



Connecting Lives, Sharing Cultures

AFS 中学生来华住校汉语学习项目

培训手册

Handbook of AFS Chinese Language Learning Home Stay & Boarding School Program



重要联系方式
Useful Contact Numbers

火警 (Fire Alarm):	119
匪警 (Police):	110
医疗急救 (Ambulance):	120
交通事故 (Traffic):	122
特快专递 (EMS):	185
查号 (Information Service):	114
气象 (Weather Information):	121

AFS地方办 (AFS Local Office): _____

接待学校 (Host School): _____

学校外事办公室 (Foreign Affairs Office): _____

学校外事办老师 (School Coordinator): _____

班主任 (Class Advisor): _____

宿舍管理员 (Dorm Supervisor): _____

接待家庭 (Host Family): _____

AFS 全国管理办公室 (AFS China)

办公电话 (National Office): +86-10-66418220/0731

传真 (Fax): +86-10-6641 4056

电子邮箱 (Email Address): afs_hosting@chn.afs.org

24 小时紧急电话 (Emergency Number): +86-13501271982

前言

Preface

AFS 中学生来华住校汉语学习项目是由中国教育国际交流协会AFS全国管理办公室与AFS伙伴组织在2010年联合推出的国际文化交流项目。来华学生周一至周五在接待学校住宿，周末及假期入住接待家庭，不仅有机会学习汉语言和文化知识，还能亲身感受中国学生的住校生活和中国家庭生活。

AFS Chinese Language Learning Home Stay & Boarding School Program is an intercultural program initiated by AFS China in cooperation with AFS Partners in 2010. Participant lives in host school dormitory on working days, host family on weekends and holidays. They can not only learn Chinese language deeply and immersed in Chinese culture, but also experience in person both the boarding life of Chinese students and life of Chinese families.

与AFS传统的住家项目相比，来华住校汉语学习项目在项目要求、课程设置、支持体系等方面都有其特殊之处。为帮助来华学生深入了解项目，为在华生活做好准备，AFS全国办在常规的Welcome to China和Safety Tips等培训材料以外，另行编撰了这本住校项目别册，以供来华学生、项目管理人员和授课老师参考。

This Program has its own features on many aspects, like program structure, curriculum requirement and support system. AFS China compiled this handbook in addition to *Welcome to China* and *Safety Tips* to better prepare all participants for the life in China, also as reference for host school teachers and program coordinators.

AFS项目全国管理办公室来华项目组
Hosting Team, AFS China

目 录

1.	项目概述 Program Overview	6
1.1	项目特点 Features of this program	6
1.2	项目支持体系 Support System	6
2.	学校生活 School Life.....	9
2.1	遵守接待学校的《校规校纪》和《宿舍规定》 Abide by the School Regulations & Dormitory Rules	9
2.2	课程学习 Curriculum	10
2.2.1	汉语学习 Chinese Language Learning.....	10
2.2.2	中国文化课程 Chinese Culture Courses	11
2.2.3	跟班学习 Chinese Class Immersion.....	12
2.2.4	自习 Individual Study	12
2.3	课外活动 Activities	12
2.3.1	社团活动 Student Club.....	12
2.3.2	文体活动 Cultural & Sports Activities.....	13
2.3.3	文化考察 Cultural Trip.....	14
2.3.4	社区服务 Community Service.....	14
2.4	校园生活 Campus Life.....	15
2.4.1	集体宿舍 Dormitory means Sharing	15
2.4.2	作息时间 Daily Schedule	16
2.4.3	就餐 Meal.....	16
2.4.4	洗澡 Taking Bath.....	17
2.4.5	洗衣服 Washing Clothes	17
2.5	在住校期间遇到问题如何处理? Q&A for boarding life	17
2.5.1	生病或受伤 Feeling Sick or getting injured	18
2.5.2	与室友产生矛盾 Conflict with Roommate/s	18
2.5.3	与同学产生矛盾 Conflict with Classmates.....	19
2.5.4	与异性同学的相处 Relationship with opposite gender	19
2.5.5	与宿舍管理员发生争执 Conflict with the Residential Supervisor	20
2.5.6	与接待学校的矛盾 Problem with host school	20
3.	家庭生活 Life in Host Family	20
3.1	何时与接待家庭见面及入住接待家庭? Time to meet host family	20
3.2	如何与接待家庭相处? Getting along with host family	21

3.2.1	称谓 Appellation.....	22
3.2.2	饮食 Food.....	22
3.2.3	作息时间 Daily Schedule	23
3.2.4	洗澡 Taking Bath.....	24
3.2.5	洗衣服 Doing Laundry	24
3.2.6	家务劳动 Housework	25
3.2.7	生活习惯 Living Habits.....	25
3.3	如何与接待家庭建立和维持良好关系? How to Establish and Maintain Good Relationship with Host Family?25	
3.3.1	主动交流 Initiate the communication.....	26
3.3.2	创造机会 Create Opportunities	26
3.3.3	认真倾听 Listen Carefully.....	27
3.3.4	主动道歉 Apologize Voluntarily.....	27
3.3.5	善于体谅 Be Considerate	27
3.3.6	控制情绪 Control Yourself.....	27
3.3.7	承担责任 Be Responsible.....	28
3.3.8	讨论问题、达成协议 Reach agreement by mutual discussion	28
3.3.9	关心家人 Care about Your Host Family	29
3.4	在接待家庭生活期间遇到问题如何处理? How to deal with the problems with your host family?.....	29

1. 项目概述 Program Overview

1.1 项目特点 Features of this program

与传统的AFS文化交流项目相比，来华住校汉语学习项目主要有以下特点：

- 专注中文学习，通过紧凑的汉语课程，全面锻炼听说读写能力；
- 参加汉语水平考试（HSK），有机会获得中国大学入学资格；
- 跟班就读普通高中课程，维系课业延续性；
- 周一到周五住宿学校宿舍，与来自其他文化的国际学生密切接触；
- 周末和假日住宿接待家庭，参与多种多样的文体活动；
- 前所未有的学校支持力度。

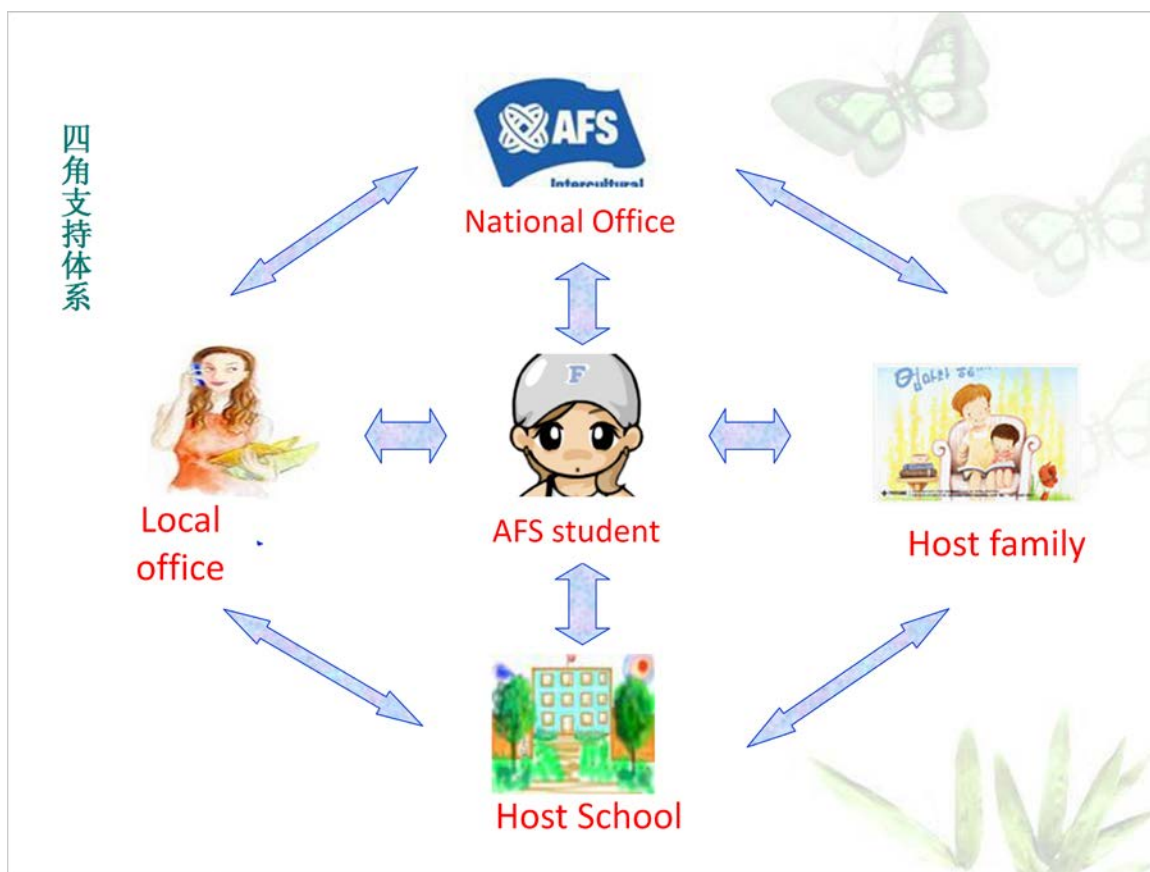
Compared with traditional AFS Program, Chinese Language Learning Home Stay & Boarding School Program has the following features:

- Have an exclusive year focusing on Chinese language learning
- Have intensive language classes to achieve the communication proficiency on listening, speaking, reading and writing in Chinese
- Get the opportunity to pass the Chinese language test for university entrance
- Attend normal high school lessons together with Chinese students, such as Maths, History, P.E., etc. to maintain the academic continuity
- Experience school boarding life during week days to make new friends and meet challenges
- Immersion in Chinese host families at weekends and in holidays
- Varied educational and cultural activities
- Strong school support

1.2 项目支持体系 Support System

AFS项目的四角支持体系对于住校项目依然适用，学生可以从接待家庭、接待学校、地方管理办公室和全国管理办公室获得项目支持。

The traditional AFS support system also works in Chinese Language Learning Program. Participants can get help from host family, host school, AFS China local office and National Office.



同时，由于住校语言项目的学生大量时间在校园里度过，AFS全国办还为此项目设定了校内支持体系。

Since participants spend much time in campus, Chinese Language Learning Program has an “In-School Support System” in addition to the normal AFS support.

内层：

- 学生伙伴：一般是同班同学，在一定程度上行使联系人的作用，如果来华学生在日常学习生活中有什么问题不方便跟老师讲，可以向学生伙伴寻求建议或帮助；
- 生活老师：在住宿生活上帮助、指导学生，有时也承担宿舍管理或接待家庭联络的职责，学生有任何关于衣食住行的问题，都可以向他求助；
- 任课老师：包括汉语老师、文化课老师以及其他跟班课程科任老师的执教

团队，负责来华学生的学习辅导；

Inner Layer

- Student Companion – each participant will have a student companion, most times a classmate, to communicate about something he/she feels not comfortable to discuss with adults directly.
- Instructor --- help participants for their life on campus, for example, the dorm and meal.
- Teachers --- being responsible for each subject that participant is engaged in.

中间层:

- 班主任：每个住校语言项目的班级会有一名班主任，起到管理协调作用，学生伙伴、生活老师和任课老师都向他汇报工作。通常，他们是与来华学生关系最密切的人。

Middle Layer

- Class advisor --- coordinating the work of all parties to support the participant on program. Most of the times, the relationship between class advisor and participants is closest.

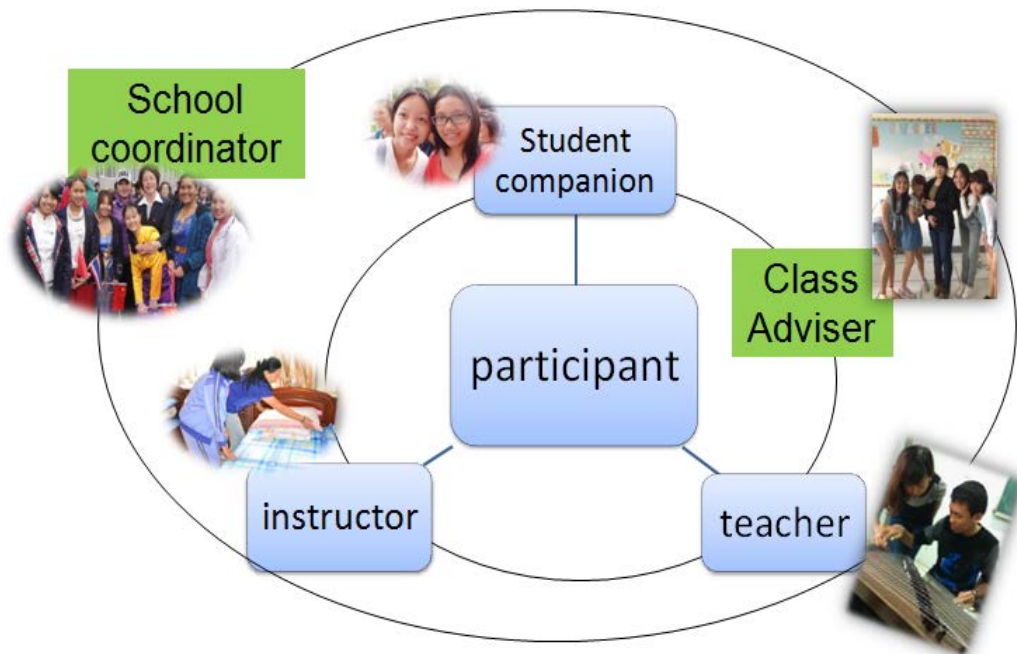
外层:

- 学校项目负责人：一般是学校外事办公室的负责人员，指导、帮助班主任展开工作。

Outer Layer

- School Coordinator --- the one who is in charge of the program in the school, normally the head of Foreign Affairs Department of the host school.

Support system in host school



2. 学校生活 School Life

2.1 遵守接待学校的《校规校纪》和《宿舍规定》

Abide by the School Regulations & Dormitory Rules

当你抵达学校后，学校老师会给你们详细介绍学校的《校规校纪》和《宿舍规定》，希望你们认真学习，有不懂的地方一定要问清楚，因为这将对你们非常重要！

After you settle down, school coordinator or class advisor would introduce the School Regulations & Dormitory Rules and Regulations to you in detail. Please take it serious and understand it profoundly since these rules are very important to your integration in school life.

2.2 课程学习 Curriculum

住校语言项目的课程设置可以分为三个方面：汉语学习、中国文化课程和跟班学习。接待学校会根据AFS项目标准，结合自身授课条件制定教学计划。AFS希望项目参加者能够认真对待每个部分的课程学习。

Curriculum of Chinese Language Learning Program consists of language teaching, Chinese culture courses and class immersion. The host school will design the teaching plan according to the program description by AFS China. But the courses might vary one another due to the particular condition of each school. AFS hopes participants taking all courses seriously.

2.2.1 汉语学习 Chinese Language Learning

● 汉语课程安排 General Arrangement

项目前三个月为汉语强化期，来华学生接受专门的汉语课程，每天不少于4课时，每周不少于20课时。三个月之后，汉语课程每天不少于2小时，每周不少于10小时。

Within 3 months upon arrival, participants have special Chinese language course for at least 4 class hours per day, 20 class hours per week. After 3 months, it could be reduced to no less than 2 class hours per day, 10 class hours per week. Host school holds the flexibility to finish the teaching task by appropriate ways according to real condition.



● 汉语水平考试 Chinese Language Test (HSK)

汉语水平考试（HSK）是为测试母语非汉语者的汉语水平而设立的国家级标准化考试，每个月1次，在全国主要城市设考点。考试共分为6个等级，一级最简单，六级最难。中国普通高等院校的入学标准为4级，名牌院校可能要

求达到 5 级或 6 级。

HSK test (Hanyu Shuiping Kaoshi) is a standardized test at the state level designed for the non-native Chinese speakers. It is organized once a month in major cities throughout China. It consists of 6 levels. The ordinary university entrance requirement is Level 4, while the elite ones Level 6.

AFS 鼓励住校语言项目学生积极参加 HSK 考试，鉴证自己在中国的学习成果。接待学校也会设计额外的备考训练，并组织来华学生报名、参加考试。住校语言年度项目的学生大多可以在项目结束前通过 4 级或 5 级，也有小部分能够通过 6 级考试。

Participants are encouraged to take HSK, as a kind of certificate for the program experience and language competency. Host school not only helps in test registration and participation, but also provides extra lessons in preparation. Majority of AFS Chinese Language Learning Year Program participants could pass Level 4 or 5, while a few could defeat Level 6.



2.2.2 中国文化课程 Chinese Culture Courses

在语言课程之余，来华学生还会参加多种多样的中国文化课程。由于各接待学校资源差异，文化课程的种类不一而同，较为常见的有：

Besides Chinese Language Learning, participants also have various Chinese Culture Lessons in the curriculum. AFS do not have universal requirement on this part, consider the difference in school resources. But the common ones are among the forward.

- 国画 Chinese painting
- 书法 Chinese calligraphy
- 民乐 Chinese music
- 武术 Chinese martial arts
- 烹饪 Chinese cooking



2.2.3 跟班学习 Chinese Class Immersion

在三到四个月的汉语强化课程之后，来华学生会被安排进入中国学生班级进行跟班学习，参加英语、数学、历史、体育等课程。

After 3-4 months of intensive Chinese Language learning at the beginning of the program, participants will be allocated into Chinese class to join the normal high school lessons like English, Maths, history and P.E. Is there any special request on the subject, participants should communicate with class advisor beforehand.

2.2.4 自习 Individual Study

住校生一般有固定的自习课时间，可能安排在早晨、下午或是晚餐后。不同时段的自习时间长短不同。以较为常见的晚自习为例，会安排在晚上19:00-21:00，学生可以完成家庭作业、做课外练习、预习或复习。有时候，班主任可能会组织学生开展一些活动，如讨论、辩论、比赛等。

There is always a fixed period of time for program participants to do individual study, maybe in the morning, late afternoon or after dinner. The most common one is from 19:00 to 21:00. Participants can do homework, preview or review the passages on their textbooks. The class advisor may sometimes use this period of time to organize some activities such as discussion, debate and contest, etc.



2.3 课外活动 Activities

2.3.1 社团活动 Student Club

由于中国学生大多课业负担较重，学校的社团活动通常没有西方国家那样丰富多彩。但是，大部分接待学校还是有学生社团的，比如摄影社、舞蹈队、

模拟联合国等。AFS建议来华学生主动向班主任咨询，选择适合自己的社团申请加入。不仅能够发展兴趣爱好，还能交到更多的中国朋友。

Due to the heavy schoolwork burden, student club in Chinese high school is not as colorful as that in Western countries. However, most host schools still have some student clubs like photographing, dancing and MUN. AFS China encourages participants ask for advice to class advisor directly to join the favorite student clubs. It is a good way to develop hobby as well as making new Chinese friends.



2.3.2 文体活动 Cultural & Sports Activities

● 学校/地方办组织的文体活动

organized by host school or local AFS office

接待学校经常在项目期间组织各种各样的文体活动，以丰富来华学生的生活，促进来华学生与中国学生的文化交流。比较常见的有学校运动会、学军或学农劳动、春/秋游、圣诞晚会等。某些接待地区还会不定期组织来华留学生的比赛、联



谊活动，地方办和项目学校会在有条件的情况下组织来华学生参加。AFS希望来华学生都能够积极参与这些活动，为自己的在华生活留下不一样的回忆。

In order to enrich participants' school life and improve their interaction with Chinese students, host school will organize various cultural & sports activities, like

sports meeting, farm work experiencing, Spring/Autumn tour, Christmas Party and so on. Local AFS office will also take participants to join the competition and communication activities organized on local level when it is possible. AFS China hopes participants be active in these events, which could leave special memory for the Program experience.

● 自由活动 Free time activities

如果下午没有安排课程，或者安排的课时很少，班主任可能会给住校生安排自习课或其他活动，也可能给学生留出自由活动的时间。此种情况下，住校生可以根据自己的兴趣来安排，比如看书、做作业，也可以和同学、朋友一起参加一些集体活动，如下棋、打牌、打篮球、踢足球、打排球等。

If there are no or few classes for the Students to attend in the afternoon, the class advisor may arrange them to attend individual study classes or participate in some activities or just give them freedom to do what they like to do. In this case, you can do some reading or homework. Or you can participate in some activities like playing chess, cards, basketball, football and volleyball with your classmates and friends.

2.3.3 文化考察 Cultural Trip

AFS中国在《欢迎手册》中提到过，全国办每年会组织两次全国范围内的文化旅行。除此之外，住校语言项目的接待学校和地方办还会不定期地组织学生进行短途文化考察，体验接待城市周边的风土人情，了解地方文化

As stated in *Welcome to China*, AFS China National Office organizes 2 cultural trips each year which participants could join voluntarily. Besides, the local office or host school of Chinese Language Learning Home Stay & Boarding School Program also organize the short-term excursions around the host city as a kind of cultural experience every now and again.

2.3.4 社区服务 Community Service

社区服务和社会实践也是住校语言项目的地方办和项目学校为丰富学生的校园生活而经常会组织的活动。各地会根据自己的资源条件来安排。比较常

见的是，慰问福利院、敬老院、孤儿院，到同社区的小学进行联欢联谊活动等。

Community service and social practice are also something local office and host school for Chinese Language Learning Program will refer to in order to support participants' school life. Social welfare institutions, orphanage, primary schools in the same or nearby community might be involved.



2.4 校园生活 Campus Life

在学校住宿和在家庭居住有很多不同的地方，你所面对的是不同的人，不熟悉的生活环境和生活方式。你可能会拥有一个或多个室友，来自不同的家庭背景和成长经历，性格也不尽相同，与室友相处的好坏直接影响你的项目体验。因此，在项目开始之前，充分了解住校生活的特点及注意事项，了解如何与室友友好相处，对来华学生的适应、融入起着至关重要的作用。

Boarding life is different from family life. You will meet different people, live in unfamiliar environment and follow different lifestyle. You may have one or more roommates with different backgrounds and personalities. Your relationship with them highly impacts on your program experience. Therefore, learning more beforehand about dos and don'ts of boarding life and interaction with roommate/s is critical for your adjustment to the new life.

2.4.1 集体宿舍 Dormitory means Sharing

集体宿舍意味着分享。每个人的生活习惯、作息时间、性格特点各不相同，要想和平相处，必须学会相互包容、相互关心、相互适应。与室友之间发生意见分歧，要主动沟通，学会换位思考，站在对方的角度看问题。



Dormitory means sharing. People with different living habits, daily schedules and personalities have to be ready to forgive, care about each other and compromise in order to lead a harmonious life. If you have conflicts with your roommates, try to be the first one to communicate, put yourself in their shoes, think in his perspective and

then you may understand each other and reach an agreement.

2.4.2 作息时间表 Daily Schedule

根据学生身体发育的特点以及学习的需要，学校为住校生制定了科学而合理的作息时间表，符合学生的生理发展的需求。因此，住校生要严格遵守学校规定的作息时间表，如早晨起床时间、早餐时间、午餐时间、自习或自由活动时间、晚餐时间、晚自习时间、熄灯时间等等，并按照学校的规定按时就寝，这有助于你培养良好的生活和学习习惯。

Based on the characteristics of the physical and psychological development of high school students and their needs for learning, scientific and reasonable daily schedules of boarding students are designed by Chinese high schools. AFS participants for Chinese Language Learning Program should follow the daily schedule prescribed in the school regulations and dormitory rules and regulations.

2.4.3 就餐 Meal

住校生早餐、午餐和晚餐的时间是固定的。如果你错过了在学校餐厅就餐的时间，就只能自己解决了。学校餐厅的饭菜既便宜又卫生，而且餐厅的厨师们为满足学生身体发育的需要，进行了科学、合理的搭配，因此，请同学们尽量在学校餐厅就餐。



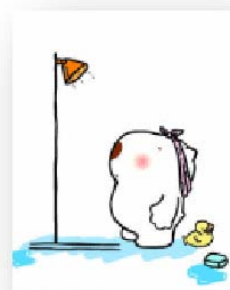
School cafeteria usually offers three meals to Students at fixed time each day. You have to eat outside if you miss the meal times. The food offered by the school

cafeteria is cheap and healthy. And it is carefully cooked by the chefs with scientific and rational combination of meat and vegetables to meet the needs of the physical development of high school students. Therefore, you are encouraged to eat at school cafeteria.

2.4.4 洗澡 Taking Bath

学校宿舍一般都在固定时间供应热水，这可能与你们国家和你们自己家的情况不同。请注意热水供应的具体时间，与室友协商合理安排开洗澡时间，并避免在别人午休和晚上休息时洗澡。请在洗完澡后把洗澡间打扫干净。

Hot water is usually supplied at fixed time in the school dormitories, which may be different from the reality of your own family and home country. Please pay attention to the exact time when hot water is supplied and discuss with your roommate/s about the time of taking a bath. You'd better not take a shower at noon when others are having a nap or at night when others are sleeping. Please remember to clean the bathroom after you finish taking a bath.



2.4.5 洗衣服 Washing Clothes

学校会提供洗衣机供你们洗衣服，但是我们建议你们自己洗小件的衣服，例如内衣等。请按照自助洗衣房的规定合理地安排洗衣时间，并在洗完衣服后，将洗衣机清洗干净。如果学校提供洗衣服务，请按照洗衣房的要求付费、洗衣。

School would provide washing machine for you to wash clothes, but we suggest you to wash small things like underwear by hand. Please schedule your time and clean the washing machine after use. If your host school offers laundry service, please pay in advance according to the laundry room regulations.

2.5 在住校期间遇到问题如何处理？ Q&A for boarding life

住校生在住校期间可能会遇到各种各样的问题，如生病、受伤、与室友产生矛盾、与同学产生矛盾、与宿舍管理员发生争执等等，作为AFS来华住校项

目的学生，父母都不在身边，遇到上述情况该如何处理呢？这里我们给你提供一些建议。

Students may encounter various problems during their boarding life in high school, such as getting sick or injured, having conflict with roommate/s or classmate/s, and so on. As an AFS participant living far from home, how do you handle the aforementioned problems? Here are some suggestions.

2.5.1 生病或受伤 Feeling Sick or getting injured

如果是感冒发烧、擦伤扭伤等常见病，可以直接到学校医务室就医或者经过校方批准后到校外医院就医。如果是较严重的疾病，请与班主任或地方办项目负责人联系，征求他们的意见，并经过批准后到校外医院就医。如果是急症需要尽快就医，请在第一时间拨打120急救电话，并通知班主任和项目负责人，由同学和/或老师陪同前往医院就医。

If you catch a cold, slightly injured or suffer from other common diseases, please go to see a doctor at the school clinic, or see a doctor at a hospital outside the campus after you get permission from the Student Affairs Office. If you suffer from a more severe disease, please inform the school coordinator or local officers and ask them for advice. You can go to see a doctor at a hospital outside the campus after you get permission from them. If you suffer from a disease that is supposed to endanger your life and needs medical treatment immediately, please call **120** and inform your school coordinator and go to see a doctor with your classmate/s, host family member/s and/or your teacher/s.



2.5.2 与室友产生矛盾 Conflict with Roommate/s

室友之间由于性格、生活习惯、作息时间等差异，难免偶尔产生分歧。遇到这样的情况，尽量心平气和地与室友沟通，说出自己的想法，耐心倾听对方的想法，体谅对方。想想自己在哪些地方做的不够，在哪些地方可以做些改进。如果问题还没有得到解决，请联系班主任或项目负责人，请他们协助解决。

You may sometimes have conflict with your roommate/s because of the different cultural background, personalities, living habits and daily schedules. In this situation, please talk with them friendly and even-temperedly, exchange your ideas and try to understand each other. Think about what you did improperly or untimely, and in what aspects you can do better. If the problems still exist, please contact your class advisor and/or program coordinator for help.



2.5.3 与同学产生矛盾 Conflict with Classmates

住校期间，如果与同学产生矛盾，要主动与对方沟通，坦诚地向对方表明自己的想法，并倾听对方的诉说，以求达成相互的理解。如果矛盾依旧没有解决，可以找好友或班主任来协助。

It's good for you to communicate with them if you conflict with your classmates during your boarding life. You'd better exchange your ideas with your classmates, listen to each other patiently and try to understand each other or make some compromise if necessary. If problems still exist, your friends, class advisor and program coordinator are all your resource to ask help.

2.5.4 与异性同学的相处 Relationship with opposite gender

处于青春期的你们，生理和心理都在急剧地发展，也会开始慢慢关注异性。如不能把握交往的尺度，很容易对双方的心理和生理造成伤害。另一方面，由于中国传统文化的影响，家长、学校、社会一般不能接受异性学生之间有过于亲密的行为，如拥抱或亲吻。因为这些行为被视为不当行为，会造成误解。



It is normal for teenagers to feel curious and like to approach to the opposite gender. It is highly possible to hurt each other on both

physical and mental aspects if you are not able to handle it well. On the other hand, from the view of Chinese culture, Chinese family, school and society cannot accept students in different gender getting too close and having behaviors like hugging or kissing, which are regarded as inappropriate ones and may cause misunderstandings.

2.5.5 与宿舍管理员发生争执

Conflict with the Residential Supervisor

如果与宿舍管理员发生争执，请检查自己是否违反了《住宿条例》的规定。如果因为其他原因而与宿舍管理员发生争执，可以找班主任或项目负责人来协调解决。

If you conflict with Residential Supervisor, please make sure that you do not violate the Dormitory Rules and Regulations. If you do conflict with the dormitory supervisor for other reasons, please ask your class advisor or program coordinator for help.

2.5.6 与接待学校的矛盾 Problem with host school

有时，来华学生可能对接待学校的安排有一些疑问或是不解，如果与班主任/学校项目负责人沟通未果，或是感觉不方便与学校直接沟通，可以联系AFS地方管理办公室或全国管理办公室寻求帮助。

It happens sometimes that participants feel confused or uncertain about the arrangement by host school. Class advisor and school coordinator are the right one to communicate with. But if the problem cannot be solved after that, or participants feel inconvenient to discuss with them directly, AFS China local office or National Office could be reached for advice.

3. 家庭生活 Life in Host Family

3.1 何时与接待家庭见面及入住接待家庭？ Time to meet host family

AFS 来华住校项目的特点是周一至周五在接待学校住校，周末及假期入住接待家庭。接待学校会负责安排你与接待家庭第一次见面的时间、地点以及方式。入住接待家庭的具体时间及方式可能会根据接待家庭的具体情况有所不同，请给予充分理解。



AFSers will live on campus from Monday to Friday and live with their host family on weekends and holidays for Chinese Language Learning Program. Local office and host school will arrange the time, the location and the way for you to meet your host family. Please understand that the exact time for you to live with your host family and the way of picking you up may vary according to the reality of different families.

3.2 如何与接待家庭相处？ Getting along with host family

虽然AFS 来华住校项目学生与接待家庭成员相处的时间相对较少，但是处理好与接待家庭成员之间的关系同样重要。你和接待家庭的成员来自不同的国家，有着不同的文化背景、社会习俗和宗教信仰，生活习惯也各不相同，因此相互了解和理解显得更加重要。在第一次入住接待家庭时，最好主动了解接待家庭的家规、家庭成员的生活习惯和业余爱好等，以便更好地与他们



沟通，避免不必要的矛盾和分歧。你还可以就你所关心的一些问题向接待家庭的成员请教，也可以请他们给你一些建议。在接待家庭居住和生活期间，你可能遇到以下最常见的问题，这里给你提供一些建议。

Tough spending relatively fewer days with host family members, it is of equal importance to establish a good relationship. With different cultural backgrounds, social customs, religious beliefs and living habits, it is more important to learn from each other and have mutual understanding. As same as that of traditional home stay program, it is necessary to ask about host family rules, living habits and hobbies when you meet them for the first time. You can also ask your host family for advice about the issues you are concerned. As to the common problems you might encounter, AFS China has some suggestions.

3.2.1 称谓 Appellation

关于你对接待家庭父母的称谓：在与接待家庭的父母第一次见面的时候就可以和他们商量称谓问题，比如你可以叫接待家庭父母“爸爸”“妈妈”，也可以叫“叔叔、阿姨”，你要和接待家庭的父母共同商量来确定下来。

The appellation of your host family: You can discuss it with your host family the first time you meet them. You can call your host parents “Dad” and “Mom” or “Uncle” and Aunt”, and it is good for you to ask your host parents how they prefer to be called.

关于接待家庭父母对你的称谓：你可以直接告诉接待家庭父母你希望他们如何称呼你。也可以让接待家庭父母给你取个中文名字，这样你和他们之间的沟通会更加顺利、关系也会更加亲切。

The appellation of you: You can tell your host parents how you prefer to be called. Or you can ask them to give you a Chinese name, which may contribute to the establishment of a smooth communication and close relationship between you and your host family.

3.2.2 饮食 Food

中华美食世界闻名，中国人不仅非常注重饮食文化，而且非常注重餐桌礼仪。显然，你的饮食习惯肯定与接待家庭的饮食习惯有着很大的不同，你可能不太适应接待家庭的饮食。不过既然来到中国，有机会同中国家庭



同吃同住，何不充分利用这个机会感受中华美食、了解中国的饮食文化和餐桌礼仪呢？在和接待家庭成员一起共进早餐、午餐和晚餐的时候，不妨同他们讲讲自己国家的饮食文化和餐桌礼仪。主动和接待家庭的父母学做中国菜，并教他们做你自己家乡的美食，你会发现，你和接待家庭的关系变得越来越融洽，而且你也学会了做几样地道的中国菜，等将来回到自己的祖国，可以在自己的家人和亲戚朋友面前露一手，和他们一起分享你的快乐。

Chinese cuisine is well-known around the world. Chinese attach great importance to both food culture and table manners. You may be not accustomed to the food prepared by your host parents. However, now that you are now in China, why not make full use of this opportunity to enjoy authentic Chinese food?

When you have meals with your host family, tell them the food culture and table manners of your home country. You can also learn how to cook Chinese cuisine with your host parents, and teach them how to cook in your home country. After the program, you will not only gain harmonious relation with host family, but also be professional in Chinese cooking, which you can share with your own family in home country.

3.2.3 作息时间 Daily Schedule

一般来说，为了孩子的健康发展，中国家庭对孩子的作息时间都有严格的

要求。比如说早晨起床的时间，看电视的时间，以及上床睡觉的时间。请按照你的接待家庭父母的要求去做，如果临时因为学校活动或朋友聚会而需要晚些时候回家，请提前告知他们，以免他们为你担心。

Chinese parents usually have clear requirement on children's daily schedule, which is believed to be good for the healthy development. For example, Chinese parents expect their children to get up, watch TV and go to sleep at fixed time every day. Please follow the rules and let them know in advance if you cannot come back home on time. Otherwise, they will worry about you very much.

3.2.4 洗澡 Taking Bath

一般来说，中国人没有晨间洗澡的习惯，如果你有此习惯，请和接待家庭父母商量，并尊重他们的建议。请在洗澡后将卫生间清理干净，以便家庭成员使用。

In general, Chinese people do not take a bath in the morning. You'd better first discuss with your host parents if you want to take a bath in the morning. Please keep the bathroom tidy and clean after you taking shower.

3.2.5 洗衣服 Doing Laundry

中国家庭的父母在一般情况下喜欢为自己的孩子洗衣服，但是如果你坚持自己洗的话，他们也会非常高兴。如果使用洗衣机的话，请在洗完衣服后将洗衣机擦拭干净并回复原位。如果只有少量衣服 或是内衣、内裤、袜子等小衣物，请尽量手洗。

AFS不建议来华住校语言项目学生在周末回接待家庭时背回一周的脏衣物，让接待父母帮助洗衣。如确有大件衣物不方便在学校宿舍清洗，请提前与接待家庭沟通说明。

Chinese parents often help their children wash clothes, but they will feel very happy if you wash them by yourself. If you use washing machine, please clean it and put it back at its original place. Please wash by hand if there are few clothes or if you have only underwear or socks to wash.

AFS China does not suggest hosted participants of Chinese Language Learning



Program package the dirty clothes for the whole week back to the host family in weekends. Is there real necessity, please communicate with the family member beforehand.

3.2.6 家务劳动 Housework

中国家庭一般不强迫孩子做家务，但是如果孩子主动替父母做一些力所能及的家务劳动，如洗碗、扫地、整理房间等，接待家庭的父母会认为你很懂事，进而增进你们之间的关系。

Chinese families do not require children to do housework. When asked, they will probably say it is not necessary. But if participant really takes some housework like washing dishes and sweeping the floor, host parents will be very happy. In this way, AFS recommend all participants taking initiative for the housework, which will contribute to a good and close relationship between you and your host parents.

3.2.7 生活习惯 Living Habits

不同的人生活习惯不同，更不用说你和接待家庭成员来自不同国家，年龄也不尽相同。中国家庭的父母一般非常注意培养孩子养成良好的生活习惯和学习习惯，如果你的接待家庭的父母对你的生活和学习习惯提出一些建议，请尊重并感谢他们。如果有不同意见，请主动和他们沟通。

You may have different way of living with host family members due to different cultures. Most Chinese families pay much attention to helping their children form good living and studying habits. Please appreciate the efforts they made and express your thanks to them if your host parents give you some suggestions on your life and study. If you have different opinions, please communicate with them immediately.



3.3 如何与接待家庭建立和维持良好关系？ How to Establish and

Maintain Good Relationship with Host Family?

与人相处，建立和维持良好的关系非常重要。能够在文化交流生活中与接待家庭父母、兄弟姊妹像一家人一样和谐相处、互相关心和爱护，不仅会使你在异国他乡的生活充满亲情和友爱，还可以使你更充分地感受中国人的感情生活，深入地了解中国文化和中国人。这段无国界的友谊和爱也会给你的一生留下美好回忆。那么，如何与接待家庭成员建立和维持良好的关系呢？

It is very important to establish and maintain good relationship with others. During the intercultural experience, if you get along with host parents and siblings like a real family, not only your life be full of love, but also the better understand will be established on Chinese people, our emotions and our culture. The experience of love-without-border tends to be your life memory. So, how could one establish good relationship with host family?

3.3.1 主动交流 Initiate the communication

周末及假期入住接待家庭得时候，找时间主动和接待爸妈谈谈自己的学校、老师、朋友还有生活中的趣事难事，跟他们分享你的喜怒哀乐。平时住校时也可以同接待爸妈、兄弟姊妹以电话或书信等方式沟通交流。

When you live with your host family on weekends and holidays, try to find some time to communicate with your host parents. You can talk about your school, teachers, friends, and so on. Share your happiness and unhappiness with them. Even when you live in the dormitory, you can also call or write letters to your host parents and siblings, which could compensate the time you spend with them.

3.3.2 创造机会 Create Opportunities

建议每周至少跟接待家庭的爸爸妈妈一起做一件事，比如做饭、做家务、打球、逛街、看电视，边做事情、边交流。

Participants are encouraged to do at least one thing per week together with host parents. For example, you



can do some cooking, housework, ball games, shopping or just watching TV with them. It's easy to establish the communication while doing these things.

3.3.3 认真倾听 Listen Carefully

当被接待家庭的爸爸妈妈批评或责骂时，不要着急反驳，试着平心静气地先听完他们的想法，说不定你会了解父母生气的理由，试着去理解他们、他们的辛苦以及他们对你的期待。

When blamed by host parents, instead of refuting immediately, listen to them patiently and you may understand why they get angry. Nothing could better prove that your host parents consider you as a real family member than they begin to pick on you, since no one will criticize a guest. Try your best to understand them and express your appreciation to their efforts.

3.3.4 主动道歉 Apologize Voluntarily

如果你做得不对，不要逃避，不要沉默不理，主动向接待家庭的父母道歉，这样往往会得到他们的理解。

If you do something wrong, instead of eluding and keeping silent, you'd better apologize first, which will help them understand you.

3.3.5 善于体谅 Be Considerate

可能错并不在你，你有很大的委屈，但是最好不去争辩。也许接待家庭的爸爸妈妈冲你发火是因为他们过于劳累或他们在工作、生活中遇到了麻烦。换个时间和地点，再与他们进行沟通，可能会有意想不到的效果。

Even though you believe it's not your fault, please do not fight back immediately when host parents get angry. They may lose temper for other reasons, for example, the trouble on work or the health problem of their father generation. Try to be considerate at the front line and talk with them at a different time. It may end up with a totally different story!

3.3.6 控制情绪 Control Yourself

与接待家庭的父母沟通不良时，不要随意发脾气、顶嘴，避免不小心说出或做出伤害别人的事。想要动怒时，可以深呼吸或离开一会，或用凉水先洗把脸，冷静下来。要学会控制自己的情绪。

Sometimes you may feel difficult to communicate with your host parents, most of which comes from the cultural difference. Please try to control yourself rather than losing temper or speaking out something hurt. If you feel yourself on the edge, take a deep breath or leave for a while, or calm down by washing your face with cold water. Your thinking will be more rational after that.

3.3.7 承担责任 Be Responsible

在做好自己事情的同时，主动分担接待家庭中的一些责任，比如做饭、洗碗、倒垃圾、擦窗、洗衣服等。在帮助接待家庭的爸爸妈妈做些简单的家务劳动的时候，还可以趁机跟他们聊聊天、拉近距离。

Please take some family responsibilities such as doing some cooking, washing dishes, discarding trash, cleaning windows and washing clothes after you finish doing your homework. You can also take the opportunity to communicate with your host parents when you do some housework, which will help improve your relationship.

3.3.8 讨论问题、达成协议 Reach agreement by mutual discussion

学会遇事多与接待家庭的父母讨论，并就如何行动达成协议。例如他们可能会担心你沉迷网络而影响交流或荒废学业，如果能与接待家庭的父母就是否允许上网以及上网时间长短展开讨论，并达成共识和协议，问题和分歧便能解决了。

It is good for you to discuss with your host parents when you have troubles. More often than not, you and your host parents will reach an agreement as to what to do and how to do. For example, your host parents may limit your surfing on the net, since they worry about its negative influence on your study and communication in real world. But you may feel their restriction too tight. Compared with using the Internet



secretly, it is much better to discuss about the issue on the desk to reach an agreement.

3.3.9 关心家人 Care about Your Host Family

人们都希望得到家人的关心和理解。你与接待家庭成员之间就是家人之间的关系，虽然只是短短的一年时间或几个月的时间。如果你把接待家庭的成员当作自己的家人来对待，在他们进家门时端上一杯茶，在他们生病时悉心照料，记住他们的生日，在他们生日当天送给他们自己制作的小礼物，或者说一些祝福、感谢的话，所有这些都会拉近你们彼此之间的距离。

People expect to be cared about and understood by family members. Cherish your host parents and siblings as beloved. Hand in them a cup of tea when they back home. Take care of them when they fall ill. Always remember their birthdays and give them small gifts made by yourself, bless them and express your appreciation. These sweet details always work to draw near your distance.

3.4 在接待家庭生活期间遇到问题如何处理？

How to deal with the problems with your host family?

如果你在做出以上努力，并尽力与接待家庭的父母沟通，矛盾还是无法解决的情况下，你可以向班主任或是学校项目负责人寻求帮助。AFS地方管理办公室和全国管理办公室也可以作为你联络的对象。

Please ask your class advisor or/and school coordinator for help if the problem with your host family remains after you try your best to communicate with them. AFS China local office and National office are also prepared to help you.

结束语 Closing

希望这本培训手册能够帮助你克服每一个在异国他乡生活的人都可能遇到的文化适应难题，享受在中国的文化交流和体验之旅。也希望你在这一年的住校和接待家庭生活中，学会宽容和换位思考，懂得感恩，这会对你的一生大有裨益。

欢迎大家来到中国，并衷心地祝愿各位在中国学习顺利、生活愉快、身体健康！

AFS China hopes this handbook be able to help you overcome the culture shock that everyone will face when he/she lives in a foreign country, so that you can enjoy the whole experience in China for Intercultural exchange. We would be happy if by the end of Chinese Language Learning Home Stay & Boarding School Program, you could have learnt to forgive others, put your feet in others' shoes, appreciate and be grateful for others' help, which will benefit all your future life.



Wish you wonderful life in China!



欢迎关注 AFS 国际文化交流项目
官方微信公众平台：AFSCHINA