

ROTARY INTERNATIONAL

DISTRICTS 9450, 9460 & 9470

YOUTH EXCHANGE

STUDENT GUIDELINES

2010

"Be Safe, Be Considerate Be Sensible, Be Mature"

WESTERN AUSTRALIA

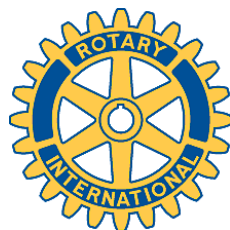


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1. ORIENTATION

1.1 Orientation Weekend: Its All Relevant

- What you hear today is truly important.
- The importance of listening.
- Qualifications of the organisers and speakers.
- Preparation can save embarrassment.
- Use your notebooks - take notes - use them.
- Listen - take heed.

1.2 What Has Happened Since the District Interviews

- The Interview Day itself.
- When all applicants have been selected
- Considerations and country placement meeting after the last interview.
- How your placement is considered.
- Who sends your papers overseas?
- Then the long wait - to be expected.
- Why this takes time.
- It could be late December before you are all placed.

2. ROTARY INTERNATIONAL

2.1 Youth Exchange Guideline for Emergencies and Insurances

Rotary International guidelines state that students must have not less than US\$500,000 or equivalent medical expense coverage, nor less than US\$10,000 or equivalent coverage for accidental death or dismemberment. This insurance is facilitated through the Australian Rotary Youth Exchange Chairmen's Conference and is a mandatory inclusion as part of your Youth Exchange Fee. It is incumbent upon parents to satisfy themselves that this protection is adequate. If this insurance is considered as not satisfactory, it is the responsibility of the parents to arrange and pay for any additional insurance they require.

On meeting your Host Rotarian Mentor, you should provide a copy of your insurance policy to the Mentor. You should also register with the nearest embassy or consular office in your host country.

You should be adequately and correctly insured for:

- Medical expenses for serious injury caused by accident. (Make sure both parties have the same definition of 'serious injury'.)
- Expenses for medical emergency not due to accident (for example, surgery for appendicitis etc).

For injury or emergency, the policy should specify the type/grade of medical care and hospitalisation covered under the policy, as well as if repatriation is covered. For death due to accident, the insurance policy should state beneficiary and how insured sum is to be dispersed.

The Rotarian Mentor should be familiar with the insurance policy and know the contact telephone number of the appropriate embassy or consular office. The Mentor should also be familiar with the embassy's policy with regard to repatriation of citizens in foreign countries.

Your Rotarian Mentor must know details regarding all of your travel plans, and must ascertain that your parents have approved these travel plans, especially if you are travelling to another city or country.

Your parents should issue a written authorisation letter (or powers of attorney) naming the host Rotarian Mentor and another Rotarian of the host/receiving club (preferably the host club President), either or who is to act for the parent in the event of injury or death. This is very important because most government departments and local authorities require it, and understandably so.

The above letter must also authorise the incurring of:

- Funeral expenses i.e. cost of claiming body, embalming, casket, compliance with legal and government fees, and transportation of casket/body, cremation cost, etc to be reimbursed from the insurance policy.
- Expenses of authorised person (Rotarian Mentor and/or host parent) to act on behalf of parent (transportation and hotel charges for travel to place of accident etc) to be reimbursed from the insurance policy.

The handling of expenses is important as not every Host Club can afford to incur such immediate expenses. The ability of the Club or District to handle immediate costs can prevent a tragic situation from becoming worse and increasing the agony and anguish of the deceased's parents.

The Host Parents are committed to treat you as though you are their own child, and in most cases will do everything a natural parent would do. However, if a Host Parent has to spend a substantial amount of money for immediate needs, other Rotarians may be discouraged from becoming host parents and Mentors.

2.2 Objects of Rotary

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and in particular, to encourage and foster:

- a. The development of acquaintance as an opportunity for service.
- b. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations and the dignifying by each Rotarian of his/her occupation as an opportunity to serve society.
- c. The application of the ideal of service by every Rotarian to his/her personal, business and community life.
- d. The advancement of international understanding, goodwill and peace through a world fellowship of business and professional men and women united in the ideal of service.

2.3 Rotary in Australia and In Your District

Currently there are 23 Rotary Districts in Australia and Papua New Guinea, with a membership of approximately 36, 500 spread over 1,200 clubs.

Rotary was first proposed in Australia as early as the year 1913, but war intervened and Rotary finally arrived in Australia in 1921 with the formation of

the Rotary Club of Melbourne. Sydney followed in 1922 and the Rotary Club of Perth received its charter in 1927. Since 1927 till 1990, the growth of Clubs has steadily grown to 111 in Western Australia.

Today, Western Australia has three Rotary Districts - 9450, 9460, 9470.

2008 celebrated 50 years of Rotary Youth Exchange in Australia.

Rotary Youth Exchange

Each year WA sends out and accepts approximately 40 exchange students from thirteen different countries - Brazil, Belgium, Finland, Germany, Denmark, Switzerland, Japan, Sweden, France, Norway, Italy, Taiwan, Canada/ USA

2.4 Objectives of the Rotary Youth Exchange Programme

It is imperative that you understand these Objectives:

- 1. To further international goodwill and understanding by enabling students at first hand to study some of the problems and accomplishments of people in lands other than their own.*
- 2. To enable students to advance their education by studying for a year in an environment entirely different from their own and undertaking study courses and subjects not normally available to them in secondary schools of their own country.*
- 3. To broaden their own outlook by learning to live with and meet people of different cultures, creeds and colours from their own, and having to cope with day to day problems in an environment completely different from the one they have experienced at home.*
- 4. To act as Ambassadors for their own country by addressing Rotary Clubs, Community organisations and Youth Groups in their host country and by imparting as much knowledge as they can of their own country and its problems to the people they meet during their year abroad.*
- 5. To study and observe all facets of life and culture in the country where they are hosted so that on their return to their home country they can pass on the knowledge they have gained by addressing Rotary Clubs, Youth Groups and Community organisations.*

2.5 The Vast Difference You Could Encounter

- You may come from a small town, and be hosted in a large city.
- Whatever the size of the town, things will be different.
- It's strange to arrive in a foreign airport and not to know what you are looking for.
- It may take some time to understand the language.
- The differences in the appearance of the people and the area.
- Everything will be strange at first...that's half the fun...encountering the differences.
- Not all Rotary Clubs are the Same

3. RULES

3.1 Rules and General Information for Participating Students and their Parents

1. **Be Safe, Be Considerate Be Sensible, Be Mature**
2. The period of exchange will be one academic year. Each student must attend school during the year of exchange. Credits for study in other countries cannot be assured and Rotary in no way can be held responsible. In some circumstance, students can transfer credits. However, this is the decision of your home school administration.
3. An insurance policy will be provided, within the terms of the Programme to the satisfaction of the Youth Exchange Committee, and/or the receiving Club or District. Cost of such policy is included in your Youth Exchange fee.
4. Students are to travel together where possible. Flight tickets will be arranged through your District Committee's nominated travel agent. Parents should be aware payments for flight bookings, visas and exit tax are included in the Youth Exchange fee.
5. Parents are to provide adequate clothing for the comfort and well being of the student, appropriate to the area or country in which the student is hosted.
6. Parents will provide the student with an Emergency Fund of between \$A400 and \$A600. The Emergency Fund should remain at this level during the Exchange period. Parents are responsible for maintaining this level of Emergency Funds. Funds are to be used for clothing, travel and emergencies. The student should encourage the Mentor to be cosignatory to a joint account, and the Mentor should be consulted on items of an urgent nature.
7. A monthly allowance is provided to the student by the Host Club for spending money and incidentals.
8. Your District Committee reserves the right of final decision regarding the country of assignment. Any student not wishing to accept the assignment is to notify the Chairman in writing immediately.

9. If the student has relatives in the assigned country, they will have no authority over the student whilst under the supervision of the Programme.
10. Students assigned to a country where another language is spoken should tutor privately and devote adequate time so as to learn the essentials of the language prior to the departure.
11. When the student has been accepted in a Host Rotary Club, correspondence should commence immediately between the student, first host family and Host Rotary Club. Your parents should also correspond with your first host family.
12. Hosting of students is the responsibility of the Host Rotary Club. In cases of difficulties, the student should consult the Mentor, or President of the Rotary Club if no Mentor is provided, or the Host District Youth Exchange Chairman.
13. The exchange student is to become an integral member of the host family, assuming duties and responsibilities normal to a student of his or her age.
14. Students should undertake no travel outside the immediate area of the community in which the Host Rotary Club is located without the written consent of the natural parents, Mentor, Host Rotary Club and/or the Host District Youth Exchange Chairman.
15. From time to time you may receive invitations to go on trips with a family other than your Host Family. Before accepting the offer you **MUST** obtain permission from:
 - a. Your Host Family, **and**,
 - b. Your host Rotary Club through your Mentor

Note: You **MAY NOT** go on a trip with anyone who is not approved by your Host Family, Mentor or Host Rotary Club.
16. Choose your friends slowly and wisely, as you will have many social opportunities. You do not have to accept the first invitation. Trust your host parent to aid you in developing a respectable circle of friends.
17. Your hosts are responsible for your physical and social well-being. You will respect their wishes and requests. Our society may be more formal

or informal than theirs, and some guidance and restrictions are to be expected as advisable.

18. You must at all time abide by the **Four D rules**, namely:
 - a. The student is **NOT PERMITTED TO USE DRUGS**, except for valid medical reasons as prescribed by a physician.
 - b. The student is **NOT PERMITTED TO OWN OR DRIVE A MOTOR VEHICLE, MOTOR VESSEL OR BOAT, WHETHER LICENSED OR UNLICENSED.**
 - c. **Serious DATING** will not be permitted. Dating in a casual way, preferably in a group, is quite acceptable. But if your Club Mentor or host parents feel that you are getting 'romantically involved', you will be told to discontinue the relationship.
 - d. **Absolutely no DRINKING of alcoholic beverages, except:**
 - i. when in the PHYSICAL PRESENCE of your host parents or a Rotarian who is SPECIFICALLY responsible for you at that time,
 - ii. the circumstances for drinking are completely legal,
 - iii. it is done in extreme moderation
19. Smoking is strongly discouraged and at the discretion of your host parents and the local laws.
20. You will always attend the Club or District Rotary functions to which you are invited, putting aside without question, any conflicting personal plans that you may have made.
21. Under the auspices of the District Governor, the District Youth Exchange Chairman of your District is the final authority on any matters pertaining to the Youth Exchange Programme. Most matters, though, are handled at the local Rotary Club level.

Please note the following direction:

It should be emphasised that this District Youth Exchange Committee has absolutely no reservations about withdrawing a student out of the Programme and sending THE STUDENT HOME at THEIR OWN EXPENSE, if the student does not adhere to the general intent and conditions of the Programme and particularly a student who is in violation of rule number 17.

3.2 Medical Situations and Advice

1. At any moment, from your departure till your return to Australia, you are as likely to incur injury or illness, as if you were at home. You **must have hospital and medical insurance valid and adequate** in the country of destination.
2. Expect that you will initially have vague symptoms due to travelling and emotional stress of settling in a strange country. Confide in your Mentor or Host Parent - he/she will decide if medical attention or TLC (tender loving care) is necessary.
3. If you have a significant medical problem before you depart, a letter from your local doctor will be helpful.
4. Drugs are used **illegally** in all countries. You realise that your being found guilty, or requiring treatment for drug abuse, will mean the abrupt termination of your exchange tour and return to Australia, after court action. The death penalty applies in many countries for trafficking in drugs.
5. Specific problems are a high risk in certain countries - consult your own local doctor for detailed specific advice on these matters.
 - a. Malaria (Brazil, Africa, India, Malaysia, Philippines, Papua New Guinea) is now classified by World Health Organizations as a "major problem". People became careless because it was dwindling before 1970. In Australia cases notified in 1974 were 201, 1976 were 307, 1979 were 470. These are all in people who had been overseas. They become very ill, and some die. Taking tablets easily prevents it.
 - b. Cholera, Small pox, Yellow fever. These are all preventable by immunization.
 - c. Rabies - from dogs, cats and monkey. **Do not allow licking. Obtain prompt attention if bitten.**
 - d. Typhoid, Polio mellitus and Worms can be caused by eating uncooked meat and fish.
6. Inoculations - make sure all are up to date, including tetanus.
7. Ensure that all inoculations are valid for one year - some need renewal at six months if passing through an epidemic area of typhoid.
8. Try to get as much sleep as possible around the time of your departure. Lack of sleep makes one vulnerable to illness.

9. In the first few days on your new "home" eat carefully. Let yourself become accustomed to the new diet gradually. Try not to eat the new and exotic foods unless it can be done slowly.
10. It is possible to keep your weight within reasonable limits if you do not greatly increase your food intake. Do not crash diet - it is extremely unwise and is sure to increase susceptibility to infection.
11. Take a supply of the medications you may need. Do not rely on your host country to have them. These should be sealed and accompanied by a copy of the prescription and preferably a letter from the Doctor indicating their need. Use medications (drugs) wisely.
12. **Do Not hide continuing or severe illness, especially abdominal pain.**
13. Constipation especially can be a problem with the change of diet. Do not use laxatives since they can become a chronic addiction. Instead make time to eat as much fruit as possible plus any bran or other unrefined foods if possible.
14. A year away predisposes one to changes in mental status, such as depression. . Talk it out with someone - your Mentor.

4. RESPONSIBILITIES

4.1 Responsibilities And Requirements

You have a responsibility to a large number of bodies:

Sponsor Rotary Club

- Know the President and Members.
- Write and send reports and friendly communications back during the year.

Host Rotary Club

- Earn their trust.
- Get involved with the Rotarians.
- If you keep saying "no" to a new experience, there will soon be no further experiences.
- Try to learn something new every day.
- Show your gratitude, even if an invitation was not really to your liking.

Mentor

- If not given one - ask.
- The person to whom a student can turn.
- Make an effort to get close to him/her.
- Rotarians are usually very busy people - you make the contacts, don't wait for him/her to remember.

District Committee

- Know your Placement Officer.
- Send your monthly reports to your Placement Officer
- You are expected to report regularly to your District Committee contact.

Your Country

- Learn to promote it well.
- Be an Ambassador.
- People want to know. It is up to you to tell them.
- Be prepared - know your facts.
- Remember you are "on show" all the time.

Host Country

- You should study the country and the area before you leave Australia.

- Find where it is located, which side of the equator, what temperatures to expect.
- Learn about things that happen in the country.
- Prepare a short speech for your Host Club in their language. (Learn it phonetically if necessary.)
- Your school-learnt language is not really enough.

Host Parents

- Within the first hour find out how to address them. (*see questions 7.2*).
- You are required to adapt to them - not them to you.
- Establish the rules of the house and abide by them.
- Families can be quite different.
- Do not try to manipulate the family to suit you.
- If you are required to do chores, do them willingly and not just for the first week!
- It is the little things that really count. (Mother's day, Thank-you cards.)
- Males in Japan get it easy; girls could have to do more.
- Fit in with your host brothers and sisters. It is their home that is being invaded.
- You have to work to obtain trust. These people have never met you before.
- Don't sit in your room because you don't speak the language. You will never learn unless you get involved.
- Remember - your Host family will continue their lives after you have left their home. You need to change for them, NOT them for you.
- Different foods encountered?

Natural Parents

- Telephone or send email home advising that you have arrived safely.
- Set yourself a pattern for writing home, and stick to it.
- Don't tell them all the bad things.
- Telephone only on very special occasions.
- If you are homesick, do not write home immediately and tell your parents. Leave it for 24 hours. Things will look brighter the next day.

School

- Take the name and address of the Principal of your school here in Australia. Someone might like to contact him/her.
- Selecting your subjects for courses overseas can be difficult to relate to your present course.
- It is suggested that you take your present curriculum from chapter headings in textbooks and the short summary under each heading.
- The school should have information available, which outlines subjects in courses taken. Try to get a copy.

- Obtain your Tertiary deferment before you leave.

4.2 Responsibility of Natural Parents To Students

- Write regularly.
- Students need contact from home and can be lonely without it. Don't write and say that the cat has died or "I cut my toe!"
- Give news of Australia.
- Be Positive and Honest, remembering, though, that Timing is Everything!!

4.3 You Must Be Fully Prepared For Your Year

- To meet new family and friends.
- Possibly suffer from homesickness and loneliness.
- IT'S NOT ALL FUN! Your year away will be a lot of fun, but unfortunately it is not all fun. There may be times when you feel miserable and would give anything to be home again. It happens to everyone at some stage or other. Apart from homesickness you may have to deal with such things as boredom, jealousy, spite, gossip, marital problems within your host family, and restrictions placed upon you by your family and host clubs.
- There will possibly be language problems.
- Rotary knowledge is necessary.
- Australian knowledge is essential and necessary.
- Prepare your talks to give to your sponsor and hosts clubs.
- It will be a lot of work and not a holiday.
- Prepare for the unknown. Things may not always be as we expect.
- Be aware - you are on show.
- Rotary clubs in this District regard themselves as directly, closely and personally responsible for their host students.
- Although this is a general rule overseas, some Rotary Clubs (being autonomous) see themselves as merely agents in the arrangement.
- Club membership overseas may come from a very wide section of the community, and embrace every opportunity to enjoy and experience people of differing ages and cultures.
- Some of the ways your exchange may be different from a current inbound exchange may be in:
 - Types of host families - Appointment of Mentor - Club interest in you - Non-Rotary host families - Pocket money - Mentor's perception of their duties - Time spent with host families - Attendance at Rotary Meetings - Arranging of tours and trips - Your welcome and send off - you may not be asked to speak at your host club.
- Think now about your year away now - not on the outbound plane.

4.4 Reporting

Correspondence

- 1 The important function of letter writing.
- 2 Your family comes first.
- 3 Your sponsor Rotary Club - they must be kept informed.
- 4 Remember your friends.
- 5 Remember other outward bound exchange students.
- 6 Monthly reports to your nominated Placement Officer (one copy only). He/she will arrange for a copy to be forwarded to your Sponsor Club in this District.
- 7 The time it takes is often difficult to find, but it is expected of you!
- 8 Postage can be very costly when you get a small allowance. Bulk post home for distribution.
- 9 You must write to some people regularly.
- 10 Email - may or may not be available (or too expensive!)

Reports

a. Urgent Report to be Completed on Arrival

The first report AYEP9 (the cream one). Two copies to be completed **immediately on arrival with your host Club** - one copy to be handed to you Host Mentor, the other to be sent directly to the address on the bottom of the form. It cannot be stressed how urgent this form is. It must be returned within 14 day of arrival at your host Rotary Club. This form indicates to use that you have arrived safely and such things as schooling, emergency funds, insurances etc, are all in place. This form may be on the web site once you go away. <http://www.youthexchange.asn.au/>

b. Monthly Report AYEP8

These are downloadable from the website, www.youthexchange.asn.au . If email is a problem due to location or costs let your Placement Officer know promptly. Prepare **one copy** of your report **monthly**. Write legibly. Include comments, request, suggestions, complaints, and highlights of your exchange. Remember that comments on matter that you may regard as unimportant could be of interest - ANYTHING different or unexpectedly similar to home. *Suggestions to improve any aspect of the Youth Exchange Programme are especially encouraged.*

to be sent **monthly**.

- send one copy to you Placement Officer (address is on the report) who will send a copy to your Sponsor Club.
- print address distinctly!** You never know, someone may want to write to you!
- a copy of your report will be forwarded by the District to your Sponsor Club.

Your monthly report will be used to update this District's computerised records on the name of your current host family and their address. Therefore it cannot be stressed enough how *important* it is for your District Committee to have your current host family address and telephone number.

4.5 Schooling: A Condition of the Programme

1. Rotary Youth Exchange (or Student Exchange) implies **school**. We expect our students to attend school regularly and maintain satisfactory grades.
2. Enrolments are arranged by the Host club and Mentor.
3. Your parents are to meet the costs of any special education requested.
4. Dependent upon each respective host country, parents may have to contribute in part or in full to the cost of schoolbooks. Please confirm with your respective sponsoring club prior to departure.
5. Choose your course carefully in consultation with your Mentor and school administration.
6. Be prepared to give lessons yourself on Australia and perhaps teach English.
7. Try to be part of the school, join in and participate.
8. Approach members of the school staff for help with problems - there is usually one teacher you can talk to.
9. Special school trips and excursions are parent responsibility, but some Clubs will meet these costs.

4.6 Public Speaking

Occasions

You could be asked to speak at a variety of different places, to a variety of different types of audience. The secret of success is:

- **Planning** - to meet the situation
- **Preparation** - of material
- **Presentation**
- **Evaluation** - of how you went

You should be prepared to speak at places like:

- Your host Rotary club
- A Rotary District Conference
- Your school
- Church groups
- Social gatherings
- Rotaract clubs
- Interact clubs
- Youth groups

Your approach:

- **Prepare:** think of the content or matter you wish to present
Check your facts
You will require different facts for different audiences
- **Revise:** look through your notes before you start
- **Practise:** Try your prepared speech on the folks at home before you go
Try them on a friend while you are overseas
- **Timing:** Speak up - slowly and clearly
Remember you have the funny accent
Don't be worried by silence and learn to pause to create effect
No slang unless it is part of your topic
And work to the time slot allotted, so practise talking to the time allowing for question time

Before you leave Australia:

- Build up your confidence in speaking by:
- Reading the handouts given to you.
- Practicing conversation in the 'new' language.
- Asking your parents to listen critically to your speeches.
- Keeping a notebook to write down ideas or things you notice that could be useful for a speech.
- If you can give a speech to school or others, try to have someone comment critically on it.
- A good speech is like a meal: start with an appetizer, good content in the middle, desert at the end.

4.7 Presenting an audiovisual Program.

1. Select carefully the motives for the talk...to inform, entertain, question, convince, persuade, etc.
2. Become familiar with the potential audience, their background knowledge of what you are going to talk about, age, common interests, possible language problems, etc.
3. Select the photos you wish to use to **compliment** your talk...not to become the talk itself. The selected photos should explain or illustrate what you are intending to say, i.e. the audience's attention should be on the message you are delivering rather than solely on the visual images.
4. Unless you wish to present a speedy travelogue, don't overfill the talk with photos...20 good, appropriate photos are more effective in a 15-minute talk than 50 unrelated pics. You must give the audience time to look at the photo and time to find in the slides information, and impression conclusions which you want them to find.
5. Don't try to cover too much material in any one address...if you are introducing yourself to your new club, do just that...don't aim to cover all aspects of life in Australia. Select a few good close shots of your family...remember, your hosts are interested in you as a person.
6. Don't hesitate to use a bought photo if it best suits your story. A good bought photo is better than an over-exposed personal shot.
7. The night before your talk, sort out your images and fit them into your planned address.

Finally, after the screening, return the equipment, thanking the suppliers, collect your CD and notes for further use.

4.8 Gifts And Souvenirs

1. Why take gifts?
2. Who would gifts be for?
3. Consider the weight, cost and packaging of any gifts.
4. You will need a lot more gifts than you think.
5. What kind of things to take.
6. Have something small for immediate gifts on arrival for your Host President and his/her spouse.
7. Consider excess luggage when packing.
8. Kangaroo/Koala/Australiana pins to assist students.

4.9 Rotary Exchange Uniforms & Letters Required

1. *Blazers:*

- a. It is a District requirement that all students wear the Rotary blazers. The colour of the Blazer is green and the cost is the responsibility of the sponsoring Rotary Club

2. *Visiting Cards:*

- a. 500 supplied by YEC.
- b. Photographs will be taken on Briefing weekend.
- c. Details must be finalised before mid November.

3. *Letters:*

- a. Letter of introduction from your Club.
- b. Letter in language of your host country for introduction.
- c. Letter of approval from parents to undertake any Rotary-
authorised travel.
- d. Letter of consent for any emergency hospitalisation.

4.10 Remember Your Parents And Family In Australia

- You learn how important your parents are to you while you are on exchange.
- They will miss you too.
- Letters, tapes, gifts and parcels are very costly to mail.
- Your parents will possibly gain almost as much as you.
- They will be bombarded with questions about you and your progress.
- Your reports will be quoted.
- Try not to phone home too often.
- Your sisters/brothers will be lost without you. Include them in your letters, remember birthdays.
- Think of the sacrifices they all have made for you to be away.
- Do not use expressions that can be wrongly interpreted in your communications

4.11 Watch Your Weight

Most exchange students gain weight but it is possible to keep your weight within reasonable limits if you do not greatly increase your food intake. Do not crash diet - it is extremely unwise and is sure to increase your susceptibility to infection.

Furthermore, you may still be growing, so an increase in weight could normally be expected.

4.12 A Reminder For All Students

"A Smile"

A smile costs nothing but gives much
It enriches those who receive,
Without making poorer those who give.

It takes but a moment,
but the memory of it sometimes lasts forever.
None is so rich or mighty that he can get
along with it and none is so poor but
that he can be made rich by it.

A smile creates happiness in the home,
fosters goodwill in business,
and is the countersign of friendship.

It brings rest to the weary,
Cheer to the discouraged,
Sunshine to the sad,
and is nature's best antidote for trouble.

Yet it cannot be bought,
begged, borrowed or stolen
for it is something that is of no value
to anyone until it is given away.

Some people are too tired to give you a smile,
give them one of yours as none needs a smile
so much as he who has no more to give.

4.13 The Mentor and You: Understanding Each Other's Role

1. Each student going overseas should have three Mentors:
 - a. One from your sponsor club.
 - b. One from your host club.
 - c. One being your Placement Officer
2. These Mentors can be of great importance and value to you.
3. Get to know your Mentors. Become real friends.
4. Your Sponsor Mentor will relay news of you to your Sponsor Club from your monthly reports sent to the District Committee.
5. Learn to confide in him/her - he/she can help you at times.
6. Your host club Mentor should be your first point of contact.
7. If you find one is not appointed, make a deliberate yet diplomatic approach to your host club.
8. You must gain confidence in your host Mentor.
9. The host Mentor must be aware of your movements and plans through you or your host parents.
10. Your third Mentor - is your Placement Officer
11. In your monthly reports let your counselor know your problems if they exist or you are very preoccupied with something.
12. Future placements in Districts overseas depend on the reports you send home to use.
13. Most problems can be sorted out.

5. FINANCES AND ALLOWANCES

1. A suggested monthly allowance for students is about AUD\$120.00.
2. What if you do not get any allowance?
3. What your allowance should be used for.
4. Your allowance will not cover everything.
5. Emergency fund: take \$A400.00 with you.
6. Consider how best to take/transfer your monies throughout your exchange
7. If the Emergency fund is used in part, your family should replenish the figure to the original sum. This fund should only be touched by you and your Mentor together.
8. Joint banking accounts are suggested. Perhaps one account for all funds.
9. Place your ticket, passport (if possible) and other documents in a bank deposit box.
10. Departure tax. Many countries do not include it in ticket fares; Payable in the local currency; Make sure you have this money in hand at the airport departure point.
11. Be prepared for the unexpected costs in your flight - both outbound and inbound.
12. Live within your means - budget and learn a valuable lesson.

Remember:

Your family has made a significant financial commitment: do not pressure them for more money while you are away.

6. TRAVEL

6.1 Travel: A Privilege Not a Right

1. The aim of your year overseas is to live in another country in the style of that country, and not to go on a "Cook's Tour".
2. Hosts tire very quickly of students who either continually want to go on trips or always seeking to do so.
3. You will not come to understand or meet the people if you are flitting from one tourist spot to another.
4. Remember, you have travelled several thousand kilometres just to reach your host country.
5. Do not expect to be shown everywhere and everything. Keep in mind your host parents who want you to enjoy yourself, but like your parents, they possibly don't wish to drive every weekend.
6. Do not compare your situation with other students too often.
7. Where you are placed will naturally determine travel.
8. Remember, all travel costs money.
9. Think of the student who may follow you next year. Your actions may determine your host's club decision of future participation.
10. Above all, be natural, be yourself, have fun and accept your year for what it is: a most wonderful chance to see and learn about another country and another culture.

6.2 Airport and Luggage

1. Confirm your bookings for the next stage of your flight at the end of each stage.
2. Carry a small amount of cash change with you in the currency of the country to be visited. American dollars are the equivalent.
3. Watch all possessions at all times. Especially handbags.
4. Do **NOT** carry any parcels etc on or off the plane for **ANYONE**.
5. Carry passport, money, tickets, in your travel wallet, and carry them on your person at all times.
6. Wear your Blazer and 'Rotary Smile'. It is amazing how much both help.
7. Take a small piece of hand luggage. Don't make yourself uncomfortable by having too much.
8. Your hand luggage should contain a spare set of clothes (especially underclothes and pajamas) that you can use if there is a 'lost luggage' problem.
9. Your maximum luggage allowance varies depending on the airlines and the country you are going to. Check with the travel agent information supplied.
10. Excess luggage is very costly. Advance sending (unaccompanied baggage) is at a lower rate.

11. Suggest that you use soft cases with straps, and that cases be branded with some distinctive marking for ease of recognition.
12. It is recommended that you travel in your Rotary blazer so you are recognised at airport destinations.
13. Remember it may be cold when you arrive at your destination, so allow for warm clothing in your hand luggage.

6.3 Departure time

1. Get your farewell parties over well before the actual departure date. Certainly don't have a wild party (or even a late night) the night before you leave.
2. Get as much sleep as possible the few days before departure. Lack of sleep makes you vulnerable to illness.
3. Use your checklist.
4. Don't pack your passport in a suitcase.
5. Be at the airport in plenty of time. International Flights usually require you there 3 hours before departure time.
6. Farewells can be more traumatic than you realise, when suddenly the full impact of what you are doing hits you. So be prepared for tears.
7. Wear your official Youth Exchange uniform AND your blazer.

6.4 Be Careful and Use Common Sense

- You must place documents, including passport, money, tickets, etc, in a safe place or deposit them in a bank with signatories comprising two club members and yourself.
- Guard your passport always, if you keep it with you. A person without a passport is a person without a country!

7. HOST COUNTRY

7.1 Culture Shock

In many ways your lifestyle next year will be very different from what it is now. Of the differences, some you will like, and some you will find very irritating. Always try and consider things to be 'different' rather than better or worse. When telling people about Australia, be careful not to identify only those things which you feel are better than they are in your new country.

You will have to expect difficulties due to some, or all, of those differences, dependant on where you are sent:

1. Language.
2. Climate.
3. Food.
4. Newspapers and Radio.
5. Lack of news of Australia and other parts of the world.
6. Driving on the wrong side of the road.
7. Sanitary arrangements.
8. Nudity.
9. Attitudes to drugs, sex and contraception
10. Alcohol.
11. Your accent.
12. You may well be the only "foreigner".
13. Your dress and appearance.
14. Brand names.
15. "English" words that have totally different meanings in your new country.

7.2 Questionnaire: First Night With New Host Family

1. What do I call you? Mum, Dad, or first name.
2. What am I expected to do daily, other than:
3. Make my bed?
4. Keep my room tidy at all time.
5. Clean the bathroom after use.
6. What is the procedure about dirty clothes? Where do I keep them till wash day?
7. Should I wash my own underclothes?
8. What is the procedure about ironing clothes?
9. May I use the iron, washing machine, sewing machine, etc. Should I ask first?
10. Where can I keep my bathroom toilet accessories?
11. When is the most convenient time for me to use the bathroom?
12. When is the best time for me to bath? - am or pm?
13. What time are meals?
14. Do I have a permanent job at meal times? ie: May I help myself to food and drink (non-alcoholic) at any time, or must I ask first? (Promise to do this in moderation if acceptable).
15. What areas are strictly private? eg bar, study, sewing room, pantry.
16. May I put up pictures, posters, etc. in my bedroom? If yes, how?
17. Do you object to me having wine at the table with you or the occasional beer?
18. What are your feelings about my drinking alcohol?
19. Where can I store my suitcases?
20. What time must I get up on weekday mornings?
21. What time must I get up on weekends and holidays?
22. What to do you want me to go to bed on weekdays?

23. What time must I be in at night if I go out? (exceptions by special arrangement)
24. What date are the birthdays of Host Mum, Dad, brothers, and sisters?
25. Can I have friends stay overnight?
26. Can I invite friends around in the day? (Not opposite sex if parents are not there).
27. What are the rules about use of the telephone/computer?
28. May my friends phone me?
29. What are the rules about local phone calls?
30. What are the rules about overseas calls? (remember offer to pay for all calls.)
31. What is the procedure for mailing letters?
32. Does Host Mum or Dad have any pet hates or dislikes, eg appropriate dress at meal times, chewing gum, music, being interrupted when reading the newspaper, smoking, etc.
33. Do host brother and sister have any likes and dislikes?
34. How do I get around? Is there a bus route; do I get a bicycle; will it be possible to get a lift to and from parties etc?
35. What are your Host parents' feelings or rules about transport?
36. May I play the stereo, television etc?
37. What are the rules about going to church?
38. Do you mind me attending my own Church as well as yours?
39. Do you expect me to phone if I am going to be 10, 20 or 30 minutes late?
40. How often can I go out per week?
41. If I have something bugging me, how would you like me to handle my problem?
42. Who pays for sporting expenses, the Club or Host Parents, or student?
43. If we go out as a family, who pays entrance fees etc?
44. If student has special dietary needs, mention them now

45. Can I use the shampoo etc, or should I buy my own?
46. Do I take lunch with me to school, or do I buy lunch at school?
Who pays?
47. Am I responsible for bus fares to school?
48. If there are servants in the house, seek advice on how to deal with them.

8. AUSTRALIA

8.1 What is Required From You

As an ambassador you must know about Australia and about its:

History: Other countries have a much greater sense of history than we have and a much longer history. Know something of:

- Discovery and founding of Australia, Western Australia, Perth.
- The pioneer period - gold, wheat, wool.
- The formation of the Commonwealth.
- Even if short, we do have a heritage - suggested reference: *The Timeless Land* by Ellenor Dark and others.

Legislation:

- Age to vote, drive a car and legal drinking age
- Equal Opportunity Legislation, Race/Sex Discrimination Legislation

Politics:

- The Constitution of Each of Our Three Tiers of Government: Federal State and Local; their powers, how elected, source of revenue.
- Know about Party Government - the parties, their leaders, and their basic political viewpoints.
- Current issues in politics today.
- Unionism, wages, arbitration, strikes, long service leave, sick leave, etc.

Taxation:

- Personal tax rates.
- Company tax.
- GST.
- Customs and Excise duties.

Geography:

- Know comparison of size against your host country.
- Flying hours can be a useful comparison.
- Important points - tourist areas - interesting features (Lake Argyle, Rottnest, Ord River Scheme, the Goldfields, etc).
- Minerals, oil, coal, gold, diamonds.
- Primary and secondary industries

Flora and Fauna.

- The flower and animal emblems for each state and territory
- Significance of our national coats of arms flora and fauna emblems
- Native animals and feral animals
- Conservation of our native species

Social Scene:

- Multicultural composition of population.
- Foods we eat.

Art and Culture.

- Know some of our artists, writers, poets, and singers - both classical and modern.

Education and Sport.

- High Profile Australian Academics who have been world leaders in their respective fields
- High Profile Australian sportspersons and teams who have and still are world champions
- Sports with high participation rates such as netball and bowls
- School leaving age across Australia and school commencement age

Aboriginal and Immigration Policy:

- The evolution of our Australian Aboriginal Policy from extermination to assimilation to integration
- Our current immigration policies from business sponsored migrants to family reunion to "Boat People" and Detention Centres

8.2 Uniquely Australian: FAQ

Uluru

The changing colour of Uluru, as the sun rises slowly above the horizon, is certainly a memorable experience. This *Red Granite Monolith*, the largest in the world, is about 8 km in circumference and rises abruptly out of the red desert to a height of 340 m. For those still working in miles and feet, this is 5 miles around and 1,100 feet high. To many it has an eerie splendour about it, and to the Aboriginal it is regarded as an object of worship.

The Flying Doctor Service of Australia

Provides a mantle of safety for men and women who otherwise would have no means of prompt medical attention. Doctors who visit their patients by aerial ambulance after being contacted by radio provide these medical services, the first of their kind in the world. This service commenced in 1928 due mainly to the efforts of the Rev John Flynn, and today covers a large part of the continent. Nowhere in the world is radio such an essential part of everyday as in Australia's remote areas. Thousands of people depend on this for medical and social contact, but for children it brings the classroom into their homes.

The School of the Air

is the world's first two-way radio school, began in Alice Springs and now operates in five states. This Programme supplements that conducted by correspondence from state education departments.

Evolution of Our Native Species

We live in a country where time and change have not taken such a heavy toll, because there has been less time to destroy the native environment. Taking a look at the **platypus** and **echidna** we find creatures that lay eggs and suckle their young. These are found only in New Guinea and Australia, and it is thought this could be because of our isolation from the rest of the world, allowing primitive groups to survive.

Australia is unique amongst continents for its strange assortment of animal life. We have over 120 species of marsupials native to Australia. These animals vary greatly and except for the fact they bare their young in a very immature state, have little in common. Baby **kangaroos** are 25-35 mm when born and then have to find their way into the pouch where they stay for about 8 months and then weigh about 4.5 kg. The adult

kangaroo moves at great speed on strong hind legs, moving as far as 8 metres in a single bound, and can clear obstacles almost 3 metres high. These animals vary in size, with the *Great Grey Boomer* standing 2 metres high with the tail adding another metre. **Wallabies** are smaller and stouter, but otherwise their characteristics are the same. These creatures graze on native grasses or cultivated pastures if it is available.

After the kangaroo, the **koala** is the best known of our marsupials. They are a soft grey furry animal about 75 cm long from the tip of its nose to where the tail should be. The tail is replaced by a calloused pad, which enables it to sit for hours in the fork of a tree. Even though it eats gum leaves, only a few of the 500 varieties of eucalyptus are to its liking. Koala is an aboriginal word meaning "I don't drink water". The gum leaves they eat supply all their moisture needs. Unlike the kangaroo, once the baby koala leaves the pouch it never returns, but rides either on the mother's back or clings to her chest.

Wombats are active burrowing creatures, living in large holes during the day, but going out at night to feed on grass, plants and roots. Wombats are no respecters of crops or fences and their burrowing causes much damage.

You don't expect the humble **earthworm** to cause a stir, but in South Gippsland, Victoria, the giant earth worm has changed that! These worms grow to 3.5 metres long and may be several centimetres thick. The average length is 1.8 m. They are capable of contracting themselves to the thickness of a man's wrist. Walking near a colony of these, one is aware of a gurgling sound as they move through their tunnels. When uncovered by farmers ploughing, the **kookaburra** is the only bird that does not turn up its beak. It swoops on a worm and take sit into a tree where it eats as much as it can. The remainder of the worm dangles from the kookaburra's beak until its digestive organs can allow it to swallow the next portion.

The **marsupial mole** is a primitive creature found only in Australia. These are found on the Nullabor Plain, are 15 cm long, blind, deaf and dumb. Its fur is a soft creamy colour and it carries its young in a pouch. Ants' eggs and insects are its staple diet.

The **emu** takes precedence over other birds, as it appears on our Coat of Arms. The emu is among the few birds or which the female is liberated. She does the courting while her mate cares for the young.

The **lyrebird** - the bird of a thousand voices and the master of mimics. The tail of the male bird is shaped like a lyre and is much bigger than the bird itself. The female is an unimpressive creature.

Other things unique to Australia

1. Australia's first **Surf Life Saving Club** was founded in 1907 at Manly, NSW. Australia now has in excess of 250 clubs.
2. The **Great Barrier Reef** extends for about 1900 km and is the largest coral deposit in the world.
3. The **Dingo Fence** stretches thousands of kilometres along state boundaries from Queensland to South Australia.
4. Two **Rabbit Proof Fences** were built starting and ending in the sea at both ends of Western Australia.

9. SOCIAL GUIDELINES AND SOME REALLY GOOD ADVICE

9.1 Manners

1. There may be differences. Watch. Listen. Learn.
2. Commonsense should prevail. Courtesy is understood worldwide.
3. Gifts. Thank you notes. Tokens of appreciation. It is not the *value* of the gift; it is the *thought* that counts.
4. Your genuine attempts to learn some everyday phrases in either the language and/or idiom is a priority.

9.2 Five Magic Phrases

PLEASE

THANK YOU

I'M SORRY

EXCUSE ME

AFTER YOU

9.3 Being An Exchange Student - Comments And Suggestions From Returned Students

1. Get involved, but don't do your own thing without keeping your host family and Mentor informed.
2. Sport, music and other group activities are a good way to make friends. Try school activities or find alternatives.
3. All your experiences will be different.
4. People will not come to you - **you** must make the effort.
5. Be prepared to possibly change your views on careers while you are away.
6. Remember, when you come home, all your friends and family will not have sat around waiting for you.

7. It may take months to resettle when you come home.
8. People at home will not want your experiences thrust upon them at every opportunity.
9. When you return home you might find it difficult to settle back into your studies - stick at it. If you opt out, you will continue to opt out.
10. Emails are a way of contact with home, but should not be the only means. Letters are good to receive.
11. Think about and take gifts - kangaroo and koala pins are much-appreciated gifts.
12. Airmail is expensive to obtain things from home, and surface mail may take three months.
13. Presentation of talks - slides are very good for groups, or a small photograph album for smaller parties.
14. May give many talks or few - try to get the opportunity to talk.
15. Take some Australian money to show around.
16. Don't talk about things of Australia you don't understand. Remember, businesspeople may know more than you do.
17. Budget your money - how much you spend depends on you.
18. Travelling to your host country can be exciting and fun.
19. Settling into home routines right away helps a lot.
20. Adjusting to habits and foods is generally easy, as Exchange students should be prepared to learn and adjust.
21. Sometimes it can take a while to be accepted at school.
22. Two things that help me a lot: "be yourself" and "be always busy."
23. Homesickness can set in as the excitement wears off - about the third and seventh month!

9.4 Living in the Home: A Host Parent's Perspective

1. The reason for your being in the home could be:
 - a. The family has accepted the student.
 - b. The Rotarian family member has accepted the student.
 - c. The family is obliged to accept a student.
2. A pleasant and bright personality can make it a most successful stay.
3. Keep as tidy as possible under all circumstances. If the family is busy, offer to help.
4. Language differences can cause a breakdown in communications between the mother and the student. It can be just as hard for the mother to speak slowly to the student as it is for the student to understand and translate her words.
5. Be prepared to do your own washing and ironing. Do not be afraid to ask questions if there is anything you do not understand, eg: medical, customs.
6. If you are asked what you like to do, be very positive, either tell what you would like to do, or what you have done and seen, and let the family make the suggestions.
7. Remember that they are trying to please you as much as you are trying to please them.
8. If you find that you are getting overweight, do not starve yourself or refuse to eat the food that is served to you; explain to the mother your position, and she will cooperate.
9. Join in and be part of the family - but don't take over.

10. HOMECOMING

10.1 It May Be Hard To Come Home

1. It is only a short year - make the most of it.
2. Everyone will spoil you.
3. In many ways you will be on your own and very independent.
4. You will make so many new friends - it will be hard to leave them.
5. You will have strong ties to your Host Families.
6. Possibly you will be torn between leaving your new home and returning to your family.
7. Try not to show your family how you are missing your old hosts.
8. Once you begin your return flight it feels a lot better.
9. There will be a difficult readjustment period once you return home.
10. You could experience a feeling a loss; a 'let down', a homesickness in reverse, "nobody understands me, nobody loves me, I just want to go 'home' .
11. Important to make a determined effort to return to study, and again get involved, to pick up the strands of you life.
12. Join the Rebounders' Group - "Rotex" - and stay involved with Youth Exchange.

10.2 Parent Information

It is suggested that you discuss the following points with your parents before departure. These are observations from parents of Returned Exchange students and from your District committee.

1. Your child may have changed - matured.
2. Your child could have an accent.
3. He/She may fear that you have changed.
4. Don't redecorate their rooms whilst they are away without consulting them.
5. On their return, encourage your child to talk to camps (Rotary, YMCA etc) and other groups. It helps them understand and share their experiences and put things into perspective.
6. Encourage your child to attend Rotex camps and gatherings. Here they can talk with others who are having the same problems settling back onto life again.
7. Expect homesickness for the country visited, their 'home' for a period of their life.
8. Be prepared for the student to take a while to settle down.
9. Be aware there is little you can do to help the student settle down.
10. Parents must accept that their children are now more independent, having just spent a year fending for themselves, being responsible, and reliable, and having made decisions about themselves without recourse to parental guidance.
11. If major problems do occur whilst away, the parents will be contacted immediately and a communication network set up.
12. If the problems are political, daily advice is obtainable through this Committee.
13. In the event of unrest due to political, economic or any other factor, the natural parents have the right at any time to ask District Committee to withdraw their son/daughter.

14. The Committee reserves the right to withdraw the student when we consider there could be a risk factor. In most cases this would be done with parental approval.

11. SUMMARY

11.1 Some Closing Remarks

You were chosen above other students because:

1. The Club and District thought you were the better representative for the Programme.
2. You are considered able to cope.
3. It would benefit yourself, your host club, and Australia.
4. You can give of yourself.

And the Next Steps

- We hope that you will benefit from the weekend's proceedings.
- There is still much work for you to do, and much to learn, culminating in your departure.
- We know that you will apply yourself to this task willingly, in between your study and other commitments.
- Your application is now overseas, in the country to which you have been allocated.
- You may hear directly from your host Rotary Club, or Mentor, or Host parents before we have been officially notified of your acceptance. Sometimes, eager beavers 'jump the gun', so, if you receive any letters or other information before being officially notified, please contact your Placement Officer at once.

The Team

- **We are a Team-**
- **Your Club and Parents play a vital role.**
- **The future of Youth Exchange is in your hands**

APPENDIX A: CULTURE SHOCK

"How to cope with Culture Shock" by Arthur Gordon

As the world grows smaller, as ever-increasing numbers of people travel, work or study abroad, more attention is being focused on a kind of silent sickness that often afflicts the inexperienced traveller or the unwary expatriate. It's the loss of emotional equilibrium that a person suffers when he moves from a familiar environment where he has learned to function easily and successfully to one where he has not. The term used to describe this malady is "culture shock".

The effects of culture shock may range from mild uneasiness or temporary homesickness to acute unhappiness or even, in extreme cases, psychological panic, irritability, hypersensitivity and loss of perspective are common symptoms. Often the victim doesn't know what is the matter with him. He just knows that something's wrong - and he feels miserable.

Most experts in inter-cultural communication agree that the basic cause of culture shock is the abrupt loss of the familiar, which in turn causes a sense of isolation and diminished self-importance. "Culture shock", says anthropologist Kalvero Oberg, "is brought on by the anxiety that results from losing all our familiar signs and symbols of social intercourse. These signs or cues include the thousand and one ways in which we orient ourselves to the situations of daily life: when to shake hands and what to say when we meet people, when and how to give tips, how to give orders to servants, how to make purchases, when to accept and when to refuse invitations, when to take statements seriously and when not."

According to Dr Oberg, these cues, which may be words, gestures, facial expressions or customs, are acquired by all of us in the course of growing up and are as much apart of our culture as the language we speak or the beliefs we accept. All of us depend for our peace of mind on hundreds of these cues, even though we may not be consciously aware of them. "When an individual enters a strange culture" Dr Oberg says, "all or most of these familiar cues are removed. He or she is like a fish out of water. No matter how broad-minded or full of goodwill he may be, a series of props has been knocked out from under him."

Sometimes the transition to an alien culture has an immediate impact. A short term American visitor to certain Eastern European countries may find himself dismayed or depressed by living conditions that seem perfectly normal and acceptable to the people of that country - toilets with no seats, for example, or even more primitive bathroom facilities. It may come as a real shock to a teenager from Texas to find that hamburgers are non-existent, or that local hairdresser never heard of plastic curlers.

More insidious is what might be termed delayed culture shock. Often when a person takes up residence in a foreign country there's a period of excitement and exhilaration when everything seems new and challenging and fascinating. If one has friends or business connections one may be asked to dinner, taken sight seeking, made much of - at first. Also, in the beginning similarities between cultures are more apparent than differences. Almost everywhere people live in houses, go to work, relax on weekends, do the shopping, eat three meals a day and so on. All this seems reassuring.

It's not until this honeymoon period ends that the newcomer begins to realise that there are endless subtle differences that leave him facing a host of perplexing problems. Many of these problems never bothered him at home, because they solved themselves almost automatically. Now, to his increased dismay, he finds that he has language troubles, housing troubles, money troubles, transportation troubles, food troubles, recreation troubles, perhaps even health troubles. All of these things drain away his reservoir of good-humour and equanimity. Having his laundry done may become a major struggle. Making a telephone call may be a small crisis. It may seem to him that people say yes when they mean no and promise to do things, which they never do. The people among whom he finds himself may regard time quite differently. So may space, in some countries people like to stand very close together when they converse, in others this violates a deep-rooted sense of privacy.

Underlying all these difficulties is the uncomfortable feeling of not really belonging, of being an outsider. In changing cultures, the newcomer has inevitably changed his own status. At home he was "somebody", or at least his place in society was established and recognised, here he is a nothing. He may find that his homeland, so important to him, is regarded with suspicion or dismissed as unimportant. In short, as one observer put it, he finds himself in "circumstances of beleaguered self-esteem".

A mature, confident person may be able to shrug off these circumstances. But if the newcomer is insecure or sensitive or shy, they may seem overwhelming. Furthermore, as troubles pile up and he begins to look around for help, he may conclude that the natives of the country in which he finds himself are either incapable of understanding his plight or are indifferent to it. This in turn triggers the emotion that is one of the surest signs of culture shock: hostility to the new environment. The victim says to himself, "These people don't seem to know or care what I'm going through. Therefore they must be selfish, insensitive people. Therefore I don't like them."

Inevitably this reaction tends to increase the isolation of the unhappy visitor because people sense his antagonism and begin to avoid him. When this happens, he may seek out other disgruntled souls, usually expatriates like himself and

find melancholy relief in criticising all aspects of the host country. These discussions almost never lead to any honest evaluation of the situation or awareness that the difficulty may lie in the attitude of the critics themselves. They are simply gripe-sessions in which the virtues of the home country are exaggerated almost as much as the alleged failing of the country being visited. As Dr Oberg says, "When Americans or other foreigners get together to grouse about the host country and its people, you can be sure they are suffering from culture shock."

Sometimes the victim of culture shock may go to the other extreme, surrendering his own identity and trying to imitate all the customs and attitudes of the alien culture. Or he may try to solve the problem by withdrawing into himself, refusing to learn the native language, making no effort to find friends among the local people, taking no interest in their history, art, architecture, or any other aspect of their culture. While in this state of mind he may display a variety of unattractive symptoms. One is a tendency to over-react to minor frustrations or delays or inconveniences with irritation or anger out of all proportion to the cause. Another is to be unduly suspicious, to think that people are out to cheat or swindle him because he is a foreigner. Yet another is over concern about cleanliness, an unwarranted conviction that water, food or dishes are unsanitary when in fact they are not. Often the person is unaware of the extent to which he is displaying these symptoms.

He does know, however, that he is miserable and that the casual remedies recommended to him - patience, hard work, mastery of the language and so on - don't seem to do much good. Sometimes he will develop a marked degree of over-dependence on people from his own country who have passed through their own period of culture shock and are residing successfully and happily in the host country. If they in turn can display wisdom, patience and understanding of his symptoms, they often are able to shorten the span of his misery.

One reason the unhappy expatriate gravitates toward his own countrymen is that in their company he can at least feel sure of being understood. Underlying much of his confusion is the fact that even if he speaks the language of the country there remain endless opportunities for misunderstanding. All experts in communication emphasise the fact that language and voice are by no means our only form of communication. They are supported by hundreds of gestures and facial expressions that are easily misinterpreted.

Yet another stumbling block that compounds the problems of culture shock is the tendency of many people to think of members of other cultures in terms of stereotypes. The excitable Arabs, the amorous French, the touchy Italians, the lazy Latins, the volatile Hungarians, the materialistic Americans. Some psychologists think that anxiety-prone people cling to stereotypes because it

lessens the threat of the unknown by making the world predictable...and what the victim of culture shock needs desperately is a familiar, predictable world.

Almost always, fortunately, symptoms of culture shock subside with the passage of time. The first sign of recovery may well be the reappearance of the victim's sense of humour. He begins to smile or even laugh at some of the things that irritated him so much at first. As familiarity with local language and customs increases, his self-confidence and self-esteem begin to return. He comes out of his shell and makes tentative overtures to the people around him - and as soon as he starts being friendly, they stop seeming hostile. Slowly he progresses from a grudging acceptance of his surroundings to a genuine fondness for them and becomes proud of his growing ability to function in them. In the end, he wonders what he was so unhappy about in the beginning.

It is possible to shorten the duration of culture shock or minimise its impact? The experts think so. Here are three suggestions they offer to anyone planning a stay in a foreign land.

First, be aware that such a thing as culture shock exists, that it will probably affect you one way or another - but that it doesn't last forever.

Next, try to remember, if and when you become thoroughly disenchanted with your surroundings, that the problem probably isn't so much in them as it is in you.

Third, accept the idea that while it may be somewhat painful, culture shock can be a very valuable experience, a mind-stretching process that will leave you with broader perspective, deeper insight into yourself and wider tolerance for other people.

If it happens to you, don't think that you're strange or abnormal. If you had a happy life back home, why shouldn't you miss some aspects of it or feel a sense of loss? You'd be abnormal if you didn't.

If it happens to you, don't sit around being negative and critical, this just prolongs and deepens your gloom. **Try to keep busy.** Arrange something pleasant to look forward to. Set goals for yourself - learning ten new foreign phrases each day, for example - and stick to them.

If it happens to you, **try not to be judgemental.** Everyone has an ethnocentric tendency to think that his own culture is superior to all others. Actually, any culture is a good culture if it provides an environment that meets basic human needs.

If it happens to you, force yourself to **look for the best, not the worst**, in your situation. People who go around looking for trouble usually manage to find it - train yourself to enjoy the diversity of people and cultures, not fear it or

shy away from it. Recently in Russia two members of an American tour-group at different times during the day bought a candy bar from a booth in a railroad station. Each was given his change in the form of chocolate wafers - one American, disturbed by this departure from the familiar, felt that he was being victimised and protested vehemently. The other, charmed by what seemed to him to be a quaint and delightful custom, regarded it as a novel and refreshing experience and even bragged about it to his fellow tourists. The first American, it seems reasonable to say, was far more a prisoner of his own culture, than the second.

In sum, before he leaves home the visitor to a foreign land should make up his mind neither to resist the culture in which he finds himself, nor surrender to it. What he needs to do is fight or grope or inch his way toward a new and flexible personality, a personality that retains its own cultural identity but recognise the right of member of other cultures to retain theirs.

If that new personality can help him toward a better understanding of himself and of others, if it can enable him to communicate easily and convey warmth and understanding and goodwill across the culture barricades, then the pain of culture shock will have served its purpose, and the recovered victim will truly have the best of two worlds.

(Abridged version reprinted by kind permission of "Youth for Understanding")

APPENDIX B: ROTARY DISTRICT 9450 YOUTH EXCHANGE YEAR 2009 - 2010 INBOUND STUDENT PROGRAMME

	Host Club	First Name	Surname	Sponsor Country	District
1	Scarborough	Charlotte	De Marnix	Belgium	9450
2	Esperance	Justine	Pinckers	Belgium	9460
3	Wagin/Rockingham	Charlotte	Verbruggen	Belgium	9460
4	Mill Point	Celine	Baiverlin	Belgium	9470
5	Wanneroo	Marina	Figueiredo-Magalhaes	Brazil	9450
6	Hillarys	Scarlett	Goncalves da Silva	Brazil	9450
7	Booragoon	Beatriz	Comar	Brazil	9460
8	Albany Port	Fernanda	Machado	Brazil	9460
9	Swan Valley	Barbara	Vacchiano	Brazil	9470
10	Cunderdin/Belmont	Colin	MacPherson	Canada	9470
11	East Perth	Henrik	Jeppesen	Denmark	9450
12	Matilda Bay	Cathrine	Schulin-Zeuthin	Denmark	9450
13	Quairading/Gosnells	Ida Marie	Hansen	Denmark	9470
14	Geraldton/Greenough	Noora	Andell	Finland	9450
15	West Perth	Juuso	Sallinen	Finland	9450
16	Katanning	Noora	Uusi-Ranta	Finland	9460
17	Kalamunda/Midland	Ina-Maria	Rautiainen	Finland	9470
18	Geraldton	Antoine	Morel	France	9450
19	Corrigin/Ballajura-Malaga	Magali	Turlan	France	9470

	Host Club	First Name	Surname	Sponsor Country	District
20	Nedlands	Benjamin	Pott	Germany	9450
21	Narrogin	Simon	Lampen	Germany	9460
22	Willetton	Regina	Kratz	Germany	9470
23	Ascot	Bianca	Anghileri	Italy	9470
24	Karratha	Kazuho	Kambara	Japan	9450
25	Margaret River	Manami	Konishi	Japan	9460
26	Como/Armadale-Neerigin Brook	Atsushi	Oyauchi	Japan	9470
27	Karrinyup	Guro	Eriksen	Norway	9450
28	Perth	Espen	Jorgensen	Norway	9450
29	Western Endeavour	Hanna	Berg	Sweden	9450
30	Mandurah Districts	Henny	Fosnes	Sweden	9460
31	Hannans	Andre	Sihm	Sweden	9470
32	Heirisson	Christian	Magyar	Switzerland	9450
33	Northam	Annabel	Gloor	Switzerland	9470
34	Geraldton	Ya-Chun (Amy)	YING	Taiwan	9450

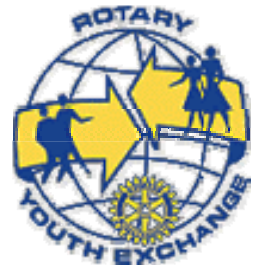
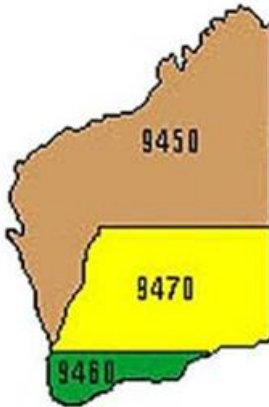
APPENDIX C: ROTARY DISTRICT 9450 YOUTH EXCHANGE YEAR 2004-5 OUTBOUND STUDENT PROGRAMME

	Sponsor Club	First Name	Surname	Host Country	District
1	Perth	Dominique	Cleary	Belgium	9450
2	Mt Lawley	Matilda	Cornes	Belgium	9450
3	Collie	Erin	Yates	Belgium	9460
4	Narrogin	Brittnee	Reardon	Belguim	9460
5	Gosnells	Kelsie	Quigley	Belguim	9470
6	Port Hedland	Chloe	Dempsey	Brazil	9450
7	Geraldton	Chloe	Greenfield	Brazil	9450
8	Geraldton Greenough	Joshua	Grufferty	Brazil	9450
9	Wanneroo	Anna	Mustard	Brazil	9450
10	Booragoon	Grace	Hogan	Brazil	9460
11	Mandurah Districts	Lauren	Steddy	Brazil	9460
12	Byfords & Districts	Grace	Lowry	Brazil	9470
13	Ballajura	Mathew	Fricker	Brazil	9470
14	Belmont	Ellen	Sheppard	Canada	9470
15	Carnarvon	Renae	Chick	Denmark	9450
16	Rockingham	Katie	Dunbar	Denmark	9460
17	Cannington	Jacob	Olsen	Denmark	9470
18	Karrinyup	Kate	Blechendyn	Finland	9450

	Sponsor Club	First Name	Surname	Host Country	District
19	Scarborough	Georgia	O'Keefe	Finland	9450
20	Harvey	Carly	Maughan	Finland	9460
21	Willetton	Shelby	Damonse	Finland	9470
22	Heirisson	Todd	Holloway	France	9450
23	Swan Valley	James	Griffiths	France	9470
24	Geraldton	Joel	Gaunt	Germany	9450
25	Nedlands	Kyren	Gorey	Germany	9450
26	Albany East	Julia	Davis	Germany	9460
27	Boulder	Marnel	du Plessis	Germany	9470
28	Gosnells	Samuel	Vale	Germany	9470
29	Manjimup	Meredith	Cully	Italy	9460
30	Midland	Elizabeth	Farrant	Italy	9470
31	Hillarys	India	Mustard	Japan	9450
32	Palm Beech	Danielle	Schutte	Japan	9460
33	Mundaring	Kate	Lloyd	Japan	9470
34	Subiaco	Zoe	Cole	Norway	9450
35	Karratha	Boaz	Shearer	Norway	9450
36	Western Endeavour	Heather	Jones	Sweden	9450
37	Attadlae	Jonathon	Ward	Sweden	9460
38	Hannans	Sarah	Pendal	Sweden	9470
39	Kununurra	Sophie	Harper	Switzerland	9450

	Sponsor Club	First Name	Surname	Host Country	District
40	West Perth	Amy	Woods	Switzerland	9450
41	Melville	Jessica	Green	Switzerland	9460
42	Ascot	Eve	McCallum	Switzerland	9470
43	Maddington	Kimberley	Thompson	Switzerland	9470
44	Matilda Bay	Eva	Borri	Taiwan	9450
45	Moora & Balcatta	Ben	Johnson	Taiwan	9450

APPENDIX E: KEEPING YOURSELF SAFE



Sexual Harassment Guidelines and Policies For Outbound Students

**DISTRICT 9450, 9460 & 9470
YOUTH EXCHANGE COMMITTEES**

Revised: September 2009



SEXUAL HARASSMENT

Sexual Harassment, from reported incidents to Duty of Care, has had a great deal of media attention lately.

This has a positive follow-on:

- Anything that makes people more aware and conscious of this unlawful and immoral behaviour, puts people in a far better position to act ie to avoid being a victim or tell somebody if they know something.
- And, more publicity makes the perpetrators of sexual harassment aware that society will not tolerate these offences and so acts as a deterrent.

Where does Sexual Harassment happen?

- In schools
- In universities
- In sporting organisations
- in the work place
- and, unfortunately, it can and has occurred in youth exchange: with 8,000 students going on Rotary Exchange each year, regrettably some students have been perpetrators of the crime and some have been the victims

What is Sexual Harassment?

Under Australian Law, Sexual Harassment is any unwanted or uninvited sexual behaviour, which is *offensive, embarrassing or humiliating for/to the person to whom it is directed*. It may be an isolated incident or a series of incidents over a long or short time period.

- What may be funny or insignificant to one person may be disturbing to another
- It has nothing to do with mutual attraction or friendship.

Examples of Sexual Harassment

- touching, patting or fondling
- staring or leering
- sexually suggestive comments, jokes and teasing
- display/sharing pornographic pictures, cartoons etc
- physical assault, including rape

Is it Gender Related?

- It is probably more common that males are the perpetrators, with females more commonly being the victims.
- Recent revelations indicate a high incidence of young males as victims
- Regardless, any victim is traumatized!

Rotary Youth Exchange And Sexual Harassment: *Criminal Offence Charges for the Perpetrator*

- In Australia and with many of the countries with whom we exchange, Sexual Harassment is a Criminal Offence ie it carries a jail sentence and fine
- In Rotary Youth Exchange we will not tolerate any form of Sexual Harassment
- *Any student found guilty will be immediately repatriated unless the legal processes have intervened with another penalty*

Protection For Our Outbound Students and Our Inbound Students

- There are some variations in Sexual Harassment Law between our reciprocating countries
- Irrespective of any differences, Rotary Youth Exchange Programme, unequivocally gives our students the same protection they would have if they were in Australia

WHAT SHOULD YOU DO IF YOU ARE SEXUALLY HARASSED?

STOP

- Firmly, tell the perpetrator to stop
- If they do not, make it clear you will talk to a person in authority who will force them to stop

WHOM DO YOU GO TO IN A SITUATION LIKE THIS?

- A lot will depend on who the perpetrator is: but you have quite a number of people to choose from
- Select someone you know will ACT and/or you feel comfortable with
 - Your Host Club
 - Your Club Mentor or their partner
 - Your Club President or their partner
 - Your student Mentor at school
 - Your parents
 - Your District Placement Officer in Australia/Country of Exchange

WHOEVER YOU TELL IT IS VITAL THAT OUR COMMITTEE PROMPTLY HEAR ABOUT IT. WE ARE IN A POSITION TO SEE THE MATTER IS PROPERLY DEALT WITH AND WILL NOT REOCCUR

ANY SEXUAL APPROACH YOU FIND DISTRESSING IS HARASSMENT

UNDERSTAND:

- You Must Stand Up Against It
- Often this is Not Easy
- It May be Very Hard
- You Must Not Worry About the Repercussions

PEOPLE'S RESPONSES

- Others will be Upset, Disbelieving and/or Angry
- "Oh, No. You must be Wrong!"

YOU MUST PUT ALL THESE CONCERNS ASIDE AND ACT!

THE NATURE OF THIS CRIME IS THAT THE PERPETRATORS DON'T STOP UNLESS THEY ARE FORCED TO STOP IN ONE WAY OR ANOTHER

MYTHS Versus REALITY

1. **"THIS WILL GO AWAY":** NO! YOU HAVE TO STOP THEM OR YOU MUST TELL SOMEONE WHO WILL STOP THEM
2. **"YOU ARE INVINCIBLE":** WRONG! DON'T KID YOURSELF YOU CAN HANDLE IT!

<p><u>SEXUAL ABUSE WILL NOT BE TOLERATED BY ROTARY</u> <u>NO STUDENT MUST TOLERATE BEING HARASSED</u> <i>YOU MUST SPEAK OUT IF YOU ARE IN ANY WAY ABUSED</i></p>
