**ROTARY INTERNATIONAL YOUTH EXCHANGE COMMITTEE**

**District 5160 – Northern California**

**THIRD QUARTER REPORT - DUE February 28**

These reports are to be e-mailed to the Youth Exchange Committee Outbound Coordinator at D5160YEXOutbound@gmail.com. Please answer all questions fully and honestly so we can understand your particular circumstances.

***Reminder! If you have any concerns that need immediate attention, do not wait for your quarterly report to contact your in country counselor or your outbound coordinator.***

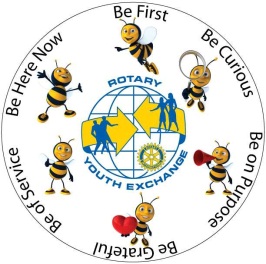
**Third Quarter Report**

You have now been in your country long enough that you are speaking the language (dreaming the language!), comfortable in the culture and you also may be realizing there is little time left to do all the things you have left on your “bucket list”. This is generally the time of year where the exchange is comfortable, and thoughts of going home are exciting, but also scary. Yes reverse culture shock is real!

We are interested in your experiences to date, and look forward to reading your responses to these questions:

1. You are in the home stretch! Tell us about your accomplishments to date (including community service), and what you hope to do before getting on the plane home. Include ideas on how you will tackle those activities, who you will you ask for help, and who has been your biggest supporter through this journey - in your host country or at home.
2. How has Rotary supported you during your exchange both in your host country and back at home? Let us know about your relations ship with your in-country club, counselor, sponsoring club and outbound coordinator. Are you getting the support you were expecting? If not, what can be done differently?
3. At this point you are probably registering/booking/planning for your year-end trip with the rest of the exchange students. Please tell us more about your year-end trip. Also let us know how the District gatherings of exchange students work in your area (are there many? few?) and if those gatherings helped or hindered your exchange. Who are the friends you think you will keep in touch with after your exchange (exchange students and/or locals)? Would you recommend this program to your friends and family members?
4. Reflecting on your exchange, how would you suggest the outbound coordinators/counselors better prepare the next group of outbound students? There are four stages of the exchange:
   1. First few months – everything is new and exciting. You feel lost and unable to communicate and you are constantly tired trying to take it all in.
   2. Homesickness starts to set in as the shine wears off and Christmas approaches.
   3. Language and friends are more familiar. You are starting to feel comfortable in the culture and things are becoming more familiar.
   4. Preparation to go home – mixed feelings, excited, sad.

Do agree with these stages? Were you prepared to deal with them? If not, please make suggestion on how we can improve our Outbound Orientations. If you don’t agree with these stages, please give us a better sense of your reality.



1. What else? What are we forgetting to ask?

Please attach three photos that I can share with your sponsoring Club  
here in the US – let me know what the picture is of and why you chose  
to include it! Thanks!