

# My favourite things



I'm Ásdís Káradóttir and I've lived in London for little over a year. We moved here for my husband's work with three of our children. Our two oldest children are back home in Iceland, at college and university, but they visit frequently. All my life I've worked full time so it was a big step to quit my job and become a stay at home mum. London is such a wonderful city, I'm thoroughly enjoying it.

## Your best advice to someone just arriving in the UK?

Be careful in traffic. The streets are designed for drivers who, too often, forget that they are able to travel by car because the rest of us walk and use public transport.

## The best place to meet people?

By joining clubs and communities like FOCUS. That's how I've made friends from all around the world.

## The ultimate boutique or clothing stores?

I find Marylebone High Street and neighbourhood great, e.g. KJ's Laundry.

## The highlight of your UK adventure so far?

A recent highlight was a visit to the Museum of Happiness in Camden, where I bathed in a ball pit.

## The best ice-cream/coffee shop?

A flat white in Monmouth Café at Borough Market is delicious. Pop in to Soho Grind for a quick fix on a shopping spree or, for a more special atmosphere, go to Host, a coffee house in St. Mary Aldermary church in City.

## Your most watched British TV show?

The Crown.

## Your favourite expression you have adopted since being here?

No worries!

## Your preferred mode of transport?

The Tube takes me wherever I need to go but if I have enough time, I prefer walking. I also use my bike but that takes a bit of courage.

## The best breakfast/brunch/afternoon tea spot?

For a weekend brunch we tend to go to England's Lane in Primrose Hill. There you'll find many little cafés in a row and they're all good: Ginger & White, Bonjour Brioche and more.

## The ultimate gourmet food or wine shop?

Go to the perfectly sized Primrose Hill Farmers Market on a Saturday to buy good bread, cheese, vegetables etc. It's also tempting to try the street food on the spot.

## Best places to run?

Running outdoors is the best way to explore the city and to get a good feeling of distances and different neighbourhoods. I usually head to Hampstead Heath for hills and an escape into nature or run along the canal or the Thames for a destination run. Paddington Recreation Ground has a wonderful track which is open to everyone who wants to do some serious speed work.

## The best workout/exercise?

Workout the Swedish way at Central YMCA at Tottenham Court Road. It's called Friskis & Sveltis and is as fun as it sounds (see [www.friskissveltis.co.uk](http://www.friskissveltis.co.uk)).

## What is London's best kept secret?

The choir at Hampstead Parish church of St John-at-Hampstead does an annual one day 'scratch performance' of one of the choral Requiems. Everyone is welcome to show up and sing along or listen. Last autumn I sang Mozart's Requiem with them and it was an uplifting experience.

## Your favourite museum or gallery?

I've been on a few trips to historic buildings in Greater London. My absolute favourite was Strawberry Hill House & Garden in Twickenham founded by Horace Walpole, the author of the first Gothic story. Go check it out!

## The best place to take the kids on a rainy day?

It rained when we visited Hampton Court so we explored the exhibitions in the palace and had tea and scones. When the sun suddenly came out we wandered through the gardens and got lost in the amazing maze.

## Favourite place to go for some quiet?

At the Bishopsgate Institute you'll find an old fashioned library, very quiet and open to everyone.

