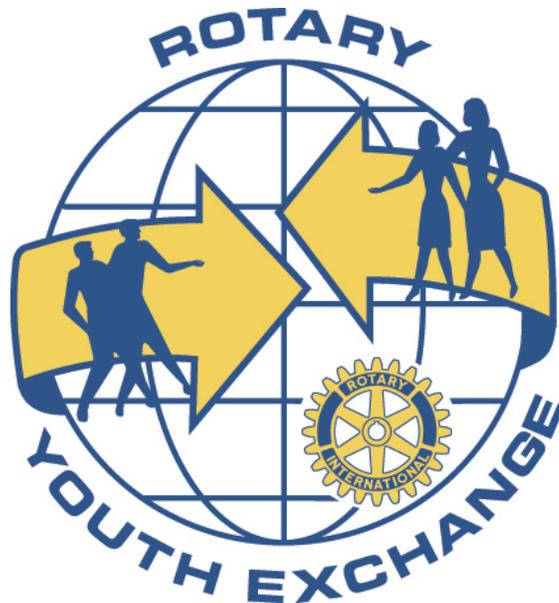


**Rotary International District 5160 Youth Exchange
-North Central California-**

LONG & SHORT TERM EXCHANGE PROGRAM

Outbound Orientation and Student Handbook

Revised, February 2012



Please note that the information contained in this Handbook is subject to change and is constantly being updated to better the program. If you find discrepancies between sources, please contact the Outbound Coordinator for clarification.

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District 5160 Youth Exchange Program

Typical Outbound Activities Calendar

January: Letters go out to clubs, requesting club commitment to participation in the Long-Term Youth Exchange Program in the program year that will start in about 18 months, and which outlines the process and calendar for recruiting, selecting, and placing students (RYE Applicants). Local clubs are encouraged to schedule information events within their communities. Second Quarterly Reports are due for current students.

February: Clubs continue to inform and recruit RYE Applicants.

March: First Outbound Orientation is held for students who will depart for their host countries in about four months (RYE Candidates) plus their families and counselors. This is a two-day event that includes an overnight for the forthcoming outbound students.

April: Local clubs should be soliciting applications for RYE Applicants and scheduling interviews for early/mid-May. Third Quarterly Reports are due for current-year students.

May: Local clubs interview, select and assure complete application packets with all required local signatures for their respective RYE Applicants. Clubs also commit to the program year that commences fourteen months hence and identify their Youth Exchange Committee (must consist of a Youth Exchange Officer, a Rotary Youth Exchange Counselor, and preferably at least one other member; and there must be at least one member of each gender). Preliminary applications for students being put forward to the District for consideration are to be provided to the Outbound Coordinator no later than May 31.

June: Second mandatory Outbound Orientation for RYE Candidates. This may be a one-day or a two-day session.

May - July: Current year students begin to return from host countries. Local clubs continue to work on full and complete application packets for their RYE Applicants, plus any alternates. Fully completed application packages and the application fee are due to the Outbound Coordinator no later than August 1st. Final Quarterly Reports are due for current-year students.

August: Reunion event for rebound students (former outbound students during the first year after the successful completion of their exchanges). This event is anticipated to be conducted concurrently with Inbound Orientation and begins the third and final year of the exchange process.

September: District interviews scheduled and completed (by September 30) for RYE

Applicants. As they are accepted and approved at the district level, these youngsters become the new batch of RYE Candidates.

October: Country assignments are made for the RYE Candidates and contacts established with designated host clubs. First Quarterly Reports due for current-year students.

November: It is anticipated that host country assignments will be completed and RYE Candidates notified by November 30.

December: RYE Candidates can now begin to initiate contact with each other, and with host clubs and families as it becomes possible to do so.

Definitions:	Current-Year students	=	Those who are presently overseas or about to leave.
	RYE Candidates	=	Those who will depart during the coming summer.
	RYE Applicants	=	Those who will depart the summer after next.
	Rebound Student	=	Students in their first year after successfully completing their exchange year.
	ROTEX	=	Rotary Exchange Students who have successfully completed a Long-Term Exchange and apply for membership.

Please be advised that the calendar is tentative and subject to change. Specific activities and dates will be disseminated by the host country Youth Exchange Committee during your exchange year, and by District 5160 RYE Committee during the years prior to and subsequent to your exchange year.

Objectives of the Program

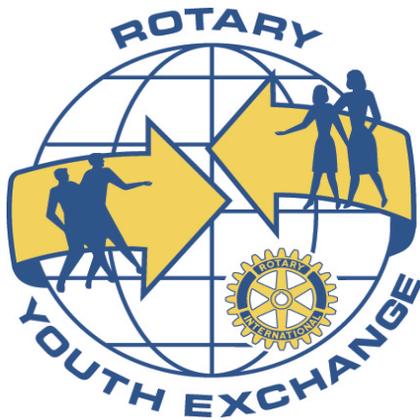
- **To further international goodwill and understanding** by enabling students to study first hand some of the problems and accomplishments of people in lands other than their own.
- **To enable students to advance their education** by studying for a year in an environment entirely different from their own while also undertaking the study of courses and subjects not normally available to them in their own country.
- **To give students opportunities to broaden their outlook** by learning to live with and meet people of different cultures, creeds, and colors and by having to cope with day-to-day problems in an environment completely different from the one they have experienced at home.
- **To have students act as ambassadors** for their own country by addressing Rotary Clubs, community organizations and youth groups in their host country; by imparting as much knowledge as they can of their own country, its attributes and its problems to the people they meet during their year abroad.
- **To provide sufficient time to study and observe another country's culture** so that upon returning home students can pass on the knowledge they have gained by addressing Rotary clubs and other organizations and assimilate the positive aspects into their everyday living.

BEING AN EXCHANGE STUDENT

- is fantastic
- is meeting hundreds of wonderful people
- is giving speeches and writing letters
- is getting fat and at times being poor
- is seeing a new country and experiencing new things
- is being homesick and at times, miserable
- is getting tired
- is being an ambassador
- is experiencing personal growth

THE SUCCESSFUL EXCHANGE STUDENT

- is flexible and adaptable
- wants to learn and have new experiences
- is knowledgeable and well read
- is open to challenge and change
- is sensitive, loyal and trustworthy
- is involved
- recognizes "different" from good, bad, wrong, etc.
- communicates with family, Rotary, school, friends
- is introspective



The Ten Commandments of an Exchange Student

1. Take the initiative in adapting to your host family.
2. Be a serious student (you are a student, not a tourist).
3. Establish good relations with your host Rotary Club.
4. Understand and appreciate the host country's culture and values.
5. Reflect and communicate your country's culture and values.
6. Don't try to convert the natives!
7. Don't make unfavorable comparisons between your country and the host country.
8. Practice the utmost courtesy to everyone.
9. Be happy with your lot as a Rotary Exchange Ambassador.
10. Say an enthusiastic "Yes!" to invitations and opportunities to go places and do things.

Summary

It's Not All Fun

In fact, it's hard work being a good Exchange Student.

Make contacts and new friends quickly; get involved; seize all opportunities offered to you.

Remember your commitments, and be on time.

Consider that your views and perceptions may be wrong; be objective.

You must adapt; not your hosts.

How to Get Sent Home Early

Drive a motorized vehicle.

Travel without Rotary permission.

Refuse to attend school on a regular basis.

Don't participate in class, or get failing grades.

Behave in a rude and insensitive manner.

Use alcoholic beverages.

Use drugs which are not prescribed.

Break the laws of your host country.

Show disrespect toward your host family or host Rotary Club or school staff

Become romantically involved.

Get a tattoo, body piercing, or teeth modifications.

Your Support System--You Are Not Alone!

Host families (all of them).

Club Counselor and host club Rotarians.

School teachers, Guidance Counselor, Principal, Vice Principal.

Members of your host district Youth Exchange Committee

Members of your sponsoring club and district Youth Exchange Committee

Have A Great Exchange Year!

What Is Rotary and District 5160?

Rotary International is a world-wide service organization.

- 1.4 million Rotarians in 200 different countries and geographic regions
- 34,000+ Local Rotary Clubs.
- Rotarians are members of a specific Rotary Club.
- Local Rotary clubs are part of a regional or geographic district for leadership and support.
- Each district elects a District Governor and other officers, and organizes district committees. We are District 5160 representing 70 Rotary clubs in north central California.
- Refer to Appendix A (page 26) for more information about Rotary International and District 5160.

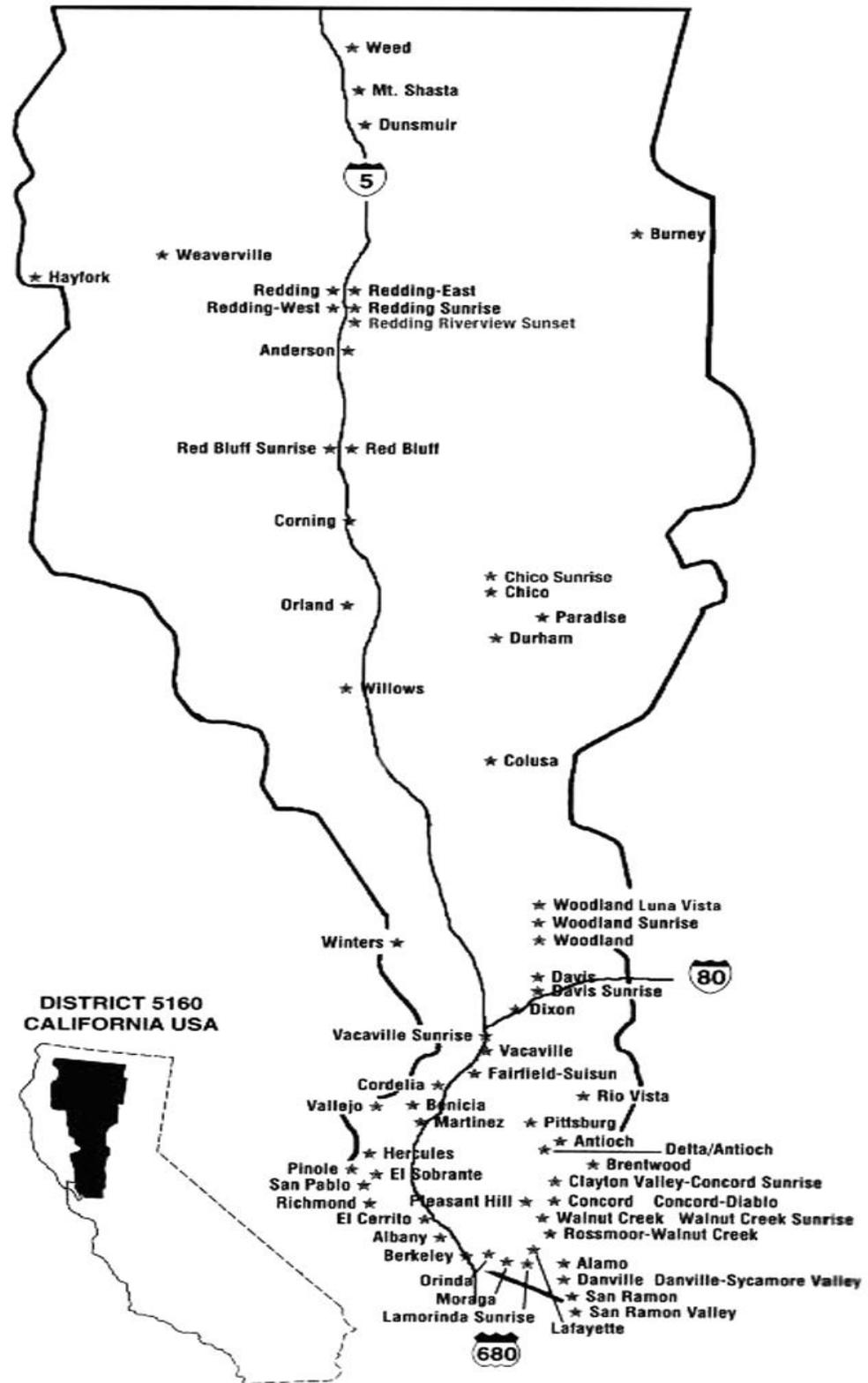
Rotary Youth Exchange is a *District* Program.

- The YE Program is the responsibility of the District Governor.
- The District Governor appoints the District Youth Exchange Chairman to carry out the program.
- The Chairman has the responsibility to coordinate the exchange between the *Sponsoring District* and the *Hosting District*. To facilitate this, the Chairman may appoint an Inbound Coordinator, Outbound Coordinator and Short Term Coordinator who may have assistants.
- Exchange Students agree to abide by the rules established by the *Hosting District*.
- The *Hosting District* is responsible for the orientation and care of inbound exchange students, and may terminate the exchange, returning the student home, for failure to comply with the host district rules or having unacceptable conduct.

Hosting Club will Host the Inbound Exchange Students and...

- Arrange for Host Families.
- Appoint a *Club Counselor* to assist inbound exchange students with day-to-day matters.
- Provide inbound exchange students with a spending allowance.
- Invite inbound exchange students to participate in Rotary Club meetings and activities.

DISTRICT 5160



Rotary Counselors

You have one or more Counselors: Your Youth Exchange Committee Members or *Country Advisor* or your *Rotarian (Club) Counselor* from your Host Rotary Club.

Your **Club Counselor**

- Is a member of your host Rotary club.
- Lives and/or works in the community where you are living.
- Should meet with you regularly.
- Will help you and/or your host family with school registration.
- Should be advised if you have problems with school, family, finances or other matters.
- Should have received your emergency fund (\$300 USD or whatever is required by your host country). The balance of your emergency fund will be returned to you at the conclusion of your exchange year.
- May provide a safe place to keep your passport and return airline paper or e-ticket information.
- Should be considered your *Advocate* -- someone you can look to for support and friendship, as well as for help solving problems.
- Is the Rotarian who must know where you are when traveling. For District 5160 outbound students, please refer to the policies and rules of your host district in the country where you are being hosted to get more specific information about the role of your Club Counselor.

Members of District 5160 Youth Exchange Committee

- Are always available to you to help solve problems.
- Expect to receive from you four quarterly reports (see pages 69-70 for *Youth Exchange Quarterly Report Form*).
- Want to hear from you on a regular basis to know how you are, and especially when there are problems that you cannot resolve with your host Club Counselor, or host family, or District YE Chairman.
- Must be informed in advance of plans for any visits from family or friends from the United States.
- Must be informed and approve of your departure plans at the conclusion of your exchange year.
- Will consider your side of any issue or problem that could affect your exchange, and will recommend action to the Host Youth Exchange Committee based on the Rotary 4-Way Test:
 - *Is it the truth?*
 - *Is it fair to all concerned?*
 - *Will it build goodwill and better friendships?*
 - *Will it be beneficial to all concerned?*

District Conference

A weekend-long meeting of Rotarians, Long Term students and guests from all district clubs to discuss and learn about Rotary and share in fellowship and fun.

- Dates of the outbound student's overseas host District Conference to be announced by your host Rotarian Counselors or Club Presidents.
- All Long Term Rotary Youth Exchange Students are expected to participate in this Rotary event and must attend wearing their blazers.

Tours

- One or more tours may be offered to you in your host country, including some that are regional, some that will visit other parts of the country and some that might travel through other countries.
- Information about tours is usually provided at your Long Term Inbound Orientation.
- All optional tours are usually on a first-come, first-served basis and paid for by the outbound student.
- Some tours may be the final event of the exchange year, coming during June or July.

Departure for Home

- For the long term outbound students, this must take place shortly after completion of your academic term (usually within 2 weeks) unless you are going on a Rotary sponsored tour.
- If going on a tour, return airline departure date should be within seven days of the completion of the tour, but no more than 354 days after your arrival from the US.
- You must have an "open-return" round trip ticket as a requirement of the exchange program. This could be either a paper ticket that your Rotarian Counselor has safely held for you or a paperless e-ticket.
- Begin the airline confirmation process with your travel agency, It's Your World Travel, three months early. Confirm with your host Rotarian Counselor and host family what is the most convenient date for departure and then advise IYWT.
- Respectfully turn down requests from school friends to accompany you to the airport. Save this special and emotional farewell time exclusively for your host parents and/or Rotarian Counselor.
- Departure must occur prior to the expiration of your student visa, but that date does not extend your departure requirement if later than the above.

School Requirements

You are a Youth Exchange Student; school is an integral part of the Long Term Exchange Program (LTEP) and school attendance is a requirement.

- Take course load and classes reasonable for your age and previous education.
- Strive for success in school; complete homework assignments and participate in class.

- Seek help from teachers and school staff, host parents and Club Counselor if having difficulty with school work *before* the problems become too great to manage.
- Exchange students who do not meet minimum passing requirements for courses may be returned home.
- Your new school may offer many activities other than academics; take advantage of these opportunities.
- Daily school attendance is a requirement in most host countries; schools routinely contact parents or guardians of students who are absent. Host parent must approve any absence from school.
- Schools have the authority to expel a student for inappropriate behavior and excessive absence; an expelled Exchange Student no longer qualifies for a student visa and **will** be returned home.
- The hosting school system has sole authority regarding student's eligibility for a High School diploma from the host school.
- Your school back home has sole authority on granting credit for course work completed while on exchange. Get the answers before applying.
- Your behavior and attitude in school will affect the school's willingness to accept future exchange students.
- There is no cost to you for school classes or textbooks; however you are responsible for the cost of school supplies, extracurricular or sports activities if offered, and school uniform (if required by the school).
- Summer short term outbound students have no student J-1 visa and do not attend high school.

Interscholastic Sports

School team sports may not be as important a part of the overseas high school “culture” for boys and girls as they are here in the USA.

- There may be opportunities for after school sports clubs. Check with your host Rotarian Counselor as to the cost and participation.
- Support your local city sports teams by attending games and cheering them on with your host family.

Learning and Speaking the New Language

If your host country language is not your native language, the success of your Long Term exchange year will depend on your willingness to make it *your language* this year!

- Be prepared; your host family may not speak or understand English.
- To be accepted in your host community, you must be able to communicate in the host language.
- As a USA outbound to a foreign country, begin learning several months prior to departure with Rosetta Stone, Pimsler, www.livemocha.com, language classes, etc.
- Ask people to repeat or reword a statement if you do not understand; simply nodding your head does **not** indicate lack of understanding.

- Avoid making friends only with other Exchange Students who speak your native language or school friends who want to improve their skills with English.
- Most Americans and overseas hosting people consider it rude behavior if you and others converse in your native language in the presence of others who do not understand that language.
- Practice your understanding and word comprehension by reading newspapers and listening to "talk" radio stations.
- Practice your pronunciation skills by reading out loud to a friend or host parent and asking them to correct your errors.
- Don't become discouraged with language mistakes you make. Learning any language takes time and patience. We learn by making mistakes, by trial and error.

Travel - A Privilege Not a Right

As a long term outbound, you are in your host country with a *Student Visa*, not a *Tourist Visa*. While you will have opportunities to travel and see much of the country, the rules and conditions you agreed to comply with state that all travel will be acceptable to the Host District Youth Exchange Committee, your host Rotary club and your host parents.

- Travel of any type, distance, and duration must be approved by host parents in advance.
- Do not *tell* them what you are doing; *ask* them if your plans are acceptable.
- Rotary must be informed of where you can be reached at all times in the event of an emergency.
- Access to public transportation may be more limited (and expensive) than you are accustomed to; do not make your transportation desires a burden to your host parents.
- Availability of private autos will be more limited in most host countries.
- Outbound students from District 5160 must make certain that they understand and comply with their host district's Travel Policy. This should be explained at your Inbound Orientation.

American Culture for Outbounds

The America you have seen portrayed in movies and TV shows may be what your hosts actually believe it to be.

- Your hosts may erroneously expect you to wear the same clothes, use the same words, and have the same family values as what they see portrayed in the Hollywood world.
- Observe and selectively adapt your behavior to those around you in specific circumstances. However, remember that your language and mannerisms acceptable with school friends may not be acceptable in your host home.
- Respect and “polite manners” are always appropriate and acceptable in the presence of adults.
- Recognize that there are cultural differences between the US and your host country home; these are not “better” or “worse,” only “different.”
- Share with friends and your host family parts of your cultural background; explain to them what you do differently, and why.

- Ask your friends and family about the cultural differences you observe.
- Read the articles in this handbook, *How to Cope with Culture Shock* in Appendix E (page 33), *The Values Americans Live By* (beginning page 56), and *The United States and the World* (page 64).

Host Families

Your host families (one for short term students and perhaps two, three, or four different families for the long term students) during your exchange have agreed to make you a part of their family during your stay.

- Every opportunity should be taken to correspond with your first host family prior to departure as this helps tremendously in the initial settling-in period in a new environment. Begin corresponding as soon as you know who they are.
- Host parents are your legal guardians, and are responsible for you as delegated by the host District Youth Exchange Committee through your host Rotary club.
- Host parents are *surrogate* parents and have the power to say “no;” you must earn their confidence and trust before expecting flexibility or “freedom” to do things without express approval.
- You will learn about their culture and values through your host family. Through your actions and behavior they will learn about you, your family and your United States.
- You must adapt your habits and behavior to fit with your host family.
- Recognize that your host parents may have different financial conditions than your own family.
- Be open and honest with your host family; if something is bothering you, discuss it.
- Be a **part** of the host family; **participate** in family activities even if they do not interest you.
- Be willing to try new foods and activities.
- Take an active part in household tasks, and **ask** what you can do to help.
- Understand that parental roles (mother vs. father) may be more distinct than in the United States.
- Recognize that host brothers or sisters may be jealous of the attention they must share with you; find common interests with host siblings, regardless of their age, and find reasons for them to be your friend.
- Respect the property and privacy of all family members; avoid getting involved in family matters.
- Treat all family matters as confidential; do not discuss family matters outside the family (gossip).

Questions for “First Night”

Appendix D (beginning on page 31) provides a list of questions to ask about common concerns that Host Families and Exchange Students often have about living with each other.

We provide this list to you to help clarify everyone's expectations and avoid misunderstandings. Your first night with a host family may take place a before you can ask most of these questions. Simply ask a few of them each night.

The answers to these questions may be different from one host family to another. So these discussions should take place soon after you move on to each new family. And by the time you return to your real home next year, you may be so much different than the person who left there, you should go over these questions with your own parents!

Financial Matters

In the same way host families may have a financial condition different from your parents, exchange students have varying financial resources and abilities to manage those resources.

- Parents and relatives should not send personal checks to students overseas; they are often difficult to cash and foreign banks will often charge a high fee for accepting as a deposit or may hold the funds unavailable for weeks while clearing the international banking system. Instead, establish an ATM Master Card or VISA debit account, which your natural parents in the United States may deposit into, that will not incur interest charges or high transfer fees. Then you will not have to carry large sums of money. Be sure you and your parents know what to do if you lose your card.
- Become familiar with the monetary system of your host country before you depart and understand the exchange rate for conversion to, or from, US currency.
- The easiest way to obtain traveling money for use in your host country is prior to departure and online through services like American Express which deliver FedEx to your home. Also, it is much cheaper than airport kiosks.
- You are expected to have sufficient funds, including the spending allowance provided by your host Rotary club, to pay for your personal expenses.
- Host parents are asked to provide you with housing and food, and to include you in family travel and entertainment as they would for any of their children.
- You are expected to pay your own way for outside meals and entertainment when with friends or classmates.
- You must budget your expenditures (clothing, entertainment, travel, etc.) to meet the capabilities of your own resources.
- Avoid extravagant spending habits compared to your friends and classmates, even when you can afford the expenditures.
- The \$300 USD (or more if specified) emergency fund provided to your host Rotarian Counselor upon arrival is not intended to cover non-essential personal spending. Your hosts expect to send you home at the end of your exchange with that \$300 unspent and in your pocket. To and from your host country, carry this money in traveler's checks.
- Discuss finances, money value, and costs with your host parents; they should know how much money you have available for spending and how you have access to it (banking, ATM card, etc.).
- Ask your host Rotarian Counselor to deposit your monthly allowance into your debit card account that you will establish with a major international bank prior to departure from the U.S.

- If you do not receive the monthly spending allowance from your host Rotary club on a regular and timely basis, speak with your host Rotary Club Counselor.
- Be responsible for expenditures made on your behalf by your host parents (postage, telephone bills, purchases made by them at your request, etc.) and pay your debts quickly.
- Avoid borrowing money from others; likewise, avoid lending money unless you are willing to make it a gift.

The Six “D’s” and an “S”

DRINKING

Underage drinking is a significant problem in most societies, and we are not so naive to think you will not be exposed to situations where alcohol is present. But remember that you have a lot more at risk than your friends if the police appear.

- The laws of the State of California prohibit possession or consumption of alcoholic beverages by anyone under the age of 21. You remain a citizen of California while overseas.
- Other countries have similar laws and these will be explained at your inbound orientation by officials of your host district.
- A condition of the exchange program is full compliance with the laws of the host country.
- Do not put someone in your host country in violation of the law by asking for or accepting an alcoholic beverage.
- A Rotary Youth Exchange Student may accept an alcoholic beverage if offered by an adult who is hosting the student in his or her private home; for example, a glass of wine at the dinner table. However, do not feel obligated to accept the offer! You are encouraged to politely decline.

DRUGS

- Possession or consumption of drugs or any illegal substance is expressly prohibited for outbound students. This will be reviewed at your host inbound orientation.
- Any Rotary Youth Exchange student found in violation of this rule will be immediately returned to the U.S. (contingent upon release by legal authorities). **NO SECOND CHANCES.**
- Rotary will **NOT** provide legal representation to defend an exchange student charged with a violation of any host country’s alcohol or drug laws. Defense lawyers are expensive.
- If you are in a car or room where drugs are present or being used by others, **get out!**
- Legally prescribed controlled medications must be identified on your application if brought from the United States. Legally prescribed medications by a physician are permissible; ask if in doubt.

DRIVING

- Exchange students are **NOT** permitted to drive, or be in control of, **any** type of motorized vehicle. For example, bicycles are ok, while mopeds, scooters, go karts, ATV’s and motorcycles are not. Sleds and toboggans are ok, while snowmobiles are not. Tubes, kayaks and paddle boats are ok, while jet skis and motor boats are not. Simple skate

boards are ok, while powered scooters are not. Students are prohibited from piloting or skydiving from any private aircraft. CISI insureds are permitted to drive host family lawnmowers and golf carts with host parent or Rotarian golfers.

- These are prerequisite conditions for participation in the exchange program and for limiting insurance company exposure to excessive medical/accidental injury, death and liability claims costs, thus keeping premiums as low as possible and affordable to all.
- The fact that you may have a California Driver's License does not alter the above rules in any way.

DATING

- Exchange students are NOT permitted to engage in **any** one-on-one dating, to include both opposite and same sex relationships.
- Any romantic involvement, sexual acts or promiscuity during your exchange is prohibited.
- Group social outings of three or more are encouraged.

DISFIGUREMENT

- You are expected to return home at the end of your exchange with no additional body piercings, tattoos or cosmetic dental modifications than when you left. Adding any of these is expressly prohibited during your exchange.
- Hygienic temporary tattoos and face paintings are permissible.

DISRESPECT

- Students will agree to accept the normal authority of host parents, Rotarian counselors, school teachers, and designated adult supervisors at all times.
- Your attitude and response towards these adults must always be respectful, regardless of having any request granted or denied.

THE BIG "S" – SMOKING

- District 5160 is mindful of host family concerns, thus we usually select only non-smoking students. Likewise, students who chew and spit tobacco are usually passed over.
- Smoking and chewing tobacco may be more or less acceptable in your host country than here in California.
- Smoking and chewing tobacco might very well be prohibited on public school grounds in your host country.
- Depending on country, smoking may be prohibited in most public buildings, restaurants, stores, etc.
- As in several California counties, smoking may be prohibited by local ordinances within 20 feet of most public doorways or entrances.
- Both habits may associate you with the wrong crowd in school, even if those kids are not like you.
- If not stated on your Rotary Application, tobacco considerations may have been a factor in your selection by host families.
- If you are thinking about smoking or chewing tobacco, think more about the negative health consequences of developing these habits.

Contacts with Home

When you applied to be an exchange student, you agreed to be an active participant in your host community, not just a visitor. This requires total immersion into your new host country. Frequent contact with home can delay or even prevent this. This does not mean you should ignore or abandon your family and friends in the United States. Just keep things in balance. Exchange students who put too much time and effort into communicating back home, forgetting about everything that is happening where they are now, find themselves becoming observers or reporters, not participants in the culture they came to learn about.

- Occasional (every few weeks) newsy letters to your parents will let them see your new world through your eyes, and provide them with keepsakes.
- Avoid, “I’m homesick and want to come home” letters or emails. By the time your parents receive it, you will likely have changed your mind but now will have caused them needless concerns.
- Telephone calls to home should be limited to no more than once every 3-4 weeks and kept brief; letters can say a lot more for a lot lower cost.
- E-mail is an effective way to communicate brief urgent information (“I need money” or “I received your package with Christmas gifts”), and is less expensive than long-distance telephone charges. But do not let email or on-line instant messaging consume your time. Limit emails, Skype, instant messaging, and general non-school computer time to no more than one or two brief sessions per week.

Visits from Home

For the long term outbound students, a visit by your parents and siblings during the last few months of your exchange year could be an opportunity for them to see what you have been experiencing, meet all of your host families and new friends, and for you to display your knowledge of your host country, culture and language. However, please be advised that:

- Such visits are not encouraged by Rotary.
- Family visits should take place *no earlier than* the final three months of your exchange year.
- Family visits *should not* conclude with *your* scheduled return home. Keep it separate.
- Family visits *shall not* be planned for the Christmas Holiday period; no exceptions.
- Family visits should not be planned that will involve lengthy absences from school for you, or that will impose a burden on host families.
- Any planned visit from home *must* be discussed with, and acceptable to, the affected host family, the host Rotary Club Counselor and both your host and sponsor District Youth Exchange Chairs; *surprise visits are not acceptable.*
- Visits by friends or distant relatives that involve more than an incidental involvement by you *are strongly discouraged.* *Permission for travel* as part of such visits will be denied under most circumstances.
- In many instances it is the natural parents who wish to make a visit and not necessarily their son or daughter who wishes to receive them. Parents are advised to consider

making a return trip a couple of years later with their son or daughter as tourists with no Rotary program rules or stress.

Relationships

You will benefit the most from your exchange year by making as many friends as possible, both male and female.

- Avoid serious romantic relationships. **You** will have to go home at the end of your year, and this will make departure even more difficult. You have agreed in your application to abstain from sex.
- Avoid including only other exchange students in your circle of friends. While you have much in common, you can learn more about your host country and new language from your school friends.
- To have friends, you must first be a friend.
- If you left a serious boyfriend or girlfriend back home, recognize that you will both change a lot in a year.
- Putting that relationship on hold during your exchange year will allow you to focus on where you are, not where he or she is.
- Seek input from your host family, teachers and other adults on the character of individuals you would like to be friendly with, and include their advice with your own observations.

Homesickness

Most exchange students will experience this feeling sometime during the exchange year.

Know that an emotional roller coaster is normal. Expect highs and lows.

- What feelings to look for: desire to be by yourself; losing control of your emotions; just feeling lousy.
- What to do about it: get and stay busy; talk about your feelings (teacher, host parent, Rotary Counselor, others); write a letter home and put it under your pillow; not in the mailbox!
- What **not** to do about it: don't ignore your feelings; don't try eating your way to happiness; don't call home.

Behavior/Manners

Good/bad manners and acceptable behavior are not necessarily universally defined; what is/is not acceptable in California may not be the same in your host country.

- "Please" and "Thank you" are important and powerful words.
- You may have had more (or less) freedom to do as you wished at home compared to the requirements of your host parents. Understand and follow the requirements here and now.
- Showing respect will earn you respect.
- Your good behavior and positive attitude will benefit future exchange students. The

decision by schools, Rotary clubs, and families to host future exchange students after you will depend on their fantastic experience with and cooperation received from you!

Telephone and Internet Use

Long-distance (toll) calls and internet access time can be expensive; even when you can afford the phone costs or the family has unlimited access, extensive use by you prevents use by others in the family.

- Understand what distance from your host home becomes long-distance for the phone company. Even within our District 5160, calls to many of the exchange students' homes will be toll calls.
- Understand in advance what restrictions and freedoms you have for using the family telephone, for incoming and outgoing calls, local or long-distance, charged or collect.
- Know what times of the day incoming calls are not acceptable (i.e. during dinner, after 10 pm, etc.), and inform your family and friends of those time restrictions. Remember time zone differences!
- If the host family allows your calls to be billed to their phone account, be ready to pay the costs once known.
- Know which calls are your responsibility (especially those made within the host area).
- Use internet time sparingly, and only with permission.
- Ask your host family if the computer uses the same telephone line as the voice phone, and if their internet access provider charges a flat rate or by-the-minute. Either could be an inconvenience or cause additional expenses for the host family.
- Even when use of the computer doesn't cost extra or tie up a phone line, others cannot use the computer when you are surfing the net for fun; so be considerate of others.
- Using either home or school computers to view inappropriate or pornographic material on the Internet or emailing inappropriate material to or from others is strictly forbidden, and is often monitored and recorded.
- A cell phone may be provided to you. If so, discuss with your Rotarian Counselor what calls you must pay for. Be aware of your high school's cell phone rules. Using cell phones to send and receive inappropriate text or sexting material is expressly forbidden.
- Do not disgrace your Rotary Youth Exchange program by posting inappropriate comments or pictures on Face Book, My Space, Twitter, etc. Even if you were just showing-off and posted it in jest, we have adopted the policy, **"if you post it, you did it."** This could result in the termination of your exchange with an embarrassing return to the United States.
- Remember that every minute spent in electronic communication is one less minute available to interact face-to-face with new friends and interesting people. Your family and Rotary have gone to great expense to place you in the midst of a once-in-a-lifetime opportunity. Don't waste it.

Medical/Accident Insurance

This information applies only to the insurance policy offered through District 5160 Youth Exchange; Cultural Insurance Services International (CISI-Bolduc).

- This Insurance provides payment or reimbursement for emergency and urgent medical treatment due to illness or injury.
- Insurance will cover most of the medical cost after meeting the deductible amount for a one year period from your departure date.
- The exchange student and/or natural parents; not the host parents or host Rotary club, are responsible for all medical expenses regardless of being covered by insurance.
- Medical visit deductibles fronted by host parents are to be reimbursed from the \$300 USD (or more if required) emergency fund and quickly replaced by the exchange student's natural parents.
- Policy, information and claim forms are routinely emailed to Counselors and/or host families.
- Students are required to carry in their wallet the insurance information ID cards.
- Should you require medical attention, present your wallet insurance information card at the doctor's office or hospital. This will ensure that the claim will be sent to CISI and enable them to properly identify you as a covered participant under the Rotary Youth Exchange plan.
- See prior emailed literature and claim forms from CISI-Bolduc for instructions if you prefer to file your own insurance claim.
- For additional assistance, ask a host parent, Club Counselor or Inbound/Outbound Coordinator.

“Doctor’s Advice” About Health Problems

Physical illness may accompany the emotional ups-and-downs exchange students experience. Knowing where to turn when away from home and feeling ill can make things a lot easier to deal with.

- Discuss medical conditions and symptoms with your host parents.
- Your Club Counselor and Country Advisor can often help.
- Most high schools have nurses and other medical personnel on staff who understand medical problems faced by young people.
- Many Rotary clubs have medical professionals in their membership; but if your Club Counselor does not recommend a particular doctor, ask your host parent to recommend one.
- Doctors cannot help you with medical problems unless you provide all relevant information to them; your confidence will be protected.

Communicating

How you communicate with others is often more important than *what* you communicate.

- Body language, eye contact, private-space invasion, and hand movement all have meaning and may be different from the meanings you learned at home.
- A smile on your face can affect how your message is received by others.
- Be proud of your home country when telling others about it; do not feel the need to apologize for the actions of your countrymen, past or present. (See *U.S. and the World*,

page 64).

- Have one or two small photo albums with you when visiting other homes to share pictures of your country, family and friends.
- Maps and brochures or booklets showing scenes from your country will help others learn about your country; take them with you and share them often.
- The more you speak with others about your country, the more knowledgeable you will become, and the more comfortable you will be speaking in front of groups.
- Accept every invitation to do something or go someplace that you can; do not decline invitations because the activity is not familiar to you or not your favorite. You may not get a second chance.
- Many people from outside the United States know only what they see about our country through the lens of a movie or TV camera and think anywhere in California is Disneyland or surfing at the beach every day! As an outbound exchange student one of your roles will be to change this misconception by learning about California/U.S. and host country's culture, government and politics.
- You must become familiar with your host country **before** you arrive there. **Read and re-read a \$4 individual host country report from Culture Gram (order online from www.culturegrams.com).** Make special note of the cultural attributes described and how they differ from the United States. Of course there are libraries and the internet to find more information. Purchase two detailed maps of your host country showing the cities, roads and topography especially of the area you'll be living in; one to take with you and the other to leave home so your natural parents can locate places you mention in your letters & emails.

Showing Your Appreciation to Others

There are many ways to express the thought "Thank You" besides saying the words.

- Take a minute of your time to write short "thank you" notes to anyone who invites you out, takes you to a special event, gives you a gift or shows you a kindness in any way.
- Picture post cards from your home country are especially appreciated and appropriate; if you don't have some with you now, ask your parents to send you a dozen or so as soon as possible.
- Postcards combine your personal thanks with a visual part of your country; and, because the space for writing is limited, you don't need to write a whole lot!
- You should have a special gift from home for each of your host families. Also remember holiday and birthday presents. You do not need to bring all these gifts with you and often you'll need time to learn what will make a great gift for a host family. Select an appropriate time to give the gift, and make it a special, thoughtful and warm occasion for you and the host family.
- Find out birth dates for members of your host families, and remember them with a card and a call or visit if you've moved on by that date.
- Gifts need not be expensive to be cherished by the recipient; hand-made or unique items from your sponsor country show you put some time, not just money, into your gift and will mean a lot more to them.
- Exchange pins and Rotary business cards with your friends and Rotarians you meet.

District 5160 will provide you, as an outbound student, with some youth exchange lapel pins, a name badge, and a blazer.

- Your Rotary picture business cards are a great way to introduce you and make new friends. Give them out to Rotarians, friends and other students. The cards also have your sponsor country flag and the name of your host country, plus contact information with space for writing your current host family address.
- Take with you as an outbound student a CD and good quality picture album of your home, family, friends and community for use in presentations in your host country. These will be well-received in Rotary clubs, school classes, church groups and many others in your new host country.

Get Yourself Involved

You have control over how involved you become in the life of your community, including your host homes, school, sports, clubs, church, Rotary and community activities. The sooner you fill your day with activity, the faster homesickness will be a feeling of the past!

- Become an integral member of your host family; don't wait to be asked to help with daily chores; look for things to do, and then do them.
- Spend quality time in the evenings and weekends with the host family, not in your room.
- In school, join a sports team, school club, band, or try out for a part in the school plays; the more school activities you get involved in, the more friends you will have.
- Ask to speak to language and social studies classes about the United States and the opportunities of a student exchange program.
- Offer to speak to church and community groups about California and the U.S.; if you have slides for a program, use them often to share the beauty of your country.
- Seek out volunteer opportunities in your community (hospitals, nursing homes, senior citizen centers, elementary schools, etc.) and share some of your time; ask some Rotarians for ideas and people to contact.
- Become an **Ambassador** with in-depth knowledge of California and the U.S. Photo albums from the USA are a good conversation starter for host families and other people you visit in your host country. Include pictures of your family, home, school, friends, special interests such as school clubs and sports activities, historical and scenic points of interest near your home, plus state and national points of interest. Be sure you know what each represents and be ready to talk about them. Have with you a good foldout roadmap of California and the U.S.

Contact with Your Host Rotary Club

The District Youth Exchange Committee has placed you with your hosting Rotary club because they asked to host a student this year.

- As soon as you are notified of the name of your host Rotary club, you should write a letter of introduction to your host Rotarian Counselor. Include information about yourself, your interests and a current picture, since you may look different from your application picture a year earlier. This is a good opportunity to ask about school, school clothing/uniforms, climate, activities, etc.
- Each Rotary club has its own "personality," which can change as its membership changes.

- Your host club's meetings will probably be very different than the meetings of the District 5160 Rotary club that is sponsoring you.
- Ask your Club Counselor about attending Rotary meetings; expectations may vary, but you should attend meetings at least monthly.
- Your Club Counselor should have you excused from school or for being late if your Rotary club meets for breakfast or lunch.
- When you attend Rotary meetings, try to meet each Rotarian and let them get to know you.
- Actively participate in your Rotary club's activities.
- You will be expected to provide a program about your country or your exchange experiences for a club meeting.

Reports to the District Committee

In the Long Term Exchange Program (LTEP) only, you are required to provide four quarterly reports to our District 5160 Youth Exchange Committee during your year overseas as an outbound student. We want input from you on the progress and success of your exchange.

- Be up front with us; tell it like it is. We may be able to help.
- If you are having difficulty with your host family, Club Counselor or others, that you have not been able to resolve, we will attempt to help resolve the problem without violating your confidence.
- If a problem is serious, don't wait until report time to alert us. Pick up the phone and call!
- We can't help you if we don't know something is bothering you!
- You should copy your quarterly report and send it to both your sponsor club YEO and host club Rotarian Counselor so all know of your progress.
- See pages 69-70 for the *Youth Exchange Quarterly Report Form*; use one for each of four quarters.
- Quarterly reports are not required for Short Term Exchange Program (STEP) or New Generations Exchange (NGE) students.

Appendix A – What is Rotary?

The History of Rotary

Rotary was born on February 23, 1905 in Chicago, Illinois, the world's first and most international service club. The founder of Rotary was attorney Paul P. Harris (1868-1947), who gathered with three others to discuss his idea of a group of businessmen from different professions getting together periodically to become better acquainted. They decided to limit membership to one representative of each profession and to rotate the meeting site among each member's place of business, to acquaint each other with their various vocations and to promote business. The rotation of meeting places is the source of the name "Rotary".

Club membership grew rapidly. The second Rotary Club was founded in San Francisco in 1908. When clubs were formed in Canada and Great Britain, in 1912, Rotary became an international organization.

Since 1905, the ideas of Paul Harris and his friends have become ideals which have been accepted by people of practically all nationalities, and of many political and religious beliefs. Today there are Rotary Clubs in Austria and American Samoa, in Brazil and Brunei, in Italy and India, in Scotland and South Africa—in some 170 countries. The universal acceptance of Rotary principles has been so great that there are now more than 28,000 Rotary clubs, with a membership of over 1.2 million men and women.

Rotary Motto and Themes

Rotary International has adopted as its motto, "*Service Above Self*". A second theme of Rotary is "*He profits most who serves best*". Additionally, each year the Rotary International President coins a theme for that Rotary year.

Rotarians throughout the world quote the Four Way Test of the things we think, say or do:

1. **Is it the TRUTH?**
2. **Is it FAIR to all concerned?**
3. **Will it build GOODWILL and BETTER FRIENDSHIPS?**
4. **Will it be BENEFICIAL to all concerned?**

Rotary in North Central California

Each of the more than 34,000 Rotary clubs in the world is a member of Rotary International. Rotary is divided into 521 Districts, each of which is headed by a District Governor. We are District 5160 which consists of 68 clubs in north central California. The first Rotary club in our part of the state, the Rotary Club of Oakland, was the third organized in the world in 1908, just two years after Rotary began in Chicago.

Our District includes the cities of Berkeley, Richmond, El Cerrito, San Ramon, Danville, Orinda, Lafayette, Moraga, Walnut Creek, Pleasant Hill, Concord, Clayton, Antioch, Pittsburg, Brentwood, Martinez, Vallejo, Fairfield, Vacaville, Woodland, Davis, Chico, Redding, Red Bluff, Dunsmuir, Weed and many in between. The District is situated primarily in a north-south orientation along the Interstate 80, 680 and 5 corridors.

The District Governor, and all officers of Rotary on the international, district or club level, serve for a Rotary fiscal year that runs from July 1 to June 30.

A number of district-level committees are organized to provide sponsorship or support for Rotary functions and initiatives that involve Rotarians from across our District. The Youth Exchange Committee, or YEC, is an example

of a District Committee.

The Rotary Foundation

In 1917, the Rotary Foundation was born. The Rotary Foundation is a philanthropic trust promoting further understanding and friendly relations between peoples of different nations. The Foundation sponsors eight peace centers located around the world, scholarship programs, and numerous projects to improve health and living conditions throughout the world. It has been a primary funding source for Polio-Plus, a Rotary International project to eliminate polio from the world.

Rotary at the Local Level—the Rotary Club

The "personality" of each Rotary club is a reflection of the community it serves and the membership of that club. Even within our own District, club size ranges from less than two dozen members to well over two hundred members. Rotary clubs meet weekly throughout the year; some for a breakfast meeting, others during lunch or dinner. Some Rotary club meetings are quiet and serious, staying to a tight schedule so the members can

return to work on time, while other club meetings are less formal and structured.

Exchange students often find that the Rotary club **hosting** them will be very different from the Rotary club **sponsoring** them, and both will be very different from other Rotary clubs they may have the opportunity to visit during their exchange year. But Rotarians around the world all share the common philosophy of Service to Others, and as hosts to an exchange student, they are there to help provide a successful exchange experience.

As with most organizations, Rotary clubs are led by officers who are elected by the membership for one year terms, beginning on July 1; the beginning of the Rotary Year. The officers include the Club President, Secretary, Treasurer, Vice-President and/or President-Elect, and Directors. Rotary clubs participating in the Youth Exchange Program generally appoint a Youth Exchange Officer or YEO to oversee that program. That Rotarian or another member of the host Rotary club will be designated as the exchange student's Club Counselor. This Rotarian serves as the primary liaison between the Rotary club, the exchange student and the host families.

Appendix B – Program Rules and Conditions of Exchange

The following two pages contain the sponsor Program Rules and Conditions which all exchange students and their parents agreed to follow as part of the beginning application process to the exchange program. These are the “universal” set of common sense rules that all Rotary District Youth Exchange programs expect the student to comply with as a beginning condition of the Exchange. These basic reference rules serve only as a template to augment the expected final and more explicit rules defined in more detail by the host Rotary Districts. Thus, other than the “Additional Program Rules and Conditions...” the remaining rules on these two pages are subordinate to others on the same subject in this D5160 Host District Orientation Handbook.

Program Rules and Conditions of Exchange

As a Youth Exchange Student sponsored by a Rotary club and/or District, you must agree to the following rules and conditions of exchange.

Strict Rules and Conditions of Exchange — Violations will result in student’s immediate return home.

- 1) Obey the laws of the host country — If found guilty of violation of any law, student can expect no assistance from their sponsors or their native country. Student will be returned home as soon as he/she is released by authorities.
- 2) The student is not allowed to possess or use illegal drugs. Medicine prescribed by a physician is allowed.
- 3) The student is not authorized to operate a motorized vehicle of any kind which requires a federal/state/provincial license, or to participate in driver education programs.
- 4) The illegal drinking of alcoholic beverages is expressly forbidden. Students who are of legal age should refrain. If the host family offers a student an alcoholic drink, it is permissible to accept it under their supervision in their home.
- 5) Stealing is prohibited. There are no exceptions.
- 6) Unauthorized travel is not allowed. Students must follow the travel rules of the host District.
- 7) The student must be covered by a health and life insurance policy agreeable to the hosting District.
- 8) The student must attend school regularly and make an honest attempt to succeed.
- 9) The student must abide by the rules and conditions of exchange of the hosting district provided by the District Youth Exchange Committee.

Common Sense Rules and Conditions of Exchange — Violations will result in a district review and restrictions. Severe/Consistent disregard for these rules will result in being returned home.

- 1) Smoking is discouraged. If you state in your application that you do not smoke, you will be held to that position throughout your year. Your acceptance and host family placement is based on your signed statement. Under no circumstances are you

- to smoke in your Host Family's bedrooms.
- 2) Become an integral part of the host family, assuming duties and responsibilities normal for a student of your age and other children in the family. Respect your host's wishes.
 - 3) Learn the language of your host country. The effort will be appreciated by teachers, host parents, Rotary club members and others you meet in the community. It will go a long way in your gaining acceptance in the community and by those who will become lifelong friends.
 - 4) Attend Rotary-sponsored events and host family events. Show an interest in host family and Rotary activities to which you are invited. Volunteer to get involved; do not wait to be asked. Lack of interest on your part is detrimental to your exchange and can have a negative impact on future exchanges.
 - 5) Get involved in your school and community activities. Plan your recreation and spare time activities around your school and community friends. Do not spend a large amount of your time with the other exchange students.
 - 6) Choose friends in the community carefully. Ask for and heed the advice of host families, counselors and school personnel in choosing friends.
 - 7) Do not borrow money. Pay any bills you incur promptly. Ask permission to use the family telephone, keep track of long distance calls, and reimburse your host family each month for the calls you make.
 - 8) Travel is permitted with host parents or for Rotary club or district functions authorized by the hosting Rotary club or district with proper adult chaperones. Other travel must be approved by the host district contact, host club, host family and student's own parents/legal guardians in writing exempting Rotary of responsibility and liability. Students may not travel alone or accompanied only by other students.
 - 9) If you are offered an opportunity to go on a trip or to an event, make sure you understand any costs you must pay and your responsibilities before you go.
 - 10) You must show proof of proper immunization. See page 4, question 5 — *Immunizations* in your YE Application.
 - 11) Students should have sufficient financial support to assure their well-being during the exchange year. Your hosting district may require a contingency fund for emergency situations. It must be replenished by the student's parents/guardians as it is depleted. Unused funds at the end of the exchange will be returned to the student. These funds must be turned over to your host Rotary club upon your arrival and is not meant to cover day-to-day expenses.
 - 12) Any costs relative to a student's early return home or any other unusual costs (e.g., language tutoring, tours, etc.) shall be the responsibility of the student's own natural parents/guardians.
 - 13) Students must return home directly by a route mutually agreeable to the host district and student's parents/guardians.
 - 14) You will be under the hosting District's authority while you are an exchange student. Parents/guardians must avoid authorizing any extra activities directly to their son/daughter. The host club and District Youth Exchange officers must authorize such activities. If the student has relatives in the host country or region, they will have no authority over the student while the student is in the program.
 - 15) Visits by your parents/guardians, siblings and/or friends while you are in the program are strongly discouraged. Such visits may only take place with the host club and host district's consent and only within the last quarter of the exchange or during school breaks. Visits are not allowed during major holidays, even if occurring during school breaks.
 - 16) Avoid serious romantic activity. Abstain from sexual activity and promiscuity.

Appendix C – Travel Policy for Outbound Exchange Students from District 5160

This is a cultural and educational exchange, NOT a travel exchange. Exchange students should have no expectations of being a tourist. The host Rotary club and host families are under no obligation to provide or permit it. However, some travel through the generosity of and with the host Rotary club, individual Rotarians and host families is encouraged. **Under no circumstances shall students make their own travel arrangements and then expect the host club and host family to agree. Outbound exchange students must comply with this policy, and host families are asked to enforce it. Violations of this policy may be grounds for terminating the exchange, and returning the student to California immediately.**

IN ALL CASES, THE STUDENT MUST POSSESS WRITTEN APPROVAL FROM THEIR NATURAL PARENTS AUTHORIZING TRAVEL DURING THE EXCHANGE YEAR.

The reason for these rules is simple. Your host Rotary District Youth Exchange Committee, Host Rotary club and Host Parents are responsible for students while in your host country. Also, they must know where students can be reached in case of an emergency message from the United States.

Individual travel approvals will vary based upon many factors. Host parents will ask themselves if the travel is something they would allow their own son or daughter to do. Further, common sense must be a guide. For example, students are not allowed to get together with other exchange students every weekend, as this is a detriment to them and the program. You chose to be an exchange student to meet and learn about people from your new host country. Further, the travel desires of an exchange student should not place a burden on the host family.

A local travel inquiry with 2 weeks or more advance notice to your Rotarian Counselor and host family is considered common courtesy and optimal.

For non-Rotary Youth Exchange travel outside the local area surrounding your host district, it is most likely that 4 weeks lead time is needed for your host RYE leadership team to grant approval.

In summary, so there is no misunderstanding:

THERE WILL BE NO TRAVEL ALLOWED THAT HAS NOT BEEN APPROVED BY YOUR HOST PARENTS, CLUB COUNSELOR AND YOUR HOST DISTRICT YOUTH EXCHANGE CHAIRMAN OR HOST DISTRICT INBOUND COORDINATOR IN ACCORDANCE WITH THESE RULES.

We are not trying to prevent you from traveling nor to reduce your fun. However, Rotary is responsible for your safety, and therefore must know where you are, at all times.

Appendix D – Questions for “First Night” with Host Family

1. What do I call you? “Mom,” “Dad” or your given (first) name?
2. What am I expected to do daily to help out around the house other than:
 - a. Make my bed
 - b. Keep my room tidy
 - c. Clean the bathroom up after I use it?
3. What is the procedure about dirty clothes? Where do I keep them until wash day?
4. Should I wash my own underclothes, towels and bedding?
5. What is the procedure if I need to iron my clothes?
6. May I use the iron, washing machine, clothes dryer, sewing machine, etc.?
7. Where can I keep my bathroom accessories?
8. When is the most convenient time for me to use the bathroom on weekday mornings?
9. When is the best time for me to shower or bathe?
10. When are mealtimes? What shall I wear? Is there anything I should not wear at the dinner table?
11. May I have a regular job at meal times? Set, clear, wash, dry the dishes, the garbage?
12. May I help myself to food and drinks (non-alcoholic) at any time or must I ask first?
13. What areas are strictly private e.g. your study, bedroom, pantry, etc.?
14. May I put posters and pictures in my room? On the wall? How do you want things hung up?
15. May I help you take care of your pets?
16. Do you object to my having a glass of wine or beer at the dinner table if offered by you?
17. What time must I get up weekday mornings?
18. What time should I get up weekends and holidays?
19. What time must I go to bed weekdays? Weekends?
20. What time must I be in on school nights if I go out? (Exceptions by special arrangement).
21. What time must I be in on weekends if I go out? How often may I go out?
22. What dates are the birthdays of family members?
23. May I have friends occasionally stay overnight? How far in advance should I ask you?
24. What is your rule on entertaining friends in my room? With the door closed or open? Quiet?
25. Can I invite friends over during the day? After school? When no one else is home?
26. What are the rules about phone calls? Local? Long distance? Overseas? How and when may I pay for calls I make?

How do you want me to keep track of my pay telephone calls?

27. What are the rules about access to the Internet and email if there is a computer in the house? Are there time limits or time periods that use is permitted or prohibited?
28. May my friends call me? What times are not good? Do you prefer them calling to my cell phone?
29. What is the procedure about posting regular mail? May I buy stamps from you or the post office?
30. Do any of you have any pet dislikes? e.g., chewing gum, music types, being late, wearing curlers or a hat indoors or at the table, being interrupted while reading, TV too loud, talking or texting on cell phones, etc.
31. How do I get around? Bus, bicycle, be driven, riding with friends, etc.
32. What about transportation to the mall or movies?
33. May I play the stereo or TV?
34. May I use kitchen appliances? Microwave? Dishwasher? Stovetop? Oven? Blender? Waffle iron? Toaster?
35. What are the rules about going to church? May I attend occasionally? With you? Or by myself?
36. As stated on my application, I do not smoke. May I sometimes go in my bedroom and close the door if you smoke?

(Rotary discourages smoking and tobacco use in general and forbids smoking in bedrooms)

37. If I have something bugging me, how do you want me to handle it?
 - a. Write a note explaining it.
 - b. Ask for a heart to heart discussion.
 - c. Tell my Rotarian Counselor.
 - d. Keep it to myself and live with it.
38. May I arrange to attend Rotary each week? Or bi-weekly? Can you help with transportation or should I ask my Rotarian Counselor?
39. Who pays for “event” expenses? Me? You? Rotary? (movies, sports events, concerts/shows)
40. Can I use the shampoo and toothpaste or buy my own?
41. What do I do about school lunch? Buy at school? Who pays? Me, you or Rotary? Or may I bring from home?
42. Are there any eating habits or foods I need to discuss? I am open to trying new foods but don’t usually like to eat _____ in my home country.

In general, ask about those things you feel are most important the first night, and then other questions over the next couple nights. Try to always keep an open and honest communication with your Host Family and Rotary.

Appendix E – How to Cope with Culture Shock

by Arthur Gordon

As the world grows smaller, as ever-increasing numbers of people travel, work or study abroad, more attention is being focused on a kind of silent sickness that often afflicts the inexperienced traveler or the unwary expatriate. It's the loss of emotional equilibrium that a person suffers when he moves from a familiar environment where he has learned to function easily and successfully to one where he has not. The term used to describe this malady is "culture shock".

The effects of culture shock may range from mild uneasiness or temporary homesickness to acute unhappiness or even, in extreme cases, psychological panic, irritability, hypersensitivity and loss of perspective are common symptoms. Often the victim doesn't know what's the matter with him. He just knows that something's wrong -- and he feels miserable.

Most experts in inter-cultural communication agree that the basic cause of culture shock is the abrupt loss of the familiar, which in turn causes a sense of isolation and diminished self-importance. "Culture shock", says anthropologist Kalvero Oberg, "is brought on by the anxiety that results from losing all our familiar signs and symbols of social intercourse. these signs or cues include the thousand and one ways in which we orient ourselves to the situations of daily life: when to shake hands and what to say when we meet people, when and how to give tips, how to give orders to servants, how to make purchases, when to accept and when to refuse invitations, when to take statements seriously and when not."

According to Dr. Oberg, these cues, which may be words, gestures, facial expressions or customs, are acquired by all of us in the course of growing up and are as much a part of our culture as the language we speak or the beliefs

we accept. All of us depend for our peace of mind on hundreds of these cues, even though we may not be consciously aware of them. "When an individual enters a strange culture," Dr. Oberg says, "all or most of these familiar cues are removed. he or she is like a fish out of water. No matter how broad-minded or full of goodwill he may be, a series of props has been knocked out from under him."

Sometimes the transition to an alien culture has an immediate impact. A short term American visitor to certain Eastern European countries may find himself dismayed or depressed by living conditions that seem perfectly normal and acceptable to the people of that country - toilets with no seats, for example, or even more primitive bathroom facilities. It may come as a real shock to a teenager from Texas to find that hamburgers are non-existent, or, that local hairdressers never heard of plastic curlers.

More insidious is what might be termed delayed culture shock. Often when a person takes up residence in a foreign country there's a period of excitement and exhilaration when everything seems new and challenging and fascinating. If one has friends of business connections one may be asked to dinner, taken sight-seeing, made much of -- at first. Also, in the beginning similarities between cultures are more apparent than differences. Almost everywhere people live in houses, go to work, relax on week-ends, do the shopping, eat three meals a day and so on. All this seems reassuring.

It's not until this honeymoon period ends that the newcomer begins to realize that there are endless subtle differences that leave him facing a host of perplexing problems. Many of these problems never bothered him at home, because they solved themselves almost automatically. Now, to his increased dismay, he finds that he has language troubles, housing troubles, money

troubles, transportation troubles, food troubles, recreation troubles, perhaps even health troubles. All of these things drain away his reservoir of good-humor and equanimity. Having his laundry done may become a major struggle. Making a telephone call may be a small crisis. It may seem to him that people say yes when they mean no and promise to do things which they never do. Time may be regarded quite differently by the people among whom he finds himself. So may space, in some countries people like to stand very close together when they converse, in others this violates a deep-rooted sense of privacy.

Underlying all these difficulties is the uncomfortable feeling of not really belonging, of being an outsider. In changing cultures, the newcomer has inevitably changed his own status. At home he was "somebody", or at least his place in society was established and recognized, here he is relatively "nobody". As a foreigner, he is a member of a minority whose voice counts for little or nothing. He may find that his homeland, so important to him, is regarded with suspicion or dismissed as unimportant. In short, as one observer put it, he finds himself in "circumstances of beleaguered self-esteem".

A mature, confident person may be able to shrug off these circumstances. But if the newcomer is insecure or sensitive or shy, they may seem over-whelming. Furthermore, as troubles pile up and he begins to look around for help, he may conclude that the natives of the country in which he finds himself are either incapable of understanding his plight or are indifferent to it. This in turn triggers the emotion that is one of the surest signs of culture shock: hostility to the new environment. The victim says to himself, "These people don't seem to know or care what I'm going through. Therefore they must be selfish, insensitive people. Therefore I don't like them."

Inevitably this reaction tends to increase the isolation of the unhappy visitor because people

sense his antagonism and begin to avoid him. When this happens, he may seek out other disgruntled souls, usually expatriates like himself, and find melancholy relief in criticizing all aspects of the host country. These discussions almost never lead to any honest evaluation of the situation or awareness that the difficulty may lie in the attitude of the critics themselves. They are simply gripe-sessions in which the virtues of the home country are exaggerated almost as much as the alleged failing of the country being visited. As Dr. Oberg says, "When Americans or other foreigners get together to grouse about the host country and its people, you can be sure they are suffering from culture shock."

Sometimes the victim of culture shock may go to the other extreme, surrendering his own identity and trying to imitate all the customs and attitudes of the alien culture. Or he may try to solve the problem by withdrawing into himself, refusing to learn the native language, making no effort to find friends among the local people, taking no interest in their history, art, architecture, or any other aspect of their culture. While in this state of mind he may display a variety of unattractive symptoms. One is a tendency to over-react to minor frustrations or delays or inconveniences with irritation or anger out of all proportion to the cause. Another is to be unduly suspicious, to think that people are out to cheat or swindle him because he is a foreigner. Yet another is over-concern about cleanliness, an unwarranted conviction that water, food or dishes are unsanitary when in fact they are not. Often the person is unaware of the extent to which he is displaying these symptoms.

He does know, however, that he is miserable and that the casual remedies recommended to him --- patience, hard work, mastery of the language and so on -- don't seem to do much good. Sometimes he will develop a marked degree of over-dependence on people from his own country who have passed through their own period of culture shock and are residing successfully and happily in the host country. If

they in turn can display wisdom, patience and understanding of his symptoms, they often are able to shorten the span of his misery.

One reason the unhappy expatriate gravitates toward his own countrymen is that in their company he can at least feel sure of being understood. Underlying much of his confusion is the fact that even if he speaks the language of the country there remain endless opportunities for misunderstanding. All experts in communication emphasize the fact that language and voice are by no means our only form of communication, they are supported by hundreds of gestures and facial expressions that are easily misinterpreted.

Yet another stumbling block that compounds the problems of culture shock is the tendency of many people to think of members of other cultures in terms of stereotypes. The excitable Arabs. The amorous French. The touchy Italians. The lazy Latinos. The volatile Hungarians. The materialistic Americans. Some psychologists think that anxiety-prone people cling to stereotypes because it lessens the threat of the unknown by making the world predictable... and what the victim of culture shock needs desperately is a familiar, predictable world.

Almost always, fortunately, symptoms of culture shock subside with the passage of time. The first sign of recovery may well be the reappearance of the victim's sense of humor; he begins to smile or even laugh at some of the things that irritated him as much at first. As familiarity with local language and customs increases, his self-confidence and self-esteem begin to return. He comes out of his shell and makes tentative overtures to the people around him -- and as soon as he starts being friendly, they stop seeming hostile. Slowly he progresses from a grudging acceptance of his surroundings to a genuine fondness for them and becomes proud of his growing ability to function in them. In the end, he wonders what he was so unhappy about in the beginning.

Is it possible to shorten the duration of culture shock or minimize its impact? The experts think so. Here are three suggestions they offer to anyone planning a stay in a foreign land.

- First, be aware that such a thing as culture shock exists, that it will probably affect you one way or another, but that it doesn't last forever.
- Next, try to remember, if and when you become thoroughly disenchanted with your surroundings, that the problem probably isn't so much in them as it is in you.
- Third, accept the idea that while it may be somewhat painful, culture shock can be a very valuable experience, a mind-stretching process that will leave you with broader perspectives, deeper insight into yourself and wider tolerance for other people.

If it happens to you, don't think that you're strange or abnormal. If you had a happy life back home, why shouldn't you miss some aspects of it or feel a sense of loss? You'd be abnormal if you didn't.

If it happens to you, don't sit around being negative and critical, this just prolong and deepens your gloom. Try to keep busy. Arrange something pleasant to look forward to. Set goals for yourself -- learning ten new foreign phrases each day, for example-- and stick to them.

If it happens to you, try not to be judgmental. Everyone has an ethnocentric tendency to think that his own culture is superior to all others. Actually, any culture is a good culture if it provides an environment that meets basic human needs.

If it happens to you, force yourself to look for the best, not the worst, in your situation. People who go around looking for trouble

usually manage to find it. Train yourself to enjoy the diversity of people and cultures, not fear it or shy away from it.

Recently in Russia two members of an American tour group at different times during the day bought a candy bar from a booth in a railroad station. Each was given his change in the form of chocolate wafers. One American, disturbed by this departure from the familiar, felt that he was being victimized and protested vehemently. The other, charmed by what seemed to him a quaint and delightful custom, regarded it as a novel and refreshing experience and even bragged about it to his fellow tourists. The first American, it seems reasonable to say, was far more a prisoner of his own culture, than the second.

In sum, before he leaves home the visitor to a foreign land should make up his mind neither

to resist the culture in which he finds himself nor surrender to it. What he needs to do is fight or grope or inch his way toward a new and flexible personality, a personality that retains its own cultural identity but recognizes the right of members of other cultures to retain theirs.

If that new personality can help him toward a better understanding of himself and of others, if it can enable him to communicate easily and convey warmth and understanding and goodwill across the culture barricades, then the pain of culture shock will have served its purpose, and the recovered victim will truly have the best of two worlds.

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Appendix F – It's Time to Go Home

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Context

You're sitting in "your" room. In any case, it's the room that you've come to know as your own.

You have, after several months, adjusted to your host culture. You probably feel as if you have finally become a member of this new culture. You have made friends, gone to school, become a member of a family. Many people don't even believe that you are American.



Remember how you felt when you first arrived in this new place? You knew that you would experience "culture shock," but you had no idea just how intense those feelings would be. For the first part of your year you had moments where you wanted nothing but to go home. But you stuck it out. You don't know when it happened, but one day you realized that you had made it. You woke up from a dream in another language. You were mistaken for a "native" in a restaurant. You forgot certain things about the United States. You changed.

Now it's almost time to go home. Once again you are on a roller coaster of emotions. You are excited to see your American family and friends again, but at the same time you are filled with feelings of anxiety and fear. You are starting to experience the initial phase of "re-entry shock."

What to Expect

Because no two people are exactly alike, it's hard to predict exactly what you will go through when you return home. It's

important, however, to anticipate and to prepare yourself for the possibilities. If you feel that you have adjusted well to your host culture, if you feel that, in many ways, you have "become" French, or Belgian, or German, or Mexican, etc., you will most likely have a more challenging time coming home. It is ironic that the more "successful" you have been as an exchange student, the more difficult it will be for you to adjust to being American again. Just as you survived and indeed excelled as an exchange student, so too will you re-adjust to being back home.

This isn't Home!

You have probably constructed all kinds of mental pictures about what coming home will be like. You know you have changed. Be prepared for things at home to have changed as well. Your siblings have grown, your friends have moved on, your parents may have renovated the house. The home that you return to can never really measure up to the "home" that has existed in a dream-like quality in your head for all of these months.

A valuable aspect of living in another culture is that it provides you with another perspective of the United States. What you have learned about the U.S. while you have lived abroad may, in fact, be negative. You may find, especially for the first month or so back home, that nothing is as you remembered and nothing is as wonderful as it was in your host country. You may find that most Americans are too consumer-oriented, too



fast-paced, too overtly friendly, insincere, or too whatever. You may feel as if you just want to withdraw and day dream about your host country. Don't.

Know that, in time, you will readjust. Try not to constantly complain to your friends and family. Remind yourself how you felt the first month or so of your exchange. Reread your journal. It may help keep your perspective.

You're a Different Person

Be prepared. Your parents may not recognize you at the airport. You may have put on weight, changed your hairstyle. You have physically matured. You have adopted the fashions of your host culture. For the past few months, you probably didn't want to "look" like an American. And now you don't. You may want to send a current photo of yourself to your family. That way how you look when you come home won't be a tremendous shock for them!

You have changed inside as well. You are not the same person you were before you left. You have experienced many things. You have learned so much about others and about yourself. Your insights have been challenged and broadened. You will now see the world from another perspective, and you won't even realize how much your insights and values have changed until you come home. It is important that you understand that those back home have not experienced what you have. Your friends and family will not necessarily appreciate being told that they have silly habits, or that what they eat is disgusting, or that you disapprove of how they do or see things. You must remember to be diplomatic and not negative.

It is true that sometimes you will feel isolated and misunderstood. Your friends and family will tire of hearing about your



year abroad. They will become exasperated every time you bring up your host country. They may tune you out. Try not to wallow in self-pity. Don't withdraw. Keep the lines of communication open with your family and friends. They can't understand what you're feeling if you don't tell them. Keep in touch with your friends and family in your host country. Try to make contacts with other exchange students. They will be valuable resources and provide support for you.

Readjusting Socially

When you first arrived in your host culture, you probably stood out. Everyone recognized you as American. You dressed funny, your accent was strange, or you could hardly speak the language at all. Sometimes you may have felt like a freak. It took some time, but you were finally accepted by your peers in your host culture.

Friends back home have written to you or may even have visited. To some extent they have kept you informed about what's going on back home. There is no way that you could possibly know everything, and you will find that you are a bit behind on the social scene back home.

Styles will have changed, different music will be on the radio, slang expressions will be different, new people will be popular. Once again, you may find yourself feeling like an outsider. Some people will think that you're really cool, while others may make fun of you. In fact, you may find that you don't have a lot in common with the people who were your best friends before you left. Prepare yourself for this; readjusting to social life can be a difficult process for you. Realize that, in some ways, you can reinvent yourself. You have developed a different personality as



a result of your year abroad. Embrace the new “you.” You have gained valuable insight and maturity--others will surely come to appreciate this about you, especially if you appreciate it about yourself.

Is That English You're Speaking?

If you have been immersed in a language other than English, you may have difficulty expressing yourself appropriately; at least for the first few weeks back home. You will have forgotten words, expressions, slang. You may "go blank" when trying to communicate. It may be frustrating sometimes. Sometimes, though, it will be amusing to you and to your loved ones. Utilize the process of re-learning English as a way to re-establish relationships. This way, others will feel as if they are contributing to your successful readjustment.

If you have lived in a country where English is spoken, you have most likely developed an accent that is unique to that country. You have learned different terms, different slang, new expressions. Some people back home may find your new way of speaking to be interesting and unique. Others may think you're "faking it" or that you have a superior attitude. Don't be discouraged. Others will adjust to your new language mannerisms, and you will soon fall back into an American accent. Remember, all of these adjustment processes require time and patience.

It's important to note that you have developed different non-verbal habits as well. How closely (or not) you stand to someone, the gestures that you use while speaking, how you move your eyes, whether-or-not you make eye contact and with whom, how frequently you touch others, all of these patterns of non-verbal communication may be different for you now. Americans generally maintain a greater spatial distance when interacting than do Western Europeans and South Americans, for instance. Females in Japan

do not maintain eye contact with males in the same ways as American females do. You may find that your patterns of non-verbal communication send different "messages" back home. Be aware of this. You will soon re-adjust your movements to your surroundings.

What to Do

Expect the Unexpected

As soon as you realize that coming home will be different from what you had imagined, you will have made an important step. Most likely, by now, you are an expert on change. You have experienced many ups and downs and felt like you were on a roller coaster. You have adapted to many kinds of changes and you have succeeded. Realize that change is inevitable and can ultimately be beneficial to you and to your life. See change as a teacher, as yet another adventure for you to experience.

Your Health Matters

For the first two weeks back home, you will be exhausted, both physically and emotionally. It may be tempting for you to jump into a busy schedule of parties, get-togethers and reunions. Try to "take it slow" for awhile to give yourself time to readjust. You may also feel depressed and anxious from time to time. These feelings are inevitable results of re-entry. They are also temporary.

In time you will feel more comfortable with and relaxed in your surroundings.



Be Open in Your Communication

Some of the frustrations that you will feel as a result of your re-entry can be remedied with thoughtful and open communication. You will occasionally feel out-of-place and misunderstood by your friends and family. Discussing how you feel in a loving way

will better ensure that you receive the support you need. Being constantly critical and negative will only serve to further alienate you from your loved ones.

Create a Balance



You now have a dual identity, a bi-nationality. You are American, but in very real ways, you are also French, German, Austrian, Mexican, etc. Realize how wonderful that is. You will never be "just" American again.

You have been exposed to a whole new world of being and seeing.



YOUR NEW WORLD



Take a mental inventory of those things about being American that are important to you and combine them with those things that you value about your "new" cultural identity. Be proud of who you are. The experiences that you have had will make you a more well-rounded person and a more sensitive member of our global community.

Welcome home.

Appendix G – So You Think You Are Home Again

Some Thoughts for Exchange Students Returning “Home”

By Dennis White, Ph.D.

Initial Culture Shock

Remember what it was like those first few weeks and months going abroad? It was new, exciting, often confusing, and always changing. And while your whole year may have been exciting, it wasn't always pleasant. You probably became irritated with, and even hostile to, your host culture when the deeper differences between your culture and their culture became apparent. As you began to develop real language skills, and you better understood fundamentally different cultural values, you began the slow process of adapting. Eventually, maybe only at the end of your stay, you began to realize how you could really fit in – adapting fairly well to your adopted culture, while maintaining your own native cultural identity. You became bicultural. And then, just when it was getting good, the year was over and you had to go “home”.

Most people who live abroad for an extended time go through similar successive stages of culture shock. These stages are generally recognized as being:

1. Initial Excitement or Euphoria
2. Irritability and Hostility
3. Slow and Gradual Adaptation
4. Eventual Adjustment to Biculturalism

If your experience was anything like this, you learned that culture shock is not just adjusting to jet lag and different food. It is an on-going process of developing increased cultural competence, by being “shocked” by differences, adjusting to them, learning new skills and eventually adapting. And when

you prepared for going abroad, you had some expectation that you would experience culture shock. It is not possible (or even desirable) to avoid culture shock, but at least anticipating it made it somewhat easier -and kept you from thinking it was all your fault, or all the new culture's fault.

Reverse Culture Shock

As you return home, you are likely to experience some very similar, but possibly surprising reactions that are part of what is known as reverse culture shock, or re-entry shock. In the first few weeks back, many people feel the effects of jet lag, general exhaustion from lots of changes, fatigue from an overdose of “welcome home” parties and trying to do and see everything and everyone at once. This flurry of activity can cause a significant degree of disorientation, making it difficult to tell exactly what thoughts and feelings you are having.

But mixed in with all of this are two distinct and often conflicting reactions. One is the same excitement stage as in initial culture shock. It may be very exciting to be back, to see family and friends, to tell about your adventures and to do things you have missed for a year. If this reaction occurs, it fairly quickly wears off, and is replaced by the second stage of culture shock - irritability and hostility. This stage often comes much more quickly than in initial culture shock, and can be much more severe and disturbing. It also may be the first reaction you have to coming home, with no excitement stage at all.

There are several reasons that you may not

feel excitement at all, or for very long. Remember, when you went abroad initially:

1. You wanted to go.
2. You expected and looked forward to learning about different things.
3. You were warned to expect culture shock.
4. Though you may have been sad to leave family and friends, you knew it wouldn't be forever; you knew you were coming back.

Now that you are returning at the end of your exchange year:

1. You may not want to come home.
2. You may expect things to be just like they were when you left (or at least that things will be very familiar)
3. You may not have been sufficiently warned about reverse culture shock (or you didn't think it would happen to you).
4. You may be very sad to leave friends and "family" in your host culture because you know there is a possibility that you may never see them again.

If reverse culture shock is so unpleasant, why not try to avoid it? Because it is impossible, if your exchange year was successful. In fact, the extent to which you immersed yourself in your host culture, and truly adapted, is probably the best indicator of how much reverse culture shock you will experience. People who don't have much trouble re-adapting to their native culture probably didn't get very involved in their host culture. They didn't change much, so they don't have to readjust much.

The Extent of Change

If your exchange year was a success, you have changed in ways that you probably cannot describe, or completely understand

yet. You have become a skilled world traveler. You are a skilled bicultural person. You can actually get along quite well, not just be a tourist, in another culture. You have learned to think of things differently by looking at the world from someone else's point of view long enough to really understand it. In a sense, you have become a citizen of the world, so it may be more than a little confusing to think of where "home" is.

Some of these things will probably happen to you. You will find yourself thinking or dreaming in your new language. You will try to explain something to someone back home and not be able to give a precise translation of what you are talking about. You will talk to your parents about one of your host parents, calling the host parent "mom" or "dad". You will think your hometown is very small, or that your friends think in "small" ways.

So don't be too surprised if your family and friends seem a bit uncomfortable with you. They probably are, because you aren't the same person who left them a year ago. Don't underestimate how much you have changed and how strange you may seem to those who knew you before. You may be very proud of your independence, self-confidence and internationalism. But they may see you as self-absorbed, critical of everything and not interested in fitting in.

Remember that those around you may have changed as well, if not in the same ways you have. If you are expecting things to be the same, you will have more of a shock than if you are looking for changes. Your friends have had a year of growing and maturing, and your family situation may have changed (deaths, divorces, moves, job changes). You missed some important events in their lives, just as they missed some important ones in yours. Even those things that haven't really changed may seem quite different, because you see them differently. Though you may love your native country more than ever,

you are also much more likely to be critical of it, and question common cultural practices that you took for granted before you left.

Ways to Deal with Reverse Culture Shock

The single best thing you can do is to anticipate and accept that you will experience some degree of reverse culture shock. The worst thing you can do is to deny it, or try to avoid it. People often try to deny it because they think there might be something wrong with them if they admit it. It is, in fact, very normal, and you will have more problems than necessary if you try to deny it.

More than anticipating and accepting reverse culture shock, you can actually view it as a positive, if sometimes painful, growth experience. It is, and can be, the completion of the circle of change in an intercultural experience. I like to think of it as the third year of your exchange. The first was the year preparing to go abroad. The second was the actual exchange. The third is the year when you can more completely appreciate the changes you have made, the readjustment to your native culture, and the fact that you will be bicultural for the rest of your life. In subsequent years you will have times when you re-experience reverse culture shock, and when you feel like you just got home again; but it will never be as shocking an experience as that first year back.

You can also help yourself by talking about your feelings as often as you can. You may wear out lots of initially sympathetic ears doing this. You may notice that you seem to have an almost incessant need to talk about your experiences. Your friends, especially, may get impatient with you, so you may need to learn to be selective with whom you share your experiences. There is often a conflicting urge to keep it all to yourself, because you think people won't understand or don't care, or because you think that talking about it in the past tense confirms

that it is over - and you don't want to accept that. (Many students don't completely unpack for months, for the same reason - they don't want to admit that it is over.) Of course, that's the issue - it's over and it isn't. The experience is over, but not the memories and the impact on your life.

Sometimes it's best to find other recently returned students, or even people who have been back for years. You can tell how this feeling lingers when exchange students, Peace Corps Volunteers or missionaries start talking about their experiences, even if many years ago. They get excited, they can't stop talking, and they get a glassy, far-off look on their faces. And don't underestimate your parents as listeners. Sometimes they are the only ones who will politely listen as you tell a story for the hundredth time. But however you do it, talk. It is in this way that you can help others understand you, and more importantly, learn to clarify your thoughts and feelings and better understand yourself.

You can also make things easier for yourself by trying not to make too many big decisions, unless you absolutely have to. Don't be impatient with yourself if you have trouble making decisions. Your goals in life may have changed. Because you have a new perspective, some of the plans you made a year or more ago may not seem as relevant now. Remind yourself, your family and friends that you are going through a period of adjustment; and it may take time for you to sort things out.

Finally, don't be too concerned if the course of your reverse culture shock doesn't seem to follow the pattern described here. Each of your experiences abroad was unique, and so will be your re-entry. While your year abroad was probably of great value to you, you may not have had the same emotional attachment to people that other students describe. So you may not have as much trouble letting go of those attachments and getting on in life with new and renewed

friends. Going on to college or university is also quite different than returning to high school, and some of the issues are different for these two situations.

Feeling “At Home”

Reverse culture shock subsides, though it never disappears. Eventually you will come to terms with yourself and your “new” native culture, incorporating the fact that you are now a member of another culture as well. You can learn to be at peace with true biculturalism. This is the ability to move from cultural practice to cultural practice, with skill, as the situation calls for it. And while you may somewhat sadly come to accept that you can never truly come “home” again, you can learn to feel “at home” in the world at large.

Dr. Dennis White is a clinical psychologist, returned Peace Corps Volunteer, and Rotarian in District 6220, Sturgeon Bay, Wisconsin.. He has worked in many exchange programs dealing with preparation for exchanges as well as returning home. He is a program consultant to the District 6220 Rotary Youth Exchange Program as well as to the Central States RYE Program. He has written several other articles on the exchange experience and produced a 45-minute videotape on the same topic. Dennis is frequently contacted to discuss re-entry problems by students, parents and Rotarians. He may be reached at:

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Appendix H – Rotary Support System Matrix

RESOURCE	WHEN NEEDED	CONTACT FREQUENCY	COMMENTS
Host Family	Every day	Daily	Your first point of contact with most simple needs. For problems you will need to use your Host Club YEO or Counselor in conjunction with your host family.
Host Club YEO or Rotarian Counselor	Problems, Successes, Social Occasions, Club Meetings	Bi-Weekly / Monthly	This is your main Rotary contact for your day-to-day problems and well-being.
Inbound or Outbound Coordinator	Most problems, travel permission, routine reporting	Monthly Minimum	All students send your quarterly reports to one of these.
Host District YE Chairman	Serious Problems or Routine Reporting or travel permission	As needed	Begin first by talking with your host family, Rotarian Counselor, Club President for answers to routine questions.
Sponsor District Counselor	Serious Problems and Routine Reporting	Monthly / Bi-Monthly	Periodic progress reports and updates are always appreciated. This is not the first person who should learn of a problem you are having!
Sponsor District Chairman	Serious Problems	As needed	Begin first by talking with your host family, Rotarian Counselor, Club President for answers to routine questions.
ROTEX	Emotional and YE Support	As needed	ROTEX will not be able to help you with technical YE problems. They are for your emotional support and mentoring only.
Sponsor Club YEO	Preparation and then report about your experience	Monthly	You should write to your club regularly telling of your experiences and showing your appreciation for this amazing experience.
Parents	Routine, non-YE problems, health emergencies	Regularly	Limit email and phone contact. Write letters instead of emailing, phoning and using Skype!

Appendix I - Rotary Youth Exchange Outbound Month-by-Month Student Calendar

MONTH	PHASE	WHAT YOU SHOULD BE DOING	REMINDERS
JULY-AUGUST	TRAVEL & HONEYMOON	Get busy. Remember that these first few weeks are your chance to make life-long friends. It is not the time to be shy. Take it all in and get to know your surroundings. Meet your Rotary Club members. Find your routine. Work on your language skills. Identify your cultural mentor.	Don't overdo the phone calls and e-mails
SEPTEMBER	END OF HONEYMOON / START OF ADAPTATION	Start with good habits. Write in your journal every night. Mark on a calendar what you did every day. Answer the phone from time to time. Get to know your host parents. Learning the language is your priority. Watch for homesickness. Use your support system. Keep busy. Cook a "home-country meal" for your host family.	Write home
OCTOBER	ADAPTATION	Homesick? Don't call home! Talk to your Rotary or ROTEX support people. Don't dump it on your parents. Get out of that funk. Break the routine a little every day to keep things fresh. Avoid spending long amounts of time by yourself. Having trouble with the language? Find someone to talk to; a host sibling, a "cultural mentor", or even your Rotary Counselor. Give and take.	SEND 1 ST QUARTERLY REPORT TO YOUR OUTBOUND COORDINATOR
NOVEMBER	ADAPTATION	Have you made many friends yet? If not, get out there and mingle. Remember, you want to make as many people miss you as you can when you leave. There is nothing better to make you stop thinking about yourself than to help someone else. If you are feeling a little lost, find someone in need and give him/her a hand. You will get it back 10X. You might hit a language plateau here. Keep working the language. Try something new. Speak at your Rotary Club. If you move host families, you might have another challenge. Make the best of it. Enjoy (and participate in) Thanksgiving.	Send Holiday presents home early. By November 15 th .
DECEMBER	ADAPATION/ ASSIMILATION TRANSITION – HOLIDAY BLUES	Time to stay focused. You need to get through the period from the end of November until January 1 st strong. Don't get hung up with missing the holidays at home. Keep ROTEX in mind here. They will help. The more you contact "home" though, the worse it will be. Tell your host family how you celebrate the holidays.	Keep phone calls and e-mails "home" down.
JANUARY	ADAPTATION/ ASSIMILATION	Now for the good stuff. You should feel good speaking the language and you should have made some friends. Make the most of it. From now on, you are on a roll. Hey! Where's my report?	SEND 2 ND QUARTERLY REPORT TO OUTBOUND COORDINATOR
FEBRUARY	ADAPTATION/ ASSIMILATION	You should be busy now. Friends, school, lots of activities. Don't forget host families (including the first one).	Call your host counselor and check in with him/her
MARCH	ASSIMILATION	Are you giving as well as taking? Don't just be doing your own thing. You speak the language and you know some people. You fit in. Use it to help other people. Speak to little kids in schools, volunteer in your community, teach someone your language, help with your Rotary Club's projects. This is the part of the roller coaster ride when you get to let go of that safety bar, put your hands in the air and scream as loud as you can. This is "The Monster Hill" of your exchange.	<u>Make your flight reservations home.</u> Don't rush home, but don't stay too long.

APRIL	ASSIMILATION	<p>Are your parents visiting? Plan it out for them. Remember, you are the one who is in charge of their having a good experience. Let them into “your world”. Introduce them to your host family, your host Rotary Club, your friends and your town. Let them see you as the mature tour guide, master of the language. They aren’t coming? No problem - you have a lot going on. Dig in and make the most of it because this time is fleeting! Hey, don’t you owe someone a report?!!</p> <p>Now is a good time to box up and ship home winter clothes you no longer need to make more room in your suitcases for later.</p>	<p>SEND 3rd QUARTERLY REPORT TO YOUR OUTBOUND COORDINATOR</p>
MAY	ASSIMILATION & RE-ENTRY ANXIETY	<p>This should be as good as it gets; you love your host country and you are starting to get that dreaded re-entry anxiety. It has to happen, you know that. Don’t waste one second wishing it won’t. Spend as much time as you can with friends, host families and the people you will miss most. You can spend time with other exchange students when you get home, so spend what little time you have with people who you won’t see for a while. Send home another box of things you won’t need in your last 2 months.</p>	<p>Make time for your host families!</p>
JUNE	ASSIMILATION & RE-ENTRY ANXIETY	<p>Get ready to leave. Make sure that you are not putting off spending time with people. If you want to buy things to take with you, start early. Don’t go rushing around the night before you leave. You will be cheating your friends and family out of your time. Leave gracefully. Don’t leave a mess. Pay your obligations. Return what you’ve borrowed. Say “thank you” as many times as you can.</p>	<p>Read “So You Think You’re Home Now”</p>
JULY	RE-ENTRY & REVERSE CULTURE SHOCK	<p>Pack early. Get rid of things that are just clutter. Make sure you have your passport, tickets and that your bank account is closed (if you had one). Exchange money. Don’t come home with a lot of American money you might not need for a while. Have some U.S. currency with you in case you need it at the airport. Remember, the success of an exchange is measured in the number of tears when you leave; yours and theirs. Smile when you get back to your country. Thank your parents for your year. Spend some time with them (at least two days) before you go running around finding and connecting with your friends. Make plans for the ROTEX “Welcome Home Dinner” the first Saturday in August!</p>	<p>SEND FINAL QUARTERLY REPORT TO YOUR OUTBOUND COORDINATOR</p>
AUGUST	REVERSE CULTURE SHOCK	<p>Get into your new life at home. Listen to what you are saying. Are you being critical about “home”? Are you telling everyone you can find about your year or are you keeping it to yourself? Have you referred to your friends as “Those stupid kids?” at all? Are you keeping busy or are you moping around the house missing “home”? Was it really easy for you to come back? Do you not miss your host country and host families? Think about why that is so. Get ready for school to start. Make little steps each day to get back into your culture. Talk to ROTEX and to your District and Club Counselors about what you did and what you are doing now. Remember that the deeper you were able to assimilate into your host culture, the longer it will take you to find that “bi-cultural balance” between your host-country “self” and your original “self”. This is the start of your third year as an exchange student.</p>	<p>Contact your Sponsor Club and offer to give a club program on your exchange experience.</p> <p>Join ROTEX. Help continue to build the YE program!</p>

APPENDIX J

Abuse and Harassment Prevention Policy

ABUSE AND HARASSMENT PREVENTION POLICY

Rotary clubs place great emphasis on their work with people in the community, including young people, through its many programs including Rotary Youth Exchange, Interact, Camp Royal, Camp Venture, and all youth serving programs. These volunteer efforts are vital to the quality of life in our communities and to the good reputation of Rotary and Rotarians. For these good works to continue it is extremely important that our Rotary clubs protect the interests of everyone involved, and create and maintain a safe and respectful environment for all participants in Rotary activities.

It shall be the duty of all Rotarians, their spouses or partners, and all other volunteers to safeguard, to the best of their ability, the welfare of every person with whom they come in contact and especially young people. It shall further be the duty of all Rotarians, their spouses or partners, and all other volunteers to prevent, to the best of their abilities, all forms of physical, sexual or emotional abuse to those who may be vulnerable. Fulfilling this duty safeguards the interests of Rotary Clubs and Rotarians by minimizing their risk of liability, including legal liability, should any participant in a Rotary activity become a victim of abuse. And to also safeguard the Rotarians from unfounded charges against them.

Rotary District 5160 Policy Statement

It shall be the responsibility of every Rotarian to safeguard the welfare of every person with whom s/he comes into contact during all activities as a Rotarian. Special attention shall be given to the protection of young people. This responsibility shall include the prevention of physical, sexual or emotional abuse, all forms of harassment or neglect.

Rotary District 5160 Position Statement on the Prevention of Abuse or Harassment

Rotary District 5160 will, insofar as possible:

1. Ensure the young people who are involved with Rotary District 5160 programs, activities or events, are protected from abuse, harassment or neglect.
2. Ensure that Rotary District 5160 programs are provided to young people in a safe and caring environment.
3. Prevent contact by persons who are prohibited by law, or who are considered by Rotary District 5160 to be inappropriate persons, from working with young people.
4. Establish, encourage and facilitate a program for the timely reporting of incidents where young people are at risk of harm.
5. Adopt a program that will ensure the prompt notification of any allegations of abuse, harassment or neglect to young people where such allegations involve a Rotarian or staff or volunteers associated with Rotary programs.
6. Report any allegations of abuse pursuant to appropriate State laws.
7. Provide an effective method for Rotarians falsely charged to be promptly reinstated consistent with the Four Way Test.

Rotary District 5160 Position Statement on the Prevention of Harassment and Sexual Harassment

Rotary District 5160 will, insofar as is possible:

1. Ensure that individuals involved in Rotary District 5160 programs are not subject to harassment, which

includes conduct that erodes the dignity of the victim, particularly based on the victim's color, race, national origin, religious persuasion, ethnic origin, age, sex, gender, physical characteristics, sexual orientation, or physical or mental disability. Types of prohibited behavior that constitute harassment include unwelcome remarks and jokes; displaying or distributing racist, pornographic or other offensive material; practical jokes based on race, sex or other prohibited grounds; verbal abuse or threats; inappropriate gestures, touching, or physical assault.

2. In accordance with its legal obligation ensure that individuals who are involved in Rotary District 5160 activities are protected from sexual harassment. Sexual harassment includes making sexist jokes; leering; displaying sexually offensive material; using sexually degrading words to describe a person; making sexually suggestive or obscene comments or gestures; making unwelcome inquiries or comments about a person's sex life; making unwelcome sexual flirtations, advances or propositions for sexual favors; unwanted touching; verbal abuse or making threatening reprisals after a negative response to sexual advances; and sexual assault.
3. Provide a prompt review process for persons accused of inappropriate conduct to insure reinstatement if the disqualification is not justified

Rotary District 5160 will NOT:

1. Allow a known "prohibited person" to participate in any Rotary program related to young people.
2. Permit any person to become a counselor, a mentor, or to host a Youth Exchange student, volunteer or staff at Camp Royal, Camp Venture or Interact, whether as a home-stay parent or as an adult living in the same home as the Youth Exchange student, without a prior determination of the suitability of that person through the District's screening process.
3. Independently investigate any allegations of possibly criminal behavior but will instead defer to law enforcement agencies as appropriate.

Prohibited Person

For the purpose of this Policy, a "Prohibited Person" is anyone who:

1. Has been convicted of any offense which resulted in harm to an individual, including, but not limited to, assault, battery, sexual assault, sexual harassment or neglect.
2. Has been involved in any incident, which in the opinion of the District Abuse Prevention Coordinator, suggests an unacceptable risk of harm to a person in the care of that individual.
3. Is a person subject to a court order prohibiting that person from being in contact with another individual or being at a specific location if that order might suggest a proscription of youth contact.

Scope of Policies

These policies and procedures shall apply to all District 5160 Rotarians and Volunteers who wish to become Club counselors, Camp Royal or Camp Venture counselors or staff, Interact Advisors, or host families in club-sponsored programs. These policies shall also apply to all adults over the age of 18 who reside in the home of the host family.

Screening Program

For Club Counselors and/or Youth Exchange Officers at Club level

Each Rotary Club that participates in the Rotary Youth Exchange Program will have a designated Club Counselor. Each Club Counselor will be required to sign and complete the District 5160 Youth Volunteer Affidavit, a copy of which is attached to these policies. The completed forms are to be submitted to the District Abuse Prevention Coordinator for pre-screening.

Subsequent to the Prescreening, all Club Counselors must submit to a Security Clearance (Live Scan) that has been duly processed by an agency approved by the California Department of Justice. The Security Clearance

results shall be submitted directly to the District Abuse Prevention Coordinator for his or her assessment.

For Mentors, Camp personnel, Interact Advisors and Host families and volunteers who will be in contact with youth participants

Each person who is a mentor, Camp Royal or Camp Venture volunteer or staff, Interact Advisor and host family member or will be in contact with any participant in any of our youth programs, will be required to sign and complete the District 5160 Youth Volunteer Affidavit, a copy of which is attached to these policies. Once the Volunteer Assessment form has been completed and given to the Club Counselor, that person will in turn determine, based on interviews and information provided, whether the applicant and/or the applicant's family is/are suitable people to be a mentor and/or a host family. That information and recommendation will then be forwarded to the DAPC for review and approval.

Once deemed suitable, the Rotarian or volunteer or staff and each person over the age of 18 living in the family home must submit to a Security Clearance (Live Scan) that has been duly processed by an agency approved by the California Department of Justice. Screening must be done not less frequently than once every three (3) years. The Security Clearance results shall be submitted directly to the District Abuse Prevention Coordinator for his or her assessment.

No Rotarian or other volunteer or staff shall act as a mentor or host family until the District Youth Volunteer Affidavit and the Security Clearance results have been completed and accepted by the District Abuse Prevention Coordinator.

Club Counselors, Camp Directors, etc.

Every person acting in the capacity of Club Counselor or Camp Director or Interact Advisor will be required to participate in a Training session, which will include, but not be limited to the counseling of youth and their host families, the reporting of incidents of abuse and determining situations where removal of the youth is imperative. Each Counselor, Director and Advisor shall read and be familiar with the Rotary Youth Exchange publication "A Primer for Host Families", a copy of which is attached to these policies. In addition, each Counselor, Camp Director and Interact Advisor shall be familiar with these District Policies and those of Rotary International with regard to abuse and harassment.

Prior to any Youth Exchange placement, each Club Counselor or Camp Director or Interact Advisor will be responsible to hold an orientation/training session for each Rotarian and host family where applicable. That session will involve, among other things, the review of the Rotary International Policy on abuse and harassment, the review of these District Policies and a familiarization with the publication, "A Primer for Host Families".

District Abuse Prevention Coordinator

The District Governor shall appoint a District Abuse Prevention Coordinator (DAPC) who will be responsible for the implementation and enforcement of this policy. The DAPC shall have experience working with people at risk such as young people, the elderly and people with disabilities, either in their professional capacity or as an experienced Rotary Volunteer. At his or her discretion, the District Governor may also appoint an Assistant District Abuse Prevention Coordinator, who will act as the DAPC, in his or her absence. The ADAPC will have the same duties and responsibilities of the DAPC when acting in that capacity.

1. The appointment of the DAPC will be made annually; however, it is expected that the DAPC will hold that office for at least two years and no longer than three years.
2. The DAPC must be familiar with the Rotary International Child Protection System, other relevant Rotary International policies, and relevant State and Federal legislation.
3. The DAPC shall review and maintain an archive of Security Clearance forms and District 5160

Screening forms submitted in accordance with the requirements of this policy and in compliance with the rules of the California Department of Justice.

4. The DAPC shall maintain strict confidentiality of such forms in compliance with State and Federal legislation and with this policy.
5. In the event that the DAPC determines that an individual is not acceptable as a Club Counselor, Camp counselor or volunteer or staff, Interact Advisor or mentor or as a host due to the background information submitted, he or she shall first advise the District Governor and then advise the applicant in writing that he or she is not acceptable. If asked the DAPC will state briefly in writing the reason for the disqualification. The individual may seek appellate review as of that decision as set forth below in paragraph 10.
6. The DAPC shall be the first point of contact should any Club Counselor or other Rotarian or volunteer receive a complaint of abuse or harassment, and shall be responsible to ensure that such complaint(s) are dealt with according to applicable laws and that the interests of the affected person are protected to every extent possible.
7. The DAPC will work with District Clubs to inform each Rotarian of his/her obligations under this policy; of all relevant legislation, and insure that appropriate prevention training is available to each Club.
8. The DAPC shall annually review the credentials of each Club Counselor to ensure that the goals and requirements of this policy are complied with.
9. The DAPC shall be responsible to facilitate an annual training seminar for Club Counselors, Camp staff and volunteers and Interact advisors and set implement these policies and guidelines to insure that each host family is familiar with "A Primer for Host Families" and the scope of these District Policies.
10. Appeal/Review. Any person who wishes to appeal to any decision of the DAPC, must do so in writing within thirty (30) days of receipt of the notification set forth in paragraph 5 above. The District Governor will set a reasonable time line by which any information is to be submitted by the appellant and the DAPC for consideration as a new matter hearing. S/he may choose or not to have a hearing before determining the appeal. The decision of the District Governor will be final and binding.

Screening Process

Once the Volunteer Assessment Form has been completed and given to the Counselor, Camp Director or Interact Advisor, s/he must determine whether the applicant and the applicant's family are suitable people to be a host family and/or work with youth, based on the information provided.

A copy of the Volunteer Assessment Form is then provided to the District Abuse Prevention Coordinator (DAPC).

If the pre-screening is acceptable, then the applicant must complete a Live Scan application, with the results being provided directly to the DPAC.

The Live Scan form and instructions will be available on the District website: <http://rotary5160.org/>

The DPAC then reviews the Volunteer Assessment Form and the Security Assessment information and advises the Counselor as to whether the applicant(s) is/are deemed to be acceptable as a Club Counselor, mentor, or host family for a young person participating in the Rotary Youth Exchange Program.

APPLICANT STATUS	REQUIREMENT	ACTION
All Applicants	Volunteer Assessment Form	Submitted to Club Counselor
	LiveScan Request Form	Results submitted to District Abuse Prevention Coordinator
	Personal Interview	Conducted by Counselor
	Home Visit (for host families)	Conducted by Counselor
	List of 2 Personal References	Contacted by Counselor (This step is at the discretion of the Counselor for individuals who have been a member of the club for more than 2 years)

Statement of Conduct for Working with Youth

Rotary International is committed to creating and maintaining the safest possible environment for all participants in Rotary activities. It is the duty of all Rotarians, Rotarians' spouses, partners, and other volunteers to safeguard to the best of their ability the welfare of and to prevent the physical, sexual, or emotional abuse of children and young people with whom they come into contact.

It's OK

It's okay to be afraid
of things we don't understand

It's okay to feel anxious
when things aren't working our way.

It's okay to feel lonely.....
even when you're with other people

It's okay to feel unfulfilled
because you know something is missing
(even if you're not sure what it is)

It's okay to think and worry and cry.

It's okay to do
whatever you have to do, but

Just remember too....

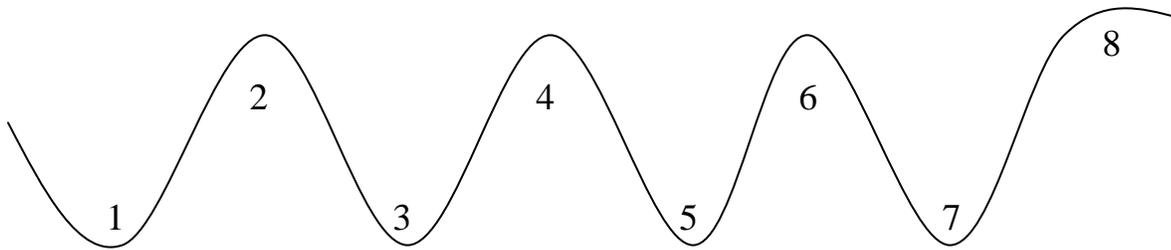
That eventually you're going to
adjust to the changes life brings your way.
and you'll realize that,

It's okay to get to love again and laugh again,

It's okay to get to the point where
the life you live is full and satisfying and good to you...

And it will be that way
because you made it that way.

The Exchange Cycle



1. Application Anxiety

2. Selection/Arrival Fascination

*Elation
Expectation*

3. Initial Culture Shock: 1-6 Months

*Novelty wears off
Characteristics:
Sleeping Habits
Disorientation
Language difficulties
Fatigue (Mental/Physical)
Eating*

4. Surface Adjustments

*After initial "down"
Settle in:
Language improves
Navigate culture
Friends
Social Life*

5. Mental Isolation

*Frustration increases
New sense of isolation
Boredom
Lack of motivation
Unresolved problems
Language problems*

6. Integration/Acceptance

*Begin to examine society
Accept surroundings/self*

7. Return Anxiety

*Preparation for departure
Realize changes
Desire to stay
Results:
Confusion/Pain
Breaking of bonds
No promise of renewal in future*

8. Shock/Reintegration

*Contrast of old and new
Family/friends
Difficulty to accept change
Not the center of attention
Others not interested in experience details
Reorientation*

All exchange students experience phases of elation, anxiety, and depression. One or more of these phases will be experienced near the time of application processing. Various phases will then continue even after the student returns home. It is important that this be anticipated, and calmly accepted and dealt with. The time necessary to work through each phase is not predictable and will depend on the student and the circumstances.

The best method to resolve each occurrence is to keep busy and remember that all the exchange students before you, with you, and who follow you, will experience similar circumstances.

Parents and host families need to know that exchange students will experience these phases and should not be alarmed. They should be ready to help the student work their way out of the down cycles.

Ref. Helmut Muscheid, Rotary Youth Exchange Officer, Germany

The Values Americans Live By

By Robert Kohls

Introduction

Most Americans would have a difficult time telling you, specifically, what the values are which Americans live by. They have never given the matter any thought. Even if Americans had considered this question, they would probably, in the end, decide not to answer in terms of a definitive list of values. The reason for this decision is itself one very American value their belief that every individual is so unique that the same list of values could never be applied to all, or even most, of their fellow citizens. Although Americans may think of themselves as being more varied and unpredictable than they actually are, it is significant that they think they are. Americans tend to think they have been only slightly influenced by family, church or schools. In the end, each believes, ***“I personally choose which values I want to live my own life by.”***

Despite this self evaluation, a foreign anthropologist could observe Americans and produce a list of common values which would fit most Americans. The list of typically American values would stand in sharp contrast to the values commonly held by the people of many other countries. We, the staff of the Washington International Center, have been introducing thousands of international visitors to life in the United States for more than a third of a century. This has caused us to try to look at Americans through the eyes of our visitors. We feel confident that the values listed in this article describe most (but not all) Americans. Furthermore, we can say that if the foreign visitor really understood how deeply ingrained these 13 values are in Americans, he or she would then be able to understand 95% of American actions - actions which might otherwise appear strange, confusing, or unbelievable when evaluated from the perspective of the foreigner's own society and its values.

The different behaviors of a people or a culture make sense only when seen through the basic beliefs, assumptions and values of that particular group. When you encounter an action, or hear a statement in the United States which surprises you, try to see it as an expression of one or more of the values listed in this article.

For example, when you ask Americans for directions to get to a particular address in their own city, they may explain, in great detail, how you can get there on your own, but may never even consider walking two city blocks with you to lead you to the place. Some foreign visitors have interpreted this sort of action as showing Americans' "unfriendliness." We would suggest, instead, that the self help concept (value number 6 on our list), is so strong in Americans that they firmly believe that no adult would ever want, even temporarily, to be dependent on another. Also, their future orientation (value 8) makes Americans think it is better to prepare you to find other addresses on your own in the future.

Before proceeding to the list itself, we should also point out that Americans see all of these values as very positive ones. They are not aware, for example, that the people of many third world countries view change (value 3) as negative or threatening. In fact, all 13 of these American values are judged by many of the world's citizens as negative and undesirable. Therefore, it is not enough simply to familiarize yourself with these values. You must also, so far as possible, consider them without the negative or derogatory connotation which they might have for you, based on your own experience and cultural identity. It is important to state emphatically that our purpose in providing you with this list of the most important American values is not to convert you, the foreign visitor, to our values. We couldn't achieve that goal even if we wanted to, and we don't want to. We simply want to help you understand the Americans with whom you will be relating from their own value system rather than from yours.

The Values Americans Live By (continued)

1. Individualism and Privacy

The individualism which has been developed in the Western world since the Renaissance, beginning in the late 15th century, has taken its most exaggerated form in 21st century United States. Here, each individual is seen as completely and marvelously unique, that is, totally different from all other individuals and, therefore, particularly precious and wonderful. Americans think they are more individualistic in their thoughts and actions than, in fact, they are. They resist being thought of as representatives of a homogeneous group, whatever the group. They may, and do, join groups - in fact many groups - but somehow believe they're just a little different, just a little unique, just a little special, from other members of the same group. And they tend to leave groups as easily as they enter them.

Privacy, the ultimate result of individualism, is perhaps even more difficult for the foreigner to comprehend. The word "privacy" does not even exist in many languages. If it does, it is likely to have a strongly negative connotation, suggesting loneliness or isolation from the group. In the United States, privacy is not only seen as a very positive condition, but it is also viewed as a requirement which all humans would find equally necessary, desirable and satisfying. It is not uncommon for Americans to say - and believe - such statements as "If I don't have at least half an hour a day to myself, I will go stark raving mad!"

Individualism, as it exists in the United States, does mean that you will find a much greater variety of opinions (along with the absolute freedom to express them anywhere and anytime) here. Yet, in spite of this wide range of personal opinion, almost all Americans will ultimately vote for one of the two major political parties. That is what was meant by the statement made earlier that Americans take pride in crediting themselves with claiming more individualism than, in fact, they really have.

2. Personal Control over the Environment

Americans no longer believe in the power of fate, and they have come to look at people who do as being backward, primitive, or hopelessly naive. To be called "fatalistic" is one of the worst criticisms one can receive in the American context. To an American, it means one is superstitious and lazy; unwilling to take any initiative in bringing about improvements. In the United States people consider it normal and right that humans should control nature, rather than the other way around. More specifically, people believe every single individual should have control over whatever in the environment might potentially affect him or her. The problems of one's life are not seen as having resulted from bad luck as much as having come from one's laziness in pursuing a better life. Furthermore, it is considered normal that anyone should look out for his or her own self interests first and foremost.

Most Americans find it impossible to accept that there are some things which lie beyond the power of humans to achieve. And Americans have literally gone to the moon, because they refused to accept earthly limitations. Americans seem to be challenged, even compelled, to do, by one means or another (and often at great cost) what seven eighths of the world is certain cannot be done.

3. Change

In the American mind, change is seen as an indisputably good condition. Change is strongly linked to development, improvement, progress, and growth. Many older, more traditional cultures consider change as a disruptive, destructive force, to be avoided if at all possible. Instead of change, such societies value stability, continuity, tradition, and a rich and ancient heritage - none of which are valued very much in the United States.

These first two values - the belief that we can do anything and the belief that any change is good - together with an American belief in the virtue of hard work and the belief that each individual has a responsibility to do the best he or she can do have helped Americans achieve some great accomplishments. So whether these beliefs are “true” is really irrelevant; what is important is that Americans have considered them to be true and have in fact acted as if they were, thus, in effect, causing them to happen.

4. Time and Its Control

Time is, for the average American, of utmost importance. To the foreign visitor, Americans seem to be more concerned with getting things accomplished on time (according to a predetermined schedule) than they are with developing deep interpersonal relations. Schedules, for the American, are meant to be planned and then followed in the smallest detail. It may seem to you that most Americans are completely controlled by the little machines they wear on their wrists, cutting their discussions off abruptly to make it to their next appointment on time. Americans’ language is filled with references to time, giving a clear indication of how much it is valued. Time is something to be “on,” to be “kept,” “filled,” “saved,” “used,” “spent,” “wasted,” “lost,” “gained,” “planned,” “given,” “made the most of,” even “killed.” The international visitor soon learns that it is considered very rude to be late - even by 10 minutes for an appointment in the United States. (Whenever it is absolutely impossible to be on time, you should phone ahead and tell the person you have been unavoidably detained and will be a half hour - or whatever - late.)

Time is so valued in America, because by considering time to be important, one can clearly accomplish more than if one “wastes” time and does not keep busy. This philosophy has proven its worth. It has enabled Americans to be extremely productive, and productivity itself is highly valued in the United States. Many American proverbs stress the value in guarding our time, using it wisely, setting and working toward specific goals, and even expending our time and energy today so that the fruits of our labor may be enjoyed at a later time. (This latter concept is called “delayed gratification.”)

5. Equality / Egalitarianism

Equality is, for Americans, one of their most cherished values. This concept is so important for Americans that they have even given it a religious basis. They say all people have been “created equal.” Most Americans believe that God views all humans alike without regard to intelligence, physical condition or economic status. In secular terms this belief is translated into the assertion that all people have an equal opportunity to succeed in life. Americans differ in opinion about how to make this ideal into a reality. Yet virtually all agree that equality is an important civic and social goal. The equality concept often makes Americans seem strange to foreign visitors.

Seven eighths of the world feels quite differently. To them, rank and status and authority are seen as much more desirable considerations—even if they personally happen to find themselves near the bottom of the social order. Class and authority seem to give people in those other societies a sense of security and

certainty. People outside the United States consider it reassuring to know, from birth, who they are and where they fit into the complex system called “society.”

Many highly placed foreign visitors to the United States are insulted by the way they are treated by service personnel (such as waiters in restaurants, clerks in stores, taxi drivers, etc.). Americans have an aversion to treating people of high position in a deferential manner, and, conversely, often treat lower class people as if they were very important. Newcomers to the United States should realize that no insult or personal indignity is intended by this lack of deference to rank or position in society. A foreigner should be prepared to be considered “just like anybody else” while in this country.

6. Self-help Concept

In the United States, a person can take credit only for what he or she has accomplished by himself or herself. Americans get no credit whatsoever for having been born into a rich family (in the United States, that would be considered an accident of birth). Americans pride themselves in having been born poor and, through their own sacrifice and hard work, having climbed the difficult ladder of success to whatever level they have achieved all by themselves. The American social system has, of course, made it possible for Americans to move, relatively easily, up the social ladder. Take a look in an English language dictionary at the composite words that have the word “self” as a prefix. In the average desk dictionary, there will be more than 100 such words, words like self confidence, self-conscious, self contented, self control, self criticism, self deception, self defeating, self denial, self discipline, self esteem, self expression, self importance, self improvement, self interest, self reliance, self respect, self restraint; self sacrifice—the list goes on and on. The equivalent of these words cannot be found in most other languages. This list is perhaps the best indication of how seriously Americans take doing things for oneself. The “self-made man or woman” is still very much the ideal in 21st Century America.

7. Competition and Free Enterprise

Americans believe that competition brings out the best in any individual. They assert that it challenges or forces each person to produce the very best that is humanly possible. Consequently, the foreign visitor will see competition being fostered in the American home and in the American classroom, even on the youngest age levels. Very young children, for instance, are encouraged to answer questions for which their classmates do not know the answers. You may find the competitive value disagreeable, especially if you come from a society which promotes cooperation rather than competition. But many U.S. Peace Corps volunteers teaching in third world countries found the lack of competitiveness in a classroom situation equally distressing. They soon learned that what they had thought to be one of the universal human characteristics represented only a peculiarly American (or Western) value.

Americans, valuing competition, have devised an economic system to go with it - free enterprise. Americans feel very strongly that a highly competitive economy will bring out the best in its people and ultimately, that the society which fosters competition will progress most. If you look for it, you will see evidence in all areas, even in fields as diverse as medicine, arts, education, and sports - that free enterprise is the approach most often preferred in America.

8. Future Orientation

Valuing the future and the improvements Americans are sure the future will bring means that they devalue the past and are, to a large extent, unconscious of the present. Even a happy present goes largely

unnoticed because, happy as it may be, Americans have traditionally been hopeful that the future would bring even greater happiness. Almost all energy is directed toward realizing that better future. The present condition is seen as leading to a later and greater event, which will eventually culminate in something even more worthwhile.

Since Americans have been taught (in value #2) to believe that Man, and not Fate, can and should be the one who controls the environment, this has made them very good at planning and executing short term projects. This ability, in turn, has caused Americans to be invited to all corners of the earth to plan and achieve the miracles which their goal setting can produce. If you come from a culture such as those in the traditional Moslem world, where talking about or actively planning the future is felt to be a futile, even sinful, activity, you will have not only philosophical problems with this very American characteristic, but religious objections as well. Yet it is something you will have to learn to live with, for all around you Americans will be looking toward the future and what it will bring.

9. Action/Work Orientation

“Don’t just stand there,” goes a typical bit of American advice, “do something!” This expression is normally used in a crisis situation, yet in a sense, it describes most Americans’ entire waking life, where action - any action - is seen to be superior to inaction. Americans routinely plan and schedule an extremely active day. Any relaxation must be limited in time, pre-planned, and aimed at “recreating” their ability to work harder and more productively once the recreation is over. Americans believe leisure activities should assume a relatively small portion of one’s total life. People think that it is “sinful” to “waste one’s time,” “to sit around doing nothing,” or just to “daydream.” Such a “no nonsense” attitude toward life has created many people who have come to be known as “workaholics,” or people who are addicted to their work, who think constantly about their jobs and who are frustrated if they are kept away from them, even during their evening hours and weekends. The workaholic syndrome, in turn, causes Americans to identify themselves wholly with their professions. The first question one American will ask another American when meeting for the first time is related to his or her work: “What do you do?”, “Where do you work?”, or “Who (what company) are you with?” And when such a person finally goes on vacation, even the vacation will be carefully planned, very busy and active.

America may be one of the few countries in the world where it seems reasonable to speak about the “dignity of human labor,” meaning by that, hard, physical labor. In America, even corporation presidents will engage in physical labor from time to time and gain, rather than lose respect from others for such action.

10. Informality

If you come from a more formal society, you will likely find Americans to be extremely informal, and you will probably feel even disrespectful of those in authority. Americans are one of the most informal and casual people in the world, even when compared to their near relatives, the Western European. As an example of this informality, American bosses often urge their employees to call them by their first names and even feel uncomfortable if they are called by the title “Mr.” or “Mrs.”

Dress is another area where American informality will be most noticeable, perhaps even shocking. One can go to a symphony performance, for example, in any large American city nowadays and find some people in the audience dressed in blue jeans and tieless, in short sleeved shirts. Informality is also apparent in Americans’ greetings. The more formal “How are you?” has largely been replaced with an

informal “Hi.” This is as likely to be used to one’s superior as to one’s best friend. If you are a highly placed official in your own country, you will probably, at first, find such informality to be very unsettling. Americans, on the other hand, would consider such informality as a compliment. Certainly it is not intended as an insult and should not be taken as such.

11. Directness, Openness and Honesty

Many other countries have developed subtle, sometimes highly ritualistic, ways of informing other people of unpleasant information. Americans, however, have always preferred the direct approach. They are likely to be completely honest in delivering their negative evaluations. If you come from a society which uses the indirect manner of conveying bad news or uncomplimentary evaluations, you will be shocked at Americans’ bluntness.

If you come from a country where saving face is important, be assured that Americans are not trying to make you lose face with their directness. It is important to realize that an American would not, in such cases, lose face. The burden of adjustment, in all cases while you are in this country, will be on you. There is no way to soften the blow of such directness and openness if you are not used to it except to tell you that the rules have changed while you are here. Indeed, Americans are trying to urge their fellow countrymen to become even more open and direct. The large number of “assertiveness” training courses which appeared in the United States in the late 1970’s reflected such a commitment. Americans consider anything other than the most direct and open approach to be dishonest and insincere and will quickly lose confidence in and distrust for anyone who hints at what is intended rather than saying it outright. Anyone who, in the United States, chooses to use an intermediary to deliver the message will also be considered manipulative, untrustworthy and downright sneaky.

12. Practicality and Efficiency

Americans have a reputation of being an extremely realistic, practical and efficient people. The practical consideration is likely to be given highest priority in making any important decision in the United States. Americans pride themselves in not being very philosophically or theoretically oriented. If Americans would even admit to having a philosophy it would probably be that of pragmatism. Will it make any money? Will it pay its own way? What can I gain from this activity? These are the kinds of questions which Americans are likely to ask in their practical pursuit, not such questions as: Is it aesthetically pleasing? Will it be enjoyable?, or Will it advance the cause of knowledge? This practical, pragmatic orientation has caused Americans to contribute more inventions to the world than any other country in human history. The love of “practicality” has also caused Americans to view some professions more favorably than others. Management and economics, for example, are much more popular in the United States than philosophy or anthropology. Law and medicine are more valued than the arts.

Another way in which this favoring of the practical makes itself felt in the United States, is a belittling of “emotional” and “subjective” evaluations in favor of “rational” and “objective” assessments. Americans try to avoid being too sentimental in making their decisions. They judge every situation on its merits. The popular American “trial and error” approach to problem solving also reflects the practical. This approach suggests listing several possible solutions to any given problem, then trying them out, one by one, to see which is most effective.

13. Materialism / Acquisitiveness

Foreigners generally consider Americans much more materialistic than Americans are likely to consider themselves. Americans would like to think that their material objects are just the natural benefits which always result from hard work; a reward, they think, which all people could enjoy were they as industrious and hard-working as Americans. But by any standard, Americans are materialistic. This means that they value and collect more material objects than most people would ever dream of owning. It also means they give higher priority to obtaining, maintaining and protecting their material objects than they do in developing and enjoying, interpersonal relationships.

The modern American typically owns: one or more color television sets, an electric hair dryer, a VCR or DVD player, a CD player, a clothes washer and dryer, a vacuum cleaner, a powered lawn mower (for cutting grass), a refrigerator, a stove and a dish-washer, one or more automobiles, and a telephone. Many also own a personal computer and a personal cellular telephone. Since Americans value newness and innovation, they sell or throw away their possessions frequently and replace them with newer ones. A car may be kept for only two or three years, a house for five or six before trading it in for another one.

Summary

Now that we have discussed each of these 13 values separately, if all too briefly, let us look at them in list form (on the left) and then consider them paired with the counterpart values from a more traditional country (on the right):

U.S. Values

Some Other Country's Values

1. Individualism/Privacy	Group's Welfare
2. Personal Control over the environment	Fate
3. Change	Tradition
4. Time & Its Control	Human Interaction
5. Equality	Hierarchy/Rank/Status
6. Self-Help	Birthright Inheritance
7. Competition	Cooperation
8. Future Orientation	Past/Present Orientation
9. Action/Work Orientation	"Being" Orientation
10. Informality	Formality
11. Directness/Openness/Honesty	Indirectness/Ritual/"Face"
12. Practicality/Efficiency	Idealism
13. Materialism/Acquisitiveness	Spiritualism/Detachment

Application

Before leaving this discussion of the values Americans live by, consider how knowledge of these values explains many things about Americans. One can, for example, see America's impressive record of scientific and technological achievement as a natural result of several of these 13 values:

First of all, it was necessary to believe (2) these things could be achieved, that man does not have to simply sit and wait for fate to bestow them or not bestow them, and that man does have control over his own environment if he is willing to take it. Other values which have contributed to this record of achievement include (3) an expectation of positive results to come from change (and the acceptance of an even faster rate of change as “normal”); (4) the necessity to schedule and plan one’s time; (6) the self-help concept; (7) competition; (8) future orientation; (9) action work orientation; (12) practicality; and (13) materialism.

You can do the same sort of exercise as you consider other aspects of American society and analyze them to see which of the 13 values described in this article apply. By using this approach you will soon begin to understand Americans and their actions. And as you come to understand them, they will seem less “strange” than they did at first.

This article is reprinted with permission. Dr. Dennis White, Psychologist, has prepared a one hour lecture on these concepts for presentations to groups dealing with international and multicultural issues. Dr. White may be reached at:

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The United States and the World

By Carl Ochsner

As an outbound Rotary exchange student, you will serve as an ambassador of the American people, our national culture, and (to some extent) our government. While you will not be expected to explain and defend the economic, social, political, and foreign policies of the United States, you will be expected to have some familiarity with the general position of the U.S. in world affairs during recent decades.

Since the end of the Civil War (1865), the power and influence of our country has steadily increased, becoming particularly dominant in the second half of the twentieth century. The actions taken and outcomes achieved by the use of American military force have not always been universally applauded by U.S. citizens and certainly not always by those residing in other lands. Especially controversial have been our intervention in Viet-Nam (1954-1975), actions in Iraq (2003-present), and numerous involvements over the decades in Latin America. The U.S. role in maintaining the independence of South Korea (1950-1954) and our defense of Israel have had generally more support, while our successful efforts in Europe in World War I (1917-1918) and especially the liberation of Europe and southeast Asia in World War II (1941-1945) enjoy much more support around the world, especially among older citizens in the areas that were positively affected. Again, you are not expected to defend U.S. actions in the world arena, but your hosts will expect you to be at least as familiar with the history of American involvement in their regions as they are.

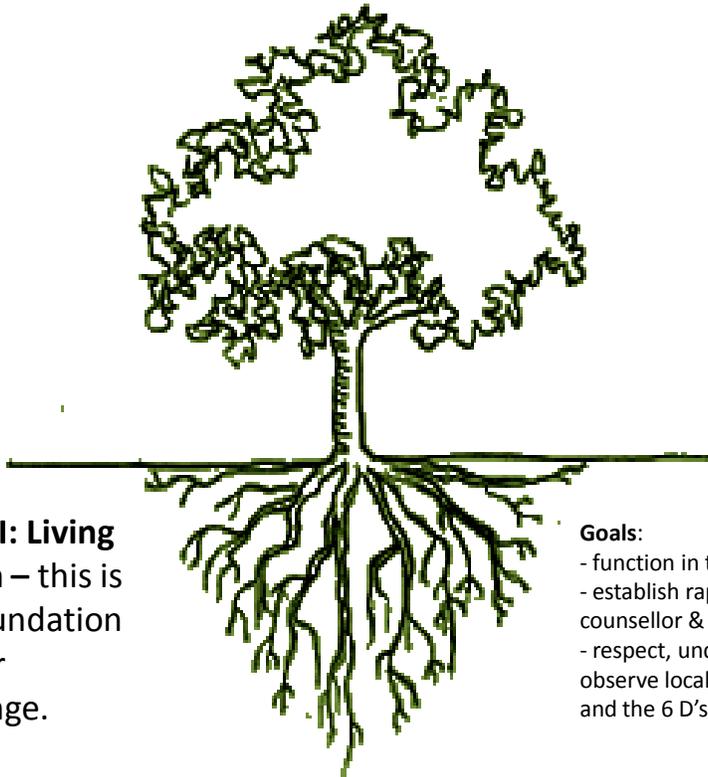
If your host country happens to be in western or eastern Europe, you should make it a point to know how American intervention affected the fortunes of that particular part of the world. An older citizen of Belgium, for example, may be puzzled if you do not demonstrate a justified level of pride in the role young American soldiers played in liberating that country from the Nazi regime in 1944-1945. If Europe is your destination, please take time to review the role of the United States in securing a military victory over the axis powers and in launching the Marshall Plan that set the continent on the pathway to the prosperity it enjoys today.

A similar story unfolded in China, the Philippine Islands, Indonesia, and many portions of southeast Asia, as American sailors, soldiers, pilots, and marines pushed back the expanding Japanese empire from the lands it had invaded and occupied. If your designated country lies within this region, please research the relationships that existed throughout the twentieth century and especially during the World War II era.

U.S. involvement in Latin America presents a more nuanced and complicated picture. Generally, prior to 1930 we had historically often followed a policy of supporting governments and social classes that were friendly to the United States, with only secondary consideration given to democratic institutions and opportunities for upward economic mobility. However, this inclination began to change with the introduction of the “Good Neighbor Policy” under President Franklin D. Roosevelt in 1933, and, later, with John F. Kennedy’s “Alliance for Progress” during the early 1960’s. If your destination is Latin America, you’ll want to become knowledgeable about this history. You’ll also want to become familiar with your host country’s struggle for independence in the nineteenth century, including the important roles of Simón Bolívar and José De San Martín.

The D5160 Tree of Youth Exchange...

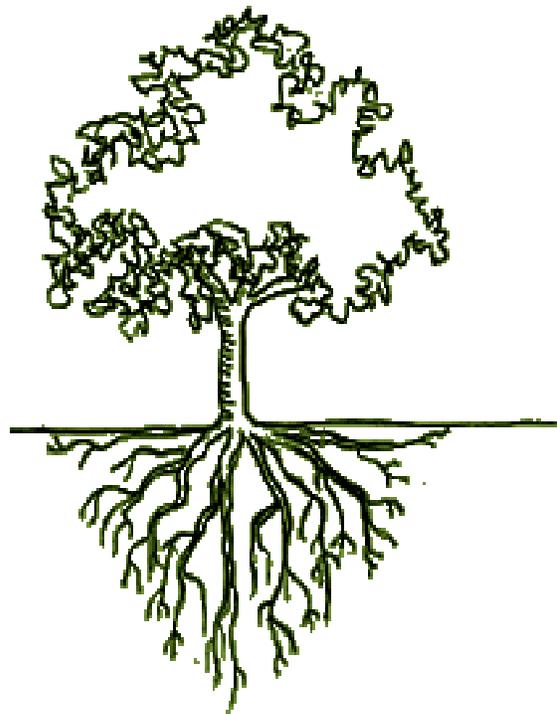
Why do some thrive while others just survive?



Phase I: Living Within – this is the foundation of your exchange.

Goals:

- function in the language
- establish rapport with counsellor & host family
- respect, understand and observe local customs & laws and the 6 D's

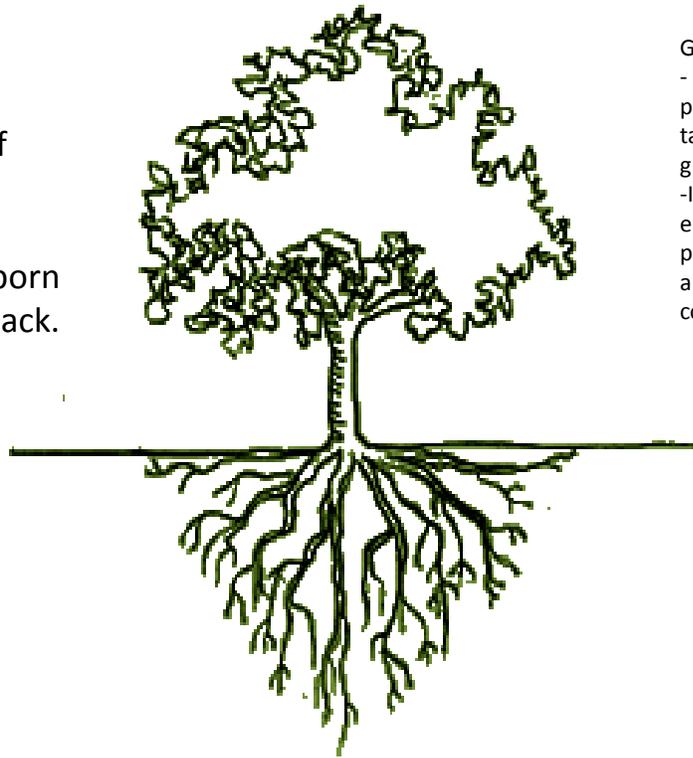


Phase II: Ambassador – growing, sharing and developing – branching out.

Goals:

- Regular speaking roles
- Extensive contact network
- Deep understanding of local culture
- High level of functioning in local language
- Engaging others first about their host country and Canada

Phase III:
Leaving a Legacy –
“fruits” of your exchange year are born – giving back.



Goals:
- Freely sharing passion, gifts and talents for a greater purpose
- Initiating an endeavour or project that makes a difference in the community

Our 4-Way Test & Way of Life

- Like the 4-Way Test is to Rotarians, the 6 Be's and the Tree is to our RYE committee
- It's our decision making tool – **will it help students climb the tree?:**
 - Travel approval
 - New training programs
 - District sponsored trips
- Increased Student Participation
 - Participate in Rotary club meetings, not just eating!
 - **How to act** at club, school, community and district events



District 5160 Outbound Student Contract



As an Outbound Rotary Youth Exchange student from D-5160, North Central California, I hereby promise to follow during my exchange year all rules established by my sponsor District 5160 RYE Committee including...

1. **No drinking** of alcoholic beverages including attending parties where alcoholic beverages are served by or to, persons less than 21 years of age, even if I am not drinking.
2. **No drugs** including being in the presence of others that may possess or partake of illegal drugs.
3. **No driving** or being in control of any car, motorcycle, scooter, ATV, go cart, power boat, jet ski, snowmobile or any motorized vehicle. And, before being a passenger on any of these, I will use good judgment. Also, I will not fly in, nor sky-dive from, any private non-commercial aircraft.
4. **No dating** seriously, as in "one-on-one." I know that group social outings of three or more students are encouraged but exclusive romantic dating between two people, same or opposite gender, will be prohibited. Also, I will totally abstain from any sexual activity or promiscuity.
5. **No disfiguring** my body, including but not limited to, tattoos, piercings and teeth modifications.
6. **No disrespect** toward my host families, counselor, school teachers or adult supervisors.
7. **No smoking** cigarettes, cigars or using chewing tobacco at any time during my exchange.

I fully understand the *Rotary D-5160 Youth Exchange "Six D's & One S"* listed above and also understand that any violation of these rules will result in the termination of my exchange, quite possibly leading to a humiliating or embarrassing return to the United States, at the earliest possible time.

In addition to the primary rules above, I promise to adhere to the following:

1. I will obey all the laws of my host country, host state and host city. I understand that any violation of these laws may result in arrest and/or termination of my exchange.
2. I will immediately remove myself from any situation that involves drugs, alcohol or other illegal activities.
3. I will always conduct myself as a good representative of Rotary and the United States of America.
4. I will use the internet, phones and computers only for activities that are appropriate, legal and wholesome.
5. I will only travel with adult supervision and with Rotary permission.
6. I will seek permission from my host Rotary counselor at least 4 weeks in advance of any travel request.
7. I understand that I may not have family members or friends visit me from the United States without prior authorization from my host District RYE Chairman, at anytime during my exchange.
8. I will attend school regularly and do my best to attain passing grades and complete all assigned work.
9. I will advise my host family, host counselor, host club president, host Inbound Coordinator, host YE Committee or host YE Chairman ***of any situation that I feel is inappropriate or that puts me in danger.***

Print Student Name _____ Sponsor Rotary Club _____

Student Signature _____ Date _____

Parent Signature _____ Date _____

Sponsor Rotary Club President, PE or YEO Signature _____ Date _____

Sponsor Outbound Coordinator Signature _____ Date _____

Sponsor District YE Chair Signature _____ Date _____

(SCO) v3.9

***District 5160 Youth
Exchange Student
Creed***

**This is my experience.
Many have been here before
And many will follow -
But this time is mine.**

**My journey will present
Numerous doors to
Unlimited opportunities.
Some of these doors will be
open,
Some will be closed.**

**But one thing I know for
certain,
The key to all doors lies
within.**

***-The 6 Be's of D5160
RYE-***

Be First

I am a person of action!

Be Curious

I seek to understand!

Be on Purpose

*I am certain of my outcome
and move steadily toward it!*

Be Grateful

*I focus on things I can be
thankful for!*

Be of Service

I give of myself!

Be Here Now

I live in the moment!

Outbound Exchange Student Standard Rotary District 5160 Youth Exchange Quarterly Report *

Please print out these pages and provide the following information each quarter during your exchange. Be honest with your responses and inform us of anything you feel is important for us to know. If we are not aware of a problem or a concern, we cannot help you. Of course, we enjoy reading the positive things, too! Please print neatly and mail. Thank You.

Outbound students mail to: Lynnette Gerbert, Outbound Coordinator, 605 Bali Court, San Ramon, CA 94582;
email: gerbertfamily@comcast.net , OR
fax 925-937-9026, Attn: Lynnette Gerbert

Quarter: Aug/Sept/Oct Nov/Dec/Jan Feb/Mar/Apr May/June/July Year: _____

Student's name: _____ Date: _____

Sponsor Rotary club: _____

Host Rotary club: _____ Country: _____

Counselor's name: _____ Residence telephone: _____

Fax: _____ Email: _____

Counselor's address: _____

City: _____ Zip/Postal code: _____

Current host family's name: _____ Residence telephone: _____

Current host family's address: _____ Business telephone: _____

City: _____ Zip/Postal Code: _____ Best time (local) to call you: _____

Your cell phone #: _____ Email: _____

List names and ages of host family brothers and sisters: _____

Date of anticipated transfer to next host family: _____

Next host family's name: _____ Residence telephone: _____

Next host family's address: _____ Business telephone: _____

City: _____ Fax: _____

Zip/Postal Code: _____ Email: _____

Do you regularly receive your monthly allowance? Yes No

Amount of allowance received in local currency per month: _____

Have you had any public speaking engagements this quarter (e.g., Rotary gatherings, school, etc.)? Yes No

If yes, please tell us about the event and give examples of questions asked by the audience: _____

Do you attend Rotary meetings? Yes No (How often do you attend? Weekly / bimonthly / monthly)

What other Rotary functions/events have you attended this quarter? _____

Have you been the guest of any Rotary members other than your host families? Yes No

If yes, what have you done with them (e.g., gone to their house for dinner, gone on a trip?) _____

Please give a brief account of contacts with your counselor this quarter (How often do you meet? Who initiates the meeting...you or the counselor? Do you feel that you are being given ample opportunity to meet?): _____

Please tell us how you feel about your relationship with each of the following:

	Excellent	Good	Average	Poor
Host Club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Club Counselor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current Host Family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Natural Parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please explain any unsatisfactory relationships and list ways in which you think that they can be improved. _____

Additional Questions

Have you experienced any health problems this quarter? _____

Have you appeared in the newspaper, on the radio or on television? (Please attach articles if applicable)

What is the best way for us to contact you? Mail Telephone Fax Email

List preferred contact information here: _____

Do you have any additional concerns, questions or problems that we can help you with or you would like to make us aware of?

Signature: _____

*** Note on submission:** This form may be filled out electronically and emailed, or filled out by hand and faxed, or returned surface mail. Please attach additional pages of narrative as needed. If possible, attach copies of any letters you have written to your sponsoring Rotary Club's Youth Exchange Officer.