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## HOMESTAY GUIDE FOR STUDENTS

### 寄宿家庭学生手册

Home stays provide you with a first-hand experience of Canadian home life. It is also an excellent opportunity to practice English, to learn about another culture, and to establish relationships with local Canadians. Your host family has been carefully selected to ensure that you will be comfortable and welcome in your new home. In order to make your home stay a meaningful and positive experience, students are encouraged to behave as a family member, to respect the family's way of life and to act in a caring manners.

寄宿家庭能提供你最直接的加拿大家庭生活体验及锻炼英语能力的绝佳机会，同时可增长你对其他文化的了解并与当地人士建立良好的友谊。

Living in someone else's home can be interesting but may also be a little stressful. Sometimes you may feel homesick. It is a challenge to adapt to a different culture and language and the way that other households do things. If you know what to expect from your home stay, you will be more comfortable.

住在他人的家里是一个有趣的经验，但同时也会感受到一些不适。例如想家，适应不同的文化、家庭生活习惯和起居作息以及语言沟通方式等等。如果你能事先了解寄宿家庭对你的要求，寄宿家庭同时也能了解你的期望，寄宿经验会更加愉快。

We hope this guide will help you to adjust to life with your Canadian family and help make your home stay experience an enjoyable and memorable.

我们希望此学生手册能帮助你尽快适应并融入加拿大寄宿家庭，并藉此度过一个和谐及难忘的加拿大求学生涯。

Instec International Education

英泰教育

## THE CANADIAN FAMILIES

### 加拿大的家庭

In Canada, there are families of two parents with children, single parent with children, or couples without children. Most men and women work outside the home. You can expect that your hosts will be busy and may have social and professional commitments as well. They may not be able to spend all their leisure time with you.

在加拿大，常见的家庭类型可分为双亲家庭、单亲家庭或无子女家庭。大多数的家庭，父母皆为上班族。你可以想像到你的寄宿父母每日繁忙的家庭生活，工作安排及其他社交应酬等。他们可能无法每日与你共度休闲时间。

Canada is a diverse country with a great range of nationalities and racial diversity. Our selected home stays reflect this cultural diversity.

加拿大是一个多种族的国家，有来自不同国籍，种族及肤色的居民。我们选择的寄宿家庭将反映此特色。

## YOUR ROOM

### 你的房间

You will have your own room and you are responsible to clean up after yourself. If you need more closet or storage space, ask your hosts for a space outside your room where you can hang or store clothes. You may find that your bedroom is in a fully furnished basement. This is a common Canadian home.

你会有你自己的房间并有责任保持你房间的整洁及清洁。如你需要额外的衣服储存空间或衣柜，询问你寄宿父母是否可提供你房间外另外的储存地点。你的房间可能会位于地下室。很多寄宿家庭都有暖气空调的精装修地下室房间，办公室或休闲娱乐室。地下室房间会有采光的窗户。

## MEAL

### 一日三餐

Expect your hosts to serve you Canadian food. Don't expect them to know how to cook food from your country. Be adventurous and open-minded.

你的寄宿家庭会提供加拿大风格的食物。不要期待他们会懂得如果烹调中餐。希望你学习尝试不同风味的食物。

**Typical Breakfast Foods:** toast, cereal, eggs, bacon, muffins, coffee, juice, etc.

常见早餐：烤面包、燕麦片（冷/热）、鸡蛋（煎/煮/炒）、火腿片、小蛋糕、咖啡及果汁等。

During the week, many Canadians have a simple breakfast that may consist only of juice, toast, and coffee. In many families, time is usually from 7:00am to 8:00am. Ask your host family what their breakfast routine is and where you can find the food if you have to prepare breakfast yourself. Be sure to ask for instructions on how to use any appliances you are unfamiliar with. ON weekends, a larger breakfast is often eaten late and is called "brunch".

周一到周五，大多数的家庭的早餐为简单的面包加奶油或果酱，果汁或咖啡，并多为自助性早餐。早餐时间通常为早上 7 点到 8 点。请事先询问寄宿父母家中的早餐时间，为你准备的食物放在哪里，以便自己准备早餐。

**Typical Lunch Foods:** sandwiches, leftovers, fruit, cookies, muffins, etc.

常见午餐：三明治（冷食）、隔夜剩食、水果、饼干、小蛋糕及饮料等。

Most Canadians, prepare their own lunch either the night before or in the morning just before they go to work or school. A typical lunch is a sandwich, a piece of fruit, cookies or treat, and a drink, which is put in a bag and carried to work or school. Some popular sandwiches are peanut butter & jam, ham and cheese, egg salad, and tomato and cheese. Again, use your English to find out where the available food for lunch is kept if you are going to make it yourself.

大多数的加拿大人是当日清晨或者前天晚上准备好要带的午餐。午餐通常置于午餐保温袋或纸袋中，以便带至学校或办公室。花生及果酱三明治，火腿、面包、奶酪、鸡蛋，土豆沙拉、西红柿和奶酪，这些午餐都比较受欢迎。但是，大多数学校都禁止花生类食物，以保护对花生过敏的学生或教职员。因为花生过敏严重的可致命。同样的，请事先询问寄宿父母午餐食物是什么？放在哪里？以便自行准备午餐袋。

**Typical Dinner Foods:** meat, vegetables, pasta, salad, rice, potatoes, stir-fry, and desert.

常见晚餐：肉类蔬菜（多为清煮或炉烤）、面食（多为意大利面食）、沙拉米饭（多为加料非白米饭）、土豆（炉烤/煮泥）、炒食及点心等。

Traditionally, dinner is the main meal of the day. All family members are generally expected to be present and to assist some way in either the preparation, serving, or clean up of this meal. Most families have established a set time for this make sure that the host parent is informed. Please be sure to let the person preparing the meal know if you plan to be late or absent for a meal.

晚餐依照习俗为每日的主餐。所有的家庭成员通常都会一起进餐并协助准备食物，餐具或餐后清洗餐具。大多数的家庭都设有晚餐的时间。如果有事耽误无法及时在晚餐时间返家或另有其他安排不回家晚餐，都必须通知寄宿父母或其他家庭成员，特别是准备晚餐的人。

If you would like a second helping at dinnertime, do not be afraid to ask. You could say: "That was very good, could I have some more please?" If your hosts ask if you want more, say: "yes, please." If you don't want to have more, say: "No, thank you. I am full."

用餐时，如需要添加食物，可以对寄宿父母说：“That was very good, could I have some more please?”（这晚餐真美味，我是否可以再添加一些？）如你寄宿父母问你是否要再添食物，如果是，记得说：“yes, please.”（是的，请在添加。）如不需要，记得说：“No, thank you. I am full.”（谢谢，但不需要，我已经饱了。）

Feel free to tell your hosts what you like. For example, if there are only bananas in the house and you don't eat bananas, tell the host: "I prefer apples to bananas." Your hosts may be offended if you say: "I don't like bananas." Or "I hate bananas."

请告诉你的寄宿父母，你喜欢何种食物。例如，如果家里只有香蕉而你不喜欢吃香蕉，借由委婉肯定的方式告诉你的寄宿父母，让他们知道：“I prefer apples to bananas.”（我比较喜欢苹果。）但切记不要直接否定的说：“I don't like bananas.” Or "I hate bananas.”（我不喜欢香蕉或者我讨厌香蕉。）

If you would like to use the kitchen, ask your hosts for permission first. Avoid cooking at odd hours. The first time you use an appliance, ask your hosts to show you how. If you happen to break an appliance, offer to replace or repair it.

如你需要或想要使用厨房，请务必先征求寄宿父母的同意。要避免在很早或很晚的时候使用厨房。第一次使用厨具时，记得要求寄宿父母先示范使用方式给你看。如你不小心损坏厨具，请记得要主动提出更新或者修补，并承担费用。（“I am sorry. I will pay for the replacement” or “I am sorry. I will pay for it to be fixed.”（对不起，我来付替换的费用。或者对不起，我来付修理的费用。）

## HOUSE RULES

### 家规

As soon as possible, ask your hosts about the rules of the house. Ask about:

- TV times
- Shower times
- How loud you can play music and until what time
- What rooms in the house you can use
- If there are machines you can use, such as fax or computer, and how to operate them
- If the house has a security system, and if so, how to use
- If you need to take off your shoes when come inside the house
- The curfew time and dinner time

住进寄宿家庭后，要询问寄宿父母家中的常规并确实遵守。例如：

- 看电视的时间
- 淋浴的时间
- 播放音乐/歌曲的时间及音量限制
- 家中其他你可使用的地区/房间
- 家中其他你可使用的设备，例如传真机、影印机、或电脑以及正确操作方式
- 家中是否装设有安全监控系统，如有，如何正确操作？
- 进入室内是否要脱鞋？

Always lock the door behind you when you leave the house and after you enter. Always let your hosts know where you are going and when you will be home. Your hosts will worry if you are late and if your family calls, your hosts need to know where you are.

出门之前或回家时，记得要随手关门。并且要让寄宿父母知道你的去处及回家时间。如你晚归，寄宿父母会担心。如你不在家，你亲人来电，寄宿父母必须知道你在何处与何人在一起。

Canadians are careful about the privacy of others. If you come into the house and go to your room and shut the door, your hosts will think that you do not want to be disturbed. Do not wait for your hosts to invite you to watch TV or talk to them. It is normal to join in these activities without waiting for an invitation.

加拿大人很重视个人隐私权。如你回家直接回房间并关上房门，你寄宿家人会认为你不希望被打扰。不要等你的寄宿家人邀请你一起看电视或聊天。直接加入每日例行家庭的活动或作息是很自然的。

If you want to bring a friend home for dinner, ask first to see if that is okay. If you are back home late, be careful not to wake the other people in your home when you come in.

如你希望邀请你的朋友到家晚餐，要事先征求寄宿父母的同意，晚归时，要小心轻声不要吵醒其他家人。

Here are some tips about respecting your hosts:

- “Please” and “thank you” are international phrases. Use them when you ask for or receive something.
- Always try to communicate clearly with your hosts. Your hosts cannot know what you are thinking. They will not know what you want if you do not tell them. If you are cold and need another blanket, say so. If you need more towels, ask.
- Always greet your families or guest when coming into the house or entering common areas in the house. Excuse yourself when you leaving a conversation or area. Remember to say goodbye when leaving the house.

以下为与寄宿家人对话，表示尊重的一些常用适当用词：

- “请”和“谢谢”为国际通用语言。记得随时于接受或请求时使用。“Yes please。”或“No, Thank you.”用餐后要记得对父/母（主厨）说：“Thank you for the dinner(or breakfast /lunch)”
- 和寄宿家人保持清晰的沟通。你的寄宿家人不会知道你的想法，除非你主动表达。如你觉得房间冷，需要增添毯子，让你的寄宿父母知道，浴室没卫生纸或浴巾时，告诉你的寄宿父母。
- 每日与寄宿家人或他人见面时，要记得打招呼。早上时“Good morning”晚上睡觉是“Good Night”其他时间“How are you?”“What’s happening?”或“Hi,(name).”要离开时，要记得告辞：“Excuse me, I have to leave. It’s was nice meeting/talking to you.”或者“Hi(name), I am going to (where)with(whom)and will be back at(what time).”

## CHORES

### 帮忙家务

You don't have to clean the house, baby-sit, or do any outdoor work. Canadians usually do all major chores once a week, on Saturday or Sunday.

你不需要清理房子，照顾小孩或清洁户外。除非你愿意帮忙（例如除草）。加拿大人通常周末进行一次屋内外扫除。

In Canada, the equality of the sexes is more advanced than in Asian countries. For example, the father may cook the meal and the mother may mow the lawn. Even young children are generally given some sort of household chores to complete. Male and females share a mutual respect in the home, and for a home stay student to really feel like a family member and have a successful stay, it is important to join in and help out with household.

在加拿大，两性平等的概念非常明显。例如父亲负责烹饪或母亲除草，共同分摊家务是很常见的。即使是小孩都有一定的家务分摊去做。男性与女性享有同样的地位。要成为寄宿家庭中的一份子，你应协助并分摊一些家务。

You are responsible for cleaning up after snacks, and or washing your own dishes after breakfast. It is polite to help clear the table after dinner.

每日你应于用餐或点心后收拾并清理自己的餐具。晚餐时应主动帮忙餐前摆置餐具及餐后收拾餐桌。

You are to have foods at the breakfast area in the kitchen or the dining room only. Foods cannot be brought to your room or stored in your room. Ask your host parents to allocate a storage place for you in the kitchen if possible.

一般加拿大家庭用餐或进食地点为厨房或餐厅。食物不能带到其他房间内。你的房间也不可储存食物。如有需要，询问寄宿父母你个人的食物应放置在何处。



## HOT WATER/SHOWER/BATHROOM

### 热水/淋浴/浴室须知

Canadian homes have a hot water tank, which heats and holds hot water for all uses in the house. Generally Canadians take showers for fifteen minutes or less and if the hot water is used for 30 or 40 minutes, it will eventually run out. When this happens, little or no hot water will be available while the tank reheats. Be careful not to use too much hot water when others may require it. Don't spend more than 15 minutes in the bathroom at any one time. If you want to take a long time in the bath or shower, check to see that nobody else is waiting to use the bathroom.

加拿大家庭皆设有热水箱储存一定量的热水供全家使用。一般每人淋浴时间为 10 至 15 分钟。如一次使用长达 30 至 40 分钟的热水，热水箱的热水会用尽，下一个人要淋浴时就会没有热水。要注意不要一次使用热水超过 15 分钟以上。如你打算使用较长的时间，要事先确定在你之后没人要等着淋浴。

In most cases, you will have to share the bathroom with the other family members so make sure to wipe up any water from the floor after showering and clean up and throw away any hair from the bathtub, sink, or floor before leaving the bathroom. When showering, use the shower curtain, properly so the water will not wet the floor.

加拿大一般家庭室内皆为木造结构，如遭浸水，会造成严重损坏。淋浴时要将浴帘拉好并放在浴缸内侧，以避免水溅湿地板。与寄宿家人共用浴室，要注意礼节，擦干身体及脚底后再踏出浴池，地板如有水迹要记得擦干。洗脸池内，浴池内的头发要主动清理干净才离开浴室。使用厕所时，要注意不可将卫生巾或其他非水溶性物品丢入马桶，以避免阻塞水管造成厕所污水回流。

You are responsible for your personal items such as shampoo, conditioner, soap and other items.

个人盥洗用品例如洗发水、护发精、肥皂、牙膏、牙线等必须自备。寄宿父母可代为购买或带你采购。

## HEAT/AIR-CONDITINING

### 冷暖气开放须知

Many of the Canadian households have central air system-heat, cool or fan options. In the winter when the heat is turned on, or in the summer when the air-conditioning is turned on, all windows will be closed to keep the house or room temperature at a comfortable level. You should close the door immediately after you when coming or going in and out the house to conserve energy.

大多数的家庭都设有室内中央空调系统-冷，暖及风扇三用。冬天暖气开放或夏天冷气开放时，所有窗子必须关上以保持预先设定的室内温度（通常为摄氏 20-24 度上下），一旦到达既定室内温度时，空调就会自动暂停。进入室内时，你应随时随手关门，以免冷暖气流失造成空调系统不断运作，耗损电力。

You should not open the window when the heat or air-conditioning is on in the house. If the heat is on and your room is too warm for you, please speak to your host parents to make adjustment. Maybe close the heat vent in your room, the same with the air-conditioning, if it is too cold for you.

当室内中央空调系统开启后，请务必不要开窗。如你觉得你的房间开暖气时太热或开冷气时太冷，请跟寄宿家庭父母提出，他们可以做适度的调整，例如关闭你房间内的出风口。

## TRANSPORTATION

### 上下课交通

Before you start school, please find out from your host family which bus or buses you are to take and where the nearest bus stop is. Be sure to find out how to get home from school as well.

在开学之前，要与寄宿父母确定上学走路的路线或搭乘市区巴士的站牌在哪儿，下车的站牌是什么。下车后走路到校的路线，回家的路线及搭车的站牌。寄宿父母其中一人会在你第一次搭车时，走路上学时陪同你直到确定你熟悉路线后。如你需要更多时间熟悉路线，让你的寄宿父母知道并讨论解决办法。

If you get lost or confused during your commute, you can ask the bus driver to help you get to your destination. Be sure to always carry your host family's address and phone number in case you get lost.

如你半途迷路或搞不清楚路线时，可以请巴士司机协助通知你该下车的站牌。要记得随身携带寄宿父母的电话号码及家里地址，以便取得及时协助。

## LAUNDRY AND CLEANING

### 洗衣机及烘干机

Your hosts should wash your sheets and towels once a week. If they forget to do this, please remind them to give you fresh towels and sheets. They are not responsible for your personal laundry. Ask your hosts to show you where you should put your clothes that need to be washed.

你的寄宿父母会每周更换你的床罩/单及浴巾，如他们忘记了，可提醒他们。寄宿父母不负责清洗你的替换衣服。询问你的寄宿父母在哪里放置你要清洗的衣物。还有何日，何时你可清洗你的衣服，通常应为每周一次。

Most families ask the students to do their laundry once a week. Please make sure you learn how to use the laundry machine properly. You may want to write down the instructions in your own language when they are given to you. You are expected to make your bed every day and clean your room at least once a week.

要记得让寄宿父母教你如何使用洗衣机及烘干机。洗衣粉/精的确切用量，给水量，烘干温度及定时时间。你可写下作为日后使用参考。大部分加拿大家庭都很注重节约能源及环保。用水用电时要确实遵守不浪费资源。垃圾分类是另一项措施。记得询问寄宿父母各种家中分类垃圾应放置何处。你应每日起床后整理床铺并至少每周清理一次你的房间。

## TELEPHONE

### 电话使用

Local calls are free of charge. Remember that you are sharing the telephone with the rest of the people in the house. Please keep your calls to a reasonable time length and do not spend more than 10 to 15 minutes on the phone at any time. Tell your friends and families to call you before 10:00pm Canadian time.

市内通话时间包含在每月基本电话费之内，不另外计费。要记得电话是家人共用的，所以通话时要简短并尽量保持在 10-15 分钟之内。提醒你的朋友及家人在每日晚上 10: 00 以前打电话给你。

Long distance calls have to be made either collect or with a telephone card. Please inform your host family before you make a call.

如你需要打长途或国际电话要使用长途电话卡或对方付费方式，并在打电话之前告知你的寄宿父母。你必须支付你的长途或国际电话费用。

## INTERNET

### 电脑网络使用

Internet connection is not mandatory in the Home stay. If the family has interknit connection, please ask before using their computer. Limit your time on the internet to 30 minutes per day. Remember that any time spent in front of the computer is time not spent talking with your host family. If you exceed the maximum bandwidth of the host family, you will be required to pay for the additional charge accordingly.

并不是所有寄宿家庭都有装设电脑网络。如你的寄宿家庭设有电脑网络，要记得征求寄宿父母的同意才可使用他们的电脑。要记得限制上网时间于每日 30 分钟。切记你花在电脑前的时间是你可与寄宿家人交流练习英语的时间。如果你过量使用网络，造成额外的费用，你必须支付给寄宿家庭。

## SMOKING/ALCOHOL/ILLICIT DURGS

### 吸烟/酒类/禁药

There is absolutely NO SMOKING inside the host family's house, unless you have clear permission to do so from the host family. The legal age for drinking alcohol in Ontario is 19 years of age. Drinking underage, the use of illicit drugs and the use of false identification to purchase alcohol are strictly prohibited and may result in expulsion.

在寄宿家庭中是绝对禁止吸烟的。除非你有寄宿父/母的同意。在安大略省，19岁以下是不能喝酒（含有酒精的饮料）的。提供或销售酒精类饮料给19岁以下的青年为违法行为，可被起诉。18岁以下不得购买烟类。销售烟类给18岁以下青年为违法行为，可被起诉。非法饮酒，购买烟类或使用禁药是绝对禁止的，一旦违反此规定，你必须搬离寄宿家庭并自行寻找住所。

## EXPENSES

### 个人消费

The home stay fee only covers one private furnished room and three meals a day. All other expenses are the student's responsibility. If you want to invite your friends to dinner or to family activities, you have to get the family's permission beforehand and find out if there are any expenses that you will need to be responsible for.

你的寄宿费包含每日三餐及个人房间设备。其他开支必须自己负责。如你要邀请朋友返家用餐或加入家庭活动，记得要事先征询寄宿父/母的同意并了解是否需要负担你朋友的开销。

## CASH/CREDIT CARD/DEBIT CARD

### 现金/信用卡/储蓄卡

It is not recommended to carry or display large amounts of cash. You should not lend or borrow money from other students or host family members. You should not share the security pin numbers of your debit card or credit card with host family members or friends/classmates. Never send your banking or credit card information through internet or email.

不要随身携带大量现金。每日有 20 到 50 元零用钱在身上即可。与朋友、同学或寄宿家人之间不要有借贷金钱的往来。寄宿家庭也不得向学生借任何款项。如发生，请告知寄宿家庭管理公司。信用卡或储蓄卡之密码不能告知任何人。如你主动告诉他人密码导致金钱损失（被提款），警方无法追溯。要记得千万不要透过网络或电子邮件传递你信用卡或银行账户信息或密码。

It is also not recommended to store valuable personal items, such as wallet, cell phone, camera, iPod, iPad or laptop in your school locker. When in school, don't leave your backpack unattended or out of sight. When leaving the classroom or any other places, double check to see if you have all your belongings with you before leaving.

不要在学校储物箱内放置贵重物品，以防失窃。离开教室或任何其他场所时，要确认所有随身物品皆收回了，再离去。在校时，不要随意放置背包，或无人代为看管。以防偷窃。

## PROBLEMS

### 问题处理

Everyday problems can usually be settled by speaking directly with the host family about the problem and working out an acceptable solution. This is usually enough to resolve most misunderstandings that occasionally come up. If the problem cannot be resolved by speaking with the host family or is more serious in nature, please contact to home stay coordinator.

日常问题通常可通过直接与寄宿家人沟通并寻求共通方式解决。绝大部分的寄宿问题产生原因因为误解或沟通不善。如通过与寄宿家人沟通后仍然不能解决问题，请与寄宿家庭管理公司联系进行协调。

## 国际学生注意事项

### 个人安全须知：

1. 财不外露。每日随身携带现金不超过 50 元。购物时，要核对消费金额并确定无误。购物后，记得取回银行卡。
2. 贵重物品不携带至学校。笔记本电脑，手机均须小心防盗。学校储物柜不要放置贵重物品。
3. 不与陌生人搭讪。如遇他人问路或乞讨，说“NO”并立即离开。不要在公共场所露出钱包。如遇司机问路，说“NO”并立即离开。
4. 发现银行卡遗失后，应立即致电银行取消该银行卡并要求补发新卡。收到新卡后立即签名。
5. 单独在家时，接电话不要告诉他人寄宿父母不在家。可以说“HE/SHE CANNOT COME TO THE PHONE RIGHT NOW,CAN YOU LEAVE A NUMBER FOR HER/HIM TO CALL YOU BACK?”取得电话号码后，说“THANK YOU”即可挂断电话。
6. 在校内如有任何学生骚扰，立即到副校长（VICE PRINCIPAL）办公室报告并告诉寄宿父母。
7. 外出时要确认大门确实锁好。大门钥匙小心保管，不可借给他人。如果遗失，应自费配制一把。
8. 结伴外出。夜晚不单独外出。每晚 10: 00PM 之前要返回家中。
9. 下课后，如果不立刻回家，要电话或者短信告诉寄宿家庭你的去向。要告诉寄宿家庭你和谁在一起，对方的电话以及你回家的时间。如果手机没电，要使用朋友手机或公用电话通知。如果无法告诉寄宿家庭，则应立刻回家。以免寄宿家庭报警你的走失。
10. 室内不能吸烟或者使用蜡烛等明火。违法此规定，寄宿家庭有权提前解约并有罚金。
11. 周末期间如需在外留宿，必须提前 24 小时通知寄宿家庭和监护人并提供留宿家庭具体信息。寄宿家庭确定对方家庭有家长在家并双方同意才可以留宿。如果自行留宿，监护人会通知你的父母并要求学生父母同意并对你在这段时间行为负责。
12. 未满 19 岁饮用含酒精饮料或提供酒精饮料给未满 19 岁者，属违法行为。会被起诉。

### 网络安全须知：

1. 不明来源之 EMAIL，一律删除，不要打开。骗子会假借 FEDEX 等大公司之名发 EMAIL 行骗。
2. 电脑要有防病毒软件。不明来源的网站切勿点入。
3. 银行卡密码，信用卡号码，或者任何个人密码，都不要通过 EMAIL 发送。
4. 银行绝对不会 EMAIL 客户要求确认银行卡密码，银行也不会电话客户要求确认银行卡密码。任何人如果询问你密码，一律不予理会并通知监护人和银行。

### 上网限制:

1. 寄宿家庭提供的 INTERNET 主要是给学生使用 EMAIL, IP 电话, 交换信息以及学习之用。
2. 如果你使用网络看电影, 电视剧, 玩游戏或者下载音乐, 可以自行购买 ROGERS 的 INTERNET STICK—每月 25 元无限下载。
3. 过度使用网络下载导致寄宿家庭当月网络账单超支, 学生须自付。通常在\$20-\$200不等。

### 看医生:

HAMILTON 的华人医生----Dr. Ing (男)

----Dr. Chen (女)

地址: 220 Main St West, Hamilton, ON 电话: 905-528-8088

### 寒暑假安排:

1. 请主动告诉寄宿家庭及监护人你的往返日期和时间。以便寄宿家庭事先安排自己的时间和休假。
2. 寄宿家庭可能提供机场的接送。如果不能提供, 则直接联系监护人安排接送。
3. 寄宿家庭如果提供假期免费行李寄存, 要提前打包并放置在寄宿家庭指定地点。如果寄宿家庭不提供, 则可联系监护人存放行李。大件行李\$5/月, 小件行李\$3/月。上门取送另行收费。

### 外出旅行管理规定:

1. 如有计划外出旅游, 离开 Hamilton, 须事先征得父母同意。同时发邮件给寄宿家庭和监护人。
2. 要告诉寄宿家庭: 所去地点, 旅伴名字和电话, 回家时间。
3. 如果途中计划改变, 应立刻通知寄宿家庭并得到同意。
4. 未通知监护人和寄宿家庭, 监护人有权通知学生父母并要求学生家长对此时间段内学生的行为负责。
5. 外出超过 12 小时与寄宿家庭无联系, 则寄宿家庭会报警走失。



## GENERAL GUIDE FOR DAILY LIVING

### 每日生活小记

- ✚ If you open it, close it.  
打开东西就要记得事后盖上。
- ✚ If you turn it on, turn it off.  
开启电源就要记得事后关闭。
- ✚ If you unlock it, lock it up.  
打开钥匙就要记得事后锁上。
- ✚ If you break it, admit it.  
损坏物品就要时候承认负责。
- ✚ If you don't know how to operate it, leave it alone and ask someone.  
如你不知道使用方式，不要茫然尝试，事先询问你的寄宿家人。
- ✚ If it is broken, do not try to fix it; ask someone who can.  
遇到故障物品，不要试着自行修理，让懂得的人处理。
- ✚ If you want to borrow it, ask for permission.  
借用物品要先取得同意。
- ✚ If you borrow it, return it.  
借用物品后要归还。
- ✚ If you make a mess, clean it up.  
要随时保持整洁。
- ✚ If you value it, take care of it.  
贵重物品要小心保管。
- ✚ If you move it, put it back.  
移动物品后记得要归还原位。
- ✚ If it will brighten someone's day, say it.  
永远要多说能让他人开心的话。
- ✚ If you hurt someone's feelings, be the first to say: "I am sorry. Let's talk things out."  
如你导致他们情绪受伤，主动道歉并要求协调。
- ✚ If someone hurts your feelings, say: "Let's talk things out."  
如他们导致你情绪受伤，立即进行协调。（不要生闷气，沟通是解决问题最佳捷径）