

To live with a family



Some suggestions

You chose to live with a family during your stay in Tours. The success of your stay first depends on the information you will give us about your expectations, but also but also on the respect of certain rules of social skills.

The families have been selected by the Institut de Touraine and all offer the same services. It is important that you pass on some information:

1. You must tell exactly the kind of room you want (single room with bathroom to share, single room with private bathroom, room to share with a friend).
2. You must tell exactly if you wish a family with or without children, with or without pet.
3. If you have alimentary requirements (diet, health problems), it is absolutely necessary to notify it. The family who will have you as a guest will do its utmost to meet your needs.

CONTACT

The Institut de Touraine will send you, within a two weeks period after receiving your registration. We are asking you to get in touch with the family **at least 5 days before your arrival**, in order for them to organize your welcome.

Do not wait till the last minute to inform the family about your arrival time!

RECEPTION

The family will pick you

- either at Tours train Station
- either at Saint-Pierre-des-Corps train Station
- either at Tours Airport

The family is also committed to accompany you back to the station or to the group meeting at the time of your departure.



Exceptional situation: the family cannot pick you and/or accompany you back:

- The family must tell you the name of the person who will stand in for them, as well as their phone number
- If the family asks you to take a taxi, they will take the cost (remember to ask the driver for the note)

ARRIVAL AT THE FAMILY'S

You will have access to the family's common rooms (living room, dining room...). You will be able to share, if you wish, the activities or the life of the family.

The family will give you a key to allow you the access to your room.



If you happened to lose the key, you are required to have it copied at your expense.

The family will explain to you the family's rules (mealtimes, absences, laundry...).

You will have free access to the Wi-Fi but not to the family computer. You will be able to receive phone calls. You will, however, make sure that these calls respect the mealtimes and the time difference.

The family will show your way in Tours when you arrive: stroll in the neighbourhood, spotting of the shops, means of transports, etc. They will especially explain the journey to go to the Institut de Touraine and will accompany you on the start of the term.



For safety reasons, you will not lock your room.

You will be allowed to entertain a friend or a family member at your host family's house.
You must absolutely ask the family's authorization.

THE ROOM

Your room will be heated as soon as the first cold period begins (20°).

The furniture includes at least:

- A bed with mattress and bed base in good condition, two pillows, sheets and blankets.
- A wardrobe with storage units (free of any item belonging to the family)
- A working table with a good lighting

Cleaning is taken care by the family, at least once a week.



It is up to you to make your bed and tidy your room. If not, the family will not clean it.

SERVICE

Linen

The family supplies the student with:

- Household linen : sheets, pillowcases, one small and one large towels

- Sheets are changed every fortnight
- Bathroom towels are changed every week

The family must also do the student's laundry (washing only) at least once a week (the clothes will be washed, dried and folded).

The bathroom

The students have free access to the specified bathroom, as well as to the toilets. They may, if they want, take a shower in the morning and in the evening, or take a bath once a day.

The meals

Breakfast and dinner are provided to the students **every day**.

Breakfast is continental. It can consist of cereals, fruits and dairy products.

Dinners are taken with the family. Meals will be balanced, varied and in sufficient quantity. The dinner will include: starter, main course (meat or fish with vegetables), cheese or/and dessert.



If you should be absent for a dinner, you must let the family know no later than on the morning.

You must recall the family if you have alimentary problems (diet, allergies, intolerances....)

On Saturdays and Sundays, it is fullboard.

Besides breakfast and dinner, the family will offer to share a lunch with the student(s). If you intend to be away for the weekend, the family will replace the lunch with a packed lunch, if however you told them 48 hours in advance.

FAMILY ABSENCE

If the family must be away during your stay, they will inform the Institut de Touraine and give you the contact details of the adult who will take over at the family house in their absence.

In that case, if this situation does not suit you, you will be free to leave the family.



The family absences must not exceed two days a month.

STUDENTS UNDER 18

If you are minor, it is **compulsary** for your parents to provide your host family or the Institut de Touraine with:

- A signed official authorisation to go out in the evening
- A document authorising the family to take necessary steps in the event of illness and/or hospitalization with **photocopy of the parents passport.**



You will have to respect, if required, the going out hours set by your parents. The Institut de Touraine reserves the right to curtail your stay if that is not the case.

PRICE SCALE

	Weekly price (*)
Single room + private bathroom	210 €
Single room + shared bathroom	182 €
Double room	154 €

(*) arrival Sunday/departure Sunday, except contrary information (7 overnight stays)



The price scales is inclusive, it does not give the right to repayment in case of absence at a meal

STUDENT ABSENCE

If your absence is during a holiday chosen by the Institut de Touraine, the family will not ask for the payment of the room or the meals.

If your absence is out of the official dates of the Institut de Touraine, the family will not reimburse the accommodation expenses, except if you vacate the room. If the absence is for one week or more, the room is considered occupied, the meals are reimbursed.

For any problem, you can call the accommodation department

Elisabeth Catroux

elisabeth.catroux@institutdetouraine.com