



ROTARY INTERNATIONAL

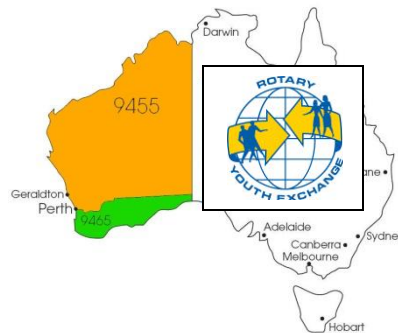
DISTRICT 9455

YOUTH EXCHANGE

INBOUND STUDENT GUIDELINES

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

WESTERN AUSTRALIA



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District 9455
G'DAY AND WELCOME TO PERTH, WESTERN AUSTRALIA

Important Contacts while you are here in Australia:

Sponsoring Club:

Hosting Club:

Exchange Student Mentor:

Mentor's Phone Number

President's Name:

Placement Officer
(Nordic Countries, Poland)

Jill Hanna
Mobile: 0417 982 315
Email: jhpkbs@inet.net.au

Placement Officer:
(Europe)

Norm de Grussa
Mobile: 0411 043 889
Email: degfam@inet.net.au

Placement Officer:
(Asia, Americas)

Joanne Bowen
Mobile: 0428 849 118
Email: joannebowenrotary@gmail.com

Chair Rotary Youth Exchange Committee
Available 24 hours

David Cleary
Mobile: 0438 899 809
Email: clearydj@bigpond.net.au

Rotary District 9455 - District Governor
2020/2021

Jon Bilson
Mobile: 0409 433 472
Email: dq@rotarydistrict9455.org

Find us on Facebook @ <https://www.facebook.com/D9455RotaryYouthExchange>

Other Important Contacts while you are here in Australia:

Two non-Rotarian resource people:

Ms Jennifer Gorey jengorey@live.com **0438 381 727**

School teacher & past Outbound parent

Mr Greg Stratton strattonfilms@usa.net **0411 563 149**

School teacher & past Outbound parent

Emergency (Fire, Ambulance, Police) **000**

Police **131444**

Kids Helpline (phone about any worries anytime) **1800 55 1800**

Lifeline (Crisis Support & Suicide prevention) **131114**

WA Mental Health Emergency Response Line **1300 555 788 (Metro)**

Rurallink **1800 552 002 (Country)**

Sexual Assault Counselling **1800 737 732**

Department for Child Protection & Family Support **9222 2555 (Metro)**

182 Royal Street, East Perth. **1800 622 258 (Country)**

Crisis Care Helpline **1800 199 008**

Urgent Dental care:

LifeCare Dental - Perth, Forrest Chase **9221 2777**

8am - 8pm - Madeley, Kingsway **9409 3619**

Urgent Medical care:

Perth Children's' Hospital **6456 2222**

15 Hospital Avenue, Nedlands

Royal Perth Hospital **9224 2244**

197 Wellington Street, Perth

Fiona Stanley Hospital **6152 2222**

11 Robin Warren Drive, Murdoch

Introduction

Members of Rotary Youth Exchange District 9455 wish you a very warm welcome to Western Australia. We hope your stay with us is exciting and challenging and will be "the best year of your life".

The Rotary Youth Exchange Committee will play a part in supporting your club for your overall well-being, care and discipline during your year as a Rotary Exchange Student.

Your Rotary Club, Mentor and hosting families will be supporting you on a day-to-day basis. They have made all the arrangements for your year such as contacting the school you will attend, and ensuring that you have pocket money for your expenses. You are expected to attend club meetings, participate in club activities and keep in regular contact with club members. What you give to your club members and hosting families will be well rewarded, because you will have a wonderful time on exchange.

Enclosed in this manual is information to help you in your Rotary exchange year. Your Rotary Mentor and host families have been given similar manuals, and we suggest you talk about it together.

Allow yourself time to settle in and become familiar with our Australian ways and to adjust to the many new aspects of your life. You will find that things are not the same as in your home country and coping with so many new things at once can be very challenging and tiring. For the first few weeks you will probably feel very tired and at times confused. Don't worry about this, but tell your families, fellow school students and others if you are feeling tired, so they can understand and support you in dealing with all the changes in your life. The information in this manual is to help you as you adjust. Should you need any further assistance or information, you find our contact details on the previous pages.

We look forward to seeing you at the briefing sessions and also during the following few months with the other members of the District Rotary Youth Exchange Committees.

The members of the Rotary Youth Exchange Committee hope that your exchange year in Western Australia is successful, challenging and enjoyable and is a "year to remember".

With regards,

David Cleary
Chair
District 9455 Rotary Youth Exchange Committee

Youth Exchange Program - Guidelines for Hosted Students

Introduction

A warm welcome is extended to you as the Rotary Youth Exchange student arriving from overseas, and it is hoped that the year under the program will be one of the greatest experiences in your entire life. The Guidelines set out below are provided to help you prepare for the exchange and to gain the maximum benefit and enjoyment from the program.

Being with Australians:

Although Australia has many similarities in its way of life to that of overseas countries, there are also many differences, and it is these differences that offer a stimulating opportunity to learn, experience and understand.

Australians have a reputation of being warm, friendly, frank and very hospitable and with a dry "irreverent" sense of humour. However, their attitudes can be influenced by the attitudes of others toward them, so you as a host student:

1. Should be careful not to continually compare Australia in unfavourable terms with your own homeland, giving the impression that you do not like Australia. One place compared to another is merely different and usually with a reason, therefore, nothing is better or worse.
2. Should not appear to be disinterested in your exchange. Perceived lack of interest will cause Australians not to be interested in you.

The principal objective of the Youth Exchange Program is to promote better understanding and goodwill. This objective will not be achieved unless your endeavours are constructively examined and discussed with its various facets and problems.

You should be aware of the need to thank people who have made efforts to assist in your exchange. A short "Thank you" note is a courteous and efficient way of showing appreciation.

With the Host Family:

You most likely will feel nervous at the beginning of the exchange. Your Host Parents may feel the same way. You should behave naturally and act as if you were at home. A happy relationship will soon develop between the Host Family and yourself.

In most cases, you will stay with three to four different Host Families, but the Host Rotary Club has complete autonomy in this matter and can make variations.

It is most important that the Host Family does not treat you as a special or honoured guest. The value of the program centres on you being "one of the family" and not receiving any special favours or treatment. You should contribute to the family life by undertaking normal chores.

Similarly, you should not address the Host Parents as Mr. and Mrs., but as "Mum" and "Dad", some other informal title, or their names. To save any embarrassment, this matter should be resolved as soon as you arrive in the family - see Appendix 1 "Questionnaire for First Night with new Host Family".

You have an obligation to adapt to the family's style. On the other hand, you will normally find the Host Family most understanding as to problems of adapting being experienced by you.

It is also VERY IMPORTANT that you respect the privacy of your host family. DON'T gossip about your host family with other students. If you have a concern about them, discuss this with your Mentor or Placement Officer.

All students should always remember that you owe a great debt of gratitude to the Host Families, as it is through their considerable generosity and personal sacrifice that the exchange is possible.

Climate

Australia is a large continent with a wide variety of climates. You should liaise closely with your Host Mentor before coming to Australia so as to be fully informed as to the climate in which you will live. Southern Australia is temperate, with cool to cold wet winters but with hot dry summers. Northern Australia ranges from hot and arid to sub-tropical, but in both instances, the temperature is usually warm to hot most of the time.

Clothing

Knowing the range of the climatic conditions will assist you to decide on the clothing most suitable that you will need on your Exchange. Dress is mostly casual, with jeans and sneakers commonly worn. However, there will be occasions where more formal attire will be required - girls should bring at least one smart dress and boys a jacket and trousers. Youth Exchange blazers are very acceptable formal wear for both boys and girls. In the first six months of the exchange it is not unusual for a student to encounter substantial weight gains - up to 15kg. This can pose clothing problems and it is advisable for a student to consider this when buying clothes prior to exchange. It may be wise to purchase clothing that is a little larger than normal. Where applicable, you should bring national clothing.

Private schools and some government schools require a school uniform to be worn. The cost of compulsory school uniforms is the responsibility of your Host Rotary Club.

PLEASE BRING A SMALL SOFT OVERNIGHT BAG WITH YOU. This is useful for going away on weekends, and to take on the tours.

Youth Exchange Program Rules

There are guidelines and rules within the Program. Guidelines are recommendations and suggestions, both allowing some discretion as to action. On the other hand, you and your natural parents have signed the Rotary Guarantee Form, binding them to the rules of the program. The rules are:

1. **Laws of the country:** The laws of the Host Country must be obeyed.
2. **Drugs:** The possession and/or consumption of illicit drugs are a breach of the law of Australia and as such are strictly prohibited under the program.
3. **Driving:** A student is specifically forbidden to drive any form of motorised vehicle, be it operated on Land, Sea or Air.
4. **Romance:** A student should not become romantically involved. If the student centres all his/her attention on another person, the broad aspects of the program are excluded and therefore the exchange fails.
5. **Schooling:** The student will attend full-time education at a secondary school of the Host Rotary Club's choice. This is a condition of your student visa.

In regard to Rules 1 to 3 (inclusive), any breach of a rule will lead to the automatic expulsion of the student from the program and immediate repatriation home.

Host District Rules

In addition to the Rotary International rules set out above, District Youth Exchange Committees have local rules (e.g. alcohol, smoking, attendance at Rotary functions, reports, travel etc.) to which you will be bound.

Alcohol

The LEGAL AGE For DRINKING OF ALCOHOLIC BEVERAGES IS 18. Legal drinking is both strongly discouraged and not allowed except in the presence of the Host Family while at home. Under no circumstances may students purchase alcohol for themselves or others.

Smoking

Smoking is for the most part socially unacceptable in Western Australia, is forbidden in schools (even for teachers) and almost all public facilities, and it is illegal to sell tobacco products to, or buy them for, anyone who is under 18 years of age. It is also not in keeping with the image we would wish our young Rotary Youth Exchange ambassadors to portray; as such our Exchange Students are not permitted to smoke for the entirety of their Exchange.

Rotary Requirements

The District Youth Exchange Committee requires you to attend and assist at various Briefing and Orientation seminars for potential Outbound exchange students. Districts also require you to be present at the annual District Conference. The Host Club & District Youth Exchange Committee has the responsibility to make sure you attend these functions and to pay your travel and accommodation costs.

Reports

You are required to submit regular written reports to the District Youth Exchange Committee on a monthly basis. These reports are in addition to those required by the Sponsor District.

There is a web-link for submitting your reports:

http://www.youthexchange.asn.au/?page_id=39

Family visits

Family visits are only permitted if the District and Host Club have given their approval, and only under the conditions they set. **Information should be sought before making plans.** Students are not expected to receive visits from travelling friends whilst they are on a Rotary Youth Exchange.

Visits from other Youth Exchange students

If exchange students from other Districts wish to visit you, **THIS MUST BE ORGANISED** through your Placement Officer.

Travel

Host Parents are under no obligation to take you on holidays or to provide tours. Where the Host Family is to be away and cannot host you, they have the obligation to advise the Mentor well in advance of the event and the Mentor has to arrange accommodation arrangements for you covering the Host Family's absence.

However, many students do manage to see a lot of their host country due to the generosity of their Host Parents, their Rotary Club and individual Rotarians. Where this occurs, it is an added advantage to the exchange, **NOT** an entitlement.

Where the Host Club and District permit travel, **prior to any arrangement being made**, you must abide by the rules and regulations stipulated as a condition of such permission.

<p>An essential requirement of Rotary is that the whereabouts of a student is known at all times by the Sponsor and Host Districts for the purpose of ensuring the student's safety and well being, and for direct contact in the case of emergencies.</p>

Travel Policy Guidelines

These Rotary International District 9455 Youth Exchange Program Policy Guidelines are additional to and take precedence over the general guidelines stated in the Youth Exchange Manual - Australia. The Guidelines will be applied to Inbound students.

Failure to adhere to this policy may result in the student's exchange being terminated.

Travel Policy

1. Official tours organised by the Rotary District Youth Exchange Committee, Rotary Clubs and Hosting Schools have been arranged to provide the student with an opportunity of seeing the area in which they are hosted. The "Authority for Inbound Students to Travel on Rotary and School Sponsored Excursions and Tours" form must be completed prior to the student's arrival to enable the student to participate in these activities.

2. Travel with current Host Parent/s is permitted within Australia with the **prior** knowledge of the student's Placement Officer and the approval of the Host Club's President. Prior written approval

from the student's natural parents/guardian must also be received. The requirement for *Working with Children* clearances must be adhered to.

3. Travel with other adult/s (not included in point 2 above) **within Western Australia** must be approved by the student's Placement Officer. Prior written approval from the student's natural parents/guardian must also be received. The requirement for *Working with Children* clearances must be adhered to.

4. Travel with other adult/s not included in point 2 above **outside of Western Australia but within Australia** may be considered with the prior written permission of the student's natural parents/guardian, Host Club President and District Youth Exchange Chair. A 'Travel Application' form must be completed well in advance of the proposed travel and forwarded to the student's Placement Office to seek the necessary approvals. The requirement for *Working with Children* clearances must be adhered to.

5. Travel **outside of Australia** with responsible adult/s may be considered with the prior written permission of the student's natural parents/guardian, Host Club President, District Youth Exchange Committee Chair, and District Governor. A 'Travel Application' form must be completed well in advance of the proposed travel, and forwarded to the student's Placement Officer to seek the necessary approvals. The requirement for *Working with Children* clearances must be adhered to.

6. Independent and unaccompanied student travel, while generally discouraged, may be approved by the District Youth Exchange Committee Chair under certain controlled conditions

7. Family visits are **strongly discouraged**. In any eventuality visits should be confined to the last quarter of the exchange and students must stay with their host family every night. Students are not permitted to travel with family and may not miss any school time. The student's Host Club President and the student's Placement Officer **must be contacted BEFORE any arrangements are made**. The visits must not clash with Host Family or Host Club arrangements.

8. Any travel during school time, other than School Excursions or organised Rotary Youth Exchange Tours, is not permitted.

9. The student may not contact another Rotary Club or Inbound student directly to ask for hosting on a trip.

10. Students are expected to return home by a direct route or a route arranged by the Sponsor District Youth Exchange Committee and agreed by the Host District Youth Exchange Committee.

Flying

You are permitted to travel within Australia in an aircraft licensed to carry passengers. Travel in any of the following aircraft types will not be approved under any circumstances:

- i) Non-motorised glider
- ii) Motorised glider
- iii) Ultra light aeroplane (any type)
- iv) Hang glider (any type)

- v) A private flight with an unlicensed pilot or a pilot not authorised to fly the particular type of aircraft proposed to travel

The following aerial activities will not be approved under any circumstances:

- i) Parachute jumping
- ii) Skydiving
- iii) Bungee jumping

Student Insurance

It is a Rotary International Requirement that all hosted students accepted into the program must be provided with insurance to cover the risks of:

Overseas Hospital/Medical/Dental Expenses	US\$1,000,000
Accidental Death	\$100,000
Capital Benefits	\$100,000
Emergency Evacuation	\$50,000
Repatriation of student's remains in the event of death	\$50,000
Political/natural disaster evacuation	\$50,000
Legal Liability	\$500,000

In addition, to obtain a visa, the Australian Government requires Students visiting Australia to provide evidence of Overseas Student Health Cover (OSHC), which is available from BUPA, AHM, NIB, OSHC Worldcare and Medibank Private, providing basic Medical & Hospital benefits whilst in Australia. Inbound students should apply directly to their insurer of choice online, with the cover period being the same length as their visa. (Students from Norway, Sweden and Belgium may be exempt due to reciprocal agreements with the Australian Government)

Host Mentor

The Host Rotary Club should appoint a Rotarian Mentor for the duration of the Exchange and you should regard this person as your confidant. If any problem arises at school, with the host family, with finances, or of a personal nature, you should consult the Mentor who is there to help and will probably welcome the opportunity to assist or act as mediator.

If the Club does not appoint a Mentor, as soon as possible after arrival you should tactfully ask the Club to appoint a Mentor. Similarly, if the Mentor does not make contact with you, the Club should investigate or appoint a new Mentor.

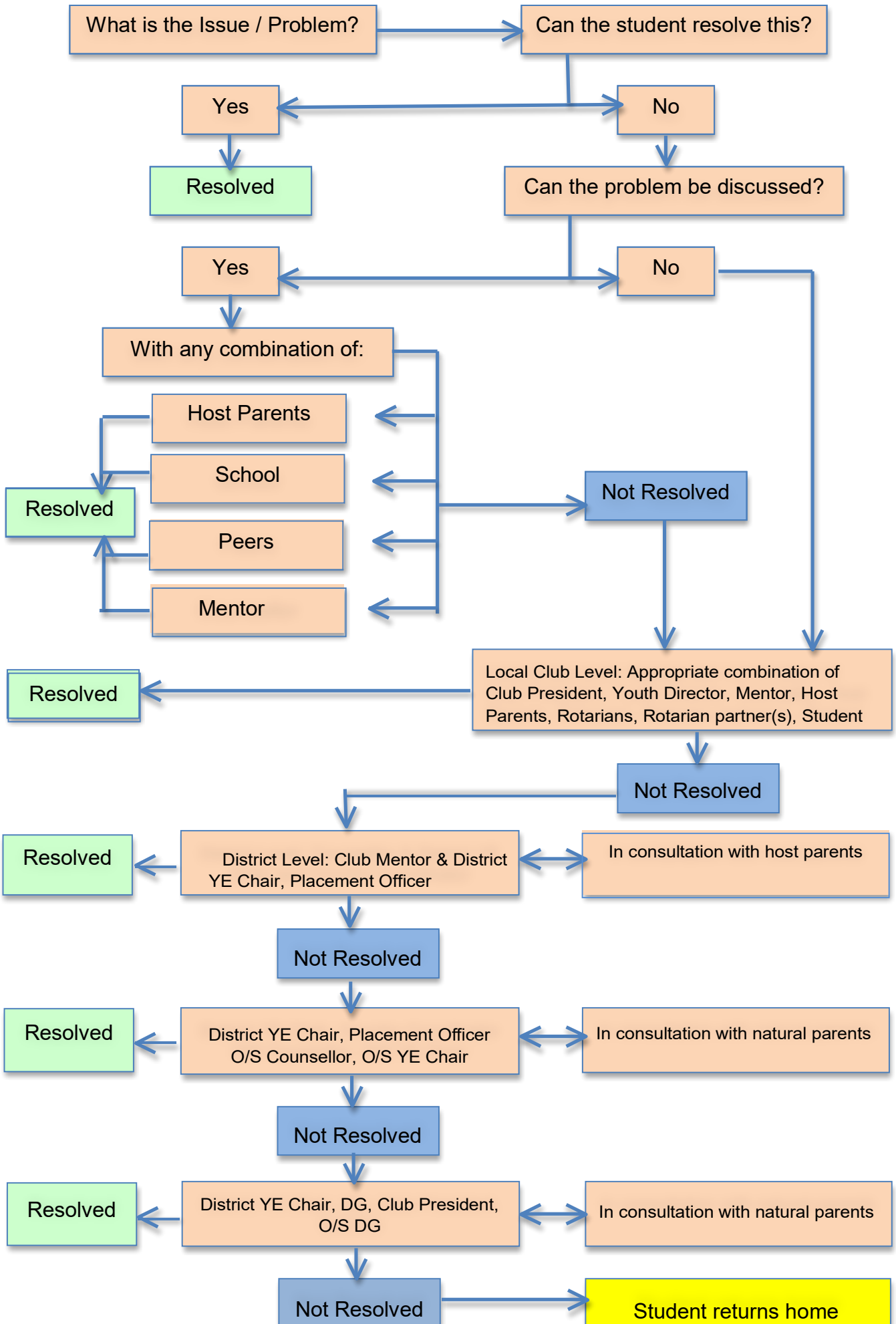
Solving problems during your exchange

We expect that you will have a wonderful exchange. However, sometimes problems occur, where you feel that things are going wrong and you can't do anything about it.

You might have problems communicating well with your host family, problems about money, worries at school - not getting on with other students, school staff expecting too much of you, not feeling supported by your Mentor.

The following flow chart shows you the correct process to follow. Whatever your problem is, you have the right to fair and equitable resolving of your problem.

ISSUES AND PROBLEM RESOLUTION PROCEDURES



Protection Officer

The Host Rotary Club should appoint a Rotarian Protection Officer for the duration of the Exchange. If any problem arises at school, with the host family, and/or with the Mentor in regards to sexual harassment or abuse, you should inform immediately your Protection Officer who is there to help and remove you from any potentially dangerous situation.

If the Club does not appoint a Protection Officer, as soon as possible after arrival you should tactfully ask the Club to appoint a Protection Officer. Similarly, if the Protection Officer does not make contact with you, the Club should investigate or appoint a new Protection Officer.

What is the Definition of Harassment or Abuse?

Sexual Abuse

Sexual abuse refers to engaging in sexual acts with a student or forcing or encouraging a student to engage in sexual actions alone or with another person of any age, of the same sex or the opposite sex.

Additional examples of sexual abuse could include, but are not limited to:

- Non-touching offences
- Indecent exposure
- Exposing a student to sexual or pornographic material

Sexual Harassment

Sexual harassment refers to sexual advances, requests for sexual favours or verbal or physical conduct of a sexual nature. In some cases, sexual harassment comes before sexual abuse, and is a technique used by sexual predators to desensitise, confuse or groom their victims.

Examples of sexual harassment could include, but are not limited to:

- Sexually motivated advances including comments to the effect that the adult in a position of trust finds the student sexually attractive
- Sexual names or descriptions, jokes, written or oral references to sexual conduct, gossip regarding one's sex life, and comment about an individual's sexual activity, deficiencies, or prowess
- Verbal abuse of a sexual nature
- Displaying sexually suggestive objects, pictures or drawings, videos and internet images
- Sexual leering or whistling, any inappropriate physical contact such as brushing or touching, obscene language or gestures and suggestive or insulting comments.

Emotional Harassment

Emotional harassment is any action or comment that unreasonably disturbs the student. This includes but is not limited to repeated comments about a student's social background, home country, language, culture, personal appearance or other characteristics which are offensive, embarrassing or humiliating to the student to whom they are directed.

Physical Abuse

Physical abuse is any physical harm inflicted on a student and includes but is not limited to:

- Providing insufficient nourishment for the student
- Depriving the student of a reasonable amount of sleep
- Requiring the student to do an unreasonable amount of work
- Inflicting physical pain on the student

Abuse & Harassment

Abuse and harassment refers to any form of abuse or harassment described above whether it is sexual, emotional or physical.

After a report of harassment or abuse, students may or may not want to remain on their exchange. If they do, they may or may not want to continue their relationship with their hosting Rotary Club depending on the circumstances. In some cases, a student may wish to remain in the country, but change to a different host Club. It is the student's choice!

We expect that your exchange year will be one of the best experiences of your life. However, there is the possibility that you will be the victim of assault or abuse. Your safety is very important to us, and we can only help you if we know that you have a problem.

If you are physically, emotionally or sexually assaulted or abused you should follow this procedure:

1. Report the situation and circumstances to an adult you feel comfortable with, preferably your Club Mentor, the assigned Club Protection Officer, or your District RYE Placement Officer immediately.
2. If you cannot contact either your Club Protection Officer, Club Mentor or your District RYE Placement Officer, or prefer that none of them be informed, report the situation to the District RYE Chair.
3. If you cannot report your situation to any of these people, report the situation to any member of the District's RYE Committee or the District Youth Protection Officer.

It is important that you not delay in reporting any incident of assault or abuse. Be sure that someone in the District Youth Exchange Program understands the seriousness of your situation.

The following procedure shall be followed by a person receiving information from a student about an assault or abuse. They will:

- a. Listen attentively and stay calm
- b. Assure privacy but not confidentiality
- c. Get the facts, but don't interrogate
- d. Be nonjudgmental and reassure
- e. Document the allegation

After receiving an allegation report from a student, this the adult will:

- a) Protect the young person
- b) Report the allegation to the appropriate law enforcement authority
- c) Report the allegation to the Club Youth Protection Officer and the RYE Chair, who will then inform the District Governor.

Following this process:

- d) The appropriate District 9455 representative will remove the accused person from contact with youth until the matter is resolved.
- e) All adults involved in this process must avoid gossip & blame. Don't tell anyone about the allegation other than those who need to know.
- f) The District Governor must inform Rotary International of the allegation within 72 hours. The District Governor will also inform the student's parents, and offer the student an independent, non-Rotarian counsellor to represent his/her interests.

The District RYE Chair and District Youth Protection Officer will take charge of overseeing the student's safety and ensuring that the correct procedures are adhered to.

No Inbound student will be sent home nor any Outbound student brought home for reporting such a situation unless the student's personal safety requires it and the District RYE Chair has approved the return.

Student Finances

Student money requirements are:

1. **Emergency Fund:** Upon arrival in the host town, you will be required to give your Host Rotary Club an "Emergency" fund of money for medical and other emergencies. Ask your Host Rotary Club for a receipt for this money. It will be returned to you at the end of your exchange. This fund is to be replenished by your natural parents without delay should funds be withdrawn. You should bring \$AUD500 to establish the account.
2. **Personal Spending Money:** A bank account controlled by you should be set up for this purpose. If problems are being experienced managing finances, you should approach the Mentor for help and guidance. Budgeting finances is very important. If you are planning to join the Safaris, or trips which are arranged by the District, it is recommended that the money for this event also be placed in your account
3. **Monthly Allowance:** The Host Club will provide you with a monthly allowance, the amount of which will be determined by the District and/or Club. In the event of you failing to receive an allowance, you should tactfully raise the matter with the Mentor. The money should be deposited to your bank account each month. Usually the monthly allowance will not be sufficient to meet all your daily needs and will need to be supplemented by your natural parents.
4. **International Travel:** You should always have negotiable money with you whilst travelling to cover the event of an emergency.

Schooling

The rules of the Youth Exchange Program require you to attend a secondary school. It is also a condition of your student visa that you attend school fulltime. Usually the Host Mentor will attend to the enrolment details and, in conjunction with you, organise the best subject selection.

It is expected that students take all tests and examinations.

You are expected to take part fully in life and activities at the school. **You should undertake all exams and complete all assignments as required by the school.**

It is important that any problems arising from language difficulties be dealt with promptly.

The Host Parents should always provide a note to the school explaining any of your absences.

You are not permitted to be enrolled at institutions of tertiary education.

Working

Your student visa allows you to work for 20 hours per week. If you do wish to get a small job, it **MUST NOT** inconvenience your Host Family or Host Rotary Club. Discuss this with your Mentor.

Homesickness

Very few students avoid homesickness, particularly after the excitement and experience of settling in and meeting new people has passed. Missing the little things at home previously taken for granted and the continuous "bombardment" of a strange language leads to mental exhaustion. Frustration may set in due to the inability to communicate adequately. All this may lead you to wondering (despairing) how to cope for the next nine or ten months.

Symptoms of homesickness are:

- For no good reason, feeling miserable
- Losing your temper over small things, which normally would have been shrugged off
- Comparing habits and customs unfavourably with how it was done at home
- Staying within the security of your room and not wanting to go outside
- Physical discomfort, headaches, upset stomach, uneven menstrual cycle, etc.

You will have your own way of coping with homesickness when it occurs, but recommended remedies include:

- Recognise the classic symptoms
- Talk and share the problem, especially with the Host Parents, and
- Keep busy, either with studies, sport, Club involvement, or letter writing (but keep these cheerful and positive).

The following definitely are not remedies for homesickness:

- Moping around feeling sorry
- Eating the "blues" away
- Asking to go home, especially in the early stage of the exchange

Ultimately, returning home may be the correct course of action, but it should be the last resort. Homesickness can attack at any time and is not limited only to the early stages of the exchange.

The Role as Ambassador

Whilst in Australia, you are an ambassador for your own country and for Rotary; this is one of the main purposes of the exchange. Rotary expects high standards of behaviour from you, morally and ethically, so that people will form a good impression of your country and of the Rotary Youth Exchange Program.

Public Speaking

You are expected to address Rotary and other service clubs whilst in Australia. In addition, talks and visits should be made to schools, youth groups, community and other welfare organisations.

Be a Joiner

To gain the maximum benefit from the year abroad, you should take an active part in the host community. You should make every opportunity to join and be actively involved in school clubs, youth and church groups, especially Interact if such a club is available in the area. The wider the involvement, the greater the number of friends a student will make. You should not confine your friendships mainly to other Exchange Students.

Have an Open Mind

There is usually more than one view on most issues, so keep an open mind, especially on controversial matters (race, religion, politics, etc.). Do not take sides and avoid expressing strong contrary views - be diplomatic and tactful.

Interviews

When interviewed by the media, you should always have your Mentor or Host Parent present. Never be critical of one's own country or of Australia. Careless remarks when publicly reported may cause serious embarrassment. Never join people in criticising their country, way of life, government, etc.

Religion

You are expected to respect the practice of the Host Family, however let them know if you have any special needs related to your own religion.

Communication

You should maintain regular communication with your natural parents, family and friends. Communication does not have to be long, but it should be frequent. Apart from the reports required of you by both your sponsor and host Districts, you should also maintain contact throughout the year with the Sponsor Rotary Club and the Sponsor Mentor.

Discuss internet use with your Host family, as many Australian homes DO NOT HAVE UNLIMITED USE.

International Airline Ticket

Upon arrival in Australia, your return airline e-ticket will be noted by the District Youth Exchange Committee's representative who will ensure return flight details are adjusted appropriately. You are not to make any changes yourself without discussing those changes with your District Coordinator.

Problems & Early Return Home

Where you are experiencing major problems with your Exchange and attempts by the Club, Mentor and Host Parents to resolve the matters have not been successful, the Club should approach the District Committee for assistance and guidance. Unless for compassionate grounds, your return home should be considered only as a last resort and after all other avenues to save the exchange have been explored by both Host Club and the District Committee.

If there is any likelihood of returning home, the District Youth Exchange Committee Chair should immediately advise full details to the District Governor.

The Sponsor District Youth Exchange Committee Chair must be told of the circumstances, and they in turn should inform their District Governor and your natural parents.

A Host Club cannot terminate an exchange. This decision is only to be made on consultation with the Rotary Youth Exchange District Chair and the District Governor.

The travel arrangements for you returning home should be completed by the District Youth Exchange Committee and full details will be advised to the Sponsor District for advice to your natural parents.

You should be accompanied to the airport and the District Youth Exchange Committee will assist with all the departure and boarding procedures. The District Youth Exchange Committee will forward to the Sponsor District a full written report of the premature return home.

Returning Home at End of Exchange

Your exchange has duration of a minimum **50 weeks** from your arrival date or as stated in your Visa; and you will not be allowed to remain in Australia upon conclusion of the exchange period. You will travel directly home with no stopovers, however, your natural parents may authorise otherwise provided they accept full responsibility for the safety of you and, in writing, entirely absolve Rotary from any responsibility.

The return home journey is arranged by the Sponsor Youth Exchange Committee and usually the date is shown on the flight ticket. It is essential that this date be first confirmed through the District Youth Exchange Committee or your Mentor at least three months before return, and reconfirmed at least three days prior to actual departure time.

Upon returning home, you may experience adjustment problems. Usually these problems pass with the time, but should difficulties persist, it is wise to seek assistance from the Sponsor Mentor or the Sponsor District Youth Exchange Committee.

Conclusion

All these Rules and Guidelines may appear formidable, but their purpose is only to ensure that the exchange is successful, that all participants are aware of their rights and obligations, and that you have a wonderful year in Australia.



Australians wear their shoes in the house (but they leave their shoes outside if the shoes are very wet or muddy).

In informal situations, when the weather is hot, they often take their shoes off.

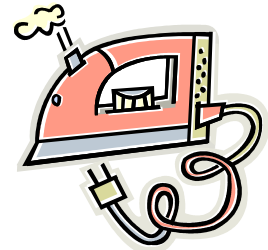
Aussies are funny people

It is okay for them to touch their friends with their feet.

They can touch the head of another person. Sometimes it is a friendly thing to do.

Sniffing is not a socially acceptable practice - Australians blow their noses.

They do not spit on the ground. (But they can spit into a tissue or a handkerchief. It is ok for them to put the handkerchief back into their pockets.)



In some families the mother (or father) does all the washing. In other families, everyone washes their own clothes.



In Australia it is okay to wash all the family clothes together. It is okay to put all the socks and underclothes and shirts etc. together in the washing machine.

Some Australian families dry their clothes in an electric clothes dryer. Many families hang their clothes to dry on a clothes line in the backyard. In Australia it is ok to hang underwear and socks on the clothes line with all the other clothes.

They do not worry about ghosts. Ghosts are NOT a problem in Australia. It is safe to sleep in the dark

Many Australians share a bedroom, but many people have their own bedroom.

Parents expect their children to keep their own rooms clean and tidy.

They like to be with other people, but sometimes they enjoy being alone.

They often speak loudly. When they are angry, they sometimes shout at each other. Children sometimes shout at their parents.



I don't want to be alone

Many Australians do not like swearing, but some Australians swear a lot.

They do not have special words to show respect for older people.

At some schools, teachers and students talk to each other as equals. At some schools, teachers are very strict.

Younger brothers and sisters do NOT show special respect to older brothers or sisters.

At school, younger students do NOT show special respect to older students

When they say "yes", they mean "yes"

When they say "no", they mean "no"

If parents say no to their children, but the children keep asking again and again, the parents get very angry.

They do not bargain.

Parents often get angry if their children try to bargain with them.

When their children go out, parents ask "Where are you going?" and "Who are you going with?" and "What time will you come home?"

Some parents give their children a lot of freedom. Other parents are very strict.

Australians often look at each other's eyes when they are talking together. It is okay for young people to look their parents in the eye. It is okay for young people to look their teachers in the eye too. Australians think it is a sign of honesty.

Men shake hands when they meet each other for the first time. Women often shake hands too. Men like to have a firm handshake. They do NOT like soft handshakes. (Men often shake hands to say good-bye too)

Friends sometimes kiss each other when they meet and when they say goodbye. But men don't kiss men.

Boys do NOT hold hands with each other. Girls do not usually hold hands with each other. But a boy can hold hands with a girl.

In some families there is a lot of hugging and touching. In some families there is very little touching.

In some families there is not much kissing. In some families, mothers and fathers kiss their children 'goodnight' every night.

Australians do not bow or kneel to each other.

Many bathroom doors do not have a lock. When the bathroom door is closed, Australians knock, and wait for reply. If there is no reply, they open the door and go in.

They often get very angry if someone goes, uninvited, into their room and touches their things.

They often get very angry if someone borrows their things without asking.

They say "please" and "thank you" very often.

They sometimes feel upset if people do not remember to say "please" or "thank you" at the right time. (Parents say to their little children: "What is the magic word?" And the answer is "please" or "thank you")

They use names very often when they are talking to each other. They feel more relaxed when people speak to them by name:

Peter: "Excuse me please, Mary. Have you seen Clare?"

Mary: "Yes Peter. She is in the library."

Peter: "Thanks"

Peter: "Dad, I have a problem. Would you help me please?"

Dad: "Of course, Peter. What is the trouble?"

(Dad helps Peter)

Peter: "Thanks very much Dad, You have helped me a lot."



They like to see a smiling face. They do not seem to smile as often as Indonesians or Thais. However, they do seem to smile more often than many northern Europeans.

Australians say "I'm sorry!" or just "Sorry!" very often. They often apologise for very small things. They feel upset when others do not say "I'm sorry" at appropriate times.

They usually prefer to use understatement than overstatement when talking about personal achievement. They feel uncomfortable with people who talk a lot about their own achievements. (They often cut "tall poppies" down)



They usually get up at about 6 or 7 o'clock in the morning from Monday to Friday. Sometimes they sleep in on Saturdays and Sundays.

They do not have a sleep in the afternoon.

Some families go to bed at about 9.30 pm or 10 pm at night. Other families go to bed at about 11pm or later.

Parents often feel worried when their children go to bed late (after midnight) every night.

They do not wear their clothes to bed. They wear pyjamas or a nightdress when they go to bed.

When they get into bed, they lie between two sheets. There is a sheet under their bodies. There is another sheet on top of their bodies. And there are blankets on top of the sheet.

After washing up, some people rinse the detergent off the dishes. Some people just wipe it off with a tea-towel.

In some families the mother (or father) does most of the cleaning, the washing and the cooking. Sons and daughters are expected to help.

In some families, the housework is shared equally by the whole family.

Australians do not eat many snacks. They usually wait till lunch time or dinner time, and eat with the rest of the family.

Most families eat dinner together at night. They usually talk together while they are having dinner. (Sometimes they watch TV instead of talking)

When they have finished eating, they place their knife and fork beside each other on the plate, the fork with its prongs pointing upwards - the knife on the right, the fork on the left.

In many families, everyone sits together at the table until the last person has finished eating.

Most people use a deodorant after their bath or shower

The weather is often hot and people perspire a lot, so they have a bath or a shower once a day. Sometimes, when the weather is very hot, or when they are going out, they shower twice a day.



They try to keep the floor in the bathroom and toilet dry.

They do NOT wash their bodies BEFORE they get into the bath. They wash their bodies WHILE they are sitting in the bath.



All water is precious and hot water is expensive. Water must not be wasted.

Sometimes in the country, there is not much rain. People in the country are careful not to waste water.

Telephones are expensive. Australians must pay for every phone call. Each local call costs about 45 cents. Long distance calls cost a lot of money. Parents do not like receiving big telephone bills.

It is easy to misunderstand Australian humour. Sometimes jokes seem to be sarcastic and insulting.

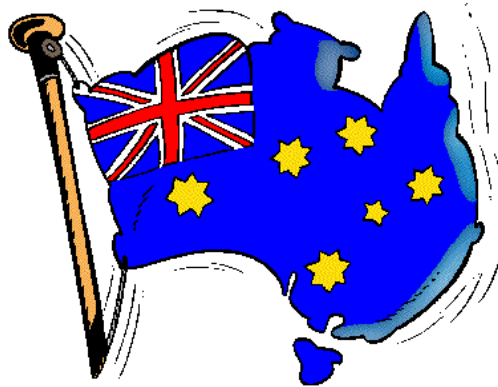
(Appendix 1)

Questionnaire for First Night with New Host Family

1. What do I call you? Mum, Dad or first name?
2. Do you have any special rules for your own children that apply to me?
3. What am I expected to do daily, other than:
 - Make my bed
 - Keep my room tidy
 - Clean the bathroom after use?
4. What is the procedure about dirty clothes? Where do I keep them till wash day?
5. Should I wash my own underclothes?
6. What is the procedure about ironing clothes?
7. May I use the iron, washing machine, sewing machine, etc? Should I ask first?
8. Where can I keep my bathroom toilet accessories?
9. When is the most convenient time for me to use the bathroom weekday mornings?
10. When is the best time for me to bath/shower - A.M. or P.M.?
11. What time are meals?
12. Do I have a permanent job at meal times? i.e.
 - Set the table
 - Clear the table
 - Wash or dry dishes
 - Put everything away after meals
 - Empty the rubbish bin etc
13. May I help myself to food and drink (non alcoholic) at any time, or must I ask first?
(Promise to do that in moderation if acceptable)
14. What areas are strictly private? e.g. bedroom, bar, study, sewing room, pantry.
15. May I put up pictures, posters etc. in my bedroom? - If yes, how?
16. What are your feelings about my drinking alcohol at home? Do you object to me having the occasional wine at the table with you or beer?
17. Where can I store my suitcases?
18. What time must I get up on weekday mornings?
19. What time must I get up on weekends and holidays?

20. What time do you want me to go to bed on weekdays?
21. If I want to arrange a night out with my friends, is this OK with you and what do you need to know?
22. What time must I be in at night if I go out? (exceptions by special arrangement)
23. What dates are the birthdays of Host Dad, Mum, brothers, sisters?
24. Can I have friends to stay overnight?
25. Can I invite friends around in the day? (Not opposite sex if parents are not there)
26. Do you have a computer? If so, can I use it and when?
27. What are your rules about using the Internet and email?
28. What are the rules about the use of the telephone?
 - May my friends phone me?
 - What are the rules about local phone calls?
 - What are the rules about overseas calls, fax and internet/email? (Remember to offer to pay for all the calls)
29. May I play the Radio, Television, CD player etc?
30. What is the procedure about mailing letters?
31. Does Host Mum or Dad have any pet hates or dislikes, e.g. wearing curlers at the table, chewing gum, music, being interrupted when reading the newspaper, smoking etc
32. What clothing is worn around the house or to meals?
33. Do Host brother and sister have any likes or dislikes?
34. What are the Host parents' feelings or rules about transport?
35. How do I get around? Is there a bus/train route? Do I have the use of a bicycle? Will it be possible to get a lift to and from parties, etc? Will I be collected from the bus stop/train station?
36. What are the rules about going to church (or equivalent)?
37. Do you mind me attending my own Church (or equivalent) as well as yours?
38. Do you expect me to phone if I am going to be 10, 20 or 30 minutes late?
39. How often may I go out a week?
40. If I have something bothering me, how would you like me to handle my problem? Eg
 - Write a note explaining my problem
 - Ask if we can have a heart-to-heart talk to thrash it out.
 - Tell my Mentor what bothers me and let him/her decide what to do.

- Bottle it up and learn to live with my problem
41. Do you accept that I am here fully as a son or daughter?
 42. Who pays for school outings or sporting expenses? - The Club or Host Parents or Student?
 43. If we go out as a family, who pays entrance fees, etc. Parents or Student?
 44. If you have special dietary needs, mention them at this time (early in your exchange)
 45. Can I use shampoo, tooth paste, etc. or shall I buy my own?
 46. Do I take lunch with me to school, or do I buy lunch at school? Ask if you make your own lunch.
 47. Am I responsible to pay my bus fares to school?



(Appendix 2)

We suggest the student, Mentor and host family members read the following and discuss

KNOTS

There is something I don't know that I am supposed to know.
I don't know what it is I don't know, and yet I am supposed to know,
And I feel I look stupid if I seem both not to know it,
And not know what it is I don't know.
Therefore I pretend I know it.
This is nerve-racking since I don't know what I must pretend to know.
Therefore I pretend to know everything.

I feel you know what I am supposed to know
But you can't tell me what it is because you don't know that I don't know what it is

You may know what I don't know, but not that I don't know it.
And I can't tell you.
So you will have to tell me everything

R.D. Laing

BRUSH UP YOUR ENGLISH

I take it you already know of tough and bough and cough and dough?
Others may stumble, but not you on hiccough, thorough, though and through.
Well done!! And now you wish perhaps to learn of less familiar traps?

Beware of heard, a dreadful word that looks like beard and sounds like bird.
And dead; it's said like bed not bead. For goodness sake don't call it "deed".
Watch out for meat and great and threat. (They rhyme with suite and straight and debt)

A moth is not a moth in mother, nor both in bother, or broth in brother.
And here is not a match for there, nor dear and fear for bear and pear.
And then there's dose and rose and lose - just look them up - and goose and choose,
And cork and work and card and ward, and font and front and word and sword,
And do and go and thwart and cart.

Come, come, I've hardly made a start!
A dreadful language? Man alive I'd mastered it when I was five!

TS Watt