



The First Days

Your first days will be filled with activity. The following are some suggestions of things to do and what you can expect:

1. **Contact your natural parents:** Let them know that you arrived safely.
2. **Register for school:** Ask your family when you should register. Prepare for registration by asking your host brothers and sisters about the classes and if they recommend any teachers. Refer to school questionnaire.
3. **Get to know your neighborhood:** Ask your parents to show you around. Find out where the following places are: the post office, the library, the downtown area, the pharmacy, and other places you would like to see. Your family may already have some neighborhood trips planned!
4. **Write down your host family's work and mobile phone numbers in case of an emergency:** It's a good idea to write their name and address on a card, with their telephone numbers, and keep it with you.
5. **Sleep:** You have heard this before: you may be tired but keep on going because everything is new and exciting. However, because everything is so new and exciting, you may need more sleep. Speaking English all day, every day, will be tiring. Your family will understand if you sleep a lot.
6. **Keep a diary or journal:** Write down your observations. It will help you understand your new surroundings. Years later you'll enjoy reading your observations.
7. **Set small goals:** You may have "language fatigue" (when someone is tired of speaking a new language) or you may be lonely for your family and friends. If you set a daily "small" goal to achieve, you can feel good about accomplishing it.
8. **Complete the "Participant & Host Family Questionnaire" with your host family:** Your host family should also have a copy in their host family handbook. If they haven't talked to you about it yet, ask them about it.
9. **Think positively about your experiences:** Everything you see that is different is a chance for you to learn a little more about the U.S., about your home country, and about yourself.