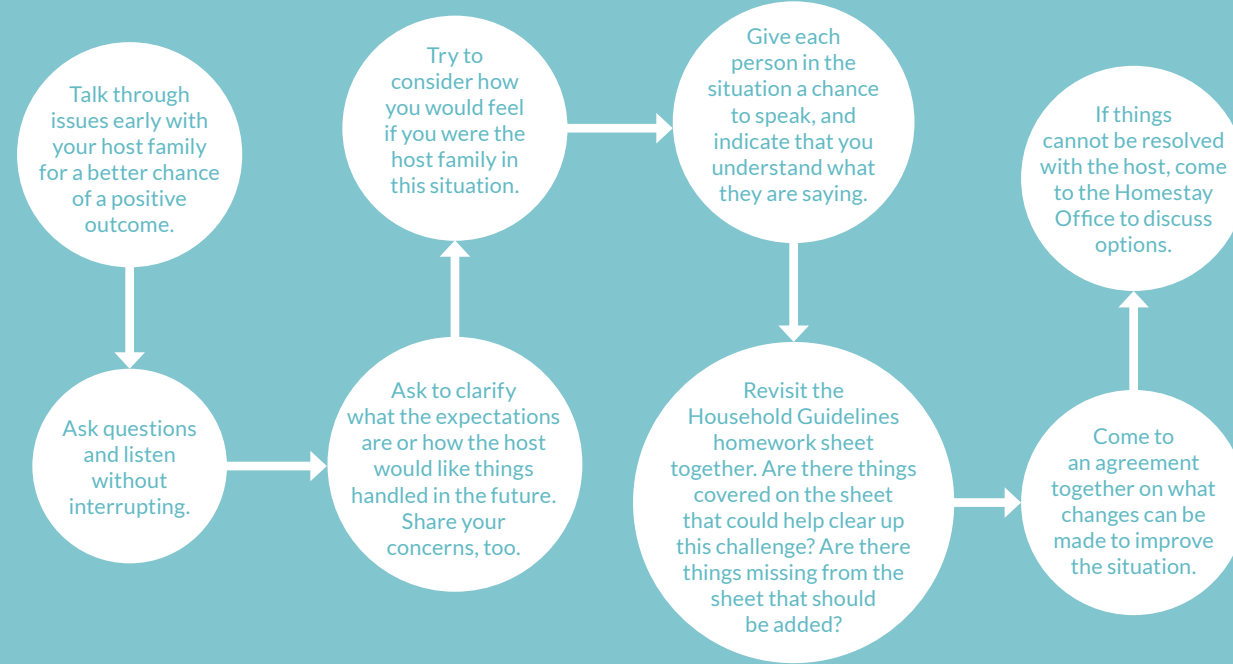


international.viu.ca/homestay

This brochure is a resource highlighting some of the Homestay programs, standards, and general information for Homestay students. For full outline of program expectation and standards please review the WorldVIU Homestay Student Handbook and the Homestay Letter of Agreement. The latest version of both of these documents can be viewed online at international.viu.ca/homestay

**WORLDVIU
HOMESTAY**

Dealing with Challenges



How challenging events are handled by the Homestay Office:

- You will be asked to share your side of the story in person to Homestay staff.
- A decision letter will be sent to you outlining what action will be taken and what expectations Homestay has of you and the hosts going forward.
- Any breach of the student conduct code will be shared with Student Affairs and/or The High School.
- You can request a translation of the house rules, your Letter of Agreement, or this handbook at any time.



**WORLDVIU
HOMESTAY
QUICK FACTS**

What is Covered by Homestay Fees

Your Homestay fees (rent) pay for a private room in your host's home with furniture, utilities, study area that might be inside or outside of your bedroom, bathroom that might be shared, and sheets and towels. Homestay with meals includes food for three meals a day. Homestay without meals includes access to kitchen facilities and space to store food.

You are responsible for purchasing your own toiletries (shampoo, conditioner, deodorant, toothpaste, etc.), clothing, books and other personal items. If you plan to make long distance phone calls, please purchase a calling card. You need to purchase your own insurance for your personal belongings. When you go somewhere with your host, you will pay for your own travel costs, entrance fees, and tickets.

When the host invites you to eat a meal at a restaurant, the host will pay for the meal. Meals in restaurants can be expensive, so it is polite to offer to contribute some money.

You should contribute money towards day trips or outings when you go with your host. For example, ski trips to the mountains, or trips to Victoria or Vancouver.

Moving Out Checklist

- Fill out a Moving Notification Form (MNF) with Host and return form to the Homestay office. The MNF is available from International Education building 255 or online at international.viu.ca/homestay/leaving-homestay/peerstay-program
- Complete the Student Evaluation of Host form international.viu.ca/homestay/form/student-e
- Pay any owed or outstanding bills (Homestay fees, cell phones, school fees, etc.)
- Clean bedroom and dispose of or donate all items not being taken home
- Clean bathroom
- Return your Homestay house keys
- Update mailing address with VIU, financial institutions, and other companies that may send mail

AFTER-HOURS EMERGENCY

**Call Campus Security at
250-740-6600**

Tell them,
"I am a VIU Homestay student living with a host family. I have an emergency and need to speak to the Homestay Manager."

They will ask you for details of your emergency and a phone number you can be reached at.



Host Responsibilities:

- Be open, honest, tolerant, and respectful in communicating with the student.
- Provide a warm and clean private bedroom and suitable area for quiet study.
- Homestay with Meals: Provide food for three healthy meals each day that meet Canadian standards and portion sizes.
- Homestay without Meals: provide the student with space in the kitchen to store and prepare food items. Host families also provide basic kitchen appliances and dishware for student use.
- Orient students to the city, neighbourhood, and university campus.
- Include the student in family activities in which the student wishes to participate.
- Arrange to pick up the student at the student's point of entry to Nanaimo unless otherwise determined by VIU.
- Give clear house rules and expectations. Household rules will vary from family to family.
- Follow the terms and conditions outlined in the Host Family Letter of Agreement.



Student Responsibilities:

- Be open, honest, tolerant, and respectful in communicating with your hosts.
- Learn, understand, and follow the family's routines.
- Discuss with your hosts any of your special requirements, preferences, and interests, so they can understand what you need to feel comfortable.
- Discuss any food likes or dislikes with your host.
- Tell your host if you will not be home for dinner, will arrive home late, or will be away overnight.
- In most Canadian families, all members of the household share the chores. Ask your hosts what you can do to help out.
- Clean your own bedroom and bathroom.
- Abide by all rules and guidelines established by the Homestay program when staying with a host family as identified in the handbook and Letter of Agreement.
- Communicate significant issues or concerns immediately to your host family, parent/guardian, custodian, school principal, or Homestay Program as appropriate.



Washroom Etiquette and Cleanliness

Most Canadians believe personal hygiene is very important. Most people brush their teeth two to three times per day, shower, and use deodorant daily, and do laundry weekly.

Canadians usually shower for 10-15 minutes. Students should take showers of similar length. If there is a shower curtain, it gets tucked into the tub; otherwise, water could damage the floor.

Flush toilet paper down the toilet. Wrap personal hygiene products (Q-tips, cotton swabs, paper towels, tampons and pads, etc.) and place them in the garbage.



Internet Usage

You will have access to internet in your host home for study purposes. Access to a family computer will be limited, and it is recommended you use your own laptop. Speak to your host family about their rules for internet usage that will use large amounts of data, like streaming videos or gaming. Do not use host internet to download or watch pornography or download anything illegally.



Guests

Ask your host's permission before inviting guests to the home, even for a few hours. The host family is not obligated to host your family or friends. If your guests are allowed to stay overnight, each person should pay the same nightly fee that you would pay.

Your friends should not expect to receive meals at your Homestay on a regular basis. Communicate openly and honestly with your hosts to know their guidelines.

Your boyfriend or girlfriend is not allowed to stay overnight. Sexual relations are not permitted in Homestay.

Giving Notice to Move Out & Term Extensions

If you wish to cancel your Homestay agreement before the end of your "Term" you must give your host a minimum of 30 days' written notice with a Moving Notification Form (available from the Homestay website) before moving from Homestay. Notice can be given on any day of the month. Once you and your host have signed the form, return it to the Homestay office as soon as possible.

To request an extension of your Homestay Term, please make a request to the Homestay Office at homestay@viu.ca. Extensions are granted at the approval of VIU and available host family. Additional fees may apply.

If you have problems with your Homestay and would like to leave, please contact the Homestay Office to talk about the issues and what options are available.

In situations where there is an assessed risk to the student's Health or safety, a move will be processed immediately at no cost.



MEALS & FOOD

British Columbians commonly eat a standard North American diet. Grocery stores have a tremendous variety of products, and many stores have large ethnic food sections that carry a lot of foods you will recognize from home.

Dining Dollars could be purchased by you or your host from the Food Services website so you can purchase some meals or snacks on campus.

YOU MAY NOTICE:	CONSIDER THIS:
Foods you are used to from home are not served by your host family.	Go grocery shopping with your host and show them foods you like to eat.
Meals may contain less variety or fewer vegetables than you are used to.	Different does not mean unhealthy. Try new foods and tell your hosts which foods you do and do not like.
You may have meals where all the ingredients go together into one pot, and dinner is made up of a single dish, such as a stew or pasta.	Ask your hosts about adding a staple food from home such as rice, noodles, or beans to meals.
Many host families are busy, and some meals may be made using packaged, prepared foods.	Many prepared foods are quite healthy, and even the less healthy ones are okay to eat once in a while.
The food served in Canada may be seasoned differently from what you are used to.	Try new things and see what you like. Also, share with your host family what spices from home you like.

What to Expect from Homestay Meals



7AM - 9AM BREAKFAST

This is usually a cold, simple meal. Examples of regular breakfast foods include toasted bread, cereal, fruit, yogurt, or a combination of these foods. If you like hot breakfasts, ask if it is possible to cook eggs or oatmeal instead.



11AM - 1PM LUNCH

Lunch is normally a cold, simple meal consisting of sandwiches with meat or cheese fillings, vegetables, and a granola bar or leftover food from dinner the evening before. Leftovers are a great way to have a hot lunch meal if that is your preference.



5PM - 7PM DINNER

The evening meal is generally the biggest meal of the day and is normally a hot meal depending on the time of year. Dinner, also called supper, is prepared by and shared with your Homestay family. Canadian dinners tend to be simpler than in other cultures. Examples of dinner meals include hamburgers, pizza, hot dogs, pasta, and soup. Dinner usually consists of 1 protein, 1 carbohydrate, and 1 vegetable. Dinner time should be used to talk with your host family about your day. *If you will not be home for dinner, let your Homestay family know.*



What are foods you eat for breakfast, lunch, and dinner in your home country? This is a great conversation topic with your host family! Bring a recipe from home and ask if you and your host family can make it together for more variety.

