

Horizon International
Creating Hope Tour
HOST FAMILY GUIDELINES

Dear Host Families,

We are so grateful and thankful for your willingness to host the members and staff of the 2019 Creating Hope Tour. We are blessed that you are giving us this opportunity.

Many of our children and youth have been on tour before in the United States, so they are familiar with the customs of American homes. We request your help, however, with following these guidelines while our children and youth are in your care:

1. **If the children get sick**, you can give them over the counter medicine (Tylenol, cough medicine, Advil, and so on). As far as we know, the children do not have any medicine allergies, but please report any medicine given or health problems the following morning.
2. **Please do NOT take the children shopping** for new things, due to limited luggage. In addition to small luggage space, if some children go shopping and others don't, it causes jealousy and problems within our team. Please clear any basic need purchases with a staff person before giving it to the children.
3. Similarly, we ask that you please **do not give the children any cash** or pocket money. Their needs are provided for and it causes problems within the team. If you want to give, instead ask a staff person where there is need or donate to our travel expenses. Thank you.
4. **No soda, no ice, no candy**. The children are not allowed to drink soda, or other sugary soft drinks. They also do not take ice in their drinks in order to preserve their vocal chords. Candy depletes their energy and causes weight gain. Please provide healthy snacks. Juice and water are great drink alternatives.
5. Here are some **food ideas** that the children like:
Breakfast--cereal, yogurt, fruit, bacon, eggs. If served sweet breakfasts, they will eat them, but do not prefer them.
Lunch--sandwiches (meat and cheese...most do not like mustard), yogurt, boiled eggs, chips, fruit (bananas, apples, peaches, grapes, and so on), fried chicken, potato salad, and so on.
Dinner--meat stews, rice, potatoes, fried chicken, BBQ meat, roasted or grilled vegetables, lasagna, pasta, pizza, macaroni and cheese. Travelling takes its toll on all of us, so in order to keep us healthy on the road, **please provide healthy meals** that include lots of fruit and vegetables, and fiber-rich foods.

6. If you have a computer in your home, we ask that you restrict its use by the children. We want this experience spent in your home to be a fun time for you and your family to get acquainted with the children and spend time together.
7. **Do not allow children to use your phone**, as calls to Africa are extremely expensive. If they need to make a call, they can advise one of the tour leaders.
8. Please observe an **11:00 pm bedtime**. Our days are very full and we need the kids to be rested properly.
9. The children should **shower daily**. The smaller kids usually prefer a bath; please assist them in filling a bath to the correct temperature. If you have a unique shower fixture, please demonstrate how to use it when you show the kids around. Due to limited packing space, we do not have towels; please provide the children with **towels and washcloths**.
10. If you have **laundry services** available, please ask the kids if they have any dirty clothes. They only have a few changes of clothes with them. We may also need to **wash the costumes**; please make sure that every piece returns with the children, as we do not have any extras.
11. Many of the **children are afraid of dogs**. If you have any house pets, please put them in a separate room until the children feel more comfortable in your home. The dogs in their community are dangerous and dirty, so they grow up fearing them.
12. Please check with your Group Coordinator if we will need a sack lunch. Refer to number 5 for lunch ideas but feel free to be creative beyond the suggestions.
13. As the children leave your home, **please double check that they left nothing behind**, as it is difficult with the tour schedule to back track.
14. If there are ANY problems with the children while they are in your home, please do not hesitate to call _____.

You are awesome, thank you so much for hosting our team! We know that this will be a truly positive experience for everyone involved and will be a cherished memory.

May God Bless You,
The Horizon Team