

### The Importance of the Host Mother

Who organizes everything at your house and runs the home?

Who do you go to when you are having problems?

Your Mom.

- It will be the same in your host family's home.
- Therefore, for an enjoyable stay you need to form a good relationship with your host mother right from the beginning.
  - She will be your Mom for 6 weeks or 3 or 4 months.
  - Sit down and talk to her
  - Ask her how she wants things done around the house, laundry, cleaning, toiletries etc.
  - Offer to help with chores around the home.
  - Ask her what her expectations are of you as another child in the house. You have seen how your exchange student behaved in your house.
- You need to become a member of their family and participate fully.
- Offer to prepare a typical Southern African meal, get a recipe from your Mom or Dad before you go.
- If you show a positive attitude to living in their home, they will open up to you and you will have a great experience.