Thank you for your interest in this unique program! Below are a few frequently asked questions about Breaking Bread. If you have additional questions, please do not hesitate to contact the Programs Coordinator, Alexis McCloskey at anmcclos@ncsu.edu or call OIS at (919) 515-2961.

**What is the purpose of the Breaking Bread program?**  
The sole purpose of the program is to offer an international student/scholar/family the opportunity to be a guest in an American’s home and to enjoy a meal together. By participating in this program, you are able to experience American culture through food, one of the world’s common cultural denominators! There is NO financial obligation to participate in this program – the meal is free to the international guest/family. All participants are requested to respect the other’s religion, values, culture and beliefs.

**What commitment do I make if I participate?**  
Your commitment is simply to accept your American host’s invitation for ONE meal. You are not expected to reciprocate a meal invitation or to continue contact with your host unless such arrangements are agreed upon between you and your host. All participants are required to fill out an application and to respond promptly via phone or email to the host’s invitation.

**What if I don’t have transportation?**  
If you do not have transportation, the host will probably offer to pick you up and drop you off. Perhaps a friend with a car could also provide you transportation. The host indicates on his/her application if they can provide you transportation. If you or a friend can provide your own transportation, please indicate this on your application. If you have a child that requires a child seat in a car, please provide your own.

**Can I bring along a friend or family members?**  
Yes, but please have your friend fill out an application as well and notify the Programs Coordinator that you would like to be matched together. If your spouse/children are also participating, please be sure to indicate their participation on your application. We don’t want hosts to have unexpected guests show up for a meal so please do not invite unexpected friends/family members without first informing the Programs Coordinator. It is the job of the Programs Coordinator to inform the American host who is coming to the meal, so it is very important that you tell the Programs Coordinator if your friend/spouse wants to participate.

**How do Americans hear about this program and apply?**  
This program is advertised in a variety of ways. We email current OIS volunteers, contact churches, community organizations, etc. Breaking Bread hosts must fill out an application to the program, just as you do.

**How are participants matched with each other?**  
It’s very important that you fill out your application completely since this information is used in matching. During the matching process, transportation needs, gender, and common interests (in hobbies, activities, etc.) are examined. Single participants are matched with hosts of the same sex.

**What do I do if I have dietary restrictions or other cultural questions?**  
Please be very specific when you indicate your dietary restrictions on your application and also include any other dietary concerns you may have. We will communicate these to your host before the meal takes place. Contact the Office of International Services (919) 515-2961 for assistance with any concern related to your experience in this program. We’re here to help you!

**Should I bring a gift with me when I attend my Breaking Bread meal?**  
It is acceptable to give a gift to a host or hostess, but it is not required or expected in American culture. Our hosts understand that you are students and that you arrived in the United States with limited luggage. If you feel more comfortable giving a gift to your hosts, it is not expected to be expensive.

**How should I dress for my meal?**  
Breaking Bread meals are casual. Dressing as you do for class is perfectly acceptable.