AFS Participant and Host Family Questionnaire

When you arrive in your host family's 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 integration into your host family's life and better understand their expectations of you.

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 (Just meals)
   - Sometimes (meals and after school)
   - Often (meals, free time, weekends)
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**

16. What chores am I expected to do every day? (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, attic, 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?

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:
<table>
<thead>
<tr>
<th>Activity</th>
<th>At What Time</th>
<th>For how long</th>
<th>Where (in what room)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watch TV/movies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do homework/study</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Listen to music</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Use the computer</td>
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<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
</table>

32. May I help myself to food from the refrigerator/cupboard 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)
<table>
<thead>
<tr>
<th>Public transportation</th>
<th>By Car</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method (ex: train, bus):</td>
<td>Name of Driver(s):</td>
<td>(ex: walking, by bicycle, etc.)</td>
</tr>
<tr>
<td>Cost <em>(provided by host family)</em>:</td>
<td></td>
<td>Route:</td>
</tr>
<tr>
<td>Stop/Station Location:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of Departure:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of Return:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Duration of Trip:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.)*
____________________________________________________________________________________

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**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.

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.

<table>
<thead>
<tr>
<th>Amount needed</th>
<th>Do I want to purchase?</th>
<th>How covered?</th>
</tr>
</thead>
<tbody>
<tr>
<td>School yearbook</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Class photos</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Class ring</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>School trips</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Graduation expenses</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Prom expenses</td>
<td>$</td>
<td></td>
</tr>
</tbody>
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