

List of rules and suggestions

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DO'S

1. Be courteous to your adopted family.
2. Pay attention to your teachers and local guides when they are speaking.
3. Be on time for classes and for other day or evening activities.
4. Respect the rights, wishes, and feelings of other students.
5. Establish a daily routine and good sleeping and eating habits. Take a siesta.
School night curfew will be established and adhered to.
6. Participate in all activities provided by the school.
7. Attend class everyday. Of course, attendance will be taken.
8. Take advantage of all the meals provided by your family and let them know if you're not eating a certain meal with them.
9. Ask questions and bring any problems to the attention the group leader.
10. Be neat and clean up after yourself especially when using common areas such as the bathroom.
11. Help with setting and clearing the table or at least ask if you can help.
12. Try to socialize and converse with your family.
13. **Strictly adhere to the curfew established by the chaperones. Curfew may vary contingent on student's behavior. Poor behavior exhibited by anyone in the group will result in an earlier curfew. Repeated infractions of curfew time will result in the students being sent home at parent's expense.**

DON'T'S:

1. Do not plan on smoking although many young Europeans do.
 2. Do not plan on drinking.
 3. Although the city is safe, do not go out alone at night.
 4. Do not help yourself to food or drinks from the refrigerator unless given permission. It's best to ask first.
 5. Do not plan on taking more than one shower per day.
 6. Don't expect to be waited on. You're not at a hotel and you'll be treated as part of the family for the duration of your stay.
 7. Do not, under any circumstance, leave the city without asking first. Permission in such case will be denied.
 8. Do not sleep over at someone else's family without letting the group leader or your host family know. They'll worry if you're not home at the expected time.
- *If your behavior in any way jeopardizes your safety or that of the group, you'll be sent home.**

IF YOU FEEL THAT THESE RULES ARE TOO STRICT FOR YOU TO FOLLOW, THEN THIS TRIP IS CLEARLY NOT FOR YOU AND WE HOPE THAT YOU WILL FIND THE TYPE OF TRIP YOU ARE LOOKING FOR.