

## **A Guide for Host Families**

The following document has been prepared in order to assist host families, students and their parents. It is not intended to be a rulebook! However, if attention is given to the points mentioned below, we believe that it will help you to maintain good family relations.

### **Meals and Meal Times**

- As in any normal household, some days will be more hectic than others. If the host is unable to make the family meal, then the host should inform the student and make another arrangement.
- Prices do **not** include “special dietary foods”. Likes and dislikes should be discussed beforehand.
- The student should inform the host if he/she will be missing a meal or arriving late.
- Although the student is not expected to be responsible for making family meals, it is not unreasonable to ask them to perform other small tasks such as peeling potatoes or clearing the table.

### **Telephone**

Students should use their own mobile phones. The cost of use of the house telephone is not included in the monthly payment. If the student wishes to use the family’s landline to make phone calls abroad, they have to pay separately for such calls.

### **Cleaning of Own Room**

The student is responsible for cleaning his or her own room and keeping it tidy. Before moving out, the room must be thoroughly cleaned. This is the responsibility of the student.

### **Bathroom**

This can be a point of friction in most households. This issue should therefore be discussed and compromises made to suit both parties. Toiletries, such as deodorant, shampoo etc. are not included the monthly price.

### **Keeping the Peace**

All households are different but 11 p.m. could be a reasonable time for the household to quiet down for the night.



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### **Homework**

If the host family suspects that the student is not doing homework or keeping up with their studies (i.e. out most of the time), the host should discuss this issue with the parents. What course of action do they wish the host to take without infringing on the students privacy?

### **Duty to give information**

It is both reasonable and courteous for both host and student to keep each other informed. For example: The student must inform the host parents if he/she will be away, out for the evening, going home, not going into school etc.

### **Overnight Guest**

Most students staying with host families are not from Sandefjord. For that reason it might not be unreasonable that they would be allowed once in a while to have an overnight guest. (Only if there is space to put an extra mattress into the student's room.) Host families are not expected to house boyfriends/girlfriends overnight. Should the student wish to stay overnight at a friend's house/flat, the student should inform the host. The host family is expected to have some control and information on where they are staying and with whom they are staying.

### **Transport to School, Social Activities and Sundays**

It is not expected that the host acts like a taxi service – i.e. driving to and fro from school and/or other activities. Students can acquire an “ungdomskort” and pay a monthly fee of NOK 290 (2015-2016), which entitles them to travel by bus in Vestfold. Most activities in Sandefjord are in cycling distance. It would be reasonable however for the host to bring and collect the student to/from station/ferry terminal when they arrive or leave Sandefjord, especially in connection with holidays when students often have extra luggage.

### **Key**

Students should be given a key at the beginning of the year. They then have the responsibility of locking the home and securing of the home etc. If a student loses their key then he/she should carry the cost of having a new one made or in extreme cases a new lock. Keys are to be returned at the end of the school year.

### **Laundry**

Students should not expect any special arrangements. Laundry can be done with the family's wash. The student can do his/her own ironing.

### **Payment**

Holidays have been taken into consideration in this proposal.

- Normal price is NOK 5000 x 9 per year. The annual price is therefore NOK 45000. (Please note that students who live away from home get a scholarship from Statens Lånekasse (borteboerstipend)).
- This means 4 full payments in the autumn semester – Sept., Oct., Nov, and Dec. and 5 full payments in the spring semester – Jan., Feb., March, April and May.
- Students from abroad who do not go home for holidays during the school year, pay for 10.5 months.
- Payment for special dietary foods will have to be agreed before the student moves in.

Both parties have read and these guidelines, and have agreed that

will be staying with

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Name of Student

Host Family

Student's parents/guardian

The agreement is valid for one academic year, but is renewable if both parties agree.