

# Participant and Host Family Questionnaire

Laying down very clear house rules early on will help your hosted participant adjust to life in the U.S. Some of the questions below may seem obvious to you, but daily life can differ in surprising ways around the world. Take some time before your participant arrives to consider your answers to these questions. Review these questions with your participant within the first two to three weeks of arrival.

## Around the Home

What should I call you? (mom/dad, first name, etc.) \_\_\_\_\_

What chores am I expected to do on a daily basis? (e.g. tidying my bedroom/bathroom/common spaces, etc.) \_\_\_\_\_

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Are there any chores that I will share with my siblings? (e.g. set/clear the table, wash dishes, vacuum, etc.) \_\_\_\_\_

\_\_\_\_\_

What appliances may I use around the house? (e.g. stove, computer, washing machine, etc.) \_\_\_\_\_

\_\_\_\_\_

May I personalize my room by moving the furniture, putting up pictures, etc.? **Y N**

If yes, what should I use to place items on the walls? \_\_\_\_\_

Where should I study? \_\_\_\_\_

Are there any areas in the home in which I am not allowed? \_\_\_\_\_

\_\_\_\_\_

How should I leave the bathroom after I am finished (door open or closed, fan, lights, heater off/on, etc.)? \_\_\_\_\_

Where should I put my towel, toothbrush, shampoo, etc. after I use them? \_\_\_\_\_

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(For girls) How/where do I dispose of sanitary napkins and tampons? \_\_\_\_\_

\_\_\_\_\_

Will I use the family supply of personal toiletries or should I buy my own? \_\_\_\_\_

\_\_\_\_\_

At what time(s) do family members wake up (weekdays/weekends)? \_\_\_\_\_

At what time should I wake up (weekdays/weekends)? \_\_\_\_\_

Will someone wake me up or is there an alarm clock I must set? \_\_\_\_\_

At what time do you expect me to go to bed (weekdays/weekends)? \_\_\_\_\_

At what times and for how long may I spend doing the following:

Watching TV: \_\_\_\_\_ Doing homework: \_\_\_\_\_

Listening to Music: \_\_\_\_\_ Showering/bathing: \_\_\_\_\_

Using the Computer: \_\_\_\_\_ Other: \_\_\_\_\_

What are typical meal times (weekdays/weekends)?

Breakfast: \_\_\_\_\_ Lunch: \_\_\_\_\_ Dinner: \_\_\_\_\_

May I help myself to food from the refrigerator/cupboard between meals? **Y N**

May I take food outside of the kitchen? **Y N** If yes, to which rooms? \_\_\_\_\_

Will I take a sack lunch to school or will I be given an allowance to purchase lunch from the school cafeteria? \_\_\_\_\_

(If applicable) Who will prepare the sack lunch? \_\_\_\_\_

May I use the phone to talk with my friends from school? **Y N**

If so, for how long? At what times? \_\_\_\_\_

What are the rules for making long distance phone calls? Should I ask first? Am I to pay for each call? \_\_\_\_\_

What are the rules regarding internet usage? Should I ask first? \_\_\_\_\_

What should I know about internet safety and protecting my privacy and that of the family?

May I invite friends to the house? If so, at what times(s) and under what conditions? \_\_\_\_\_

What are the rules regarding spending time with members of the opposite sex, both in and outside the home? \_\_\_\_\_

May I go out with friends at night during the week or on weekends? **Y N**

If so, by what time should I return home? \_\_\_\_\_

Does the family share certain activities in which I will also be expected to participate? (e.g. sports games, community events, etc.) \_\_\_\_\_

Does the family attend religious services? If so, may I attend them as well? \_\_\_\_\_

Is it possible to arrange for me to attend different religious services than the family, if desired?  
If so, how can we arrange this? \_\_\_\_\_

Are there any other house rules that we have not yet talked about (e.g. smoking, punctuality, tidiness, curfew, etc.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Money Questions

How much money might I need for common expenses? (clothing, school uniforms, entertainment, etc.) \_\_\_\_\_

What kind of expenses will I cover myself? \_\_\_\_\_

Where is the nearest bank? \_\_\_\_\_

### In the Community

How far away is my school? \_\_\_\_\_

How will I get to and from school?

Public Transportation	Car/Carpool	Other
Method (e.g. bus): _____	Name of Driver(s): _____	(e.g. walking, bicycle, etc.)
Cost (provided by host family): _____	_____	Route: _____
Stop/Station Location: _____	Time of Departure: _____	_____
Time of Departure: _____	Time of Return: _____	_____
Time of Return: _____	Duration of Trip: _____	_____
Duration of Trip: _____		Duration of Trip: _____

How difficult is it to get around the community by myself? \_\_\_\_\_

Is there a bike or other transportation options available? \_\_\_\_\_

Is there any public transportation that I can use? **Y N**

If so, what are the restrictions? \_\_\_\_\_

Who will be able to give me a ride for after-school activities? \_\_\_\_\_

What are the family expectations about providing transportation? \_\_\_\_\_

What are the rules or restrictions for me to arrange for friends to give me a ride? \_\_\_\_\_

Is there anything I should know about safety in certain parts of town? \_\_\_\_\_

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What are the guidelines about where it is safe/unsafe to walk during the day and after dark?

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What do we do in the event of a fire or other emergency? \_\_\_\_\_

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What are the telephone numbers of related emergency services? \_\_\_\_\_

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Where is the nearest hospital or clinic? \_\_\_\_\_

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How do you secure the home? Lock the doors and windows? \_\_\_\_\_

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How do I keep my belongings safe such as my passport, money, and camera? \_\_\_\_\_

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If home alone, how should I respond to someone on the phone or someone at the door?

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What do I need to know about traffic and pedestrian safety? \_\_\_\_\_

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What do I do if I get lost in town? \_\_\_\_\_

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What do I do if I don't have a key and nobody is home? \_\_\_\_\_

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Is there anything I should know about the high school culture, school rules, peer relations, or social tensions? \_\_\_\_\_

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Are there activities, people, or places I should avoid? What should I find out about a party, concert, etc. before deciding to go? \_\_\_\_\_

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What is the legal age for drinking alcohol? How is it enforced? What repercussions may result from breaking this law? \_\_\_\_\_

\_\_\_\_\_

What is the legal age for smoking cigarettes? What repercussions may result from breaking this law? What are my family's expectations regarding smoking? \_\_\_\_\_

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Use this space to make notes on anything else your family shares with you about life in their home and community: \_\_\_\_\_

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