

*Rotary Youth Exchange  
District 5160 – California, USA*

MAKE A WORLD  
OF DIFFERENCE



## Information, Handbook & Process Guide For Rotary Clubs and Host Families

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# HOST FAMILY VETTING PROCESS

The following steps will be used as you qualify your host families:

1. Application links
2. Background Check
3. First Host Family Visit
4. Host Family Orientation Report
5. Second Host Family Visit
6. Training Requirements
7. Annual Updates

NOTE: A student cannot move in with a Host Family until steps 1-5 are completed.

**1. Application links** – in the YEAH system, Volunteers (Counselors and Youth Exchange Officers) are different than Host Families. For those of you who are Host Families AND Volunteers, you have to apply TWICE, once for each position. In general, however, all you have to do is to forward one of the links below to your contact. Each one is a link to the application for the job they will be performing. Here they are:

Volunteer Link: <http://yehub.net/W16-volapp>

Host Family Link: <http://yehub.net/W16-hfapp>

Single parent? Not a problem! Just let us know as there is one more form to fill out.

Please let your host families know that one person can fill out the application for the whole family. If they're prepared, they can do it all in one sitting! Remind them to **“electronically sign”** the application at the end, by typing in the name and birth date of everybody in the household 18 years and older. The following items should be readily available:

- The name and contact info of two references. They will be contacted by e-mail so **PLEASE double/triple-check for accuracy the e-mail address you provide for each**. A non-viable e-mail address slows the process waaaaay down and makes more work for everybody! Note, too, **that you may NOT use relatives or anybody involved in our Rotary D5160 Youth Exchange program!** Let your references know to expect an e-mail from Rotary D5160 Youth Exchange which will contain a link to a short form for them to complete and submit.
- Photos of the family, the exterior of your house, the kitchen, the living area, the bedroom and the bathroom the student will use. Photo size is limited to 8mb.

**2. Background Check** - Once an application is submitted, we will notify Intellicorp and they will send the applicant an online background check form. A background check is required for host family members (18 and older).

**3. First Host Family Visit** – The visit can take place at the initial meeting of the host family or after the host family has started the application process. Print out the Host Family Visit form and take it with you so you know what to look for/ask (link included below). The person who does the home visit must log into the YEAH Portal, click on Host Families and select the family for which they completed the visit. The form will pop up for you to fill out and then

you hit submit. This will complete the initial Host Family Visit. Once the host family has started their application in the YEAH database the Counselor or YEO must confirm that the photos uploaded by the family are correct and the home meets all the DOS guidelines.

Example Form: [Host Family Visit Report](#)

**4. Host Family Orientation** – The Host Family Orientation must be conducted after the Host Family is qualified in all other areas. Please remember that you cannot do this at the same time as the Host Family Visit. Once the Host Family is approved, the YEAH system will automatically send them an e-mail that they are approved and direct them to our website for the Department of State letter that we are required to give to them. Please be sure to use the form below, making sure it is dated **after** the Host Family is qualified in all other areas.

Report Link: [Host Family Orientation Report](#)

**5. Second Host Family Visit** - Within 60 days of a student moving into home, a second Host Family Visit needs to be conducted. The process is the same as the first, however the person who completes the second Host Family Visit cannot be the person who conducted the first Host Family Visit.

Example Form: [Host Family Visit Report](#)

**6. Training Requirements** - The YEAH system automatically sends out links for all required training.

**7. Annual Updates** - The YEAH system automatically sends out links for information required to renew a family for another year.

# CHECK LIST

## What to do just before & after your student arrives

### HOST FAMILY:

\_\_ **Go Over First Night Questions** (in your host family packet). Please do this right away to avoid misunderstandings later.

### HOST FAMILY &/or COUNSELOR:

\_\_ **Obtain student enrollment packet from school** to pre-enroll student and fill out forms

\_\_ **Meet student at Airport** – Delegation? Welcome Sign/flowers/balloons

\_\_ **Enroll student in school: Take student's transcripts & Immunization Card with you to the school.** This information is also in the student's Youth Exchange Application but they were supposed to fill out the California Immunization card we sent them as well. They were also supposed to bring their most recent transcripts **translated into English**. This helps determine which classes to enroll the student in. Try to schedule classes so that he or she can attend Rotary 1-2 times per month. Please ensure the school is fun and educational. \*\*\* Recommended the Counselor does this with Student\*\*\*

\_\_ **Yearbook photo** – schedule a session for your student to have photo taken. School should be able to provide name of photography studio. Club often will pay for yearbook.

\_\_ **Open a bank account for the student.** Student needs to bring his or her passport for identification. Ideally, a checking account for day to day use. Make sure student realizes that ATM Card & Check over-draft fees are VERY costly. \*\*\* Recommended the Counselor does this with Student\*\*\*

\_\_ **Bring student to Rotary Meeting** to introduce to the Rotary Club as soon as possible. Ask Club Secretary to Order Exchange Student a *Rotary Badge* (Optional but this is a nice touch) Make sure student knows about the Rotary Club's events and activities and has transportation. Add student to your Rotary Club's website as honorary member so he/she receives your club bulletins/e-mails.

\_\_ **Arrange with Rotary Treasurer to pay the monthly stipend.** If student opens a checking account, the checks can be written to him or her. Alternatively, checks can be written to host parents to cash for the student. Clubs often reimburse student for ASB Card, Year Book, School Locker Fee, etc.

\_\_ **Cell Phone:** We recommend pre-paid plans with data, and unlimited text and calls with a LOCAL phone number

**Change Host Families:** Prior to Move, please confirm the family has been fully vetted. Remember to notify YEO as soon as student moves. YEO needs **date of move**, new host family name, physical address, e-mails and phone numbers. Identify and start process for vetting at least 60 days prior to the move

## FIRST NIGHT QUESTIONS

To translate to another language, go to

<http://www.rotary.org/en/StudentsAndYouth/YouthPrograms/RotaryYouthExchange/Pages/FirstNightQuestions.aspx>

Sample Questions to Ask Your Host Family **SOON AFTER STUDENT ARRIVES!**

In general, ask the questions that you feel are the most important the first night and then ask the other questions over the next few days. Remember, when in doubt ask, and always try to be open and honest with your host family and your Rotary counselor. Good communication is essential for a successful exchange.

1. What do I call you?
2. What am I expected to do daily other than make my bed, always keep my room tidy, and clean the bathroom every time I use it?
3. What is the procedure for dirty clothes?
4. Where do I keep clothes until wash day?
5. Should I wash my own clothes and underclothes?
6. Should I iron my own clothes?
7. May I use the iron, washing machine, sewing machine at any time?
8. When is a convenient time for me to use the shower/bath (a.m. or p.m.)?
9. Where may I keep my toiletries?
10. May I use the family's bathroom toiletries (toothpaste, soap, etc.), or purchase my own?
11. What time will meals be served?
12. What can I do to assist at mealtimes (help prepare meals, set the table, wash dishes, empty garbage)?
13. May I help myself to food and drink any time or should I ask first?
14. What areas of the house are strictly private (parents' bedroom, study/office)?
15. May I put pictures or posters in my room?
16. May I rearrange my bedroom?
17. What are your rules for me with regard to alcohol and smoking?
18. Where can I store my suitcases?
19. What time must I get up (on weekdays, on weekends)?
20. What time must I go to bed (on school nights, on weekends)?
21. What are the rules for going out at night? What time must I be home?
22. May I have friends spend the night or visit during the day?
23. What are the rules about me using the telephone? Must I ask first?
24. May my friends call me?
25. May I call my friends?
26. May I make long-distance calls (overseas and within the country)?
27. How do you want me to keep track the costs of my telephone calls?
28. What is the procedure for mailing letters? What address do I use for my incoming mail?
29. Do you have any dislikes, such as chewing gum, wearing a hat at the table, loud rock music, or smoking?
30. Do my host brothers or sisters have any dislikes?
31. What are the dates of your birthdays?
32. What are the transportation arrangements (car, bus, bike, walking, etc.)?

33. May I use the stereo, TV, computer, etc., at any time?
34. Are there restrictions on computer, e-mail and Internet use?
35. What are the rules about attending religious services?
36. Would you like me to phone home if I will be more than 10 minutes late? 20 minutes late? 30 minutes late?
37. When we go out as a family, should I pay for my own entrance fee, meals, etc.?
38. What arrangements should I make for school lunch?
39. Does the Rotary club pay my cost of travel to school?
40. How do I get to the Rotary club meetings?
41. What else can I do around the house (yard work, help clean, babysit)?
42. Please tell me how to interact with the people hired to work in the household (where applicable).
43. Is there anything else you would like me to know?

# Youth Exchange FAQ's for Host Families & Counselors

**HOW LONG IS THE STUDENT HERE?** The students are generally here for 9 – 11 months.

**HOW MANY HOST FAMILIES?** The student will generally have 2-3 host families – 3 - 4 months per family. Minimum of 2 families is required by new RI Certification but length of time per family is totally flexible.

**WHEN DO THE STUDENTS ARRIVE?** Students generally arrive 1st week of August.

**WHEN DOES THE STUDENT GO HOME?** Students usually go home late June. Please See Welcome letter for more details.

**HOW OFTEN SHOULD STUDENT CALL HOME?** No more than once or twice a month. The more the student calls home, the slower he or she will adapt and the longer the home sickness will last. Weekly e-mails or letters are fine.

**WHAT IS HOST FAMILY RESPONSIBLE FOR PAYING FOR?** Room and board, rest is optional. Student receives stipend from host club but should also have a budget provided by family back home.

**CAN STUDENT GET A JOB WHILE THEY'RE HERE?** No. Their visa will not permit this. Pay for occasional babysitting, extra chores, etc. is acceptable.

**CAN STUDENT TRAVEL ON HIS OWN?** No. Students must be accompanied by parent, Rotarian or other responsible adult. No road trips with just other teens. We're responsible for student's safety. Going with friends to a **local** event, beach, movies, shopping mall, etc. is totally fine.

**SHOULD THE STUDENT ATTEND ROTARY MEETINGS?** This is really the key to a successful exchange. The student should attend Rotary meetings at least 1-2 times a month and be involved in the Club's activities – The whole club hosts the student, not just host family. Counselor helps arrange transportation to/from meetings.

**WHAT IS AN INBOUND vs. OUTBOUND?** Inbound students come here to attend high school and learn about our language and culture. Outbound are students from our area that travel abroad to do the same.

**IS THERE AN INBOUND STUDENT ORIENTATION?** – Yes, In August. This is mandatory for the student and is combined with a weekend of fun for the first get-together. YEO will help organize rides for Inbounds. Host families and Counselors **MUST** attend on their designated day.

**ARE THERE OTHER MANDATORY EVENTS BESIDES ORIENTATION?** The District Conference is mandatory. There is a October trip and a snow trip in February. All dates are on the District Website.

**DO YOU HAVE TO HAVE A TEENAGER AT HOME TO HOST?** **No**, easily 40% of host families don't. Many students enjoy the extra attention of being 'an only child.' Having several host families allows the student to experience a variety of family dynamics. Single parents may of course host and Bachelors/Bachelorettes may host a student of the same sex. Student does not have to have his/her own room, sharing with a same-sex sibling is ok.



**DOES THE HOST FAMILY HAVE TO BE IN ROTARY?** – NO – so long as they are suitable and willing and are interviewed by Club's Youth Exch. Chair. Adults in the household must be willing to undergo background check.

**DOES THE STUDENT'S COUNSELOR HAVE TO BE IN ROTARY?** – YES – this is the person who usually gets the student to the meetings & is the liaison between the student and the club. Rotarian's spouse may like to help as Co-Counselor especially if YE is opposite sex as Counselor. Counselors also need to have full background check.

## **TIPS FOR A SUCCESSFUL YEAR ABROAD**

### **(Sample of Rules Students Learn about at Orientations)**

The success of your stay will depend upon:

1. Your ability to adapt
2. How well you live with and get along with others

#### **WHAT YOU OUGHT NOT TO DO:**

Constantly compare your family, home, school, and country with those of the host country. Think and say everything is better at home. This is the best way to annoy your hosts. Try to live or act as if you were at home, ignoring your host family's customs. Consider yourself on a holiday at school by refusing to take part in class activities and doing as little as possible.

- Consider your host's home as a hotel by refusing to help with simple daily chores and leaving your bedroom a mess and in disorder.
- Be negligent. For example: not turning off the lights when leaving your room, using excessive amounts of water when showering, and leaving the dining table with half or more of your food still on the plate. Your comfort does not mean selfishness or excessive waste!
- Socialize with your fellow countrymen or other exchange students to the detriment of your hosting classmates, family or acquaintances.
- Ignore the hospitality of your Host Rotary Club and the rules you've signed upon becoming an exchange student. Spend all your time e-mailing your friends and family back home.

#### **WHAT A GOOD EXCHANGE STUDENT WOULD DO:**

- Be open-minded. Take an interest in all the customs you might encounter in your new surroundings, way of life, school system, family habits, etc.
- Be communicative and sympathetic with your host family, your host school, and your host Rotary Club. For example: spend some time each day with your host family after dinner.
- Make new acquaintances with students of the host country.
- Take part in school activities, show your willingness to do well by following lessons and doing your best with your homework even though you may sometimes get bad grades. The teachers will appreciate it when you make a good effort. This will help to promote good feelings about your being there in school.
- Be helpful to your host family. For example: offer to help set and clear the table after meals and assist with the household chores whenever possible. Don't wait to be asked for help.
- Show gratitude towards your hosting Rotary Club on a regular basis because it is they who have made it possible for you to be there.
- Respect the rules as laid out in the agreement you have signed in order to become an exchange student.
- Keep in mind that you are an ambassador of your country and you are fortunate enough to be welcomed by the people of your hosting country, the members of the hosting Rotary Club, and hosting family, classmates, and

teachers. The quality of your stay as an exchange student depends upon your doing the thing you should do and refraining from those you ought not do.

- Success will come to those who have not idealized their stay, but are simply conscious of the realities and face them with a smile.
  - Be aware that your host Rotarians, families, teachers, and friends will always appreciate your good humor, your kindness, and honesty.
  - Your hosting Rotary Club will do its best to see that you are made to feel welcome. You should be provided with a Rotary Counselor to help you if you have any challenges, or just want to talk.
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## **Expectations contract that will be signed PRIOR to ARRIVAL .**

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As an Inbound Rotary Youth Exchange Student to District 5160, North Central California, I hereby agree to follow the rules established by my host District 5160 Youth Exchange Committee during my exchange year as follows:

1. **No drinking** of alcoholic beverages including attending parties where alcoholic beverages are served by or to, persons less than 21 years of age, even if I am not drinking.
2. **No drugs** including being in the presence of others that may possess or partake of illegal drugs, including marijuana.
3. **No driving** or being in control of any car, motorcycle, scooter, ATV, power boat, jet ski, snowmobile or any motorized vehicle. And, before being a passenger on any of these, I will use good judgment. Also, I will not sky-dive from any private non-commercial aircraft.
4. **No dating**, as in "one on one." I know that group social outings of three or more students are encouraged but exclusive romantic dating between two people, same or opposite gender, will be prohibited. I will totally abstain from any sexual activity.
5. **No disfiguring** my body including, but not limited to, tattoos and piercings.
6. **No disrespect** toward my host families, Rotary counselor, school teachers or adult supervisors.
7. **No smoking** cigarettes, e-cigarettes, vaping or using chewing tobacco at any time during my exchange.

I fully understand the **Rotary District 5160 Youth Exchange "Six D's & One S"** listed above. I also understand that any violation of these rules can result in the termination of my exchange, quite possibly leading to a humiliating or embarrassing return to my sponsor home country at the earliest possible time.

At District 5160, we focus on the **The 6 B's**, the positive recipe for a good exchange experience, and in fact for a great life.

1. Be First	Get out there, jump in, don't hold back.
2. Be Curious	You're in a new country. Turn over some rocks, you'll never know what you might find.
3. Be on Purpose	If you're going to do something, do it with gusto. If it's worth doing, it's worth doing well.
4. Be Grateful	There are a lot of host families, volunteers, Rotarians, students and teachers who are willing to help you. By being grateful and thanking them, you are encouraging them to do more. They will feel good about helping you and you'll feel good that they did. One big happy circle.

5. Be of Service	Pitch in and help. Rotary's motto is service above self, but it's a good motto for life in general. By helping others, you'll feel good about yourself. See number 4 above.
6. Be Here Now	Carpe Diem. Seize the Day. It's an old expression that is just as valid today. Don't dwell on the past, it's done. The future is a long way off. Enjoy each and every day to its fullest. You can sleep when you get old.

The Welcome Letter/ Contract That will be Signed by the Student: (\*Excerpt)

1. **Arrival:** We ask that our Inbound students arrive approximately 2-5 days before our Inbound Orientation on August 3-4, 2019. High schools in District 5160 can start anytime in August or early September. Check with your host Rotarian counselor to determine your arrival airport. When you know the time, date and airline flight, please inform your host Rotarian counselor, host family and Jennifer.
  
2. **Departure Home:** Flights home must be within 2 weeks of the last day of school and/or 7 days after the Goodbye Weekend or 7 days of the D5160 approved end of the year trips. All return dates must be approved by the D5160 Inbound Coordinator and District Chair **PRIOR** to booking the flight. It is a Rotary rule that your return flight on the way home must be the shortest possible route with no student/parent requests granted for stopovers or individual travel.
  
3. **Emergency Fund** Upon your arrival, you must deposit, for safekeeping with your host Rotarian Counselor, the amount of \$300 USD. If any of this money should be used, you must replenish the amount immediately by notifying your parents in your sponsor country (please do not repay it from your club allowance). Any unused emergency funds will be returned to you on your departure home.
  
4. **Host Families** You may expect between 2 and 4 host families. Regard yourself as a member of your host family, not as a guest. Of course, there will differences between each host family, and it is YOU that is expected to make the adjustments, not your host family. Remember that the word "adaptable," was probably used to describe you in a positive way on your application. In District 5160, we like for our Inbound students to come with the mindset, "It's not good, or bad, it's just different." Embrace the differences between your family back home, and each of your host families, and you will have an amazing exchange! When you move in with each host family, you are strongly encouraged to utilize the list of "First Night Questions". Communicating

openly with your host family will be very helpful to you and for them. We expect you to follow the rules of your host family and, if issues arise, to discuss them with your Rotary Counselor as soon as possible.

5. **Communication Home:** We will ask that you call your parents upon arrival at your host family's home. Parents, please realize this may be a few hours after your child's arrival, as their home may be a drive to the airport. There may also be delays such as luggage not arriving, needing to stop for a meal (students often arrive tired and hungry), etc. Please know we will make sure your child calls you as soon as possible upon their arrival in California. We will then ask that your student and you as parents limit contact to no more than an e-mail once a week and a phone call twice a month. This includes using apps such as Facebook, WhatsApp, Snapchat, Instagram etc. We have found that students who initially limit their communications back home and not using their native language, adjust better to their new culture, suffer less culture shock, and are overall much happier. Ultimately, we can't restrict contact home, but we ask that you adopt this request for the benefit of your child.
  - We will also be asking you to sign a 30 day pledge during the Orientation Weekend. The pledge is to disconnect for the next 30 days (first month) of my exchange by following the guidelines listed below. After letting my family know I have completed the Inbound Orientation and that I have taken this pledge, I will:
    - Only use my cell phone/computer to communicate with my host family and local friends
    - Only post in my NEW language on social media
6. **Thank You Notes:** While living here this coming school year, many times you will have the occasion to want to thank people for gifts they may give you invitations to an event, or for other reasons where someone has done something nice for you. For such occasions, you will want to write personal hand-written thank you notes. We suggest you bring postcards that have pictures of your country on them; postcards make great thank you notes. People here will treasure the thought and will keep their thank you note forever. Bring a lot of them!!!!
7. **Inbound Orientation:** Orientation will occur **August 3<sup>rd</sup> and 4<sup>th</sup>** . It is **mandatory** that all Inbound students attend. All aspects of your exchange year will be discussed during this orientation. Your counselor will provide you with more information.
8. **School:** As this is a *student* exchange program, all Inbounds are required to attend school full time, strive to complete coursework and participate in class. **Students who do not meet minimum passing requirements may be returned home.** Your high school has the authority to expel a student for

inappropriate behavior, not obeying school rules and/or excessive unexcused absences. An expelled student no longer qualifies for a student visa and will be returned home. **Although you may get to participate in graduation activities, you will NOT return home with a California state high school diploma.**

9. **School Sports:** No guarantee can be made that a Youth Exchange student will be able to play competitive high school sports, but if a student is interested in participating in sports at their high school in California, they are encouraged to inform their District 5160 Rotary Club Counselor and first host family as soon as possible. Additional medical information may be required. Also, there may be additional costs to you to being on a sports team.
10. **Interact:** You as a student are REQUIRED to join your school's Interact Club and participate in the meetings and service projects.
11. **Travel:** Keep in mind that you are entering the United States on a **student visa**, not a *tourist* visa. Travel is a privilege, **not** a right. Therefore, all travel **MUST** be under the authorization of your host Rotary organization. Unauthorized travel will result in the student being returned home. There is a trip form that must be completed prior to travel.
12. **Rotary Trips:** In addition to trips sponsored by D5160, you will have the option, at your own expense, of participating in D5160 approved Rotary trips. More information about the trips that will be offered will be covered at the Inbound Orientation.
13. **Family Visits:** Non-emergency visits from family members may be permitted during the third quarter of the exchange (during **the months of March, April or May**) and **MUST** be pre-approved, **in writing**, by the local host family, host club, and District 5160 Youth Exchange Committee at least three months in advance of the visit. Please, **DO NOT** make any plans or purchase tickets until you have received **written approval** from the host parents, host club and the District 5160 Youth Exchange committee. Surprise visits are not allowed. There will be no visits and/or travel permitted with visiting friends, boyfriends or girlfriends.
14. **Employment:** Inbound students are not permitted to be employed or hold part-time jobs.
15. **Overnights and Travel with People who are NOT HOST FAMILIES:** We know you will be making friends and may have opportunities to take a day or even an overnight trip with your new friends from school or even your Host Rotary

Club. In order to be able to do so any adults will need to be fully vetted. This is for YOUR SAFETY and PROTECTION. This process takes about 2 weeks, so prior planning is important as to not be disappointed if you are not able to participate.

The Students and their Parents are required to sign and return.

### **General Expectations of the Student which you may need assistance and guidance:**

- To become familiar with and understand clearly the aims and objects of Rotary International, its organization, structure, purpose, ideals , and service record;
- To accept and follow the advice, guidance, and directions of the Host District Chairman, Host Rotary Club, and Host Family Parents;
- To attend all meetings and functions arranged by the Host District and the Host Club, and to accept such speaking engagements as directed by them;
- To attend school or other institution of learning, regularly, as arranged by the Host Club, and to achieve and maintain the best possible grades, missing school only for the expressed purpose of participating in Rotary engagements and activities and only with the knowledge and approval of the Counselor;
- To keep and maintain yourself in a clean, neat, and tidy condition at all times, and to share normal household duties with other members of the Host Family, always remembering that you are a part of the Host Family and not a guest;
- To learn the essentials of the language of the Host Country before your departure. The success of your exchange will depend on your learning the language as quickly as possible;
- To be sent home early if, in the opinion of the Host Rotary Club and the District 5160 Committee in the Host Country, continuation of the exchange period will be detrimental to the Program, the District, the Host Club, or you.



# **A PRIMER FOR HOST FAMILIES**

Hosting a Youth Exchange student from another country is a challenge - and an opportunity. Involvement with an exchange student challenges a host family to become familiar with another culture, while providing the opportunity to share a young student's hopes and ambitions. These challenges and opportunities promise to enrich the lives of every member of your family. This primer contains general information about Youth Exchange, tips to help you prepare for the arrival of your exchange student, and a discussion of a variety of issues surrounding the experiences of exchange students and host families. Although the student's Sponsoring and Hosting Rotary clubs will be furnishing you with detailed information, this primer will get you started thinking about your approaching host family experience.

## **Youth Exchange Rules**

While Rotary International offers support to local Rotary Youth Exchange programs through publications and suggested guidelines, Rotary districts and clubs run their programs independently of Rotary International. Therefore, each club/district program will have its own specific rules for students to follow.

Students accepted into a Rotary Youth Exchange sign and agree to abide by a list of program rules prior to their departure from home. While the student's HOSTING rotary Club will discuss all program rules with both you and the student, you may wish to review the rules with the student yourself to be sure that everyone has clear understanding of what is expected.

These rules for the Exchange Program in Rotary, and can be found on our Website: <http://yex.rotary5160.net/>

## **PREPARING FOR THE ARRIVAL OF THE EXCHANGE STUDENT**

While the exchange student's sponsoring and hosting Rotary clubs will be taking care of most of the logistics of the exchange, there are some things you can do to prepare for the student's arrival. What follows are general suggestions for your preparation, as well as a description of some common Rotary district and club responsibilities. You may contact your exchange student's hosting club or district for more specific guidelines.

## **Suggestions for Host Parents**

It is advisable that the host family corresponds with the exchange student and his/her parents as soon as the names are known. As a future host family, you should extend a welcome to the student, including information about the composition of your family (i.e., how many members, their ages, hobbies, etc.), the type of clothing required for the climate if the student has not yet left his/her home country, and so on. In short, ask yourself what you would like to know about a new home in a foreign culture and supply that kind of information.

It is not required that you provide the student with a private bedroom in your home; however, a single bed is essential. Additionally, it may be helpful to begin to think about the household rules you expect the student to follow while living with your family. **Go over the FIRST NIGHT QUESTIONS included in the Host Family Handbook.** Often the student doesn't learn a household rule until after he or she breaks that rule. It is imperative that you set the ground rules up front to avoid unnecessary misunderstandings. This helps everyone start out on the right foot.

**Rotary District and Club Responsibilities** The sponsoring Rotary club or district in the student's home country will inform the hosting club or district of the student's travel itinerary, and will arrange "outbound" orientation. The sponsoring club or district will also maintain contact with the exchange student and the hosting district and club during the exchange. The sponsoring club or district also will arrange suitable debriefing for the exchange student upon his/her return from overseas.

The hosting Rotary club or district will meet the student on arrival; arrange enrollment, tuition and other educational matters with the local high school; continue orientation; and organize some social and cultural functions for the student. For academic year exchanges, the hosting club or district will also appoint a Rotarian counselor and arrange a monthly allowance for the student. Through the Rotarian counselor the hosting club and/or district will maintain contact with the student and the host family for the duration of the exchange.

### **Sharing Your Home**

The exchange student's year in your country is a time of excitement. What follows are general guidelines for meeting your student and making him/her feel welcome. Please note that some of these guidelines apply only to an exchange student's contact with his/her first host family.

### **Meeting Your Exchange Student, and Making Introductions**

Although a Rotarian from the hosting Rotary club or district may meet the student on arrival, the presence of a member of the student's first host family in the welcoming delegation is recommended.

Please keep in mind that the student will likely be very tired upon arrival and will need time to recover from "jet lag."

In addition to airport greetings, many host families organize informal welcoming parties for the newcomer. The purpose of this type of party is to introduce the exchange student to some people in the community and family friends with whom the student will have contact. This party can be followed by the eventual introduction of the student to more members of his/her peer group, which will comprise the majority of associations during the exchange. Many hosting Rotary clubs have some sort of social event to start this process of introductions early in the exchange, especially if there are many exchange students in the vicinity.

## **Orientation and Adaptation**

As stated above, most exchange students receive formal orientation before and/or after arrival in the host culture. But no matter how thorough the orientation, the student comes into the first host family as a stranger in a strange land. The exchange may in fact be the first trip of any length away from home for the student. One way to ensure that the exchange student's adaptation flows as smoothly as possible is to realize that just as the student will not have a full understanding of your culture, you may be influenced by misapprehensions about his/her homeland.

Please be aware that these misapprehensions can lead hosts to inaccurately attribute motives to the student's actions. Some Rotary districts offer intercultural orientation to hosts to address these issues.

Another way to aid in your visitor's adjustment is to share your culture with him/her as it exists in everyday life. This means that you need not arrange elaborate entertainment, but simply make the student a part of your family with the opportunity to share in the same aspects of your family life that most teenage students experience in your culture.

## **General Family Adjustments**

In addition to providing room and board for the exchangee, host parents are expected to exercise general parental supervision, as would the exchangee's natural parents. It is also the host parents' responsibility to notify the student's Rotary counselor if the student is encountering exceptional problems (such as serious illness, difficulty in adapting to the host family or school, or serious homesickness).

One of the adjustments to be faced is how the exchange student is to address adult members of the family. There is a natural reluctance to use "Mother" or "Father," since those words tend to be emotionally reserved for the natural parents. "Mom," "Pop," "Mater," or "Mamma" all have been used and a substitute term usually develops naturally.

What follows are some additional points of adjustment that will need to be addressed. Much of this information can be conveyed by tacit assimilation, but it is wise to avoid misunderstandings by discussing the following issues and household rules from the start (also covered in First Night Questions):

Individual responsibilities for household tasks

Normal household routines:

Meal and retirement times,

Study hours, etc.

Curfews

House keys

Explanation of emergency

Telephone numbers and procedures

Information about city transportation (maps are useful)  
Religious practices  
Use of computer & internet

## **Some Primary Issues Facing Exchange Students**

While each individual exchange experience is unique, there are certain issues that most students face at some point during an exchange. The following are some of these general issues.

### **Language Proficiency**

During their initial days together, students and host family members will become aware of any language problems that exist. Most students will have studied the host country's language before arrival, sometimes to a considerable extent. However, the knowledge gained from books does not prepare one for daily language use. Be prepared for any slight misunderstandings and frustrations that may accompany communication with the student.

Every effort should be made to see that the student understands what is being said about house rules, geographical directions and so on. Keep in mind that the frustration of communicating in an unfamiliar language may lead an embarrassed student to indicate he/she has understood something when indeed this is not the case. Conversely, hosts should be sure that they understand what the student is telling them, and they should not hesitate to ask for clarification. On occasion it may be necessary to seek help from someone fluent in the exchangee's native language - a teacher, interpreter, or a visitor from the student's home country.

### **Homesickness**

Language problems, if present, often co-exist with a phenomenon that nearly all exchange students face sooner or later: homesickness.

After the novelty and excitement of the early stages of an exchange wear off, the student may suddenly feel alone in a strange place. Individuals with homesickness may consider many day-to-day problems insuperable and look nostalgically toward home. This experience can be devastating to a student. The best remedies to acute homesickness may include contact with someone who speaks the student's native language, and a full program of activities. A side trip to some point of interest or simply a social event can help, as well as encouraging the student to build hobbies and join in other community functions. For long-term exchanges, the student's Rotary or school counselor can help if the homesickness persists.

### **School Concerns**

As stated previously, most long-term exchanges include schooling for the exchangee. While hosting Rotary clubs make the school arrangements with the local secondary

school, host parents should see that the student gets started on the right foot. Be aware that exchange students often feel obligated to assume an almost impossible academic load. **As a result, the student should be advised against taking too many classes while adjusting to the new school.**

The exchangee may need your guidance to become acquainted with school procedures, particularly if he/she is accustomed to a radically different school system. Host brothers and sisters can help the school counselor to provide assistance in this area. Please be sure that the student knows how to get to and from school, and how to get lunch off school grounds if needed.

### **Changing Families**

As mentioned above, most long-term exchange students live with three / four different host families over the course of the exchange year. It is important that both the hosts and the exchange student realize at the outset the limited duration of each stay with a host family. The first change of families will probably be the most upsetting for the student, as he/she will have established a good rapport with the family that helped him/ her to overcome the initial culture shock.

Words of sympathetic understanding, couched in terms of a broadening of opportunity, should be offered to the student if he/she is having difficulty changing families. Counseling from the Rotarian counselor, an understanding teacher, or a minister of the individual's religion can be a way of smoothing the transition. The exchange student should ideally be introduced to his or her next host family early in the exchange.

### **The Exchange Student's Rotary Obligations**

Hosts are encouraged to help their exchangee meet Rotary obligations, which usually includes attendance at Rotary functions such as club and/or district meetings. Attendance at these meetings may involve the delivery of a speech. The student's sharing of the exchange experience with the hosting club or district is an important feature of the exchange, and it contributes to the student's ambassadorial role.

Hosts should be aware of Rotary obligations from the start and should factor them into the student's overall adjustment process. For example, hosts should be aware that the student will need time to adjust to the new culture and language before being required to speak at a Rotary function. It is a good idea for the exchange student to attend Rotary club meetings early, in the visit simply as part of the familiarization process so that he/she will feel comfortable speaking at these meetings later in the exchange.

Students should not be permitted to decline speaking at Rotary meetings with the excuse that he/ she is "not a public speaker." The student is not expected to be an experienced orator. Audiences are interested in seeing the student and hearing his/her reactions to the culture - not the polished delivery of a speech.

# **ROTARY LOCAL CLUB COUNSELOR JOB DESCRIPTION**

## **INBOUND COUNSELOR JOB DESCRIPTION**

A confidante, troubleshooter, and guide to the Inbound Student throughout the program.

1. Send a welcome letter to the student prior to arrival in the US to introduce yourself and to provide information on the community - notify them of \$300 medical emergency fund set aside.
2. Secure approval of host school to accept student.
3. Participate in interview of host family and complete form in database. Note: all family members 18 and older have to be cleared prior to them having access to the students application and any contact information for the student and prior to the physical placement of Inbound student with family.
4. Instruct host family to complete Clearance, Background (all forms MUST be completed BEFORE the student can be placed in the home).
5. Meet exchange student upon arrival at Airport.
6. Optional to Host exchange student for a minimum of one week to become acquainted and develop a relationship (i.e. Act as orientation family to introduce student to school and community).
7. Your club should secure from the student cash of \$300 in event of emergency medical treatment which are not covered to meet deductible, additional luggage at the end of year, phone bills not received before student returns home, etc. This \$300 may be returned to the student at the end of June, or after he has returned home, if not needed to reimburse host parents or club for expenses.
8. Assist exchange student to open a bank account (usually a carefree checking account – minimum checks – with ATM accessibility and VISA or Mastercard Debit Account). Have statement mailed to student in care of you. Help student to budget his funds. Teach him to reconcile bank statement.
9. Assist in arranging school curriculum with high school guidance counselor. School usually needs Passport, DS2019 form, transcript and Health Information to register student. If playing school sports, a physical performed no more than 45 days prior to start of practices must be evidenced. Can be done by home family physician just before student leaves for USA or here in USA but CISI-Bolduc Insurance does not cover cost.

10. Review Rotary expectations and rules with student. Make sure they fully understand the reasons behind and the intent of the following rules:
  - a. No Driving - means no driver training course while in US
  - b. No Drinking - The law in CA states that no one under the age of 21 may consume alcoholic beverages. Private parties may be raided, so be particularly careful of high school parties, especially around graduation (concept of guilt by association). If your host parents serve wine at dinner and IF their own children are allowed a glass, then you, too, may have some if offered. However, never in a public place - only in your host parents' home or a Rotarian's home - and never to excess.
  - c. No Dating or display of intimate affection - the intent here is to avoid romantic entanglements, not to cut out your social life. We encourage "dating" in groups, where students are not paired off into couples, but friendship dates with just one other person are permitted as long as it is not always the same person. Once it gets around school that you are seeing a lot of one particular individual, your chances to meet other students are dramatically reduced.
  - d. Travel - Use "Permission To Travel" form to request permission to travel or inform district staff of your travel plans with Host Family or Rotarian. e. NO VISITS by Natural parents, brothers, sisters or any relatives until final months of the exchange (March and April or accordance to the District 5160 Policy. Any visit by family or friends required notification to the Inbound D-5160 Chair at least 4 weeks in advance of such visit. No school may be missed without obtaining permission from the school well in advance. No mandatory Rotary meetings or orientations as noted on the official D-5160 YEP Calendar of Events may be missed without prior approval from Inbound Chair.
11. Meet with each host family before student's arrival. Go over all the information with each family. Arrange for the movement of the student and belongings to the next host family.
12. Maintain personal communication with the student and host family on a weekly basis for the first 2 or 3 months, and then biweekly for remainder of exchange year. Complete on-line counselor report monthly
13. Assure that the student and host family are aware of required Rotary meetings and events.
14. Advise student about host family recruitment and student presentation to club.

15. Communicate problems to the District Inbound Chair.
16. Accompany student to airport for departure from USA. Please let the District Office know the day the student has physically left the District to their home country.
17. Make a copy of the students travel documents, airline tickets and other essential papers for club's access and forward copies of the visa, passport, DS2019 to district office.
18. Arrival: We ask that our Inbound students arrive approximately 2-5 days before our Inbound Orientation on August 3-4, 2019. High schools in District 5160 can start anytime in August or early September. Check with your host Rotarian counselor to determine your arrival airport.
19. Departure Home: Flights home must be within 2 weeks of the last day of school and/or 7 days after the Goodbye Weekend or 7 days of the D5160 approved end of the year trips. All return dates must be approved by the D5160 Inbound Coordinator and District Chair PRIOR to booking the flight. It is a Rotary rule that your return flight on the way home must be the shortest possible route with no student/parent requests granted for stopovers or individual travel.



## **ROTARY LOCAL YOUTH EXCHANGE OFFICER (YEO) JOB DESCRIPTION**

The Youth Exchange Officer (YEO) is one of the most critical roles in the RYE program. The wrong choice can be detrimental to the success of an exchange, not only for the student, but also the host club. It is imperative the person chosen is one who is genuinely interested in young people and appreciates the value of the Youth Exchange program. He or she should be able to relate easily to young people to gain their confidence and respect and be in a position to assist and advise them. The counselor should fully understand the responsibilities involved and have the time to attend to them. A person who has worked or is working with young people in schools or local youth services, someone who has a long and successful track record working with young people in the volunteer sector, or someone who has previously hosted or counseled RYE students is an ideal candidate for the role.

You will see there are overlaps in the YEO and Counselor role. It is up to each Club to determine which of the yearly and monthly duties will be handled by the YEO vs Counselor. Some are NOT interchangeable and those are in RED and BOLD.

- **First and foremost, the YEO is the “Local Coordinator” for purposes of the U.S. Department of State**
- **Be a member of the Host Rotary club, appointed to serve as the Inbound Student’s (referred hereafter as “student”) main contact with the Club.**
- Confirm who the Host Parents will be during the student's stay and arrange the date and time of changing Host Families.
- Orient the Host Parents & student as to their responsibilities.
- Arrange for schooling and introduce student to the principal and teachers.
- Look after the student's Emergency Fund and other important papers.
- Arrange to celebrate the student's birthday, Christmas and other holidays.
- Be respectful of the religious beliefs and practices of the student.
- Introduce and integrate the student into the Host Rotary Club and ensure that student is invited as a guest to meetings and other activities.
- Develop a Club Activity Calendar that includes different members spending personal time with the student.

- Be sure the student receives a monthly allowance from the Host Club on time.
- **Find out the dates of the District required meetings, and arrange for transportation. Students should be told of these events well in advance, to help avoid schedule conflicts.**
- **Obtain appropriate funds from the Host Rotary Club to cover travel and food expenses for student attendance at required meetings.**
- Assist the student when there is a need to file insurance claims.
- Deal appropriately with any unresolved difficulties between students, Host Families and school.
- Listen to student's comments and concerns, and establish a rapport with the student.
- Refer any problems or concerns to the Inbound Coordinator and District Chair when they occur. Don't wait until the problem becomes so unacceptable that you are requesting to send the student home. We always make every effort to turn a negative situation into a positive one before a decision to terminate an exchange occurs.

## **Duties**

### **Before arrival of the student:**

- Establish early contact by e-mail or letter with both the student and his or her parents and give them some information on the area, the school and any information to assist in their final travel preparations. Club, District, School, and local newspaper websites can give the student a lot of information.
- Obtain details of the student's anticipated date and time of arrival.
- Make contact or visit the school which the student will attend to make arrangements for education. Obtain term times and bus availability if appropriate.
- Have arranged at least the first host family.
- Make up a file of useful information for host families to be passed on as the student moves.
- Ensure that all adult host family members have submitted background check forms to the District Security Officer.
- Hold a meeting of Counselor, Club YEO, President and Treasurer to discuss finance and the schedule for the year.
- Decide how much allowance to give to the student on a monthly basis and how those funds are to be transferred to the student.
- Create a District events schedule and list of contacts (counselor, host families) with addresses, telephone numbers, and e-mail addresses and distribute to all involved

persons.

- Ensure that host families realize that if a club invites the student to an event, all costs are paid by the club. For required District events, the club is also required to arrange transportation.

**On the student's arrival, the YEO or YEC should:**

- Welcome the student at the arrival airport, with the first host parents and/or members of the hosting Rotary Club. If the Counselor cannot do this, then arrangements should be made for another member(s) of the club to do so.
- Visit the school with the student and introduce him or her to the school personnel, guidance counselor, principal, superintendent, etc. Ensure that the student is aware of the choice of subjects available.
- Check the student's airline tickets to be sure he or she has a round-trip ticket. An open return ticket is necessary in emergencies or if the student must be returned home for disciplinary reasons. The return ticket should be retained by the student in a safe place, but the Counselor should take photocopies for use in case of emergency.
- Establish contact with a local doctor for the student. This is most often done when the student completes a Sports Physical required if he or she is participating in a school sport.
- Outline what is expected of the student by your Rotary Club and District. For example, attendance at Rotary meetings, regular reports to the club, attendance at District Conference, District RYE meetings, etc. As soon as possible, take the student to a local Rotary Club meeting and ask him or her to introduce him/herself to the club.
- Ensure that the student knows how to contact the Counselor and Club YEO. Give him or her phone numbers and e-mail addresses. He or she should also be furnished with local safety and law enforcement contact information.

**Dealing With Problems**

It sometimes happens that the Counselor and the student cannot get along. If this happens, then the Counselor should step aside in favor of another person where there can be a happier relationship. The Counselor should not take this as an indication of failure, as there can be times when personalities clash for no apparent reason.

There may also be a problem between a student and a host family. If this occurs, then the Counselor or YEO should have another host family on standby, or even move the student to another home on a temporary basis, to enable the cause of the problem to be established.

If a student breaks the rules of the program, then the Rotary Club should not be afraid of sending the student home. Before making the final decision for such action, a full explanation of the circumstances should be discussed with the Hosting Rotary Club

President followed by additional discussion with the District RYE Inbound Coordinator, District Country Contact, District Youth Exchange Chairperson and the District Governor. Support for such a decision is necessary from all entities. The District Chair is responsible for notifying the sponsoring Rotary District RYE Chair of any pending decision and then of the final decision. The Counselor/YEO and District Chair should arrange the return of the student in a timely fashion and inform the District Department of State Responsible Officer when the student has left the country.

## Appendix: Club Requirements

# Rotary District 5160 – Long Term Student Exchange Club Certification

## Under Rotary International and US Department of State Regulations for Qualified Youth Exchange Programs

*(Please print in ink or type)*

The Rotary Club of \_\_\_\_\_ (Club) in Rotary District 5160 is committed to creating and maintaining the safest possible environment for all participants in Rotary activities. It is the duty of the Club to ensure that all Rotarians, Rotarians' spouses, partners, and all other volunteers act at all times, to the best of their ability, to safeguard the welfare and to prevent the physical, sexual, or emotional abuse of young people with whom they come into contact.

**The Club certifies that it will host an Inbound student, adhering to the following procedures and practices:**

### **Pre-Arrival:**

- Assign a Youth Exchange Officer (YEO)
- Complete (2 EACH ) the Guarantee Forms, including all required signatures in blue ink, and return promptly to District 5160 Inbound Chair. (Your student cannot begin the visa application without these Guarantee Forms.) This should be 100% done by May 10<sup>th</sup>.
- Recruit, visit and interview potential host families (HFs) -- preferably THREE, but a COMPULSORY MINIMUM OF TWO with at least one emergency placement also available. Following acceptance of Host Family online application, references and background clearance, conduct Interview/Visit#1 and complete online report.
- Ensure that YEO and Club Counselor submit volunteer applications and background forms, and pass the State Department test for working with youth.
- Ensure that all host families and relevant club YE committee members are prepared for the arrival of the student and plan to attend the District Orientation with the student, generally the 2<sup>nd</sup> weekend of August.
- Ensure that contacts are made with the student and his or her natural family prior to the student's arrival in District 5160.

### **1<sup>st</sup> Week:**

- Ensure student is met at the airport and warmly welcomed upon arrival, by the YEO or HF.
- Secure Cell Phone for Student with a Local Phone number with texting
- Orient student to the community, including location of school, library, bank, etc.
- Provide contact information to student, including:
  - Host club Youth Exchange Officer, President
  - Local medical, dental, mental health professionals
  - Local law enforcement agencies and social service agencies for issues such as suicide prevention, rape counseling, etc.
  - Ensure student is carrying ID Card with U.S. Department of State hotline and e-mail for inbound students (866.283.9090 [jvisas@state.gov](mailto:jvisas@state.gov))
- Retain copies of visa, passport, documents (e.g., DS-2019) and return flight e-ticket.
- Review insurance coverage and procedures with the student and families to be prepared in case of accidents or emergencies and ensure that student carries insurance card.
- Open bank accounts or determine how monthly allowance will be given to student

- ❑ Arrange for schooling and encourage extracurricular activities. Provide the school with the List of Youth Exchange Contacts. Arrange for duplicate mailings (e.g., report cards, communications) to the YEO.

Participation on varsity sports teams is at the discretion of the Athletic Director and cannot be guaranteed.

**Ongoing:**

- ❑ Promptly deliver the monthly allowance to the student by the 5<sup>th</sup> of each month. If not deposited in student account, may be given in cash.
- ❑ Ensure that the Club YEO and/or Counselor maintains, at a minimum, a monthly schedule of personal contact with the student to address any issues promptly and appropriately. The first monthly contact must be in person; all other contacts may be in person, by phone or e-mail. All contacts must be documented and a monthly report filed online. Any student experiencing significant adjustment problems would warrant extra attention and notification to the Inbound Chair.
- ❑ Invite the student regularly to Rotary club meetings and club functions, at least once a month or as the student's school schedule permits, including social events, fundraising activities and other club projects and activities in furtherance of the purpose of Rotary.
- ❑ Ensure that student attends mandatory District functions for exchange students, such as Orientation, YEX weekends and events, and the District Conference, and arrange transportation for the student to and from all such events; arrange carpools with other clubs where feasible. *(No exceptions for attendance at mandatory events unless a waiver is granted by the Inbound Chair and YEX Chair, and then only with very good cause.)*
- ❑ Maintain regular contact with host families to identify and respond to issues and problems as rapidly as possible, remembering that Rotary International and the Department of State require monthly contact with the host family and personal visits at least once a semester, as part of due diligence to ensure a safe living environment.
- ❑ For each family, ensure that a representative, other than those who interviewed and selected them, personally visit them at home within the first two months of placement and submit a brief online report.
- ❑ Ensure careful coordination for transitions between host families. Ensure that Host Family Manual is passed to each new family and that YEO reviews it with them.
- ❑ Monitor school attendance, performance and involvement and provide counseling, if needed. Ensure that school and school transportation department are notified when each family move takes place.
- ❑ Help enforce the Rules & Regulations signed by the student and natural family prior to arrival.

**Post Exchange:**

- ❑ Solicit input from each family following their hosting experience, and invite year-end comments and suggestions from your student. Share pertinent information and recommendations with the District Committee to improve the program going forward.

**Signatures**

We, the President and Youth Exchange Officer for the Rotary Club of \_\_\_\_\_, being the persons responsible for youth exchange activities in our club, certify our club's compliance with the above procedures and practices for the exchange year beginning July 1, 20\_\_\_\_ and thereafter.



The **Rotary Club of** \_\_\_\_\_ hereby affirms that:

- ❖ We will follow the policies and procedures set forth by the U.S. Department of State, Rotary International, RI District 5160 and the District 5160 Youth Exchange Committee when working with any Youth Exchange activity, event or program.
- ❖ In accordance with Rotary International rules, our club will terminate the membership of any Rotarian who admits to, is convicted of or is otherwise found to have engaged in sexual abuse or harassment, and we will not grant membership to a person who is known to have engaged in sexual abuse or harassment.
- ❖ This certification is a requirement for our participation in the Youth Exchange program operated by District 5160 and should this Rotary Club cease to be in compliance with said policies and procedures, then the permission of the District will be withdrawn for our club's participation in these programs. Should this occur, notification will be sent to the YEO and Club President with an opportunity to address the deficiency. Failure to comply in a timely fashion will result in termination of the program for the club.
- ❖ Should permission be withdrawn because of non-compliance, any student being hosted by our Rotary Club will, at the District YEX Committee's discretion, either be transferred to another club that is in compliance or be sent home with the appropriate notice and explanations to the sponsoring Rotary District. If there are costs involved with these events that are not normally associated with the exchange, these costs will be borne by the defaulting club.

This certification is signed in \_\_\_\_\_ on the \_\_\_\_ day of \_\_\_\_\_ (month) in the year \_\_\_\_\_ and is effective from that date until it is revoked in writing by the District or the Club.

## **Appendix: Multiple Host Family Rationale**

### **Rotary Rationale for Multiple Host Families**

Other programs allow one family. We don't.

We know from our own experience and that of others that when the first host family relationship is particularly successful, it can be hard for both the student and the family to separate. But the Rotary program calls for three host families for very good reasons.

Committing to 3-4 months, rather than a year, alleviates the financial and emotional responsibilities on the families. (If it's hard to part after 3-4 months, imagine the pain after a year.) There is no such thing as the "typical American family," so exposure to three different family structures, interests, activities and lifestyles gives the student a better overall picture of family life in the USA.

Too, the more families a student lives with, the more exposure they have in the community, through the extended family and friends and new neighborhoods. With luck, all three situations will be successful and the student will go home at the end of the year with three ongoing family relationships, not just one. As those of us who have been lucky enough to have close connections with our students know, these relationships can and do go on and on and on.

Beyond that, there's a very important growth opportunity for the students in the Rotary program. When they first arrive, they're nervous and scared. Will I be able to adapt? Will the family like me? When it does work, there is great relief and the bonding begins. Just when they're comfortably ensconced, they're required to move again. The same apprehension sets in. Voila! They succeed again.

When it happens for the third time they realize they can do this. They are no longer totally reliant on a family's nurturing to succeed. They have found the resources within themselves. By the time we send them home we've given them the self-confidence to meet life's changes and challenges and to rise to whatever occasion presents itself.



## Appendix: Creed

### *Exchange Student Creed*

This is my experience.  
Many have been here before  
And many will follow,  
But this time is mine.

My journey will present  
Numerous doors to  
Unlimited opportunities.  
Some of the doors will be open,  
Some will be closed.

But one thing I know for certain,  
The key to all doors lies within.