

SO, YOU'RE HOSTING A STUDENT FROM CHINA.

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Thank you for hosting with AYA!

We understand that this is not only a very exciting time for you, but you may also be feeling nervous. Fear not! **Here are some helpful hints to help make your year a successful one.** *(Please note: while this information is mostly typical of a culture, it does not apply to all students. Every personality is different, so keep that in mind!)*

Please be Aware...

Respect for authority (teachers, host parents) is deeply ingrained. Your student may not challenge rules but may also hesitate to express discomfort. Encourage open, low-pressure dialogue.

Mental health is often stigmatized in China. If your student seems stressed or withdrawn, it may be difficult for them to articulate what they're feeling. Be gentle and observant.

1 Reserved Communication

Chinese students are typically taught to be respectful, modest, and indirect in communication — especially with adults. Your student may not always speak up right away, especially when unsure or nervous. Silence is not necessarily disagreement or discomfort — it can be a sign of politeness.

2 Strong Family Ties

Chinese teenagers are typically very close with their families. Parents are heavily involved in their education and life decisions. Daily contact with family may be common.

3 Academics

The Chinese school system is highly competitive, with long hours and an exam-heavy curriculum. They may find the American school system surprisingly relaxed, and may initially struggle with open-ended questions or speaking in class.

4 Food Habits

Food plays a central role in Chinese culture, and eating habits can be very different. Some key points: Rice or noodles are often staples, many don't drink cold water with meals, dairy may not be common. Your student may need time to adjust, and may miss home cooking. Encourage them to share a favorite Chinese recipe!

5 Structured Routines

Chinese students are used to structured schedules: waking early, working hard, and studying late. They may feel uncertain with too much free time. Helping them create a balanced routine with school, homework, and activities will ease their transition.