

LAL Fort Lauderdale LIGHT Guide

www.lalschools.com/floridaguide

Useful tips for
your time at LAL
Fort Lauderdale!



Inside this Guide

Information about the school, exploring Fort Lauderdale, practicalities in the USA, getting around... and more!



Welcome to LAL Fort Lauderdale

Our mission is to provide the ideal environment where our students actively learn, live the language and experience the special characteristics and way of life of each country.



Welcome to LAL Fort Lauderdale! The information provided is designed to help you become familiarized with your new surroundings and is a summary of the information given to you at Orientation.

Our English language programs will give you the practical means to improve your communication skills and you will learn to understand and speak better English, whether you are a complete beginner or advanced speaker.

Our goal at LAL Fort Lauderdale is to make your stay with us as constructive and as enjoyable as possible and we are always available to answer any questions you may have and help in any way we can.

We look forward to meeting you.

Martin Slater, General Manager



LAL Fort Lauderdale
5727 N. Federal Highway
Fort Lauderdale, FL 33308
Tel: +1 954 771 0222
florida@lalschools.com
www.lalschools.com

**In emergency, telephone
+ 1 954 401 7076**

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Facilities at LAL Fort Lauderdale

Multimedia Center

The Multimedia Center is open from 08.30 to 16.00 from Monday through Friday, except class times, unless otherwise indicated. In addition to regular classes, you are encouraged to use our lab to listen and practice your English skills online. You may also practice pronunciation offline using language lab cassette recorders and pronunciation materials. Please contact Cyd Anthony, Alfredo Henquen or Helen Burr to schedule an appointment.

You are welcome to send and receive e-mails, browse websites, use social networks, etc.



Important rules

- Please do not connect any laptops, notebooks, iPods, etc to the lab computers and do not download any software including music, videos, etc.
- No illegal activity may be conducted using the school's computers, networks, or online telecommunications systems. Students must not access or distribute offensive, obscene, inflammatory, or pornographic material.
- Students shall not intentionally spread computer viruses, vandalize data, infiltrate systems, or degrade/disrupt computer and/or network performance.
- All users of computers, networks, and online telecommunications systems shall adhere to laws regarding copyright.
- Anyone found breaking these rules will lose the privilege of using the school's computers.

Wireless Internet

We offer wireless internet connection throughout the school and some hotel areas.

The wireless key to our SSID (FLLo1-School) will be given to you on your first day, and is also available from Reception.

Bus Pass

We highly recommend the use of bus passes as it is less expensive and easier than purchasing tickets on the buses. The current price for a weekly bus pass with unlimited rides within the Fort Lauderdale area is \$15 and a 31-day unlimited ride pass is \$57. These may be purchased at Reception.

Activities and Excursions

LAL Fort Lauderdale offers a variety of activities and excursions which are posted weekly in the lobby. Should you wish to sign up or have questions about any of our activities, please speak to Steve Bridges or Angela Pady at Reception. Let us know if you would like us to arrange a non-scheduled trip or activity.

Our Staff

Martin Slater - General Manager
Margaret Kiernan - Office Manager
Ferdinand Estuniga - Academic Manager
Cyd Anthony - Assistant Academic Manager
Yvonne Hanis - Welfare Manager

Kenneth Burr - Accommodation and Reservations
Co-ordinator

Angela Pady - Receptionist

Laura Holton - Head of Young Learner Programs & Teacher
Training

Steven Bridges - Activities Co-ordinator

Tatiana Cavarsam - Center Sales Manager

Your lessons



One of the main reasons you selected LAL Fort Lauderdale is to learn and improve your English. It is both our pleasure and responsibility to teach you English.

Each student will be placed according to the level achieved on the placement test. Should you have questions about your class, level, books or teacher, please make an appointment to see Ferdinand Estuniga or Cyd Anthony, whose offices are in room 2.03 on the second floor.

Curriculum

Our classes are designed to help you learn and improve your ability to communicate successfully in the real world. LAL Fort Lauderdale provides students with a communicative, immersion-approached language learning experience focusing on the four skills of language: listening, reading, speaking and writing. The more listening you do, the better speaker you become and the more reading you do, the better writer you become. The skills are practiced on a daily basis during class time, but should also be practiced as much as possible during the rest of the day and on weekends. It is extremely important for

all students to immerse themselves in English. Take advantage of this golden opportunity as research has proved that students, who speak English as much as possible during their stay, improve their knowledge and communication skills by up to 30 percent. While it is very easy to speak your native language with other students, we ask that you make a commitment to yourself to practice English as much as possible.

Classes

All students have a first and second lesson and some have an additional third lesson as follows:

First lesson

A new point of grammar or topic of discussion is introduced and practiced. This includes Test Preparation courses that specifically prepare our students for taking TOEFL, TOEIC and Cambridge Exams.

Second lesson

This new point or topic is reinforced through active practice with a focus on communication. This includes Test Preparation courses that specifically prepare our students for taking TOEFL, TOEIC and Cambridge Exams.

Third lesson

This includes Private Tuition classes addressing your personal needs, conversation classes providing a fun, speaking-centered atmosphere, as well as Test Preparation courses that specifically prepare our students for taking TOEFL, TOEIC and Cambridge Exams.

Timetable

	Monday	Tuesday - Friday
1st Lesson	10.00 - 11.30	09.00 - 10.30
Break	11.30 - 11.45	10.30 - 10.45
2nd Lesson	11.45 - 13.25	10.45 - 12.25
Break	13.25 - 14.00	12.25 - 13.00
3rd Lesson	14.00 - 15.30	13.00 - 14.30

Books

Books at LAL Fort Lauderdale are not included. You can buy them from Reception on your first day at school.

Conduct and Attendance

You are expected to show respect for your teachers, LAL Fort Lauderdale staff and other students. You should arrive on time and attend all your classes in order to maintain your status in school. Students who arrive more than 10 minutes late to class may be refused entry and asked to wait for the second class. This is equal to one absence. If you are aware you are going to be late to a class, please advise your teacher in advance.

Tests and Examinations

Placement Tests

Upon arrival at LAL Fort Lauderdale, you will be given a placement test to evaluate your reading, writing, speaking and listening skills so that you can be placed in the appropriate level (0 to 6). If you feel you have been placed in

Dress Code

All students are expected to dress in a way that respects the rights of others and we ask that you dress appropriately when at school:

- Footwear is required at all times.
- Revealing clothing or clothing that exposes the torso is not allowed.
- Garments including, but not limited to, pajamas and boxer shorts, which were traditionally designed as undergarments, sleepwear, or beachwear, may not be worn as outer garments.



F-1 Student Visas

If you are a student with an F-1 Student Visa, please hand in the following documents to the front desk on your first Monday at school:

- I-20 Student Visa
- Passport
- Airline Ticket
- I-94
- Proof of health insurance for healthcare in the USA.

We will make photocopies of your documents and return the originals to you.

Any changes to your stay may require changes to your I-20. If you travel outside and return to the US during your stay with us, you must request that your I-20 form be signed in advance by Yvonne Hanis, Welfare Manager (PDSO) or Margaret Kiernan, Office Manager (DSO).

Depending upon your nationality, an additional visa for another country or island (for example Mexico or the Bahamas) may be required. Please contact the appropriate consulate for further information.

Holding a US Visa in your passport is a serious responsibility. Please fully inform yourself of this responsibility and the requirements of staying in this country.

Although we prefer that you look after your own passport while you are here at LAL Fort Lauderdale, we can keep some passports in our safe for short periods of time. However, it is your responsibility to pick up your passport from us before returning home or going away to the Bahamas for the weekend, for example.

the incorrect level, please discuss this with the Academic Manager, Ferdinand Estuniga, or in his absence with the Assistant Academic Manager, Cyd Anthony.

Progress Tests

Progress tests are taken every Thursday to help both students and teachers measure the students' progress. Test scores of less than 70% may result in a change to a lower level class.

Exit Tests

After completing all 8 weeks at one level, you will be given an exit test allowing us to determine if you are ready to move onto the next level.

Final Certificate

After successfully completing your studies, LAL Fort Lauderdale will present you with a Certificate of Attendance. The certificate states your

name, dates of attendance, course taken and the number of lessons taken weekly and is signed by the Academic Manager, Ferdinand Estuniga.





Living in the USA

Money

The USA's currency is the Dollar (\$). One Dollar is divided into one hundred cents (¢). The following bills and coins are in use:

Bills

\$1, \$5, \$10, \$20, \$50, \$100

US banknotes have recently been re-designed. There are now two types of notes from \$2 to \$100, but both may still be used.

Coins

Penny = 1¢ = \$0.01

Nickel = 5¢ = \$0.05

Dime = 10¢ = \$0.10

Quarter = 25¢ = \$0.25

Half-dollar/50-cent = 50¢ = \$0.50

Euros cannot be used in the USA. You can exchange money or travelers' checks at Sawgrass Mills Shopping Mall, Ft. Lauderdale International Airport, or 17th Street Causeway. Banks will not exchange currency if you do not have a bank account with them. You will need your passport to change cash.

International credit cards such as Visa and Mastercard are accepted at most shops and businesses, as well as LAL Fort Lauderdale. The card may be refused if you have not signed the back of the card or if the card is not in your name.

You may be able to get money from ATMs (cash machines), but remember you will be charged for this service.

Banks in Fort Lauderdale are usually open 09.00-16.00 Monday to Friday.

Communications

Mail

Currently the cost of an international stamp is \$0.98 for postcards or letters up to 1oz (28g) and for the US is \$0.44. Stamps and postcards may be purchased at Reception. Letters and postcards can be mailed by putting them in any blue USPS mail box.

The nearest post office to LAL Fort Lauderdale is in the CPU Pompano Gift Shop, 72 E McNab Road, Pompano Beach. This is open Mon-Fri 08.30-17.30 and Sat 09.30-13.00.

Telephones

Do not use your host family's telephone without permission. You must pay for calls with a prepaid calling card. Local calls are free. Please check with your host for details.

DANI SIMMONDS



KEITH SYVINSKI



MATTHEW BOWDEN

You can pay cash for calls from public telephones, but this will usually be very expensive. If you want to call home, buy a telephone calling card from a gas station, convenience store or supermarket.

Calls are often cheaper after 21.00 or before 06.00 and on weekends. Calls to numbers starting 1800 - are free; numbers starting 19- are very expensive.

US telephone numbers are typically 10 digits long and consist of a 3-digit area code, and a 7-digit number. When dialing a number outside the local area code (954), you must first dial a 1.

To place an international call, dial: 011 + country code + city code + number.

Internet access

Most host homes allow LAL students use of their internet. Free wireless internet access is available at LAL Fort Lauderdale, many cafes, pubs, and bars. Do not log onto strangers' networks without permission. It is illegal.

Good Manners

"Manners make the world go round", and certainly help you to get along in Fort Lauderdale. Say 'please' if you want something and 'thank you' when you get it. If you want to interrupt someone, or walk past people, say 'Excuse me!'.

If you bump into someone, you **must** say 'Sorry!', or this may be interpreted as an attack.

Smoking, Drinking, Sex & Drugs

- Smoking is banned in many public places in the USA, and you must obey all 'No Smoking' signs. In particular, you cannot smoke in shops, pubs, clubs, bars or restaurants, nor on railway stations, on trains or buses or in taxis, except in designated smoking areas.
- You must be over 18 to buy tobacco.
- You must be over 21 to buy alcohol.
- If you are 23 or younger, it is illegal to have sex with anyone under the age of 16; if you are 24 or older, it is

illegal to have sex with anyone under the age of 18.

- The use, possession, purchase or sale of cannabis (marijuana) or any other controlled drug is illegal.

Weights & Measures

The USA does not usually use metric measurements. You are likely to see the following US units:

- 1 mile (m) = 1760 yards \approx 1.6km
- 1 yard (yd) = 3 feet \approx 91cm
- 1 foot (ft or ') = 12 inches \approx 30cm
- 1 inch (in or ") \approx 2.5cm
- 1 US pint (pt) = 2 cups \approx 473ml
- 1 cup (cp) \approx 237ml
- 1 pound (lb) = 16 ounces \approx 454g
- 1 ounce (oz) \approx 28g

Water

Tap water is safe to drink. Fluoride is added to the supply.

Electricity

The USA's supply is 110V, 60Hz (cycles) AC. This is different from most other countries, so check that your appliances will work on this supply before plugging them in!

You are likely to need an adapter for US sockets, which have two or three flat pins. You can buy adaptors from stores such as Radio Shack, Bed, Bath & Beyond, and Best Buy. These stores are only one bus ride from school.





Living in Host Homes

Great care has been taken in selecting host homes for our students and we make every effort to match the student and family according to the information provided. Should you have any questions about your host home, please contact Kenneth Burr.

We ask that you be considerate to your host and remember that you are a guest in someone's home. Please behave accordingly and be a good ambassador of your country. Please notify your host if you will not join them for the evening meal or will be late. If you decide not to go straight to your host home after school, please inform your host and let them know what time you'll be returning. Not informing your host of your evening plans may cause them to worry unnecessarily.

Meals

Host homes provide a continental breakfast every day and you'll also be provided with an evening meal only if booked in advance. Please speak to your host upon arrival about specific arrangements for meals. You must purchase your own lunches and snacks as these are not included.

Laundry

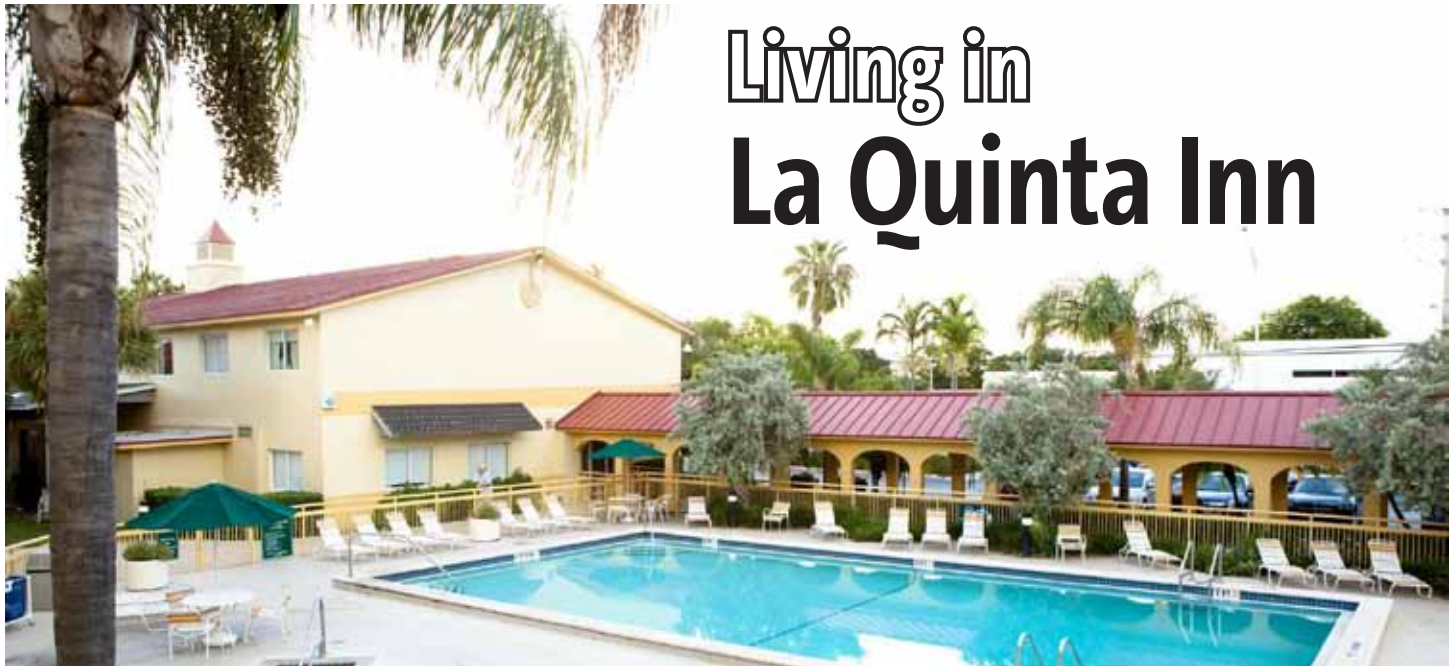
It is your responsibility to do your own personal laundry including bedsheets and towels, etc., unless your host has informed you otherwise. Please ask your host to explain how to use the washing machine and dryer. Laundry is typically done once a week.

Transportation

Getting to and from school is your responsibility and not your host's so you need to decide whether it is best for you to take a public bus, buy a bicycle or even walk to and from school if you live close by. Angela, at Reception, will be happy to explain to you the bus routes and sell you a bus pass if you should decide to use the public bus system. Alternatively, if you decide to ride by bicycle, Angela can advise you where best to buy a new bicycle and you may ask if there are used bicycles for sale at a lower price.

Hurricane Warnings

In the event a hurricane warning is issued, your host will be responsible for ensuring your safety. If an evacuation is mandated you must evacuate with your host to a designated evacuation center or to another safe place.



Living in La Quinta Inn

La Quinta Inn is situated on shared property with LAL Fort Lauderdale and an ideal location for our students. The hotel offers clean, comfortable and friendly accommodation. All rooms are air-conditioned, equipped with free high-speed internet access, color TV and telephone with free local calls.

A large swimming pool, fitness center and vending machines for snacks and drinks are also available. Continental breakfast (coffee, fresh fruit, cereals, bread etc.) is included.

We ask that you be considerate to hotel management and abide by their rules. Remember that you are a guest at the hotel, along with many on-the-road travelers, who have been driving long distances and need a restful night's sleep. Other guests may include families with children and business travelers. Loud music is not permitted in any area of the hotel, especially your room. Please keep all noise to a minimum after 22.00 since other guests will want to sleep. If your any noise can be heard outside your door then it is too loud. Parties are NOT allowed in your room, patio or pool.

Disturbances

Disturbances will not be tolerated. A fine will be imposed and charged to your room if another hotel guest has a legitimate complaint against you. The police will be called if disruptions persist.

Pool Rules & Safety

Follow the pool rules and remember that there are young children at the pool. Be sure to wear a bathing suit, speak and act appropriately, and always follow pool safety rules, posted in the pool area. Please check with reception on pool operating hours. Do not enter the pool area after pool operating hours. Keep to the rules and be a good ambassador for your country.

The following are examples of pool rules. Please read the pool rules posted at the hotel pool.

- You may swim at your own risk. The owners or management are not responsible for accidents or injuries.
- The pool is open from 07.00 to 22.00.
- The pool is for the use of people staying at La Quinta Inn only. Guests from outside the hotel must have permission from the management.
- No animals allowed.
- No food or drinks permitted in pool.
- No alcoholic beverages allowed.
- Running or unnecessary noise is not permitted at any time.
- No throwing objects in the pool area.
- No diving.
- Management reserves the right to deny use of pool to anyone at any time.

Protecting your valuables

Be sure to lock-up your belongings inside your room. The hotel is not responsible for theft or loss of personal belongings. For information on placing valuables in the hotel safe, please go to reception at the hotel and ask to speak with a member of management. Always keep your room locked and never open your door to a stranger. For assistance call the hotel operator by dialing "0", from the telephone in your room.

Hurricane Warnings

In the event a hurricane warning is issued, you must follow instructions given to you by the hotel management. They will advise you and keep you updated throughout.



*Photographs from top:
The beach at Fort lauderdale;
Aerial view;
Riverwalk.*

Discover Fort Lauderdale

Often referred to as the “Venice of America”, Fort Lauderdale is about 30 miles north of Miami and is a strong competitor in terms of attractions and facilities, such as shopping centers, restaurants, beach-life and night-life. It has the cosmopolitan feel of a — “chic” holiday resort, while still maintaining a friendly, safe environment in which to live and vacation! The area has an ideal all-year-round climate with warm winters and very hot summers.

Downtown Fort Lauderdale

Students may take the bus directly in front of the school and explore unique boutiques, walkways and canals around the most famous street in Fort Lauderdale, Las Olas Boulevard. This street offers a wide variety of restaurants, sidewalk cafes, art galleries, and night clubs. Las Olas Boulevard begins in the business district and ends on famous A1A or Ocean Drive with panoramic view of famous Fort Lauderdale Beach overlooking the Atlantic Ocean. Salsa music can be heard from smaller restaurants, especially at night.

Riverwalk

Lush tropical landscape and winding walkways link downtown’s attractions and shops with Broward Center for the Performing Arts. Visit the Old Fort Lauderdale Museum of History and stroll around the homes brought together in this location. Discover local history from the Native Indians and early settlers to the present day.

Hard Rock Hotel & Casino

The casino, owned by the Seminole Tribe of Indians, is located in Hollywood, Florida. It is a great place to spend an evening at the casino, dancing, or dining in one of the restaurants. There are shows with famous artists and professional sporting events.

Museum of Discovery and Science and Blockbuster IMAX theatre

This museum features hands-on exhibits and the 5-storey IMAX 3D theater puts you in the center of the action. Both the museum and the IMAX often contain themes including Dinosaurs and the environment.

Hugh Taylor Birch State Park

This famous park is only a 10-minute bus ride to East Sunrise Boulevard, offering nature trails, picnic and barbecue areas, in-line skating, volleyball, canoeing, kayaking, and fishing. It is in front of famous Fort Lauderdale Beach on one side and Intracoastal waterway on the other.

Swap Shop

This is the largest indoor/outdoor flea market in the US. It is a great place for students to practice their English while bargaining for goods. It offers live entertainment and food halls and is 20 minutes by bus from school.

Sawgrass Mills Mall

Situated on West Sunrise Boulevard and Flamingo, 1 hour by bus from the school, this popular mall is the largest in the country. With over 350 stores, there is something for everyone here.

Galleria Shopping Mall

Situated on East Sunrise Boulevard and 20 minutes by bus from the school, this indoor shopping mall houses some of America’s most famous stores as well as specialist shops and places to eat.



Excursions in Florida

» We run a selection of excursions every week so you can discover the best of Florida, and here are some examples of the exciting trips we offer. Check out our notice boards for details of this week's tours.



The Everglades National Park

Half Day

One of South Florida's top attractions, Everglades National Park is the largest subtropical wilderness in America and has been designated a World Heritage Site. The Everglades is home to an amazing array of wildlife, including a variety of endangered species.

On this trip you will visit a reptile exhibit where you will have the opportunity to hold a baby alligator! This is followed by an alligator show packed with all you ever wanted to know about alligators. The trip concludes with an educational airboat tour across the vast sawgrass in hopes of seeing some of the exotic wildlife which makes the Everglades their home.

The Jungle Queen Riverboat

Half Day

Enjoy a fun-filled morning, afternoon or evening at sea aboard this magical riverboat and cruise up the New river to an exotic private island. The cruise begins and ends at famous Bahia Mar Hotel overlooking the Intracoastal Waterway. Enjoy the captain's commentary describing the plush waterfront homes, downtown Fort Lauderdale, the Everglades and the Jungle Queen Indian Village.

Once at the Jungle Queen Indian Village you will have the opportunity to enjoy the setting of a beautiful tropical island with rare trees and foliage. You may see macaws and other rare birds, alligator wrestling and Seminole Indians.

The Jungle Queen Riverboat offers two different tours; a 3 hour sightseeing cruise that departs every day at 09.30 and 13.30, and a 4-hour dinner cruise that departs every day at 18.00.



Top: Everglades. Bottom: Jungle Queen river boat.

Water Taxi

Broward County Water Taxi offers a relaxed, enjoyable way to discover the area. They have a fleet of boats offering two very different cruises:

The Intracoastal Waterway

Full Day

Enjoy a leisurely cruise along Fort Lauderdale's world-famous waterways which give the city the unofficial title of "The Venice of America." Enjoy a narrated tour of the city; stop to shop or dine outside at famous Las Olas Boulevard restaurants to "people watch"; stop by Kilwin's Ice Cream parlor for an amazing dessert. The best view is the ships at Port Everglades, home of the largest cruise ships in the world.

The Intracoastal Water Taxi runs from 10.00 until 23.59 and has 11 different stops. An All Day Pass allows the ticket holder to board or disembark as many times as they choose on that day and to claim discounts at selected restaurants.

South Beach

Full Day

Experience the best of South Florida on this day trip. Board Water Taxi's sparkling new catamaran in Fort Lauderdale and enjoy a serene, narrated cruise down the Intracoastal Waterway, passing multi-million dollar mansions, mega-yachts, cruise ships and natural mangrove forests. See sparkling blue waters where bottle nosed dolphins swim.

The cruise offers the opportunity to choose which port you would like to visit. Bayside Market Place is one of Miami's most popular tourist destinations, situated on the shores of Biscayne Bay next to the America Airlines Arena (home of the Miami Heat basketball team). World-famous South Beach is a "happening place" for visitors wishing to enjoy beaches and the art deco charm of Ocean Drive's boardwalk. Experience Lincoln Road's beautiful upmarket boutiques, jewelry stores, art galleries, outdoor restaurants, street performers, and listen to Latin music in many of the bars and nightclubs.



Top: Fort Lauderdale's waterways. Bottom: Busch Gardens

The Florida Keys

Weekend

Take a trip to Key West, the southern-most point in the continental US, enjoy the unique atmosphere of The Keys. This trip departs from LAL Fort Lauderdale on a Friday afternoon and returns late on Sunday evening. This trip includes transportation and two nights in a Key West hotel.

Popular attractions include:

- Duval Street: The most famous road in Key West offers live music, local theaters, art studios, boutiques, relaxed seafood restaurants and bars!
- Hemingway House, home to one of America's most famous authors, Ernest Hemingway. This historical Spanish-Colonial house contains Ernest Hemingway's old studio, preserved exactly as he left it in 1940.

Additional attractions include; Key West Aquarium, Smather's Beach, Key West Butterfly and Nature Conservatory and Mel Fisher Maritime Museum.

Orlando and Tampa Bay

Full Day or Weekend

Check our schedule for weekend excursions to Orlando, home of Disney World and Universal. We depart from LAL Fort Lauderdale on Friday afternoons and returning late Sunday evenings. This trip includes two nights' accommodation at the Champions Resort Hotel and entrance to two Orlando theme parks detailed below.

Disney World

Visit one of America's most popular theme parks. Step into a world of fantasy, filled with seven lands of fun. Enjoy themed rides with your favorite Disney characters, parades and live shows. Transport and park admission are included.

Busch Gardens

Visit the African-themed park, Busch Gardens. This weekend excursion offers a unique combination of unrivalled thrill rides, amazing animals and stunning shows. Transportation and admission are included.

Universal Studios Florida

Universal Studios, the home of blockbuster movies, invites you to break into showbiz and be the star for a day at this real working film and TV studio. There's something for everyone with full-scale movie sets you can walk through and experience. Transportation and admission are included.

Universal's Islands of Adventure

Visit one of the most exciting theme parks in America. Universal's Islands of Adventure theme park is the spot for serious thrill seekers of all ages. Discover fantastic new worlds on five amazing islands. Transportation and park admission are included.

NASA Kennedy Space Center

Kennedy Space Center offers students the opportunity of a lifetime to visit, tour and explore the grounds from where NASA sends people into space. On the journey, students will encounter towering launch pads, huge rockets, interactive exhibits and the inspiring NASA space program. Transportation and admission are included.

Getting around

There are several options for travelling around Fort Lauderdale:

- On foot (walking)
- By bicycle (biking/cycling)
- By scooter
- By public transportation (bus and train)
- By car (renting a car)



CRISTINA MIGUEL

Getting around on foot

Fort Lauderdale is in the sub-tropics and it can become hot and humid, particularly from June to September. We strongly recommend you wear a hat or cap and sunglasses, use sun-block and wear appropriate footwear. It is important to keep yourself hydrated by drinking plenty of water. Make sure you are aware of the local laws as they apply to pedestrians:

- You must walk on the sidewalk if one is provided.
- If there is no sidewalk, you must walk on the left of the road, facing traffic.
- To cross the road you should use a pedestrian crossing, such as a tunnel, bridge or crosswalk, where one is available.
- You must obey pedestrian signals: do not cross the road if a red hand or 'DON'T WALK' sign is on.
- If there is no crosswalk or other pedestrian crossing, traffic has priority and will not stop for you: wait for a suitable space between vehicles to allow you to cross safely.

Getting around by bicycle

Some students prefer to buy a bicycle for local transportation. If you decide to buy a bicycle, make sure to invest in a good bicycle lock and be aware of local traffic laws: ask at Reception. LAL Fort Lauderdale often buys bicycles from departing students and, therefore, it is worthwhile inquiring at Reception for any used bicycles for sale. Please note that you are solely responsible for the purchase, safekeeping, maintenance and sale of your bicycle. There are designated areas at school for parking bicycles at the back of the school. Do not use hotel parking spaces or common areas. LAL Fort Lauderdale is not responsible for lost, stolen, or damaged bicycles: this is your responsibility.

Bicycle Safety

- Do not assume that vehicles will give you the right of way
- Ride on the right with the flow of traffic
- Always keep your hands on the handlebars
- Never hold or attach yourself to another bicycle or vehicle while riding
- Do not carry passengers
- Watch for hazards on the road
- Obey all traffic signals and signs
- Use arm signals to turn
- Walk your bicycle across busy intersections
- A light is required if you use your bicycle after dusk
- If you are less than 16 years of age, you are required by law to wear a helmet
- We strongly recommend wearing a helmet
- Please purchase a U lock to secure your bicycle. We do not recommend chains or other types of locks.

Getting around by scooter

You can rent a scooter by the half-day, day and week at Atlantic Scooter & Action Sports (112 North Ocean Boulevard, Pompano Beach, FL 33062-5740). If you drive a scooter to school, park it at the back of the school in the designated bicycle parking area - do not use the hotels parking spaces. LAL Fort Lauderdale is not responsible for any lost, stolen or damaged scooters.

Getting around by public transportation

All buses and trains run on a schedule, the details of which are available at Reception. Travelling by bus is inexpensive and easy for travel within the City of Fort Lauderdale. For destinations outside the city, we recommend taking a train.

Getting around by rental car

To rent a car, you must have a valid driver's license and credit card and be at least 21 years of age. We will be happy to help you arrange a rental car – please check with Angela Pady at Reception for prices and availability.

Keeping Safe



A quick word of reassurance

The vast majority of students who visit Fort Lauderdale will not experience any form of crime. However, just as in your own country, crimes do take place in the USA. Much of the advice that follows is common sense, but taking a few simple precautions will make you feel safer and help stop you becoming one of the unlucky few who may become a victim of crime.

On your first day you will be given a talk which will include advice on how to keep safe. Don't worry if you miss a bit or can't understand it all the first time: the information is included in this guide.

The Police

Fort Lauderdale's police are committed to keeping public safety.

You may call the police by telephoning (954) 828-5700 for non-urgent enquiries. In a serious emergency, dial 911 free of charge from any telephone.

If you wish to report a crime, please tell Yvonne Hanis, Welfare Manager, who will call the police on your behalf. Should you wish to contact the police directly, please advise Yvonne Hanis that you have done so. Yvonne will be happy to follow up with you.

Staying safe on the streets

The biggest risk on the streets is probably traffic, not criminals. Remember to look both ways before you cross or step onto the road.

It's safer to walk with friends, not alone. If you must walk alone, avoid dark or empty places. Don't listen to music while you are walking. It is a good idea to find safe routes to places you want to visit during the day, rather than struggling with a map in the dark.

Should you be afraid or threatened, leave the place immediately. Never reply to threats or insults. If someone is following you, cross the road, go to

a public place, such as a restaurant or shop, and ask or telephone for help.

Looking after your things

Make sure that any valuables are marked with your name and address: it is unlikely that they will be stolen: but you might lose them!

It is a good idea to write down the serial numbers of electrical or electronic devices to identify them if they are lost.

If you have a portable computer, it is best not to carry it in a bag which is obviously designed for computers, and be careful when you use it in public. Keep discs and flash drives separate from the computer.

Think about your valuables and don't leave them where they can be seen. Don't talk for ages on a mobile telephone, for example. Make sure you can see your coat, bag and belongings. Keep keys in a pocket, not in a bag.

Carry sufficient change to make a telephone call (35¢), but do not, under any circumstances, carry large amounts of cash. You should keep large amounts of money safely locked away.

Take care if you use an ATM to get cash: make sure that your card and money cannot be stolen; and make sure that your PIN (code number) is not copied. Never write down your PIN.

Safety in Clubs and Bars

There is a risk of drinks being 'spiked' with sleeping tablets or drugs in bars and clubs. Do not accept drinks from strangers, and do not let your drinks out of your sight. If you feel unusually unwell or 'strange' after a drink, immediately seek help from a friend or a senior member of staff.

Buses

Try not to wait on your own at bus stops. If you travel at night, try to get friends to meet you at the bus stop and walk with you. Make sure you know the time of the last bus home: it is better to travel by taxi at night.

It is safer to sit or stand near to the driver. Make sure that you keep your personal belongings in sight. Don't leave them in luggage racks where you cannot see them.

Beach safety

Make sure that you do not leave valuables on the beach when you go swimming, nor fall asleep on the beach if you have valuables with you.

The sun is strong in Florida: make sure you use plenty of sunscreen and stay in the shade as much as possible.

Rip Tides

Rip tides or currents are strong sea currents which push you away from the shore. If you are caught in a rip current:

- Remain calm to conserve energy and think clearly.
- Never fight against the current.
- Think of it like a treadmill that cannot be turned off.
- Swim away from the current in a direction following the shoreline. When out of the current, swim at an angle, away from the current, towards the land.
- If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards the land.
- If you are still unable to reach land, draw attention to yourself by waving your arm and yelling for help.



Illness, complaints and problems: we're here to help!

The Welfare Manager

We're here to help: should you have any problems, whether it has something to do with your health, accommodation or even something at home, please see Welfare Manager, Yvonne Hanis. Yvonne has years of experience in assisting students.

What to do if you are unwell

We are all ill from time to time, but it can be more worrying when we are away from home. Don't panic! Our staff is trained to help you.

It is important to report illness or accidents to the Welfare Manager for immediate action. Two members of staff are trained in First Aid.

Should you need to see a doctor or dentist, Yvonne can make an appointment. Be prepared to pay the doctor upon arrival. Keep receipts to claim from your health insurance later.

Do remember that you can buy many medicines 'over the counter' from the pharmacist at a drug store, so it is not always necessary to see a doctor for a prescription.

Health insurance

There are charges for medical treatment and drugs in the USA. You must show proof of health insurance to the Receptionist. If you have not already arranged this, please see www.internationalstudentinsurance.com/schools/LAL.php for details of our recommended insurance policy.

Comments and Complaints

We hope that you are satisfied with your stay at LAL Fort Lauderdale. However, if you would like to make a complaint or give us feedback, please see any member of staff. It is important that you tell us if something is wrong: we cannot help you if we are not aware a problem exists.

We will always try to solve any problem as soon as we can. If you would prefer to put your complaint in writing, please fill in this form so that we may attend to your situation as quickly as possible.

Student's name: _____

Nature of complaint:

(Give a brief description of the complaint, including names, dates, places, times, etc., so that we understand it completely. If more space is needed, please use another sheet of paper.)

Student's signature: _____

Date: _____

Proposed resolution: _____

Please give this form to Angela at the front desk

On the beach

You will undoubtedly go to the beach sometime during your stay. The Fort Lauderdale beach is the closest beach to the school and has 15 lifeguard towers and first-aid stations. Colored flags are used at these locations to alert visitors to the current water conditions:



Beach Warning Flags



Water closed to public



High Hazard

High surf and/or strong currents



Medium Hazard

Moderate surf and/or currents



Low Hazard

Calm conditions, exercise caution



Dangerous marine life

Absence of flags does not assure safe waters.

