



# Guidelines For Inbound Exchange Students





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## ROTARY DISTRICT 7040 YOUTH EXCHANGE COMMITTEE

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Treasurer & Past Chair	Sherri Agnew	Home: (613) 384-8618 Work: (613) 544-9400 ext 1225 Cell: (613) 532-5525	<a href="mailto:sherri@agnewfoods.com">sherri@agnewfoods.com</a>
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Inbound Student File Coordinator-Canada	Sue Kolar	Home: (613) 253-0672 Cell: (613) 327-6628 Work : (873) 469-3951	<a href="mailto:smk.rotary@sympatico.ca">smk.rotary@sympatico.ca</a>
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Insurance Coordinator	Doug Bickerton	Home: (613) 382-5187 Cell: (613) 530-5187	<a href="mailto:dbick@kos.net">dbick@kos.net</a>
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Honorary Chair	Kathy Duley	Cell: (518) 572-2534	<a href="mailto:kcompedge@aol.com">kcompedge@aol.com</a>

## ROTARY DISTRICT 7040 CALENDAR OF EVENTS FOR INBOUND STUDENTS 2016-17

DATE	EVENT	LOCATION
16 – 18 September, 2016	Inbound Orientation	Camp Overlook, Malone, New York
28 – 30 October, 2016	District Conference & Halloween Party	Ottawa Conference & Event Center Ottawa, Ontario
02 – 04 December, 2016	Christmas party	Boys & Girls Club, Kingston, Ontario
06 – 08 January, 2017	Country Fair/Outbound Orientation Part 1	Ramada Inn, Cornwall Ontario
10-12 February, 2017	Winter Carnival (Optional Event) To be paid by student approx. \$600.00	To be confirmed Quebec City, Quebec
28 – 30 April, 2017	Spring Retreat	Ottawa Area, Ottawa, Ontario
16 – 18 June, 2017	Final Weekend	Renfrew Area, Renfrew, Ontario

Please note that your attendance is expected at all of the above events and that the cost is covered by your hosting club who is also responsible for your transportation to and from the event. The only exception is the Quebec City trip which is optional and must be paid for by the student. (approximate cost is \$600.00). We ask that you kindly note the above dates on your calendar and advise your host family and club counsellor immediately so that they can plan accordingly.

Additional tours during or at the end of your exchange may be available and will be discussed as information becomes available. Be sure to let us know of your interests in this regard.



## THE MOTO AND 7 BE'S OF 7040 RYE

If it is to  
**BE** is to  
It is ...  
up to  
**ME!**

***BE a Person of Action***

*I take initiative!*

***BE Curious***

*I seek to understand!*

***BE Purposeful***

*I have clear goals and move steadily towards them!*

***BE Grateful***

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

***BE Respectful***

*I am courteous and gracious to all!*

***BE Accountable***

*I am answerable for my behaviour!*

***BE of Service***

*I give of myself!*



## YOUR ROLE AS A YOUTH EXCHANGE STUDENT

Your Host Parents, Club Chair and Counsellor will assist you in adapting. Remember, your culture is likely to be quite different and learning to 'fit in' and get comfortable in Canada or the United States can be a challenge – we understand this!

- ✚ 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 both your host Rotary Club Counsellor and your host family.





## BE AN AMBASSADOR

While in Canada or the United States you are an Ambassador for your home country 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 your home country and perhaps in particular, issues facing young people in your country.
- + 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 Canada or the United States.
- + If asked to comment on differences you see, be thoughtful and sensitive in your response.
- + If you do not work to ensure the success of your exchange, your host family and club will probably not take part again in the program.
- + **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.



## LEARNING THE HOST LANGUAGE

*Whatever your level of proficiency is, please take note of the following suggestions:*

- ✚ 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 our language is necessary to develop true proficiency.
- ✚ Help your host families to label objects around the house, which can be a fun activity.
- ✚ You can practice your host language 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.
- ✚ Use flashcards
- ✚ Begin by reading children's books
- ✚ Make a game of using cassettes. See how many words or phrases you know by heart or in a row.
- ✚ Watch TV and attempt to read newspapers or magazines in your host language
- ✚ Write to your host families, your teacher, other inbound students, or to yourself! Learn to put your thoughts on paper.

## LEARNING TO ADAPT

*Learning to adapt means:*



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

## COMMUNICATING AND JOURNALLING

### KEEPING IN TOUCH



✚ Once your year of exchange has commenced there will be many people interested in knowing and hearing about your experiences and the progress of the exchange - both the good and the bad! They include your family, your sponsor club, counsellor and district, your friends back home, and your host club, host counsellor and the Youth Exchange Committee here in District 7040.

✚ Of course, in the ever changing world of communication, it's now so easy through the Internet and e-mail. It's important to keep open the lines of communication with your home, community and especially your friends, as it will help you 'settle back in' when you return from

your exchange.

✚ Don't spend too much time on the computer time you spend connected to your home you are spending being focused on your

✚ Learn more about us by checking out our Exchange website at [www.ye.rotary7040.com](http://www.ye.rotary7040.com).

✚ Join us on facebook at "Rotary District 7040 Youth Exchange 2016-17 Inbounds/Rebounds". It is a great place to share your photos with the group, get reminders about upcoming events and share comments and stories about your growth during this exchange.



however. The more country, the less time exchange.

D7040 Youth

### KEEPING TRACK OF YOUR GROWTH

✚ Be sure to keep a journal of your exchange and try to get into the habit of making daily, if not weekly entries.. It is fun to review it at the end of each month. Capture your feelings and insights and describe how you worked through any difficult times.

- ✚ Take lots of photos. You probably won't be returning any time soon and you want to capture all of the memories. Be sure to keep them labelled as it is easy to mix dates, places and people up.
- ✚ Send postcards, write letters, keep a blog – just keep track!

#### **THANK YOU NOTES**

- ✚ Don't forget to write Thank You notes to the people who host you overnight, take you on trips or in any way assist you during your exchange.

#### **BUSINESS CARDS**

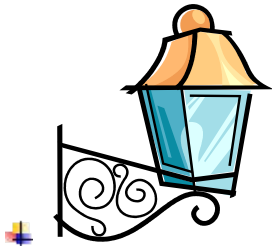
- ✚ Be sure to keep track of all of the business cards you collect from people you meet along your journey. They are a great souvenir and a great tool for staying in touch.



## 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.
- ✚ Carry the telephone numbers for the emergency services in your host community and keep them handy.
- ✚ Tell someone 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.
- ✚ Put important emergency contact numbers into your phone immediately or carry them in your wallet or purse. You should have the following contact information:
  - ✚ Rotarian Counselor
  - ✚ Club President
  - ✚ District Youth Exchange Chair
  - ✚ Local medical, dental and mental health professionals
  - ✚ Local law enforcement agencies



**OVERVIEW OF YOUTH EXCHANGE YEAR**

<b>MONTH</b>	<b>PHASE</b>	<b>WHAT YOU SHOULD BE DOING</b>	<b>REMINDERS</b>
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.	Watch the phone calls and e-mail
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 typical meal from your home country 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. Make a trade; host language for some of your language.	
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.	Send Holiday presents home early. By November 15 <sup>th</sup> .
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 <sup>st</sup> 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 to "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!	
FEBRUARY	ADAPTATION/ ASSIMILATION	You should be busy now. Friends, school and lots of activities. Don't forget host families (including the first one).	Call your host counselor and check in with him/her



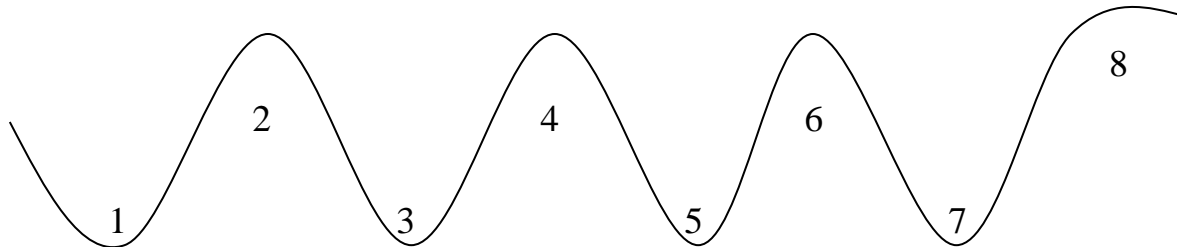


MARCH	ASSIMILATION	Are you giving as well as taking? Don't just be doing your own thing. You speak the language and you know some people. You fit in. Use it to help other people. Speak to little kids in schools, volunteer in your community, teach someone some of your language, help with your Rotary Club's 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.	<b><u>Make your flight reservations home.</u></b> Don't rush home, but don't stay too long.
APRIL	ASSIMILATION	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?!!	
MAY	ASSIMILATION & RE-ENTRY ANXIETY	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 people from your country and other exchange students when you get home so spend what little time you have with people who you won't see for a while.	Make time for your host families!
JUNE	ASSIMILATION & RE-ENTRY ANXIETY	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.	Read "So You Think You're Home Now"
JULY	RE-ENTRY & REVERSE CULTURE SHOCK	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 foreign money you might not need for a while. Have some local currency with you in case you need it at the airport. Have some home currency with you for when you land, at least enough to get a meal or two. 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 home country. Thank your parents for your year. Spend some time with them, at least two days, before you go running around finding your friends.	START WORKING ON YOUR ROTARY REBOUND SPEECH.
AUGUST	REVERSE CULTURE SHOCK	Get into your new life. 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? Are you keeping busy or are you moping around the house missing your host country? Was it really easy for you to come back? Think about why that is so. Get ready for school to start. Make little steps each day to get back into this 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 sponsor county "self". This is the start of your third year as an exchange student.	Contact your Sponsoring Club and offer to do a program on your exchange.  Help us continue to build the program!





## 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*



## ROTARY SUPPORT MODEL

<b>RESOURCE</b>	<b>WHEN NEEDED</b>	<b>CONTACT FREQUENCY</b>	<b>COMMENTS</b>
<b>Host Family</b>	Every Day	Daily	Your first point of contact with most simple needs. For problems, you will need to use your host club YEO in conjunction with your host family.
<b>Host Club YEO</b>	Structuring your year, planning activities.	Bi-Weekly/Monthly	This is your Rotary contact for host family arrangements, allowances, rules, travel permissions, meeting attendance, etc.
<b>Host Club Counselor</b>	Problems, Successes, Social Occasions	Bi-Weekly/Monthly	This is your advocate for solving problems when things go wrong –to provide advice, support and help when needed.
<b>Host District Chairman</b>	Unresolved problems, routine reporting	As Needed	
<b>Sponsor District Correspondent</b>	Routine Reporting, serious problems not solved by previous channels.	Monthly	Monthly Reports MUST be sent. This is NOT the first person that should learn of a problem you are having!
<b>Sponsor District Chairman</b>	Very Serious Problems	As Needed	
<b>ROTEX</b>	Advice and support	As needed	Will not be able to help with technical issues. They are for your emotional support and mentoring only.
<b>Sponsor Club YEO</b>	Preparation and then report about your experience.	Monthly	You should write to your club regularly to tell of your experiences.
<b>Parents</b>	Routine, non-YE problems, health emergencies	Regularly – on a SCHEDULE	LIMIT e-mail and phone contact. Write letters instead of e-mailing and phoning!



## PROGRAM RULES FOR DISTRICT 7040 YOUTH EXCHANGE STUDENTS

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, work diligently on all assignments and take part in all normal school activities.
- ✚ **Driving:** You are not permitted to drive motorised vehicles of any kind or to participate in driver education programs.
- ✚ **Alcohol:** Drinking of alcoholic beverages is expressly forbidden, regardless of legal age, except as part of a religion service or part of a meal within the family setting, if this is the practice of the host family.
- ✚ **Drugs:** Involvement with non prescription/illicit drugs in any form you will result in the immediate termination of your exchange and will be returned to your home country at the expense of your parents/guardians.
- ✚ **Smoking:** You must abide by the smoking position declared on your application. District discourages smoking and it is only permitted in designated areas at District events for approved smokers.
- ✚ **Dating:** Do not date steadily with one person but rather, to join in social functions with groups of peers so as to make as many friends as possible and avoid romantic attachments. This rule includes no sexual abuse, harassment or other sexual activity.
- ✚ **Disfigurement:** Do not disfigure your body with tattoos and piercings, etc.
- ✚ **Travel:** Travel is highly encouraged and will provide you with opportunities to learn about your host community and country. However, **do not** leave the host community without the permission of the Host Rotary Club Chairperson or Counsellor and host parents. Further, **do not** leave the geographic boundaries of district 7040 without the permission of the District Youth Exchange Chairperson or Vice- Chairperson. Please refer to the specific guidelines on the subject of travel attached as APPENDIX A.
- ✚ **Insurance:** You must carry a medical, life and travel insurance policy which is acceptable to the receiving Rotary district or club. This cost will be born by the legal guardians or natural parents of the exchange student.



form  
you

on



✚ **Use of home computer and Internet:** You will need to discuss with your Host parents about your use of the home computer and internet usage. Please respect any decisions that are made. Please remember that you are not permitted to download material from the internet without host parent permission.

✚ **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.

✚ **Emergency Fund:** You must maintain the equivalent of \$500 US as an emergency fund to be placed in a local bank account and which will be jointly administered by the Counsellor and the Student.

✚ **Immunizations:** You must obtain such immunizations as be required by health authorities in our district.

✚ **Obey the Law:** You must obey the laws of the host country, including any other country visited during the exchange

✚ **Lifestyle:** Please make every attempt to adapt to the normal rules and style of life in the host families assigned and learn the language of the community, adapt to the customs and learn as much as possible about the lifestyle of the most community.

✚ **Rotary Functions:** You must participate in Rotary functions as requested. These functions have priority over other activities and events.

✚ **Unplanned Gatherings With Other Rotary Exchange Students:** You must obtain written authorization from a D7040 Youth Exchange Committee Member ( and copied to the D7040 CYE Chair) prior to scheduling or arrange other events, parties or gatherings, etc. as this creates unnecessary strain on the respective host clubs and families that may feel they must provide transportation to these unscheduled events.



may

year.



✚ **Family visits:** Visits by parents/guardians, siblings or friends are discouraged, especially 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.



## STANDARD RULES FOR STUDENTS AT D7040 YOUTH EXCHANGE EVENTS

- ✚ All program rules remain in effect.
- ✚ All personal travel items will be placed in the open / common area. Do not go to the sleeping areas until directed to do so by a District Youth Exchange Chair, Vice Chair or Event Coordinator.
- ✚ Upon arrival at the event location, students will remain at the facility until everyone arrives, and the rules specific for that event have been discussed. Travel passes will be collected. At some events, students will have opportunity for free time away from the event site. On those occasions, students are required to sign out on the standardized, approved form, and always go in groups of 3 or more people. Students are not permitted away from the event site at any time unless there is a group of 3 or more students. Students in the group are responsible for the safety and well being of each other, and the group as a whole. The group is responsible for returning to the appointed place and signing back in on or before the agreed upon time limit is reached.
- ✚ There will be no smoking until a member of the District Youth Exchange Committee designates an appropriate area for those approved smokers, as indicated on your application.
- ✚ At no time will females permit any males in their sleeping area or room, nor will males permit any females in their sleeping area or room. Infractions of this rule will result in punishment for all parties involved. On those occasions where a common room is used by everyone for sleeping, gender specific areas will be designated and treated like a separate sleeping area or room.
- ✚ Sleeping in common or social areas is not permitted, except as noted in #5 above. All sleeping will be in the assigned area.
- ✚ Expect there to be room and/or baggage and/or breath analyzer inspections at any time.
- ✚ At the conclusion of the event, you are expected to pick up your travel pass and check out with a committee member.
- ✚ Please be courteous with usage of electronic devices. We expect you to be present and engaged with everything that is going on. Not texting or connected electronically elsewhere. The committee reserves the right to hold electronic devices if necessary for the duration of the event.



## CULTURAL DIFFERENCES

Some differences to consider observing and discussing with your host families include:

- ✚ Local customs
- ✚ Colloquial phrases
- ✚ Gestures
- ✚ Personal space
- ✚ Personal hygiene
- ✚ Time
- ✚ Respect for elders

## COPING WITH 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'.





## CULTURE SHOCK

### YOUR LIFESTYLE IS ABOUT TO CHANGE

- ✚ What you experience on your exchange in Canada or the United States will most likely be very different from life back in your home country; 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!**
- ✚ 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

### HOW TO COPE WITH CULTURE SHOCK

- ✚ Be open minded
- ✚ Observe
- ✚ Adjust and adapt
- ✚ Participate
- ✚ Ask questions
- ✚ Be patient

***Remember - do not be negative!  
You are an ambassador for your sponsor club, local community,  
Rotary International and your home country.***



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', to do so 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 Counsellor and Host family
  
- ✚ 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.

*We understand at times whilst you are on exchange that you may feel sad, lonely, homesick or unhappy about a situation. We will do everything we can to help you get through any difficult times you have.*



*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.*



## 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.

### YOUR COUNSELLOR WILL:

- ✚ Establish contact with you prior to your departure and maintain regular contact (at least once a month)
- ✚ Organise jointly with the Club Chair which school you will attend, prior to your arrival in District 7040.
- ✚ Counsel you in matters such as choosing classes, making friends, and participating in activities.
- ✚ Assist you with opening a bank account for your personal use.
- ✚ Assist you with the set up of an 'emergency money' account with a balance of \$500 requiring two signatures - that of your counsellor and yourself. Unused funds will be returned to you at the end of the exchange.
- ✚ Be committed to your well-being and happiness, but will also be a person able to see that you abide by the Rotary rules.
- ✚ Ensure you obey the rules and are fulfilling your obligations as a family member, school member, and that you are involved in the Rotary activities.
- ✚ Ensure that you are receiving your monthly allowance.
- ✚ Arrange for the safe-keeping of your passport, insurance information and airline tickets.
- ✚ Serve as an advocate for the student in any matter



## 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 or their electronic devices
- ✚ 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



## THE EXPERIENCE OF A LIFETIME

A smooth landing and they were there at last  
About to meet their new host families, not knowing their year would go by real fast

A big smile and some good-old morning breath  
“I can’t wait to take a shower, I hope they have one, I wept”

A new culture, a new family, a new language and land  
“Anything else?...I don’t even recognize the sand”  
“Where am I, who are you, how do I say...and what’s this?”  
I feel really lonely I can’t stop thinking about everybody I miss.”

The story continues on, for about nine months to a year  
The adventure has just started, and the end doesn’t seem near.  
Their days pass and their friendships grow,  
Leaving my new home is the toughest part...how was I to know?.

Their eyes are wide and they’re flaunting overwhelming smiles alike  
I hope mom and dad don’t mind my new tattoo, curfew, study habits, and insight  
I’ve changed a little bit, gotten out on my own and started to grow  
I’ve lived by my own rules for a year, I thought you should know

Hey, what’s up? Not much I say  
If I told you, you wouldn’t understand anyway  
You see my old friends, I’m lost in my own paradise,  
And I am sorry to say that I no longer need your advice

The sun sets and back in their own beds they lay  
A year of their life, well worth the extended stay  
So many stories, and so much to tell  
The experience of a lifetime, I went through heaven and hell

I can’t say it was easy and I can’t say that I loved every minute  
I grew a lot, I learned a new language and no that’s not it,  
But sometimes I like to keep it to myself,  
that way I don’t ruin it!



## Permission for travel out of District 7040

Opportunities for travel out of district are a privilege, not a right while on exchange. Permission for any travel outside of the district boundaries must be obtained from the District 7040 Youth Exchange Chair.

In order to obtain D7040 permission you must provide **all** of the following:

- Your complete itinerary (including type of travel, all times and locations, if traveling by plane, flight numbers and times)
- Who you will be traveling with (responsible adult)
- Hotels, addresses and phone numbers where you will be staying)
- Emergency contact information while away
- Permission from your natural parents (in your home country)
- Permission from your host parents (family you live with now)
- Permission from your host club (Rotary Club Youth Exchange Chair or Counsellor)

Once you have all the information, please forward it to Joe D. Fontes, D7040 Youth Exchange Chair via Email: [fontesjoe@gmail.com](mailto:fontesjoe@gmail.com) with the subject clearly identified in the heading.

If granted the permission, you will be notified via email, with copies to your correspondent and host club chair.

**Do not** travel out of district if you have not received the D7040 permission. Your safety and well-being are our utmost concern.