

# *HOMESTAY GUIDELINES FOR INTERNS*

## *Coming to Gisborne*



You have decided to come to New Zealand for your internship and will be staying in a home in Gisborne, we would like to give you some information and guidelines. If you follow them we believe that you will be better prepared for this experience.

Your home stay family have chosen to host an intern because they wish to share their home with someone from another country. Your host family will enjoy talking with you about New Zealand and also about your country.

It is important to us and to your host family that you enjoy your stay. There may be some rules, which must be understood and followed. We suggest that your home stay family discuss these with you after your arrival. Alternately, you may have some customs that are important to you. Please let us know so we can communicate these to the host family for you. This will help you and your home stay family to develop a good and lasting friendship.

Spend some time having social contact with your host family. It will help you to improve your English and learn about the New Zealand culture, way of life, your likes and dislikes. It will help you and your new home stay hosts to enjoy your stay even more.

*There will be some things in New Zealand homes and lifestyles that are quite different; here are some facts that may help you to settle in easily to life in New Zealand.*

### **ACCOMMODATION EXPENSES:**

You are asked to contribute **NZD\$170, per week** if you are staying with a home stay family. This money should be paid on a regular basis, **weekly**.

We suggest that you mark your payment dates on a calendar in your host's home and pay your accommodation on that day. It is polite to give your contribution without your host family asking for it.

If you decide to change your home stay, talk with the person who arranged it for you. Let your current host know at least a day or two before moving.

### **BEDS:**

The bed you sleep on in NZ will probably have an inner-sprung mattress, covered with an under blanket. On top of this, the bed will have 2 cotton/polyester sheets covered with blankets or a duvet for warmth. Your bed may have an electric blanket for the winter; it is wise to turn this onto No.2 or No.3 about half an hour before going to bed and to turn it off when you are in bed. Never sleep with your electric blanket on, you will be too hot and there is the risk of the blanket overheating. You should make your bed each morning and change the sheets and your pillowcase each week.

### **BED WEAR:**

You may need to bring warm sleepwear with you until you adjust to the climate difference, even in summer.

**YOUR BEDROOM:** You will have a bedroom of your own. Your host family will appreciate it if you keep it tidy. Interns are expected to do their own cleaning in which case you should vacuum the floor and do your own dusting at least once a week. If your hosts prefer to do the cleaning themselves, make sure the floor is cleared of shoes, books, clothes etc. You need to decide this with your home stay. Never stick pictures or posters on your walls unless you have your host's permission.

### **BEDTIME:**

Most New Zealander's go to bed around 10 or 11 o'clock at night. If you wish to stay up later than this, remember to keep as quiet as you can. Keep the radio or TV turned down and turnout the lights and lock the doors & windows before you go to bed.

Do not phone your friends on the host families phone after 9.30pm and ask your friends not to phone you when it is late. When you go to bed each evening it is polite to say "goodnight" to your hosts. If you just disappear, your family may think you are angry or unhappy. Saying "goodnight" is an important ritual in NZ.

### **SHOWERS & BATH:**

Most New Zealand's homes have showers. You shouldn't need to spend more than 5/10 minutes in the shower.

It is good to shower each day, but as water heating is expensive, please be considerate. If you spend half an hour having a hot shower and the next person has to have a 2-minute shower because the hot water is used, your host family will not be happy. Always make sure that you leave the bathroom dry & tidy for the next person. All showers should be taken by 10.00pm as most families go to bed around this time.

Having a bath, follow the same guidelines as above. You can of course spend longer in the bath, but please remember to be considerate of your host family. You should provide your own soap, toothpaste and shampoo etc.

### **HELPING IN THE HOUSE:**

Your home stay payments cover the cost of your food and the use of the home and perhaps there will be a little over to compensate your hosts for the extra cooking, cleaning, laundry and power costs incurred while you are staying with them. Your hosts are not making a profit and you are not staying in a hotel. Therefore, if you offer to help with the small tasks around your home such as washing or drying the dishes, cooking some meals, bringing in the washing from the clothesline, setting the table etc, your help will be very much appreciated. (Men as well as women help in this way in NZ).

Your hosts may not expect you to help, but they will appreciate you offering. These are things you can discuss with your host/s on arrival.

### **WASHING & IRONING:**

Some hosts will do your washing and, or ironing for you. Some may expect you to do it yourself. Check with your host/s when it is a convenient time for you to wash your clothes and also make sure you know how to use the washing and ironing facilities. If you are in doubt about how to use the washing machine or what temperature the water should be, ask your host's advice.

Do not hang wet clothes or towels in your bedroom. NZ homes have outside clotheslines where washing is hung out to dry. Some have electric clothes dryers, which are used if the weather is not suitable for outside drying.

### **PHONECALLS:**

Though you miss your family, it is good to try to limit your phone calls. This is something you will need to discuss with your host/s as the cost of these will be extra, above what you are paying as board.

We suggest you keep a log of what calls you make, or reverse the charges on your calls home. This is a Collect Call. This means you dial the operator, (0170) and the operator will make the call for you. They will ask the person you are calling to accept the charge. If you are not sure how to make a collect call, your host family will show you.

If you are using the phone to call friends in Gisborne, these are free. Please be considerate to your host family as to when you make the calls and for the length of time you spend on the phone.

### **FOOD:**

Your host family will want you to be happy in your new home. We encourage you to go to the supermarket with your hosts and help them with some of the food you like.

Your hosts will be interested to hear what you like to eat and enjoy learning to cook new dishes. They will also like seeing you eating and appreciating NZ food. If you enjoy cooking – why not suggest you cook a meal for your family. They will also enjoy tasting different food.

If you are not going to be home for a meal, it is courteous to inform your hosts as early as possible to avoid them having to prepare food unnecessarily.

## MEALS:

New Zealand families call mealtime's different names for example:  
**Tea** – can be a snack taken in between Breakfast & Lunch this is called Morning Tea, and between Lunch and Dinner it is called Afternoon Tea. (This is also called a smoko -break).

**Lunch** – is called Lunch but is usually something light, salad, sandwiches etc...  
**Dinner** – is the evening meal, which is usually a hot cooked meal, (But some also call this Tea).

**Supper** – is a snack, after dinner, and can be biscuits or cake, or cheese and crackers, or hot savouries. (This is usually what is served if you are invited over to another person's home for Supper.)

## SMOKING:

New Zealander's are very conscious of the dangers of smoking affecting their health. Many people do not like people smoking in their homes. If you do smoke and your family doesn't, please smoke outside and do not leave your cigarette butts lying around.

Smoking is no longer allowed in Workplaces, Bars, Cafes or Restaurant's in NZ.

## DOCTORS & DENTISTS:

If you have need of either of the above you can ask your home stay family who they would recommend.

These are not free services, and prices do vary.

## TRANSPORT:

You may not drive a car or motorbike in NZ unless you have a current NZ license or an international driving permit.

We recommend that before driving in NZ you familiarise yourself with the NZ road rules.

There is a public bus system that operates around the central city and outer suburbs. The cost is \$1.20 per adult, one fare. They run from 7am till 5.15pm daily (week days only).

## SEXUAL RELATIONSHIPS:

In NZ, it is against the law to engage in consenting sex with anyone under the age of 16.

## THINGS TO BRING:

Shoes - try to bring one or two pairs with you. One pair for work / going out; another for casual. You may also like to bring some sports shoes if you like running or hiking.

Warm clothes - even when coming to NZ in summer as the climate is variable. This will also help you to adjust to the climate change. Sweatshirts (long sleeves) though these are readily available in NZ, they can be expensive. Many New Zealander's wear woollen jerseys (sweaters) in the winter, woollen jerseys can cost upwards of \$60.00 each.

Outdoor sports - Gisborne has a lot to offer and it would be advisable to bring some sportswear / hiking wear too.

Cosmetic's - if you wear make-up, you would be advised to bring a supply from your own country.

Sunscreen – you should bring some with you if you are arriving in Spring / Summer. Be aware that the sun is much stronger in NZ and wear sunscreen every time you are outdoors.

### THINGS TO KNOW:

Alcohol; in NZ, it is against the law to be in licensed premises (pubs / bars) under the age of 18 years.

In NZ, you could be fined or arrested for drinking in a public place, do not drink alcohol on the streets. Buying alcohol in NZ, you need to be over 18 and have some identification with you.

Food - it is not advisable to bring any food with you. In fact our Agriculture Department forbids this for fresh foods.

You do not need to bring any bedding or linen, as this will be provided for you by your home stay family.

NZ homes may be colder than what you are used to as not many have central heating.

NZ Cities and Towns are less populated than in other countries, and New Zealander's are more environmentally conscious. So they are cleaner than what you may be used to. Littering is an offence in NZ, and the Police can fine you for littering.

Going out in NZ - if you are going out with friends please talk to your host family about their expectations. Be considerate of your host family.

Something to be aware of in NZ is your personal safety. Do not go out on your own at night. Watch your drink, never leave it unattended.

### THINGS TO DO:

Gisborne has a lot to offer, make the most of the time you are here.

**Movie Theatre** – we have a Multiplex Cinema with 4 or 5 theatres, it costs around \$12.00 per adult.

**Library** – we have a large library in the city centre, you can have a membership for FREE. It may cost to take out some of the books, magazines, c.d's and tapes but these costs will be minimal.

**Video & DVD Hire** – there are many Video Hire Stores in Gisborne. Ask your host family if they have a membership card that you could use. It is usually not expensive to get a membership yourself. You can also hire the Video -Players, DVD Players and Play stations for a night, if your host family do not have one.

**Cafes / Bars** – there are a number of these in Gisborne, most are located within the city centre and are within walking distance of each other.

**Internet Café's** – we have one internet café in the central city, though a few of the other café's do offer internet services, prices vary but it usually \$2.00 per half hour. There are a number of locations to access the internet.

**Beaches** – Gisborne is lucky to have a number of beaches. Some world-renowned Surf Beaches. Some are within walking distance from the city, and

others just a short drive up the East Coast. Summer – you will be able to make the most of our beaches with hiring a surfboard, surf ski, or kayak.

**Gym's** – there are several gyms around Gisborne City if you would like to workout, prices vary.

**Indoor / Outdoor Pool** – we have a great pool complex, with indoor and outdoor pools, hydro-slide, spa pool, diving pool and B.B.Q area. There are showers in the changing rooms, and lockers for hire. It costs around \$3.00 NZ to enter into the complex and extra for the hydro-slide and spa pool, there is also a nominal charge for the locker.

**Wineries** – there are many wineries in Gisborne, just ask the locals for their favourite!

**Festivals** - There is a Wine Festival in October each year, and is something not to be missed. Tickets cost \$50.00 per person, with the bus ticket included, (this is without food and wine). There is another Festival in January at a local winery, and this is another not to be missed event.

**Museum** – we have a wonderful Museum and it is located close to town, actually across the road from the Council.  
It is a donation entry fee.

### **SIGHT SEEING:**

There are a number of walking, running tracks around the city. With more challenging walking tracks further out in the countryside, information on these tracks can be given to you at the information centre. You may be able to join in with the local tramping group on one of their trips; the information centre will have their contact details also.

### ***Places to see, there are many:***

Lake Waikaremoana, is near Gisborne and is about a 1.5-hour trip by car, and should not be missed.

Hawke's Bay (Napier / Hastings), is 2.5 hours from Gisborne, this is an Art Deco paradise with many great wineries, café's and tourism attractions.

Whakatane / Rotorua / Tauranga / Mt Maunganui, these are all places that are within 3 to 4 hours travel of Gisborne and would make good weekend trips away.

A car trip around the East Coast is a delightful weekend trip. Always discuss trips with locals as they will know of many interesting spots not on maps or indicated by road signs.