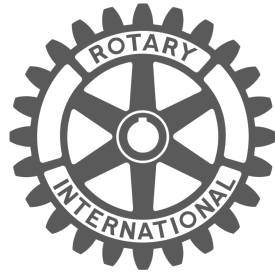


# Rotary



# District 6460 Youth Exchange

## THE FOUR D'S +1

### Cardinal Rules for Youth Exchange Students

There are many situations in which you can find yourself on a plane home...early. The most obvious cause would be if you break the laws of your host country... That is, if you are not in jail. The Five D's address offenses that can get you into trouble and might result in your exchange being terminated.

**DRINKING** - In some countries, alcohol may be consumed at meals. If offered by your host parents in this circumstance, you may accept.

Regardless of the legal drinking age in your host country, you are not permitted to drink alcohol with friends at parties or in bars. Alcohol abuse may be grounds for termination of your exchange year.

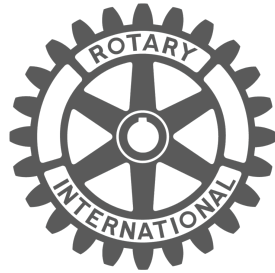
**DRIVING** - You cannot drive any motorized vehicle while on exchange. Your health insurance will not pay for injuries while driving any motorized vehicle. This includes cars, motorcycles, scooters, farm vehicles, power boats, snowmobiles, personal watercraft, etc. You can not afford to be involved in an accident in which you are the driver, Do not take this risk. You will not be covered by your insurance.

**DRUGS** - Any association with drugs, drug users or drug dealers will violate the intention of and spirit of youth exchange. Including Smoking, chewing tobacco, vaping, and use of cannabis in any form is prohibited. If you find yourself in the company of anyone who falls into this category - get out of the situation as quickly as you can. You were selected because you are a leader. Do not behave like a follower.

**DATING** - You should not become romantically involved during your year abroad. It will lead to emotional stress, and will take away from the objectives of your year... which is to meet many people and enjoy many activities.

**DISFIGURMENT** - This rule primarily covers tattoos and piercings, but can also extend to other less permanent but potentially frowned-upon practices such as shaving one's head or dyeing hair unusual colors.

# Rotary



# District 6460 Youth Exchange

## The 6-B's

(written by Pauline Perreault- CEO of Jump Outta Bed, Inc.)

### **B First - Be a Person of Action**

Take on interest in your host family and your clubs. Practice your language prior to departure.

### **B Curious - I Seek to Understand**

Ask why? Why are there cultural differences between you, (ex why does your family eat beans for breakfast, why do take 16 classes at school). Share your culture with them. Cook a dish.

### **B on Purpose - I look for Opportunities Wherever I Go**

Did your exchange happen by accident? Did you create your path? Your boat will take you from point A to point B on your exchange and you never have to lift a finger. But your most amazing experiences will happen when YOU are the captain of your boat. Take advance of simple, everyday events like a walk with your host mom or a bus trip to the grocery.

### **B of Service-1 Give of Myself**

Offer to walk the family dog. Make pancakes for your host family one morning. Learn about world news so you can engage in conversation. Be an ambassador - find out how you can make a difference.

### **B Grateful-1 Focus on Things I can be Thankful For**

You know your parents made a lot of sacrifices for you to do this, right? So, show your appreciation by writing an email or a letter. Consider giving thank you notes for the little things people do. You could also write a message on a postcard. This also includes showing gratitude to your host siblings too!

### **B Here NOW-I Live in the Moment**

If you spend the majority of your time on social media or messaging apps with friends and family back home, then you've lost a lot of opportunities on your exchange. Spend that time instead on watching TV with your host sibling(s) or taking that walk with your host parent(s). Minimize your communication back home. Be excited every morning you wake up, as the day will be filled with new adventures. Return with NO regrets. Keep a journal and write a small note each day of what you did.

Revised 08/2025