



DISTRICT 9780

GUIDELINES FOR OUTBOUND STUDENTS



2012/2013



ACKNOWLEDGEMENTS

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Last, but definitely not least, I would like to thank my husband, Peter, for his input and clarity while I was working with a vast amount and variety of information; and also for his invaluable assistance with document formatting on the computer.

Alaine Kavenagh

For the *Youth Exchange Committee of District 9780*

TABLE OF CONTENTS

Acknowledgements	2
Table of Contents	3
Rotary International	4
Map of District 9780	4
Objectives of the Youth Exchange Program	5
The Four Way Test	5
Rotary District 9780 Youth Exchange Committee	6
Countries We Exchange With	6
District 9780 Events	7
Making the Most of Your Year on Exchange	8
The Months Before Departure:	8
The Week Before Departure:	8
Departure.....	9
Gifts	9
Sources of Gifts.....	10
Australian Promotional Kits	10
Whilst on Exchange	11
Culture Shock.....	12
Your Lifestyle is About to Change.....	12
On Arrival.....	12
The First Few Months.....	12
Expect Some Ups and Downs	13
Homesickness and Stress.....	14
Some Ideas About Dealing With Homesickness.....	14
<i>Remember</i>	14
Who Else May Feel Stress and How Can You Help Them Deal with it?	15
Parents/Guardians	15
Host Parents.....	15
Host Brothers and Sisters	15
Sponsor District and Club (in Australia)	15
Host Club.....	15
Your Role as a Youth Exchange Student	16
Be an Ambassador	16
Learning a New Language	17
Learning to Adapt	17
Comply with the Rules.....	18
Ensure that you Stay Safe.....	19
How Students Should Use The Ace Assistance Card	20
When to use the Card	20
The Role Of Your Host Club Counsellor	21
First Contact	21
Welcome.....	21
Bank Account, Passport and Air Tickets	22
School.....	22
At Rotary.....	22
The Role Of Your Host Family	23
Your Host Family Will:	23
Questions To Ask Your New Host Family.....	24
Some Advice From Rotex Students To Exchange Students	25
What does it mean to be an Exchange Student?.....	25
What Constitutes a Successful Year of Exchange?.....	25
When do Hosts 'Tire of Exchange Students'?.....	25



OBJECTIVES OF THE YOUTH EXCHANGE PROGRAM

- ✚ To further international goodwill and understanding by enabling you to study first-hand some of the accomplishments and differences of people in other lands.
- ✚ To enable you to advance your education by studying for a year in an entirely different environment and take courses and subjects not normally available to you in your own country.
- ✚ To broaden your outlook by learning to live with and meet people of different cultures and by coping with day-to-day living.
- ✚ To act as ambassadors for your own country and Rotary, by addressing Rotary Clubs, schools, community organisations and youth groups in your host country and by imparting as much knowledge as you can of your own country and its culture to the people you meet during your time abroad.
- ✚ To study and observe life and culture in your host country so that you can pass on the understanding and knowledge you have gained, to Rotary Clubs and the wider community in your home country, upon your return.

THE FOUR WAY TEST

It is always good to consider the things we think, say, or do:

- ✚ Is it the **TRUTH**?
- ✚ Is it **FAIR** to all concerned?
- ✚ Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- ✚ Will it be **BENEFICIAL** to all concerned?



ROTARY DISTRICT 9780 YOUTH EXCHANGE COMMITTEE

Current structure of Youth Exchange Committee

District Governor	Brian Trenergy (Jenny)
District Governor 2012-13.....	Helen Trigg (Richard)
District Governor 2013-14.....	Ken McInerney (Sandra)
Assistant Governor - Youth.....	Max Dalrymple (Vena)
Chairman	Sue Williams (Alan)
Secretary	Graeme Cox (Mlee)
Treasurer	Terry O'Neill
Placement Officer	Peter Kavenagh (Alaine)
Student Liaison	John May
Student Liaison	Nicole Thomas

Country Coordinators

Japan & Switzerland	Mark Praolini (Judith)
Brazil, Canada & USA.....	Laurie Hill (Lynne)
Brazil, Canada & USA.....	Bob Barry (Maxine) Incoming
Denmark, Finland, & Sweden	Andrew Pipkorn (Michelle)
France & Germany	Wally Walsh (Tonie)
Short Term Exchange	Trevor Butler (Christine)
Short Term Exchange	Julie Burdett (Murray)

Please check the website for up to date Committee Members

http://9780.rotaryyouth.org.au/district_committee/profiles.php

COUNTRIES WE EXCHANGE WITH

 Brazil	 Canada	 Denmark	 Finland	 France
 Germany	 Japan	 Sweden	 Switzerland	 USA

DISTRICT 9780 EVENTS

All Outbound students are required to attend the following Youth Exchange Events:

Date	What & Where	Who
Saturday 4-6-2011 Or Sunday 5-6-2011	Second Selection Interviews – Ballarat	For Outbound Students, Counsellors and Parents/Guardians
Sunday 17-7-2011	First Outbound Briefing Horsham	For Outbound Students, Counsellors and Parents/Guardians
Saturday 19-11-2011 & Sunday 20-11-2011	Second Outbound Briefing Warrnambool	For Outbound Students, their Counsellors and Parents/Guardians
Thursday 19-01-2012 To Saturday 21-01-2012	Tullamarine Airport	Outbound Students Departure
Saturday 11 th February 2012	Rebound Re-orientation & Debriefing - Horsham	Rebound Students (2011-2012) Parents/Guardians and Counsellors
Friday evening to Sunday Lunch TBA - April 2013	District 9780 Conference - Queenscliff	Rebound & Inbound Students
<p style="text-align: center;">Please check website for up to date District Events http://9780.rotaryyouth.org.au/district_events/index.php</p>		

MAKING THE MOST OF YOUR YEAR ON EXCHANGE

Know and understand the rules, responsibilities and obligations of your participation in the Youth Exchange Program.

THE MONTHS BEFORE DEPARTURE:

- ✚ Have you a current passport with at least 18 months' time left on it?
- ✚ Has at least one parent got a current passport whilst you are on exchange?
- ✚ Have you meet all requests and deadlines?
- ✚ Have you got to know your sponsor Rotary Club, its members and the work they do in your community?
- ✚ Have you started learning the language of your host country if the national language is not English?
- ✚ Have you learnt something of the culture of your host country?
- ✚ Have you communicated with your host Rotary Club and your first host family?
- ✚ Have you prepared your presentation(s) to be given to your host Rotary Club, school or interested community group whilst you are on exchange?
- ✚ Have you had any immunisations that are required?
- ✚ Practice budgeting, looking after your own finances and living within your means.



THE WEEK BEFORE DEPARTURE:

- ✚ Ensure you have the details regarding checked baggage allowance, size and weight of cabin baggage, departure date and time, meeting point and departure times.
- ✚ Go through your checklist – several times.
- ✚ Be prepared for arrival in a very different climate and pack accordingly.
- ✚ Get farewells out of the way several days before departure.
- ✚ Try and get as much rest as possible in the days before departure.
- ✚ Make sure you have copied your insurance information and left it with your parents.
- ✚ Make sure a copy of your passport and any other official documents are left with your parents.



DEPARTURE

- + Leave yourself plenty of time to get to the airport.
- + **Do NOT** pack your ticket, passport or money in your checked baggage. Carry them with you at all times.
- + Make sure your baggage is NOT overweight.
- + Carry an amount of cash (suggest \$200) in the currency of the country to be visited.
- + **Do NOT**, under any circumstances, carry items on or off the plane for anyone.
- + **Do NOT**, under any circumstances, offer to carry or pack any item in your checked luggage for anyone else.
- + Be correctly, yet comfortably dressed and wear your blazer.



GIFTS

Why take gifts? Who should you take gifts for?

- + The best gift you can take costs nothing and is easy to pack: a smile coupled with politeness, courtesy, manners and respect.
- + That said, there are a number of considerations to be borne in mind when considering what gifts to take:
 - Weight, cost and packaging.
 - There is no way of telling how many gifts you will need.
 - The choice available is vast.
 - Consider excess luggage - forwarding early to your first Host family or Club Counsellor.
 - Consider having something small for an immediate gift on arrival for your first Host family and Host Club President.
 - If you are the first representative of your sponsor Rotary Club to your Host Rotary Club you should have a club banner ready to present at the conclusion of your address to them.
 - Take a few banners from your Club and/or district.

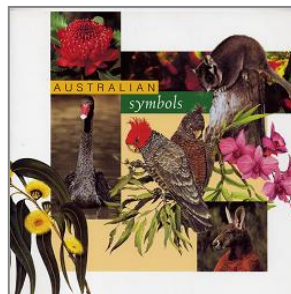
SOURCES OF GIFTS

- ✚ Make your own e.g. laminate stamps, or gum leaves.
- ✚ Buy 'Australiana' ribbon from craft stores and make ribbon pins.
- ✚ Stick pins depicting Australia are a great collector's item.
- ✚ Purchase 'Australiana' gifts from souvenir shops.
- ✚ Cheaper alternatives include \$2 shops or markets (e.g. the Victoria Market in Melbourne – if you show your Youth Exchange card you **may** get a further discount).
- ✚ Download images of Australia from “Google image” or elsewhere and laminate.



AUSTRALIAN PROMOTIONAL KITS

Under a Federal Government program, certain organisations, including Rotary Youth Exchange students, may obtain a kit that includes a series of books and pamphlets about Australia, Australian symbols, flags and parliament. The kit may also include an Australian National Flag. The kits are free of charge and can be obtained from a Senator or local Federal Member of Parliament. These make great gifts as well as being a source of information for yourself.



WHILST ON EXCHANGE

- + Be adaptable – become part of the Host family.
- + Use the host language and participate in and experience the culture of the country.



- + Be careful when crossing the road; remember in many countries vehicles drive on the right-hand side of the road.

- + Present talks to your Host Club about Australia, your community and yourself.
- + Participate, be busy and get involved in your:

- School
- Host family
- Host Club
- New community;



- + Make friends with students from your Host country and don't **only** make friends with exchange students.



- + Attend local Rotary meetings, particularly those of your Host Club.

- + Dress appropriately for all occasions especially more 'formal' ones.

- + Never plan without asking. Ask your Host family and your Host Club before committing to anything.

- + Make sure your monthly report is submitted to your Country Coordinator before the 7th of each month.



- + Be prepared for the unexpected.

- + Observe, adjust and adapt to your Host country's culture and laws.

- + Talk through any problems with your Host Club Counsellor or Host family.

- + A year on exchange has its ups and downs. It's how you deal with them that makes it worthwhile. If you bounce back quickly and easily and let go of your problems, you'll have a great year.

- + Keep a positive attitude. Developing successful relationships with host families, classmates and Rotarians, as a foreigner, requires effort but it is likely to result in life-long friendships.



Remember.....

Adjusting your attitude to those around you can be summed up in a sentence:

If it is to be – it is up to me.

CULTURE SHOCK



They don't understand what I'm saying!

YOUR LIFESTYLE IS ABOUT TO CHANGE

- ✚ What you experience on your exchange in your new country will most likely be very different from life back in Australia; it will also impact upon you when you return. In fact, for some, the experience may have a lasting impact.
- ✚ Some of the differences you experience you will like, others you will find irritating, some may be unbearable, but all experiences challenge and prepare you to cope with life.
- ✚ Always consider things to be 'different' and don't be judgmental that something is 'better' or 'worse' than what you are used to - **it is just different!**

ON ARRIVAL

- ✚ Your emotions will be in turmoil (long flight, jetlag, different time-zone)
- ✚ Get lots of sleep. Go to bed early for the first day or so (your host family will understand).

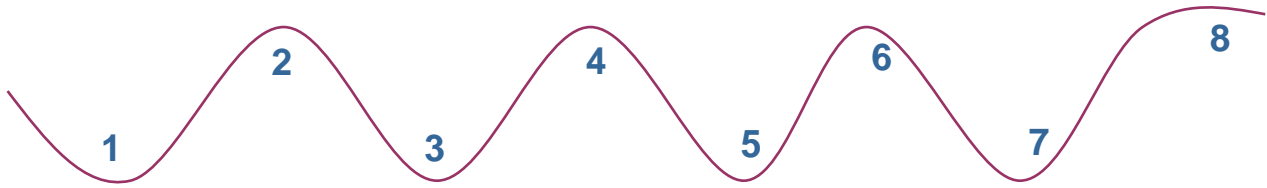
THE FIRST FEW MONTHS

- ✚ You may catch colds, have skin break-outs and feel tired, more often than you are used to. **Be patient with yourself. Be kind to yourself. Give yourself time.**
- ✚ Take care of yourself. Regular physical activity (walking, various sports, swimming) is essential to stay in good health. **Do not overdo it though!**
- ✚ In the first month or so if English is not the native language you will find it physically and mentally exhausting to communicate. This will improve with language classes and help from your host family and friends, so don't expect everything to happen overnight.
- ✚ You may find differences in all or some of the following:
 - School
 - Language
 - Sport
 - Climate
 - Food
 - Media
 - Lack of news of or about your home country
 - Gender roles
 - Dress and appearance
 - Religion and religious observance
 - Social attitudes i.e. drugs, sex, nudity, contraception, smoking and alcohol



Discuss anything you don't understand with your Host family, Counsellor or a friend.

EXPECT SOME UPS AND DOWNS



<p>1. Application Anxiety</p> <p>2. Selection/Arrival Fascination Elation Expectation</p> <p>3. Initial Culture Shock: 1-6 Months Novelty wears off Characteristics: Sleeping Habits Disorientation Language difficulties Fatigue (Mental/Physical) Eating</p> <p>4. Surface Adjustments After initial "down" Settle in: Language improves Navigate culture Friends Social Life</p>	<p>5. Mental Isolation Frustration increases New sense of isolation Boredom Lack of motivation Unresolved problems Language problems</p> <p>6. Integration/Acceptance Begin to examine society Accept surroundings/self</p> <p>7. Return Anxiety Preparation for departure Realise changes Desire to stay Results: Confusion/Pain Breaking of bonds No promise of renewal in future</p> <p>8. Shock/Reintegration Contrast of old and new Family/friends: Difficulty to accept change Not the centre of attention Others not interested in details of your experience Reorientation</p>
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Remember.....

Be open minded
Observe
Adjust and adapt



Participate
Ask questions
Be patient

HOMESICKNESS AND STRESS

Many exchange students may come from small country towns and be hosted in a high density suburb or town just as often as those from large centres of population being hosted in smaller centres.

No matter what the size of your host community, things will be different, but you can be assured that your host Rotary Club, school, Host families and Counsellors are genuinely very pleased that you arrived safely and are now living in their community.



Very few students avoid homesickness. It may occur as soon as one week after your arrival or several weeks after the settling in period has passed.

You may:

- Miss little things from home which you had normally taken for granted.
- Be continuously hearing and seeing a strange language.
- Be frustrated by an inability to communicate.
- Be overwhelmed by the 'culture shock'.

No matter who you are, you will all experience homesickness at some stage during the exchange but it will be different for all.

How you cope will be up to you. You can choose to sulk, be sad and depressed or you can choose to take a deep breath and get on with the exchange that you have chosen to take part in.

Don't 'bottle it up' or it will lead to stress.

SOME IDEAS ABOUT DEALING WITH HOMESICKNESS

✚ Recognise the symptoms:

- Feeling miserable.
- Irritability over little things that wouldn't normally annoy you.
- Always thinking and saying things were done better at home.
- Physical discomfort.



✚ Talk and share the problem with your Host family and Counsellor.

✚ Keep active and busy.

✚ Stress and homesickness are related, for stress can occur as a result of not being able to cope with the feeling of homesickness that may overcome you.

✚ At the orientation camps:

- Introduce yourself to Rotarians and parents who are also attending the weekend.
- Sit with different people at meal times.
- Break away from your comfort zone.

REMEMBER.....

When you have a problem what will be noticed by everyone is not so much what the problem is

But how you respond to it and how you deal with it

WHO ELSE MAY FEEL STRESS AND HOW CAN YOU HELP THEM DEAL WITH IT?

PARENTS/GUARDIANS

- ✚ Keep them informed.
- ✚ Solve small problems yourself – it may surprise them.
- ✚ Discuss bigger issues which may arise.
- ✚ Don't forget family birthdays and special occasions at home.
- ✚ Occasionally send photographs.



HOST PARENTS

- ✚ Become part of their family.
- ✚ Ask their advice and seek their guidance.
- ✚ Keep them informed.
- ✚ Discuss problems with them.
- ✚ Build a rapport with your family (including host brothers and sisters).
- ✚ Share the household chores.
- ✚ Respect family rules at all times.
- ✚ Take an interest in what they tell you.

HOST BROTHERS AND SISTERS

- ✚ Get to know their friends.
- ✚ Spend time with them.
- ✚ Involve them in your activities if possible.
- ✚ Remember their birthdays.
- ✚ Be interested in what they do.



SPONSOR DISTRICT AND CLUB (IN AUSTRALIA)

- ✚ Send reports regularly – official and unofficial.
- ✚ Stay in contact with your Counsellor.
- ✚ Send your report by the 7th of each month to your Country Coordinator.

HOST CLUB

- ✚ Attend meetings as often as possible.
- ✚ Make your presentation to the Club as soon as possible.
- ✚ Involve yourself in their activities.
- ✚ Talk to your Host Counsellor.
- ✚ Introduce yourself to members – some Clubs may be significantly larger than your Sponsor Club.



YOUR ROLE AS A YOUTH EXCHANGE STUDENT



Remember, their culture is likely to be quite different and learning to 'fit in' and get comfortable in your Exchange country can be a challenge. Your Host Parents, Counsellor and Country Coordinator will assist you in adapting to your Exchange country.

- + You should keep in mind that your exchange is important to many people. Your successful exchange is important to each of the following:
 - Your sponsor Rotary Club, which has placed their faith in you.
 - Your hosting Rotary Club, with whom you will live for one year.
 - Rotary International, because you represent Rotary wherever you go.
 - Your parents and all other members of your family.
 - Your country, which you are representing in the fullest way possible.
- + To avoid any possible misunderstanding, the following are the ways to involve yourself so that you and everyone else concerned, can derive the greatest possible benefit from this exchange experience:
 - In the first instance you must rid yourself of any idea that this year of exchange is a glorified holiday. You will indeed have a wonderful time, but never forget that you are on a serious mission in the promotion of international understanding and goodwill. This is not an overseas vacation.
 - Live with your Host family as a full member of the family in every way. Consider them as your parents, brothers and sisters, and participate in all aspects of your family's life.
 - You must always attend the Rotary functions to which you are invited, putting aside without question any conflicting personal plans you may have made. To avoid conflict here, keep your diary up to date and advise your host family and Counsellor of your wishes and plans.
 - During your period of exchange you may from time to time receive invitations to go on trips with a family other than your current hosts or school friends. Before accepting the offer, you must obtain consent from your host Rotary Club Counsellor and your Host family.



BE AN AMBASSADOR

Whilst in your Exchange country, you are an Ambassador for Australia and for Rotary. Accordingly, Rotary expects a high standard of behaviour from you, morally and ethically so that people will form a good impression of your home country and Rotary's Youth Exchange Program.

+ ***As a participant in the Youth Exchange Program, you will be representing:***

- Your country
- Your local community
- Your Sponsor Club
- Your family
- Rotary International



✚ **YOU are the official messenger of the Youth Exchange Program:**

- People will want to know about your home country, its lifestyle, your community and schooling.
- They will want to know about the issues facing Australians and perhaps in particular, issues facing young Australians.
- People will want to know about **you**. Answer frankly, yet tactfully and be respectful at all times.
- Some issues may be sensitive so be prepared to be equally sensitive when you respond. However you can stand up for your opinion, but do it diplomatically.
- Ambassadors must have an open mind. Be tolerant and respectful of differences and under no circumstances criticize your Host country.
- If asked to comment on differences you see, be thoughtful and sensitive in your response.
- **Join In** - Attend Rotary sponsored events and host family events and show an interest in these activities. Volunteer to be involved. **Don't wait to be asked!** These opportunities widen your chances for friendships.
- **Be prepared to speak to** Rotary and other Service Clubs, schools and community groups.



- **Interviews** - If interviewed by the media or asked to write something for them always have your Host Counsellor/Host Parent present at the interview or have them check your written piece. Again, never be openly critical of Australia or your Host country.

LEARNING A NEW LANGUAGE

- ✚ Do **not pretend** to understand because you believe you are **expected** to understand. Ask for an explanation or translation.
- ✚ Practice, by engaging in real conversation. Conversing, reading and writing a new language is necessary to develop true proficiency.
- ✚ Some host families label objects around the house, which can be a fun activity.
- ✚ You can practice by giving more than just a “yes” or “no” answer.
- ✚ Have patience when communications are not clear, and speak slowly and clearly, with frequent checks for understanding.
- ✚ Have a dictionary close at hand.
- ✚ Think of other words, other phrases, other sentences to get your message across.



LEARNING TO ADAPT

Learning to adapt means:

- ✚ Being willing to try new things.
- ✚ Doing things differently.
- ✚ Accepting that their cultural differences are neither better nor worse than ours, but simply **different**.
- ✚ Do not criticise their country and culture, and please do not criticise your own.



COMPLY WITH THE RULES

As a Rotary Youth Exchange Student, you and your parents agreed to comply with the rules, regulations, and guidelines that are part of the Rotary Youth Exchange Program. These are common sense conditions that are intended to ensure your safety, comply with local laws, comply with Rotary International, and assure that your conduct does not impose a burden on the families who open their homes to you.

+ **School:** School enrolment is as a full-time student and the expectation is to attend classes and take part in all normal school activities.

+ **Driving:** You are not permitted to drive motorised vehicles or to participate in driver education programs. This will make your insurance cover void.



+ **Alcohol:** Underage drinking of alcoholic beverages is expressly forbidden. Even if you are of a legal age you should refrain from drinking at public gatherings. If the host family offers you an alcoholic drink, it is permissible to accept it under their supervision in their home.

+ **Drugs:** Involvement with non-prescription/illicit drugs in any form will result in the immediate termination of your exchange and you will be returned home at the expense of your parents/guardians.



+ **Smoking:** This is strongly discouraged.

+ **Dating:** You are not allowed to have a 'steady' boyfriend or girlfriend. You are encouraged to go to events in groups with both boys and girls.

+ **Travel:** Travel as part of your family, or with school or church groups, is highly encouraged and will provide you with opportunities to learn about your Host country. However, independent travel, or travel without your Host family or Counsellor's permission is not allowed.



+ **Family visits:** Visits by parents/guardians, siblings or friends are discouraged early in the period of exchange and toward the end of the exchange. Such visits, if they are to be arranged, **may only** take place with the Host Club's and District's consent and within their guidelines.



+ **Use of home telephone and Internet:** You will need to discuss with your Host parents about your use of the home computer and home telephone. Please respect any decisions that are made.

+ **Use of Mobile Phones:** If you wish to use your own mobile phone or purchase a mobile phone, you must pay all costs yourself. This is not the responsibility of your host family or Rotary Club.



ENSURE THAT YOU STAY SAFE

- ✚ If you have a problem or are worried about something, always tell an adult you trust about it, such as your teacher, counsellor or current or recent host parents. NEVER suffer in silence!



- ✚ Pack your own suitcase and never carry items abroad for others. Take care that you do not unwittingly or wittingly act as a drug courier for someone else given that some countries impose death penalties for drug offences.

- ✚ Carry the telephone numbers for the emergency services in your Host country and keep them handy.



- ✚ Tell your host parent where you are going and what time you will be home – don't change your plans at the last minute as this can cause confusion.

- ✚ Look out for anything that might hurt or threaten you or anyone in your group and tell someone responsible.

- ✚ If you are out at night in the centre of town, make sure you are near street lights. Wherever you are, make sure that you don't get separated from your friends.

- ✚ If you need to use a public toilet, go with a friend.

- ✚ If you do get lost or separated go to a shop or place where you will be seen by lots of people to ask for directions.

- ✚ If someone you don't know talks to you, just walk away.

- ✚ Have the details of your accommodation on you, whether it's your host family's address and telephone number or hotel or campsite details.

- ✚ Keep enough money to make a telephone call.

- ✚ Keep your money hidden in an inside pocket, bum bag, concealed money belt or something similar – choose whichever is comfortable for you.



- ✚ Arrange for someone to pick you up at night unless you can take public transport where you are amongst a sizeable group of people.



- ✚ Make sure you know the person who is coming to pick you up. Never get into a car unless it is with this arranged person.

- ✚ If you are on a bus and someone makes you feel unsafe, move to a seat near the driver.

- ✚ Dress and behave sensibly and responsibly.

- ✚ Be sensitive to local codes and customs.

- ✚ Think things through carefully before you act and do not take unnecessary risks.



- ✚ Always look and behave confidently.

HOW STUDENTS SHOULD USE THE ACE ASSISTANCE CARD



- + Contact the local telephone operator in the Host country and ask for a reverse charge call to ACE Assistance on **+61 2 8907 5995** (24 hour telephone access 365 days of the year)
- + Say: ***I am a Rotary Exchange Student***
- + State their name and contact details [student's phone number]
- + State the nature of the problem.

WHEN TO USE THE CARD

- + In any emergency situation.
- + Whenever authorisation for payment is required e.g. for hospital or medical costs.
- + For urgent legal advice.
- + Students must **not** use the card for general inquiries.

THE ROLE OF YOUR HOST CLUB COUNSELLOR

The role of your Counsellor is very important and cannot be overstated. He/she will help you to settle in quickly, help you to feel at home, encourage you to participate fully in the life of the Rotary Club and will form a good relationship and friendship with you.



You should feel comfortable discussing **any** matter with your Counsellor, particularly in times of need and stress. Your Counsellor will be your support person – we understand that you are a young person alone in a strange country with no family support – your Counsellor is there to help fill that gap.

It is important to establish a good rapport as quickly as possible. Your Counsellor is effectively your guardian, friend and confidante.

In most countries Counsellors will host you for the first week in their home, before you go to your first host family. This helps form the bond that is really essential between your counsellor and yourself. This arrangement is not always the case though, and you may go directly to your first host family.

FIRST CONTACT

Your Counsellor should:

- ✚ Make contact with you by e-mail prior to your departure from Australia and provide some details about him/herself and family, as well as the Club, the city or town and the immediate surroundings. If you haven't had contact from your Counsellor and already have his/her contact details, you should instigate the first contact. Your Country Coordinator can assist you with this if you wish;
- ✚ Give appropriate information to assist in your final preparations before departure; and
- ✚ Confirm that you will be staying with your counsellor for the first week after your arrival before moving to your first host family.



WELCOME

Your Counsellor should:

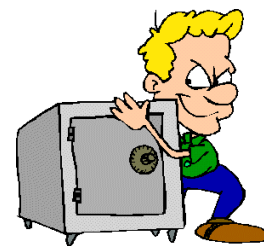
- ✚ Be at the airport for your arrival and make you feel as welcome as possible.
- ✚ Ensure you make a quick call to your parents to advise of your safe arrival.
- ✚ Be aware that you may feel strange and a little homesick and help you with this.



BANK ACCOUNT, PASSPORT AND AIR TICKETS

Your Counsellor should:

- ✚ Help you set up your emergency money account requiring two signatures – those of your Counsellor and yourself.
- ✚ If emergency money is needed to be used during the year it should always be topped up by your parents in your home country.
- ✚ Organise safe-keeping of your passport and return airline tickets in a place where they will be safe but accessible if/when needed.
- ✚ You **may** need your passport if you travel to another country, especially on the Euro Tour in Europe. Ensure your counsellor is not away or un-contactable when you require your passport to travel.



SCHOOL

- ✚ The decision as to which school you attend will be made jointly by your Counsellor and your Host parents and the Rotary Club – this decision will have been made well before your arrival in your host country.



- ✚ No school fees will be incurred by the Rotary Club or Host families. You will not be put into a private school unless school fees have been waived or your parents in your home country are willing to pay the fees.
- ✚ School related expenses vary from country to country. In many countries school students do not wear school uniforms. If they do in your host country, then most

schools will assist wherever they can with the supply of second hand uniforms and books.

- ✚ You will most likely be responsible for paying any public transport costs to and from school.

AT ROTARY

- ✚ Your Counsellor should inform you about your host Rotary District, Host Club and its objectives and also the projects and fundraising activities in which the Club is involved.
- ✚ You should be made aware of the structure of the Rotary Club and the names of the office bearers. If this doesn't happen, ensure you ask to be made aware of them.
- ✚ Please also be aware that not all Rotary Clubs conduct their meetings in the same way as does your Sponsor Club in Australia, and that some do not have the same level of interaction.
- ✚ Your Counsellor, Host family or other Rotary members should take you to all Rotary meetings.
- ✚ When asked, you should give a presentation to your Host Rotary Club.
- ✚ Your Counsellor should assist you to build a rapport with all Rotarians in the Club and encourage Rotarians to invite you to their home for a meal/outing/weekend.
- ✚ Your Counsellor should ensure that you are receiving your monthly allowance of around \$US80 – paid in local currency.

THE ROLE OF YOUR HOST FAMILY

- ✚ Most Host Rotary Clubs will have three or four families planned for your stay. There are 3 reasons for this:
 - To give you an opportunity to experience several different family lifestyles.
 - To give more than one family the opportunity to know you.
 - To spread the cost of supporting you.
- ✚ If you have developed a good bond, it will sometimes be difficult to change Host families.
- ✚ Every family is different and one may be more 'comfortable' for you than others.
- ✚ Try not to make comparisons and take time to get to know your second, third and fourth families.
- ✚ Be respectful when you speak about your families to others. Gossip travels quickly and it is easy to cause hurt feelings.
- ✚ Try to appreciate whatever your Host families do for you.
- ✚ The operative word here is *family*, and they are asked to help you become a part of their family during the period that you live with them. This means treating you as they would their own son or daughter, not as a guest, and exercising all the parental responsibilities and authorities they would for their own child.



YOUR HOST FAMILY WILL:

- ✚ Establish a clear understanding of expectations soon after you arrive in their home.
- ✚ Discuss the *First Night Questions* with you, which are on page 24.
- ✚ Be prepared to help you recover from homesickness. Your homesickness can take many forms, from simply general sadness to wishing to stay in your room alone. It is perfectly normal that you will have bad days and experience homesickness. If host parents are sensitive to this, they will be able to reassure you that your reactions are perfectly normal.
- ✚ Encourage you to get involved. Rotary, school extracurricular activities, sports, community activities, church groups, and family activities may be new and unfamiliar to you, and will likely be very 'different' from those activities you were involved in back in Australia.
- ✚ Understand 'culture shock' and help you learn about their culture. Sometimes it is difficult for you to understand your Host parent's feelings and for your Host parents to understand yours as a result of differences between cultures.
- ✚ Monitor your school attendance. You must attend school at all times and maintain satisfactory class results. Host parents will treat you as they would their own child regarding school activities and if Host parents have any problems with you not attending school/school activities, they will speak with you and/or your Counsellor about it immediately.
- ✚ Monitor your school work. Host parents should discuss your school work with you, your teachers, and school officials if any academic or social problems are becoming apparent. Host parents are encouraged to attend parent-teacher interview sessions at your school.

QUESTIONS TO ASK YOUR NEW HOST FAMILY

- ✚ Would you prefer that I call you by your first name or by another name?
- ✚ I will make my bed, keep my room tidy at all times and clean the bathroom after I use it. What else should I do regularly?
- ✚ What are normal meal times? The normal daily routine for the household? Discuss any dietary requirements that you may have and work out suitable alternatives.
- ✚ Do I have a permanent job at meal times – lay or clear the table, wash or dry the dishes, empty the rubbish?
- ✚ May I help myself to food and drink (within moderation) or should I ask first?
- ✚ What are the arrangements for school lunches?
- ✚ What are the laundry arrangements? Where should I put my dirty clothes? Should I do my own washing and ironing?
- ✚ Where can I keep my toiletries? May I use family soap, shampoo or toothpaste?
- ✚ When is the most convenient time for me to use the bathroom? Are there any water restrictions?
- ✚ What areas of the house are private?
- ✚ Do you have any dislikes that I should avoid?
- ✚ What times should I go to bed and rise in the morning? Is this different for weekends?
- ✚ May I use the stereo, TV, DVD, computer, sewing machine or workshop tools?
- ✚ Can I go out during the week? At weekends? Under what conditions?
- ✚ What are the responsibilities of house employees? (if there are any) How should I address them?
- ✚ May I have my own pictures or posters in my bedroom?
- ✚ Where should I store my luggage?
- ✚ If I have a problem getting home, I will phone you. If I am going to be late I will phone you within 30 minutes. Is that acceptable?
- ✚ May I invite friends around during the day, to stay the night or for a weekend?
- ✚ What are your expectations of me if I use the home phone?
- ✚ What postal address should I use for incoming mail?
- ✚ Should I use public transport to and from school, to the city, for outings at night and during the day?
- ✚ When and how are birthdays of Host family members celebrated?
- ✚ Are there any other special or festive days you observe?
- ✚ If I have a problem, how would you like me to handle it?



The following Internet link can convert some of the above questions and also other questions which may be relevant, into different languages. This may be helpful if your host families are not very fluent in English:

<http://www.rotary.org/en/StudentsAndYouth/YouthPrograms/RotaryYouthExchange/Pages/FirstNightQuestions.aspx>

SOME ADVICE FROM ROTEX STUDENTS TO EXCHANGE STUDENTS

WHAT DOES IT MEAN TO BE AN EXCHANGE STUDENT?

- ✚ Fantastic!
- ✚ Meeting hundreds of wonderful people.
- ✚ Realising just how much your own family and country mean to you.
- ✚ Giving speeches, writing emails and reports.
- ✚ Getting fat and at times being poor.
- ✚ Seeing a new country and experiencing new things.
- ✚ Being homesick and at times miserable.
- ✚ Attending Rotary Club meetings.
- ✚ Attending a different school.
- ✚ Getting tired.
- ✚ Being an ambassador.
- ✚ Personal growth.



WHAT CONSTITUTES A SUCCESSFUL YEAR OF EXCHANGE?

- ✚ Being flexible and adaptable.
- ✚ Being open to challenge and change.
- ✚ Being knowledgeable and well read.
- ✚ Being sensitive, loyal and trustworthy.
- ✚ Getting involved.
- ✚ Being introspective.
- ✚ Recognising 'different' from 'good', 'bad', 'wrong', etc.
- ✚ Communicating with family, Rotary, school, friends.
- ✚ Wanting to learn and have new experiences.



WHEN DO HOSTS 'TIRE OF EXCHANGE STUDENTS'?

- ✚ When they stay in their room and do not make an effort to be a part of the family
- ✚ When they play loud music and block out everyone else in the family
- ✚ When they over-use the internet
- ✚ When they do not show appreciation for the efforts of their host family - e.g. outings, special meals
- ✚ When they constantly complain
- ✚ When they don't get involved in school/community activities

