



YOUTH EXCHANGE PROGRAM INBOUND STUDENT GUIDE

Rotary District 9700 Youth Exchange Committee

Welcome to Australia and Rotary District 9700. Your Host Rotary Club and Host Families will help to make this year a year that will last a lifetime.

Rotary's Youth Exchange Program is a tremendous opportunity for secondary school age students to travel abroad to further their education in an entirely different environment to their own. Rotary hopes that the impact of this experience for the participants will not only have an immeasurable impact on international relations but will also stimulate those in the program to become better citizens and, as such, help prepare them for participation as leaders of their communities and play a significant role in the shaping of tomorrow's world.

The program is an extremely rewarding experience for all who participate in it whether a student, Rotary Club, Host Family, Host Counsellor, host community or at District level.

This handbook is designed to offer some guidance to all participants. This handbook is designed to assist in preparing students, parents, host families and Rotary clubs for their participation in the program and to overcome some of the challenges experienced on the journey.

The District Youth Exchange Committee wishes you well as you now formally embark on your Rotary Youth Exchange Journey.

1.1 The objectives of the Youth Exchange Program are:

- **To further international goodwill and understanding** by enabling students to study at first hand some of the culture and accomplishments of people in lands other than their own;
- **To enable students to advance their education** by studying for a year in an environment, entirely different, to their own and by possibly undertaking study of courses and subjects not normally available to them in secondary schools of their own country;
- **To broaden the student's own outlook** by learning to live with and meet people of other cultures, creeds and colours, and by having to cope with day to day problems in an environment completely different to the one they have experienced at home;
- **To act as ambassadors** for their own country by addressing Rotary clubs, schools, community organisations and youth groups in their host country and by imparting as much knowledge as they can of their own country and its culture to the people they meet during their time abroad; and
- **To study and observe** all facets of life and culture in the country where they are hosted so that on return to their home country they can pass on the knowledge they have gained by addressing Rotary clubs, schools, youth groups and community organisations.

The principle motto of Rotary is "Service Above Self"

The Object of Rotary is to encourage and foster the ideals of service as a basis of worthy enterprise and, in particular, to encourage and foster:

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| First | The development of acquaintance as an opportunity for service; |
| Second | High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying by each Rotarian of his or her occupation as an opportunity to serve society; |
| Third | The application of the ideal of service by every Rotarian to his personal, business, and community life; and |
| Fourth | The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service. |

1.2 Conduct and Expectations

RULES AND MORE RULES

Few young people enjoy being told they must follow rules but when you applied to undertake a Rotary Youth exchange you agreed to be bound by the rules established by Rotary International and the Host Rotary District.

When you applied for the Australian Visa and entered Australia you were admitted on the basis you are subject to Laws which apply in the part of Australia you are at any time.

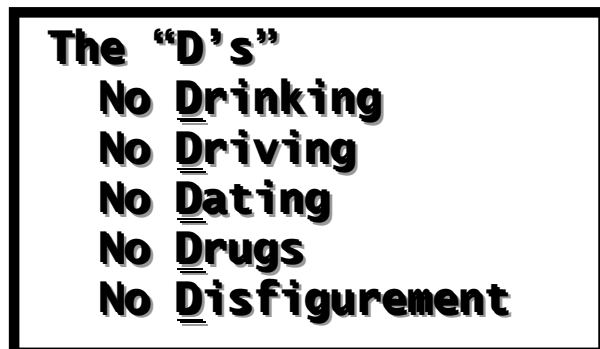
When you enrol at school you become subject to the rules that the particular school has in place.

When you enter a Host Home and discuss the “First Night Questions” you are submitting to the rules of that household.

We have acknowledged that you have a right to be safe but like the rest of society this entails acceptance of these rules.

You must remember that the rules are based on experience and are a balance between having a good time and keeping you and others safe.

Failure to follow the rules in the past has seen students imprisoned, injured, ill, pregnant and in some cases dead. It is no light matter for the Rotarians who are called on to deal with these rare but real problems. We ask for your responsible co-operation in complying with the rules. Read the District Rules and discuss them with Host Family, Host Counsellor or Host District Committee Co-ordinator. Where you are unsure what is applicable or where a rule is creating some problem for you, talk it through. Don't ignore the issue.



Where a student is charged under a civil law the legal process will apply **and Rotary will not be able to influence this.**

Where serious breach of Rotary rules arise, the student will be repatriated at their own expense. Where less serious breaches occur and the student does not respond to counselling and coaching to redress these issues, repatriation will result.

Rotary will do everything within its power to make your exchange a success – the biggest influence on our ability to achieve this *is you, the student.*

Your Role as a Youth Exchange Student

Above all else, we expect you, the inbound student, to be involved in your new Family, your school and the community in which you now live. You are also expected to be involved in your Rotary Club, attend weekly meetings and participate in any events organised by your Club. To do this successfully, you must do two things:

- 1 learn to communicate in English, and**
- 2 learn to adapt.**

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

Comply with our Rules

As a Rotary Youth Exchange Student, you and your natural 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.

A summary of the more important rules is listed below.

1. **School:** You must attend school every day of the school calendar year and maintain satisfactory class results
2. **Driving:** You are **not** permitted to drive motorised vehicles.
3. **Consumption of Alcohol:** As an Exchange Student in District 9700, you are not permitted to consume alcoholic beverages unless under the supervision of your host parents.
4. **Drugs:** involvement with non-prescription/illicit drugs in any form will result in the immediate termination of your exchange and you will be returned to your home country at the expense of your parents/guardians
5. **Smoking:** Smoking is discouraged. In your Host Family's home smoking may not be permitted at all. Always observe that restriction
6. **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
7. **Travel:** Travel as part of your Family, or with Rotary, school or church groups, is highly encouraged and will provide you with the opportunities to learn about Australia. However, independent travel, or travel without adult supervision is not allowed
8. **Family Visits:** Visits by your parents or Family are strongly discouraged. Past experience has shown that visits may be disruptive and tend to upset the settling process of students. Homesickness is often heightened by visits from parents. If parents are proposing to visit, they must contact the District Country Coordinator and host Club well in advance with a proposed itinerary
9. **Boyfriend/Girlfriend visits:** Visitation by boyfriends or girlfriends during your exchange will not be permitted
10. **Use of home telephone and internet:** Host parents must make the decision about your use of the home computer and home telephone
11. **Use of home Mobile Phones:** You are encouraged to have a mobile phone for personal security. A local pre-paid phone plan is the best and most economical. You must purchase and pay for it yourself. This is not the responsibility of your Host Family or Rotary Club.

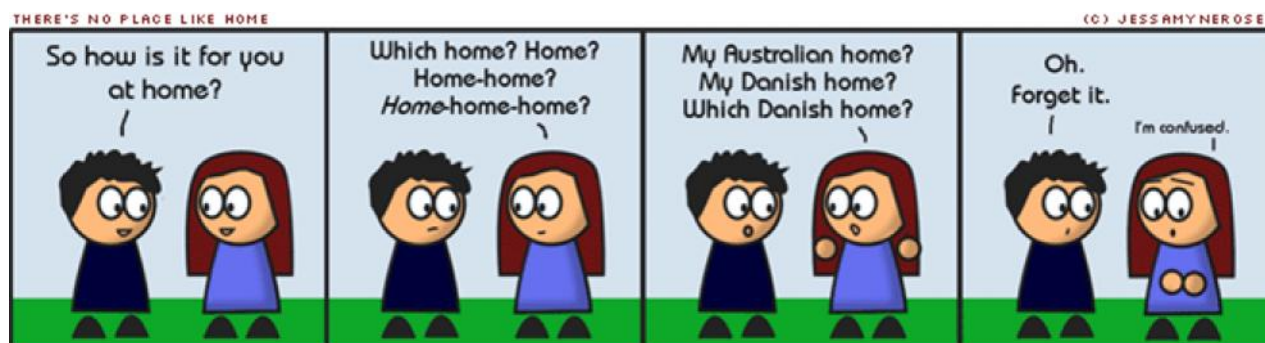


1.2.2 YOUR ROLE AS AN AMBASSADOR

Whilst in Australia, you are an ambassador for your country and for Rotary. This is one of the main purposes of the exchange. Rotary expects a high standard of behaviour from you, morally and ethically, so that others will form a good impression of your homeland and of the Rotary 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



Public Speaking

You are expected to address Rotary and other service clubs whilst in Australia. In addition, talks and visits may be arranged at schools, youth/community groups and other organisations.

To assist with addresses, we suggest that you have 20 to 30 good colour pictures on a thumb drive.

These should be pictures of parents, family, pets, home, local community area as well as a cross section of your homeland. (scenes, flora, fauna) that can support your presentations,

Be a joiner

To gain the maximum benefit from your year here, take an active part in the host community. Take every opportunity to join and be actively involved in school clubs, youth, church or sporting groups, especially Interact or Rotaract if they are available in the area. The wider the involvement the greater the number of friends you will make. Don't confine friendships mainly to other Exchange Students, remember that your friendships and experiences will last a lifetime.

Have an open mind

There is usually more than one view on most issues, so keep an open mind, especially on controversial matters (race, religion, politics, etc.). Do not take sides and avoid expressing strong contrary views - be diplomatic and tactful.

The key word is 'different', not 'better' or 'worse'.

Interviews

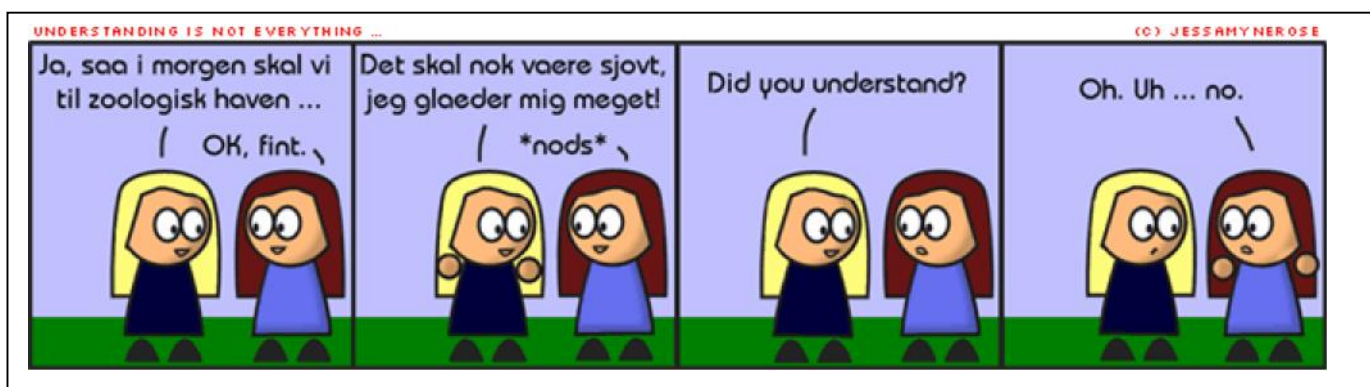
If interviewed by press, radio or television at home or abroad, a student should always have his/her Host Counsellor or parents present. Never be critical of your own or your Host Country. Careless remarks when publicly reported may cause serious embarrassment. Smile for the camera.

Host Families

Hosting arrangements are entirely the responsibility of the Host Club. You will usually have three or four host families, but this may be varied at the discretion of the Host Club. You will be a guest in their homes so live with them as a full member of a Family in every way. Consider them your parents and brothers and sisters and participate in all aspects of your Host Family's life, irrespective of what you are accustomed to in your own home.

If problems arise at Host Family level, you should contact the Host Counsellor who may be able to assist. You are expected to accept the normal discipline and supervision of the Family.

As soon as you arrive with the new Host Family you should jointly discuss the Family preferences and requirements. A guide to the agenda of this discussion is set out in the "Questionnaire For First Night With New Host Family". This is truly useful where it can be generated in English and your native language to ensure the misunderstandings are minimised.



In most instances, you will have a separate room, but you should be prepared to share a room with a host brother or sister who may have sacrificed their own room (and privacy) in order to host. Be aware of this fact and show proper appreciation to those affected.

Some host families have involved the student too much when some "peace and quiet" and privacy would have been appreciated. A tactful word with the host parents usually solves this problem but you should spend most of your time with the Family, not in your room or on the internet.

Host Counsellor

The Host Rotary Club will appoint a Host Counsellor, who is your gender and is not a member of a Host Family for the duration of the exchange whom you should regard as your confidant. If any problem arises at school, with the Host Family, with finances, or of a personal nature, consult the Host Counsellor who is there to help you and will probably welcome the opportunity to assist or act as mediator.

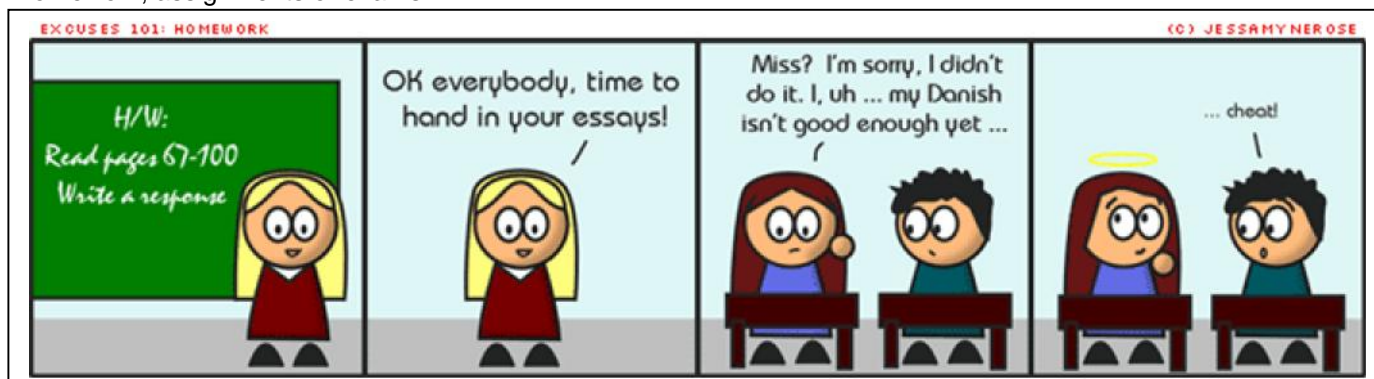
If the Club has not told you who they have appointed as Host Counsellor you should tactfully ask the Club President who this is. Similarly, if the Host Counsellor does not make contact with you, you should contact them. If this situation does occur you should inform your Host District Country Co-ordinator and they will assist you to resolve the problem.

1.3 School

Your Host Counsellor or Host Family will assist you with enrolment process. Your School Principal will need a copy of the AASES form which was part of your visa application. Ask the Principal for a copy of the AASES after they have completed it and forward your copy to your Host District Committee Country Co-ordinator.

Remember, absences from school require a note of explanation from Host Family or Host Counsellor and excessive absences are a breach of your visa conditions.

In Australia you may find your choice of subjects is much wider than at home. Take the chance to try different and enjoyable subjects. Take your school attendance seriously. It is a condition of your visa and is integral to your exchange. Your fellow student will be working towards important examinations – the students and their teachers will not appreciate an exchange student who is a distraction or who is disruptive or who doesn't do homework, assignments or exams.



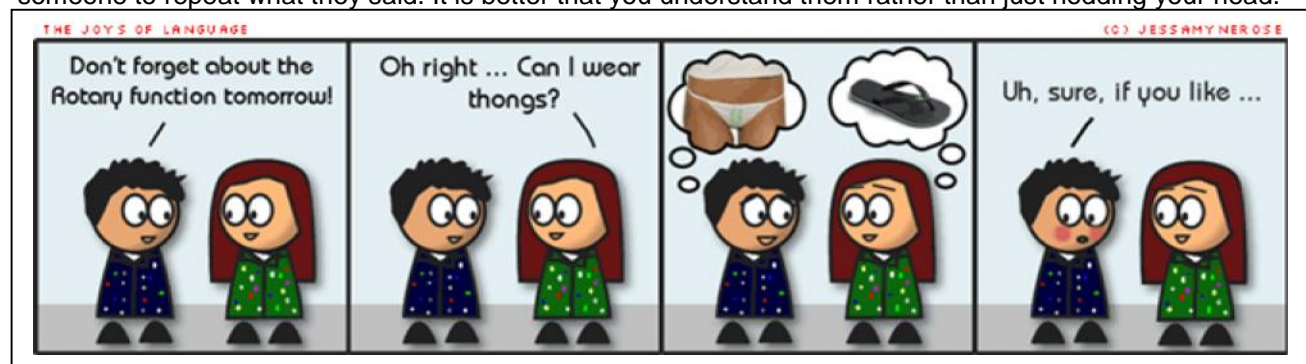
When starting school be outgoing - make the effort because other students may be unsure about approaching you. Or you might be the hundredth foreign student and you are just one more.

1.4 Language

English in Australia can be different to what you have already learned at home. Some vocabulary and the accent will be different and it may take some time for you to become used to our dialect.

Remember it is considered rude to speak your native language when others around you do not understand.

English is a universal language. Use your class mates to help you improve your English. Don't be afraid to ask someone to repeat what they said. It is better that you understand them rather than just nodding your head.



Be aware that some expressions in Australia may have other meanings in your country and be embarrassing or offensive.

When you use an incorrect word or your sentence structure is incorrect many adults will not comment out of politeness. You will need to encourage them to explain any mistakes you make – remember this is a great opportunity to become proficient with your English. Take care with unfamiliar words students at school encourage you to use – they may be rude or offensive – a Host Mum will be understanding if you quietly ask the meaning of a suspicious word but may not appreciate you using it in conversation at the dinner table.

Make the effort to learn or improve your language skills; it will be well worth it six months down the track and will be useful all your life.

1.5 Culture & Customs

Learn something about the culture of Australia every week.

You may find it difficult to accept some of our local customs at first but as you persevere with the Australian way of doing things you will gradually come to appreciate the difference and learn that

IT IS NOT WORSE, NOT BETTER, JUST DIFFERENT.

Don't compare your life in Australia with life in your home country. It will be different and that is what you are here to experience.

You should prepare to speak to your host Rotary Club early in your exchange and again towards the end of your exchange. The first presentation should focus on who you are and where you are from. Your last presentation should focus on what changes you have experienced and what lessons you have learned and what your future plans may be.

BE PREPARED TO GIVE YOUR
TALK IN ENGLISH—EVEN IF
IT IS A LITTLE BROKEN

You may have a host sibling who comes home from their exchange, half way through your stay. Be prepared for a change in the Family. You must understand that it is hard for them to come home to a stranger in their house, with their Family.

Remember that being an exchange student is a unique experience, never to be repeated. While you are a "member" in someone else's home the returning student will be treated as someone special. Give them some space but be there for them when they need to talk. You may be the only one interested in hearing about or really understand what their Exchange experience was like. Just imagine how you would feel to come home after 12 months away to find a stranger in your house, with your Family. Treat them as you would hope to be treated.

CLOTHING

Students coming to Australia (District 9700) will experience a temperate climate. We do not have the extremes of the cold northern hemisphere winters. In contrast, our summers are very hot and the coastal area can be very humid.

The best clothing to wear here is more loose fitting clothes, shorts, t-shirts sandals etc. Our temperatures range from -5° in winter to 40° in summer. During winter many exchange students find Australian homes cold compared to the central heated houses of many overseas countries. Be prepared to wear more layers of clothes while indoors. In the first six months of the exchange it is not unusual for students to gain weight - up to 15 kg. This can pose clothing problems and it is advisable for you to consider this when buying clothes.

Clothing is the responsibility of the student's natural parents and the Host Rotary Club is under no obligation to provide clothing.

Remember that first impressions are lasting impressions. Unless otherwise advised, when attending Rotary events or representing Rotary, you are to wear clothing of a standard to what is termed as "smart casual" level as an absolute minimum. In the majority of these cases you will be wearing your Rotary Blazer as well. This means no torn, faded, tattered or excessively baggy jeans or shorts. It means a shirt (worn tucked inside the waist band!) with a collar suitable for incorporating a tie (or scarf for the girls) if necessary. It means decent and clean footwear and not thongs (flip flops!) or battered runners or sneakers. Hair needs to be kept clean and tidy and not ragged and unkempt or be sculptured and/or coloured into radical or avant-garde works of art!

1.6 Gifts

Students should carry, or arrange to have sent at a later date, a gift for each of the Host Families and Host Counsellors. The gifts do not have to be expensive, but preferably typical of your home country. In addition, smaller tokens of appreciation should be brought for others who may assist during the year.



Your Sponsor Rotary Club should have provided Club banners to be presented to your Host Club and other Clubs at which you may be the guest speaker. Banners received in exchange should be presented to your Sponsor Club upon return home.

Remember that it is the thought that counts – a hand written note on the back of your business card may be as appreciated as a box of chocolates. Use “Please” and “Thank You” and people’s names as often as you can. A card at Christmas and an inexpensive egg at Easter for Host Family children is a nice touch.

Don’t hand out all the presents that you have brought in the first couple of months. You may have three or four families to stay with. Hand the presents out slowly - take four or five good presents and apportion them out.

1.7 Souvenir Collections

A student is bound to collect a surprisingly large amount of booklets, souvenirs and pictures during the year away. It is recommended these be periodically sorted, with parcels being made and sent home by mail. Don’t wait until the end of the exchange, otherwise excess baggage will be exorbitant. Ignore this at your peril – we have had students incur in excess of \$1,000 excess luggage and their parents were not amused !

1.8 Personal Safety and Wellbeing

1.8.1 SECURITY AND RISK MANAGEMENT

- If you have a problem or are worried about something, always tell an adult you trust about it, such as your teacher, Host Counsellor 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.
- Before you go on exchange find out how to use a public phone in your new country. Carry the telephone numbers for the emergency services in Australia and keep them handy.
- Ask your first host parents to write their address and phone number and an emergency phone number so as you can keep this with you in case you need to tell someone where you are living.
- Explain to your host parents about your insurance cover and how it works.
- Follow the instructions of your leader, teacher and other supervisors, including those at the venue of the visit (unless those instructions constitute a crime or are contrary to Rotary regulations).
- 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, stay in places with 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 and ask for directions

- Have the details of your accommodation with you, whether it's your Host Family's address and telephone number of hotel or campsite details
- Keep enough money to make a telephone call from a payphone
- 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

1.8.2 TRAFFIC SAFETY

Take Special care when crossing roads – the traffic may be coming from an unfamiliar direction. Use pedestrian crossings and comply with traffic lights.

1.8.3 HARRASSMENT

Rotary International and the District 97000 Youth Exchange Committee considers harassment of any of our students to be a serious offence. Under Australian laws these behaviours, particularly sexual harassment or abuse are criminal matters.

Any allegation of such behaviour will be treated as a serious matter and we will take steps to ensure your safety while in Australia. It is our policy that you have a right to **ALWAYS** feel safe, comfortable and unthreatened. Harassment includes sexual harassment, but can take the form of repeated comments or gestures about a student's social background, home country, language, culture, personal appearance or other characteristics.

Harassment is any unwanted physical or verbal conduct that offends or humiliates you.

Both males and females can be abused in ways including:

- **Being encouraged to engage in full sexual intercourse, masturbation, oral sex and fondling**
- **Being offered pornographic books and videos**
- **Being asked to take part in making videos or taking pornographic photographs.**

If you are placed in any of the above situations or think the situation is “uncomfortable”, **then contact an adult you trust immediately. Leave if possible.**

DO NOT try to handle the situation on your own — there are Rotary members here to help you and ensure that your exchange is safe and enjoyable.

Remember – If it doesn't feel right, it isn't right.



1.8.4 SUPPORT SYSTEM

Sometime during your exchange you may encounter difficulties that may not be able to be resolved easily. The problem solving flow chart and the Support & Communication Network Diagram are guides on how and who will be able to help you if you do have any problems.

You may have difficulties with school, your Club, host siblings, travel, other students etc. *There is always a way that the problem can be resolved.*

If you have any concerns and are uncomfortable speaking with your Host Family or Host Counsellor then ring your District Country Co-ordinator

Please remember that your District Country Coordinator is always available to help you, whatever the problem.

1.9 Student Insurance

When you were accepted into the Program you became responsible for mandatory insurance.

You have two Insurance Policies –

- Overseas Student Health Card (OSHC)
- Travel and General Insurance which may be Australian or from home country.

The OSHC is a health insurance. You will receive your card and instructions on how to activate the card. Keep your card safe and when you attend a doctor or hospital you need to present this card. This will allow much of your medical cost to be paid by your insurance.

The Travel and General Insurance will cover the risks of:

- personal accident injury and/or death
- funeral expenses
- travel
- loss of personal belongings
- personal liability
- medical expenses
- hospitalisation

You need to keep the card issued by your Travel and General Insurer safe and if you have any insurance problems contact the Insurance Company as per their instructions.

You should provide each Host Family with a copy of both cards so they can support you if you have health issues and are not able to act for yourself.

1.10 Finance – Managing your Money

1.10.1 MONTHLY ALLOWANCE

Your Host Club will provide you with a monthly allowance, usually \$A120 each month. It is expected that the monthly allowance will not be sufficient to meet all the daily needs of a student so you will need to carefully match your expenditure to your available funds. You should establish a bank account with a debit card access and request your Host Club to arrange an automatic transfer of your allowance into that account. Your Host Counsellor will be able to advise on how and where and what type of account is best for you. In the event that you do not receive an allowance, you should tactfully raise the matter with the Host Counsellor.



1.10.2 TRAVEL

While in Australia you should always have some negotiable money with you to cover the event of an emergency. When invited by Host Family, Rotarians or others to accompany them in some form of travel it is wise to enquire how much expenses you need to provide for. This will ensure you have sufficient funds and also avoid any unpleasant surprises if an excursion costs you more than you were anticipating.

1.10.3 EMERGENCY FUND

You were advised to have available \$A400 to establish an Emergency Fund. This will be available for any unforeseen emergencies or other unmet obligations you may have. Your Host Counsellor will help you to open an account which will have both yourself and them as signatories. If funds are used during the year you will be required to arrange new funds to return the Emergency Fund to the required balance. At the end of your exchange any remaining funds will be returned to you. If you have cash to pay for the Safari tour which is arranged by the District, it is recommended that the money for this event also be placed in the Emergency Fund until required.



1.10.4 BUDGETING

You will need to manage your personal expenditure and also maintain security of your cash, cards and Personal Identification Number (PIN). If you have concerns or any problems discuss them with your Host Counsellor or Host Parents without delay.

1.10.5 SCHOOL FEES AND CLOTHING

Unless waived by the School, the Host Club will usually provide for all compulsory education expenses. . The cost of uniforms and optional school activities are the responsibility of your natural parents.

1.11 Reports

During your exchange, you will be required to complete a regular report each and every month. Students are required to submit their monthly report to their country coordinator with a copy to the Youth Exchange Committee Secretary and Chairman at email d9700yx@gmail.com

- **The Monthly Report Form** requires that you give us specific detail every month. A template of this form will be emailed to you and we suggest you keep a master copy, and make a copy each month. The monthly report is due to your Country Coordinator and YEP Secretary / Chairman before the last day of each month
- **The Monthly Report** is to tell us about the progress of your exchange and allows you to inform us of anything you feel is important for us to know. We would also like to hear of your experiences, challenges and successes.



1.12 Travelling while on Exchange

1.12.1 TRAVEL PERMISSION

The Program is a cultural and educational exchange, not a glorified holiday and a student should not enter the Program with the expectation of travelling extensively in the host country.

Neither the Host District, Host Club nor the Host Parents are under any obligation to provide or permit travel. However, most students do manage to see a lot of their host country due to the generosity of Rotary Clubs and individual Rotarians.

Where this occurs, it is an added advantage to the exchange, **NOT** an entitlement.

Prior to any arrangements being made you must abide by the rules and regulations stipulated as a Condition of such permission and seek authorisation by the Host Club and when necessary by the District Committee. Written approval must be obtained using the **Travel Form** provided by the District Youth Exchange Committee. This process is a specific requirement of Rotary International and Districts which if they do not comply will have RI Certification withdrawn. The process is designed to minimise risk to the Student and to the reputation of Rotary.

The Travel Form will include details of the travel itinerary and must be lodged with the Host Family and Host Counsellor. When outside the District the District Committee Chairman must have details of the itinerary showing the name, address and telephone number of the responsible Rotarian (or approved contact) at each stopover.

Unaccompanied travel or travel with other students without a Rotarian or Host Family outside the community area is not encouraged and is strictly forbidden by most Districts.

Under **NO** circumstance may a student make individual travel arrangements and then expect the host Club or District to go along with the arrangements.

Most Rotary Districts organise or approve student exchange tours, the cost of which is usually the student's responsibility.

Remember - if you want to go travelling, you must have the permission of your Club & District. They are responsible for you and you should check that nothing has been organised by the District Committee, by your Club or your Host Family for the time that you said you wish to travel..

If you are going to visit friends or relatives, contact the Family. Make sure that you have received a written invitation to visit or you may find that you are not expected or the Family has gone away on holiday.

1.12.2 SAFARI

Each year the District 9700 Youth Exchange Committee arranges a Rotary escorted tour from Reef to Rock. Although not compulsory, students are encouraged to participate in this. The total cost of this tour plus spending money is the responsibility of the student.

The duration of the tour is between 2 to 3 weeks visiting places including Alice Springs, Ayers Rock (Uluru), Coober Pedy and major tourist attractions of Central Australia. You will be required to pay for this in advance to confirm your participation..



1.12.3 PASSPORTS AND VISAS

Your passport and visa will not be needed while you are in Australia and it will be held by your Host Club for safe keeping. The Visa you have will need to be checked by the District Chairman to make sure that your stay in Australia is not compromised by too early an expiry date.

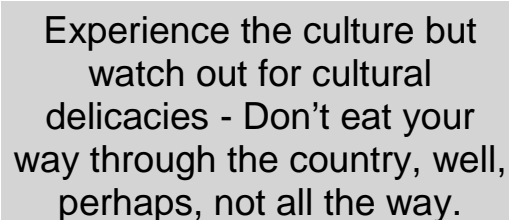
1.13 Health and Fitness

1.13.1 PERSONAL FITNESS

On arrival you will experience a period where you are quite tired particularly where you have moved through time zones of more than 4 hours and less the 22 hours. Your body clock will be wanting to sleep during the day and be active at night. This will adjust over several days but you should take care not to be too busy during this period and to try and stay awake during the day. This will help your body to adjust more quickly.

Your personal routine and diet will change dramatically so you should endeavour to achieve a balance of exercise, rest and social engagement. Some exchange students may put on weight in the first six months of their stay. If this happens to you, don't panic, it's a big change that is going on in your life that will normalise. When you get back home, you will most likely go back to what you were before you left.

Becoming active in sports or other fitness type activities are a good way of extending your social contacts and also keeping your health, both physical and emotional, in a healthy balance. Don't become fanatical, just do it for enjoyment and some fitness



Experience the culture but watch out for cultural delicacies - Don't eat your way through the country, well, perhaps, not all the way.

1.13.2 HOMESICKNESS

Very few students avoid homesickness, particularly after the excitement and experience of settling in and meeting new people has passed. One misses the little things at home previously taken for granted.

The continuous "bombardment" of a strange language leaves one mentally exhausted. Frustration may set in due to the inability to communicate adequately.

All this leads the student to wondering (despairing) how one is going to cope for the next nine or ten months.

Symptoms of homesickness are:

- for no good reason, feeling miserable and unhappy,
- losing one's temper over small things which normally would have been shrugged off,
- comparing habits and customs unfavourably with how it was done at home,
- staying within the security of one's room and not wanting to go outside,
- physical discomfort, headaches, upset stomach, uneven menstrual cycle, etc;

Each student will have his/her own way of coping with homesickness when it occurs, but recommended remedies include:

- recognise the classic symptoms,
- talk and share the problem, especially with the Host Parents and Host Counsellor
- keep busy, either with studies, sport, club involvement, or letter writing (but keep these cheerful and positive).

The following definitely are not remedies for homesickness:

- moping around and feeling sorry for one's self,
- eating the "blues" away,
- asking to go home, especially in the early stage of the Exchange.

Homesickness can attack at any time throughout the year not only in the early stages of the exchange.

Don't try to cope with it on your own—SEEK *HELP*

1.13.3 HEALTH CARE

The Australian sun is much harsher than in the northern hemisphere. You will need to take care of your skin much more than you have in the past. A sunscreen with 30+SPF rating is not uncommon and should be applied 20 minutes before going outdoors and should be re-applied after swimming and also at 30 minute intervals. Wearing long sleeves, sunglasses and hats when outdoors is encouraged. The incidence of sunburn induced melanoma skin cancer causing death is high in Australia and the need for skin protection is not to be treated lightly.

The ***Slip Slop Slap Seek and Slide*** encourages everyone to wear sunscreen, hat and sunglasses and keep in the shade when possible.

SLIP on sun protective clothing
SLOP on SPF30 or higher sunscreen
SLAP on a broad brimmed hat
SEEK shade
SLIDE on sunglasses



Talk with your Host Family and or your Host Counsellor when you are feeling unwell. They will arrange for you to see appropriate Medical Doctors or Dentists. You can be confident that the Australian health professionals are very well trained and will be able to provide excellent care. You can purchase all the health and hygiene items you need locally while in Australia. Having Mum or Dad post items from home is not necessary and could be expensive.

Sexually transmitted diseases (STD) including Chlamydia, and Human Immunodeficiency Virus (HIV) are frequent among males and females in Australia. Chlamydia is particularly difficult as it has no symptoms and often results in female infertility. HIV can develop into AIDS which is debilitating or fatal. These are reasons why maintaining a high standard of personal behaviour is very important for you.



Maintaining your personal hygiene is most important while in Australia. In some countries it is not considered as being that important and a simple wash would suffice. But it is quite normal for Australians to have a shower or bath regularly on a daily basis and sometimes twice. Australia is a dry continent and water is very precious to us all. Showers are great, but please limit the time you spend in the shower. Thirty minutes is far too long and 7 minutes is adequate for an adult. Unreasonable use can leave others with no hot water. On rural properties there may only be rainwater in tanks so extra care is required there. Talk to your Host Family about when, how much and why.

Medications. If you take any regular medication, you have hopefully brought supplies for the first several weeks. If you need to get more supplies, discuss your requirement with your Host Parents and /or Host Counsellor and they can help you have prescriptions filled based on your medical documents. If you have problems with identifying them, you may need to ask your parents back home for the correct CHEMICAL NAME of the drug(s) in the medicine, not just the local trade name.

Weight Gain. This has been a frequent and almost universal problem for exchange students. Weight gain is not essential and can only be avoided by constant vigilance on the part of the student. Be aware, keep it off and keep fit. But at the same time, don't over-react to the thought of weight gain and compromise a balanced diet. Enjoy the experience and keep active.

Constipation. This can be a problem. Eat plenty of fruit and bran cereal. If laxatives become necessary, use them infrequently and in small dosage.

Menstrual Irregularities. These are common in all stressful and new situations. Periods may stop for months. Periods may be early. Take some personal protection with you always, particularly when travelling.

1.14 Rotary Club Participation

Participation in your host club is an important way to extend your opportunities for new experiences. The members have already been very generous to you in agreeing to host you and to provide you with an allowance. You need to respond to this generosity.

- Learn the names of Rotary Club members and something about them. At each meeting, engage at least two different members in conversation. Tell them the good things you have done and how much you appreciate it. Also read on the badge what their vocation is,
- Volunteer to assist with club activities and fundraising.
- Learn Rotary Grace and the Australian National Anthem and join in enthusiastically.
- Learn the Four Way Test and the Objects of Rotary and learn about various Rotary projects. Share your knowledge with members.
- Always express interest and give high priority to invitations by members to join them in activities, always subject to Host Family/Counsellor approval.

These actions will ensure the members respect you and be more willing to offer opportunities to you and to future exchange students.

ROTARY GRACE:
O Lord and Giver of all
good
We thank Thee for our
daily food
May Rotary Friends and
Rotary ways
Help us to serve Thee all
our days.



ADVANCE AUSTRALIA FAIR

**Australians all let us rejoice
for we are young and free,
We've golden soil and wealth of toil
our home is girt by sea,
Our land abounds with natures gifts
of beauty rich and rare,
In history's page let every stage
Advance Australia Fair,
In joyful strains, the let us sing
Advance Australia Fair.**

THE FOUR WAY TEST
of 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?

Computer and Internet

The use of the computer or internet connection at your host Family's home or at school is a privilege, not a right, during your exchange year.



- Discuss with your Host Family and/or teacher what the Guidelines are for using the computer and what the guidelines are for using the Internet.
- For some families and schools, they are charged for all of the time spent on the Internet, so be sure you understand any time limit.
- If you are setting up a new **email account**, it is most helpful to include your name in the address as it makes it easier to identify you immediately.
- It is most important that you check your emails regularly as your country coordinator and YEP Chairman will use email communication to keep you informed.

Blogging

Blogs are popular these days and they are a convenient way to communicate without leaving anyone out. There are a few words of caution required here:

- You need to remember that the Internet is also a convenient way for perpetrators to find you.
- It is an international advertisement that can help anyone find out what your name is, what you look like and where you live.
- When/if you use a weblog use a reputable provider, use all available security features, and avoid posting personal details.
- Even with all of these precautions, you are never 100% secure from hackers.
- Be careful what information you disclose

Facebook and MySpace

You should think very seriously about what you post on Facebook or MySpace or other similar sites, because the consequences could be dire.

- Anyone can view these social networking sites and see your profile and things you have posted;
- What seems an innocent form of 'having fun' and 'keeping in touch' with friends could become a tool used against you;
- Don't be afraid to join Facebook or MySpace, but don't post anything that you wouldn't want someone like your mother or grandmother to find;
- Remember that you are an ambassador for your home country and for Rotary; it could be your Host Counsellor or a Host Family member who finds those inappropriate photos or reads some of your posts about a reckless adventure.

GOING HOME TIPS

1. It is only a short year – make the most of it.
2. It must come to an end sometime – plan your homecoming with the same care as planning the initial departure.
3. A few months before you leave, start to work out how you are going to get all the things you have accumulated over the year back home. There are strict limitations on excess baggage and costs are very high if you have too much baggage for the flight.
4. In many ways, you have been on your own, and have become very independent.
5. You will make many new friends – it will be hard to leave them.
6. You will have strong ties with your Host Families, who have accepted you into their home and treated you as one of their Family.
7. You will be torn between leaving your new home and returning to your own Family.
8. Once you begin your return flight, it starts to feel better.
9. Let your Family make a fuss over you when you return – they have been storing up twelve months worth of love for you and they will show it.
10. Try not to show your Family how you are missing your old Hosts.
11. Give your old friends time to get to know you again – don't bore them with endless talk about your trip, let them tell you what they have been doing also.
12. Don't bore parents and friends with continuous stories – let them ask questions of you.
13. Don't display impatience when you answer the same question hundreds of times.
14. Give yourself time to re-assess the old surroundings – it will take some months – it could take up to one year.
15. Make some firm plans for your immediate future before going home.

Returning Home!

A terrible thought, but yes it will eventually happen.

But do come back and visit us again.

A warning - Don't have your going away party
the night before you leave



A VERY BAD IDEA

SETTLING IN WITH A HOST FAMILY

Becoming a part of the Host Family

- What do I call you?
- Would you please call me.....
- What are the birthdays of the Family members?

What are my responsibilities around the home?

In the kitchen-

- Do I help with the cooking?
- Do I wash up the dishes?
- Are there set times for meals?
- Between meals, can I go to the refrigerator for food, or to the cupboards for biscuits or snacks, without asking?
- What can I do to assist at mealtimes? Help prepare, set table, clear up?

In the bathroom-

- What is the order of usage in the morning?
- How long may I be in the bathroom
- Do I buy my own shampoo, soap, toothpaste or use what is there?
- May I bath or shower every day? Morning or night, or both?

In the bedroom-

- Do I clean my own room?
- Do I keep my room tidy?
- Do I make my own bed
- How often do I change sheets, covers, pillowcases?
- May I hang pictures or posters on the wall in my room?
- May I rearrange my bedroom?

Girls only talk-

- Where do I buy my sanitary needs?
- How do I dispose of these?

The telephone-

- Should I ask to use the telephone?
- Can I make
 - local calls?
 - long distance calls?
 - Overseas calls?
- Do I pay for phone calls?
- Does it matter if I stay on the phone for a long time?

The computer & email-

- May I use the Family computer / wi fi?
- What is the best time for me to use the computer?
- What are your rules about using the internet and social media?

My Mobile phone-

- At what time must I turn off my mobile phone and accept no more calls in the evening?

Clothes-

- Where do I put my dirty clothes?
- What are the arrangements for washing clothes?
- Where do I dry my clothes?
- Is there anything that I should do to help?
- Where will I find my washed clothes?
- Would you like me to iron my own clothes?

Letters-

- When I have written letters, how do I post them?
- Where will I find mail that has arrived for me?
- What address do I use for incoming mail?

Going out-

- What arrangements do I make if I want to go out with friends?
- What time must I be home?
- If I am delayed, what are your phone numbers (mobile, home)?
- What coins or card do I need for a public phone?
- What are the transport arrangements? Bus, Car, Bicycle?
- When we go out as a Family should I pay for my own meals, entrance fees, and the like?
- How will I get to Rotary Meetings?

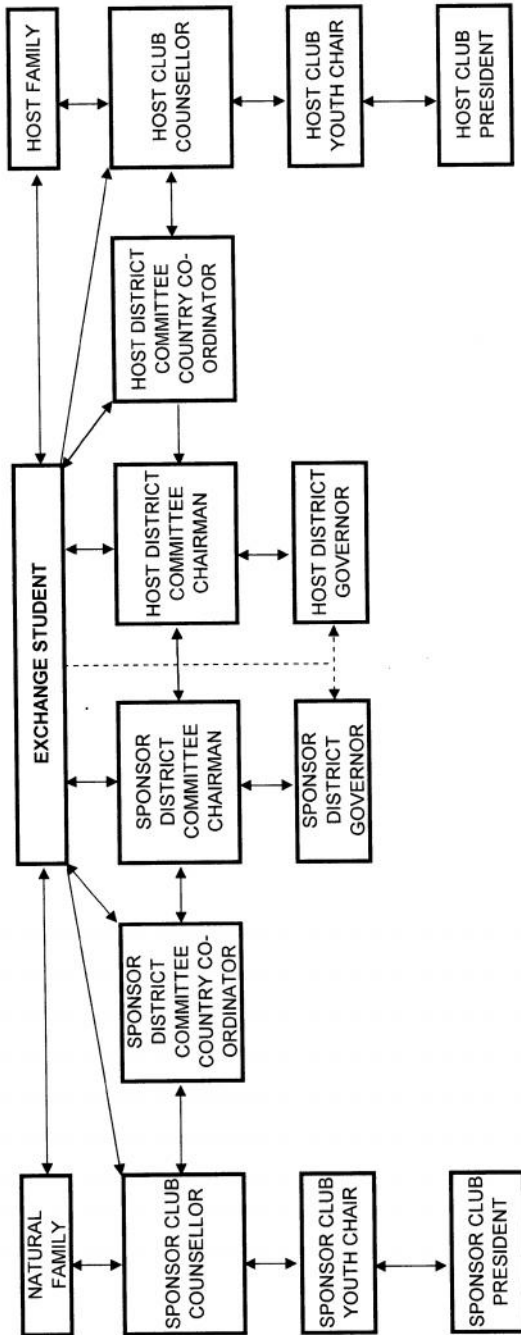
School-

- How do I get to school and at what time?
- Can I buy my lunch?
- Do I pay for lunch?
- Can I take a prepared Lunch?
- Do I prepare it?
- My parents have been told that they have to pay for my school uniform. Where do I get the uniform?
What is the cost?
- Are there other items I need for school? Am I to pay for these?
- Can I apply for a bus pass to travel to school?
- Can I obtain a student concession card for public transport?

Around the house-

- What time should I get up on weekdays? On weekends?
- What time should I go to bed on School nights? On weekends?
- What are your rules about friends visiting me?
- Where do I entertain them?
- What are the rules about playing music?
- I play an instrument, what are your rules about practice?
- What are your rules about smoking and drinking?
- If I am taking medication do you need to know why?
- Where should this medication be kept?
- What do I do if I feel sick?
- Is there anything I should do to help generally in the house?
- Do I have a key to the house? Do I need a security code for any alarm?
- Do you say Grace at the table?
- What religious observances should I know about?
- My religious observances are.....
- Pet hates:- Student
Family
- Punctuality expectations - Student
Family
- Are there any areas of the house out of bounds?
- **Is there anything else that you would like me to know?**

SUPPORT & COMMUNICATION NETWORK



WHO IS WHO

NATURAL FAMILY	SPONSOR DISTRICT COUNTRY CO-ORDINATOR	HOST DISTRICT COUNTRY CO-ORDINATOR	HOST PARENTS
SPONSOR CLUB COUNSELLOR	SPONSOR DISTRICT CHAIRMAN	HOST DISTRICT CHAIRMAN	HOST CLUB COUNSELLOR
SPONSOR CLUB YOUTH CHAIR	SPONSOR DISTRICT GOVERNOR	HOST DISTRICT GOVERNOR	HOST CLUB YOUTH CHAIR
SPONSOR CLUB PRESIDENT			HOST CLUB PRESIDENT

ROTARY INTERNATIONAL DISTRICT 9700 YOUTH EXCHANGE COMMITTEE MONTHLY REPORT

Report Month:

STUDENT INFORMATION

Student Name:

Details:

Student Mobile No:

Details:

Student Email Address:

Details:

Sponsor Rotary Club Name:

Details:

Sponsor Counsellor Name:

Details:

Host Club Name:

Details:

Host Counsellor Name:

Details:

HOST FAMILY INFORMATION

Host Family Name:

Details:

Home Address:

Details:

Home Phone Number:

Details:

Mobile Number:

Details:

Email Address:

Details:

Date arrived here:

Details:

NEXT HOST FAMILY INFORMATION (if known)

Host Family Name:

Details:

Home Address:

Details:

Home Phone Number:

Details:

Mobile Number:

Details:

Email Address:

Details:

Date of expected transfer:

Details:

SCHOOL

Name of School:

Details:

Date Enrolled:

Details:

Contact Person:

Details:

HOST COUNSELLOR

Home Address:

Details:

Home Phone Number:

Details:

Mobile Number:

Details:

Email Address:

Details:

Date of Last Contact:

Details:

Number of Contacts this Month:

Details

OTHER CONTACTS THIS MONTH

PARENTS:

Date of Last Contact:

Details:

Number of Contacts this Month:

Details

SPONSOR CLUB:

Date of Last Contact:

Details:

Number of Contacts this Month:

Details

HOST CLUB:

Date of Last Contact:

Details:

Number of Contacts this Month:

Details

HEALTH & SAFETY

Have you had any illness or injury this month?

Details:

Has there been any difficulties with your host family?

Details:

Has there been any difficulties with your School?

Details:

Has there been any difficulties with your Counsellor?

Details:

Has there been any other problems with your exchange?

Details:

ACTIVITIES

What activities have helped you learn the language?

Details:

What public speaking engagements have you had this month?

Details:

What community service or Rotary projects have you been involved with this month?

Details:

What Rotary Club meetings have you attended?

Details:

What sporting and social activities have you undertaken?

Details:

Provide an example of what you have discovered about your host country's culture this month ?

Details:

TRAVEL

Travel undertaken during the month?

Details:

Future travel planned?

Details:

GENERAL COMMENTS

What other information would you like to tell us?

Details:

Rotary District 9700

'Moving Host Family' Form

Host Rotary Club

Date of move to New Family

Exchange Student details

Name

Country of origin

Mobile number

Email address

School

Host Family details:

Home address

Home phone number

Father's name

Father's mobile number

Father's email address

Mother's name

Mother's mobile number

Mother's email address

Others over 18 year of age living at home

Name

Name

Name

Name

Name

Please email this form to your **Country Coordinator and YEP Chairman / YEP Secretary**
Prior to the move taking place, or within 3 days of your move.