



Rotary Youth Exchange Host Family Training

Congratulations and Thank You for Hosting! The following presentation is to familiarize Host Families with their Role. Your Rotary Club and District 5470 are committed to a successful Youth Exchange program, and we recognize it begins with YOUR FAMILY. This presentation is only a primer, and if you have ANY questions unanswered, bring them up at any time. We are here to help you have a great hosting experience.



Rotary Youth Exchange Host Family, Youth Exchange Officer and Volunteer Training

Arrival and Settling In

- Club and family together welcomes your student at airport: Posters, balloons
 - **More the Merrier!** No party that night
- Host Family First Night Questions – interactive online version at www.yeoresources.org; do within the first 2 days
- Introduce them to family & friends
 - Have a welcome party a couple days later if possible, invite other teens
 - Plan shopping trip for school supplies with other teens



Rotary Youth Exchange Host Family, Youth Exchange Officer and Volunteer Training

Being the 1st Host Family

- Encourage involvement with family
 - Do not let them retreat to their room
 - Take walks or bike rides around neighborhood to comfort and not get lost
 - Walk bus route for school bus
 - Have movie night, discuss newspaper articles, ask their opinion
- First host family
 - Excitement – everything is new
 - Culture shock - major adaptations
 - Language struggles: Speak slowly, OK to correct – they want to learn!
 - School arrangements: classes too easy or hard, confusion – changing classes?
 - Often the closest bonds
 - Set the standards for the year



Rotary Youth Exchange Host Family, Youth Exchange Officer and Volunteer Training

Sample Family Rules

Parents **discuss before** student's arrival – **what are we going to expect?** Examples:

- Be on time / we must know where you are
- Curfew
- Getting rides from kids, other transportation?
- Do school homework before / after meal
- No phone after certain hour
- Help with / assigned chores (cleaning dishes, mowing lawn, etc.)
- Phone always on after school hours?
- Who they can be in a car with?
- Dating? (groups, distances, places off-limit)
- Expected consequences for breaking rules



Rotary Youth Exchange Host Family, Youth Exchange Officer and Volunteer Training

Use of Electronics

- Explain how all electronics work, write steps out on a note card and place by electronic item, telephone, etc.
- Set rules for phone usage
- Do not let student spend too much time on computer or phone— set time limits
- Even if they have their own electronics, it is OK for you to still make usage rules – only in dining room, not after 9, etc.



Rotary Youth Exchange Host Family, Youth Exchange Officer and Volunteer Training

Family – Sibling Relationships

- **The Good**
 - Other teens can set the example
 - Siblings can introduce them to friends & activities
 - Younger kids – student can be a protector and a listener, great to help with language!
- **The Not-So-Good**
 - Jealousy – the new kid gets attention – and may cause withdrawal or to ignore the exchange student



Rotary Youth Exchange Host Family, Youth Exchange Officer and Volunteer Training

Problem Solving

- Some problems **will** occur
- Student should ask for help, in this order
 - Host family
 - Club: Counselor / YEO / President
 - U.S. Country Contact
 - District Youth Exchange Chair
 - Contact WESSEX **BEFORE** contacting his/her Rotary club in their home country
 - Contact list to be provided to host family, YEO, volunteers and student

Do not let small problems become big problems



Rotary Youth Exchange Host Family, Youth Exchange Officer and Volunteer Training

Being the 2nd / Last Host Family

- 2nd (or 3rd, 4th) Host Family
 - **Transition** issues: new family rules
 - Language and culture beginning to “click”
 - Holidays different, homesick, vacation
 - Spring tours?
- Last Host Family
 - Comfortable with language and culture
 - Big events: prom, graduation, departure
 - Preparing for separation, depression?



Rotary Youth Exchange Host Family, Youth Exchange Officer and Volunteer Training

The End of the Year

- **Optional tours** paid for by student – must be District Chair approved, non-Rotary trips (other than school) not permitted
- **Departure** for home – June or early July (if tour). Leaving for home will be hard for the student and the host families
- Emergency fund for host parent reimbursements if needed
- “The more successful the exchange, the harder the leaving & re-entry”
- It is OK for host families to maintain contact – you **WILL** probably see them again
- Now it’s your turn to visit them; or attend their wedding a few years down the road!