

Health and safety



12. Health and Safety

Your safety

All the cities in which our colleges are based are generally safe and secure places for international students. It is extremely rare for any student to suffer serious problems.

However, as in every city all over the world, it is important to follow some basic guidelines to ensure you do not put yourself at unnecessary risk. We suggest you follow these simple rules:

- Tell your host family where you are going and when you expect to come back home
- Always try to go out with people you know and trust
- Use well-lit, busy roads and avoid short cuts through dark, quiet areas
- Stay alert – don't use headphones when out walking
- Never take money or gifts from people you don't know
- Don't carry a lot of money or valuables and never leave them unattended
- Don't carry your passport unless absolutely necessary
- Walk with friends wherever possible and don't walk around alone late at night
- Don't be afraid to ask for help if you're worried about anything
- Never tell anyone you don't know or trust any of your personal details.
- Late at night, take a taxi home. Use only licensed taxis displaying official local plates.
- Only share taxis with people you know.
- Always have the number of a friend, your host family or the school to call in an emergency
- Remember, in Britain cars and buses travel on the left.

Cycling / Driving

If you decide to rent or buy a bicycle while you are in the UK, please check the laws about cycling and be aware that it can be dangerous. You should wear a helmet and you must have front and back lights. If you drive a car in England, you must learn English road laws, and you must have tax and insurance.

Seeing a doctor

When you arrive at Kings, we can help you register with a local doctor. Or you will be able to register with the doctor of your host family. If you have any medical problems, please inform your host family and the college as soon as you can.

If you need to see a doctor, ask your host family to help you make an appointment with their GP (family doctor). If you are in private accommodation, speak to someone at College.

If you are from the European Union, it is free to see a doctor, but you will have to pay for a prescription.

If you are from outside the European Union, it will cost around £35-£40 to see a doctor, and you will have to pay for prescriptions.

Emergency services

To call the emergency services for police, fire brigade and ambulance or paramedics the telephone number is 999. You can call the same number for coastguard, mountain and cave rescue services.

It is important to use this number only in a genuine emergency. It is illegal to use it for non emergencies.

