

Rotary District 5010 Alaska Inbound Exchange Student

FIRST NIGHT QUESTIONS FOR DISCUSSION WITH YOUR HOST PARENTS

The following are many questions that can help you learn about your Host Families and what they expect of you. They are suggestions only. You and your Host Families should discuss anything that you think is important. The simplest questions may be the most important, such as "what time do you eat dinner?". When you are in a new country with questionable language skills, it is best not to assume anything, but rather, to ask. We suggest you discuss the items most important to you as soon as possible. You can discuss the other questions as they seem necessary.

- What do I call you - Mom, Dad, or first names?
- What do you want me to do in the house each day?
 - Walk the dog, get the mail, dust, vacuum?
 - make my bed/keep my room tidy?
 - ensure the bathroom is clean after shower or bath?
 - put my dishes in the dishwasher?
 - Empty the garbage bin/take out the trash?
 - Do you recycle?
- When is a convenient time of day for me to use the shower / bath?
 - May I use bathroom toiletries, like toothpaste, soap, shampoo, or do I provide my own?
 - Do you expect my shower to be less than 10 minutes or can it be longer?
 - Where may I keep my toiletries?
 - Where do I hang my towel up and how often can I change my towel?
- We flush the toilet paper. Sanitary items are wrapped and disposed of in the bin.
- What time does the family go to bed?
 - When must I go to bed?
 - What time must I be out of bed on school days?
 - Is sleeping in late (past 9:00) on the weekend, okay?
- How do I wash my laundry?
 - Where do I keep dirty clothes until washing?
 - What is the laundry procedure, do I wash my own laundry?
 - Should I do my own ironing when necessary?
 - May I use the iron, washing machine, dryer, etc. at any time?
 - Do I need to wash my own towels and sheets, and how often?
- Do you expect me to do homework every night?
- Can school friends visit during the day after school or on weekends?
 - May I have friends spend the night?
 - How much notice you need that a friend might stay overnight?
- What are the rules for me going out at night with friends and what time must I be home?
 - May I go out with friends during the week?
 - May I have friends stay the night? Or visit me during the day?
 - Can I have sleep overs, if invited? What is the procedure?
 - Do you expect me to phone/text if I am going to be 10, 20, or 30 minutes late?
- What areas of the house are strictly private?
- Where can I store my suitcases. etc.?
- May I use the TV at any time? Discuss Netflix, Hulu, etc.
- What are the rules about me using the Wi-Fi/internet at home?
 - May I stream or download videos and movies on the home internet connection?
 - What are the limits (if any) for data usage
 - What are your rules for me about screen time?
 - Can I use my phone or computer at night in bed?
- What address do I use for incoming mail?
- Discuss dietary requirements and food likes/dislikes.
 - May I help myself to food and drink in the refrigerator/cupboards/pantry or must I ask first?

- Can I request food with the grocery shopping, am I expected to pay for special requests?
- If I buy food, is there a place in the pantry I can put it?
- What do I do for school lunches?
- Can I cook food in the kitchen?
- Can I eat in rooms other than the kitchen or dining room?
- Can I eat food in my bedroom?
- What time are meals/does the family eat meals together?
 - When do you need to know I won't be at a meal because of sports practices, games, or other school or Rotary activities?
 - What can I do to assist at meal times?
 - Set the table?
 - Should I help prepare dinner, chop vegetables, etc.?
 - Clear the dishes after the meal?
 - Wash/dry dishes or put into dishwashing machine?
 - Put away the dishes?
- Do my host brothers / sisters have any likes or dislikes?
- Does my host Dad or Mom have any dislikes such as:
 - Looking at phone during meals?
 - Chewing gum?
 - Wearing a hat inside the house?
 - Playing loud music?
 - Wearing pajamas in the shared rooms of the house?
- What is the procedure for transportation?
 - Is there be a bicycle for me to use? Is there a helmet for me to use?
 - Will I be expected to take the bus to school?
 - Will it be possible to get a ride to and from events, to the cinema etc.
 - If I have a problem getting home or If I am in a situation I am not comfortable with, will you come and get me or arrange for someone to collect me?
 - How do you wish for me to handle this situation?
 - Example: I am at a party/friend's house, and I am not comfortable with the people there/or what is happening around me
- What is the procedure when leaving the home? How do I lock the door, and do I have a key?
- Are there any rules relating the usage of mobile phones?
 - Make sure you have all the necessary phone numbers
 - What happens if I don't respond to a call or text?
 - May I make long-distance calls on the Rotary-provided cell phone? Cost? How should I pay you back...a monthly payment? May I make calls to my home abroad? Cost?
- Can I wear my outdoor shoes in the house?
- Can I put my feet (in socks, not shoes) on the couch/furniture/coffee table?
- May I use tools in the garage or workshop?
- Am I allowed to have my bedroom door closed?
 - May I put pictures on my bedroom wall?
 - May I re-arrange my bedroom furniture?
 - How much time can I spend in my bedroom?
 - Can an opposite gender friend be in my bedroom?
- What are your expectations for 'family time'
 - What are the birthdays of my host family parents, siblings, grandparents?
 - Are family members' birthdays celebrated in a special way?
 - Do you participate in a religious community and do you expect me to participate?
 - Am I expected to attend the sporting events/activities of my host siblings?
 - If we go out together as a family, should I pay my own entrance fees, meals etc.?
 - What situations do you expect me to pay for?
- If I want to, are there sports I could become involved in?
- For non-Rotarian families, how will I get to Rotary meetings?
- If I have a problem, how would you like me to handle this with you?
 - Ask if we can have a talk?
 - Write a note explaining my problem?
 - Tell my counselor, another adult, school teacher?
- Are there any other things you would like me to know?