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*This document should be read both by the student and by the parents and the DECLARATION at the end signed by all to indicate understanding and agreement to keep the Rules stated below. The Declaration should be returned electronically to the student's Counsellor.*

### **RULES OF ROTARY YOUTH EXCHANGE**

The rules and guidelines set out below to help you have a safe and enjoyable year. Some of these will be familiar to you as you have already signed to agree to keep them and I hope you were given a copy to remind you.

If you disobey these rules you will be sent home at your parents' expense.

#### **LAWS**

You must keep the laws of Great Britain & Ireland.

#### **DRUGS**

If you are found in possession of illegal drugs you may be arrested and subject to criminal proceedings. Any student found in possession of illegal drugs, or who is found to have knowingly taken illegal drugs, will be sent home immediately, or immediately following any legal proceedings, and parents will be informed of the reason for early return.

#### **DRINKING**

Social drinking and pub life is part of our culture. You will go into pubs, and possibly clubs, during your year in this country but remember that if you are under 18 it is illegal to purchase and consume alcohol in licensed premises. If you are over 18 it is illegal to purchase alcohol for anyone under the age of 18.

Many families have wine with their meals and even if you are under 18 you may be offered a glass of wine. Many students do have a drink of wine with their family at mealtimes but if you do not want to, then just say "No thank you". You will not offend anyone.

Drinking alcohol to excess will not be tolerated and will result in an early return home.

#### **DRIVING**

Even though you may have a license to drive motor vehicle in your own country driving is not permitted by inbound students on the Year Long Exchange programme. In the UK and Ireland we are very fortunate to have good public transport systems and for journeys between towns the purchase of a student rail card can give you cheap off peak rail travel. Your Counsellor or your Club YEO will advise you if the need arises.

#### **DATING**

Many students come on their exchange leaving a boyfriend or girlfriend at home and in many cases receive daily telephone calls or daily emails. This will only make life difficult for you during your exchange year. The only way to learn a language quickly is to immerse yourself in that language. Writing or speaking in your own language on a daily basis only delays the day when you say "I dreamed in English last night" and also daily contact with home will only encourage homesickness.

Whilst on your exchange avoid getting into a serious relationship. If you do you will only spend all your time thinking of that person and, by arranging things so that you are continually in their company, you will miss out on many opportunities to see and do other things. Remember this year

is a once in a lifetime opportunity and will not be repeated. You will have many opportunities to fall in love.

## PHOTOGRAPHY & SOCIAL MEDIA PROTOCOL

You and your parents will have been asked for permission for Rotarians to take photographs or videos of you while on exchange, and Rotary undertakes to use these images responsibly and for the benefit only of the Youth Exchange programme. Likewise, we expect any images which you record to be used responsibly. You must not post images on Facebook or on any other social media site of your host families or any other adults involved with your exchange, without their permission. This is particularly important if children are involved.

Most students are active on social networking sites. It is expected that posts, whether verbal or visual, shall be respectful of other people and shall do nothing to bring Rotary into disrepute.

## GENERAL BEHAVIOUR

### SMOKING

Smoking is discouraged and is illegal for anyone to smoke inside a public building or on public transport. It is not regarded as pleasant to smoke in the street. There are now many more non-smokers in this country than there are smokers. If you have said on your application form that you are a non smoker then that is what you will be expected to be. It is possible that one or more of your host families have agreed for you stay with them because you do not smoke.

### HOST FAMILY RELATIONSHIPS

Hosting or being hosted is usually regarded as being a rewarding experience so please do your part to make it so. Your parents have passed the responsibility for your care to them and you are expected to cooperate and obey them.

Students usually stay with three or four host families. Each family will have different ways and different rules. This will require a lot of adjustment on your part as you fit yourself into their way of life. There is no obligation on the part of your host family to adapt to your way of life but most host families will enjoy learning about your culture and you may offer to prepare a meal for them occasionally in the style of your country.

Be polite and show appreciation for what is done for you. In England it is thought polite to say 'please may I have..?' and 'thank you' (as appropriate). These are probably the most important words that you will say!

If you have any special dietary requirements or you have any allergies it is vital that host families are aware of this before you arrive at their homes.

Religious differences can often cause confusion and sometimes offence. Make sure you know if your hosts have any religious practices and also that your host is aware of any religious practices you may have which are important to you.

It is important that when you arrive at a new host home you get to know the house rules as soon as possible. This saves any embarrassment caused by misunderstandings. Your host parents have a set of First Night Questions to discuss with you when you arrive. This should give you all a clear idea of everyone's expectations.

You are not at home but neither are you a guest to be waited on so any offers of help in the house will be appreciated.

Make your bed every morning and keep your room tidy.

Don't use things without asking permission first.

Don't hide yourself away in your room all the time although there will be occasions when you need time to yourself. At such times just explain to your host family "I am going to my room to study, or to write up my diary, or to write home, or whatever"

It is certain that you will fit in more easily with some host families than with others but if you have a problem or are worried about something always tell your Counsellor or your District YEO or some other person you feel you can talk to. Some students find that talking about problems to other Exchange students can help. Don't suffer in silence. You won't get sent home unless you want to be.

If you are the cause of damage to your host's home or property you must tell them and your Counsellor as soon as possible no matter how embarrassing this might be. Do not try to pretend that it did not happen.

## SCHOOL

An essential condition of this programme is that you attend school. You will probably find a great difference between your school at home and the one you will attend in this country. We will do all we can get you on to a course which best suits your situation and in return you are expected to do your best to achieve good grades and be willing to participate in all suitable opportunities available to you.

## 'TRAVELLING' AROUND YOUR CITY OR TOWN AND BEYOND

The transport system in most towns and cities makes it very easy for exchange students to get about. You could go in and out of your district routinely on a daily basis and it is possible that you will want to visit friends from right across the district and beyond in close adjoining districts. You are not free to travel at will and must first obtain permission from your host families and arrange to keep in contact by mobile phone at all times. You must always be where you have agreed to be except in unforeseen circumstances. If you cannot get home by the agreed time you must let the family know as quickly as you can. If you have been given a key to the house take care of it. Don't lose it. It can be very costly for your host family to change locks.

There may be opportunities to travel in Great Britain & Ireland and these will be arranged in consultation with the student's host, the Counsellor and/or the Club YEO and the District YEO. You must not make any arrangements yourself and expect your host club or district to accept them. and you will not be allowed to travel beyond the district only with other students. Your parents are asked sign a separate form authorising travel within Great Britain & Ireland

## TRAVELLING in MAINLAND EUROPE

In general you will not be allowed to travel to mainland Europe during your exchange. You are coming to UK to find out more about this country, not as an opportunity to visit countries and/or relatives now relatively close by. This includes the holidays. For any opportunities to travel within Europe - possibly as part of your school course - all arrangements must be agreed by your Counsellor in consultation with the Club YEO and the District YEO and your host parents. In addition you must have the written authority of your parents. You should also check that your insurance policy gives you cover within the countries of the EU.

You should note that your exchange ends when you leave the airport using your return ticket home, unless you are collected by an authorised person at the end.

You will not be given permission to travel in school time, except as part of a school trip.

## FAMILY & FRIENDS

Visits from families and friends can unsettle the student and must not happen until during the *last month* of the exchange. This rule is consistent with the rule which you and your parents understand and have agreed in your home country.

## DECLARATION

Name of Student (capitals).....Host  
District.....

Dates of Exchange.....

We have read this document and agree that .....will keep the  
rules of the Exchange.

Signed (Student).....

(For students under 18)

Name of Father (capitals).....

Signed (Father).....

Name of Mother (capitals).....

Signed (Mother).....

Date.....

Now return this form electronically to your Counsellor.