

# NATIONAL PROFILE 2017-18

## ICYE UK



Inter-Cultural  
Youth Exchange



Dear future ICYE UK International Volunteer,

Welcome to ICYE UK!

The **ICYE UK National Profile** intended to give you a few ideas of what to expect from an exchange in the UK with ICYE UK.

Here you can find out more about the United Kingdom, information about ICYE UK, the types of projects available, the lifestyle in the UK, and important regulations of ICYE UK which contains a checklist of important documents and other things you have to prepare before coming to the UK.

As well as reading this document you should also try to spend some time familiarising yourself with the UK – to help you do this we have included a list of useful websites and books, which you should be able to access in your own country. You should also spend as much time as possible practising your English!

Please read the following information carefully –the ICYE UK National Profile is essential information for you and should be considered carefully before deciding to join an ICYE Programme here in the UK!

Please do not hesitate to contact us directly if you have any questions.

We look forward to meeting you!

Best Wishes,

**ICYE-UK**



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# About the UK

## A brief introduction

Official Name: The  
United Kingdom of  
Great Britain and  
Northern Ireland

Currency: Pound Sterling  
(£)

Capital  
city:  
London

Population: 64,511,000  
(2014 estimate)

Official Language:  
English

“Hello, nice to meet  
you.”

Government: Unitary  
Parliamentary  
Constitutional  
Monarchy

Monarch: HRH  
Queen Elizabeth II

Prime Minister:  
Theresa May

# H istory

The history of the United Kingdom is very rich and diverse. Here is a selection of some milestones throughout the British history timeline.

**~ 6,000 BC** The land which would become the UK started to separate from mainland Europe.

**3,000 – 2000 BC** Stonehenge one of the wonders of the world was built.



**About 43 AD** The Roman conquered and invaded Britain. The Romans introduced many new ideas to the UK including; roads, sanitation and building techniques. They also found many new settlements.

During Roman rule there were several uprisings by the Celts; the most famous of all was led by the fearsome Warrior Queen Boudicca of the Iceni tribe who lead an army of Celts to try and overthrow the Romans.

**843 AD** Scotland is founded

**927 AD** Æthelstan grandson of Alfred the Great unites England and becomes the first King of England. England is founded

**1056 AD** Wales is founded

**1066- 1154 AD** William the Conqueror and the Normans successfully invaded Britain and defeated King Harold II at the Battle of Hastings.

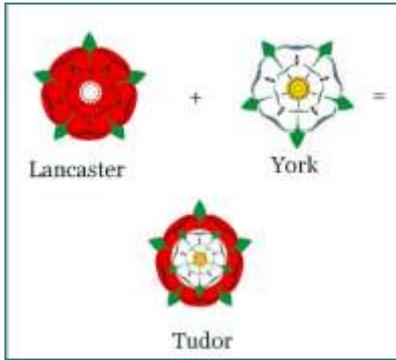


The Norman invasion of Britain started the beginning of the rivalry and competition with England and France which included the Hundred Years War between 1337 and 1453.

**1096 AD** University of Oxford was founded - It is the oldest university in the UK.

**1154 - 1485 AD** Middle Ages – Magna Carta was signed in 1215 the first written law of the defined limits of royalty.

**1209 AD** University of Cambridge was founded.



**1455 – 1485 AD** Game of thrones is based on this series of wars in 1455-1485 called The war of the roses.

**1485-1603 AD** The Tudor family ruled England; the most well-known and controversial Tudor was King Henry VIII who famously had six wives in his life time and broke ties with the Catholic Church and established the Church of England as the new state religion.

The legend of Robin Hood is based on a historical person of this era.

William Shakespeare was born in 1564 and is widely regarded as the greatest written in the English language and the world's pre-eminent dramatist. He is also known as the 'Bard of Avon'.



**1603-1714 AD** Civil War and Revolution. Gunpowder plot to kill James I was discovered which is celebrated today as Guy Fawkes Night with fireworks and a bonfire.



**1707 AD** The United Kingdom was founded

The Great Fire of London 1666 destroys two-thirds of the city.

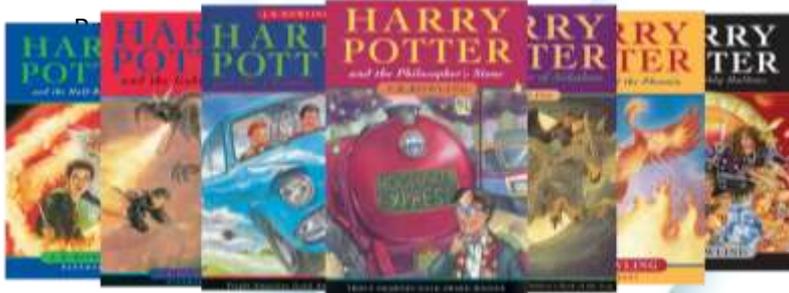
Sir Isaac Newton publishes his book '*Philosophæ Naturalis Principia Mathematica*' with formulated the laws of motion and universal gravitation in 1687.

The first practical steam engine is designed by Thomas Newcomen in 1712.

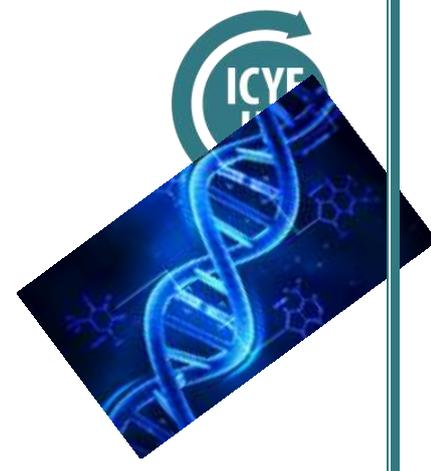
**1776 AD** Scottish economist Adam Smith publishes his seminal text *The Wealth of Nations*. Today he is the face of the new £20 pound note.

As an island nation Britain developed a large and powerful navy which allowed the British to expand its empire. Britain's obsession with trade led to a huge empire stretching to nearly all the corners of the globe. At its zenith in the 19<sup>th</sup> century, the British Empire stretched over one-fourth of the earth's

- 1798 AD Edward Jenner invents the first vaccine
- 1825 AD World's first steam locomotive passenger service  
William Sturgeon invents the Electromagnet
- 1831 AD Michael Faraday discovers Electromagnetic induction – the operating principle of nearly all modern electric generators
- 1833 AD British Empire.

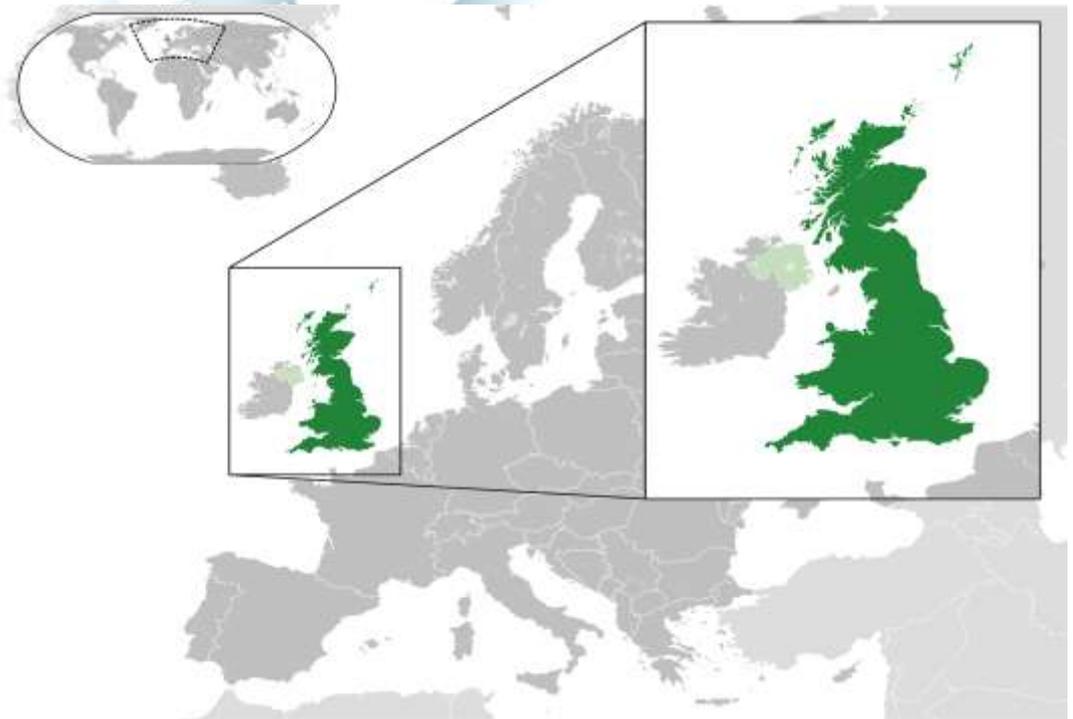


- 1835 AD The light bulb is invented by James Bowman Lindsay.
- 1837 AD Charles Babbage describes an Analytical Engine – The first programmable computer.
- 1847 AD George Boole writes The Mathematical Analysis of Logic, which is credited with the birth of the information age.
- 1839 AD Kirkpatrick Macmillan invents the pedal bicycle
- 1859 AD Charles Darwin publishes his book 'On the Origin of Species'.
- 1876 AD Scotsman Alexander Graham Bell patents the telephone in the US.
- 1897 AD the world's first wireless station is established on the Isle of Wight.
- 1901 AD The first wireless signal across the Atlantic is sent from Cornwall, England to Newfoundland in Canada, by Italian scientist Guglielmo Marconi.  
Hubert Cecil Booth invents the electric vacuum cleaner.
- 1914 – 1918 AD World War I
- 1921 AD Northern Ireland is founded.
- 1922 AD The British Broadcasting Company (BBC) was founded.
- 1926 AD John Logie Baird demonstrates the first television.



- 1927 AD The British Broadcasting Corporation (BBC) is created.
- 1928 AD Penicillin is discovered by Noble prize winner Alastair Fleming.
- 1937 AD Jet engine is created by Frank Whittle.
- 1939 – 1945 AD World War II
- 1953 AD Watson and Crick discover DNA. Ian Fleming creates the British secret service spy James Bond.
- 1964 AD The first theory of the Higgs boson is put forward by Peter Higgs which is then discovered in 2012 at CERN.
- 1966 AD England wins the Football World Cup.
- 1978 AD The world's first test tube baby is born in Oldham.
- 1989 AD Sir Tim Berners-Lee writes a proposal for the World Wide Web (www).
- 1990 AD The first episode of Mr Bean is aired.
- 1996 AD Dolly the Sheep is born the world's first cloned animal.
- 1997 AD The first Harry Potter book was published. Rockstar games created the GTA series.
- 1998 AD Jonny Ives designed the iMac the product which helped turn Apple's fortunes.
- 2007 AD Jonny went on to design the aesthetics of the iPod which has revolutionised the personal music player market.
- 2012 AD London hosts the Summer Olympics for the third time – the only city to do so.
- 2014 AD Scotland votes to remain as part of the United Kingdom.
- 2016 AD The population of the UK vote to leave the EU.
- 2017 AD The Prime Minister Theresa May signed article and started the withdrawal of the UK from the European Union. It is estimated that this process will take 2 years.

# G eography



The UK is located in Western Europe composed of islands in between the North Atlantic Ocean and the North Sea.

The total area of the UK is approximately 94,060 sq mi (243,610 sq km), composed of the major part of the British Isles archipelago are:

- The island of Great Britain
- The north-eastern one-sixth of the island of Ireland
- Some smaller surrounding islands



## Climate

The UK has a relatively unpredictable climate. It is often said, that the funny thing about the UK is that we don't really have a climate as such; we have a weather! British people love to make conversation about the weather because it can be so variable!

It may be sunny and bright in the morning, drizzling at midday, sunny again in the afternoon followed by a rain you didn't expect! Always carry an umbrella!

The seasons are far from predictable and it's therefore advisable to bring at least a sweater or fleece in the summer and definitely pack a waterproof for anytime of the year!



# Socio-Economic Aspects

## Population

### Ethnic groups UK:

- White 87.17%
- Asian 6.92%
- Black 3.01%
- Mixed 1.98%
- Other 0.92%

### Ethnic groups London:

- White 59.8%
- Asian 18.4%
- Black 13.3%
- Mixed 5%
- Arab 1.3%
- Other 2.1%

### Religious groups UK:

- Christian 59.49%
- No religion 25.67%
- Muslim 4.41%
- Hindu 1.32%
- Sikh 0.68%
- Jewish 0.43%
- Buddhist 0.41%
- Other 0.42%

### Religion groups London

- Christian 48.4%
- No religion 20.7%
- Muslim 12.4%
- Undeclared 8.5%
- Hindu 5.0%
- Jewish 1.8%
- Sikh 1.5%
- Buddhist 1.0%
- Other 0.6%



## Social Features

The Brits are typically rather reserved and can often seem cold to strangers we just value our personal space a lot. But don't worry it doesn't mean they do not like you it's just that it sometimes take more time for us to open up. Of course this always depends on the person.

This does mean that you may have to be more proactive with the Brits and try to wrangle your way into their lives!

We also have a very deprecating sense of humour whether they're talking about themselves or to you. So, if it seems like we're making fun of you, it's a good thing! It means that we're friends enough that we can make fun of each other.

Another feature of, perhaps more English, social interaction is the fact that when we're annoyed or angry with you, you probably won't really realise it. Passive aggression is something that we are very well versed in.

## LGBT

Lesbian, gay, bisexual and transgender rights in the UK have evolved dramatically over time.

Same-sex couples were granted in 2005 the right to enter into a civil partnership and in 2014 same-sex marriage was legalised.



## Economy

The UK is one of the world's most globalise economies. The UK is the fifth largest GDP in the world. In 2014 the UK was the ninth largest exporter and fifth largest importer in the world.

The size of London's economy makes it the largest city by GDP in Europe.

Unemployment rate of the UK is 5.4%, 1.77 million people. The average gross income per person per year is £29,760.

The service sector dominates the UK economy, contributing to around 78% of GDP – the financial services industry is particularly important with London being the world's largest financial centre.

GDP per capita:  
£29,890.13 (\$46,244)

The currency of the UK is the pound sterling, which is the world's third largest reserve currency and the fourth most valued currency in the world.

The UK is a member of the Commonwealth of Nations, the European Union, the G7, the G8, the G20, the International Monetary Fund, the Organisation for Economic Co-operation and Development, the World Bank, the World Trade Organisation, Asian Infrastructure Investment Bank and the United Nations



# P

## olitics



The Commonwealth of Nations (The Commonwealth) is an intergovernmental organisation of 53 member states. The Commonwealth operates by intergovernmental consensus of the member states organised through the Commonwealth Foundation.



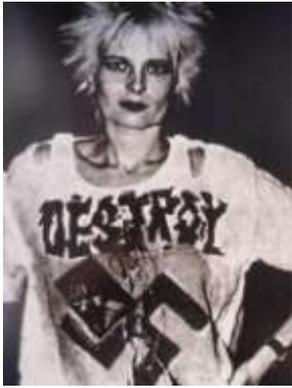
The government of the UK works under a unitary democracy and a constitutional monarchy with some devolvement of parliamentary power to governments in Scotland, Wales and Northern Ireland.

The Queen is the head of state but the Prime Minister is the head of government. The political system is a multi-party system. The two largest parties are the Conservative and Labour parties.

Legislative power is mainly divided in the two chambers: the House of Commons and the House of Lords.

The judiciary is independent and the highest court is the Supreme Court of the United Kingdom.





**Fashion:** the UK has been a leading force in the fashion industry from producing world class designers who have been the creative directors at some of the world's leading fashion houses to having some of the best art design schools in the world. Some famous names and labels include: Alexander McQueen, Giles Deacon, Stella McCartney and Vivienne Westwood – who is also accredited to have brought the punk movement into the mainstream. Furthermore, Savile Row is famous for its bespoke tailoring for men. We also have many supermodels from these shores: Kate Moss, Naomi Campbell, Rosie Huntington-Whiteley and Cara Delevigne to name a few.

**Music:** the UK was crucial in the creation and development of many genres of popular music, such as rock music. Some of its most famous bands or singers range from The Beatles, The Rolling Stones and Queen to Adele, One Direction and Ed Sheeran. It is also known for some famous music festivals such as Glastonbury and Bestival. In addition, it has many famous classical composers such as Elgar, Parry and Tallis and classical singers such as Nigel Kennedy and Sarah Brightman.



**Cinema:** The first moving picture was shot in 1888 in Leeds and a year later William Fries Greene developed the celluloid film. After them Birt Acres and Robert W. Paul created the first working camera in British allowing for the British film industry to move forward. The British cinema industry has been going for over 100 years now with some saying that the golden age of British cinema in the 1940s. In fact two of the highest grossing film series came from the British film industry – Harry Potter and James Bond. These very isles have produce some of the greatest actors and directors of cinema history Some of these directors include Alfred Hitchcock (Psycho), Ridley Scott (Alien and Blade Runner), Sam Mendes (American Beauty, Spectre), Danny Boyle

(Trainspotting and Slumdog Millionaire), Christopher Nolan (Inception) and Richard Attenborough (Gandhi). Some of these actors include Charlie Chaplin, Audrey Hepburn, Laurence Olivier, Sean Connery, Benedict Cumberbatch, Kate Winslet, Eddie Redmayne, Sir Ian McKellen, Dame Judi Dench and Emma Thompson to name but a few.

**TV:** broadcasting started in the UK as a public service in 1936. The BBS (British Broadcasting Coporation) is the world's oldest and largest broadcaster and is the country's principal public service broadcaster.

Some of the greatest British television programmes include shows such as Fawly Towers, Mr Bean and Monty Python to Downton Abbey, Doctor Who and Sherlock Holmes.





**Cuisine:** Each region of the UK has its own specialities. Traditional examples of UK cuisine include the Sunday roast (usually a roasted joint like beef, lamb or chicken, served with assorted vegetables), roast potatoes, Yorkshire pudding and gravy, fish and chips, pork pies, hotpots, cottage/shepherd's pie and of course the full English breakfast consisting of bacon, grilled tomatoes, fried bread, black pudding, baked beans, fried mushrooms, sausages and eggs. As you can probably tell most of these foods are perfect for cold, wet winter weather as they fill you up and warm you up from the inside out.



We are also famous for our cakes and puddings from our high tea and cream teas to our sticky toffee puddings, scones and sponge cakes.

**Sports:** the most popular sport in the UK is football. The UK has the oldest football clubs in the world namely Sheffield F.C. which is the oldest football club in the world after being founded in 1857. It is also famous for creating sports such as association football, rugby, darts, cricket, golf, tennis, table tennis, badminton, squash, field hockey, boxing, snooker, billiards, curling and even baseball.



**Architecture:** the architecture of the UK includes many features that precede the creation of the UK, from as early as Stonehenge to Roman ruins. English Gothic architecture flourished from the 12<sup>th</sup> to the early 16<sup>th</sup> century, like Westminster Abbey and the Winchester Cathedral. Modernism remains a significant force in the architecture of the UK; completed in 2012, the Shard is the tallest building in the European Union.



# IS ICYE UK FOR YOU?



Are you interested in...

- **...working with people with disabilities – either with a learning or physical impairment?**  
Please note that most of ICYE UK projects are working with people with disabilities.



### Disability is part of human diversity!

No specific work history is needed to do a voluntary service with people with disabilities. Get the unique experience of learning from a diverse range of skills, talents and abilities!

- **...living in a UK community often in the countryside?**  
Please note that ICYE UK has very few placements in cities or big towns.



### Experience UK's different landscapes and people!

Having the opportunity to live in the countryside means being in touch with woodlands, hills and mountains, estuaries, but moreover to learn roots of UK life whilst interacting with friendly people, for instance having the typical British chat of the weather in a local traditional pub!

- **...living within a residential project or sharing a flat/apartment with other international volunteers?**  
Please note that ICYE UK does not offer host families.



### Learning how to live independently!

To live independently means to acquire life experience. Get the opportunity to learn or improve your management skills of your personal budget, cooking, washing up, and live together, interact and get along with volunteers from different cultures!

- **...improving your English while being fully immersed in UK culture?**



### UK culture – the intriguing island country!

Launch yourself in an adventure to discover the diversity within the sometimes overlapped yet distinctive cultural features of England, Scotland, Wales and Northern Ireland which the UK offers to seekers of English learning!

- **...experiencing different cultures and meeting people from all over the world?**



### Creating your ICYE community of international volunteers!

ICYE UK will highly encourage you to stay in touch with all the volunteers you will meet upon arrival in the UK. The excellent transport links in the UK make it very easy to visit your fellow international volunteers and create your own community!

# Who can be a volunteer?

There are certain things that ICYE UK expects of its volunteers:



## Language Ability

You will need to maintain responsibility at your role and so you need to be able to understand the needs of the people you are working with and be able to communicate with other members of staff. Therefore, most placements require a good knowledge of English. The ability to communicate in English is essential for all our projects. Please refer to the [ICYE UK Work Profile](#) regarding specific English requirements for all of the projects.

While you are in the UK you will have an English Language Course for at your On-Arrival/Orientation Camp. You will learn more English just through speaking to people in your daily life and you can learn a lot of English through non-formal language learning.

The majority of our projects do not offer English language lessons and it's important you don't expect lessons when you arrive to your project. If available in your local area, you may be able to attend a weekly language course: **however, you will have to do this outside of your work hours and incur any fees.**

Some projects may request to speak to you on the phone or Skype before you come to the UK to assess your level of English, but ICYE UK will let you know if this is the case.

## Age

ICYE UK accepts volunteers between the ages of 18 and 30. We cannot accept volunteers under the age of 18. Occasionally we accept volunteers who are older than 30.

## Enthusiasm and Commitment

Having enthusiasm and commitment means having the motivation and engagement to actively participate in all the ICYE training camps that ICYE UK organises, to do a voluntary service positively contributing your skills and fresh ideas, and be willing to share your home country's culture, developing a real intercultural exchange and learning experience.

ICYE UK volunteers are mature and responsible individuals with the keenness to be flexible and open-minded, adapting to new environments and situations. All this will be developed throughout your period in the UK together with the on-going support of staff and volunteer members at ICYE UK.

# About the programme

## On Arrival Camp

When you arrive in the UK you will go directly to the **ICYE UK On-Arrival Orientation Camp** with English Language Course, together with the other volunteers from around the world.

Our main On Arrival Camp is in August, when the majority of volunteers arrive and this camp lasts for 10 days. If you arrive after this camp or in February then your on arrival training will vary in length.

In the mornings you will attend English language classes and the afternoons will be spent preparing you for your time here. We will have sessions on different subjects, such as your expectations, practicalities, volunteering in the UK, problem solving, and UK culture to name a few. We will also prepare you for life at your placement.

It is not only important that you learn about the UK, we also want to learn about you and your country! For this reason we will have the following activities:

Cultural Presentations: During the camp you will have the opportunity to tell the other volunteers about your home country, so please bring items to portray your culture (souvenirs, pictures, maps, national dress, music, etc.).

Cultural Cooking: You will have the opportunity to cook a meal of a traditional recipe from your country to share with all the volunteers on one evening of the camp. Therefore please bring ideas/recipe to cook a meal from your country, which you will cook with the help of other volunteers and staff members.

After the camp, most of you will go straight to your placements. Occasionally you may have to wait before your project starts; while you wait we will arrange your accommodation and/or a temporary short-term project.



August On Arrival Camp 2015

# Mid Term Camp



The **ICYE UK Mid Term Evaluation Camp** (only for 12 month volunteers) will be held 5-6 months after you arrive in the UK. You will get together with the other volunteers and staff from ICYE UK to spend some time reflecting on your experiences, discuss any problems you may have encountered and prepare yourself for the second half of your year in the UK.

We will also carry out several activities to become aware of the differences between the theoretical approach provided by the ICYE programme versus your practical experience and how the provision of information and support from ICYE UK has influenced your personal experience.

# Final Evaluation



The **ICYE UK Final Evaluation Camp** will be the final time you meet as a group. This is a chance to discuss and evaluate your time and experiences in the UK and to prepare yourself for going home.



## Other Activities

ICYE UK tries to organise at least one other event each year, normally a camp in December which we call ICYE UK Social Camp. As a group of volunteers you are also encouraged to organise your own events and activities.

# About our projects

## Types of projects

Most of the projects in the UK involve some kind of social/care work. Currently the majority of ICYE UK projects are in these two categories

### 1. Projects working with people with disabilities

These projects may include:

- **Residential Support:** helping with activities in a centre for people with disabilities.
- **Social Support:** supporting a person with disabilities who lives independently in their home.
- **Respite:** taking a responsibility of a primary carer of a person with disability so the carer has a break.
- **Special Education:** working in schools for young people with disabilities.

### 2. Projects working with Sports/Outdoors activities

These projects may include:

- **Sport/Activity Centres:** running sessions on activities like climbing, archery, high ropes and others and helping to maintain the site.



We are continuing to expand the options of projects we offer. Therefore please refer to the ICYE UK Work Profile for more detailed information on the specific projects we offer for your ICYE programme year.

### **IMPORTANT!**

All of ICYE UK projects rely on their volunteers to fulfil their role. You are not “just a visitor”, and the volunteer roles bring added value to the project.

ICYE UK will send you information on which project you will be working at before you arrive. Some projects may want to have a phone interview the volunteers while others will accept volunteers through applications only. It is important that we have an accurate idea of your level of English in order for us to place you in a suitable project; for this reason, during your application process, you may be asked to have an informal conversation with the ICYE UK Hosting Programme Coordinator.

## ICYE Candidate's Application Form

It is very important that you complete this form to the best of your ability. ICYE UK will provide this form to the potential projects who could host you so it's important to keep in mind that the form is sent exactly as you have written it.

Projects read this form as a formal document which reflects your interests, background experience, past qualifications, motivation to volunteer abroad, etc. It is very important to understand that projects will consider this form as if it was a job application; hence it has to be complete and clear.

You can read the document called 'ICYE UK Guidelines for ICYE Candidate's Application Form' to obtain more information on how to properly complete the form.

## What type of work will you be doing?

As a full-time volunteer you are expected to fully participate at the project. Each project requires volunteers to do certain tasks. This may be anything from cooking, housekeeping, helping in IT rooms, to organising a day out, or helping people with their personal care. You have important responsibilities and can only take time off when the project agrees to you doing so. This can sometimes be very difficult as it limits the amount of freedom you have.





### When will you work?

Volunteers usually work between 35 and 40 hours each week. Sometimes there will be a shift or rota system (list or schedule stating who must do assigned or certain tasks/job) which could mean you will work during evening, night or weekend. Volunteers are entitled to 2 days off each week. You'll also be given 'Annual Leave Holiday'. This holiday is for your own travel time and is generally 4 weeks for a 12 month project. It is normally expected that you will take this holiday during the course of the year and not in one block. When you can take holiday must be agreed beforehand with your project.

### What if you do not like your project?

ICYE UK does expect you to stay at the same project for the whole year. Only in serious cases, where mediation from ICYE UK and consultation with the project has taken place, may it be possible to change project. Volunteers are only entitled to change projects once during the year. Volunteers may not change projects in the first three months of their placement.



# Accommodation

All volunteers live in accommodation provided by the project. ICYE UK does not offer host families.

Your project will provide you with accommodation. The different types of accommodation include:

- Your own bedroom in the project with access to a shared bathroom and kitchen.
- A bedroom that you share with other volunteers in the project.
- A flat/apartment outside the project where 2-6 volunteers live together.
- Living in the house of a person with disabilities whom you are helping.

The accommodation is normally basic but comfortable, which means that only the necessary things (such as a bed, a cupboard, etc.) will be provided.

## Where will you eat?

Meals are often provided by the project but in some cases you will get money to buy and prepare your own food.

## Learning to live independently

The big advantage of living independently is that you will acquire skills on how to manage your personal budget, for instance to buy your groceries, personal toiletries, expenses for leisure activities, etc. You will be treated as an adult, and as such expected to be responsible for the overall maintenance of your household, like doing your own cooking, washing, etc.

You will have the unique experience of living together with other volunteers that come from diverse countries, and learn different ways of living.

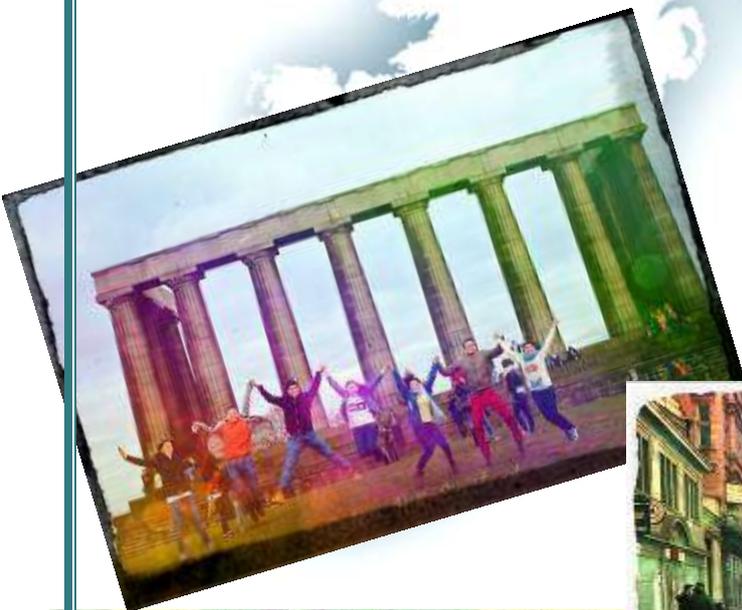


# Location of projects

Most of the projects are **NOT IN BIG CITIES**. Many are in the countryside, which means that you may not have access to nightclubs and bars every weekend! Also transport in the countryside can be limited at the weekends. However, there are normally several volunteers from different organisations at the same project who organise social activities together.

Most of the projects are in the south of England where there is usually quite good access to public transport. However, we do sometimes place volunteers in other parts of the UK, including Wales and Scotland, and [volunteers must be willing to volunteer anywhere in the UK.](#)

Please refer to our separate [ICYE UK Work Profile](#) for more detailed information on the location of the projects and the type of accommodation to expect.



# About ICYE UK



## What is ICYE UK?

The Inter-Cultural Youth Exchange is the ICYE National Committee in the United Kingdom. ICYE UK was established as a charity in 1993. We send up to 75 volunteers per year and receive around 50 volunteers in the UK.

## Vision, Mission and Values

### Vision

A world where the sharing of cultures and ideas are embraced celebrated and lived.

### Mission

At ICYE UK we work in partnership with an international network of locally managed ICYE organisations and partners to:

- Provide supported international volunteer opportunities that directly benefit local communities.
- Encourage young people from around the world to live, learn and work together.
- Engage volunteers in the on-going development of the organisation.

### Values

**Responsibility** – we care about the volunteers, partners and communities we work with and take steps to ensure our influence is a positive one.

**Valuing People** – people are at the heart of our organisation; we help develop their skills and experiences, respect their opinions and seek their active input to improve our organisation.

**Working in Partnership** – we're passionate about each one of our volunteers and partners and invest time and resources to ensure they have the best possible experience.

# ICYE UK Structure and Staff



## ICYE UK STAFF

### Dan Milway: Hosting Programme Coordinator

Dan works in the office five days a week. He is responsible for the well being of the international volunteers – this includes supporting the volunteers, finding and supporting projects and running camps. **Dan will be your first point of contact at ICYE UK throughout your period here.**

### Cat Udal: Manager

Cat works in the office five days a week. She is involved in information distribution and administration. She supports and develops all of ICYE UK's programmes. She is also a key member of the team at ICYE UK camps, and is always there to offer support.

### Emma Kreeger: Sending Programme Coordinator

Emma works in the office five days a week. She is in charge of finding British volunteers who want to go abroad for long-term or short-term ICYE, EVS and CMAP projects.

### Jenny Williams: Development Officer

Jenny works in the office part time. She is responsible for publicity and marketing for the organisation, as well as developing fundraising and membership activities.

### Interns:

Throughout the year we have interns who work in the office in many different roles helping the staff to support the programmes and the volunteers. Interns contribute a lot to the running of ICYE UK and you'll see them about at camps, in the office or at most of the activities run throughout the year. We have an intern assigned to helping out with the Sending Programmes and the Hosting Programme, who you will be a lot in contact.

ICYE UK's office is on the top floor of a building called 'Latin American House' in North West London. The office is run by three full-time and one half-time members of staff. There is also a team of volunteers who help with camps and activities, and who help with running the organisation. The Board of Trustees is made up of eight members, most of whom are returned volunteers – each person has responsibility for a specific area of ICYE UK's work.



# W hat to expect from ICYE UK

## ICYE UK MONITORING AND SUPPORT SYSTEM

This is a way to provide you an ongoing monitoring and support throughout your whole experience in the UK.

### What type of support does ICYE UK provide to you?

- Personal support (learning process, conflict mediation, etc.).
- Intercultural support (dealing with the differences).
- Free time or social support (for example excursions, interaction with local community).

### What can you expect from the ICYE UK staff members?

- To maintain regular contact with you, your project and your ICYE Sending National Committee throughout your whole time in the UK.
- A constant monitoring of your development in all aspects during your time in the UK.
- Remind you of your responsibilities.
- Clear doubts concerning the ICYE programme (for example, concerning the insurance coverage, support with visas, etc.).
- Try to give you advice on difficult cases



# C Contact Information



## ADDRESS:

ICYE UK,  
Latin American House,  
Kingsgate Place, London,  
NW6 4TA  
United Kingdom

## HOSTING PROGRAMME EMAIL ADDRESS:

hosting@icye.org.uk

## TELEPHONE:

+44 (0)20 7681 0983

## WEBSITE:

www.icye.org.uk

## FACEBOOK:

Like the Facebook page: [ICYE UK](#)



## TWITTER:

@ICYEUK <https://twitter.com/ICYEUK>



# Finances

## How expensive is the UK?

Unfortunately there is no escaping it – the UK is expensive! Prices are normally a lot higher in London than in smaller towns, thus there can be a great difference in price for the same product. To give you an idea of what you may spend, here are some average prices. Prices may also vary greatly from shop to shop, so it is worth looking around!

£1 = USD \$1.54

£1 = € 1.36

Drinks in a pub or bar	Beer (pint) £2.50 – £3.50 Beer (half pint) £2.00 Wine (glass) £3.50 – £5.00 Small Coffee £1.50 Soft Drinks £2.00 Tea £1.00
Petrol (per litre)	£1.45
Shampoo (200ml)	£2.30
Toothpaste (100ml)	£1.00
Kit Kat Chocolate	£0.50
Can of Pepsi/Coca-Cola	£0.85
Meal in a Restaurant	From £8.00
Meal in a Café	£4.00
McDonald's Meal	£5.50
Fish and Chips	£5.00
Theatre Ticket	£10.00 – £60.00
Cinema Ticket (Adult)	£10.00 (in London) / £8.00 (outside London)
Milk (2 pints)	£0.90
Apple Juice (1 litre)	£0.80
Bread (400g loaf)	£1.20
6 Eggs	£1.50
Sugar (750g)	£0.80
Butter Spread (250g)	£1.20
Raspberry Jam (454g)	£0.80 – £2.00
Newspapers	£0.20 – £1.00

# Checklists

## Checklist of important documents and items

Checklist of Important Documents your ICYE Sending National Committee has to remit to ICYE UK		
<input type="checkbox"/>	<b>ICYE Candidate's Application</b>	This is a 4-page form established by the ICYE Federation, which is very important that it is correctly filled out, therefore we ask you to follow instructions as dictated by the document <a href="#">ICYE UK Guidelines for ICYE Candidate's Application Form</a> which you can get from your ICYE Sending National Committee.
<input type="checkbox"/>	<b>ICYE Certificate of Health – Part I &amp; II</b>	A health check form established by the ICYE Federation composed of two parts: the first filled out by you (and signed by your physician) and the second filled out by your physician (and signed and stamped by your physician).
<input type="checkbox"/>	<b>ICYE UK Project Preferences</b>	A sheet established by ICYE UK where you will write down 3 choices of projects you would like to volunteer in and why you would like to be placed in those projects. This sheet can be found at the end of the 'ICYE UK Work Profile'.
<input type="checkbox"/>	<b>2 Letters of Reference</b>	<p>A letter of reference (or recommendation letter) is a document that a referee (person writing the letter of reference) writes about an ICYE candidate to underline certain characteristics of the ICYE candidate. These documents should be written in English (or have a respective translation to English) and have at least the following information:</p> <ul style="list-style-type: none"> <li>• Complete name of the ICYE candidate.</li> <li>• How long and in what capacity has the referee known the ICYE candidate.</li> <li>• Positive qualities of the ICYE candidate (character, reliability, maturity, etc.), and if he/she is suitable to do a voluntary service.</li> <li>• Contact details of the referee (it can be an email address, telephone number, etc.).</li> </ul> <p>Some letters of reference are done on headed paper (for instance if the referee represents a particular institution/organisation), or they can also just be a simple letter as long as it has the above information. The referees can't be a family member or friend of the ICYE candidate. The referee could be a teacher, employer, youth leader, religious leader or even a professional</p>

		person who knows the ICYE candidate (i.e. a neighbour – however, if one of the referees is this person, the other referee needs to be a teacher or employer).
<input type="checkbox"/>	<b>Police Check</b>	A police check (or criminal history/records) is a document which a government provides to disclose any criminal background. All ICYE UK volunteers must be trustworthy, honest and law-abiding in character. Therefore it is essential that you get a Police Check from the police force in your country confirming that you have no criminal record and that you have no previous criminal convictions. All ICYE UK projects insist on having this Police Check in order to ensure a safe environment for those with whom they work, many of which may be vulnerable or at risk.
<input type="checkbox"/>	<b>Passport</b>	A scanned copy of the page containing your information.
<input type="checkbox"/>	<b>ICYE UK Code of Conduct for Volunteers</b>	You need to sign and write down the date in this document.
<input type="checkbox"/>	<b>ICYE UK Contract for Volunteers</b>	You need to write down your name, home country, sign and date this document.
<input type="checkbox"/>	<b>Letter of Motivation</b>	This should be a concise letter expressing your motivation to participate in the ICYE programme. Write something about yourself (what you study, what do you do in your life, what are your hobbies, sports you do, maybe even what languages you speak, etc.); why do you want to come to the UK and be an ICYE UK international volunteer; why do you want to volunteer in certain projects, how the knowledge and skills you gain there will help you and what can you provide there. Be creative and express your motivation to be an ICYEr!
<input type="checkbox"/>	<b>ICYE Report on Candidate</b>	This is a document that your ICYE Sending National Committee has to complete which will explain more about you and provide useful information to place you in the most suitable project.
<input type="checkbox"/>	<b>Flight Itinerary</b>	Once you have arranged your flight to arrive in the UK on our respective Window Dates, landing in London at Heathrow Airport (LHR), you should make sure that ICYE UK has a copy of your e-ticket or respective flight details.

## IMPORTANT!

If you have any questions about how to properly fill in or complete any of these documents, please do not hesitate to ask for help from your ICYE Sending National Committee or ICYE UK.

### Checklist of Important Documents You Must Bring to the UK

<input type="checkbox"/>	Passport, with UK Entry Clearance/Visa, if applicable.
<input type="checkbox"/>	Police Check (original copy with respective translation if applicable).
<input type="checkbox"/>	Driving license (bring it if you have one; it's not necessary to have an international driving license as you will not be driving, it is only for identity purposes).
<input type="checkbox"/>	Identification card of your home country.
<input type="checkbox"/>	Letters of reference / recommendation letters (the original 2 letters).
<input type="checkbox"/>	ICYE Certificate of Health – Part I & II (original documents, and if applicable any additional medical document of significant medical conditions and/or allergies).
<input type="checkbox"/>	3-4 photographs (passport-sized recent front-faced full coloured).
<input type="checkbox"/>	If applicable, all supporting documents you will present to obtain your UK Entry Clearance/Visa.

### Checklist of Important Items You Must Bring to the UK

<input type="checkbox"/>	Sleeping bag (to use during the camps).
<input type="checkbox"/>	Towel.
<input type="checkbox"/>	Flip-flops/sandals for showers.
<input type="checkbox"/>	Warm clothes and good shoes (the weather in the UK can be unpredictable and even in the summer it can be wet, windy and cold!).
<input type="checkbox"/>	Souvenirs / pictures / things from your home country to be able to portray your culture during the 'ICYE UK On-Arrival/Orientation Camp'.
<input type="checkbox"/>	Traditional recipe from your home country to be able to cook something during the 'ICYE UK On-Arrival/Orientation Camp'.
<input type="checkbox"/>	All items for your personal use (for example: clothing, toiletries, personal medications and miscellaneous).



Inter-Cultural  
Youth Exchange

**IMPORTANT:** Pack light!

Please do not bring too much! It is very important to keep in mind that when you travel to your project after the end of the **ICYE UK On-Arrival Camp** you will need to be able to carry your own luggage to your project. Therefore only bring things you will be using and luggage which you can easily carry by yourself.



Inter-Cultural  
Youth Exchange

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