

Homestay Rules & Expectation

HOME ADDRESS AND CONTACTS

Host family

Parent 1

Cell phone

Parent 2

Cell phone

Home address

The area of the city we live in is called

Wi-Fi password

Your personal cell phone number

Our work hours are typically

If you are out of the house and have a question when we are at work

If you are ever lost or do not know what to do, please contact us immediately. If you are in danger, please call 911 and notify the police of the nature of the danger and your location.



Welcome to our home. It is great to have you be part of our family!

We have outlined some guidelines that we feel will be helpful in knowing what is expected of you and from us. If there is anything you do not understand, please ask us - we are here to help you learn our customs and language.

CURFEW - SET BY PROGRAM

You need to plan appropriately and always be home by curfew. This requires you to check the city bus schedule and include travel time when planning activities.

Curfew on school days (Sunday to Thursday):

- 9:30 pm for students in Grades 10-12.
- 8:30 pm for students in Grade 9.

Curfew on non-school days (Friday and Saturday):

- 11:00 pm for students in Grades 10-12.
- 10:00 pm for students in Grade 9.

SLEEPOVERS - SET BY PROGRAM

When asking permission to stay at a friend's house, you need to provide the contact number of the other host parent supervising the sleepover and give time for your host parent to confirm the arrangement.

Request must be at least 48 HOURS BEFORE the sleepover, and to notify the ISP Liaison if the home is not under ISP:

- You have permission from your host parents to have a sleepover.
- The address of the homestay you will be spending the night at.
- The name of the adult (25+ years) approved by the Program who will be supervising the sleepover.
- All persons 18+ living in the home will need a Criminal Record Check completed and approved.

EXTRA NOTES:



COMMUNICATION

Communication is the key. You must inform us about your whereabouts and when you expect to come back home. You can call, text or WhatsApp our cell phones.

Every time you leave the house

If you need a ride, ask (when)

If you would like to go out with friends, ask (when)

Other expectations when out of the house

IMPORTANT: You must follow Program Rules and Expectations if you are going out with friends, this includes asking permission in advance. Your phone **MUST** always be charged and with you when out of the house.

KEYS

You will have your own key or house code. Never lend this key to anyone else. We expect you to take care of the key and return it to us upon completion of your stay. Please lock doors and windows when you leave the house and take your key.

SAFETY

Please do not walk alone at night. If you are away from home and do not feel safe, phone home immediately.

Do NOT overload electrical outlets. If unsure about what can be plugged into an electrical outlet, please ask.



MEALS & SNACKS

We hope that you will like Canadian food. We cook all types of different cuisines. If you tell us what foods you like, we will also try to accommodate.

Water: Tap water is safe and drinkable.

Breakfast and Lunch: In our home, adults and teenagers prepare their own breakfasts. We will help you, at first. Please tell us what to buy for your breakfast and school lunch.

Lunch will often consist of a sandwich with a piece of fruit and yogurt or sweet treat, such as cookies. Leftovers from dinner may be taken for lunch, if desired. Lunch is prepared in recyclable containers which are expected to be returned daily. Do NOT discard these containers.

Breakfast options include

Lunch options include

Snack options include

We usually eat dinner at

Weekend meals

- Dinner will be prepared for you. Preparation help is always welcome.
- No cell phones, tablets or headphones at the dinner table as we encourage conversations.
- Please help clean the table after dinner.
- If you are not coming home for dinner, you must phone early so that we know how much food to cook.

At family mealtimes, you can expect

Other expectations for meals and snacks



KITCHEN USE

You must always clean any mess you leave in the kitchen. Remember to put your dirty dishes in the dishwasher. You must clean and tidy the kitchen after every use.

Please do not use the stove unless we are home.

Kitchen appliances you CAN use

Kitchen appliances you CANNOT use

Do not prepare food before

Do not prepare food after

Preparing meals

Setting the table

Clearing the table

Loading the dishwasher

Emptying the dishwasher

Washing dishes in the sink

Taking out the garbage and recycling

Other expectations for the kitchen



LAUNDRY

Our family laundry routine is

Reasonable loads of clothing per week

Your laundry day

Laundry start time

Laundry end time

Who is responsible for doing your laundry

You must wash your bed sheets every

You must wash your towels every

When using the washing machine, remember

When using the dryer, remember

The laundry supplies are kept

Other expectations for laundry

SHOES

Please remove your shoes when you enter the house (house slippers OK).

YOUR ROOM

Your room is your private space. When you are in your room, you may close the door if you want to be alone. If there is anything that we have forgotten that will make your stay more comfortable, please let us know.



YOUR ROOM

Snacking in your bedroom

Please take your garbage out every

Cleaning supplies and the vacuum cleaner can be found

We will ask to check that your room is cleaned

- We encourage you to make your bed every day.
- Your room must be cleaned once per week. Wipe down surfaces with damp cloths (desk, dresser, shelves, windowsills and baseboards, etc.).
- Vacuum once a week (including under bed, inside closet, edges and corners of room).

Other expectations for your room

BATHROOM

You will share a bathroom with

Please wipe the sink after each use and keep the bathroom tidy. You must tidy the bathroom after every use.

Showers should not be taken before

Showers should not be taken after

Showers must be limited to (minutes)

Specific instructions when using the tub or shower



BATHROOM

- Please turn the bathroom fan on before using the toilet and starting the shower.
- In Canada, we leave the bathroom door open after we are finished. This will help air circulate and will indicate that the bathroom is available.
- No hair dyeing or coloring.

Specific instructions when using the toilet

Bathroom supplies (toilet paper, soap, shampoo, etc.) are kept

You must clean your bathroom every

The cleaning products are kept

Other expectations for bathroom use

COMMON AREAS / FAMILY ROOM

Our Home - Your Home. You are welcome to make yourself at home in the common areas of the house and watch TV with us. You must tidy the common areas of the home after every use.

We spend time as a family usually in (room in house)

During family time spent together, you can expect

Please respect quiet time after

Our normal family bedtime

We do not enter other people's bedrooms in the house unless invited. Please knock.



ENTERTAINING FRIENDS

- We want you to bring your friends to our home. However, please ask us first in case it is not convenient at the time.
- In Canada, teenagers may not have friends of the opposite sex in the room unless the door is open. It is better to entertain friends of the opposite sex in the family room.

Sleepovers at our home

Sleepover Rule by International Programs: This is up to the discretion of the Homestay Host

but not recommended by ISP. **Your curfew is**

Please read further about welcoming friends over and the option of sleepovers in the Homestay Handbook under the ACTIVITIES section for further information and program policy.

Further Expectations for time spend with friends in this home



TRANSPORTATION

Within city limits, you will be responsible for your own transportation to and from school and other places you want to go. You will purchase a monthly city transit pass once school has started.

Outside city limits, you will take the school bus to and from school, yet we will show you how to use the city bus, purchase a single ticket and where the bus stop is. It is very easy!

The closest city bus stop to our house is located

This stop has access to (route numbers/names)

CELL PHONE AND TECHNOLOGY USE

In Canada, cellphone access that is linked to Wi-Fi throughout the night encourages poor sleeping patterns that lead to sluggish minds at school. We suggest that Wi-Fi is turned off at night in the home, or that there is a common charging station in a general area so that your cell phone is not in your bedroom while you should be sleeping. This will be under the discretion of your host parents.

Wi-Fi or cell phone curfew

Phone use when you are at home

Phone use when you are in a vehicle

Phone use at night

Gaming

Other expectations for technology use



HOUSE TEMPERATURE - HEATING AND COOLING

You must NOT cover or block baseboard heaters because this is a fire hazard.

Our house is heated by

Our house is cooled by

Situations you can adjust the house or room temperature

Situations you can leave a window open

Other expectations about heating, cooling and windows

QUIET TIME

We typically get up at

We typically go to bed at

Noise should be limited before

Noise should be limited after

Other expectations for noise in the house

SCHOOL DAYS

Our school day morning routine starts at (time) and includes

You need to be ready to leave for school by (time)

How you will get to school (if school bus, list location of stop)



SCHOOL DAYS

Other expectations for getting ready for school

If you are sick and cannot go to school

WEEKENDS

Our weekend routine typically starts at (time) and includes

Expectations we have for weekends

GENERAL

In Canada, we are very conscious of conserving energy. Please remember to turn off the lights whenever you leave a room.

Other expectations in our home, including any pet care or contribution to other household or yard tasks

We hope these guidelines will help you to know what to do in our home and to feel comfortable. If there is anything you do not understand, please ask us about it. Remember that we do not understand how things work in your country, so we will not know what you are familiar with and what you do not understand.

Once again, we are happy to welcome you to Canada!

If you have any questions at any time, please let us know.

