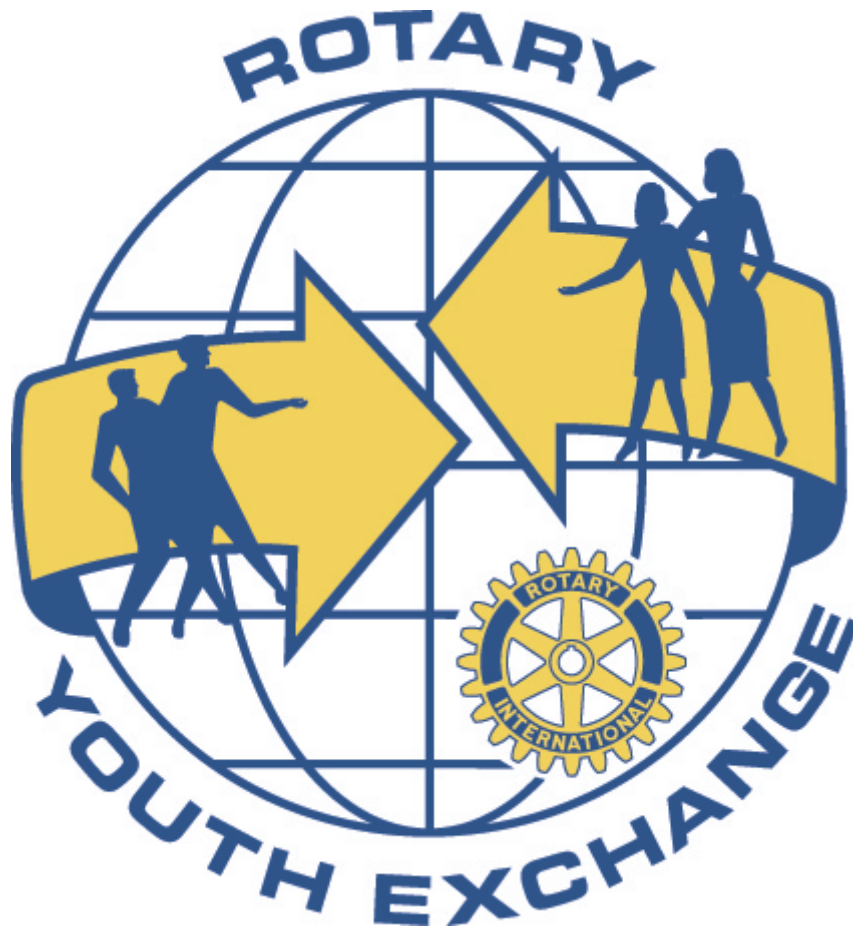


Rotary International Youth Exchange

Promoting Peace through International Understanding and Goodwill



Outbound Manual

<http://www.rotary6080.org/rotary-youth-exchange/>

Statement of Conduct for Working with Youth

Rotary District 6080 is committed to creating and maintaining the safest possible environment for all participants in Rotary activities. It is the duty of all Rotarians, Rotarians' spouses, partners, and any other volunteers to safeguard, to the best of their ability, the welfare of and to prevent the physical, sexual, or emotional abuse of children and young people with whom they come into contact.

TRUE FREEDOM

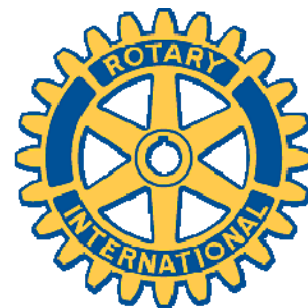
Freedom for a country, for a world, is something that must first begin within the hearts of individuals. For there is a certain kind of personal freedom that comes with the realization that everyone is different and each of us is **UNIQUE** and **SPECIAL** in our own right.

If we can be sure in the differences, if we can learn to embrace diversity and the richness of experience which each of us has to offer, then we can begin to be free and accept ourselves and others - as we are.

(Copied from a banner at the Peace and Reconciliation Museum in Capetown, South Africa)

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Service Above Self

*Rotary Youth Exchange –
Building Bridges of Friendship and
Understanding*

Rotary Youth Exchange

Rotary Youth Exchange is the world's premier exchange program with over 8000 students and thousands more families participating in exchanges every year.

Rotary International (RI) recognized the Youth Exchange Program as an official club activity in 1974. Its purpose is to advance international understanding, goodwill and peace. RI believes that the most powerful force in the promotion of international understanding and peace is exposure to different cultures.



Each year Rotary Youth Exchange (RYE) provides thousands of young people the opportunity to meet people from other lands, learn another language and to experience different cultures. It is hoped that this experience will plant the seeds for a lifetime of international understanding.

Another important aspect of the program is the opportunity it offers to outstanding youth to develop their confidence, personality and maturity in order to become more responsible and informed citizens.

The administration of the RYE program is the responsibility of the local Rotary districts and clubs. Although the programs and rules of each district are similar, the host district's guidelines take precedence over those of the sponsoring district. The host district, host club and host families are responsible for each exchange student's well being and have the responsibility for setting their own rules and guidelines. As part of the exchange agreement, all students and their parents will be required to sign a copy of the rules stating that they understand the rules and agree to comply with them.

OBJECTIVES OF THE RYE PROGRAM

The specific objective of the program is **total immersion into the culture** of the host country. The following goals and objectives are achieved through active participation in family, school and community life. Host families and Rotary counselors are vital to achieving these objectives.

- To further Rotary's goal of 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 further their education by living and studying in a different environment and taking courses not normally available to them in their home schools.

- To act as ambassadors for their country and communities by addressing Rotary clubs, community organizations and youth groups in their host countries, thereby imparting as much knowledge as they can about their own country to people they meet during their year abroad.
- To encourage students to broaden their outlook by learning to live with and understand people of different cultures, creeds and colors and by coping with day-to-day problems in a new place.
- To enable students to study and observe all facets of life and culture in their host country so that on their return home they can share the knowledge they have gained with family and friends.

Purpose of this Manual & Objectives of the Orientation Process

- To assure students have an understanding of Rotary and Rotary Youth Exchange
- To define the student's role as a "Rotary Student Ambassador"
- To insure that students have realistic expectations about the exchange experience
- To help students develop skills that will enable them to have a successful exchange
- To give students the confidence required to meet the challenges of the exchange
- To acquaint students with the realities of "culture shock" both going to the host country and, later, returning home (reverse culture shock)

SUMMARY OF RESPONSIBILITIES

SPONSOR (SENDING) DISTRICT

1. Interviews the Clubs' nominees and makes final selection of students
2. Arranges the exchange with a suitable district abroad
3. Arranges adequate orientation for both students and parents
4. Makes all necessary travel arrangements and purchases required insurances
5. Maintains contact with the student, parents and receiving district during the exchange year. Provides post-exchange orientation and support.
6. Coordinates ROTEX activities after students' return from exchange

HOST (RECEIVING) DISTRICT

1. Assigns the student to a specific participating Rotary Club
2. Arranges suitable orientation(s) for the newly arrived students
3. Maintains contact with the student and the sending district during the exchange year

SPONSOR CLUB / CLUB COUNSELOR

1. Ensures that outgoing student is familiar with Rotary and the activities of the sponsoring club
2. Arranges for student to attend meetings of the Club
3. Assigns an Outbound Counselor to keep in touch with student throughout the year
4. Provides students with club banners prior to departure
5. Arranges for students to address club upon return
6. OB Counselor keeps club informed about how the student is doing throughout the year

HOST CLUB

1. Arranges for 2 - 4 host families
2. Makes arrangements for school to accept students
3. Appoints an Inbound Counselor for student
4. Meets student upon arrival
5. Ensures student's attendance at club meetings and Rotary functions
6. Provides student a regular monthly allowance

HOST FAMILY

1. Provides lodging and meals at no cost to student
2. Exercises normal parental responsibilities and supervision over the student
3. Accepts the student as one of the family in all respects

DISTRICT 6080 YOUTH EXCHANGE COMMITTEEwww.rotary6080.org/rotary-youth-exchange

Administrative Office Phone and Fax: 816-392-9831

POSITION	NAME	E-MAIL ADDRESS	PHONE	ALT. PHONE
District YE Chairman	Kit Freudenberg	chair@rye6080.org kit3379@yahoo.com	573-619-3058	573-632-2501
Inbound Program Director	Amy Jammeh	inbound@rye6080.org jammeh.amy@gmail.com	816-977-5030	660-543-8130
Asst. Inbound Program Dir.	Barbara Hughes	inbound@rye6080.org		
Outbound Program Director	Chris Rice	outbound@rye6080.org chris_rice@sbcglobal.net	417-869-3312	417-569-3596
Administrative Assistant	Johnah Terbovic	admin@rye6080.org	816-392-9831	
Treasurer/Exchange Coord.	Stephanie Sherma	stephaniesherman@charter.net	573-374-2702	360-452-6278
Regional Coordinators:				
Jefferson City Area	Alicia Turner	turnera@ncrpc.com	573-634-2266	
Rolla Area	Kent Bagnall	kent@kentjewelry.com	573-364-1030	
Springfield Area	Chris Rice	outbound@rye6080.org	417-569-3596	
Lake of the Ozarks Area	Stephanie Sherman	stephaniesherman@charter.net	573-374-2702	360-452-6278
Columbia Area	Warren Prost	prost@socket.net		573-257-0041
Insurance Coordinator	Sherry Nielsen	sherry.nielsen.cz0b@statefarm.com	573-374-5656	
ROTEX	Warren Prost Debbie Prost	prost@socket.net dprost@socket.net rotex@rye6080.org	573-443-1731	573-257-0041 573-424-8203
Youth Protection Officer	Nick Mebruer	nick.mebruer@rye6080.org	417-532-3177	417-532-0222

District RYE Mailing Address for all documents:**Rotary District 6080 Youth Exchange**

c/o Johnah Terbovic
20 Allies Alley
Sunrise Beach, MO 65079

Phone and Fax: 816-392-9831

THE ROTARY YOUTH EXCHANGE PLEDGE

As a ROTARY Youth Exchange Ambassador I promise to:

Prepare myself

Do my best to learn the language and use it as my primary tongue

Get acquainted with my host country Counselor and host Rotary Club

Take the initiative in meeting new people

Obey the Rotary rules - they are there to protect me

Report monthly to both my sponsoring and host District

Accept and embrace my “new” country and culture

Open my mind to new ideas

Make good choices

Represent my Country and my Rotary district well at all times

Adapt, **adapt, adapt**

And.....

DO THE RIGHT THING



CONGRATULATIONS

You have been selected as a Rotary Youth Exchange Student because Rotary believes that you have the characteristics necessary to complete a successful exchange and that you will represent your community, our State and the United States well during your year abroad.

This coming year will be one of the most challenging, fun, difficult, exciting and meaningful years in your life. And, although we will do our best to prepare you for your experience, your ultimate success will depend on **YOU** and your ability to be flexible, “step outside your comfort zone”, try new things, manage your emotions, be tolerant of people that are not like you and customs that are not familiar to you and to **adapt, adapt, adapt.**

.....but what does that mean.....**ADAPT?**

By definition, **ADAPT** means: “to make fit (as for a specific or new situation) often by modification” Synonyms include: *adjust, accommodate, and conform.*

Adjust suggests bringing into harmony, which requires the use of skill and judgment.

Accommodate suggests yielding or compromising.

Conform applies to bringing into accord with a pattern, example or principle.

There are two ways to **ADAPT**:

Proactive Adaptation:

- Anticipate
- Learn what to expect and prepare for it
- Get ahead and stay ahead of the game

Reactive Adaptation:

- Wait to see what happens and hope you have the coping skills you need to adapt.

Regardless of where you will spend your year, learning how to adapt and adjust and accommodate and conform will be essential skills if you hope to have a successful exchange.

We are all confident that **YOU** “**have what it takes**”

So.....Let's Get Started.....

WHAT IS ROTARY?

Rotary is an organization of business and professional leaders united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace throughout the world.

Rotary was founded by Paul Harris in 1905 in Chicago, Illinois and has now grown to become the largest international service organization in the world with over 1.2 million members in more than 32,000 clubs in over 200 countries and geographical areas. Simply stated, "Rotary International is a global network of community volunteers."

At one time Rotary was a "men only" organization. In 1989 its constitution was amended to eliminate that provision and women joined Rotary's ranks. Today, even though women are now eligible for membership, there are many clubs throughout the world where few, if any women are members.

Rotary International's programs are designed to help Rotarians meet the needs of their own communities and to assist people worldwide.

- **Interact** is a service organization organized and sponsored by Rotary clubs for youth ages 14-18. It has more than 10,900 clubs in 121 countries.
- **Rotaract** is organized by Rotary clubs to promote leadership, professional development and service among young adults ages 18-30. There are more than 7,000 clubs in 162 countries.
- **Rotary Friendship Exchange** encourages Rotarians and their families to make reciprocal visits to other countries, staying in each other's homes and learning about different cultures first hand.
- **Rotary Youth Exchange** offers students ages 15-19 the chance to travel abroad for cultural exchanges. Rotary clubs and districts sponsor and host about 8,000 – 9,000 students each year.
- **Rotary Youth Leadership Awards (RYLA)** are workshops sponsored by clubs and districts to encourage and recognize the leadership abilities of youth.
- **Group Study Exchange** is a cultural/vocational exchange for business people and professionals between the ages of 25-40. Team members observe how their vocations are practiced abroad and develop professional relationships with their hosts.
- **Ambassadorial Scholarship Program** was founded in 1947 and is the world's largest privately funded international scholarship program for college age and older students.
- **Peace Fellowships** are awarded to 100 applicants each year. Recipients are awarded two year scholarship to attain a Master's Degree in Mediation and Conflict Resolution. There are six "Peace Centers" worldwide.

- **Matching Grants** are awarded to fund humanitarian, educational, and health related projects around the world.
- **District Simplified Grants** are awarded to local Rotary Clubs to help fund local projects and initiatives.

The Rotary Foundation has contributed more than \$1 BILLION dollars to projects, scholarships, various exchanges and grants since its inception in 1917.

Throughout its history, Rotary International has collaborated with the United Nations, government, and nongovernmental organizations to improve the human condition.

The greatest example of Rotary's effective collaborations is its flagship program, PolioPlus, which aims to eradicate polio worldwide. This effort began in 1985. Working with spearheading partners UNICEF, the US Centers for Disease Control, the Bill and Melinda Gates Foundation and the World Health Organization, Rotary has contributed over \$800 MILLION and countless volunteer hours to help immunize more than two billion children against this crippling and often fatal disease. Currently there are only four countries where polio is still endemic – Pakistan, Afghanistan, India and Nigeria.

Cooperative efforts are also a key element of Rotary's local service. Rotary has teamed up with Habitat for Humanity, Heifer International, the Wheelchair Foundation and numerous other organizations to promote goodwill, service, understanding and peace in more than 200 countries around the world.

In 1942, Rotary Clubs from 21 nations organized a conference in London to develop a vision for advancing education, science and culture after World War II. This event was a precursor to UNESCO, the United Nations Educational, Scientific and Cultural Organization.

Rotary and the United Nations have a long history of working together and sharing similar visions for a more peaceful world. In 1945-49 Rotarians went to San Francisco to help draft the UN Charter. Rotary and the UN have been close partners ever since. In fact, Rotary currently holds the highest consultative status offered to a nongovernmental organization. Rotary maintains and furthers its relationship with a number of UN bodies, programs, commissions and agencies through its representative networks.

Rotary's motto is, "**Service Above Self**".

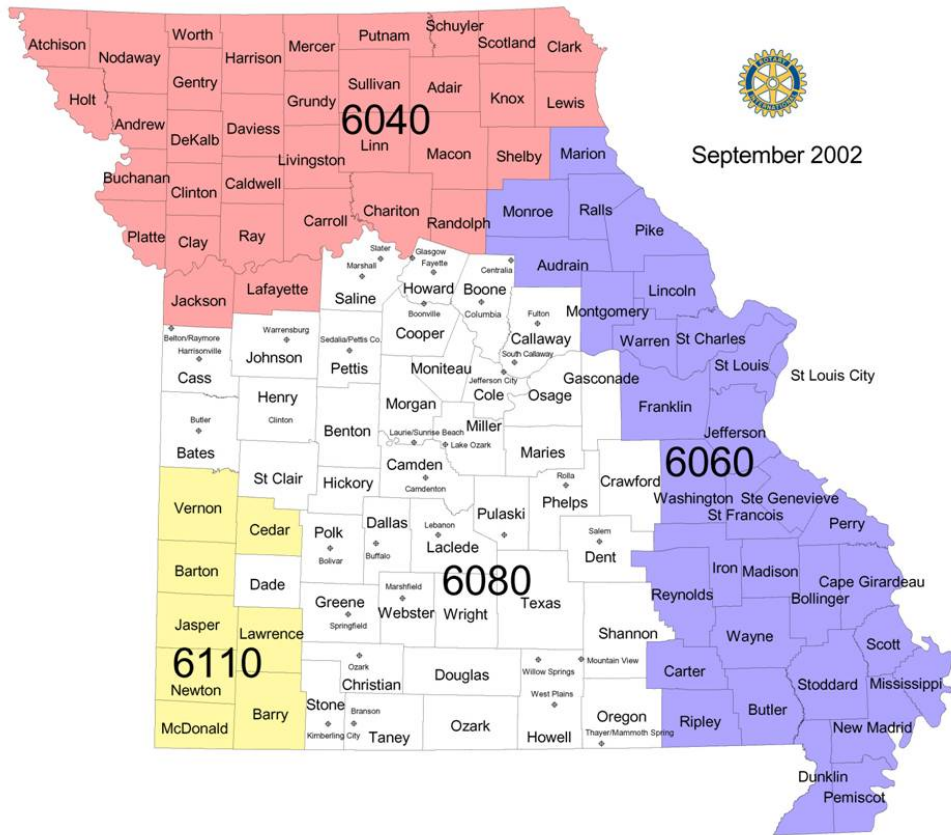
Rotary's **Four Way Test** is a guideline for all interactions.

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?



2010-2011 Outbound Students

Missouri Rotary Regions and Communities



BEING AN EXCHANGE STUDENT IS: (Comments from former students)

- Fantastic
- Meeting hundreds of wonderful people
- Giving speeches and writing letters
- Getting fatter (maybe) and being poorer (probably)
- Seeing a new country and experiencing new things
- Getting homesick and (sometimes) being miserable
- Being an ambassador
- Growing up
- Finding out that you can do what you make up your mind to do
- Challenging
- Worthwhile
- Sacrificing
- Making new friends
- Struggling with a new language
- Eating strange foods that taste funny
- Getting used to different life styles
- Giving up driving for a year
- Losing some independence
- Gaining some independence
- **A LIFE CHANGING EXPERIENCE**

THE SUCCESSFUL EXCHANGE STUDENT:

- Is flexible and adaptable
- Wants to learn new things and have different experiences
- Is knowledgeable and well read
- Is open to challenge and change
- Is sensitive, loyal and trustworthy
- Knows how to communicate
- Recognizes that “different” is not bad or good or wrong.....just different
- Has a strong moral compass
- Is a positive thinker
- Has an open mind
- **DOES THE RIGHT THING**

Rotary International District 6080 Youth Exchange

**Flat Fee Schedule – Long Term Outbound Students 2012-2013**

Because the Rotary Youth Exchange Program is subsidized by Rotary donations and volunteers,
This program typically costs 50-80% less than other youth exchange programs.

The flat fee is the same for all countries.

ITEMS INCLUDED IN FLAT FEE	ITEMS BELOW <i>NOT</i> INCLUDED IN FLAT FEE STUDENTS RESPONSIBLE FOR THESE COSTS
Airfare and One (1) Ticket Change	Year-end Tours & Recreational Travel
Medical and Liability Insurances	\$400 Emergency Fund & Insurance Deductibles
Orientation Meetings and Materials	Physical and Dental Exams
Rotary Blazer and Shirt	Clothing: Including School Uniforms (where required)
U.S. and Missouri Flag	Passport (for Student & 1 Parent)
Name Badge, Bus.Cards, Pins	Student Visa-may require trip to Chicago
Orientation/Language Camps	Individual Language Tutoring (if necessary)
Monthly Allowance provided by host Club	Luggage , Camera, Cell Phone, Computer
Rebound Activities	Miscellaneous personal expenses
Total = \$4,050*	Varies

**A \$400 "refund" can be earned by students who successfully complete their exchange, and "give back" through being involved in post-exchange activities. These "Responsibilities" are outlined in the Outbound Manual & will be defined during the Outbound Orientation Process.*

Students are provided with room and board, and their education at no cost. A monthly allowance will also be provided by the host Rotary club.

Make Checks payable to: **"ROTARY 6080 YOUTH EXCHANGE"**

Mail payments to

Attn: RYE 6080, 20 Allies Alley, Sunrise Beach, MO 65079

PAYMENT SCHEDULE FOR FLAT FEE 2012 - 2013			
No.	DATE	YEAR LONG	
1.	Application Fee – Due at first Outbound Orientation	\$150.00	
2.	1 st Payment – March 1st	\$1300.00	
3.	2 nd Payment – April 1st	\$1300.00	
4.	3 rd Payment – due May 1st	\$1300.00	
	TOTAL	\$4,050	

NOTE: Payment in FULL is due no later than May 15. However, we will try to be flexible if other payment arrangements need to be made. This should be discussed in advance with the Youth Exchange Treasurer, Stephanie Sherman. treasurer@rye6080.org or 573-374-2702/360-452-6278.

WHAT IS COVERED BY THE FLAT FEE

Airfare and Ticket Changes:

After the Guarantee Form/Visa Application has been returned by the host country and we have been advised of the destination airport and preferred arrival date(s), the Transportation Coordinator will make arrangements for flights. MOST tickets will be e-tickets, which means that there will be no paper ticket. (There may be a few exceptions where paper tickets will be necessary).

All tickets will be booked for a round trip. However, since tickets can NOT be booked more than 330 days in advance, *ALL itineraries will initially have the WRONG return date*, (usually in March or April). Sometime after the first of the year, the Transportation Coordinator will contact each student to determine the ACTUAL return date. (Students should provide a 5-7 day range for the desired return dates, as tickets MAY not be available on any specific date.) All students are expected to stay in their host countries until the end of the school year. Students should NOT ask to return early and must receive approval from their host country Counselor for the return dates selected.

Return tickets must follow the same itinerary as initially scheduled and can not include additional stops or any re-routing unless approved in advance by both the sponsor and hosting districts.

The Flat Fee covers the cost of ONE date change. This change must be scheduled at least 30 days prior to the current scheduled return date. The cost for any additional changes will be the responsibility of the student/parents.

Insurances:

The appropriate medical and liability insurances will be purchased for each student. However, you should NOT cancel your current medical insurance coverage. This policy is a secondary policy and will cover expenses not covered by your primary insurance or in the event your personal insurance is not accepted in the host country. Some Rotary programs require that insurance be purchased in the host country but other programs expect students to arrive with insurance purchased in the United States. In either case, Rotary will purchase the appropriate insurance for you (or reimburse you if this expense cannot be paid in advance by the Youth Exchange Committee).

Emergency Funds – Not covered in Flat Fee: All students will be required to take \$300 - \$400 (amount varies depending on hosting district requirements) with them to their host country. This money will be put in a **separate account** to cover the cost of any insurance deductibles or related emergency expenses. These monies are NOT part of the flat fee. In most cases these emergency funds are not used, and will be refunded fully to the student prior to their departure from the hosting country.

Meetings and Materials:

The costs for all events - including orientation meetings - is included in the Flat Fee. All training materials are also part of this fee.

Clothing and Other Accessories:

The Navy Blue Blazer and Rotary Patch, Name Badges, Exchange Pins, US Flag, Business Cards and other miscellaneous items will be provided to each student.

Orientation/Language Camps: Some Districts require students to attend an intensive language camp at the beginning of the exchange. This cost often varies from what is quoted in the welcome packet. For that reason, the cost will be reimbursed AFTER the student has paid for the camp. Parents should

send the District Treasurer documentation for this expense to receive reimbursement. Private language lessons, language learning programs or tutors are not covered by the flat fee.

ROTEX: ROTEX are former Outbound Students. After the exchange year, ROTEX students will have opportunities to get together with current Inbound students and Outbound Candidates. All expenses related to these events will be covered by the Flat Fee.

****The cost for passports and visas are NOT included.****

Refunds & Incentives:

The Refund Schedule for students that either drop out of the Rotary Youth Exchange program prior to going on the exchange or are removed from the program by consensus of the Youth Exchange Committee is outlined at the bottom of this page. No refunds will be made for students who return home prior to their hosting district's program end date.

Students are able to "EARN" a \$400 incentive. The requirements to be eligible for this incentive are:

- The student must submit all monthly reports **ON TIME** throughout the exchange year.
- The student must successfully complete the **ENTIRE** exchange.
- The student must prepare an **essay** titled "How my Experience as a Youth Exchange Student has Changed Me."
- The student and at least one parent must attend the **Rebound Meeting (late July / early Aug.)**.
- The **student & parents** must complete the Rotary **post-exchange survey**.
- The student must attend either the **Outbound Interviews** in November or one of the **Outbound Orientations** the year following his/her return.

- *****If the student is going away to college and will not be in Missouri to attend either of the events above, the student's parents can complete the final requirement on their child's behalf by attending the Outbound Interviews or one of the Outbound Orientations.*****

Once it has been determined that the student has met **all** of these obligations a check for \$400 will be mailed by the treasurer to the student/parents.

Refund Guidelines for Withdrawal or Removal from Program

The candidate must notify the District Youth Exchange Chair IN WRITING of his/her withdrawal from the Youth Exchange Program.

The \$150 Application Processing Fee due at the first Outbound Orientation is non-refundable.

Refunds for withdrawals or removal later in the process will be determined based on the costs already incurred by the district on behalf of the student (blazers, business cards, badges, ticket cancellation fees, orientation costs, etc.), plus a \$200 penalty. Withdrawal from RYE program for medical reasons prior to departure and refunds for early returns due to medical reasons will be considered on a case by case basis.

There will be no refunds after the exchange has begun, except in very unusual situations. There will be a **\$25.00** charge for any returned checks.

ROTARY DISTRICT 6080 YOUTH EXCHANGE GUIDELINES, RULES & CONDITIONS **OUTBOUND STUDENTS**

GENERAL INFORMATION

AGE -- The student must be in high school at the time of application, and should be in the age range of 15 ½ to 18 ½ year old when he/she departs for the host country. A LIMITED NUMBER of countries are willing to accept students older than 18 ½.

EXCHANGE YEAR -- This is a school year program. Departure is usually from late July through August. Return is usually June through July. Actual dates depend upon the school year of the host country. Students are expected to complete their ENTIRE exchange.

SCHOOL -- This is a high school (pre-university) program. Students will be attending high school in the host country. Requests for instruction at a higher academic institution cannot and will not be accommodated. If student has already graduated from high school, he/she will still be expected to attend high school full time and make every effort to succeed.

SCHOOL CREDIT -- Students should NOT expect to receive a diploma or to graduate from high school in the host country. Credits for course work taken in another country cannot be assured. Transferring of course credits will depend on the policies of the student's home high school and the foreign high school he/she will be attending. The student should discuss this issue with his/her high school counselor IN ADVANCE so that he/she knows what to expect. Students that will be returning to high school after their exchange **MAY** lose eligibility to participate in sports or other activities. According to MSHSAA, students returning to high school after their exchange must provide proof of high school attendance the year prior to their return to Missouri High School in order to possibly be eligible for competitive activities/sports. Students should obtain a transcript of their school record during their exchange year to submit to their Missouri High School upon their return.

INSURANCE – Insurance is mandatory. For most students, as part of the Flat Fee, the appropriate insurance policies will be purchased by District 6080 prior to student's departure. **Insurance will include an Accident & Sickness Policy and a Liability Insurance Policy.** Some policies are underwritten by US based carriers, but insurance through certain foreign carriers will need to be purchased through the Youth Exchange organization in the host country. In the latter case, the student will be reimbursed the appropriate amount of the Flat Fee so that the insurance can be purchased upon arrival in the hosting district.

NOTE TO PARENTS: We caution parents NOT to let their child's current medical insurance lapse during their exchange year. We require additional insurance because many HMOs, PPOs, MCNs, and other health insurance plans do not provide sufficient coverage outside of the U.S., and we do not want medical treatment, if necessary, to be jeopardized in any way because of insurance related issues.

COSTS -- The **Flat Fee** covers the cost of airline tickets, insurances, any language camps, required Rotary clothing, business cards, pins, flags orientation sessions, training materials and post-exchange gatherings. The student has the opportunity to earn a \$400 reward if he/she completes the entire exchange and completes the specified post-exchange requirements. **Students/Parents** will be responsible for all costs incurred to secure a passport and visa, any gifts or personal items, an emergency medical fund of \$400 (this is refundable if not used), personal expenses and all phone/internet/computer charges. In addition to room and board, the host Rotary Club will provide the student a monthly allowance. (This amount varies from country to country.)

APPLICATION and ACCEPTANCE and PAPERWORK

APPLICATION SPECIFICATIONS -- The application **MUST** be typed and all signatures **MUST** be in blue ink. Student must submit a complete transcript of his/her high school course work along with the application.

PASSPORT – As soon as a student is accepted into the Rotary Youth Exchange program, he/she should IMMEDIATELY apply for a passport. This can sometimes take MONTHS, so it is important to start the process as soon as possible. All passports must be valid AT LEAST six months beyond the student's return to the United States.

COUNTRY CHOICES -- Country choices are NOT guaranteed, though a student's preferences are always taken into consideration. Rotary District 6080 reserves the right of final determination in assignment of country. If the student does not wish to accept the assignment he/she should notify the District Rotary Youth Exchange Chair, via e-mail or phone, immediately.

PLACEMENT -- The Student will be notified of his/her specific placement as soon as it is received from abroad. However, it is advisable that the student continue to make plans for the next year's high school or higher education in the unlikely event that the placement does not materialize.

VACCINATIONS -- Some countries will require additional immunizations. Check with your county health department or the Center for Disease Control (CDC). The hosting Rotary District may provide this information in the Welcome Packet that all students will receive.

ORIENTATION -- Students **MUST** attend the Orientation Session(s) provided by District 6080. Attendance at the Orientation session(s) is **MANDATORY** for students and **at least one parent**. Questions and/or problems relating to this requirement should be directed to the District Rotary Youth Exchange Chair or Outbound Chair.

TRAVEL ARRANGEMENTS -- All travel arrangements to and from the host country will be made by the District 6080 Travel Coordinator. Travel dates will be based upon the preference of the host country and the school start and end dates. Some countries require arrival and departure on specific dates; other countries are flexible within a two week window prior to the start and end of the school year.

*** Frequent Flier miles will NOT be accepted for use when booking flights. ***

DURING THE EXCHANGE YEAR

TRAVEL -- This is a cultural exchange **NOT** a travel exchange. All travel in and around the host country is to be considered a privilege and is subject to the rules of the hosting Rotary District and Multi-District Exchange Program.

REGULAR REPORTS -- Students are **required** to submit monthly status reports to the sponsor Rotary District (and to the host district, if requested) during the exchange year.

ROTARY OBLIGATIONS -- There are certain host Rotary Club and host Rotary District functions that will be mandatory during the year. This will vary considerably from Club to Club. However, Rotary activities take precedence over any other activities or events and students are expected to be involved as much possible with their host club and families.

ROLE AS AN AMBASSADOR -- Each student is expected to do his or her best to maintain a positive attitude throughout the exchange year, and act appropriately as an ambassador for Rotary. Students must do their best to adapt, adapt, adapt to their host families and friends.

VISITS -- If a student's natural parents or relatives plan to visit during their exchange, arrangements should be made only during the last third of the exchange year, preferably when school is not in session. **ALL visits MUST be APPROVED IN ADVANCE** - first by the **host Club Counselor**, then by the host Rotary Club, and finally by the host family. Students must avoid putting their hosts in the awkward position of agreeing to a request which they might not be comfortable with, and should solicit the guidance of their Rotary counselor BEFORE asking their host parents. **ALSO**, we recommend that family members NOT visit during the last week or two of the student's exchange. This time should be reserved for saying good-byes to host families and friends, NOT for hosting the student's own family.

PROBLEMS -- Each Outbound student is assigned a Club Outbound Counselor in District 6080. Additionally, each student is assigned a Club Inbound Counselor in the hosting Club. This support network is in place to assist with any questions or problems. However, students and parents should understand that if there is a problem in the host country, the student should talk to his/her host club counselor FIRST. It is important to follow the correct "chain of command" when dealing with problems. Failure to follow protocol could create hard feeling between Rotary Exchange Partners and may jeopardize future exchanges.

RETURNING HOME -- As stated above, students will be expected to complete their ENTIRE exchange and stay until the end of the school year. Early voluntary return home is NOT permissible without the consent of the Host

District Youth Exchange Officer. Extending your stay may or may not be acceptable. Unless agreed to by the host family and host Rotary District, students should plan to return home shortly after the end of the school year. Return travel arrangements will be made by our Rotary district’s Transportation Coordinator.

STRICT RULES AND CONDITIONS OF EXCHANGE --

Violations will result in the student's immediate return home.

(1) **DRUG PARAPHERNALIA** --Students are not allowed to possess or use any drug or drug-related paraphernalia

(2) **DRIVING** – All Driving is prohibited. Driving recreational or other motorized vehicles not requiring a license is also prohibited.

(3) **ALCOHOL** -- For those students LEGALLY permitted to drink in their host countries, and permitted by their host family to do so, excessive use of alcohol and drunkenness are forbidden and will not be tolerated. NOTE: If you are arrested for public intoxication, your Visa may be cancelled and you may be sent home.

(4) **DATING** – We want all students to have a broad experience during their exchange year. This means integrating with LOTS of people. For that reason, we expect students NOT to date any one person “seriously”. Having many boyfriends and girlfriends is fine, having ONE is NOT!

(5) **PIERCINGS & TATTOOS** -- The piercing or tattooing of any part of your body during your exchange year is prohibited.

(6) **PORNOGRAPHY** -- No pornography is permitted. Downloading pornographic material from the internet will result in your immediate return home.

COMMON SENSE RULES AND CONDITIONS OF EXCHANGE -- Violations will result in a district review and restrictions. Severe/Consistent disregard for these rules will result in being returned home.

(1) **LANGUAGE** -- Unacceptable language skills may require tutoring. Any necessary tutoring is at the expense of student’s parents or guardians. Students who do not demonstrate an effort to learn the language of the host country may be sent home.

(2) **TELEPHONE & E-MAIL** -- Use of the telephone/computer/internet are at the discretion of the host family, within overall guidelines established by your host Rotary District. Students are responsible for all charges generated by such use. Telephone, e-mail and chat room communication should not become excessive, or interfere in any way with host family activities or with student’s ability to develop friends in the host country.

(3) **GUIDELINES & CONDITIONS** -- All other DISTRICT 6080 and hosting Rotary District Rotary Youth Exchange Guidelines & Conditions not listed in the Rotary International rules or these additional rules, must also be fully complied with.

We have read and understand the above Guideline, Conditions and Rules of Exchange, and will abide by them.

Student Signature _____ Date _____

Parents Signatures _____ Date _____

_____ Date _____

YE Witness _____ Date _____

WHAT YOU CAN EXPECT & WHAT IS EXPECTED OF YOU

CLUB PLACEMENT: Once your application is complete, we have a copy of your passport and we have received confirmation of the exchange from our partner district, your application will be sent to the country to which you have been assigned. From the time the application is sent, it will most likely be several months before you are notified of your actual Club Placement. Be patient. Once your placement has been decided upon it will take another month or so before your documents are actually returned.

GET TO KNOW YOUR OWN COUNTRY: During your exchange year, you will meet many people who only know America through the lens of a movie or TV camera. As an exchange student, one of your roles is to help people change these misconceptions. As an ambassador of the United States you will be expected to be knowledgeable about your home country. Your knowledge should include basic information about geography, climate, government, states, history, etc. Being prepared with accurate information will do much to enhance your image. (Some of this information should be included in your Rotary PowerPoint presentation.)

THE GUIDELINES AND RULES: All students who are sent abroad under the Rotary Youth Exchange Program are required to abide by the Rules and Guidelines of the Program. A copy of the District 6080 Rules is included in this manual. Please read and reread them carefully so there is no possible misunderstanding.

Regarding rules & expectations, keep in mind that each Rotary District is autonomous and operates its own Youth Exchange Program. Although the programs and rules for each District are similar, there may be some differences (usually minor). In this case, the rules of your hosting District will take precedence over the rules of your sponsoring District. You will receive a copy of the rules from your host District with your welcome packet. You and your parents will be required to sign these also to verify that you understand them and that you are willing to comply with the hosting district's rules.

Remember the 6 D's:

- No Drinking – The illegal drinking of alcoholic beverages is expressly forbidden, though there may be exceptions, under special circumstances, within your host family, for example. Cultural practices and country laws vary widely. Under no circumstances is intoxication acceptable. The best practice is to abstain and learn to ask for a substitute non-alcoholic beverage.
- No Driving – Driving a motorized vehicle of any kind is forbidden. Should you become involved in an accident (your fault or not), the possible legal, financial and international complications are enormous. If you are driving, your insurance will not cover any of your medical expenses.
- No serious Dating – This means no serious dating of just one person. Serious dating limits your contact with other students and could possibly result in undesirable complications (emotional distress, pregnancy, STD's). You are encouraged to cultivate group relationships.
- No Drugs – Drugs are absolutely forbidden. Getting caught with illegal drugs could land you in jail. If you get into serious trouble with the law, you are "on your own", and Rotary will not be able to help. If you are fortunate enough to be freed from jail, your exchange will be terminated immediately and you will likely be barred from future entry into that country.
- No Decorating – No piercing or tattoos are allowed
- No Downloading – Students should not download pornographic or offensive materials to their computers. Students should not download ANY programs to the computers of their host families.

If you break the law, drive, get involved in a serious romance, get caught with illegal drugs, abuse alcohol, download, decorate or travel without authorization, YOU WILL BE SENT HOME. Your host district makes this decision; your home district has no authority to countermand this decision.

OUTBOUND COUNSELOR: The Rotary Club that is sponsoring you has appointed an Outbound Counselor for you. He/she will invite you to Rotary meetings, educate you about Rotary and give you the opportunity to make your presentation to your sponsoring club prior to your departure. You should consider this person to be part of your support network.

HOST CLUB COUNSELOR: You will also have a Rotary Club Counselor in the club to which you have been assigned. This Rotarian should contact you as soon as your club assignment has been made. However, if you do not hear from him/her, YOU should initiate communications as soon as possible after you have received your Welcome Packet. (Information about your Counselor and host families will be in these return documents.) Your host club Counselor (and families) will already know about you because they will have seen your application, but you should take this opportunity to ask some questions about clothing, school, climate, activities, your host family(s), the community, etc. It is very important to begin developing this relationship PRIOR to your arrival in your host county.

Your Host Club Counselor will be THE MOST IMPORTANT resource you have in your host country and you should make every effort to develop a close relationship with him/her. He/she **SHOULD**:

- Meet and welcome you on behalf of your host club
- Assist you in establishing suitable banking arrangements
- Introduce you to your host families
- Introduce you to your school and help you select appropriate classes
- Help you coordinate social and Rotary Club activities
- Help you resolve any problems during the year
- Serve as your friend and mentor throughout the year
- Approve any travel (or visits from your family)

If, after you arrive and are settled, your Host Club Counselor does not seem to be “involved” in your exchange, YOU should make the effort to develop the relationship with him/her. Again, this person is CRITICAL to your having a successful exchange.

If, for any reason, you feel that you are not developing a relationship with your Host Club Counselor or feel that he/she is not “engaged” in your exchange, you should FIRST contact your host club President for assistance. If that doesn’t produce a successful response, you should notify the District Youth Exchange Chairman in your host country. If you still get no response, contact the Outbound Chairman in Missouri.

It is VERY IMPORTANT that you follow the sequence above so as not to CREATE problems for yourself.

HOST FAMILIES: Hosting arrangements are entirely the responsibility of the host Rotary club. The usual arrangement is for you to be hosted by two or three different families. However the host club may vary this at its discretion. You must remember that the responsibility is always **yours** to adjust to the host family environment. The host family is under no obligation to adjust to you or to treat you as a special guest. You are expected to accept the normal discipline of the family and settle into their routine – not the routine you have been used to back at home (or even with the previous host family). If problems do arise with the host family, CONSULT YOUR HOST CLUB COUNSELOR FIRST. He/she may be able to assist you.

You may be expected to call your host parents “mom” and “dad” or a similar title – NOT “Mr.” and “Mrs.”. This subject is one of the First Night Questions. Finding the most comfortable form of address for both of you should be discussed with your host family as soon as you arrive.

In most cases you will have a room to yourself. Some students have complained that their host families make an effort to involve them too much and they wanted some “peace and quiet” on their own. Others

have had the opposite complaint that they are bored and there is not enough to do. If either situation develops, try to have a tactful discussion with your host parents. They have agreed to treat you as a member of the family. You are neither a guest nor a servant.

Try to remember that your host family VOLUNTEERED to host you. They WANTED to share their home with you. And, they probably have some of their own expectations of "how things should be". Be patient with them and try to understand their point of view.

Some of the cultural differences that you may notice (and that may be challenging to you) in the family unit are:

- Family organization. Who's the "boss"? How "democratic" are they?
- Nature and rigidity of the "house rules"
- Male vs. Female roles and expectations
- Division of household duties and responsibilities
- Eating practices
- Bathing practices
- Family interaction and sharing
- Freedom to do one's own thing
- Standard of living

SCHOOL: You will find that schools are very different from those in the US. Additionally, sports and other activities are, more often than not, unrelated to the school. Some differences that you will find are:

- The way the school is organized
- Respect accorded to teachers
- Classroom conduct and manners
- Appropriate school attire (Uniforms???)
- Number, variety and level of difficulty of classes
- School/class schedules
- Academic expectations/grading system
- Extracurricular activities

As a Rotary Youth Exchange Student you are expected to attend school regularly. However, if you have a choice, it is recommended that you not take too many classes and that you try to develop a good relationship with your teachers. It is important that they know you are making an effort. If your Host Club Counselor does not introduce you to your teachers, be sure to introduce yourself. **Do not get discouraged when you don't understand anything in your classes. This is NORMAL the first half of the year.**

SCHOOL FEES: Your school fees and tuition (if any) will be paid by your host club. However, you may be required to purchase your own books, uniforms and supplies. Again, this varies from club to club, so ask your counselor about your financial responsibilities. You want to be sure that there are no misunderstandings.

ARRIVING AND GETTING SETTLED: Your arrival will be one of the high points of your trip....the fulfillment of all the planning. (You should **wear your Rotary blazer** when you get off the plane so that you are easy to identify.) There will also be an inevitable letdown when the initial excitement subsides. Your hosts will make every effort to welcome you into the family, but never forget that you are the one who must adjust and adapt. This quality of flexibility was one of the criteria upon which you were selected to participate in the YE program, so be prepared to exercise it to the fullest.

This means, for example, tolerating what may appear to be silly questions about your homeland or doing things as part of the family that you may not be expected to do at home.

You should discuss the household rules with your host family. Some families do not expect much from YE students, while others divide the household tasks of bed making, kitchen help and house cleaning. Accept willingly and cheerfully whatever may be assigned to you. Discuss the responsibilities entailed.

You should go over the **First Night Questions** with each new family as soon as possible. This will help to avoid most of the common misunderstandings.

PARTICIPATION: You will get the most out of your exchange if you participate to the fullest. This means sharing in family life, school life and community life. If you play a musical instrument, get together with other musicians in the school or community. If you are good at a particular sport, play it if at all possible, but be sure that the time required for sports does not strain your relationship with your host family. Some families want to spend more time with their students than others, and time-consuming activities can get in the way of developing family relationships. Contribute whatever talents you can whenever you can. Be willing to take the initiative in finding things to do and initiating activities. Volunteer to help with Rotary projects or events. Participation will also help to avert the pangs of homesickness, which are inevitable at some point.

Say “yes” if asked to go someplace or do something with your hosts. “No” implies that you are not interested and you may not be asked to participate again. Even a visit to an aunt’s 90th birthday party may lead to an even greater adventure.

BE PREPARED TO ADAPT AND LISTEN TO DIFFERENT POINTS OF VIEWS: Though your families will do their best to make you feel at home, you must be prepared to adapt to their ways. You will be in a different social and political climate. Be discreet in your social and political observations. There are usually at least two points of view on most issues, so keep an open mind. Try to see the other point of view, even if you do not agree and, above all, be tactful and diplomatic when your hosts express views contrary to your own. It is better not to express too many views on religion, race or politics.

LEARN THE LANGUAGE: You should make a **concerted effort** to learn the basics of the language of your host country prior to your departure. Aim to become reasonably proficient in the language no later than three months after your arrival. Purchase language CD’s or try to find someone that teaches the language to tutor you. (See “Tips for Learning a New Language” in this manual.)

HOMESICKNESS: Very few students escape at least one bout of homesickness. Early in your exchange there is the excitement of a new country, people, school, surroundings and being the center of attention. This will change. You’ll miss the little things about home. You are being bombarded by a strange language throughout the day. Often unable to communicate, and learning new customs, you may begin to wonder if you will make it through the next 10-12 months. Know that this feeling will pass.

Symptoms of homesickness are:

- Feeling lousy for no reason
- Losing your “cool” over things you would normally just shrug off
- Staying in your room where you feel secure
- Physical discomfort: headaches, upset stomachs, uneven menstrual cycle

What to do:

- Talk, share your problems with your host parent or counselor or a friend

- Keep busy. Get involved in school or in family activities
- Exercise, pursue a hobby
- Look outside yourself and do something nice for someone else

What **NOT** to do:

- Mope around. Gloominess is highly contagious
- Retreat to your bedroom
- Eat your way to happiness. You will only gain weight and then feel worse
- Decide to “go home”. This is the last resort. You will never grow if, when life gets tough, you take the easy way out. If you “talk it out” and keep busy, it will pass.
- Call or e-mail home and “unload” on Mom or Dad. In all likelihood your feelings will improve in a day or two, while you’ve put your parents on red-alert. Don’t do that to them!

TRAVEL: Remember, you are not going away on a glorified holiday. And, your host families are not obliged to take you anywhere. **HOWEVER**, the great majority of students who go abroad, do have the opportunity to travel and see more of their host country and, possibly, neighboring countries....thanks to the generosity of Rotary Clubs, Rotarians and host families.

All travel **must** be approved **IN ADVANCE** by your host club Counselor and District Youth Exchange Chair. All Rotary districts have rules governing traveling by yourself and with other students. It is important to have your travel authorized, and to make plans well in advance for any visas that may be required to enter another country. Travel is allowed with host families, school and church groups or with Rotary approved groups. Although permission is not always required for this kind of travel, do keep your host club Counselor advised any time that you will not be at your host residence. This is important in the event of an emergency that the District YE Committee is able to get in touch with you quickly.

Some Rotary Districts offer special tours, usually several weeks in length. The types of tours will vary, but many are bus tours that could include families hosting you in their homes, youth hostels, hotels and other basic accommodations. These tours are paid for by **YOU** and require the permission of your natural parents. Costs can be as much as \$1,000 to \$1,500 or more. Short trips (several days to a week) may also be available.

EMERGENCY FUND: Your host country will require you to bring an emergency fund with you. The amount varies from county to county. This money is to be used **ONLY** in the event of an emergency.....**NOT** for everyday expenses. When you arrive in your host country, your host club Counselor will collect this money from you and it will usually be deposited in a separate account under yours and his/her jurisdiction. If, for any reason, you use any of the money in this account, it **MUST** be replaced immediately. Having this money is a **REQUIREMENT**.

MONTHLY ALLOWANCE: Your host club will give you a monthly allowance. The amount varies from country to country. Usually, this money is “tied” to you submitting your monthly progress report. This money can be used for your personal expenses. You should be willing and able to “pay your own way” for travel and entertainment. Don’t expect to be treated as a guest at all times and understand when it might be appropriate to offer to pay for someone else. Try not to spend money lavishly, especially when you are around others who do not have the same resources.

OTHER MONEY: Although you will receive a monthly allowance from your host club, It is common for parents (back in Missouri) to supplement this money. You and your parents should check with your bank about setting up an internationally accepted credit card or ATM debit card such as VISA, which will provide you with an easy and inexpensive way to deposit funds here and withdraw funds in your host country without incurring interest charges or high transaction fees. It is important that parents and students have

an agreement about how this card is to be used and set some limits on spending. Take extra precautions to protect credit cards from theft, especially when traveling, and make sure you and your parents know what to do in the event you lose this card.

You should take approximately \$100 (US Dollars and Local Currency?) with you when you depart for your host country. This will cover the cost of food or other incidentals during your trip and during the first few days before you receive any allowance from your host club.

Parents and relatives should NOT send personal checks to you. They are often difficult to cash and foreign banks frequently will charge a high fee for accepting checks drawn on a US bank. If it is necessary to send money other than through use of a debit or credit card, consider using an International Postal Money Order, which has guaranteed delivery, and will provide cash in the local currency for a nominal fee. Transferring money by Western Union is another alternative, and is available in most countries.

CLOTHING: DON'T OVERPACK. Most students participating in the program, both inbounds and outbounds, report substantial weight gains in the first few months. Also, style and type of clothing worn in your host country may differ from ours. For these reasons you are strongly urged to take a minimum of clothing unless you can determine from your host family, host club Counselor or current Inbound/Outbound Students the type and style of clothing worn.....or if there is a financial benefit in buying it here. (The decreased value in the US dollar may result in clothing being considerably more expensive in other countries.) Any clothing purchased prior to your departure should be slightly on the large size to accommodate a little weight gain.

LUGGAGE: Luggage can be an "issue" as overseas travelers are usually limited to two suitcases and one carry-on handbag. It is important that you check with the airline on which you will be flying so that you know their restrictions for both weight and size. Excess luggage charges are expensive, so do your research IN ADVANCE. It is suggested that you take two smaller suitcases, rather than one very big one. Two are easier to carry. And, when you go on trips in your host country, you will have the convenience of a smaller suitcase to take with you. Make sure you mark your luggage in some way that makes it stand out from others. You would be surprised at how similar bags look when they are on the baggage carousel. DO NOT take unnecessary items, no matter how precious they may be to you.

Your luggage may be lost or delayed, so be sure to carry your "essentials" with you in your carry-on luggage. Be sure to include a language dictionary/phrase book, list of important phone numbers, a change of clothes, medications, glasses, insurance card, passport and all other travel documents.

It is a good idea to take a picture of your luggage and carry that with you also.

MEDICATIONS AND EYE GLASSES: If possible, it is recommended that you take a year's worth of any prescriptions. It is also recommended that you have an eye exam, and take a second pair of eye glasses or enough contact lenses to last for your entire exchange.

TELEPHONE DO'S AND DON'TS: Due to host family expectations, and to the sometimes significant cost for long distance service in other countries, telephone usage can be one of the greatest sources of conflict between students and host parents. Keep in mind the following guidelines:

- Ask permission each time you want to use the phone, regardless of whether it is local or long distance.
- Pay for any long distance charges you incur each month. Better yet, purchase a long distance phone card.
- Don't assume that there is no charge for local calls. There may be.

- Don't assume that it is ok to use the phone without permission just because you have a phone card and are paying for the call.
- Use the phone to set up meetings or visits, then GET OFF.
- The phone is a tool, and should not be used for visiting.
- Regardless of how you have used the phone at home, don't expect to use it the same way in your host country.
- Observe how the family uses the phone and do the same.

Every year we hear horror stories of students that rack up phone bills in the hundreds or even thousands of dollars. Don't be one of these students.

Calling home too often can become a serious issue with some host families. Ask your host family when would be a convenient time for you to call your parents.....maybe every other week.....and try to come to an agreement about the frequency and length of calls.

To help students make the initial adjustment as quickly as possible, some Districts will not allow students any communication with home during the first month, so be prepared to accept this rule if it applies to you.

Some students take their cell phones with them on exchange. This is NOT recommended as it is too easy to call home and friends instead of focusing on the exchange experience. Also, unless you have a special plan, international calls to or from a cell phone can be *very* expensive.

GENERAL CORRESPONDENCE: Keep in touch periodically with your family, friends and your sponsoring club's Counselor. You are also encouraged to write **at least** one letter to your high school principal and high school counselor. (Make sure you take their addresses with you.) The other type of correspondence are "thank you" notes to people who have had you in their homes or included you in an activity. It cannot be overstressed just how important these "thank you" notes can be.

E-MAIL, SKYPE and FACEBOOK: Communications via the internet have become the correspondence of choice. It is a great way to keep in touch with people, HOWEVER, time spent using the internet and e-mail can become excessive and create REAL problems. So.....**USE E-MAIL WISELY**. You should never spend more than 1 hour per day on the computer. If you abuse this privilege, you COULD lose the use of your computer. It is a good idea to discuss internet usage with your host family and counselor.

Although e-mail, SKYPE and Facebook can be helpful in keeping in contact with your family and friends back home, be careful that this contact does not interfere with your exchange year. Your exchange year provides you the opportunity to experience a new culture. Don't allow yourself to be physically in your new culture but mentally back home. Your focus should be on your host family and making new friends in your host country. Additionally, your parental guidance should come from your host parents who are familiar with the culture and customs, NOT from mom and dad via e-mail.

Also keep in mind that offensive language or predominantly negative messages are not acceptable. E-mails and comments made on Facebook often find their way to Rotarians who forward them to the Youth Exchange Committee. Students can and have been sent home based on e-mail messages that are not acceptable. Use common sense in communicating with others.

INTERNET USAGE: If it is allowed by your host family, using the internet on occasion is acceptable. HOWEVER, it is **NOT acceptable for you to download** music or install software to you host family's computer without their express consent.

MONTHLY REPORTS: You are required to file monthly reports to our Rotary District. It is important that you be honest about how you are doing and file these reports ON TIME. The reports help us gauge your progress and acquaint us with the types of activities your host club and district provide for you. Often we can glean new ideas for improving our own program, but most importantly, if we think that a problem might be developing, we can give you suggestions for keeping it from spiraling out of control.

Unless there is a reason to keep your report confidential, it will be forwarded to the District 6080 Chair, the Outbound Chair and your Club Outbound Counselor. .

GIFTS: Do not overlook the importance of gifts for your host families, your host country Counselor or others that may become involved in your exchange. The gifts need not be expensive, but should be something "special". Additionally, you should have a farewell gift for you host family when you depart.

Find out when members of your host families have birthdays, and give them a card or some small token. And, don't forget Christmas. Again, the gifts do not need to be expensive. It really is the thought that counts. You would be surprised how a single flower or a small box of chocolates given to your host mother with a little hug can have so much meaning.

PICTURE ALBUM: Although you will have prepared a PowerPoint presentation to be given at Rotary and other meetings. It is recommended that you also take some more personal pictures to share with your family and friends. Prepare a small photo album with written explanations so that you can just hand the album to others to look at.

RETURNING HOME: You will probably have mixed feelings about coming home. In fact, you may feel like you don't want to come home. You have made close friends, you feel comfortable in the culture and you have become attached to your host families.....however, when it is time to come home, do not ask to extend your stay without carefully considering the possible inconveniences to your host family. All requests for extensions should be discussed with your COUNSELOR prior to discussing with your host family. This will give your host family an opportunity to save face if extending your stay is problematic.

AFTER YOUR EXCHANGE: When you return home, write immediately to all your host families and host club Counselor to let them know that you have arrived home safely and thank them once again for all the hospitality and courtesies extended to you. They will be anxious to hear from you because they have probably 'taken you into their hearts" for the rest of their lives.

RE-ADJUSTING TO HOME:

When you return from your exchange you will be used to being independent and making many of your own decisions. You will be much more mature, confident and worldly. You will realize that you have changed, but you may feel that your parents have not. You will probably be surprised that you will need to adapt and re-adjust to your own parents and family. But this will be necessary, just as it was when you first went abroad. Many of your friends may not appreciate your great adventure, and you may find that you have little in common with them. These are REAL issues and are part of Reverse Culture Shock.

PARENTS – WHAT YOU CAN DO TO HELP YOUR CHILD HAVE A SUCCESSFUL EXCHANGE

FIRST.....Thank you for your support and encouragement. We appreciate you allowing your child to participate in this wonderful experience. You have provided them with the opportunity to “see the world”, broaden their horizons, and discover more about themselves than they ever thought possible.

BUT WHAT HAPPENS NEXT?

- Your child’s completed Rotary Youth Exchange applications will have been sent overseas by the end of January, but actual host cities and families may not be known until late spring. (If your son or daughter has been advised that any documents are missing, please assist him/her in obtaining these as soon as possible. Applications can not be sent until they are complete.
- Visas cannot be obtained until the Guarantee Form is returned by the host club/district. Sometimes this document is not returned until early summer.....so be prepared IN ADVANCE and know what needs to be done so you can act QUICKLY once you do have the required forms. This MAY involve a trip to Chicago to visit the consulate of the host country. So, be prepared for this.
- Strongly encourage and help provide language classes or lessons. Your child will have a MUCH BETTER EXPERIENCE if he/she has a basic knowledge of the language BEFORE he/she arrives in the host country. Language learning programs can be very helpful.

WHAT ROTARY EXPECTS OF YOU:

- Continue to be supportive and encouraging. Remember that your child will be making his/her own decisions over there. He/she will be experiencing culture shock while trying to adapt to a new culture. This will be a challenging year and your child needs to know that you are “behind them”.
- Help your child to be responsive to Rotary’s requests, instructions and assignments.
- Consider hosting an inbound student. This will help you have a better understanding of what your child is experiencing.
- Help your child to select gifts for his/her host families and host country counselor.

INSURANCE: Insurance will be provided for your child as part of the flat fee. In some cases it will be US based insurance. In other cases, it will be insurance based in the home country. All policies are required to meet Rotary International guidelines, and most have deductibles of approximately \$100 US. Student insurance is “supplemental”, so DO NOT remove your child from your personal insurance policy.

LETTERS AND NEWS FROM HOME: Write regularly to your son/daughter, but keep your letters on a cheerful note. Most students tend to have problems with homesickness at one time or another and this can be greatly accentuated each time the student receives a letter bearing sad news. Include information about your community or other subjects in which your son/daughter has a particular interest. Although e-mail has become the “standard” method of communicating, letters and packages from home are always a wonderful “surprise”. Local newspapers, “treats”, a book written in English, magazines are appreciated, but remember that your child is trying to focus on learning a new language, and too much communication in English can be a distraction. Applying for colleges and/or taking distance learning courses in English will add to your child’s level of stress. We recommend activities such as these BEFORE or AFTER the exchange. During the exchange they need to focus on language and cultural immersion with as few distractions as possible.

E-MAIL/SKYPE: For most, the internet has become the correspondence tool of choice. It is easy and instantaneous, and is beneficial to most people involved in the Youth Exchange Program. However, be careful that this correspondence does not interfere with your child’s exchange year. We want your son/daughter to be focusing on his/her exchange, NOT what is happening back at home.

PHONE CALLS: In this new age of technology, it is easy for students to maintain close contact with home via cell phones. This is both good and bad. Again, we want your son/daughter to be focusing on his/her exchange, NOT what is happening back at home. We recommend that you and your child agree upon a specific time to talk on the phone.....perhaps every other week.....and then stick to it.

Keep in mind that SOME districts will not allow frequent communications with “home”, especially during the first few months of the exchange, and if it is perceived that your son/daughter is spending too much time focusing on “home”, phone privileges may be rescinded. Be supportive, but do not try to “manage” your child’s exchange.

OTHER CORRESPONDENCE: It is strongly recommended that you establish fairly regular communications with each host mother. Keep the tone of the letters positive and warm. Possible minor problems can be avoided or ironed out tactfully at this level (assuming that the language barrier is not insurmountable). Online translators can help overcome this problem, but they can also present potential obstacles if the intended meaning is changed.

PASSPORT: We require that at least one parent has a valid passport in the event it is necessary to make an unexpected trip to your child’s host country.

VISTING YOUR CHILD: If you are thinking about visiting your child during his/her exchange year, there are several guidelines:

- Defer your visit until toward the end of the exchange (April or May). By then your child should be well adjusted and your visit will not cause a serious bout of homesickness.
- Make sure that your visit has been approved – well in advance - by the host country Counselor first, then by the host family. And, do not assume that there will be room for you in the host’s home.
- Do not plan your visit during your child’s last few weeks. He/she will be busy saying his/her good-byes and does not need the additional “responsibility” of ensuring that you are enjoying your visit.
- Remember to bring some sort of thank you gifts, especially if you are going to be staying with any of the host families.

TRAVEL: Keep in mind that the Rotary Youth Exchange Program is an Educational and Cultural Exchange, NOT a Travel Exchange. Any travel outside the local area will require your permission plus permission from the host parents and Rotary. Often Rotary offers sponsored trips. In some cases these can range from \$1500 - \$2000 and are not included in the Flat Fee.

PROBLEMS: Many children will have problems of some sort during their exchange year. It is important that you are supportive and ask them to talk to their host club counselor or District Youth Exchange Officer FIRST, to try to resolve any problems. There are established procedures in dealing with “issues” and our exchange partners expect students to follow the “chain of command”. Doing otherwise *could* complicate things considerably, souring relations with the other district and jeopardizing future exchanges.

Due to time and distance and your “real” lack of knowledge of the culture and customs, and what the actual problem might be, there is little you can do to resolve “issues” from afar.

On occasion, some students find they cannot or will not adjust to the exchange experience. In these cases, and if all of the established procedures have been followed, the Transportation Coordinator will make arrangements to bring your child home.

OTHER THINGS YOU, AS PARENTS, SHOULD KNOW:

- It is a requirement that you give your consent and permission for emergency operations, administration of anesthetics or blood transfusions for urgent treatment of any illness or injury, which a qualified practitioner may deem necessary for the student's welfare. This permission is given in the multi-page application that you have filled out.
- You should discourage relatives, friends or acquaintances that may live in or near the host country from actively interfering with your child's plans as arranged by the host district, club or family.
- You should understand that your child may be returned home at any time prior to the completion of the exchange year, by reason of willful disobedience of the Rules or misconduct on his/her part.

YOUR RESPONSIBILITIES AS A ROTARY YOUTH EXCHANGE AMBASSADOR

Remember that you are a goodwill, people-to-people Ambassador. You represent not only yourself and your family, but also your country, your culture and Rotary.

Your responsibilities as a Rotary Youth Ambassador include the following:

- 1. Learn the language!!!!** The sooner you learn the language of your host country, the sooner you can begin to adapt to your host family and school. You cannot immerse yourself in the host culture until you are able to speak the language. If necessary, politely insist on NOT speaking English.

- 2. With Your Host Family:**
 - Take the initiative in adapting to your host family. It is YOUR RESPONSIBILITY to adapt to the family, not the family to you.
 - After arriving at the home of your host family, sit down at the first possible opportunity (preferably the first night) and discuss the house rules. (see sample questions in this manual – First Night Questions)
 - Be ever observant. Learn about the family’s habits and follow them. Do not try to impose your habits on them.
 - Willingly conform to the family’s rules and customs.
 - Volunteer to help around the house and garden or with family projects. Keep volunteering, even in the face of rejection until it is clear that your assistance is not wanted or appropriate.
 - Make an effort to at least try any new (strange, to you) foods. Rejection of meals prepared by the host mother/father can become a very sensitive issue.
 - Get out of bed each morning either by your own alarm clock or at the host mother’s first call. Do not expect to be called repeatedly.
 - Make your own bed daily. Keep your room neat and orderly, and clean up after yourself in the bathroom.
 - Be sensitive to the use of the bathroom, laundry, etc. Use them when others do not need them and DO NOT use all the hot water.
 - Carry out your responsibilities for whatever duties may be assigned to you. Your goal should be to create as little extra work as possible for others. (usually your host mom.)
 - Say “thank you” whenever someone does something for you. Appreciation goes a long way toward softening the impact of the additional workload that your presence in the house creates.
 - Express interest in the host family, the town, its history, and any local “sights”. There is always an opportunity to learn something new about the culture.
 - Be sensitive to the relative cost of drinks, your water usage and other supplies. You may unintentionally create budget problems for your host family.
 - Do not stay in your room all the time. Participate in family activities, conversations, outings and visits.
 - Do your homework without being asked.
 - Do not monopolize the TV or other entertainment equipment.
 - Beware of running up a large phone bill.

- Avoid excessive use of the internet. You should not be writing home to family and friends every day nor should they be writing to you. Be aware that internet usage MAY be expensive in your country.
- Do not borrow things without first asking permission.
- Give the family “space” and retreat to your room if family problems arise that do not relate to you.
- Try to avoid sibling rivalry. Jealousy could become a major problem.
- Pay your own way at outings unless you have been invited as a guest.
- If invited, attend church with your family at least one time. This is not an attempt to convert you from your own religion. It is an opportunity for you to experience another cultural difference.
- Be loyal to your host families. Do not be critical of them in front of other people. Treat them as you would your own family.

3. With your school:

- Be a serious student. You are a student, NOT a tourist.
- Attend classes regularly. You will receive the greatest cultural benefit by attending school. It will also help you to make friends more easily.
- If possible, take classes that allow interaction with other students: speech, PE, drama, local history and culture, as well as other classes.
- Don't take too many subjects. Leave yourself a little margin to allow for limited language capabilities.
- Do your homework and participate in class as much as possible.
- Get involved. Join school, extracurricular and perhaps town activities. Capitalize on any special talents you may have.
- Get tutoring help if you need it. (Consult with teachers, host parents and club counselor, as appropriate).
- Remember that you are an extra burden on your teachers. Express appreciation for their understanding and assistance.
- Try to imprint yourself in the collective school memory as having made a positive contribution through your presence.

4. With Your Host Rotary Club.

- Establish good relations with your host Rotary Club. Meet and cultivate your Rotary Counselor. He/she can open doors for you, solve problems and contribute to enriching your exchange.
- Attend as many Rotary meetings and functions as possible or allowed. Remember that your FIRST PRIORITY should be Rotary functions.
- Respond positively to invitations to speak to your host Rotary Club and other organizations.
- Try to get acquainted with members of your host Rotary Club. Ask to attend their meetings. Ask questions about themselves, their families, interests, etc.
- Respond positively to invitations from Rotarians.
- Make clear your appreciation of their sponsorship of you.

5. Understand and appreciate the host country's cultures and values.

- Learn as much as possible before you go (geography, history, political system, educational system, etc.)

- Question your hosts on these subjects.
- Enthusiastically view whatever your host wants to proudly show you.
- Fit in gracefully to adult as well as youthful social situations.
- Remember that each country has different customs, values and mannerisms. Be sensitive to them. Adjust to them. It's part of the experience.

6. Reflect and Communicate your country's culture and values.

- Learn about your own country before you go
- Answer all questions to the extent you can. Be honest, but NOT confrontational. Acknowledge deficiencies, but put them in perspective in relation to what has been done, what is being done, and what is hoped to be achieved.
- Show pride in your country but don't be boastful.
- Do not express an opinion unless you know what you are talking about

7. Don't try to convert the natives.

- Be a goodwill ambassador. Remember that you represent not only yourself, but your country and Rotary, as well.
- The exchange of ideas and knowledge is encouraged, but your role is not to try to change the minds or practices (religion, capitalism, social practices, etc.) of your hosts. This is an educational exchange, not a mission trip.

8. Don't make unfavorable comparisons between your country and your host country.

- Don't criticize, condemn or complain. Things are not necessarily better, worse or wrong, they are just different.
- Show respect for the opinions of others.

9. Practice the utmost courtesy with everyone.

- Always ask permission where appropriate (with your host family, school, Rotary); don't assume you have it.
- Show a genuine interest in other people. Ask them questions. Talk in terms of their interests.
- Express honest, sincere appreciation for all that is done for you.
- Be polite, courteous, generous and well-mannered.
- Say "thank you" and write "thank you" notes. If someone takes the time and has the interest to do something for you, remember to thank them.
- Adopt the social practices of your host country.

10. Be happy with your lot as an exchange student.

- Don't envy other exchange students who may be better housed or entertained. Some Rotary Clubs lavish things on Exchangees, others occasionally ignore them. Work with and be happy with what you have.
- Be glad of your own unique experience and the opportunities it presents.
- Limit your association with other exchange students.

11. Say an enthusiastic “yes”.... To invitations and opportunities to go places and do things (within Rotary and host family rules and with necessary permissions).

12. Do the right thing. You know the difference between right and wrong. As an ambassador of your country, everything you do will directly reflect upon your country. The impression that people will have of your country will depend on YOU.

13. Attitude is Everything!

- Be open minded and have a sense of humor – especially about yourself.
- Be willing to learn and try new things.
- BE FLEXIBLE.
- Look sharp. Be sharp. Be happy and show it.
- Smile. Smile. Smile.

And finally,

HAVE FUN!!!!

YOU are personally responsible for the success of your exchange.

Only YOU have the power and control to make the exchange what you want it to be.

VISA APPLICATION INFORMATION AND CHECK LIST

A Visa is the official permission from a foreign government to enter that country and stay for a specified period of time. A Visa is usually **NOT** a separate document but a stamp entered on a page of your passport. (This is why you need to send your passport in with your visa application.)

It is your responsibility to obtain your own visa. Not every country has the same requirements. You will receive the necessary documents and instructions about how to apply for your visa in the Welcome Packet you receive from your host country. In addition, we will provide you with recommendations, tips and suggestions from former students. However, you should address specific questions to the appropriate consulate/embassy. We recommend that you review the information on their website **first** and then, if you need clarification, contact the consulate/embassy. If phone calls don't work, send emails. Phone calls can be effective depending on which consulate you are dealing with, and the time they "accept" calls.

More and more countries are requiring students to appear IN PERSON to obtain a visa. This generally means a trip to Chicago. Think of this as an opportunity to "go on an adventure" with your child before he/she leaves for a year. Some countries (Germany, in particular) do not issue a visa until after the student has arrived in the country. Again, do a little research and call the consulate/embassy to "get the facts".

Most students will need the following items in order to apply for a visa:

- _____ Signed Passport (keep a copy when you send the original to the embassy)
- _____ Immunization Record – You will be required to provide a SIGNED copy to the Consulate
- _____ Visa Application (you will find this on the consulates website and possibly in your Welcome Packet) (it must be signed by student AND parent if under the age of 18)
- _____ Visa Fee (the price will vary from country to country)
- _____ Passport size photo(s) (make extra copies - some countries require 1, some countries require 5)
- _____ Rotary Guarantee Form (this is your OFFICIAL acceptance into the YE Program. A signed original will be returned to you by your host Rotary district once you have been placed with a Rotary Club, and a host family has been identified.
- _____ School Letter of Acceptance (this is contained in one section of your Guarantee Form, but a separate "letter" may be required by Consular officials in certain host countries)
- _____ SOME countries will require a current (within 3 months) TB Test
- _____ Parents' Letter of Permission – Most Countries will require this to obtain a visa
- _____ Letter of Financial Ability – This verifies that you have the financial resources to support your child when he/she is on the exchange

NOTE: Some consulates require more or fewer documents than noted above. BE PREPARED to produce all of these documents if necessary. We recommend collecting as many of the required documents in advance so you are prepared to apply for your visa after your Welcome Packet arrives. Some documents cannot be requested more than 90 days prior to applying for a visa.

*You cannot apply for your visa until you receive the **COMPLETED** Guarantee Form back from your host country, usually received by May.*

FOLLOW INSTRUCTIONS EXACTLY

And use your name EXACTLY as it is printed on your passport.

EMBASSY INFORMATION

Most of the information below can be found at www.state.gov website.

When you enter the website click on "Travel", "Visas", "Americans Traveling Abroad"

Then click on country specific buttons, or on the letter of the alphabet for your specific country.

If you cannot find what you need, do a web search using keywords "Belgium" or your "country" and additional phrases like "consulate" "Chicago" "Visa" "consular services", etc.

Most websites have an English equivalent, so look for the British or American Flag, or "English translation"

Follow the instructions EXACTLY!!!!

*****Remember, you can NOT apply for your Visa until you receive your completed Guarantee Form.**

COUNTRY	WEBSITE	PHONE
BELGIUM	www.diplobel.us	1-212-586-7472 1-314-770-2900
BRAZIL - VITEM-I Visa	www.brazilconsulatechicago.org	1-312-464-0244
COLOMBIA	www.consulcolombia.us	1-312-923-1196
ECUADOR - Visa 12-VIII	www.ecuador.org/visas.htm	1-312-338-1002
FRANCE	www.info-france-usa.org www.consulfrance-chicago.org	1-312-787-5359 1-202-944-6000
GERMANY	www.germany.info chicago@germanconsulate.org	1-312-202-0480
ITALY	www.conschicago.esteri.it	1-312-467-1550 1-312-467-1335
JAPAN	www.us.emb-japan.go.jp www.chicago.us.emb-japan.go.jp	1-312-280-0400
PERU	www.peruvianembassy.us	1-312-782-1599
SPAIN	www.consulate-spain-chicago.com	1-312-782-4588
SWITZERLAND	www.swissemb.org	1-312-915-0061
TAIWAN	www.taiwanembassy.org www.taiwanembassy.org/us/mkc	1-816-531-1298
TURKEY	www.turkishembassy.org contact@turkishembassy.org	1-212-263-0644 1-202-612-6700

*From time to time embassy information changes. Current information can sometimes be found at:

<http://www.state.gov/s/cpr/rls/>

For those of you that would prefer to use a "service" to assist you in getting the visa, there are several options. Some of the most commonly used services are:

www.g3visa.com / www.travisa.com / www.traveldocs.com / www.passportsandvisas.com

OR ----- www.nameofcounty.visahq.com

Dear Students and Parents

WE WOULD REALLY APPRECIATE IT if you would help us "pave the way" for future RYE students by giving us a better understanding of the visa processes for your country.

Please document how you went about obtaining your visa.....including the following:

1. Were any additional documents required?
2. Was any additional medical information required?
3. Were you required to show proof of insurance?
4. Were you required to show financial ability to support with either a letter from the bank and/or bank statements?
5. If you made phone calls, were there any particular phone numbers that "worked" well and any contact people that were helpful?
6. Did you encounter any problems? If so, how did you deal with them?
7. How much did it cost to get your visa?
8. Did you use a visa service agency? If so, which one? Were you satisfied with the service?
9. How long did the process take from start to finish.
10. What kind of visa did you obtain?
11. Were you required to visit - in person - a consulate or representative of a consulate?
12. Any other comments or suggestions that will help next year's students?

We **STRONGLY** recommend that you make photo copies of ALL documents you send or take to the embassy, and it would be very helpful if you could share these copies with us after your visa has been issued. NOTE: We promise to keep your personal information confidential.

PLEASE PRINT THIS PAGE OUT AND KEEP A RECORD OF THE ANSWERS TO THE QUESTIONS ABOVE. Then, either e-mail or mail the answers to me at the address below.

We will then make a "file" for each country and will be able to provide more detailed instructions to the next group of students.

WE REALLY APPRECIATE YOUR ASSISTANCE WITH THIS!!!!

In the Spirit of Rotary,

~ **Chris**

Chris Rice

Rotary District 6080 Youth Exchange Committee

20 Allies Alley

Sunrise Beach, MO 65079

417-569-3596 [Cell] ~ 573-207-4091 [Fax] Outbound@rye6080.org [Email]



Rotary International Youth Exchange

Rotary District 6080 Youth Exchange Office
20 Allies Alley, Sunrise Beach, Missouri 65079 U.S.A.
+1-573-207-4091

www.rotary6080.org/rotary-youth-exchange



PARENTS' LETTER OF PERMISSION

To Whom it May Concern:

We, _____ and _____ do hereby
(father) (mother)

give our consent to our son/daughter _____ to travel and spend
(student's name)

up to one year in _____ as a Rotary International Youth Exchange

Student. We will assume all costs of transportation, student clothing, insurance, and any other necessary expenses not provided for in this educational exchange program.

Signed: _____ Date: _____

Signed: _____ Date: _____

Notarization:

State of: _____

County of: _____

Personally Appeared: _____ / _____
(father) (mother)

known to me (or satisfactorily proven) to be signer or sealer of the foregoing instrument, and acknowledged the same to be his fee act and deed before me.

Notary Public: _____

(stamp or seal)

OFFICIAL BANK STATEMENT - SAMPLE ONLY

This form **MUST** be filled out, signed by a bank official and notarized.

----- fold here and photocopy on to bank letterhead -----

Date:

To Whom It May Concern:

This is to certify that _____,
(name)

living at _____,

have had _____ account(s) with us for the past _____ years. All accounts have been handled in a satisfactory manner and we feel they have sufficient funds to support their son's/daughter's needs as required by this program. As of this date, the combined balance of all accounts held within our institution is \$ _____.

Sincerely,

Signature and Title

Notarization:

State of: _____

County of: _____

Personally appeared _____ known to me (or satisfactorily proven) to be signer or sealer of the foregoing instrument, and acknowledged the same to be his fee act and deed, before me.

Notary Public: _____
(stamp or seal)



Rotary International Youth Exchange

Rotary District 6080 Youth Exchange Office

20 Allies Alley

Sunrise Beach, Missouri, 65079 U.S.A.

International Voice/Fax: +1-573-207-4091

www.rotary6080.org/rotary-youth-exchange



Acceptance Letter to Consulate – Required by only a FEW countries.

To Whom It Concerns;

This letter is to confirm that Sally Smith has been accepted as a Rotary Youth Exchange student for the 2010-2011 Academic Year. Our United States Information Agency Program Number is P-3-4516.

Sally has been assigned to Ecuador and will be hosted by the Latacunga Rotary Club.

Sally will be attending high school full time during her year abroad and will be hosted by several families throughout her stay. The name of her first host family and Rotary Counselor are listed on her Guarantee Form.

In addition to giving Sally the opportunity to live in another culture, learn another language and grow in international awareness, we expect her to serve as an “ambassador” and to help Rotary accomplish its mission of building bridges of friendship toward the goal of world peace and understanding.

We respectfully request that you grant Sally a visa to Ecuador so that she can participate in the Rotary Youth Exchange Program.

In the Spirit of Rotary,

Kit Freudenberg

District 6080 Youth Exchange Chairman

chair@rye6080.org

Chris Rice

Chris Rice

District 6080 Outbound Chairman

outbound@rye6080.org

Service Above Self. He Profits Most Who Serves Best.

LAST MINUTE TRAVEL INSTRUCTIONS

HOW AND WHAT TO PACK – TIPS FROM FORMER STUDENTS:

- Pack coordinating clothes and don't pack clothes that you *think* you *might* wear. Only bring what you actually DO wear.
- If your pants fit perfectly before you go, after 6 weeks in your host country they probably won't fit anymore, so leave them home. Bring your baggiest pants/jeans instead. A year is a long time to suck in your stomach.
- Girls-don't bring 5 pairs of dress shoes. You won't wear them. If you need shoes, buy them there.
- Pack less than you need.
- Leave some room in your suitcase. You will buy things there and you will still have to come home with the same two suitcases and a carry on bag.
- Closet space in most countries is SMALL.
- Carry your winter coat over your arm on the airplane. Do not pack it. It will take up too much room.
- Don't bring electrical appliances.
- If you wear contacts, pack extra solutions. Your brand might not exist overseas or it might be very expensive.
- Know the luggage restrictions for your airline. The night before you leave, pick up all your bags, fully packed, your heavy coat and your carry on bag and walk around the house with them for about 10 minutes. If you are on the verge of collapse, it's too heavy! Remember, you are going to have to carry all of your luggage yourself.
- Carry the items you cannot live without with you in your carry on luggage at all times.

OTHER TIPS:

1. Make sure both your host counselor and your first host family have your itinerary.
2. Make sure you know who is meeting you and **how you will identify one another**. Do not assume that you will recognize one another from pictures. Have a SPECIFIC plan.
3. Make sure you have phone numbers of whoever is meeting you.....just in case you miss a connection or need to get in touch. Make sure you understand how to use their phone system....i.e. what numbers to dial when you are making a call. **IF YOU MISS A CONNECTION**, remain calm and find an airline employee to assist you. If you miss a flight because of your error, you may have to pay added expenses. If you miss a flight due to no fault of your own, the airline will make other necessary arrangements for you. Explain to the airline representative that you are flying overseas to participate in the Rotary Youth Exchange Program.
4. **MAKE SURE YOU NOTIFY WHOEVER IS MEETING YOU AS SOON AS POSSIBLE!!!!!!**

AFTER YOU'VE ARRIVED:

PUT ON YOUR ROTARY BLAZER.

1. All students will need to go through IMMIGRATION and CUSTOMS **upon arrival in their host countries**. Immigration is the first stop. You will be given a form on the airplane that you should fill out and be prepared to give to the Immigration official. Make

sure you get into the line that says something like "Non-Resident". The immigration official will check your passport and visa and may ask you some questions. The information on your Guarantee Form should provide the answers to all the questions you might be asked.

2. After you pass through Immigration, you will proceed to pick up your luggage and then go through Customs. You may be asked some questions about what you have in your luggage or how much money you are carrying.
3. If you are making a connecting flight to a different location IN THE SAME COUNTRY, you will need to collect your bags, pass through Customs and recheck your bags. Ask an airline official if you need assistance. Then proceed immediately to your departure gate.
4. Contact your parents as soon as possible after you have arrived to let them know that you "survived" your trip and are "safe and sound". Your parent should then notify me.

Finally.....ENJOY THE JOURNEY. You are about to begin the most exciting adventure of your life!

TRAVEL STRESS

You have made preparations, studied the language and culture, attended the orientation, packed your bags and the day of departure is upon you. Your emotions are peaking and the questions in the back of your mind are forcing themselves out and giving you that queasy feeling in the pit of your stomach. What is it? The experts call it TRAVEL STRESS.

You have landed in your host county, met your "new" family, traveled to your "new" home, unpacked in your "new" bedroom and you may not feel just right. You may feel some anxiety, you're tired and are suffering from jet lag. What is it? The experts call it TRAVEL STRESS.

If you recognize the symptoms, you can deal with them. Jet lag is real and can take a toll on you. Your biological clock has been upset. Day is night and night is day. Your body hormones may also be out of balance.

Emotionally, whether you realize it or not (and you probably don't) you are under a lot of stress. You have left your family, friends and familiar surroundings behind you. You may have been apprehensive about the flight, your personal safety, if you will be met, if you will be accepted, if you can cope with the new culture, etc. Some of you will feel secure, some of you will feel insecure and most of you will be somewhere in the middle. You may be worried about being able to eat the food, learn the language, adjust to having no car, making new friends, attending a new school, adjusting to different social and economic standards, accepting more restrictive discipline and many other things.

Not knowing what to expect next may very likely throw you off balance. All in all, you have a suitcase full of emotionally stressful issues.

Often jet lag and stress result in physical ailments or discomfort. Indicators include feelings of anxiety, insecurity and fear. You may have trouble sleeping or you may be extraordinarily tired and sleep for hours.

Girls often have irregular menstrual cycles. Upset stomachs, light headedness, bowel upsets, headaches, crying jags or a combination of these are common symptoms. You may find yourself continually thinking of home and, then, homesickness sets in.

IT IS IMPORTANT FOR YOU TO REMEMBER THAT ALL OF THIS IS NATURAL AND TO BE EXPECTED.

The question then is.....HOW DO YOU DEAL WITH TRAVEL STRESS?

First, recognize it for what it is and remind yourself that THOUSANDS of other exchange students are experiencing the same feelings.

Remember, TRAVEL STRESS IS TEMPORARY AND CAN BE OVERCOME.

Start preparing a day or two before you leave and on the trip:

- Go to bed earlier if you will be traveling east and later if you will be traveling west.
- Avoid alcohol, sleeping pills and tranquilizers.
- Wear loose, comfortable clothing and shoes. To help prevent your feet some swelling, get up and walk around the plane occasionally.
- Avoid stimulants such as tea and coffee and other caffeine products before and during the flight.
- Drink plenty of non-carbonated beverages such as water or juice on the flight to keep yourself well hydrated.

Once you've arrived, establish a regimen and daily schedule for your new environment. It's helpful to exercise. Walk or jog around your new neighborhood. (This will also help you to get familiar with your new neighborhood.) Learning all the new things, especially the language, is tiring. A nap after school and time to relax is often helpful. Take some time to read, write in your journal, listen to music or take some time to get to know your host family. Consciously establish a daily and weekly routine to keep yourself busy, to give your days order and to help you relax.

The time it takes to adjust to your new surroundings will vary with each individual, so be patient with yourself and know that you WILL begin to feel better.

PREPARING TO GO – A CHECKLIST

- ✓ Do you have your passport and visa? Have you made COPIES of the pertinent pages of these documents? (You should carry a copy of your passport SEPARATELY from the original and leave a copy with your parents.) If your passport is lost or stolen, you should immediately go to the nearest U.S. Embassy or Consulate with the copy for assistance.
- ✓ Have you sent your flight itinerary to your host family and counselor?
- ✓ Do you have the phone numbers of your host family and host country counselor in the event you miss a connection or your flight is cancelled?
- ✓ Do you know how you will recognize your host family or counselor at the airport when you arrive? Do NOT assume that you will recognize one another from pictures. Have a PLAN about how you will identify one another. WEAR YOUR ROTARY BLAZER!
- ✓ Do you have your emergency fund?
- ✓ Have you discussed with your parents how they can provide you with money when you are in your host country?
- ✓ Have you practiced your Power Point Presentation so that you are comfortable giving it the first time in your host country?
- ✓ Do you have gifts for the members of your host families and Counselor?
- ✓ Do you have your exchange pins, name tag, flag, business cards, etc?
- ✓ Do you have 4-6 banners from your sponsoring Rotary Club?
- ✓ Do you know about your own state and country? Your host country?
- ✓ Have you checked with your high school counselor about how your exchange year might affect your graduation plans or your eligibility to participate in sports or other activities if you return to high school after your exchange?
- ✓ Do you have a picture of your luggage?
- ✓ Do you understand the airlines weight and size guidelines for luggage?
- ✓ Do you have an extra pair of glasses or contact lenses?
- ✓ Do you have enough of all medications you are taking?
- ✓ Do you have your “First Night Questions” with you?

Tips to Help You Stay Safe

- If you have a problem or are worried about something, always tell an adult you trust about it, such as your teacher, counselor or current or recent host parents – **NEVER** suffer in silence!
- Pack your own suitcase and never carry items abroad for others. Take care that you do not unwittingly or wittingly act as a drug courier for someone else given that some countries impose death penalties for drug offenses.
- Before you go on exchange find out how to use a public phone in your new country. Carry the telephone numbers for the emergency services in that country and keep them handy.
- Ask your first host parents to send you their address written in the language of their country. Organize this before you go on exchange and take it with you.
- Understand and explain to your hosts about your insurance coverage.
- Follow the instructions of your leader, teacher and other supervisors, including those in your host country (unless those instructions constitute a crime or are contrary to Rotary regulations).
- Tell someone where you are going and what time you will be home – don't change your plans at the last minute as this can cause confusion.
- Look out for anything that might hurt or threaten you or anyone in your group, and tell a responsible person about it.
- If you are out at night in the Center of town, stay in places with street lights – wherever you are, make sure that you don't get separated from your friends. If you need to use a public toilet, go with a friend.
- If you are going to or traveling through an impoverished country, do not carry handbags, cameras, or wear jewelry of any kind, even cheap earrings. (Watches, necklaces and earrings may be grabbed and pulled away, causing injuries.
- If you do get lost or separated go to a shop or place where you will be seen by lots of people to ask for directions.
- If someone you don't know talks to you, just walk away.
- Have the details of your accommodation on you, whether it's your host family's address and telephone number or hotel or campsite details.
- Keep enough money to make a telephone call.
- Keep your money hidden in an inside pocket, bag, concealed money belt or something similar – choose whichever is most comfortable for you.
- Arrange for someone to pick you up at night unless you are with a sizeable group of people and use public transportation.
- Make sure you know the person who is coming to pick you up. Never get into a car unless it is with this arranged person.
- If you are on a bus and someone makes you feel unsafe, move to a seat near the driver.
- Dress and behave sensibly and responsibly.
- Be sensitive to local codes and customs.
- Think things through carefully before you act and do not take unnecessary risks.
- Always look and behave confidently.

TIPS FOR LEARNING YOUR “NEW” LANGUAGE — BEFORE YOU DEPART

- Enroll in a class where you have made an academic or financial investment – nothing like a little commitment or consequences to make your show up and do the work.
- Listen/watch foreign language radio and TV
- Watch movies in your foreign language. Watch the first time with subtitles and the second time with subtitles turned off. In the US, Netflix (netflix.com) has a HUGE selection of both Spanish and Portuguese movies. They also have some movies in other languages.
- Download (legally) popular and folk music from your host country. Get the lyrics on line to your favorites and translate them.
- Go to the library and check out children’s books in foreign languages. They will have a simple vocabulary and pictures. Children’s music and nursery rhymes are helpful, too.
- At the library, look for foreign language periodicals like People and Time.
- Get a self-paced language program like Berlitz, Rosetta Stone or Pimsleur. (Again, the financial commitment may increase your follow-through.)
- If you already know the language somewhat, use a translation dictionary. You won’t believe the difference that will make in your vocabulary.
- Buy a “501 Verbs” in a foreign language book and try to learn three verbs a day.
- Learn two “feeling” words each day. (happy, sad, hungry, excited, tired, etc.)
- Find a native or fluent speaker in your community that you can converse with – perhaps trade language lessons if they are still learning English.
- Tape words in your “new” language to items around your house. (a preliminary list of word to translate into your “new” language is included to help you get started.....)
- **GET STARTED NOW!!!!!!**

Dale Carnegie 's Golden Book Principles from How to Win Friends and Influence People

Become a Friendlier Person

1. Don't criticize, condemn or complain.
2. Give honest, sincere appreciation.
3. Arouse in the other person an eager want.
4. Become genuinely interested in other people.
5. Smile.
6. Remember that a person's name is to that person the sweetest and most important sound in any language.
7. Be a good listener. Encourage others to talk about themselves.
8. Talk in terms of the other person's interests.
9. Make the other person feel important and do it sincerely.

Win People to Your Way of Thinking

10. The only way to get the best of an argument is to avoid it.
11. Show respect for the other person's opinion. Never say, "you're wrong."
12. If you are wrong, admit it quickly and emphatically.
13. Begin in a friendly way.
14. Get the other person saying, "yes, yes" immediately.
15. Let the other person do a great deal of the talking.
16. Let the other person feel that the idea is his or hers.
17. Try honestly to see things from the other person's point of view.
18. Be sympathetic with the other person's ideas and desires.
19. Appeal to the nobler motives.
20. Dramatize your ideas.
21. Throw down a challenge.

Be a Leader

22. Begin with praise and honest appreciation.
23. Call attention to people's mistakes indirectly.
24. Talk about your own mistakes before criticizing the other person.
25. Ask questions instead of giving direct orders.
26. Let the other person save face.
27. Praise the slightest improvement and praise every improvement. Be "heartily in your approbation and lavish in your praise."
28. Give the other person a fine reputation to live up to.
29. Use encouragement. Make the fault seem easy to correct.
30. Make the other person happy about doing the thing you suggest.

Principles from How to Stop Worrying and Start Living

Fundamental Principles for Overcoming Worry

1. Live in "day-tight compartments."
2. How to face trouble:
 - Ask yourself, "What is the worst that can possibly happen?"
 - Prepare to accept the worst.
 - Try to improve on the worst.
3. Remind yourself of the exorbitant price you can pay for worry in terms of your health.

Basic Techniques in Analyzing Worry

1. Get all the facts.
2. Weigh all the facts – then come to a decision.
3. Once a decision is reached, act!
4. Write out and answer the following questions:
 - What is the problem?
 - What are the causes of the problem?
 - What are the possible solutions?
 - What is the best possible solution?

Break the Worry Habit Before It Breaks You

1. Keep busy.
2. Don't fuss about trifles.
3. Use the law of averages to outlaw your worries.
4. Cooperate with the inevitable.
5. Decide just how much anxiety a thing may be worth and refuse to give it more.
6. Don't worry about the past.

Cultivate a Mental Attitude that will Bring You Peace and Happiness

1. Fill your mind with thoughts of peace, courage, health and hope.
2. Never try to get even with your enemies.
3. Expect ingratitude.
4. Count your blessings – not your troubles.
5. Do not imitate others.
6. Try to profit from your losses.
7. Create happiness for others.

The Perfect Way to Conquer Worry

1. Pray.

Don't Worry about Criticism

1. Remember that unjust criticism is often a disguised compliment.
2. Do the very best you can.
3. Analyze your own mistakes and criticize yourself.

Biography

Dale Carnegie was born in 1888 in Missouri, USA and was educated at Warrensburg State Teachers College. As a salesman and aspiring actor, he traveled to New York and began teaching communications classes to adults at the YMCA.

In 1912, the world-famous Dale Carnegie Course[®] was born. He authored several best-sellers, including, *How To Win Friends and Influence People* and *How to Stop Worrying and Start Living*. Over 50 million copies of Mr. Carnegie's books have been printed and published in 38 languages.

Mr. Carnegie was a prominent lecturer of his day and a sought-after counselor to world leaders. He wrote newspaper columns and had his own daily radio show. Dale Carnegie founded what is today a world-wide network of over 3,000 instructors and offices in more than 70 countries. He died in 1955.

CULTURE SHOCK AND HOMESICKNESS

It is very likely that, at some time during your exchange, you will experience some degree of Culture Shock or Culture "Fatigue" that will cause you to feel lonely and homesick. Culture Shock has two distinct features:

1. It does not result from a specific event; instead it comes from the experience of encountering ways of doing things, organizing, perceiving, or valuing things which are different from yours and which threaten your basic, unconscious belief that your enculturated customs, values and behaviors are "right".
2. It usually does not strike suddenly or have a principal cause. Instead, it is cumulative. It builds up slowly from a series of small events that are difficult to identify.

There are four recognizable stages of culture shock that most people who live abroad go through.

1. **Initial Excitement or Euphoria:** Most people begin with great expectations and a positive attitude. If anything, they come with excessively high expectations toward their prospective experiences. Anything new is intriguing and exciting. However, the similarities stand out and the recent arrival is usually impressed with how people everywhere are really very much alike. This period of euphoria may last for a week or two or up to a month, but then let down is inevitable. This first stage is often followed by:
2. **Irritability and Hostility:** Gradually your focus turns from the similarities to the differences; and these differences, which suddenly seem to be everywhere, are troubling. You become irritated with and hostile to your host culture when the deeper differences between your own culture and the host culture become apparent. You can't help feeling that things aren't just different, they're wrong – they just don't feel natural. You may experience some of the following symptoms:
 - Homesickness
 - Boredom
 - Withdrawal (spending excessive amounts of time reading or writing letters in your room; only seeing Americans, avoiding contact with the host.)
 - Excessive amounts of sleep
 - Compulsive eating
 - Compulsive drinking
 - Irritability
 - Exaggerated cleanliness
 - Family tension and conflict
 - Stereotyping of hosts
 - Hostility toward hosts
 - Loss of ability to do school work
 - Unexplainable fits of weeping
 - Physical ailments

Most people will experience only some of these symptoms, not all of them. If you hang in there, and don't give up in frustration, you will enter into the next fairly long phase of:

3. **Slow and Gradual Adaptation:** AS you begin to develop real language skills and you better understand different cultural values, you begin the slow process of adapting.

You then enter the last phase of:

4. **Biculturalism:** You may not function like a native, but eventually you will function in such a way that you fit in relatively well to your adopted culture, while maintaining your own native cultural identity. You will become “bicultural” that is, you are able to function within two cultures with confidence.

CURES FOR CULTURE SHOCK

During those times when you are feeling lonely and homesick, there are some things you can do to help. Just remember that these feelings will pass as your language skills improve and you begin to adapt to cultural differences.

1. Know thy host country. One of the best antidotes to culture shock is to know as much as possible about where you are.
2. Begin consciously to look for logical reasons behind everything in the host culture which seems strange, difficult, confusing or threatening. Even if your reasons are wrong, it will reinforce the positive attitude that there is, in fact, a logical explanation for the things you observe in your host culture.
3. Take every aspect of your experience and look at it from the perspective of your hosts. Find patterns and interrelationships. Relax your grip on your own culture a little; there is no way you can lose it, but letting go a bit may open up some unexpected avenues of understanding.
4. Don't succumb to the temptation to disparage the host culture. Resist making jokes and comments. Don't hang around with Americans who make negative remarks; they will only reinforce your unhappiness. There will always be people around who are ready to indoctrinate the new arrivals on the “stupidity of the natives”. Avoid these people like the plague.
5. Find a sympathetic and understanding host person. This may be your host mother or father, sister or brother, or perhaps a friend at school, a teacher, or a neighbor. Hopefully your Rotary Counselor or Youth Exchange Officer will be that person, but, if not, find one and talk with that person about specific situations and about your feelings. Ask lots of questions, again to maximize the goal of “know thy host country”.
6. Above all, have faith in yourself, in the essential good will of the hosts, and in the positive outcome of the experience. Just remember that your negative feelings will pass as your language skills improve and you begin to adapt to cultural differences.

ONE WORLD... OR MANY?

by Dennis White, Ph.D.

In discussing the purpose and many benefits of international exchange programs, one of the most commonly heard assumptions is that when people from different cultures live together, they can eventually cut through the barriers of language and custom to find that, all over the world, people are basically alike. This has been dubbed by some the “One World” theory - the idea that language and other cultural differences are relatively superficial, and that basically people are the same.

This widespread belief is one of the motivating factors for many of the thousands of people, around the world, who dedicate countless hours of time to promoting and organizing a wide variety of exchange programs. It is also a belief that seems to be largely validated by the experiences of those people who see how much understanding and brotherhood are enhanced, at a person-to-person level, by these programs. The close and lasting relationships that are developed in exchange programs are legendary. There is probably not a person with experience in exchange programs that does not have stories of students, host families or parents returning for weddings or other events, years after the initial exchange.

While the “One World” theory may be a positive motivator, there are some fundamental obstacles in it that make approaching intercultural relation from another point of view worth considering. In fact, it may be that some of the problems in international exchange programs come from an over emphasis on the “One World” theory. For example, most people are relatively familiar with the concept of culture shock - the physical, emotional and intellectual disorientation that often accompanies immersion in a totally new cultural environment. While most exchange students are trained to expect and cope with this phenomenon and eventually get through it, many do not. They experience what might be termed a chronic culture shock. Although there may be complex reasons for this, and each case is unique, this never-ending shock may be in part due to being stuck in the “One World” approach.

After adjusting to superficial differences, and after finding some common ground, some exchange students become frustrated by differences that appear to be at a very fundamental level. They are confronted with the new reality that, at a very basic level, different cultures may view the world differently in how they think, what they value and how they view relationships, among other things. When confronted with these differences, they may react by rejecting the host culture. This may be as “mild” as never really liking it but sticking it out, or as severe as returning early. As a part of this rejection they may either think that there is something wrong with them or wrong with the host culture, when, in fact, it is not a question of right or wrong, good or bad, but just different. Another problem that can come from this unexpected confrontation of fundamental differences is when exchange students over-adapt to the host culture, rejecting their own culture as bad and adopting the new as good. This is sometimes referred to as “going native.” While this may appear to be a positive adjustment, it is

often only when it is time to return home that problems appear. While they may physically return home, psychologically they feel homeless. Does this mean that the “One World” theory is bad and must be abandoned? Not necessarily. In fact, it is almost always the initial point of view of exchange students when they first get involved in exchange programs.

Instead, it may be more helpful to look at the “One World” theory as an important developmental stage, but not the final stage, in intercultural awareness and sensitivity. Instead of beginning with the basic assumption of similarities, it may be helpful to take the approach of cultural anthropologists and experts in intercultural communication who, instead, make a basic assumption of differences. This means, for example, that people differ not only in language, but that they differ in how they answer such basic questions as the character of human nature, the relationship of humans to nature, the importance of time in human activity, the purpose of human activity and the nature of human relationships. While all cultures address these questions, they don’t all answer them the same way.

As people grow up in their own cultures, they view the way they do things as right, natural, and possibly the only way to respond. This is the basis of what is called **ethnocentrism** - the tendency to view one’s own culture as the right, natural and only way. When one encounters another culture that is different, one then unconsciously judges that culture by one’s own cultural frame of reference. The very first encounter with the culturally different almost always provokes an extreme ethnocentric response of defensiveness toward people of the other culture, by criticizing or feeling superior to them.

After repeated exposure to another culture and the development of some cultural awareness, some people move on to a position where they can no longer deny the existence of differences between cultures, but neither can they accept the fundamental nature of those differences. This then becomes a stage of minimization of those differences, essentially recognizing they are there but are not as important as the basic underlying similarities between people. The “One World” theory is an example of this. The similarities are sometimes viewed in terms of physical needs (such as, we all have to eat, procreate and die) or in universal transcendent terms (such as we are all God’s children, or all people want and need to realize their individual potential).

While people in this stage are able to recognize and accept cultural differences, they are uncomfortable with emphasizing those differences and resolve them by minimizing their significance. But the resolution is still basically ethnocentric, in a more subtle way. For example, an American exchange student preparing to go abroad might be advised, “When in doubt, just be yourself and you’ll do okay” (because people are people, and if you act “natural” others will respond in kind). This is subtle ethnocentrism in that it assumes that one’s natural self will be automatically understandable to others, and further, that the natural self will be valued and appreciated in another culture. In fact, being “natural” on the part of an American may be seen as being rude and disrespectful in another culture.

When similarities are seen, they are also more commonly seen as “They are just like us”. Seldom does one hear the phrase, “We are just like them”.

People in this “minimizing of differences” stage of cultural awareness are certainly interested in other cultures. And many are able to participate effectively in most aspects of exchange programs. It is just that their tendency to resolve differences in this fashion is still ethnocentric, and thus, limits their potential for further understanding. The limiting factor is their own cultural frame of reference. There are further potential stages of cultural sensitivity, and they almost always come only after extended immersion in another culture, along with the development of substantial cultural competence. As a result there is a major shift from ethnocentrism to **ethnorelativism**. Ethnorelativism is conceptually different in that it assumes that cultures can only be understood relative to themselves. There is no natural, right standard that can be applied to all cultures. This assumes that one’s own culture is no more central to reality than any other, regardless of one’s own preferences.

The move from ethnocentrism to ethnorelativism, is usually difficult, both intellectually and emotionally. If no one culture is inherently right or wrong, but just different, many people mistakenly conclude that they must necessarily approve of all aspects of all cultures. Although there is no necessity of ethically agreeing with all cultures in this stage, many people believe that is what they must do. As a result, they are often overwhelmed by this apparent dilemma, and either move on to a more developed stage of sensitivity, or fall back to some form of ethnocentrism.

On the other hand, moving to ethnorelative thinking can be liberating and exciting. One learns to expect and look for differences, knowing that understanding those differences will help give the new culture meaning and help make sense of it. Instead of judging another cultural practice as bad, because it is different, one looks for differences in behavior and values and tries to understand why they occur from the point of view of that culture.

For example, Americans tend to pride themselves on punctuality, especially in matters of business. In trying to make a business appointment in another culture, an American might find that his or her business counterpart arrives late, keeps them waiting, and then allows all sorts of interruptions, other business and social events to interfere. An ethnocentric interpretation might be that the other person isn’t very businesslike, is rude, disrespectful and disorganized. An ethnorelative view might be to try to understand why those behaviors and values are present, and what they mean. It assumes that the above behavior is normal for that culture and that the person is behaving exactly as he or she should. In that culture, it may be that time is very past or future oriented, not present oriented. It may be that business and social life are constantly mixed, not separated. It may be that no disrespect whatsoever has been shown, and the other person may be behaving quite ethically, within the values of that culture.

Acceptance of these differences and trying to understand them leads to the ability to learn to adapt to them, when operating in that culture. Adaptation then becomes another

developmental stage in ethnorelativism. It is more than the adage, “When in Rome, do as the Romans do,” because such behavior comes with an understanding of why it is important. As one might expect, this stage takes a considerable degree of cultural competence and the time in which to develop it. Many exchange students are just getting comfortable with this stage when their exchange year ends.

The final stage of ethnorelative awareness is an open-ended one. It usually doesn't come until an exchange student returns to his or her own native culture for a while. It is a stage of true integration of a multicultural point of view. The person is essentially at home and competent in at least two cultures, often ones with radically different points of view on many basic aspects of life. Paradoxically, the person is also not really at home in either culture. This is the comment of countless students, even years after their return. Because they can now see their own culture from another point of view, and because they have lived life from that point of view, they can never be exactly as they were before. On the other hand, no matter how well they adapted to the host culture, they know that is not completely “them” either. Without some help in understanding this process, these returned exchange students can spend a long time only experiencing the negative side of this cultural “no man's land”.

In time, and with some help interpreting their experiences, they can come to see that they now view their own culture more clearly, often appreciating it much more, while also being more critical of it. They develop a sharper concept of who they are and what they stand for. At the same time, they understand and appreciate at least one other culture that is different from theirs, and different at some fundamental levels. They have learned to appreciate those different behaviors and values as being just as right and valid for that culture as theirs are for their own culture.

People with a true multi-cultural or at least bi-cultural orientation, who have integrated those awarenesses, think not in terms of one world, but instead, of many worlds. But they are not so concerned that these differences exist. They not only tolerate differences, they appreciate them. They become part of an ongoing process of moving in and out of their own cultural context. Since they are not bound by their native cultural frame of reference at all times any more, they are able to shift, appropriately, among points of view. When we send exchange students around the world and tell them it will be the experience of a lifetime, we are speaking the truth. By learning to be culturally competent and by developing a high level of cultural sensitivity, we are helping them change so much that they will never really be the same. They can learn that people are basically alike in many ways, as in the “one world” theory. But they can also learn to function in, and think of the world, as many very fundamentally different cultures. They can learn to understand and value the “many worlds” of our planet.

Host Family First Night Questions

These questions are a good starting place. You and your host family should discuss anything that you think is important. We suggest you discuss the items most important to you as soon as possible. When you are in a new place with limited language skills, it is best not to assume anything, but rather, to ask. The simplest questions may be the most important, such as “where is the bathroom”? You can come back to other questions as they seem necessary.

1. What would you like me to call you? Should I call you “Mom”, “Dad”, or given (first) name, or something else?
2. What are my daily responsibilities while living in your home: Make my bed? Keep my room neat and clean? Clean the bathroom after I use it? Other?
3. What is the procedure for laundering clothes? Where do I keep dirty clothes until they are to be washed?
4. What is the procedure if I need to iron my clothes?
5. May I use the iron, washing machine, sewing machine, etc.?
6. Where can I keep my bathroom accessories?
7. When is the most convenient time for me to use the bathroom on weekday mornings (in order to get ready for school)?
8. When is the best time for me to shower or bathe?
9. Is there anything special about using the bathroom I should know?
10. May I use the family’s shampoo and tooth paste or should I buy my own?
11. When are mealtimes?
12. Do I have any responsibilities at meal times, such as to set or clear the table, wash or dry the dishes, dispose of the garbage?
13. May I help myself to food and drinks (non-alcoholic) at any time or must I ask first?
14. May I use kitchen appliances such as the microwave, dishwasher or stove?
15. What areas of the house are strictly private, for example, your study, bedroom, etc.?
16. What are your rules about my drinking alcohol?
17. What time must I get up weekday mornings?
18. May I rearrange the furniture in my bedroom?
19. May I put posters or pictures on the walls of my room? If yes, how do you want things attached to the walls?
20. Where can I store my suitcases?
21. May I use the stereo, computer or TV?
22. What time should I get up weekends and holidays?
23. What time must I go to bed weekdays? Weekends?
24. What time must I be at home on school nights if I go out?
25. What time must I be in on weekends if I go out?
26. What dates are the birthdays of family members?

27. May I have friends stay overnight?
28. What is your rule on entertaining friends in my room?
29. Can I invite friends over during the day? After school? When no one else is home?
30. What is the telephone number here? How do I contact you in an emergency?
31. How do I make telephone calls? What are the rules about telephone calls? Local, Long Distance, International? How and when may I pay for calls I make? How do you want me to keep track of my expenses for telephone calls?
32. What are the rules about access to the Internet and e-mail if there is a computer in the house? Are there time limits or time periods that use is permitted or prohibited? If you are not connected to the Internet, where can I find an Internet service to contact my family and friends?
33. May I receive telephone calls from my friends? Are there times of the day when calls are not acceptable?
34. What is the procedure about sending and receiving mail?
35. Do any of you have any special dislikes? For example, chewing gum, types of music, being late, wearing a hat at the table, being interrupted while reading, etc.
36. What transportation is available to me? (Walking, bus, bicycle, being driven, riding with friends, etc) Are there times or places it is unsafe for me to walk unescorted? Are there rules about traveling with friends?
37. What transportation is available for shopping or going to movies?
38. What are your expectations for me about going to church or other religious institution?
39. If I have a problem with the family or a family member that is bothering me, how do you want me to handle it?
 - a. Write a note to you explaining it
 - b. Ask for a face-to-face discussion with you
 - c. Tell my Rotary counselor
 - d. Keep it to myself and live with it
41. How do I enroll in school?
42. What do I do about school lunch? If there is an expense, who pays- me, you, Rotary?
43. How can I arrange to go shopping for personal items?
44. Is there anything else I can do around the house to be of help?
45. Am I expected to attend Rotary meetings? How often? Who will arrange for this?
46. Is there anything else we should discuss?
47. Remember, ask about those things you feel are most important the first night, and then others as appropriate. Try to always keep an open and honest communication with your Host Family.

Insurance Information for District 6080 Outbounds who are covered by U.S. based CMI-MEDEX Insurance

District 6080 provides Youth Exchange participants with Accident & Sickness and Personal Liability insurance, administered by CMI Insurance, MEDEX Global Solutions.

Documents posted on the RYE website are:

- Accident and Sickness Policy
- Liability Policy
- General Claim Instructions
- Accident & Sickness Claim Form
- MEDEX Services and Contact Information

Any general questions should go to Amy Spadaro:

Amy Spadaro
Client Relations Manager, Scholastic
CMI Insurance, MEDEX Global Solutions
aspadaro@medexglobal.com
p: 410 308 7920 | tf: 800 586 0753 | f: 410 583 8244
web: medexglobal.com

Specific claim questions should be directed to the claim office of ACI:

Administrative Concepts, Inc. (ACI)
994 Old Eagle School Road Suite, 1005
Wayne, PA 19087-1802
Telephone: 610-293-9229, 888-293-9229 Fax: 610-293-9299

There is also a claim section on CMI's web site:

<http://www.cmi-insurance.com/claims-information.aspx>

On that page are the claim office details as well as a link that can be used to inquire electronically about claim status. Claim forms and instructions are also available there.

Ted Persons
Regional Sales Director, Scholastic
CMI Insurance, MEDEX Global Solutions
tpersons@medexglobal.com
p: 410 308 7935 | tf: 800 586 0753 | f: 410 583 8244
web: medexglobal.com

In addition, a complete summary of the policies, a claim form with instructions, and emergency contact information in countries around the world is available on our Rotary District website at www.rotary6080.org/rotary-youth-exchange.

Students not covered by CMI-MEDEX, but covered by insurance in their host countries should contact their Inbound Counselor for assistance related to medical care and claims.

OUTBOUND ASSIGNMENT

To help you prepare for your year away we expect you to do in-depth research on the part of the world where you will be living next year and to begin, in earnest, your language study. Both of these activities will enhance and enrich your experience in your host country and ease your transition into a new culture, community and family.

This research project is meant to be a family affair. It may be the only time in your life where it is OK for your parents to be co-authors of a homework assignment! For parents, having an in-depth knowledge of the country and the culture where your child will spend the next year will help you to support them better and help you feel more connected to that part of the world while they are away. A once unfamiliar place will begin to feel not so distant and strange.

Enclosed is the outline for the research that you need to do. You are expected and encouraged to use multiple resources: libraries, the Internet and interviews/conversations with people from or very familiar with your host country. Please list your resources at the end of the paper and note the resources that you found to be the most helpful. Future students may find these resources to be helpful!

The first step is to look at the outline and ask: "Which of these questions do I not know the answer to about my **own** country and culture?" That is your starting point. As an ambassador you should be knowledgeable about all of the issues on the outline. You will be asked these questions over and over while on exchange. This will not be part of your paper but you are expected to be able to converse intelligently about all of these issues. If you have gaps in your knowledge about your own country's geography, history, economy, political system, current events etc, now is the time to get up to speed. You will be asked over and over about your own government's policies on trade, global warming and the war in Iraq- to name just a few topics. You will be expected to share your knowledge and your opinion in a respectful and diplomatic way. You can practice these conversations around the dinner table or in the car.

At this point, you have been assigned to a specific country. (Some of you may also have been assigned to a specific Rotary District.) But you will not know where, exactly, in the country or District, you will be living until later. In the spring, when you hear about the actual town and school that you will be going to, you can drill down to the next level with your research.

This paper should be **no less than 12 pages** (excluding your list of resources). You do not need to do formal footnotes unless you are also using this paper for a project at school- as some of you may want to do. You may find that for some of these topics you would use the same resource to learn about your own country. For example, as you are looking up the demographic data on your host country, that same source may have the demographic

information for your home country that you will be asked about on your exchange. Doing parallel research may be a wise use of your time and energy.

We expect that by **mid February** you will have completed your research for **half of the topics** listed (not necessarily in the order listed on the Outline). You can mail this as a hard copy or you can send it electronically. The remainder of your research will be due at the 2nd Outbound Orientation in April.

Some of you will not yet have information about your host city/town or school until late spring or early summer. You can submit an addendum to your paper three weeks after you find out **exactly** where you are going.

Your language study should be serious and continuous right up to the day of departure.

What will happen if you don't turn this paper in? Your commitment to the privilege and responsibility of being an ambassador will be seriously questioned.

What will happen if you do a half- baked job? The only person you will cheat will be yourself.

You probably have never had such a good reason to do research before in your life, not to mention opportunities for real life application!

Much of the fun and learning that you get from travel is from anticipation and preparation. The more you know before you go the richer your experience will be.

Let the adventure begin!

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Rotary District 6080 Outbound Student Research Assignment

1. Geography:

- Where is your host country?
- What are some of its defining geographical features? How does the natural landscape limit access between different population groups or centers? How does this impact people's daily lives (medical care, education, labor and industry, migration in and out of rural and urban areas)?
- What is the capital city and why is it located where it is?
- What countries border your host country?
- What were your host country's original boundaries? How have they changed over time? For what reasons?
- Is it typical for families to travel between states/regions of the country?
- Do locations popular with tourists impede community development or improve it?

2. Climate and Environment:

- What is the climate like in your host country?
- What are the regional differences in the climate?
- How is global warming affecting your host country? (industrial/agricultural vs. environmental) What are the "hot" buttons/controversies?
- Are there problems with pollution? Are there pollution controls laws? Are there concerns about de-forestation and habitat?
- Are there protected public lands like National Parks and National Wildlife reserves?
- Is your host country a signatory to the Kyoto Accord? Is your home country a signatory to this accord? If not, why not?

3. History:

- What is the early history of your host country?
- Make a time line from the earliest history of your host country to the present. Mark the most important events. During those dates/periods, was anything related happening in your home country?
- What have been the patterns of immigration into your host country in the last 75 years? What influences remain today?
- Have there been any civil wars in your country? Are there lingering effects?
- What was your host country's involvement in any other major world conflicts?
- What new holidays will you celebrate? Who or what is being commemorated?

4. Religion:

- What are the major religions in your host country? Is there an official religion?
- To what extent are the major religions adhered to?
- What are the major religious holidays and what are some of the customs associated with these holidays.

5. Economy:

- What is the economy based on? What are some of their biggest/most important imports and exports?
- What products are traded between your host country and your home country?

- What products/services is your host region famous for?
- What is the per capita income? The gross national product (GNP)? What is the unemployment rate? When and how do people retire?
- Describe the currency. What is the historical /cultural significance of the symbols on the money?
- What is the current exchange rate?
- What is the currency and the exchange rate in the neighboring countries that you may get to visit?
- Are there distinct economic/social classes in your host country? How easy is it to move from one class to another? Are the different classes made up of different ethnic groups?

6. Educational System:

- How is the educational system organized?
- What do you see as the biggest differences between your educational system- especially as relates to high school and college?
- What are the requirements to graduate from high school?
- What are the relationships like between teachers/students/students families? Can you be friends or friendly with your teachers or is it a more formal connection?
- What happens with students who “don’t make it”? What are the options for students whose families cannot afford tuition?
- What percentage of students go on to university?
- Describe the University system. How expensive is it? Which are more prestigious- the private colleges or the public ones?

7. Food:

- What are some of the foods that your host country is famous for?
- What are some dishes that are indigenous? What are some foods that reflect Spanish or Portuguese influence?
- What are some regional differences in food in your host country?
- What does a liter of milk cost? A pound of butter? A dozen eggs? A loaf of bread? How does that compare with the cost of those items in your home city?
- What new fruits and vegetables will you get the opportunity to taste?
- What spices are used in cooking?
- Does your host country have something similar to the US Department of Agriculture Food Pyramid (some official nutritional guidelines)? How does it differ from the one you know?
- Can you drink the water? If the drinking water supply is not generally safe (as luckily it is in N. America) how will you know when and where the water is safe to drink?

8. Health:

- What data can you find about: life expectancy, infant mortality, birth rates, leading causes of death, incidence of smoking, HIV, TB? How does that compare with the data from your home country?
- What do people do when they get sick? What are some common home remedies for things like a cold or sore muscles?
- What immunizations will you need to get prior to departure?

- How do people exercise or keep fit?

7. Current Events

- What are the hot button issues right now in your host country?
- What is the name of the main English language newspaper that you can read on-line?
- What are the names of two influential newspapers or magazines in your host country?
- What is the relationship between your country's government and that of your host country?
- What are the trade or political issues that have been a source of disagreement between your host country and your home country in the last five years?
- In what settings is it appropriate to talk about politics and religion? When? Where? With whom?
- Do people openly discuss attitudes and beliefs that may contradict the government or do these discussions happen privately?
- What is the crime rate? What kinds of things to people visiting your host country have to be mindful of? Pickpockets? Purse thieves? What new behaviors might you have to adopt to keep yourself and your belongings safe?
-

8. Government

- How legitimate is the government? Was the last election free and fair?
- Who is your host country's top political leader? When was he/she they most recently elected?
- What do people who support him/her like about him/her?
- What do people who don't like him/or her have to say?
- How is the government organized? National vs. regional vs. local roles.
- How close is the military to the seat of power? When in the last 50 years have there been coups, juntas and /or dictators?
- What kinds of social services are available (or not available) for the poor?
- What is the voting age? Is voting required?
- Who is the ambassador from your country to your host country? Who is the ambassador from your host country to your home country? Where are the embassies located in each country? Are there other consular offices in each country?
- How big is the drug trade in your country? What is the relationship between the government and the drug trade?

9. Adolescence in your host country:

- What is the age of majority in your host country? (The age you become a legal adult)
- When can you get a driver's license?
- What is the drinking age in your host country? What are the penalties for using illegal drugs or underage drinking?
- What are family-role expectations of teenagers (school work, family obligations, family functions)
- What are the expectations for teenage family members when visitors stop by? Should you stay and listen? Stay and join in the conversation? Can you or should you leave the room?
- How do teens greet each other? How do they greet adults?
- What are common teenage household/family responsibilities? Part time work? Help with the dishes? Yard or laundry? Run errands?

- Curfews vary by family and often by gender, but what might you expect in your host culture regarding a curfew?
- What are popular leisure activities for teenagers?
- How do teenagers dress in your host country?

10. Language:

- For students going to South America- how does the Spanish or Portuguese in your host country differ from the Spanish/Portuguese spoken in Spain and Portugal?
- What has been the influence of immigrants and indigenous peoples on the language of your host country?
- What percentage of the population speaks a second or third language? What percentage of the population speaks English?
- What are some idiomatic expressions or slang (not vulgar) that are unique to your country. (Example: “G-day, Mate!” in Australia.)
- How might someone describe the accent in your country? In your region?
- What is your plan to become functionally fluent in your host country language *prior* to departure?
- What is your language study plan while you are on exchange? How will you remember and integrate all the new vocabulary that you will encounter every day? How will you become proficient in grammar and writing?
- Learn as many ways as possible to politely say:

- ❖ Hello
- ❖ Thank you
- ❖ I appreciate that
- ❖ You are so kind
- ❖ Nice to meet you
- ❖ I am so glad to know you
- ❖ Goodbye
- ❖ I hope to see you again
- ❖ How can I help?
- ❖ What would you like me to do?
- ❖ Can I assist you?
- ❖ Do you need me to do anything?
- ❖ I would really like to help.

Helpful phrases around food:

- ❖ I am not very fond of liver (or whatever the food is) the way my mother prepares it, but perhaps the way you prepare it I will like it better.
- ❖ I have not learned to like liver, yet. (Yet is the important word here!)
- ❖ Learn how to say the word “Unfamiliar”. It is a very diplomatic and non-judgmental response to many questions- especially around food.

11. Sports:

- What is the history of soccer in your host country?
- What are the big rivalries?
- Do teenagers play sports as a part of school? If not, how do they get involved in sports?
- What are the opportunities to play sports for girls and women?

12. Rotary:

- What is the history of Rotary in your host country
- What are the boundaries of your host district?
- What is the history of your host club? How long have they been involved in Youth Exchange?
- How many members are in your host Rotary Club? How many of them are women?
- Where do they meet? What time of day?
- How many exchange students do they usually host every year?
- Where are last year's exchange students that were hosted by your club from? How might you get in contact with them? Where are your host club's current Outbound students? How might you get in contact with them? (They will be returning home as you arrive!) Note: Your sponsoring club/district may also be able to put you in touch with current and former outbound students. It would
- What local projects is your host club involved with? What international projects? Do they have a big fundraiser that you can help with?

A few other resources to get you started:

Books:

Material World- A Global Family Portrait by Peter Menzel, et al
Women in the Material World by Faith D'Aluisio and Peter Menzel

Xenophobes Guides: These are wonderful, humorous and irreverent looks at many cultures written by people not originally from that culture but who know it well as an outsider who has lived there. Even if there is no Xenophobes Guide to the country that you are going to, be sure that you look at the *Guide* to Americans or Canadians. It will give you some insights as to how we are seen by other cultures. To order you can go to www.xenophobes.com

Internet Sites:

Omniglot : <http://www.omniglot.com/language/index.htm> This website has great information on language and resources for learning languages.

Culture Grams: "Concise reliable and up-to-date country reports on 190 cultures of the world." Check to see if your school or local library subscribes to this wonderful resource. If not, you can order individual reports of your host country for about \$4. www.culturegrams.com

PREPARING YOUR PRESENTATION

All students will be expected to have a 15-20 minute presentation prepared to give to Rotary Clubs, school groups, and possibly to other organizations. This presentation should cover the following:

YOU and your FAMILY

- How old are you?
- What are your hobbies and other interests?
- What is your favorite food?
- What are your favorite books, movies, singing groups?
- What are your long-range plans for your future/career?
- What does your home look like?
- Brothers? Sisters? Pets?
- What do your parents do for a living

Your SCHOOL

- What classes do you take?
- How is the school day structured?
- How big is your school?
- What are your favorite subjects?

Your COMMUNITY

- How big is your town?
- What is the major industry/major employer?

Your STATE

- Where is Missouri?
- What are some interesting facts about the State?
- What is some Missouri History?

ROTARY

- How did you hear about the Rotary Youth Exchange Program?
- Why did you decide to become an exchange student?
- What do you hope to accomplish during your year abroad?

THANK YOU

- Thank Rotarians for hosting you
- Thank other groups for the opportunity to speak to them about your country

Your presentation will be much more interesting (and easier to give) if you include lots of pictures. People in your host country will be interested in seeing pictures of your house, your school, your community and your state. Try to weave a story with your presentation. (i.e. start with a baby picture.....pictures of you growing up....activities....family vacations..... etc.)

You should try to give some of your presentation in the language of your host country, even if it is only the introduction. Your effort will be appreciated.

SOME SUGGESTIONS ON HOW TO CREATE AN INTERESTING PRESENTATION

No one wants to hear “.....and this is a building”. You have to weave a story around your pictures. The best way to do that is to have a personal story about your pictures. It doesn't have to be *your* personal story, just a unique and interesting point of view.

You might want to consider including some unique facts and pictures. Or talk to some interesting people you know and respect. Ask them the following questions and then take notes when they talk.

1. What single thing best represents Missouri? The US? Why?
2. What historical event had the biggest effect on your city or State? Why?
3. What best describes a person from Missouri? (hillbilly?) Why? (Ask these questions to several different people and pick the best answers – then include your own thoughts.)
4. What has happened to your family or in your life that was unusual or funny? (Use that story when you are showing pictures of your family or home.)
5. Give reasons why someone from a foreign country would enjoy visiting Missouri.

By taking the time NOW to prepare AND PRACTICE a good presentation, you will eliminate a major stressor on your exchange.

*****One of the most memorable presentations that I remember seeing was a student who showed pictures of her family vacations throughout the United States....standing next to the largest ball of twine in the country.....and the largest Prairie dog.....lying on the beach in the pouring rain on a not-so-summer vacation day.....etc.

Whatever you do.....

- be creative
- don't include too many facts and figures
- don't bother to name people in the pictures, your audience won't remember
- at least pretend to be having fun
- look at the audience now and then
- keep in mind that your audience is interested in what you have to say
- SMILE!!!

Missouri State Flag



Centered on red, white and blue fields is the Missouri state seal. It is encircled by a blue band with twenty-four stars representing the number of states in 1821. The stars in the inner circle have the same meaning. Two huge grizzly bears support the circular shield in the center which has three parts:

1. The motto "United We Stand, Divided we Fall"
2. The right section representing the United States
3. The left section containing a moon representing a new state and a grizzly bear standing for courage.



Detail: Missouri

ABOUT MISSOURI

The Great Seal of Missouri is a symbol made up of many other symbols. Circling the Seal is the state's motto: "Salus Populi Suprema Lex Esto" which is Latin for "The welfare of the people shall be the supreme law." The two large bears stand for courage and strength; the 24 stars how the Missouri was the 24th state to be admitted to the Union.

Missouri's present **State Capitol** is actually the state's third in Jefferson City. After the second capitol burned in 1911, the people decided to build the grandest in the country, using stone excavated from nearby quarries. Two museums are located in the capitol building.

The **State Flag** consists of three large horizontal strips of red, white and blue. In the center of the white stripe is the Missouri coat-of-arms.

The **State Bird** is the Bluebird, which symbolizes happiness.

The **Flowering Dogwood** is the **State Tree**.

The **Fiddle** is the **State Musical Instrument**.

The **Missouri Waltz** is the **State Song**.

The **Square Dance** is **Missouri's official Dance**.

The **Hawthorn** is **Missouri's State Flower**.

The **Honeybee** is the **Missouri Insect**.

The **Missouri Mule** is the **State Animal**.

The **Channel Catfish** is the **State Fish**.

Some famous Missourians are: William Clark, Walt Disney, Samuel Clemens (Mark Twain), Daniel Boone, Harry Truman, Laura Ingalls Wilder, Joseph Pulitzer, Scott Joplin, Jesse James, Edwin Hubble and Emmett Kelly.

Missouri Facts and Trivia

1. Missouri is known as the "Show Me State".
2. The 'Show Me State' expression may have begun in 1899 when Congressman Willard Duncan Vandiver stated, "I'm from Missouri and you've got to show me."
3. The first successful parachute jump to be made from a moving airplane was made by Captain Berry at St. Louis, in 1912.
4. The most destructive tornado on record occurred in Annapolis, MO. In 3 hours, it tore through the town on March 18, 1925 leaving a 980-foot wide trail of demolished buildings, uprooted trees, and overturned cars. It left 823 people dead and almost 3,000 injured.
5. At the St. Louis World's Fair in 1904, Richard Blechyden, served tea with ice and invented iced tea.
6. Also, at the St. Louis World's Fair in 1904, the ice cream cone was invented. An ice cream vendor ran out of cups and asked a waffle vendor to help by rolling up waffles to hold ice cream.
7. Missouri ties with Tennessee as the most neighborly state in the union, bordered by 8 states.
8. The state animal is the Mule.
9. St. Louis; is also called, "The Gateway to the West" and "Home of the Blues".
10. Warsaw holds the state record for the low temperature of -40 degrees on February 13, 1905.
11. Warsaw holds the state record for the high temperature recorded, 118 degrees on July 14, 1954.
12. State bird--native Bluebird March 30, 1927
13. State insect--honey bee July 3, 1985
14. Mozarkite was adopted as the official state rock on July 21, 1967, by the 74th General Assembly.
15. On July 21, 1967, the mineral galena was adopted as the official mineral of Missouri.
16. The crinoid became the state's official fossil on June 16, 1989, after a group of Lee's Summit school students worked through the legislative process to promote it as a state symbol.
17. On June 20, 1955, the flowering dogwood (Cornus Florida L.) became Missouri's official tree.
18. The "Missouri Waltz" became the state song under an act adopted by the General Assembly on June 30, 1949
19. The present Capitol completed in 1917 and occupied the following year is the third Capitol in Jefferson City and the sixth in Missouri history. The first seat of state government was housed in the Mansion House, Third and Vine Streets, St. Louis; the second was in the Missouri Hotel, Maine and Morgan Streets, also in St. Louis. St. Charles was designated as temporary capital of the state in 1821 and remained the seat of government until 1826 when Jefferson City became the permanent capital city.
20. The first Capitol in Jefferson City burned in 1837 and a second structure completed in 1840 burned when the dome was struck by lightning on February 5, 1911.

21. Kansas City has more miles of boulevards than Paris and more fountains than any city except Rome.
22. Kansas City has more miles of freeway per capita than any metro area with more than 1 million residents.
23. Jefferson National Expansion Memorial consists of the Gateway Arch, the Museum of Westward Expansion, and St. Louis' Old Courthouse. During a nationwide competition in 1947-48, architect Eero Saarinen's inspired design for a 630-foot stainless steel arch was chosen as a perfect monument to the spirit of the western pioneers. Construction of the Arch began in 1963 and was completed on October 28, 1965.
The Arch has foundations sunken 60 feet into the ground, and is built to withstand earthquakes and high winds. It sways up to one inch in a 20 mph wind, and is built to sway up to 18 inches.
24. Saint Louis University received a formal charter from the state of Missouri in 1832, making it the oldest University west of the Mississippi.
25. In 1889, Aunt Jemima pancake flour, invented at St. Joseph, Missouri, was the first self-rising flour for pancakes and the first ready-mix food ever to be introduced commercially.
26. The tallest man in documented medical history was Robert Pershing Wadlow from St. Louis. He was 8 feet, 11.1 inches tall
27. Creve Coeur's name means broken heart in French, comes from nearby Creve Coeur Lake. Legend has it that an Indian princess fell in love with a French fur trapper, but the love was not returned. According to the story, she then leapt from a ledge overlooking Creve Coeur Lake; the lake then formed itself into a broken heart.
28. The most powerful earthquake to strike the United States occurred in 1811, centered in New Madrid, Missouri. The quake shook more than one million square miles, and was felt as far as 1,000 miles away.
29. Anheuser-Busch brewery in St. Louis, Missouri is the largest beer producing plant in the nation.
30. During Abraham Lincoln's campaign for the presidency, a dyed-in-the-wool Democrat named Valentine Tapley from Pike County, Missouri, swore that he would never shave again if Abe were elected. Tapley kept his word and his chin whiskers went unshorn from November 1860 until he died in 1910, attaining a length of twelve feet six inches.
31. President Harry S. Truman was born in Lamar, May 8, 1884.
32. The first train of the Atlantic-Pacific Railway, which became the St.Louis-San Francisco Railway, or "Frisco," arrived in 1870.
33. Callaway County was organized on November 25, 1820 and named for Captain James Callaway who was killed in a fight with Indians near Loutre Creek.
34. Missouri was named after a tribe called Missouri Indians; meaning "town of the large canoes"
35. Situated within a day's drive of 50% of the U.S. population, Branson and the Tri-Lakes area serves up to 65,000 visitors daily. Branson has been a "rubber tire" destination with the vast majority of tourists arriving by vehicles, RVs and tour buses. Branson has also become one of America's top motor coach vacation destinations with an estimated 4,000 buses arriving each year.
36. Charleston holds the Dogwood-Azalea Festival annually on the 3rd weekend of April. "Charleston becomes a blooming wonderland."

37. Jefferson City, Missouri, the state's capital, was named for Thomas Jefferson, the third President of the United States.
38. Missouri's oldest community, Saint Genevieve, was founded as early as 1735.
39. In 1812 Missouri was organized as a territory and later admitted the 24th state of the Union on August 10, 1821.
40. In 1865 Missouri became the first slave state to free its slaves.
41. Hermann, Missouri is a storybook German village with a rich wine-making and riverboat history that is proudly displayed in area museums. Built in 1836 as the "New Fatherland" for German settlers, the town has achieved national recognition because of its quality wines and distinctive heritage.
42. Auguste Chouteau founded Saint Louis in 1764.
43. Laura Elizabeth Ingalls, writer of Little House on the Prairie grew up in Missouri.
44. "Madonna of the Trail" monument in Lexington tells the story of the brave women who helped conquer the west and is one of 12 placed in every state crossed by the National Old Trails Road, the route of early settlers from Maryland to California.
45. Soybeans bring in the most cash for Missourians as a crop.
46. Missouri Day is the third Wednesday in October.
47. On Sucker Day in Nixa, Missouri, school closes officially and the little town swells to a throng of 15,000 hungry folks. All craving a taste of the much maligned but delicious bottom dweller fish loathed by almost everyone else.
48. Point of highest elevation: Taum Sauk Mountain, 540 meters (1,772 feet)
49. State folk dance: square dance
50. State musical instrument: fiddle

Thanks to: Charles Andrew Humfeld, Gene Kerr, PMary25491, Scott Peterson, Seatac57

SEXUAL ABUSE RESPONSE POLICY AND PROCEDURES

STATEMENT OF CONDUCT FOR WORKING WITH YOUTH

Rotary International is committed to creating and maintaining the safest possible environment for all participants in Rotary activities. It is the duty of all Rotarians, Rotarians' spouses, partners, and other volunteers to safeguard to the best of their ability the welfare of and to prevent the physical, sexual, or emotional abuse of children and young people with whom they come into contact.

As a Rotary Youth Exchange Student, your welfare is extremely important to us. We have prepared this document for your safety. Please read it carefully. This information may help you better understand what sexual abuse and harassment are and help you protect yourself by preventing potential abusive situations before they happen. In the unlikely event that you are subjected to sexual abuse or harassment, this document will help you understand what you can do about it.

STUDENT PROCEDURES

If you are sexually or physically abused or harassed or are accused of sexually or physically abusing or harassing another person, you should follow this procedure:

1. Report the situation immediately to the person with whom you feel most comfortable.
 - The local host Rotary Club Youth Exchange Counselor, the District Student Protection Officer, the District Youth Exchange Chair, any member of the District Youth Exchange Committee, or the District Governor.
 - If you are not comfortable talking to a local person, contact a trusted Rotarian at home. (A District 6080 Contact Card will be provided.)
 - Your call will be received in a sensitive and confidential manner. Each of the individuals listed on the card has been trained to deal with this type of situation.
2. If appropriate action is not taken when you report the situation, report it again and continue reporting it until someone takes you seriously. Make sure that it is understood that you are serious.
3. When you are uncomfortable with someone else's behavior, and you think it is sexual in nature, please trust your judgment and report it to someone else.

ALLEGATION REPORTING GUIDELINES

If you report an allegation of abuse or harassment, these are the guidelines the Rotarians will follow.

1. When receiving the report from you, they will:
 - Listen attentively and stay calm. They will acknowledge that it takes a lot of courage to report abuse. They will listen and be encouraging.
 - Protect you. They will first ensure your safety and well-being. They will remove you from the situation immediately and from all contact with the alleged abuser or harasser. They will reassure you that this is for your own safety and that it is not a punishment.
 - Get the facts, but not interrogate. They will ask you questions that establish what was done and who did it. They will reassure you that you did the right thing in telling.
 - Be non-judgmental and reassure you. They will not be critical of anything that has happened or anyone who may be involved. They will assure you that the situation was not your fault and that it was brave and mature to report what happened.

- Assure privacy but not confidentiality. They will explain that they will have to tell someone about the abuse or harassment to make it stop and to ensure that it doesn't happen to other students.
 - Record. They will make a written report of their conversation with you as soon after talking with you as they can. They will include the date and the time that they talked with you. They will use your words and will record only what you told them.
2. They will report this information as soon as possible to the hosting Club Youth Exchange Counselor, the District Student Protection Officer, the District Youth Exchange Chair or the District Governor providing none are the accused individual. This person will immediately notify the appropriate Law Enforcement Authorities in cases of abuse.
 3. They will avoid gossip and blame. They will not tell anyone about the report other than those required by the guidelines. Care must be taken to protect the rights of both you as the victim and the alleged offender during any investigation.
 4. They will not challenge the alleged offender. The adult to whom you report will not contact the alleged offender because the investigation must be left entirely to law enforcement authorities in cases of abuse. In cases of non-criminal harassment, the District Student Protection Officer and the District Governor, who are responsible for the investigation, will contact the alleged offender after you have been moved to a safe environment.
 5. They will follow-up. After appropriately reporting the allegations, Rotarians will follow up to make sure steps have been taken to address the situation.

DEFINITIONS

Sexual Abuse: Refers to engaging in implicit or explicit sexual acts with a student or forcing or encouraging a student to engage in implicit or explicit sexual acts alone or with another person of any age, of the same sex or opposite sex. This includes but is not limited to:

- Non-touching offenses (such as verbal intimidation, or other indirect suggestions with which you are uncomfortable).
- Indecent exposure (unwelcome revealing of sexual body parts such as breasts or genitals).
- Exposing a student to sexual or pornographic material.
- Sexual assault.

Sexual Harassment: Refers to sexual advances, requests for sexual favors or verbal or physical conduct of a sexual nature. In some cases, sexual harassment precedes sexual abuse. It is a technique used by sexual predators to desensitize or to groom their victims. Examples include, but are not limited to:

- Sexual advances; sexually negative words or phrases used to insult someone, jokes, written or oral references to sexual conduct, gossip regarding one's sex life, comments about one's sexual activity, deficiencies or prowess.
- Verbal abuse of a sexual nature.
- Displaying sexually suggestive objects, pictures or drawings.
- Sexual leering or whistling, any inappropriate physical contact such as brushing or touching, obscene language or gestures and suggestive or insulting comments.

Note: More detailed procedures are provided to the Rotarians responsible for students.

Prepared for Rotary District 6080 Youth Exchange Students

Student Protection Information Card

Directions to Students:

Cut out the large section below with the solid lined border. Then make two folds on the dotted lines, folding along the long horizontal line first and along the short vertical line second.

This will give you a wallet or pocket-sized card to carry with you.

Use the information on this card if the Rotarians in your host district are unable to assist you.

Rotary Youth Exchange
Student Protection Information Card
Rotary District 6080, Missouri, USA

Rotary International is committed to protecting the safety and well being of Youth Exchange students and will not tolerate their abuse or harassment. All allegations of abuse or harassment will be taken seriously and must be handled within the guidelines provided herein. The safety and well being of students is always the first priority.

District Student Protection Officer:

Nick Mebruer
417-532-1215 or 417-532-3117

District Youth Exchange Chair:

Kit Freudenberg
573-619-3058 (mob) or (573) 592-5022 (Ofc)

District Outbound Program Director:

Chris Rice
(H) 1-417-889-8669 or (C) 1-417-569-3596

State Department Designated Officer:

Don Peters (1-830-981-4733)

STUDENT PROCEDURES:

if you are sexually or physically abused or harassed or are accused of sexually or physically abusing or harassing another person, you should follow this procedure:

1. Report the situation immediately to the person with whom you feel most comfortable.
 - Contact the local host Rotary Club Youth Exchange Counselor, the District Student Protection Officer, the District YE Chair, any member of the District Youth Exchange Committee, or the District Governor.
 - If you are not comfortable talking to a local person, contact a trusted Rotarian at home.
 - Your call will be received in a sensitive and confidential manner. Each of the above individuals has been trained to deal with this type of situation.
2. If appropriate action is not taken when you report the situation, report it again and continue to report it until someone takes you seriously. Make sure that it is understood that you are serious.
3. When you are uncomfortable with someone else's behavior, and you think it is sexual in nature, please trust your judgment and report it to someone else.