

## Spanish Immersion Exchange Program *Customs and Manners*

Please go over these items with your children.

### **MANNERS**

- Always be on your best behavior.
- Be cooperative and flexible.
- Follow Instructions.
- Remember that your host family is trying hard to make you feel welcome and comfortable.

### **FOOD AND DRINK**

- Avoid drinking from the faucet. The family will show you where to get drinking water. Use the drinking water to brush your teeth. Milk is okay to drink.
- Okay to eat everything in the home. (Always ask if it is okay to eat the lettuce.)
- If you come into contact with a hot chile, rub a salted lemon on the spot (strange but true!)

### **HYGIENE**

- You will be expected to shower daily, including washing your hair.
- Wear clean clothes every day.
- Hair should be combed or brushed and kept nice.
- Plumbing in Mexico doesn't always work as well as what you may be used to here.
- Consider bringing extra tissue paper or toilet paper with you to bring to school.

### **TYPICAL SCHEDULE**

Light breakfast	7:00 AM
School begins	7:50 AM
Lunch at school	12:10 PM
School ends	2:10 PM
Heavy dinner (la comida)	2-3 PM
Homework and activities	
Light dinner (la cena)	8 PM

### **CUSTOMS**

- Try to adjust to your host family's schedule and diet as best you can. Many times the family will make special meals just for the children. They can ask for food anytime they are hungry. The host families know that our eating habits are different.
- People there often kiss on the cheeks and hug. It is a typical greeting.
- Many homes will have religious symbols throughout the house. Please be respectful.
- Some families will go to church.
- Sometimes children will stare or whisper. This is not an insult. Often, they are just excited or curious.

### **SPECIAL EVENTS**

- Flag Ceremony - this is a ceremony that usually happens on Monday mornings. Exchange students are usually given a place of honor to watch the ceremony. Please be quiet and respectful during this ceremony.

### **SAFETY AND DIET**

- Some families do not require their children to wear seatbelts. Our children must.
- Some families may have different rules regarding food/drink (e.g., soda or candy) than you have. Discuss your expectations with your child.