Good Homestay

开启澳大利亚生活的第一步

Your First Step to Aussie Life

Melbourne, Australia

1.前言
Introduction

G’day，欢迎来到澳大利亚！
这本指南旨在帮助你顺利适应新生活，并尽情享受寄宿家庭体验。你可以把它当作在澳大利亚生活的“旅行指南”。

不同于住酒店,寄宿家庭是作为家庭的一员一起生活。你可能会对一些文化差异感到惊讶,但发现并了解这些差异,正是海外生活最有趣的部分。

G’day and Welcome to Australia!
This guide is designed to help you settle into your new life and enjoy your homestay experience to the fullest. Think of it as your "Travel Guide" for living in Australia.

Homestay is different from a hotel, it is about becoming a member of the family. You might be surprised by some cultural differences, but discovering them is the best part of living overseas!
To get started, please look through this guide with your host family. It’s a great way to break the ice and talk about house rules and each other.

2. 自我介绍与联系方式
Let's Exchange Contacts

自我介绍结束后，请互相交换联系方式。
在澳大利亚，短信（SMS，也叫 text）非常普遍，也会使用 WhatsApp等通讯软件。请问问你的寄宿家庭更常用哪种方式。

Once you've introduced yourselves, let's exchange contact details. In Australia, SMS (text messaging) is very common, along with apps like WhatsApp. Please ask your host family which method they prefer so you can stay in touch easily.

Contact Info

- 学生手机号码(Student Mobile):
- 寄宿家庭姓名(Host Name)
- 寄宿家庭手机号码(Host Mobile):



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3. 交通
Public Transport

在墨尔本，主要交通方式是电车（Tram）、火车和公交。你可以使用「myki」卡或手机上的「Mobile myki」付款。市中心（CBD）还有“Free Tram Zone”（免费电车区域）。

In Melbourne, we use trams, trains, and buses. You pay with a "myki" card or "Mobile myki" on your phone. There is also a "Free Tram Zone" in the city center (CBD).

App应用: 请下载 PTV 或 Google Maps 应用，用来查询路线和查看公交实时位置。

App: Use "PTV" or "Google Maps" to check routes and real-time bus locations.

如何搭乘公交（重要）：公交车不会因为你站在站牌旁就自动停下。看到要乘坐的公交接近时,请举手示意司机你要上车。

How to catch a bus (Important): Buses won't stop unless you signal. When you see your bus coming, please wave your hand to the driver.

下车时: 请记得按下停车按钮。下车时对司机说一句“Thank you!”是很典型的新西兰表达礼貌的方式。

Getting off: Press the button to stop. Say "Thank you!" to the driver when you get off. It's the Kiwi style!

4. 超市
Supermarket







Woolworth	Coles	ALDI
$$ Standard	$$ Standard	$ Affordable
大家身边的超市。几乎每个车站附近都能找到。不知道去哪家时，来这里就对了！	Woolworths 的友好竞争对手。别错过让人惊喜的半价优惠！	店面小、购物快，价格还特别便宜。结账速度之快，可别吓一跳哦！
Everyone's local. You'll find one near almost every station — when in doubt, go here	Woolies' friendly rival. Keep an eye out for the fun half-price specials.	Small, speedy and super cheap. Don't be surprised by how fast the checkout is!

Ask Your Host !

- 离家最近的超市在哪里？
  Which supermarket is closest to home?
- 我可以自己买食物吗？应该放在冰箱的哪个位置？
  Can I buy my own food? Where should I put it in the fridge?

5. 去学校的路线
Getting to School

在陌生的国家、用不熟悉的语言去上语言学校，是一次很大的挑战。为了避免迷路或迟到，请提前做好准备。请同时使用地图应用（例如 Google Maps）和 “PTV”或“TripView” 应用确认路线，它们可以查看公交线路和时刻表。通学时，“Tripview” 功能特别适合用来查看公交实时信息。

Going to a language school in a new land and in a new language is a big adventure. To ensure you don't get lost or run late, let's prepare well in advance! Please check your route using both a map app (e.g. Google Maps) and the "PTV" or "TripView" app, which shows bus routes and timetables. “TripView” is especially useful for checking real-time bus information for your daily commute.

Check List

- [ ] **Save Locations:** Have you saved your home and school locations on a map app (e.g. Google Maps)?
- [ ] **Check Route:** Have you checked which bus number to take using the PTV app?
- [ ] **Practice Run:** Let's actually walk to the bus stop with the host family.

看不懂清单?问问你的寄宿家庭吧!

6. 手机与 SIM 卡
Mobile Phone & SIM Card

使用中国 SIM 卡在澳大利亚进行通话或数据漫游会非常贵，建议购买澳大利亚 SIM 卡用于通话和上网。主要运营商有 Telstra, Optus , Vodafone

Using data roaming with your Chinese SIM card can be very expensive, so let's purchase an Australian SIM card for calls and data. The main carriers are Telstra, Optus, and Vodafone.

SIM 卡可在手机店、超市或电器店等购买。如果使用 eSIM，可在运营商官网购买，并按照邮件中的步骤进行设置。

You can buy SIM cards at mobile shops, supermarkets, or electronics stores. For eSIMs, purchase them on the carrier's website and follow the setup instructions sent via email.

“Prepay Plan”（预付费套餐）。套餐通常每 4 周更新一次，没有长期合约绑定，可随时取消。续费、取消等大部分操作都可以在应用里完成。

"Prepay Plans" are popular among international students. The contract renews every 4 weeks, and since there is no long-term binding contract, you can cancel anytime. Almost everything, including renewal and cancellation, can be done via the app.

7. 安全须知
Any Hazards

澳大利亚是一个安全又有趣的国家，但每个国家都有自己需要注意的危险。到达后，请和寄宿家
庭一起确认家附近和当地有哪些需要小心的地方。

Australia is a safe and fun place, but every country has its own hazards. Please check with your host family what to be careful of around your home and local area.

海滩・泳池: 在海边游泳时，请务必在有救生员值守的"红黄旗之间"游泳。注意离岸流（Rip），不要一个人游泳。家里有泳池的话，也请确认使用规则。

Beach&Pools: Always swim between the red and yellow flags where lifeguards are watching. Watch out for rip currents, never swim alone, and check your host's poolrules.



道路: 澳大利亚车辆靠左行驶，车速较快。请走人行横道、遵守红绿灯，过马路时不要看手机或戴耳机。

Roads: Cars drive on the left and can move fast. Use crossings and signals, and stay alert — no phone or earphones when crossing.

夜间外出: 晚上不要一个人走在昏暗的街道或公园。外出时请告诉寄宿家庭你去哪里、几点回来，并保持手机电量充足。

At Night: Avoid walking alone on dark streets or in parks at night. Tell your host where you are going and when you'll be back, and keepyour phone charged.

Ask Your Host !

- 家附近有需要特别注意的地方吗？
  Which supermarket is closest to home?
- 晚上几点之前要回家？
  What time should I be home at night?

000

紧急情况请拨打 000（警察・消防・救护车）。其他联系方式请参阅“紧急联系方式“。
In an emergency, call 000. See “11. Emergency Contacts” for more numbers.

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8. 享受寄宿生活的小贴士
Tips for a Happy Homestay

这里有一些“澳大利亚生活方式”的小贴士，可以帮助你和你的寄宿家庭更舒适地在一起生活。了解这些小细节，会让你和寄宿家庭的关系更融洽。

Here are some tips on the "Aussie way of life" to help everyone live together comfortably. Understanding these little things will help you build a great relationship with your host family.

淋浴与热水 Shower & Hot Water



在澳大利亚的很多家庭里，热水通常储存在一个叫 “cylinder”（热水罐）的水箱中。如果把热水用完了，下一位可能就只能洗冷水澡。

In Australian homes, hot water is often stored in a tank called a "cylinder." If we use it all up, the next person might be left with a cold shower!

Tips

请把淋浴时间控制在5到10分钟左右。

Please keep your showers short, around 5 to 10 minutes.

即使家里有浴缸,一般也会只用来淋浴。

Even if there is a bathtub, it is common to just take a shower.

建议你问问你的寄宿家庭什么时候洗澡最合适。

It's a good idea to ask your host when the best time is to take a shower.

洗衣服 Laundry

频率: 每周通常会洗1到2次衣服。请向寄宿家庭确认他们的洗衣习惯。

Frequency: Laundry is typically done once or twice a week. Please check with your host.

家规: 请确认是你自己洗衣服,还是寄宿家庭会帮你一起洗。

House Rules: Ask if you should do your own washing or if the host will do it for you.



卧室内不要晾衣服：请不要在卧室里晾湿毛巾或衣物。澳大利亚的房子很多都有铺地毯，室内晾衣容易潮湿发霉，也可能损坏家具。

No Drying in Bedrooms: Please do not hang wet towels or clothes in your bedroom. Australian houses often have carpets, and drying clothes inside can cause dampness and mold.

房间整洁与噪音 Tidy Room & Noise

保持整洁：请保持房间整洁。早上起床后整理床铺,是寄宿家庭很喜欢的好习惯。

Tidy Room: Please keep your room tidy. Making your bed in the morning is a lovely habit that hosts appreciate!

安静时间：澳大利亚的夜晚通常比较安静。深夜打电话或看视频时请注意音量，建议使用耳机。

Quiet Time: Evenings can be quiet in Australia. Please be mindful of volume when making calls or watching videos late at night. Using earphones are recommended.



吸烟与饮酒 Smoking &Alcohol

一般情况下,室内不允许吸烟或使用电子烟。
Smoking and vaping are generally not allowed inside the house.

请向寄宿家庭确认关于吸烟和饮酒的家规（澳大利亚饮酒与吸烟的法定年龄为 18 岁）。
Please check the house rules regarding smoking and alcohol. The legal age in Australia is 18.

用电 Electricity

澳大利亚电费相对较贵。离开房间时请随手关灯。冬天使用取暖器也请注意，节约用电是非常受欢迎好习惯。
Electricity can be quite expensive in Australia. Please help by turning off lights when you leave a room. Be careful with heaters in winter, too. Saving power is very much appreciated!



沟通与交流 Communication

神奇用语: 这里“Thank you”和“Please”非常管用,经常使用会让沟通更顺畅,也会让大家更开心。

Magic Words: "Thank you" and "Please" work like magic here. Using them often makes everyone happy.

问候: 一句热情的“Good Morning”“Good Night”或“See you”对于日常交流会很有帮助。

Greetings: A cheerful "Good Morning," "Good Night," or "See you" goes a long way.

Yes和No: 在澳大利亚，清楚地表达你的想法很重要。请尽量明确地说 Yes 或 No，不要用 maybe。这样你的寄宿家庭会更容易理解你的需求。

Yes / No: In Australia, it's helpful to be clear. Please say "Yes" or "No" clearly instead of "maybe." It helps your host understand what you need.

听不懂也没关系: 可以直接问。你可以说“Pardon?”或“Could you say that again, please?”你的寄宿家庭会很乐意再说一次。

If you don't understand: It's okay to ask! Just say, "Pardon?" or "Could you say that again, please?" Your host will be happy to repeat it.



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饮食 Meals

平日与周末的饮食 Weekdays & Weekends

平日: 通常包含早餐和晚餐。早餐一般是自助形式(吐司、麦片等)。如果需要提供平日午餐的话将会收取额外费用。

Weekdays: Usually includes breakfast and dinner. Breakfast is often "help yourself" style (toast, cereal, etc.).
If weekday lunches are requested, an additional fee will apply.

周末: 周末午餐通常需要自己准备,会使用寄宿家庭提供的食材或速食。每个家庭的饮食安排不同,请务必向你的寄宿家庭确认。

Weekends: Weekend lunches are often self-service, using ingredients or instant foods provided by the host. Every family is different, so please make sure to check!



晚餐时间 Dinner Time

晚餐时间是和家人交流的好机会。用餐时把手机收起来会更礼貌。

Dinner is a great time to chat with the family. It's polite to keep phones away from the table.

主动帮忙: 主动帮忙摆餐具或洗碗,是融入家庭的好方法。

Helping out: Offering to help set the table or do the dishes is a wonderful way to be part of the family.

提前联系: 如果你不吃晚餐或会晚归,请务必提前告知寄宿家庭。

Contact: If you don't need dinner or will be late, please let your host know in advance.

Rule Check

规则确认:请确认一下如果我不吃晚餐,需要在几点前,用什么方式(短信或电话)联系你?

Let's confirm: "By what time" and "how" (text/call) should I contact you if I don't need dinner?

memo



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9. 开设银行账户
Opening Bank Account

开设银行账户通常需要护照、签证复印件和住址证明。多数银行需要提前预约。

主要银行:Commonwealth Bank, Westpac, ANZ, NAB

由于开户需要到银行网点办理，建议选择从学校或寄宿家庭出行方便的银行。

To open a bank account, you will usually need your Passport, Visa copy, and Proof of Address. Most banks require an appointment. Since you need to visit a branch to open an account, we recommend choosing a bank that is easy to access from your school or homestay.



10. 在澳大利亚工作
Work in Australia

当然，学习英语很重要。但是如果你也想尝试在澳大利亚工作，这里有一些有用的基本信息。

Of course, studying English is important, but if you also want to try working in Australia, here are some basic information!

可工作的签证 Visas with Work Permission

开始工作前，请先确认你的签证是否允许你在澳大利亚工作。

Before you start working, please check if your visa allows you to work.

打工度假/工作假期签证: 可以全职工作（每周30 到40小时）。

Working Holiday Visa: You can work full-time (30-40 hours per week).

学生签证: 通常可在有条件的情况下工作（例如每两周最多 48 小时），并且需要继续就学（请以签证条款为准）。

Student Visa: You can often work with conditions (e.g., 48 hours per fortnight) while studying (please check your visa conditions).

旅游签证: 很遗憾，持有这类签证将不被允许工作。

Visitor Visa: Unfortunately, you are not allowed to work.

领取工资 To Get Paid

领取工资需要准备以下两样东西。尽早准备会更顺利。

To get paid, you will need the following two things. Getting them ready early will make everything smoother!

银行账户: 工资需要打入你的本地银行账户（见第 7 部分）。

Bank Account: You need this for your salary to be paid into (see section 7)

TFN（Tax File Number，税号）: 用于报税。有了银行账户后，可以免费在线 申请，而且手续很方便。请不要忘记申请，否则工资可能会被扣更高的税率。

TFN (Tax Number): This is for tax purposes. Once you have a bank account, you can easily apply online for free. Don't forget this, or you might be taxed at a higher rate!

找工作 Job Hunting

除了在网站上找工作，把简历（CV）直接交给店铺经理也是澳大利亚常见且有效的求职方式。

Checking websites is good, but handing your CV directly to shop managers is also a common and effective way to find work in Australia!

常见的求职网站: Website

Seek、Jora、Melbourne Today、Yeeyi、Oursteps等

11. 找房与合租
Finding a Flat / Share House

在寄宿结束后,虽然你也可以自己单独租房,但与他人合租(room share)是最常见也更省钱的方式。

Although you can rent a place on your own, sharing a flat (room share) is the most common and economical way to live after homestay.

你可以通过不同网站、Facebook群组、校公告栏,或其他同学介绍来寻找新住处。

Let's find your new home using websites, Facebook groups, school notice boards, or referrals from other students!

Website:

Flatmates.com.au, Gumtree, Facebook



12. 紧急联系方式
Emergency Contacts

如遇紧急情况，请联系以下号码。
If you have an emergency, please contact the numbers below.

警察 / 消防 / 急救 Police / Fire / Ambulance	000
Beyond Blue: Mental health Support	1300 224 636
Kids Helpline: service for young people aged 5 to 25	1800 551 800
Good Homestay	(02) 7208 9111
寄宿家庭	

备注 Memo

Have a wonderful stay in Australia

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