



Stay Safe at ICE!

Advice for Under-18 year-old in London

This document must be shared with U18s and group leaders on or before arrival.

London is a big capital city

Like all big cities, London can be dangerous at certain times in certain places. It is important to stay as safe as possible and you can do this by following these simple rules:

- You need to know: your address, the school's name and address, your host family's and group leader's contact telephone numbers. Take our ICE Group Travel leaflet with you. It is designed to fit into your wallet.
- Travel in pairs (2 people) or small groups. Don't travel on your own.
- Avoid walking around housing estates or parks when there aren't many other people around at night. Walk only in well-lit areas, i.e., main streets with lots of other people.
- Keep your mobile phone fully charged in case of emergencies.
- If you are going out somewhere, tell your friends, host family and group leader. Your host family will give you a time that you must return to their house. Make sure that you do return at or before this time, as it is a matter of respect for their rules. Also, if you are late without pre-arranging this, people will worry about you and may even call the police.
- Make sure your host family & group leader have your phone number.
- Most nightclubs are for over 18s only for a good reason. Please obey these rules!
- Do not carry large amounts of money around with you.
- Keep your bag/ coat close to you when are out in London. Money, phone and any other valuable objects should be inside a closed bag or in a zipped-up pocket especially when you are on the tube or in crowded areas.

Travelling in London

- If possible, plan your journey before you leave your home.
- If you take a night bus, we recommend sitting near the driver so you feel as safe as possible.
- Only get into a taxicab that is clearly licensed. It must have a license in the window. Only licensed 'black cabs' (not always black!) can pick up passengers on the street without pre-booking
- You can call a *mini-cab* from a business card or take one from a shop-front on the street. This is a private hire car that is a car with a driver available for hire only on a pre-booked basis. If one stops and asks you if you want a lift, you must say, "No, thank you!"
- Text CAB to 60835 and you will get details of the nearest licensed minicab offices.



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Olivia McCarty, Accommodation Officer
Tel: +44 75475 267 114

Problem? Here's what to do...

Accommodation: Speak to Olivia, our accommodation officer. Her number is: +44 75475 267 114.

Worried or unhappy or about yourself or another student? Speak to Amanda, our Welfare Officer.

If your behaviour causes concern to the school or to your host, Islington Centre for English reserves the right to inform your parents or your group leader if necessary.

Drinking/smoking/drugs

You cannot legally buy or drink alcohol or cigarettes/ tobacco if you are under 18 years of age

Any student found to be taking illegal, recreational drugs while in the care of ICE, will be reported to the police.

Childline

If you have a problem and you do not want to tell anyone you know
www.childline.org.uk 0800 11 11

Problem on public transport?

British Transport Police 0800 40 50 40