



Bearing

SAFETY & SECURITY

Know your bearing.

UK Ready

A two-phase safety and security orientation programme for international students arriving in the UK — delivered before they land, and again in their first two weeks of arrival.

10 online modules | 6+ hours in person | 16 students maximum | **Certificate** and parent report

WHY

More than 400,000 international students arrive in the UK for the first time each year*. For the parents funding it from overseas, it is also the first time their child has lived away from home. Safety weighs heavily: 75% of prospective international students rank safety and a welcoming place among their top five factors when choosing where to study, and QS advises universities to reassure parents on exactly that. (QS International Student Survey 2024; QS 2025)

Most institutions already run a strong welcome and induction programme. What that period rarely has room for is practical capability — the difference between knowing risks exist and having rehearsed what to do. UK Ready is built to sit alongside existing induction and to support the institution's duty of care under OfS condition E6, not replace it. It gives students something they have actually practised.

WHAT

Phase 1 • Online Foundation

10 modules • 2 hours video • self-paced • completed before arrival

1. UK life and what to expect
2. Getting around London safely
3. Scams, fraud, and digital safety
4. Emergencies — who to call and when
5. Pickpockets — protecting yourself and your belongings
6. Personal wellbeing and mental health
7. Drink spiking and night safety
8. Recognising and reporting harassment
9. Knowing what to do in an emergency
10. Your personal safety plan, submitted for review

Phase 2 • Practical Day

7 sessions • 6+ hours • max 16 students • within first two weeks of arrival

1. Debrief and safety plan review
 2. Situational awareness, with outdoor exercise
 3. Conflict avoidance, de-escalation, and boundaries
 4. Personal protection
 5. Mental health first aid — spotting and supporting a peer
 6. Emergency first aid — CPR, AED, choking, anaphylaxis
 7. Scenario practice and close
- Hands-on practice in small groups throughout
- Phone configured and tested for an emergency
- Certificate⁺⁺ and parent completion report

WHAT STUDENTS LEAVE WITH

Practised skills

First aid, de-escalation, and personal protection rehearsed hands-on — not read once and forgotten.

A working safety plan

Built through the programme, checked by an instructor, specific to where they live.

Evidence for the record

A named certificate⁺⁺ and a parent completion report — supporting institutional duty-of-care evidence.

ABOUT BEARING UK READY

UK Ready is designed and delivered by a team whose background spans the Royal Marines Commandos, close protection and professional security, UK policing, FREC-qualified emergency medicine, Level 3 Supervising First Aid for Mental Health, conflict management, and professional education. That combination is the point: operational experience taught to a professional education standard, by people qualified to deliver every element of the curriculum — enhanced DBS-checked and working within a full safeguarding framework.

*Sponsored study visas granted, Home Office, 2024. **Designed to CPD accreditation standards; accreditation in progress.

THE ASK

A conversation and one complimentary pilot cohort

We are speaking with a small number of institutions to understand how useful this would be for them and their students. Alongside that, we are looking for one or two partners to run a complimentary pilot cohort — delivered at no cost, at your site, to prove the concept and gather evidence. No commitment beyond the conversation.