
WELCOME TO ROTARY IN DISTRICT XXXX

Read the following carefully. If you have any questions be sure to ask.

Insurance

This is a very important subject and you need to purchase an insurance policy as soon as you have arranged the dates of your exchange. Read '[IF4B: Advice on Insurance for Inbound Students and Parents](#)' carefully.

Safeguarding Your Property

You are strongly discouraged from bringing anything valuable with you. Be aware that petty theft is everywhere and you will need to be vigilant at all times with mobile phones, cameras and money. You cannot avoid carrying some money or cards with you but think before you come about how you will carry them safely. Rotary will not be responsible for anything you lose or allow to be stolen through neglect.

If you are bringing a laptop it will need to be insured separately.

Weather And Clothing

You will be here for a British winter. You will find it cold when you arrive and it will get colder but never extremely cold! Snow could arrive as early as November – or not until after Christmas – or not at all!

It doesn't rain in England nearly as much as some people think – some years we have a water shortage! Even so, it does rain and you will need to **PACK AN UMBRELLA**.

You will need casual clothes most of the time. **Your school does not have a uniform.**

At Rotary meetings you will wear your blazer and something other than jeans. There will also be formal evening Rotary occasions when you can dress more smartly so come prepared. You will be advised about these as they arise.

Safeguarding Your Documents

Your host families will look after your passport/identity card for you and any other documents, also anything else of value which you do not need to carry about with you. However, It is a good idea to scan the main page of your passport or Identity card, together with details of your insurance policy and save them on your computer. Photograph any items of value and record serial numbers or identification marks. Then send them as an attachment in an email to yourself, your parents and your Counsellor. The details are then readily available if you should lose anything or need to claim on insurance.

Money

Our currency is the Pound – the full name is the British Pound Sterling - £ -. We do not use the Euro at all. Our coins are pence. 100p = £1

Many parents arrange for students to have a credit card. It is safer to use a credit card and visit a machine now and again than to carry a lot of cash. Ensure that you have an agreed procedure to follow in the event of loss or theft of a credit card. This will normally be phoning home, or a card protection agency, as soon as any loss is discovered.

Emergency Fund

You will need to bring with you **£300** in cash which will be held in case of any expenses that you incur. It must be maintained at this level for the duration of the exchange. If it is necessary to use any of it during the exchange your parents will need to top it back up the full amount. At the end the remainder will be refunded .

Club Banners and your National Flag.

You need to bring banners from your sponsoring Rotary club to exchange with those which you visit. Remember that you are supposed to be an ambassador for Rotary so be sure to remember the name of your sponsoring club and district number. Also find out what sort of projects your sponsoring Rotary club has been doing lately and be able to tell anyone who asks.

Bring your nation's flag with you (Olympic size!). There will be occasions when it will be displayed.

USB Stick for Presentations

You will be visiting a lot of Rotary Clubs and sometimes you will be the speaker. You will need to prepare a 15 minute presentation on PowerPoint to include something about yourself, your home, country, family and friends and your interests, with pictures. It is best to put it on a memory stick but also print off your 'speech' and carry some pictures with you in case we have to manage without audio-visual equipment. Be prepared to answer questions!

Prepare and Bring - A Recipe of a Typical Dish from your Country.

Your host family will be delighted if you can share your culinary culture with them so come prepared to do some cooking! You will probably be able to find most of the ingredients that you need but having you make this dish will be special.

Mobile Phones

Of course you will bring your own mobile phone so that you can contact your parents. However, it is vital that you have a mobile phone with a local network. You can either **BRING AN OLD MOBILE PHONE, UNLOCKED**, so that you put a local SIM card into it and use it locally or buy a 'pay as you go' phone when you arrive. Your host family will help you to sort this out. It will not be acceptable to have one phone with two SIM cards.

Entertainment

If you are a musician or can entertain people in any way do think of bringing with you words/music etc. What could you offer? Well, some people sing, dance, say a piece of poetry, do magic tricks, tell jokes (it's very interesting to discover what makes different nationalities laugh!). Something from your culture would be excellent.

Some people can't travel anywhere without taking a guitar with them and playing it either by themselves or for community singing - could that be you?