

Rotary District 5100



Host Family Orientation

Northern Oregon and Southwest Washington
from the Pacific Ocean to the Wallowa Mountains

First - THANK YOU



Our program is
successful
because of YOU!

What This Training Covers

- ❑ Introduction (slides 4 – 7)
 - Objectives of Rotary Youth Exchange
 - Priorities for Inbound students
 - Acronyms to know
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- ❑ Section 2: Host Family Basics (slides 23-37)
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 - Resources and Contact Information

Before we begin

If you have a **Host Family Binder** pull it out, or if you have access to the internet, you can bring up the most current Host Family Binder at

www.youthexchange5100.org

Objectives of Rotary Youth Exchange

- ❑ Instilling international understanding and goodwill in students
- ❑ Creating positive change by empowering youth
- ❑ Making lasting connections for host clubs, host families, communities, and the students involved
- ❑ Rotary Districts administer the Youth Exchange program in collaboration with local Rotary clubs.
- ❑ A Rotary District is a group of Rotary clubs in a specific area or region. Rotary has approximately 530 districts worldwide with 1.2 million members.
- ❑ Unlike many exchange programs, Rotary Youth Exchange is managed by volunteers, resulting in relatively low administrative costs and a strong support network of engaged Rotarians. Rotary's youth protection policies and District Youth Exchange certification program ensure that the safety of our youth is the highest priority.

Priorities for Inbound Students

- FIRST priority is to required **scheduled District 5100 activities**. There will be five or six of these during your year here, and unless you are advised otherwise, in writing, your attendance is required at each of these functions.
- SECOND priority is to **your host family**. If they have planned activities in which they expect you to participate, they have priority over any other activity you might have planned, except Priority #1.
- THIRD priority is to **your host Rotary Club**. They made the decision to host you, have paid your District Fees, and expect you to attend meetings regularly and be part of club activities. Your presence and participation help sustain the Youth Exchange Program in your host club.
- FOURTH priority is to **your School**. You are expected to attend school every day, make an effort in class, and participate in school activities.

Acronyms to know

- ❑ YEO – Youth Exchange Officer
- ❑ IB = Inbound Student (a student coming to the US from another country)
- ❑ OB = Outbound Student (a US student going to a foreign country)
- ❑ LTEP – Long Term Exchange Program
- ❑ STEP – Short Term Exchange Program
- ❑ RI = Rotary International
- ❑ DYEC – District Youth Exchange Committee
- ❑ NAYEN – North American Youth Exchange Network
- ❑ ROTEX – Rotary Exchange Students from their second year out from exchange
- ❑ REBOUND – Rotary Exchange Student in their first year after returning home

Section 1

Rotary Organization Roles & Responsibilities

Where **YOU** fit into the picture

- Rotary International
- NAYEN (North American Youth Exchange Network)
- District Youth Exchange Committee
- Clubs
 - Youth Exchange Officer
 - Club Counselor
 - **Host Family**
 - **Student**

This is not a hierarchy. This is a collaborative effort of all these volunteers and the student.

Rotary International Oversight

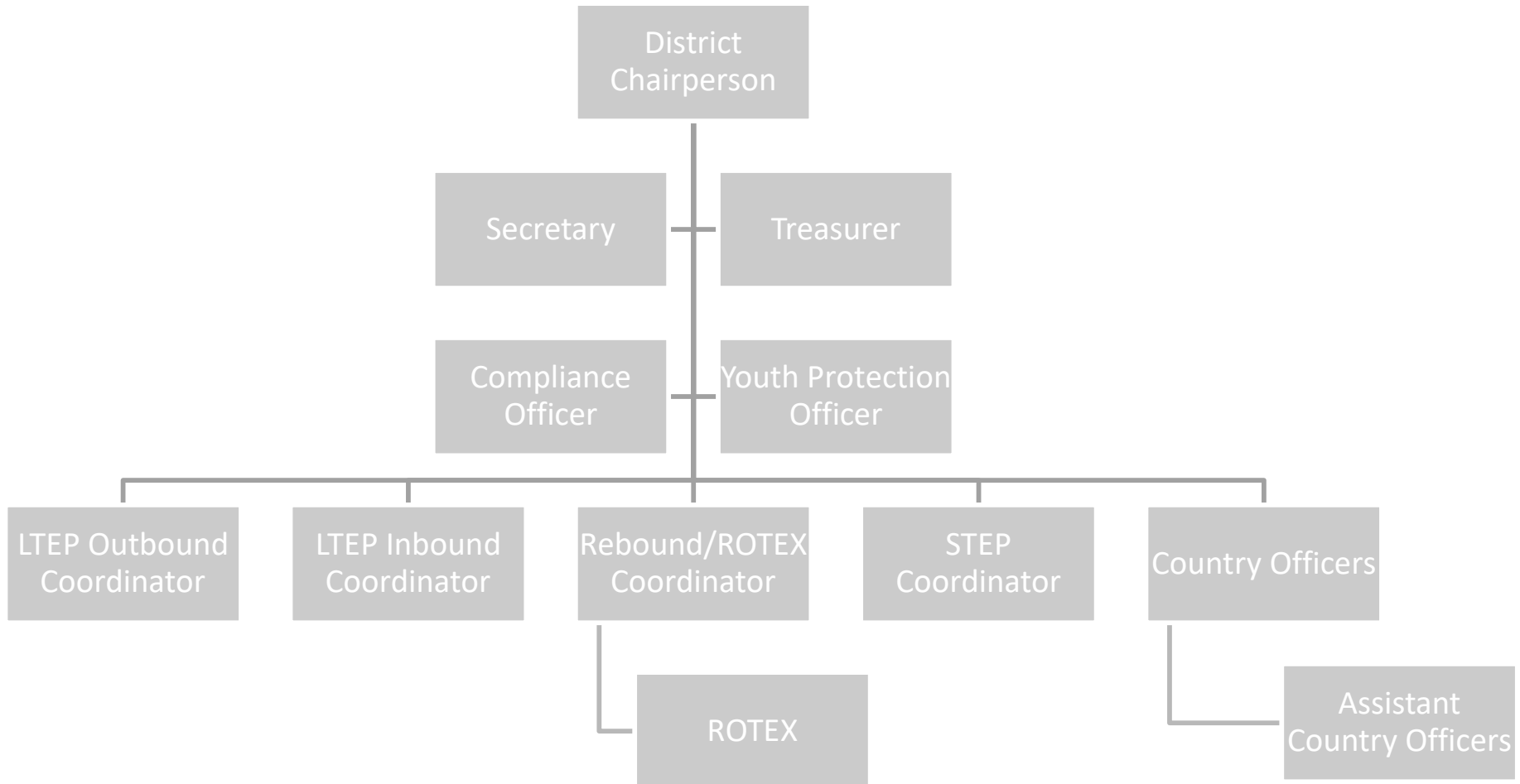
- ❑ Rotary International supports Districts that participate in Rotary Youth Exchange by:
 - Administering a District certification program
 - Providing guidance and ensuring compliance with Rotary policies
 - Helping them communicate with their partners abroad and responding to program inquiries from Rotarians and the general public
 - Developing resources for networking, communicating, and promoting the Youth Exchange program

NAYEN

- ❑ The North American Youth Exchange Network, commonly known as NAYEN, is a Regional Association representing 167 districts, in Canada, Mexico and the United States, which are involved in Rotary Youth Exchange.
- ❑ The annual three day conference provides a forum for training youth exchange officers in best practices and the opportunity for interaction and collaboration with our overseas counterparts.
- ❑ NAYEN further supports its members through the development of resources and training materials to support their district programs.

District 5100 YE Organization

as it supports our Outbound, Inbound and STEP Students and Host Families



District YE Chair Responsibilities

The Youth Exchange District Chair manages Youth Exchange activities within the district and communicates with Rotary International, the District Governor, and clubs.

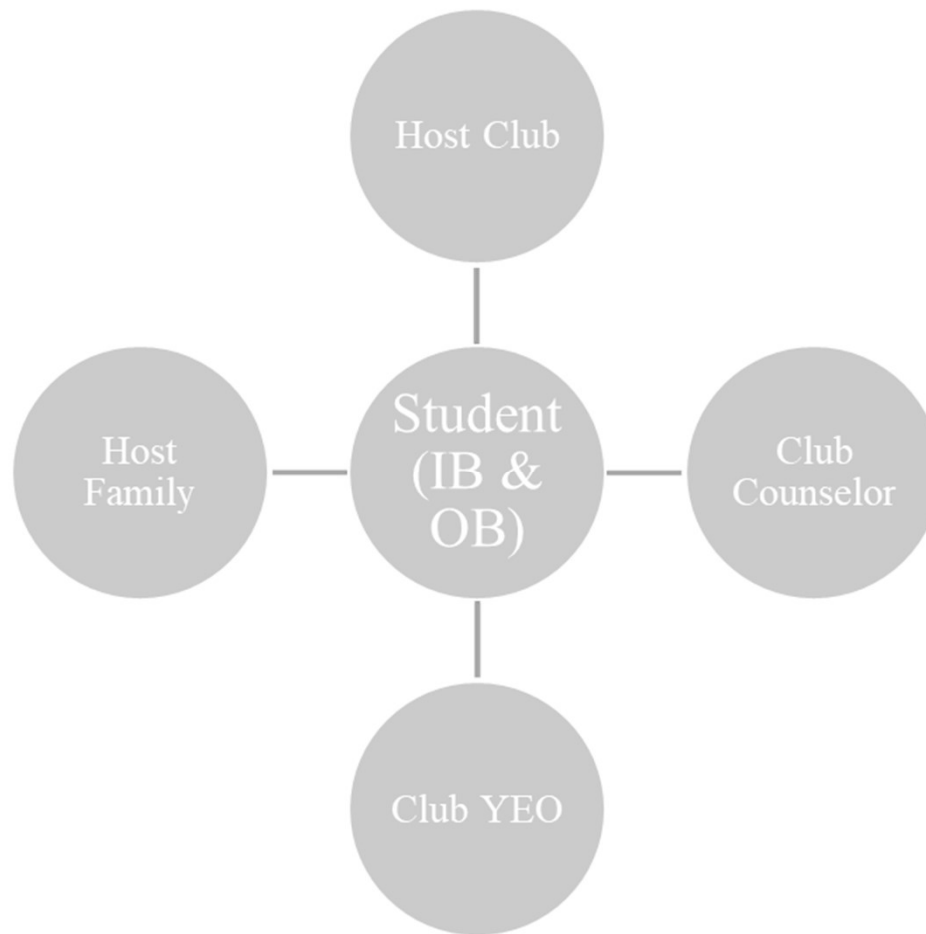
In consultation with the District Governor, the chair often appoints the district committee and defines specific responsibilities for each member.

Country Officer

- ❑ These volunteers have strong connections with their students, both IB and OB.
- ❑ Works with a RYE counterpart in a specific country abroad.
- ❑ Works with the local Rotary clubs hosting the IB students from the country for which they are responsible and with inbound students from that country.
- ❑ Work with OB students (and their parents) who have accepted placement in the country for which they are responsible.
- ❑ Support the club youth exchange officers and club counselors in helping students and host families with any questions, concerns and issues.

Host Club Inbound Student Support Structure

This diagram depicts the relationships within a Host Club that support the Host Family and Student. These volunteers support the Host Family and the Student during their time here in the United States.



Host Rotary Club Provides

- Cost of meals at club meetings
- Monthly allowance to the student
- Travel cost to required district meetings
- Potential additional fees per district policy
- Assisting student to open a bank account to manage personal finances. Not all clubs do this step.

Club Youth Exchange Officer (YEO) Responsibilities

- ❑ Maintain contact with student and host family
 - Show continued interest & support
 - Resolve problems before problems get big
- ❑ Register student at school & monitor performance
- ❑ Ensure that student receives monthly allowance from the Rotary Club
- ❑ Keep Club YE committee informed
- ❑ Involve Rotary Club members with the student
- ❑ Is there to support and advocate for the Host Family

Items the Club YEO Should Hold for Student

- Prepaid return airline E-ticket information
- Emergency fund (**\$500**) deposited in local Rotary Club bank account (some clubs have this fund passed from Host Family to Host Family so it is easily available.
- Copies of Passport, Visas (US and Canadian) and Department of State Form DS-2019

Club Counselor Roles

- ❑ Be an Advocate for the student
- ❑ Support the student and make student feel a part of the Rotary Family
- ❑ Be the liaison between student, Rotary Club, school and community
- ❑ Provide guidance and counseling to student
- ❑ Assist student in adapting to our culture and language
- ❑ Listen attentively to student's comments and concerns
- ❑ Work with Club YE committee and District YE country officer if any serious incident has occurred involving student, HF or other volunteer which requires immediate intervention

Rotary Ground Rules for a Host Family

- ❑ The host family must undertake to supervise the school and leisure hour activities of the student as if he or she were their own son or daughter.
- ❑ The host families are to maintain the student in their home and are expected to share all family activities.
- ❑ It is desirable that the student has a room of his or her own when possible. However, if this is not possible the student may share a room with someone in the student's same gender and age group.
- ❑ Host families are required to fill out Rotary forms, one which is a volunteer affidavit. This affidavit allows the D5100 Youth Protection Officer (or designate) to perform a criminal background check.
- ❑ Anyone in the home 18+ must take and pass Rotary Youth Protection Training
- ❑ Host families are required to have a monthly contact with an assigned Rotarian from the hosting club to discuss the progress of the student and resolve any issues that might have arisen during the hosting period

Host Family Provides

- Room and Board
- School lunches and routine school supplies
(If the student has been provided supplies to make their own lunch at home, the host family can choose whether to pay for their lunch in the school cafeteria.)
- Laundry detergent, toiletries, etc.
- Regular family activities, such as movies, eating out, family trips and vacations.

Student Provides

- Personal clothing
- Cell phone, unless otherwise specified
- Personal items, such as souvenirs
- Optional Rotary trips
- Medical and dental expenses
- Emergency Fund of \$500
 - Held and administered by host Rotary Club
 - Used in emergencies, with Rotary permission
 - Must be replenished if used.

Section 2

Host Family Basics

Covered in this Section

- Host Family Timeframes
 - First Host Family Experiences
 - Second Host Family Experiences
 - Third Host Family Experiences
- Expectations of Host Families
- Host Families Should Not
- Student Arrival
 - First Night Questions
- Student Identification Card
- Insurance

Typical Host Family Timeframes

- ❑ First Host Family
 - Mid to late August to early December
 - ❑ Second Host Family
 - Early December to mid to late March
 - ❑ Third Host Family
 - Mid to late March to end of June when the student returns home.
- ❑ Move dates are coordinated with the student's Rotary Club Youth Exchange officer or Club Counselor.
 - ❑ Host families should provide some type of hand off to the next host family, so they are aware of sports, food issues, challenges the student is having, strategies that have worked well, etc.
 - ❑ The host family should also be sure to pass along the Host Family Binder and any information the student has provided to them
 - ❑ First and second host families should assist in transferring the guardian information at the school to the next host family.

Typical First Family Experiences

- First US family for student
- Pick them up at the airport, usually with a welcome sign
- English may or may not be very good.
- Help them either get a short term phone or SIM card so they have an American Phone number. Work with the student's club on his
- Help with high school course registration along with Club Counselor (keep it simple – some of our students may have to repeat this year at home)
- Fall sports – see if they want to play any... They will need a US Physical that is available at most of the school's health centers – fyi - water polo, cross country are usually no cut sports
- Fall Inbound Orientation at Twin Rocks – Usually in September for 3 days.

First Family continued...

- ❑ Football games – encourage them to go and be part of school spirit. Most of their schools don't have football teams – or football.
- ❑ Homecoming is usually a new experience. Encourage them to attend.
- ❑ Student may experience home sickness during the first few weeks/ months.
- ❑ Optional District 5100 West Coast Tour. Not all students go. Usually 9 – 11 days in October.
- ❑ Halloween and Thanksgiving are most likely new cultural experiences for them. Have some fun!
- ❑ May also need to help them prepare for winter sports.
- ❑ Items the **STUDENT** may want to purchase in this time frame – some clubs may pay for these items, but you as the host family do not need to purchase
 - Yearbook can be purchased at a discount
 - Graduation cap and gown can be purchased at a discount (most students receive an honorary diploma)
 - Grad Night ticket can be purchased at a discount

Typical Second Host Family Experiences

- Winter Break
- Christmas – may or may not be celebrated in the student’s country. Great time to learn from them and share our culture.
- New Year Eve and New Years
- Student may already be playing a winter sport.
- Mid-January Outbound Orientation – your student may be asked to represent their country at this event in Salem.
- End of January – Beginning of February – Eastern Oregon Trip – Mandatory for the IB to attend.
- Valentine’s Day

Typical Third Family Experiences

- Student should speak English well by now.
- Spring sports – may already be participating – Track is often a no cut sport
- District Conference – talent show and speech (Required for IB student)
- Prom
- Graduation - Grad Night Party
- Last weeks in the US
- Sending them off to their home country – usually very emotional for the student... and you. All families and friends of the student are welcome!

Each Host Family is expected to:

- Treat student as member of the family (*while also understanding the culture they were raised in might need to be taken into consideration in how to communicate*)
- Delegate daily responsibilities and chores in the home
- Provide emotional support to the student just as you would your own child
- Assist student in finding the right friends
- Be prepared to say “No” when appropriate
- Ensure students dress & present themselves appropriately
- Ensure the safety of the student
- Be aware of and help the student in following Rotary and District Policies

Sample Family Rules

- “Be on time”
- “Be home by 10pm curfew”
- “Call to let us know where you are”
- “Finish homework”
- “No telephone/computer after 10pm”
- “Help with chores (cleaning dishes, mowing lawn, etc.)”

Host Family Should Not...

- ❑ Supply or allow students to have beer, wine, liquor, cigarettes, e-cigarettes, marijuana, drugs of any kind – unless prescribed by a doctor
- ❑ Allow students to drive or use e-scooters
- ❑ Allow students to travel by themselves outside of your immediate local city area (A good rule of thumb is within 15 to 20 miles of home)
- ❑ Encourage romantic relationships between the student and other exchange students or local students.
- ❑ Use the student as a babysitter for younger host children
- ❑ Leave a student for overnight without notifying the Counselor
- ❑ Require their student to attend their family church services every week. Host families should not force the issue if the student wishes to follow their own religion (where their religion differs from the host family). Every effort should be made to assist them in that respect (does not need to be weekly)

When your Student Arrives

- ❑ First Host Family:
 - If you are the first host family, you should plan to meet your student at the airport. It is also a wonderful gesture to make them a sign to welcome them to the United States.
 - The student will be VERY Tired depending on how many hours they have been on the plane.
 - It is advised to plan a welcome party a few days after they arrive so they can rest and acclimate.
 - Go over First and Second night questions more than once.
- ❑ Second and Third Host Families:
 - Welcome the student to your home and help them get settled.
 - Review the family rules with your student.
 - Go over First and Second night questions more than once.

First Night Questions – for all Host Families -

- ❑ First Night and Second night questions should be reviewed with your student. Questions such as how to do the laundry, curfew, whether they can have food in their rooms or put their feet on furniture are important to cover.
- ❑ This is true for all host families. Your home, your rules and they should follow them. They may not like them, but they must follow them.

Student Identification Card

- ❑ Student's are on a J-1 Visa - The Exchange Visitor (J) non-immigrant visa category is for individuals approved to participate in work-and study-based exchange visitor programs.
- ❑ Rotary has a Student Identification Card that the student should always have.
- ❑ Students are given their initial card at the Fall Orientation.
- ❑ When a student moves to their second and third host families, the District YE Secretary will send the student a NEW Student Identification Card with their new host family information on the card.

Insurance

- ❑ Students have medical insurance that covers them while here in the US. It is CISI and they should always have their insurance card on them.
- ❑ Student's insurance does not cover dental needs or emergencies. Talk to student's Host Club if a student needs emergency dental work such as a root canal or broken tooth. A Rotarian dentist might be able to help, or this is why they have their emergency fund.

Example of Student ID/ Insurance Cards

<p>Rotary rotary youth exchange</p> <p>US State Department Program P-3-04065 Valid August 21, 2019 through July 31, 2020</p> <p>District 5100 Rotary Youth Exchange</p> <p>Student Name Inbound Student from Belgium SEVIS ID No. N0030539877 Date of Birth: December 18, 2001 Host: Rotary Club of Tigard, District 5100 Host Family: </p> <p></p> <p>Medical Insurance provided by CISI Bolduc, Policy #19 N0106096A (INBOUND), ID #2363387</p>	<p>The student identified on this card is in the USA on a one-year J-1 student visa, authorized by the US State Department (1-866-283-9090, jvisas@state.gov).</p> <p>Hosted by Rotary District 5100 Dan Boldt, Youth Exchange Chair Phone: 541-980-7296 Email: dan.boldt@outlook.com</p> <p>Local Coordinator: Mike McCleskey Phone: 503-309-5743 Email: tallduck@gmail.com</p> <p>Area Representative: Dan Boldt Phone: 541-980-7296 Email: dan.boldt@outlook.com</p> <p>Wessex, Inc. Northern Oregon and Southwest Washington</p>
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US State Dept Identification Card Example

CISI Insurance Card Example

<p> PPO/NAP</p> <p>GROUP SPONSOR: ROTARY YOUTH EXCHANGE</p> <p>PLAN B+</p> <p>Subscriber Name: <i>Student Name</i></p> <p>Group #: 0863971-018-00100</p> <p>Member ID: 002363387</p> <p>Coverage Dates: 21-Aug-2019 to 21-Aug-2020</p> <p>Aetna Provider Services Phone #: 1-800-414-0596</p> <p>Submit claims to: Aetna, P.O. Box 30259, Tampa, FL 33630</p> <p>For Electronic submissions: Electronic Payer ID# 60054</p> <p>For Member information see back of card</p>	<p></p>	<p>KEEP THIS CARD WITH YOU AT ALL TIMES</p> <p>MEMBER INFORMATION AND CONTACT INFORMATION</p> <p>Plan Policy #: 19 N0106096A (INBOUND)</p> <p>Underwritten by CHUBB, Administered by CISI (Cultural Insurance Services International)</p> <p>Coverage and/or Claim Questions?</p> <p>Contact CISI by: Phone: 1-203-399-5130 Email: claimhelp@mycisi.com</p> <p>FOR EMERGENCIES (24/7/365) - Contact Team Assist (Inpatient or Emergency Care)</p> <p>Call AXA ASSISTANCE at (855) 327-1411 (in U.S.), +001 (312) 935-1703 (call collect from outside the U.S.), Email: MEDASSIST-USA@AXA-ASSISTANCE.US.</p>
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CISI Insurance How to Use

- Website
- FAQ
- Be sure you have the parent authorization form with you
- Student should have insurance card on them.
- A copy should be in your Notebook as well

Section 3

Expectations of Inbound Students

Student's Role as an Ambassador

- ❑ Students represent their whole country
 - By their attitude
 - By their decisions
 - By their appearance
 - By their willingness to do for others
- ❑ Students make a difference; so much depends on their desire to be ambassador
- ❑ Reminders from host family and YEO's are often needed

Rotary International Expectations of Students

- ❑ Rules of Rotary that exist Worldwide
- ❑ The 6D's
- ❑ The Six Be's
- ❑ Later in this presentation, you will learn the District Level Expectations of our Inbound Students.

Rules of Rotary – Also know as the 6 D's

- No **D**rinking
- No **D**riving
 - including drivers' education class & e-scooters
- No serious **D**ating or sexual contact
- Obey the law
 - No smoking (this includes the e-cigarettes)
 - No **D**rugs
 - No shoplifting, etc.
- Technically, there is a 5th **D** and it is no **D**isfigurement such as tattoos or piercings

The Six Be's

- Be First - I am a person of action!
- Be Curious – I seek to understand!
- Be on Purpose – I am certain of my outcome and move steadily toward it!
- Be Grateful – I focus on things I can be thankful for!
- Be of Service – I give of myself!
- Be Here Now – I live in the moment!

Top 12 Reasons a Student will Succeed on Exchange

- ❑ Be a member of the family, not a guest
- ❑ You adjust to the host family, not them to you.
- ❑ Depend on host parents for direction, not natural parents
- ❑ Immerse yourself in, learn, and RESPECT the culture
- ❑ Make every effort to learn and become fluent in the language
- ❑ Attend school on a regular basis, get involved in school activities
- ❑ Be part of your Rotary Club and involved in their activities.
- ❑ Have a wide circle of friends who are from the country you are in, not just other Exchange Students
- ❑ Family here is completely supportive of your exchange and the Rotary guidelines.
- ❑ Being flexible at all times, and being disappointed
- ❑ Going on your exchange with no preconceived notions as to what it will be like.
- ❑ Limiting communication with natural parents and friends early in the exchange

Top 12 Reasons a Student may Fail on Exchange

- Homesickness due to phone calls and e-mails.
- Lack of Interest in learning the language.
- Acquiring a boy/girl friend right before leaving on exchange.
- Acquiring a boy/girl friend while on exchange.
- Giving higher priority to friends than to host family.
- Family who treats the student as a guest rather than a family member.
- Poor support from hosting club or district.
- Poor cooperation/participation in club/district activities.
- Not communicating challenges to YEO, only to natural parents or club.
- Lack of appreciation/understanding/ acceptance of different customs.
- More interest in other exchange students than in immersing in new culture.
- Lack of support/opposition to exchange from a family member.

Section 4

District Policies for IB Students

Host Families should be familiar with these to help the student adhere to them.

Covered in this Section

- District Specific Policies
- District Discipline Policy
- Communication
- Travel
- Cell Phones
- Computer Use
- Sports at School
- Making Friends
- Involvement with other IB Exchange Students
- Speaking English
- Required Events

District Specific Policies

We have very specific policies for IB students regarding

- Overnight stays
- Travel rules
- Visits by natural parents, family or friends
- Drinking alcohol
- Smoking
- Program rules in addition to the 6 D's
- Emergency Fund
- Transportation of students to specific Rotary events
- Disciplinary procedures

Students have been made aware

- And have signed that they understand District 5100 Inbound Rules.
- A copy of these can be found on **youthexchange5100.org**.
- Please familiarize yourself with this list to be informed as to what they have committed to following while they are here in the US.

District Discipline Policy

When behaviors with a student do not improve and require intervention, our District has the following in place. IB Students are aware of this policy.

- ❑ **Yellow Card** – these are behaviors that are problematic, but do not warrant an immediate early return. When they are identified and properly dealt with, an at-risk situation can be completely turned around. Some Examples – Disregard of host family rules, smoking, vaping, lack of effort in school, lying, disrespectful behavior...
- ❑ **Red Card** – These are behaviors that are totally unacceptable and warrant an immediate return home after consultation with the sponsoring district. Examples might include – driving a motorized vehicle, illegal use of drugs, sexual relations, theft...
- ❑ There are specific guidelines for each discipline policy. Talk with your student's country officer if you need more information or assistance.

Communication

- ❑ Student's should check their **email** frequently. This is the only way Rotary communicates with them.
- ❑ Communication with natural parents and friends back home should be limited. Rotary has a 90-day policy where we encourage no communication, especially face to face via technology, for the first 90 days. This helps with homesickness. Students are encouraged to contact their parents that they have arrived safely to their destination.

Travel

- ❑ Your student can travel **with your family inside the US**. If you plan to go outside the US, please contact your country officer well in advance because there are other steps the student **MUST** take and it is not always possible with all students.
- ❑ Travel on a bus or in a car within your city with other students is OK, as long as you know who they are with, where they are going, who they are meeting and when they will return and you approve it prior to them going.
- ❑ The IB Student may not travel **ALONE**, outside of the city in which you live. It is **NOT ALLOWED**. However, the IB Student **MAY** travel outside the city in which they live alone **IF** they do the following: it is not always possible with all students.
 - A request is made with the Country Officer.
 - Travel arrangements are made with a Rotarian to send them off and a Rotarian to pick them up at the other end of travel.
 - Permission to travel from everyone on both ends of the travel. Natural parents may also need to sign off on this travel.

Cell Phones

- ❑ Each student should obtain an American phone number.
- ❑ Host families and clubs should assist the student in either obtaining a Trackphone or SIM Card for their own phone
- ❑ Set rules for use
- ❑ Limit calls to country (family, friends)
 - Helps them to overcome homesickness
- ❑ Explain phone charges
- ❑ Ask student to use What's App or Skype for calls home
- ❑ Ask to meet the family during calls
- ❑ Be clear that these are costs the student should cover with their monthly allowance unless other arrangements have been made.

Computer Use

- ❑ Limit the students' time on computer/phone
- ❑ Limit or prohibit downloading videos, etc. (monitor bills for excessive use)
- ❑ Explain no visits to pornography sites, etc.
- ❑ Limit use of Instant Message programs to 30 minutes a week – Phones stored in Kitchen at night for charging
- ❑ Encourage weekly or monthly blogs after the first 90 days or group e-mails, to keep friends and family informed as to what and how they are doing. It also makes for a great keepsake of their year.

Expectations at School

- ❑ Proper attention to schoolwork and behavior are required.
- ❑ Ensure clear understanding of school credit
- ❑ Usually “not allowed to graduate”, but some schools will give them an honorary diploma and allow them to participate in Senior activities.
- ❑ Remind them to say “thank you” to schoolteachers
- ❑ Ensure regular class attendance and proper attention to schoolwork (leave cell phone off, don’t wear headphones in hallway or class)
- ❑ Ensure missed schoolwork will be completed
 - Rotary will take students out of school at times
 - They are expected to make up work

Sports

- ❑ Students can participate in sports if they qualify per school and state requirements. There are also several “no cut” sports, such as swimming, track, skiing, snowboarding which they can participate in without trying out.
- ❑ These sports often have costs and participation fees. Clarify with your Rotary club on what they will and will not cover.
- ❑ You do not need to cover costs.
- ❑ Student is expected to pay own costs for sports and fundraise with the team.

Making Friends

- ❑ A major challenge to YE students
- ❑ Help the student find clubs to join
 - Interact (a Rotary Program in many schools)
 - Sports at the gym or other program
 - Theater, Drama-Debate-Forensics (DDF) team
 - Band, orchestra, choir
- ❑ Active participation in ANY activity is a good cure for homesickness

Visits with Other Exchange Students

- ❑ Rotary provides many opportunities for exchange students to get together
- ❑ Their goal should be to make friends from the **local community**
- ❑ Rotary **does not allow independent travel** outside of the community where a student is being hosted

Overnights

- ❑ Students often want to have overnights with other students and other exchange students. You as the Host Family can determine if you are OK with these events and what your house rules are for sleeping arrangements, keeping in mind Rotary rules.
- ❑ You should always contact the other Host Family or other family to verify the plans and ensure the student's safety at the other location.

Speak English

- Ensure students actively work to improve speaking skills by talking regularly
- Help them by talking SLOWLY to them and correcting their English
- Reading aloud can help, too

District Required Events for IB Students

- ❑ Inbound Orientation – September
 - Brings Inbound students together for training on expectations, rules, etc.
- ❑ Eastern Oregon Trip – January/February
 - Introduction for the new class of Outbounds to meet other students and the Inbound students. Outbounds receive their country assignments
- ❑ District Conference – May
 - Students meet with Rotarians from the District at the annual meeting. They will participate in a speech contest and talent show.
- ❑ Local or Area meeting opportunities
 - Varies by area, might be a weekend or day-long orientation get-together

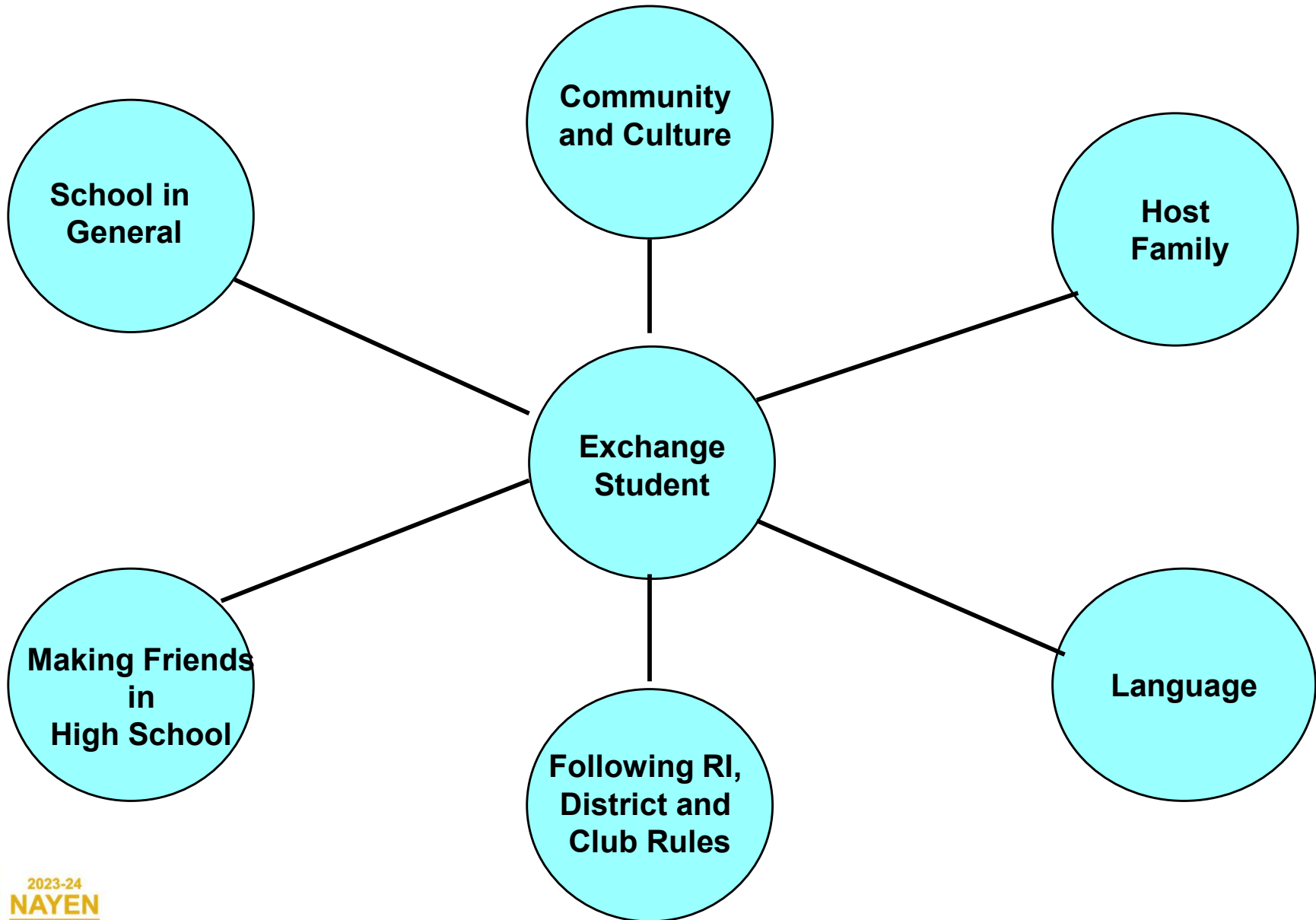
Section 5

Common Student Challenges

Covered in this Section

- Homesickness
- Culture Shock
- How to help with homesickness/culture shock
- Problem Solving

CHALLENGES FOR THE ROTARY EXCHANGE STUDENT



Common Student Challenges

1. Adapting to host families and new culture
2. Attending and doing well in school
3. Homesickness & making friends
4. Speaking English
5. Following the rules of Rotary and families
6. Getting involved in Rotary club and community

Culture Shock and Homesickness

- ❑ Homesickness (HS) is a frequently occurring phenomenon accompanying relocation, known also to go hand-in-hand with trouble adapting to a new environment
- ❑ Culture shock stems from confusion about the norms of the new culture and a sense of social difficulty.
- ❑ Homesickness can escalate during holiday periods
- ❑ Homesickness is very common when a student comes to spend a year in a new country, in a new school, away from their family and friends and everything they know. Just because a student is homesick, that does not mean they do not like their Host Family or school.
- ❑ Student may be overly quiet, has little to no appetite, no motivation or seems withdrawn from everyone and everything.

Phases of Culture Shock

- ❑ **Phase One** - The Honeymoon Stage: At first everything is interesting and exciting. Your student is the center of attention. To the student, similarities stand out more than anything else.
- ❑ **Phase Two** - Tough Times: This is the stage in which Culture Shock happens. The student's focus shifts to differences rather than similarities and some of the symptoms described above occur.
- ❑ **Phase Three** – A Little Understanding: The student begins to feel more comfortable in the new environment. What was once “threatening” and unknown has become acceptable and familiar.
- ❑ **Phase Four** – Adaptation: The student has learned to function in the new culture with confidence and has developed a sense of belonging. The student may enjoy and appreciate things he or she was highly critical of during Phase Two. The student may not want to return home and could experience “reverse culture shock”.

Common Culture Shock and Homesickness Symptoms

Symptoms can be either emotional, physical, behavioral or any combination. Here is a list of examples of these symptoms. Some are harder to spot than others and students will show them in different ways.

- ❑ **Emotional Symptoms:**
 - Feelings of loss
 - Lack of motivation
 - Lethargic
 - Sad and insecure

- ❑ **Physical Symptoms:**
 - Aching limbs
 - Anxiety
 - Change in or loss of appetite
 - Depression
 - Fatigue
 - Heart palpitations
 - Nausea
 - Panic attacks
 - Sleep disturbances- not sleeping or constantly sleeping
 - Stomachache or headaches
 - Sweating

- ❑ **Behavioral Symptoms:**
 - Constantly speaking about home or comparing everything to home
 - High levels of irritability
 - Withdrawal or unwillingness to engage in or commit to social events

How to help with homesickness/ culture shock

Acknowledge it and talk to your student about what they are feeling and try to understand why they are feeling homesick.

Talk about their home, family and friends. It will show your student that you care about them, how they feel and are interested in their life.

Help the student get involved and keep them busy. Examples include:

- Join a sports team
- Join a school club
- Go to the gym or just get them up and moving
- Go see a movie, or theatre show
- Go to a museum, local sights, just about anything to get them up and moving to help keep their mind off of home.
- Go to their sporting event and cheer them on
- Have them cook a meal that is native to their home and have the family pitch in to help

Your international student will start getting used to their new life and home, things will get easier for them.

Be patient and always be there for your student. The littlest thing can make the biggest difference in helping your student overcome homesickness.

Get Students Involved

- ❑ Sharing family activities (even if it's not their favorite thing to do)
- ❑ Active involvement in Rotary and community is essential to be good ambassador
 - Attend Rotary meetings on a regular basis
 - Give presentation to Rotary clubs
 - Give presentation to schools and other clubs
 - Participate in Rotary events, socials and fundraisers
- ❑ Participate in ROTEX events
- ❑ Help student to say “yes” and to be proud to be a good ambassador for their country and Rotary

Problem Solving

- ❑ Some problems will occur
- ❑ Student should ask for help, in this order:
 - Host family
 - Club counselor
 - Club Youth Exchange Officer
 - District Youth Exchange Committee
- ❑ Host families must not let small problems become big problems. Ask for help in this order:
 - Club counselor
 - Club Youth Exchange Officer
 - District Youth Exchange Committee

Section 6

Student Protection Guidelines

Harassment

- ❑ What to do if your exchange student tells you of harassment and/or abuse
 - Listen attentively & let him/her know it was right to tell you
 - Assure him/her that they are not to blame
 - Remain calm and make sure student feels safe
 - Encourage student to share with you what happened and who was involved
 - Make detailed notes including date, place & time
 - Don't promise to keep secrets & explain the necessity of informing the Rotary District Chair

What to do

- ❑ Keep communications open
 - Assure student that you can jointly address his/her concerns and problems
- ❑ Report the case to the District Chair and the Club YEO immediately
- ❑ Don't investigate
 - Leave this to the proper authorities
- ❑ Support the student emotionally
- ❑ Remove the student from the situation to safety.

Counselor Available

- ❑ District 5100 has a Counselor for the Students to access as a resource for problem solving and other issues that may come up that cannot be solved at the local level

Conclusion

Some Last Requests

- ❑ Please consider helping us find others who would be willing to be a host family for our program
- ❑ Encourage kids you may know to learn about Rotary Youth Exchange and consider applying to spend a year or even a month abroad in our Short-Term Exchange Program (STEP)

THANK YOU!

- We have a great year planned
- Rotary's Program would not work without dedicated committee members, host families and friends like you.
- We are more than eager to help with questions – **just ask!**

Additional Family Resources

- ❑ **Rotary Host Family Binder – given to you and also online at www.YouthExchange5100.org**
- ❑ Club YEO and Club Counselor
- ❑ District Country Officer
- ❑ There are dual language “First Night Questions” & “Second Day Questions” to stimulate conversation and clarify rules/procedures around your home and community.

Contact Us

- ❑ District Committee
 - District Chair – Terry Mohr – 503-319-0369
 - Email: tmohryeo@gmail.com
 - Inbound Chair – Bob Archer – 503-910-1544
 - E-mail: bgrantarch@gmail.com
 - STEP Coordinator – Tina Scheible – 971-258-8839
 - E-mail: tina.scheible@gmail.com

- ❑ Rotary District 5100 Youth Exchange Website
www.youthexchange5100.org

- ❑ ROTEX – email is 5100rotex@gmail.com
 - Instagram: yourfav5100rotex

- ❑ Host Family Binder – all this information in greater detail can be found on the website under Host Family