## **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.
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| **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).
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| **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.
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| **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.
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| **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.
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| **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.
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| **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.
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| **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.**
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| **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.
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| **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.
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| **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.
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| **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.
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| **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.
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| **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.
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| **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.
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| **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.
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