



# HOST FAMILY & STUDENT COMMUNICATION WORKBOOK

Educational Resource Development Trust  
enVision

A Non-Profit Educational Foundation



# Why should I do this activity?

- It is the student's homework.
- Helps open up discussion of common issues and the family schedule, and expectations.
- The purpose of this workbook is to provide a forum for discussion of everyday issues between student and host families.
- It also highlights preferences of both the student and the family.
- Some of the issues mentioned might not apply to your household, but most will apply to everyone.

## Communication

- One of the most important keys to a successful exchange experience is open communication.
- If all issues are discussed in an honest, positive, non-judgmental manner, all parties will be able to have a much better experience.
- Often families and students will think that a matter is too trivial or unimportant to mention to one another.
- Unfortunately, resentments can occasionally then develop over what would be a simple matter to resolve.
- Hopefully this activity will encourage students and family members to openly discuss additional topics that may arise during the homestay.

Thank you for taking the time to help your student navigate this new experience!

**ERDT enVision Office:**

Name: Tracy Gautier

Title: ERDT enVision Director

Phone: (760) 220-6776

Email: [tgautier@erdtenvision.org](mailto:tgautier@erdtenvision.org)

Contact the enVision office in an emergency if you are unsuccessful in reaching your Exchange Program Coordinator or Area Manager.

# Guess Who's Coming to Dinner?

And guess who's cooking dinner...  
and guess who's doing the dishes...



	<u>Breakfast</u>	<u>Weekend Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
Time	_____	_____	_____	_____
Who's There?	_____	_____	_____	_____
Who Cooks?	_____	_____	_____	_____
Who Cleans Up?	_____	_____	_____	_____
Where do we eat?	_____	_____	_____	_____

Other places where we are allowed to eat: \_\_\_\_\_

Would you like to cook some dishes from your home country for our family? \_\_\_\_\_

## Top Three Favorite American Dishes

Student

Family

- |     |       |       |
|-----|-------|-------|
| 1.) | _____ | _____ |
| 2.) | _____ | _____ |
| 3.) | _____ | _____ |

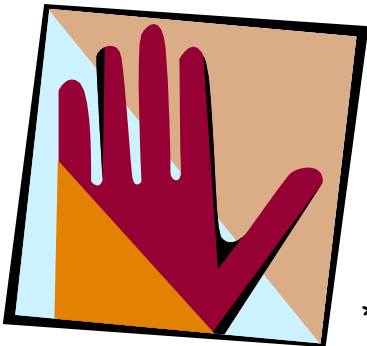
Student's favorite food tastes:

- Spicy    Salty    Sweet    Sour    Bitter

# Household Routine

Mornings are usually a busy time in most homes. Adding an additional person or two could make things a bit chaotic. Mapping out a schedule and explaining time limits to conserve water will help for a smoother morning.

	WEEKDAYS	WEEKENDS
Time to get up	_____	_____
Time to go to bed	_____	_____
Time <b>limit</b> in bathroom	_____	_____
Time <b>limit</b> in shower	_____	_____
Time to leave for school	_____	Let's GO!



## STOP! DON'T DO IT!!!

Small, petty irritations can really build up and become major problems. Each family member has a "pet peeve" or something that irritates him or her. Here's a couple of examples and space to write your own...

\*Drinking all the milk and not leaving any for the next person. \*Leaving lights on when leaving a room. \*Borrowing something (anything) without asking the owner. \*Eating a large snack after school and then not eating dinner with the family.

### WHAT'S YOUR PET PEEVE?

Host Mother: \_\_\_\_\_

Host Father: \_\_\_\_\_

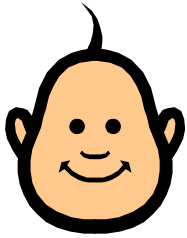
Host Sister(s): \_\_\_\_\_

Host Brother(s): \_\_\_\_\_

Student: \_\_\_\_\_

# WHAT MAKES OUR HOUSE A HOME?

Each host family is unique. Not all families have kids or pets, but if yours does, don't forget to talk about...



## Our kids...

Or grandchildren or relatives or day care kids...

What should a student do if they are having a problem with a child in the family?

---

What do you want your student to know about your children or grandchildren?

---



## Our Pets...

Dogs, cats, birds, hamsters, fish, reptiles

Can students let pets go outside?

---

What are some things your pets enjoy?

---

Are students allowed to feed the pets (restrictions)?

---

Is there anything that makes your pets upset?

---

Any other comments?

---

**\*\*\*Students should never bother an animal who is eating or sleeping.\*\*\***

# This is the way we clean our house

Family Chore Expectations- As the newest member of our family you will share in the chore responsibilities.



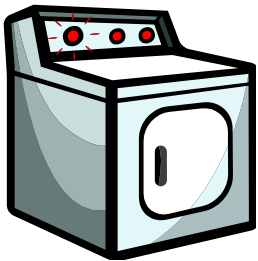
Student's Daily Chores:

---

---

Sometimes we all "pitch-in" to get the house clean. Here are some chores you might also do a few times while you are here: \_\_\_\_\_

---



## This is the way we wash our clothes

When doing laundry (washing clothes), American families often combine their clothes to save time and water.

Laundry is done on day(s) \_\_\_\_\_

Where will student place dirty clothes?  
\_\_\_\_\_

Who will wash the student's clothes? \_\_\_\_\_  
(student may need help)

Drying by machine or hang dry? \_\_\_\_\_

# PERSONAL APPEARANCE

One topic that is often difficult to address is when a student is dressed inappropriately. Students don't want to stand out either, so acceptable attire is important to discuss.



## What to wear?

Around the house: \_\_\_\_\_

After a shower/bath, walking to bedroom: \_\_\_\_\_

To church: \_\_\_\_\_

Types of bathing suits: \_\_\_\_\_

Does student wear shoes in the house? \_\_\_\_\_

What is **NOT** appropriate to wear **out** of the house?: \_\_\_\_\_

\_\_\_\_\_

What is **NOT** appropriate to wear **inside** the house?: \_\_\_\_\_

\_\_\_\_\_

**"Modesty is always in fashion!"**