



Helpful hints for junior students and their parents!

Here are our Top Ten Tips to help you enjoy your stay in Exeter

- 1. Your Homestay Accommodation Host.** All our homestay accommodation hosts are personally visited by Belinda Fitton, our Accommodation Officer and they make sure that each room is well equipped, comfortable and clean. Many of our hosts have worked with us for several years and we are confident that they will welcome you into their homes and their families. We understand that this is often the first time a student has travelled abroad without their family and our homestay accommodation hosts are very experienced and used to having students in their homes. You will be allocated a homestay accommodation host and your group leader will give you their address, telephone numbers and e-mail address if they have one. We will send your group leader some very brief information about each host about 2 weeks before your arrival. All our hosts live within a short bus ride of IPC and the city centre. We do our best to meet your requests when it comes to staying in the same homestay accommodation or being with a host close to your friends but we cannot guarantee this. Many hosts have pets so please only ask for pet-free accommodation if you have a real allergy to pets.
- 2. Meeting your hosts.** We will be there to meet your group when you arrive in Exeter and will be able to introduce you to your host. The first evening is usually spent getting to know your host and their family and they will bring you to school on your first morning. Your host will have the phone number of the group leader in case they need to contact them about a student and they will also have the IPC Emergency phone number.
- 3. Living with your host.** You will probably be sharing the family bathroom – please do not spend too long in the bathroom but do please remember to take showers or baths! Please make sure you leave the bathroom clean and tidy. Your host will be happy to do some washing and ironing for you and this is usually done once during a 2 week stay but do ask if you have a special request. Your host will expect you to keep your bedroom tidy – please do your best with this! Please do talk to your host - do not be shy, they will want to help you. **Good manners are very important so please remember this.** Smoking is not permitted inside a host family's home. If you smoke, you must declare this on your information sheet and you must ask your host where you may smoke and make sure you do not leave any mess.
- 4. Meals.** Breakfast is usually toast or cereal with a hot drink or fruit juice. Do not be surprised if this is a quick meal – many of our hosts go to work or take their children to school and breakfast time can be rushed! You will be given a packed lunch every day and this usually includes a sandwich, a cake, a piece of fruit, a yoghurt, crisps and a drink. If there is something you particularly don't like, please talk to your host. We don't want you to be hungry and we don't want food to be wasted either! Hosts will prepare a hot meal for you in the evening so please respect mealtimes and do not be late. If you have missed the bus or been delayed, please telephone them so they do not worry. Please try to avoid having a burger or suchlike in town and then not eating the meal your host has prepared for you.
- 5. Getting about.** You will be given a bus pass, timetables and maps but your host and IPC staff will also help you by showing you the bus stops and other important landmarks. We always make sure that students are confident using the buses and our hosts are always happy to help you. Take good care of your bus pass - you will have to pay for a new one if you lose it!

- 6. Lessons and Activities.** Your group leader will have full information about your lessons. There will be a variety of activities and outings planned during your stay including coach trips etc. If there are evening activities, sometimes your host will collect you or the group leaders will ensure that you all get to your buses safely.
- 7. Things to Bring.** You will need to bring a waterproof coat or jacket and sensible walking shoes. There will be a number of activities, mainly during the summer months only, including swimming, mini golf, canoeing, cycling, bowling etc. It can be cold in England so it would be wise to bring some extra clothing. You will need to bring a towel for swimming but otherwise towels will be provided by your host. However, if your group will be staying in London too, you will need to bring your own towel. You will need to bring an adaptor with you for your phone charger etc. If you bring nail polish, please be very careful with this to avoid spillages. Hair straighteners have burnt furniture and carpets in the past – please be extra careful and ask your host family where you can use them. Please do not dye your hair while you are here as this often results in stains and ruined towels. If you have any kind of accident in your homestay accommodation, please talk to your hosts straight away. They will not be angry and may be able to limit any possible damage by cleaning things up quickly. Your parents will be expected to pay for any damage caused.
- 8. Computers and telephones.** We do have a number of computers at IPC which students can use to send e-mails etc but we have to limit the time spent on this. You may not use any computers belonging to your homestay host but your family can send you e-mails and your homestay host will access these for you if you ask. Phone calls in England can be expensive – your host family will be happy for you to make a brief phone call to your family when you arrive but otherwise please arrange for your family to call you at your host family at a pre-arranged time. You must not use your host's telephone without their permission. Many students have mobile phones but a phone card is often a cheaper way of phoning home. Most newsagents sell phone cards.
- 9. Curfews.** We have strict curfew times based on your age and these will be explained in full on your first day. This is for your safety and is very important. If you are late home, your host will telephone the group leader who will then contact you themselves. Hosts are normally very happy to have other students visiting their house, in fact we would prefer students to spend time at each others host's houses rather than congregating in the town centre, but do please ask your host first and respect their home and their family – they may have small children who need to be asleep! Make sure you leave plenty of time to get back to your own host accommodation so your hosts do not worry about you.
- 10. Safety and Welfare.** Exeter is a safe place but we do give group leaders some hints to pass on to their students. We suggest that you should carry your 'IPC Student Card' always as this will have the phone number for your host and also the IPC emergency phone number which is answered 24 hours a day. If you are unwell, please talk to your host or your teacher first. They will advise you that you will need to come in to school as normal and your teacher and IPC staff will assess you and take appropriate action which may involve a trip to see a nurse or doctor. We have information relating to pharmacies, on-call doctors and emergency dentists. You do not need to carry an ID card or passport – please ask your Group Leader to look after them for you or, if you prefer, leave these in your bedroom but don't forget them! We suggest that you give a photocopy of your passport to your group leader too. We strongly advise you not to carry large amounts of money with you – all your food, accommodation and trips will be paid for so we would suggest that £30 pocket money is adequate. Please look after your possessions and keep your money in a safe place.

We are all looking forward to meeting you and hope that you and your group will enjoy coming to Exeter and will benefit greatly from your language course at IPC. We hope that you will enjoy staying with your homestay accommodation hosts and will make long lasting friendships. Have a safe journey and see you soon!

