



District 5160

Newsletter #4

October 2015

IMPORTANT DATES!

Key Inbound Student Dates:

- [October 30 – November 1 – SF 2.0](#)

Key Outbound Student Dates:

- October/November – 2016-17
Outbound students notified of acceptance in to program and country
(very exciting!!!)

Key Host Family Dates:

- October 3 – [Six Flags Rotary Event](#)
- October – Please make sure you have reviewed your student's "bucket list" – [Click to see your student's list](#)

Key YEO/Counselor Dates:

- October – Please remember to do your 2nd Home Visit
- October – Please submit your [monthly report](#)

Key Club Dates:

- October/November (**NEW DATE**) – Interest Survey for Clubs interested in hosting an inbound student for 2016-17 and sponsoring an outbound student for 2017-18

Key **inbound student dates** for the 2015-16 - <http://yex.rotary5160.net/inbound-students/2015-2016-trips>.

Family Traditions Yours AND Theirs

As we approach the holiday seasons for many countries and cultures, now is a wonderful time for host families, exchange students, and Rotary clubs, to share family traditions.

Over the San Francisco Trip weekend (September 25-28), Scott, the District YEX Chair, spoke with the current inbound students and talked about the value of sharing traditions of their families and host countries.

For host families, counselors, and YEOs, please take a few minutes (maybe over dinner one night) to talk with your students about family/country traditions.

As a conversation starter, here are links to some interesting articles that talk about traditions from around the world.

[10 Holiday Traditions from Around the World!](#)

[Holiday "Sampler" from Around the World](#)

Homesickness

Most Exchange Students will experience this feeling sometime during the exchange year. Know that an emotional "roller coaster" is normal — so please expect highs and lows throughout the year

In the "[Inbound Handbook](#)", there are helpful articles and other information. There is a brief "[Get Yourself Involved](#)" article on page 23 that talks about the best ways to move beyond the feeling of homesickness.

As a side note, when feeling "homesick", students should: **NOT** ignore their feelings; **NOT** try eating their way to happiness; **NOT** call home (*calling home usually makes the feeling worse*).

San Francisco Trip



Chinatown



Golden Gate Bridge



Cable Car



Rotary Symbol in SF