

ONEHUNGA HIGH SCHOOL HOMESTAY

LIVING WITH YOUR HOST FAMILY

Your host family is looking forward to meeting you and they will want to make you feel welcome and comfortable in their home.

It is good to be polite; let them know how you are feeling; are you tired, hungry? Don't be afraid to ask them anything that you don't know. They will want to help you.

It is very common for you to experience homesickness. If you are sad it is not a good idea to stay alone, it is better to be with your host family or friends and keep busy.

Remember to keep in contact with your family back home and let them know how you are.

Remember that you are on an adventure in a new country. Learn to do things the way people do in New Zealand.

Each homestay has its own rules, please ask the families what you can or can't do.

One of the main purposes of staying with homestay is to experience and live with a Kiwi family. Spend time with your family every day and try to involve yourself into family hangouts, conversations, activities, etc.

CULTURAL DIFFERENCES

Living in New Zealand will be different. Talk with your Homestay family about the way you do things in your country. Ask your Homestay family to explain how things are done here.

Food will be different. Customs are different.

Treat your Homestay family with respect. Treat them as your own family and NOT a hotel.

Most families in New Zealand go to bed around 9:00 pm. If you want to stay up later make sure you are quiet.

YOUR BEDROOM

Your host house and bedroom has been inspected. You have all the necessities in your room.

Please keep your room tidy and clean. Your host mother will give you clean sheets and pillowcases when you need them.

If there are small children in the house it is **important** to keep the door shut when you are not in the room. Keep any medicines out of sight and out of reach of small children.

During the winter, if you are cold, tell your host mother that you need an extra blanket.

Do not leave heaters or electric blankets on all night. Turn your heater off when you leave the room.

SHOWERS AND BATHROOM

Have a short shower every day (**5 minutes** is enough) so that there is enough hot water for everyone in the family.

Be as quick as you can to finish using the bathroom.

Always leave the bathroom clean and tidy when you have finished. Your host mother will provide you with clean towels.

LAUNDRY

Your host mother will do your laundry.

If you would prefer to do your own washing, ask your host mother to show you how to use the washing machine.

FOOD AND EATING

New Zealand food is different from what you are used to in your country. Most families eat a variety of foods, from many cultures.

Tell your host mother if there is any food to which you are allergic.

If you are hungry ask your host mother if you could have a bit more to eat.

Your host mother will show you what snack food you can eat.

This food is for you, not for your friends.

a. Breakfast:

Breakfast in many homes is informal. Family members perhaps eat at different times.

Your host mother may tell you to “help yourself”. She will show you where the breakfast foods are. The most common breakfast food is cereal, toast or fruit and yoghurt, tea, coffee or juice.

b. Lunch:

On a school day you should bring lunch from home. A typical lunch would be sandwiches, fruit, biscuits or chips, yoghurt.

Your host mother will make your lunch for you. If you want to make your own lunch please ask your host mother. If you are not given enough food for lunch, ask your host mother if you can have some more.

c. Dinner:

The main meal of the day in New Zealand is dinner. This is the time when families sit down together to eat and talk about their day.

Make sure that you tell your host mother if you are still hungry and ask her politely for some more food.

d. Things to remember:

If you are going to be late home or plan to be out for a meal, let your host mother know before she starts preparing the meal (you should tell her in the morning). It is not good manners to telephone at 6.00pm to say you won't be home for dinner.

Please ask if you want your meal kept. Tell your host mother what time you will be home.

Wait at the dinner table until everyone has finished.

Ask for permission to leave the table. Say "*thank you*" for the meal. Take your plate to the kitchen to be washed.

You may be asked to wash or dry dishes. Your host family is including you in their life and that is the kind of job in the house which will give you a chance to practise your English.

TELEPHONE

Many homes no longer have landlines but if they do, don't spend a long time on the telephone. Five minutes is good. **Ask** if you can use the phone. Do not make calls or receive calls after 9.30pm.

If you make mobile phone calls or international phone calls then **you must** pay for them.

VISITORS

Some hosts will be happy for you to invite your friends to stay for a meal. **Always ask first.**

You and your friends may like to cook a meal for your host family. **Make sure you clean up after yourself.**

Always get permission before you invite your friends to visit.

Under no circumstances are girlfriends or boyfriends allowed to stay overnight.

KEYS

If you are given a house key look after it! Lock the door if you are the last to leave.

If the home has a burglar alarm your host parents will show you how to use it. **Do not give the code to anybody else.** Make sure the alarm is always set and all the windows are closed.

SMOKING

Smoking is **NOT ALLOWED** at school or in homestay.

ALCOHOL AND DRUGS

Drinking alcohol is NOT ALLOWED at school or in homestay.

ALL DRUGS ARE ILLEGAL IN NEW ZEALAND

SOCIAL LIFE

It is very important that you spend time with your host family. The more you become part of the family, the more you will enjoy your time in New Zealand.

Your host family is responsible for your safety.

It is very important that you always let your host parents know where you are, what time you will be home and the telephone number where they can call you.

On school nights you must be home by 6.00 pm for dinner and not go out again.

On Friday and Saturday nights you must ask permission from your host parents first and tell them where you want to go and who you are going with and give them contact phone number of friends' parents. You must be home by 11.30 pm. Students who are aged between 14 and 15 years old must not be on their own and must be home no later than 9.00 pm Friday or Saturday night. On special occasions you may arrange a later time with permission from your host parents. Students 12 and 13 years old can only go out with homestay family.

Do not walk alone on the streets at night. Taxis are a safe form of transport. Buses do not run regularly at night or on weekend.

HOMESTAY FEES

Your fee covers the costs of all meals, laundry, power, water and local telephone calls.

If you are not in your Homestay for a week or more you will pay only a holding fee of \$56 per week; for a maximum of two weeks.

SICKNESS

If you are ill and have to stay away from school, the Homestay will make arrangements to look after you.

If you are left alone in the house and need help, call:

Homestay co-ordinator	Mobile 021 980 718
Attendance Office	Ph 636 6006 ext. 8022
International Student Office	Ph 636 6006 ext. 8010

HOLIDAYS

If you go away for the weekend or during the holidays you **must** let Onehunga High School Homestay Service know. You must fill in the **holiday intention form two weeks in advance**.

Your parents must give permission **in writing or by email** for you to travel out of Auckland.

HOLIDAY AND ADVENTURE TOURS

The school can arrange Adventure Tours to places of interest around New Zealand. Costs vary according to the duration and type of tour taken.

If you want to plan a holiday ask for information at the International Student Office.

WHEN YOU LEAVE YOUR HOMESTAY FOR GOOD

- Speak with your homestay parents about where you are going, and if you are going home to your country, let them know your flight time and other details.
- Thank them and show them how much you appreciate what they have done for you.
- Leave contact details so they can stay in touch with you.
- Make sure your room is clean and tidy and say goodbye.

Citizens Advice Bureaux

International Student Service Centre

We are here to give international students a service of information, advice and advocacy about any query or problem you may be experiencing. The service is free:

Physical address: Level 3, 520 Queen Street

District/town: Auckland, Central City

Region: Auckland

Website: <http://www.cab.org.nz>

Email: cab.iss@xtra.co.nz