

INTERNATIONAL STUDENT SAFETY GUIDE



PERSONAL SAFETY

Help yourself to stay safe—remember the following advice.

- When you go out, find out where you're going and let your host family know and tell them when to expect you back.
- Plan ahead—how are you going to get there?
- Always go out with people you know and trust.
- Always use well lit, busy roads and avoid shortcuts through dark, quiet areas.
- Walk confidently.
- Walk with friends and never walk alone at night—use a taxi.
- Stay alert—be aware of your surroundings—don't wear headphones when out alone. You won't be able to hear if someone is following you.
- Don't speak to people you don't know, or go up to their cars—even if they speak to you first.
- Never take money or gifts from people you don't know.
- Consider carrying a personal attack alarm but not a self defence spray as these are illegal in England.

Do not walk straight into the road. Cars are driven on the left in England so remember to LOOK RIGHT before you cross the road.



TRAVELLING SAFELY

- If you are travelling alone on a bus, train or tube, always sit near other passengers.
- Plan your route and check on bus or train times before you leave. Telephone numbers for this information can be found in the telephone directory.
- Never walk across or touch railway lines—they will kill you!
- Do not open train doors until the train has completely stopped.
- Only share taxis with people you know.
- Never tell anyone you don't know any of your personal details.

LOOK AFTER YOUR BELONGINGS

Never leave your bag unattended in public places. It may be stolen or treated as suspicious.



Never carry all of your money or passport with you and try to carry your valuables such as cameras or mobile phones out of sight.

WELCOME

This leaflet contains advice to ensure your stay in England is safe and enjoyable. It will help you avoid some of the common problems homestay students may encounter.

Please take time to read it. If you do not understand any part of it then please ask your tutor.

Please complete the details on the back of the card and keep it with you at all times. It may help in an emergency.

WHAT IF SOMETHING HAPPENS?

If you are assaulted, followed or threatened, go to a shop, a police station or any public building and ask for help.

Do not worry about language difficulties, the police will find someone who speaks your language free of charge. If anything happens to you, do not keep it to yourself, tell your tutor, your host family or someone you can trust.

EMERGENCIES

In an emergency dial 999 for the Police, Fire Service, Ambulance or Coastguard. 999 calls are free from any telephone.

For non-emergency calls to Dorset Police dial 101.

Name:

Date of Birth:

Host Address:

Telephone:

Name of School:

Contact Name:

HOST FAMILIES

Most host families are given a set of guidelines explaining what is expected of them during your stay. These should include standards such as reasonable and clean living conditions and the facility to shower or bath daily. Even though you are staying in someone else's home you are still entitled to your privacy. However, remember you are a guest in their home. Most host families will have their own house rules, for example if you are asked to be back by a certain time, please respect the request. Also, always ask before you bring people home with you. Remember to always ask permission to borrow or use something and never take anything from your host's home without asking first.

You must tell your tutor or language school if:

- Anybody behaves in a way you feel unacceptable
- Your living or sleeping conditions are not suitable
- Your food is not suitable
- You are not allowed home before a given time
- You feel threatened or afraid for any reason

Should you have any problems or you feel homesick, don't suffer alone, speak to your tutor.

THE LAW

Laws in England may be different from those in your country. This especially applies to tobacco, alcohol and self defence sprays.

It is illegal to cycle on pavements unless it is a designated cycle path.



It is usual to join the back of a queue in England—don't push in. It will make people angry.



You must not carry drugs of any kind with you unless prescribed by a doctor. You must not use or supply any illegal drugs including cannabis, ecstasy, LSD or amphetamines.



Be quiet on your way home at night. Late night noise is not very friendly.



Don't block paths. If you need to group together, find an area with plenty of space.

Don't drop litter. Put it in the bin or take it home with you.



You must be 18 to buy and smoke cigarettes or tobacco.



It is unlawful to use offensive, threatening or abusive words or behaviour.

It is illegal to carry weapons including self defence sprays and knives in public.



Don't steal—you will be arrested and probably sent home.



You must be 18 to buy alcohol—most English pubs don't welcome under 18's.

