

Applications for 2025/26
due December 2024!

Rotary Youth Exchange 2025/2026

A year abroad is not for everybody.
But you're not everybody.

rotary
youth
exchange



Okay, imagine this: you're in some new place where **everything** is different, exciting, and seriously mind-opening. A whole year where life is way bigger than just your hometown or the halls of your high school. Think about it—this is the ultimate level-up IRL. First off, getting out of your comfort zone—getting comfortable with being uncomfortable—is what makes you grow. Yeah, it's a little scary, but it's that good

kind of scary. You know, the kind that leaves you with stories you'll never forget. By the time you come back, you're not just "the kid who went on exchange," you're someone who's seen and lived more. And don't worry about FOMO on your usual routine back home because, trust me, you'll be trading it in for next-level experiences like chilling in a café in Paris or joining a soccer club in Brazil, or learning how to make authentic Italian cuisine from your new Nonna.

Plus, no, you're **not** giving up your sports, music, or whatever you love doing. You'll find ways to jump in, maybe even learn a new spin on it from people halfway around the world. Imagine being part of a soccer team that plays a different style or learning music in a whole new language. It's not just "the same thing, different place"—it's *your thing*, with a new cultural twist.

And here's the real deal: **this is the ONLY time in your life** when you get to be a high school exchange student, when you're young enough to really soak it all up but old enough to start understanding life outside your own bubble. Once you graduate, you're onto jobs, college, or whatever comes next. High school is *literally* the best time to take this leap.

While everyone else is posting about the same old Friday night football games, you're out there posting about taking trips, trying foods you've never even heard of, and making friends who are just as curious about the world. If you're already a little different, a little curious, a little ready for something more, here's your vibe: Exchange isn't for everybody. But then you're not everybody.



A year in a life. A life in a year.

Email me or scan the qr code for more info.
RotaryYouthExchange5280@gmail.com

Rotary International District 5280 youth exchange partners*:

* Destination countries vary year to year. Applying students indicate their top four exchange choices. No exchange country is guaranteed.

Australia	France	Peru
Austria	Germany	Poland
Belgium	Hungary	Romania
Brazil	Italy	Slovakia
Chile	Japan	South Korea
Croatia	Mexico	Spain
Czechia	New Zealand	Sweden
Denmark	Norway	Switzerland
	Paraguay	Taiwan
		Thailand



Level up irl!

- Learn a foreign language
- Experience a different culture
- Make friends around the world
- Become a true global citizen
- Be an ambassador for peace

You in?



True or False: RYE Edition



You have to be at the top of your class to go on exchange. False! Rotary Youth Exchange is open to all qualified young people ages 15 to 18. You don't need to be a straight-A student, but you do need to be doing well in school, and have a clean disciplinary record. Generally, a solid B student is a perfect fit for exchange—it's all about having the flexibility to go with the flow because there are a lot of new things to learn!

A whole school year is forever. False. Ten months go by in the blink of an eye! With all the new people, places, and things to discover—from the language to the food to even everyday stuff like riding the bus or counting change—time flies. It's like we say, "A year in a life; a life in a year."

I won't get along with my host family. False. Not everyone clicks instantly, but with Rotary, you actually live with two to three different volunteer host families during your year. This gives you a real taste of the culture and a support network to fall back on. And remember, these families volunteer because they genuinely want to open their hearts and homes to exchange students like you. Plus, there's a caring Rotary counselor in every location ready to help with anything big or small.

Youth Exchange is super expensive. False. Costs do vary based on your destination, but compared to other programs, Rotary Youth Exchange is affordable. For the 2025-26 exchange year, it's around \$6,500, which covers almost everything. And if you need financial help, Rotary's got options—no exceptional student has ever missed out due to finances.

Rotary is a non-profit, all-volunteer program. Rotary does not make money on Youth Exchange and does not pay families to host. Other exchange programs cost \$20,000-\$25,000! Rotary even provides exchange students with a monthly stipend of \$75-\$100, just to help out (which is not part of the program fees).

I might not graduate on time. False. The vast majority of exchange students graduate on time with their original class. And the courses you take abroad will usually count toward graduation in California public schools, so you'll be back on track when you return.

I'll never learn the language. False. Learning a new language isn't easy, but with dedication, most exchange students are conversational by January and well on their way to being fluent by the end of their exchange year. There's no better way to learn than being surrounded by the new language every day!

I'll miss out on my favorite activities. False. Whether it's basketball, jazz band, robotics, theater or dance, you can find clubs and teams all over the world. If your favorite activity isn't there, it's the perfect time to try something new, like rugby instead of American football. And having shared interests is one of the best ways to make new friends and practice a new language.

Leaving after the year will be tough. True. When it's time to go, saying goodbye to friends, host families, and places you've grown to love won't be easy. But looking back on all the experiences, friendships, and challenges overcome, you'll realize this was one of the most rewarding things you've ever done. You'll come back as more of who you are, with memories that will last a lifetime. You'll always be able to say, "I did that. I really did."



Make a world of difference.

Hosting an international student with Rotary Youth Exchange is a unique opportunity to bring the world into your home, to share your culture and traditions while gaining invaluable global insights. Hosting is so much more than a temporary arrangement; it's about creating lasting connections, expanding perspectives, and filling your family's lives with new experiences and unforgettable memories. Imagine exploring local customs together, sharing daily meals, and gaining fresh viewpoints—all while helping a young person thrive in a new country. By opening your home, you're not only giving a student the chance to grow but also making a powerful difference in your own life and the world at large.

Rotary Youth Exchange stands out from other programs because it offers a deeper experience by placing students with two to three different families over their exchange year. These multiple placements allow for a richer cultural immersion, as students build a network of families who support them. Should a host family face an unexpected change, like travel or illness, this network helps ensure continuity and support for both the student and the families.

Rotary Welcomes All Types of Families as Host Families:

- Families with children at home
- Divorced parents with shared custody
- Single parents
- Single individuals without children
- Same-sex couples
- Retirees and “empty nesters”
- Families of any ethnic, cultural, or religious background

Be a Host Hero!

As part of the Rotary Youth Exchange, each student accepted into the program needs three host families to support another inbound student, creating a true 1:1 exchange. Your commitment as a host family helps ensure that your own child, as an outbound student, will be welcomed abroad by other families. To facilitate the hosting process, Rotary provides all prospective families with a full orientation, including a criminal background check, home inspection, and training. The initial commitment is for three to five months, during which your family will receive the full support of Rotary counselors trained to address any needs, large or small.

Rotary Youth Exchange takes youth protection and support very seriously. Each exchange student is backed by a team fluent in multiple languages and skilled in international student support. In addition, a rapid response team of therapists, law enforcement, youth protection experts, and State Department specialists is always ready to assist in any unexpected event.

By opening your home, you offer not just a place to stay but an experience of belonging and growth—one that has a lasting impact on your family, your student, and the world.



¡Las solicitudes para 2025/26 se vencen en diciembre de 2024!

¡Pasa un año como estudiante de secundaria en otro país!

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Rotary 



- ## ¡Subete de nivel
- Aprende un idioma extranjero
 - Vive una cultura diferente
 - Haz amigos de todo el mundo
 - Conviértete en un verdadero ciudadano global
 - Sé un embajador de paz

¡Vamos a dar el salto al mundo, gente!

¿Quieres llevar tu vida al siguiente nivel en la vida real? Imagina vivir en un país completamente diferente durante un año, conociendo gente nueva, aprendiendo un nuevo idioma, y viviendo aventuras tan locas que no cabrían en una historia de IG. Rotary Youth Exchange te da esa oportunidad única en la vida de ver el mundo desde una perspectiva completamente nueva. Harás amigos de todo el mundo, ganarás mucha independencia, y volverás con historias que ni tú mismo vas a creer. Además, un intercambio juvenil se ve increíble en tu currículum para lo que venga después. Rotary Youth Exchange es el programa de intercambio juvenil más antiguo en funcionamiento continuo en el mundo, ¡existe desde 1929! Cada año, unos 9,000 estudiantes son patrocinados por clubes Rotarios en todo el mundo para pasar un año como estudiantes de intercambio en el extranjero, como parte de la misión de Rotary de fomentar la paz y el entendimiento.

Rotary International Distrito 5280 está aceptando solicitudes para estudiantes de intercambio de entre 15 y 18 años para el año de intercambio 2025/26. Los padres y los solicitantes serán entrevistados para determinar su elegibilidad. También hay intercambios disponibles en algunos países para estudiantes que ya se hayan graduado de la preparatoria.



Países socios del programa de intercambio juvenil del Distrito 5280 de Rotary International*:

* Los países de destino varían de año en año. Los estudiantes que aplican indican sus cuatro primeras opciones de intercambio. No se garantiza un país de intercambio.

Australia	Alemania	Polonia
Austria	Hungría	Rumania
Bélgica	Italia	Eslovaquia
Brasil	Japón	Corea del Sur
Chile	México	España
Croacia	Nueva Zelanda	Suecia
Chequia	Noruega	Suiza
Dinamarca	Paraguay	Taiwán
Francia	Perú	Tailandia

¿Te
apuntas?

Un año en una vida. Una vida en un año.

Mándame un correo o escanea el código QR para más info.
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