



International Host Family Handbook 2024-2025

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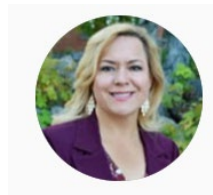
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International Programs Information

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International Programs

500 8th Avenue, Lewiston, ID 83501 | 208-792-2177 | www.lcsc.edu/international



Updates for the 2024-2025 School Year

[LC State's International page](#) has additional information for international students.

Important Dates: [LC State Academic Calendar](#) and [Campus Events Calendar](#)

Fall 2024

- August 16: [New Student Orientation and Convocation](#) (9am to 1pm) and International Student Welcome and Orientation (2pm to 4pm)
- August 19: Fall 2024 classes begin
- September 2: Labor Day-Campus Closed
- November 25-29: Fall Break
- December 9-12: Final Exam Week
- December 13-January 16: Winter Break

Spring 2025

- January 10: [New Student Orientation and Convocation](#) (9am to 1pm) and International Student Welcome and Orientation (2pm to 4pm)
- January 13: Spring 2025 classes begin
- January 20: MLK Day-Campus Closed
- February 17: Presidents Day—Campus Closed
- March 24-28: Spring Break
- May 5-8: Final Exam Week
- May 9: [Commencement](#)

International Homestay Program

For over thirty years, our Homestay Program has given international students the chance to live with American families and create lifelong connections. Beyond providing a stable home base for students, host families give encouragement, assistance, and emotional support for students having to navigate living in a different culture and learning in a new language.

LC State wants to ensure a safe and comfortable homestay for students and their hosts. To accomplish this goal:

1. Prospective host families will submit an application, which includes permission to conduct a background check for all adult family members.
2. Staff will conduct an interview and home visit of prospective host families.
3. Staff will carefully match students and host families.
4. Staff will support host families by maintaining open communication, providing information/updates on a regular basis, and fostering connections between host families.
5. Every two years, staff will conduct a follow-up interview, home visit, and background check of current host families.

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Homestay Host Families

We appreciate our homestay families and their willingness to open their homes and hearts to international students. Our homestay families:

- Are a diverse and wonderful mix of people, including singles, couples, empty-nesters, and families with children at home.
- Live in all types of homes, from modern apartments to charming old houses.
- Have different lifestyles, schedules, and house rules.
- Have different expectations and levels of involvement with their students.

Our host family and student homestay applications have questions about the type of home environment and level of family interaction expected to help us match students and host families.

Hosting Requirements

Student Rooms

Rooms should be:

- **Private:** Student can lock door, close curtains/blinds
- **Furnished:** bed, mattress, bedding, closet/wardrobe, dresser, desk, chair
- **Comfortable:** Rooms have adequate heating and air-conditioning, acceptable noise and light levels.
- **Safe:** Rooms have egress window, clean air, and working smoke detector.

Student Meals

- The host should provide food for 3 meals every day.
- The host family should involve the student in food choices/shopping and get to know his/her preferences/dietary needs
- The host should communicate any kitchen/dining rules, such as food preparation, meal times, where food can/cannot be eaten in the house, food storage, and kitchen clean-up
- Meals are a great time to share food and recipes from the host and student's families/cultures. Here are some ideas:
 - Breakfast: We tend to be the pickiest about breakfast foods—the type and the amount. Some inspiration: [What Breakfast Looks Like in 50 Countries?](#) If mornings are hectic, meal prep can be done ahead of time.
 - Lunch: Students will usually be on campus during lunch time. Meal-prepping together for a few days' lunches saves time and money. [Budget Bytes](#) has some great ideas.
 - Dinner: This is often a sit-down, family meal. The Food Network has some great [International Weeknight Dinner Ideas](#).
- Water: Some students come from countries where tap water (especially bathroom tap water) is not drinkable, and may initially be skeptical about our tap water.
- Fresh foods: Eating more fresh (especially local/seasonal) foods is not only healthy, it's delicious. Check out the [Seasonal Food Guide](#) for Idaho.
- Hunting/fishing/gathering/gardening/canning: Most students will enjoy trying your

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garden and wild-harvested foods. However, be sure you clearly communicate to the student what the food is and how you obtained and processed it.

- Food and religion: Check out this quick reference on [Religious Dietary Restrictions](#). Talk with your student about any religious dietary restrictions and if they are strict or flexible with these restrictions. Students may observe fasting during religious holidays and have a disrupted eating/sleeping schedule.

Food is one of the biggest struggles for international students. International students may already know how to cook--or they may be totally new to it. Good communication and willingness to try new things can make this transition much easier.

Transportation:

Please provide transportation for the student in these instances:

- **Arrival & Departure from Lewiston**
- **Shopping for Necessities**
- **School Days (if not within a reasonable walking distance):** "Reasonable walking distance" should take into account the weather, student health, and time. A twenty-minute walk is reasonable for most students during mild weather. Other transportation options include carpooling with other host families, [Ride the Valley](#) bus, Lyft/Uber, or providing a bicycle (with lock) for the student.

Recommendations for Host Families

Before Arrival: Before the student arrives, we will provide you with contact and arrival information. We encourage you to reach out to the student. We will keep you up to date if there are issues or time changes.

Travel and Health: Students have been encouraged to get routine travel vaccinations; however, LC State does not require students to present immunization records. Although Covid-19 protocols (like masks or self-isolation) are not required, it's a good idea to have a plan and supplies for sick students and family members.

Medical Care: Students may use the [LC State Student Health Center](#). For evenings and weekends, students may use [Sterling Urgent Care](#), [Catalyst/Valley Medical Center Urgent Care](#), or [TriState Health Minor Care](#). If it is an emergency, please call 911. If you need assistance with a student, please contact us right away.

Arrival and First Weeks: When the student arrives, they may be tired, hungry, and out-of-sorts. It can take a week (or more) to adjust to the time change. The new environment and jet lag can lead to many physical and emotional symptoms, including fatigue, disturbed sleep, difficulty concentrating, mood changes, feeling unwell, and gastrointestinal issues like stomach aches, constipation, or diarrhea. Recommendations include getting on the new schedule of eating and sleeping as soon as possible, spending time outdoors in bright light during the day, and staying hydrated.

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Information for Prospective Host Families

Homestay Students

Our homestay students:

- Have diverse national, regional, cultural, and socioeconomic backgrounds
- May be traditional college-age (18-24) or older
- Have different programs/goals: short-term language and cultural exchange, Bridge Pathway, or undergraduates
- Range from intermediate-level to fluent speakers of English

Culture Guides:

To learn more about your student's culture, check a culture guide, and be sure to look up your own culture (it's fascinating and a great discussion topic with students!)

[Commisceo Culture Guides](#)

[Culture Crossing Guide](#)

[Hofstede Insights Country Comparison](#)

House Guides/Rules (written & discussed) Suggestions:

- Information about host family
- Emergency numbers/contacts for student
- Home safety information/plans
- How-to-operate information (like how to run kitchen appliances or adjust the thermostat)
- Metric to U.S. conversions (like temperature, weight, volume, distance)
- Host family expectations (meal times, chores, quiet hours, etc.)

Resources for Host Families

Lewis-Clark State College website:

- [LC State Campus Events Calendar](#)
- [LC State Academic Calendar](#)
- [LC State Student Code of Conduct](#)
- [LC State Student Involvement](#)
- [LC State Directory](#)

Social Media and Apps:

- [LCSC International Facebook Page](#)
- [LC State International Programs YouTube \(new\)](#)
- [LC International Instagram Page](#)
- [LC State Do More App](#)

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Forms

[Homestay Host Application and Homestay Student Application](#)

Financial

<u>Item</u>	<u>Fee</u>	<u>Additional Information</u>
Homestay Application Fee:	\$100.00	Student Pays Fee
Homestay Host Application:	\$0.00	IPO Pays for Background Check
Monthly Homestay Rate:	\$600.00	Private room, food for three meals a day, utilities (electric/gas/wifi), and other basics.
Prorated Daily Homestay Rate:	\$20.00	

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