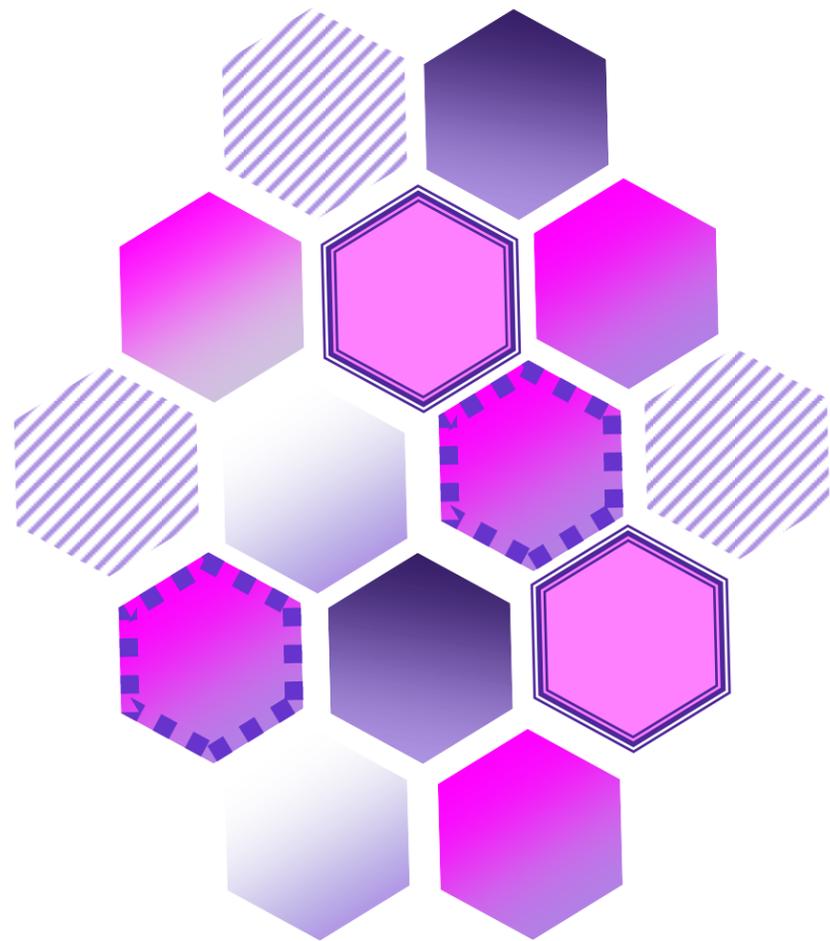


# HOMESTAY GUIDANCE FOR RESIDENTS 2016/2017



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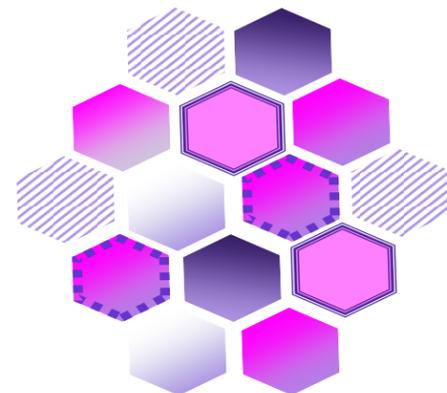
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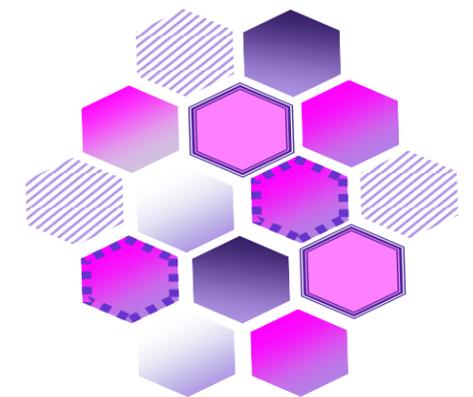
## Introduction to homestay accommodation

Homestay accommodation gives our students an insight into British life and offers an opportunity to experience the national culture in a family environment. Most homestay providers are located in Loughborough. We inspect all of our hosts to see if their accommodation is suitable for our students. Hosts could be two parents and children but we also have couples and single people as homestay providers.

## What the host family will provide

All homestay providers will offer the following minimum:

- A bed with adequate bedding
- Adequate personal hygiene facilities
- Access to a toilet
- Adequate storage space
- Either a desk or a separate quiet area to study
- Reading light
- Power sockets
- Sufficient natural light
- Sufficient ventilation
- Sufficient and adequate heating in areas of the house used by students
- Enough hot and cold water for a daily bath or shower
- 2 wash loads of washing per week including detergent
- An iron should be made available for students to use
- Shared use of a living room or other communal area
- Breakfast (usually self-service) and evening meal every day
- Facilities for lunch to be made using your own food
- Most host families provide internet connection but this is optional and you may be asked to pay to use it



## Arrival information

A taxi or a mini bus will usually collect you from your arrival airport and take you straight to your host family address. Your host family will be informed of your arrival time and will be waiting for you to arrive. To arrange for transport you should ask us to send you a "Meet and Greet Form" so that we can plan your transport arrangements. If you are travelling in a group your transport may be arranged so that you arrive at a central point, normally the Gables Site which is the College Halls of Residence, where your host family will collect you. If you experience any problems concerning your arrival you can contact the Accommodation Service Team using the 24/7 wardens contact number 07909892602.

## Expectation of students

A large number of students applying for accommodation are from overseas and will have many different ideas about what to expect from the Homestay accommodation. For those students studying an English Language course at the college one of the expectations will be that you would like to further your study by being integrated into the home situation, and we actively promote Homestay accommodation on this basis. All host families are different and vary greatly. In England we have a variety of "traditional" family types which consist of single parents, older couples, couples with pets, couples with children, same sex couples and many more, so you must be prepared to be placed with one of these.

The majority of Loughborough College host families live within close proximity to the college (no further than 2 miles) but some families do live in the surrounding villages, and you may be placed with one of these hosts.

Please always remember that you will be living in somebody else's house and you must abide by their rules, and be appreciative of their standards. You are in England to experience the British way of living, and we encourage you to embrace and respect our traditions and cultures where possible.

Your declared food likes and dislikes will be taken into account when the host prepares the evening meal but you should remember that you are expected to fit in with the usual family diet. Hosts are not obliged to provide Halal meat so you should ask your host if they are happy to cook this meat, or any other specific food requests. You may have to source and purchase special dietary requirements yourself.

Many of our hosts have pets as cats and dogs are common in British households.

You will be given a key to the house for your use. You will need to take good care of this. Do not keep the keys together with the address of the house. Remember to return your key when you leave.

If you need help or support you can contact the Accommodation Service Team using the contact details on the back cover of this booklet.

## Provision of meals

Meals provided should be wholesome, varied and constitute a balanced diet. Both breakfast and evening meals should be substantial meals and preferably during the winter months should consist predominately of hot food. A certain amount of flexibility may be required in relation to setting meal times to take account of the students programme at the College but you must remember you are entering into somebody else's house and this is your chance to experience the British diet. Lunches are **not included** but sometimes the facilities are made available for you to make their own lunch using food provided by themselves. This is by individual negotiation between yourselves and the host.

## What is expected of students staying in host family accommodation

It is expected that you should behave in such a manner as not to cause damage to the property or cause offence to any other person living at the property. To a large extent issues which might present problems at a later date can be avoided by an initial discussion about your expectations and such things as use of the other facilities in the house, visitors, noise and cleanliness etc.

The following guidance will assist both hosts and students with their living arrangements to make your experience as enjoyable as possible:

- Notify the Accommodation Service Team of any changes to travel plans
- Discuss all rules with your hosts on arrival including food preferences, kitchen and laundry use
- Inform hosts by 12:00 a.m. if an evening meal is not required
- Inform hosts of evening activities if planning to return late or staying elsewhere
- Not disturb the host and other residents if returning late at night or make a lot of noise in the evening.
- Look after house keys and return them at the end of the stay
- Keep bedroom tidy and clean shared areas after use
- Offer to help with shared household duties i.e. clearing tables and washing up
- Inform host of any damaged and make payments for repairs
- Discuss internet and telephone usage with host
- Do not use electrical goods unless permission is given by your host
- Speak to your hosts if you have any problems
- Ask your host if there is anything you do not understand
- Arrange insurance for medical treatment if necessary and damage/theft
- Do not forget to make your accommodation payments on time
- Do not forget to say "thank you", "please" and "sorry" where appropriate
- Do not waste gas, electric or water
- Provide the host family with 1 weeks payable notice if you decide to terminate your contract before the agreed date.
- If under 18 years old return to the homestay in the evening before 11.30 p.m.
- To pay the fees as advised by the Accommodation Service Team to ensure that the host family are not inconvenienced.

## Safeguarding

### Feel Safe at Loughborough College

**We want you to be safe at all times: at College, travelling to and from College, when you are out and about, when you are online and when you are at home. If for any reason you do not feel safe, or you know someone who does not feel safe please contact the College Safeguarding team on 07979 737474**

#### Be Safe From:

##### Bullying

No one should say or do anything that makes you feel scared. You should not be made to do anything that you do not want to do.

##### Discrimination

No one should treat you badly because of your age, gender, disability, ethnicity, religion or sexual orientation.

##### Physical Abuse

No one should cause you physical hurt or be violent towards you.

##### Sexual abuse

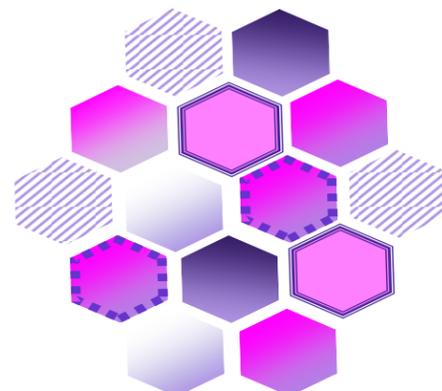
No one should touch you in a way that makes you feel uncomfortable. No one should make suggestive sexual remarks to you. Remember we all have a right to healthy relationships.

##### Emotional Abuse

You don't have to accept other people's opinions about you. No one should upset you by making hurtful remarks either in person, on line, by text, email or on the web.

##### Neglect

You should not be neglected by whoever looks after you. You should feel cared for.



## Prevent and British Values



### WHAT IS PREVENT?

Prevent aims to stop people becoming involved in terrorism, or becoming a terrorist.

**TACKLING EXTREMISM**  
Extremism is someone who has vocal or active opposition to British Values.

**COMBATting TERRORISM**  
Terrorism is the use of violence to achieve a political, religious or ideological cause.

**REDUCING RADICALISATION**  
Radicalisation is the process in which an individual is groomed into becoming a terrorist.

[www.loucoll.ac.uk](http://www.loucoll.ac.uk) If you are worried about a friend who might be vulnerable, please call the Safeguarding Phone on: 07979 737474 **Loughborough COLLEGE**

## WHAT ARE BRITISH VALUES?

<b>Democracy:</b> Use your vote	<b>Mutual Respect and Tolerance:</b> All cultures and races All religions	<b>Individual Liberty:</b> Freedom of speech
<b>Acceptance of Different Faiths and Beliefs</b>	All ages All abilities and disabilities All genders and sexualities	<b>Rule of Law:</b> Nobody is above the law

[www.loucoll.ac.uk](http://www.loucoll.ac.uk) **Loughborough COLLEGE**

## E-Safety

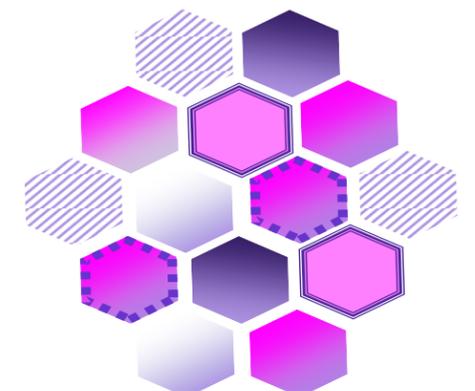
### E-Safety

**Loughborough College provides safe access to the internet and digital technology to help students learn and achieve. Staying safe in the digital world is as important as staying safe in the real world.**

#### KEEP SAFE.

##### Keep it private

- **Online** - Make sure that you keep your and other people's personal information private. Adjust the privacy setting on your personal profiles so that you can control who views your pictures.
- **On your mobile** - Don't give out your mobile number to people you don't know. Keep your security number or PIN private. Keep your mobile hidden when you're on the street.



### Keep it cool

- **Online** - If you are being bullied online you have a right not to have to deal with it on your own. Save any bullying messages or conversations, and show them to an adult you trust to help you deal with the problem.
- **On your mobile** - If you start getting texts that upset or annoy you, don't reply. Keep a record and report the texts to an adult, network operator or the police. You can also speak to a Learning Coach, a Counsellor or member of the Safeguarding Team.

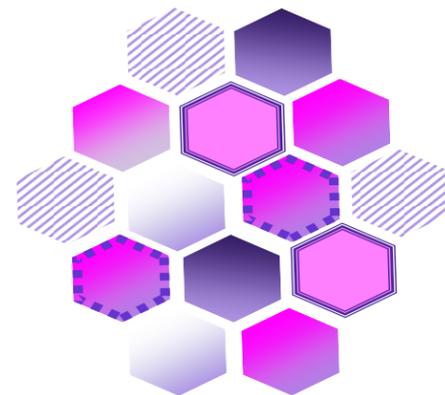
### Keep it legal

- **Online** - Be aware of the effects of your online activities. This includes illegally downloading media, as well as bullying others. You are not anonymous online and things can be traced back to you.
- **On your mobile** - If you receive a rude or embarrassing picture or text about someone, don't pass it on. Sending sexual pictures of other young people by mobile phone is illegal.

### Keep in mind

- **Online** - Not everything you see or everyone you meet online is trustworthy. People you have met online are still strangers, no matter how long you have been talking to them. Anyone can put or say anything on the internet.
- **On your mobile** - Think before you send a picture or video from your phone. Don't give out anyone else's number or take a photo of them without their agreement.
- **Online** - Adults who go online to chat to young people and arrange to meet in order to have sex are breaking the law. If a person you are speaking to online makes you feel uncomfortable, tell an adult you trust, report it to the police or contact the Safeguarding Team.
- **On your mobile** - If you are uncomfortable about any pictures or messages that you are sent, keep a record of them as they could be used as evidence. Your network operator may be able to help against nuisance calls. You can also speak to a Learning Coach or member of the Safeguarding Team.

### Remember ... keep safe and healthy



### Contact us

Accommodation Service  
Estates Office L011  
Loughborough College  
Radmoor Road  
Loughborough, LE11 3BT

**Phone:** 0844 332 0206

**Phone:** 0044 0844 332 0206 (if calling from overseas)

**Email:** accommodation@loucoll.ac.uk

**Fax:** (0)1509 618109 (please add 00 44 if faxing from overseas)

In the event of emergency the Accommodation Service Team can be contacted using the 24/7 wardens contact number **07909892602**

