Sharing a home with an American family will allow you to practice your English skills while fully immersing yourself in American culture.

**Host Families:**
Our host families are as diverse as Americans themselves, with varying ethnic backgrounds and hobbies. TALK host families are made up of married couples with kids, single females and males, retired people, and young people. It’s important to keep an open mind with your expectations.

It is important to understand that while you are part of a family, you are also a guest.

**Food:**
Your host family will provide you with two meals per day - breakfast and dinner. You will be responsible for lunch.

**Breakfast:**
For breakfast, many American host families have students “help themselves” to the breakfast food in the kitchen. It means you might have to prepare your own morning meal. Hosts may have cereal, toast, fruit, milk, juice or coffee.

**Dinner:**
Dinner time is the perfect time to practice your English! Host families generally eat dinner together at a specific time. So, if you are going to miss dinner for any reason, it’s very important that you let your host family know so they can plan accordingly.

The food you eat while in the US may be different from the food you are used to in your country. Please remember to keep an open mind and don’t be afraid to try new things!

**Items you should bring:**
Don’t forget to bring any prescription medications and personal items. Your host family will provide bed linens and towels.

**Arrival:**
Students must arrive at the host family between the hours of 9:00am and 9:00pm. Please make TALK aware of your arrival time in advance so that we may notify your host family.

Accommodations begin on Sunday prior to course start date and end on Saturday after course end date.

**Transportation:**
Typical commute times in the U.S. can be up to one hour, so please prepare for that possibility. Your host family will explain how to use public transportation. If you need directions but don’t know how to get there, you can do one of the following: Use local maps, ask your host, or speak with your TALK representative! We will be happy to help with maps, bus and train schedules, taxi numbers, etc.

**Smoking:**
Smoking is NOT allowed– in homes, restaurants, bars, etc. You might be asked to use a designated smoking area outside. Please inform TALK about your preference so we can find a host family that best meets your needs.

**Alcohol:**
The drinking age in the US is 21. If you are 21 or older, talk with your host family about their alcohol policy. It’s important to be respectful of your host family’s rules.

**Be part of the family:**
- Participate in family chores
- Get a phone card for international calls
- Ask permission to smoke
- Ask permission to have a friend over
- Have fun!

Your host family wants you to be comfortable and happy! If you have any questions, please feel free to talk to your host.