Student Manual

Youth Exchange Program

Rotary District 9600

(www.youth-exchange.net)

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Important Contact People

These are the people you can contact if you need assistance.

Person Group	Name(s) Addresses	Phone number	Email address
Host Club Counsellor			
Host Club President			
Host Parents			
Host District Chairman			
District Country Coordinator			
Host District Governor			
Sponsoring Rotary Club			
School Counsellor			
Police			
Local Child Protection Service			
Ambulance			

Chairman's Message

Dear Students,

Congratulations on your selection as an Exchange Student. You will be rewarded with many special and unique experiences that will have a positive impact on your future life.

As an Exchange Student you have added responsibilities: You are expected to be a good ambassador for your family, your school, your country and for Rotary worldwide.

Your exchange is not a holiday nor just an opportunity to travel. It is a time to foster and develop new relationships, goodwill, friendships, understanding and tolerance of other people and their culture. Think positively and avoid negativity.

This manual provides information which will help you have a successful exchange. Please become familiar with its contents and keep it handy as a useful reference during your exchange.

Enjoy yourself, take care, make good use of every moment, be thoughtful and ensure your Counsellor, Host Families, friends and everyone associated with your exchange have a wonderful exchange experience. The more you help others have a great exchange experience with you, the more rewarding it will be for you.

Best wishes

RUSS

Russ Stephenson

Chairman

Rotary District 9600 Youth Exchange Program

ROTARY DISTRICT 9600 YOUTH EXCHANGE PROGRAM

District 9600 Officers

District Governor	Mr Eric Wood (Jo-Anne)
District Governor Elect	Carolyn Kruger (Egon)
District Youth Exchange Chairman	Russ Stephenson (Merrilyn)

Youth Exchange Committee Members

Name	Rotary Club	Portfolio
Russ Stephenson Merrilyn Stephenson	Nambour	Chairman rusmer@bigpond.com Secretary
Ashley Broad	Kippa Ring	Treasurer
Ron Goward	Kippa Ring	Trainer
Marjorie Goward	Kippa Ring	Country Co-ordinator: Japan and Merchandising
Neville Woodforth	Caloundra-Pacific	Country Co-ordinator: The Americas
Mary Grant	Bribie Island	Country Co-ordinator: Scandinavia
Sue Broad	Kippa Ring	Country Co-ordinator: Switzerland and Austria
Terri Schaumberg		Public Relations and Marketing
Bernie Wilson	Bribie Island	Country Co-ordinator: Germany, France and Belgium

Rotary International Youth Exchange Program

Each year, Rotary Youth Exchange provides thousands of young people with the opportunity to experience the cultures, problems and accomplishments, and share the love, of people in other countries. Students are given the opportunity to grow as individuals. Their concept of the world grows too. They return with a broader view of the world and a deeper understanding of themselves. Consequently, the Youth Exchange Program becomes a powerful force in the promotion of world understanding and peace.

Through the Youth Exchange Program, Rotarians seek to provide the best possible environment and a comprehensive support system for participants.

The impact this program will have on International relations in the future is incalculable, but perhaps more important, is the impact the program will have on the lives of the students fortunate enough to participate in it.

History of the Youth Exchange Program

The Rotary club of Copenhagen initiated the first youth exchanges in 1929. The first Australian exchange in 1958 was between clubs in Victoria and the USA. Youth exchange grew in popularity and, in 1972, became an official program of Rotary International. More than 8,000 students from 58 countries take part in exchanges every year, including over 500 Australians from the 23 Districts in this country.

Objectives of the Program

1 To further international goodwill and understanding by enabling students to study at first hand the culture, accomplishments and differences of people in other countries.

2 To enable students to advance their education by studying in an entirely different environment and studying subjects not normally available to them.

3 To broaden student's outlook by learning to live with and meet people of different cultures, religions and races and having to cope with day to day problems in a completely different environment.

4 To give students the opportunity to act as ambassadors for their country and Rotary by addressing Rotary Clubs, schools, community organisations and youth groups in their host country and by imparting as much knowledge as they can of their own country and its culture to the people they meet during their time abroad.

5 To study and observe all facets of life and culture in their host country so that, on their return, they can pass on the knowledge they have gained by addressing Rotary Clubs, youth groups and community organisations.

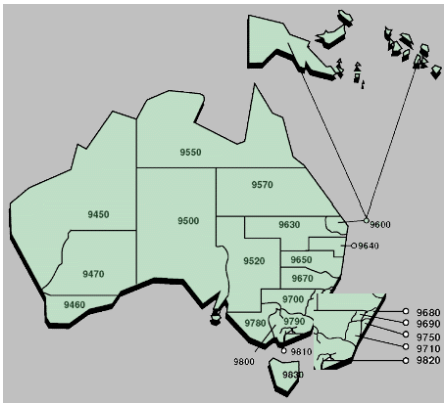
What is Rotary

Rotary is a worldwide community service organisation of professional and business people who contribute to building better communities. The strength of Rotary is based on a strong local community focus with 1.2 million Rotarians in over 28,000 clubs across more than 150 countries, sharing community service and fellowship that extends beyond their clubs and communities to encompass the world. Rotary is dedicated to making this world a better place for all mankind and supports numerous initiatives to achieve this. The Rotary Youth Exchange Program builds bridges between people, countries, and cultures, making an enduring contribution to world peace and understanding.

There are 23 Rotary districts in Australia with membership of 52,000 Rotarians spread over approximately 1,450 Clubs. The Rotary Club of Melbourne was the first Australian Club to be chartered, in 1921. There have been four Australian Rotary International Presidents, including two from D 9600: Sir Clem Renouf (Rotary Club of Nambour) in 1978/1979 and Mr Glen Kinross (Rotary Club of Hamilton) in 1997/1998. District 9600, one of two Australian international districts, has approximately 2,300 Rotarians in 74 Clubs: 59 in South East Queensland, 13 in Papua New Guinea and 2 in the Solomon Islands.

District 9600

Our District stretches from Brisbane City, North of the Brisbane River up the coast for about 300kms North and inland 350kms, and also includes the Solomon Islands and Papua New Guinea. Our climate ranges from subtropical to temperate with rains falling mainly in the summer and the motto is "beautiful one day, perfect the next!" Agriculture plays a large part in the economy of the region, as well as light and heavy industry. Brisbane has a population of 1.4 million, and Queensland nearly 3.6 million.



Mission Statement of Rotary International

To assist and guide Rotarians and Rotary clubs to accomplish the Object of Rotary to ensure Rotary's continuing relevance and to build a better world, emphasising service activities by individuals and groups that enhance the quality of life and human dignity, encouraging high ethical standards, and creating greater understanding among all people to advance the search for peace in the world.

The Principal Motto of Rotary International: "Service above Self".

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise, and in particular, to encourage and foster: first, the development

of acquaintance as the opportunity for service; second, high ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society; third, the application of the ideal of service in each Rotarian's personal, business, and community life; fourth, the advancement of international understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideal of service.

The Four Way Test

The Four Way Test guides Rotarians towards being a better person.

"Of the things we think, say or do"

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

Exchange student obligations to Rotary

All Rotary clubs are Different! Some clubs will expect your involvement; others will hardly know you exist. Encourage your club to involve you in their activities, and get to know as many Rotarians as possible.

Public speaking

Carefully select your topic to inform, entertain, question, convince, persuade etc. Do not try to cover too many subjects in one address. The talk should be no longer than 20 minutes, including the slide or PowerPoint presentation. Know your audience (Rotarians, school students, ladies' meeting, etc) and plan your speech accordingly.

Rebounders comments

You should seek opportunities to talk. Presentations - slide talks are good for larger groups; a small album with photos of family, home and surrounds are useful for smaller groups. Take some local currency, as people are always interested in money! Don't talk about things you do not understand. Business people may know more than you. Don't pretend to be an expert on everything about your country.

Being an Ambassador

On behalf of the Student Exchange Committee of the District we congratulate you on being chosen to represent your country in this program.

Before looking at some of the rules of the program we would like you to remember at all times:-

- who you are
- who your parents and family are
- The Rotary Club and town you represent
- The country you represent

- You have a counsellor to support you both in Australia and your host country.
- The purpose of the Exchange is to '*Foster International Understanding and Goodwill*

Code of Conduct for District 9600 Rotary Exchange Students

The Code of Conduct is in keeping with Rotary philosophy, values and ethics complementing the Risk Management procedures.

Purpose

The Code of Conduct is a statement about the appropriate and expected behaviour of exchange students, both inbound and outbound, who are acting as ambassadors for Rotary and for their countries. The Code should apply in all areas of the exchange – at Rotary events, in families and at school, and encompasses their time before, during and following the exchange.

Code of Conduct

Rotary Youth Exchange Students will:

* Behave in a manner in keeping with the ideals and object of Rotary and of the Mission Statement.
* Comply with the Rotary Youth Exchange rules of their sponsor and host Districts.
* Behave in an appropriate manner at all times prior to their exchange and when on exchange in keeping with their roles as ambassadors for Rotary and for their country.
* Demonstrate an appropriate attitude when participating in Rotary, host family and school activities.
* Take responsibility for their own safety at all times during their exchange.
* Respond with respect to appropriate requests from members of the host Rotary Club, host families and school staff.
* Respect the confidentiality of host families and others.
* Seek support from the Counsellor, host family or appropriate Rotary Club members as required.
* Respect and "work with" all who are involved in providing support and assistance during the exchange including: District Youth Exchange Committee members (sending and receiving), Rotary Club members, Counsellors, host families and school staff.
* Take responsibility for ensuring that their period of exchange is the "best year of their life".

Considerations when making *decisions*

When you are tempted to break the rules of the land, of Rotary, of host families or of your School, please carefully consider the consequences of your actions. The

ultimate consequence may be an immediate end to your exchange. Please make use of the **CRAVE** principle to help you make the right decision:

• **C**onsequences of my decision, including the laws of the host country

• **R**otary rules and expectations

• **A**ttitudes of my friends and peer group pressure

• **V**alues that I hold and my personal beliefs

• **E**xpectations of my family and home community

Rules

In the student's application for the Rotary Youth Exchange Program, they signed an agreement to follow the rules and conditions which were set out in the application form. These rules apply in every Rotary District all over the world. Rotary International recommends that Districts adapt the rules to suit local conditions. The agreement which follows contains the rules and conditions for exchange in District 9600, which have been established for your safety and well-being. Violation of any of these rules may result in dismissal from the program and your immediate return home, at your own expense. You and your parents are asked to sign this agreement to acknowledge your commitment for a full twelve months to the Youth Exchange Program, to your host Rotary Club and District 9600, to your host families, and to your school in Australia. Please read these rules very carefully, and sign them only if you agree to follow them. **If you are not prepared to sign this agreement, and abide by the rules, you should withdraw your application from consideration by Rotary District 9600.**

Agreement

Student Agreement

Program Rules

In your application for the Rotary Youth Exchange Program, you signed an agreement to follow the rules and conditions which were set out in the application form. These rules apply in every Rotary District all over the world. Rotary International recommends that Districts adapt the rules to suit local conditions. The agreement which follows contains the rules and conditions for exchange in District 9600, which have been established for your safety and well-being. Violation of any of these rules may result in dismissal from the program and your immediate return home, at your own expense. You and your parents are asked to sign this agreement to acknowledge your commitment for a full twelve months to the Youth Exchange Program, to your host Rotary Club and District 9600, to your host families, and to your school in Australia. Please read these rules very carefully, and sign them only if you

agree to follow them. **If you are not prepared to sign this agreement, and abide by the rules, you should withdraw your application from consideration by Rotary District 9600.**

Agreement

I, ……., agree that:

Student's Name

1. **Rotary District 9600** has established rules and conditions for my safety and well-being while I am a participant in the Youth Exchange Program. Violation of any of these rules may result in my dismissal from the program and my immediate return home, at my own expense.

2. **Ambassador**:
   - I will serve as an Ambassador for my family, my sponsoring Rotary Club, Rotary International and my country.
   - I will be friendly, and show interest in Australian life, and adjust to and be involved in the activities of my host family, my host Club, District 9600, and my school.
   - I will maintain a high standard of dress, grooming, behaviour and personal hygiene at all times.
   - I agree that Rotary commitments take precedence over other activities.

3. **Laws of the country:** I will obey the laws of Queensland and Australia.

4. **Authority:**
   - I will be under the authority of Rotary District 9600 while I am an exchange student and I will abide by these rules and conditions of exchange.
   - My parents or legal guardians will not authorize any extra activities directly to me.
   - Any relatives I may have in Australia will have no authority over me while I am a member of the Youth Exchange Program.

5. **Drugs:** I will not use drugs, except for valid medical reasons. Use of illegal drugs will result in my immediate return home.

6. **Driving:** I will not operate any motorized vehicle, including but not limited to cars, trucks, motorcycles, aircraft, all-terrain vehicles, snowmobiles, boats, and other watercraft.

7. **Drinking:** I will not drink alcohol except in moderation in a home environment and under the direct supervision of my host parents or Rotarians.

8. **Dating:** I will not form a steady and serious romantic attachment. I understand that sexual activities will result in my immediate return home.

9. **Disfigurement:**
   - I agree that I will not radically change the colour, style or cut of my hair, or have any part of my body pierced during my Exchange Year.
   - If I have piercing (other than ears) before my arrival, I will remove any stud/ring, which is visible.
   - I understand that jewellery is generally not allowed in school, and that tattoos are forbidden.

8. **Smoking:**
   - I understand that Queensland has very strict laws governing smoking in public, and that smoking is often socially unacceptable, and discouraged.
   - I will respect the preferences of my host families and of the members of my host Rotary Club.
   - If I indicated that I was a non-smoker on my Application Form, I will not take up the habit during my Exchange Year.

9. **Travel:**
   - I will not travel outside the area of District 9600 unless I am accompanied by an adult, and unless I have permission from my host parents, Club Counsellor, and the District 9600 YEP Chairman. I will apply to the Chairman for permission to travel before I leave, and his decision will be final.
   - I understand that excessive travel is not allowed.
   - I understand that my host parents are under no obligation to provide local transport for me, and that I should use public transport wherever possible.
   - If I am offered an opportunity to go on a trip or attend an event, I will make sure I understand any costs I must pay and my responsibilities before I go.

10. **Insurance:**
    - I will be covered by health, medical, accident and travel insurance acceptable to District 9600. The arrangements for this will be finalized before I arrive in Australia.
    - I will not participate in dangerous activities such as hang-gliding, parachute-jumping, skydiving, and bungee jumping. I will not travel in a motorized or non-motorized glider, or ultralight plane.

11. **School:**
    - I will attend all classes and take part in all normal school activities, including exams, as a full-time student at a school arranged by my Host Club.
    - I will make an honest attempt to succeed.
    - I understand that school is the basis of my exchange visa: **no school, no visa, and no exchange!**

12. **Host Families:**
    - I will respect the members of my host families, and the wishes of my host parents.

- I will not act as a guest, but make genuine effort to become an integral part of the host family, and assume duties and responsibilities normal for a student of my age or for children in the family.
- I will adapt to the family: I understand that the family is not expected to adapt to me. I will keep my room tidy.

13. **Telephone/Internet:**
    - I will seek permission to make all phone calls. I understand that I must pay for all international calls and Internet access.

14. **Language:** I will make every effort to learn English, and may be responsible for any costs for tutoring, language camps, or other instruction.

15. **Rotary Events:** I will attend regular Rotary meetings, Rotary-sponsored events and host family events, and show an interest in these activities.
    - I will volunteer to be involved without waiting to be asked.
    - I acknowledge that a lack of interest on my part is detrimental to my exchange and can have a negative impact on future exchanges.

16. **My Finances:**
    - I acknowledge that I must have sufficient financial support to assure my well-being during my exchange.
    - I will arrange for AUD $500 to be paid into an Australian bank account as a contingency fund for emergencies. As this fund is depleted, it will be replenished by my parents or guardian. I understand that unused funds at the end of the exchange year will be returned to me.
    - I will arrange for all fees required by District 9600 (including Medibank Private Overseas Student Health Cover) to be paid before I arrive in Australia.
    - I understand that I will be paid a monthly allowance by my host Rotary Club in recognition of my service as an ambassador for the program, Rotary and my country.

17. **Work:** I understand that I am not permitted to do any paid full-time, part-time or casual work while I am on exchange.

18. **Statements on my Application Form:** I acknowledge that I am bound by the statements I made on my application form, that false statements are unacceptable and may have serious consequences for me.

19. **Visits by parents and friends:**
    - I acknowledge that visits by parents and friends from my home country are discouraged. I acknowledge that my parents or friends should not visit me in the first six months, the last month, during the school term, nor at Christmas or New Year, and that they should not expect to spend more than 10 days with me.
    - I acknowledge that I must attend all compulsory District activities, regardless of whether my parents are visiting or not. I will not be permitted to travel around Australia with them and I will not be permitted to return home before my exchange is complete.
    - I will not expect my host family to accommodate my family or friends.

20. **Return:** I will return directly to my home country by a route mutually agreeable to District 9600 and my parents or guardian. I, or my parents or guardian will pay any costs related to an early return home.

Reports to District (Outbounders)

Reports are compulsory! Send your monthly confidential report to the District Chairman by e-mail on the first of each month. Reports should include both the good things and any problems or potential problems, and should follow the format on www.youth-exchange.net .

Your monthly report should include:

- Host situation: settled in? problems?
- Club situation: meetings attended?
- Frequency of speaking to/meeting with Counsellor?
- Relationship with Rotarians?
- School: attending regularly, participation?
- Making friends?
- Involvement in other activities e.g. music, sport etc?:
- Highlights?
- Any problems of a confidential nature?

Note that short responses are fine. Your first monthly report is due by 1 February and thereafter on the 1st of every succeeding month until 1st December. Your Report should be e-mailed to Chairman Russ Stephenson at rusmer@bigpond.com

The quarterly "Bounder" report should be sent to the "Bounder" editor as requested.The "Bounder" will be published and posted on the District YEP web page, so be sure that what you write is suitable for publication. Your report should be up to one page long, (definitely no less than half a page), with one photo if available.

Being a Good Exchange Student

Be Friendly

Friendly people attract many friends into their lives. Your exchange year will be enriched if you give your friendship freely and generously.

Smile

A smile costs nothing but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. No one is so rich or mighty that he can get along without it, and no one so poor but that he can be made rich by it. A smile creates happiness in the home, fosters goodwill in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed or stolen for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours as no one needs a smile so much as he who has no more to give.

Don't forget the Rotary hug - exchange students give and take many!

Communicate

"*A problem shared is a problem halved*". Good, open communication throughout your exchange is essential for success. Let your friends, your host family and your

counsellor know how you feel, whatever the emotion. Be prepared to share this part of yourself with others. You might be surprised how helpful others can be, and in sharing with them, the bonds of friendship and trust will develop and become very special to both you and them.

Be involved

Pay the ultimate compliment to your adopted host families and new friends by showing an active and genuine interest in them, and the things that are important to them; their families and friends, their country, their sports and leisure activities, their food, and their pets. Become involved at school, including academic subjects, sport and extracurricular activities such as the school play or musical. Become involved with Rotary club projects. Become involved in the home by setting and clearing the table and washing or wiping the dishes. (Don't ask if you can help -- just do it!) Cook a meal occasionally. Remember you are an ambassador for your country and for Rotary! *"The more you contribute, the more you will get out of the year."*

Appearance

Set out to impress you new countrymen by presenting a smart, friendly and wholesome image. Way out hairstyles and colours, body piercing, tattoos, and other extremes of dress and attitude are not allowed. Rotarians are generally conservative, so you are expected to present yourself accordingly.

Manners and Magic Phrases

Watch, listen and learn! There will be differences in the way things are done in your new country. In fact, each host family is likely to be different, and you are expected to adapt and integrate into each new situation. Courtesy is understood and appreciated worldwide. A morning greeting acknowledges people's presence: saying "goodnight", is a way of saying "farewell for the day." Thank you notes and tokens of appreciation are a must. It's not the value of the gift, but the thought that counts.

Magic phrases include: "good afternoon, good evening, g’day, good morning, how are you? Please, thank you, my pleasure, may I help? I love you; I'm sorry, excuse me, after you."

Cultural differences

During the exchange, your lifestyle may be very different. Some differences you will enjoy, others will be irritating. Always consider things as "different" rather than "better" or "worse." Differences may include language, customs, climate, food, lack of news from home, driving on the "wrong" side of the road, bathroom and toilet facilities, sanitary arrangements for girls, nudity (sauna, communal baths), alcohol, tobacco, idioms, differences in meanings of familiar words, dress and appearance, and brand names.

Counsellors

Students normally have two counsellors: one from your sponsor club and one from your host club. They, together with your District Country Coordinator, will assist you to have a successful year. The sponsor club counsellor is your contact with your sponsor club. The host club counsellor should be your friend and confidante, and should assist and guide you if problems arise in the family, school, or socially.

Inform your host counsellor of your movements and plans at all times so that contact can be made in emergencies. Your counsellor should not be your host parent. Furthermore, it may be appropriate for a female counsellor to be appointed to female exchange students. If no counsellor has been appointed, or if your host parent is your counsellor or if you would prefer a female counsellor, approach the club President and ask who would be available to help you if needed. If this is not successful, find someone you can confide in, such as a teacher at school. You will develop self-confidence and independence to deal with problems yourself, but your counsellor is your backup.

The country co-ordinator from the District Committee is your advisor at District level if you cannot resolve issues yourself with the help of your counsellor. Keep him/her updated on how things are going during your exchange. Don't be afraid to ask for help or advice. The country co-ordinator from this committee is your trouble-shooter for serious difficulties.

Host Families

You will experience a new culture and way of life in another country, and appreciate people of different nationalities, including host families (mother, father, brothers, sisters, other relatives), Rotarians, counsellors, teachers, fellow students, friends, and other exchange students. **You have to adapt to the family-not them to you**. Host Parents act as your Mum and Dad while you are with them. Show them respect. You will often become fond of your host family. Moving to a new family may be difficult.

House Rules

Observe the home rules applying to your Host brothers and sisters, and comply with these rules yourself.

Around the House

Since you not an honoured guest you should help with all the usual chores and be included in any duty rosters e.g. dishes, cleaning, washing, ironing, gardening, garbage etc. You are expected to keep your own room and belongings tidy and in a manner acceptable to your Host Parents.

Jealousy

Be aware of the home atmosphere and try to avoid jealousies between you and your host brothers and sisters. Include them in as much as possible and make them feel important too. Endeavour to share your time equally with all members of the Host family.

Money

You provide your own pocket money and personal items. Sometimes students are expected to pay a share of the family outings, lunches, entertainment etc. To help you stay within your budget we suggest you only have access to a reasonable weekly allowance and then you have to make special arrangements with your parents to cover excess expenses.

Gifts

A Gift should be taken for each of your Host Families. It need not be expensive, but preferably something specific to your own country. A supply of your country map, kangaroo and koala and country specific lapel pins is also recommended so you can give a small gift to others who help to make your exchange enjoyable and successful.

Living in a new home

Some useful hints for living successfully in a new home:

- **enthusiasm** is contagious
- **be happy and cheerful**
- **be sensitive and observant**; become aware of body language
- **smile,** even if you do not feel like it
- **be patient**. Be prepared to answer the same question again and again
- **be tidy**, both in the home and in your personal appearance. Be particularly neat and careful in your bedroom
- **don't wait to be asked**. See what needs to be done, and do it
- **communicate and adapt**. Talk about good things and problems, and adapt if necessary. Use words like: please, thank you, that was great/wonderful/tremendous
- **thank you notes** should be used to show your appreciation.

Questions for new Host Families

1. Sit down with your host family within the first two days and repeat the exercise about three weeks later.
2. What do I call you-by your first names, mum, dad, or another name?
3. I will make my bed, keep my room tidy at all times, and clean the bathroom after I have used it. What else should I do regularly?
4. What are normal mealtimes? The normal daily routine?
5. Discuss special dietary requirements and food likes/dislikes, and work out suitable alternatives
6. Do I have a permanent job at mealtimes? e.g. lay or clear the table, wash or dry up, empty rubbish?
7. May I helped myself to food and drink (in moderation), or should I ask first?
8. What are the arrangements for school lunches?
9. Please note that I am not a smoker.
10. What are the laundry arrangements? Where do I put my duty clothes? Should I do my own washing and ironing?
11. Where may I keep my toiletries? May I use family soap, shampoo or toothpaste?
12. When is the most convenient time to use the bathroom? Are there water restrictions?
13. What areas of the house are private? e.g. study, parents' bedroom.

14. Do you have any dislikes - untidy hair or dress, interruptions, chewing gum, loud music, etc?
15. What are the responsibilities of house employees, if any? How shall I address them?
16. May I have my own pictures or posters in my bedroom?
17. Where may I store my suitcases etc?
18. What times should I go to bed and get up during the week and weekends?
19. May I use the stereo, TV, video, computer, sewing machine or workshop tools?
20. May I go out during the week? At weekends? Under what conditions? If I have a problem getting home, I will phone you. If I'm going to be late, I will phone within 30 minutes.
21. May I invite friends around during the day, to stay the night, or for a weekend?
22. Telephone rules - should I ask first before using the telephone?
    - Students must pay for all overseas and long distance calls.
    - What are the local, long-distance or overseas charges? NB Repay promptly.
    - May I ring my parents, reverse charges, on special occasions?
    - Is there a limit to the number or length of phone calls I make? (Remember, someone else may need to use the phone.)
    - May my friends phone me?
    - What is the latest time at night for me to receive phone calls? (NB Not later than 9:30 p.m.)
23. What are the arrangements for using the Internet? What costs are involved?
24. What postal address should I use for incoming mail? Are there fax facilities? How do I pay?
25. Should I use public transport to and from school, to the city, for outings, at night, and during the day?
26. May I use a bicycle? Do I need a bicycle helmet?
27. Who pays for sporting or extracurricular school expenses? (Usually student or natural parents.)
28. What are the birthdays of host family members? Are they celebrated in any special way?
29. Are there any other special or festive days you observe?
30. If I have a problem, how would you like me to handle it?
    - Write a note explaining my problem?
    - Ask if we may have a heart-to-heart talk?

- Tell my counsellor, another adult, Rotarian, schoolteacher?

31. Is there anything else you would like me to know?
32. May I make a note of your full name, full street address and telephone number to keep with me at all times?

Helpful comments from recent Rebounders

Be yourself and be busy. Become involved; don't do your own thing without informing your host family and counsellor. Give small gifts. Gifts you make are cheaper and are appreciated. Settle into home routines quickly.

School is Important.

Your visa is issued on condition you attend secondary school. Therefore you must attend regularly, meet all school requirements (including exams!), and maintain satisfactory results. Teachers and students become upset if you are away from school too often. You are not on a travelling holiday visa.

Your host club pays any school fees. Costs for educational trips and camps should be discussed prior to registration. Social outings such as ski trips or graduation parties are your responsibility.

Your school may offer a variety of courses. If possible, discuss options with the guidance officer or other appropriate person. Choose subjects that are different, study another language, commit yourself and become involved in all aspects of school. You will gain immense satisfaction. If the school does not offer extra activities, look for nearby sports, art, music, or debating clubs. If you cannot join a team, become a supporter or coach a junior team. Many friendships will be made at school. Approach a teacher you can relate to for help with problems.

How to Integrate at School

- Get to know your school counsellor who will help you overcome any problems.
- Find out the name of your teachers, and what subjects they teach.
- Enquire about language classes.
- Ensure you understand the school timetable.
- Understand the school rules and etiquette.
- Always be neat and set an example.
- Clarify the school's attitude to sitting for tests and exams.
- Ask if you can assist junior classes, or work in the library.
- Your Rotary commitments will occasionally clash with the school curriculum. Discuss this and establish a system of dealing with it to avoid misunderstandings.

Rebounders' Comments

Sport, music and other group activities are good ways to make friends. Try school activities or find alternatives. Sometimes it can take a while to be accepted at school. You have to make the effort!

Medical

You should already have all the basic immunisations, including hepatitis A and B. but ensure that inoculations are valid for at least one year. With any pre-existing conditions such as acne, asthma or diabetes, take a letter from your doctor.

We do not condone any sexual activities or intercourse, but if you become involved, use high quality contraceptive products with a water-based lubricant. To avoid sexually transmitted diseases, including hepatitis and AIDS, observe the following:

- Abstinence is safest!
- Contraception - the most important piece of advice is "No Sex is Safe Sex." Therefore, the golden rules for sex are: no, no, no, no, no!

Those on the Pill should also take 12 months supply.

Drug abuse in any country will result in immediate termination of the exchange.

Avoid acupuncture, tattooing, ear piercing or puncturing the skin. Any disfigurement is against the D9600 rules and will result in your exchange being terminated.

If you require a blood transfusion, or if you think you have an infection, seek medical advice. Rotary provides medical and health insurance cover for outbounders.

Many students gain, or in some cases, lose weight. However, on returning home, weight should return to normal after a month or two.

Before you depart, rest as much as possible lack of sleep makes you vulnerable to illness. In the first few days in your new home, eat carefully. Introduce new and exotic foods gradually. Initially there may be vague symptoms due to travelling and the emotional stress of settling in a strange country. Confide in your host parents or counsellor. They will decide if medical attention, or plenty of TLC, is necessary.

Girls, it is not uncommon for your regular menstruation to cease for some time, even a few months. It is probably due to the stress of adaptation to strange surroundings, and will return to normal in time. However, if there are other unusual symptoms you should consult a doctor.

Finances

It is up to you to budget wisely. Forget about all those material things in life, the cost of which can add up dramatically.

An emergency fund, of an amount nominated by your host district, usually about Au$500, is to be maintained and used only in consultation with your counsellor, who will be a joint signatory. If used, this account will need to be topped up to the original amount by your natural parents.

Departure Tax is applicable in most countries, and payable in the local currency. Be prepared for unexpected costs during your flight, e.g. overnight accommodation, emergency phone calls, meals etc.

Remember - your parents are making a sacrifice to enable you to go away and so be careful with your expenses.

Your Year Overseas

The purpose of your year is to live, and attend school, in your new community and to meet and understand people from all walks of life. Learn the ways of the new country. Host parents want you to enjoy yourself, but they are not obliged to take you to tourist attractions. It is important to realise that you are not a tourist. However, there will be opportunities to visit places of interest and travel.

Travelling is a privilege, and is expensive. Do not compare your opportunities with those of other students. Always show your gratitude and appreciation for any excursions you are taken on. "Thank you," notes and phone calls are essential. Your commitment and attitude to the program will reflect your host club's future participation and support.

Travellers tips

- Notify your host family and your host club of your intended date, time, flight number and point of arrival.
- Photocopy your passport, traveller's cheques, credit cards, insurance rescue card, and airline ticket numbers for your parents and keep a copy in other parts of your luggage
- Take with you approximately Au$200 in the currency of your host country or in American dollars.
- Do not leave any of your possessions and attended at any time, especially hand luggage, camera or wallet.
- Do not carry anything on or off the plane for anyone.
- Keep your passport, money, and tickets in a travel wallet on you at all times while travelling. A person without a passport is a person without a country, and that is serious!
- Safety - use common sense in all countries, particularly if travelling alone. Be careful with strangers and make sure the places you go to are safe. (See "Some Tips To Stay Safe" later in this Manual.)
- Wear your uniform and your "Rotary smile", when you depart and arrive. Rotarians will be looking for the uniform when you come out of the arrival lounge. However, during the flight, you may change into comfortable clothes.
- All students must observe Rotary rules and be well-behaved. If travelling with an escort, show respect and follow instructions at all times.
- Hand luggage consists of an overnight travel bag, camera bag and a ladies' handbag only. Your hand luggage should contain a spare set of clothes in case the rest of your luggage is lost.
- Your maximum luggage allowance varies depending on the airline and the country of destination. Keep under the limit to avoid excess luggage charges. Take half the close you think you need, and twice the amount of souvenirs for gifts. Remember that often the maximum luggage allowance for domestic flights is very much less than the luggage allowance for international flights

- Send clothes, souvenirs, and gifts home in small parcels at regular intervals. Do not leave it until the last minute, as the charge for unaccompanied luggage is expensive.
- Observe District travel rules, regulations and guidelines. Check with your counsellor and in all cases complete the necessary paperwork well before your intended date of travel.

Travellers checklist

Always check that you have the following with you:

- Name badge.
- Business cards
- Passport
- Tickets
- Travellers cheques/Credit cards
- A small amount in cash in the relevant currencies.
- Vaccination certificate(s)
- Insurance card and Life insurance policy
- Emergency Fund Money.
- Luggage labels on all baggage, outside and inside
- Important telephone numbers.
- **This Manual!!!**
- Banners from your host Rotary Club
- Camera
- Gifts for host families
- Photographs of your family, home, town, etc
- Host club brochure, prepared speech and visual aids
- Address book with all your home contacts. Including names, addresses, phone numbers and email addresses
- Any medications you need and a copy of the prescription
- An alarm clock if you have trouble waking up!
- Notify your host family and your host club of your intended date, time, flight number and point of arrival.
- Photocopy your passport, travellers cheques, credit cards, insurance rescue card, and airline ticket numbers for your parents and keep a copy in other parts of your luggage in case the originals are lost.

Departure time.

Farewells can be traumatic when the full impact of what you are doing hits you, so it is important to be well prepared for tears, either yours or those of your loved ones. Get plenty of sleep over the last few days so you are healthy, cheerful and smiling when you meet your new families. Farewell parties should be arranged well in advance of departure. Be at the airport in plenty of time. Check in time for international flights is three hours before departure!

The travel agent in Australia will advise the parents of outbound students of return flight details. Please make sure your parents send this information to you. All students should double check flight and departure details with a local travel agent a week before departure. Do not make your own booking for your return flight. The travel agent will organise all flights. If the flight is missed, cancelled or delayed, and

you miss a connecting flight, contact your parents and the District Committee immediately.

Rebounders' comments

Travelling to the host country will be exciting and fun. All your experiences will be different. People will not come to you - you must make the effort and go to them. Homesickness can set in as the excitement wears off during the exchange.

Your Family.

Contact back Home

It is important to keep in contact with your parents, family members, friends and especially, your sponsor club, while you are away. They will be interested in all aspects of your adventure. Share your experiences with them by writing regularly or occasionally sending tapes and photographs. Do not phone home too often - restrict it to special occasions. One phone call a month should be sufficient. Keep in regular contact with your sponsor club and counsellor, as you will be representing them and Rotary during your exchange. Parents should contact host families initially to establish friendship and understanding, but should not encroach upon your new family life.

Family visits

Visits by members of your family during the exchange are discouraged. Do not expect visitors to be accommodated by host families. If your parents visit, you may detect some tension from the club and/or your host parents. It is more enjoyable and relaxing for all concerned to plan a trip the year after your return. You should not expect to be included in host family travel plans.

Homesickness

Homesickness is common, particularly after the excitement of settling in and meeting new people has passed. You may miss little things at home previously taken for granted. The continuous pressure of learning a new language may leave you mentally exhausted and frustrated. Symptoms of homesickness are: feeling miserable and unhappy for no good reason, losing your temper over small things, unfavourable comparisons of habits and customs with those at home, staying alone in your room and not wanting to go outside, and physical discomfort, headaches, upset stomach, uneven menstrual cycle, etc.

Strategies to help overcome homesickness include recognizing the symptoms, talking with host parents and friends about the problem, and keeping busy with studies, sport, club activities, or letter writing (but keep these cheerful and positive.) It is not advisable to mope around feeling sorry for yourself, overeating, or asking to go home, particularly in the early stages of the exchange.

Returning home

This is a special year, so make the most of it! During this time you will mature, gain independence, and perhaps be given more freedom than at home. In some ways, you will have been spoilt and treated as someone special. On your return home, do not expect it to be the same. You may experience a difficult readjustment period.

Commitment to your home life and studies will alleviate the situation. Remember the sacrifices your parents made to send you away. **Be thankful that your parents love you and will always support you.**

During your year, you will develop strong ties with your new families and friends who will have become an integral part of your life. Leaving them will be very difficult. Remember your natural family at all times, and avoid hurt and conflict.

Keep in touch with fellow Rebounders. They have had similar experiences and understand your feelings. Also, the District Youth Exchange Committee members know what you may be going through. They are there to help you at all times. Rotaract is open to you and your friends, and may help you in many ways that adults cannot.

The Rebounders' Debriefing and Graduation Dinner arranged by the District Committee is compulsory for you and your parents to attend. It is an opportunity to meet the other Rebounders and to swap stories and views about your exchange.

Rebounders' comments

It may take months to resettle when you come home. Remember, when you come home, family and friends will have changed and done things that they may not have told you about. They will not want your experiences thrust upon them too much. Be prepared to change your view on careers, whilst away. When you come home, you may find it difficult to settle back into studies. Hang in there! Stick with it. If you opt out now, you will continue to opt out.

Fundamentals of a Successful Exchange

1. Follow the rules!
2. Be yourself
3. Be tolerant of others
4. Be involved
5. Show good manners
6. Respond with Respect
7. Take responsibility for own safety
8. Seek support from your Counsellor or others
9. Smile, smile, smile. A smile costs nothing, but gives so much
10. Be enthusiastic and dedicated

Remember, nothing in your host country is any better or any worse than in Australia, but many things are different.

Sometimes it's Not All Fun

Your time away will be a lot of fun, but unfortunately there may be times when it is not fun. There may be times when you are miserable and would prefer to be at home again. This is not uncommon. Apart from homesickness you may have to deal with such things as boredom, jealousy, spite, gossip, marital problems within your host family and restrictions put upon you by your host family and host club. Through all this you will have to use your Rotary SMILE and quickly develop tact and diplomacy beyond your years. **But, never fear, the good parts of the exchange more than make up for the difficult times.**

Stay Safe

Some tips to stay safe

The following are some tips, which should help students to stay safe:

• If you have a problem or role worried about something, always tell an adult you trust about it, such as your teacher, counsellor or current or recent host parents – **NEVER** suffer in silence!

• Pack your own suitcase and never carry items abroad for others. Take care that you do not unwittingly or wittingly act as a drug courier for someone else given that some countries **impose death penalties for drug offences.**

• Before you go on exchange find out how to use a public phone in your new country. Carry the telephone numbers for your host parents and the emergency services in that country and keep them handy.

• Ask your first host parents to send you their address written in that language and the script of their country. Organise this before you go on exchange and take it with you.

• Explain to your hosts about your insurance cover.

• Follow the instructions of your leader, teacher and other supervisors, including those at the venue of the visit (unless these instructions constitute a crime or are contrary to Rotary regulations.)

• Tell someone where you are going and what time you'll be home -- don't change your plans at the last minute as this can cause confusion.

• Look out for anything that might hurt or threaten you or anyone in your group and tell someone responsible.

• If you are out at night in the centre of town, stay in places with street lights - wherever you are, make sure that you don't get separated from your friends.

• If you need to use a public toilet, go with a friend.

• If you're going to or travelling through an impoverished country, do not carry handbags, cameras, or wear jewellery of any kind, even cheap earrings. Watches, necklaces and earrings may be grabbed and pulled away, causing injuries.

• If you do get lost or separated go to a shop or place where you will be seen by lots of people to ask for directions.

• If someone you don't know talks to you, just walk away.

• Have the details of your accommodation on you, whether it's your host family's address and telephone number or hotel or campsite details.

• Keep enough money to make a telephone call.

• Keep your money hidden in an inside pocket, a bum bag, concealed money belt or something similar -- choose whichever is comfortable for you.

• Arrange for someone to pick you up at night unless you can take public transport where you are amongst a sizeable group of people.

• Make sure you know the person who is coming to pick you up. Never get into a car unless it is with this arranged person.

• If you are on a bus and some makes you feel unsafe, move to a seat near the driver. Dress and behave sensibly and responsibly.

• Be sensitive to local codes and customs.

• Think things through carefully before you act and do not take unnecessary risks. Always look and behave confidently.

Facebook

Facebook is a great tool for keeping in touch with friends and family both here and overseas. It is your private space so you should be aware of a few things:

- Anything you write on your wall can be seen by everyone you are friends with!!!! Please don't post comments about your host families or Rotary, what parities you went to, or pictures of you at parties with people around you drinking because it can cause people to jump to wrong and embarrassing conclusions about what you may be getting up to.

- If you want to talk to a friend or another student about a problem you need some advice on, use your Facebook Inbox. That way it is private and no harm can come of it.

- Be careful who you add as friends on Facebook. It is D9600 YEP policy that Committee members should not be added to your Facebook. This is to protect your privacy. By all means, keep in contact with committee members or sponsor Club Rotarians using email or other secure means such as a. separate blog page where you can keep them up to date with your exchange, but only what you choose to share with them.

- You do not have to accept friend requests from Rotarians if you don't want to.

- Although Facebook is your own personal space, as Rotary Exchange Students, people are always watching you all the time! Do not risk being sent home prematurely by posting inappropriate material on your Facebook.

- Do not post your host families phone number or address on facebook! If you want a contact number on there then use you own mobile number.

- Do not accept people you don't know!

Sexual abuse and sexual harassment

The most powerful force in the promotion of international understanding and peace is exposure to different cultures. Youth Exchange provides thousands of young people with the opportunity to meet people from other lands and to experience their cultures. You will spend a year, or perhaps just an extended period of time, living with a host family in a country other than your own. Rotarians, their families, and non-Rotarian volunteers are expected to use their best efforts to safeguard your welfare and prevent any physical sexual or emotional abuse or harassment befalling you.

Rotary International is committed to protecting your safety and well-being as well as the safety and well-being of every Youth Exchange student, and will not tolerate abuse or harassment. All allegations of abuse or harassment will be taken seriously

and must be handled within the following guidelines. **Your safety and well-being, and that of your fellow Youth Exchange students will always be the first priority.**

What can you do?

Being alert to the common signs of abuse and harassment is a personal responsibility during your period of exchange. Be aware of being placed in situations where harassment/sexual abuse can occur - shopping, being transported from place to place, family activities, being in a house with one other person, etc. If you feel uncomfortable in any situation, you need to express your opinion to the person or persons with you. You could say for example, "When you do that I feel very uncomfortable, because that behaviour is not acceptable in my culture". As a first line of defence, it is not accusatory or aggressive in any way, but assertive and focuses on the student's feelings rather than the intent of the "offender". Alternatively, you might ask "is this action consistent with the Rotary 4-way test?"

If you continue to be worried about your position, you should discuss the issues with your parents at home. But you should also raise the issues with your host Club Counsellor, and/or partner if that is appropriate. Normally, action will be taken by the Club Counsellor to ensure your safety and protection and to support you in your exchange.

If you feel that the support is inadequate and inappropriate from your host Club, or it is taking too long for any remedial action to occur, you are invited to make contact with your District 9600 Youth Exchange Chair as quickly as possible.

The contact details of helpful contacts are in this Manual on page 2. Or on line at http://www.youth-exchange.net/contacts.htm .The D9600 Student Exchange Committee and Rotary International have a policy that requires immediate involvement in an issue of this nature and you will be given the support that you need and require.

Remember, "You have the right to feel safe all the time, and nothing is so awful that you can't talk to someone about it."

Definitions

Sexual Abuse: Sexual abuse refers to engaging in implicit or explicit sexual acts with a student or forcing or encouraging a student to engage in implicit or explicit sexual acts alone or with another person of any age, of the same sex or the opposite sex. Additional examples of sexual abuse could include, but are not limited to:

- non-touching offences
- indecent exposure.
- exposing a child to sexual or pornographic material.

Sexual Harassment: Sexual harassment refers to sexual advances, the request for sexual favours or verbal or physical conduct of a sexual nature. In some cases, sexual harassment precedes sexual abuse, and is a technique used by sexual predators to desensitise or groom their victims. Examples of sexual harassment could include, but are not limited to:

- sexual advances;

- sexual epithets, jokes, written or oral references to sexual conduct, gossip regarding one's sex life, and comments about an individual's sexual activity, deficiencies, or prowess;
- verbal abuse of a sexual nature;
- displaying sexually suggestive objects, pictures or drawings; and
- sexual leering or whistling, any inappropriate physical contact such as brushing or touching, obscene language or gestures and suggestive or insulting comments.

Is it abuse or is it harassment?

Whether the alleged conduct amounts to sexual abuse or sexual harassment is not to be determined by the adults to whom allegations are made. After ensuring the safety of the student, all allegations should be immediately reported to appropriate law enforcement authorities. In some countries, this reporting is required by law.

Allegation reporting guidelines

Any adult to whom a student reports an incident of sexual abuse or sexual harassment is responsible for following these *Allegation Reporting Guidelines.*

1. Report from student.

a. *Listen attentively and stay calm.*

Acknowledge that it takes a lot of courage to report abuse. It is appropriate to listen and be encouraging. Do not express shock, horror or disbelief.

b. *Assure privacy but not confidentiality.*

Explain that you will have to tell someone about the abuse/harassment to make it stop and to ensure that it doesn't happen to other students.

c. *Get the facts, but don't interrogate.*

Ask the student questions that establish what was done and who did it. Reassure the students that s/he did the right thing in telling you. Avoid asking "why" questions. Remember your responsibility is to present the student's story to the proper authorities.

d. *Record.*

Keep a written record of the conversation with the student as soon after the report as you can, including the date and time of the conversation. Use the student's words, and record only what has been told to you.

2. Protect the student

Ensure the safety and well-being of the student. Remove the student from the situation immediately and from all contact with the alleged abuser or harasser. Reassure the student that this is for his/her own safety and is not a punishment.

3. Report to appropriate, law enforcement authorities.

Immediately **report all cases of sexual abuse or sexual harassment to the appropriate law enforcement authorities first** and then to the Club and District Leadership for investigation. In most situations, the first Rotary contact is the Rotarian counsellor who has responsibility for seeking the advice of and interacting

with appropriate agencies. If the allegation involves the conduct of the Rotarian counsellor, the District Youth Exchange Chairman should be contacted.

4. Avoid gossip and blame

Do not tell anyone about the report other than those required by these guidelines. Care must be taken to protect the rights of both the victim and the accused during the investigation.

5. Do not challenge the alleged offender

The adult to whom the student reports must not contact the alleged offender. In cases of sexual abuse, interrogation must be left entirely to law enforcement authorities*. In cases of non-criminal sexual harassment, the District Youth Exchange Chair and District Governor are responsible for investigating, and will be in contact with the alleged offender after the student has been moved to a safe environment.*

6. Follow up.

After reporting allegations to the Rotarian counsellor or District Youth Exchange Chair, follow up to make sure steps are being taken to address the situation.

Post Report Procedures

For use by Rotarian Counsellors and District Youth Exchange Chairs

The student's Rotarian counsellor and the District Youth Exchange Chair are responsible for ensuring that the following steps are taken following an abuse allegation report. Unless otherwise specified, the steps must be taken immediately following the report.

1. The adult to whom the student reports the abuse should follow the *Allegation Reporting Guidelines*.

2. Confirm that the student has been removed from the situation immediately and from all contact with the alleged abuser or harasser.

3. Contact appropriate, law enforcement agency immediately (even if already done.) If law enforcement agency will not investigate, Club or District Youth Exchange Chair must coordinate the investigation into the allegations.

4. Ensure the student receives immediate support services e.g. counselling.

5. Offer the student an independent, and non-Rotarian counsellor to represent the interests of the student. Ask social services or law enforcement to recommend someone who is not a Rotarian or in any way involved with the Youth Exchange Program.

6. Contact student's parents. If away from home, give student the option of either staying in his/her host country or returning home.

7. Remove the alleged abuser or harasser from all contact with the specific student and other youths, while investigations are conducted.

8. Co-operate with police or legal investigation.

9. The student's Rotarian counsellor should inform the District Youth Exchange Chair and District Governor of the allegation. Either the District Governor or the District

Youth Exchange Chair must inform Rotary International of the allegation within 72 hours, and provide follow-up reports of steps taken, outcome of all investigations and resulting actions.

Responding to the needs of the student:

There will need to be a cohesive and managed team approach to supporting the student after an allegation report. The student is likely to feel embarrassed, confused, and may become withdrawn and appear to be avoiding members of the host family or club. After a report of harassment or abuse, students may or may not want to remain on their exchange. If they do, they may or may not want to continue their relationship with their hosting Rotary club depending on the circumstances. In some cases, a student may wish to remain in the country, but change to a different host club.

It may be difficult for club members and host families to understand how the student is feeling, but it would be helpful for the student to know that the club remains a support for them. Club members and host families may experience ambiguity towards their roles and may feel unclear regarding their boundaries. However, they need to do whatever is necessary to reassure the student of their support at all times.

Appropriate response for addressing issues within the Rotary club for allegations made against Rotarians or non-Rotarian volunteers

When addressing an allegation of abuse or harassment, the most important concern is the safety of children and young people. Club members should not speculate, make editorial comment, or offer personal opinions that could potentially hinder any police or criminal investigations. Club members should be cautioned about speculating or commenting on the matters during the investigation. Comments made about alleged victims in support of alleged abusers do not support our statement of conduct or Rotary ideals. Comments made against an alleged abuser could lead to a slander or libel claim filed against Rotarians or clubs by the alleged abuser.

Statement of Conduct for Working with Youth

Rotary International is committed to creating and maintaining the safest possible environment for all participants in Rotary activities. It is the duty of all Rotarians, Rotarian spouses, partners, and other volunteers to safeguard to the best of their ability the welfare of and to prevent the physical, sexual, or emotional abuse of children and young people with whom they come into contact.

Things you should know about Australia

As an Outbound Ambassador, you should know the following about Australia:

History:

a. Discovery and founding of Australia;
b. The pioneer period -- gold, wheat and wool;
c. Aboriginal history and current living; new
d. The formation of the Commonwealth.

Politics:

a. The Constitution;
b. Local, State and Federal Governments -- powers, how elected, revenue;
c. The current Government, opposition parties, leaders, and basic policies;
d. Current issues of today -- immigration, environment, and the economy;
e. Unions, wages, strikes, holiday loading, long service leave, sick leave;
f. The legal system and laws.

Economics:

a. Personal, company and other taxes;
b. Banking and finance, interest rates;
c. Industrial, rural and commercial sectors;
d. Cost of living -- houses, wages, cost of goods.

Geography:

a. Know the size of Australia against guest host country. Flying hours can be a useful comparison;
b. Important features and tourist areas – Barrier Reef, Uluru (Ayers Rock), the Outback, mountains and the eastern seaboard;
c. Minerals, oil, coal;
d. Fauna and flora -- environmental issues.

Social Scene:

a. Multicultural composition of population;
b. The foods we eat;
c. Arts and culture – artists, writers, poets and singers (both classical and modern);
d. Education -- primary, secondary and tertiary;
e. Sports – know the names of Australians who are famous overseas;
f. Standards of living -- types of houses, designs, suburbs and rural areas;
g. Holidays and recreation -- most popular places.

Why Australia is unique:

Australia is the only country in the world that covers an entire continent. It is the sixth largest country in the world, covering 7, 682, 300 square kilometres. The name "Australia" derives from the Latin *australis* meaning *"Southern"* -- the continent lies entirely in the Southern Hemisphere. It was the last content to be settled by Europeans and the vegetation and animals have remained undisturbed for millions of years, evolving in many unique ways. Australia has a dry interior but rainfall along the coastal belt is usually sufficient to support the population.

There are many beautiful places in Australia, from splendid visits to beautiful beaches, lofty mountain ranges, fertile valleys and vast pasture lands. The blue hue of distant hills is caused by the oils in Australia's unique eucalyptus trees being heated in the sun.

The changing colours of Uluru (meaning *great pebble*), particularly at sunrise and sunset are unique. This red granite monolith is the largest single rock in the world. It also extends underground to the **Kata Tjuta** (**Olgas**) range, 31 km away, is 8 kilometres in circumference and rises 340 m abruptly above the red desert sands. Uluru has an eerie splendour about it, and is sacred to the Aborigines. The entire area from Uluru to Kata Tjuta is world heritage-listed National Park.

The **Great Barrier Reef** extends for 2,000 km along the coast of northern Queensland. It is 72 km wide and covers 210 square metres. Parts of the reef are 30 million years old. The reef was once part of the wide coastal plains between the eastern rangers and the sea. When the area flooded, the rangers became the new coastline with mountaintops becoming islands such as Magnetic and the Whitsundays. The reef is the largest coral deposit in the world, is Queensland's greatest tourist attraction, is one of the Seven Wonders of the world, and is world heritage listed.

The **Commonwealth of Australia** consists of 6 states; Queensland, New South Wales, Victoria, South Australia, Western Australia and Tasmania: 2 mainland Territories, Northern Territory and the Australian Capital Territory; and six external Territories - Australian Antarctic Territory, and Christmas, Cocos, Coral Sea, Heard, McDonald and Norfolk Islands.

The country is governed at 3 levels -- Federal, State and Local. The Federal capital is in Canberra, where the Governor-General resides. Parliament House, on Capital Hill, was built in 1988.

The **Coat of Arms** depicts the Kangaroo and Emu (being the only 2 animals that cannot move backwards), wattle blossoms, a shield with the coat of arms of each state and a star for the Commonwealth.

The **flag** is deep blue in colour, with the Union Jack in the top left corner, the 5 stars of the Southern Cross constellation and a large star for the Commonwealth.

Australia was a founding member of the United Nations and the British Commonwealth, as well as being represented in many other world-wide organisations.

Australian achievements

QANTAS (Queensland and Northern Territory Aerial Services) is one of the world's oldest international airlines, established in 1920 and originally operating between Charleville and Cloncurry. In 1934 it began international operations by flying between Brisbane and Singapore.

The **Royal Doctor Flying Service** provides a medical service to the Outback. These services were "conceived in Cloncurry, born in Winton and raised in Mt. Isa" by the Rev John Flynn in 1928. Doctors and nurses are contacted by radio for emergencies and attend their patients by aerial ambulance. Nowhere in the world is the radio such

an essential part of everyday life. Thousands of people depend on for medical aid, schooling and social contact.

The **School of the Air,** the world's largest two-way radio primary school, began in Alice Springs as an offshoot of the Royal Flying Doctor Service. Correspondence courses, videotapes and lessons by computer are used. Students meet their teachers and each other about 3 times a year. High school students attend boarding schools in their nearest large towns and cities.

Australia's first **Surf Life Saving Club** was founded in 1907 at Manly, New South Wales, Australia. There are now more than 250 Clubs with voluntary members patrolling popular beaches in summer. Clubs have carnivals, competitions and organise safety courses. Helicopters are also used in shark patrols and rescue work.

The **dingo fence**, stretching thousands of kilometres along state boundaries from Queensland to South Australia, was designed to stop dingoes harassing livestock.

Australian Rules Football, a team sport with 18 players on each side, originated in Victoria. The large oval field has 2 sets of goalposts at each end. It is largely a kicking game but, unlike rugby, the oval ball can be "punched" forward or backwards.

Even though Australia was settled by Europeans, just over 200 years ago, many Australians have gained worldwide recognition for their **inventions** - particularly in the mining and agricultural industries e.g. combine harvester, stump jump plough, the Sarich orbital engine etc.

There are many beautiful buildings, bridges, statues, parks and gardens and other monuments to human achievements in virtually every Australian city, but the unique, easily identified and most widely known is the **Sydney Opera house**. This was designed by a Danish architect, Joern Utzon, in 1957, and took 16 years to build. The **Sydney Harbour Bridge** is one of the longest single span bridges in the world, being 1,149 m long. It took 9 years to build and was opened in 1932.

Famous Australians

The late Steve Irwin -- The Crocodile Hunter; Sister Elizabeth Kenny -- treatment for polio; Fred Hollows – eye surgery; the late Kerry Packer – multi-media magnate; Dame Joan Sutherland -- opera star; Barry Tuckwell -- French horn player; Albert Namatjira -- artist; Peter Finch, Errol Flynn, Mel Gibson, Nicole Kidman and Olivia Newton-John -- film stars; David Helfgott -- pianist ("Shine”, the Oscar movie based on his life), Bruce Beresford -- film director; Rolf Harris -- Singer; Elle McPherson - model; Lionel Rose - Aboriginal boxer; Edward Flack -- 1896 Olympian with 2 gold medals for 800 hundred and 1,500 metres; Greg Norman, Jan Stevenson and Karrie Webb -- golfers; Rod Laver, Lew Hoad, John Newcombe, Ken Rosewall, Patrick Rafter -- tennis champions; Don Bradman, Dennis Lillee, the Chappell brothers, Alan Border -- cricketers; Cathy Freeman -- athletics; Ned Kelly -- bushranger; Alan Bond and Christopher Skase -- failed tycoons.

Australian wildlife

Australia has many unique animals, including 120 species of marsupials, which bear their young in an immature state, but otherwise have little in common. Baby **kangaroos** are 25 mm to 35 mm long and weigh 4,5 grams when born. They then

have to find their way into the pouch, where they stay for about 8 months. The adult kangaroo moves at great speed on strong hind legs, jumping up to 8 m in one bound, and clearing obstacles 3 m high. The largest kangaroo stands 2 m tall with the tail adding another metre. They graze on pastures, and are regarded as pests by graziers. They rest during the day, and only seen at dawn and dusk in the wild.

Wallabies are smaller and stouter, but otherwise their characteristics are similar.

The **koala** is our second best known marsupial. It is a soft, grey, furry animal about 75 cm long. The tail is replaced by a calloused pad, which enables it to sit for hours in the fork of a tree. In addition to the 32 Eucalyptus species most favoured in its diet, the koala will also eat the leaves, bud and bark of wattles, coastal tea-trees, and box gum trees. Koala is an Aboriginal word meaning "I don't drink water." They get most of their moisture from the eucalyptus leaves they eat. Unlike the kangaroo, once the baby leaves the pouch it never returns, but rides on its mother's back or clings to her chest.

Wombats are active burrowing creatures, living in large holes during the day and feeding on grass, plants and roots at night. Their burrowing often causes damage to crops and fences.

The **platypus** and **echidna** are two unique creatures that lay eggs and then suckle their young. They are found in Papua New Guinea and Australia only.

The **marsupial mole** is another primitive creature found only on the Nullarbor plain. It is 15 cm long and blind, deaf and mute. Its fur is a soft, creamy colour and it carries its young in the pouch. It lives on ant eggs and insects.

The giant **earthworm** found in the southern Gippsland, Victoria, grows to 3,5 m long and may be several centimetres thick. It is capable of contracting itself to the thickness of a man's wrist. A gurgling sound can be heard as they move through their tunnels. The kookaburra is the only bird game enough to tackle these huge worms.

The **dingo** is the wild dog Australia and is believed to have come with early human settlers, the Aboriginals. It is a medium-sized dog with an alert face and sharp erect ears. Dingoes rarely, but howl, and hunt alone or in family packs. Their main food is the wallaby and other small creatures.

Many animals were introduced by European settlers and, having no natural enemies, became **pests**. Rabbits, foxes, cats, pigs, water buffalo (particularly in the Northern Territory), and the notorious cane toad are now feral pests that are difficult to eradicate.

The **emu** takes precedence over other birds as it appears on our Coat of Arms. It is a large flightless bird with long legs and is capable of running very fast. The female is very liberated as she does the courting and then lets the male sit on the eggs and care for the young.

The **kookaburra's** laughing song is very much the sound of Australia. Its diet consists of worms and snakes. Its swoops down and takes its prey to a tree to kill with rapid cracks, using its powerful beak.

Members of the cockatoo family, including the **Sulphur Crested Cockatoo**, **Galah** and all **lorikeets**, are all unique to Australia. The harsh calls of these birds are a typical Australian sound. The **budgerigar**, which is now domesticated all over the world, originated in the Outback, and large flocks can still be seen and heard, particularly at sunset. The **lyrebird** -- the bird of a thousand voices and the prince of mimics. The tail of the male is shaped like a lyre and is much bigger than the bid itself. The female is unimpressive.

http://www.australianfauna.com/

Songs

NATIONAL ANTHEM

Australians all let us rejoice,
For we are young and free,
We've golden soil and wealth for toil,
Our home is girt by sea,
Our land abounds in nature's gifts
Of beauty rich and rare,
In history's page, let every stage
Advance Australia Fair.
In joyful strains then let us sing,
ADVANCE AUSTRALIA FAIR.

I STILL CALL AUSTRALIA HOME composed by Peter Allen

I've been to cities that never close down
from New York to Rio and old London Town,
but no matter how far or how wide I roam,
I still call Australia home.
I'm always travelling, I love being free.
And so I keep leaving the sun and the sea.
But my heart lies waiting over the foam
I still call Australia home.
All the sons and daughters
Spinning 'round the world
Away from their family and friends
But as the world gets older and colder
It's good to know where your journey ends,
But some day we'll all be back together once more.
When all the ships come back to the shore
I realise that's something that I've always known
I still call Australia home.
I've been to cities that never close down
From New York to Rio and old London Town
But no matter how far or how wide I roam

I still call Australia, I still call Australia,

I still call Australia **HOME.**

I AM AUSTRALIAN by Bruce Woodley

I come from the Dreamtime I'm the daughter of a digger

From the dusty red soil planes Who sought the mother load

I am the ancient heart The girl became a woman

The keeper of the flame On a long and dusty road

I stood upon the rocky shore I am a child of the Depression

I watched the tall ship come I saw the good times come

For the forty thousand years I've been I'm a bushy, I'm a battler

The first Australian. I am Australian.

I'm a teller of stories

Chorus: I'm a singer of songs

We are one, but we many I am Albert Namatjira

And from all the lands on Earth we come And I paint the ghostly gums

We share a Dream, and sing with one voice I'm Clancy on his horse

You are, I am, I'm Ned Kelly on the run

We are Australian. I'm the one who waltzed Matilda

I am Australian.

I came upon the prison ship I'm the hot wind from the desert

Bowed down by iron chains I'm the black soil of the plains

I cleared the land, endured the lash I'm the mountains and the valleys

And waited for the rains I'm the drought and the flooding rains

I'm a settler, I'm a farmer's wife I am the Rock, I am the sky

On a dirty and barren run The rivers when they run

A convict, then a free man The spirit of this great land

I became Australian. I am Australian.

Poetry

MY COUNTRY by Dorothea MacKellar

The love of field and coppice, Core of my heart, my country

Of green and shaded lanes Her pitiless blue sky,

Of ordered woods and gardens When, sick at heart, around us

Is running in your veins; We see the cattle die --
Strong love of grey-blue distance, But then the grey clouds gather,
Brown streams and soft dim skies And we can bless again
I know, but cannot share it, The drumming of an army
My love is otherwise. The steady, soaking rain.
I love a sunburnt country, Core of my heart, my country!
A land of sweeping plains, Land of the Rainbow Gold
Of ragged mountain ranges, For flood and fire and famine,
Of drought and flooding rains. She pays us back threefold.
I love her foreign horizons, Over the thirsty paddocks,
I love her jewel sea, Watch, after many days
Her beauty and her terror The filmy veil of greenness
The wide brown land for me! That thickens as we gaze.
The stark white ring-barked forests, An opal hearted country,
All tragic to the moon, A wilful, lavish land --
The sapphire misted mountains, All you who have not loved her
The hot gold hush of noon. You will not understand --
Green tangle of the brushes, Though Earth holds many splendours
Where lithe lianas coil Wherever I may die
And orchids deck the treetops I know to what brown country
And ferns the warm dark soil. My homing thoughts will fly.

WALTZING MATILDA by A. "Banjo" Patterson

Once a jolly swagman camped by billabong.
Under the shade of a coolibah tree,
And he sang as he watched and waited ‘til his billy boiled,
“Who’ll come a-waltzing Matilda with me?
Waltzing Matilda, Waltzing Matilda, who'll come a-waltzing Matilda with me?"
And he sang as he watched and waited ‘til his billy boiled.
"Who'll come a-waltzing Matilda with me?"
Down came a jumbuck to drink at the billabong
Up jumped the swagman and grabbed him with glee,
And he sang, as he stowed that jumbuck in his tucker-bag,
"Who'll come a-waltzing Matilda with me?"

Up came the squatter, mounted on his thoroughbred,
Down came the troopers – one, two, three --
"Whose is the jolly jumbuck, you've got in your tucker-bag?
You'll come a-waltzing Matilda with me.
Waltzing Matilda, Waltzing Matilda, who'll come a-waltzing Matilda with me?"
"Whose is the jolly jumbuck, you've got in your tucker-bag?
You'll come a-waltzing Matilda with me."
Up jumped the swagman, and sprang into the billabong,
"You'll never take me alive" said he.
And his ghost may be heard, as we pass by that billabong,
"Who'll come a-waltzing Matilda with me?
Waltzing Matilda, Waltzing Matilda, who'll come a-waltzing Matilda with me?"
And his ghost may be heard, as we pass by that billabong,
"Who'll come a-waltzing Matilda with me?

A BUSH CHRISTENING by A. "Banjo" Patterson

On the Outer Barcoo where churches are few,
And men of religion are scanty,
On a road never cross'd 'cept by folks that are lost,
One Michael Magee had a shanty.
Now this Mike was the dad of a ten-year-old lad,
Plump, healthy and stoutly conditioned;
He was as strong as the best, but poor Mike had no rest
For the youngster had never been christened.
And his wife used to cry, "If the darlin' should die.
Saint Peter would not recognize him."
But by luck he survived till a preacher arrived,
Who agreed straight away to baptise him.
Now the artful young rogue, while they held their collogue,
With his ears to the keyhole was listenin',
And he muttered in fright, while his features turned white,
"What the divil and all is this christenin'?"
He was none of your dolts, he had seen them brand colts,
And it seemed to his small understanding,
If the man in the frock made him one of the flock,

It must mean something very like branding.
So away with a rush he ran to the bush,
While the tears in his eyelids they glistened --
"'Tis outrageous," says he "to brand youngsters like me,
I'll be dashed if I'll stop to be christened!"
Like a young native dog, he ran into a log,
And his father with language uncivil,
Never heeding the "praste", cried aloud in his haste.
"Come out and be christened, you Divil!"
But he lay as snug as a bug in a rug,
And his parents in vain might reprove him,
Till his reverence spoke (he was fond of a joke).
"I've a notion," says he "that'll move him."
"Poke a stick up the log, give the spalpeen a prog;
Poke him aisy -- don't hurt him or maim him,
'Tis not long he will stand, I've the water at hand,
As he rushes out this end I'll name him.
Here he comes, and for shame! Ye've forgotten the name --
Is it Patsy or Michael or Dinnis?"
Here the youngster ran out, and the priest gave a shout --
"Take your chance, anyhow, wid "Maginnis"!"
As the howling young cub ran away to the scrub
Where he knew that pursuit would be risky,
The priest, as he fled, flung a flask at his head.
That was labelled "Maginnis's Whisky!"
Now Maginnis Magee has been made a J.P.,
And the one thing he hates more than sin is
To be asked by the folk who know of the joke,
How he came to be christened "Maginnis"!

Special Australian Recipes

ANZAC BISCUITS

1 cup rolled oats ¾ cup desiccated coconut
1 cup plain flour 1 cup sugar

2 tbsp golden syrup 125g butter

1 tbsp boiling water 1/2 teaspoon bicarbonate of soda.

Combine dry ingredients in mixing bowl. Combine syrup and melted butter; stir over gentle heat until melted. Mix bicarbonate of soda with boiling water, add to melted butter mixture, and stir into dry ingredients. Roll into walnut sized balls and flatten onto greased tray. Bake in moderate oven for 20 minutes or until golden. Loosen, then remove from tray when cool.

DAMPER

3 cups self raising flour 45g butter

1/2 tbsp salt 1 cup milk

Mix dry ingredients into a bowl – DO NOT SIFT FLOUR. Stir in the milk and lightly mix, until all ingredients combined. Heat oven on high (220° C, 425°F, or gas 7). Shape damper and place in a foil lined baking tin and cook for 30- 40 minutes until a skewer inserted in the middle comes out clean. It is traditionally eaten immediately with butter and golden syrup, jam or honey.

PAVLOVA

4 egg whites 1 cup castor sugar

1 dessertspoon cornflour 1 teaspoon vinegar.

Beat egg whites until stiff, add half cup castor sugar, beat thoroughly until dissolved (about 5 minutes). Add remaining sugar, a tablespoon at a time, beating well after each addition (about 15 minutes total.) Lightly fold in sifted cornflour, then vinegar. Fold 75 cm alfoil in half lengthways, make circle of foil and secure. Place on thickly cornfloured tray and fill in pavlova mixture, levelling off the top. Bake in moderate oven for 10 min; reduce heat to slow for further 75-90 min. Turn off heat and cool in oven. Decorate with whipped cream and fruits. Sprinkle with nuts, or drizzle melted chocolate over.

LAMINGTONS

Butter cake (or similar):

2 eggs 3/4 cup castor sugar

2 cups self raising flour pinch salt

125g butter 1/2 cup milk

1 tsp vanilla essence

Cream butter, sugar and vanilla essence together until light and fluffy. Add eggs, one at a time, beat well. Fold in sifted dry

ingredients alternately with milk. Spoon into a lightly greased 18 sq cm cake tin. Bake in moderate oven approx 50-60 minutes.

Chocolate icing:

500g icing sugar 1/3 cup cocoa.

15g butter 1/2 cup milk

Sift icing sugar and cocoa into heatproof basin. Add melted butter to warmed milk, stir with a wooden spoon to mix, heat over hot water until of good coating consistency.

Make cake the day before so that is not too fresh and easier to handle. Trim edges and cut into even blocks. Dip each cake quickly into the warm icing, allow to drain a little and then roll in desiccated coconut. Stand to dry.

NOTES