



Host families

Host families have guidelines explaining what is expected of them. These include clean living conditions and the facility to shower or bathe daily. Even though you are staying in someone's home you are still entitled to your privacy.

Most host families will have house rules. For example, if they ask you to be back by a certain time, please respect the request. Also, always ask before bringing people home with you. Remember to ask permission to borrow or use something. 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 is 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

Don't suffer alone if you have any problems or feel homesick. 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.

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

It is illegal to carry weapons in public. This includes knives and self-defence sprays.

You must not use or supply any illegal drugs. This includes cannabis, ecstasy, LSD or amphetamines.

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

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

You must be 18 to buy alcohol.

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



**DORSET
POLICE**

International Student Safety Guide



Name:

Date of birth:

Host address:

Telephone:

Name of school:

Contact name:



Welcome

This leaflet contains advice to ensure your stay is safe and enjoyable. It will help you avoid some common problems. If you do not understand something, please ask your tutor.

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

Call 999 if a crime is in progress or a life is in danger. This is the emergency number for the police, fire service, ambulance, and coastguard. 999 calls are free. Calling 112 will also work in the UK.

The non-emergency phone number for Dorset Police is 101. You can also use our website to report crime: dorset.police.uk

Personal safety

Help yourself to stay safe—remember the following advice.

- When you go out, let your host family know where you're going and tell them when to expect you back.
- Plan ahead—how are you going to get there, and how are you going to get back?
- Always go out with people you know and trust.
- If you're walking avoid shortcuts through dark, quiet areas. Walk with people you know.
- 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.
- If you are in a bar, don't accept drinks from people you don't know.

Don't carry a self-defence spray as these are illegal in England.

Your belongings

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

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



Be polite

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

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

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

Travelling

- If you are travelling alone on public transport, always sit near other passengers.
- Plan your route and check bus or train times before you leave.
- Never walk across or touch railway lines—they will kill you!
- Only share taxis with people you know.
- Never tell strangers your personal details.
- Do not walk straight into the road. Cars drive on the left in England so remember to LOOK RIGHT before you cross the road.