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High School Information & Questions to Ask Your Host Family

Student's Name: _____ Gender: _____ Home Country: _____

Student's E-mail Address: _____ Date of Birth: ____/____/____

Student's **USA Cell phone**: _____ Do you have a laptop? _____ Skype Name: _____

Host Family's Name: _____ Phone Number: _____

High School's Name: _____ Principal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Fax: _____ Counselor's name: _____

Person to contact at school to request the student's grades/report cards:

Name: _____ Title: _____ Phone: _____

E-mail: _____ Fax: _____

Please note the following:

1. Students must take English & US History/US Government. These two classes are required of program participants.
2. Students must maintain a C or better in all of their classes & complete all homework assignments.
3. Attendance is absolutely mandatory.
4. There is no guarantee that exchange students will participate in school sports and that they will be able to be a senior.
5. Students are not allowed to enroll in ESL (English as a second language) class.
6. Students are prohibited from pressuring school officials for the purpose of graduating or receiving high school diploma.
7. Once the student receives his/her grades he/she must forward a copy to our OCEAN's main office.

Grade Enrolled in: _____ Freshman (9th) _____ Sophomore (10th) _____ Junior (11th) _____ Senior (12th)

Date 1st Semester Begins: ____/____/____ Date 1st Semester Ends: ____/____/____

Date 2nd Semester Begins: ____/____/____ Date 2nd Semester Ends: ____/____/____

Subjects	Teachers
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

Activities available at your school: _____

You may attach a copy of your school schedule to this form.

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 week 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

Is there a charge for local calls? If so, please explain: _____

The student should keep a record of all long distance calls that he/she makes on the host family’s 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.**

The student should inform his/her friends 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 the organization 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 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

Please return this form to our main office by e-mail, fax or regular mail.

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

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