



# OLYMPIC COLLEGE

# HOMESTAY NEWS

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Editor: Thu Vo



## MEET OUR HOST FAMILY



A photo of Ms. Kalissa Fagin

"I grew up in a household that included international students (Korea, Vietnam, Japan, China and Taiwan). I have connections with Asia through my Japanese daughter-in-law and now five grandchildren. I have friends who have taught and lived in Taiwan. They came to live with my family for part of 8 summers until they retired. We had a Japanese family come to live with us for part of the several summers when we operated a bed and breakfast in Eastern Washington. My best memories are of the students that learned English and were able to stay with me long enough after they finished the Intensive English classes. We had lots of language practice having conversations about the academic classes they were taking. I particularly enjoyed one student who designed a traveling challenge for himself and kept us informed along his route via Facebook as he bicycled the coast highway.

Because of working full time, I am not a 'stay-at-home' host Mom. The students that stay with me are expected to maintain the cleanliness of their rooms and certain household areas: they have to pick up after themselves. That is not always a way of living international students are used to. We always go through a period of getting to know each other when a student is new to my home. It could be a challenge but I prefer to consider it an opportunity to have open and considerate conversation about likes and dislikes, rules and habits." In her free time with students, they go grocery shopping together so she can learn a students food preferences. She also said, "we watch movies. We have taken trips to Eastern WA to see friends and experience a very different climate."

Lastly, we asked her for some advices for homestay families and students. "Stay open, curious, interested and tolerant of the people you are meeting. Culture clashes occur when both parties are not willing to have open and honest conversation. There are no wrong questions and not always right answers. Adjustments are natural consequences that lead to answers satisfactory to everyone. Respect and embrace individuality. Enjoy!"



## Homestay Q & A

**Q: Do International Students have health insurance?**

**A: Yes.** As of Fall Quarter 2016, Firebird International Insurance Group (FIIG) is our school-contracted insurance agency. However, some students may carry different insurance coverage if pre-approved by our office.

You can help your student by learning more about their insurance here: <https://www.olympic.edu/current-students/office-international-education-study-abroad/medical-insurance-requirement>

Important

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Please Contact Hideko Lyle, our Homestay Coordinator,

[hlyle@olympic.edu](mailto:hlyle@olympic.edu) or 360-475-7562 for any homestay questions.



**Thu Vo from Viet Nam**

## MEET OUR HOMESTAY STUDENT

I am one of the international students from Vietnam, and have been living with a host family for 2 years. Because of my host family's kindness, since I arrived till now, I have not missed my home yet. When I first came, it was hard for me to adapt to the weather, language, and culture. However, my host parents did support me a lot in getting used to it.

During my time staying with the host family, I have joined them in going to the concerts at Admiral Theatre, cabin on the mountain, tubing at the lake, celebrating Christmas and New Year. In summer, my host parents, Bruce and Debbie, always try their best to entertain us, the students, like going to Wild waves,

camping, swimming and boating together. Therefore, I learnt a lot from them, not only the language, but also the culture and how to enjoy life. My host family has a daughter, Kristy. She is so much fun and she told me a lot of interesting things about Europe, since she had worked there for a while. We also did kayak and enjoyed making s'more together.

I have some advise for international students who live with host family. Never hesitate to ask your host parents anything. Communication is the core of effective growth. It is okay to say "no." Saying "yes" to please them is not good for you and others. Help your host family as much as you can when you have free time and treat their house like your house. Don't be afraid if you break something. Being honest is always the essential component of every relationship.

## Global Recipe



## Vietnamese Beef Stew

### Ingredients

- 2 lbs. boneless beef chuck, cut into 1.5 inch cube (weigh after trimming)
- 1 stalk lemongrass, cut into 2 inch pieces and bruised
- 3 tablespoons fish sauce
- 1 1/2 teaspoons Chinese five spice powder
- 1 1/2 teaspoons brown sugar
- 2 1/2 tablespoons minced ginger

- 1 bay leaf
- 3 tablespoons vegetable oil
- 1 medium onion, chopped
- 2 cups chopped fresh tomatoes or 1 (14 ounce) can crushed tomatoes
- 1/2 teaspoon salt
- 1 lb. carrot, peeled, cut into 1 inch chunks
- 2 star anise
- 3 cups water



### Directions

- Mix lemongrass, fish sauce, 5-spice powder, ginger, brown sugar and bay leaf, marinate the beef for 30 minutes.
- Over high heat, heat oil in a heavy-bottomed 5-quart pot, sear the beef quickly then remove, reserve lemongrass and bay leaf for later use.
- Reduce heat to medium, cook onions till translucent (5 minutes), then add tomato and cook with lid on for another 12-15 minutes.
- If sauce is too thick, add a bit of water.
- Add back the beef, lemongrass, bay leaf and star anise, cook uncovered for 5 minutes then add water. Bring pot to a boil, then reduce heat to simmer for 1 hour and 15 minutes.
- Add carrots and simmer for another 45 minutes until beef and carrots are tender. Remove bay leaf, lemongrass and star anise before serving with cilantro and Thai basil. Taste great with steam rice or French bread.

Source: <http://www.food.com/recipe/vietnamese-beef-stew-bo-kho-108893>