



MY CANADIAN HOME



Student's Name	
Host Family Name	

This exercise is designed to establish a connection between the student and host family. It will help to set some household guidelines, address any concerns you may have and to help both of you adapt to the others' expectations during your time together.

Who are the members of your host family? _____

What is the address and phone number of your host family?

Address _____

Home Phone Number _____ Cell Phone Number _____

Ask your host family to provide you with a house key and a small card that you can keep in your wallet with their address and phone numbers.

MEALS		Student	Homestay Parent
Meals are an important part of the student's experience. It is important to recognize that the food eaten in their home country is often very different from Canadian food. Students are expected to have dinner with their family at least 4 times a week.			
Breakfast	What time is breakfast?		
	Is it prepared or do I help myself?		
	What can I have for breakfast?		
Lunch	<i>Students will take lunch to school during the week</i>		
	Is it prepared for me or do I make my own lunch?		
	What can I have for lunch?		
Dinner	What time is dinner?		
	What should I do if I am late or will not be home for dinner?		
	What if I am the only one home for dinner?		
Weekends	Are there any changes to meals on the weekend?		
Snacks	May I help myself to snacks? If not, what do I do when I am hungry between meals?		
	What snacks can I have?		
	When can I have snacks?		

Cleaning Up	Please explain and demonstrate expectations of clean up after I prepare meals and snacks (wiping counters, washing dishes/pots/etc), putting away and sealing food.		
Food eating areas	Please show me where I am allowed to eat. I understand that I cannot have food or any drinks, other than water in my bedroom. I understand that if I spill any food or drinks, it must be cleaned immediately.		

BATHROOM ROUTINES		Student	Homestay Parent
Many homes in Vernon are not connected to sewer services. Please be sure to only flush toilet paper . Use an agreed upon method of disposal for feminine products. I understand that I cannot flush food, feminine products, paper towels, excessive amounts of toilet paper down the toilet.			
Hot water in Canada is limited by the size of the hot water tank. I understand that my shower must be less than 10 minutes. I understand that I must have the fan on when I shower. Please show me how to use the shower curtain (inside the tub) and turn on the shower.			
When can I take a shower or bath?			
Do I need to ask first? Where are the towels? Where do I keep my towel?			
Bathroom water spills. Please show me where water might collect outside the tub/sink and what to use to wipe it up. I understand that I cannot leave water puddles on the floor or around the sink.			

INTERNET / COMPUTER / TELEVISION		Student	Homestay Parent
Can I use the host computer or do I use my own?			
What are the rules for using the internet?			
How much time can I spend on the internet?			
What are the television/gaming rules?			
I understand that I must turn off my electronic devices by 10pm on school nights (Sun. – Thurs)			

FAMILY RESPONSIBILITIES					
Most Canadian families share household chores and each member has certain responsibilities. As a new member of the family, you may have specific responsibilities to the family home, but you are expected to keep your own bedroom clean. Please discuss the list below and find out what you can help with in your new home.					
Chore	Yes	No	Comments	Student	Homestay Parent
Dinner: ➤ set or clear the table ➤ wash or dry the dishes ➤ load or unload dishwasher					

I will help prepare dinner?					
I will do my own laundry? How often should I do my laundry?			If applicable, I have learned how to use the laundry machine. I understand the proper size of a load of laundry (not 2 items and not oversized loads)		
I will clean my own bedroom weekly: ➤ vacuum the floor, dust ➤ make the bed ➤ keep it tidy ➤ remove all garbage from my room			If applicable, I have learned how to use the vacuum. I understand how to collect the garbage in my bedroom and where to place it, and when.		
I will change/wash my bed sheets How often should I do this?			I understand how to wash my sheets and make my bed.		
I will clean my own bathroom. If it is shared I will help clean it.			I understand how to properly clean the sink, bath tub/shower and toilet and what products to use. Removal of garbage.		
Is there anything else I can help with around the house? (snow removal, etc.)			I understand that showers should not take more than 10-15 minutes. I understand that if there is a shower curtain, it remain inside the bathtub during a shower.		

ACTIVITIES & FRIENDS REVIEW	Student	Homestay Parent
I am responsible to pay my own way. Occasionally my host family may choose to pay for me to join them on an activity (movie, hockey game).		
If I go out for dinner with my friends I will be responsible to pay for this myself. I also understand that I must contact my Host Parents ahead of time, so they are not preparing a meal for me.		
What should I do if I decide to go out with my friends after school?		
Can my friends visit my homestay?		
Can my friends stay for dinner?		
Can I have overnight guests? (no sleep overs in September – and only 1 sleep over per weekend allowed) I understand that I must arrange a sleepover before 6pm.		
What do I do to make a long distance phone call?		
How long can I talk on the home phone?		

The host family should now ask you the following questions – record your answers	Student	Homestay Parent
Host families should try to include some activities into time spend with their student Host families are not required to pay for student activities.		
What would you like to do during your time in Canada? (ie. hockey game, travel, ski/snowboard).		
Sports:		
Activities:		
Food I dislike:		
Favorite foods for breakfast are:		
Favorite foods for lunch are:		
Favorite snack is:		
Favorite dessert is:		

TRANSPORTATION	Student	Homestay Parent
<p>Throughout their time with you, students will need host families to pick them up or drop off for certain events or activities (school-related or personal). Please discuss some options to find a mutually respectful system for your family and write them down. (Bus passes, bus stops, walking routes). Please show students the amenities within walking distance from the home (ex. Gym, pharmacy, etc.). A ride once a week to the shuttle bus for Silver Star is a reasonable expectation; please discuss this together. Students are expected to walk to school if they are within 2.4 km. Use discretion during poor weather conditions.</p> <p>How often can I expect a ride in a week?</p> <p>If I ask for a ride, how much advance notice do I need to give?</p> <p>Please list acceptable times/situations for rides from the homestay (ex. Sports, lessons, planned movies, etc.)</p>		

COMMUNICATION	Student	Homestay Parent
I understand that my homestay must know where I am at all times. My homestay must know who I am with, when I plan to return home and how I plan to return home.		
I understand that I must have my cell phone charged before I leave my house.		
I understand that I must return messages with my homestay parent immediately or as soon as possible.		

OTHER	Student	Homestay Parent
I understand that I cannot smoke or vape in the house and on the property.		
I understand that I cannot use candles in the house.		
I understand that I cannot dye my hair in any house. I must go to the salon for this.		
I understand my curfew is 8pm (school nights) and 10pm or 11pm (weekends, depending on age and maturity).		
Are there special household rules I need to know about? (cooking, snacking, alarms, bedtime/quiet times, restrictions, pets etc.)		
If I have concerns about food or shopping for food, I will discuss this with my homestay family. My homestay family will check in with me regularly to ensure I am happy with our food arrangements.		
Thanks all for working so hard for the success of our students and programs!!		