



What do I need to do as Host?

As a host you would be required to:

- Provide a clean and tidy bedroom (students can share rooms but **must** have their own bed).
- Welcome them into your home and include them in your family life, offering them a friendly and safe environment to stay.
- Provide **3 meals** per day
 - *Breakfast* – cereal, toast, juice etc
 - **Lunch / Packed lunch** – e.g., sandwiches, fruit, snack and drink
 - *Dinner* – a variety of cooked nutritious meals, with a healthy balance of protein, carbohydrates and vegetables / salad
(You do not have to buy the most expensive food but a variety is required and basics such as bread, milk, butter, tea, coffee etc are **essential**)
- **Pick up and drop off students** and their luggage at a designated meeting point (normally the local school) **on their arrival and departure dates** and also for any evening and weekend functions if they are on their itinerary. (NB: if you are unable to do this, please let us know as arrangements could be made for transport).
- Show students the route to / from school – either the walk to the nearest appropriate bus stop or train station or the school, if you live close by. (We would normally provide students with weekly bus or train tickets)
- Pick up and drop off students at a designated point (normally the school) for weekend excursions / day trips (if possible)
- Take your student to the Doctors or a walk-in centre if a student requires medical attention at any point during their stay.

We accept various background host families, as long as **English** is spoken as the main language within the household. Speaking English as much as possible with the students will really help their language skills.

Please note:

St Neots English Centre does not accept any responsibility for any damage caused in the family home. Host families are advised, **for their own protection**, to ensure that they have adequate home contents and buildings insurance and to notify their insurance company that for some weeks of the year they have foreign students staying with them.

An example weekly itinerary for our students is:

MONDAY TO FRIDAY – integration at local school, following school timetable (sometimes with after school activities)

SATURDAYS – all day excursion (e.g. London or Cambridge)

SUNDAYS – all day excursion or Host Family Day (to spend quality time with the host family & practise English)

EVENINGS – dinner with host family

HOSTS ARE REQUIRED TO SIGN THIS FORM TO SHOW THAT THEY HAVE READ IT

Signed..... Date.....

Name (print)