

## **GUIDELINES FOR LIVING IN A HOST FAMILY**

**MEAL PLAN:** "Media pensión" consists of a continental breakfast (coffee, tea or milk and toast or pastry) and one meal a day--either the mid-day meal (usually served between 2 and 4 pm) or late supper (between 8:30 and 10 pm) seven days a week. Whether you decide on the mid-day or evening meal will be determined by your classes and the family's schedule. You do not have kitchen privileges, and food is not available outside the set meal time. Keep in mind that it is considered bad manners to take food into the bedroom. You may request a complete bag lunch for the first day of an excursion, but make sure you notify the head of the household at least a day ahead. It is of utmost importance that you notify the Señora in advance if you will be missing a meal, or arriving late.

**SHOWERS:** You may take one shower per day. We ask that you keep it short. In keeping with established Spanish schedules and in consideration of others, showers are only to be taken between 7:00 am and 11:00 pm.

**ELECTRICITY:** Be aware that in Europe we are very careful of our resources, and no light or appliance is to be left on when you are not in the room. It is considered extremely wasteful. The electrical current is 220v, so keep this in mind for any small electrical appliance that you might bring. We discourage any sound system except Walkmans.

**TELEPHONES:** Fixed telephone costs are much higher in Spain than in the U.S., so for this reason you are not allowed to use the host family home phone except in case of emergency. It is highly recommended that you rent or buy a cell phone while in Spain, as this is the only way to ensure communication while living and studying in Spain. (Sale of cell phones will be discussed during Orientation.)

**KEYS:** Your host family will provide you with a key to the home and to the building. If you lose those keys, **it is your responsibility to pay for new locks and replacement keys for security.**

**LAUNDRY:** You are entitled to two loads a week, one dark, one light, as well as the bed linens and towels that are provided to you by the family. Wool items should be washed by you personally, by hand. Any clothing requiring special handling should be taken to the dry cleaners.

**VISITORS:** No visitors are allowed in your home. Arrange to meet your friends in a local café or park. If a special request arises, you must ask permission first from your Señora. Obviously, no overnight guests are allowed.

**TIDINESS:** You must do your best to maintain order and hygiene in your room.

**DAMAGES:** You are financially responsible for any damages to the household during your stay.

**ABSENCES:** Please advise the Señora of your travel plans. Now that many of the Señoras have cell phones, students use messages to let the family know if they decide to stay out all night.