MEET OUR HOST FAMILY

Don and Lisa have been hosting for about five years. They are on their 3rd student now. Their first student is Naoki, a baseball player. He enjoyed Mariner’s game where he met a Japanese author who wrote a book about history of baseball. The second student is Taichi, also a baseball player. When Lisa went to his game, she arrived just in time to watch him hit a double. She was so proud of him.

Don’s mother had been hosting. And she was having a great experience. When Naoki asked if his brother Koki (14 years old at that time) could come for a visit, they were thrilled. They communicated using translating apps and sign language, but that wasn’t a barrier for them to have fun together.

The reason they started hosting is because Don’s mother had been hosting. And she was having a great experience. When Naoki asked if his brother Koki (14 years old at that time) could come for a visit, they were thrilled. They communicated using translating apps and sign language, but that wasn’t a barrier for them to have fun together.

The only challenge for them is saying goodbye to their students. Lisa said, “I have come to love them as sons.”

We asked an advice from Lisa and Don for future host families. “Try to be there for your student, they may open up about their past experience.” They also have an advice for future homestay students. “Please put your cell phone away during dinner. Keep alive the dying art of conversation. Host parents want to get to know you and share.”

Q: How often do host families provide cooked meals?
A: The host is expected to prepare five evening meals per week. For the remainder of their meals such as breakfast, lunch, and dinner, host families will provide food and groceries for students to eat or prepare. If you are someone who cooks seven nights for yourself and/or family, please also ask your students if they want to eat together. As for leftovers, some students like to pack them for their lunch next day. Food is one of major cultural challenges your students face upon arrival in the U.S. Searching for receipts online with your student(s), and cook some ethnic themed meals together is one of fun ideas to help them with the adjustment process:) Encourage them to go shopping with you to learn what they can find in American supermarkets. Ask them to provide you with a shopping list if they cannot go.

When you are in doubt, please remember that you are hosting your student(s) as a part of the family member!
MEET OUR HOMESTAY STUDENT

Zürcher Geschnetzeltes (cut meat Zurich style)

INGREDIENTS (For 4 people)

- 0.66 pounds (300g.) sliced, fresh mushrooms
- Juice of ½ lemon
- Spices
- 1.3 pounds (600g.) veal, cut in small pieces
- 1 onion, cut in very small pieces
- 3.4 fl. ounces (0.4 cup) white wine
- 3.4 to 6.8 fl. ounces (0.4 to 0.8 cup) water
- 1.5 to 6.8 fl. ounces (0.6 to 0.8 cup) cream
- Gravy-powder
- Paprika
- 1 teaspoon of salt
- Grind pepper

Bring the water to boil and add the gravy-powder, let it dissolve and put it aside for now.

Cook the mushrooms in the lemon juice (add some white wine if you want) and put them in a strainer.

Peel and chop the onions.

Melt some butter in a pot and cook the onions in it. Add the rest of the white wine and let it simmer for a moment. Now pour the gravy in the pot and bring it to a quick boil. Then you can mix it with the cream and just let the sauce simmer for a while. Lastly, add the mushrooms.

Season the meat with salt, pepper, and some flour. Roast it gently in some oil.

Put it into the sauce and let it sit for a couple minutes. (The flour makes the sauce a little thicker.)

Decorate with some parsley and enjoy!

Basically, you just need to put all the ingredients in the Zürcher Geschnetzeltes!

For the instruction details, please visit: http://www.about.ch/culture/food/zuercher_geschnetzeltes.html

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