



Worksheet for Living Together

Family Name:	Student Name:
Coordinator Name:	Date:
<p>This form should be completed with your student shortly after arrival. Discuss the points that are most important to you. Feel free to review and adjust this information during the course of the exchange stay. Use this as a tool to help everyone adjust and to minimize confusion and misunderstandings. Do not be afraid to express your thoughts.</p>	

Household Operation

Meals	Time	Days We Eat Together	Days We Eat Separately	Comments
Breakfast				
Lunch*				
Snack				
Dinner				

Can the student eat in his/her room? ☐ Yes ☐ No

Please specify the student's responsibilities in regard to meals, e.g. preparation of food, setting the table, washing the dishes, loading the dishwasher, etc.

*See the "Food" section of the *Host Family Handbook* for more information on lunch.

Schedule	Weekdays	Weekend
Time student must wake up:		
Time student must go to bed:		
Time student must be back home:		

Bathroom Rules	Weekdays	Weekend
What is the maximum time the student can spend in the bathroom?		
How often is the student expected to shower/bathe?		
Other		

Schedule These are things which everyone in the household is expected to do, e.g. take out the trash, sweep the floor, etc.

Chore	Day	Time

Student Chores These are things for which the student alone is responsible, e.g. maintaining a clean room, making his/her bed, etc.

Chore	Day	Time

Laundry

Is the student expected to do their own laundry?

Yes

No

If not, who is responsible for doing the laundry?

When is laundry done?

Where does one put dirty laundry?

Family Life

Television	Weekdays	Weekend
How early can the student watch TV?		
What time must the TV be off?		
Are any programs prohibited?		
Are any movies prohibited?		

Telephone, Computer, and Internet Use	Weekdays	Weekend
Are electronics (e.g. iPad, laptop, smartphone, etc.)—even if owned by the student—allowed in his/her bedroom? <input type="checkbox"/> Yes <input type="checkbox"/> No		
What is the time limit for a local call?		
What is the time limit for an international call?		
Between which hours is it ok for the student to make and receive calls?		
What is the maximum amount of time the student can stay on the internet?		
Who pays for phone calls?		
Does the student need to share a computer?		

Transportation Specify how the student is expected to travel around your town during their stay.				
Destination	Public Transport	Walk/Bike	Host Family	Other
School				
After school activities				
Social activities with friends				
Other, e.g. church, tutoring, gym, etc.				
Other				

Rules On the lines below, explain rules that are specific to your family. Make sure to identify those that are most important and non-negotiable.

Activities Describe the activities in which everyone in your family is expected to participate and with what frequency, e.g. church, youth group, hiking, restaurant, etc.

Activity	When/How Often	Activity	When/How Often

Please note that it is the student's choice whether or not to attend services, and it is important that this choice is respected. Religious belief often represents a fundamental component of the student's identity and cultural heritage.

Student Expectations Identify three goals/expectations for your exchange year. Share them with your host family and discuss how you can reach them.

Host Family Expectations Identify your expectations both of the student and the hosting experience. Share these with your student, so he or she can understand how these might be met.
