

The Asahikawa-Bloomington-Normal Sister Cities Committee

Rules and Regulations for Exchange Students

The following rules and regulations must be observed by the exchange student from Bloomington-Normal who is accepted into our program.

Have a complete physical examination before coming. If you wear eyeglasses or contact lenses, be sure to bring the prescription in case of loss or damage.

Have your parents notify their health insurance company of your plans to study abroad for one year.

Do not put your passport in your luggage. Carry it with you for immigration procedures. Record your passport number and emergency telephone numbers in case you lose your passport.

Bring extra passport photos with you for alien registration. Three or four photos of 4.5cm (length)×4.5cm (width) will be sufficient.

Do not bring too much money with you. When you arrive, inform your host family of how much you have and how much your parents are planning to send, so that they can arrange to deposit it in a bank account for your own convenience and safety.

In order to gain a fuller understanding of Japanese life and culture, your host families will generally be changed every 3 months. However, there are instances when this period will either be reduced or lengthened.

You are expected to become a member of a family in Asahikawa and equally share in the pleasures and duties of the home. You will be given chores similar to those that your host brothers and sisters perform, such as keeping your room clean, helping with the dishes, working in the garden and shoveling snow, etc.

Pay close attention to the way your host family conducts their daily life and do your best to mimic their behaviors. Ask your host family about rules and customs with which you are unfamiliar. Do not be afraid to adjust to a different way of life. It's all part of your valuable experience.

Smoking: You are prohibited from smoking during your stay in Japan. The law forbids those under the age of 20 from smoking.

Drinking: You are prohibited from drinking during your stay in Japan. The law forbids those under the age of 20 from drinking.

Driving: Under no circumstances are you allowed to drive a car or motorcycle while in Japan.

Travel: You are not permitted to travel abroad during your stay in Asahikawa. Trips with your host family within Japan are permitted. For any other trips outside of the city, you must be accompanied by an adult over the age of 20, and must inform the Asahikawa Sister Cities Committee Student Exchange Subcommittee director in advance by phone or fax.

International Phone Calls: When phoning home, please do so collect. In the event that you call home directly from your homestay, please first get permission from your host family and pay the charges for the telephone call. The same applies for long phone calls to local numbers. Please discuss the rules for using the phone with your host family.

Using computers and e-mail: Consult with your host family and follow their family rules.

Curfew: Consult with your host family to set a curfew and be sure to respect the time. The committee recommends a curfew of 9:00 p.m. In the event that you are not able to meet your curfew, please contact your host family. You are not allowed to go out at night alone, especially if you are female. Your host family will decide the rules for special occasions (The curfew does not apply when you are out with your host family).

Going out: When going out, be sure to notify your host family of where you will go and what time you will return.

Dating: Dating is permissible with the approval of your host parents. However, "steady" dating with one individual is advised against.

Meals: If you will be late for or do not require dinner, please inform your host family in advance.

Part-time jobs: You are not permitted to work during your stay in Asahikawa.

From the day you arrive, try to constantly use the Japanese that you know. It does not matter if your sentences are grammatically incorrect or if your pronunciation is wrong. It is more important that you continuously try to speak. Your mistakes will be a great aid in improving your Japanese and your efforts will bring you closer to your host family and friends in school.

The Asahikawa Sister Cities Committee and your host family will assist you with school registration once you have arrived. You are expected to join school clubs and student associations.

You are expected to attend any events that the Asahikawa Sister Cities Committee or your school should hold. However, Asahikawa Sister Cities Committee events should be given priority. You are likely to receive many invitations from other groups and private citizens, but do not hesitate to say "No", if the invitation interferes with your schedule. When you are asked to make a speech, please consult with the Asahikawa Sister Cities Committee and your host family. Keep your host family informed of all invitations you receive and ask their help in making decisions if you feel the need. Always remember to inform your family when you plan activities, no matter how trivial or ordinary they may seem. Your host family is responsible for you, as they are their own children, and will be concerned about you.

In the case of colds, the flu and other minor illnesses or injuries, your host family will have their family doctor treat you. In the event of a serious illness, report it to the Asahikawa Sister Cities Committee, and follow their directions. When you receive treatment from a hospital, please use the health insurance that you receive after arrival. You are responsible for the charges associated with all treatment you receive.

Try to become accustomed to Japanese food and customs as fast as you can. This is an important step in becoming a member of your host family.

Do not be discouraged if you are unable to become close with your host siblings of a similar age. Be prepared to take the initiative in making friends and get involved in activities that interest you.

Becoming homesick is natural, but usually only temporary. If you keep yourself busy with school classes, club and athletic activities, and civic affairs, you will find that you have little remaining time to feel the strains of homesickness.

Living away from your family requires making numerous adjustments. Most problems can be solved through adequate communication. In order to adjust, adequate communication is required from the beginning stage, as well as throughout the year to maintain healthy relations.

Be prepared to make a number of speeches during your stay. It is advisable to bring pictures of your school, hometown, family, etc., to assist with your presentations.

When you have received gifts or assistance of some form, it is customary in Japan to express gratitude. Furthermore, you must inform your host parents when you have received a gift or assistance.

The Asahikawa Sister Cities Committee will provide you with an allowance each month. Please pick up the allowance at the committee office on the first Monday of every month (in the event that the first Monday of a given month falls on a national holiday, please pick up the allowance on the following Monday). The Asahikawa Sister Cities Committee will cover the costs associated with official school trips and classes. You are responsible for all other expenses.

Asahikawa Bloomington-Normal Sister Cities Committee

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Agreement

I, the undersigned, have understood and agree to the aforementioned items.

Month Day Year _____

Name _____