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### Questions to Ask Your Host Family

The following form has been designed to assist the student and his/her host family with the adaptation process and help prevent misunderstandings. Upon completion of this form, both the host family and student should **sign the last page** and keep copies for future referral. A copy of this form must be forwarded to our main office in Arizona within **one to two weeks after the student's arrival at the host family's home**. We also suggest that the host family give a copy to their Area Representative.

#### COMMUNICATION

How should the exchange student address the host mother?  Mom  By first name  Other: \_\_\_\_\_

How should the exchange student address the host father?  Dad  By first name  Other: \_\_\_\_\_

How would the student like to be addressed?  By first name  By nickname, which is: \_\_\_\_\_

#### MEALS

##### Breakfast

Will the student be expected to prepare his/her own breakfast?  Yes  No

Breakfast normally consists of the following foods: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What time is breakfast? Weekdays: \_\_\_\_\_ Weekends: \_\_\_\_\_

##### Lunch

Will the student be expected to purchase his/her lunch at school?  Yes  No

If so, approximately how much will it cost? \_\_\_\_\_

What time does the host family eat lunch on weekends? \_\_\_\_\_

##### Dinner

What time is dinner usually served? \_\_\_\_\_

Dinner normally consists of the following foods: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If the student will not be home for dinner, he/she should call no later than: \_\_\_\_\_

If the student will be home late, but would like to eat dinner at home, he/she should: \_\_\_\_\_  
\_\_\_\_\_

The student will have the following responsibilities at mealtime: \_\_\_\_\_

How often does the family eat out for dinner?

\_\_\_\_\_ Once a week    \_\_\_\_\_ Everyday    \_\_\_\_\_ Once a month    \_\_\_\_\_ Almost never    \_\_\_\_\_ Other, please explain:

**FOODS**

Please list any foods that the student is allergic to and the reaction that he/she has to them.

The student's favorite foods are: \_\_\_\_\_

The student's least favorite foods are: \_\_\_\_\_

**HOUSEHOLD DUTIES**

The student is expected to keep his/her room clean and to make his/her bed every morning. What other chores are the student expected to complete?

CHORE

WHEN & HOW OFTEN

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

***The host family should teach the student how they would like for these chores to be completed. The host family is also encouraged to teach the student how to use household appliances so that there are no misunderstandings. Students should be instructed on what they can or cannot do with these appliances, as well as when they should not be used. For example, some families have a special plan with their electric company in which they can only use certain appliances at specific times of the day in order to conserve energy, etc. The host families must keep in mind that dishwashers are uncommon in some countries and that certain household appliances may be operated differently.***

**CURFEWS**

The student must always ask for the host family's permission before planning any activities, either alone or with others.

What is the student's curfew? \_\_\_\_\_ Weekdays  
\_\_\_\_\_ Weekends

If for any reason, the student cannot be home by curfew, he/she should call the host family, explain the situation and make sure that he/she receives permission to arrive at a later time.

What time do the host parents return home from work?

Host Mother: \_\_\_\_\_ Weekdays    \_\_\_\_\_ Weekends

Host Father: \_\_\_\_\_ Weekdays    \_\_\_\_\_ Weekends

**FRIENDS**

Will the student be allowed to entertain his/her friends in the host family's home? \_\_\_\_\_ Yes \_\_\_\_\_ No

Notes: \_\_\_\_\_

The student must always ask permission before inviting a friend to the host family's home.

**NOTE: The student is not allowed to take a friend of the opposite sex to his/her bedroom!**

**Dating:**

The following rules must be followed by the student:

- ❖ The student is only allowed to go out on dates in a group setting.
- ❖ The student should not take dating seriously and MUST NOT date the same person frequently.
- ❖ The student must seek the host family's approval.
- ❖ The host family must be informed of where and with whom the student is, as well as the time that he/she will return home. Household curfews must be obeyed.
- ❖ There should be compatibility in age.
- ❖ **The student is prohibited from participating in sexual activity of any kind.**

**TELEPHONE**

The student is responsible for paying for his/her long-distance calls immediately upon receipt of the phone bill. OCEAN **strongly suggests that the student purchase a calling card for his/her long-distance calls or communicate with his/her natural family via apps, such as Skype, WhatsApp, etc.**

The student should inform his/her friends and/or family not to call at the following times: \_\_\_\_\_  
\_\_\_\_\_

Is the student allowed to have a cell phone? \_\_\_\_\_

Additional rules regarding phones: \_\_\_\_\_

*The exchange student is responsible for all costs related to cell phone usage. If the student abuses this privilege, the host family and OCEAN reserve the right to revoke the use of his/her cell phone, and the student may face further disciplinary actions.*

**TELEVISION**

How often and for how long is the exchange student allowed to watch TV? \_\_\_\_\_

Additional rules regarding watching TV \_\_\_\_\_  
\_\_\_\_\_

**INTERNET AND COMPUTER USAGE**

The student understands that he/she is not allowed access to the Internet unless the host family is monitoring his/her usage. The student also understands that OCEAN reserves the right to revoke the student's use of the computer if he/she abuses his/her privileges. When and for how long will the student be allowed to use the computer each week?  
\_\_\_\_\_

**Computer "hacking" and making unauthorized modifications to the host family's computer is strictly prohibited. Students are also prohibited from viewing adult and pornographic web sites.**

**MONEY**

The student is financially responsible for the following:

- ❖ School lunches
- ❖ The cost of meals and entertainment when he/she goes out with friends.
- ❖ Personal items such as shampoo, deodorant, make-up, hairspray, etc.
- ❖ Haircuts
- ❖ Clothing
- ❖ Travel costs if he/she is traveling with the host family. The student is also responsible for costs involved in school or church-related trips. All trips that do not include the host family MUST be pre-approved by OCEAN. If the host family wants to travel with the student outside of the United States, OCEAN needs to be contacted for approval.
- ❖ Any food items that he/she would like to eat but are not readily available in the host family’s home, or if the student eats more of a particular food than the host family usually keeps in their home.

It is the student’s responsibility to budget his/her money. The host family understands that they are not allowed to loan money to the student nor are they to borrow money from the student. The student also understands that he/she is not allowed to borrow money from or loan money to anyone, including friends and other exchange students.

**BATHROOM**

At what time does the student prefer to take a shower? \_\_\_\_\_

How long should the student spend in the shower? \_\_\_\_\_

Is the student expected to clean his/her bathroom? \_\_\_\_\_ If so, how often? \_\_\_\_\_

**LAUNDRY**

The student is expected to wash his/her own clothes: \_\_\_ Yes \_\_\_ No

The student is only allowed to wash his/her own clothes on the following days: \_\_\_ Weekends \_\_\_ Does not matter

**SCHOOL**

At what time does the student need to be dressed and ready to leave for school? \_\_\_\_\_

The student will travel to school by: \_\_\_ School Bus \_\_\_ Car \_\_\_ Walk \_\_\_ Bicycle

The student has permission to travel to and from school by car with the following persons:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The student must receive permission from his/her host parents before traveling to or from school with persons other than those listed above.

**PETS (If Applicable)**

Below are the names of the host family’s pet(s) and pertinent information that the student needs to be aware of regarding their care:

\_\_\_\_\_

\_\_\_\_\_

**CHURCH**

Does the host family attend church? \_\_\_ Yes \_\_\_ No If so, how often? \_\_\_\_\_

The student understands that although he/she will not be forced to attend church, OCEAN strongly encourages him/her to attend out of courtesy to the host family. The host family would like the student to attend church on the following days and times:

\_\_\_\_\_

What time should the student be dressed and ready to leave for church? \_\_\_\_\_

How long do church services normally last? \_\_\_\_\_

**STUDY**

The student must complete all homework assignments each night. He/she should ask the host family for help if necessary. The student should respect his/her host brothers and sisters and remain quiet while they are studying.

**BEDTIME**

The host family generally goes to bed at the following times: \_\_\_\_\_ Weekdays \_\_\_\_\_ Weekends

If the student stays awake later than the times above, he/she promises to be quiet and courteous.

Rules regarding bedtime are: \_\_\_\_\_

Are there any extra observations or rules that the student should follow/know? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I, \_\_\_\_\_, understand that there are consequences for not abiding by the host  
*(Student's First & Last Name)*

family and OCEAN's rules. I am aware that my host family is responsible for me and has an obligation to inform OCEAN and its area representative should I break any of these rules. In addition, I have discussed the above-mentioned rules and guidelines with my host family and agree to abide by them. If I break any of these rules, I understand that I may be disciplined by my host family and/or OCEAN. I also understand that I may call my area representative at any time for guidance or assistance.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

We, the host parents, understand that we have an obligation to inform OCEAN and its area representatives if our student does not abide by any of the program or our household rules. We also understand that we may contact our area representative at any time for guidance or assistance.

\_\_\_\_\_  
Host Father's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Host Mother's Signature

\_\_\_\_\_  
Date

## **COMPUTER & CELL PHONE USAGE AGREEMENT**

Student's Name: \_\_\_\_\_

Host Family's Name: \_\_\_\_\_

### **COMPUTER USAGE:**

The purpose of this agreement is to protect you and your host family from on-line predators, as well as set guidelines for computer and cell phone usage. This agreement applies to ANY computer that you may use during your stay in the U.S., and you may be subject to disciplinary measures for violating this agreement. ***(Please note that the term computer is applicable to any technology device that you may use, such as iPad, tablet, laptop, desktop computer, etc.)***

1. I understand that I may possess a personal laptop computer while in the U.S.; however, it may only be used with the permission and close supervision of OCEAN and my host family. I also understand that OCEAN reserves the right to revoke my use of the computer if I abuse these privileges. Excessive use of the computer and/or Internet may result in me being sent a warning letter or placed on behavioral probation.
2. I understand that I must reimburse the host family for any costs related to the inclusion of my computer in the host family's Internet access plan.
3. I understand that I am prohibited from downloading and installing programs on any computer (host family, school, etc.) without written authorization from OCEAN, the host family and/or school.
4. I will NEVER tell anyone via the Internet that I am home alone. I will NOT give out my personal information or my host family's personal information via the Internet. This includes the host family's address and telephone number, as well as the name, address and telephone number of the school which I am attending.
5. I will NOT use foul or inappropriate language on the Internet or make threatening comments to anyone.
6. I will NOT post inappropriate pictures of myself or anyone else on the Internet or elsewhere.
7. I understand that the viewing of pornography is prohibited, and I will NOT download or view pornography on any computer.
8. I will NOT communicate with people I do not know via the Internet. I will NEVER meet with any unknown person who has communicated with me on the Internet.
9. I will NOT post photos of myself or any of my friends, classmates or members of my host family on the Internet without their permission.
10. I will not change any of the settings on the host family's or school's computer without permission from my host parents and/or the appropriate school officials.
11. I understand that my host parents may, at their discretion, limit my computer usage. They also have the right to track the sites that I have visited while on the Internet.
12. If my host parents request my computer login password, I will provide it to them. I will NEVER give out my password or my host family's passwords to anyone.

**CELL PHONE USAGE:**

1. I understand that I will be allowed to use a personal cell phone exclusively with the permission of OCEAN and my host family. The use of this cell phone is limited to contact with the host family, and it may NOT be used for excessive communication with my friends and/or family members in my home country.
2. I understand that OCEAN reserves the right to revoke my use of the cell phone if I abuse these privileges. I also understand that I may be sent a warning letter or placed on behavioral probation for abusing the use of the cell phone.
3. I understand that neither OCEAN nor the host family is responsible for any costs related to the use and possession of a cell phone, to include activation fees, roaming charges, long distance fees, monthly fees, etc. It is my responsibility to pay any fees relating to the use of my cell phone.

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Host Father's Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Host Mother's Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Please return these forms to our main office by e-mail, fax or regular mail.

**Fax:** (480) 907-7526 or **E-mail:** [info@ocean-intl.org](mailto:info@ocean-intl.org)

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