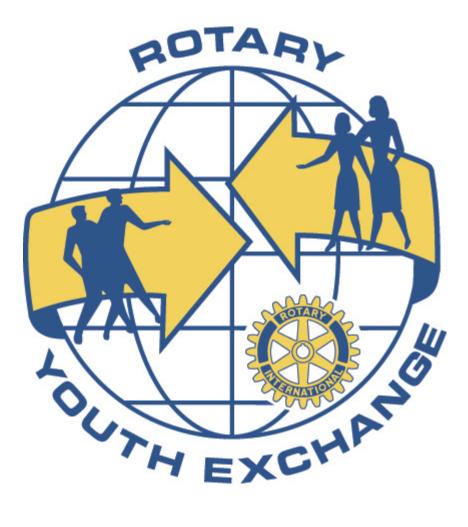
## Rotary Youth Exchange District 6080



## Inbound Student Manual 2016-2017

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## **Introduction: Purpose of Rotary Youth Exchange**

Why are you here?

- To provide an opportunity for YOU to live in another culture, learn another language and become a "global citizen".
- To improve the world by inspiring YOU to be an outstanding ambassador and take full advantage of the experience.
- To build bridges of understanding and friendships—hopefully towards Rotary's ultimate goal of WORLD PEACE and international understanding.

#### **ROTARY YOUTH EXCHANGE IS A <u>STEPPING STONE</u>.**

It should not just be the best year of your life, but the first year of many "best years" in your future. Let Rotary help you make a 10 year plan... ask yourself, "What goals can I set while I am here that will benefit me ten years from now?"



Once you return home with increased confidence and new language skills, you will want to share your exchange experience with family, friends, Rotary, school, and your community back home.

## Your District 6080 Rotary Youth Exchange Family

As a Rotary Youth Exchange student, you have become a part of a very BIG support system here in Missouri and your home country. All of the people involved in the RYE program are volunteers and are committed to your success. Consider these volunteers your "second family" because they care about your well-being during your exchange year.

#### Key RYE Family Members in the United States

#### Your Host Family (usually 2-3 during the year)

Responsibility: Makes sure that you are a part of the family, which includes treating you like their son or daughter. Takes care of you socially, spiritually, and physically. Not all host families are the same and are probably very different from your family at home.

#### **Your Counselor**

Responsibility: Assists you and is your friend and mentor throughout the year. Your counselor is the person you should talk to if you have any problems.

#### Your Youth Exchange Officer (YEO)

Responsibility: Assists the counselor with some of the paperwork related to your exchange and helps arrange transportation. He/She will serve as a club level "back-up" if you have any problems.

#### Your Host Rotary Club

Responsibility: To serve as a network of support. All of the club is sponsoring your year abroad and wants you to be successful.

#### **RYE Inbound Coordinator: Amy Jammeh**

Responsibility: Oversees all aspects of the Inbound program, including orientations and required events. Maintains contact with Counselors/YEOs and Inbound students with monthly reports. Addresses challenges and problems when they arise.

#### **RYE Chair (Youth Exchange Officer): Brenda Woods**

Responsibility: Oversees all aspects of RYE Inbound and Outbound programs. Works closely with exchange partners, District RYE committee, and clubs in the District.

#### RYE Administrative Assistant, Johnah Terbovic

Responsibility: Coordinates all paperwork and documents for both Inbound and Outbound Program. She may send you an email if she needs any missing documents.

#### **RYE Committee Members**

Responsibility: Help with overall RYE program in the district.

#### Non-Rotary Emergency Contacts, Mark/Susan Rehagen & Tom/Linda Malinski

Responsibility: Can help if for some reason you cannot talk to ANY Rotarian about a problem.

#### **Overview of U.S. Immediate Family Structure**



#### Key RYE Family Members Overseas

#### **Sponsoring Rotary District at Home**

District Youth Exchange Committee Chair and Placement Officer

#### **Sponsoring Rotary Club**

Youth Exchange Officer Counselor Club President

**Your Natural Family** 

#### **Other RYE Family Members**

#### South Central Rotary Youth Exchange

A group of over 40 districts in over 16 states that promote and facilitate "best practices" for the Rotary Youth Exchange Program.

## How to Have a Good Exchange

Rather than focusing what you can't do.... ALL students should focus on

# The Six B's

### 1. BE FIRST

Be a person of action! Don't wait for something to happen TO you. Make things happen. Just "do it".

#### 2. BE CURIOUS

Be a person who seeks to understand! Ask questions, explore, take risks....eat snails 😳

## 3. BE ON PURPOSE

Be certain of your outcome and move steadily toward it! Set goals and make plans! Remember WHY you wanted to be an exchange student.

#### 4. BE GRATEFUL

Be a positive thinker and focus on things you can be thankful for! Don't compare yourself to other exchange students. You get what you get. Be appreciative of the unique opportunity you have been given. Always say "Thank You"

#### 5. BE OF SERVICE

Be generous and look for ways to do something meaningful. Offer help. Ask if you can help. Make just a small difference in the lives of those around you.

### 6. BE HERE NOW

Look for the Here and NOW. Live in the moment and in your host country. CARPE DIEM (Seize the Day)

## <u>RYE Rules: Verbal Warnings / Yellow Cards / Red</u> <u>Cards: The Ds</u>

Like soccer (also known as football), there are consequences if you do not follow the rules of the Rotary Youth Exchange Program. There are different types of penalties depending on the infraction, or foul.

## Verbal Warning



If there is a small problem that can be easily fixed, you may receive a verbal warning from your RYE Counselor/YEO, the Inbound Coordinator, or the District Chair. In this case, the problem is addressed and the behavior should be modified.

#### Yellow Card = Behavior Contract

A yellow card is a warning that there is a problem and that you need to change your behavior immediately. Usually, you will have a meeting with the RYE Inbound Coordinator, District Chair, your counselor/YEO, and/or host family to discuss how to solve the problem and continue a successful year as an exchange student. Your home district YEO will be contacted and a behavior contract will be signed. Some, but not all, situations that may result in a yellow card are:

- Failure to adapt to the host culture
- Repeatedly not following the rules of the host family, counselor, or other RYE volunteer
- Repeated problems in school

A yellow card does not mean that you will return home right away. However, it does mean that you must change your behavior. If you receive a yellow card, but do not change, you will most likely be sent home.



## **<u>Red Card = Immediate Return Home</u>**

A red card means that a serious problem has occurred and you will immediately return to your home country. Some of the problems that will result in an automatic red card are related to the big "Ds":

# The BIG D's

## 1. No Driving

You are not allowed to drive anything with a motor (ex. snowmobile, jet-ski, motorcycle, scooter, tractor, ATV, car, truck, boat, etc.)

## 2. No Drinking

In the U.S., the legal drinking age is 21 years old. You cannot drink ANY alcoholic beverage, including beer, wine, and hard liquor. You must resist peer pressure and temptation!!!

## 3. No Dating

No romantic attachments and absolutely NO SEX. Do not commit to one person. Go on group dates and activities. Go to Prom, Homecoming, and school dances.

## 4. No Drugs

Prescription drugs that are prescribed for you are ok, but let your counselor and host family know. They will tell the school nurse for you. However, illegal drugs such as marijuana (aka: pot and weed), cocaine, heroin, meth, glue, snortables, ecstasy and pills is ABSOLUTELY PROHIBITED. You go to jail for drugs, and Rotary cannot help you <sup>(2)</sup> District 6080 is SMOKE-FREE. This means tobacco (ex. cigarettes and chew) is not allowed.

## 5. No Downloading

Possessing or looking at pornography of inappropriate pictures or videos is not acceptable. Also, illegal music or movie sharing should not be downloaded.

## 6. No Decorating

There is absolutely no decorating your body with body piercings or tattoos. You may be of age, but this activity is prohibited.

### **Other Consequences for Breaking the Rules**

Besides yellow and red cards, there may be additional consequences for breaking these rules.

They include:

- Contacting your home RYE district
- Contacting your biological parents
- Not allowed to attend fun RYE events
- Grounded by host parents
- Damaged reputation in school or in host community

#### Past Issues that Have Compromised a Successful RYE Year

Some problems that Rotary Youth Exchange students have had in recent years include:

• Lack of Family Involvement

Being a part of the host family is an important part of your exchange. Not being involved in dayto-day activities has often worsened the relationship between past exchange students and host families. Try to be as involved as possible in family activities at home and outside of the home. This may take some effort on your part, but being involved with your host family is key to a successful exchange.

• Lack of School Involvement

You must attend school regularly and maintain passing grades. School classes here are in English and will be very difficult for the first few months. It is absolutely essential that you make an outstanding effort to try to overcome the language barrier as rapidly as you can. The hard work will pay off.

#### • Personal Habits

In the past, some host families have complained that RYE students have not keep their rooms clean, have not "picked up" after themselves in the kitchen or bathrooms, and have not offered to assist with family chores. It is important that you do not fall into this category. Always ask if you

can help around the house. Offer to prepare a meal. Keep your room clean and clean up after yourself in the bathroom. These things can make a BIG difference in how well you get along with your family. BE CONSIDERATE!

#### • Giving "Thanks"

Please keep in mind that all of the RYE host families and volunteers are not paid for your exchange. Americans say "please" and "thank you" a lot, even for things that are small. This is why it is extremely important that you show your gratitude by saying "Thank you" when possible, especially to your host family. Sometimes a "thank you" can go a long way.

#### Internet / Cell Phone Usage

We recommend that all students LIMIT the amount of time they spend on the internet and cell phones to NO MORE than 1 hour each day (except when working on school assignments). This hour should NOT conflict with host family activities. If you spend too much time communicating with friends and family back home, you may not integrate well. Also, you may not learn English as quickly, are more likely to be homesick, and do not seem to make friends. This has been a complaint of numerous host families in recent years.

Also, keep in mind that EVERYTHING on the Internet is PUBLIC. Do NOT post anything on it that is negative or reflects poorly on yourself, other Rotary students, or the RYE program.

#### • <u>Being "There" and Not "Here"</u>

This goes along with communicating too much with friends and family back home. Although it is understandable to want to communicate with people back home, it is important that you are taking part in every opportunity that is presented to you here during your exchange experience. By talking too much (ex. daily) to family and friends back home, you are limiting yourself to the experiences that can be made here. You chose to live and learn abroad, so don't ruin it by mentally remaining back in your home country.

## **Required Monthly Reports: A Time to Reflect**

Each month, you and your counselor will be asked to submit reports on your experience as a RYE student to the Inbound Coordinator. This will be done online on the RYE Database. Please be open and honest about your experiences. If there are problems, this is an opportunity to share them. If you've taken interesting photos, please submit them. You will receive specific questions each month with a deadline to submit your report (usually by the 15<sup>th</sup> of the following month). These questions are sent to both Inbound (you) and Outbound students, so try to answer each question to the best of your ability. If you fail to submit your report on time, you will NOT receive your monthly stipend from your Rotary club and you will be contacted by your counselor and/or the Inbound Coordinator.

#### Login Instructions and process to use in completing your monthly report:

- Go to <u>http://RYE5520.org/RYE</u>
- Enter your e-mail address and password
- On the banner at the top of the page, click on "INPUT"
- Click on "DATA"
- Click on "Monthly Reports from Students"
- Select your name
- Select the month (ex. "October")
- Complete your Report
- Click on Submit

## **Required Rotary Youth Exchange Events**

All Rotary Youth Exchange District events are REQUIRED and cannot be missed regardless of school or host family commitments. Please do not make any plans on these days!!

111111111111111111111					
29	30	31	1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	1	2	3	4	5

August 26-28	First Inbound Orientation Jefferson City, MO
October 21-23	District Conference/Second Inbound Orientation Branson, MO
<b><u>2017</u></b> January 27-29	South Central Rotary Youth Exchange Conference Tulsa, Oklahoma
March or April	Inbound Gathering & Outbound Orientation Date and time to be determined

## **Travel within Missouri and in the United States**

If you are traveling outside of the local community WITHIN MISSOURI (day or overnight), you

or your host family MUST contact your counselor to get permission. If he/she approves your

travel, you must:

2016

- Be with a driver that has a driver's license
- Be with a driver at LEAST 25 years or older

If you are traveling OUTSIDE MISSOURI (day or overnight), your counselor must contact the

Inbound Coordinator to get approval. It must be in writing (using a special report) and be

submitted at least 2-3 days in advance.

Unaccompanied travel will NOT be approved, so do not plan on visiting friends or relatives in

other parts of the United States alone.

YOU MAY NOT TRAVEL OUTSIDE OF THE UNITED STATES!!! NO EXCEPTIONS!!!

## **Travel Reminders**

Your family may only visit you with permission of the Inbound Coordinator, your host Rotary club, and your current host family. Do not assume that your host family will host. Your family can ONLY visit you during the last three months of your exchange.

Some of you will need to change your ticket to return back home. You should plan on doing this early, so don't forget. Remember, ticket prices rise on a daily basis. You must provide the Inbound Coordinator of your return flight information. Ask your counselor for help when changing.

## **Spring and Summer Rotary Approved Tours**

There are three (3) District 6080 Rotary-approved tour agents that you may travel with during your exchange. You may not travel with any other tour agencies. Before making tour reservations, talk to your counselor and make sure that you have permission from the Inbound Coordinator.

- 1. South Central Ambassador Tours Summer Tours to East and West coasts
- 2. **Tour the USA** Summer tour to many cities in the U.S.
- 3. Belo USA Tour

Spring and summer tours to many popular tourist destinations

http://www.youthexchangetours.com

www.usatour.us

http://www.belousa.com/

## **Adjusting to American Culture**

One of the best opportunities you will have during your time in the United States is to learn about American culture. The American way of life may be very different from your own, and that difference is part of your cultural exchange experience. Your time in the U.S. is designed to be a great learning opportunity, so take advantage of it!

You will discover new things about Americans every day, and as a result you may decide to change some of your behaviors in order to adapt. Adaptation is not always easy, but it's also important to remember that you are temporarily in the United States for a new learning experience; you will be returning to your familiar lifestyle afterward, so it's important to be flexible about making changes to how you do things. The key to a successful exchange is to stay positive and explore all the opportunities given to you.

## **Common Cultural Differences**

Some American customs may seem strange to people from other countries, but knowing about them may help you better adapt during your stay in the U.S.

- Being on time is important.
- Americans like privacy and personal space.
- Americans believe that their choices and actions are connected to their future (ex. If you work hard now, it will pay off later.). Personal responsibility is very important and usually not dependent on fate.
- American are task-driven. Many American keep a schedule and set goals for the future. Laziness is usually seen negatively.
- Americans can be very direct and honest, even though it may seem rude to people from another culture.
- Americans ask about how your day is going without expecting an answer.
- Americans wait their turn in lines.
- Americans value independent thinking and encourage discussion (especially in the classroom).
- Americans like to joke, smile and talk.
- Americans are very concerned with personal hygiene and cleanliness. It is not unusual for them to bathe one or even two times a day.
- Americans tend to dress more modesty for formal and business/academic events.

## **Cultural Shock: Also known as "Homesickness"**

During your exchange, you WILL experience cultural shock. It is natural, emotional and physical reaction to living in a new environment. Culture shock is like riding a roller coaster because your emotions can change very quickly. It can make you feel confused, sad, tired and angry. Some other symptoms of cultural shock are:

- A feeling of sadness and loneliness,
- An over-concern about your health,
- Headaches, pains, and allergies
- Insomnia or sleeping too much
- Feelings of anger, depression, vulnerability
- Idealizing your own culture
- The smallest problems seem overwhelming
- Feeling shy or insecure
- Overwhelming sense of homesickness
- Feeling lost or confused
- Questioning your decision to move to this place



## Cultural Shock: Also known as "Homesickness"

## How to Fight Cultural Shock

Good News!!! Cultural shock does not last forever!!! And YOU can make positive changes to fight cultural shock. Some ways are:

- Be open to new experiences
- Get involved in school and host family activities
- Make friends
- Tell someone how you are feeling
- Write a journal
- Talk to people from home (but not TOO much)
- Learn the language
- Ask questions
- Laugh
- Maintain a healthy lifestyle
- Remember "The Bs"!!!



# Happiness create it.

## **Safety Tips**

It is important that you stay safe during your exchange year. If you feel unsafe, please contact someone you trust as soon as possible. Also, make sure that you keep your emergency contact card with you at all times. Below are some simple rules so that you do not put yourself in unsafe situation—better safe, than sorry!!!

#### • Stay Alert and Trust your Instincts

Its always good to be alert and aware of what is going on around you. If you are in a busy place, make sure you are aware of the people and what is going on around you and if you feel uneasy or are not sure about something get out and away from the place.

#### • Keep Valuables Close to you

Just like when you are home, do not flash your wallet with lots of money in it or your brand new mobile phone around. This will only draw attention to yourself and make you are target for pickpockets. You should not carry a lot of cash (no more than \$100) in your wallet.

#### • Keep in Contact

Keep in contact with people and let somebody know where you are going. It is respectful for you to notify your host family and include them in changes in your plans.

#### • Carry your cards

It is important that you keep your emergency contact card and insurance card with you at all times.

#### • JUST SAY NO!

Remember the Ds and your responsibility to represent the Rotary Youth Exchange program. Illegal activities such as underage drinking or the possession of drugs is a serious offense resulting in arrest and possible jail time (and Rotary cannot help in these situations).

#### • Be Respectful to Authorities

In addition to your host family, teachers, and other authority figures, it is important that you respect law enforcement (ex. police, security guards, firefighters). If you are stopped by the police:

- o Stay calm
- Don't argue
- Don't give bribes
- Keep hand visible
- Use Common Sense!

Pretend your mom or a Rotarian is watching you and act accordingly.

#### SPECIAL ADVICE FOR WOMEN

- Don't Wear Provocative Clothing or Flashy Jewelry
- Look Confident and Walk with Assertiveness
- If you find yourself in a dangerous situation, leave immediately and call 911.

## SEXUAL ABUSE RESPONSE: POLICY AND PROCEDURES

Rotary International and District 6080 are 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. Please share this information with your parents so that they also know that we are committed to your safety and protection.

#### 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.
  - 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 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 you. 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 them about it.
  - 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 your rights as the victim and the rights of 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 and the Youth Exchange Program and are available upon request from interested parties.

Prepared for Rotary District 6080 Youth Exchange Students

## <u>Appendix</u>

Rules & Conditions of Exchange for Inbound Students to D6080	21-23
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Tour USA Flyer	



Rotary International Youth Exchange Rotary District 6080 Youth Exchange Office Phone: +1-816-392-9831 www.rotary6080.org/rotary-youth-exchange



## RULES & CONDITIONS OF EXCHANGE FOR INBOUND STUDENTS TO D6080

Rotary District 6080 welcomes you as a Rotary Youth Exchange Student to Missouri, USA! The following pages list the Rotary International Program Rules and Conditions of Exchange, as well as supplemental rules for our District that you and your parents must agree to. *PARENTS and STUDENTS should Sign where indicated on the 2nd page. Then scan and e-mail this document to <u>admin@rye6080.org</u> by July 1<sup>st</sup>. These documents must be in our possession upon your arrival.* 

**EXCHANGE YEAR** -- This is a school year program (generally mid August to June). You are expected to complete the entire school year and make an effort to succeed in all classes - even if you have graduated at home. No early return is permitted except in the case of a family crisis or emergency. University preparation and academic testing are NOT considered valid reasons for an early return.

**RETURNING HOME --** Unless you are involved in a Rotary-related year-end trip, travel in the U.S. with your host family, or other legitimate activity (as determined by your host District Rotary Youth Exchange Inbound Chair), you will be expected to return home within 7 days from the last day of school or 7 days after the end of the tour. Any costs associated with an early return will be the responsibility of the student and his natural parents.

**GRADUATION/CREDIT FOR CLASSES** -- You must not expect to receive a diploma or to graduate from high school in the U.S., although a transcript (courses taken and grades achieved) will generally be provided by most U.S. high schools. There is no guarantee of class availability or that any classes taken during the exchange will transfer back to your home school in your home country. RYE is considered a cultural exchange, not an academic exchange. Policies are established by each individual school district. It is your responsibility to communicate with your home school and your U.S. school to obtain documentation of your academic record.

**ATHLETIC PARTICIPATION** – You may or may not be allowed to participate in high school sports. These rules are dictated by the Missouri State High School Activities Association. If you have already graduated from high school in your home country, you will NOT be eligible to participate in competitive, varsity, high school sports in the United States.

**FAMILY VISITS --** All family visits must be approved in advance by your host District Rotary Inbound Chair, your host Rotary Club, and your Host Family. **Do not assume** that visits will be approved or that your host family will be willing to host your family. This may be an inconvenience for them. If your natural parents or other relatives plan to visit you during your exchange, please note that this is only acceptable during the last three months of your stay. It shall

be understood that any visits should be to meet the student in his/her usual host surroundings and not an opportunity to travel throughout the United States.

SCHOOL RECORDS -- In order to comply with U.S. laws, before your departure for the U.S. you must provide your host Rotary District with a complete record of your high school years (courses taken and grades achieved) translated into English.

**VACCINATIONS** / **IMMUNIZATIONS** -- Each State in the U.S. establishes its own requirements for the vaccinations which you <u>MUST</u> have before you can attend school. A copy of the requirements for Missouri have been included in your Welcome Packet. You (or your doctor) should compare the immunizations listed on your long term application with this list. If you are missing any immunizations, you should get them immediately and remember to bring documentation of any additional immunizations not listed on your application. The actual DATES (month, day, and year) of ALL vaccinations in a series must be listed.

**INSURANCE** – All inbound students are required to purchase U.S. insurance. Bring your insurance card with you. (You will receive this when you have purchased the insurance.) Information about insurance coverage is available on our District 6080 website in the RYE section.

#### **TRAVEL ARRANGEMENTS** --

- Discuss and agree upon a mutually convenient arrival date with your first host family and counselor. You must arrive 10 days prior to the start of school. Make your travel plans directly to the airport of your final destination as indicated in your Guarantee Form.
- Be sure to allow **AT LEAST TWO HOURS** between connections when entering the U.S. (Going through Immigration takes time!!!!)

- You may **NOT** stop to visit friends or relatives in the USA or anywhere else in the world either coming or going and **MUST** travel by the most direct route.
- Your parents may not accompany you to the USA.
- Provide the District Youth Exchange Chair, your counselor and your host family, the arrival date, time, airline, and flight numbers.

**EMERGENCY FUND** -- An emergency fund of **U.S. \$300.00** is required by our Rotary District and will be under the control of the host Rotary Club or Counselor. This will be returned to you at the completion of the exchange if it is not used. Emergency funds used during the year must be promptly replenished. This fund will be used for any insurance deductibles and co-pays for medical care, emergencies, and unpaid charges and expenses.

**ROTARY OBLIGATIONS** -- There will be numerous Rotary Club and Rotary District mandatory functions during the year which you will be expected to attend. **Rotary commitments take priority above all other activities**. Show an interest and volunteer to get involved with Rotary activities. Lack of interest on your part is detrimental to your exchange and can have a negative impact on future exchanges.

YOUR ROLE AS AN AMBASSADOR -- You are expected to do your best to maintain a positive attitude throughout the exchange year and act appropriately as an ambassador for Rotary. You must do your best to adjust to your host families and assume the duties and responsibilities normal for a student of your age. **REMEMBER – YOU ARE REPRESENTING YOUR COUNTRY!** 

STRICT RULES AND CONDITIONS OF EXCHANGE -- Violations will result in the student's immediate return home.

**DRUG PARAPHENALIA** -- You are not allowed to possess or use illegal drugs or have any drug-related paraphernalia in your possession. Medicine prescribed to you by a physician is allowed.

DRIVING - All Driving, including driving recreational or other motorized vehicles is prohibited.

**ALCOHOL** -- Purchase, possession, use, or being under the influence of alcohol by anyone under the age of 21 is **ILLEGAL** and prohibited.

**ROMANTIC ATTACHMENTS** -- Sexual relations, or steady dating – to the exclusion of others – is not allowed. Casual dating with a group is acceptable. If it is felt you are becoming too "attached" to someone, you will be asked to discontinue the relationship.

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

**DOWNLOADING OF PORNOGRAPHY** -- No pornography is permitted.

**TOBACCO** -- District 6080 is SMOKE-FREE. In addition, the purchase of tobacco products by anyone under age 18 is **ILLEGAL**.

**TRAVEL** -- This is a cultural exchange, **NOT** a travel exchange. Do **NOT** expect to visit friends and relatives while on exchange. You **MUST** follow the rules below when traveling outside your host Rotary District. Under **NO** circumstances may you make your own travel arrangements and expect them to be approved. Also, in District 6080, no travel outside of the United States is permitted during the exchange year.

**APPROVED TRAVEL**: Travel with host parents.

Travel with host Rotary Club.

Travel with recognized school classes or school groups.

Travel with recognized church or youth groups.

Travel with Rotarians.

Travel with adult friends of local host family if approved by host family and

counselor.

Travel to Rotary District & Multi-District events, and Summer Bus Tours.

#### INDEPENDENT/UNACCOMPANIED TRAVEL IS NOT ALLOWED.

You and your host family **MUST** advise your host District Rotary Inbound Chair of any overnight travels outside of the District. You must also provide a complete itinerary of where you are going, means of transportation, where you will be staying and emergency contact numbers. If you are invited on a trip, make sure you understand the costs involved – do not assume that someone else will pay your expenses. No travel is allowed during any of the holidays unless it is with one of your host families.

LAWS OF MISSOURI & U.S. -- You are expected to obey the Laws of the Host Country. If you are found guilty of violation of any law, you should expect no legal assistance from your sponsoring Rotary Club or your sponsoring

country. You will be returned home after you have been released by the authorities and any legal action has been concluded.

**LANGUAGE** – Students are expected to make a serious effort to learn English prior to their arrival. Unacceptable English language skills may require tutoring. Any necessary tutoring is at the expense of the student's natural parents or guardians. If it is felt that you are not making a genuine effort to learn the language, it may be decided to terminate your exchange.

**TELEPHONE** / **E-MAIL** -- Use of the telephone, computer, and internet are at the discretion of your host family, within overall guidelines established by your host Rotary District. You are responsible for all charges you generate by such use. Telephone, e-mail, and chat room communication should not become excessive, or interfere in any way with your developing friends of your own here in the U.S. If it is felt that you are abusing these privileges your usage may be terminated. Use your good common sense.

**EMPLOYMENT:** Students are not allowed to accept any employment during their exchange.

**ROTARY AUTHORITY** – You will be under the Hosting District's authority while you are an exchange student. Parents must not authorize any extra activities or travels without the prior approval of the host club and district.

**PROBLEMS** – Occasionally, "issues" come up during the exchange. It is your responsibility to try to resolve any problems by first contacting your counselor, then the club YEO and then the District Inbound Chairman – IN THAT ORDER. Circumventing this procedure can create hard feelings and result in the issue becoming more complicated and difficult to handle. Open and honest communications are critical.

**GENERAL HEALTH** – We assume your general mental and physical health is what is stated on your application. If medical issues arise that were present prior to your arrival but that were not disclosed, it will be at the club's discretion to return you to your home country.

**GUIDELINES & CONDITIONS --** All other host 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 Program Rules And Conditions Of Exchange, and will abide by them.

Violations will result in District Review and Restrictions. Severe/constant disregard of rules will result in the termination of the exchange.

Student Signa	ture	 Date	
Father's	Signature	 Mother's	Signature

PLEASE SIGN, SCAN AND RETURN THIS PAGE TO <u>admin@rye6080.org</u> NO LATER THAN JULY 1st. (revised 5-14)

## **Map of District 6080**

#### Missouri Rotary Regions and Communities





Jesus from Chile

## **<u>RYE Contact List</u>**

**Brenda Woods**, District Youth Exchange Chair: chair@rye6080.org / 573-619-3822 **Amy Jammeh**, Inbound Coordinator: inbound@rye6080.org / 816-885-4877 **Non-Rotarian Resource**:

Tom & Linda Malinski	Harrisonville

Home: 573-387-4689 Tom:573-355-6613 thomas.malinski61@gmail.com	<ul><li>Columbia</li><li>Warrensburg</li></ul>
Linda: 573-355-6614 Lindalindamalinski@gmail.com	
Mark & Susan Rehagen	Jeff City
Home: 573-636-3120	• Rolla
Mark: 573-680-2520 therailsplitter@embarqmail.com	<ul><li>West Plains</li><li>Springfield</li><li>Branson/Hollister</li></ul>
Susan: 573-230-5160 rehagen@embarqmail.com	

## Rotary Youth Exchange Inbound Students 2016-2017

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	Ryu Kondo	Japan St		nake friends from	
	Suriya /	ailand	Harris <b>@r@UN(</b> MO	stineerworadil.com	
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		Italy	Springfield, MO	sofia.taglietti@gmail.com	
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