

The Rules, Conditions and Permissions of Youth Exchange are set out on every Application Form and the relevant extracts at [CP9A](#) for LTEP and [CP9B](#) for STEP and Camps may be downloaded [here](#).

Students and parents must sign to accept them and a Club Rotarian needs to sign as witness so it is vital that everyone has read them first and that the Rotarian forms the view that the family will be compliant.

The Rules of Rotary Youth Exchange may famously be summarised as the Four ‘D’s”

Don’t Drink  
Don’t Do Drugs  
Don’t Date  
Don’t Drive

[CP8: Travel Restrictions on Youth Exchange Students](#) sets out the Rotary International regulations which curb restrict the desire of LTEP students to become tourists while on exchange. These are commonly reinforced by both districts connected by the exchange.

Across all programmes host districts may set other ‘in-house’ rules and ahead of the exchange students and their parents are required to sign in agreement. District officers may be asked to sign in support of such rules as well as witness the signatures of the students and parents and then return the document to the host district

A particular rule which needs to be highlighted before a student sets off on exchange is when/ if it is acceptable for family/friends to visit the student during the exchange.

Such visits can induce home sickness and can seriously derail an otherwise successful exchange so many districts allow them only until within a short given period (districts vary as to one or two months) of the end of the Exchange.

[Rules & Behaviour Guidelines for Inbound Students \(S12, L12, C\(I\)12\)](#) is the document which is included in the [Preparation Pack for Inbound Students \(S10A,L10A, C\(I\)10A\)](#) and which is sent out to all Inbound students prior to their arrival in GB & Ireland and tells them exactly what is expected of them. The agreement form which is signed by the student and parents is returned to the DYEO and stored in the students’ Student Records Folder.

### The Positive Approach to Rotary Youth Exchange

Developed by DYEOs in Canada are the 6 ‘B’s. Rather than dwell on what a student may not do, they are concerned with encouraging a positive mind set, aiming at getting the best out of a situation for all involved:

Be First	I am a person of action!
Be Curious	I seek to understand!
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
Be Here Now	I live for the moment!