

District 9700 YEP Committee Contact Details

Email: d9700yx@gmail.com

Website: www.rotarnet.com.au/users/9/9700dist/yep.asp

Chairman: Ian & Elizabeth TOOKE

Phone: 612 63682574 (h) Fax: 612 63684084

Email: tookeian@yahoo.com mobile 0409 590 547

Committee:

Treasurer: (Gp5) Phillip & Deidre TOME

Phone: 612 6926 3570 (h) mobile 0402 463 102

Email: daplt@yahoo.com

Finance & Insurance

Committee: (Gp1) Cliff & Sonia WORKMAN

Phone: 612 63853691 (h)

Email: cliftonw@bigpond.com

Country Co-ordinator — Finland & Peru

Committee: (Gp2) Deb & Bernard GITTINS

Phone: 612 63682770 (h) mobile 0416 169 350

Email: deborah@inapickle.biz

Country Co-ordinator — Taiwan & Japan

Committee: (Gp3) Kevin & Sally FARRELL

Phone: 612 69636955 (h) mobile 0429 782499

Email: k_sfarrell@bigpond.com

Country Co-ordinator — Belgium & Denmark

Committee: (Gp4) Sue & Richard GORDON

Phone: 612 6382 1113 (h) Fax: 612 6382 1113

Email: gordonatmanton@bigpond.com

Country Co-ordinator — Sweden & Brazil

Committee: (Gp6) Debbie & John SCHACHE

Phone: 612 6331 8120 mobile 0417 681 295

Email: jdschache@gmail.com

Country Co-ordinator — Germany & Austria GUMTREE GAZETTE

Non-Rotarian Committee: John & Marion Kirk

Phone: 612 6953 3712 (h) mobile 0402 239 791

Email: jacknmaz@westnet.com.au



Survival Handbook

For

Inbound Students

DISTRICT 9700
Youth Exchange Program

August, 2011

Helpful Hints for your exchange.

You may find it difficult to accept some of our local customs at first but as you get familiar with the Australian way of doing things you will gradually come to appreciate the difference and learn that ***IT IS NOT WORSE, NOT BETTER, JUST DIFFERENT.***



Remember - if you want to go travelling, you must have the permission of your Club & District. They are responsible for you and you should check that nothing has been organised by the club or your host family for the time that you said you wish to travel. Usually your travel will be with Rotarian families.

If you are going to visit friends or relatives, contact the family. Make sure that you have received a written invitation to visit or you may find that you are not expected and the family has gone away on holiday.



Don't forget Christmas & Easter Gifts

Don't hand out all the presents that you have brought in the first couple of months. You should have three or four families to stay with. Hand the presents out slowly - take four or five good presents and hand them out when you need to.

Remember not to speak your native language too often, it's rude when people don't understand.

Don't forget that you have to send monthly reports to your District Country Co-ordinator. Reports should be emailed to your district country co-ordinator on the 1st of each month.

The "D's"

- 1. No Drinking**
- 2. No Driving**
- 3. No Dating**
- 4. No Drugs**
- 5. No Disfigurement**

IMPORTANT DETAILS

MY SPONSOR CLUB: ROTARY CLUB OF _____

SPONSOR DISTRICT COUNTRY CO-ORDINATOR :

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL ADDRESS: _____

MY HOST CLUB: ROTARY CLUB OF _____

HOST CLUB COUNSELLOR: NAME _____

PHONE: _____ EMAIL ADDRESS: _____

DISTRICT 9700 COUNTRY CO-ORDINATOR :

ADDRESS: _____

PHONE: _____

EMAIL ADDRESS: _____

25. What are the rules about me using the telephone/internet?

- Must I first ask?
- May my friends call me?
- May I make long distance calls? Cost?
- May I make calls to home? Cost?
- May I keep a log of all my calls and refund you?

26. What is the procedure for mailing letters? What address do I use for my incoming mail?

27. Does my host Dad or Mum have any dislikes, such as:

- Chewing gum?
- Loud music (and how loud - or soft)?
- Pyjamas worn in the TV room/lounge?

28. Is there anything my host Mum or Dad would like me NOT to do?

29. Do my host brothers/sisters have any likes or dislikes?

30. May I use the stereo or TV at any time?

31. What is the procedure for transport?

- To school?
- Locally?
- To the city?

32. If I have a problem, how would you like me to handle it with you?

33. When we go out as a family,

should I pay my own entrance fee, meals etc?

34. May I use the family soap, shampoo, toothpaste?

35. What arrangements should I make for school lunch?

36. Does the Rotary club pay my cost of travel to school?

37. Is there anything else you would like me to know?

(and where applicable)

38. Please tell me how to interact with the house servants.

Remember that being an exchange student is a unique experience, never to be repeated. You are a guest in someone else's home and they will be treating you as a member of their family.

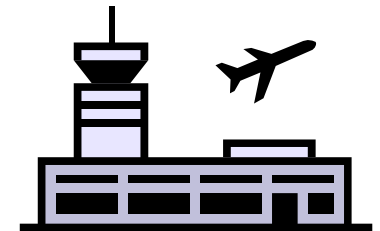


Don't compare life in your home country with life in Australia. *It's not worse, not better, just different.*

What new word did you learn today?



GOING HOME!



A terrible thought, but yes it will eventually happen.

- * You will need to book your flights about 5 months prior to leaving. i.e. February or August
- * When you find out you should let your parents and Counsellors know.
- * Sending some of your belongings home during your exchange by surface mail is a good idea.
- * It's cheaper than air mail and some of you may have collected a lot of excess baggage which can be expensive.
- * Of course, you can always try and use that 'smile' of yours and get to the airport early.
- * But remember to take plenty of money with you, as you may have to pay for excess baggage.
- * Don't forget to take lots of photographs home with you and lots of wonderful memories of a fabulous year.

Learning English in Australia can be very different to what you have already learned at home. It may take a few months for you to become used to our unique dialect.

Learn something about the culture of Australia every week.

Experience the culture but watch out for cultural delicacies - Don't eat your way through the country, well, perhaps, not all the way.

- ◆ When starting school be super outgoing - make the effort because the other students are probably too embarrassed or afraid to approach you. Or you might be the hundredth foreign student and they've had enough.
- ◆ English is a universal language. Use your class mates to help you improve your English.
- ◆ Don't be afraid to ask someone to repeat what they said. It is better that you understand them rather than just nodding your head. Australians are known to speak very quickly.
- ◆ *Make the effort to learn or improve your language skills; it will be well worth it six months down the track.*

BE PREPARED TO GIVE YOUR TALK IN ENGLISH—EVEN IF IT IS A LITTLE BROKEN

WHAT CAN YOU TELL OTHERS ABOUT YOUR COUNTRY?

- ◆ If you have a host sibling come home from their Exchange, half way through yours, be prepared for a change in the family. You must understand that it is hard for them to come home to a stranger in their house, with their family.

.QUESTIONNAIRE FOR 1ST NIGHT WITH NEW HOST FAMILY

1. What do I call you - Mum, dad, or by first names.?
2. What do you want me to do in the house as well as:
 - make my bed each day,
 - always keep my room tidy,
 - ensure the bathroom is clean after my use of it?
3. What is the procedure with laundry? Where do I keep soiled clothes until washing?
4. Do you want me to wash my own underwear?
5. Do I need to do my own Ironing?
6. May I use the washing machine and iron at any time?
7. Where may I keep my toiletries?
8. When is a convenient time for me to use the shower/bath?
9. What time are meals?
10. What can I do to assist at meal times:
 - Lay the table?
 - Clean away after the meal?
 - Help with the washing up?
 - Dry the dishes?
 - Pack away the dishes?
 - Empty the garbage bin?
11. May I help myself to food and drink or must I ask first?
12. What areas of the house are strictly private?
13. Do I need to buy coat hangers?
14. Where do I clean my shoes?
15. May I use the sewing machine/ workshop?
16. May I put pictures on my bedroom wall?
17. May I rearrange my bedroom?
18. What are your rules for me about alcohol and smoking?
19. Where can I store my suitcases, Etc.?
20. What time must I be out of bed on:
 - School days? ,
 - Weekends and holidays?
21. What is the normal "lights out" time?
22. What are the rules for me going out at night and at what time must I be home?
23. How often may I go out during the week?
24. May I have friends home to stay the night? To visit me during the day?

2. **Be a joiner.**

To gain the maximum benefit from your year here, take an active part in the host community. Take every opportunity to join and be actively involved in school clubs, youth, church or sporting groups, especially Interact or Rotoract if they are available in the area.

The wider the involvement the greater the number of friends you will make. Don't confine friendships mainly to other Exchange Students, remember that your friendships and experiences will last a lifetime.

3. **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.

4. **Interviews.**

Where interviewed by press, radio or television at home or abroad, a student should always have his/her Counsellor or parents present. Never be critical of your own or your Host Country. Careless remarks when publicly reported may cause serious embarrassment.

RETURNING HOME

A student will not be allowed to remain in the host Country after conclusion of the exchange period defined by the sponsor Youth Exchange Committee. Students will travel direct to home with no unauthorised stopovers allowed.

However your natural parents may authorise otherwise provided they accept full responsibility for your safety and entirely absolve Rotary.

Upon returning home, you may experience adjustment problems. This should be anticipated and the District Youth Exchange Committee will have alerted your parents to this possibility.

Usually adjustment problems pass with time, but should difficulties persist, it is wise to seek assistance from your Sponsor Counsellor or the District Youth Exchange Committee.

Shortly after returning home, you and your parents shall be encouraged to attend a meeting conducted by the District Youth Exchange Committee for the purpose of debriefing the recently returned students

- ◆ Give them some space but be there for them when they need to talk. You may be the only one interested in hearing about their Exchange.
- ◆ Just imagine how you would feel to come home after 12 months away to find a stranger in your house, with your family. Treat them as you would hope to be treated.



AUSTRALIA IS A HOT CLIMATE. OUR SUN IS STRONG. MAKE SURE YOU ALWAYS HAVE SUN-BLOCK HANDY WHEN OUTSIDE DURING OUR SUMMER

- ◆ Don't compare your life in Australia with life in your home country it will be different and that is what you are here to experience.
- ◆ Be prepared to go to Rotary meetings each week. Try and sit with different members each time. You do not need to sit with your host father/mother every time. You have a special place because you are an exchange student. Use it carefully.
- ◆ The more you mix with club members the more opportunities you will have. Rotarians need to like you.
 - ◆ Don't have your going away party the night before you leave - **BAD IDEA!!!!**



It's not better, it's not worse, it's just DIFFERENT!

Personal Hygiene

Maintaining your personal hygiene is most important while in Australia. It is quite normal for Australians to have a shower or bath regularly on a daily basis and sometimes twice. In some countries it is not considered as being that important and a simple wash would be enough.

You can purchase all the items you need locally while in Australia. Having mum or dad post items from home could be expensive.



PRESERVING WATER

Australia is a dry continent and water is very precious to us all. Showers are great, but please limit the time you spend in the shower. 30 Minutes is far too long to spend.

Think of your families and their hot water supply.



Personal Fitness

Some exchange students may put on weight in the first six months of their stay. If this happens to you, don't panic, it's a big change that is going on in your life that will normalise.

When you get back home, you will most likely go back to what you were before you left.

One way to help overcome these changes is to become active in sports or other fitness type activities.

Don't become fanatical, just do it for enjoyment and some fitness.



ROTARY GRACE:
O Lord and Giver of all good
We thank Thee for our daily food
May Rotary Friends and
Rotary ways
Help us to serve Thee all
our days.

- ♦ physical discomfort, headaches, upset stomach, uneven menstrual cycle, etc;

Each student will have his/her 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, Counsellors 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 and feeling sorry for one's self,
- ♦ eating the "blues" away,
- ♦ asking to go home, especially in the early stage of the Exchange.

Homesickness can attack at any time



throughout the year and is not limited only to the early stages of the exchange.

YOUR ROLE AS AN AMBASSADOR

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

1. **Public Speaking.**

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

To assist with addresses, we suggest that you have 30 to 40 good colour pictures on slides or CD.

These should be pictures of parents, family, pets, home, local community area as well as a cross section of your homeland. (scenes, flora, fauna),

Director, Host Parents & Club President

- iii) the District Country Co-ordinator
- iv) the District Chairman

A copy of the travel itinerary must be lodged with the Host District Committee Chairman. The itinerary must show the name, address and telephone number of the responsible Rotarian (or approved contact) at each stopover.

Unaccompanied travel or travel with other students without a Rotarian or host family outside the community area is not encouraged and is strictly forbidden by most Districts.

Under **NO** circumstance may a student make individual travel arrangements and then expect the host Club or District to go along with the arrangements.

Most Rotary Districts organise or approve student exchange tours, the cost of which is usually the student's responsibility.

SOUVENIR COLLECTIONS

A student is bound to collect a surprisingly large amount of booklets, souvenirs and pictures during the year away. It is recommended these be periodically sorted, with parcels

being made and sent home by surface mail.

Do not wait until the end of the exchange, otherwise excess baggage will be exorbitant.

HOME-SICKNESS

Very few students avoid homesickness, particularly after the excitement and experience of settling in and meeting new people has passed. One misses the little things at home previously taken for granted.

The continuous "bombardment" of a strange language leaves one mentally exhausted, frustration may set in due to the inability to communicate adequately.

All this leads the student to wondering (despairing) how one is going to cope for the next nine or ten months.

Symptoms of homesickness are:

- ◆ for no good reason, feeling miserable and unhappy,
- ◆ losing one's temper over small things which normally would have been shrugged off,
- ◆ comparing habits and customs unfavorably with how it was done at home, staying within the security of one's room and not wanting to go outside,

HOW THE KANGAROO GOT ITS NAME

When European explorers first saw these strange hopping animals they asked a native Australian (aborigine) what they were called.

He replied "kangaroo" meaning "I don't understand" your question.

The explorers thought this was the animal's name. And that's how the kangaroo got its name.

A Kangaroo is a marsupial mammal. It is a macropod which means "big foot".

There are over 40 different types (species) of Kangaroo. The smaller ones are usually called Wallabies.

The largest is the Red Kangaroo. It stands taller than a man and can weigh 85 kgs. It is the largest marsupial in the world.



The Kangaroo moves by hopping on its powerful hind legs. It uses its thick long tail to balance its body while hopping. A kangaroo can hop at up to 60kmh (40mph).

It can also leap over obstacles up to 3m (10ft) high.

Because of the unusual shape of its legs and its bulky tail a kangaroo can't walk or move backwards very easily.

A kangaroo carries its baby in its pouch. The baby is born really tiny and crawls into its mother's pouch. The baby lives in its mother's pouch until it's quite large. Even when it's quite large it still drinks milk from a teat in its mother's pouch.

It sometimes jumps into its mother's pouch head first when frightened.



The kangaroo usually rests in the shade during the day and comes out to eat in the late afternoon and night when it's much cooler.

It eats mostly grass.

It needs very little water to survive. It can survive without drinking for months.

A male kangaroo is called a *boomer*

A female is called a *flyer*

A baby is called a *joey*



KOALA

You may think a Koala is a bear, but it isn't. In fact the Koala has no relation to a bear. It is a distant cousin to the Wombat and both the Koala and the Wombat have fossil history over 15 million years. The Koala is Australia's most popular and most loved marsupial mammal.



It has a woolly coat with large fluffy ears, a bulbous nose and almost no tail. A Koala is nocturnal. This means it sleeps during the day in the fork of a tree and eats after dark. Its strong claws allow it to be a strong climber. The Koala moves very slowly and some people think it is lazy.

The Koala feeds on selected eucalyptus leaves. Other animals couldn't digest the oils and poisons in eucalyptus leaves, but the Koala's digestive system has evolved to accommodate this.

The female Koala has one young a year. The baby Koala sucks on two nipples in its mum's backward-opening pouch for seven months. It rides on mum's back and is weaned at 1 year onto eucalyptus leaves.

Koalas live to about 15 years.



If you hear them, ask your host family about these expressions so that correction may be made.

GIFTS

Students should carry, or arrange to have sent at a later date, a gift for each of the host families and Counsellors. The gifts do not have to be expensive, but preferably typical of your home country.

In addition, smaller tokens of appreciation should be brought for others who may assist during the year.

Your Sponsor Rotary Club should have provided club banners to be presented to your Host Club and other clubs at which you may be the guest speaker. Banners received in exchange should be presented to your Sponsor Club upon return home.

REPORTS

Students are required to submit regular written reports to the host District Youth Exchange Committee. The frequency of these reports is monthly and should be sent to your Country co-ordinator and copied to the District Chairman. **District 9700 require monthly written reports - email form.**

In addition to the District requirements, it is a good idea to continue to correspond with your Sponsor Rotary Club, and your Sponsor District, keeping the members up to date with your activities and experiences.

TRAVELLING WHILE ON EXCHANGE

The Program is a cultural exchange, not a glorified holiday and a student should not enter the Program with the expectation of travelling extensively in the host country.

Neither the Host District, Host Club nor the host parents are under any obligation to provide or permit travel. However, most students do manage to see a lot of their host country due to the generosity of Rotary Clubs and individual Rotarians.

Where this occurs, it is an added advantage to the exchange, **NOT** an entitlement.

Where travel is permitted by the Host Club and District, prior to any arrangements being made you must abide by the rules and regulations stipulated as a Condition of such permission.

Written approval must be obtained from:

- i) the School Principal (if on a school day)
- ii) the host Club Youth

authorised items and emergencies.

The account will be held in trust for you by the District, and can be used to pay accounts on your behalf as the need arises. The account is to be replenished by your natural parents without delay, should funds be withdrawn.

You should have brought AU\$400 to establish the account. If you are planning to join the tour which is arranged by the District, it is recommended that the money for this event also be placed in the Emergency bank account.

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 your Club Counsellor for help and guidance. ***Budgeting finances is very important.***

Monthly Allowance.

Your Host Club will provide you with a monthly allowance, the amount of which will be determined by the Host District and/or Club. In the event that you do not receive an allowance, you should tactfully raise the matter with the Club Counsellor. Usually the monthly allowance will not be sufficient

to meet all the daily needs of a student.

International Travel.

While in Australia you most likely will not be doing any international travel, unless you are fortunate enough to be travelling with a host family on holidays. You should always have some negotiable money with you whilst traveling to cover the event of an emergency.

SCHOOL FEES & CLOTHING

Unless waived by the school, the Host Club will provide for all compulsory education expenses.

The cost of uniform and optional school activities are the responsibility of your natural parents.

LANGUAGE

Students are encouraged and expected to learn our language as quickly as possible.

You can experience language problems because of the Australian accent. A good way to overcome difficulties is to learn to speak slowly and clearly, and be aware that some expressions in Australia may have other meanings in your country and be offensive.

ADVANCE AUSTRALIA FAIR

Australians all let us rejoice
for we are young and free,
We've golden soil and wealth for toil
our home is girt by sea,
Our land abounds with nature's gifts
of beauty rich and rare,
In history's page let every stage
Advance Australia Fair,
In joyful strains, then let us sing
Advance Australia Fair.



The Four Way Test of the things we think, say or do.

- Is it the TRUTH?**
- Is it FAIR to all Concerned?**
- Will it build GOODWILL and BETTER FRIENDSHIPS?**
- Will it be BENEFICIAL to all concerned?**

OBJECT OF ROTARY

- ⊙ The Object of Rotary is to encourage & foster the ideal of service as the basis of worthy enterprise and, in particular, to encourage and foster:
- ⊙ The development of acquaintance as an opportunity for service.
- ⊙ High ethical standards in business & professions; the recognition of the worthiness of all useful occupations; & the dignifying of each Rotarian's occupation as an opportunity to serve society.
- ⊙ The application of the ideal of service in each Rotarian's personal, business & community life.
- ⊙ The advancement of International understanding, goodwill & peace through a world fellowship of business & professional persons united in the ideal of service.

The founders chose a wheel.

The founders of Rotary chose a wheel as their emblem. They did not choose a rubber-tired wheel, for Rotary carries no passengers. They chose, instead, a powerful gear-wheel with teeth designed for heavy duty.

The teeth of the wheel are the members of Rotary. They do their work inter-meshed with other men & women. If one tooth is broken or absent the work of the wheel is impaired or stopped. The teeth are bound solidly together by the rim which is the club.

The spokes of the wheel are the meetings of the club. At regular intervals, they impart to the members the inspiring and resistless drive of the central shaft, the spirit of Rotarians throughout the world.

—from a club bulletin.

room with a host brother or sister who may have sacrificed their own room (and privacy) in order to host. Be aware of this fact and show proper appreciation to those affected.

Some host families have involved the student too much when some "peace and quiet" and privacy would have been appreciated. A tactful word with the host parents usually solves this problem.

HOST COUNSELLOR

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

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

If this situation does occur you should contact the Host District Committee about the problem.

CLOTHING

Students coming to Australia (District 9700) will experience a temperate climate. We do not have the extremes of the cold northern hemisphere winters. In contrast, our summers are very hot and some areas can be very humid.

The best clothing to wear here is more loose fitting clothes, shorts, t-shirts sandals etc. Our temperatures range from -5° in winter to 40° in summer.

Especially in the first six months of the exchange it is not unusual for students to encounter substantial weight gains - up to 15 kg. This can pose clothing problems and it is advisable for you to consider this when buying clothes.

Clothing is the responsibility of the student's natural parents and the Host Rotary Club is under no obligation to provide clothing.

MONEY

Money requirements are listed under four headings:

Emergency Fund.

Upon arrival, you will be required give the District YEP Treasurer your "Emergency" amount which is to be used only for major items, such as

GUIDELINES FOR INBOUND STUDENTS

PASSPORT & VISA

Your passport and visa will not be needed while you are in Australia and it is best to give it and your return ticket to the District Chairman for safe keeping.

The Visa you have will need to be checked by the District Chairman to make sure that your stay in Australia is not compromised by too early a date.

STUDENT INSURANCE

All students accepted into the Program must be provided with insurance to cover the risks of:

- ♦ personal accident injury and/or death
- ♦ funeral expenses
- ♦ travel
- ♦ loss of personal belongings
- ♦ personal liability
- ♦ medical expenses
- ♦ hospitalisation

Cover for the above risks is provided by the Australian Rotary Districts Insurance Policy for all sponsored and hosted students.

Rotary International recommends minimum cover of US\$10,000 for medical expenses and US\$8,000 for accidental death or dismemberment. The Australian Rotary District Insurance policy

covers amounts well in excess of the above.


HOST FAMILIES

Hosting arrangements are entirely the responsibility of the Host Club. You will have three or four host families, but this may be varied at the discretion of the Host Club.

If problems arise at host family level, you should contact the Host Counsellor who may be able to assist, but remember, the onus is always on **you** to adapt to the host family environment. The host family is under no obligation to adjust to your needs nor to treat you as a "special guest". You are expected to accept the normal discipline and supervision of the family and to settle into their routine which may not necessarily be similar to that of your own home.


As soon as you arrive with the new host family you should jointly discuss the family preferences and requirements. A guide to the agenda of this discussion is set out in the "Questionnaire For First Night With New Host Family".


In most instances, you will have a separate room, but should be prepared to share a





Rotary District 9700—V&EP Tour Australian Safari—2012


usually in April/May (15th April to 8th May 2012)














OLD ALICE SPRINGS TELEGRAPH STATION







Cost:	\$3,450 approx.
Deposit:	1st March (\$500.00)
	<i>Non refundable deposit</i>
Balance:	1st April

Harassment Abuse Issues

The District 9700 YEP committee considers harassment of any of our students a serious offence. We will not tolerate it at all and will take steps to ensure your safety while in Australia.

It is our policy that you have a right to **ALWAYS** feel safe, comfortable and unthreatened.

Harassment is any unwanted physical or verbal conduct that offends or humiliates you as a student.

Harassment includes sexual harassment, but can take the form of repeated comments or gestures about a student's social background, home country, language, culture, personal appearance or other characteristics.

Both males and females can be abused in the following ways:

- ⊙ Full sexual intercourse, masturbation, oral sex and fondling.

- ⊙ Showing pornographic books and videos
- ⊙ Asking students to take part in making videos or taking pornographic photographs.

If you are placed in any of the above situations, **then ring your District Counsellor immediately.**

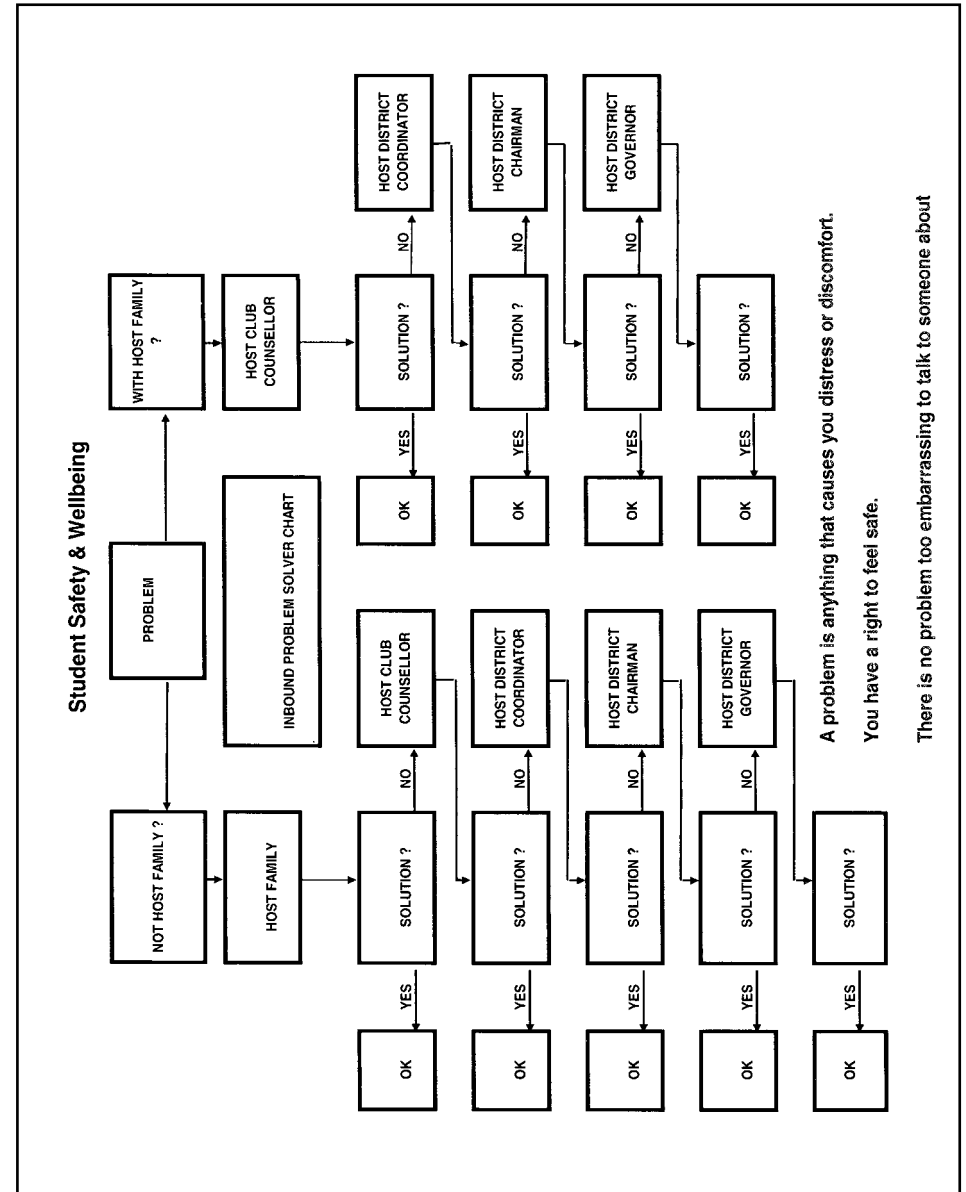
DO NOT try to handle the situation on your own — there are Rotary members here to help you and ensure that your exchange is safe and enjoyable.

Sometime during your exchange you may encounter difficulties that may not be able to be resolved easily. The problem solving flow chart on the next page is a guide on how we will be able to help you if you do have any problems.

You may have difficulties with school, your club, host siblings, travel, other students etc. *There is always a way that the problem can be resolved.*

If you have any concerns and are uncomfortable speaking with your host family or Club Counsellor then ring your District Country Co-ordinator.

Please remember that your District Country Co-ordinator is always available to help you, whatever the problem.



Host Club Counsellor:	District Country Co-ordinator:	District Chairman:
Name:	Name:	Name:
Phone:	Phone:	Phone:
Email:	Email:	Email: