

Haere Mai

We Welcome You ☺

Annyong

Sawadee ka

Hello

Guten Tag

Namaste

Konichi Wa

Ni Hao

Help in the home

Help in the home

You are expected to be part of your kiwi family so:



Offer to help with washing or drying dishes, clearing or setting the table at meal times, maybe help to bring in the groceries from the car.

Kiwi boys as well as girls do these small jobs!!!



Washing and or ironing will be done for you but if you wish to do this yourself, please see your Host mother.



Hanging out or bringing in the washing would be helpful to your host parents, as would learning to make them a cup of tea or coffee.



Most families keep soap powder near the tub in the laundry. Ask your Host parents which clothes need handwashing and do it yourself. Remember to hang clothes outside to dry - not in your room!



Always use the ironing board when ironing.



Ask if there are other little jobs that would be helpful to your Host family.



See us if you think what you have been given to do is unreasonable.

Your Family

Adjusting to your family means some changes may have to be made:

- ❑ Make an effort to be part of the family - join in the family activities.
- ❑ Your Host mother is **NOT** your servant or slave.
- ❑ Always say "goodnight" to your family before you go to bed. Don't just disappear.
- ❑ If your family go to bed before you do, try not to make any noise;
 - Keep your stereo off or very quiet
 - No cooking or looking for food
 - Tell your friends not to telephone after 9.30 pm
- ❑ If you want food from your own country - offer to cook a meal for your family.
- ❑ It is considered bad manners to eat noisily.
- ❑ Offer to pay your share of expenses if you go somewhere special with your family eg restaurant, movies, holidays.
- ❑ Don't sniff or clear your throat loudly. Kiwis find these noises offensive. Clear your nose with a tissue or handkerchief.
- ❑ Be responsible - make sure your home is locked before you go out.
- ❑ **Never smoke cigarettes inside your house.** If you have to smoke do it outside **AWAY** from your family.
- ❑ Learn your homestay family's names, address and telephone numbers.

Weather Worries



Keep warm

- wear warm clothing
- don't use your heater and wear thin clothing
- wear warm clothing in the house and add more layers to go outside
- buy winter pyjamas and wear socks to bed
- ask for more blankets if necessary
- use a hot water bottle in your bed
- wear woollen gloves and hat outside if it is cold



If you have an electric blanket turn it on about half an hour before you get into bed and turn it OFF before you go to sleep.



Electricity is expensive so use electric heaters as little as possible. Always keep it on the low number for heating.



Never dry clothes or towels close to an electric or gas heater.



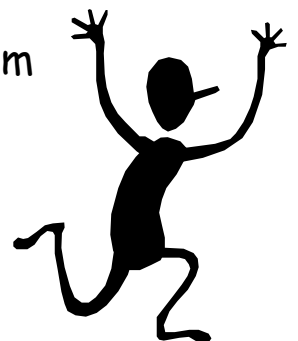
Keep dry. Wear a raincoat and waterproof shoes on wet days.



Buy clothes made for New Zealand conditions.



Exercise - a brisk walk or run will make you warm and feeling good - try it!!



Food

- ❉ Kiwis eat potatoes with most meals. Rice and noodles are eaten as well during the week.
- ❉ In New Zealand meat is moderately priced but seafood is expensive.
- ❉ Your Homestay will probably cook some food from your country if you help them.
- ❉ If you have a difficulty using a knife and fork, use a spoon.
- ❉ **IMPORTANT!** Make sure that you thank your host parent for the meal they have made for you. Tell them it was delicious or which food you really enjoyed.
- ❉ Do not keep food in your bedroom. If you buy your own snacks ask for somewhere in the kitchen to put them.
- ❉ Please eat your meals with your family so they have an idea of what you like to eat.
- ❉ Try food shopping with your family so they have an idea of what you like to eat.
- ❉ Cooking your own food is unacceptable unless previously arranged.
- ❉ If you have any problems with food, see your homestay supervisor.

How do you feel ?

If you are feeling lonely and homesick this is to be expected and very normal when you first arrive.

This feeling will soon pass and you will feel happy and confident.

Things that will help

- Spend time with friends from your country
- Talk to your homestay parents or Mrs Foley or Kim or Tanya about it
- Make plans and do something e.g. a trip to the movies or visit the city to sightsee
- Join an activity group e.g. basketball, or a sports club, go swimming, a school activity etc.
- Be patient..... no one has died of homesickness.....



you'll get through it!!

Homestay Hints

- ☺ Keep your telephone conversations brief e.g. 10 minutes maximum? Do you need a mobile phone or your own phone line for internet?
- ☺ Always make overseas toll calls collect or purchase special discount international phone call cards. Ask before using the telephone for international calls.
- ☺ **Very important!!** Let your Homestay mother know before hand if you are not going to be home for a meal.
- ☺ Tell your Host family where you are going and when you will be back. They **care**. Telephone them if your plans change.
- ☺ Most families will be happy for you to bring friends around but be considerate - only 1 or 2 at a time and make sure they leave before 9.30 pm.
- ☺ It is not acceptable to have a person of the opposite sex in your bedroom. You may entertain them in the lounge room.
- ☺ Always say "please" and "thank you" in the home. This is important.
- ☺ If you are speaking with your friends in the company of people from other countries, use ENGLISH as much as possible
- ☺ Kiwis like to have their own 'personal space' around them. Be careful not to stand too close.

Be cheerful and positive - SMILE

Your Bedroom

- ❑ Make your bed each day before going to school.
- ❑ Lie between the sheets with your blankets on top.
- ❑ The sheets will be changed each week with clean ones.
- ❑ Keep your room tidy.
- ❑ Open your windows whenever possible to keep the air fresh.
- ❑ Never stick posters on your walls without permission.
- ❑ Kiwis do not usually have locks on their bedroom doors. If you have a problem with this, discuss it with your host family or ring Jenny.

If you are sick

If you feel sick at school ... **see the school nurse or go see Mrs Foley or Kim.** If you need permission to go home, they can give it to you.

If you are sick at home, ask your Homestay parents to call or email the school.

If you are sick at home for 2 or more days, you must see a New Zealand registered doctor for a certificate. It must say why you were away from school.

Holidays

You may want to go away on holiday during the school holidays.
It is YOUR responsibility to:

- ✈ Tell your Homestay family of your intentions at least 2 weeks before going away.
- ✈ Tell us about your intentions AND complete the 'Holiday Intention Form' **at least two weeks** before departure. Hand the form to Mrs Foley to check it.
- ✈ There are NO Homestay refunds made for any holiday period during the year. You will not get a refund of Homestay money if you leave your home for a holiday.
- ✈ Book your return flight to your homeland at the end of the year early. We suggest in about July/August. Please give to us your final leaving date in November or December as soon as you know so we can stop payment to your Homestay family on the day of your departure.
- ✈ Ask us for another form to complete if you are planning your next holiday.
- ✈ You are **NOT** allowed to go on holiday during school term time. This means you can not leave early for your holiday or arrive back late. Any absence will be treated as truancy and this may be noted by the New Zealand Immigration Department and may possibly affect your student visa renewal application.

Going Out

It is beneficial to relax and spend some time socialising with friends and acquaintances.

- ✧ Monday to Thursday evenings should be spent at home studying, completing school work and revising work done. Friday and Saturday evenings are the most convenient for you to go out as there is no school the next day.
- ✧ Sunday evening should be spent organising yourself for the week ahead, ensuring that you are fully prepared for school.
- ✧ You **MUST** ask / inform your Homestay parents of where you are going, who you will be with and when you will be home.
- ✧ Discuss with your homestay a reasonable time for you to be home. This will depend on your age and maturity. If you say that you will be home at a certain time, make sure that you are there on time.
- ✧ It is a good idea to get a mobile phone so that you can contact your Homestay or be contacted by your Homestay when you are out.
- ✧ It is your responsibility for you to be home for meals. Do not cook your own food without permission.
- ✧ If your Homestay is in bed when you get home, **BE QUIET**.
- ✧ Make sure your home is locked and windows are closed and secure when you are out.
- ✧ If you get into serious trouble while you out, call the Emergency school phone to ask for help. Missing the bus is not an emergency - if this is the case, call your host family to come and get you. Let your Homestay know if you are going to be late.

Showerers

- ≡ Only 1 a day.
- ≡ 5 minutes should be adequate to clean yourself.
- ≡ Discuss with your family what is the best time for you to have a shower.
- ≡ Don't splash water around the bathroom
- ≡ Wipe shower walls after showering and any water on the floor.
- ≡ Don't block the drain of the shower to make a bath.
- ≡ Provide your own soap, shampoo, toothpaste and toiletries.
- ≡ Ask where to put your toiletries in the bathroom or keep them in your room.
- ≡ If you make a "mess' on the toilet seat or floor, **YOU** clean it up!

Contacting us ...

St Dominic's College: (09) 839 0380

School hours: 8.30am to 3.20 pm

Tanya Corrigan: +64 (0)27 500 2799

Homestay Coordinator

Mrs Gay Foley: +64 (0)21 846 997

Emergencies - 021 104 6770 (Tanya - 24/7 phone)

- phone your Homestay

- phone school anytime

Police, Ambulance, Fire - Dial 111 from any phone.

If you would like to talk to us, make an appointment to see either Mrs Foley or Kim or Tanya at school.