



COWBOY COUNTRY ROTARY YOUTH EXCHANGE
ROTARY INTERNATIONAL DISTRICT 5440
Long-Term Youth Exchange



RULES AND CONDITIONS OF EXCHANGE – OUTBOUND STUDENT

Rotary International, District 5440 and Cowboy Country Rotary Youth Exchange (CCRYE) are proud of the Rotary youth exchange program. This program enjoys an outstanding reputation around the world due to the excellent students who serve as Rotary ambassadors and hard work by volunteers. We have high standards and expectations for everyone involved in the program. As an outbound youth exchange student representing District 5440 you must understand and agree to abide by the following rules and conditions. Please review this document with your parents, sign where indicated and upload a scanned copy as part of your application process.

Your host country will have a set of rules and conditions of exchange that you must abide by. The conditions in this document will apply regardless of the host district's rules and conditions.

Strict Rules and Conditions – Violations will result in the student's immediate home.

- 1) **Obey Laws of the host country** – If you are found guilty of violation of any law (shoplifting, drug or alcohol possession, theft, etc.), you will be returned home as soon as authorities release you. This applies even if criminal charges are not filed.
- 2) **No Drugs** – You may not possess or use illegal drugs. Legal medications prescribed by a physician are allowed.
- 3) **No Driving** – You SHALL NOT under any circumstances operate a motorized vehicle of any kind (including, but not limited to, cars, trucks, all-terrain vehicles, snowmobiles, motorcycles, boats or other motorized watercraft, and airplanes) during the period of the exchange. You are also not permitted to engage in hang gliding, paragliding, or parachuting. You may not be a passenger in privately owned light aircraft (including hot-air balloons) without the prior specific written permission of your natural parents or guardians and approval by your host club and your host Rotary District. You are also not authorized to participate in a driver education program.
- 4) **Drinking** – The laws regarding drinking of alcoholic beverages varies by country. If your host family offers you an alcoholic drink, it is permissible to accept it under their supervision in their home provided you do not leave the home after drinking and provided your parents approve. Excessive consumption and drunkenness is forbidden.
- 5) **Delinquency** – Your most important duty is to attend school regularly. You must make an honest attempt to succeed and must maintain a "C" average. All absences from school must be approved IN ADVANCE by your host family and the Rotary Club Counselor.
- 6) **Downloading** – Excessive or inappropriate use of the internet is not allowed. Accessing or downloading pornographic material is expressly forbidden.
- 7) **Unapproved Travel** – Unauthorized travel may be reason for early termination of exchange. Travel is permitted with approval from your host Rotary District.
- 8) **No Employment** – You may not work for wages or salary while in this program.
- 9) **No stealing** – There are no exceptions.

These items must be completed prior to your departure

- 1) **Health and Accident Insurance** – You must carry a U.S. insurance policy that covers sickness, accident, life and personal liability. CCRYE will purchase the policy either through CISI/ Bolduc Insurance or a plan required by your host country. In all cases the policy will meet the requirements of Rotary International.
- 2) **Immunization** – You must have proof of proper immunization, including:
 - Hepatitis B (Hep B) – 3 doses
 - Measles, Mumps and Rubella (MMR) – 2 doses
 - Polio (IPV) – 3 or 4 doses
 - Tetanus/diphtheria/acellular pertussis (Tdap)– 1 dose
 - Varicella (chicken pox) – 2 doses (or documented history of disease)
 - COVID-19 vaccination is not required by District 5440. It may be required by the host Rotary District or the host country. Students are encouraged to be vaccinated and should understand that choosing not to be vaccinated will limit the countries that are available and may completely limit their opportunity to participate in youth exchange.
 - Some countries may have additional requirements which must be met prior to the start of your exchange.

No waivers will be approved based on religious or philosophical objections. Waivers due to medical contraindications will be considered.

Violations of these common sense rules and expectations will result in a district review and restrictions. Severe/consistent disregard for these rules will result in early termination of the exchange.

- 1) **CCRYE Country Representative** – You will be assigned a member of the District CCRYE committee based on your host country. The Country Representative provides assistance advice, and guidance to you and serves as the primary liaison between CCRYE and your host district. If you have concerns or problems during your exchange, you should communicate those to your country representative.
- 2) **Host Family** – The host family is responsible for your well-being and you should respect their wishes and requests. You should strive to become an integral part of the host family, assuming traditional duties and responsibilities as a son or daughter in the family (making bed, cleaning room, washing dishes, etc.). You are not to consider yourself a guest of the host family and expect special privileges or treatment. You should respect the discipline in the family, obey host parents, keep host parents informed as to plans and activities (who, what, where, when and how), and follow the house rules set by the family.
- 3) **Authority** – You are under the host Rotary District’s authority while participating in the program. If you have relatives in the host country or nearby, they will have no authority over you while you are in the program. The host Rotary club is your legal guardian during the exchange year. Natural parents or guardians may not directly authorize any extra activities, including travel, by communicating only with you and without approval from host Rotary Club and host District as provided in their policies.
- 4) **Rotary Priority** – Student attendance will be required at some Rotary-sponsored events. These mandatory Rotary Youth Exchange events take priority over all other activities and are determined by your host District.
- 5) **Problem Solving** – In case of difficulties during the exchange, you should consult with your Rotary host network in the following order: Host family, Host Club Counselor, Host Club Youth Exchange Officer, CCRYE Country Representative, and CCRYE Chair. You should use this chain-of-command unless the

situation involves abuse or harassment in which case you may talk with any of the above-listed persons or other trusted adult. You are discouraged from involving your natural parents to help solve problems before working with your Rotary host network.

- 6) **Smoking or Vaping is discouraged** – Smoking or vaping in your host family home is forbidden. Student acceptance by the host district and host family placement is based on the smoking statement on the signed application. If you state in your application that you do not smoke/vape you will be held to that position throughout your exchange. Purchase and possession of tobacco products by students under 18 years of age may be illegal in your host country.
- 7) **Disfigurement** – New tattoos and body piercing are prohibited during your exchange.
- 8) **Devotion to One** – You should avoid serious romantic activity that would cause you to center all of your interest on one person to the exclusion of the Rotary Youth Exchange Program. Sexual activity is prohibited.
- 9) **Financial Responsibility** – You must have sufficient financial support to assure your well-being during the exchange. You should not borrow money and are expected to pay any bills incurred promptly. Any costs related to your early return or any other unusual costs (medical expenses, language tutoring, tours, etc.), shall be the responsibility of you and your parents. CCRYE will assist with understanding financial obligations and assist you and your parents in communicating with appropriate entities. However, CCRYE does not have financial authority over tour companies, doctors or other entities and will not assume responsibility for debts you owe or refunds owed to you.
- 10) **Emergency Fund** – Some Rotary districts require an emergency fund. That will be communicated with you when they send their rules. We recommend that each student arrive with a credit card or some other way of quickly getting emergency funding from your natural parents if needed.
- 11) **Computers, Internet, Telephone and Email** – Permission to use the host family computer, internet connection, and telephone must be obtained in advance. Excessive use of cell phones and internet is discouraged (more than 1 hour per day is excessive).
- 12) **Communication with home** – You are discouraged from excessive communications with family and friends from home. Parents need to help with this and not expect constant communication with you. Failure to engage with host families and make new friends is one of the leading reasons for failed exchanges and early return. We recommend no more than weekly contact with family or friends.
- 13) **Rotary Ambassador** – As a Rotary youth exchange student you represent yourself, your family, your sponsor Rotary club and district, and your home country as well as your host Rotary district and club. As an ambassador, we have high expectations for you. “The Be’s” were developed for Rotary youth exchange students and we use them as a guide for students to get the most out of their exchange experience.

***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!*

- 14) **Language** – You must make a sincere effort to learn the native language in your host country. If you have language difficulties, you should ask your host club counselor to assist you in enrolling in special language classes. You may be responsible for any costs for tutoring, language camps, or other instruction.

- 15) **Get Involved** – You are encouraged to attend Rotary-sponsored events and host family events. Show an interest in host family and Rotary activities to which you are invited. Don't wait to be invited; ask and volunteer to get involved. Lack of interest on your part is detrimental to your exchange and can have a negative impact on your own exchange and on future exchanges. You are expected to participate in Rotary activities with the host Rotary club and the Interact club in your school. Get involved in your school and community sports and special interest activities. Plan your recreation and spare time activities around your school and community friends. Do not spend all your time with other exchange students or connecting to people from home.
- 16) **School** – The Rotary Youth Exchange program is a Cultural Exchange, not an academic exchange. Credits for course work taken in your host country cannot be guaranteed. Your school back home has sole authority on granting credit for course work completed on exchange. This is between your home school and the host school. You should not plan on graduating from your host high school.
- 17) **Public Speaking** – You may be asked to talk to various groups such as other Rotary clubs, schools and other organizations. You should accept these invitations once you have approval from your club counselor. You should be prepared for these public speaking opportunities and look for opportunities to talk about youth exchange and teach people about your home country and culture.
- 18) **Friends** – You should ask for and heed the advice of host families, counselors and school personnel in choosing friends.
- 19) **Church** – If you wish to attend the church of your faith, you should discuss this with your host club counselor and host family. If possible, this should be arranged in advance. Host families should not attempt to “convert” you to any one religion and cannot require you to participate in religious studies or attend church.
- 20) **Travel** – Travel is permitted with host parents, on school-sponsored trips or on Rotary authorized functions with proper adult chaperones. You may not travel alone or accompanied only by other students. If you are offered an opportunity to go on a trip or to an event with Rotarians or host family you should make sure you understand any costs you must pay and your responsibilities before going. You should not assume you are being invited at no cost and always offer to pay. The host club should arrange for your transportation to required events. Other travel must be approved in advance by your host district as described in their policies.
- 21) **Visits by parents** – Visits by student parents or legal guardians, siblings, or family while you are on exchange can be distracting. Visits may not be allowed by your host district and you should check with them prior to planning a trip. Visits during the first three quarters of the exchange are not allowed. Parental visits may only take place with the host club and host Rotary District's consent and only within the last quarter of the exchange (March or later). You are encouraged to plan well in advance and obtain host district and host club permission before making travel plans and purchasing plane tickets. The following visits are not allowed:
- Friend visits, including boyfriend or girlfriend.
 - During mandatory Rotary events such as district conference.
 - At the end of the exchange year. You need to say goodbye without your parents or family.
- 22) **Route to Home** – You must return directly home at the end of your exchange. Stopovers on the route home are not allowed.
- 23) **Length of Exchange** – The term of the exchange is about 10 months, and you should not expect to return home before the end of that period except in an emergency or under other unusual circumstances agreed to in advance by both CCRYE and the host Rotary District. Arrival and departure dates should be coordinated with your host Rotary District.

- 24) **Reports To CCRYE** – You are required to submit monthly reports to CCRYE. We need input from you on the success of your exchange. Please be honest 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, we will attempt to 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 or email your CCRYE Country Representative. We can't help you if we don't know something is bothering you! The report is completed online and the link will be emailed to you.
- 25) **Communication Expectations** – CCRYE will communicate with you using email, text messages and phone calls. You must check your email routinely and respond in a timely manner to communications from CCRYE. You must update your CCRYE Country Representative if your email address or cell phone number changes.
- 26) **Application complete and accurate** – You certify that the information provided on your application, including all information regarding dietary restrictions, physical limitations, medical health, mental health, and prescription medications are accurate. You and your parents agree to promptly update CCRYE regarding any change in those circumstances.
- 27) **Youth Protection and Crisis Management** – Rotary International, District 5440, Cowboy Country Rotary Youth Exchange (CCRYE) and your host Rotary District are committed to creating and maintaining a safe environment for all participants in Rotary activities. CCRYE has adopted a Youth Protection Policy to establish standards that protect youth exchange students and provide clear direction to all youth exchange volunteers and students. The Crisis Management Plan was developed to help youth exchange volunteers and participants respond effectively in the event of an emergency involving you or other crises such as a natural disaster or pandemic.
- Your Host Rotary District is required to have these policies and you should review them prior to the start of your exchange.
 - It is critical that parents adhere to the protocols established in resolving problems. The chain of command for dealing with problems is the Host family, Host Club Counselor, Host Club Youth Exchange Officer, CCRYE Country Representative, and CCRYE Chair. You should use this chain-of-command unless the situation involves abuse or harassment in which case you may seek out any of the above-listed persons or other trusted adult. You are discouraged from involving your natural parents to help solve problems before working with your Rotary host network. If parents are aware of a problem, they should communicate promptly to the CCRYE Country Representative or CCRYE Chair.
- 28) **Disciplinary procedures** – Rotarians support student success in many ways and realize that young people sometimes make mistakes. CCRYE has high expectations for all youth exchange students and most students meet and exceed those expectations. However, there are some students whose attitudes and behaviors present challenges that must be addressed through disciplinary procedures. Host Rotary Districts have their own disciplinary procedures and CCRYE will respect their decisions.
- 29) **Early Termination of Exchange** – The final decision regarding early termination of an exchange lies solely with the host Rotary District. They may terminate an exchange early if a student violates the rules and conditions of exchange or in a time of emergency or crisis. CCRYE has a separate agreement regarding early termination of exchange that must be agreed to by the host Rotary District, the exchange student and parents prior to the start of the exchange.
- 30) **Data Protection** – District 5440, CCRYE and host clubs will use and disclose confidential information only as necessary to facilitate the rotary youth exchange program.

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CCRYE RULES AND CONDITIONS OF EXCHANGE SIGNATURE CERTIFICATION

We have read and understand these rules and guidelines for Rotary Youth Exchange and each agree to abide by them. We further agree that the host Rotary club and host Rotary district shall have final authority in enforcing these rules and conditions and any other rules and conditions which may be imposed with due notice.

RYE Student and Parents/Guardians

_____ RYE Student Name	_____ Signature	_____ Date
_____ RYE Parent/Guardian 1 Name	_____ Signature	_____ Date
_____ RYE Parent/Guardian 2 Name	_____ Signature	_____ Date

Complete and sign this page and upload it as part of your outbound application process.
Please scan and upload the entire document, not just the signature page.