



HOMESTAY STUDENT GUIDELINES

We hope that living with your homestay family will be an important part of your stay in New Zealand and a positive experience.

This booklet gives you information about living with a New Zealand family – what you can expect and what's expected of you. If there is something you do not understand then please ask your homestay family to explain.

Contact

We will be in regular contact with you and your host family to make sure that everything is OK and to answer any questions. Please remember that it often takes a few weeks to settle in.

What's included in your homestay

- Single room, bed, linen, desk, desk lamp, wardrobe or drawers
- Three meals per day plus morning and afternoon tea seven days a week.
- Laundry services
- Basic toiletries (soap, toilet paper). You MUST provide all your own Haircare, Skincare, Body care, Dental care and Sanitary items

Rules and regulations for homestay

You must agree and keep to the rules of Lake Panorama Student Homestays, the school and host family.

Homestay Students are not permitted to:

- Drink Alcohol
- Smoke Cigarettes
- Take drugs
- Obtain weapons
- Drive or own a vehicle
- Have friends of the opposite gender in your bedroom

The above are a serious breach of homestay rules

Study

Your primary purpose in coming to New Zealand is to study and learn English. If you are having any problems at school, then please speak to your teachers.

Time with your homestay family

Although you will need to spend time studying in your room, it is polite to spend time each evening with your homestay family.

Ensure you spend at least 20-30 minutes every day speaking English to your host family.

When you go to your bedroom for the night, say 'goodnight' to your homestay family and say, 'good morning' when you first see them in the morning. This is polite and is an important ritual in New Zealand. Remember to say 'please' and 'thank you' when something is done for you.

Participation in family life

We encourage you to join in with family activities such as outings to the beach, walks, shopping, tourist attractions or a BBQ with friends. It's a good way for you to meet new people, make friends and practice English.

You should pay your own way on outings with the family (for example a trip to the cinema or zoo etc.).

Helping out and chores

You must not treat your host family as a housemaid or taxi service.

In NZ families, every member of the household contributes to the household chores.

You will be asked to help around the house by: This varies from home to home but may include the following:

Daily Expectations

Make you own:

1. Bed everyday
2. Breakfast and clean up any mess you have made (put dishes in the dishwasher etc)
3. Lunch and clean up any mess you have made
4. Take your lunch box out of school bag after school, and rinse
5. Help set and clear table for dinner
6. Help clean up after dinner
7. Clean up any mess after showering (i.e. remove any hair in the shower, wipe up water on the floor and basin)
8. Hang your wet towel up after use
9. Set Alarm and get yourself up in the mornings on time – it is your responsibility to ensure you get to school on time.

Weekly Expectations

1. Clean, tidy and vacuum your bedroom
2. Empty your own rubbish bin and put appropriate rubbish in recycling
3. Change your own sheets – your host parents will teach you how to do this and show you where the clean linen kept
4. Put your dirty laundry out regularly (your host family will show you where to put this)
5. Put your clean clothes neatly in drawers or wardrobe

Occasionally you may be asked to help with the following

1. Folding own washing
2. Putting the rubbish or recycling out on the curb
3. Helping to prepare a meal for the family with your host parent.

Inviting Friends to your home

You must always ask permission from host parents before inviting friends into the home.

It is ok to invite friends to stay for a meal or to stay overnight BUT you must ALWAYS seek permission from your host parents first.

Staying out overnight at Friends' Houses

You are allowed to stay the night at your friend's house, ONLY if your friend's family is an LPSH registered host family.

Overnight stays are only permitted on the weekends and during holidays and for no more than two nights.

Japanese Students

LPSH needs to get permission from your agent for you to stay the night at Japanese friends' houses.

Internet, Telephone and Computers

All homes have internet. Please check with your host family how much Internet they have. In NZ Internet is expensive and most families will have a limited amount, so it may not be possible to download movies or stream TV.

DO NOT leave your computer on when you are not using it and turn it off at night.

DO NOT leave it charging during the day when you are at school or overnight when you are asleep. Laptops left on the bed can get hot and catch fire if left on.

On school nights – Sunday to Thursday Nights, there is to be no use of the internet or talking on mobile phones after 10pm.

Friday and Saturday Nights and you are allowed to use Internet later, please discuss this with your host family.

Local calls only are free in NZ. Please do not use your host family home phone to call mobile and overseas numbers.

All long-term International Students must have a NZ mobile number local mobile telephone number – this is for your safety.

No Mobile phones at the dinner table.

Going out

From Monday to Thursday you must be home by 5:30-6:00pm for dinner. If you have sporting activities or classes on after school, talk to your host parents. Also make sure that you talk to them about how you will be getting home from these activities.

On Friday and Saturday evenings students are allowed out later, providing you keep yourself safe.

This is at the discretion of your host parents.

NO STUDENTS ARE PERMITTED TO BE WALKING THE STREET AFTER DARK

When you go out you MUST tell your host parents where you are going, who you are going with and what time you will be home. The host family must know where you are at all times, this is for your own safety.

If your host family calls or texts you on your mobile phone, you must answer them or text them back immediately – again this is for your own safety.

If you are going to be late on the way home, you must let your host family know so they do not worry about you.

It is your responsibility to ALWAYS have enough credit on your mobile phone and to have it charged when you are out of the house.

Food

Food in NZ will be different to the food in your home country. It may take some time to adjust but is all part of the experience.

Breakfast in NZ is usually including cereal, milk, toast, juice and fruit. It is rarely a hot meal.

Lunch in NZ usually includes foods like filled rolls, sandwiches, fruit, chippies, muesli bars, baking, yogurt, drink etc.

Dinner in NZ is a cooked meal. NZ families usually include Potato and Bread where you will be used to Rice. Dinner is a very important part of the day for a NZ family. This is when families come together to talk about their day and share their experiences of the day with their family members.

Your host family will provide three meals per day plus morning and afternoon tea each day. If you want to buy 'junk' food, it is your responsibility to purchase this.

Your family will teach you to help yourself to breakfast and lunch; remember to clean up after yourself. All food will be provided and teenagers in NZ usually make their own lunches to take with them to school.

If you like to take leftovers from the previous night's dinner to school with them the next day. There are microwaves for reheating food and kettles at school to make hot drinks.

Please speak to your family about what food you like and do not like, and anything you cannot eat (for religious, cultural or medical reasons).

If you are having a meal out with your friends let your host parents know by 3:00pm so they do not prepare an evening meal for you.

It's also a good idea to go food shopping with your host family when you first arrive.

Do not eat or keep food in your bedroom – this is unhygienic.

Health

All students must have medical insurance, this is arranged for you by your school. Please check with school if you have any queries about doctor/hospital visits and prescriptions charges.

If you are sick and unable to attend school, you must tell your host parents, so they can let your school know you will be absent that day.

If you feel unwell at school, there are nurses at school, please see your Dean to arrange an appointment.

If you are homesick school can arrange for you to see a Guidance Counsellor.

Culture Shock

When you first arrive, you will find life in NZ is very different and it will take time for you to adjust.

Culture shock is something that everyone who moves to a new country feels to some degree.

It is different for each person, but it is normal.

You may feel sad, lonely, upset or anxious.

Please talk to your homestay family, homestay coordinator, teachers, parents in China and friends, they will help support you and soon you will be enjoying life in NZ.

Remember that everyone is going through the same thing, so help each other.

Please read this article to help understand what you may experience.

<http://kidshealth.org/en/teens/culture-shock.html?WT.ac=ctg>

Bathroom

New Zealand's bathroom and toileting habits may be very different from what you are used to. Here toilet paper is flushed down the toilet. Your host family will show you how to use the shower and where to put your towel. **Do not** hang your wet towel or wet underwear in the wardrobe.

Please keep your showers short; you should spend only 5-10 minutes in the shower. This is to ensure there is enough hot water for everyone in the home.

Hair Dying

You are not allowed to dye your hair in the homestay house. If you would like to dye your hair it must be done with a professional hairdresser.

Most schools will not allow all students to dye their hair an unnatural colour (e.g. Pink, Purple or Green etc.). You must look in your school rules on the protocol about hair colouring before you dye your hair.

Bedrooms

If you are not sure about the bedding talk to your host family and get them to show you. They will help you when changing the sheets and pillowcases for the first few times. If you are cold, please tell your host parents and they will give you extra blankets.

Your host family will provide a heater in your bedroom for the winter months, you must NOT leave the heater on overnight when you are sleeping or during the day when you are away from home. This is for safety reasons.

When you leave a room, please remember to turn the lights off.

No friends of the opposite gender are ever allowed in each other's bedrooms. If a member of the opposite gender comes to visit, host parents must be at home and they are only allowed in communal areas like the lounge or dining room.

Clothes washing

In most families clothes washing is done once or twice a week. Please ensure you give your host parent your washing or put it in the laundry basket. If you are running out of clothes and need something washed urgently, please speak to your host parent.

Transport

Your family will take you to and from school on the first day and help you get used to the buses and trains.

Check out the Auckland Transport Website – www.at.govt.nz

For long-term students it's your responsibility to always have money on your AT Hop card.

Changing homestay

Sometimes things just don't work out. Please tell us if you are unhappy so that we can help you. You have to give two weeks' notice if you need to move.

PASSPORT

It's important that you keep your passport in a safe place at all times – do not carry it around with you.

Money

We recommend that you open a bank account when you arrive in NZ and have an eftpos card.

Please do not carry large amounts of money around with you. We recommend that you have no more than \$20 in your wallet during the school week.

- Do not pay any money directly to your host family.
- Do not ask your family to act as guarantor for you to buy any items like stereos, computers, mobile phones, Musical instruments etc.
- Do not lend money to anyone.

Helpful Websites to prepare for you NZ experience:

<http://www.newzealand.com/int/travel-guide/>

<http://www.aucklandnz.com/discover/essential-information>

<http://www.police.govt.nz/advice/personal-community/keeping-safe>

<http://www.education-newzealand.org/about-new-zealand/>

We are here to help so please ring us and if we are out, leave a message and we will contact you. Or you can talk to the International Office at school and they will contact us for you.