

Rotary
District 7390



rotary
youth
exchange



HOST FAMILY TRAINING



WELCOME & INTRODUCTIONS



Training Objectives

- Chain of Communication (Who Ya Gonna Call ?)
- Roles Of The Local Host Club, District Committee & ESSEX
- Host Family Responsibilities & Expectations
- Responsibilities For Exchange Students
- Principles of Culture Shock & Student Self-Management
- Student Adaptation Phases (1st vs. 2nd & 3rd Host Family)
- Overview of the Student Code of Conduct
- Tactical Topics / Best Practices For Host Families

Rotary Youth Exchange Support System (Chain of Communications)

- Club Level
 - Club President
 - Counselor/Youth Exchange Officer
 - Club Members

- District Level
 - District Governor
 - District Youth Exchange Chair
 - District Youth Exchange Committee

- ESSEX
 - Chairperson
 - Country Contacts
 - Inbound & Outbound Chairperson



HOUSTON ...WE HAVE A PROBLEM !

INBOUND ROTARY CHAIN OF COMMUNICATIONS PROTOCOL
For Serious Adaptation Issues and/or Breaking Any Of The 5D's



*NO
NATURAL
PARENT*



Role Of The HOST CLUB?

- Selects Host Families
- Provides Student Counselor &/or Club YEO
- Supports & Trains Host families
- Helps With School Arrangements
- Supplies Monthly Allowance (\$100 minimum)
- Involves Student In Club Activities & Encourages Club Members To Get Involved
- Assists Host Families With Special Event Transportation

Role Of The DISTRICT COMMITTEE?

Rotarians From The District That Facilitate The Youth Exchange Program Within The District **By Providing:**

-Education, Training, Resources and Support to Rotary Clubs in all avenues of the exchange;
-Training and Resources to the Exchange Student while on the Rotary Exchange, Youth Protection, Rules and Guidelines, Health/Insurance, Cultural Differences, etc.....



Role Of ESSEX?



Eastern States Student Exchange

- 37 Rotary Districts in the Northeastern United States, Eastern Canada and Bermuda;
- Manages the placement of Inbound & Outbound students into over 40 countries around the world placing approx. 220 Inbound/220 Outbound Students per year;
- Operated completely by volunteer Rotarians

Responsibilities Of Host Families:

- Provide A Safe, Non-threatening, Respectful & Appropriate Environment
- Room & Board, Including School Lunches
- Treat Student Like Your Own Child (Structure)
- Help With Challenges
 - Language
 - School
 - Culture Shock
 - Homesickness
- Provide An Ear To Listen, A Shoulder To Cry On, A Hand To Depend On. (improve personal resilience)

Arrival & Settling In For 1st Family

- Meet & Welcome Your Student At The Airport
- Introduce Student To Your Family, Friends & Home
- First Night Questions (See Handout)
- School Arrangements:
 - Registration, choose classes
(Note: Club counselor is primary school liaison.)
 - Encourage participation in activities, such as sports, music, drama, Interact Club, etc



Student Adaptation For A 1st Host Family

- Excitement – Everything Is New
- Culture Shock
- Homesickness
- Language Struggles
- Often The Closest Bonds
- 1st Conflicts With Mobile & On-Line Tech.

Student Adaptation For 2nd or 3rd Host Family

- Language & Culture Begin To Click
- Involved In School Activities
- Development Of Many Friends (Native + Inbounds)
- Transition To New Family, New Rules & Family Practices (culture)
- Big Events: Prom, Graduation, Departure
- Preparing For Separation (District Training)
- Tearful Goodbyes (Farewell Picnic in June)

The End Of The Year

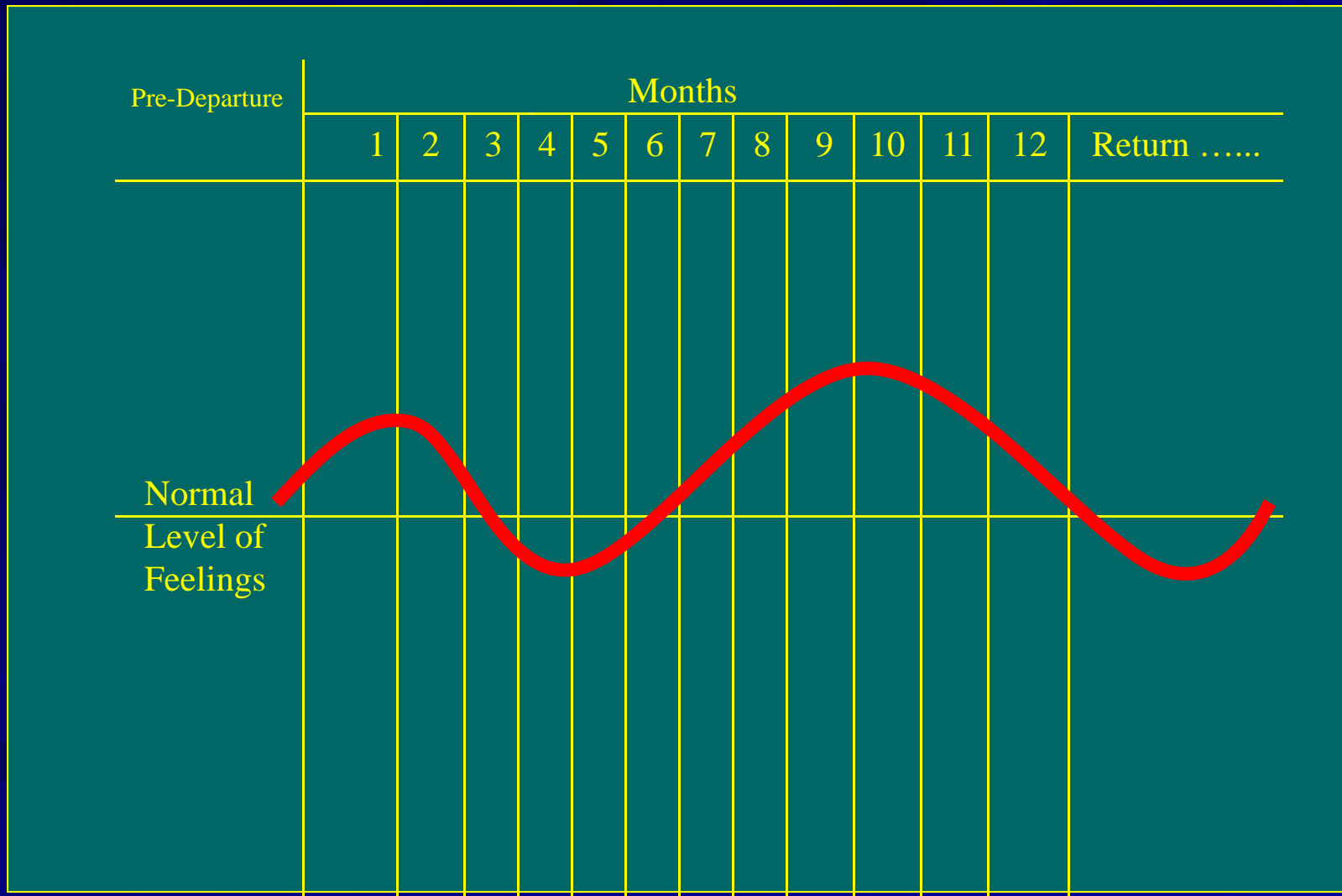
- Leaving for home will be harder than arriving, especially if a successful exchange.
- Reverse Culture Shock
- “The more successful the exchange, the harder the re-entry”.
- You will see them again and will have travel opportunities unlike any you’ve experienced before.

Responsibilities For Exchange Students

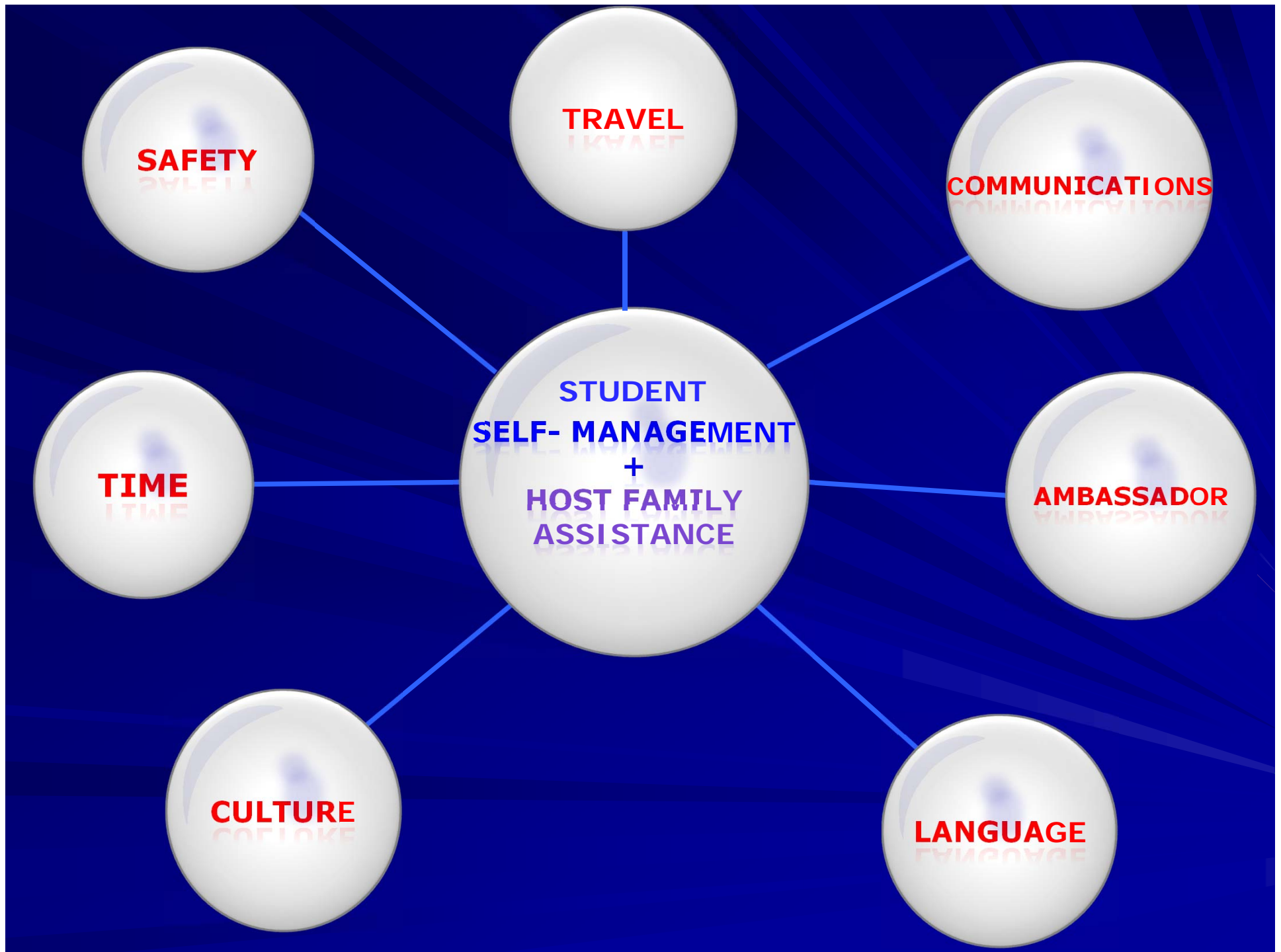
- Agree To Our Written Code of Conduct (Respect)
- Adapt To Host Family & Their Unique Culture
- Learn Our Language & Culture
- Attend School With Passing Grades
- Represent Their Country & Rotary (**Ambassador**)
- Participate In School & Rotary Activities
- Adhere to the Rotary Intr' l, ESSEX & District Rules & Guidelines (5 D's)
- Submit a Monthly Report to the District



Cycles of the Exchange



Adapted from a model by Robert Kohls



STUDENT CODE OF CONDUCT - OVERVIEW

ROTARY: (Host District & Local Club)

- ❖ **Compliance With the 5 D's & US Law**
- ❖ **Commitment of Integration/Assimilation & Prep for Re-Entry**
- ❖ **Learning a Language – 8 Week “Brown-Out” Agreement**
- ❖ **Role of Ambassador – Appropriate Dress Codes / Pub. Speaking**
- ❖ **Completion of Monthly Reports**
- ❖ **Appropriate Use of Mobile Communication Technology**
- ❖ **Not Following the Code of Conduct: At Home & Abroad**

TIME MANAGEMENT:

1. Include their "Rotary Required" events on your Family Calendar. (Will make them feel as part of the family!)
2. Remind them about completing their "Rotary Monthly Report"- Required by our US State Dept.

COMMUNICATIONS:

1. Is too much time being spent on-line or texting. Advise your counselor. (Yellow Flag !)
2. Make sure your student carries with them their Insurance Card.
3. Make sure your student carries their Emergency Contact Card. Please place your contact numbers on this card.

ROLE AS AMBASSADOR:

1. Advise your student on appropriate dress codes.
2. Make sure they are documenting their "Journey" with photos to include in their year-end presentation to their host Rotary Club.
3. Help critique any public speaking preparation. (Target audience, time allowed, use of 3 x 5 cards to assist with reading along with Power-points)
4. Encourage the use of their "business cards" and Thank-you notes !

TRAVEL:

1. No Independent Travel (off to see a relative, etc)
2. Day trips with host family does not need permission.
3. Over-night trips out of the District requires the permission of the District Inbound Chair by emailing Travel Request Form. (Allow a few days for approval.) Alert your counselor.
4. Visits by "natural parents" is discouraged by Rotary and must be in the late spring.

ISSUES OF ADAPTATION:

1. Deal with stress in a normal way with good diet and plenty of exercise.
2. If extreme depression is observed, alert your counselor and seek medical advice.
3. Encourage the use of a "Personal & Private Diary".
4. Have daily talks about their day (diner table, private, etc) to explore their feelings or to explain American customs that may bother them.
5. Explain that bouts of homesickness (crying in the pillow) is normal.

ISSUES OF ADAPTATION: (CONTINUED)

6. Rotary promotes the idea that “Different Is Just Different, Not Right or Wrong”. Are you dealing with an “attitude problem” that the counselor should know about?
7. Are they developing a group of US friends? (Not just the group of other Inbound Students.)
8. Is your student staying immersed in the English Language? Language Development is key to their success. (Ask them what language is in their dreams.)
9. Our drinking laws are more strict than most countries. Rotary prohibits the drinking of alcoholic beverages (even in the home).
10. Have your student explain the 5 D's to you.

STUDENT CODE OF CONDUCT - OVERVIEW

HOST SCHOOL:

- ❖ **Your Role As Ambassador – Learn Your School Code & Rules**
- ❖ **Attendance is Mandatory – Academic Visa**
- ❖ **Complete All Your Assignments: Show You Are Making The Effort**
- ❖ **Meet The School's Academic Performance Requirements**
- ❖ **Get Involved In Extra-Curricular Activities (May Be Outside of School.) (A way to meet friends. Coordinate with Host Family.)**
- ❖ **Sexual Misconduct: Dating, Public Displays of Affection, Assault**
- ❖ **Show Appreciation**

ETIQUETTE:

1. Review your particular School District Code of Conduct with your student.
2. Help your student with "Dress Code".
3. Monitor extreme social issues.(i.e. bullying, etc.)

ATTENDANCE:

1. Please explain the "legal" rules of attendance.
2. Students are on an Academic Visa: Rotary Consequences of Expulsion for excessive absence.
3. Make sure you get advance permission to take your student out of school for Rotary Events. Get homework assignments in advance.
4. Will your student get academic credit for their US School Year ? (Large influence on attitude.)

STUDY TIME: (Greatest Language Challenge Is To Create Written or Oral Original Thought)

1. Establish a “lights out” curfew for doing homework.
2. Make yourself available to assist with “Interpreting English” or Proof-Reading written assignments.
3. Explain that teachers are looking to see that you are making an honest attempt to learn.
4. Make sure teachers know that your student is an exchange student. (Can fall under the radar.)

ACTIVITIES:

1. Encourage your students to get involved with clubs or sports. (Key to making new friends.)
2. Rotary encourages involvement with “Service Projects”.

STUDENT CODE OF CONDUCT - OVERVIEW

HOST FAMILY:

- ❖ **They Become Your Guardian – You Must Expect Lifestyle Changes**
- ❖ **Trust- Knowing Your Whereabouts At All Times**
- ❖ **Rotary Travel Rules (Outside Host District) (NO Independent Travel)**
- ❖ **Active Engagement of Family Chores – Your New Home**
- ❖ **Be Punctual & Follow Curfews**
- ❖ **Spend Time With your Family vs. Excessive Time On The Internet**
- ❖ **Try New Things: Food, Religion, Trips – Cook A Meal For Your Family**
- ❖ **Show Appreciation**

HOME TOPICS

FIRST NIGHT QUESTIONS:

1. Do as soon as possible.
2. Try to have all family members present.

SIBLING RELATIONSHIPS:

1. Explain to your sibling the benefit of hosting and helping . (Peace & Understanding)
2. Explain that calling you "Mom or Dad" is a form of politeness.
3. Younger siblings sometimes becomes jealous.
4. Older siblings are a good source of connecting to make friends.

CHOOSING FRIENDS:

1. Same "approval process" as your own sibling.
2. Avoid one-on-one with over-18 with no CBC.
3. Balance of "native friends" vs "inbound friends".
4. Encourage involvement with clubs & sports for social connections.

RELIGION:

1. Offer to attend church with the family. Great learning opportunity !
2. Allow to stay home if not comfortable.

DRESS ETIQUETTE:

1. Counsel them on "appropriate dress" for school, church, Rotary meetings, etc.
2. Rotary activity invitations normally indicate dress code.(Call if not sure.)
3. When in doubt, default to "nice business casual."
4. Rotary Youth Exchange Blazers are encouraged for Rotary meetings & required for the District Conference in the late spring.

DIET & MEALS:

Home Topics

1. Religious Objections to certain foods?
2. Vegetarian?
3. Ask About Allergies.
4. Communicate your expectations about Timeliness & Helping with kitchen chores.
5. All 3 meals are provided by the host family.
6. Host Family determines whether to buy school lunch Or to "Pack a Brown Bag" for them.
7. Rotary monthly allowance is NOT to be used for meal purchases.
8. Most students go through weight gain because of size and increased carbohydrates.

BATHROOM ETIQUETTE:

1. Review how your faucets and shower works.
2. Use of towels (one per day one per week)
3. Note: In some countries TP is not placed in the Toilet ... Never Assume!

BIRTHDAYS & HOLIDAYS:

1. These are special days that can trigger homesickness.
2. Birthdays-invite other host families & the Rotary Counselor.
3. Encourage student to call home day before or day after Christmas so they can enjoy the festivities of an American Christmas.

MOBILE PHONE & PC USE:

1. Too much time in the bedroom on the PC is a "RED FLAG".
2. No swear words or inappropriate pictures on social media like FaceBook.
3. Alert your Rotary Counselor if student is getting excessive calls or text messages from home.
4. Rotary discourages a direct host parent to native parent "Skype Relationship".

SHARING OF CULTURES:

1. Show interest in viewing any picture albums student has brought from home.
2. Ask the student if they would like to prepare a special meal of their country.
If they are unable to cook alone, try to work on it together. (Buying ingredients, mixing, baking etc.)
3. Invite them to share unique music of their country.
4. Introduce them to your neighbors & friends.
5. Include them in a family hobby or sport. (Hiking, biking, etc.)

QUESTIONS?

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