

Our hosts don't have many rules. But here is some advice and guidance on staying in a homestay in the UK. They will make your stay easier and make sure that you have a good relationship with your host.

Do	Don't
<i>Contact your host to let them know what time your flight arrives so that they have an idea when you will arrive at their home</i>	Don't think that you are staying in a hotel. You are a guest in someone's home.
<i>Be prepared to talk about your country, family, life etc – your host will be interested</i>	Don't spend a long time in the bathroom – remember other people need to use it
<i>Call/message your host and let them know if you will be late for dinner or don't want dinner – it's polite!</i>	Don't take food to your bedroom
<i>Ask the host's permission to use their address if you have things delivered or need it for any official letters.</i>	Don't open a bank account using the host's address without asking them.
<i>If you are not sure about anything – just ask. It's a new experience. It's normal not to know things</i>	Don't be embarrassed to ask questions. Many things will be different to how things work in your home – the host will know that and will explain how and why things happen here.
<i>Think about safety – always lock the front door when you go out.</i>	Don't expect to find a lock on the outside of your bedroom door. It is a home not a hotel so you will not be able to lock your bedroom when you go out.
<i>Understand the most families turn their heating off at night. It will come back on around the time the family wake up.</i>	Don't expect the heating to stay on all night and all day. If you are cold at night, ask for an extra blanket.
<i>Help the hosts to save energy by turning off lights when not I use</i>	Don't leave a laptop plugged in and charging during the day when you go out. It could be a fire risk.
<i>Ask the host about laundry. Check when the host will do the laundry (usually once a week) and have it ready.</i>	Don't wash clothes in the bathroom and hang wet clothes in the bedroom to dry

<i>Tell the hosts about any allergies or food that you don't like. It is better to be clear at the start to avoid any awkward situations later. Be prepared to try new and different foods</i>	Don't have food delivered to the house if you don't like what the host cooked! It's rude!
<i>Think of questions to ask you host about. Use the opportunity to practise English and find out more about the UK</i>	Spend meal times looking at your phone. Use the opportunity to speak to the host.
<i>Check how the shower works and what you need to do to keep the bathroom floor clean and dry. Leave the bathroom clean and tidy when you finish using it.</i>	Don't smoke, light candles or burn incense in your room – it is a fire risk
<i>Remember to keep your room tidy. The host will want to come in and vacuum the floor. Check where you should put your rubbish.</i>	Don't expect the host to tidy your room. They will clean it but can only do that if the room is tidy
<i>Be considerate about noise in the evenings and at night. Many hosts go to bed early (eg 10.30pm)</i>	Don't talk to your friends/family loudly on the phone late at night or take showers very late at night as it might disturb the host
<i>Make friends with other students but check with the host if it is OK to invite them to the house.</i>	Don't bring strangers into the home without checking first with the host
<i>Use your time to see as much of London as possible. And ask your host about less well-known local places that might be interesting.</i>	Don't waste time in London spending hours watching TV or on the internet. You can do that anywhere!