



Sølager

3rd edition

Welcome to Sølager – House Rules

Applies to the following units at Sølager: Buen, Spidsen and Udsigten

You don't live alone at Sølager. We therefore have house rules to make it easier for everyone to live together. The staff at Sølager will of course be considerate of you and your wishes. However, since we must accommodate everyone, you may find that there are some differences between residents. Nonetheless, we do have some overall house rules. You and any visitors you may have must comply with these rules while you are at Sølager.

Expectations



Since you are not living alone, you must comply with the following rules in all common areas, including Undervisningscenteret (teaching centre).

- You must not be a nuisance to others. This includes your use of language and you must not behave in a manner that puts the other young people and members of staff at risk.
- You must speak respectfully to each other and you must not behave/speak in a violent, noisy or demeaning manner.
- Note that all common areas have CCTV cameras.
- Violence and threats of violence will be reported to the police.

Rooms



- You will be given a room when you move in. The room is furnished with a bed, table, chair, wardrobe and fridge.
- You are responsible for taking care of these things. Your room must be kept clean and tidy.
- The room must be cleaned and tidied before you leave Sølager.
- You are allowed to bring a few things with you, such as small decorative items or a poster. Any and all personal items and clothing you may have at Sølager are your own responsibility, and Sølager isn't liable to pay compensation if something goes missing.
- You are required to replace anything you break during your stay at Sølager. You will also need to pay for your room to be cleaned if you have not cleaned it before leaving Sølager.

Keys



- You'll be given key fob to your room.
- Your door will be open during the day but locked at night.
- Remember to close your door when you leave your room.
- If you lose your key fob, you must pay 50 kr. for a new one.

Mornings



- Monday to Friday: Your door will be unlocked at 08:00 and we will wake you up. Breakfast is served between 08:00 and 08:45. You must be ready to go to class at 09:00.
- Weekends and public holidays: You'll be able to sleep in a bit. Your door will be unlocked at 08:00. You will be woken up between 09:00 and 11:00. Breakfast is served between 09:00 and 11:00.

Bedtime



- Evenings before a weekday: You can go to bed whenever you want, but everyone must be in their rooms by 22:30. Staff will let you know when it's time to smoke the last cigarette and gather the things you'd like to have in the room for the night, such as drinks, food, fruit, etc.
- Evenings before Saturdays, Sundays and public holidays: You can go to bed whenever you want but everyone must be in their rooms by 23:00. Staff will let you know when it's time to smoke the last cigarette and gather the things you'd like to have in the room for the night, such as drinks, food, fruit, etc.

Music and television



- You're allowed to listen to music and watch television in your room. However, remember that you don't live alone. Out of consideration for other residents, there must be peace and quiet in your room at night.
- You're allowed to listen to music and watch television at a low volume. *Boksen* closes at 01:00 on weekdays.

Education

- You must show up for class at *Undervisningscentret* every morning. This is mandatory. We can discuss how to help you if you have trouble getting up in the mornings. Perhaps it's due to staying up too late watching TV at night.
- Classes take place all year round on weekdays from 09:00 to 12:00, lunch from 12:00 to 13:00 and again from 13:00 to 15:00.
- You will not have to attend class the first three days after moving in. You will need time to get to know the place, and we need time to get to know you.



Activities

- There are a lot of activities at *Sølager*. You are welcome to suggest activities that you find interesting.
- You can make wishes for the food plan, just as we would very much like if you help to cook.
- Every Friday afternoon we clean the house together.



Rest time

- The hour between 15:00 and 16:00 is a rest period spent in your own room. You can relax, take a shower or read, etc. At 15:45, a member of staff will stop by your room to discuss how your day has been and plans for the evening. You can contribute your own ideas or let us know if you would like to help prepare dinner.



Smoking

- You are only allowed to smoke in designated areas. Smoking cigarettes or e-cigarettes indoors is prohibited, including smoking in your room.
- You are only allowed to smoke if your parents have given written consent.
- You cannot buy cigarettes at Sølager. The only way to get cigarettes is to have your visitors (friends and family) bring them to you in unopened packaging. They can also be sent to you by mail in unopened packaging.
- Your smoking must not be a nuisance to others or negatively affect the environment. This means that cigarette butts and other tobacco-related waste must be thrown into waste containers and not on the ground. If you fail to do so, the head of the unit may decide to withhold your cigarettes.



Lighters

- You cannot bring your own lighter. You will need to hand it over when you are admitted, and it will be returned to you when you are discharged. We will confiscate all lighters we find. A member of staff will light your cigarette, or you can use one of the electronic lighters outside.



Alcohol and drugs

- You are not permitted to drink alcohol or take drugs at Sølager.
- You are not allowed to be in possession of drugs or alcohol and your friends and family are not allowed to bring them to you. If you are caught, you will be reported to the police and your visitors will be banned from visiting you. And they will not be allowed onto the property.



Phones and other electronic equipment

- You cannot bring your phone or other electronic equipment with you to Sølager. If you do bring a phone or other equipment with you, you will have to hand it over to a member staff. It will be stored for you until you are discharged from Sølager or your parents can take it back home.



Pocket money and clothing allowance

- You are not permitted to carry cash. If you have cash on you when you arrive, an office clerk will deposit the money into an account.
- You will be given pocket money and a clothing allowance each week based on government rates. The money will be deposited into an account managed by one of our office clerks. If your parents bring you some items they have purchased for you, make sure they bring a receipt and provide us with an account number. We will then transfer the money to their account. Remember to always check your account balance before asking someone to buy something for you.



Shop

- We have a very small shop where you can buy shampoo, deodorant, toothbrushes and toothpaste.



Phone time

If you do not have BBT (letter, visitation and phone call restrictions), you can call your family and friends from the phones at Sølager with help from the staff. The phones are open for outgoing and incoming calls every day:



- You can make calls from 16:00 - 17:00
- You can also make calls from 19:30 - 20:30 (Max. 15 minutes a day)
- You can receive calls between 20:30 - 21:30. (Max. 10 minutes a day)
- You will be using the Sølager's phone and phone number to make and receive calls.
- A member of staff will call your parents or your legal guardian approximately once a week and let them know how you are doing.
- You are always welcome to call your lawyer and your case officer, and vice versa. They are also welcome to visit you, though preferably by appointment.

BBT (Letter, visitation and phone call restrictions)



If you have BBT or if your municipality (Children and Youth Council) has decided that you cannot make or receive phone calls or visitors:

- A member of staff can make a call for you and deliver a message without you being present. If the police or municipality allow, you can make a call in the presence of a staff member listening in on the call. The normal rules for phone time apply.
- You may only have supervised visits if they are agreed with the police and are monitored by them.

Visits

- If you do not have letter, visitation or phone restrictions (BBT), your parents and other relations can visit you between 16:00 - 21:00 for a maximum of two hours (only four relations at a time; mother, father, siblings and grandparents). Visits must always be agreed in advance with a member of staff. Visits without an appointment are NOT permitted. Visits must always take place in the visiting room. All visitors will go through Sølager's security scanner and must deposit their bags and personal effects in a secure room. Your visitors are not allowed to carry mobiles phones, drugs, alcohol, knives, tools or similar. Visitors can be refused admittance if they do not hand over any item(s) that set off the security scanner.
- Visitors must behave properly, use a respectful tone and are not permitted to smoke on the premises. Food must be consumed in the visiting room and cannot be brought back to the unit.
- You may bring candy, cigarettes, soft drinks and other unopened packaging back to the unit once a staff member has checked them.
- You are also permitted to receive visits from friends and boy-friends/girlfriends (max. 2 at a time). However, they must first have



written approval from the police, your parents and their own parents before they can visit. You can have a maximum of two friends approved. They can both visit you at the same time and for a maximum of two hours by agreement with staff at the unit.

Student meetings

- We have a student meeting every two weeks and you are welcome to contribute topics to the agenda. Anything can be discussed at the meeting, but not everything can be changed. You are welcome to help with the meal plan and prepare the food.



Health

- Every second week it is possible to talk to a nurse about your health if you wish.



Takeout meals

- We order take out once a month. It's usually pizza or burgers.



Weekends

- We buy candy and soft drinks for Friday and Saturday nights.



Birthdays

- If you have a birthday while you are with us, we'll start the day with flags and a present. You can choose a cake to have during the afternoon and you can choose what we have for dinner, including take out.

