



Homestay Guide for International Students

Burnside High School

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Welcome from the International Team

We welcome you as an International student to Burnside High School. The homestay experience can be a valuable one for you, and we trust that you will find living with the family we have chosen for you rewarding and worthwhile. It is important that you read through the information in this booklet with your own family before you come to New Zealand as it will answer some of the questions you may have. If you cannot find the information you need from this booklet please contact Mrs Fitzsimmons on fth@burnside.school.nz

Each of our host families has been interviewed, police checked and visited by the International Department and many of them have hosted before so we know the families well. All families are given a **Guide to Hosting International Students** and they will explain the information in the guide to you as well. At the back of this guide there is space for your homestay parents to write down their own particular house rules. Remember – every family is slightly different and will have different rules.

For a successful relationship between students and family it is important that both parties have an understanding of each other's needs. It may take some time and some adjustments on both sides during the first few weeks after you arrive. I am available to help at school at any time you need to talk or ask questions. The International department is open between 8.00am and 3.45pm each day. We also provide a 24 hour emergency phone service and can be called by hosts and students outside of office hours.

Living in another country can mean a different kind of house, different foods, customs, attitudes and ways of doing things. At times you will feel homesick and may find the people and the language strange. These are normal feelings and you must remember you are here for the experience of a different culture. Living in a host family is an excellent way to improve your language skills and totally immerse yourself in our culture.

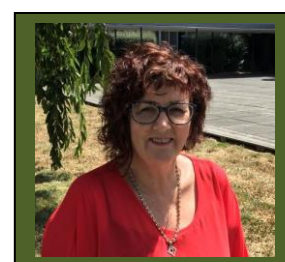
I look forward to meeting you when you arrive in New Zealand.

Arrivals

You will be met at the airport by a member of staff from the International Department and a member of your host family. You will probably be feeling very tired and very nervous, in particular about your host family and what the experience will be like. Your host family will take you straight to their home or a staff member will take care of you at school until a member of your host family is able to take you home.

Do not be concerned if you find the language is difficult to understand at first, or be afraid of making a mistake. You may feel a little homesick at first and probably a little emotional. Your family will support you through this time and will be very understanding.

You should make contact with your parents very soon after your arrival to reassure them that you have arrived safely.



Mrs Helen Fitzsimmons
Homestay Manager

Food

Your homestay fee includes all meals.

- Breakfast
- Lunch
- Dinner
- Snacks

New Zealanders eat a variety of food from different countries. However, most New Zealanders eat 'international' food and international food supplies are readily available in our supermarkets and speciality stores. It is often a good idea to accompany your host parent to the supermarket and show them some of the food you do like to eat. As the main meal of the day is usually eaten in the evening. Many students think New Zealanders eat a lot. Don't be afraid to say "Thank you, that's enough". In the weekends most students may be told to 'help themselves' to breakfast and on some occasions at lunchtimes also. The host will show you the food available and will explain how to prepare simple breakfasts and lunches.

Your host will show you where you can help yourself to snack food.

If you have any problems and feel shy about talking about food to your host family, please come and talk to the Homestay Manager.

Meal Times

Breakfast (approximately 7.00-9.00am)

Breakfast is usually very casual in most Kiwi households. Family members help themselves to toast and cereals. Most families would not have a cooked breakfast except on special occasions.

Lunch (approximately 12.00-2.00pm)

Students in NZ take a lunch to school most days. This will be sandwiches, fruit, muesli bars etc. We do not have a hot lunch except sometimes in the weekend. Many students will prepare their own lunch and your host will help you with this.

Dinner (approximately from 5.30pm onwards)

You will probably have dinner at the dining table. This is an important time, especially for conversation. We expect students to be home by 6.00pm from Monday to Thursday and Sundays and not go out for the rest of the evening. There may be some occasions where this is not applicable, for example, sports training, music lessons etc.

At dinner you can talk about:

- your day at school
- your host families day at work and school
- your homework
- news from home
- the weather and the television news that night
- the food/cooking
- something you saw of interest online
- English – ask questions!



Pavlova – a famous NZ dessert.

Cooking

Some host families may allow you to cook in their kitchen, others would prefer you did not. You will need to respect this rule.



Family time at the dinner table

Hints to help you:

Most families try hard to cook food they think you will like. If you can't eat something make sure you let your family know.

Be thankful and appreciative if your host parents have made a special effort with a meal. Please say 'thank you' at the end of each meal.

Don't be afraid to try new foods.

Offer to help with preparing or tidying up after a meal. You can:

- Set the table
- Prepare vegetables
- Clear the table
- Load the dishwasher

In NZ families the whole family "helps out" with dinner chores – you are part of the family so should offer to help too.



Your Bedroom

At your new home in New Zealand you will have:

- A comfortable bed
- A desk to do homework
- A wardrobe and a place for your clothes
- A warm room

Your bedroom will be your own private area, just as the bedrooms of other family members are their own private area. You cannot go into their bedrooms unless invited. Your host family will explain this to you in more detail and show you around the house when you arrive.

How can I keep warm at night?

Most houses in New Zealand DO NOT have central heating. They may have a heat pump, a gas or log fire or night store heaters.

You may have a heater in your bedroom to use.

You **must** ask your host family about this. Heaters can be very dangerous if you leave them on too long. **Never** leave the heater on when you go out. This can be very dangerous as you might burn the house down. It is very important to wear warm clothes inside the house during winter. You should have layers of clothing such as wool and thermals to keep you warm. Do not wear shorts and a t-shirt around the home on cold days.

You might also have:

- a hot water bottle - This is a rubber 'bottle' that you fill with very hot water and put in the bed.
- a wheat bag - this is an alternative to a hot water bottle and is like a cushion filled with wheat that is heated in the microwave with a cup of water.

Laundry/Washing Clothes

In most homes you will find the host parent is more than happy to do your laundry and in other homes you may be expected to do your own. Your host parent will discuss the arrangements with you. Please do not hang wet laundry/washing in your bedroom or in the closet/wardrobe. Your host will probably provide you with a bag or basket for your laundry. Your host will provide you with towels and bedding requirements.



Most NZ families hang the washing outside



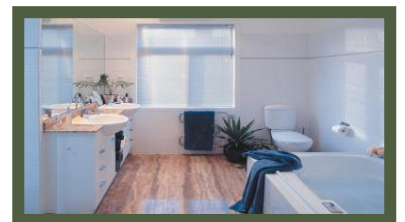
One type of heater you may have in your bedroom

The Bathroom

New Zealand bathrooms might be very different from those in your country. There is no drainage in the floor, so it is important not to get water on the floor. Talk to your host family about how to use the bath, shower and toilet.

Remember not to stay in the shower or bathroom too long. Electricity is expensive and you might use all the hot water so that other members of the family cannot have a shower. We suggest 8-10 minutes in the shower is long enough. If you prefer to shower in the evening, talk to your host about the best time to do this.

You are expected to supply your own toiletries such as shampoo, conditioner etc. If you need a hair dryer or straighteners you will need to bring them with you, remembering to show your host the adaptor plug before using the power socket.



Keep your bedroom tidy – it is your responsibility, not your host parents.

Don't eat food in your room or leave dirty dishes there as this can attract flies and insects.

Don't be embarrassed to talk to your host family about washing etc – most of them have hosted before and are used to all sorts of questions.

Don't spend all your time in your bedroom. Make sure you are out with your new family in the living room for at least part of every evening.



Cellphone/Contacting Overseas

You should have a NZ cellphone number while you are living in NZ. This is for safety reasons so that your host family and the International department can contact you at any time. You can bring your cellphone from your own country and buy a SIM card here in NZ on a pre-pay or monthly plan.

Please discuss with your host family when you should finish SKYPING/phone calls in the evening to your family/friends as this can be disruptive to the family when they are trying to sleep.

All Burnside High School students are required to bring wireless devices into school to use in their classes at the discretion of their teachers. Refer to School MOODLE site <http://learn.burnside.school.nz/> under e-Learning tab.



Driving/travelling in a car

Burnside High School does not allow international students to drive or own a car motorbike or scooter while they are enrolled at the school. Your Parents may apply in writing to the International Student Director for exceptions to this rule.

If you will be driving in a car with another person, they must have a full New Zealand driver's licence. Students who are on a restricted or learner licence **CANNOT** take passengers and are breaking the law.

Travel outside of Christchurch in cars with other teenagers for day trips is not allowed. If you go on a day trip you must be with a responsible adult driver.

You **must** use the safety belt when travelling in a car at all times whether you are seated in the front or the back of the car.

If you ride a bike in New Zealand you must wear a safety helmet (this is a law and you can be stopped if you are not wearing one and given a fine). You should also always lock your bike as they can be stolen.

School Travel Policy

While you are an international student at Burnside High School you will not be allowed to go on any unsupervised travel overnight.

Permission for supervised travel must be given from the school for any overnight trip unless it is a school trip. The Green Travel Form must be filled out and signed by your natural and host parents two weeks before the date of travel.

There are several supervised holiday trips in the school holidays which students are encouraged to go on.

If you are travelling away overnight with your host family, please come to the International Department to tell us before you travel.

Internet Use

Students must comply with the school and their homestay rules on internet and email use. You must use the Network in a responsible way and observe all restrictions. From 2020 the \$20.00 internet cost will be part of your homestay fee and will be paid directly by the school.

It is not acceptable to be up very late on your computer.

Communication

The School MOODLE site should be your first point of contact: <http://learn.burnside.school.nz/>

We also have a facebook site:

<https://www.facebook.com/burnsidehighschool>

The International Department sends you information on sports, music, club signups, events and other useful information through your school email account 2-3 times a week.

Insurance and Medical Issues

It is compulsory for all international students at Burnside High School to have medical and travel insurance as explained in the application documents. If you have insurance from your own country you need to keep a copy with you and you must give a copy to the school. If Burnside High School buys your insurance we will give you a copy when you first arrive. If you need to make a claim you can see Mrs Warnock in the International department and she will help you.

If you have to go to the Doctor while you are in New Zealand you can choose to go to your host family's doctor, or you can ask the school to recommend a local GP. It is important that if you are sick you tell your host family and call the school. If your host family is unable to take you to the Doctor because of work commitments, one of the international staff will take you. There is also a full time nurse at school.

Hints to help you:

You can buy your simcard/cellphone on arrival. There are many mobile phone providers available in NZ.

Don't look at any websites online that are inappropriate at school or at home. You have signed the school rules which include a section on safe use of the internet. This also applies in your homestay.

Students will be held accountable for their own actions when using the internet at the homestay in New Zealand. It is illegal to download movies or music using Peer to Peer Protocols.

Family Life

Generally families in New Zealand eat dinner together and this is their time to “catch up” on what has happened that day. After dinner most people relax by watching television. Try to watch too, and if possible, ask a few questions. Don't worry if you don't understand very much to begin with. Many New Zealanders love to watch and play sport and go to the beach and for walks.

Homework

You can ask your host family to help you. If there are children in the host family they will have homework to do as well. Depending on your year level you should be doing between 1 – 3 hours of homework a night. If there are younger children in the house you might like to help them with their homework and ask them to help you with your English!

Home Times during School Term

The rules are - Monday to Thursday and Sunday students should be home with their host family by 6.00pm and not go out for the rest of the evening. There may be some occasions where this is not applicable, for example, sports training, music lessons etc. On Friday and Saturday nights discuss with your host family where you are going and who you are with and also the agreed time you need to be home. Ensure that:

- Your host family has phone numbers for your friends' families.
- You discuss with your host family how you will get there and back.
- You take your cellphone – it must be switched on and charged at all times.
- You have some cash in your wallet so you can get a taxi/uber home if you need to - be home at the agreed time.
- Remember – **BE SAFE** and be **RESPECTFUL**.

Talk to your host family if you want to invite friends home. They will tell you if it is convenient or not.

Fitting into your family

It is important that you think of your homestay house as your home. But remember there are other people in the home too.

Find out about the 'house rules' your host family have. We have provided a space at the back of this booklet for your host family to write down some of the house rules and for you to sign you have understood everything. Don't be afraid to ask about anything you do not understand or need to discuss further.

Remember you are responsible for:

- tidiness of your room
- security - locking up and closing windows are everyone's responsibility.
- punctuality for meals
- safe use of all appliances
- letting your host family know where you are going
- respecting your host family's and the school's rules regarding smoking and alcohol.



Locking the front door when you go out



Hints to help you:

Always say “**please**” and “**thank you**”. New Zealanders are very polite and they will expect you to be polite as well. We cannot stress this enough – it is considered very important in most homes and is very easy to say.

Make sure you **ALWAYS** shut your bedroom windows, check your heater is off and lock up the house if you go out.

Make sure your cellphone is always charged and turned on.

If you are going to be later than an arranged time – call your hosts, don't text. They may not read the text and worry.

Safety and Opening a Bank Account

Never carry large amounts of cash around with you as it is not safe. To open a bank account you need to come to the International Department and ask for a bank letter - this letter confirms you are a student at Burnside High School. The bank will issue you with an EFTPOS card. You will have a PIN number for this card and it is very important you keep this a secret and not have it written down anywhere or tell anyone else the number.

If you lose your wallet and/or bank card or get any of your property stolen, contact the police and fill out a report within 24 hours and contact the bank (straight away) to get your card cancelled. You must also notify a staff member in the International Department.

Always talk to your host about where you are going so they can discuss your safety, the expected time you should be home and the friends you will be with.

Homestay Payments

The cost of homestay accommodation is NZ\$294.00 per week in 2020. The homestay fees are included in your invoice. Burnside High School will pay your host weekly.



New Zealand Police

Problems

All Burnside High School host families have a close relationship with the school. Many of them have hosted for us for several years and all of them have had police checks and we have visited the house before we place a student with the family. Our Homestay Manager, Mrs Fitzsimmons works very hard matching students to families and most of the time this works well. In fact, many of our students end up staying in contact and having a lasting friendship with their hosts long after they have left New Zealand.

If for any reason you are unhappy about something that happens in your homestay, you need to see Mrs Fitzsimmons. Often all that is needed is for Mrs Fitzsimmons to mediate between you and your host family to resolve a situation. If we are not aware you are unhappy – we can't help!

Very rarely mediation doesn't work and we need to move a student. If we do need to move you for any reason, Mrs Fitzsimmons will contact you to discuss the procedure and give you information about alternative homestay possibilities.



International Department Offices

Hints to help you:

During the first term of your arrival you will be interviewed by one of the International team in the International Department to check everything is o.k. For the remainder of your time an interview form will be sent to your school email account. Your homestay are also contacted regularly.

If you are unhappy at all – don't wait until your interview – come in and talk to the International Department sooner rather than later.

Pocket Money

While you are in New Zealand you will be responsible for paying for all your entertainment, clothing, toiletries, stationery, bus fares, purchasing a bike etc. It is important that you have enough money to cover these expenses while you are here. Your parents will need to give you an allowance to cover these costs.

Below are a few items to give you an idea of costs in New Zealand.

General Costs (approximately):

Movie Ticket:	\$11.50 (up to 17 years old with ID)
Bus Fares:	Around \$3.00
Hair Cut	\$30.00 – \$60.00
McDonald's meal:	\$4.00 – \$15.00
Shampoo:	\$6.00 (cheapest)
Coffee:	\$5.00
Stationery:	\$60.00 for year (approximately) – and more if doing Art or other subjects with extra items.



Clothing and Uniform

In Christchurch the weather can be very cold in the winter. It is important that you bring with you (or buy here) clothes that will keep you warm. The International Department can tell you where to buy these items cheaply:

- Warm coat, hat, gloves, scarf (out of school)
- Socks, slippers
- Thermal underclothes (polypropylene, wool)
- Walking shoes

Uniform

All students Year 9 – 12 must wear the Burnside High School uniform. **Year 13 students do not have to wear a uniform but there is a dress code.**

Please look at the uniform information on the school website and understand that uniform is **COMPULSORY**. Students who do not wear the correct uniform at school are often given detentions.

Some basic information you should know about the uniform is:

- You must wear the uniform to and from school (eg: correct shoes and jacket).
- You cannot wear jewellery (except stud earrings) or have any visible facial piercings.
- If you are in a music group or travelling sports team you may be required to wear a blazer and tie – you can borrow these from the Student office.
- Physical education uniforms are compulsory for Years 9-11 and if chosen as a subject.
- **Your host family should not have to talk to you about wearing correct uniform – this is YOUR responsibility.**

If you come from a school that has no uniform, think of this as a different experience and wear your uniform proudly. Staff should not have to remind you to wear correct uniform. To check Uniform requirements, <http://learn.burnside.school.nz/> click on Green tab named "Enrolment" then on left hand side is a section called "2020 Uniform Requirements".

The Year 13 Dress Code can be viewed here: <\\Bhs\datax\stfPOOL\AdmShared\International admin\Uniform\Year 13 Dress Code.pdf>

Hints to help you:

If your uniform is in very good condition, you can sell your uniform back to the school when you leave or you may like to keep it as a souvenir!

Remember to dress for the weather – warm coat, hats and scarves in winter and fleece jackets are good.

Things to do in the Weekend

When you first arrive you will take some time to make friends and get to know your family. You will have a very different schedule from the one you have at home. Many NZ teenagers work after school and in the weekends and your host brothers or sisters may do the same.

If your host family is going away they will often take you with them – if they can't, e.g. family wedding, we will discuss alternatives with you or your homestay may ask an adult family member to look after you. You are not allowed to stay alone in the house by yourself overnight.

Here are some ideas of things you can do in the weekends. You can get information about them from the international department:

- Join the local gym
- Hagley Park, Museum, Kayaking on Avon River
- Go swimming at the indoor pools
- Join the YMCA
- Play golf (very good local club)
- Go to the beach (remember your hat and sun block)
- Get the bus into the City
- Go to the malls
- Go to the movies
- Public events during weekends

If you are socialising in the weekend, it is not an expectation that your host family will be available to take you out-and-about all the time. Remember to always ask well in advance. Most teenagers in New Zealand are very independent and use the bus, bike or walk to get around in the afternoons and weekends. Once you have mastered using the bus you will find it very easy to get around.

Important - Alcohol in New Zealand

The legal age for drinking alcohol in New Zealand is 18. **International Students are not allowed to drink alcohol or take drugs whilst they are in New Zealand studying at Burnside High School.** In some countries teenagers are allowed to drink beer or wine at home with their families when they are over the age of 16, but in New Zealand this is not allowed. It is against the law for adults to give alcohol to under 18 year old International students. Regardless of your age, do not consume alcohol in your homestay.



Kayaking on the Avon River



City Centre



Sumner Beach



Canterbury Area Map



Discussion Points

Here are some questions or things you might discuss with your host family when you arrive. You may think of other things that you are wanting to know about.

What chores do you expect me to help with?

Eg:

- Make my bed
- Keep my bedroom tidy
- Leave the bathroom clean and tidy after I use it
- Set or clear the table
- Load or unload the dishwasher
- Empty the rubbish bin

What is the procedure about laundry?

- Where do I keep my clothes until wash day?
- Should I wash my own clothes? How do you operate the washing machine?
- Where do I hang my wet washing?

May I use the iron and dryer? How do they work?

Where can I keep my bathroom accessories?

When is the best time for me to use the bathroom on weekdays? Mornings or evenings?

Can I have a bath rather than a shower?

When are mealtimes?

May I help myself to food and drink in moderation at any time or do I need to ask first?

May I put up pictures and posters in my room?

What are your rules about weekend sleep-ins?

How do I contact you if I am running late?

Can I have friends over to visit?

What time do I need to finish SKYPING/cellphone calls at night?

May I use (and how do I use) the TV?

Host Family Guidelines

Please read through and write your answers with your host family. Remember, good communication between you and your host family and mutual respect is the best way to achieve a happy hosting experience.

During the week - Monday to Thursday & 6.00pm on Sundays (unless you have sports/music commitments etc)

Please be home during the weekend by:

Friday:

Saturday:

Household responsibilities expected of me:

Burnside High School has agreed to observe and be bound by the Code of Practice for the Pastoral Care of International Students published by the Ministry of Education. Copies of the Code are available on request from this institution or from the New Zealand Ministry of Education website at <http://minedu.govt.nz>

- Burnside High School.....0064 3 358 8383**
- Mrs Fitzsimmons (Homestay Manager)..... Ext 806**
- Mr Rosengrave (International Student Director).....Ext 871**
- Mrs Warnock (International Student Administrator).....Ext 862**
- Mrs Kerrie Dillon (International Receptionist/Homestay Assistant).....Ext 714**

- International Cellphone (24 hours).....021 891 025**
- Email international@burnside.school.nz**