**Rotary Contacts**

YEO Name YEO Phone Number YEO Email

Counselor Name Counselor Phone Number Counselor Email

DJ Brown, District Inbound Coordinator Phone Number inbound@mountainandplainsrye.com

Jim Duke, District Chair of Youth Exchange (970) 769-0155 districtchair@mountainandplainsrye.com

**Rotary Club/Meetings**

Rotary Club of ­­­­­­­­­­­­­­­­­­­­­­­­­­ \_\_\_\_\_\_\_\_\_\_\_\_\_– **Time and Place**

**Best Practices/Ideas for the Hosting Family**

Involve the student in the family by asking them to help set the table, help with dishes, clean their bedroom/bathroom, feed the family dog and any other age appropriate chores you would ask your own kids to participate in. They are a part of your family, not a guest so help them integrate and feel a part of your tribe by including them in whatever duties your family is participating in.

* Consider a family game night once a week to encourage open dialogue and fun. Teach games your family loves and ask the student to teach your family a game they might love.
* Help the student manage their contact back home by not allowing too much phone/computer time in their room. Consider having your wifi turn off automatically by 10 p.m. so the student gets a great night’s sleep rather than chatting with friends and family across the world. We want the students to look to local friends and host family members for support rather than immediately calling home.
* Ask the student questions about their country, customs, family, school, etc.
* Revisit the “first night questions” regularly until a nice routine is in place. The students want to know what is expected of them and how they are doing with your expectations vs. their expectations. Regular family meetings to talk openly and honestly about how the experience is going for both sides is highly recommended.

**Best Practices/Reminders for the Rotary Exchange Student**

* Remember that all host families are volunteers in the U.S. so none are required to host you, they are doing it to be nice and to provide you and their family with a great experience. Show your gratitude often by remembering to thank them verbally as well as with your actions. Following their house rules, completing the chores they have assigned you, etc. are all ways to show your appreciation.
* Offer to cook them a meal from your home country. Teach them about your customs, holidays, country, etc.
* When you see a host family member working ask, **“How can I help you?”**. When they answer with a task for you, complete it with a positive attitude. By giving you a task they are treating you as a family member and that is the goal.
* Respect the family’s time. If they say you need to be in the car at a particular time then be sure you are in the car at the requested time. Set your own alarm clock in the morning, put reminders on your phone if necessary. Please do not make your family late. Also be on time when they are picking you up. This is a great way to show the family respect. If you are going to be late be sure to call them.