

# International Students **HOMESTAY** INFORMATION GUIDE



[www.camhigh.school.nz](http://www.camhigh.school.nz)

# WELCOME TO THE HOMESTAY PROGRAMME INFORMATION GUIDE FOR CAMBRIDGE HIGH SCHOOL

Thank you for your enquiry to host an International Student attending Cambridge High School.

Cambridge High School has students from all over the world including students from Brazil, China, Colombia, Chile, Germany, Japan, Korea, Malaysia, Thailand, Vietnam, India, Sri Lanka and Uruguay.

We find that many of our students experience a period of time on an emotional rollercoaster, shortly after they arrive. They have a massive build-up of excitement before leaving home. This is coupled with the anticipation of meeting a new family and making new friends which can be very stressful. Once they arrive in their new environment they are often tired and jet lagged, understanding the language can be a struggle, and the food is very different and it may upset their stomachs initially.

School can also be very overwhelming and it can be very hard to understand the other students and teachers. Missing family and friends at home and being in an unfamiliar environment can cause students to become quite homesick. Reassurance and support are very important at this time.

Communication with the International Office at school is also very important. The International Office staff are available to help and support you with any questions or problems that may occur. The international Office staff organise books, school subjects and insurance for the students.

Homestay Payments are directly credited into your bank account each fortnight. Current homestay payments are set at \$230 per week per student.



# HOSTING INTERNATIONAL STUDENTS

## WHAT IS EXPECTED OF OUR HOSTING FAMILIES?

Hosting international students can be a very rewarding experience for you and your family, but there are a few important things to remember.

In order to be a successful host family you need to be prepared to face the challenges associated with hosting a student from overseas. Understanding and compassion is a prerequisite and you need to consider that your student could possibly be struggling with 'culture shock'.

Imagine your child in their situation and treat them accordingly with care, respect and empathy.

We encourage the family to take these students in and trust them as they would their own children. The same rules, family values, care, attention and respect that you would show a member of your family are needed. Also a relaxed, happy and safe environment to live and study in is important for the student so that they are able to feel more secure in their new environment.

## WHAT DO I NEED TO SUPPLY A STUDENT WHO LIVES IN MY HOME?

- Each student requires their own room with a bed, storage cupboard and unlimited broadband
- Linen, blankets and pillows also need to be provided
- A comfortable room temperature in their bedrooms



# ADDITIONAL INFORMATION THAT MAY BE HELPFUL

- Encourage the student to participate in family activities especially meal times
- Encourage the student to take part in household chores
- Explain laundry procedures for the students clothes
- Set responsible house rules including curfew times. Always remember to discuss these with your student and assume nothing
- Always supervise parties and make contact with the parents of homes that your student may be visiting or staying with
- Do not provide alcohol or cigarettes to your student
- Contact the International Office immediately if there are any serious breaches of school or house rules, or health and safety issues
- If a student is sick then it is your responsibility to firstly contact the International Office and inform them that your student will be away. Also it is your responsibility to organise for your student to be taken to the Doctor if required. Please do not assume that your student will organise an appointment as this is very unlikely

## WHAT FOODS WILL MY STUDENT EAT?

As a host parent, you are required to supply your student three meals a day (Breakfast, lunch and dinner). It may take your student a while to adjust to the food that is available in New Zealand as they may not have been exposed to much of the food that we eat or the style in which it is prepared and cooked.

The type of food that we eat may cause stomach upsets and so it is a good idea to initially keep meals basic. Try and include rice or noodle dishes in your meals. It is also a good idea to keep a bowl of cooked rice in the fridge as this can also help settle the students stomach.

The student's parents will sometimes send food parcels to their son or daughter while they are living in New Zealand. These are usually dehydrated snacks such as noodles.

Most students also enjoy the selection of fruits available to them in New Zealand.



# WHEN YOUR STUDENT ATTENDS CAMBRIDGE HIGH SCHOOL

On the first day of school, host parents are expected to bring their student to the International Office. If you are not available, then it is important that if you host another international student, or have a son or daughter that attends Cambridge High School, that they assist in bringing the new student to school.

It is important that your student knows how to get to and from your home to school. It is a very good idea to take your student to and from school for a few days so that they know how to get to school and return home safely.

If your student needs to catch a bus, it is important that a buddy is organised for your student so that they know where and when to get off the bus.

The students need to bring the following items with them to school on the first day:

- Their passport
- Food and drink for the day
- Paper and something to write with

The International Office staff assists new students in the following ways:

- Timetable and selection of subjects is organised
- Establishing a buddy for the new student to follow
- Setting up a locker
- If footwear needs to be purchased from the Warehouse and an order form is given to the students if they have funds on their school account
- Giving the student a map of Cambridge as well as an orientation pack on their arrival



# WHEN YOUR STUDENT ATTENDS CAMBRIDGE HIGH SCHOOL

As an employee of Cambridge High School International Programme your responsibilities are:

- To assist your student to set up a bank account and eftpos card
- Take your students to and from Doctors and Dentists appointments as needed
- Collect and deliver your students to or from sporting and / or social activities after dark
- Ensure they are in correct uniform and get to school on time for classes daily
- Check on their homework and deadlines
- Take part in birthday celebrations or milestones
- Imagine your child in their situation and treat them accordingly with care, respect and empathy

## THE INTERNATIONAL OFFICE

If you have any concerns or queries regarding your student/s, then you can phone the International Office from 8.45 am to 3.15 pm. If you have any urgent issues after these hours, then you can phone the after hours mobile - 021 856 445.



CAMBRIDGE HIGH SCHOOL

International Student Pre-Departure Handbook

## CAN MY STUDENT SPEAK AND UNDERSTAND ENGLISH?

Most students who arrive in New Zealand, have a basic understanding of the English language. Some students can read English better than speaking or listening so speak in short sentences slowly and clearly. Most students will have an electronic dictionary with them and this can be of great help for a student struggling with the language. Google translator is also another option available.

## SHOULD I HAVE RULES FOR MY STUDENTS?

We encourage our families to treat their student as they would their own child. (If your student asks to go to a party, would you allow your own son or daughter to attend?)

What curfews would you set for your children? These should be the same for your international student. If your student wishes to go and stay with someone, or attend an event, it is an expectation that you make contact with the family that your student is going to visit.

Another good idea is to have any household rules visible for students to see so that they can understand what is expected in the home.

## DO I GIVE MY STUDENT HOUSEHOLD CHORES?

Do your own children have chores? We suggest that your student looks after and cleans their individual room. If they wish to do their own laundry, then please show them how to use the washing machine. Having a few small chores, may also help them to adjust and help them feel a part of the family.

Some families however, do not expect their student to do any chores while they are living in their home. It is really an individual expectation that you can review once a student is living in your home and has had a chance to settle in.

