

Welcome to our home. We hope you will enjoy your stay with us.

Here are some guidelines to explain how we **usually** do things in our house. We hope they will help you. If there is anything you do not understand, please ask us.

MEALS

We hope that you will like Canadian food. If you tell us what foods you like, we will also try to buy these.

Breakfast and Lunch: In our home, adults and teenagers prepare their own breakfasts. We will help you at first. Please tell us what to buy for your breakfast and school lunch.

Dinner:

- Dinner will be prepared for you. Sometimes we will ask you to help.
- We usually eat dinner at _____.
- Please help clean the table after dinner.
- If you are not coming home for dinner, you must phone early so that we know how much food to cook.

Snacks: If you are hungry between meals, you can fix yourself a snack such as _____.

Cleaning the Kitchen: You must always clean any mess you leave in the kitchen. Remember to put your dirty dishes in the dishwasher.

LAUNDRY

KEYS

- You will have your own key. **Never** lend this key to anyone else.
- The door is to be kept locked at all times.
- Please remove your shoes when you enter the house.

YOUR ROOM

- Your room is your private space. When you are in your room you may close the door if you want to be alone.
 - You must make your bed every day. Your room must be cleaned and vacuumed once a week. We will wash your sheets once a week on _____.
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THE BATHROOM

- You will share a bathroom with _____.
- Please wipe the sink after each use.
- Clean towels _____.
- Showers should not be taken before 6:30 a.m. or later than 10:00 p.m. because the noise will disturb other members of the family. Showers must be limited to 10 minutes.
- In Canada, we leave the bathroom door open after we are finished. This will help air circulate, and will indicate that the bathroom is available.

FAMILY ROOM

ENTERTAINING FRIENDS

- We want you to bring your friends to our home. However, please ask us first in case it is not convenient at that time.
- In Canada, teenagers may not have friends of the opposite sex in their room unless the door is open. It is better to entertain friends of the opposite sex in the family room.

CURFEWS AND STAYING OVERNIGHT AT A FRIEND'S HOME

Most Canadian students have curfews. This means that they must be home at night before a certain time. During the week, this is because they have studies to do. On weekend, it is because parents worry about their safety.

- On nights before school (Sunday, Monday, Tuesday, Wednesday, and Thursday), your curfew is _____. This means that you must be home by this time.
- On Friday and Saturday, your curfew is _____.
- If you are not in the home after dinner, you must let us know where you are, and you must leave a telephone number.
- You must ask our permission to stay overnight at a friend's house.

TRANSPORTATION

- We will show you how to use the bus. You should buy a bus pass for travelling to school, to shopping malls, and to visit your friends. We will show you how to buy the pass.
- We will drive you occasionally when the bus cannot be used.

SAFETY

- Please do not walk alone at night. If you are away from the home, and do not feel safe, phone home immediately.

TELEPHONE

- If you plan to use the telephone a lot, you should have your own telephone installed. This will cost about \$100. Then the monthly cost will be about \$25 plus charges for long distance calls.
- You can use our phone but **we have rules for use of our telephone:**
 1. No one is to call you before 7:00 a.m. or after 10:00 p.m. (except your parents.)
 2. Calls should be limited to 15 minutes. If you wish to make a longer call, please ask us if this is okay.
 3. All long distance calls must be placed collect or a long distance calling card used. Under no circumstances should you make direct dial long distance phone calls.

GENERAL

In Canada, we are very conscious of conserving energy. Please remember to turn out the lights whenever you leave a room.

We hope these guidelines will help you to know what to do in our home, and to feel comfortable. If there is anything you do not understand, please ask us about it. Remember that we don't understand how things work in your country, so we won't know what you are familiar with and what you do not understand.