

District 9700 Inc Rotary Youth Exchange Tips for Students to Use to Stay Safe

1. If you have a problem or are worried about something, always tell an adult you trust about it, such as your teacher, counsellor or current or recent host parents — **NEVER** suffer in silence!
2. Pack your own suitcase and never carry items abroad for others. Take care that you do not unwittingly or wittingly act as a drug courier for someone else given that some countries impose death penalties for drug offences.
3. Before you go on exchange find out how to use a public phone in your new country. Carry the telephone numbers for the emergency services in that country and keep them handy.
4. Ask your first host parents to send you their address written in that language and the script of their country. Organise this before you go on exchange and take it with you.
5. Explain to your hosts about your insurance cover.
6. Follow the instructions of your leader, teacher and other supervisors, including those at the venue of the visit (unless those instructions constitute a crime or are contrary to Rotary regulations).
7. Tell someone where you are going and what time you will be home — don't change your plans at the last minute as this can cause confusion.
8. Look out for anything that might hurt or threaten you or anyone in your group and tell someone responsible.
9. If you are out at night in the centre of town, stay in places with street lights — wherever you are, make sure that you don't get separated from your friends.
10. If you need to use a public toilet, go with a friend.
11. If you are going to or travelling through an impoverished country, do not carry handbags, cameras, or wear jewellery of any kind, even cheap earrings. Watches, necklaces and earrings may be grabbed and pulled away, causing injuries.
12. If you do get lost or separated go to a shop or place where you will be seen by lots of people to ask for directions.
13. If someone you don't know talks to you, just walk away.
14. Have the details of your accommodation on you, whether it's your host family's address and telephone number or hotel or campsite details.
15. Keep enough money to make a telephone call.
16. Keep your money hidden in an inside pocket, bum bag, concealed money belt or something similar — choose whichever is comfortable for you.
17. Arrange for someone to pick you up at night unless you can take public transport where you are amongst a sizeable group of people.
18. Make sure you know the person who is coming to pick you up. Never get into a car unless it is with this arranged person.
19. If you are on a bus and someone makes you feel unsafe, move to a seat near the driver.
20. Dress and behave sensibly and responsibly.
21. Be sensitive to local codes and customs.
22. Think things through carefully before you act and do not take unnecessary risks.
23. Always look and behave confidently.