## **Student Guide to the House Rules**

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| **STUDENT GUIDE TO THE HOUSE RULES**  **Short-Term Study Tours**  Welcome to Australia! We hope you enjoy your stay. Below are guidelines, which will help to create a happy home for everyone.  **Telephone numbers AHN 24 hour = 1300 MYSTAY (1300 697829)**  **Police/Fire/Ambulance Emergency: 000**  **Host Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Mobile: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Write these details down and keep them on you in case of an**  **emergency** |
| **Contacting you in Australia:**   * Between you and your family: please use your mobile phone or purchase a pre-paid phone card. * Between you and AHN/Host: You need to advise your email address and mobile phone number as soon as you arrive. * If you can’t use your mobile phone, ask your host how you can connect with them.   You could use Line, We chat, Viber or Skype. |
| **Health Issues**   * If you are feeling unwell, tell your host, they will advise you where the nearest medical centre is. * You may have to pay to see the Doctor, however your OHSC and/or travel insurance may cover some medical costs. * **13SICK** is the number for medical assistance after 6pm at night and before 6am in the morning. |
| **Privacy**  It is important when you are sharing a home to respect each other’s private time and areas.   * When in your room, toilet and bathroom remember to keep the door closed and if there is a lock please use it. * Knock before you enter a room, especially any private use areas (bedrooms and bathrooms). |
| **Shoes inside the house**   * Ask your host if shoes can be worn in the house. * Please do not wear high-heel shoes on polished floor boards * Try to avoid wearing shoes on the carpet. |
| **Your Room**   * In Australia, we sleep in a bed, between the sheets, with blankets on top. * Ask your host about changing bed sheets and towels.   We ask you to please;   * Keep your room clean and tidy. * Do not cook, or keep food in your room. * Do not leave any wet clothing or towels in your room. * Do not stick anything to the walls. If you wish to hang anything, see your host. * Ask your homestay family if you need extra blankets if you are cold or a fan if you are hot. |
| **Noise**   * Your host won’t mind you playing music or chatting with your friends via mobile or internet but please try to do this before 10:30pm at night. * If you need to call your family after this time due to time zone differences, please check if this is ok with your host first. * Always try to keep the noise level at a point where it doesn't upset other family members or their sleep. |
| **Internet**   * If internet access is available, ask your host how it works in their home. * The internet is NOT for downloading music, TV shows, movies or playing games as this may exceed the limit. * Your hosts have the right to turn it off at night and back on the next morning at a time which suits them. You are always welcome to purchase your own data to utilise for this type of viewing. |
| **Toilet**   * Never squat or stand on the toilet seat. * Never flush anything down the toilet except for toilet paper. * Don’t use too much toilet paper as it may block or cause the toilet to overflow * Always wash your hands with soap after using the toilet. * After use - please wipe down any spills on the toilet   **Women/Girls**   * All sanitary items such as tampons and pads should never be flushed down the toilet. * At home, there will be a bin in the toilet or bathroom area or you may need to ask your host mother where to dispose of sanitary items. * If you are still unsure, wrap the sanitary item in toilet paper and put in a plastic bag and then put it in the garbage bin outside. |
| **Meals**  Students have different meal options with their homestay. Your host or the AHN team can show you which meal option you have chosen   * For breakfast and/or lunch, let your host know what you want and you can help yourself – e.g. cereal, toast, sandwich, fruit juice, tea or coffee. * Dinner will be eaten with your host family if it has not been organised in your tour itinerary. * When you use the kitchen please make sure that you leave the kitchen clean and tidy. **Under 18's are not allowed to cook on their own and must ask permission before using the kitchen, this is not allowed in all homestays.** |
| **Water Usage – Water Restrictions**   * In Australia water is expensive and its use is restricted. * Please help us save water by keeping showers to a 5-10 minute limit and turning off the water whilst you brush your teeth. * Please do not waste water. Ask your host family about other ways to save water. |
| **Bathroom**   * Please only bathe in the bath or shower cubicle so water does not splash onto the bathroom floor. * When using the bathroom, close the door. There may be a privacy lock on the door, please use it. * There is usually a bath mat on the floor. Stand on that when you get out of the shower so you do not slip over. * Hang your towel up to dry after you use it. Check with your host family where you should hang your wet towel. * Have a toiletry bag with your own shampoo, soap, tissues, etc. * Leave any wet items in the bathroom or hang out to dry – please do not leave them in your room. * If you make a mess, please clean it up. * Please complete all shower activities by 10:00pm. If you need to shower later for some reason, please chat to your host. |
| **Personal Hygiene**  Remember that Australia can have very warm weather; students should maintain good personal hygiene by putting on deodorant each morning before dressing. |
| **Lights, Fans and Heating**   * Please make sure you turn off all lights when you go to sleep (ask your host for a small wall light if needed). * Please turn off fans/air conditioning and heating in your bedroom when you are not home. |
| **Laundry**  Ask your host family about washing your clothes as each family is different. Your host family may want you to:   * Do your own washing - your host will instruct you on how the machine operates and how much detergent to use. Full loads only please. Only perform 2 washes per week due to water restrictions. * Some host may ask you to put your laundry items in a basket provided and your host will wash them for you. * Ask your host if you would like to hang your underwear to dry in a private place. * Your host will advise you what day you need to change the sheets on your bed. Also when to change your towels. |
| **Cleaning**  Is part of family life and you can be asked to help with:   * Help with tidying up after meals including washing or drying dishes. * Keep your own room clean and tidy and make your bed. * Keep your bathroom clean and tidy - do not leave wet towels and clothes on the floor. * If you make a mess anywhere in the home, please clean it up. |
| **Broken or damaged something in the house?**   * Don’t worry, accidents can happen sometimes. * Please let your host know if something has been broken or damaged. * AHN students and hosts have some insurance coverage. Give AHN a call or contact your tour group organiser if you have any questions. |
| **Smoking and Alcohol (not permitted for students under the age of 18 years old)**  Do not smoke in the house –   * If you are over 18 and your host allows smoking at the house, you can only smoke outside and use the container provided for the butts. * You cannot smoke inside the host’s home. Please ask if you have any problems or questions.   Be sensible with alcohol –   * If you are over 18 and your host allows alcohol at the house, be sure to drink responsibly and behave in a respectful manner. * Remember that excessive drinking can have a negative impact on your studies and your personal life. |
| **Going Out**   * You need to be home by the curfew set by your tour group organiser. * Make sure you are on time if your homestay host is picking you up after a scheduled outing. * If you are under 18 and you wish to go out at night, you must get approval from your   guardian and your host must be informed.   * Travel with friends, especially at night.   UNLESS ADVISED OTHERWISE BY YOUR TOUR GROUP, STUDENTS UNDER 18 ARE NOT PERMITTED TO LEAVE THEIR HOMESTAY AFTER RETURNING HOME IN THE EVENING. |
| **Public Transport (if applicable)**   * Download the local transport app on your phone and computer to work out the best and quickest route to travel. * Ask your host about a transport card as this is cheaper than buying a paper ticket when using public transport. You must carry your valid student ID card to receive a concession or you may be fined a fee by the Transport Department inspector. |