

## Happy January, Inbounds!

Hello Inbounds! Please complete by the 10th of January. Happy Adventures!

### 1. Date

Date

### 2. Name

### 3. Email

### 4. Blog

5. How was your exchange experience in the past month? 10 = 😊 ; 1 = 😞

6. Sponsor Rotary Club (Club that sponsored you to come to the USA)

7. USA Host Rotary Club

8. USA Host Rotary Club Counselor

Name

Email

Phone number w/ country  
code

9. Have you been in contact with your USA Country Contact?

10. Current Host Family

Name

Email

Mailing Address

Phone number w/ country  
code

11. Do you have contact information for emergency services and your Host Rotary Club Counselor? If not, please obtain as soon as possible.

12. Do you feel safe and well-cared for? At home? At school? At social engagements?

13. What were the key events from the past month. Good or bad - don't be shy!

14. What activities do you participate in after school?

15. How did your Host Rotary Club engage with you in the past month?

16. How has learning the language been going? Can you get help if needed?

17. How have you said "Thank-You" to your Host Family in the past month?

18. What fun, exciting places have you visited?

19. Anything else you'd like to share with us?