



Fraser Valley Academy of Dance

ACADEMY HOMESTAY PROGRAM

GUIDE FOR STUDENTS AND FAMILIES

Welcome to Students & Families

Welcome to the Fraser Valley Academy of Dance Academy Homestay Program!

We are so pleased to connect our international students with our Academy families to share their love of dance and of Canada.

The Academy Homestay Program is an integral part of the international students' experience in Canada while training at the Fraser Valley Academy of Dance. Our host families specifically understand and support the dedication, discipline and commitment required by our students in their dance training as well as their academic studies.

The goal of our Academy Homestay Program is to place students with a caring Academy family where students will be nurtured socially, culturally and emotionally. While being fully supported in their dance training, as well as any academic studies, students will learn about Canadian culture, speak English, and make relationships that will last a life-time.

This *FVAD Homestay – Guide for Students and Families* provides essential information for our international students and host families to ensure that the experience for both parties is as enjoyable and rewarding as possible.

Please review this guide carefully and thoroughly before committing to becoming a Host Family or registering as a Homestay Student. Any questions or concerns about this guide should be discussed with the Program Manager.

We look forward to having you join our Academy Homestay Program!

Kind regards,

Mrs. Carolyn Carney
International Student Program Manager
B.Eng, NACC IDP
international@fvad.ca



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PROGRAM CONTACTS

MRS. CAROLYNE CARNEY	HOMESTAY COORDINATOR / PROGRAM MANAGER	international@fvad.ca	604-826-0097 (office) 604-751-3981 (cell)
MR. JOHN CARNEY	ARTISTIC DIRECTOR	admin@fvad.ca	604-826-0097 (office) 604-751-0771 (cell)
JENNIFER LOEWEN	OFFICE ASSISTANT	Jenniferloewen@fvad.ca	604-826-0097 (office)
DEBBIE ALLISON	OFFICE ASSISTANT	debbieallison@fvad.ca	604-826-0097 (office)

To ease communication and to ensure that the program operates smoothly, please follow these guidelines.

Please contact the FVAD Office during regular office hours for questions concerning:

- Student Accounts
- Host Family Payments
- Medical Insurance
- General Information

FVAD Office Hours

- Monday to Friday 12pm – 7:00pm
- Saturdays, 9am – 3pm

To speak with the Program Manager directly, please email or call during FVAD office hours. Please only call outside FVAD Office Hours if there is an emergency that involves or impacts the Homestay Student.

Please leave a detailed message if the Program Manager is not immediately available.

EXCEPTION: If there is an emergency, please contact the Program Manager immediately. If she is unavailable, contact the FVAD office or the Artistic Director directly.

These are examples of emergencies:

- A health emergency (including an accident)
- A student is missing
- An emergency has arisen in the Host Family or in the Homestay Student's family at home

These are examples of situations which are not considered emergencies:

- A student is not obeying host family rules
- A student is missing class
- A student is late for curfew



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CUSTODIANSHIP

The Program Manager will act as Custodian for each student registered in the Academy Homestay Program, and has ultimate authority and responsibility for student care while they are training at the Fraser Valley Academy of Dance.

In Canada, each province and territory decides the age when a person is considered an adult. This is known as the age of majority. A person under the age of majority is considered a “minor child”. In British Columbia, a minor is anyone under the age of 19.

In addition to the documents needed to enter Canada, a minor will need additional documents if he/she comes to Canada to study without a parent or legal guardian. The minor must be cared for by a responsible adult in Canada. This person is known as a custodian. A Custodian has limited signing authority, and is intended only to assist with emergency and pre-approved situations.

A Canadian immigration officer must be satisfied that adequate arrangements have been made for the care and support of minor children who travel to Canada to study. The Custodianship Declaration documents provide this information to the immigration officer when the student arrives in Canada.

Please read the *FVAD International Students – Custodian Information Sheet* for more details.



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INTERNATIONAL STUDENTS IN BC

International Students attend Fraser Valley Academy of Dance for a variety of reasons:

- to prepare for entry into major ballet company schools
- to further their dance training at an intensive level while enrolling in an ELL program
- to continue their dance training at a recreational level while completing Canadian academics
- to enhance their dance training at the FVAD summer intensives while experiencing life in Canada

International Students come to British Columbia for a variety of reasons:

- as a member of an exchange program
- for an intensive English program
- to become more fluent in English, which will lead to greater employment opportunities in their home countries
- to achieve BC Graduation which will lead to greater employment opportunities in their home countries
- to achieve BC Graduation with an intention to enter university in North America
- to experience Canadian culture and lifestyle
- the desire to experience life abroad

Host Family Suggestions:

- The Host Family should discuss the Homestay Student's reasons for coming to Canada.
- The Host Family should discuss the Homestay Student's goals for their dance training.
- The Host Family should help to set goals for dance, language and academics based on those reasons.
- The Host Family should help to define a plan, which will lead to success in achieving the goals.



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HOST FAMILY LIFE

Our Academy Homestay Program Host Families choose to host international students because they are supportive of our Academy, they share an interest in performing arts, they are interested in other cultures, and they would like our international students to be a part of their family.

A Host Family is an integral part of the life of an international student. The Host Family provides more than just room and board; they provide a home away from home. Caring supervision and parenting on the part of the Host Family are an essential part of the international student's growth and development. Host Family parents are looking out for the Homestay Student's best interests. They will help the Homestay Student stay safe and healthy, support their dance training, encourage them in their school work, and guide them in their life in Canada.

International students are teenagers, and just like Canadian teenagers, they exhibit varying degrees of confidence and doubt, responsibility and forgetfulness. However, unlike their Canadian counterparts, international students are dealing with these issues far from their parents, in a culture that is very different and in a foreign language. The key to success with international students, as with all teenagers, is patience, clarity, consistency, flexibility, trust, and good communication.

Preparations for a Homestay Student

The Host Family should discuss the expectations of all family members before the Homestay Student arrives. Children may think that the student will be like a new brother or sister or that they will become best friends, but that may not be the case. While there may be a shared interest in dance, sharing the same home does not guarantee that the Host Family children and the Homestay Student will have other things in common. An honest discussion about the difficulties of forming a cross-cultural friendship, with the added barrier of language, can save disappointment. The more the Host Family learns about the country and culture of the Homestay Student, the better able everyone will be to understand and support them. Host Families should, at the very least, have an idea of where the country is and what kind of an environment the Homestay Student comes from.

Welcoming your Homestay Student

- Prepare a welcome for your student: a sign, a gift, flowers, or any small gesture of welcome.
- Visit the library and take out some books about the country your student comes from.
- If you have the books on hand when the student arrives, they can be the basis of conversation about the country.
- Make a list of things to talk about and things to do during the first few days and weeks.

Host Family Tasks for the first week

- Take the time to learn the correct pronunciation of your student's name.
- Keep the student busy but also arrange for some time alone to recover from jet lag fatigue.
- Encourage a phone call home soon after arrival.
- Speak to the parents yourself saying how pleased you are to have their son or daughter with you; even if they don't understand English, they will appreciate the gesture.
- Introduce your student to extended family members, neighbours and close friends.
- Write down names to help your student remember them.
- Discuss how you would like the student to address you and other family members.



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- Teach your student the phone number, how to use the phone and phone book, how to use a pay phone and how to call home collect, and give them your emergency numbers.
- Help arrange for a pay-as-you-go cell phone, if one is wanted. It is not recommended to sign students up for cell phone contracts, or to purchase a cell phone contract on behalf of the student.
- Take your student to the post office and explain how to buy stamps and send packages.
- Take the student to the bank rather than have them carrying too much money or leaving it at home. If your student has a cash withdrawal card help them learn how to use it and be sure to impress the importance of never telling anyone the PIN number.
- Show girls where they can buy personal supplies and discuss how you would like them to dispose of sanitary items in your home.
- Visit local points of interest and make sure the student knows the route from your home to school.
- Go over school information and discuss the plans and the times for getting to school.
- Ask the student what they would like to do.
- Provide the student with a transit schedule and go over it with them.
- Take the student on a bus ride yourself to show them the route in your neighborhood.
- Relax! Focus on making the student comfortable and your own feelings of nervousness and anxiety will disappear.
- Celebrate small milestones right away (the end of the first week, the first month, etc.).
- Establish a pattern of daily conversation. Help your student to make a list of conversation topics to get through the first few weeks.

Host Family Expectations

Host Family Parents are the responsible adults, not the best friends of the Homestay Student. They are expected to act "in a kind and judicious" manner with respect to their dealings with the Homestay Student.

Host parents are expected to provide essentially what they normally provide for their own family:

- a private bedroom with adequate dresser and closet space, a desk, chair and reading lamp
- three wholesome meals a day and snacks as required
- a quiet, adequately lit and heated study space
- hot water and facilities for daily bathing
- laundry – many students will not have any experience doing their own laundry. If students are expected to do their own laundry, host families will have to provide detailed instructions on the use of machines
- emotional support if the student suffers from homesickness, difficulties at school, etc.
- academic support (help with homework if possible, communication with teachers, attendance at parent-teacher-student interviews, report card pick up, etc.)
- support for their training at FVAD including transportation to all classes, rehearsals, production weeks and other events as required. Carpooling may be arranged with other FVAD parents if pre-approved by the FVAD Program Manager. All adults who drive students must provide Driving Abstracts.
- inclusion of the student in family outings, trips to restaurants, special occasions, recreational activities
- access to the common living areas of the house



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Discuss Expectations

- Early in the homestay, host families should have a conversation with the student about each other's expectations.
- Agree about the amount of computer use and telephone time the student can have.
- Discuss how much interaction the student and the host family will have and the kinds of activities in which everyone will participate together.
- Discuss these issues regularly. Situations change as the student's understanding of Canadian culture develops and as their English improves.

Communication

If any difficulties or concerns arise, please talk about it in person. It is important for both Homestay Students and Host Family Parents to share their concerns with each other so that they can understand how each person feels. Many misunderstandings can occur because of differences in culture. Nothing can be resolved unless everyone talks about it.

It always takes time to adjust to new living situations. However, if there are unresolved concerns, the Program Manager is always available to help Homestay Students and Host Family parents deal with any difficulties. If the Program Manager needs to be contacted, please utilize the school email address and phone number. Homestay Students and Host Families should not be contacting the Program Manager at home unless it is an emergency.

House Rules

Homestay Students are expected to follow house rules as set by the Host Family Parents. In addition, there are several rules that need to be enforced as noted below.

- The Host Family may choose to limit the number of overnight "sleep-overs," or camping trips, which are popular weekend activities. The Host Family should never allow a Homestay Student to attend any such events without checking that there will be adequate supervision by adults, and age-appropriate activities.
- The Host Family must never leave the student alone overnight; appropriate adult supervision must be arranged if the Host Family is away. Host families should contact the Program Manager if they plan to be away.
- The Host Family must never allow students to leave the community overnight without carefully checking to ensure where the student is going and what adult supervision will be. Ensure that the necessary travel forms are completed 5 days prior to any travel event.
- The Host Family must never allow students to drive the family car.
- The Host Family must provide additional guidelines as necessary to ensure that the Homestay Students understands about showers/bathing, table manners, other manners, use of household appliances, laundry, bringing friends home, etc.

Enforcing House Rules

Physical discipline is not permitted under any circumstances. Some international students come from cultures where physical punishment is allowed and common in their homes and in their classrooms. Some Homestay Students may expect this type of punishment if they disobey our rules in the Host Family or in their class. However, just as it is forbidden and unlawful to use any type of corporal punishment on a child by a teacher, the same rules apply to the Host Family parents of an international student in any situation.



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Host Family Suggestions

- Discuss the rules early and often, making sure that the student understands.
- Deal with a few rules at a time.
- Reach a mutual agreement about as many rules as possible.
- Explain the reasons for the rules.
- Enforce the rules fairly...do not let the student get away with breaking them.
- Be fair and firm. Establish reasonable consequences for breaking rules.

Bathroom Use

Host Families should provide basic toiletries for their Homestay Students as they would for any other family member. This includes toothpaste, toothbrushes, shampoo, lotion, toilet paper, soap, and towels. If a student would like additional cosmetics or different brands, they are welcome to buy other toiletries at their own cost.

Host Family Parents and Homestay Students should discuss when us a good time of day to take a bath or shower and generally how long should the bath or shower take. Any other expectations, such as keeping the bathroom clean and dry after use, should also be communicated.

What are some bathroom differences in Canada and other countries?

Canada	Some other countries
Prefer to take quick showers rather than baths	May prefer to take long baths
Often shower once a day in the morning	May shower fewer times, and in the evening
Have no drain in the bathroom floor	May have a drain in the bathroom floor
Close a shower curtain or door and keep the bathroom floor dry	May expect the bathroom to get wet

Curfew

Many Canadian families have curfews for their children to ensure that they are safe and stay healthy. It is not appropriate for students to be out late at night in Canada. Stores, cafes, and libraries are usually not open after 10 pm.

School nights should be for dance training and for academic study. Exceptions may be school events, or special family activities. Students in grades 9 and 10 should be in bed between 10 pm and 11 pm; students in grades 11 and 12 should be in bed between 11 pm and 12 am. It is NOT acceptable to sleep in and miss classes or to sleep in class.

Weekend nights still have expectations. Students in grades 9 and 10 should be home by 11 pm; students in grades 11 and 12 should be home by 12 am.

Homestay parents MUST approve of any arrangements students make to go out in the evenings or weekends, as they would their own child. This includes approving of the destination, form of transportation, which friends are attending, and the curfew.



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Religious Beliefs

Host Families and Homestay Students must respect each other's religious beliefs and background. Host Families should help the Homestay Student to locate the appropriate youth group and/or place of worship, if they request it.

Host Families must not expect Homestay Students to attend the church of the Host Family, if it is different from their own or if they are not religious. Some natural parents are adamant about the place of worship for their child; others do not wish their child to be influenced by other religious beliefs.

Homestay Student Expectations

The Homestay Student is expected to follow the same rules as other members of the Host Family household. The following are suggestions, and age-dependent. The student's responsibilities listed here are in addition to those agreed to in the Student Obligations contract in the "FVAD International Program – Participation Agreement".

Students Should:

- Be part of the family.
- Be at home at a reasonable time on school nights, unless participating in an organized activity such as dance classes or study groups. A guideline for curfew Sunday-Thursday is 10pm.
- Obey an age-appropriate curfew for weekend nights. A guideline for curfew is 12am Friday and Saturday.
- Let the Host Family know where they are at all times.
- Follow family rules.
- Never buy or use drugs or alcohol.
- Attend school every day that school is in session unless they are ill.
- Help with simple chores at home, such as washing dishes after their meal.
 - Many students are not used to doing chores. They may often come from families that hire household help.
 - The host family may need to demonstrate the tasks for students to do. For example, if the student is to do their own laundry, the host family will need to demonstrate how to use their machines.
 - The student should only be expected to do chores that similar-aged children in the house would do.
- Ask permission if they want to have someone over or go out, or need a ride to a special event or activity.
- Follow the travel policies as noted in this guide. Students will NOT be given permission to go away together for overnight trips without appropriate adult supervision.

Homestay Student Suggestions

- Be positive. Much of the homestay experience will be based on your attitude.
- Be ready to get to know the Host Family.
 - Ask questions about them.
 - Ask them if you can help in the kitchen; Go grocery shopping with them.
- Be ready to share about your culture. Share photos and stories about your own family with them.
- Talk to them about your shared interest in dance.
- Talk about differences or similarities in dance training in your country.
- Your Host Family is a safe place to ask questions and to develop your English skills.
- Remember why you are here—to train in dance, to practice English, and to learn about another culture!



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PERSONAL BEHAVIOUR

Personal Time

Homestay Students and Host Family Parents should discuss the amount of time Homestay Students spend alone. Host Family Parents should understand that Homestay Students will need some time to be alone, but they should also encourage Homestay Students to participate in the life of the Host Family. It would be very impolite for Homestay Students to stay in their rooms with the doors closed.

Relationships and Personal Space

Different cultures have different protocols about personal space. Both Homestay Students and Host Family must be aware that there are differences in how they behave with each other, with friends and with family. Take the time to learn from each other about how people in each culture demonstrate affection, and how they act with friends and with family. Host Families should take a very careful approach to hugging, touching or showing affection to students, as not all cultures consider this normal or accepted behaviour. Actions are easily misinterpreted by young people and others around.

Cultural Differences

- Japanese students rarely have a physically demonstrative relationship with their parents. Therefore, Host Families should be cautious in demonstrating physical affection until they are sure of their relationship with the student.
- Latin students are very demonstrative, as a general rule. Again, Host Families must take a cautious approach.
- Some European and Latin American students often greet each other with hugs and kisses on the cheek; this is normal. In fact, many of these students consider Canadians 'cold' because they do not demonstrate this open affection. (Do not misinterpret overt signs of friendliness as being any more than that.)
- If FVAD receives any kind of information about 'inappropriate conduct' by anyone, adult or student, in relation to an International Program Student, then the Program Manager must investigate immediately. **This is a legal requirement.**

Inappropriate Adult Behaviour

- Adults must remember to dress appropriately while in the company of Homestay Students.
- Overt or excessive displays of affection in public are completely inappropriate.
- Host Families must learn first which type of family relationship the Homestay Student requires:
 - Some older teen-aged students may want a warm family relationship with their Host Family.
 - Some students may just want room and board and personal privacy.
 - Asian students often want only a 'formal' relationship with their Host Family.
 - There are always exceptions, and the attitude varies with each individual.
 - Don't take it personally if your student prefers the more formal relationship. Each student is different.
- Adults must not use 'sexually suggestive' language or tell off-colour jokes in front of Homestay Students.
- **Under no circumstances** are Host Families to serve alcoholic beverages to a Homestay Student. Some families will serve their older teenagers a drink on special occasions such as Christmas dinner. The Homestay Student **cannot** be afforded this "adult" privilege. This rule is for the Host Family's own protection. It is not legal to provide any kind of alcoholic beverage to the Homestay Student at any time in any location.



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Behavioural or Emotional Concerns

Homestay Students may suffer from several overlapping conditions for the first few weeks or in some cases, even months:

Culture Shock

- Culture shock is what people experience when they are suddenly immersed in a culture which is different from their own. "Culture" means the largely unwritten patterns of behavior that govern the lives of a particular group of people.
- Culture shock comes from the realization that basic assumptions about life and familiar ways of behaving are no longer appropriate or useful.
- Host Families must remember that the Homestay Student is struggling with the following new (and in many cases, strange) things: language, climate, community, customs, food, home, family, behaving and ways of showing emotions. If the Host Family has had little experience in another culture, then they may experience some culture shock themselves.

Jet lag

- Most Homestay Students have traveled through several time zones to reach Mission. They may suffer from the effects of jet lag for up to two weeks, including sleeping problems, drowsiness at the wrong time of day, loss of appetite, general fatigue, and disorientation.

Homesickness

- Many Homestay Students have left their family, friends and pets for the first time, and they are far away.
- Natural feelings of homesickness may be further exacerbated by culture shock.

Loneliness

- Homestay Students may feel very alone in this strange new situation.
- They may feel like outsiders in the community, in the school, even in your home.
- Limited English ability may contribute to their feelings of isolation.

Mood swings

- Even though they come from another country, they are still teenagers dealing with the physical and emotional changes that all teenagers go through.

The above issues may exhibit themselves in any of the following ways: quiet, unresponsive, withdrawn behaviour, crying spells, isolation from the family (long periods alone in the bedroom), lack of appetite, despondent behaviour, depression, anger, anxiety, moodiness, lethargy, stress related headaches or stomach upset.



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Handling behavioural or emotional issues

- If the Host Family suspects that the Homestay Student is suffering from any of the above conditions, they should talk about it, explaining that it is perfectly normal, that it will get better in time, and that they would like to help.
- Plan some outings or activities together.
- Encourage the Homestay Student to phone or skype or email their parents.
- Ask about the family and life in the home country.
- Look at photographs together.
- Plan topics of evening conversations.
- Develop the habit of watching a weekly TV show together or taking walks together.
- Help the Homestay Student to build an active and busy life in this community.
- Help the Homestay Student develop friendships with people of a similar age.
- Talking through difficult times can lead to a closer and more caring relationship.
- Card games or Board games are a great way to engage the Homestay Student in an activity where they must speak English
- The Homestay student may receive additional Student Orientation information from their academic school's International Student Program. Ask to see the Student Orientation package and go over it with them to ensure that they understand. There is a lot of information, so it may be best to cover it slowly, over several weeks.
- If problems persist, please contact the FVAD Program Manager or International Program Staff of the School District.

Behaviour Policies

Suspension

If after repeated warnings, a Homestay Student does not follow the FVAD school rules or their Homestay Student obligations, or does not follow the rules of the Host Family and Homestay Program guidelines, they may be asked to withdraw from the FVAD Program, and be sent home at their own cost.

Damage to Property

If a Homestay Student neglectfully or willfully damages property at home, at school, or in the community, their parents/guardians will be notified and charged for the cost of damage and time it takes for replacement.

Restrictions and Criminal Offences

Homestay Students may not use alcohol or illegal drugs. Any offence a Homestay Student commits under Canadian law will be dealt with by the RCMP and Citizenship and Immigration Canada as necessary. Host Families are not held accountable for offences committed by Homestay Students. Smoking is not allowed in this program.



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FOOD

Host Families will provide Homestay Students with three nutritious meals every day unless the Homestay Students make other plans with the Host Family Parent's consent.

Nutrition for Dancers

It is very important that our Host Families understand the importance of proper nutrition for students training in our intensive dance program. As such, **we require each Host Family to purchase a copy of the *Dancer's Guide to Healthy Eating*** by the nutritionist of Canada's National Ballet School. An easy-to-read and affordable guide about the vitamins and minerals dancers need to stay healthy and energized, it also addresses muscle and tendon health, metabolism and stress. The book also includes an entire chapter dedicated to recipes.

The book can be purchased directly through Canada's National Ballet School store at <http://www.theshoeroom.ca/gifts-accessories/a-dancer-s-guide-to-healthy-eating-by-rebecca-dietzel-and-alyson-yamada.html>. Some copies may be available to purchase at the FVAD Office.

Food Differences in Canada

Canadian food can be a problem for international students at first. In most cases, the food served in the Host Family home will be different from the food a Homestay Student is used to. People worldwide derive great comfort from the familiar and favourite foods. Eating times, table manners, and methods of serving and presenting food will also be different for the Homestay Student.

Most Homestay Students adjust quickly to a Canadian diet but some take longer than others. Also, table manners can vary greatly in other cultures. If a Homestay Student displays manners inappropriately to expectations, the Host Family Parent should explain and demonstrate the proper Canadian behaviour. Understanding different manners of eating and food preparation will be a positive learning experience for everyone if expressed in terms of interest in other cultures.

Canada	Other countries
May take a short time to prepare foods	May take a longer time to prepare foods
May use canned or frozen foods, as well as fresh foods	May cook fresh foods
May use potatoes or pastas instead of rice	May cook rice
May have few dishes (usually 3) to make up a meal	May have a selection of a large number of dishes to make up a meal
Usually do not share bites of food/ utensils/dishes	May often share food
Eat raw vegetables (broccoli, cauliflower, carrots, celery)	May prefer vegetables to be cooked
Do not always peel fruit (apples, peaches, pears)	May prefer to eat peeled fruit
Usually eat suppers (the biggest meal of the day) between 5:00-6:00 pm	May eat suppers later in the evening



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Standard Foods in Canada

- **Breakfast:** Usually a light, quick meal: bread with jam, honey or peanut butter; muffins; cereal with milk; fruit; yogurt. Sometimes (often on weekends or holidays) families may prepare larger breakfasts of eggs, bacon, pancakes or waffles.
- **Lunch:** Canadian students usually prepare their own lunches. This may include a sandwich, bun or bagel with meat or cheese, fruit, yogurt, raw vegetables, and cookies. Students may also bring leftovers or noodle packages that can be microwaved— many secondary schools offer microwaves for students to use. FVAD has both fridges and microwave.
- **School Lunch:** Academic schools might sell hot meals on certain days of the week. Homestay Students should check the schedule and discuss this option with their Host Family Parents. If the Host Family offers a lunch and the Homestay Student chooses to have hot lunch instead, the Homestay Student is responsible for the cost of the hot lunch.
- **PPA Students:** For Homestay Students in the FVAD Pre-Professional Academy program, a packed lunch will always be required as the collection from academic school by the FVAD Student Transport Bus occurs during the lunch break.
- **Supper:** Usually includes meat or fish, cooked vegetables or salad, and rice, pasta or potatoes.

Homestay Student Suggestions

- If the portions of food you are given are too small, tell your Host Family.
- If the Host Family asks you if you want more, say “yes” if you are still hungry. In Canada, it is very acceptable to have second helpings.
- Always try the foods you are given to eat. If you don’t like a certain food, politely tell your Host Family.
- Do not eat meals in your bedroom.
- Do not store food in your bedroom without permission. If you have special foods you would like to prepare for yourself or snack on, ask your Host Family where to store your food.
- Supper time is often a “family time” for many of our Host Families.
- Families may begin supper with a prayer. In this case, the meal is not started until the prayer is complete.
- Families usually talk while during their meal.

Host Family Suggestions

- Take your Homestay Student grocery shopping with you, especially to a large food store where various ethnic foods are available. This way you can learn their likes and dislikes, and they can choose the foods they prefer.
- Have a good variety of fresh fruits and vegetables on hand.
- Rice is an important part of Asian diets. If your student wants rice every day, please provide it, even for breakfast.
- Give your student a tour of the kitchen and the refrigerator, naming items and explaining what they are for.
- Ask the student what different items are found in the cupboard and refrigerator at home.
- Talk about favourite foods and what is eaten at mealtimes at home.
- Invite your student to share their culture by preparing a meal or dish for your family.
- Encourage the student to prepare one of their favourite dishes so that you can try it and learn to cook it.
- Do not allow students to eat meals in their bedroom.
- Discuss where snacks may be eaten. For example, if you allow snacks to be eaten in bedrooms, let your students know this. Likewise, if you prefer all food to stay in the kitchen, please communicate this rule to your students.
- If your student is to make their own lunch, then you must show them how to make and pack their lunch, how to pack the leftovers, and show them any other items that they may include in their lunch package.
- Explain what goes into compost, recycling and garbage. Consider posting a list of such items on a cupboard or fridge.

Ask the student what he would like to take to school for lunch



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TRANSPORTATION

Host Families must ensure that Homestay Students have transportation to and from school, as well as to and from Fraser Valley Academy of Dance. It is acceptable for students to walk to school during daylight hours if the home is 1 km or less from school. If the Homestay Student needs to take the city or school bus to school, the Host Family must provide the bus pass.

Homestay Students must always ask for permission to go out from a Host Family Parent. Homestay Students must state where they are going, how they will get there, and how they will come home.

Transportation to and from FVAD

The Host Family is responsible for transporting their Homestay Student to and from FVAD for classes and rehearsals as needed. Homestay Students in the FVAD Pre-Professional Academy will be collected from their academic school at lunch-time by the FVAD Student Transport Bus. The Host Family is responsible for their collection from FVAD after their classes or rehearsals, as well as to and from FVAD for classes or rehearsals on non-academic-school days. Homestay Students in after-school training must be driven by the Host Family to and from FVAD for their classes and rehearsals unless FVAD Transport is available. The Host Family is responsible for the payment of any transportation costs during after-school hours.

Airport Transportation

FVAD will provide Vancouver airport transport at the beginning and at the end of the school year or summer session. Host Families are encouraged to join FVAD in welcoming Homestay Students at the airport. Any other airport rides during the year will be an extra \$80 charge for each pick up and drop off, and may be handled by the Host Family or by the FVAD Transport Bus. The Host Family will be paid the \$80 only if they provide the transportation.

Student Suggestions

- If you make reasonable requests (ask politely and ensure that there is enough time to make plans), your Host Family Parents may be willing to drive you to extra activities at your academic school or in the community.
- Do not expect homestay parents to drive you everywhere.
- Learn to use public transit or “car-pool” (find a friend who is going and ask politely for a ride).

Public Transit Information

BC Transit Central Fraser Valley: www.busonline.ca. Locations to purchase a bus pass are listed below. Students receive a discount with a Student ID.

- Abbotsford Middle and Secondary School Offices (student passes and pack passes only)
- Abbotsford Abbotsford Municipal Hall, Abbotsford Public Library (Abbotsford and Clearbrook Branches), Abbotsford Recreation Centre, Matsqui Recreation Centre, Pharmasave Health Centre (ARHCC)
- Seven Oaks Shopping Centre, Information Desk, Shoppers Drug Mart at Seven Oaks Shopping Centre or South Fraser Way/Trethewey, UFV Campus Bookstore, Walmart SuperCentre, Lottery Ticket Centre, Highstreet Mall
- Mission Leisure Centre, Mission Municipal Hall, Mission Public Library, Shoppers Drug Mart



ACADEMY HOMESTAY PROGRAM

GUIDE FOR STUDENTS AND FAMILIES

ACADEMIC SCHOOL SUPPORT

Academic School Attendance

Homestay Students are expected to attend their academic school daily, Monday to Friday, when school is in session.

Academic School Absences

If Homestay Students are ill on a school day, they must have permission from a Host Family Parent to be absent from school. Host Family Parents should notify the school when the student is ill. If this procedure is not followed, the Homestay Student absence will be considered a “skip.”

If a Homestay Student needs to miss school for any other reason, the Host Family must inform their academic school just as they would for their own children. It is the Host Family’s responsibility to monitor the Homestay Student’s attendance. If attitude, attendance or tardiness should become a problem, the Host Family Parent should contact the designated academic school administrator or counsellor. The FVAD Program Manager should be informed if problems continue.

Academic School Progress

The Host Family must take an active interest in their Homestay Student’s progress in school, just as they would for their own child. The Host Family must pick up their Homestay Student’s report card, and attend Parent/Teacher interviews. If the Homestay Student picks up their own report card, the Host Family parent should ask to see it. If there are any questions about the Homestay Student’s progress, the Host Family should contact the academic school counsellor.

If the Homestay Student has questions or concerns about their academic class schedule or courses, the Host Family Parent should alert the academic school. Scheduling decisions can be complicated and often demand careful attention. The designated academic school counselor or International Program Manager has knowledge about the International Graduation Program to help the Homestay Student make informed decisions.

Helping with Homework

Here are a few suggestions for Host Family Parents to use to help Homestay Students at homework time:

- Let them work on their own unless they request help. In other words, help them if they ask.
- Don’t correct too much of their written work. **The teachers need to see their mistakes because the lessons are often based on what they need to know.** If their work comes in with no mistakes, then the teachers have no knowledge of the student’s real skill level in the subject area or written English.
- If they ask you how to say a certain expression, tell them but don’t go through and correct their whole paper/assignment.
- If they ask how to spell a word you have two choices:
 1. Give them the first 3 letters and have them look it up in a dictionary.
 2. Tell them how to spell it.

(Use method #1 only some of the time. It can be very frustrating.)

- Don’t write on their work. If you want to demonstrate a word, do it on scrap paper.
- Students should do their own work. They should have done 99% of written work themselves. Keep an eye out for plagiarism. This is a serious offense and students can fail the course or be sent home for plagiarism.



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- Encourage students to write thank you notes to anyone who has done something special for them, perhaps someone who has taken them to see a movie or boating for a day.

English Language Development

As a host family, there is plenty you can do to help your homestay student improve their English skills.

Watch a television program together and discuss it. Watching the same program every week is a good idea. In this way, the students hear consistent language. Here are examples of questions to ask for discussion:

- What did you think of Sam? Why?
- What do you think Sam should have done?
- When might someone in (Korea, Japan, etc.) do this?
- When is it not good to do this?
- What do you think he meant by that?
- What did he mean?
- How is this same ...?
- What causes this?
- What do you think will happen next?
- What is going to happen next?
- Why did she do that?

Watch the evening news together and discuss it. Ask questions which require more than yes or no for an answer. Examples of open-ended questions are:

- What do you think about ...?
- How does work?
- What is the reason for ...?
- Tell me about ?
- Why do you think ... acted that way?
- What would you do if ?
- Please explain that to me.

Other ideas for helping your student...

1. Try to talk to students as much as possible at the dinner table or after supper before homework time. Please speak slowly and clearly.
2. Engage in open-ended conversations. Try to encourage more than “yes” and “no” answers.
3. Encourage students to have a study time each evening. (New students should have a minimum of one hour of homework per night.) If you find your student has no homework, please phone their academic teacher. Sometimes students don’t understand the assignment, or it’s too difficult for them.
4. Students who have little English language ability are enrolled in a program of studies that will include electives, such as art or drama, where there may be no homework. In this case, encourage the student to do some extra vocabulary development by encouraging them to read magazines, comic books, watch English-language television, etc.
5. Encourage them to talk to Canadian students/people as much as possible.
6. Be open and non-judgmental in discussions. This attitude encourages students to express their point of view.



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Topics for discussion....

- The student's native country
- The student's family
- Canada
- One province of Canada
- A T.V. sitcom
- A movie
- Festivals in the student's country
- Holidays and special celebrations here
- Teenagers
- Education
- Sports (choose a specific one)
- Music
- Dance
- Hobbies
- Favourite pastimes
- Economics of the student's country
- Politics of the student's country
- Food, beverages, meals, Customs
- Leisure activities particular to B.C. (hiking, kayaking, canoeing, camping, hockey, skating)

Tutors and Translation Services

During the school year, your student may request or require the assistance of an academic tutor. Please contact the academic school counselor, International Support teacher or the International program staff to assist you. Do not employ a tutor who cannot provide a recent 'Criminal Record' check.

If you need to use an interpreter or native language tutor, check with the academic school's International Support teacher or FVAD Program Manager for these services - you may require this support in emergency situations, or for a difficult host family issue.



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ACADEMY HOMESTAY PROGRAM

GUIDE FOR STUDENTS AND FAMILIES

FVAD TRAINING SUPPORT

The FVAD Academy Homestay Program has been designed for international and out-of-town students who have been accepted to train at our Academy. Being an Academy Host Family includes being responsible for supporting this training.

FVAD Attendance

All FVAD students are expected to attend all scheduled classes, rehearsals and performances unless there is an acceptable excuse to explain the absence. Acceptable reasons for absences are illness or injury.

FVAD Absences

If Homestay Students are ill on an FVAD class day, they must have permission from their Host Family Parent to be absent from FVAD. Host Family Parents should notify the FVAD Office when the Homestay Student is ill. Prolonged illness or injury will require a doctor's note to explain the absence, and an additional doctor's note to confirm that the Homestay Student may return to dance training.

If this procedure is not followed, the Homestay Student's absence will be considered on an unauthorized absence. Any unauthorized absences will be investigated by the Homestay Program Manager to determine the cause of the absence, such as an issue with Host Family transportation availability, or lack of interest by the student.

FVAD Progress

Our students receive a report card twice each year following Assessment Week. The Host Family should review the report card with the student to be sure it is understood. Following the second report card in the spring, students receive their Pre-Approved Classes for the next school year. The Host Family should also review this class list with the student. Should there be any questions or concerns, the student and/or Host Family should contact the FVAD Office for assistance.

Host Parent Transportation

Our Host Families are paid monthly transport fees, included in the Homestay Fees provided to them by the FVAD Office, to ensure that the Homestay Student's training at FVAD is not hindered by any transportation issues. Each Host Family has agreed to provide all necessary transportation to and from FVAD as needed to ensure that their Homestay Student attends all scheduled classes and rehearsals. This is a commitment that is a requirement of the Host Family contract. Unlike other activities outside of school, or other Homestay Programs, transportation to and from FVAD is not optional for FVAD Host Families.



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ACADEMY HOMESTAY PROGRAM GUIDE FOR STUDENTS AND FAMILIES

HOSTING ARRANGEMENTS

Homestay Placement or Changes

Each Academy Homestay Program family goes through a strict selection process to become a Host Family. However, this does not guarantee continued placement of students with each family each year. FVAD places Homestay Students appropriately, and that may change from year to year depending upon the applications received.

In deciding on a Homestay Student placement, the Program Manager carefully considers the needs of both the Homestay Student and the Host Family. However, the needs of the Homestay Student are paramount and FVAD reserves the right to move a Homestay Student from the home of any Host Family with or without defined cause.

Sometimes Homestay Students or their parents/guardians request the change in Host Family. Sometimes the Host Family asks that the Homestay Student be moved. In some cases, there may be personality conflicts, or there could be unexpected sibling rivalry, which is affecting the atmosphere in the home. While it is not preferable to make placement changes, at times the homestay placement is simply not compatible for everyone.

If the situation in the home becomes difficult for either the Homestay Student or the Host Family, it is important to inform the Program Manager. Unless the situation is urgent, please contact by email rather than telephone.

Hosting International Students Through Other Organizations

FVAD Host Families are only permitted to host one or two students in their home from the Academy Homestay Program. FVAD Host Families are not permitted to host other international students from another homestay organization at the same time.



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INTERNET & COMMUNICATION DEVICES

Electronic Device Usage

Homestay Students usually come with their own electronic devices such as laptops, tablets, and Mp4 players. If Host Family Parents notice that the Homestay Student is not being responsible with their electronic devices, such as staying up all night talking with friends back home and not getting enough sleep, or going on inappropriate sites, then Host Family Parents can instruct the Homestay Student to put their electronic devices in a designated spot at a set time in the evening until the next morning.

Homestay Students often need to purchase phones when they arrive, and may purchase a pay-as-you-go phone or a term contract. Due to their age, they may be unable to sign a contract on their own and may need someone to co-sign for them. It is not recommended that the Host Family Parents co-sign for them, but if they do, it is with the understanding that the Host Family Parents will not be held financially responsible for any of the costs.

The Homestay Student is responsible for all the cell phone costs. If obtaining a term contract, it is advisable to get only a one year contract, even though the Homestay Student might have to pay more for the phone. This is simply because the Academy Homestay Program agreement is for a maximum of one year and the Homestay Student may change Host Families for the following year.

If a Homestay Student suddenly returns to their home country, the Homestay Student will be responsible to cancel their phone and pay all the necessary penalties. It is also the Homestay Student's responsibility to make sure the phone is paid for over the summer months if they return to their home country.

Telephones, Computers & Internet

The Host Family should discuss the telephone and internet rules for their home early, and explain the reason for the rules.

Some families limit the use of the telephone to the hours before 10 p.m. Host Families should remember that for Homestay Students from other countries, this may be the only time they can reach their own families.

Homestay Students should pay their Host Family for any long distance calls they make on the Host Family phone. Unless the Host Family has an inexpensive long distance plan, it is recommended that the Host Family help their Homestay Student buy long distance telephone cards, and/or help them purchase a pay-as-you-go cell phone plan and/or find a reduced-rate mobile long-distance call app such as PennyTalk Mobile.

Computer use is a fact of life. Host families are expected to provide reasonable internet access for Homestay Students. However, internet use must be monitored as with any children. If concerns arise, contact the Program Manager if a reasonable solution cannot be negotiated. Be diligent and inform the Program Manager immediately if this is a concern.



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HEALTH & SAFETY

The issue of health and safety for students is paramount. Host families should review safety procedures with their students, both for their home (for example, fire escape routes, fire extinguishers, smoke detectors) and in the community, without unduly alarming them.

Medical Insurance

The Host Family must be familiar with the Homestay Student's medical insurance.

Homestay Students enrolled in a local school district's international student program will have medical insurance plans set up by their school district. When the student arrives in Canada, they will be initially enrolled in private emergency medical insurance, as they must wait three months before they can register for BC Medical Services Plan (MSP). Short-term students will remain on their private medical insurance. Long term students will be transferred to BC MSP. When an international student transfers to MSP, coverage is the same basic level enjoyed by all residents of BC. The Host Family will receive information from the school district's International Student Program regarding the Homestay Student's medical insurance.

Homestay Students not participating in an academic program, such as those coming only for summer training, will arrive with their own private medical insurance. Guard.Me is a popular private insurance provider for international students with a comprehensive website of information. The Homestay Student's placement agent will normally assist them in obtaining their insurance.

Homestay Students on BC MSP must arrange additional private insurance for any trips outside BC or to the US, including day trips. Homestay Students on private insurance must confirm that their insurance coverage is valid outside of BC and in the US. Any extraordinary expense, including out of area transportation, which is over and above that covered through their insurance, is the responsibility of the Homestay Student.

Illness & Injury

If the Homestay Student becomes ill or injured at their academic school, the Homestay Student should speak to their academic school teacher, counselor or school secretary, who will contact the Host Family just as they would for the Host Family's own child. The academic school may contact the FVAD Program Manager in an emergency if the Host Family is not available.

If the Homestay Student must stay home for illness or injury, please inform their academic school. If they will miss class at FVAD, please inform the FVAD Office. The Program Manager does not need to be informed if a Homestay Student must miss a day of academic school, unless there is an emergency or they will also miss class at FVAD.

FVAD has a strict policy on students not taking class when injured. It is essential that an injury has proper healing time to ensure full recovery. When any FVAD student is injured, they must always inform their teacher(s). The Host Family Parent or the Homestay Student must also inform the FVAD Office. If an injury is serious, the Host Family parent must obtain a medical note from a doctor or physiotherapist which explains the injury, any treatment and the expected recovery time. The Host Family parent must also obtain a clearance note from the doctor or physiotherapist which confirms that the student has recovered and may return to dance training. The FVAD Office has contacts for health-care providers, such as physiotherapists, chiropractors, and registered massage therapists, who are familiar with treating sports and dance injuries.



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Be Prepared for Illness or Injury

- Host Family parents should discuss illness and injury with the Homestay Student at the start.
- Host Family parents should review the medical information provided by the Homestay Student in their application.
- The Homestay Student should discuss medical problems that have occurred in the past and their usual treatments.
- Explain the approach to treatment of common illnesses.
- The Host Family parent should obtain the latest list of dance-related health-care providers from the FVAD Office.

When Illness or Injury Occurs:

- Inform the academic school that the student is ill or injured.
- Inform the FVAD Office if the student will miss class.
- If necessary, take the student to the appropriate treatment centre such as a physiotherapist or pharmacy.
- If the illness is serious, inform the Program Manager immediately.
- If illness persists, contact a physician. If a translator is needed, contact the Program Manager.
- For injury, obtain a medical note describing the injury, treatment and recovery time.
- For injury, obtain a clearance note to confirm that the student may return to dance training.

Homestay Students often bring with them non-prescription medication for common ailments, such as headaches, stomach upset, and muscle pain. It's fine for Homestay Students to use such medication from their home country.

Safety & Welfare

A primary responsibility of the Host Family Parent is to care for the Homestay Student and to keep the Program Manager informed about the welfare of that student. This includes informing the Program Manager of the behaviour of other students which may impact on the Homestay Student, as well as making the Program Manager aware of potentially dangerous or inappropriate personal relationships.

Safety is key. Students must be properly supervised at all times, and should not be left alone overnight for any reason. The Program Manager will arrange for care of the student in situations where an emergency arises. If the Host Family plans to be away, the Homestay Student must stay with an adult who has been approved by FVAD Academy Homestay Program. Always plan well in advance so that all forms and approvals are in place.

If the Host Family Parent becomes concerned about any safety issue involving the Homestay Student, they should inform the Program Manager. Homestay Students should also inform the Program Manager of any serious health or safety concerns they have in their home or school environment.

When in doubt, err on the side of caution. If there is any question or concern about a situation, it is always best to ask. This includes students breaking curfew or the use of alcohol or drugs, which is strictly prohibited. If a Host Family becomes aware that the Homestay Student has used alcohol or illegal drugs, they must inform the Program Manager immediately.

It is important to be aware that personal relationships will inevitably form between some students at this age. The Host Family must keep the Program Manager informed if they believe the Homestay Student is becoming involved in a serious personal relationship so that the Homestay Student can be counseled appropriately.



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Homestay Students are not allowed to be wandering outside at night, especially alone. In some cultures, this might be acceptable, so it should be discussed at the start. The Host Family must know where the Homestay Student is at all times, as they would for their own child. If the Homestay Student asks to participate in a 'sleep over', the Host Family is expected to know of the supervising adult(s) at the other home, as they would for their own child.

If a Host Family or Homestay Student has any questions or concerns, they are encouraged to discuss the issues with each other. If that is not possible, or does not resolve the concerns, please seek answers or advice from the Program Manager.



ACADEMY HOMESTAY PROGRAM

GUIDE FOR STUDENTS AND FAMILIES

FINANCIAL POLICIES

Homestay Payments

The monthly Host Family Homestay Fee is intended to cover the Host Family expenses for hosting an international student, providing transportation to and from FVAD and academic school, and to provide the funds to do some activities with the Homestay Student. The Academy Homestay Program defines the Homestay Fee each year. Under no circumstances are private arrangements authorized unless the FVAD Program Manager gives approval.

Host Family Parents will receive their Homestay Fee directly from the FVAD Office on the 15th of each month for each homestay during the school year (September to June), and at the start of each session in July and in August for each homestay during summer weeks. **The Host Family is not to request money directly from the Homestay Student.**

School Year Homestay – Partial Months

Most Homestay Students will arrive a few days before the beginning of the month or leave a few days after the end of the month that their study period ends. The Host Family must be understanding about these days. There is no additional charge for these extra days and there are no funds to pay the Host Family for the extra days at the beginning or end of the Homestay Student's visit. Any exceptions must be discussed in advance with the Program Manager.

If the Homestay Student arrives up to three days early during the school year, there is no extra charge added. However, if Homestay Student arrives four or more days early, a cost will be added depending on the number of days over three days.

The extra cost per day is calculated as $[\text{Homestay monthly fee}] / 30 \text{ days} = [\text{homestay cost per day}]$

Students who choose to go home for spring break or Christmas vacation do not receive a reimbursement for those months.

The only exception to paying the full monthly fee during the school year is if a Homestay Student is delayed due to a visa or medical situation. In either of these cases, the Homestay Fee will be pro-rated. If a Homestay Student leaves unexpectedly during the school year, the Homestay Fee for that month will depend on when the notice was given. If the notice was given before the 15th of that month, then the Homestay Student will not need to pay for the following month. However, if the notice is given after the 15th of the month the Homestay Student is leaving, the Homestay Student will need to pay for the next month before leaving.

The formula for pro-rating the Homestay Fee is as follows:

$[\text{Homestay monthly fee}] / [\text{number of days in the month}] \times [\text{number of days away}] = [\text{what is paid or deducted}]$

Summer Homestay – Extra Days

Homestay Students pay a weekly rate for the summer session homestay based on a 7-night stay. Any additional night(s) will be charged at the daily rate.

The extra cost per day is calculated as $[\text{Homestay weekly fee}] / 7 \text{ days} = [\text{homestay cost per day}]$



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Other Family Visits

If a Host Family ask another family to take a Homestay Student overnight or longer, the Host Family should pay that family \$25.00/night unless a reciprocal exchange is arranged. If another family voluntarily offers to take a Homestay Student overnight or longer, they should not expect payment for hosting that student.

All overnight stays must always be pre-approved by the FVAD Program Manager.

The Host Family is not expected to host the parents/guardians or other family members of the Homestay Student should they come for a visit. Visiting parents may book accommodations at a local hotel, such as the Mission Best Western Plus or Abbotsford's Ramada Inn. If the Host Family is uncomfortable discussing this with the parents/guardians of the Homestay Student, please ask the FVAD Program Manager for assistance. However, if a Host Family chooses to host the parents/guardians or relatives, any extra work or cost involved will be at the expense of the Host Family.

Student Personal Expenses

There are numerous additional expenses that will occur during the Homestay Student's time in Canada. It is important that everyone understands which expenses will be paid by the Homestay Student, which will be paid by the Host Family and which might be paid by the School District if the Homestay Student is enrolled in academic school. The Host Family and Homestay Student should discuss the items below and be sure that all expenses are understood. Academic school expenses should be confirmed with the School District International Program Staff, as the list below is only provided as a guide.

Expenses to be Paid by Students

- Clothes
- School supplies and extra-curricular lessons or activities
- Special toiletries other than basic soap, toothpaste, and shampoo which might be shared with the family
- All long-distance phone calls. Many students buy phone cards or arrange a pay-as-you-go cell phone plan. It is not recommended for Host Family Parents to co-sign students for cell phone contracts
- Medicines and medications of all kinds
- Any dental work
- Haircuts or other personal services
- Personal entertainment and expenses. *If the Host Family goes out for dinner or to a movie, they will pay for the Homestay Student. If the student chooses to eat in a restaurant or go to a movie with friends, the student will pay.*
- Costs associated with participation in school-sponsored activities such as graduation ceremonies, school dances, field trips, extra-curricular sports, costs related to individual certification, etc.
- Stamps, books, magazines, CDs, posters, etc.
- Costs related to renewal of student study permits and airplane tickets home

Items often covered by a School District's International Student Program Fees

The fees that students pay to the School District's International Student Program generally cover the following:

- School tuition
- School agenda, locker, and mandatory school fees (anything optional is paid by the student)
- Medical insurance fees



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Items not usually covered by a School District's International Student Program Fees

The fees that students pay to the School District's International Student Program generally do not cover the following:

- Any refundable text book deposit
- To rent or buy their own instrument if they take band
- School yearbook
- Grad fees if they participate in Prom activities
- Athletic fees if they join school sports teams
- Optional extracurricular trips or other optional school activities

Check with the District's International Student Program to understand what costs are covered by the student's fees to that program.

Items covered by FVAD's International Student Program Fees

The fees that students pay to the FVAD International Student Program cover the following:

- Dance tuition
- Lunch-time transportation from academic school for Pre-Professional Academy students
- Costume & rehearsal costs (except for some external festivals)

Items not covered by FVAD's International Student Program Fees

The fees that students pay to the FVAD International Student Program does not cover the following:

- Class uniform, dance shoes, dance supplies
- Fees associated with external festivals or workshops (such as entry fees, travel, hotel, rehearsals and costumes costs)

Student Banking & Finances

Homestay Students should not to carry large amounts of cash with them.

Many Homestay Students arrive with Credit Cards or Debit Cards. As they may experience some difficulty accessing funds from the bank machines when they first arrive, the Host Family should be prepared to help them with their banking. If a Homestay Student is staying for any length of time, they will need help from their Host Family to open a bank account. Homestay Students must bring their passport with them to the bank to open an account. Be sure to ask the bank if there will be any service charges or restrictions on the Homestay Student account, and discuss this together.

International students are permitted to participate in high school work experience programs, however, Immigration Canada does not permit secondary school age students to hold jobs while studying in Canada. Please do not ask Homestay Students to participate in paper routes or other activities that supplement the family income. *Never ask your student to be a babysitter, for free or otherwise!*



ACADEMY HOMESTAY PROGRAM

GUIDE FOR STUDENTS AND FAMILIES

TRAVEL POLICIES

Airport Arrivals and Departures

Arriving in a foreign country can be both an exciting and an overwhelming experience. The airport arrival and departure are each very important events for international students. Host Families are expected to welcome their students at the airport on arrival, and to see them off at the airport when they fly home. Whenever possible, the FVAD Transport Bus will be available for airport transportation. When the FVAD Transport Bus is not available, the Host Family is expected to provide airport transportation, and in this case will be paid the Airport Transfer Fee. If, for any reason, the Host Family is unable to pick up or drop off the Homestay Student at the airport, it is their responsibility to ensure that appropriate arrangements are made. The Program Manager must be aware of any alternative arrangements.

Vacation/Holidays

Homestay Students should not miss more than one day of academic school or FVAD classes on either side of a vacation. For example, a student may leave one day before spring break and return one day later. However, a student should not “extend” their vacation by missing the entire week of school before or after spring break.

Homestay Students are not allowed to stay in hotels on their own, unless it is with a travel agency and pre-approved by the Program Manager.

Permission slips must still be completed for any out-of-town travel during school vacation periods.

If Host Family Parents are going to be out of town or away for a weekend or longer, FVAD will provide a short-term homestay for the Homestay Student. The Host Family will pay the short-term family for the time that they will host their student.

Out-of-Town Travel

For all travel outside of the Mission-Abbotsford area, the Host Family must complete and submit at least five (5) days before any trip, the “FVAD Homestay - Travel Request Form”, available from the FVAD Office, or on the website at <http://fvad.ca/classes/international-students/>. Additional forms and permissions may apply as noted below.

Type of Travel	FVAD Travel Request Form	Travel Medical Insurance	US Entry Visa	Permission Letter from Custodian	Parent-Guardian Travel Waiver
Outside of Mission-Abbotsford, within BC – Day Trip	✓				
Outside of Mission-Abbotsford, within BC – Overnight Trip	✓				
Outside of BC, within Canada	✓	✓			✓
To the US – Day Trip	✓	✓	✓	✓	✓
To the US – Overnight Trip	✓	✓	✓	✓	✓

For any travel outside of BC (overnight or otherwise), the Homestay Student must also have adequate medical coverage.



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- Homestay Students with BC Medical (MSP) do NOT have adequate medical insurance coverage for any travel outside BC. They must purchase additional private insurance, even for one day. This includes day trips to the USA.
- The Host Family can take the Homestay Student to any insurance company and purchase additional travel insurance that will cover them for their full study period.
- The Homestay Student's parent(s)/guardian(s) must complete and submit the "FVAD Homestay - Waiver for Travel Out of Province", available from the FVAD Office, or on the website at <http://fvad.ca/classes/international-students/>.

For any travel to the US (overnight or otherwise), the Homestay Student must also have:

- The required Visa for travel to the US, or confirmation that they do not require a Visa
- Adequate medical coverage (as above).
- A letter from the School District's International Program, to verify their valid attendance in the International Student Program.
- A letter from the Custodian (FVAD Program Manager) providing permission to go to the US. Some customs officials may not ask to see the letter, but legally, no one should be crossing the US border with a minor without written permission from the legal guardian.

Homestay Students Travelling without the Host Family

- Homestay Student requests to travel without their Host Family, or FVAD Staff, will be evaluated on an individual basis.

Parent/Guardian Waiver for Travel Procedures

When the Parent/Guardian Waiver for Travel is required, the procedure is as follows:

- The Host Family will submit the "FVAD Homestay – Travel Request Form" to the Program Manager.
- The Program Manager will send a copy of the "FVAD Homestay – Travel Request Form" to the Student's Agent.
- The Agent will request the relevant "FVAD Homestay – Waiver for Travel" from the parent(s)/guardian(s)
- The Program Manager will notify the Host Family Parent when consent is received.



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RECREATIONAL ACTIVITIES

While the FVAD international students are already committed to intensive dance training as their main activity while in Canada, additional enjoyment may result from participation in activities both in school and in the community.

Activities Waiver

Before engaging in any activities, the Host Family must receive a copy of the signed Activities Waiver form from their Homestay Student's School District International Student Program.

Notes of Caution

A few notes of caution in regards to activities:

- Extreme sports, such as bungee jumping, paragliding, etc. are not permitted. When participating in activities on the water, such as boating, kayaking, river tubing, etc. all students must wear life jackets.
- Homestay Students may not participate in unsupervised trampoline activities. This advice comes from BC Ministry of Education, Risk Management branch. An accident could lead to litigation.
- Homestay Students may not participate in surfing unless they participate in a Surfing School program which has liability insurance, accompanies students in the water, and prepares for the activity with a safety lesson. Also, students must be able to swim.
- Homestay Students should only swim in locations where a certified life-guard is present.
- Please ensure that Homestay Students wear helmets when cycling or horseback riding. It's the law in BC, but not in many other countries.

Priority to FVAD Activities

There may be International Program activities arranged by School District Program staff in which all international students are expected to participate. FVAD encourages students to participate in these activities whenever possible. However, should an activity conflict with essential FVAD activities (such as rehearsals or performances), the FVAD Program Manager will request an exemption from participation.

Host Family Drivers

All Host Family Parents, and any adult drivers living in the home who might drive the Homestay Student, must provide an updated Drivers Abstract annually which provides details of any driving infractions on their license. The Drivers Abstract is provided free by ICBC and is emailed immediately when requested: 1-800-950-1498.



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HOST FAMILY – NEW STUDENT CHECKLIST

This list will help the Host Family Parent to prepare and welcome the Homestay Student into their home.

The Host Family Parent and Homestay Student should review this list together. Contact the Program Manager with any concerns.

- Orientation of the neighbourhood and the community is done.
- Bus routes and schedules have been explained.
- A bank account is set up
- Curfew rules have been discussed
- Information about security in the home (Homestay Students require a key and any alarm code)
- Safety issues discussed
- Emergency contacts provided
- House 'rules' discussed and understood
- Leisure activities have been outlined
- Travel rules discussed
- Health insurance discussed
- Medical procedures discussed
- Telephone and e-mail rules discussed
- Food concerns discussed
- School schedules and concerns addressed
- FVAD class schedule discussed
- Transportation schedule to and from FVAD confirmed
- Transportation schedule to and from academic school confirmed

Thank you again for welcoming our international students into your home and your family!



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STUDENT & HOST FAMILY – GET TO KNOW EACH OTHER

Student name _____ (please tell your Host Family how to say your name correctly.)

Family name _____ (please tell your Homestay Student what they should call each person in your home.)

Student: Please ask these questions of your Host Family and write the answer in the space provided. After that, please keep it handy at your homestay. The Host Family should make a copy too.

What time should I get up?	
Will you wake me or should I use an alarm clock?	
Do I make my own breakfast or will you make it for me?	
This is what I eat for breakfast in my home:	
What may I have for breakfast in my homestay?	
I need a bag lunch for school each day.	
Do I make my own lunch or will you make it for me?	
This is what I am used to eating at lunch during the school week:	
What foods may I have for my school lunch?	
Please tell me and show me how I will get to and from school.	
What time do you want me to come home from school?	
What time do we eat dinner?	
I am used to eating at this time:	
What can I do to help you to prepare dinner or to clean up after?	
These are the foods that I like to eat:	
These are the foods that I do not like to eat:	
These are foods that I cannot eat:	
May I come with you when you shop for groceries?	
May I prepare a meal for your family sometime?	
Who does the laundry?	
When?	
How?	
Where can I hang wet clothes?	
When may I shower or take a bath?	
Which bathroom do I use?	
How long may I take for my shower or bath?	
Please show me how to use the shower/bath and where to place bathroom garbage	



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Please tell me about using the telephone. Which phone should I use for local calls? When may I make calls?	
When may I receive calls?	
How long may I stay on the phone?	
Will you please take me to buy a prepaid phone card to make long distance calls?	
What time does everyone go to bed?	
What chores would you like me to do?	
Are there any special rules for your home?	
Could you please show me your home on a map?	
Could you please show me where my friends live in homestay?	
Where can I buy stamps?	
Where can I buy personal items?	
Where can I buy gifts to take home?	
Where can I do my banking, cash traveler's cheques, etc.?	
May I use your computer?	
to play games?	
to send and receive e-mail?	
to do homework?	
May I invite my friends over? May I go to visit them?	
I would like you to know this about me:	
Is there anything else that you would like to know about me?	
Is there anything that you would like to tell me about you or your family?	
I would like to know this about you or your family:	

Thank you!