



How to: 8

How to...

# live away from home

if you are 13-19



## Moving

You may be moving away from home for many reasons. When you are moving from a familiar environment to a new, unknown one, you will experience big changes. The feelings you have can be mixed – both positive and negative – and may feel huge and unmanageable. Remember that you are definitely not the only person who has experienced these feelings. They are just part of the normal process of change.

You may find that when you move away meeting new people will seem a bit scary. However, think about the last time you made new friends – you probably can't remember how it happened, it just did!

### Tips:

- Be yourself.
- Don't be afraid to speak to other people and ask them about themselves.
- Join a club to meet people who have similar interests to you.

## Choosing accommodation

There are many types of accommodation available; you just need to think about what you can afford.

### Bedsits

You will usually have to share a bathroom and possibly a kitchen and everything will be in one room. It's the cheapest type of accommodation.

### House sharing

When you share with others there is more reliance on them to help with chores, responsibility, and of course the rent. Good value for money, but maybe not much privacy.

### Renting alone

Although this gives more privacy, it is usually the most expensive option and you will have to do all the chores yourself.

*For problems with accommodation, check out [www.adviceguide.org.uk](http://www.adviceguide.org.uk) or telephone Shelterline on 0808 800 4444.*

### Your responsibilities:

- Check any written agreements with your landlord very carefully before you sign.
- Report any problems with your accommodation to your landlord as soon as you can.
- Treat property and neighbours with respect.
- Know your rights as a tenant.

## Money matters

As boring as it sounds, you should work out a budget. Careful budgeting will help you put money aside for clothes, downloads, and going out. Try to list all your outgoings and balance them against what you earn:

### Weekly outgoings

Rent	£ _____
Food	£ _____
Living expenses (e.g. other household bills)	£ _____
Mobile phone tariff	£ _____
Travel money	£ _____
Clothes, toiletries, etc.	£ _____
Other	£ _____

**Total weekly outgoings** £ \_\_\_\_\_

**Weekly income** £ \_\_\_\_\_

**Money left to spend** £ \_\_\_\_\_

### Paying rent

You will need to think about what you can afford, and expect to pay for rent and possibly a deposit in advance. You will pay weekly or monthly but you must always pay your rent on time. Don't forget to check what's included (e.g. gas, water, electricity, phone, etc.). You may need to buy a TV licence, for info phone 0844 800 6790.



## Food shopping

Try to avoid buying pre-packed meals as they contain a lot of artificial ingredients and can sometimes be expensive. Instead, find out what healthy foods are available and how much they will cost. Try making up lots of meals yourself and freezing them if you can. Buying in bulk often works out cheaper.

Always go shopping with a list and stick to it (unless you see any special offers of course!); never go shopping on an empty stomach as you will buy more than you need; look for reduced items and buy one get one free deals; keep lots of store cupboard stuff like pasta, rice, and cereals; buy own brand or value brand products as they are often as good for most things and are cheaper.



## Healthy living

### Eating

Ready meals and fast food restaurants are very tempting but it's important to have a healthy diet. The healthy option is also often the cheapest. Try to eat more bread, potatoes, rice, pasta, cereal, meat, fish, pulses, dairy, vegetables and fruit (five a day of these). Eat less fat, sugar, and salt. You should also aim to drink six to eight glasses of water a day.

### Exercise

Exercise is really important: it reduces stress, strengthens muscles and joints, helps control weight, and generally keeps you healthy. There are lots of gyms and sports clubs you can join, or you can just go running, cycling, or swimming – a great way to meet new people too!

## Cooking

- Grill food instead of frying it – much healthier and tastier.
- Poaching is not just for eggs and is very healthy.
- If you boil vegetables, don't let them boil for too long as they will lose their flavour and goodness – try a steamer instead.
- If you can afford a microwave, they are good for making sure reheated food is cooked properly – your own fast food!
- Roasting and baking meat will help remove the fatty juices and make it healthier – you can roast vegetables too.
- Trim fat off meat before cooking.
- Use oven chips rather than fried.
- Use low fat types of milk, butter, cheese, etc.
- Keep frozen and canned fruit and veg as a back up when you run out of fresh.
- Try chopped fruit with your cereal for breakfast – the most important meal of the day!

## Additional sources of information

[www.connexions-cd.org.uk](http://www.connexions-cd.org.uk)  
[www.connexions-direct.com](http://www.connexions-direct.com)  
[www.adviceguide.org.uk](http://www.adviceguide.org.uk)  
**Shelterline (24 hour helpline) 0808 800 4444**

## To get in touch...

with your PA or to find your nearest Connexions centre go online to [www.connexions-cd.org.uk](http://www.connexions-cd.org.uk) or give us a call on **0800 9755111**. Calls from a landline are free and you'll be connected to your nearest centre. Calls from a mobile may be subject to a network charge – you'll be connected to our head office, but we can redirect you to your nearest centre.

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HT8-06.10 Printed on 100% recycled paper

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