

# The Rules



## Table of changes

Date	Version	Summary of Amendments	Author
26.11.2020	1	n/a	JC
10 May 2022	2	Change to CEE	JC
31 May 2023	3	Change to SEE	JC
22 April 2024	4	Requirement for minimum grade replaced with reasonable effort; change of year group possible in principle  Travel rules clarified, curfew 10pm	JC

## The Law

1. It is illegal to possess, consume or deal in drugs or, if under 18, to purchase tobacco or vaping products.
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. 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.

## The Rules

5. Smoking (including vaping) and drinking alcohol are not allowed. This applies to all students independent of age.
6. Dyeing your hair, piercing and tattoos are not allowed.
7. It is essential to maintain a reasonable level of personal hygiene.
8. Be open to different rules and routines. Respectfully accept decision and rules made by SEE, your host family and school.

Date: 22 Apr 2024

24h emergency phone line: +44 (0)7796 997780  
Second emergency line: +44 07795 842565

Review by: 22 Apr 2025

South England Exchange Ltd, 12 Russell Mews, Brighton BN1 2HZ

info@southenglandexchange.org  
www.southenglandexchange.org

# The Rules



9. Understand that you must start and end your programme at set times as stated in contracts, online learning and handbooks

## In the Host family

10. 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.

11. Keep your room tidy. Check with your host family if you can eat in your room.

12. 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.

13. Check with your host family if you should do your own washing.

14. Check if you can prepare food in the kitchen and if it is ok to use food items the host family have bought.

15. Always ask before you invite guests to the host family home.

16. Don't change your diet during the exchange without discussing it with us first.

17. Remember it is rude to keep looking at your phone when you are in company.

18. 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.

19. 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.

20. 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 us to have a look with you rather than taking secret pictures.

## At School

21. You cannot change school. Change of year group must be discussed with SEE.

22. You must make an effort by completing all homework and taking an active part in lessons.

23. You must not miss lessons because of trips or other plans.

24. If you are ill, your host family must inform the school.

Date: 22 Apr 2024

24h emergency phone line: +44 (0)7796 997780

Review by: 22 Apr 2025

Second emergency line: +44 07795 842565

South England Exchange Ltd, 12 Russell Mews, Brighton BN1 2HZ

[info@southenglandexchange.org](mailto:info@southenglandexchange.org)

[www.southenglandexchange.org](http://www.southenglandexchange.org)

## The Rules



25. You must be on time for lessons and registration.

26. Each school has their own rules and codes of conduct. Familiarise yourself with them and stick to them.

### Going out

27. You can go out in your host family's area, either alone or with friends. Remember that not all areas are safe at night. You cannot leave home before 7am and must be at home by 10pm. Discuss with your host family if they prefer you to come home earlier. Your host family know the area better than we do, which is why we leave this decision to them.

### Sleepovers, Day Trips, Travel and Visits

28. All sleepovers, day trips outside your local area and trips of more than 1 day's duration require SEE's permission. You must complete the sleepover / day trip / travel form online by Friday 2pm the latest. Trips of more than 1 day's duration must be requested 2 weeks in advance. You cannot go to your sleepover / day trip / longer trip unless you and the host family have received our permission by email. You must observe the curfew times set out in rule 27.

29. You can stay overnight with a friend only if SEE agrees with this and if an adult aged 25+ is present in your friend's house overnight.

30. 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 us if this is ok before you go.

31. Trips of more than 1 day's duration can usually only be taken with SEE, the school or the host family. You can apply for an exception if travelling with a close relative or a friend aged 25+. This application must be made at least 2 weeks before travel.

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

33. 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 online visitor form first.