



HOST FAMILY & STUDENT COMMUNICATION WORKBOOK

Educational Resource Development Trust

A Non-Profit Educational Foundation

Purpose

The purpose of this workbook is to provide a forum for discussion of everyday issues between student and host families. Some of the issues mentioned might not apply to your household, but most will apply to everyone.

Communication

One of the most important keys to a successful exchange experience is open communication. If all issues are discussed in a positive, non-judgmental manner, all parties will be able to have a much better experience. Often families and students will think that a matter is too trivial or unimportant to mention to one another. Unfortunately, resentments can occasionally then develop over what would be a simple matter to resolve.

Host

Family: _____

Student: _____

Exchange Program Coordinator: _____

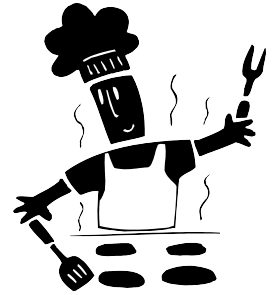
Phone #: _____

Email: _____

Guess Who's Coming to Dinner?

And guess who's cooking dinner...

and guess who's doing the dishes...



Breakfast

Weekend Lunch

Dinner

Snacks

Time:

Who cooks?

Who is there?

Who cleans up?

Where do we eat?

Other places where we are allowed to eat:

TIME LIMITS!



Time may be very important in a good family relationship... everyone should know what is expected at these times...

Weekdays

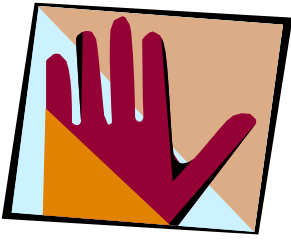
Weekends

Time to get up: _____

Time to go to bed: _____

How much time to shower: _____

How much time in bathroom: _____



STOP! DON'T DO IT!!!

Small, petty irritations can really build up and become major problems. Each family member has a "pet peeve" or something that irritates him or her.

Talking about little things can let everyone know the expectations that exist in the household. Here's a couple of examples and space to write your own...

Drinking all the milk and not leaving any for the next person...

Leaving lights on when leaving a room...

Borrowing something (anything!) without asking the owner...

Eating a large snack after school and then not eating dinner with the family...

WHAT'S YOUR PET PEEVE?

Host Mother:

Host Father:

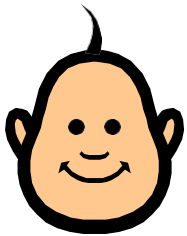
Host Sister(s):

Host Brother(s):

Student(s):_

WHAT MAKES OUR HOUSE A HOME...?

Each host family is unique. Not all families have kids or pets, but if yours does, don't forget to talk about...



Our kids...

Or grandkids or relatives or day care kids...

Is this the students first time living with children? _____

If I am having a problem with one of the children in the home, I should ask
_____ for help.



Dogs, cats, birds, hamsters, fish, etc.

Going outdoors:

Are fed at:

Are fed by:

Who cleans up (if necessary!)?

Special rules:

This is the way we clean our house

... in other words, *CHORES!*



CHORE

WHO DOES IT?

WHEN?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



This is the way we wash our clothes...

Laundry is done on (day/s): _____

Please place dirty clothes... _____

Washing is done by... _____

Drying is done by... _____

Folding clothes is done by... _____

COMMUNITY PROPERTY

Please make it clear where, when, how, things can be used...



The TV(s) where are they located, which one to use...

When to use: _____

For how long?: _____



Your Phone: Engaging with your host family

When not to use? _____

Additional Household Equipment:

When to use: _____

For how long?: _____

How to use?: _____

HEALTH & SAFETY FIRST!

Let's talk about what to do in an emergency, safety issues, what feel sick or are injured and what to do if you do not



CAR SAFETY

Always wear your seat belt!

BICYCLE SAFETY



Always wear a helmet! Know the rules of the road.



Family rules for riding bikes: _____



SAFETY IN THE HOME

What is the safest route out of the home in case of a fire?

Where does the family meet once everyone is out of the house?

PERSONAL APPEARANCE

Every culture and every person has a different idea of what makes them attractive. Every culture and every person also has a certain sense of fashion. Let's see what is in "fashion" this year!



What to wear?

Around the house: _____

After a shower/bath: _____

To church: _____

Types of bathing suits: _____

Shoes: _____

Can I wear shoes in the house? _____

What is **NOT** appropriate to wear out of the house?:

Weekend Family Activity

Our family would like to take you somewhere fun while you are here!

Please choose 3 places or activities you would like to visit. We can use your choices to plan a fun day together.

1. Place : _____

Entrance Fee : _____

2. Place : _____

Entrance Fee : _____

3. Place : _____

Entrance Fee : _____

Other ideas:

** You may use document "THINGS TO DO WITH YOUR STUDENT", found in Host Family Resource section, on website- www.erdtenvision.org. Always explain to student(s) about any money they should bring for entry ticket or souvenirs.

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