

Advice for a Happy Stay with a Host updated Jan 2018

Your host is looking forward to your visit and wants to give you an enjoyable experience. Here are some useful things to remember, that will help you have an enjoyable stay as well.

Every home has its own rules and some of your host's rules may be different to yours. If you don't understand anything, please ask! Your host will be happy to explain anything to you. It may be the practice in the home for the children to help out with jobs, like clearing the table. It is good if you can take part in this way too; however, if you have concerns over what you are being asked to do, then don't be afraid to speak with your Group Leader or the Centre Manager.

You may feel homesick. This is normal. If you do feel homesick or anxious, talk to your host or your Group Leader. If you are feeling ill, let your host know. They can arrange for you to visit a local doctor, or to stay at home for a while.

Please treat your host with respect, showing politeness and letting them know what your plans are, e.g. if you are going to be late back one evening and don't require a meal. It is a good idea to exchange mobile telephone numbers and remember to keep it charged! If you do come back late, please remember to be quiet as some family members may be asleep. Please keep to your curfew times.

Please also treat your host's property with respect and let them know if something gets damaged. You may be asked to pay for any repairs or replacements. Remember to ask permission to use the telephone, computer, etc.

When using the bathroom, remember that other people will also want to use it, so don't waste hot water, and don't flush anything unsuitable down the toilet.

Try to keep your room tidy: put litter in the bin, make your bed, put your clothes away. Please don't eat food in the bedroom, smoke, or light candles. Be careful with nail varnish, nail glue and hair dye, and don't leave hair straighteners on, or rest them on furniture. Also, don't jump on the beds!

At mealtimes, you will be expected to try different food. This is part of the experience of staying with a host. If there is anything you cannot eat, or if you would like some more food, please explain this to the host.

Your host will do your laundry for you once a week, so ask them when this will happen, and where to put your clothes.

Please look after your valuables and don't leave money around – it is best to give them to the Group Leader to look after, rather than leave them in your room.

Some hosts will give you a key. It is very important that you look after this and remember to return it at the end of your stay. Also, please check you have all your belongings with you when you leave.

It is important to remember that all hosts and their homes are different. Some have bigger houses than others. Some have tidier homes. Some have modern furniture and technology and others have more basic homes. However, they are all kind, friendly and hospitable hosts who will aim to make you feel welcome.

Please spend as much time with them as you can. Be proactive and ask them questions! Get to know them! You will learn English customs and your English will improve! Hopefully you will make some very good English friends too.