



**welcoming international students**

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# What is HOST?



- HOST is an independent charity – a not-for-profit
- We work with Universities all over the UK
- Promote International Friendship and Understanding

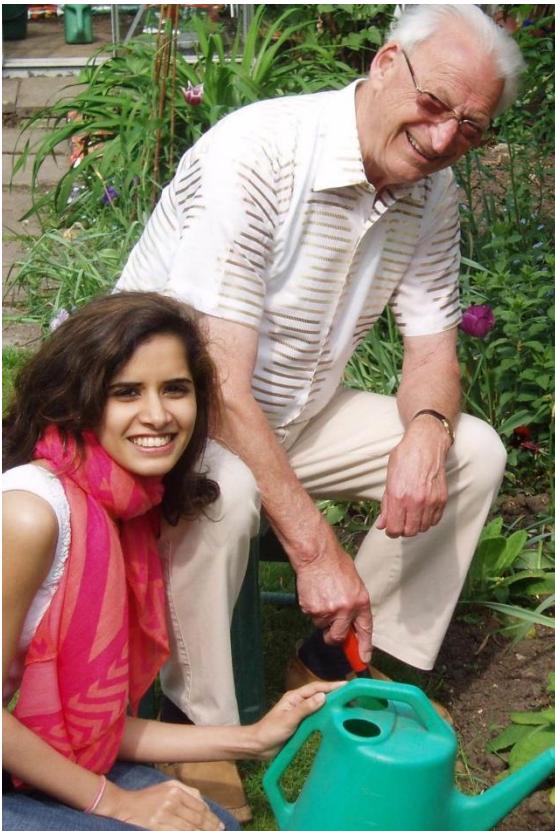
# Is HOST for me?

**YES** – If you'd like to:

- Spend a weekend in a British home
- Meet local people
- Experience British lifestyles & community
- Try home-cooked British food
- Share your own culture



# Who are the Hosts?



## Unpaid Volunteers who...

- are single, couples or families
- live all over the UK
- enjoy meeting people from overseas
- offer you a visit as a guest in their home

# Who are the Hosts?

- Your hosts may take you out or they may have something more local planned.
- Most hosts live in the countryside and not in the cities.



# When can I visit a Host?



- Any weekend during your course: your course schedule will show your free weekends
- Visits usually run from Friday afternoon/evening to Sunday afternoon

# Where can I visit?

- Anywhere in the UK
- Decided based on your travel budget
- Be open to visiting new parts of the UK, not just the tourist sites!
- HOST is about meeting people and seeing how they live



# Where can I visit?



# Can I go with a friend?

**YES!** Your friend must be:

- another international student studying in the UK
- Your partner who has been living with you for at least three months in the UK



# How will I make sure my visit goes smoothly?



Tell us what you will and won't eat...

Are you Vegetarian? Do you only eat Halal meat?

# How will I make sure my visit goes smoothly?

- Many British people have dogs or cats at home, but the majority are very friendly (like our hosts!)
- If you suffer from an allergy or are allergic to dog or cat fur please let us know!



# Should I take anything?



- The host will tell you what clothing to bring or if you need anything else.
- It is polite to take a small gift when visiting in Britain e.g. flowers or chocolates.
- Please remember you'll be a guest in someone's home – **courtesy is very important!**

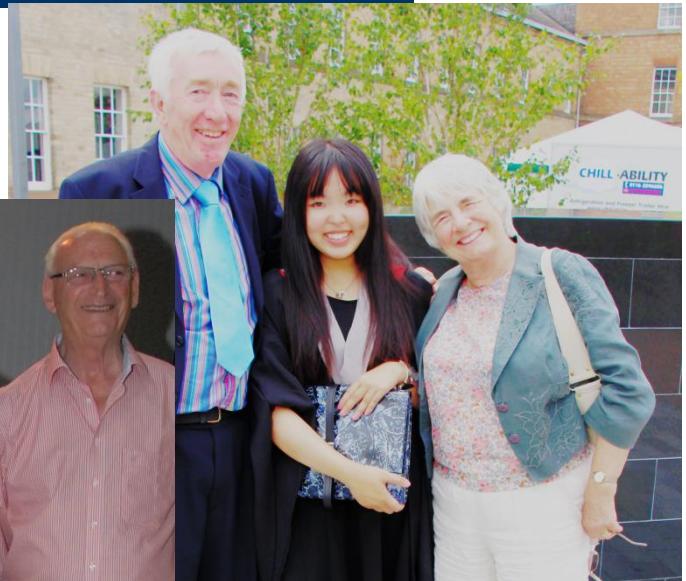
# What happens during a visit?



- Depends on you and the host
- Chat and learn about one another
- Explore the local area
- Cook and eat together
- Try new things
- Join in and enjoy yourself

# And what happens after the visit?

Build life long friendships!



# So how do I apply?

Through our website...

**[www.hostuk.org](https://www.hostuk.org)**

Here you can find more information and our online application form!



# What do other students think of HOST?

*“It’s a fantastic exposure for international students. Many thanks to the Host team for this wonderful opportunity.”*

**Sophana Meach, Cambodia,  
University of Birmingham**

*“This was the most exciting and fascinating experience I had in the UK. I would like to thank HOST for this great opportunity. The family was great, very friendly, very hospitable. If I would get another chance to use HOST, I would definitely use it with no doubts whatsoever.”*

**Nabil Sayedov, Azerbaijan,  
University of Manchester**

# Any Questions?



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