

**Rotary**  
District 5050



rotary  
youth  
exchange

## **Outbound Student Orientation**



# Oh Canada

O Canada!

Our home and native land!

True patriot love in all of us command.

With glowing hearts we see thee rise,

The True North strong and free!

From far and wide,

O Canada, we stand on guard for thee.

God keep our land glorious and free!

O Canada, we stand on guard for thee.

O Canada, we stand on guard for thee.



# Star Spangled Banner

Oh, say can you see  
By the dawns early light  
What so proudly we hailed  
At the twilights last gleaming  
Who's broad striped and bright stars  
Through the perilous fight  
O'er the ramparts we watched  
Were so gallantly streaming  
And the rocket's red glare!  
The bombs bursting in air!  
Gave proof through the night  
That our flag was still there.  
Oh, say does that star spangled banner yet wave  
O'er the land of the free  
And the home of the brave







# ROTARY



## Who are we?

Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.



Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 35,000+ clubs work together to:





•Fight disease



- Provide clean water, sanitation, and hygiene





- Support education



- Grow local economies



- Save mothers and children





- Promote peace



Rotary Youth Exchange builds peace one young person at a time.



# The Four Way Test

of the things we think, say and do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?



*We are.....*



WE ARE CANADIAN.....  
WE ARE AMERICAN.....  
WE ARE MULTINATIONAL.....  
Crossing the border!



# District 5050 Rotary Youth Exchange Committee



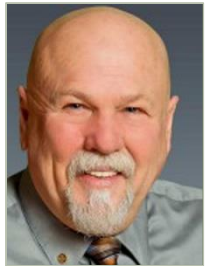
**Janice Ellis**  
District Chair



**Felicity Dye**  
Vice Chair



**Andrea Stiller**  
Secretary



**Greg Starup**  
Treasurer  
Webmaster  
Past Chair



**Jennifer Moehl**  
Country  
Coordinator



**Rianna Stiller**  
Rebound Student



**Evan Wright**  
Language  
Coordinator



**William Lewis**  
STEP Coordinator



**Carol Tichelman**  
Governor Nominee



One Important Detail:

# **Committee Members are Rotarians and all are Volunteers!**

We are not travel agents or visa experts.  
We are here to prepare you and make sure you are safe.



# KEY PEOPLE FOR YOUR EXCHANGE YEAR

- **Sponsor Club** – Rotary Club selecting a student to go abroad ➡
- **Host Club** – Rotary Club agreeing to host a student ←
- **Outbound Student** – Student selected to go abroad ➡
- **Inbound Student** – Student arriving in host country ←
- **YEO** – Youth Exchange Officer, Person who administers YEP in Club
- **Counsellor** – Person in Host Club charged serving as confidante for Inbound Student



# YEOs and COUNSELLORS

Under Rotary Guidelines, you should have assigned to you by your host club:

**Youth Exchange Officer**  
**Counsellor**

This information should be on the Guarantee Form that is returned.

While clubs strive to have different people in those roles, it is possible your YEO and counsellor will be the same person. Particularly in a smaller Rotary club.

YEO is the administrative person.

Counsellor is person you can go to with personal problems and issues.

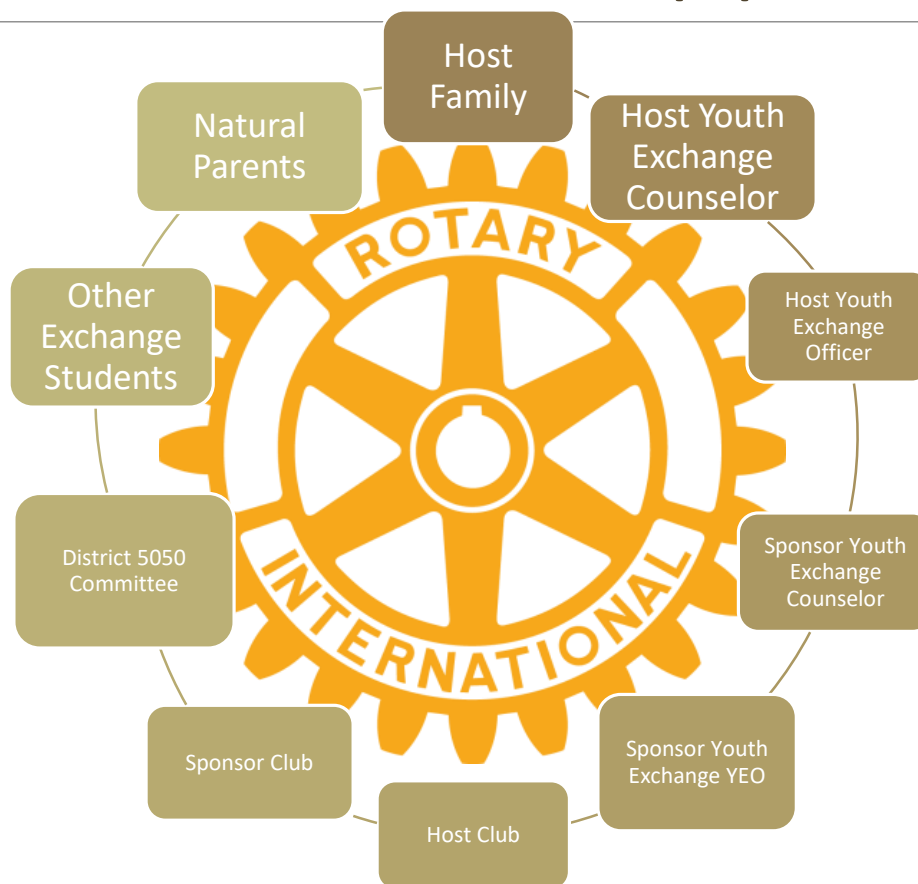
Counsellor does not have to be a Rotarian.

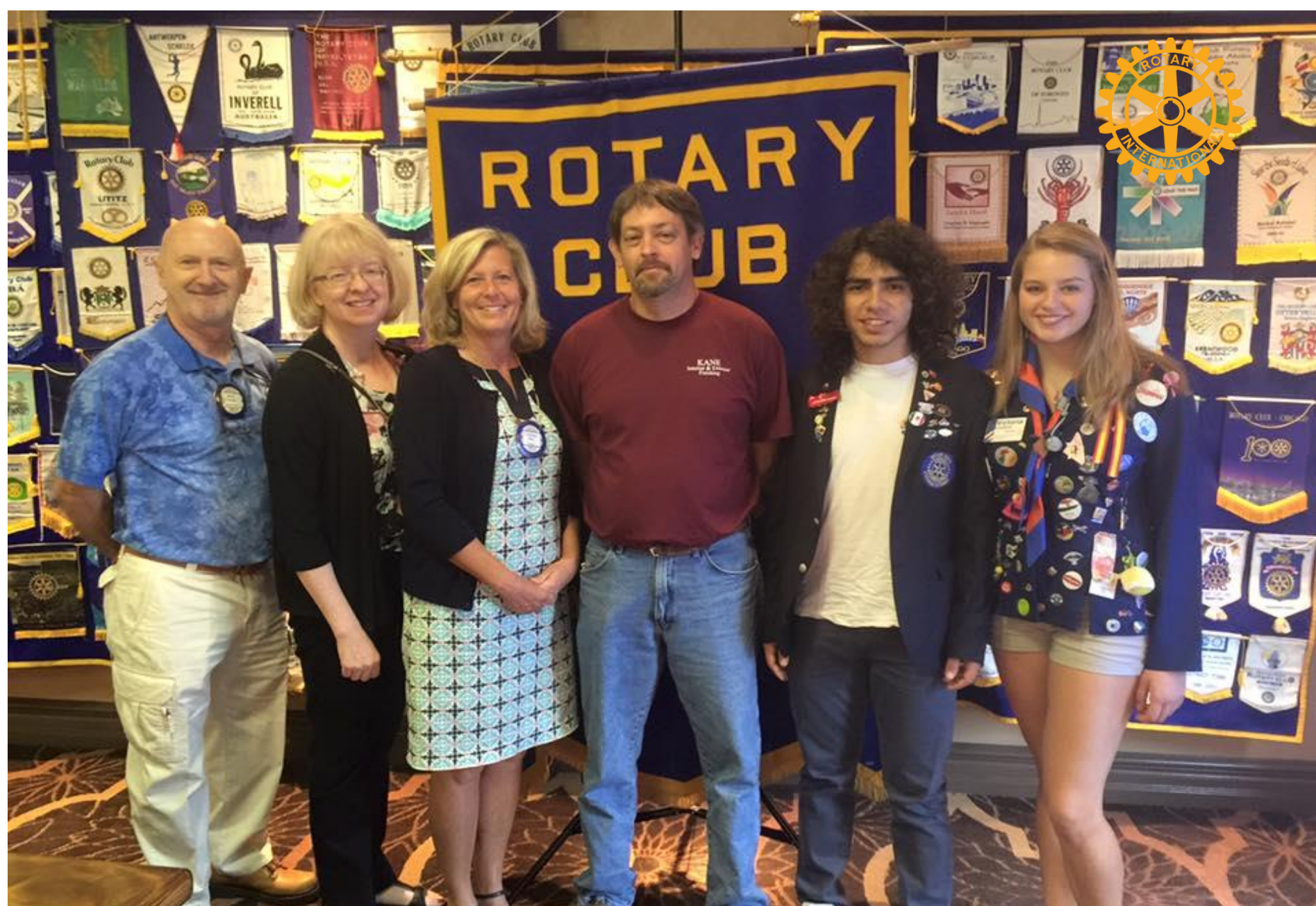




# You have a ... Circle of Support

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# FUNDAMENTAL RULES OF ROTARY YOUTH EXCHANGE

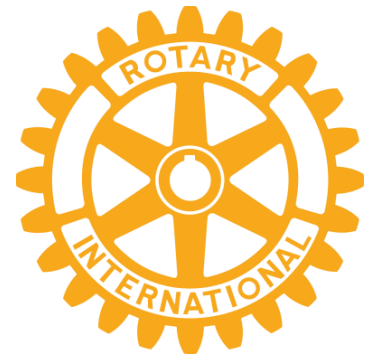
You are representing your families, your cities, your  
Province/State, your country and your Rotary Club  
And District 5050 . . .

- Famous Four Ds of Youth Exchange

- **No Drinking**
- **No Driving**
- **No Dating**
- **No Drugs**

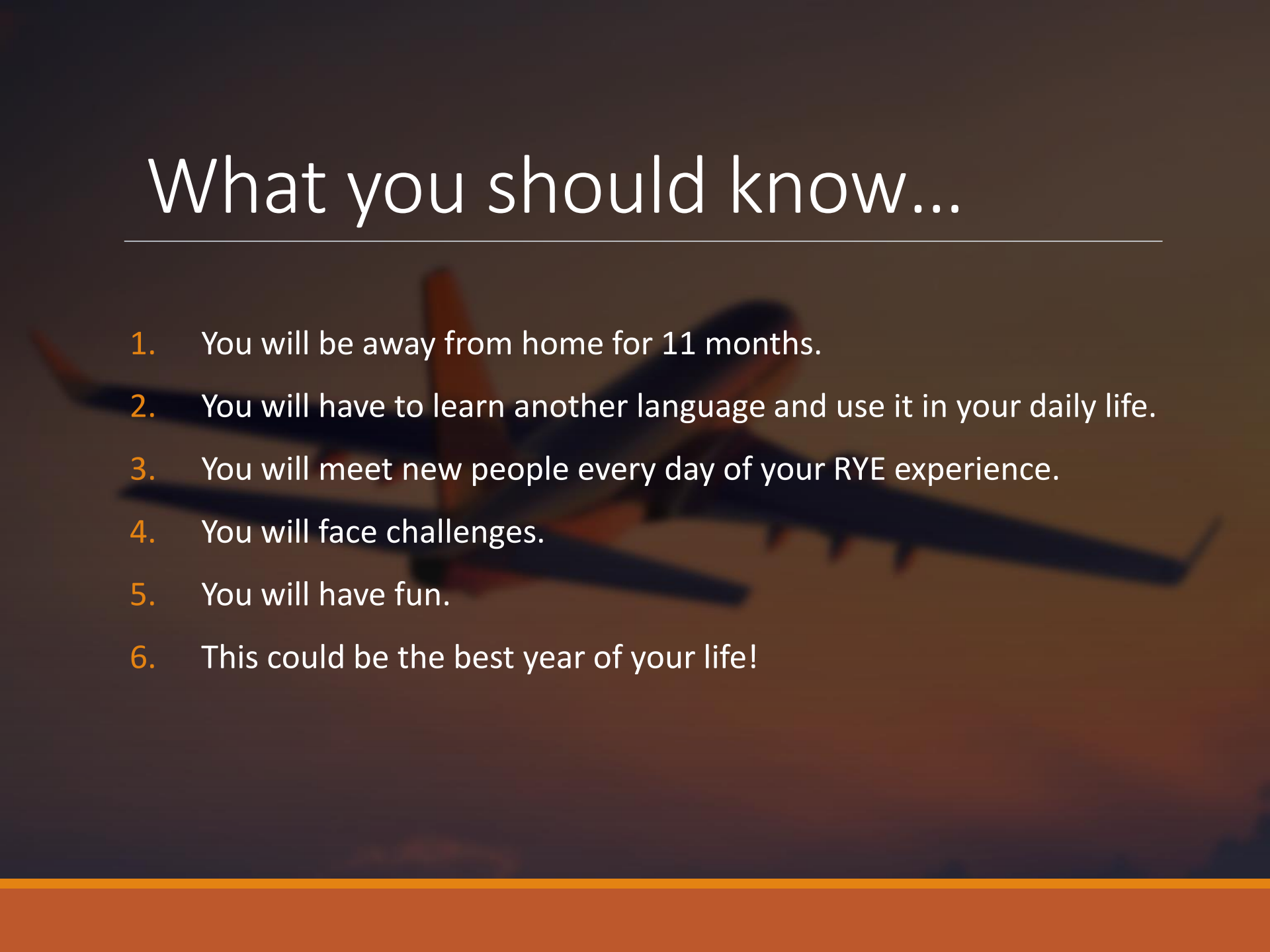


- It should really be the 4DS or D4S – The S? No Smoking
- Must Attend School
- Make good choices!




# What you should know...

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- 
1. You will be away from home for 11 months.
  2. You will have to learn another language and use it in your daily life.
  3. You will meet new people every day of your RYE experience.
  4. You will face challenges.
  5. You will have fun.
  6. This could be the best year of your life!

# Please read and sign the Outbound Student Contract.

 **Outbound Student Contract**

I, \_\_\_\_\_, a student from D-5050, North Carolina, District 5050, hereby promise to observe the following rules established by my sponsor during my exchange year:

- No drinking** of alcoholic beverages including attending parties where alcoholic beverages are served.
- No drugs** or being in the presence of anyone who is using illegal drugs.
- No driving** or being in control of any motorized vehicle, scooter, motorcycle, scooter, or power snowmobile or any motorized vehicle.
- No dating** seriously, as in "one-on-one." I know that I am a passenger on a private non-commercial aircraft.
- No disrespect** toward my host families, counselors, teachers, or adult supervisors.
- No smoking** cigarettes, cigars or using chewing tobacco.

I understand the **Rotary D-5050 Youth Exchange "Six D's & One S"** and also understand that any violation of these rules will result in the termination of my exchange, quite possibly leading to a humiliating or embarrassing return to the United States, at the earliest possible time.

In addition to the primary rules above, I promise to adhere to the following:

- I will obey all the laws of my host country, host state and host city. I understand that any violation of these laws will result in arrest and/or termination of my exchange.
- I will remove myself from any situation that involves drugs, alcohol or other illegal activities.
- I will act as a good representative of Rotary and the United States of America.
- I will participate in appropriate, legal and wholesome activities only for activities that are appropriate, legal and wholesome.
- I will visit me at least 4 weeks in advance of any travel request.
- I will complete all assigned work.
- I will not engage in any dangerous activities.

Coordinator, host YE







From This Point Forward . . .  
Consider Yourself a Rotary Exchange Student

# ROTARY EXPECTATIONS

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As Ambassadors for our Rotary Clubs, our Rotary District, your city, and most importantly, your family, we have some basic expectations.

- Attendance and participation at School
- Attendance and participation at Rotary Meetings, events, etc.
  - For your benefit, opportunities are created when you meet Rotarians
- Meeting with Counsellors
  - At least monthly
  - For your benefit, as they can help you achieve your goals
- Keep in Touch with Sponsor Club
  - Monthly report by email to your host club
  - There is a set format for the report
  - Know who your contact is





# ROTARY EXPECTATIONS

- Integration with Host Families
- Get Involved at School or in Community
  - Accept any invitation . . . within reason!!
- Don't compare your Exchange Year with someone else's experiences
  - Everyone will have different opportunities, different host families, different networks
  - Focus on making your Exchange Year what you want



# STUDENT/PARENT FINANCIAL COMMITMENT

Student/Parent Financial Commitment You should be budgeting \$7,000 to \$8,500 for the year (bare bones could be about \$5,000)

- **\$900 Fee to District Committee-** Due at Orientation—for District Events, Pins, Couriers, Orientation, Materials
- **\$1,750 to \$2,500 Airline ticket** (with Return or open ticket) – Varies depending on host country destination
- **\$500 to \$900 Visa** applications Inquiries (dependent upon host country requirements)
- **\$750 to \$850 Insurance** (medical) - – Acquire before you leave, mandatory coverage – <https://www.mycisi.com> Plan B
- **\$800 to \$1,100** - Spending money while abroad (Students will get a stipend from the hosting Rotary club of approximately \$100 US/Canadian).
- **\$200 to \$400 Gifts** for Host Families, Pins
- **\$25 to \$100 Navy Blazer** (you will need for Orientation)
- Travel Opportunities within your host country: Some year-end trips that run between \$1,500 - \$2000

Your hosting club will give you a monthly stipend- usually between \$75 and \$125 monthly (taking into account currency exchanges).





# GIFTS FOR HOST FAMILIES AND OTHERS

## What should you bring as gifts for host families?

Something of meaning or representative

Books, music, cookbooks, jewellery

Reasonable size/weight

## For host siblings?

Consider Ages

T-shirts, items representing your home country,  
games, puzzle

Again, reasonable size



## What about pins?

Write to local politicians or city officials

Chamber of Commerce, Tourist Center

Pins representing city, province/state, country

Make your own!

We recommend bringing 200 pins

## For others?

Postcards, thank you notes

Ask Inbounds what little mementos people like



# PRESENTATIONS WHILE IN HOST COUNTRIES

You will be asked to give at least two presentations to your Host Rotary Club.

- One on yourself and your home country
- At the end of the year, one about your exchange experience.

As an Ambassador for BC/Washington, your city, your family, your Rotary District and Club, you should include some details about all of these in your presentations:

- Be prepared to speak in front of a group of people
- Let people know who you are
  - Family, hobbies, sports, friends, your home, pets, etc.
- Pictures speak a thousand words
- If you have a chance, go to a Rotary meeting where one of the Inbound students is doing his or her presentation
- Have this ready before you leave for your exchange!
- You will do a practice presentation at our next orientation.





# END OF YEAR TRIPS.....

## OTHER TRAVEL OPPORTUNITIES....

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Rotary District Sponsored trips

Travel with other exchange students

Permission to travel

Travel with host family

Rules of travel

Cost of travel





# PASSPORT

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ALL students will need a valid passport in order to travel

Must be valid for at least 6 months from your expected date of return

Sign full name in blue or black ink only



# STUDENT VISA

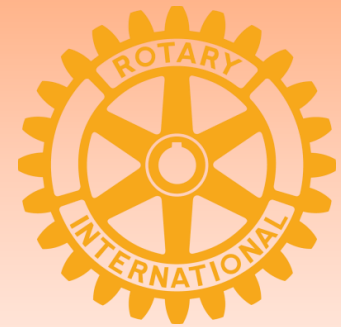
## What is a Visa?

A visa is official permission from a foreign government to enter that country and stay for a specified period of time

Requirements vary country by country and consulate by consulate

Consulates have the ability to change visa requirements and fees at any time





# STUDENT VISA

## PERSONAL APPEARANCE

VS.

## APPLICATIONS BY MAIL

- Student sends photocopies of ALL documents by fax or email
- Once agent reviews, student is sent info for setting appointment/going to Consulate
- Under 18 must be accompanied by adult
- May be requested any time

- Student sends ORIGINALS of ALL documents, including passport by courier
- Once agent reviews, documents are sent to the appropriate Consulate
- Agent will notify student of any problems or when visa is approved and received back

# STUDENT VISA-Documents

- Some documents will require notarization; if you do not know a notary public look for one your local bank typically has a notary on staff.
- If biological parents do not reside together, two separate forms may be completed and notarized separately
- Many (but not all) Consulates require submission of the applicants birth certificate WITH A RAISED SEAL. If you only have one original birth certificate it is a good idea to get another certified copy now ([www.vitalchek.com](http://www.vitalchek.com)).
- Sign all documents in blue ink
- Print out a copy of all documents you complete to keep at home



# VACCINATIONS!



Contact your medical doctor and ask what special vaccinations or booster shots may be required for your stay in you host country. If your doctor is unsure you might want to contact other agencies such as World Health Organization and request their recommendations.





# ROTARY GUARANTEE FORM

- Your official acceptance from your host country
- This is NOT your visa application form
- Sent from the host country to Rotary in the US

**(D) HOST CLUB AND DISTRICT GUARANTEE**

The Rotary Club of \_\_\_\_\_ will provide room and board in approved homes, provide up to one year of study at the secondary school level, invite the applicant to participate in Rotary club and district events and activities typical of our country, and provide guidance and supervision to assure the applicant's welfare. The host Rotary club will also give the applicant a monthly allowance in the amount of US\$ \_\_\_\_\_. District \_\_\_\_\_ agrees to ensure adequate training for host parents and Youth Exchange volunteers and orientation for the student upon his/her arrival.

Applicant Name		Club ID #	District #
Name of Club		Club President Name	Signature
Date (e.g., 01/Jan/2006)		Home Phone	
E-mail		District Chair Name	Signature
Date (e.g., 01/Jan/2006)		Home Phone	
E-mail		Date (e.g., 01/Jan/2006)	
Club Secretary <input type="checkbox"/> / YEO <input type="checkbox"/> Name		Signature	
Date (e.g., 01/Jan/2006)		Home Phone	
E-mail		Date (e.g., 01/Jan/2006)	

**(E) HOST CLUB COUNSELOR (required)**

Name		Address — Street		Postal Code	Country
City		State/Province		Fax	E-mail
Home Phone		Mobile Phone		Date School Starts	

**(F) SCHOOLING GUARANTEE**

(To be completed by the school the applicant will attend in host country) The applicant will attend school from date of school start for one school year. Costs of tuition and activities not a part of the normal curriculum must be paid by the applicant or his/her parents/guardians.

Affix School's Stamp or Official Seal

Name of School		Address — Street		Postal Code	Country
City		State/Province		Fax	E-mail
Phone		Date (e.g., 01/Jan/2006)		Signature	
Name of School Official		Title/Position		Date (e.g., 01/Jan/2006)	

**(G) FIRST HOST FAMILY (required)**

Name of Host Father		Name of Host Mother		Name(s) and Ages of Other Adult(s) in Home	
Address — Street		State/Province		Postal Code	Country
City		Mobile Phone		Fax	E-mail
Home Phone		Date (e.g., 01/Jan/2006)		Signature	

Student: Please submit this form with the rest of the completed application to your local Rotary club or district.

# TRAVEL INSURANCE- Plan B



CULTURAL INSURANCE SERVICES INTERNATIONAL

 800 303-8120

[Student Log In](#)

[District Log In](#)

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CHOOSE PEACE OF MIND.  
**CHOOSE CISI.**

Insurance Coverage for Participating Youth Exchange Districts of CISI Bolduc.

**Purchase your Insurance**

*Kupte si pojištění plán zde*



# AIR TRAVEL

- You will purchase your own air travel- Unless you are using a travel agency like TZell
- Ticket must be open ticket (unlimited changes) with an outside return date corresponding to your visa
- Allows you to return if you need to return
- There may be a requirement for your visa to have return ticket
- You will arrange for your arrival to correspond with either:
  - Date agreed upon with host parents/host club, or
  - Date required by host country committee Usually to attend language camp
- With electronic tickets now, it may not be relevant, but if you have hard tickets, you should provide to your counsellor or YEO for safekeeping.





# A leading travel provider for organized youth exchange programs

Hassle-Free Student Travel

- They can help you with the following.....
  - Visa acquisition
  - Airline ticketing
  - Travel information
  - *They can be your travel agent and make life easier!*

Trusted  
for over  
30 YEARS

- ***YOUR EXCHANGE COMMITTEE ARE VOLUNTEERS-NOT TRAVEL AGENTS!***



# Future Steps in the process....

1. Make sure you have a valid PASSPORT
2. Start working the VISA process
3. Guarantee form comes from Host District/Club(school assignment)
4. Purchase insurance for RYE year
5. Contact Host club for travel dates
6. Visa Issued
7. Buy airline ticket!

Leaving depends on host club, host family schedule, first day of school and language camp and/or Inbound Orientation dates.



Waiting is the  
hardest  
part of the day!



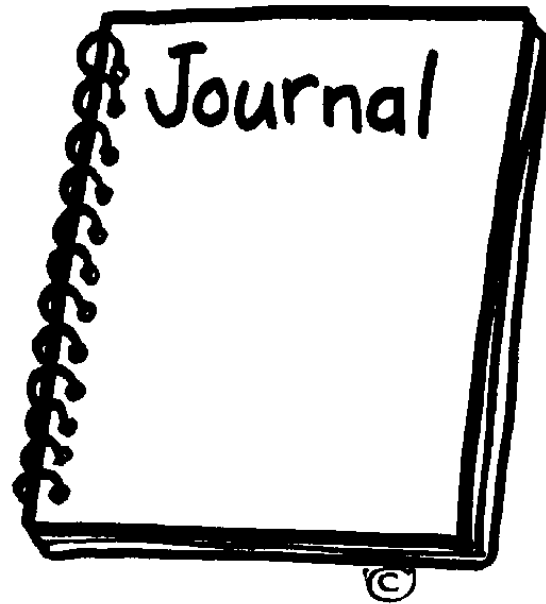
Students

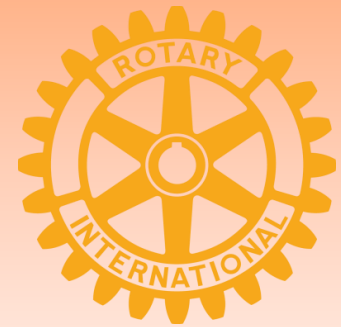
Parents



# READY? – Evan Wright







# SHARE

Think about how you will share your Rotary Youth Exchange Experience!

Abroad and back Home- we all want to stay connected!

Web or Blog Site Builders:

[www.wix.com](http://www.wix.com)

[www.sitebuilder.com](http://www.sitebuilder.com)

[www.websitebuilder.com](http://www.websitebuilder.com)

Storytelling: <https://www.rotary.org/en/columnist-shares-how-tell-your-story>

Study Abroad Blogs: <https://www.isepstudyabroad.org/articles/296>

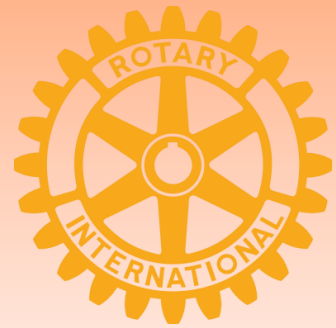
Postcards and Letters home! Don't forget old-fashioned Mail. Great keepsakes back home.

when you get

## **BLOG 101Webinar**

Presenter: Sarah Emerson Nelson, Social Media and Web Site designer.





# RESOURCES!



**Start with your Binder!**





# RESOURCES!

Your YEO (Youth Exchange Officer)

Your District Committee

[www.youthexchange5050.org](http://www.youthexchange5050.org)

[www.rotary.org](http://www.rotary.org) Student and Youth Tab

[www.culturalinsurance.com](http://www.culturalinsurance.com) Travel Insurance

[www.tzellyouthexchange.com](http://www.tzellyouthexchange.com) Tzell Travel Agency

<https://blog.rotary.org/tag/rotary-youth-exchange/> -Rotary Youth Exchange Blog

<https://www.facebook.com/groups/444850739190667/> - RYE 5050 FB Page

<https://www.facebook.com/groups/229463670434809/> - RYE International Page



Life begins at the end of your comfort zone.





NEXT ORIENTATION: JUNE 23  
Noon-6pm -Bellingham

