

# STUDENT ORIENTATION

## **Staying with a family is a positive and beneficial experience**

This guide book is designed to help you adapt to your Spanish family.

Staying with a family is one of the best opportunities to learn the Spanish language, as well as being an ideal atmosphere for acquiring new life skills and becoming familiar with day-to-day life in Spain.

## **Communication is the key**

Communication is the most important skill that both you and the family will have to develop.

Being able to communicate well with each other will help avoid doubts and insecurities. Remember that your family will be happy to answer all your questions and do try to converse with them as much as possible. Do not hesitate to ask them to repeat anything you do not understand.

## **Talk everything through with your family at the beginning of your stay:**

### MEALS

- Half-Board includes breakfast and dinner\*.

\*Please remember that if you choose this kind of board, in no circumstances will you be able to change dinner for lunch or use the kitchen of the house to prepare your own lunches. (This is an ideal option for students who want to have lunch at University)

- Full-Board includes breakfast, lunch and dinner.

### FORM OF PAYMENT

You must pay your family in cash (but you can consult with the family to ask if there is another way of paying once we send you the assignment). You will have to pay your family directly for the first month on arrival. Then, in the following months, you will have to pay for your accommodation between the first and the fifth day of each month.

**Remember** you have to pay for the full duration of your stay, even though you do not sleep at your assigned accommodation every night, due to a trip, or for any other reason. (See accommodation general conditions (<http://www.csidiomas.ua.es/es/alojamiento/condiciones-generales-para-la-solicitud-de-alojamiento> )

### STAY

You must stay with your host family for the whole period indicated in your assignment. If for any motive you need to leave before your departure date, you must contact the Accommodation Service immediately.

Any problem you may have with your accommodation during your stay will be reported immediately to the Accommodation Service. Our service will try to help and inform you about the possible solutions.

### VISITS

Homestay accommodation does not include the possibility of bringing visits to your host's home. If you ever want to invite somebody as an exceptional guest, you must first ask your family for permission.

Under no circumstances are visitors allowed to stay overnight.

In any case, with or without the permission of the family, the accommodation service does not provide for the accommodation of friends or relatives.

### BATHROOM

You must respect each family member's habits. How long you spend in the bath/shower and when you do so should be agreed upon. Ask your family how much time you can spend in the bathroom: normally a ten-minute shower should be enough. When you have finished in the bathroom, please leave everything tidy and dry.

### ENVIRONMENTAL AWARENESS

When you have a bath or shower you are using gas or electricity. At the moment, there are national campaigns to promote energy saving. In Spain water is a scarce resource, so please do not leave the tap open for more than ten-minutes during your daily shower. Keep this in mind when using lights, fans or air conditioning. When you leave your room or the house, please make sure you turn off the lights and electrical appliances. You are not allowed to leave the heating on all night. Likewise, for security reasons, you should turn off all electronic equipment **when sleeping**.

### HOST FAMILY TELEPHONE AND INTERNET

You may not make phone calls from the house, except for emergencies, and after asking the family for permission.

You will have access to the house phone to receive calls at reasonable times (between 9:00 and 23:00 hours). You must limit time spent on the telephone.

You will have internet access in the common areas of the house and your room. If you have to contact your family outside the aforementioned hours, you must talk quietly so as not to disturb your family's rest.

### KEYS

Your family will give you a copy of the house keys. The student will have to pay for any expenses or damages caused by loss of these keys.

### OUT OF THE HOUSE

Ask your family which is the best way to get back home. We strongly advise you to write down your family's address and phone number whenever you leave the house, especially the first few days, so that you can get in touch with them in case you get lost or need anything.

Some students have lost their bags whilst on the beach, taking a walk, or out having a drink due to carelessness. Try and make sure you always carry with you a copy of your passport and leave the original at home. The student card given to you at the International Relations Centre can also be used as identification.

### GOING OUT

Night life starts very late in Spain, practically after midnight. You can go out whenever you like, on the sole condition that you don't bother anyone at all in your family or any of the neighbours on your way in or out.

In order to help organise family life, please let your family know when you go out if you will be back late, or when something comes up and you can't make it back for lunch or dinner to make sure they are not waiting for you.

Give your family a timetable of your lectures and activities.

### DRUGS AND ALCOHOL

In Spanish families, it is quite normal to drink a glass of wine or beer with meals.

Remember that drinking alcohol on an empty stomach can be bad for you. Its consumption must be moderated.

If you are smoker, you should ask your family for permission, in no case you could smoke in commons areas so as not to disturb your family

**If drinking and smoking affects your behaviour in the house, you are at risk of being forced to leave the family.**

**Remember that taking drugs is strictly forbidden. In the case that a student is detected in using drugs, disciplinary measures may be taken even leading to the expulsion from the courses.**

I read and accepted this conditions

Date: .....

**Signed:** \_\_\_\_\_