

# **RULES FOR STAYING WITH FAMILIES**

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## **1. BEHAVIOUR**

It is the student's commitment to try to adapt to conventions of the country and the host family. Remember you are in a foreign country and it is always best to respect local customs and traditions, which are often very different from your own. You would certainly like people visiting your country to behave appropriately.

## **2. RELATIONSHIP WITH THE HOST FAMILY**

Your host family will offer you their friendship and hospitality. You, in turn, should attempt to be as pleasant and agreeable as possible. Remember that to maintain good relations, it is essential to be continually in communication. It is always better to talk things over, freely and sincerely, and avoid any possible misunderstandings.

✓You are not allowed, except with the express permission of the family, to invite anyone home for meals or to stay the night at the house. Neither is it considered acceptable to have people come to the house to spend time.

## **3. MEALS**

You will be staying with your host family on a full board basis, which includes three meals a day (breakfast, lunch and dinner) following Spanish tradition. Meals will be offered at the times agreed with the family. Please, let the family know if ever you are not going to arrive on time so they can keep something for you, or if you know you are going to miss lunch or dinner. If there is anything you don't like, let them know.

✓You cannot cook your own meals except with the permission of the family.

## **4. GOING OUT & TRAVELLING**

You can go out whenever you wish (unless your tutor, home Institution or own family sets down a particular timetable for night outs). The family will provide you with a set of keys; you must take care of these keys and return them on the last day of your stay. As a matter of courtesy, you must give advance notice whenever you are going to be out late, and make as little noise as possible should you return late, since you are living with other people and everyone needs their sleep.

If you are planning to travel at weekends, let the family know your plans provide them with information (hotel, telephone numbers, etc.,) so they can contact you should the need arise.

There is no reduction in the cost of the family stay for the nights or meals missed due breaks, travelling or personal activities, throughout the academic term.

## **5. COMMUNICATIONS**

Telephone: You can receive calls, whether local national or international. You must ask permission to call from the house in case of any emergency.

Internet: The family is not obliged to provide WIFI or Internet at home. You have computers and WIFI at the Language Centre (you can also use the WIFI in any of the University

buildings). You can also get online in city squares and other public places, the family will let you know the nearest places.

## **6. ENERGY**

Water: You can have a shower once a day. Remember there are other people in the house and try not to spend too long in the bathroom. Remember that Water is a limited resource in Spain. Should the hot water not work for any reason, check with the family on how boilers and other facilities work.

Electricity: Electricity is very expensive in Spain, so please remember to switch off lights when not in use and not to have them on except when necessary.

## **7. WASHING & HYGIENE**

Washing: The family is obliged to do your laundry only once a week. Obtain permission to wash anything by hand or ask should you need anything washed.

✓You are not entitled to free use of the washing machine.

Rooms: Keeping your room clean and tidy (making the bed, tidying your things....) is your responsibility. Please make sure you do so. Remember it is a family home, not a hotel.

Personal hygiene: The family is under no obligation to provide cosmetics (gel, sprays, skin creams, tissues, deodorants etc.,) in case of need, please ask before using theirs (the same is true for hairdryers or any other electrical devices). The family will provide towels for your own use, but these must remain in the house, you cannot take them away on day trips or to the beach.

## **8. DAMAGE OR BREAKAGES**

Students are responsible for any damage or breakages (outside normal use) that may occur in the house.

## **9. CHANGES IN THE HOST FAMILY**

After carrying out an evaluation, the Language Centre will provide students with different accommodation depending on the personal needs and wishes expressed by each student.

**MANY THANKS FOR YOUR PARTICIPATION**