

## ***Homestays in Sapporo***

*Guidelines for your homestay in Sapporo*

The Sapporo International Communication Plaza Foundation (SICPF) provides a homestay program for international guests interested in experiencing the culture and lifestyle of Northern Japan. In this program, travelers are NOT considered since its goal is not to provide accommodation but to offer opportunities for guests and host families alike to enjoy differences in each other's cultures.

Regarding your homestay please give heed to the following matters:

1. When you move in with your family talk about yourself and your family back in your country. It will be a good introduction. You should also ask your host family if they have any family regulations. Don't hesitate if you face something you aren't familiar with. Take the opportunity to learn something new. It will be a good experience.
2. Be polite and thoughtful to your Japanese family. This homestay program is completely based on your host family's kindness and voluntary spirit. Always offer to help your host family around the house. You will be a part of the Japanese family.
3. **Meals**  
All meals will be provided except lunch on weekdays. Please make arrangements by yourself for lunch on weekdays. If you don't take breakfast, let your family know. Some of you may not be used to Japanese food but the family will appreciate if you try at least a little bit of everything. Who knows, you might like it! If you have any dietary regulations because of your religion or health problems, discuss this with your family and let them know what you can eat. When you don't need a meal, inform them early enough so that they don't have to prepare the meal.
4. **Curfew**  
Ask your family if they expect you in at night by a certain time. In any case, when you leave home, inform your family where you are going and what time you plan to return. Discuss with your family about a curfew. Call them if you can't come back by the time specified.
5. **Cleaning, Laundry & Garbage**  
Try to be neat and tidy. You are responsible for doing your own laundry, cleaning your room and throwing out your own garbage. There is a determined system of garbage collection in the city; check with your family about where to throw away what and when. Ask your family when and how often you can use the washing machine.
6. **Telephone calls**  
When you want to make phone calls, try to use public phones around your neighborhood. It is very easy to make long distance calls once you get a telephone card. If you want to use your family telephone, ask your family first and pay on the spot. In case of international calls, make it a collect call.

**If you need any further information or have any questions, please contact:**

**Sapporo International Communication Plaza Foundation**

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