



Homestay Rules & Expectations

Host Family _____

Parent 1 _____ Cell: _____

Parent 2 _____ Cell: _____

Home Address _____

The area of the city we live in is called _____

The closest city bus stop to our house is located _____

This stop has access to (*route numbers/names*) _____

Our work hours are typically _____

If you are out of the house and have a question when we are at work _____

Curfew [*set by Program*]

You need to plan appropriately and always be home by curfew. This requires you check the city bus schedule and include travel time when planning activities.

- Curfew on **school days** (*i.e., Sunday to Thursday*)
 - o 9:30 pm for students in Grades 10 - 12
 - o 8:30 pm for students in Grades 9
- Curfew on **non-school days** (*i.e., Friday and Saturday*)
 - o 11:00 pm for students in Grades 10 - 12
 - o 10:00 pm for students in Grades 9

Sleepovers [*set by Program*]

When **asking permission** to stay at a friend's house, you need to provide the contact number of the other host parent supervising the sleepover and give time for your host parent to confirm the arrangement.

A **TRAVEL REQUEST** must be completed at least **48 HOURS BEFORE** the sleepover to notify the Program:

- You have permission from your host parents to have a sleepover.
- The address of the homestay you will be spending the night at.
- The name of the adult (*25+ years*) approved by the Program that will be supervising the sleepover.

Your Room

Do NOT overload electrical outlets. If unsure about what can be plugged into an electrical outlet, please ask.

We will ask to check that your room is cleaned _____

Other expectations for your room include _____

Bathroom

You must tidy the bathroom after every use.

Keep showers to a time limit of _____

Specific instructions when using the tub/shower _____

Specific instructions when using the toilet _____

Bathroom supplies (*toilet paper, soap, shampoo, etc.*) are kept _____

You must clean your bathroom every _____

The cleaning products are kept _____

Other expectations for bathroom use include _____

Laundry

Our family laundry routine is _____

The reasonable number of loads of clothing to wash per week is _____

You can do laundry on (*day*) _____ between (*time*) _____ and _____

You must wash your bed sheets every _____

You must wash your towels every _____

When using the washing machine, remember _____

When using the dryer, remember _____

The laundry supplies are kept _____

Other expectations for laundry include _____

Kitchen Use

You must clean/tidy the kitchen after every use.

Kitchen appliances you CAN use _____

Kitchen appliances you CANNOT use _____

Please do not prepare food before (*time*) _____ or after (*time*) _____

House expectations for:

Preparing meals _____

Setting the table _____

Clearing the table _____

Loading the dishwasher _____

Emptying the dishwasher _____

Washing dishes in the sink _____

Taking out the garbage/recycling _____

Other expectations for the kitchen include _____

Meals & Snacks

Breakfast options include _____

Lunch options include _____

Snack options include _____

We typically eat dinner at (*time*) _____

At family mealtimes, you can expect _____

Expectations for phones/digital devices during dinner _____

Other expectations we have for meals/snacks include _____

Common Areas

You must tidy the common areas of the home after every use.

We spend time as a family usually in (room in house) _____

During family time spent together, you can expect _____

House Temperature (*Heating/Cooling*)

You must NOT cover or block baseboard heaters because this is a fire hazard.

Our house is heated by _____ and is cooled by _____

Situations you can adjust the house/room temperature are _____

Situations you can leave a window open are _____

Other expectations about heating/cooling/windows include _____

Out-of-House Expectations

Every time you leave the house _____

Other expectations in the house include _____

If you need a ride, ask (*when*) _____

If you would like to go out with friends, ask (*when*) _____

Other expectations when out of the house include _____

IMPORTANT: *You must follow Program Rules and Expectations if you are going out with friends, this includes asking permission in advance. Your phone MUST always be charged and with you when out of the house.*

Technology Use

Expectations in our home regarding:

Phone use when you are at home _____

Phone use when you are in a vehicle _____

Phone use at night _____

Gaming _____

Other expectations for technology use include _____

Quiet Time

We typically get up in the morning at *(time)* _____ and go to bed at *(time)* _____

Noise should be limited before *(time)* _____ and after *(time)* _____

Other expectations for noise in the house include _____

School Days

Our school day morning routine starts at *(time)* _____ and includes _____

You need to be ready to leave for school by *(time)* _____ and you will get to school by *(if school bus, list location of stop)* _____

Other expectations for getting ready for school include _____

If you are sick and cannot go to school _____

Weekends

Our weekend routine typically starts at *(time)* _____ and includes _____

Expectations we have for weekends include _____

Other Expectations in our Home

(Including any pet care or contribution to other household/yard tasks)

If you have any questions at any time, please let us know.

