

The Rules

The Law

1. It is illegal to possess, consume or deal in drugs or to purchase tobacco or vaping products under 18.
2. It is illegal to produce, possess or show indecent images of a person under 18. Do not take or share such pictures, or send messages with sexual content, even if meant as a joke.
3. It is ok to have a boyfriend or girlfriend, but remember it is illegal to engage in sexual activity with anyone under 16. Romance should not impact life in the host family or school.
4. The government regularly publishes new rules about coronavirus safety. Be aware of them and follow them.
5. You are required to follow all UK laws even if they are not specifically mentioned above. You can be reasonably expected to know laws such as those about theft and violence.

General

6. Smoking (including vaping) and drinking alcohol are not allowed. This applies to all students independent of age.
7. Dyeing your hair, piercing and tattoos are not allowed.
8. Maintain a reasonable level of personal hygiene.
9. Be open to different rules and routines. Respectfully accept decision and rules made by SEE, your host family and school.
10. Speak English.
11. Make an effort to befriend British students rather than only those from your own country.
12. Understand that you must start and end our programme at set times as stated in contracts, online learning and handbooks.

In the Host Family

13. Your host family is not a hotel. Treat them with respect and help out where you can. Understand that they will not change their lives for you.
14. Keep your room tidy. Check with your host family if you can eat in your room.

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15. Check with your host family which bathroom you can use and if there is anything you should do during or after use, such as wiping up or cleaning. You must never leave a mess behind.
16. Check with your host family if you should do your own washing.
17. Check if you can prepare food in the kitchen and if it is ok to use food items the host family have bought.
18. Always ask before you invite guests to the host family home.
19. Don't change your diet during the exchange. You cannot decide to suddenly become a vegetarian or vegan, or to start eating meat. Stick to the diet you indicated in your application form.
20. Remember it is rude to keep looking at your phone when you are in company.
21. Ask your host family for permission to use their Wifi and if there are any limits on data usage. Maybe they allow you to use their home computers and devices, but you should always check first.
22. Internet use must not be excessive. It prevents integration and can tire you out when going online late at night. Switch off your devices at a reasonable time. SEE does not set a specific time, but you ought to discuss this with your host family. They can set rules about internet use. Never enter websites intended for people over 18.
23. Don't take photos or videos of the host family and their home unless they agree to it. If you want to document a problem in the home, ask SEE to have a look with you rather than taking secret pictures.

At School

24. You cannot change school or year group.
25. You must achieve a minimum grade C in all subjects.
26. You must not miss lessons because of trips or other plans.
27. If you are ill, your host family must inform the school. A simple cold is not usually a reason to miss school.
28. Being late for lessons is not acceptable.
29. Each school has their own rules and codes of conduct. Familiarise yourself with them and stick to them. This includes your school's coronavirus policy.

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Going out

30. You can go out in your host family's area, either alone or with friends. Remember that not all areas are safe at night. Discuss with your host family what they consider an appropriate time to come home at night. Your host family know the area better than we do, which is why we leave the final decision to them. As a guide, we would consider 10pm an acceptable curfew time for the under 16s and 11pm to midnight for those aged between 16-18.

Travel, Overnights and Visits

31. You can stay overnight with a friend only if your host family agrees with this and if an adult over 25 is present in your friend's house overnight. Your host family must first speak to the other family before making their decision. Sleepover parties with more than 2 young people are not allowed.

32. You can go on day trips in the UK with friends if you are 16 or older. If you are under 16, travelling is only possible if organised by SEE or if you have an older student with you – you must check with your area manager if this is ok before you go.

33. If you wish to travel, you must fill in the travel release form and wait to hear if your plan is approved before you book.

34. You must always carry a charged mobile phone when travelling.

35. If your parents want to visit you, they are not allowed to come to the host family's home. You must meet elsewhere. They must fill in the visitor form first.