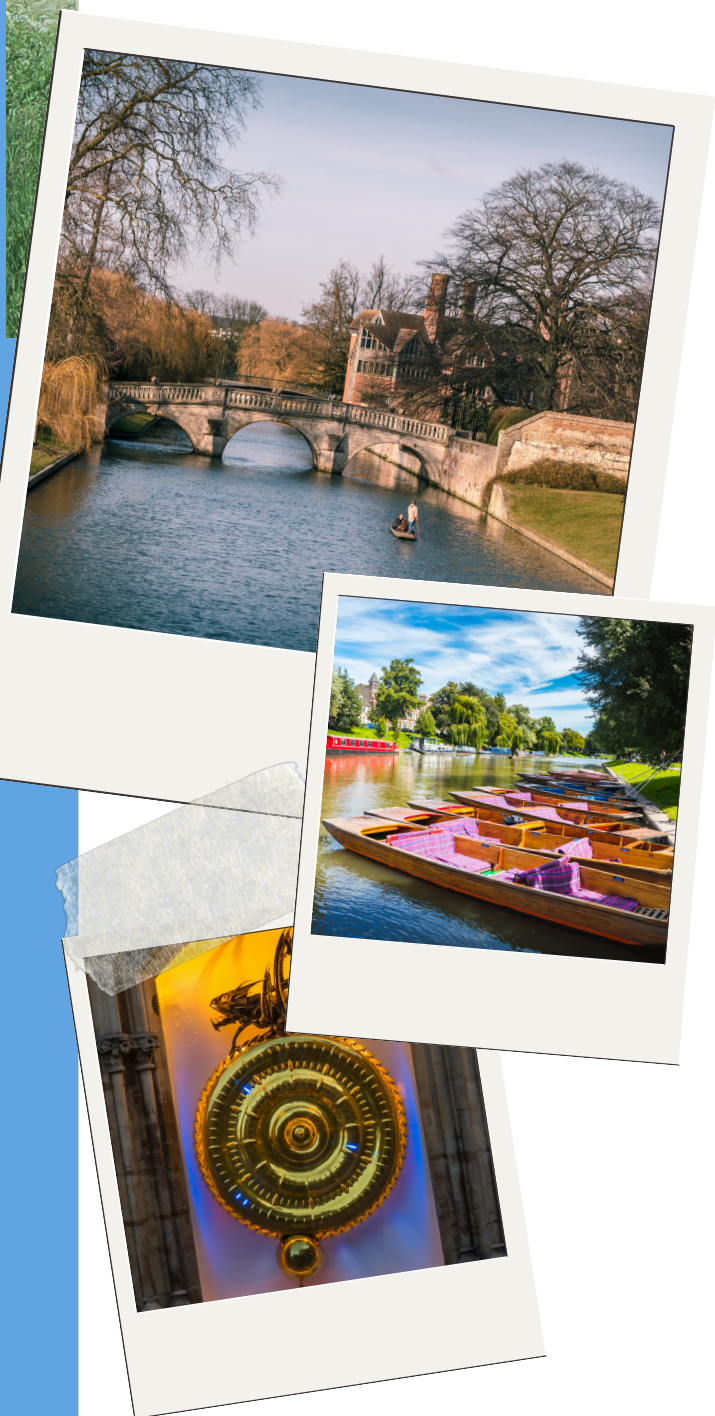
Explore one of the most famous and iconic colleges in Cambridge which boasts amazing architecture, gardens and a beautiful chapel with stunning stained glass windows.

16:00

Coach departs

18:00 – 19:00

Dinner Hours



DAY 5

Awards Ceremony

Thursday 15th June



Day 5

Awards Ceremony

07:30 – 08:30

Breakfast Hours

09:00

Depart QMUL (by underground)

10:30 – 12:30

Awards Ceremony at Friends House
(Postcode: NW1 2BJ)

The finalists will be announced and students will receive their awards.

Performances and guest speakers.

Please note that all groups are required to make their own way to the ceremony.

13:00 – 14:00

Lunch Break at QMUL

Afternoon

Excursion

14:30 – 17:00

The group must arrive on time at the **designated meeting point** (see map).

Late arrivals may cause you or/your group to miss the tour.

Science Museum

A vast treasury of science & invention, famous for its state-of-the-art interactive exhibits.

Harrods

London's iconic upmarket department store

Hyde Park

Take a leisurely stroll through Hyde Park.

18:00 – 19:00

Dinner Hours



DAY 6

London City Tour

Friday 16th June

Day 6

Full Day Excursion

07:30 – 09:30

Breakfast Hours

09:30

The group must arrive on time at the **designated meeting point** on campus.

Late arrivals may cause you or/your group to miss the tour.

09:30 – 17:00

Buckingham Palace

The official residence of the British monarch.

Big Ben and Houses of Parliament

A stroll around the clock tower and the Houses of Parliament.

Pack Lunch

Ride on the London Eye

Get a bird's-eye view of London on the famous London Eye, a giant Ferris wheel overlooking the River Thames.

Walk along South Bank

Enjoy a walk by the Thames River with stunning iconic views of London.

17:00

Tour Ends

17:30 – 19:00

Dinner Hours

(Please note that the order of destinations may vary due to the control of large groups).



DAY 7

London City Tour

Saturday 17th June

Day 7

Full Day Excursion

07:30 – 09:30

Breakfast Hours

09:30

The group must arrive on time at the **designated meeting point** on campus.

Late arrivals may cause you or/your group to miss the tour.

09:30 – 17:00

British Museum

Explore the world-famous British Museum and see its vast collection of art and artifacts.

Pack Lunch

Piccadilly Circus, China Town and Leicester Square

A walk around London's busiest and liveliest areas, known for their theatres, cinemas, and restaurants.

Shopping on Oxford Street

Experience some of the best shopping in the world on Oxford Street, including famous department stores like Selfridges and John Lewis.

17:00

Tour Ends

17:00 – 19:00

Dinner Hours



(Please note that the order of destinations may vary due to the control of large groups).

Departures

Sunday 18th June



Day 8

Departure

07:30 – 09:30

Breakfast Hours

09:00

Check out

09:30

Airport Transfer Bus

Please note that your own travel arrangements must be made if you choose not to use this service.

EMERGENCY CONTACTS

INTERNATIONAL GREENWICH OLYMPIAD

Email: info@igolondon.co.uk

Mobile: +44 (0) 730 540 4395
+44 (0) 734 056 0448

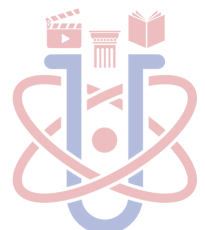
PHONE NUMBER

Emergency: 999
(Police/Ambulance)

NORTH LONDON GRAMMAR

Landline: +44 (0) 208 205 0052

Email: info@northlondongrammar.com



GETTING AROUND LONDON



MIND THE GAP

London has one of the most iconic transportation links in the world, including the revolutionary London Underground and the various red buses, all thanks to Transport for London (TfL).

You can download the following apps that can ease your travels (Both on IOS and Google Play):



Citymapper

Citymapper (Recommended!)

Public transport app for the underground and buses.



Google Maps

Google Maps is a popular and widely used navigation app in the UK.

Paying in the UK

Be aware of any potential fees or charges that your bank may apply for international transactions, and consider notifying your bank of your travel plans to avoid any disruptions.

There are various options to pay in the United Kingdom, such as:

- **Credit and Debit Cards** – Major credit and debit cards, such as Visa, Mastercard, American Express, and Discover, are widely accepted in most establishments throughout the UK. You can use your card for purchases at restaurants, shops, hotels, and other businesses. However, it is always a good idea to inform your bank or credit card company about your travel plans to avoid any potential issues with card usage abroad, including unexpected blocks or fraud alerts.
- **Contactless Payments** – Contactless payment methods, such as contactless credit/debit cards and mobile payment services like Apple Pay and Google Pay, are widely accepted in the UK. These options allow you to make payments by simply tapping your card or smartphone on a contactless-enabled terminal. The maximum transaction limit for contactless payments may vary, but it is typically around £45. Some places also accept mobile payment apps like WeChat Pay and Alipay, particularly in areas popular with Chinese tourists.
- **Currency Exchange** – If you prefer to use cash, you can exchange your currency for British Pounds at banks, currency exchange offices, or ATMs (automated teller machines). ATMs are widely available throughout the UK, and you can withdraw cash in British Pounds using your foreign debit or credit card. However, keep in mind that your bank may charge foreign transaction fees or currency conversion fees for ATM withdrawals and card transactions.

oyster[®] card

An Oyster card is a quick and easy way to pay for travel on public transport in London. It can be used on all TfL services.*

The pay-as-you-go credit on your Oyster card never expires, so you can keep your card until your next visit or lend it to family and friends



- [Oyster Ticket Stops](#) in many newsagents in London
- At all Tube, London Overground and most Elizabeth line stations
- Some DLR stations
- At [Visitor Centres](#)

You can get a visitor oyster card, which is beneficial, which includes pay-as-you-go credit. You can get it:

- [Online](#)
- In visitor centres in Heathrow, King's Cross & St Pancras International, Liverpool Street Tube station, Liverpool Street Tube station and Victoria rail station.

Alternatively, you can use your debit/credit card, which essentially functions as an oyster card! Just remember to touch in and touch out.

***Please note that oyster cards aren't accepted at Elizabeth line stations between Reading and Iver.**

Don't forget!

You will be provided with London Day Travel Card for your London Day Travel Trips! The travel card can be used till 11:59pm on the same day.

Best places to get souvenirs

Whilst the city itself has an endless number of retail stores, it is essential to get your souvenirs from reputable shops. We have sound recommendations regarding where you can prove that you've been to London and the UK, including:

- **Uniqlo:** Recent collaboration with TfL, producing a unique take on the culture of London's transportation system, but only available in Covent Garden.
- **Primark:** One of the most popular clothing brands, reinforced with the Greggs x Primark fashion collection.
- **Hamleys:** Located on Regent Street, it is the world's oldest and largest toy store, selling various figures and souvenirs.
- **M&M London:** The Piccadilly Circus store features a wide array of M&M's merchandise, including various flavours of M&M's candies, apparel, accessories and novelty items. The store often showcases limited-edition or exclusive M&M products unavailable elsewhere.
- **Harry Potter store at Platform 9 3/4:** The iconic store in King's Cross St. Pancras.
- **Marks and Spencer:** A renowned British multinational retailer with a rich history that dates back to 1884. It operates a wide range of high-quality clothing, home products, and luxury food items.



Food Services

London has a massive number of eateries that can fill in your cravings. From well known fast food chains to even UK favourites, there is something for everyone. Many places to eat that are exclusive in London and in the UK such as:

- **Flat Iron** – Specializing in steak, Flat Iron offers high-quality, affordable cuts of meat with a simple yet delicious menu.
- **Borough Market** – This vibrant food market in Southwark is a food lover's paradise, offering a wide range of fresh produce, street food, and international delicacies.
- **Mildred's** – Having a long history back in 1988, this chain of restaurants serves good value, fresh and colourful, international vegetarian food.
- **Leadenhall Market** – A buzzy, beautiful and airy market in the heart of the City of London boasts a unique selection of boutiques, shops, restaurants and bars. It is a hidden gem – outdoors and covered – with rich heritage and stunning architecture dating back to the 14th century.

Alternatively, if you plan to buy lunch, there are many places that suit your needs. London offers a wide variety of options, including:

- **Supermarkets** – Major supermarket chains like Tesco, Sainsbury's, and Waitrose have branches throughout London. They usually have deli sections offering ready-made sandwiches, salads, wraps, and other lunch options.
- **Pret A Manger** – This well-known chain has numerous locations across London. They offer a range of freshly prepared sandwiches, salads, soups, and snacks.
- **Greggs** – A popular bakery chain in the UK, Greggs is known for its freshly baked pastries, sandwiches, and savory snacks. They have multiple branches in London.

Order food from your accommodation

Uber Eats



Being in London does not necessarily mean that you have to go out and eat. Sometimes you want to get a quick bite at the comfort in your accommodation. You can access deliveroo, Just eat and Uber eats with the touch of your smartphone.

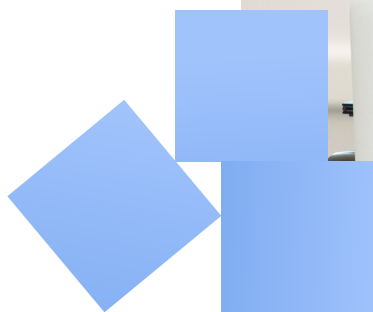


DON'T FORGET

- 1 Smoking and consuming alcohol on site and during the programme are prohibited
- 2 Supervisors must use WhatsApp to avoid complications and regularly check new messages or notices.
- 3 A UK adapter to charge phones must be acquired.
- 4 Personal Items such as passports or IDs can be kept in rooms
- 5 Be on time for Excursions, Meals or IGO Events.
- 6 Coaches and public transportation must be boarded on time and without delay.
- 7 No wandering or leaving your supervisor's side unless permission has been granted.



North London
Grammar and Prep School



North London Grammar and Prep School

International Greenwich Olympiad is organised and sponsored by North London Grammar School.

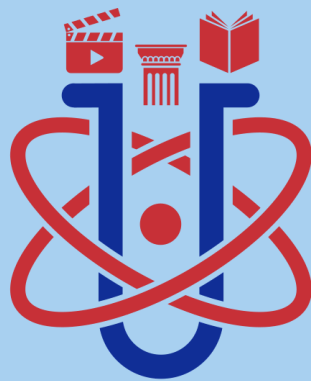
North London Grammar and Prep School is an independent, nondenominational educational institution in North London. The school places a strong emphasis on mathematics, science, and technology, offering a comprehensive and immersive learning experience in these subjects.

By organizing the International Greenwich Olympiad, the school provides a platform for students to showcase their knowledge and compete with peers worldwide, fostering a spirit of healthy competition and intellectual growth.

Alongside the grammar and prep school, NLGS offers University Foundation Programme for international students. This programme is designed to prepare students for higher education, equipping them with the necessary skills and knowledge to excel in their chosen fields at the university level.







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