We would like to give you some information and guidelines to help you prepare for the experience of home stay while you are attending Cabra Dominican College.

Using this information will assist you in establishing good relationships with your home stay family.

Australia is a multi-cultural society where women and men are equal and the definition of family is broad. Your host family may include one of the following:

- couple with children
- couple with no children
- couple with grown-up children
- single parents
- single person
- widow

You must ask gain written permission from your parents and the College Principal before making travel arrangements.
Food, drink, and meal times

You will need to discuss with your home stay family whether they are comfortable with you helping yourself to food from the refrigerator or pantry. Also, some families may not like you to have food or drink in your bedroom.

If you find you frequently dislike the food that your family provides, please discuss your likes and dislikes and suggest some of the foods you do like, for example rice or noodles. Some students may not be used to the amount of dairy food that is eaten in Australia, or be able to digest highly spiced foods with chilli. If you have any allergies or sensitivities to food, it is important to let your home stay family know as soon as possible.

If you are not going to be home for a meal, it is important to let your home stay family know in advance. This means that you should plan at least a day ahead.

Should you wish to invite a friend to eat with you at your home stay, you will need to ask permission, again with plenty of notice.

Cigarettes and alcohol

In South Australia, it is illegal to buy cigarettes and alcohol if you are under the age of 18. It is expected that you do not consume alcoholic beverages or smoke, while you are under the legal age.

Housework, cleanliness and tidiness

As you are part of a new household, you should offer to assist with small household chores. It is your responsibility to keep your room clean and tidy and help with other family duties, such as washing or drying the dishes after a meal, vacuuming your room, washing and ironing your clothes. Each family will vary in their expectations and it is important to discuss household guidelines with your family.
Technology – telephone & internet,

If you have a mobile phone, make sure the home stay family and Cabra Dominican College have your number. You will need to discuss with your home stay family any rules about use of the home phone, particularly if you want to make calls overseas. You should also find out about the most economical pre-paid international phone card soon after your arrival. Please ask how late it is acceptable to receive calls from friends or family in the evening.

INTERNET

Most families have internet access. However, the cost of the internet is not included in your home stay fee. The cost varies according to the use and the plan your home stay family has contracted with the internet service provider. As a guide, you can expect to pay between $5 and $10 per week.

There are concerns about students spending long periods of time on the internet, late into the evening. Please ensure that your studies do not suffer as a result of excessive periods of on-line gaming or watching movies. It is also important that you get adequate sleep and that you are alert during lesson periods.

Your host family may also have guidelines about appropriate time for the use of the internet.

YOUR WELLBEING AND HEALTH CARE

It is essential that you maintain good health. Good eating and sleeping habits are required. However, if you are unwell, tell your home stay provider or if at school, see the nurse. If you need to see a doctor, your home stay provider will make arrangements for you. You will need to pay the consultation fee at the time. The costs will be partially reimbursed when you make a claim through your “Overseas Student Health Cover”.

YOUR WELLBEING AND HEALTH CARE

It is essential that you maintain good health. Good eating and sleeping habits are required. However, if you are unwell, tell your home stay provider or if at school, see the nurse. If you need to see a doctor, your home stay provider will make arrangements for you. You will need to pay the consultation fee at the time. The costs will be partially reimbursed when you make a claim through your “Overseas Student Health Cover”. 
Security and Safety

- Keep your valuables in a safe place, especially your passport
- Do not carry large amounts of cash
- Do not keep large amounts of cash at home
- Try not to be late home and avoid travelling alone, especially at night on public transport – take a taxi!
- Use care with heaters, microwave and other household equipment – make sure you know the safely aspects of all electrical items you use
- Care for the house keys and do not label them with an address – use a telephone number on the key ring tag
- Always carry identification with you such as your student card & your home stay provider’s name, address and phone number
- Arrive home at the time your home stay family expects you – Please note that if you are not home within 12 hours as expected we will contact the police and report you as a missing person.

Laundry

Your home stay provider will do the laundry such as bed linen and towels. Most will also do the clothes washing. Most have a laundry routine and a washing basket. Some families may ask you to assist in hanging out the washing to dry.

You may wish to be involved in the care of your clothes. Please talk to your home stay family about where and how you can do your laundry.

Home stay providers are not expected to do ironing. Please take care and ask directions if using an iron.
Guests:

You must ask your Home Stay Provider before you ask your friends over to visit, eat or sleepover. As a general rule, sleepovers are only acceptable on Friday and Saturday nights and with the agreement of your home stay family. You should only make arrangements to stay over with Cabra home stay families, with their permission of course.

Home Stay Fees:

Payments are made from Cabra to your home stay provider. The fees are applied to your school account. It is expected that your account is paid monthly. You should make payments at the Cashier's Office.

Changing Home Stay

If you wish to change your home stay, you should let the home stay coordinator know. It is useful for the College to know the reasons for wanting to change. Your request will be considered and your wishes met if appropriate and there is another home stay place available. Additional fees may apply for relocation. As a general rule, at least two weeks notice is required.

Holidays

◆ During the holiday breaks, you must have written permission to travel or spend time away from your home stay accommodation.

◆ You are able to stay with your home stay during the holiday period.

◆ If you choose to go home to your country, a holding fee is applied to keep your room for the duration of your absence. The holding fee is currently $70 per week.

A final word....

Home Stay is a term that means accommodation in a private home that offers full board. By its nature, it is different from home to home. It will also be very different from where you have come from and sometimes it takes some time to feel normal to you.

The host families have been carefully selected and every effort has been made to match them with your needs and requests.

Please recognise that you are a guest in the family home. It is not like a hotel and there should not be an expectation that the home stay provider serve you as a client. Most hosts want to accept a student into their family and provide a comfortable environment where you can succeed in your studies, develop your English language skills and experience home life in Australia.

Do not hesitate to discuss your situation with the Home Stay Coordinator.