



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

## 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 \_\_\_\_\_

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Expectations we have for weekends include \_\_\_\_\_

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## Other Expectations in our Home

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

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

