



Outbound Student Orientation

April 11-12, 2026

Casper College UU322

Saturday, April 11, 2026			
Arrival and Registration			
8:15	Grab a seat and settle in!		
8:30	District Committee, Inbound and Rotex Introductions	Dirk	
8:40	Outline for the Day-Agenda	Michelle	
8:50	Expectations for the Weekend	Beth and Dirk	
9:10	Introductions of students and their parents <ul style="list-style-type: none"> Where are you going What are you excited about (In your host language) 	Ramin and Connie	
Rotary District 5440			6-8
9:30	The Structure of Rotary and what makes Rotary Youth Exchange unique	Terry	
9:40	The Four-Way Test, Avenues of Service, and Areas of Focus	Richard	
9:55	Service Above Self: Introduction and Leaving a Legacy Assignment	Christa and Richard	
BREAK			
Culture Shock			30-33
10:15	Introduction to the Wave Simulation	John and JP +Rotex/Inbounds	
10:40	Outsourced Discussion	Pat and Brenna	
Introverts and Extroverts: Know Thyself			
11:00	Grit and Resilience	Ramin and Christa	
11:15	Coping Strategies and how a host country changes us	Steph and JP +Rotex/Inbounds	
Language			29-30
11:30	Return Student Survey	Dirk	
	The Offensive Translator		

LUNCH			
12:00	Lunch in Cafeteria		
Nuts and Bolts			
1:00	Packing	Brenna +Rotex/Inbounds	49
1:15	Flags, Banners, Pins, Gifts, Contact Cards	Steph +Rotex/Inbounds	51
1:30	Budgeting, Money, and Insurance	Connie +Rotex/Inbounds	47
1:45	First Night Questionnaire	Brenna, Christa + Rotex/Inbounds	41
Student Safety and Protection			
2:00	Youth Protection Policy and Crisis Management Plan	Dirk	21-27
2:10	The 6 D's Absolute Rules and Guidelines	Terry	18-20
2:20	Bright Line Exercise	Steph and Ramin	
2:40	Interactive Chain of Command Simulation	All	23
2:50	Monthly Reports	Dirk	40-41
BREAK			
Family Values and Letter Writing			
3:15	Leaving a legacy assignment	Terry and Michelle	
3:30	Letter writing exercise		
4:30	Adjourn for the evening		
Evening Activities			
5:00-7:00	Students: <ul style="list-style-type: none"> • Dinner • My Word Activity • Getting to know your Country 	Rotex Inbounds Outbounds	

Sunday, April 11, 2026			
8:00	Morning check in and review of the day	Michelle	
Rotary Ambassadorship			9-15
8:10	What is an Ambassador?	Richard, Beth, Pat	
8:20	Introduction to the B's: Basket Activity	Beth+Rotex/Inbounds	
8:40	Controversial Issue Practice	Pat+Rotex/Inbounds	
Communicating with Home and Friends			
9:00	"Never Leave Home Syndrome": Simon Sinek	Dirk	40
9:15	Country Visits from Family and Friends	Terry	49
9:25	Recording your year	Rotex	52
Q & A Parent and Student Breakouts			
9:45	Boy Breakout	Pat, Richard, Ramin, JP +Inbounds	
	Girl Breakout	Connie, Steph, Brenna + Rotex/Inbounds	
	Parent Breakout	Michelle, Dirk, John, Beth, Terry, Christa, +Rotex/Inbounds	
BREAK			
Reverse Culture Shock and Rebound			33-37
10:30	The End of my Exchange Year	Brenna + Rotex/Inbounds	
10:40	The Third Year of Exchange	Brenna +Rotex	
10:50	Rebound Weekend	Michelle+Rotex	
Wrap up			
11:00	Words, goals, projects, letters, evaluations, business card forms	Michelle	
11:10	Review of expectations	Beth and Dirk	
Conclusion			
11:30	Blazer Video		
11:40	Blazer Ceremony and Photos		
Noon	Adjourn		