Good Homestay

開始澳洲生活嘅第一步

Your First Step to Aussie Life

Sydney, Australia

1.前言
Introduction

G’day，歡迎來到澳洲！
本指南旨在協助您順利適應全新的生活環境，並充分體驗寄宿家庭（Homestay）的生活。您可將本指南視為在澳洲生活的「實用指南」。

寄宿家庭不同於飯店住宿，它更強調融入家庭生活，成為家庭的一份子。您可能會對某些文化差異感到驚訝，但正是這些不同之處，讓海外生活更加有趣且值得探索！

為了更好地開始寄宿生活，請您與寄宿家庭一同閱讀本指南。這將是一個很好的破冰方式，也能讓雙方更容易討論家庭規則與彼此的生活習慣

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. 交換聯絡方式

Let's Exchange Contacts

在彼此自我介紹後，請與寄宿家庭交換聯絡資料。
在澳洲，簡訊（SMS）非常普遍，同時也常使用 WhatsApp 等通訊軟體。
請向寄宿家庭確認他們偏好的聯絡方式，以便日後能夠方便保持聯繫

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

- 學生手機號碼(Student Mobile):
- 寄宿家庭姓名(Host Name)
- 寄宿家庭手機號碼(Host Mobile)



Good Homestay

3. 公共交通
Public Transport

在悉尼，主要交通包括火車、巴士、渡輪同輕鐵（Light Rail）。你可以使用「Opal Card 🔗」,或支援感應付款嘅信用卡（Visa / Mastercard / Amex）。唔接受現金。

In Sydney, we use trains, buses, ferries, and light rail. You can pay with an "Opal Card" or a contactless credit card (Visa / Mastercard / Amex). Cash is not accepted.

建議使用 App: 「Opal Travel」「TripView」 或者用「Google Maps」可查詢路線與即時交通資訊。

App: Download the "Opal Travel" "TripView" or use "Google Maps" to check routes and real-time bus locations.

點樣搭巴士（重要）：巴士通常不會自動停靠，除非您向司機示意。當您看到巴士接近時，請揮手示意司機停車。

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.

落車: 下車前請按下車鈴。下車時向司機說「Thank you!」是澳洲常見且有禮的習慣！

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

4. 超級市場
Supermarket







Woolworth	Coles	ALDI
$$ Standard	$$ Standard	$ Affordable
大家屋企附近嘅超市。差唔多每個車站附近都有一間。唔知去邊間好？去呢間就啱啦！ Everyone's local. You'll find one near almost every station — when in doubt, go here	Woolworths 嘅友好競爭對手。記得留意佢哋啲半價優惠，隨時有驚喜！ Woolies' friendly rival. Keep an eye out for the fun half-price specials.	舖頭細細間、買嘢快，價錢仲超平！收銀快到嚇你一跳，唔好太驚訝呀！ Small, speedy and super cheap. Don't be surprised by how fast the checkout is!

Ask Your Host !

- 邊間超市最近屋企？
  Which supermarket is closest to home?
- 我可唔可以自己買食物？應該擺喺雪櫃邊個位置？
  Can I buy my own food? Where should I put it in the fridge?

5. 前往學校
Getting to School

在陌生的國家與語言環境中就讀語言學校是一項令人興奮的冒險。為避免迷路或遲到，請務必事先做好準備。請使用地圖 App（例如 Google Maps）以及「TripView」或「Opal Travel」App 查詢路線，交通方式及班次時刻表。「TripView」特別適合用來查看日常通勤的即時資訊。

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 “TripView” or "Opal Travel" app, which shows public transport routes and timetables. “TripView” is especially useful for checking real-time 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 Opal Travel app or TripView app?
- [ ] **Practice Run:** Let's actually walk to the bus stop with the host family.

若您對上述事項不清楚，請隨時向寄宿家庭詢問，他們很樂意協助您！

6. 手機與 SIM 卡
Mobile Phone & SIM Card

若使用香港 SIM 卡進行數據漫遊，費用可能非常昂貴，因此建議您購買澳洲 SIM 卡，以便通話及使用行動數據。
主要電信商包括 Telstra🔗, Optus🔗及, Vodafone🔗

Using data roaming with your Hongkonger 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.






您可於手機門市、超市或電子產品商店購買 SIM 卡。若您需要 eSIM，可直接至電信商官網購買，並依照電子郵件提供的設定步驟完成安裝。

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.

「預付方案」（Prepay Plans）在國際學生中非常普遍。此類方案通常每 4 週續約一次，無需長期綁約，可隨時取消。大部分服務（包含續約與取消）皆可透過 App 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. 安全須知
Any Hazards

澳洲係一個安全又好玩嘅國家，但係每個國家都有自己要小心嘅地方。到埗之後，記得同寄宿家庭一齊睇吓屋企附近同社區有咩要注意。

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.

海灘・泳池: 去海灘游水，一定要喺有救生員當值嘅「紅黃旗之間」游。小心離岸流（Rip），唔好一個人游水。屋企有泳池嘅話，都要問清楚使用規則。

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: 澳洲車輛靠左行駛，車速比較快。過馬路要行斑馬線、睇交通燈，唔好一邊行一邊睇手機或者戴耳機。

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

夜晚出街: 夜晚唔好一個人行黑暗嘅街道或者公園。出門前話畀寄宿家庭知你去邊、幾點返，記得手機要叉夠電。

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 !

- 屋企附近有冇要特別小心嘅地方？
  Which supermarket is closest to home?
- 夜晚幾點之前要返屋企？
  What time should I be home at night?

000

遇到緊急情況請打 000（警察・消防・救護車）。其他聯絡方法請睇「11. 緊急聯絡方法」。
In an emergency, call 000. See "11. Emergency Contacts" for more numbers.

8. 愉快寄宿生活小提示
Tips for a Happy Homestay

以下為「澳洲生活方式」的一些小建議，可幫助您與寄宿家庭更舒適地共同生活。了解這些細節將有助於建立良好的關係。

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.

洗澡與熱水 Shower & Hot Water



在澳洲家庭中，熱水通常儲存在稱為「熱水桶」（cylinder）的水箱內。若熱水被用完，下一位使用者可能只能洗冷水澡。！

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

請將淋浴時間控制在 約 5 至 10 分鐘。
Please keep your showers short, around 5 to 10 minutes.

即使家中有浴缸，澳洲人一般仍以淋浴為主
Even if there is a bathtub, it is common to just take a shower.

建議您向寄宿家庭確認最佳洗澡時間，以免影響他人使用。
It's a good idea to ask your host when the best time is to take a shower.

洗衣 Laundry

頻率: 洗衣通常每週 1 至 2 次，請與寄宿家庭確認。

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

家規: 請詢問是否需要自行洗衣，或由寄宿家庭協助洗衣。

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



請勿在房間內晾衣: 請勿在臥室內晾掛濕毛巾或衣物。澳洲住宅多為地毯，室內晾衣容易造成潮濕與發霉。

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.

房間整潔與噪音 Tidy Room & Noise

保持整潔: 請保持房間乾淨整齊。每天早上整理床鋪是一個良好習慣，寄宿家庭通常也會很欣賞！

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

安靜時間: 澳洲的晚上通常較安靜。夜間通話或觀看影片時請留意音量，建議使用耳機。

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.



吸煙與飲酒 Smoking &Alcohol

一般情況下，屋內禁止吸煙及使用電子煙。
Smoking and vaping are generally not allowed inside the house.

請與寄宿家庭確認關於吸菸與飲酒的規定（澳洲法定飲酒年齡為 18 歲）
Please check the house rules regarding smoking and alcohol. The legal age in Australia is 18.

用電 Electricity

澳洲電費相對昂貴。請在離開房間時關燈，冬季使用暖氣時亦請特別留意節能。
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!



溝通 Communication

魔法用語: 「Thank you」與「Please」在澳洲非常重要且常用，經常使用能讓人感到愉快。

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

問候語: 一句友善的「Good Morning」、「Good Night」或「See you」能有效增進彼此關係。

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

YES / NO: 在澳洲，清楚的回答有助於溝通。請盡量明確說「Yes」或「No」，避免只回答「maybe」，以免造成誤會。

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.

若聽不懂: 請禮貌詢問，例如：「Pardon?」或「Could you say that again, please?」寄宿家庭通常很樂意重複說明。

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.



餐食安排 Meals

平日與週末 Weekdays & Weekends

平日: 通常提供早餐與晚餐。早餐多為自助式（如吐司、麥片等）。若需要平日午餐，通常需額外付費。

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.

週末: 週末午餐多為自助方式，寄宿家庭可能提供食材或即食食品供學生自行準備。每個家庭安排不同，請務必向寄宿家庭確認！

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!



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晚餐時間 Dinner Time

晚餐是與家人交流的好時機，建議用餐時將手機放置一旁，以示禮貌。

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

協助家務: 主動協助擺放餐具或洗碗，是融入家庭生活的良好方式。

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

提前通知: 若您不需要晚餐或會晚回家，請提前告知寄宿家庭。

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

Rule Check

請向寄宿家庭確認：若您不吃晚餐，應於「何時」以及以「何種方式」（簡訊／電話）通知他們？

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

memo



9. 開立銀行帳戶

Opening Bank Account

在澳洲開立銀行帳戶通常需要以下文件：護照、簽證影本及地址證明。多數銀行需要提前預約。

主要銀行包括:Commonwealth Bank, Westpac, ANZ, NAB

由於需親自前往分行辦理，建議您選擇一間交通便利、靠近學校或寄宿家庭的銀行。

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. 在澳洲工作
Work in Australia

學習英文固然重要，但若您亦希望在澳洲體驗工作，以下為基本資訊:
Of course, studying English is important, but if you also want to try working in Australia, here are some basic information!

可以工作的簽證 Visas with Work Permission

開始工作前，請務必確認您的簽證是否允許工作。
Before you start working, please check if your visa allows you to work.

打工度假簽證（Working Holiday Visa）：可全職工作（每週約 30–40 小時）

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

學生簽證（Student Visa）：通常可在就學期間依條件工作（例如每兩週最多 48 小時，實際以簽證條款為準）。

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

旅遊簽證（Visitor Visa): 不允許工作。

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

領薪所需事項 To Get Paid

要順利領取薪資，您通常需要以下兩項:

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

銀行戶口: 薪資會匯入此帳戶（請參考第 7 部分）。

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

TFN (Tax File Number): 用於報稅用途。開立銀行帳戶後即可免費於網上🔗申請。請務必申請 TFN，否則可能會被扣除較高稅率！

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!

搵工 Job Hunting

除了透過網站搜尋職缺外，親自將履歷表（CV）交給店鋪經理也是澳洲常見且有效的求職方式！

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

網站: Website

Seek🔗, Jora🔗, Gumtree🔗, Sydney Today🔗, Yeeyi🔗, Oursteps🔗 等

11. 搵Flat/合租屋

Finding a Flat / Share House

寄宿結束後，雖然您可自行租屋，但「合租房」（Share House／Room Share）是最普遍且最經濟的居住方式。

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.

您可透過網站、Facebook 群組、學校公告欄或其他同學推薦來尋找合適住宿

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. 緊急聯絡資料
Emergency Contacts

如果有緊急情況，請聯絡以下電話。

If you have an emergency, please contact the numbers below.

警察/消防/救護: 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	

備註 Memo

Have a wonderful stay in Australia

Updated: 01 November 2026