

## Exchange Student: Phases of Adjustment & What To Do By Month

Month	Phase	What You Should Be Doing	Reminders
JUL- AUG	TRAVEL & HONEYMOON	Get busy. Remember that these first few weeks are your chance to make life-long friends. It is not the time to be shy. Take it all in and get to know your surroundings. Meet your Rotary Club members. Find your routine. Work on your language skills. Identify your cultural mentor.	Watch the phone calls and e-mail
SEPT	END OF HONEYMOON/ START OF ADAPTATION	Start with good habits. Write in your journal every night. Mark on a calendar what you did every day. Answer the phone from time to time. Get to know your host parents. Learning the language is your priority. Watch for homesickness. Use your support system. Keep busy. Cook a "native" meal for your host family.	Write home & Submit monthly report due September 30 <sup>th</sup> to respective Inbound or Outbound District 7390 YE Officer & Club Counselor
OCT	ADAPTATION	Homesick? Don't call home! Talk to your Rotary or Rotex support people. Don't dump it on your parents. Get out of that funk. Break the routine a little every day to keep things fresh. Avoid spending long amounts of time by yourself. Having trouble with the language? Find someone to talk to; a host sibling, a "cultural mentor", or even your Rotary Counselor. Give and take. Make a trade; your language for English.	Submit monthly report due October 30 <sup>th</sup> to respective Inbound or Outbound District 7390 YE Officer & Club Counselor
NOV	ADAPTATION	Have you made many friends yet? If not, get out there and mingle. Remember, you want to make as many people miss you as you can when you leave. There is nothing better to make you stop thinking about yourself than to help someone else. If you are feeling a little lost, find someone in need and give him/her a hand. You will get it back 10X. You might hit a language plateau here. Keep working the language. Try something new. Speak at your Rotary Club. If you move host families, you might have another challenge. Make the best of it.	Send Holiday presents home early. Submit monthly report due November 30 <sup>th</sup> to respective Inbound or Outbound District 7390 YE Officer & Club Counselor
DEC	ADAPATION/ ASSIMILATION TRANSITION – HOLIDAY BLUES	Time to stay focused. You need to get through the period from the end of November until January 1st strong. Don't get hung up with missing the holidays at home. Keep Rotex in mind here. They will help. The more you contact "home" though, the worse it will be. Tell your host family how you celebrate the holidays.	Keep phone calls and e-mails "home" down. Submit monthly report due December 30 <sup>th</sup> to respective Inbound or Outbound District 7390 YE Officer & Club Counselor
JAN	ADAPTATION/ ASSIMILATION	Now for the good stuff. You should feel good speaking the language and you should have made some friends. Make the most of it. From now on, you are on a roll. Hey! Where's my report!	Submit monthly report due January 30 <sup>th</sup> to respective Inbound or Outbound District 7390 YE Officer & Club Counselor
FEB	ADAPTATION/ ASSIMILATION	You should be busy now. Friends, school (for most of you) and lots of activities. Don't forget host families (including the first one).	Call your host counselor and check in with him/her. Submit monthly report due February 30 <sup>th</sup> to respective Inbound or Outbound District 7390 YE Officer & Club Counselor
MAR	ASSIMILATION	Are you giving as well as taking? Don't just be doing your own thing. You speak the language and you know some people. You fit in. Use it to help other people. Speak to little kids in schools, volunteer in your community, teach someone your language, help with your Rotary Club's projects. This is the part of the roller coaster ride when you get to let go of that safety bar, put your hands in the air and scream as loud as you can. This is "The Monster Hill" of your exchange.	<b>Make your flight reservations home.</b> Don't rush home, but don't stay too long. Do not come home less than 3 weeks before you leave for college! Submit monthly report due March 30 <sup>th</sup> to respective Inbound or Outbound District 7390YE Officer & Club Counselor

APR	ASSIMILATION	Are your parents visiting? Plan it out for them. Remember, you are the one who is in charge of their having a good experience. Let them into “your world”. Introduce them to your host family, your host Rotary Club, your friends and your town. Let them see you as the mature tour guide, master of the language. They aren’t coming? No problem - you have a lot going on. Dig in and make the most of it because this time is fleeting! Hey, don’t you owe someone a report?!!	Submit monthly report due April 30 <sup>th</sup> to respective Inbound or Outbound District 7390 YE Officer & Club Counselor
MAY	ASSIMILATION & RE-ENTRY ANXIETY	This should be as good as it gets; you love your host country and you are starting to get that dreaded re-entry anxiety. It has to happen, you know that. Don’t waste one second wishing it won’t. Spend as much time as you can with friends, host families and the people you will miss most. Spend what little time you have with people who you won’t see for a while.	Make time for your host families! Submit monthly report due May 30 <sup>th</sup> to respective Inbound or Outbound District 7390 YE Officer & Club Counselor
JUNE	ASSIMILATION & RE-ENTRY ANXIETY	Get ready to leave. Make sure that you are not putting off spending time with people. If you want to buy things to take with you, start early. Don’t go rushing around the night before you leave. You will be cheating your friends and family out of your time. Leave gracefully. Don’t leave a mess. Pay your obligations. Return what you’ve borrowed. Say “thank you” as many times as you can.	Read “So You Think You’re Home Now”. Submit monthly report due June 30 <sup>th</sup> to respective Inbound or Outbound District 7390 YE Officer & Club Counselor
JULY	RE-ENTRY & REVERSE CULTURE SHOCK	Pack early. Get rid of things that are just clutter. Make sure you have your passport, tickets and that your bank account is closed (if you had one). Exchange money. Don’t come home with a lot of foreign money you might not need for a while. Have some local currency with you in case you need it at the airport. Enough to get a meal or two. Remember, the success of an exchange is measured in the number of tears when you leave; yours and theirs. Smile when you get back home. Thank your parents for your year. Spend some time with them before you go running around finding your friends. Spend at least two days home before connecting with your friends.	SEND post evaluation to Club Counselor and DYE Outbound Chair  START WORKING ON YOUR ROTARY REBOUND SPEECH.
AUG	REVERSE CULTURE SHOCK	Get into your new life here. Listen to what you are saying. Are you being critical about “home”? Are you telling everyone you can find about your year or are you keeping it to yourself? Have you referred to your friends as “Those stupid kids?” or “Those stupid Americans” at all? Are you keeping busy or are you moping around the house missing “home”? Was it really easy for you to come back? Do you not miss your host country? Think about why that is so. Get ready for school to start. Make little steps each day to get back into this culture. Talk to Rotex and to your District and Club Counselors about what you did and what you are doing now. Remember that the deeper you were able to assimilate into your host culture, the longer it will take you to find that “bi-cultural balance” between your host country “self” and your home country “self”. This is the start of your third year as an exchange student.	Contact your Sponsoring Club and offer to do a program on your exchange.  Let your District Counselor know what your plans are for the following year. Help us continue to build the program!