



Home Sweet Home!

Becoming Part of the Host Family

Exchange students will integrate into the host family more quickly if they have a clear understanding of the rules and procedures of the home. The student and host family should go through this list during the first week, putting the answers in writing. This will help the student feel more comfortable and confident, and will assist in the adjustment period.

❖ **Meals**



- Host family provides all meals eaten at home
- Student is responsible for lunch on school days
- Who prepares meals? Who cleans up?
- Am I expected to eat what the family is eating or may I prepare my own meals? How often?
- Can I help myself to food/drink or should I ask first?
- If I want special foods, should I buy them myself?
- Are any foods in the home off-limits?

❖ **Household Duties**



- Students are expected to make their bed, and keep their bedroom & bathroom clean
- What additional chores am I responsible for? When should they be done?
- Where should I keep dirty laundry?
- Who does laundry? When?

❖ **Friends & Curfews**



- ICES expects you to ask your host family **in advance** of making plans with your friends
- What are the rules for having friends over? Do I need to ask first?
- Can I have friends over when the host parents are not home?
- Can friends of the opposite sex be in my bedroom?
- What is my curfew on the weekdays? On weekends?
- How often is it ok to go out per week?
- Is it necessary to let my host parents know where I am and with whom?
- Explain the rules for going out with friends
- Am I allowed to date? Have a boy/girlfriend? Have sex?

❖ **Transportation**



- How do I get to school?
- Will my host parents give me a ride if I want to meet friends or participate in after school activities? How far in advance do I need to ask?
- May I ride with teenage drivers?
- May I take public transportation?
- Is there a bicycle I can use?



❖ **Host Family Time**

- What time does the host father usually get home?
- What time does the host mother usually get home?
- Are there designated “family times”?
- Does the family attend church? Should I go with them?



❖ **Phone Usage**

- What are the times I can use the family phone? My own cell phone?
- What are the rules regarding long distance & international calling?
- What are the family rules regarding texting?
- Where should I leave my cell phone at night?
- What are the cell numbers of host family members?



❖ **Computer Usage**

- When and how often may I use the family computer? My own laptop?
- How long may I use the computer at a time?
- Where should I leave my laptop/electronic devices at night?
- Are there sites I am not allowed to visit?
- Can friends use the family computer?
- Can I play games on the computer?
- Should I help pay for ink, paper, etc?
- Communication with friends & family in the home country should be limited to 1 hour per week total, and should be the same day/time each week. When should this be?



❖ **Money**

- No lending/borrowing between student & family
- ICES expects students to pay for:
 - School & sports fees
 - School lunches or food to bring lunch from home
 - Entertainment costs with friends & host family
 - Cell phone/long distance calls
 - Toiletry items (shampoo, deodorant, etc.)
 - Haircuts
 - Clothing
 - Travel
 - Food the host family doesn't normally buy



❖ **Bathroom & Bedroom**

- Should I shower/bathe in the morning or at night?
- Is there a time limit for my showers?
- Where do I put wet towels? How often should I get clean towels?
- How often should I vacuum & dust my room? Change my sheets?
- Can I change things around in my bedroom (move furniture, put up pictures, etc.)?



❖ **Dress Code**

- What is ok to wear to school and what is inappropriate?
- For what occasions will I be expected to dress up? (i.e. church, family outings, etc.)



❖ **Anything else we should talk about?**

- Habits & routines
- Personal space/time
- Medical information
- Worries/expectations/goals

