

Rotary International Youth Exchange

ROTARY YES/SCANEX

Rotary Multi-District Exchange Program Serving Districts:

5240, 5280, 5300, 5320, 5330, 5340

(So. Cal/So. Nevada),

5000 (Hawaii); 5420 (Utah), and 5495 (Arizona)

Rotary

Rotary YES/SCANEX



rotary
youth
exchange



Inbound Program

Handbook For Inbound Exchange Students

Most of these topics are discussed in further detail at the Inbound Orientations

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Objectives Of The Program

- o **To further international goodwill and understanding** by enabling students to study firsthand some of the problems and accomplishments of people in lands other than their own.
- o **To enable students to advance their education** by studying for a year in an environment entirely different from their own and undertaking the study of courses and subjects not available to them in their own country.
- o **To give students opportunities to broaden their outlook** by learning to live with and meet people of different cultures, creeds, and colors and coping with day-to-day problems in an environment completely different from the one they have experienced at home.
- o **To have students act as ambassadors** for their home country by addressing Rotary Clubs, community organizations, and youth groups in their host country; by imparting as much knowledge as they can of their home country, its attributes, and its problems to the people they meet during their year abroad.
- o **To provide sufficient time to study and observe another country's culture** so that upon returning home, students can pass on the knowledge they have gained by addressing Rotary Clubs and other organizations and assimilate the positive aspects into their everyday living.

Being An Exchange Student

- is fantastic
- is meeting hundreds of wonderful people
- is giving speeches and writing thank you letters
- is getting fat and, at times, being without money
- is seeing a new country and experiencing new things
- is being homesick and, at times, miserable
- is getting tired
- is being an ambassador
- is personal growth

The Successful Exchange Student

- is flexible and adaptable
- wants to learn and have new experiences
 - is knowledgeable and well read
- is open to challenge and change
- is sensitive, loyal, and trustworthy
- is involved
- recognizes "Different" from good, bad, wrong, etc.
- communicates with family, Rotary, school, and friends
- is introspective

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Guidelines and Information for Inbound Exchange Students

You are in America! – What To Expect

You are associated with two Rotary Districts and two Rotary Clubs: your **Sponsor** District and Sponsor Rotary Club in your hometown, and the **Host** District (we are part of Rotary YES/SCANEX) and the Host Rotary Club in your Host Country. Although the youth exchange programs and rules for each district are similar, the host district guidelines take precedence over those of the sponsoring district. The host district, host club, and host family are responsible for each student's cultural, spiritual, and physical well-being and may set rules and guidelines which may be more or less restrictive than those applied to the students we sponsor. You should become familiar with those rules and guidelines before or immediately upon your arrival in your host country.

Finances

Your Host Rotary Club will provide you with a monthly spending allowance, generally equivalent to \$100 US, depending on that Rotary Club's budget. This may or may not include money to pay for school lunches or transportation to and from school. Your Host Family will provide lodging and meals. You will need money for personal expenses, travel, clothing, and entertainment. The amount of spending money you will need – and have available – will likely depend on your circumstances as well as the community and host families with whom you stay. You should keep two general guidelines in mind:

- Be willing and able to "pay your own way" for travel and entertainment with host family and friends; don't expect to be treated as a guest at all times, and understand when it is appropriate to offer to pay for meals, entertainment tickets, etc. when offered such opportunities.
- Do not spend money freely or lavishly when those around you do not have the resources to do likewise. Don't be labeled "the rich Foreigner" who throws money around.
- Spend money carefully. You don't want to be short of money when a fun trip or opportunity arises.

You and your parents should check with your bank about setting up an internationally-accepted credit card or ATM debit card, such as VISA, which will provide an easy and inexpensive way to deposit funds back home and withdraw funds here without incurring interest charges or high transfer fees. Having this card will mean you will not need to travel with a large amount of money. Take extra precautions to protect credit cards, ATM cards, and cash from theft, especially when traveling, and make sure you and your parents know what to do if you lose these items.

Before you leave, you and your parents should establish a budget for your spending money, and you should follow that budget carefully so that you don't run out of money before you run out of exchange year. If you have not discussed this with your parents, you will need to do so to make sure you know how much money will be available to you throughout your exchange.

School fees or tuition, if any, will be paid by the host Rotary Club. However, if you take a university course or a community program, you may have to pay those costs yourself. School books are generally provided for free. You will likely have to buy notebooks, pens, pencils, an occasional novel for an English class, etc. You may also have to wear a school uniform. Tutoring and language training is at your expense.

Parents and relatives should not send personal checks to students overseas. They are often difficult to cash, and foreign banks frequently will charge a high fee for accepting checks drawn from a non-US bank for deposit while holding the deposit as unavailable while it clears through

the international banking system. If it is necessary to send money to a student other than through the use of a debit or credit card, consider using International Postal Money Orders, which have guaranteed delivery, have a nominal fee, and will provide you with cash in the local currency. Bank transfers are also popular but inquire in advance about the bank fees to SEND and additional fees to RECEIVE funds.

Many Rotary Districts, including Rotary YES/SCANEX, require exchange students to arrive with an "emergency fund" of about **\$500 US** that the Host Club holds for safekeeping and can be used to cover emergency medical expenses, unpaid bills incurred by the student, etc. Your host district will provide you with instructions on this fund.

Banners, Business Cards, Pins

Your Sponsor Rotary Club, should have given you several Club Banners. They can be presented to your host Rotary Club and other clubs that host you for functions. You will usually receive one of their banners to bring back to your sponsor club.

Your sponsor district should have provided Business Cards with your picture and address back home to provide to people you meet.

Picture Album & Slides

We recommend that you create a 10-15 minute 'slide show' (i.e., PowerPoint) of photos of your family, your home, your community, and places you have visited for use in presentations to Rotary Clubs, school classes, church groups, and others in your host country.

Your slide presentation pictures of:

- Your family, home, school, friends, etc.
- Special interests you have, such as school clubs, sports activities, etc.
- Special local sites in your community, including historic and scenic points of interest near your home.
- National points of interest. Ensure you know what these slides show and can describe the location, etc.
- Add slides of your exchange experience as the year progresses. You will likely be asked to give a presentation to your Host Club and your Sponsor Club, and they'll want to see photos of your exchange.

Gifts

You should have a special present to give to each of your host families soon after you arrive. Also, remember birthdays and holiday presents for all the members of your host family. These gifts need not be expensive but selected and given with warm thoughtfulness.

Insurance

All Rotary YES/SCANEX exchange students must purchase the PLAN B (or Plan B+) CISI/Bolduc medical/accident insurance policy that meets Rotary International standards. This should have been done before your departure; if not, DO SO RIGHT AWAY. This information was included in your welcome packet. See page 29 (Appendix H) for more details.

There are certain limitations and deductibles with all insurance policies. Students are responsible for any medical fees not covered by the insurance. Insurance coverage provided through Rotary YES/SCANEX is effective from your date of departure to your date of return home. Instructions for filing a claim (for the Rotary YES/SCANEX policy only) are included in this handbook (Appendix I). Website for enrollment and claim forms, and policy coverage are at: <http://www.culturalinsurance.com/rotary/cisibolduc.asp>

Other Tips

YE BLAZER--Your Rotary Blazer will identify you as an Exchange Student and draw attention to you in a positive way and is always suitable when the occasion calls for "dressing up." You will wear your blazer at official events such as our District Conference, District Assembly, Rotary meetings, giving presentations at schools, and special events. Many students report that, by wearing their blazer and Youth Exchange Pins while traveling, their passage through customs and immigration is easier, officials are happy to offer help, and you become instantly "recognizable" by your hosts on arrival.

Arrival and Settling In

We know your hosts will make every effort to welcome you into the family, but remember that **you are the one who must adjust**. This quality of flexibility was one of the criteria considered in selecting you, and you must be prepared to exercise it to the fullest. Communication is critical to establishing an understanding of expectations. Go over the "First Night Questions" in the appendix with each new host family. Ensure you have asked the questions or been provided with the answers as you become part of each host family.

Facing the Challenges

Know that things will be very different in America, and you will be the "outsider" who will have to adjust. This means, for example, tolerating what may seem like silly questions about your home country or doing things as part of the family that you might not do at home. You may find that people in your host country rely more on automobiles and less on public transportation to go places, and you should be prepared to rely on your host parents to "drive you around." Try to be considerate of always asking your host parents for a ride. You may also find it difficult to conform to different and perhaps more restrictive discipline than you are used to.

Your Rotary Counselor

The host Rotary Club will appoint a counselor to advise and help you. Your host counselor typically will:

- Help select suitable school subjects
- Help coordinate social and Rotary Club activities to introduce you to the community
- Help arrange banking and other financial matters, and see that you receive a monthly allowance from your Host Club.
- Help you resolve problems of any kind.

You should take the initiative to contact the host Rotary counselor weekly (you have their email and phone number on your Guarantee Form), especially during the early stages of your exchange. If you have not reached out to your Counselor yet, you should do so at your earliest opportunity. Suppose problems develop that the Counselor is unable to resolve. In that case, you should contact the Host Club Rotary President or hosting Rotary YES/SCANEX Youth Exchange Committee member (hosting Country Counselor or Committee Chair). Contact your Rotary Country Coordinator or Youth Exchange Chair back home if these channels are unsuccessful. You are strongly encouraged to contact your Sponsor District if contacts with the hosting club and District are unsuccessful. However, also understand that they will not provide a "second opinion" or attempt to reverse a decision made by the host District simply because you do not like their decision. However, if you keep them informed, they will help you work through difficulties and problems.

As a minimum, we expect to receive from you a monthly report describing your activities and experiences. Report forms will be sent via the YEAH Database. Please complete and submit promptly.

Host Families

The hosting arrangements are entirely the responsibility of the host Rotary Club. The usual arrangement is for you to be hosted by 2 to 3 different families for three to six months each. Suppose problems arise on the host family level that you cannot resolve with the family. In that case, you should first consult with the **host Rotary Club Counselor** before elevating the problem to your Rotary YES/SCANEX YEO or Sponsor Country YEO. Your local support network is in a better position to assist you quickly.

It is your responsibility to adjust to the host family environment. The host family is not obligated to adjust to you or treat you as a "special guest." You are expected to accept the normal discipline of the family and settle into their routine, not the routine you had back home. It is essential that you go over the "First Night Questions" (Appendix E) **with each host family** to avoid misunderstandings.

You are expected to call your host family by their name or title, Mom and Dad, for example, not Mr. and Mrs. Discuss this very soon after you first meet your host parents and arrive at something comfortable for everyone. (See First Night Questions – Appendix F)

In most cases, you will have a room to yourself.

Discuss the household rules and duties with your host family. Some families do not expect much from their children, while others divide household tasks, including kitchen help and house cleaning, among everyone. Accept willingly and cheerfully whatever is assigned to you. You will find that a clear understanding of responsibilities will go a long way in creating smooth sailing.

Other Resources

The US State Department has a welcome brochure (Appendix D) to help participants understand the J-1 Visa Student Exchange program. Additionally, each District has non-Rotary contacts listed in your District's Youth Abuse & Harassment Policy. If you need a copy of this policy, contact your host District YEO. Contact information for the whole RYE Committee is on the first page of this handbook.

Homesickness

Almost every exchange student gets homesick. Early in your exchange, the excitement of a new land, people, school, surroundings, and being the center of attention. This will change as "normalcy" sets in. You'll miss the little things about home. You are being bombarded by a strange language throughout the day. Often unable to communicate and learning new customs, you may begin to wonder if you will make it through the next 10 or 12 months. Know that this feeling will soon pass.

- **What are the symptoms to look for:**
 - ◆ Feeling poorly for no reason
 - ◆ Getting upset over things that normally would not bother you
 - ◆ Staying in your room where you feel secure
 - ◆ Physical discomfort: headaches, upset stomach, uneven menstrual cycle
- **What to do:**
 - ◆ Talk. Share your problem with a sympathetic host parent, your Counselor, or another student
 - ◆ Keep busy. Get involved at school, in your host family activities, and the community
- **What not to do:**
 - ◆ Mope around. Gloominess is highly contagious
 - ◆ Eat your way to "happiness." You will only gain weight and then feel worse

- ◆ Decide to "go home." This is the last resort. If you talk it out and keep busy, it will soon pass. You will never grow if, when life gets tough, you "cut and run."
- ◆ Call or email home and "unload" on Mom or Dad. Please don't do that to them! In all likelihood, your feelings will improve in a day or two, while your parents are still in panic mode.

Participation

You will gain the most from the exchange if you fully participate. This means sharing family life, school life, and community life. Your high school will offer sports, performing arts, and other social or service clubs. We especially encourage you to join an Interact Club; this is the High School version of a Rotary Club. If you play a musical instrument, you can get together with other musicians in the school or community. If you are good at a particular sport, try to join the team if possible. Contribute whatever talents you have whenever possible. Be willing to take the initiative to find activities and ask people about their jobs, interests, etc. The best way to get people interested in you is to show interest in them. Always say "YES" if anyone asks you to go someplace or do something, even if it is something you dislike. If you say "NO," you may never be asked again. **Use the resourcefulness and creativity that are among the qualities we sought in choosing you as an Exchange Student.**

Be Prepared To Adapt

Though most host families will do their best to make you feel at home, you must adapt to their ways, not the reverse. You will be in a different social and political climate and should be discreet in your social and political observations and statements. You should try to see their point of view even if you do not agree. **Above all, you are expected to be tactful and diplomatic when hosts express views contrary to your own.** Try to be diplomatic when expressing opinions on religion, race, or politics. Things may be *different*, but that does not make them *wrong, better, or worse*.

Language

You must make a conscientious, disciplined effort to learn English as quickly as possible by using that language to communicate. You will have difficulty making friends and becoming part of your host family until you acquire some English.

Everyone is hesitant about saying strange-sounding words aloud. If you learn to laugh at your mistakes, you will learn the language more quickly. Everyone will appreciate and applaud your efforts and forgive your mistakes. It is a compliment to your new friends and host family when you speak their language. It is much better to make many mistakes trying to speak English than not to try.

Speak as little of our native language as possible to improve your English. For instance, if you speak Spanish and are among Spanish-speaking students or hosts, do not let this crutch become a barrier to your developing fluency in English. And like everyone before you, the day will come when you suddenly realize you understand English well. Or, as an even more accurate measurement of your new skill, you will awake some morning and realize that you have been dreaming in English!

Blogs and Thank You Notes

Writing a blog is better than communicating separately with an extended number of people individually, especially back home. Blogs are the newsy correspondence to family, friends, and your sponsoring Rotary Club. You might also write a personal blog for your closest family and friends a few times during the year. Please use caution that you do not over-use social media as you want to live the experience, not just report on it.

The other type of letters is "Thank You" notes for people who invite you to their homes or take you to places and events in your host country. **We cannot overemphasize the importance of a little "thank you" note.**

Telephone and Email

We strongly discourage frequent phone calls/Skyping/Facetiming to and from home. We recommend that personal contact be limited to a monthly frequency and for special occasions like holidays and birthdays. **Students in frequent contact with home often rely too much on "home" and do not "connect" with their host families and host country. This excessive contact delays or even prevents the kind of adaptation and immersion that a successful exchange requires.**

The same is true for over-reliance on messaging as a means of too-frequently communicating with family and friends. You must be a Participant, not simply a Reporter, to get the most from your exchange year. Occasional, thoughtful letters home describing some of the more significant places and things you recently experienced will provide parents with keepsakes they will cherish and be able to share with others and show them that you are having the "experience of a lifetime."

Visiting

One of the "Program Rules and Conditions of Exchange" you agreed to as part of your application to the Exchange Program relates to visits during your exchange year: visits from family, other relatives, and your friends. Our experience is that visits by your family are best limited to the final two or three months of your exchange year. **Siblings may only visit if accompanied by at least one of your parents/guardians. Boy/Girlfriends or other friends from back home may not visit under any circumstances while you are on exchange.**

Visits by family and friends create inconvenience and disruptions for the host family and may re-create the adjustment problems you successfully solved at the beginning of your exchange year.

Visits must work around your school schedule. Visits while school is in session will disrupt your school attendance, and during holiday breaks will detract from your experience of the holiday practices of your host family, especially during the Christmas-New Years and Easter holidays. By delaying your family visit to your host country until near the end of your exchange year, you will have acquired fluency in English. At that time, you will be an excellent tour guide and translator and will be able to introduce them to all of your host families and new friends. Remember that all visits must have the approval of your host club and host district.

You must receive approval for a family visit from your YEO and host family BEFORE your parents purchase airline tickets. Not doing so may lead to your exchange ending early and wasting money.

Returning Home

While it may seem like a long way off now, eventually, you will find yourself saying goodbye to America and returning home. Most exchange students say that this time arrives all too soon, and they aren't ready to leave their new families and friends.

Returning exchange students also tell us that the adjustments they encounter returning home are as challenging, if not more so, than the cultural adjustments they faced just a short year before.

In the appendix section of this handbook are several articles written by people who understand what you may go through upon returning home, including former exchange students. Keep these articles in mind as your year comes to an end, and read them as part of your return preparations.

It is often said that a one-year exchange program lasts three years: one to prepare for your exchange, one for the exchange year itself, and a third year to fully reflect on the first two and become comfortable with the new bi-cultural you. The Rotary YES/SCANEX Youth Exchange Committee members recognize this and will be here to help you with this return adjustment if needed.

And Finally...

IF YOU NEED TO DISCUSS SOMETHING, please contact your Rotary Counselor or any member of our Rotary YES/SCANEX committee. Understand the Rotary Youth Exchange Support System available to you. This begins with your host family, Host Rotary Club Counselor and Host Club President, and the Country Counselor in your host country. Remember that you must comply with the rules and regulations they establish for the students they host. No one can back home change those rules or give you permission to disregard them, but they can help you with other matters and problems that may impact your exchange. We will contact our colleagues in your home country for further information and, if needed, help to solve your problem. **Please do not try to solve problems all by yourself.** Because this is an international program, you may be unaware of cultural and/or Rotary subtleties. There may also be long-term implications affecting future exchanges. Please call or email and allow us to demonstrate that we are genuinely concerned about you and want your exchange year to be a great success.

Appendix A – What is Rotary?

The History of Rotary

Rotary was born on February 23, 1905, in Chicago, Illinois, the world's first and most international service club. The founder of Rotary was attorney Paul P. Harris (1868-1947), who gathered with three others to discuss his idea of a group of businessmen from different professions getting together periodically to become better acquainted. They decided to limit membership to one representative of each profession and to rotate the meeting site among each member's place of business, to acquaint each other with their various vocations and to promote business. The rotation of meeting places is the source of the name "Rotary."

Club membership grew rapidly. The second Rotary Club was founded in San Francisco in 1908. When clubs were formed in Canada and Great Britain in 1912, Rotary became an international organization.

Since 1905, the ideas of Paul Harris and his friends have become ideals that people of practically all nationalities have accepted and of many political and religious beliefs. The universal acceptance of Rotary principles has been so great that there are now more than 31,000 Rotary Clubs, with a membership of over 1.2 million men and women. Today there are Rotary Clubs in 170 countries.

You can learn more about Rotary's history at <https://www.rotary.org/en/about-rotary/history>

Rotary Motto and Themes

Rotary International has adopted as its motto "**Service Above Self.**" A second theme of Rotary is "**He profits most who serves best.**" Additionally, each year, the Rotary International President coins a theme for that Rotary year.

Rotarians throughout the world quote the Four Way Test of the things we think, say, or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Rotary YES/SCANEX

Each of the more than 30,000 Rotary Clubs worldwide is a member of Rotary International. Rotary is divided into 529 Districts, each headed by a District Governor. We are Rotary YES/SCANEX, consisting of several hundred clubs in Southern California. Nevada, Arizona, Hawaii, and Utah. These Districts currently include 5000 (Hawaii); 5240, 5280, 5320, 5330, 5340 (So. Cal); 5300 (So. Cal/So. Nevada), 5420 (Utah), and 5495 (Arizona).

The District Governor, and all officers of Rotary on the international, district, or club level, serve for a Rotary fiscal year from July 1 to June 30.

Several district-level committees are organized to provide sponsorship or support for Rotary functions and initiatives that involve Rotarians from across our Districts. Rotary YES/SCANEX is an example of a Multi-District Committee.

The Rotary Foundation

In 1917, the Rotary Foundation was born. The Rotary Foundation is a philanthropic trust promoting further understanding and friendly relations between peoples of different nations. The Foundation sponsors the largest scholarship program in the world and is supported purely by voluntary contributions from Rotary Clubs and Rotarians.

The Rotary Foundation has eight working programs and an annual budget of approximately \$45-\$50 million (US). These programs include Ambassadorial Scholarships, Rotary Volunteers, The 3H Program (Health, Hunger, and Humanity), Rotary Peace Conferences, World Community Service, Special Grants, and two others that you may encounter during your exchange: Group Study Exchange and Polio-Plus.

Rotary at the Local Level -- The Rotary Club

The "personality" of each Rotary Club is a reflection of the community it serves and the membership of that club. Even within our own Districts, club size ranges from less than two dozen members to over two hundred members. Rotary Clubs meet weekly throughout the year; some for a breakfast meeting, others during lunch. Some Rotary club meetings are quiet and "serious," staying to a tight schedule so the members can return to work on time, while other club meetings are less formal and structured.

Exchange students often find that the Rotary Club **hosting** them will differ significantly from the Rotary Club **sponsoring** them. Both will be very different from other Rotary Clubs they may have the opportunity to visit during their exchange year. But Rotarians around the world all share the common philosophy of Service to others, and as exchange students, they are there to help provide a successful exchange experience.

As with most organizations, Rotary Clubs are led by officers elected by the membership for a one-year term, beginning on July 1, the beginning of the Rotary Year. The officers include the Club President, Secretary, Treasurer, Vice-President and/or President-Elect, and Directors. Rotary Clubs participating in the Youth Exchange Program generally appoint a Club Youth Exchange Officer, or YEO, to oversee that Program, and that Rotarian, or another member of the host Rotary Club, will be designated as the exchange student's Club Counselor. This Rotarian serves as the primary liaison between the Rotary Club, the exchange student, and the host families.

Appendix B – Program Rules and Conditions of Exchange

The following two pages contain the Program Rules and Conditions all exchange students and their parents agreed to follow as part of the Application to the Exchange Program. These are the "universal" set of common-sense rules that all Rotary District Youth Exchange Programs expect you to comply with as a condition of the Exchange.

Program Rules and Conditions of Exchange

As a Youth Exchange Student hosted by a Rotary Club and/or District, you must agree to the following rules and conditions of exchange. Please note that districts may edit this document or insert additional rules on the reverse side to account for local conditions.

Strict Rules and Conditions of Exchange — Violations will result in the student's immediate return home.

- 1) Obey the Laws of the Host Country — If found guilty of violating any law, students can expect no assistance from their sponsors or their native country. The student will be returned home as soon as authorities release them.
- 2) You are not allowed to possess or use illegal drugs. Medicine prescribed by a physician is allowed.
- 3) You are not authorized to operate a motorized vehicle of any kind or participate in driver education programs.
- 4) The illegal drinking of alcoholic beverages is expressly forbidden. Students who are of legal age should refrain. If the host family offers a student an alcoholic drink, it is permissible to accept it under their supervision in their home.
- 5) Stealing is prohibited. There are no exceptions.
- 6) Unauthorized travel is not allowed. Students must follow the travel rules of the Host District.
- 7) You must be covered by a health and life insurance policy agreeable to the Hosting District.
- 8) You must attend school regularly and make an honest attempt to succeed.
- 9) You must abide by the rules and conditions of exchange of the Hosting District provided to you by the District Youth Exchange Committee.

Common Sense Rules and Conditions of Exchange — Violations will result in a district review and restrictions. Severe/Consistent disregard for these rules will result in being returned home.

- 1) Smoking is discouraged. If you state in your application that you do not smoke, you will be held to that position throughout your year. Your acceptance and host family placement are based on your signed statement. Under no circumstances are you to smoke in your Host Family's home.
- 2) Become an integral part of the Host Family, assuming duties and responsibilities normal for a student of your age and other children in the family. Respect your host's wishes.
- 3) Learn the language of your host country. The effort will be appreciated by teachers, host parents, Rotary Club members, and others you meet in the community. It will go a long way in your gaining acceptance in the community and those who will become lifelong friends.
- 4) Attend Rotary-sponsored events and host family events. Show an interest in the host family and Rotary activities to which you are invited. Volunteer to get involved, do not wait to be asked. A lack of interest on your part is detrimental to your exchange and can have a negative impact on future exchanges.
- 5) Get involved in your school and community activities. Plan your recreation and spare time activities around your school and community friends. Do not spend all your time with the other exchange students.
- 6) Choose friends in the community carefully. Ask for and heed the advice of host families, counselors, and school personnel in choosing friends.
- 7) Do not borrow money. Pay any bills you incur promptly. Ask permission to use the family telephone, keep track of long-distance calls, and reimburse your host family monthly for the calls you make.
- 8) Travel is permitted with host parents or for Rotary Club or district functions authorized by the hosting Rotary Club or district with proper adult chaperones. Other travel must be approved by the host district contact, host club, host family, and student's biological parents/legal guardians in writing, exempting Rotary from responsibility and liability. Students may not travel alone or accompanied only by other students.
- 9) If you are offered an opportunity to go on a trip or to an event, make sure you understand any costs you must pay and your responsibilities before you go.
- 10) You must show proof of proper immunization. See page 4, question 5 — Immunizations.
- 11) Students should have sufficient financial support to ensure their well-being during the exchange year. Your hosting district may require a contingency fund for emergencies. The student's parents/guardians must replenish it as it is depleted. Unused funds will be returned to the student at the end of the exchange. Upon arrival, these funds must be turned over to your Host Rotary Club and are not meant to cover day-to-day expenses.

- 12) Any costs relative to a student's early return home or any other unusual costs (e.g., language tutoring, tours, etc.) shall be the responsibility of the student's biological parents/guardians.
- 13) Students must return home directly by a route mutually agreeable to the host district and the student's parents/ guardians.
- 14) You will be under the Hosting District's authority while you are an exchange student. Parents/guardians must avoid authorizing any extra activities directly to their son/daughter. The Host Club and District Youth Exchange Officers must authorize such activities. If you have relatives in the host country or region, they will have no authority over you while you are in the Program.
- 15) Visits by your parents/guardians and siblings are strongly discouraged while you are in the Program. Such visits may only take place with the host club and host district's consent and only within the last quarter of the exchange or during school breaks. Visits are not allowed during major holidays, even if occurring during school breaks. Friends from home are not permitted to visit under any circumstances during your exchange.
- 16) Avoid serious romantic activity—Abstain from sexual activity and promiscuity.

Appendix C – Travel Policy for Inbound Exchange Students

You are on a cultural and educational exchange, NOT a travel exchange. Exchange students should have no expectations of being a tourist. The Host Rotary Club and Host Families are not obligated to provide or permit it. However, some travel through the generosity of, and with, the Host Club, individual Rotarians, and Host Families, and Organized Rotary tours such as the USA Train Tour are encouraged. **Under no circumstances shall students make their own travel arrangements and then expect the Host Club and Host Family to agree. Inbound Exchange students must comply with this policy, and Host Families are asked to enforce it. Violations of this policy may be grounds for terminating the Exchange and returning you to your home country immediately.**

IN ALL CASES, THE STUDENT MUST POSSESS WRITTEN APPROVAL FROM THEIR NATURAL PARENTS AUTHORIZING TRAVEL DURING THE EXCHANGE YEAR. INDEPENDENT TRAVELING UNACCOMPANIED BY A RESPONSIBLE ADULT IS RARELY ACCEPTABLE.

The reason for these rules is simple. The Rotary YES/SCANEX Youth Exchange Committee, Host Rotary Club, and Host Parents are responsible for students while in this country. We must know where students can be reached in case of emergency or a message from home.

Individual travel approvals will vary based on many factors. Host Parents will ask themselves if the travel is something they would allow their own son or daughter to do. Further, common sense must be a guide. For example, students are not allowed to get together with other Exchange students every weekend, as this is a detriment to them and the Program. You chose to be an exchange student to meet and learn about people from your host country. Further, the travel desires of an exchange student should not place a burden on the Host Family.

In summary, so there is no misunderstanding:

THERE WILL BE NO TRAVEL ALLOWED THAT HAS NOT BEEN APPROVED BY YOUR HOST PARENTS, CLUB COUNSELOR, AND YOUR DISTRICT YEO IN ACCORDANCE WITH THESE RULES.

We are not trying to prevent you from traveling or to reduce your fun. However, Rotary is responsible for your safety and must always know where you are.

TRAVEL APPROVAL REQUIREMENTS

For travel with: - host family - Rotarian - church/school - other adults	Less than 24 hours duration Need:	Greater than 24 hours Duration Need:
Inside Rotary district	Host parent approval	Host parent approval Host Club & rotary Counselor notified
Outside Rotary district	Host parent approval Host Club notified	Host parent approval Host Club approval YEO notified

You are not permitted to travel by yourself.

Your exchange year is not a travel opportunity for your friends and family. You must get host family, Club, and district approval before planning a visit by your parents. Friends and siblings from back home are not permitted to visit during your exchange, regardless of age. Siblings can only visit if accompanied by your parents. This visit may not occur before spring and cannot involve missing more than a few days of school.

Unauthorized travel will result in you being returned home.

Rotary

Rotary YES/SCANEX



rotary youth exchange



SCANEX Youth Exchange Program PARENTAL PERMISSION TO TRAVEL

We give permission for our child _____
to travel while in the United States for the 2024-2025 school year. These travel
opportunities could include:

- Planned Rotary youth exchange events
- Vacations with their host parents
- Trips planned with the school
- Other travel with Rotary-approved adults.

We understand that all travel must be planned and approved by the District's Youth Exchange Officer (YEO), where our student is staying **BEFORE** the actual trip. This permission includes possible travel to Mexico and Canada.

Father _____ Date _____

Mother _____ Date _____

Note: If you do not wish to give blanket permission, you can grant permission for each trip your child will take. That permission could be granted by email. Your child cannot take trips with their host family or school without your consent.

Appendix D – Inbound Youth Exchange Welcome Brochure - US Department of State



The Exchange Visitor Program - WELCOME BROCHURE
United States Department of State
Bureau of Educational and Cultural Affairs
Office of Exchange Coordination and Designation

The US Department of State welcomes you to the United States as an "exchange visitor" entering the country on a J-1 visa. As an Exchange Visitor Program participant, you will enjoy a unique opportunity to experience American life and culture. As an ambassador of your country, you will help educate the Americans you meet during your stay about your home country and culture. This brochure will help you understand the purpose of the Exchange Visitor Program and familiarize you with some of the Program's major regulations and requirements that will govern your activities during your visit. We want your stay in the United States to be a positive experience. Please visit: www.exchanges.state.gov/education/jexchanges for additional information.

THE EXCHANGE VISITOR PROGRAM

THE US DEPARTMENT OF STATE administers the Exchange Visitor Program under the provisions of the Mutual Educational and Cultural Exchange Act of 1961, as amended (The Act). The Act promotes mutual understanding between the people of the United States and other countries by means of educational and cultural exchange. The Exchange Visitor Program provides foreign nationals opportunities to participate in exchange programs in the United States. The expectation is that upon completion of your exchange program, you will return home to share your experiences with family, friends and fellow countrymen.

WHO ARE SPONSORS? – The US Department of State designates US organizations such as government agencies, academic institutions, educational and cultural organizations, and corporations to administer exchange visitor programs. These organizations are known as "sponsors." Sponsors screen and select prospective exchange visitors based on the criteria set forth in the governing regulations contained in the U. S. Code of Federal Regulations (22 CFR Part 62). Sponsors provide participants with pre-arrival information and an orientation. Your sponsor will monitor and oversee your Program in the United States. Sponsors offer or identify cross-cultural activities that will expose exchange visitors to American society, culture, and institutions. You are encouraged to participate in any such activities that also provide the opportunity to share your language, culture, and history with the Americans you meet.

WHO SHOULD YOU CONTACT? – Sponsors appoint individuals as "responsible officers" and "alternate responsible officers" who advise and assist exchange visitors. These officers issue the Certificate of Eligibility (Form DS-2019), and conduct official communications with the Departments of State and Homeland Security (DHS) on your behalf. If you have any questions about the regulations or any aspect of your exchange program, your initial point of contact is

your sponsor. You should contact the person whose name and telephone number is shown on your Form DS-2019 unless your sponsor provided you with an alternative contact name and telephone number.

MUST YOU COME ALONE? – Some categories of the Exchange Visitor Program permit a spouse and/or unmarried minor children (under 21 years of age) to accompany them to the United States. A spouse or dependent of a J-1 visa holder must obtain a J-2 visa (with the sponsor's permission) in order to enter the United States for the duration of the J-1's exchange program.

RULES, REGULATIONS, AND LAWS: IT IS IMPORTANT THAT YOU understand and abide by the Exchange Visitor Program regulations, US laws, and your sponsor's program-specific rules. Regular contact with your responsible officer will help you maintain your J-visa status by ensuring that you are continually in compliance with all regulations. Some of the major requirements of the regulations are identified below:

Register with your sponsor – Your Form DS-2019 was created in a computerized system known as the Student and Exchange Visitor Information System (SEVIS). DHS administers SEVIS and uses it to collect and maintain information on the current status of foreign nationals and their dependents in a sponsor's exchange program during their stay in the United States. You are required to contact your sponsor upon arrival in the United States to start your Program. Contacting your sponsor ensures that data in SEVIS regarding your exchange program is accurate and current. If you fail to report to your sponsor upon arrival or otherwise fail to maintain compliance with all governing rules, regulations, and laws, there are serious consequences that may affect your ability to remain in or return to the United States in the future.

Activities and Program Provisions – You entered the United States to participate in an exchange program in a specific exchange category (such as an Au Pair or research scholar). You may engage in only the designated category and activity listed on your Form DS-2019. In addition to general Exchange Visitor Program regulations, you must comply with program specific regulations relating to your exchange category. If you do not know or understand these regulations, contact your sponsor.

Insurance – You are required to have medical insurance in effect for yourself (J-1) and any dependents (J-2) throughout your Program. Some sponsors provide the required insurance for their participants. Other sponsors may allow you to make your own arrangements or may help to identify insurance carriers. Consult with your sponsor before your Program begins to make certain that you have the required coverage. **Maintenance of Status** – You are required to have and retain a valid and unexpired Form DS-2019. If your sponsor changes your "status" from "active" to any other classification, your presence in the United States is no longer legal and you must return home immediately. Your sponsor may change your status to "inactive" if you voluntarily leave your Program before its end or to "terminated" if you break any rules, regulations, or laws. Individuals whose status is terminated may be prohibited from entering the United States in the future.

Required Notifications to Sponsors – **You are required to inform your sponsor if you change your residence or telephone number, or complete or withdraw from your exchange visitor program prior to the scheduled end date within 10 calendar days.** Your sponsor is required to maintain your current contact information in SEVIS or face sanctions from the Department of State. If you fail to provide this information to your sponsor, your sponsor may change your status to terminated, as discussed above.

Exchange Visitor Program Regulations – The Exchange Visitor Program regulations are located in the US Code of Federal Regulations, (22 CFR, Part 62). The regulations are generally available for review at the offices of your sponsor, universities, law schools, or large public libraries. These regulations and other helpful information are available on the Internet at: www.exchanges.state.gov/education/jexchanges. These regulations change from time to time, so make certain you refer to the current version of both the general regulations and the ones that govern your specific exchange category. If you have any questions about these regulations or the Exchange Visitor Program you should contact the person whose name appears on your Form DS-2019 or the alternative individual designated by your sponsor.

CONTACT INFORMATION

US Department of State

Bureau of Educational and Cultural Affairs

Office of Exchange Coordination and Designation

301 Fourth Street, SW Room 734

Washington, DC 20547

Your questions and concerns can be sent to us at jvisas@state.gov.

Appendix E – US Department of State – Welcome Letter



U.S. Department of State
Bureau of Educational and Cultural Affairs
Private Sector Exchange



February 15, 2023

Dear Secondary School Student:

Welcome to the U.S. Department of State's BridgeUSA Exchange Visitor Program! This is the beginning of one of the most important and exciting adventures of your life. During your time in the United States, you will obtain an American high school education and experience life as part of an American family. You will make friendships that will last a lifetime, get lots of practice in speaking English, and partake in family traditions. Since 1949, thousands of students from around the world have come to share their language, culture, and customs with their American host families, American schools, and the broader local community. Your participation in this exchange program fosters a greater understanding between our two countries and works towards peaceful relations throughout the world.

We want you to have a meaningful and successful experience. Your new school and host family may have different rules and ways of life from what you are used to, so keeping an open mind will be very important to your success. Your goal should be to learn as much as you can about American customs, values, and culture and to build strong relationships with your host family, classmates, and friends.

Your U.S. sponsor is your first point of contact throughout your stay in the United States. Their information is identified on your Form DS-2019, Certificate of Eligibility for Exchange Visitor Program (J-1) Status. If you have any questions about your exchange program, need assistance of any kind while you are here, or if something just does not feel right, immediately contact your U.S. sponsor. It is their responsibility to help you with any problems, needs, or concerns you may have. Their emergency telephone contact number can be found in your program orientation materials and identification card, and is available to you 24 hours a day, 7 days a week.

If you have concerns and/or issues that your U.S. sponsor has not resolved, or you find you cannot reach your sponsor, please contact the Department of State through our J-1 Visa Emergency Helpline 1-866-283-9090, which is available 24 hours a day, 7 days a week, or by e-mail at JVisas@state.gov. Your sponsor and the Department of State are here to ensure your success and safety on the program.

We are pleased that you made the decision to study in the United States and hope you enjoy your stay.

Sincerely,

A handwritten signature in black ink, appearing to read "Karen S. Ward".

Karen S. Ward
Acting Deputy Assistant Secretary
for Private Sector Exchange

Appendix F – "First Night Questions" with Host Family

To translate into another language, go to <http://fnq.yeoresources.org/>

1. What do I call you? "Mom," "Dad," or given (first) name?
2. What am I expected to do daily other than:
 - a. Make my bed
 - b. Keep my room tidy
 - c. Clean the bathroom up after I use it?
3. What is the procedure for cleaning my dirty clothes? Where do I keep them until wash day?
4. Should I wash my own underclothes?
5. What is the procedure if I need to iron my clothes?
6. May I use the iron, washing machine, etc.?
7. Where can I keep my bathroom accessories?
8. When is the most convenient time for me to use the bathroom on weekday mornings?
9. When is the best time for me to shower or bathe?
10. When are mealtimes?
11. Do I have a regular job at meal times? Set, clear, wash, and dry the dishes; take out the garbage?
12. May I help myself to food and drinks (non-alcoholic) at any time, or must I ask first?
13. What areas are strictly private, e.g. your study, bedroom, pantry, etc.?
14. May I put posters and pictures in my room? On the wall? How do you want things hung?
15. What are your feelings about my drinking alcohol if offered by you?
16. Do you object to my having wine at the table with you or an occasional beer?
17. What time must I get up on weekday mornings?
18. What time should I get up on weekends and holidays?
19. What time must I go to bed on weekdays? Weekends?
20. What time must I be in on school nights if I go out? (Exceptions by special arrangement).
21. What time must I be in on weekends if I go out?

22. What dates are the birthdays of family members?
23. May I have friends stay overnight?
24. What is your rule on entertaining friends in my room with the door closed?
25. Can I invite friends over during the day? After school? When no one else is home?
26. What are the rules about phone calls? Local?, Long Distance?, Overseas? How and when may I pay for calls I make? How do you want me to keep track of my pay telephone calls?
27. What are Internet and email access rules if a computer is in the house? Are there time limits or time periods that use is permitted or prohibited?
28. May my friends call me? What times are not good?
29. What is the procedure for posting mail?
30. Do any of you have any pet dislikes? e.g., chewing gum, music types, being late, wearing curlers or a hat at the table, being interrupted while reading, etc.
31. How do I get around? Bus, bicycle, be driven, riding with friends, etc.
32. What about transportation to the mall or movies?
33. May I play the stereo or TV?
34. May I use kitchen appliances? Microwave? Dishwasher? Stove?
35. What are the rules about going to church?
36. May I smoke? Where? (Rotary discourages smoking in general and forbids smoking in bedrooms)
37. If I have something bugging me, how do you want me to handle it?
 - a. Write a note explaining it
 - b. Ask for a heart-to-heart discussion
 - c. Tell my counselor
 - d. Keep it to myself and live with it
38. How often can I go out each week?
39. Who pays for "event" expenses? Me? You? Rotary? (movies, sports events, concerts/shows)
40. Can I use the shampoo and toothpaste or buy my own?
41. What do I do about school lunch? Buy- who pays- me, you, Rotary? Bring from home?
42. Are there any eating habits or foods I need to discuss? I don't like _____.

Always keep open and honest communication with your Host Family and Rotary. In general, ask about those things you feel are most important the first night, and then ask other questions over the next few nights. As you build trust, some of the 'going out' rules may become more liberal.

Appendix G – Student Security Procedures

1) What should you NOT do ...

- a) Don't "hang out" with groups of other people from your home country
- b) Don't be an obvious tourist
 - i) Keep expensive cell phones and electronics out of sight when not in use (pocket, purse, backpack)
- c) Don't participate in demonstrations, peace marches, or other political gatherings.
- d) Do not take sides
- e) If there is trouble, don't panic. You'll need your wits.

2) What should you do ...

- a) Be aware of your surroundings
- b) Avoid large public gatherings
- c) Try to blend in with your local surroundings. In other words, be a good exchange student.
 - i) Adapt and then assimilate into the culture.
 - ii) Wear clothes that are more of the local culture.
 - iii) Be careful not to spend a lot of money or carry around a lot of money.
 - iv) Understand that in some countries, blending in will be impossible.
- d) Be unpredictable
- e) Accept that other ways may be just different.
- f) Remove yourself from confrontational situations.
- g) Upon arrival, contact the American embassy/consulate & tell them:
 - i) Who and where you are.
 - ii) That you are a Rotary Exchange Student.
 - iii) That you expect to be there for one year.
- h) Maintain regular contact with Rotary Counselors in your host country & home.
- i) Know where your passport and original DS2019 are. **DON'T CARRY THEM WITH YOU!**
- j) Concentrate on learning the language and culture of your country before you depart.
- k) Follow the rules and laws of the US, host family, and Rotary.
- l) Expect that people you come in contact with may disagree with your political views
- m) If threatened – tell your support contacts.

3) What to do if there is a crisis here or back home ...

- a) Check-in with your Sponsor & Host Rotary District YE Counselor or Chairman.
 - i) Let them know that you are OK.
 - ii) Ask them what the procedures will be during the crisis.
 - iii) Follow the procedures to the letter; if you are told not to go outside after dark, **DON'T!**
- b) Contact your Sponsor Rotary District YE Counselor or Chairman.
 - i) Let them know that you are OK.
 - ii) Let them know what the procedures are for your District.
- c) Contact your parents and let them know that you are OK.

Appendix H – How to File an Insurance Claim

SCANEX prefers CISI Bolduc Insurance for the Rotary YES/SCANEX Inbound students that come to the US on exchange. Enrollment, Policy Information & Claim Forms: <http://www.culturalinsurance.com/rotary/cisibolduc.asp>

**American International Companies
Through Joseph C. Bolduc & Associates
POLICY NUMBER for 2024 Inbounds:
23 N0106096A R**

All students insured under this Program have been provided a claim form, policy, and Insurance Identification Card. In addition, a claim form is enclosed with this handbook. If additional forms are required, write to:
Joseph C. Bolduc & Associates
PO Box 1123
Danbury, CT 06813-1123

SEND ALL MEDICAL CLAIMS TO:

**American International Companies (AIC)
Accident & Health Claims Division
PO Box 15701
Wilmington, DE 19850-5701
USA
Attn.: Rotary Youth Exchange**

**ROTARY ADMINISTRATOR
(Ted Cenatiempo):
Phone (800) 303-8120, ext. 5121 or (203) 399-5121
Fax (203) 399-5596
Email cisiwebadmin@culturalinsurance.com**

You can reach them by:
Telephone: 800-551-0824 (from USA)
Telephone: 800-367-2465 (from USA)
Telephone: 800-233-8541 (from USA)
Outside USA: 302-781-3700 Call Collect
Fax: 302-761-3740

Fill out Section A completely. Be sure to give the name and address of the **current** host family. Sign and date in the lower part of Section A.

If the student is a minor (under age 18), a host parent should sign the claim form to insure that the claim is not delayed due to lack of Authorization acceptable to the insurance company.

Note: be sure that all questions are answered, or an N/A (not applicable) is entered in the blanks to show that you have not overlooked anything.

Section B should be completed by the medical service provider unless you are attaching an itemized bill showing the services provided and amount paid. Itemized bills should clearly indicate the charge or payment. Attach any bills you have, whether you have already paid them or not.

Be aware that the policy has deductibles which you and your parents are responsible for paying.

If filing a claim from outside the USA, be sure to mail the claim "AIRMAIL." Otherwise, it takes weeks to reach the USA and payment will be delayed. If the payment has not been received in about one month, call the claims department at the appropriate telephone number to determine what is holding up the payment. They may just need more information which you can give them over the phone.

Claim payments will be made by check in US dollars. Make sure you have a way to cash or deposit the claim check. Also consider where you will be living four to six weeks from the time you send the claim to the insurance company; you don't want it arriving at your host family after you have returned home.

If you have problems, contact your club counselor or the Rotary YES/SCANEX Youth Exchange Committee.

Appendix I – Rotary Support System Matrix

RESOURCE	WHEN NEEDED	CONTACT FREQUENCY	COMMENTS
Host Family	Every day	Daily	Your first point of contact with most simple needs. For problems, you will need to use your Host Club YEO in conjunction with your host family.
Host Club YEO (and/or Host Club Counselor)	Problems, Successes, Social Occasions, Club Meetings	Bi-Weekly / Monthly	Establish rapport with your Host Counselor/YEO. This is your primary Rotary contact for your day-to-day problems and well-being. They are your advocate if you get into trouble or need help. Contact info is on your Guarantee Form.
Host District Counselor	Most problems, travel permission, routine reporting	Monthly Minimum	If reports are required, make sure you complete them.
Host District Chairman	Serious Problems or Routine Reporting		Monthly Reports are to be sent to this person. Use this resource after exhausting your local support system
Sponsor District YEO	Serious Problems and Routine Reporting	Monthly	This is not the first person who should learn of a problem you are having! Discuss problems with the local support system first.
ROTEX (Non-Rotarian Contact)	Emotional and YE Support	As often as needed but monthly at a minimum	Rotex will not be able to help you with technical YE problems. They are for your emotional support and mentoring only.
Sponsor Club YEO	Preparation and then report about your experience	Monthly	You should write to your club regularly telling of your experiences.
Parents	Routine, non-YE problems, health emergencies	As Needed but not more than once a month if possible (but not by phone)	LIMIT EMAIL AND PHONE CONTACT. WRITE LETTERS INSTEAD OF EMAILING AND PHONING! Give yourself a chance to adapt to your new culture.

Appendix J – Resources & Publications For Exchange Students

WEBSITES:

Rotary YES/SCANEX website: www.SCANEX.org

"Web Ring" site containing blogs for exchange students around the world
www.webring.org/cgi-bin/webring?ring=exchanges;list

Language Translation: <https://www.babelfish.com/>

Weather Around the World: <http://www.wunderground.com/> or
<http://weather.yahoo.com/>

BOOKS & PUBLICATIONS:

The Exchange Student Survival Kit (by Bettina Hansel)

The New Global Student (by Maya Frost)
<http://www.mayafrost.com/new-global-student.html>

Learning About US Culture

One of the goals of our program is to increase the understanding of US culture by our inbound students. You can learn more about US Culture at <https://www.livescience.com/28945-american-culture.html>

Depending on the state in the US you are going to, you can learn more at:

Arizona: <https://www.britannica.com/place/Arizona-state/History>

California: https://www.parks.ca.gov/?page_id=22499 and
<https://www.britannica.com/place/California-state/History>

Hawaii: <https://www.britannica.com/place/Hawaii-state/Cultural-life>

Utah: <https://www.britannica.com/place/Utah/Cultural-life>

Appendix K – Guidelines & Obligations – Long-Term Exchange Program

FOR THE INBOUND LTEP STUDENT:

OBLIGATIONS: You personally must agree to items 1-5 below. The other items are suggestions to help you have a successful exchange.

Obey the host country's laws at all times & accept the discipline of the host parents.

Behave in a manner that will reflect well on your family, your community, your country, and Rotary – you are an ambassador for your family and Rotary

Adhere to the spirit of the "FOUR D'S" – Driving, Dating, Drugs, and Drinking

Do not drive or attempt to operate ANY motorized vehicle or conveyance while on the Rotary Youth Exchange Program. This includes but is not limited to: cars, motorcycles, snowmobiles, airplanes, motorboats, recreational vehicles, etc. This rule applies even if you have a valid International Driver's License.

Dating, preferably in groups, is tolerated, but romantic involvement is strongly discouraged. Breaking this rule may result in the immediate termination of your exchange.

Only take medication for which you have a valid prescription, or you will be sent home immediately.

Do not consume alcoholic beverages other than with the permission and supervision of your host parents. Abuse of alcohol is not allowed.

Bring your original DS-2019 Visa Document with you when you go to the airport. Do not leave it at home. Do not bring a copy. You must have the signed original that was mailed to you. You will need this original document to enter the United States. We will counter-sign the DS2019 at your Inbound Orientation.

Travel: Never travel alone. Do not take off by yourself, your host family must always know where you are and whom you are with at all times. Your agreement is to return home directly at the end of your exchange.

Go over the "*First Night Questions*" as soon as you arrive. These Questions will help 'break the ice' and will help avoid misunderstandings later. Translation website: <http://fnq.yeoresources.org/>

Pocket money: HOST Rotary Club will provide you with approximately \$100 per month stipend. The host family is only required to provide you with room and board. Suggest using a credit card for periodic purchases. Your family back home needs to provide you some financial support – discuss your budget with your parents.

Travel/Emergency Money: Take at least \$75-\$100 in cash in case of emergency. Need to have \$500 emergency money to be deposited in the host District and replenished as used.

Carry your Rotary ID Card and Insurance Card with you whenever you leave home.

Carry your Rotary Business Cards with you to hand out to people you meet.

Luggage: Check baggage requirements with your airline. Excess/overweight baggage charges can be expensive.

Photos: Take a small photo album to share with your hosts or show photos from your phone, Instagram, etc. Family photos, your home, your city, school, local tourist spots, etc. A 'slide show' on an electronic device works too.

Thank you notes: Write Thank You notes to people that host you or take you places. This is good manners AND may result in more invitations to go places.

Youth Exchange Activities Schedule 2024-25

Rotary SCANEX

To Verify Specific Dates, go to Youth Exchange Website, www.scanex.org

Only a few events are mandatory for students; they are expected to attend even if they have a school conflict, such as Homecoming or Prom. They are encouraged to attend the non-mandatory events unless they have a serious conflict (prom, parents visiting from overseas, etc.). Part of the student's role as a Rotary Ambassador is to make themselves available to give back to the Program that other volunteers made possible for them to participate.

Participation in Sports and Performance Arts is encouraged as long as the schedule does not conflict with attending RYE events and being actively engaged as a Rotary exchange student throughout the year.

August 23-25, 2024: Inbound Youth Exchange Orientation Big Bear, 5 pm Friday until Noon Sunday. YEOs & Committee conduct an Orientation for the newly arrived students. Activities include Team Building Games, Hiking, music/dancing, campfire, s'mores, etc. **Mandatory for Inbounds** – YEOs will help arrange transportation.

September TBA Saturday-Sunday Beach Weekend in Huntington Beach: Fun get-together for RYE from all So. Cal Districts. Students arrive Saturday morning and depart Sunday afternoon. Spend the day at the beach Saturday with surf lessons, lunch, on-site BBQ, and evening activities. Kayaking and Boating on Sunday morning. This event is not mandatory, but it's really fun and well-organized!

December– Las Vegas Weekend. Holiday Fun in Las Vegas, NV! Outdoor activities a TBA a chance to see the Las Vegas "Strip." Students that live far from Las Vegas can be driven or fly there (cost of the tickets is at the student's expense).'

January/February 2025: Int'l Student Weekend in Big Bear: Cost TBD but usually around \$50 for Inbounds, may include skiing, rentals, sledding, pizza party, etc. Arrive Friday afternoon and depart around noon on Sunday. For the weekend, students are home-hosted by local Big Bear families (mostly Rotary and Interact).

February 2025: First Inbound Orientation Weekend – In Los Angeles, CA (Friday 5pm to Sunday 10am). The Inbounds are invited to attend and participate in getting the outbounds ready for their exchange year. Almost all the SoCal Inbounds and local Rotex attend this event and are home hosted. **Not Mandatory, but attendance is appreciated unless there's a serious conflict.** This is a valuable opportunity and a chance to 'give back' for Inbounds to help prepare and inspire next year's Outbound students.

Late March/Early April 2025: Final Outbound Orientation Weekend – In Simi Valley, California (Sat. 11 am to Sunday noon). The Inbounds are invited to attend Saturday and participate in getting the outbounds ready for their exchange year. Almost all the SoCal Inbounds and about 80 Outbound students and parents, SoCal/Nevada SCANEX YEOs & Committee attend this event. Inbounds and Rotex are home hosted. **Not Mandatory, but attendance is appreciated unless there's a serious conflict.**

Summer Tour. Inbound students will receive additional details on this trip at the Inbound Orientation in September. The Registration Form will be available in November. A \$500 deposit is due by late November to reserve a space. Seats are limited, and no one is guaranteed a spot on the Tour. The Tour is open to all SCANEX students **that are in good standing** in their District. We will let you know the cost at the inbound orientation. This trip is at the student's expense.

CRISIS HOTLINES & CHILD WELFARE AGENCIES

*These numbers are for emergencies only
For routine problems, call your local Rotary Contacts first*

**If you are experiencing a medical emergency, are in danger,
or are feeling suicidal, call 911 immediately**

24-Hour Sexual Assault & Rape Crisis Hotlines:

**Nation-wide Abuse Victim hotline: Safe Horizons: 1.800.621.HOPE
(4673)**

Nation-wide Rape & Sexual Assault Hotline: 212.227.3000
http://www.safehorizon.org/page/rape--sexual-assault-54.html?gclid=CMK05aSSoL8CFQiUfgod_DQAWw

**24-Hour Toll-Free Rotary YES/SCANEX Emergency
Contact Number: 800-5STJOHN**

National Hotlines for other services:

- National Drug & Alcohol Treatment Hotline: 1-800-662-HELP
- National Domestic Violence Hotline: 1-800-799-7233
- National Child Abuse Hotline: 1-800-4-A-CHILD
- National Youth Crisis Hotline: 1-800-HIT-HOME
- National Adolescent Suicide Hotline: 1-800-621-4000
- Depression and Bipolar Support 800-273-TALK (8255), Twenty-four hours a day, seven days a week, <http://www.dbsalliance.org>
- National Runaway Hotline: 1-800-621-4000
- Panic Disorder Information Hotline: 1-800- 64-PANIC
- NEDA National Eating Disorders (800) 931-2237
<http://www.nationaleatingdisorders.org/information-referral-helpline>
- National Teen Dating Abuse Helpline – loveisrespect (866) 331-9474 Twenty-four hours a day, seven days a week,
<http://www.loveisrespect.org>