



**Think Safe Be
Safe**

**Sussex Police
Overseas Student
Briefing**

District Commanders Foreword

For many years Eastbourne has been welcoming students from all over the world, who come to experience life in Britain and to enhance their English language skills. Eastbourne has so much to offer and these students will gain enormously from their stay, enjoying the contact with local people in an atmosphere of friendship and understanding.

Unfortunately, being so far from home can make people more vulnerable and a small minority of visiting students may become involved in incidents of crime.

Much effort has already been directed to reducing these incidents but we constantly strive to reduce the risks and there is more work to be done.

Together with many of our partner agencies we are confronting such unacceptable behaviour in a robust and co-ordinated manner in order to safeguard our visitors and to ensure that they are able to enjoy their stay in Eastbourne, and to gain as much as possible from their learning experience.

This briefing aims to provide guidance on how to avoid such situations, and what to do in the rare event that it may occur

I wish you a safe and rewarding visit to Eastbourne



Steve Biglands

District Commander Eastbourne

Policing Eastbourne



Sussex Police serves a population of over one and a half million people: as well as people who live and work in our County we welcome millions of visitors each year from the UK and overseas. Our County is very diverse, including rural and urban areas as well as cosmopolitan cities like Brighton & Hove.

Our defining statement, 'Serving Sussex', means we're committed to keeping people safe (catching criminals, cutting crime and dealing with critical incidents), strong neighbourhood policing and making best use of our resources. Sussex Police demonstrates a firm commitment to equality and diversity, both within the organisation and through the service we provide to our public.

We have almost 3,000 Police Officers and over 2,200 Police staff, including Police Community Support Officers (PCSOs), who perform a wide range of operational and support roles. We are also lucky to have a team of volunteers that includes over 350 Special Constables and around 180 Police Cadets.



The roles of uniformed Officers who respond to calls and PCSOs that work out in the community are probably familiar to most people. But policing involves a wide range of different functions, many of which aren't visible to the public but are nonetheless an essential part of how we police.



Policing one of England's largest counties presents us with continually evolving challenges as we serve our diverse and vibrant communities.

While some of our work makes the headlines, much of our daily work is much lower in profile but no less important: we find missing persons, protect vulnerable residents and keep our communities safe.

Behind the scenes, police staff collect intelligence and run the operational side of our organisation so that our frontline officers can do what they do best.



How to contact Sussex Police



By telephone. Sussex Police provide a 24 hour service and in an emergency can be contacted by dialling **999** from any telephone.

Emergencies

Call **999** if:

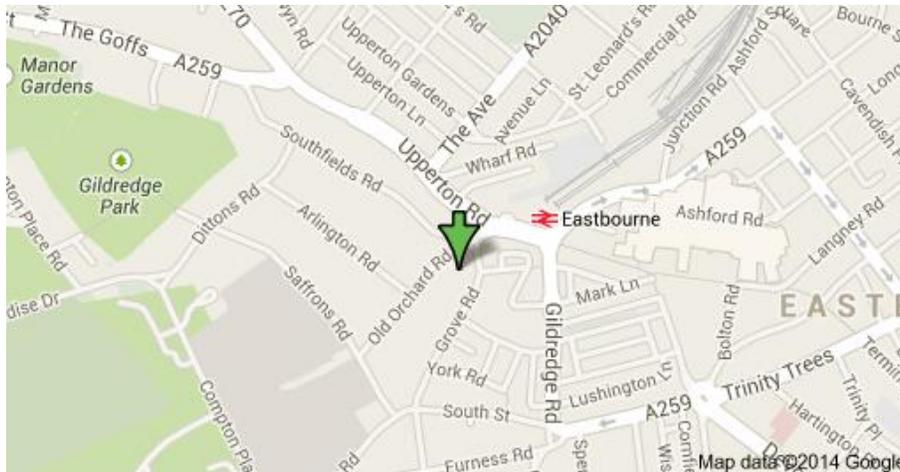
- A crime is being committed now
- The offender is still there or nearby
- People are injured or in danger.

In non-emergency situations advice and assistance can be obtained by dialling: **101**, or via our website **www.sussex.police.uk**

You can also visit Sussex Police at:

Eastbourne Borough Council Offices at 1 Grove Road, Eastbourne;

This Customer Contact Point is open **Monday to Saturday from 9am until 5pm.**



Social Media



Our Twitter account **@eastbournepol**



Our Facebook account **EastbournePoliceUK**

Law

Laws in England may be different from those in your home country. This especially applies to the use of tobacco, alcohol and self-defence sprays.

The police help to protect people in the community but are also there to ensure laws are followed. Police officers in the UK have the power to arrest people who are suspected of having committed an offence.

Here are a few English laws that we would like you to take the time to read:

- You must not carry drugs with you of any kind (unless prescribed by a doctor), or use any illegal drugs including cannabis, ecstasy, LSD or amphetamines.



- You must be 18 to buy and smoke cigarettes or tobacco.



- It is illegal to carry any sort of weapon, including knives, stun guns and self-defence sprays.
- Alcohol - you must be 18 to buy alcohol or to have alcohol purchased for you - most English pubs don't welcome under 18's.



- Stealing is illegal. You will be arrested and probably sent home.

- Never buy property that you think might be stolen, no matter how tempting a bargain it might seem.
- Vehicles in England drive on the left. Do not walk straight into the road - remember to look right when you cross the road.



If you break the law you could find yourself being arrested and fined or cautioned, and there could be consequences for you in years to come - some countries will not allow you to travel to them if you have been arrested and convicted.

You may also be sent home early. It's really not worth it, so please don't be tempted.

If you are stopped in the street by a Police Officer you have the right to ask why you have been stopped.

However, remember that the Police may search you if they believe you are in possession of a controlled drug, offensive or sharp object, or carrying stolen goods.

Think Safe Be Safe

This page contains advice to ensure that your stay in Eastbourne is safe and enjoyable. The suggestions that follow are not intended to alarm but to remind you to always be alert, as you would in your own country. Remember, Eastbourne is one of the safest places to visit in the country and incidents against students are low.

Remember **THINK SAFE BE SAFE**

- Find out where you're going and let your host family know, and tell them when to expect you back.
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- It is also advisable (in case of emergencies) that you carry with you your host family details/address



- Plan ahead - how are you going to get there?
- Always go out with people you know and trust.
- Always use well lit, busy roads and avoid putting yourself at risk by taking shortcuts through dark, quiet areas for example, through dark alleyways or parks.

- Walk confidently.
- Walk with friends and never walk alone at night
- Arrange for others to meet you at the bus stop if you are returning late and have a long way to walk home.
- To remain safe and alert, don't wander along with earphones on or have long conversations on mobile phones while you are walking. Be discreet and try to conceal it. Mobile phones are expensive items and are particularly attractive to thieves. Be aware of who is around you when you are using one. Again, do not keep them in your back pocket, or leave them unattended.



- Never carry all of your money or passport with you, and try to carry your valuables such as cameras out of view
- Do not leave your bags unattended in public places. It may be stolen or treated as suspicious.



- Always keep your bag and coat or jacket with you, don't leave them on a chair or out of sight.
- Be aware of others around you at cash point machines and try not to use cash machines at night or in poorly lit areas. If you must use one, go with a friend and leave as soon as you have your money. Always memorise your PIN (personal identification number) to access your money from a cash machine. Never write down your PIN or give it to anyone else.



- Don't speak to people you don't know, or go up to their cars - even if they speak to you first.
- Never take money or gifts from people you don't know.

- If you feel that you are being followed, cross the street (more than once if necessary), and if you are still unhappy move as quickly as possible to a public area, such as a restaurant or shop, and ask for help.

- If travelling by bus, try not to wait at bus stops alone. When you are on the bus, sit downstairs if you are on a double-decker, where the driver and other passengers can see you.
- Avoid confrontation . its better and safer to walk away if you are being provoked or hassled.



- In this country the electricity for the trains is on the ground. It does not run through power cables above the train, instead it runs through a 3rd rail on the ground. The electricity in this rail is enough to kill you!
DO NOT cross a railway line unless it is by a bridge or at a proper crossing point, not only is it very dangerous but it is also illegal.
- There are many CCTV cameras (Closed Circuit Television) located throughout Eastbourne. They are all monitored and are there to protect you as well as being an aid to catching criminals.

What if something happens?

If you are assaulted, followed or threatened go to a shop, police station or any public building and ask for help.

Ask somebody to contact the Police for you. Do not worry about language difficulties, we will find someone who speaks your language.

If anything happens to you, do not keep it to yourself. Tell your tutor, host family or someone you can trust.

Consideration for others

Below are some of the most common complaints received regarding visiting students, and some practical advice on how to avoid them

- Please be courteous and show respect to local residents. Say Please and Thank you. People will respect you if you do.

- Put litter in the bin or take it home with you.

- It is usual to join the back of a queue in England - don't push in, it will make people angry. This includes if you are waiting to get on a bus or you are waiting to pay for something in a shop, in. This means waiting in line behind each other until it is your turn. Please do not push your way to the front. Eastbourne has a large elderly population and students have been known to upset and even knock over elderly people in their rush to get on a bus.



- Don't block paths - if you need to group together find an area with plenty of space. Please do not take up the whole of the footpath, and allow enough room for other members of the public to pass by especially where they are elderly, disabled or pushing pushchairs.
- Be quiet on your way home at night. Late night noise is not very friendly



Remember Have Fun
Make Memories

Think Safe
Be Safe

