

California-Nevada 5190



BE THE INSPIRATION

Information For Inbound Students for 2018 - 2019

www.rye5190.org

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Objectives Of The Program

- **To further international goodwill and understanding** by enabling students to study first hand some of the problems 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 from their own, and undertaking the study of courses and subjects not normally available to them in their own country.
- **To give students opportunities to broaden their outlook** by learning to live with and meet people of different cultures, creeds, and colors and by having to cope with day-to-day problems in an environment completely different from the one they have experienced at home.
- **To have students act as ambassadors** for their own country by addressing Rotary Clubs, community organizations and youth groups in their host country; by imparting as much knowledge as they can of their own country, its attributes and its problems to the people they meet during their year abroad.
- **To provide sufficient time to study and observe another country's culture** so that upon returning home students can pass on the knowledge they have gained by addressing Rotary clubs and other organizations and assimilate the positive aspects into their everyday living.

BEING AN EXCHANGE STUDENT

- is fantastic
- is meeting hundreds of wonderful people
- is giving speeches and writing letters
- is getting fat and at times being poor
- is seeing a new country and experiencing new things
- is being homesick and at times, miserable
- is getting tired
- is being an ambassador
- is personal growth

THE SUCCESSFUL EXCHANGE STUDENT

- is flexible and adaptable
- wants to learn and have new experiences
- is knowledgeable and well read
- is open to challenge and change
- is sensitive, loyal and trustworthy
- is involved
- recognizes "Different" from good, bad, wrong, etc.
- communicates with family, Rotary, school, friends
- is introspective

What Is Rotary And District 5190?

Rotary International is a world-wide service organization

- Over 1.2 million Rotarians in 200 different countries and geographic regions
- Over 35,000 Local Rotary Clubs
- Rotarians are members of a local Rotary Club
- Local Rotary Clubs are part of a regional or geographic Rotary District for leadership and support
- Each District elects a District Governor and other Officers, and organizes District Committees -- We are District 5190 representing 59 Rotary Clubs in northeastern California and northern Nevada
- Refer to Appendix A for more information about Rotary International and District 5190

Rotary Youth Exchange is a *District* Program

- The Youth Exchange Program is the responsibility of the District Governor
- The District Governor appoints the District Youth Exchange Committee to carry out the program
- Committee Members have the responsibility to coordinate the exchange between your ***Sponsoring District*** and our District 5190 as the ***Hosting District***
- Inbound Exchange Students agree to abide by the rules established by the ***Hosting District***
- The ***Hosting District*** is responsible for the orientation and care of Inbound Exchange students, and may terminate the Exchange, returning the Student home, for failure to comply with our rules or having unacceptable conduct

Local Rotary Clubs Host the District's Inbound Exchange Students

- They arrange for Host Families
- They appoint a ***Club Counselor*** to assist Inbound Exchange Students with day-to-day matters
- They provide Inbound Exchange Students with a spending allowance
- They invite Inbound Exchange Students to participate in Rotary Club meetings and activities

Rotary Counselors

You have two Counselors: your Youth Exchange Committee ***District Counselor*** (Country Contact) and your ***Club Counselor*** from your Host Rotary Club

Your Club Counselor

- Is a member of your Host Rotary Club
- Lives and/or works in the community where you are living
- Will meet with you regularly
- Will help you and/or your Host Family with school registration
- Should be advised if you have problems with school, family, finances or other matters
- Should have received from you your Emergency Fund (\$350), and will return the balance at conclusion of your exchange year
- May provide a safe place to keep your passport and return tickets
- Should be considered your ***Advocate*** -- someone you can look to for support and friendship, as well as help solving problems

- Is the Rotarian who must know where you are when traveling (see Appendix C, ***Travel Policy For District 5190 Inbound Exchange Students***)

Members of the District 5190 Youth Exchange Committee

- Corresponded with you before your arrival here and may have met you at the airport upon arrival
- Are always available to you, your Host Family, and your Club Counselor to help solve problems
- Expect to receive from you a monthly report (the report form is on line at www.rye5190.org)
- Want to hear from you on a regular basis to know how you are, and especially when there are problems that you cannot resolve with your Club Counselor or Host Family
- Must be informed when you change Host Families (although we ask the Rotary Club to provide this information, this is a good time to call your Country Contact)
- Must be informed in advance when you intend to travel outside of our District or will be away from your Host Family's home for more than 24 hours (See Appendix C for Travel Policy)
- Must be informed in advance of plans for any visits from family or friends from home
- Must be informed of your departure plans at the conclusion of your exchange year
- Will consider your side of any issue or problem that could affect your exchange, and will recommend action to the Youth Exchange Committee based on the Rotary 4-way Test:
 - *Is it the Truth?*
 - *Is it fair to all concerned?*
 - *Will it build goodwill and better friendships?*
 - *Will it be beneficial to all concerned?*

District Conference

The District Conference is weekend-long meeting of Rotarians and guests from all clubs in the District to discuss and learn about Rotary and share in fellowship and fun. The District Conference for this Rotary year is **May 17 – 20, 2018** and will be at the Atlantis Casino Resort & Spa in Reno. All Inbound Youth Exchange Students are **REQUIRED** to participate in this Rotary event and must attend. **Do not ask to be excused from the District Conference.** Details for this year's District Conference will be available about a month before the conference.

Tours/Return Home Policy

USA Tours

- One or more tours may be offered to inbound students, including some that are regional, some that will visit other parts of the USA, and some that travel throughout the entire country
- Information about tours is posted at www.ryetours.org
- All tours are available on a first-come, first-served basis
- Tours are usually the final event of the exchange year, coming during June or July

Departure for Home

- If going on a tour, return reservations should be scheduled within seven days of the completion of the tour, but no more than 364 days after your arrival in the US
- Departure must occur prior to the expiration of your US visa

School Requirements

You are a Youth Exchange Student; school is part of the exchange program, and school attendance is a requirement

- Take a course load and classes reasonable for your age and previous education.
- Strive for success in school: complete homework assignments and participate in class.
- Seek help from teachers and school staff, Host Parents, and Club Counselor if having difficulty with school work **before** the problems become too great to manage.
- Exchange Students who do not meet minimum passing requirements for courses may be returned home.
- US schools offer many activities other than academics; **take advantage of these opportunities.**
- Daily school attendance is a requirement; schools routinely contact parents or guardians of students who are absent -- Host Parent must approve any absence from school.
- School has authority to expel a student for inappropriate behavior and excessive absence; an expelled Exchange Student no longer qualifies for a student visa and **will** be returned home.
- Your school back home has sole authority on granting credit for course work completed in the US.
- Your behavior and attitude in school will affect the school's willingness to accept future exchange students.
- There is no cost to you for school classes or textbooks; however you and/or your Host Rotary Club are responsible for the cost of school supplies, activities, and school uniform (if required by the school).
- The Rotary Youth Exchange program is a Cultural Exchange. It is **NOT** an academic exchange. Therefore, do not plan on graduating from your host high school. You will not, in 9 months of American high school, be able to fulfill the graduation requirements. If you have any questions about this, please talk to your RYE Committee counselor.

Interscholastic Sports

Sports are an important part of the American High School “culture” for both boys and girls

- Most schools offer team sports for boys and girls in three “seasons”: Fall, Winter, and Spring.
- Varsity sports compete against teams from other schools; intramural sports match teams from the same school on a less-competitive basis.
- Exchange Students are generally eligible to play on interscholastic varsity teams if they have not completed 12 years of school.
- Even if you are not age-eligible to play on a varsity team, ask the coach if you can practice with the team for the exercise and relationships you will build with team members.
- Support your school's sports teams by attending games and cheering them on.

Learning And Speaking English

If English is not your native language, the success of your exchange year will depend on your willingness to make English *your language* this year!

- Most Americans - your Host Families, your school mates, and your new friends - do not

- speak or understand the language of your home country.
- To be accepted in your host community, you must be able to communicate in English.
 - Get help learning English if necessary: teachers, special tutors, Club Counselor, Host Parents
 - Ask people to repeat or reword a statement if you do not understand; simply nodding your head does **not** indicate lack of understanding.
 - Avoid making friends only with other Exchange Students who speak your native language or US kids who want to improve their skills with Spanish, French, German, etc.
 - Most Americans consider it rude behavior if you and others converse in your native language in the presence of others who do not understand that language.
 - Practice your understanding and word comprehension by reading newspapers and listening to "talk" radio stations.
 - Practice your pronunciation skills by reading out loud to a friend or Host Parent and ask them to correct your errors.
 - Don't become discouraged with language mistakes you make -- learning any language takes time and patience.

Travel - A Privilege -- Not A Right

You are in the US with a **Student** Visa, not a **Tourist** Visa; while you will have opportunities to travel and see much of the United States, the rules and conditions you agreed to comply with state that all travel will be acceptable to the District Youth Exchange Committee, your Host Rotary Club, and your Host Parents.

- Travel of any type, distance, and duration must be approved by Host Parents in advance.
- Do not **tell** them what you are doing -- **ask** them if your plans are acceptable.
- Rotary must be informed of where you can be reached at all times in the event of an emergency.
- Access to public transportation may be more limited (and expensive) than you are accustomed to; do not make your transportation desires a burden to your Host Parents.
- Make certain that you understand and comply with District 5190's Travel Policy, Appendix C.

American Culture

The "America" you may have seen portrayed in movies and TV shows may not be like the culture you will experience in the community hosting you.

- You will likely find that the clothes people wear, the words they use, and the family values they live by are different than the "Hollywood World" you've seen.
- There are even major differences in what is "acceptable" and "not acceptable" in small communities compared to larger cities within our District.
- Observe and selectively adopt the behavior of those around you in specific circumstances - - language and mannerisms acceptable with school friends may not be acceptable in your Host home.
- Respect and "polite manners" are always appropriate and acceptable in the presence of adults.
- Recognize that there are cultural differences between the US and your home; these are not "better" or "worse", only "DIFFERENT".
- Share with friends and family parts of your cultural background; explain to them what you do differently, and why.
- Ask your friends and family about the cultural differences you observe.
- Read the article **How to Cope with Culture Shock** in Appendix D.

Host Families

Your Host Families (perhaps two, or three, different families during your exchange year) have agreed to make you a part of their family during your stay.

- Host Parents are your legal guardians, and are responsible for you as delegated by the District Youth Exchange Committee through your Host Rotary Club.
- Host Parents are Surrogate Parents and have the power to say “no”; you must earn their confidence before expecting flexibility or “freedom” to do things without express approval.
- You will learn about our culture and our values through your Host Family; through your actions and behavior they will learn about you, your family, and your country.
- You must adapt your habits and behavior to fit with your Host Family.
- Recognize that your Host Parents may have different financial conditions than your own family.
- Some of you may have maids back home. Very few American homes have maids. Therefore, accept the fact that you may have to make your bed, keep your room clean, and clean your bathroom.
- Be open and honest with your Host Family; if something is bothering you, discuss it.
- Be a **part** of the Family; **participate** in family activities even if they do not interest you.
- Be willing to try new foods and activities.
- Take an active part in household tasks, and **ask** what you can do to help.
- Understand that parental roles (Mother vs. Father) may be less distinct than in your country.
- Recognize that Host brothers or sisters may be jealous of the attention they must share with you; find common interests with host siblings, regardless of their age, and find reasons for them to be your friend.
- Respect the property and privacy of all family members; avoid getting involved in “family matters”.
- Treat all “family matters” as confidential; do not discuss family matters outside the family (“gossip”).

Questions For “First Night”

The First Night Questions are questions of common concerns that Host Families and Exchange Students often have about living with each other. They are posted at [www.rye5190.org/FirstNightQuestions.aspx](http://rye5190.org/FirstNightQuestions.aspx), and are in both English and your primary language.

We provide this list to both you and Host Parents to help clarify everyone's expectations and avoid misunderstandings. Since your “first night” with this Host Family may have taken place a few weeks ago, you should now be able to provide an answer to each of these questions, and it will hopefully be the same answer your Host Family would give. If you are not certain, discuss those items with your Host Parents.

The answer to each question that will be provided by your other Host Parents may be different from those of your current Host Parents, so these discussions should take place soon after you move on to each new family. And by the time you return to your “real” home next year, you may be so much different than the person who left there; you should go over these questions with your own parents!

Financial Matters

In the same way Host Families may have a financial condition different from your parents, Exchange Students have varying financial resources and abilities to manage those resources.

- You are expected to have sufficient funds, including the spending allowance provided by your Host Rotary Club, to pay for your personal expenses.
- Host Parents are asked to provide you with housing and food and include you in family travel and entertainment as they would for any of their children.
- You are expected to “pay your own way” for meals and entertainment when with friends or classmates
- You must “budget” your expenditures (clothing, entertainment, travel, etc.) to meet the capabilities of your own resource.
- Avoid “extravagant” spending habits compared to your friends and classmates, even when you can “afford” the expenditures.
- The \$350 “Emergency Fund” provided to your Host Rotary Club is not intended to cover non-essential personal spending -- we expect to send you home at the end of your exchange with that \$350 unspent and in your pocket.
- Discuss finances, money “value”, and costs with your Host Parents; they should know how much money you have available for spending and how you have access to it (banking, ATM card, etc.).
- If you do not receive the monthly spending allowance from your Host Rotary Club on a regular, timely basis, speak with your Club Counselor or your District Committee Country Contact.
- Be responsible for expenditures made on your behalf by your Host Parents (postage, telephone bills, purchases made by them at your request, etc.) and pay your debts quickly.
- Avoid borrowing money from others; likewise, avoid lending money unless you are willing to make it a gift.

The “4-Ds”, an “S” and the “4-Bs”

DRINKING

Underage drinking is a significant problem in our society, and we are not so naive to think you will not be exposed to situations where alcohol is present. But remember -- you have a lot more at risk than your US friends if the police appear.

- The laws of the States of California and Nevada prohibit the possession or consumption of alcoholic beverages by anyone under the age of 21.
- A condition of the exchange program is full compliance with the laws of the Host Country -- **this one included.**
- State laws prohibits the servng of alcoholic beverages to minors by restaurants or other licensed establishments, even when ordered/paid for by someone over age 21; the establishment, person ordering the drink, and person consuming the drink are all breaking the law, and can be arrested. Do not put someone in this situation by asking for, or accepting, an alcoholic beverage in public locations.
- If you are under 21 years of age, and have alcohol in your blood, the police can arrest you for possession of alcohol. **If you are arrested, you will be sent home, or in the worst case, jailed.**

DRUGS

- Possession or consumption of any illegal drugs or any illegal substance is expressly prohibited.
- Any Exchange Student found in violation of this rule will **be immediately returned home. THERE WILL BE NO SECOND CHANCES.**
- Rotary will not provide legal representation to defend an Exchange Student charged with a violation of drug laws - defense lawyers are expensive.
- If you are in a car or room where drugs are present or being used by others -- **get out!** You can be arrested even if you are not using drugs.
- Legally-prescribed controlled medications must be identified on your application if brought from home country, or prescribed by a US physician -- if in doubt, ask.

DRIVING

- Exchange Students are **NOT** permitted to drive any type of motorized vehicle. This includes cars, trucks, motorcycles, mopeds, jet skis, boats and ATVs.
- This is a condition of the Exchange Program designed to prevent law suits.
- Exchange Students are **NOT** permitted to take Driver Education in school - DO NOT EVEN ASK.

DATING

You will benefit the most from your year here by making as many friends as possible, both male and female

- If you date, you will meet fewer people than if you do not date.
- Avoid serious romantic relationships; **you** will have to go home at the end of your year and this will make departure even more difficult.
- It is against RYE rules to engage in sexual activities. Any Exchange Student found in violation of this rule will **be immediately returned home. THERE WILL BE NO SECOND CHANCES.**

THE BIG “S” -- SMOKING

- District 5190 RYE prohibits smoking by any exchange student.
- An inbound student who is caught smoking may be sent home early.
- Smoking may be less acceptable here than in your home country.
- Smoking is prohibited on all public school grounds (not just inside the building).
- Smoking is prohibited or restricted in most public buildings, restaurants, stores, offices, etc.

THE 6-Bs

- Be *First (take the initiative)*
- Be *Respectful*
- Be *Grateful*
- Be *of Service*
- Be *Responsible*
- Be *Here Now*

Contacts With Home

When you applied to be an Exchange Student, you agreed to be an active participant in your Host community, not just a visitor. This requires your total immersion into this country, and frequent contact with “home” can delay or even prevent this. This does not mean you should ignore or abandon your family and friends back home, just keep things in balance. Exchange Students who put too much time and effort into communicating “back home” everything that is happening here find themselves becoming observers or “reporters”, not participants in the culture they came to learn about.

- Weekly newsy emails to your parents will let them see your new world through your eyes, and provide them with keepsakes.
- Avoid “I’m homesick and want to come home” emails. This will cause them concern, and when you and your parents email back and forth about your being homesick, it makes it much more difficult for you to move on. Please contact and speak with your Host Parents and/or Counselor if you are struggling with homesickness. They can help.
- Telephone calls (from or to home) should be limited to no more than once a week, and kept brief.
- E-mail is an effective way to communicate, and is less expensive than long-distance telephone charges. But do not let e-mail or instant messaging consume your time. Limit instant messaging sessions to no more than once per week.

Visits From Home

A visit by your parents and siblings during your exchange year is a great opportunity for them to see what you have been experiencing and meet all of your Host Families and new friends, and for you to display your knowledge of our country, culture, and language.

- Family visits may not take place until you have been here for six months.
- Family visits *may not* conclude with **your** scheduled return home.
- Family visits *shall not* be planned for the Christmas Holiday period – no exceptions.
- Family visits should not be planned that will involve lengthy absences from school for you, or impose a burden on Host Families.
- Any planned visit from home *must* be discussed with, and acceptable to your Host Family, the Host Rotary Club Counselor, and the District Youth Exchange Committee; *Surprise visits are not acceptable.*
- Visits by friends or distant relatives that involve more than an incidental involvement by you *are strongly discouraged*, and *permission for travel* as part of such visits may be denied under certain circumstances.

Relationships

You will benefit the most from your year here by making as many friends as possible, both male and female.

- Avoid including only other exchange students in your circle of friends; while you have much in common, you can learn more about America from Americans.
- If you left a “serious” boyfriend or girlfriend back home, recognize that you will both change a lot in a year.
- Putting that relationship “on hold” during your exchange year will allow you to focus on where you are, not where he or she is.
- Seek input from your Host Family, teachers, and other adults on the character of

individuals you would like to be friendly with, and include their advice with your own observations.

Homesickness

Most Exchange Students will experience this feeling sometime during the exchange year.

Know that an emotional “roller coaster” is normal - expect highs and lows.

- **What feelings to look for:** desire to be by yourself; losing control of your emotions; just feeling “lousy”.
- **What to do about it:** get and stay busy; talk about your feelings (teacher, Host Parent, others); write a letter home and put it under your pillow--not in the mailbox!
- **What NOT to do about it:** ignore your feelings; try eating your way to happiness; call home.

Behavior/Manners

Good/bad manners and “acceptable” behavior are not necessarily universally defined; what is or is not acceptable in your country may not be the same in US.

- “Please” and “Thank you” are important and powerful words.
- You may have had more (or less) freedom to do as you wished at home compared to the requirements of your Host Parents; understand and follow the requirements of your host parents.
- Showing respect will earn you respect.
- Your good behavior and positive attitude will benefit future Exchange Students; schools, Rotary clubs, and Families will want to host students like you in the future.

Internet Use

Most host families will have high-speed internet access. Before using their internet, talk with your host family about when and how much time you may spend using the internet. If you spend too much time on the internet (including email and instant messaging), you will miss opportunities to improve your English, to interact with your host family, and with your new friends. If your first language requires a different character set (such as Polish or Japanese), do not download or install the character set until you discuss it with your host family.

- **Do not download any programs or software onto your host family’s computer without asking them first.**

Using either home or school computers to view inappropriate material on the Internet, or e-mail inappropriate material to or from others, is strictly forbidden, and can be cause to send you home early.

Telephone Use

- Ask your host family what are the rules for using their landline phone.
- Know what times of the day incoming calls are not acceptable (i.e. during dinner, after 10 pm, etc.), and inform your family and friends of those time restrictions.

- Most host families have who have land line telephones have nationwide calling plans, but do not have international calling plans. Therefore it is recommended that you use Skype, or a similar service to make international phone calls.
- If your hosting Rotary club or host family provides you with a mobile phone, ask them what plan is on the phone. If there are additional monthly charges, you may be responsible for paying for those charges.

Medical/Accident Insurance

This information applies only to the insurance policy offered through District 5190 Youth Exchange.

- You are required to have medical and accident insurance as a condition of being in the Rotary Youth Exchange program.
- Know where your insurance card (or piece of paper showing your insurance coverage) is.
- Insurance will cover most of the medical cost after meeting deductible amount.
- The Exchange Student/parents -- not the Host Parents or Host Rotary Club -- are responsible for all medical expenses - whether or not covered by the insurance.
- For assistance, ask a Host Parent, Club Counselor, or Country Contact.

“Doctor’s Advice” About Health Problems

Physical illness often accompanies the emotional ups-and-downs Exchange Students experience. Knowing where to turn to when away from home and feeling ill can make things a lot easier to deal with.

- You will be given an Emergency Contact List by your club counselor. It will include the names and phone numbers of a doctor and a dentist who you can contact if necessary.
- Discuss medical conditions and symptoms with your Host Parents.
- Your Club Counselor and Country Contact can often help.
- Many high schools have nurses and other medical personnel on staff who understand medical problems faced by young people.
- Many Rotary Clubs have medical professionals in their membership; but if your Club Counselor does not recommend a particular doctor, ask your Host Parent to recommend one.
- Doctors cannot help you with medical problems unless you provide all relevant information to them; your confidence will be protected.

Communicating

How you communicate with others is often more important than *what* you communicate.

- Body language, eye contact, “private” space invasion, hand movement all have meaning; may be different from the meanings you learned at home.
- A smile on your face can affect how your message is received by others.
- Be proud of your home country when telling others about it; do not feel the need to apologize for the actions of your countryman, past or present.
- Have one or two small photo albums with you when visiting others’ homes to share pictures of your country, family, and friends.
- Maps and brochures or booklets showing scenes from your country will help others learn about your country; take them with you and share them often.
- The more you speak with others about your country, the more knowledgeable you will become, and the more comfortable you will be speaking in front of groups.

- Accept every invitation to do something or go someplace that you can; do not decline invitations because the activity is not familiar to you or not your favorite - you may not get a second chance.

Showing Your Appreciation To Others

There are many ways to express the thought “Thank you” besides saying the words.

- Write short “thank you” notes to anyone who invites you out, takes you to a special event, gives you a gift, or shows you a kindness in any way.
- Picture post cards from your home country are especially appreciated and appropriate; if you don’t have some with you now, ask you parents to send you a dozen or so as soon as possible.
- Postcards combine your personal thanks with a visual part of your country--and because the space for writing is limited, you don’t need to write a whole lot!
- If you brought gifts from home for your Host Families, select an appropriate time to give the gift, and make it a special occasion for you and the Host Family.
- Find out birth dates for members of your Host Families, and remember them with a card, and a call or visit if you’ve moved on by that date.
- Gifts need not be expensive to be cherished by the recipient; hand-made items or unique items show you put some time, not just money, into your gift and will mean a lot more to them.

Reports To The District Committee

You are required to provide monthly reports, *Reflections*, to the District Committee during your year here, so we have input from you on the success of your exchange.

- Be honest with us - tell it like it is - we may be able to help.
- If you are having difficulty with your Host Family, Club Counselor, or others, we will attempt to resolve the problem without violating your confidence.
- If a problem is serious, don’t wait until “report time” to alert us -- pick up the phone and call
- We can’t help you if we don’t know something is bothering you!
- The report form is online at www.rye5190.org. Click on the link “Monthly Reflections”, and then click on ‘Inbound Reflection’.

Get Yourself Involved

You have control over how involved you become in the life of your community, including your Host Homes, school, sports, clubs, church, Rotary, and community activities; the sooner you fill your day with activity, the faster Homesickness will be a feeling of the past!

- Become an integral member of your Host Family; don’t wait to be asked to help with daily chores -- look for things to do, and then do them.
- Spend “quality time” evenings and weekends with the family, not in your room.
- In school, join a sports team, school club, band, try out for a part in the school plays; the more school activities you get involved in, the more friends you will have.
- Ask to speak to language and social studies classes about your country and the Rotary Youth Exchange program.
- Offer to speak to church and community groups about your country; if you have photos (or a short video) for a program, use them to share the beauty of your country.
- Seek out volunteer opportunities in your community (hospitals, nursing homes, senior

citizen centers, elementary schools, etc.) and share some of your time; ask some Rotarians for ideas and people to contact.

- When someone suggests getting together with you, set a date and enter the date in your smart phone calendar.
- Some Americans will say something like “Let’s have dinner some time”, but will not set a date. Take the lead and ask them when.

Contact With Your Host Rotary Club

The District Youth Exchange Committee has placed you with your Hosting Rotary Club partly because they asked to host a student this year and partly because previous Exchange Students have done well in that community.

- Your Host club’s meetings will probably be very different than the meetings of the Rotary club in your home town, as each Rotary club has its own “personality”.
- Ask your Club Counselor about attending Rotary meetings; expectations may vary, but you should attend meetings at least monthly.
- Your Club Counselor should have you excused from school or for being late if your Rotary club meets for breakfast or lunch.
- When you attend Rotary meetings, try to meet each Rotarian and let them get to know you
- Actively participate in your Rotary club’s activities.
- You will be expected to provide a program about your country or your exchange experiences for your club.

Sexual Abuse Policy and Procedures

Rotary International Statement of Conduct for Working with Youth

Rotary International strives to create and maintain a safe environment for all youth who participate in Rotary activities. To the best of their ability, Rotarians, Rotarians' spouse, and partners, and other volunteers must safeguard the children and young people they come into contact with and protect them from physical, sexual and emotional abuse.

-- *Rotary Code of Policies, 2.110 Youth Protection, November 2006*

The District 5190 Rotary Youth Exchange Program is committed to following the Rotary International Code of Policies by providing a safe and nurturing environment for all participants in the Rotary Youth Exchange Program. The policies and procedures that District 5190 are following were written to be in compliance with the policies, rules and regulations of Rotary International, the United States Department of State, the United States Department of Homeland Security, and the Council on Standards for International Educational Travel.

If you feel that you have been subjected to sexual harassment or abuse, notify your counselor or RYE Committee Country Contact as soon as possible, or call RYE Emergency Phone number at 1-877-793-5190.

Sexual harassment and abuse can include the following:

- Verbal abuse of a sexual nature
- Uninvited, unwanted or inappropriate touching
- Uninvited or unwanted kisses or embraces
- Crude or sexist jokes or comments
- Displaying sexually suggestive objects, pictures, or drawings
- Sex-based insults, taunts, teasing or name-calling
- Verbal abuse of a sexual nature
- Making sexually suggestive or obscene comments or gestures
- Staring or leering at a person or at parts of their body
- Making promises or threats in return for sexual favors
- Making requests for sex or sexual favors
- Repeated invitations to go out after prior refusal
- Unwelcome sexual flirtations, advances or propositions
- Persistent or unwelcome questions, insinuations or comments about a person's private or sex life

The full District 5190 Student Protection Policies are on the RYE website at www.rye5190.org

Your safety is extremely important to us and we can only help you if we know that you need our help.

A Final Word

It's Not All Fun

In fact, it's hard work being a good Exchange Student

Make contacts and new friends quickly; get involved; seize all opportunities offered to you

Remember your commitments, and be on time

Consider that your views and perceptions may be wrong; be objective

You must adapt - not your hosts

How to Get Sent Home Early

Drive a motorized vehicle

Travel without Rotary permission

Refuse to attend school on a regular basis

Don't participate in class, or get all failing grades

Behave in a rude and insensitive manner

Abuse alcoholic beverages

Use drugs which are not prescribed

Break the laws of this country

Your Support System--You Are Not Alone!

Host Families (all of them)

Club Counselor and Host Club Rotarians

School Teachers, Guidance Counselor, Principal

Country Contact and Members of the District 5190 Youth Exchange Committee

Have A Great Exchange Year!

Appendix A – What is Rotary?

The History of Rotary

Rotary was born on February 23, 1905 in Chicago, Illinois, the world's first international service club. The founder of Rotary was attorney Paul P. Harris (1868-1947), who gathered with three others to discuss his idea of a group of businessmen from different professions getting together periodically to become better acquainted. They decided to limit membership to one representative of each profession and to **rotate** the meeting site among each member's place of business, to acquaint each other with their various vocations and to promote business. The rotation of meeting places is the source of the name "Rotary".

Club membership grew rapidly. The second Rotary Club was founded in San Francisco in 1908. When clubs were formed in Canada and Great Britain, in 1912, Rotary became an international organization.

Since 1905, the ideas of Paul Harris and his friends have become ideals which have been accepted by people of practically all nationalities, and of many political and religious beliefs. Today there are Rotary Clubs in Austria and American Samoa, in Brazil and Brunei, in Italy and India, in Scotland and South Africa - in some 200 countries and geographic areas. The universal acceptance of Rotary principles has been so great that there are now more than 35,000 Rotary clubs, with a membership of over 1.2 million men and women.

Rotary Motto and Themes

Rotary International has adopted as its motto, "**Service Above Self**". Additionally, each year, there is a Rotary International Theme and a District theme. For the 2018 - 2019 Rotary Year the Rotary International theme is: **Be The Inspiration**

**Rotarians throughout the world follow the
Four Way Test of the things we think, say or 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?**



BE THE INSPIRATION

Rotary Clubs

Each of the more than 35,000 Rotary Clubs in the world is a member of Rotary International. Rotary is divided into about 530 Districts, each headed by a District Governor. We are District 5190, which consists of 59 Clubs in northeast California, and northern Nevada. The first Rotary Club in our District, the Rotary Club of Reno, was organized in 1916.

Geographically, our District is the largest in the continental United States. A map of District 5190 and two distance charts are on the next page. The first chart lists distances between cities within District 5190. The second chart gives comparisons between cities in Europe and in South America.

The District Governor, and all officers of Rotary on the international, District and Club level, serve for a Rotary fiscal year that runs from July 1 to June 30. Our District Governor for 2018 – 19 is Tina Spencer-Mulhern of the Rotary Club of Sparks Centennial Sunrise, Sparks Nevada. Additional information about D5190 can be found at www.rotarydistrict5190.org.

A number of District-level committees are organized to provide sponsorship or support for Rotary functions and initiatives that involve Rotarians from across our District. The Rotary Youth Exchange Committee is an example of a District Committee.

The Rotary Foundation

In 1917, the Rotary Foundation was born. The Rotary Foundation is a philanthropic trust promoting further understanding and goodwill between peoples of different nations. The Foundation sponsors the largest college scholarship program in the world (The Ambassadorial Scholarship Program) and is supported purely by voluntary contributions from Rotary Clubs, Rotarians, and friends of Rotary.

The Rotary Foundation is the charitable arm of Rotary International and supports programs that alleviate hunger, improve health and support education. Several you may hear about:

Global Grants – Provide matching funds for the international service projects of Clubs around the world.

Global Scholarships – The Foundation sponsors one of the largest international scholarship programs in the world. Scholars study in a different country and they serve as unofficial ambassadors of goodwill. Scholars generally have a commitment to humanitarian work as well as their field of study.

Rotary Peace Fellowships – Each year, up to 110 scholars are sponsored to study at one of the seven Rotary Centers for International Studies in peace and conflict resolution for a master's-level degree or professional development certificate.

Polio-Plus is a program started by Rotary International in 1985 to eliminate polio from the face of the earth. The Polio Plus partners are Rotary International, WHO, UNICEF and CDC. We are now joined by the Bill and Melinda Gates Foundation that has provided \$350,000,000 in matching funds. Only parts of four countries remain polio endemic: Pakistan, Afghanistan, India and Nigeria. For additional information about Rotary International, and the Rotary Foundation, please visit the RI website at www.rotary.org.

Rotary District 5190 is geographically the largest Rotary district in the continental United States. The chart below will give you an idea of the distances between cities within the district and other cities for comparison.



CITIES	MI	KM
Reno – Elko	290	467
Reno – Yerington	80	130
Carson City – Susanville	114	185
Tahoe City – Elko	375	605
Portola – Minden	95	153
Ely – Placerville	443	720
Truckee – Quincy	75	120
Susanville – Placerville	210	340
Susanville – Ely	401	645
Alturas - Bishop	372	599

CITIES	MI	KM
Frankfurt – Geneva	364	585
Cologne – Amsterdam	175	281
Berlin – Frankfurt	354	570
Brussels – Calais	132	212
Bordeaux – Geneva	409	659
Amsterdam – Antwerp	100	161
Bern – Zurich	76	123
Sao Paulo – Rio De Janeiro	268	430

Rotary at the Local Level -- The Rotary Club

The "personality" of each Rotary club is a reflection of the community it serves and the membership of that club. Even within our own District, club size ranges from two dozen members to well over two hundred members. Rotary clubs meet weekly throughout the year; some for a breakfast meeting, others during lunch, or dinner. Some Rotary club meetings are quiet and serious, staying to a tight schedule so the members can return to work on time, while other club meetings are less formal and less structured.

Exchange students often find that the Rotary club **hosting** them will be very different from the Rotary club **sponsoring** them, and both will be very different from other Rotary clubs they may have the opportunity to visit during their exchange year. But Rotarians around the world all share the common philosophy for Service to Others, and as an exchange student, they are there to help provide a successful exchange experience

As with most organizations, Rotary clubs are lead by officers who are elected by the membership for one-year terms, beginning on July 1, the beginning of the Rotary Year. The officers include the Club President, Secretary, Treasurer, Vice-President and/or President-Elect, and Directors. Rotary clubs participating in the Youth Exchange Program generally appoint a Youth Exchange Officer, or YEO, to oversee that program, and that Rotarian, or another member of the host Rotary club, will be designated as the exchange student's Club Counselor. This Rotarian serves as the primary liaison between the Rotary club, the exchange student and the host families

Appendix B - Program Rules

The following pages contain the Program Rules and Conditions which all exchange students and their parents agreed to follow as part of the Application to the Exchange Program. These are the “universal” set of common sense rules that all Rotary District Youth Exchange Programs expect the student to comply with as a condition of the Exchange.

Program Rules and Conditions of Exchange

As a Youth Exchange Student sponsored by a Rotary Club and/or District, you must agree to the following rules and conditions of exchange. Please note that districts may edit this document or insert additional rules on the reverse side if needed to account for local conditions.

All incoming District 5190 Youth Exchange program participants and their parents are required to read, sign, and return this document to District 5190 prior to arriving in the United States. The program rules will be strictly enforced.

1. Each student is required to bring an emergency fund of \$350.00 US. This money will be held by the host Rotary Club, is intended for emergencies only and may not be spent without the approval of the student’s counselor. The natural parents must replenish any expenditure from the fund.
2. All students must purchase District 5190 approved health insurance. The insurance can be purchased on line at www.cisi-bolduc.com. You may purchase insurance plans A+ or B. Insurance must be in effect immediately upon arrival.
3. All students must set up a District 5190 approved email address as per the attached instructions.
4. Students are not allowed to travel unsupervised. Students must follow the District 5190 Inbound Travel Policy. RI requires the approval of the natural parents for travel outside the District. Students also are required to have the consent of their counselor, their Area Contact and the District Chairman prior to taking any overnight trips outside of the District. Travel by private airplane is not generally allowed; hitchhiking is forbidden.
5. Students may not drive or operate any type of motor vehicle in any circumstances. This includes automobiles, trucks, boats, motorbikes or motorcycles, snowmobiles, jet skis or any other motor driven conveyance.
6. Students are required to attend school and will be expected to diligently pursue studies. Students are expected to conform to all school policies and procedures. If students anticipate receiving credit for schoolwork, it will be the responsibility of the student to arrange for the necessary transcripts. This is a student exchange. If a student does not attend school, his or her visa may be cancelled by the United States Department of State.
7. The legal age for drinking alcohol in District 5190 is age 21. Therefore, students may not drink any alcoholic beverages.

8. The use or possession of drugs in any form, except as prescribed by a physician or licensed healthcare professional, is expressly forbidden. Violation of this rule will result in the immediate termination of the exchange.
9. No one under the age of 18 may purchase tobacco products and smoking is not permitted in public buildings and commercial buildings in District 5190. Most homes are also now “non-smoking.” Given these circumstances, students hosted by D5190 are not permitted to smoke while on exchange.
10. Students should not form romantic attachments or "go steady" while on exchange. Engaging in sexual intercourse *or other forms of sexual activity* will be cause for termination of the exchange.
11. Students should make a concerted effort to adjust and adapt to the host family environment, including participation in family activities and normal household tasks.
12. Students are required to complete an online reflection, due by the 1st day of each month. Instructions will be provided at the first Inbound Orientation.
13. Students will be encouraged to participate in Rotary meetings and will be required to make a presentation to the hosting Rotary Club about themselves and their home country. Students will be required to attend the District Conference and two Inbound Orientations.
14. Visits by natural parents are encouraged with the approval of the Host Rotary Club. Visits can only be made only during the second half of the exchange year, after the student has had the opportunity to adapt to the exchange, and not during the Christmas holiday nor at the conclusion of the exchange year. Under no circumstances will boyfriends/girlfriends be allowed to visit, unless during an approved parental visit, and with the approval of the District 5190 RYE Chair.
15. Any violation of federal, state, or local laws may result in the student being arrested, and serious criminal penalties being imposed by the courts. If a student is arrested, Rotary International will not take any responsibility for the student’s defense. All costs related to the arrest including criminal attorney fees, court fines and fees, etc. are the responsibility of the student’s natural parents. If a student is arrested, the student’s exchange may be terminated, and the student may be involuntarily returned to their home country at the expense of the student’s natural parents.
16. Students may not work while on exchange as per the regulations of the United States Department of State.
17. The Rotary Youth Exchange program is not a sports/athletic exchange. Therefore, District 5190 makes no guarantees that the student will be able to participate in any school sports or athletics.

Appendix C – Travel Policy for Inbound Exchange Students

(Revised 7/2010)

This is a cultural and educational exchange. Exchange students should take advantage of opportunities to travel under appropriate conditions while on their exchange. While the host Rotary Club and Host Families are not under any obligation to provide or permit travel, there will be many opportunities to travel. Students must adhere to this travel policy and not make or execute their own travel arrangements outside of this policy. Should students not adhere to this policy, their exchange could be terminated and the student sent home.

In all cases the student must possess written approval from their natural parents authorizing travel during the exchange year. Rotary International and D5190 require this permission because the District 5190 Youth Exchange Committee, Host Rotary Club and Host parents are responsible for students while in this country. We must know where students can be reached in case of emergency or a message from home. (Normally parents provide such an authorization to their student to bring with them to the United States. If this has not occurred, the parents can send such authorization after the student has arrived in the United States.)

In addition to this general authorization for travel, the natural parents or guardian will be requested to provide individual trip authorizations for non-local travel as required by Rotary International Policy.

RI POLICY: Youth Exchange students may undertake approved travel with host parents or for Rotary Club or District events. The host District shall obtain written permission from the parents or guardians of students for travel outside their local community as defined by the host District in advance.

For all other travel, host Districts must ensure that parents or legal guardians are provided with specific details about the program, location, travel itineraries, sleeping accommodations, and contact information.

Individual travel approvals will vary based upon many factors. Host Parents will ask themselves if the travel were something they would allow their own son or daughter to do. Further, common sense must be a guide.

General Requirements:

- 1. Travel Blackouts** - Students must not schedule personal travel that conflicts with mandatory orientations or the District Conference.
- 2. Within District 5190 Travel – Less Than 24 Hours** - Students traveling within District 5190 with a Rotarian from District 5190 or an adult member of their host family do not need to notify anyone. For purposes of these requirements, an adult is someone who is 21 years of age or older.
- 3. Within District 5190 Travel – More Than 24 Hours** - Students traveling within District 5190 with a Rotarian from District 5190 or an adult member of their host family must notify their Club Youth Exchange Officer. For purposes of these requirements, an adult is someone who is 21 years of age or older. When contacting this individual, the student must provide the following information:
 - a. Name of adult accompanying the student
 - b. Destination and route/itinerary

- c. Housing/lodging location/address
- d. Sleeping accommodations
- e. Contact telephone numbers
- f. Means of transportation
- g. Length of stay

4. Local Travel - Rotary Youth Exchange students are allowed to travel locally, within District 5190, at the discretion of the host parents and/or the host Rotary Club, with other high school students, to attend football games, dances, go shopping. Students are permitted to travel locally outside the District 5190 boundary either with adults (individuals over 21 years of age) or with other students at the discretion of the host parents and/or the host Rotary Club where appropriate. An example of such travel is to travel from Jackson or Placerville to Sacramento for dinner or shopping, whereas travel from Jackson to San Francisco is not Local Travel.

5. Non-Local Travel Within the 48 contiguous United States - Travel within the 48 contiguous United States, outside of District 5190, must be approved by the Natural Parents, Host Family, Club YEO or Counselor and the RYE District Committee Country Contact.

The following information will be required at a minimum for all trips outside the District.

- 1. Name of adult accompanying the student
- 2. Destination and route/itinerary
- 3. Housing/lodging location/address
- 4. Sleeping accommodations
- 5. Contact telephone numbers
- 6. Means of transportation
- 7. Length of stay

6. Travel Outside of the 48 contiguous United States - Travel outside of the 48 contiguous United States including Alaska, Hawaii, Caribbean, Mexico, Canada and all other destinations will require the approval of the Natural Parents, District 5190 RYE Chairman, Country Contact, Host Rotary Club, Host Family, Sponsoring Rotary District. Exchange students may not travel to their home country except for a major family emergency.

The following information is required:

- 1. Name of adult accompanying the student
- 2. Destination and route/itinerary;
- 3. Housing/lodging location/address
- 4. Sleeping accommodations
- 5. Means of transportation
- 6. Length of stay
- 7. Contact telephone numbers
- 8. Permission of natural parents via original letter, fax of original letter, or scanned email of original letter.
- 9. Confirmation that student's passport has a Multiple Entry visa
- 10. Department of State form DS2019 has been signed in the "Travel Validation by responsible Officer" section.

7. Travel in Small Planes - Travel in small (private, non-commercial) airplanes is not encouraged. Permission to travel in this way will only be approved with specific written permission of the natural parents, and President of the hosting Rotary Club. Such permission must be requested, with supporting documents at least one week in advance. Permission for travel by private plane must be obtained from the District 5190 RYE Chairman or; if he/she is unavailable, the Inbound Chairman.

8. Unaccompanied Travel – In general, Rotary Youth Exchange Students will not be allowed to travel unaccompanied while staying in District 5190 except locally. Any such travel must be approved by the District RYE District Chairman or alternate. It is the responsibility of the host parents to verify all plans, itineraries, etc. The Host Parents and the Host Rotary Club must approve the individual meeting the student at the other end of the journey.

9. Time Frame for Approvals – Unless the trip is an emergency, trips must be approved ahead of time as per the Time Frame column in the chart on the next page.

IF YOU HAVE ANY QUESTIONS CONTACT YOUR CLUB YOUTH EXCHANGE OFFICER OR YOUR RYE DISTRICT COMMITTEE COUNTRY CONTACT.

**DISTRICT 5190 ROTARY YOUTH EXCHANGE
TRAVEL TABLE**

Type of Travel	Approval Needed from:	Information Required	Time Frame
TRAVEL BLACK-OUT	Travel is not allowed during Mandatory Orientation periods or the District Conference		
Travel Within District and Less Than 24 Hours with Host Family or Rotarian (including Adult)	No approval required.		
Travel Within District and More Than 24 Hours with Host Family or Rotarian (including Adult)	Club Youth Exchange Officer or Counselor <u>notification</u> is required.	Name of adult with student Proposed itinerary/destination Means of Transportation Length of Stay Lodging & Sleeping accommodations Contact telephone numbers.	None
Local Travel out of District (such as Auburn to Sacramento)	Permission of host family or host Rotary Club		None
Local travel with other students	Permission of host family		None
Non-Local Travel within the contiguous 48 United States and Outside District 5190	District RYE Committee Country Contact Host Rotary Club Host Family Natural parents (written)	Name of adult with student Proposed itinerary/destination Means of Transportation Length of Stay Lodging & sleeping accommodations Contact telephone numbers.	1 Week before travel
Travel to Alaska, Hawaii or Mexico, Canada, Caribbean, or other international travel	District 5190 RYE Chairman District RYE Committee Country Contact Host Rotary Club Host Family Natural Parents (written) Sponsoring Rotary District Chairman (written)	Name of adult with student Proposed itinerary/destination Means of transportation Length of Stay Lodging & Sleeping accommodations Contact telephone numbers. Confirmation that Multiple-Entry Visa is in place DS2019 signed by RO approving the trip	2 Weeks before travel

Travel in private, non-commercial airplanes	District 5190 RYE Chairman, District RYE Committee Country Contact Host Rotary Club (written) Host Family (written) Natural Parents (written)	Name of pilot Proposed itinerary/destination Air plane tail number Contact telephone numbers.	1 Week before travel plus travel approvals for destination
Unaccompanied Travel	District 5190 RYE Chairman Host Rotary Club Host Parent	Same as for accompanied Travel except that the name of individual(s) meeting the student at the other end of the journey must also be included	1 Week before travel

Appendix D – How to Cope with Culture Shock

by Arthur Gordon

As the world grows smaller, as ever-increasing numbers of people travel, work or study abroad, more attention is being focused on a kind of silent sickness that often afflicts the inexperienced traveler or the unwary expatriate. It's the loss of emotional equilibrium that a person suffers when he moves from a familiar environment where he has learned to function easily and successfully to one where he has not. The term used to describe this malady is "culture shock".

The effects of culture shock may range from mild uneasiness or temporary homesickness to acute unhappiness or even, in extreme cases, psychological panic, irritability, hyper-sensitivity and loss of perspective are common symptoms. Often the victim doesn't know what's the matter with him. He just knows that something's wrong -- and he feels miserable.

Most experts in inter-cultural communication agree that the basic cause of culture shock is the abrupt loss of the familiar, which in turn causes a sense of isolation and diminished self-importance. "Culture shock", says anthropologist Kalvero Oberg, "is brought on by the anxiety that results from losing all our familiar signs and symbols of social intercourse. These signs or cues include the thousand and one ways in which we orient ourselves to the situations of daily life: when to shake hands and what to say when we meet people, when and how to give tips, how to give orders to servants, how to make purchases, when to accept and when to refuse invitations, when to take statements seriously and when not."

According to Dr. Oberg, these cues, which may be words, gestures, facial expressions or customs, are acquired by all of us in the course of growing up and are as much a part of our culture as the language we speak or the beliefs we accept. All of us depend for our peace of mind on hundreds of these cues, even though we may not be consciously aware of them. "When an individual enters a strange culture," Dr. Oberg says, "all or most of these familiar cues are removed. He or she is like a fish out of water. No matter how broad-minded or full of goodwill he may be, a series of props has been knocked out from under him."

Sometimes the transition to an alien culture has an immediate impact. A short term American visitor to certain Eastern European countries may find himself dismayed or depressed by living conditions that seem perfectly normal and acceptable to the people of that country - toilets with no seats, for example, or even more primitive bathroom facilities. It may come as a real shock to a teenager from Texas to find that hamburgers are non-existent, or, that local hairdressers never heard of plastic curlers.

More insidious is what might be termed delayed culture shock. Often when a person takes up residence in a foreign country there's a period of excitement and exhilaration when everything seems new and challenging and fascinating. If one has friends or business connections one may be asked to dinner, taken sight-seeing, made much of -- at first. Also, in the beginning similarities between cultures are more apparent than differences. Almost everywhere people live in houses, go to work, relax on week-ends, do the shopping, eat three meals a day and so on. All this seems reassuring.

It's not until this honeymoon period ends that the newcomer begins to realize that there are endless subtle differences that leave him facing a host of perplexing problems. Many of these problems never bothered him at home, because they solved themselves almost automatically. Now, to his increased dismay, he finds that he has language troubles, housing troubles, money

troubles, transportation troubles, food troubles, recreation troubles, perhaps even health troubles. All of these things drain away his reservoir of good-humor and equanimity. Having his laundry done may become a major struggle. Making a telephone call may be a small crisis. It may seem to him that people say yes when they mean no and promise to do things which they never do. Time may be regarded quite differently by the people among whom he finds himself. So may space, in some countries people like to stand very close together when they converse, in others this violates a deep-rooted sense of privacy.

Underlying all these difficulties is the uncomfortable feeling of not really belonging, of being an outsider. In changing cultures, the newcomer has inevitably changed his own status. At home he was "somebody", or at least his place in society was established and recognized, here he is relatively "nobody". As a foreigner, he is a member of a minority whose voice counts for little or nothing. He may find that his homeland, so important to him, is regarded with suspicion or dismissed as unimportant. In short, as one observer put it, he finds himself in "circumstances of beleaguered self-esteem".

A mature, confident person may be able to shrug off these circumstances. But if the newcomer is insecure or sensitive or shy, they may seem over-whelming. Furthermore, as troubles pile up and he begins to look around for help, he may conclude that the natives of the country in which he finds himself are either incapable of understanding his plight or are indifferent to it. This in turn triggers the emotion that is one of the surest signs of culture shock: hostility to the new environment. The victim says to himself, "These people don't seem to know or care what I'm going through. Therefore they must be selfish, insensitive people. Therefore I don't like them."

Inevitably this reaction tends to increase the isolation of the unhappy visitor because people sense his antagonism and begin to avoid him. When this happens, he may seek out other disgruntled souls, usually expatriates like himself, and find melancholy relief in criticizing all aspects of the host country. These discussions almost never lead to any honest evaluation of the situation or awareness that the difficulty may lie in the attitude of the critics themselves. They are simply gripe-sessions in which the virtues of the home country are exaggerated almost as much as the alleged failing of the country being visited. As Dr. Oberg says, "When Americans or other foreigners get together to grouse about the host country and its people, you can be sure they are suffering from culture shock."

Sometimes the victim of culture shock may go to the other extreme, surrendering his own identity and trying to imitate all the customs and attitudes of the alien culture. Or he may try to solve the problem by withdrawing into himself, refusing to learn the native language, making no effort to find friends among the local people, taking no interest in their history, art, architecture, or any other aspect of their culture. While in this state of mind he may display a variety of unattractive symptoms. One is a tendency to over-react to minor frustrations or delays or inconveniences with irritation or anger out of all proportion to the cause. Another is to be unduly suspicious, to think that people are out to cheat or swindle him because he is a foreigner. Yet another is over-concern about cleanliness, an unwarranted conviction that water, food or dishes are unsanitary when in fact they are not. Often the person is unaware of the extent to which he is displaying these symptoms.

He does know, however, that he is miserable and that the casual remedies recommended to him --- patience, hard work, mastery of the language and so on -- don't seem to do much good. Sometimes he will develop a marked degree of over-dependence on people from his own country who have passed through their own period of culture shock and are residing successfully and happily in the host country. If they in turn can display wisdom, patience and understanding of his symptoms, they often are able to shorten the span of his misery.

One reason the unhappy expatriate gravitates toward his own countrymen is that in their company he can at least feel sure of being understood. Underlying much of his confusion is the fact that even if he speaks the language of the country there remain endless opportunities for misunderstanding. All experts in communication emphasize the fact that language and voice are by no means our only form of communication; they are supported by hundreds of gestures and facial expressions that are easily misinterpreted.

Yet another stumbling block that compounds the problems of culture shock is the tendency of many people to think of members of other cultures in terms of stereotypes. The excitable Arabs. The amorous French. The touchy Italians. The lazy Latinos. The volatile Hungarians. The materialistic Americans. Some psychologists think that anxiety-prone people cling to stereotypes because it lessens the threat of the unknown by making the world predictable ... and what the victim of culture shock needs desperately is a familiar, predictable world.

Almost always, fortunately, symptoms of culture shock subside with the passage of time. The first sign of recovery may well be the reappearance of the victim's sense of humor; he begins to smile or even laugh at some of the things that irritated him as much at first. As familiarity with local language and customs increases, his self-confidence and self-esteem begin to return. He comes out of his shell and makes tentative overtures to the people around him -- and as soon as he starts being friendly, they stop seeming hostile. Slowly he progresses from a grudging acceptance of his surroundings to a genuine fondness for them and becomes proud of his growing ability to function in them. In the end, he wonders what he was so unhappy about in the beginning.

Is it possible to shorten the duration of culture shock or minimize its impact? The experts think so. Here are three suggestions they offer to anyone planning a stay in a foreign land.

- First, be aware that such a thing as culture shock exists, that it will probably affect you one way or another, but that it doesn't last forever.
- Next, try to remember, if and when you become thoroughly disenchanted with your surroundings, that the problem probably isn't so much in them as it is in you.
- Third, accept the idea that while it may be somewhat painful, culture shock can be a very valuable experience, a mind-stretching process that will leave you with broader perspectives, deeper insight into yourself and wider tolerance for other people.

If it happens to you, don't think that you're strange or abnormal. If you had a happy life back home, why shouldn't you miss some aspects of it or feel a sense of loss? You'd be abnormal if you didn't.

If it happens to you, don't sit around being negative and critical, this just prolong and deepens your gloom. Try to keep busy. Arrange something pleasant to look forward to. Set goals for yourself -- learning ten new foreign phrases each day, for example-- and stick to them.

If it happens to you, try not to be judgmental. Everyone has an ethnocentric tendency to think that his own culture is superior to all others. Actually, any culture is a good culture if it provides an environment that meets basic human needs.

If it happens to you, force yourself to look for the best, not the worst, in your situation. People who go around looking for trouble usually manage to find it. Train yourself to enjoy the diversity

of people and cultures, not fear it or shy away from it.

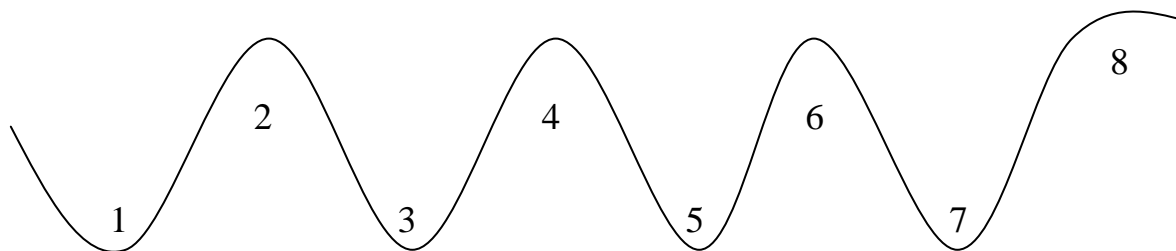
Recently in Russia two members of an American tour-group at different times during the day bought a candy bar from a booth in a railroad station. Each was given his change in the form of chocolate wafers. One American, disturbed by this departure from the familiar, felt that he was being victimized and protested vehemently. The other, charmed by what seemed to him a quaint and delightful custom, regarded it as a novel and refreshing experience and even bragged about it to his fellow tourists. The first American, it seems reasonable to say, was far more a prisoner of his own culture, than the second.

In sum, before he leaves home the visitor to a foreign land should make up his mind neither to resist the culture in which he finds himself nor surrender to it. What he needs to do is fight or grope or inch his way toward a new and flexible personality, a personality that retains its own cultural identity but recognizes the right of members of other cultures to retain theirs.

If that new personality can help him toward a better understanding of himself and of others, if it can enable him to communicate easily and convey warmth and understanding and goodwill across the culture barricades, then the pain of culture shock will have served its purpose, and the recovered victim will truly have the best of two worlds.

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Appendix E - The Exchange Cycle



1. Application Anxiety

2. Selection/Arrival Fascination

*Elation
Expectation*

3. Initial Culture Shock: 1-6 Months

Novelty wears off

Characteristics:

*Sleeping Habits
Disorientation
Language difficulties
Fatigue (Mental/Physical)
Eating*

4. Surface Adjustments

After initial "down"

Settle in:

*Language improves
Navigate culture
Friends
Social Life*

5. Mental Isolation

*Frustration increases
New sense of isolation
Boredom
Lack of motivation
Unresolved problems
Language problems*

6. Integration/Acceptance

*Begin to examine society
Accept surroundings/self*

7. Return Anxiety

*Preparation for departure
Realize changes
Desire to stay*

Results:

*Confusion/Pain
Breaking of bonds
No promise of renewal in future*

8. Shock/Reintegration

*Contrast of old and new
Family/friends
Difficulty to accept change
Not the center of attention
Others not interested in experience details
Reorientation*

All exchange students experience phases of elation, anxiety, and depression. One or more of these phases will be experienced near the time of application processing. Various phases will then continue even after the student returns home. It is important that this be anticipated, and calmly accepted and dealt with.

The best method to resolve each occurrence is to keep busy and remember that all the exchange students before you, with you, and who follow you, will experience similar circumstances.

Parents and host families need to know that exchange students will experience these phases and should not be alarmed. They should be ready to help the student work their way out of the down cycles.

The time necessary to work through each phase is not predictable and will depend on the student and the circumstances.

Ref. Helmut Muscheid, Rotary Youth Exchange Officer, Germany

Appendix F – Rotary Support System Matrix

RESOURCE	WHEN NEEDED	CONTACT FREQUENCY	COMMENTS
Host Family	Every day	Daily	Your first point of contact for most simple needs. For problems you will need to use your Host Club YEO in conjunction with your host family.
Host Club YEO/Counselor	Problems, Successes, Social Occasions, Club Meetings	Bi-Weekly / Monthly	This is your main Rotary contact for your day-to-day problems and well-being.
Host District Country Contact	Most problems, travel permission, routine reporting	Monthly Minimum	Remember to submit your monthly reflection
Host District Chairman	Serious Problems or Routine Reporting		
Sponsor District Counselor	Serious Problems and Routine Reporting	Monthly / Bi-Monthly	Quarterly Reports are to be sent to this person. This is not the first person who should learn of a problem you are having!
Sponsor District Chairman	Serious Problems	As needed	
Sponsor Club YEO	Preparation and then report about your experience	Monthly	You should write to your club regularly telling of your experiences.
Parents	Routine, non-YE problems, health emergencies	REGULARLY	LIMIT E-MAIL AND PHONE CONTACT. WRITE LETTERS INSTEAD OF E-MAILING AND PHONING!

Appendix G - Rotary Youth Exchange Inbound Cultural Adjustment Calendar

MONTH	PHASE	WHAT YOU SHOULD BE DOING	REMINDERS
JULY- AUGUST	TRAVEL & HONEYMOON	Get busy. Remember that these first few weeks are your chance to make life-long friends. It is not the time to be shy. Take it all in and get to know your surroundings. Meet your Rotary Club members. Find your routine. Work on your language skills. Identify your cultural mentor.	Watch the phone calls and e-mail
SEPTEMBER	END OF HONEYMOON / START OF ADAPTATION	Start with good habits. Write in your journal every night. Mark on a calendar what you did every day. Answer the phone from time to time. Get to know your host parents. Learning the language is your priority. Watch for homesickness. Use your support system. Keep busy. Cook a "home-country meal" for your host family.	Write home
OCTOBER	ADAPTATION	Homesick? Don't call home! Talk to your Rotary or Rotex support people. Don't dump it on your parents. Get out of that funk. Break the routine a little every day to keep things fresh. Avoid spending long amounts of time by yourself. Having trouble with the language? Find someone to talk to; a host sibling, a "cultural mentor", or even your Rotary Counselor. Give and take.	Remember to submit your monthly reflection
NOVEMBER	ADAPTATION	Have you made many friends yet? If not, get out there and mingle. Remember, you want to make as many people miss you as you can when you leave. There is nothing better to make you stop thinking about yourself than to help someone else. If you are feeling a little lost, find someone in need and give him/her a hand. You will get it back 10X. You might hit a language plateau here. Keep working the language. Try something new. Speak at your Rotary Club. If you move host families, you might have another challenge. Make the best of it. Enjoy (and participate in) Thanksgiving.	Send Holiday presents home early. By November 30 th .
DECEMBER	ADAPTATION/ ASSIMILATION TRANSITION – HOLIDAY BLUES	Time to stay focused. You need to get through the period from the end of November until January 1 st strong. Don't get hung up with missing the holidays at home. Keep Rotex in mind here. They will help. The more you contact "home" though, the worse it will be. Tell your host family how you celebrate the holidays.	Keep phone calls and e-mails "home" down.
JANUARY	ADAPTATION/ ASSIMILATION	Now for the good stuff. You should feel good speaking the language and you should have made some friends. Make the most of it. From now on, you are on a roll. Hey! Where's my report?	Talk to your host club about giving a presentation to your host club
FEBRUARY	ADAPTATION/ ASSIMILATION	You should be busy now. Friends, school, lots of activities. Don't forget host families (including the first one).	Call your host counselor and check in with him/her

MARCH	ASSIMILATION	Are you giving as well as taking? Don't just be doing your own thing. You speak the language and you know some people. You fit in. Use it to help other people. Speak to little kids in schools, volunteer in your community, teach someone your language, help with your Rotary Club's projects. This is the part of the roller coaster ride when you get to let go of that safety bar, put your hands in the air and scream as loud as you can. This is "The Monster Hill" of your exchange.	<u>Make your flight reservations home.</u> Don't rush home, but don't stay too long. Check our return home policy.
APRIL	ASSIMILATION	Are your parents visiting? Plan it out for them. Remember, you are the one who is in charge of their having a good experience. Let them into "your world". Introduce them to your host family, your host Rotary Club, your friends and your town. Let them see you as the mature tour guide, master of the language. They aren't coming? No problem - you have a lot going on. Dig in and make the most of it because this time is fleeting! Hey, don't you owe someone a report?!!	Think about presents to take home
MAY	ASSIMILATION & RE-ENTRY ANXIETY	This should be as good as it gets; you love your host country and you are starting to get that dreaded re-entry anxiety. It has to happen, you know that. Don't waste one second wishing it won't. Spend as much time as you can with friends, host families and the people you will miss most. You can spend time with other exchange students when you get home, so spend what little time you have with people who you won't see for a while.	Make time for your host families!
JUNE	ASSIMILATION & RE-ENTRY ANXIETY	Get ready to leave. Make sure that you are not putting off spending time with people. If you want to buy things to take with you, start early. Don't go rushing around the night before you leave. You will be cheating your friends and family out of your time. Leave gracefully. Don't leave a mess. Pay your obligations. Return what you've borrowed. Say "thank you" as many times as you can.	Read "So You Think You're Home Now"
JULY	RE-ENTRY & REVERSE CULTURE SHOCK	Pack early. Get rid of things that are just clutter. Make sure you have your passport, tickets and that your bank account is closed (if you had one). Exchange money. Don't come home with a lot of American money you might not need for a while. Have some U.S. currency with you in case you need it at the airport. Remember, the success of an exchange is measured in the number of tears when you leave; yours and theirs. Smile when you get back to your country. Thank your parents for your year. Spend some time with them (at least two days) before you go running around finding and connecting with your friends.	Have a safe trip home

<p style="text-align: center;">AUGUST</p>	<p style="text-align: center;">REVERSE CULTURE SHOCK</p>	<p>Get into your new life at home. Listen to what you are saying. Are you being critical about "home"? Are you telling everyone you can find about your year or are you keeping it to yourself? Have you referred to your friends as "Those stupid kids?" at all? Are you keeping busy or are you moping around the house missing "home"? Was it really easy for you to come back? Do you not miss your host country and host families? Think about why that is so. Get ready for school to start. Make little steps each day to get back into your culture. Talk to Rotex and to your District and Club Counselors about what you did and what you are doing now. Remember that the deeper you were able to assimilate into your host culture, the longer it will take you to find that "bi-cultural balance" between your host country "self" and your original "self". This is the start of your third year as an exchange student.</p>	<p style="text-align: center;">Contact your Sponsoring Club and offer to do a program on your exchange.</p> <p style="text-align: center;">Help continue to build the program!</p>
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Appendix H - It's OK

It's okay to be afraid
of things we don't understand

It's okay to feel anxious
when things aren't working our way.

It's okay to feel lonely.....
even when you're with other people

It's okay to feel unfulfilled
because you know something is missing
(even if you're not sure what it is)

It's okay to think and worry and cry.

It's okay to do
whatever you have to do, but

Just remember too....

That eventually you're going to
adjust to the changes life brings your way.
and you'll realize that,

It's okay to get to love again and laugh again,

It's okay to get to the point where
the life you live is full and satisfying and good to you...

And it will be that way
because you made it that way.

Appendix I - Reflections On Why English Is So Difficult!

- We'll begin with a box, and the plural is boxes; but the plural of ox became oxen not oxes.
- One fowl is a goose, but two are called geese, yet the plural of moose should never be meese.
- You may find a lone mouse or a nest full of mice; yet the plural of house is houses, not hice.
- If the plural of man is always called men, why shouldn't the plural of pan be called pen?
- If I spoke of my foot and show you my feet, and I give you a boot, would a pair be called beet?
- If one is a tooth and a whole set are teeth, why shouldn't the plural of booth be called beeth?
- Then one may be that, and three would be those, yet hat in the plural would never be hose, and the plural of cat is cats, not cose.
- We speak of a brother and also of brethren; but, though we say mother, we never say methren. Then the masculine pronouns are he, his and him, but imagine the feminine, she, shis and shim.

Some reasons to be grateful if you grew up speaking English (read aloud):

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. At the Army base, a bass was painted on the head of a bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.
14. The buck does funny things when the does are present.
15. A seamstress and a sewer fell down into a sewer line.
16. To help with planting, the farmer taught his sow to sow.
17. The wind was too strong to wind the sail.
18. After a number of Novocain injections, my jaw got number.
19. Upon seeing the tear in the painting I shed a tear.
20. I had to subject the subject to a series of tests.
21. How can I intimate this to my most intimate friend?
22. I spent last evening evening out a pile of dirt.

Let's face it - English is a crazy language. Screwy pronunciations can mess up your mind! For example...

- If you have a rough cough, climbing can be tough when going through the bough on a tree!
- There is no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple.
- English muffins weren't invented in England nor French fries in France.
- Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

We take English for granted. But if we explore its paradoxes

- We find that quicksand can work slowly, boxing rings are square.
- A guinea pig is neither from Guinea nor is it a pig.
- Why is it that writers write but fingers don't fing, grocers don't groce, and hammers don't ham?
- Doesn't it seem crazy that you can make amends but not one amend?
- If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?
- If teachers taught, why didn't preachers praught?
- If a vegetarian eats vegetables, what does a humanitarian eat?

Sometimes I think all the folks who grew up speaking English should be committed to an asylum for the verbally insane.

- In what language do people recite at a play and play at a recital?
- Ship by truck and send cargo by ship?
- Have noses that run and feet that smell?
- How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out, and in which an alarm goes off by going on.

English was invented by people, across the ages, and it reflects the creativity of the human race (which, of course, isn't a race at all).

That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.