

Tips for staying safe

Make sure you don't leave **valuable belongings** lying about. If you're worried about loss/damage, you can insure or security mark them.

Stay in touch. Make sure you get new friends' numbers and look out for one another when you're out and about.

If you're walking, **know your route** home, and ensure it's well lit.

If you've had a drink in a pub/club you **might not** feel drunk, but this will change when you walk outside!

If you're drinking alcohol, eat a solid meal beforehand and alternate drinks with water to **keep hydrated.**

Don't walk home alone at night. Some institutions run a 'Safe Taxi' scheme if you've run out of money, and it's an idea to **keep reliable taxi firms'** numbers in your phone.

If you have any concerns:

Halls often have **Residence Assistants** who are there to give advice and support any time, and Freshers Week will be run by more senior students who are there to give guidance and point you the right direction.



Living Independently

Helpful hints for living away from home for the first time

Including advice on

Laundry, removing stains, personal safety

...and the many uses of a fitted sheet

Top tips for leaving home

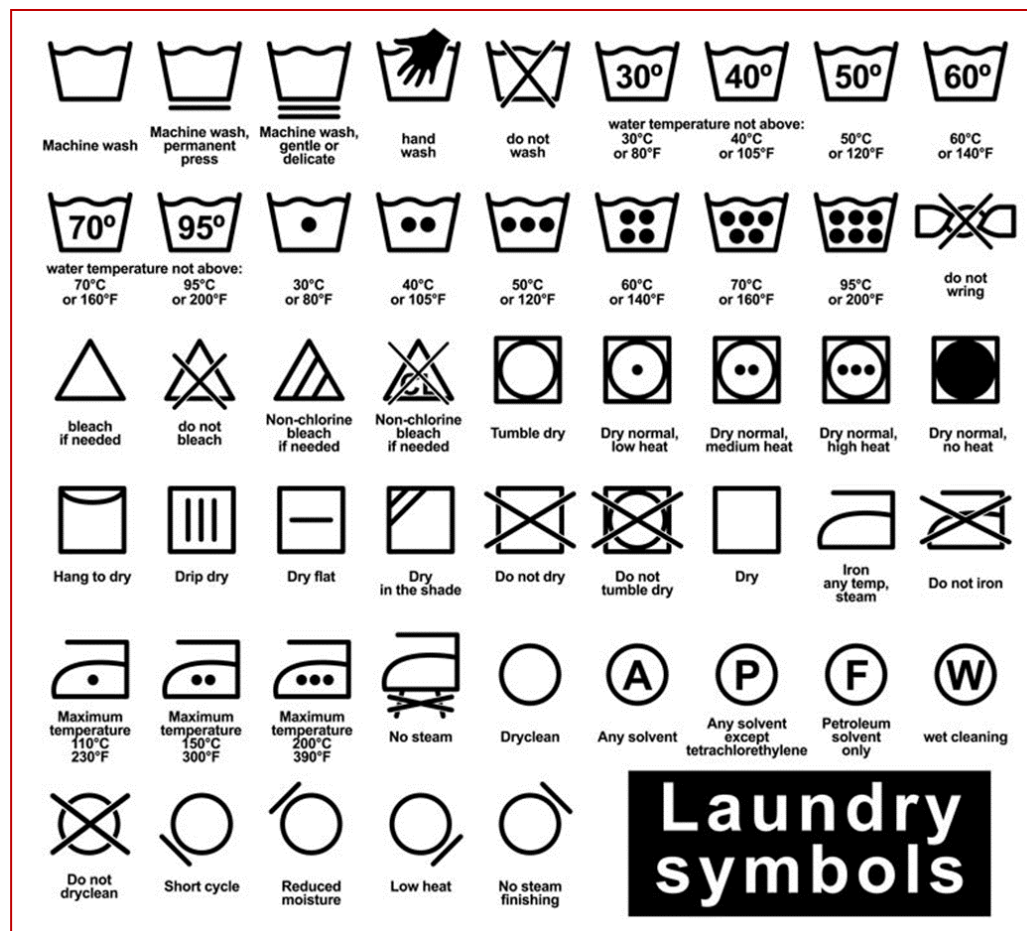
Moving out can be both exciting and daunting. Taking care of yourself can take some getting used to. Hopefully, these tips will help remove some of the more daunting aspects of the change:

- Living 'independently' doesn't mean you need to do everything yourself—you and your flatmates should divide up the housework.
- Remember everyone else is feeling as nervous as you are! They're new to this as well.
- Sign up to a local GP and Dentist ASAP. This makes things much easier if you need medical/dental treatment.
- Ensure important mail is redirected to your new address.

Removing stains

Grass	Use white vinegar to get rid of most of the stains	Soak the stain in water with detergent
Red Wine	Pop some salt on the damp stain to absorb some of the liquid	Still visible? 50% white vinegar, 50% water and blot
Chocolate	If melted, let it set (or gently lift the worst of it off)	Use washing up liquid with water & a toothbrush
Blood	Use cold water on the stain then apply soap	Or use a salt water solution (use lots of salt in the water)
Ink	Hairspray the stain	After spraying, wash in cold water
Grease	Use paper towels/kitchen roll to absorb as much as possible	Baking soda or baby powder dabbed on the stain
Makeup	Pop some shaving cream on your foundation stain to lift it	Wash as normal
Chewing Gum	Freeze the item (or place ice cubes around gum)	It should lift off once frozen

Laundry symbols



Pocket guide to alcohol units

1 UNIT	½ pint of normal beer OR 1 shot
2 UNITS	1 pint of beer OR a double shot OR a small glass of wine (175ml)
3 UNITS	A large glass of wine OR 3 shots OR some lager OR 1 pint cider
4 UNITS	2 pints beer OR 3 alcopops
9 UNITS	A whole bottle of wine