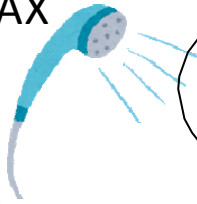


1. Shower about **5 mins**

MAX

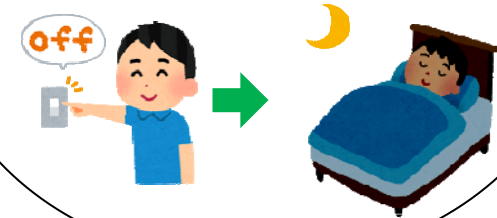


Please ask your
host family how
long!

2. Try new food



3. Lights
Off at night



7 Golden Rules

4. "Excuse me" "Please" + "Thank
you"! Talk and ask!



5. Help your host
family



7. SMILE!



6. Family time is special!

