

Rotary
District 5020



**rotary
youth
exchange**

WELCOME EVERYONE

**Short Term Exchange Program
(STEP)**

2022

Short Term Exchange Program (STEP)

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PLEASE RECORD IN YOUR CONTACTS

Today's Agenda

- Introductions
- Program Overview
- Travel Information
- Student Insurance
- Culture Shock
- Personal Safety and Health
- Hosting Your Partner
- Costs
- Summary and Questions



Introductions:

- Youth Exchange Committee Members
 - STEP Coordinators - USA and Canada
 - Club YEO
 - Club Counselor



Introductions:

Students, Your Turn!

Please introduce yourself and your parents:

- Tell us what you expect to gain on your exchange.
- Where are you hoping to go and why?
- How will you entertain your student partner when you host?



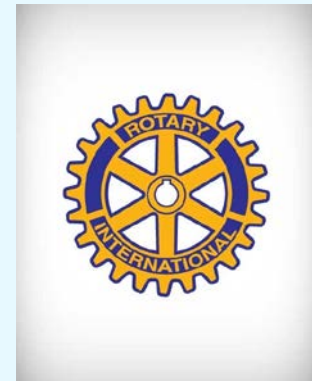
Rotary and You!

- History
- You as an Ambassador
 - What is an Ambassador?
- **YOU** are a Rotary Ambassador to your host country while you are in STEP!
- What does Rotary expect of you?

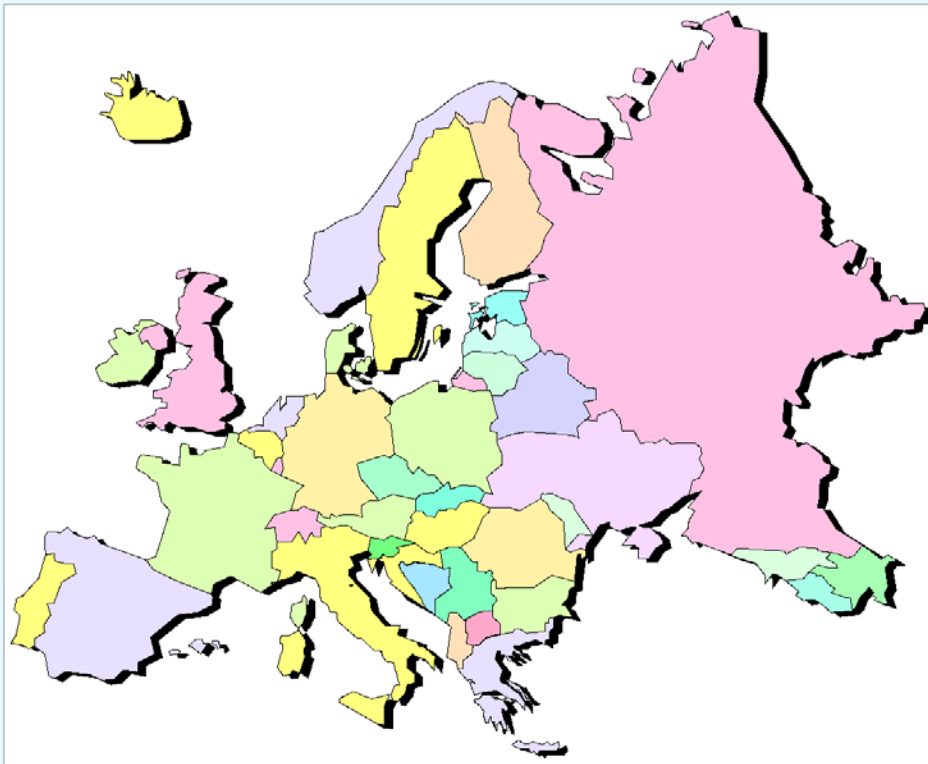


Program Overview

- STEP is a Family to Family Exchange
- The process from beginning to end
 - Communication is the key to a successful family connection and to the success of your exchange!
- **Tolerance** and **Respect** are both Extremely Important!
- You MUST stay committed, both to **be** entertained and **to** entertain



Our Exchange Partners

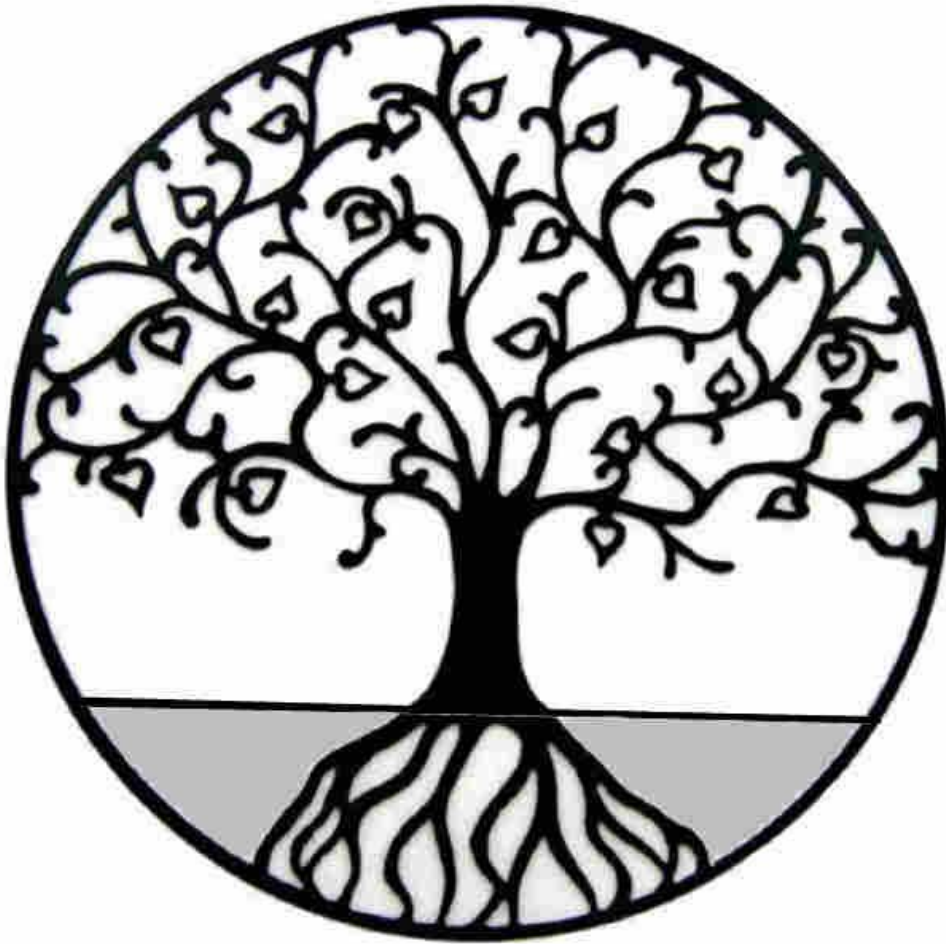


Travel Arrangements

- Use your favorite travel agent.
- Do NOT use forms of “free” travel
- Passports must be current (Expiry Date?)
- Travel to Airports & Check In and Baggage
- Carry extra cash for payment on overweight luggage or for meals at airports



The Tree of Youth Exchange



The roots are the foundation to success

- The YE creed
- The six B's
- The four D's
- Cultural Training
- The values of Rotary
- The Rotary Support Network

Student's Youth Exchange Creed

This is my experience.
Many have been here before,
and many will follow,
but this time is mine.

My journey will present
numerous doors to
unlimited opportunities.
Some of these doors will be open,
some will be closed.

But one thing I know for certain,
the key to all doors lies within.

Parent's Youth Exchange Creed

This is our child's experience.

This time is for them.

Our role is to be supportive
and to encourage their journey.

We embrace our child's independence.

We welcome their personal exploration
of new opportunities.

This is their discovery.

We value and respect it.

The key to their success lies within them.

The six B's of Rotary Youth Exchange

- **Be First** – I am a person of action
- **Be Curious** – I will seek to understand (and then to be understood)
- **Be on Purpose** – I am certain of my outcome and move steadily towards it
- **Be Grateful** – I focus on things I can be thankful for
- **Be of Service** – I give of myself freely
- **Be Here and Now** – I will live in the moment

The four D's of Rotary Youth Exchange

- **No Drinking** – No alcohol consumption of any kind
- **No Driving** – This includes power boats, snowmobiles, motorcycles and scooters
- **No Dating** – No serious romantic involvement
- **No Drugs** – No non-prescription drugs of any kind

Insurance

- **Your insurance contact**
 - **Your STEP coordinator is also the insurance contact.**
 - **You MUST let them know your travel dates as soon as you book your travel!**
 - **The insurance cost is included in your deposit**



Culture and Culture Shock

- Nervousness/Excitement
- Anxiety
- You learn, you begin to understand



Three Basic Components of Any Culture

- What people think and do at home and how they act around others
- The products they create and produce
- Mental processes, beliefs, knowledge and values are all parts of culture.



Culture is:

- Ordinary and a learned behavior
- The lens by which we see the world
- The way we solve the challenges of living together



There is a cultural component to every aspect of our lives including the way that we look at:

- **time**
- **beauty**
- **food**
- **work**
- **religion**
- **communication**
- **money**
- **parenting**
- **music**
- **and many other things in our lives**



Rules: Every culture has them

- **When the rules are broken there are known consequences**
- **When the rules are broken there are usually known ways to make it right**
- **Normally these compensating behaviors work**



In a new culture:

- You don't know most of the rules.
- Everyone around you knows all the rules.
- You don't know what to expect of others.
- Others expect unknown things of you.



You have no way of knowing:

- Whether others are going by their own rules,
- If you are breaking any rules,
- What the consequences may be or,
- How to compensate, if it's required



The bottom line:

- **You will not always know how to calculate or evaluate appropriate behavior**
- **You will not always have a clear basis for feeling confident**



Staying Healthy, Staying Safe

- Just like in your home country, your personal health and safety is mostly your responsibility
- Accidents happen, but they happen less often when you focus on prevention.
- There are things you can do to prepare for emergencies.



Be Prepared! Your Emergency Envelopes:

- Two distinctive (or ugly) envelopes
- Give one to your host family
- Give one to your family at home



Contents of Emergency Envelopes:

- **A copy of your insurance card with instructions for use.**
- **Emergency phone/e-mail list of folks at home**
- **Phone/e-mail of host family**
- **Photocopy of passport**
- **Extra passport photos (in case of loss)**
- **Credit card info in case of theft**
- **Copies of prescriptions for eyeglasses/contacts and medication**

Information to keep in your wallet:

- **Insurance card**
- **Allergy or other medical info that
Emergency Personnel should know**
- **Phone numbers of host family members**
- **Directions to home of host family with
references for car, bus or taxi arrival.
(Give this to your new friend when they arrive)**

Medications:

- Bring two months of any prescription medications
- Always carry medications in their original container
- Bring a small supply of over the counter medications for pain relief, cold, cough flu and menstrual cramps.
- Carry all prescription medications in your carry-on luggage.
- Feminine hygiene products can be expensive overseas.



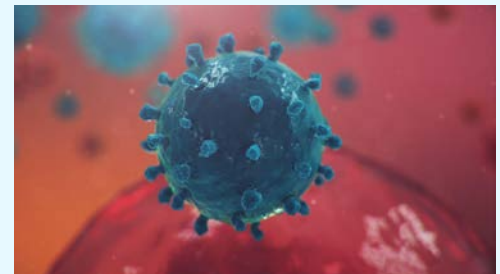
Eyeglasses and/or Contacts

- **If you use glasses, bring an old pair in case yours are lost or broken**
- **If you use disposable contacts, bring a two month supply**
- **Bring enough of your contact lens solution - it is very expensive overseas**



Immunizations:

- Provide a copy of your immunization status to your STEP coordinator
- You **MUST** be double vaccinated against COVID
- Is your Tetanus and MMR up to date?
- Hepatitis A vaccine – get this 6-8 weeks pre-departure
- Hepatitis B - start now, it's a six month process
- TB Test



Other Immunizations:

- Those traveling to tropical climates may need other immunizations
- Check with your local health department
- Cross reference with the Center for Disease Control web site or Provincial Health Clinic
- Protect against malaria as well
- Your family doctor may not be up to date on travel info.



Nutrition:

- Eat healthy and you will feel better emotionally and physically
- Drinking water - take your cues from your family when you first arrive
- Street Food – eat at the places your families and friends eat – they know how to choose the right eating venues



Exercise:

- **Helps you feel better emotionally and physically**
- **Gives you more energy**
- **Helps to combat feelings of homesickness**
- **Helps you to sleep better**

Make sure that you bring comfortable walking shoes



If you feel ill:

- Don't pretend you feel well
- Tell your host parents
- If you need to see a physician - bring a translator
- Remember that health beliefs are a part of culture: a suggestion or comfort measure may seem strange to you.



Growing up in a safe, secure community:

- **You are security-impaired!**
- **You need to cultivate a new awareness and sense of vigilance**
- **Know how to use a public phone and carry phone money always**



Sexuality Issues: Gender Roles

- Sexism is all over the world- in North America and Northern Europe it is just more subtle
- You don't know the rules of your new culture regarding gender roles
- You may not like the rules about gender roles
- You are not going to change a culture's rules in a few weeks – Beware of trying!



Whistles, catcalls, and other unsolicited attention:

- **Ask advice from same gender friends and host family members.**
- **You may be sending messages that you are not aware of.**
- **Get advice about where the lines of acceptable/tolerated behavior**

When the line gets crossed...

- There is a difference between feeling confused and uncomfortable and feeling unsafe.
- Experiencing discomfort is part of being in a new culture.
- If you do not feel safe there is a problem that needs to be addressed.



If you feel unsafe:

- **Trust the little voice inside you that is saying that this is not OK.**
- **You need to tell someone:**
 - **Host parent (unless the concern is with them)**
 - **Your Rotary counselor**
 - **Another trusted adult or your parent**
- **Rotary is committed to keeping you safe. We will intervene to keep you safe.**
- **Youth Protection for Students Course (mandatory)**

Alcohol:

- Most other countries are more relaxed about alcohol and teenagers.
- Still there are rules- spoken and unspoken- and it's not OK to break those rules.

Rotary District 5020 does not allow alcohol use.



Drinking alcohol:

- Clouds your otherwise very good judgment.
- Increases your vulnerability.
- Is dangerous in combination with driving, bicycling, skiing and sex.(Duh!)
- Is something to be intentional about

Smoking:

- Some countries have a different tolerance for smoking.

Rotary District 5020 does not allow smoking

Homesickness:

- Becoming homesick does not mean you come home early
- Don't email or call your family more than once every few weeks (This is VERY IMPORTANT!)
- Put relationships (boyfriend/girlfriend) on hold during the entire exchange

Parents – Please make sure to talk about this with your son/daughter before they leave

Host Family Relations:

- **Communication, Communication, Communication**
- **Flexibility**
- **Gifts**
- **Food**



Hosting - Your Responsibilities:

- **Family Responsibilities**
- **Sharing of Cultures**
- **Ideas for Exchange Period**
- **Student is Part of Your Family**



Costs:

- Air Fare
- Insurance(Medical)
 - \$76 US ~\$100 CAN

This coverage is for up to 31 days of travel, if 32 days or more the cost will more than double (\$208 US).



Other costs:

- Gifts
- Local Travel
- Clothing
- Purchases
- Duty



Things to be accomplished:

Today:

- Thank those who are helping you financially
- Make sure you have saved or entered all the email addresses

As soon as possible:

- Ensure that your passport is up-to-date

Once you know your destination:

- Email your STEP Coordinator and your sponsoring YEO your travel dates

Summary and Questions?

You cannot discover yourself, nor appreciate what you have, until you see your life from another vantage point.

- Steven Newmans, Worldwalker

STEP -- YOUR JOURNEY

- **Enjoy**
- **Have fun**
- **Be safe**
- **Be healthy**
- **AND KEEP COMMUNICATING!**

