



Common Room - In The Maltings you will find a large, comfortable, shared room for relaxation featuring TV and piano; it also provides facilities for ironing.

Housekeeping - Housekeeping will clean shower rooms and empty bins twice a week in The Maltings and clean daily all common areas in The Maltings and Cabot House between 9.30am and 12.30pm, Monday - Friday.

Housekeeping will clean the bathrooms and kitchens in St John's Cottage, 44 and 46 Market Street once a week.

By 10am every Wednesday, all white bedding and towels (provided by the campus) should be placed outside each bedroom door, these items will be exchanged for clean.

Luggage Store - A cupboard outside Room 21 in The Maltings is available to use to store your empty luggage.

Portals Dining Room - Portals dining room is located in The Maltings and provides all residents with a good quality varied menu every weekday evening.

Reception - Open Mon - Fri 8.30am - 7.00pm. Security all week 7.00pm - 7.00am

Resources Room - Contained within this room on the second floor of The Maltings are the library, study area, quiet area and computer facilities.

The library has a limited but gradually increasing collection. For detailed information contact the Queen Elizabeth II Library.

The computer area is equipped with eight networked computers, a photocopier and a printer.

Cabot House also has two fully networked computers and a printer for resident's use.

Scholarships - All students will be notified if they have been awarded a Harlow Scholarship. This can be collected from the Finance Manager; whose office is in the reception area of The Maltings.

Student Kitchens - The Maltings offers two fully equipped student kitchens and Cabot House offers one student kitchen. All provide food storage, cooking facilities and a dining area.

Students Safe - Valuables can be kept in a safe at reception. These items will only be available during office hours (Mon - Fri 08.30 - 19.00)

Telephones - To gain an outside line on any of the telephones, simply dial the number you wish to call. Calls must be kept to a minimum, excessive use will be charged. You can receive calls and dial the extension numbers to connect to other rooms.

Washing and drying facilities - The resident's laundry room is located on the ground floor in The Maltings (Note: The small laundry room in Cabot House is for staff use only). It costs £2.00 for the washing machine and £1.50 for the dryer (change is available at reception)

Wi-Fi - Wi-Fi is available throughout the campus. To connect please follow the instructions in 'Labnet/Wireless (Wi-Fi) Instructions, Harlow Campus Residents'.

POST OFFICE

Post Office - At the rear of the Co-op Store,
21 High Street
Old Harlow
CM17 0DN
Tel: 01279 620362

Opening Hours; Mon - Fri 8.45am - 5.30pm
Sat 9.00am - 5.30pm and Closed on Sunday.

PLACES OF WORSHIP

If you are looking to attend a religious service in Harlow, there are several different communities that offer services in the Harlow area, including Catholic, Anglican, Baptist, Methodist, Christian Fellowship, Evangelical, Seventh-Day Adventist, Assemblies of God, Salvation Army, Quaker, New Frontiers, Jewish, Jehovah's Witness, Buddhist and Muslim.

To find the location of one of these services, visit:

<https://www.roundaboutharlow.co.uk/churches-other-places-of-worship/>

FOOD STORES

In addition to a great number of restaurants and food establishments, there are two grocery stores located very close to the campus.

Tesco is the largest chain grocery store in the United Kingdom. There is a Tesco located within 10 minutes walking distance along a cycle track off Market Street. The store is located on Edinburgh Way, East Road, Harlow. Opening hours Monday - Saturday 6.00am - 12.00am, Sundays 11.00am - 5.00pm

In Old Harlow, on the High Street, there is a Co-operative Food Store, which is a little more expensive but has many of the main staples and is closer to the campus. Tel No. 01279 427289 Opening hours Monday - Sunday 7.00am - 10.00pm

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UNIVERSITY - HARLOW CAMPUS



Tip: If you apply
for a Tesco
clubcard, you will
make a large
number of
savings.

TESCO
Clubcard

LOCAL EATING PLACES

FAST FOOD/TAKEAWAY'S:

- Burger King (Burgers, fries & shakes) 75 The Harvey Centre, CM20 1XR
- Domino's (Pizza) 31 London Road, Old Harlow CM17 0DA (01279) 411111 Delivery or collection
- Golden Dragon (Chinese) 32 High St, Old Harlow, CM17 0DW (01279) 453222
- Greek Flavours (Greek) 3 East Gate, Harlow CM20 1HP (01279) 425622
- KFC (Chicken) – Harlow Retail Park, Edinburgh Way, Harlow CM20 2TN (01279) 435157
- Marina Fish Bar (Fish & chips / Chinese) – 5-6 Garden Terrace Rd, Old Harlow, CM17 0AT (01279) 429923
- McDonalds (Burgers, fries & shakes) – Harlow Retail Park, Edinburgh Way, Harlow, CM20 2AB & 30 Broad Walk, Harlow Town Centre (01279) 635960
- Tasty Fish Bar (Fish & chips) – 13 High St, Old Harlow, CM17 0DN (01279) 443322
- Tim Hortons (pastries/paninis/burgers) Edinburgh Way, Queensway Centre CM20 2DA
- Subway (Sandwiches & salads) – Queensgate Centre, Edinburgh Way, Harlow, CM20 2DA & Harvey Centre, Harlow Town Centre. (01279) 351973

CAFÉ'S/ COFFEE SHOPS:

- Café Blue – 7-9 High St, Old Harlow, CM17 0DN (01279) 300148
- Costa Coffee
 - Within Tesco's, Edinburgh Way, Harlow CM20 2TG
 - Within Next, 2 Water Gardens Harlow Town Centre
 - 35 Broad Walk, Harlow Shopping Centre CM20 1JQ
- Starbucks – Harvey Centre, Harlow
- Dorrington's Traditional Bakers, 12 High Street, Old Harlow
- Nell's Coffee Shop 36 High St, Old Harlow CM17 0DW

RESTAURANT'S:

- Bengal Cottage (Indian Tandoori) – 19-21 High St, Old Harlow CM17 0DN
- Garden Grill (Turkish) – High Street, Old Harlow CM17 0DN
- Essence of India (Indian) – 2 Hart Road, Old Harlow CM17 0HL
- The Green Man (Chef & Brewer chain, pub food) – 2 Mulberry Green, Old Harlow, CM17 0ET
- The Harlow Mill Beefeater (Grilled meats and international favourites) – Cambridge Road, Harlow CM20 2EP
- Raj Lodge (Indian) – 38 High Street, Old Harlow, CM17 0DW
- Rajmahal Brasserie (Indian) – 19 High St, Old Harlow CM17 0DN
- Zenz (Oriental) – Station Road, Old Harlow, CM17 0AP

Places to eat in the Water Gardens / Harlow Town Centre:

- King Du (Noodles)
- Five Guys – (American fast food)
- Frankie & Benny's – (Italian, American, Pizza)
- Nando's (Portuguese style chicken dishes)
- Pizza Express
- Brick Lane Bagels (Sandwiches)
- The Real China (Chinese)
- Domino's Pizza



PUBS/NIGHTCLUBS

The legal drinking age is 18 in the United Kingdom. Some pubs and bars may have signs or higher restrictions to prevent people younger than 21 from entering.

Local Pubs:

- The Chequers - 2 Market Street, Old Harlow CM17 0AH. Offers live music weekly. Serve lunchtime & evening food
- The Crown - Market Street, Harlow CM17 0AQ. Serve lunchtime food



SPORTS & RECREATION

- Body Active -<http://www.bodyactivegym.co.uk/>
- Harlow Cricket Club - 01279423582
www.harlowcc.co.uk
- Harlow Leisurezone - 01279621500
www.harlowleisurezone.co.uk
- JD Gym -01279598576 harlow@jdgym.co.uk
- Mark Hall Sports Centre - 01279620650
www.markhallsports.co.uk
- Pure Gym - 03450133265
<https://www.puregym.com/gyms/harlow/>

TRANSPORT

Local Bus

There are many ways to travel within Harlow. As students at the campus, you will find that many things needed are within walking distance. However, Harlow has a very efficient bus system as well <http://www.harlow.gov.uk/bus-station>

Buses come every ten minutes or so, at the front of Domino's Pizza on London Road, approximately a 3-minute walk from the campus. This is an easy form of transport to the main bus terminal in the centre of Harlow Town. Fares cost £2.20 (single) or £3.40 (return). Alternatively, you can get a day travel card from the bus driver for £4, if you need to take a few buses in one day.

Taxi's need to be pre-booked. These can be booked at reception or you can telephone:

Metro Cars 01279444333

ABC 01279 300900.

From Harlow Campus to Harlow Town Railway Station cost is around £6.00 - £8.00, depending on size of vehicle.

If larger vehicles are needed (i.e. minibus size) ask at reception for information.

Rail Travel

Trains run regularly from Harlow Town station and less frequently from Harlow Mill station. For prices and train times go to www.nationalrail.co.uk

Harlow Mill railway station is the nearest to the Campus. Turn left by the Chequers Public House at the end of Market Street, head straight down Station Road, towards residential area and then onto Priory Avenue. Cross road and take pedestrian footpath through the residential area, head left through the underpass and you arrive in the station car park. A self-service ticket machine is available outside of manned hours.

Harlow Town railway Station is a 20-minute walk from the campus. Turn right on to Market Street and past The Crown pub, straight down Park Hill. Through the underpass and a straight walk along a cycle path to The Town Park, down to The Greyhound Pub. Turn right on to the road beside the pub, follow the lane down to the main road where you cross and Harlow Town Station is behind the Premier Inn / Toby Carvery. The ticket office is manned from 06.00 to 21.00 Monday to Saturday and 08.05 to 21.00 on Sunday.

One popular destination by rail is the Queen Elizabeth Olympic Park <http://www.queenelizabetholympicpark.co.uk/> and the Westfield Shopping Centre <https://uk.westfield.com/stratfordcity> which are around a 40 minute train journey from Harlow
<http://ojp.nationalrail.co.uk/service/planjourney/search>

You can pick up the Docklands Light Railway from Stratford and interchange to the London underground and tube for onward travel to London.



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TRAVEL TO AIRPORTS

Harlow to Gatwick

- Train - Take train from Harlow Mill or Harlow Town to Tottenham Hale, to Victoria Station to Gatwick Airport. Costs approximate £35
- Taxi - Takes around 2 hours. Costs approx.: 4-seater = £90; 6-seater = £130; 8-seater = £150.

Harlow to Heathrow

·Train - Take train from Harlow Mill or Harlow Town to Liverpool Street Station. Tube Circle line to Paddington and then take the Heathrow Express to the airport. Takes around 2 hours. Cost £40.

·Bus - Take any bus outside Domino's Pizza to the town centre. Take 724 to Heathrow. Takes around 3 hours. Cost approx. £20

·Taxi - Takes around 1 ½ hours. Cost approx. 4-seater = £90; 6-seater = £120; 8-seater = £155

Harlow to London City:

·Train - Take train from Harlow Mill or Harlow Town to Stratford. Then take the DLR to London City Airport. Takes around 1 hour. Cost approx. £15.

·Taxi - Takes around ¾ hour. Cost approx. 4-seater = £60; 6-seater = £75; 8-seater = £100.

Harlow to Luton

·Train - Take train from Harlow Mill or Harlow Town to Tottenham Hale and then to St Pancras to Luton. Takes around 1 hour. Cost approx. £35

·Bus - Take any bus outside Domino's Pizza to the town centre. Then get the 724 to Hatfield, Galleria then change on to the 737 to Luton. Takes around 2 hours. Cost approx. £20.

·Taxi - Takes around 1 hour. Cost approx. 4-seater = £60; 6-seater = £80; 8-seater = £100.

Harlow to Stansted

Harlow to Stansted:

·Bus - Take 509 or 510 from bus stop opposite Domino's Pizza (on the other side of the road). Takes around 1 hour. Cost approx. £8.00.

·Taxi - Takes around 30 minutes. Cost approx. 4-seater = £40; 6-seater = £52; 8-seater = £67.

ACTIVITIES

Cineworld – Edinburgh Way, Queensgate Centre, Harlow CM20 2DA
Tel: 0330 333 4444 www.cineworld.co.uk/harlow .
Harvey Shopping Centre, CM20 1XR Tel: 0330 333 4444.
Multiplex cinema chain showing the latest international blockbusters in 2D and 3D formats.

First Bowl – 32A Terminus Street, Harlow CM20 1EY
Tel: (01279) 418841 www.harlowbowl.com
Harlow's only bowling lanes, located in the Town Centre.

Harlow Playhouse – Playhouse Square, Harlow CM20 1LS
Tel: (01279) 431945 www.playhouseharlow.com
Harlow's local theatre, features acts from across Britain. Drama, comedy, dance and music in a 411 seat auditorium and 120 seat theatre plus studios and bar/Café.

Mecca Bingo – Terminus House, Terminus St, Velizy Ave, Harlow CM20 1XA
Tel: (01279) 426350 www.meccabingo.com

Music at Marigold's – Marigolds, Chippingfield, Old Harlow CM17 0DJ
Tel: (01279) 423582 www.musicatmarigolds.co.uk
Live blues and jazz nights are held on the middle and last Friday of the month.
Guests include local and national music acts.

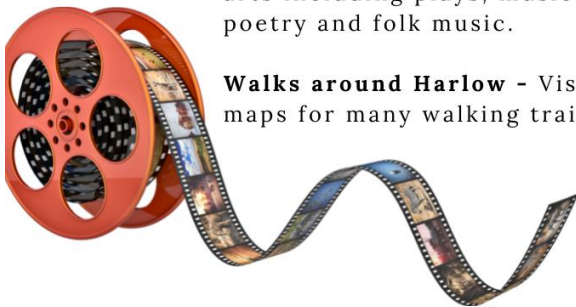
Quasar Elite – 1-5 Harvey Centre Approach, Harlow CM20 1XR
Tel : (01279) 445444 www.quasarelite.com
Quasar Elite is a laser-tag game centre located in the Town Centre.

Riley's Snooker and Pool – Town Centre, Cross Street, Harlow CM20 1LS
Tel: (01279) 430302 www.rileys.co.uk
Chain bar showing big-screen sport, with snooker and pool tables, dartboards and bingo machines.

St John's Arc – St John's Walk, Market St, Old Harlow CM17 0AJ
Tel: (01279) 442447 www.stjohnsarc.org.uk
This is the church building next to The Campus. It offers a varied programme of activities and events including exhibitions, dance and music. See the ARC website for up to date information.

The Victoria Hall Theatre – 6 Bury Road, Old Harlow CM17 0ED Tel.
07471470884 vhpaa.org@gmail.com www.victoriahalltheatre.co.uk
The Victoria Hall is a small and friendly theatre seating up to 120 people.
This versatile and stimulating venue hosts a variety of performance-based arts including plays, musicals, children's shows, dance, stand-up comedy, poetry and folk music.

Walks around Harlow - Visit www.mapmywalk.com/gb/harlow-eng to find maps for many walking trails around Harlow.





SHOPPING

Harlow's Town Centre is almost completely free of roads within the shopping areas, the town centre has the first ever pedestrian thoroughfare in the country as well as an indoor mall.

You can find at the Town Centre:

Harvey Centre – Town Centre, Harlow CM20 1XR. www.harveycentre.com
Management Suite Tel: 01279 442981

Features some of the biggest names on the high street as well as over 30 independent retailers. The Harvey Centre is mostly undercover on two levels. There is also a cinema complex in the upstairs of The Harvey Centre.
<https://www.cineworld.co.uk/cinemas/harlow-harvey-centre>

The Water Gardens – Town Centre, Harlow CM20 1AN. Tel: (01279) 453554
<http://www.thewatergardensharlow.com/>

Open air shopping centre within a couple of minutes' walk from The Harvey Centre. This includes many of the larger fashion chains, restaurants and a supermarket. Set in landscaped garden area with tranquil ponds and water fountains and sculptures by Henry Moore and Auguste Rodin, with outside seating.

Any of the buses outside Domino's Pizza will take you into the Town Centre.

PLACES OF INTEREST

Harlow Library – The High, Harlow CM20 1HA Tel: 0345 603 7628
Email: harlow.library@essex.gov.uk
Open Monday – Saturday 9:00 – 5:30 (except 5:00 on Saturday)
Newly refurbished, you can find a wide range of texts, e-book/audio books and other resources such as computers, photocopying and scanning.

Old Harlow Library 30 High Street, Old Harlow CM17 0DW Tel: 0345 603 7628
www.essex.gov.uk/libraries
The nearest library to the campus. Closed on Tuesday, Thursday and Sunday.

Harlow Town Park <http://www.harlow.gov.uk/town-park>

The park covers 164 acres. The area includes pet's corner, water gardens, Newfoundland garden, specimen, sensory & walled gardens, the Stort Valley Meadows and Peace Wood. Spurriers House, built in 1860. Showground, skatepark, adventure playground & paddling pool (summer holiday opening only). During the summer the bandstand provides live music events. A free-to-use outdoor gym. The park also provides annual events such as the fireworks display in November.

The Newfoundland Garden has a commemorative granite stone which was unveiled on the 26th September 1997 and to mark the occasion of the first tree planted in the garden the Education and Volunteer Officer at Harlow Council gives structured organised tours of the town park and should you wish to take part can be contacted through mike.levett@harlow.gov.uk

The Gibberd Garden The Barn, Marsh Lane, Harlow CM17 0NA
www.thegibberd花园.co.uk

Open Weds, Sat, Sun & Bank Holiday Mondays (April-Sept). The Gibberd Garden is an inspirational, Grade II listed garden, full of beauty, peace and tranquility, where every turn reveals another aspect or a work of art. Sir Frederick Gibberd was the designer of Harlow Town. The Gibberd Gardens consist of a garden, gallery and moated castle which belonged to the former creator.

Harlowbury Chapel Off Old Road, Old Harlow CM17 0HE

Harlowbury Chapel is the oldest intact building in Harlow and one of the oldest in Essex. This Grade 1 listed building dated from the 12th Century has several original features from this time.

Harlow Museum Muskham Road, Harlow CM20 2LS

www.harlow.gov.uk/harlowmuseum Open Tues, Thurs & Sat 9.30am - 3.30pm
Free Entry Tel: 07568103852 / (01279) 446222

For a fascinating tour of the town's history from pre-historic times to the present-day call into Harlow Museum & Walled Gardens - one of the town's best kept secrets! Gallery displays include Roman artefacts, exhibits illustrating the development of the New Town and the Collins' cycle collection. Particular highlights include archaeological discoveries from Harlow's Roman Temple site. The fascinating displays of objects and memorabilia are housed in within a 19th Century Stable block which used to be part of Mark Hall Manor.

Henry Moore Foundation Dane Tree House, Perry Green, Much Hadham, Herts SG10 6EE.

www.henry-moore.org Opens Weds-Sun & Bank Holidays 11.00am - 5.00pm (April - Oct) Tel. 01279 843333

Henry Moore lived at Perry Green for 40 years. Today, it is a highly regarded visitor destination with inspiring views of his sculpture in the gardens and fields. Moore's old studios are open to the public, showing his creative process from small maquettes through to monumental outdoor sculptures. His former home Hoglands gives a touching insight into Moore's domestic life, including his remarkable book collection and a Picasso etching which he kept in his kitchen. A rotating exhibition programme changes to exhibit Moore's textiles, tapestries and drawings.

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