

# TimeOut

## London

**SPECIAL  
PULL-OUT  
FEATURE**

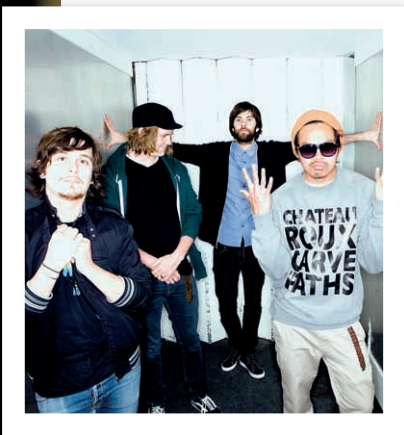
We give you  
50 great London  
date ideas  
that could turn  
romantic, but  
won't leave you  
looking silly if your  
friend just wants  
to stay friendly

# 50 GREAT (MATE) DATES

Celebrate the coolest romantic comedy of the year

**(500) DAYS OF  
SUMMER**

In cinemas September 2



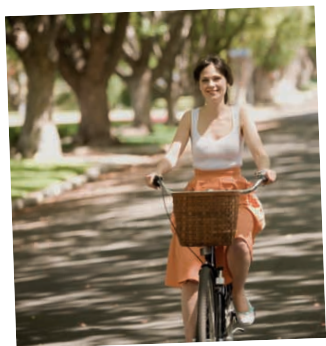
## (500) Days of Summer

*A fresh take on the 'boy meets girl' story*

When you discover that Summer isn't a season or even a Beach Boys state of mind, but a beautiful woman, you begin to suspect that '(500) Days of Summer' is perhaps some kind of love story. And then you realise that the '500 Days' of the title doesn't refer to an unusually long sunny period, but probably to a finite timespan within which this love story takes place – with perhaps a spot of broken-heartedness, leading to a final Summerless point beginning on, say, Day 501?

You'd be getting near to what this film is about, but that would be to miss out on its fun, its style and its humour. Okay, so it offers us a plotline of 'Boy meets girl. Boy falls in love. Girl doesn't', but it can still be an enjoyable film about relationships, can't it? After all, didn't terminal miserabilist Morrissey sing some of pop's funniest songs ever?

Tom Hansen (Joseph Gordon-Levitt) is drifting through his post-college years making money writing greetings cards instead of following his dream to be an architect. Then he meets Summer Finn (Zoey Deschanel) and is handed a reason to live and someone almost impossible to love. As the title suggests, we get the impression this love ain't gonna last, so the writers cut to the chase, beginning with the big split, then working backwards, forwards and to places in between, charting the highs and lows of a modern twenty-something relationship. And given that a shared taste in (mostly British indie) music is one of the things they



actually have in common, it's a good-looking, cleverly written film with a marvellous soundtrack. (From Doves to Hall & Oates, Carla Bruni to Simon & Garfunkel, with lots of Smiths in between.)

The office party, meeting flatmates, a break-up at the diner – '(500) Days of Summer' ticks all the 'first big serious romance' boxes, but it's far from the standard love story. Anyone who's ever been dumped can relate to the back-and-forth narrative of the film – reflecting on happier times, or desperately looking for retrospective clues in things said or deeds done that hinted at the breakup to come or offer a dim hope of reconciliation. And if you're one of those annoyingly fortunate people who's never been on the receiving end of a gut-wrenching kiss-off, don't let Tom's suffering put you off your popcorn...

Modern, funky, beautifully shot and cut through with warmly insightful detail, this movie is too offbeat to be a mainstream chick-flick and far more sophisticated than your average indie film for boys. So whoever you are, just sit back and enjoy (95) minutes of smart movie heaven... with a trip to IKEA thrown in when you least expect it. '(500) Days of Summer' is at cinemas nationwide from Sept 2.

### (500) Days of Summer

Director **Marc Webb**  
 Writers **Scott Neustadter, Michael H Webber**  
 Certificate **12A**  
 Running time **95 mins**  
 Cast **Joseph Gordon-Levitt, Zoey Deschanel, Chloe Moretz, Geoffrey Arend, Matthew Gray Gubler, Clark Gregg, Minka Kelly**

## COMPETITION

Go to [timeout.com/500days](http://timeout.com/500days) for your chance to win gig tickets and a signed copy of The Temper Trap's new album 'Conditions'. Plus we have 10 '(500) Days of Summer' prize packs to give away!

Including t-shirt, headphones, and sound track.

Competition closes September 17. Terms and conditions online.



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# 50 great (mate) dates

From the moment Tom Hansen lays eyes on Summer Finn, he knows he's found The One. Sadly for him, Summer doesn't believe in love – relationships are messy, so why not have fun? Ever found yourself in that situation? You'd quite like things to get more steamy, but not sure if he or she feels the same way? Here are 50 (mate) dates – trips out together that could be romantic, but which could also still look like a harmless get-together.

- ★ More 'date' than 'mate'
- ★ More 'mate' than 'date'

## 01 See an alfresco movie ★

Free screenings include 'Slumdog Millionaire' and 'The Usual Suspects' at The Scoop, beside the Thames, from Sept 16 to Oct 2. *The Scoop, More London, SE1* [morelondon.com](http://morelondon.com)

## 02 Boogie at the roller disco ★

A chance to grab hold of each other, just so you don't break a leg! *Renaissance Rooms, 126 South Lambeth Rd, SW8* [renaissancerooms.co.uk](http://renaissancerooms.co.uk)

## 03 Explore the wild side of Kew ★

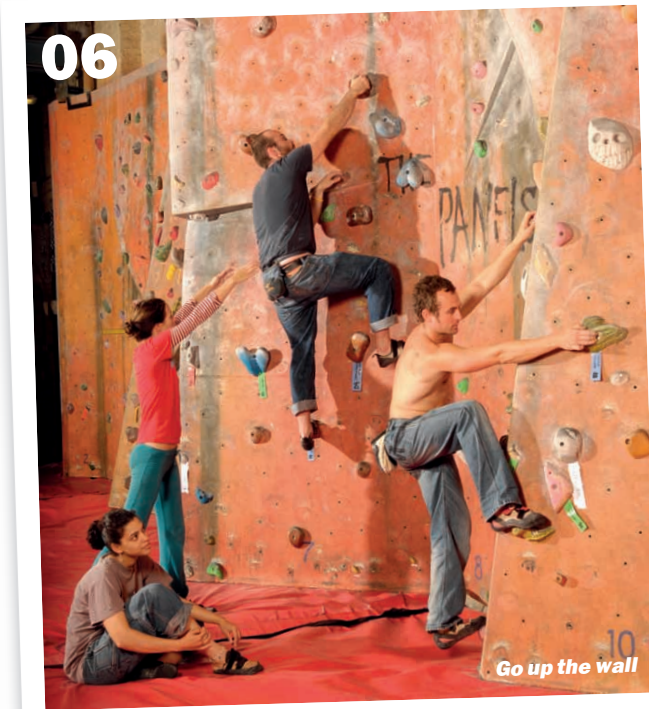
The woodland at Kew offers green tranquillity. If things turn romantic, head for the Waterlily Pond! *Kew Gardens, Kew, Surrey TW9* [kew.org](http://kew.org)

## 04 Try salsa and cocktails ★

Brush up on your sexy moves in this casual bar-room setting. *Floridita, 100 Wardour St, W1* [www.floridita.co.uk](http://www.floridita.co.uk)

## 05 Have foodie fun in the piazza ★

Wander Covent Garden's piazza to pick from exotic cheeses, tangy



spices and other tasty treats. *Covent Garden Real Food Market, Thursdays until Sept 24* [coventgardenlondonuk.com](http://coventgardenlondonuk.com)

## 06 Go up the wall ★

Good exercise and a great laugh, this indoor climbing facility makes for a fun afternoon with a friend. But will they catch you if you fall? *Castle Climbing Centre, Green Lanes, N4* [castle-climbing.co.uk](http://castle-climbing.co.uk)

## 07 Be dramatic in the open air ★

Shakespeare was master of the 'will they, won't they' romantic plot. Head to the Globe for 'As You Like It'. *Shakespeare's Globe, 21 New Globe Walk, SE1* [shakespeares-globe.org](http://shakespeares-globe.org)

## 08 Punt along Regent's Canal ★

All that splashing could bring you closer together. Just don't capsize! *East London Boats, adjacent to Queen Mary, University of London, E1* [eastlondonboats.com](http://eastlondonboats.com)



## 09 See some 'real' football ★

Bypass the expense and hassle of the Premiership for the camaraderie of the lower leagues. Top choices are Barnet ([barnetfc.com](http://barnetfc.com)), Leyton Orient ([leytonorient.com](http://leytonorient.com)), AFC Wimbledon ([afcwimbledon.co.uk](http://afcwimbledon.co.uk)) or Brentford ([brentfordfc.co.uk](http://brentfordfc.co.uk)).

## 10 See (500) Days of Summer ★

With great music and stylish cinematography, there's enough in

this movie to distract from your sneaky intention to get your friend along to a romantic flick with you. *On national release from Sept 2.*

## 11 Join the circus ★

Indulge your childish side at this traditional circus. (Oct 1-6). *Zippos Circus, Hampstead Heath, NW3* [www.zipposcircus.co.uk](http://www.zipposcircus.co.uk)

## 12 Go bowling in style ★

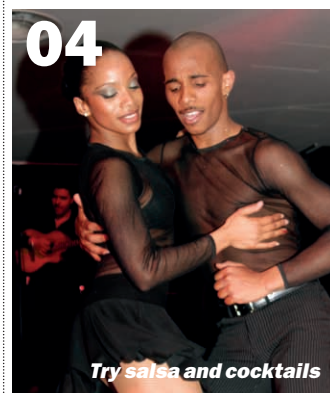
Go to this '50s-themed venue for friendly competition and cocktails. *All Star Lanes (Holborn, Brick Lane and Bayswater)* [allstarlanes.co.uk](http://allstarlanes.co.uk)

## 13 Take afternoon tea ★

Afternoon tea at a swanky hotel is a great British tradition that most of us have never tried. *The Athenaeum, 116 Piccadilly, W1* [athenaeumhotel.com](http://athenaeumhotel.com)

## 14 Listen to good conversation ★

Impress your date by nodding sagely when Robert Elms asks his guests the big questions at the Museum of London's 'In Conversation With...' The next two sessions are with photographer Tom Hunter (Sept 30) and civil liberties campaigner Shami Chakrabati (Nov 25). *Museum of London, London Wall, EC2* [www.museumoflondon.org.uk](http://www.museumoflondon.org.uk)





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Go ape

## 15 Go ape

On September 26, don a gorilla suit (included with registration) on the seven-mile Great Gorilla Run, in aid of mountain gorillas. [greatgorillas.org/london](http://greatgorillas.org/london)

## 16 Get lost

Chase each other around Hampton Court Palace's famous maze. *East Molesey, KT8*  
[hrp.org.uk](http://hrp.org.uk)

## 17 Celebrate the Thames

There's so much going on at the annual Thames Festival (Sept 12-13) you won't be short of things to talk about. You can watch the sun set over the river and join the lantern parade. [thamesfestival.org](http://thamesfestival.org)

## 18 Get (film) festival fever

Avoid chick-flick clichés and head for the 53rd London Film Festival (Oct 14-29), opening with Wes Anderson's animated feature 'Fantastic Mr Fox'. [bfi.org.uk](http://bfi.org.uk)

## 19 Take an urban stroll

More chic than the usual tourist walks, Urban Gentry runs tailor-made tours on themes like art, fashion and markets. [urbangentry.com](http://urbangentry.com)

## 20 Have a bubbly breakfast

Add some surprise romance to a breakfast meeting by heading to St Pancras for the longest Champagne

bar in Europe (open 7am-12midnight). *The Champagne Bar, St Pancras station, NW1*  
[stpncras.com](http://stpncras.com)

## 21 Explore anatomical detail

London Drawing runs life drawing classes for all. Unearth your talents and explore anatomy on a higher level. *Based at Tate Modern*  
[londondrawing.com](http://londondrawing.com)

## 22 Scream for ice cream

Enjoy the funkier frozen treats you'll taste all year, from guerilla gelato-makers The Icecreamists, at Selfridges from Sept 10 to Nov 1. [theicecreamists.com](http://theicecreamists.com)



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## 23 Twirl a kilt

Scottish dancing can be hilarious to share with a friend. Kilts optional at Kensington Gardens on Sept 5 and 12. *Near the bandstand, Kensington Gardens, W2*  
[royalparks.org.uk](http://royalparks.org.uk)

## 24 See The Temper Trap

Australian indie rockers The Temper Trap are on the '(500) Days of Summer' soundtrack and play London on Sept 22. *Relentless Garage, 20-22 Highbury Corner, N5*  
[thegarage.co.uk](http://thegarage.co.uk)

## 25 Fly a kite

Learn a skill and have a good run about at Kitevibe sessions in Richmond Park. [kitevibe.com](http://kitevibe.com)



07

Be dramatic in the open air

29



Take to the water

28



Let yourself go with karaoke

20



Have a bubbly breakfast

## 26 Have a laugh

So long as you don't sit in the front row getting mocked, comedy is an ideal 'non-date'. On Mondays at the Soho Comedy Club the acts are new, so they'll be more nervous than you. [sohocomedyclub.com](http://sohocomedyclub.com)

## 27 Go rubber duck racing

At the enjoyably silly Great British Duck Race, yellow bath ducks race each other on the Thames. It starts at Molesey Lock at noon on Sept 6. [thegreatbritishduckrace.co.uk](http://thegreatbritishduckrace.co.uk)

## 28 Let yourself go with karaoke

Laying yourself open to ridicule can be fun – and in '(500) Days of Summer' it worked for our hero Tom. Try the hip hop karaoke session at The Social. *5 Little Portland St, W1*  
[hiphopkaraoke.london.co.uk](http://hiphopkaraoke.london.co.uk)

## 29 Take to the water

Cruising on the Thames doesn't have to be an elaborate all-day trip – you can hop on and off a Thames Clippers boat at several central London piers. [www.thamesclippers.com](http://www.thamesclippers.com)

## 30 Get a taste of fashion

Let others worry about looking fab at London Fashion Weekend. Sit back, sip champagne and enjoy discounts on designs from London Fashion Week. *The Strand, WC2*  
[londonfashionweekend.co.uk](http://londonfashionweekend.co.uk)

## 31 Make your own sushi

Learn sushi making in private lessons at Nari & Yoshie's Sushi School, run by a Japan-trained sushi chef and his restaurant manager wife. *33 Woodstock Rd, NW11*  
[sushiineurope.com/sushischool](http://sushiineurope.com/sushischool)



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### 32 Feel flamenco passion

Feel the passion of authentic flamenco with Flamenco Pasión, run by Sandra La Espuelita. You can book a private show or attend a class. [flamencodancer.co.uk](http://flamencodancer.co.uk)

### 33 Drink in some history

Make going to the boozer more special at the atmospheric Ye Olde Cheshire Cheese, one of London's oldest pubs. [145 Fleet St, EC4](http://145FleetSt.com)

### 34 See the animals in the zoo

Take a good look at our relatives in the Gorilla Kingdom at ZSL London Zoo and you may never look at your date (or mate) the same way again. Or if a more beautiful moment is about to happen, head for 'Butterfly Paradise'. [Regent's Park, NW1 zsl.org](http://Regent'sPark.com)

### 35 Mix a mean cocktail

Liquid Circle runs mixology tutoring sessions at various venues. A more creative way to drink together than just heading to the pub. [liquidcircle.co.uk](http://liquidcircle.co.uk)

### 36 Try gourmet fish and chips

Gourmet dining with a twist – Fish & Chip Fridays at the Park Terrace Restaurant at the Royal Garden Hotel. [2-24 Kensington High St, W8 royalgardenhotel.co.uk](http://2-24KensingtonHighSt.com)

### 37 Be late at Tate Britain

On the first Friday of the month the Tate is open until 10pm with a funky vibe, free art and music, and a bar. [Millbank, SW1 tate.org.uk](http://Millbank.com)

### 38 Take an alt-fitness session

Frame in Shoreditch is the antithesis of your average gym. It's about being sociable and doing what you fancy. [29 New Inn Yard, EC2 moveyourframe.com](http://29NewInnYard.com)

### 39 Play posh billiards

Book a session at the Sanderson Hotel's Billiard Room, complete with stained glass windows and lush décor. [50 Berners St, W1 sandersonlondon.com](http://50BernersSt.com)

### 40 Explore rock history

Browse through the British Music Experience, where you can dance and play your way through the decades. [The O2 Bubble, Peninsula Square, SE10 britishmusicexperience.com](http://TheO2Bubble.com)



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Feel flamenco passion



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Sample whisky galore

### 41 Hit the slopes

Ski in any weather. It's not the Alps, but it will get your pulses racing! [Bromley Ski Centre, St Paul's Cray, Orpington, BR5 c-v-s.co.uk/bromleyski](http://BromleySkiCentre.com)

### 42 Go to an intimate gig

A gig is a great way to go out without making awkward conversation. For quirky intimacy try the 12 Bar Club, off Denmark St. [12barclub.com](http://12barclub.com)

### 43 Explore amazing buildings

During London Open House weekend (Sept 19-20), you can see behind closed doors at London's amazing buildings. [londonopenhouse.org](http://londonopenhouse.org)

### 44 Sample whisky galore

Test your connoisseur's nose with some of the 200-plus whiskies and bourbons at the chic Salt Whisky Bar. [82 Seymour St, W2, saltbar.com](http://82SeymourSt.com)

### 45 Go underground for jazz

Well known for its classical concerts, St Martin-in-the-Fields is a fabulous atmospheric place. The redesigned Crypt now hosts regular jazz sessions. [Trafalgar Square, WC2 www.stmartin-in-the-fields.org](http://TrafalgarSquare.com)

### 46 Go conkers

Head for Hampstead Heath to enjoy one of London's top annual sporting events – the Conker Championships (Oct 4, 11am-4pm). [Parliament Hill bandstand, NW5 cityoflondon.gov.uk](http://ParliamentHillbandstand.com)

### 47 Do the bump

Flirt the hell out of each other by hopping into bumper cars and colliding every 20 seconds at Namco Station, an indoor world brimming with teen spirit. There's bowling, an amusement arcade and a bar too. [County Hall, Westminster Bridge Rd, SE1 namcoexperience.com](http://CountyHall.com)

### 48 Get wet and active

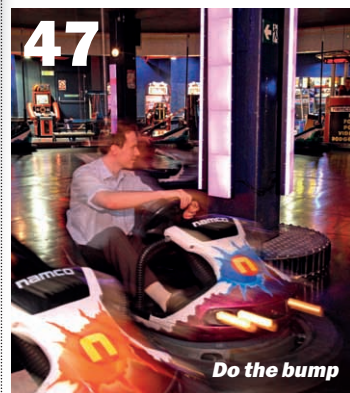
Try water-skiing, raft building and kayaking, without leaving Zone 2. [Royal Victoria Dock Watersports Centre, Tidal Basin Rd, E16 newham.gov.uk](http://RoyalVictoriaDock.com)

### 49 Roam the graveyard

Far less ghoulish than you might think, wandering one of London's old cemeteries is actually a lovely day out. Try Tower Hamlets Cemetery Park for a change from Highgate. [Southern Grove, E3 towerhamletscemetery.org](http://SouthernGrove.com)

### 50 Go wild at night

Taking a night-time nature walk in one of the capital's woodlands adds a touch of the rugged outdoors you'll never capture just sitting in a bar somewhere. Try a bat walk in Highgate Wood, for example. [wildweb.london.gov.uk](http://wildweb.london.gov.uk)



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Do the bump

# The expert opinion

## The highs and lows of being in love

From the moment you're first attracted to someone, the cocktail of natural chemicals coursing round your body sends you on an emotional rollercoaster whether you date for three weeks or you're married for 50 years.

But what if it goes wrong?

If, like Tom Hansen, you're unexpectedly dumped, your pain might feel unique but, in truth, we've all been there and, crucially, we've all got over it.

Dr Max Blumberg is a research fellow at Goldsmiths, where he conducted one of the UK's largest studies of relationship satisfaction.

Women allow themselves to feel the emotional turbulence, while men go into the cave

'The first reactions you'll feel are panic and denial,' says Blumberg. 'You can even end up with post-traumatic stress disorder. Perhaps unsurprisingly, it's women who handle break-ups the best way. They allow themselves to feel the emotional turbulence, while men go into the cave.'

'After a few days or weeks you'll realise that they're not kidding. Then you'll probably oscillate between being angry and bargaining: "How could you do this to me?" and "If I change will you take me back?"'

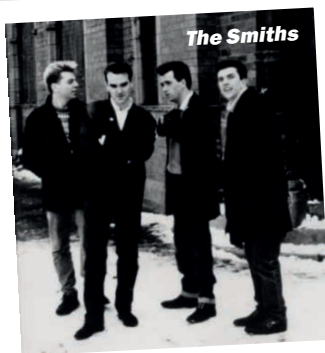
The bad news, says Blumberg, is that the next stage is depression. 'It's not pleasant but it's a sign you're nearly ready to move on finally, to acceptance that it's really over.'

And that's the good news: you're ready to get back on love's great rollercoaster all over again!



## Sound and vision

### The long and happy marriage of film and music



Terence Stamp impressing Julie Christie with his swordsmanship as Sergeant Troy in John Schlesinger's 'Far from the Madding Crowd'. Laura (Celia Johnson) falling for Alec (Trevor Howard) as he

talks about industrial lung disease in a railway caff in 'Brief Encounter'. Cinema does great moments in love like no other art form.

Except perhaps music... Which is why in '(500) Days of Summer', Summer Finn, the reluctant object of our hero

Tom's affections, finally comes round to his charms whilst watching him drunkenly stumble through a karaoke rendition of the Pixies' 'Here Comes Your Man'.

Music is the foundation of their relationship; Tom listening to The Smiths' 'There Is a Light That Never Goes Out' is the reason Summer first speaks to him, a Joy Division T-shirt makes an appearance and, undercutting the cool, there's a great post-first-shag scene in which Tom dances through town to Hall & Oates' 'You Make My Dreams'.

Ever since cops chased robbers to live piano accompaniment, music and film have enjoyed a happy marriage. And beyond the art of the composed film score, there is the fine tradition of the soundtrack as an exhilarating

celebration of existing music that drives the visual feast along.

'Stuck in the Middle With You' ceased to be just an old Stealers Wheel track to swing your flares to when 'Reservoir Dogs' came along. Distinguished vocalist Nusrat Fateh Ali Khan was essential listening for arthouse Americans after his contribution to 'Dead Man Walking'. And just as 'Stayin' Alive' became the soundtrack to getting ready for a night on the town, might The Smiths become the theme tune to blossoming office romances *à la* Tom and Summer's simmering passion at the photocopier?

While Quentin Tarantino, Baz Luhrmann and Danny Boyle are directors often associated with sourcing wondrous soundtracks for their movies, filmmakers like Paul Thomas Anderson, Sofia Coppola, Wes Anderson and Lynne Ramsay also use music to stunning effect without letting a well-

chosen piece by, say, Aimee Mann or My Bloody Valentine clash with the cinematic moment. It's decades since Molly Ringwald was 'Pretty in Pink' to the tune of, um, 'Pretty in Pink' by The Psychedelic Furs, but when a cult movie like 'Donnie Darko' can close with a cover of Tears For Fears' 'Mad World', and a film like '(500) Days of Summer' features a fine



soundtrack with rising talent like The Temper Trap, it's nice to know that music and film don't look like divorcing any time soon.



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