

AFS Participant and Host Family Questionnaire

When your student arrives in your home, you will have many things to talk about and many questions to ask each other. The following are some questions to help facilitate your student's integration into your family's life and better understand your expectations of them.

Family and Relationships

1. What should I call you? (Mom/Dad, first names etc.) _____
2. If applicable, what is the desired relationship with host sibling(s)? (ex: to teach each other's languages, to be good friends, to do activities together, to study together, etc.) _____

3. What is an appropriate way to show **appreciation**? (ex: say Thank-you, carry the groceries, help clean the house, hug, give gifts, help with meals, spend time together, etc.) _____

4. **To host parents**, what does a "closed" bedroom door mean? (circle which)
 - Accessible = open to interaction with host family
 - Desire for privacy = would like to be alone to study, rest, etc.
5. **To host parents**, what does an "open" bedroom door mean? (circle which)
 - Accessible = open to interaction with host family
 - Desire for privacy = would like to be alone to study, rest, etc.
6. When students are in their room, should their door stay open or be closed (if not sleeping or getting dressed)? _____
7. What are the family rules about digital devices and internet usage? (ex: phones must be given to parents at certain time, no use during meals, no Wi-Fi after certain time, etc.) _____

8. How much time are students expected to spend with the family, **together in the same area/room**? (mark the line)


Very little	Sometimes	Often
<i>(Just meals)</i>	<i>(meals and after school)</i>	<i>(meals, free time, weekends)</i>
9. What are your expectations for family interactions? (ex: have conversations, watch TV/movies together, play sports/do activities together, go to religious services together, go shopping together etc.) _____

10. How often do you communicate as a family? (ex: Throughout the day, mostly during meals, when we are not busy, on the weekends, while watching TV etc.) _____

11. How does your family usually communicate? (ex: verbally, through texting, telling jokes, discussion on current events, talking about school, non-verbal such as hugging, debating, sarcasm, story-telling etc.) _____

12. Does the family share certain activities in which I will also be expected to participate? (ex: sports games, community events etc.) _____
13. Does the family attend religious services? If so, may I attend them as well? _____

14. **For students who attend religious services different from the family**, is it possible to attend them locally? How is transportation handled? _____

15. Are there any other household rules that have not covered? (ex: being on time, cleanliness, etc.) _____

Around the Home

Host Parents:

• **Please demonstrate how to correctly use the bath/shower and household appliances to be used by students, such as the microwave, vacuum cleaner, washing machine etc.**

• **Please show and explain what your expectations of “Clean” and “Tidy” are, depending on the room (ex: bathroom, bedroom, kitchen) or situation (ex: before school, after meals, if guests are coming over etc.)**

16. What chores am I expected to do on a daily basis? (ex: tidying my bedroom, make my bed, feed the dog, etc.) _____

17. Are there any chores that I will share with my siblings? (ex: set/clear the table, wash dishes, take out the garbage, vacuum etc.) _____

18. What appliances may I use around the house? (ex: stove/oven, microwave, computer, washing machine, TV etc.) _____

19. May I personalize my room by moving the furniture, putting up pictures, etc.? (circle) **Y/N**

• If yes, what should I use to place items on the walls? _____

20. Where should I study? (ex: in my room, in the living room, in the dining room etc.) _____

21. Are there any areas of the home in which I am not allowed? (ex: master bedroom, basement, garage, etc.) _____

22. How should I leave the bathroom after I am finished (door open or closed, fan, lights, heater off/on etc.)? _____

23. May I take a **bath OR shower**? **When** (AM/PM) and **for how long**? _____

• Where should I put my towel, toothbrush, shampoo etc. after I use them? _____

24. **For girls**, how/where do I dispose of sanitary napkins and tampons? _____

25. Which personal toiletries are shared by the family? Which should I buy for myself? _____

26. At what time/s do family members wake up (weekdays/weekends)? _____

27. At what time should I wake up (weekdays/weekends)? _____

28. Will someone wake me up or is there an alarm clock I must set? _____

29. At what time do you expect me to go to bed (weekdays/weekends)? _____

30. **What time** and **for how long** may I:

Activity	At What Time	For how long	Where (in what room)
Watch TV/movies			
Do homework/study			
Listen to music			

Use the computer			
Read a book			

31. What are typical meal times (weekdays/weekends)?

Breakfast		Lunch		Dinner	
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32. May I help myself to food from the refrigerator/cupboards between meals? (circle) **Y/N**

- If yes, what food may I eat as a snack? _____

33. May I eat food outside of the kitchen? (circle) **Y/N**

- If yes, in which rooms? _____

34. What will be my school lunch? (circle which)

- A packed lunch from home (**prepared by whom?** _____)
- Lunch from the school cafeteria (**lunch money provided by host family**)

35. How much time am I allowed to spend online [chatting, social media etc.] per day? (ex: a few hours after school, all day, only in the evenings etc.) _____

36. What are the rules regarding internet usage. Should I ask first? _____

37. What should I know about internet safety, protecting my privacy and that of the family? _____

38. May I invite classmates or friends to come over to the house? _____

- **If yes**, at what time/s and under what conditions? (ex: only same gender friends, only when siblings or parents are home, only on weekdays, only until dinner time etc.) _____

39. What are the rules about spending time with friends/classmates who are the opposite gender? (ex: only with mixed/large groups, not allowed in the home, not alone together, can meet socially, can study together etc.) _____

40. May I go out with friends at night during the week or on weekends? (circle) **Y/N**

- **If yes**, what time is the curfew [the time should I return home] on weekdays/weekend? _____

Transportation

41. How far is the school from home? _____

42. How will I get to and from school? (indicate which)

Public transportation	By Car	Other
Method (ex: train, bus): _____	Name of Driver(s): _____ _____	(ex: walking, by bicycle, etc.) Route: _____ _____
Cost (provided by host family): _____	Time of Departure: _____ Time of Return: _____	_____
Stop/Station Location: _____	Duration of Trip: _____	_____

Time of Departure: _____	_____
Time of Return: _____	Duration of Trip: _____
Duration of Trip: _____	

43. How difficult is it to get around the community by myself (by walking or biking)? _____
44. Is there a bicycle that I may borrow? _____
- **If yes**, under what condition? (ex: must wear helmet, carry lock and bike chain, ask permission first, ride on sidewalk etc.) _____
45. Is there public transportation that I may use? (ex: bus, train, subway etc.) (circle) **Y/N**
- **If Yes**, what are the restrictions? _____
46. Who will be able to give me a ride to/from after-school activities? _____
- **If yes**, how much advanced notice is needed? (ex: a few days, a week, a few hours etc.) _____
47. What are the family expectations about providing transportation? _____
48. What are the rules or restrictions for me to arrange for friends to give me a ride? (ex: only friends approved first by parents, only friends with *Full Privilege* license, only friends over 17 or 18, only host siblings etc.) _____

In the Community

49. Is there anything I should know about safety in certain parts of town? _____
50. What are the guidelines about where it is safe/unsafe to walk during the day, after dark? _____
51. What do we do in the event of a fire or other emergency? _____
52. What are the telephone numbers of related emergency services? **[in USA, it's 911]** _____
53. Where is the nearest hospital or clinic? _____
54. How do you secure the home? Lock the doors and windows? _____
55. How do I keep my belongings safe such as passport, money, and camera? _____
56. If home alone, how should I answer the phone or someone at to the door? _____
57. What do I need to know about traffic and pedestrian safety? _____
58. What do I do if I get lost in town? _____
59. What do I do if I don't have a key and nobody is home? _____
60. Is there anything I should know about the high school culture, school rules, peer relations, social tensions? _____
61. Are there activities, people, places I should avoid? What should I find out about a party, concert etc. before deciding to go? _____

Money Matters

62. How much money might I need for personal purchases? (ex: jeans/clothing, snack foods, movie tickets, fast food, electronics etc.) _____
63. What kind of expenses will I need to pay for myself? _____
64. Where is the nearest ATM or bank? _____

Budget Sheet for AFS Participants

Your host family has volunteered to support you throughout the year with food, housing and school transportation as a minimum. Expenses beyond that are optional and depend somewhat on the relationship you develop. It is generally helpful to discuss what you have available to spend on a monthly basis as part of the budget discussion.

In order to help budget your personal spending money, please consider which of the following optional items you would like to purchase yourself and plan accordingly. Sometimes local AFS Volunteers have funds available to help cover the cost of such items. Find out if your local AFS Volunteers have funds available to help you cover these costs and make a note of this here.

	Amount needed	Do I want to purchase?	How covered?
School yearbook	\$		
Class photos	\$		
Class ring	\$		
School trips	\$		
Graduation expenses	\$		
Prom expenses	\$		