

## **SOME DO'S AND DON'TS TO HELP MAKE YOUR YEAR SUCCESSFUL**

- **Do** Attend Rotary-sponsored events like the District Conference and Youth Exchange Orientations and Meetings, which take priority over all other events. Getting involved constantly in family events as well as school and community activities is strongly recommended for the benefit of your exchange.
- **Do** Smile and be Happy to be familiar with our people.
- **Do** Talk over any problems with host parents or your counselor.
- **Do** Behave like an Ambassador of goodwill for your country.
- **Do** Write or e-mail home regularly for your parents' information.
- **Do** speak to as many people as possible and try learning as much English as you can.
- **Do** mix with friends in your new country on weekends and holidays.
- **Do** be tolerant of others with customs and culture different from yours.
- **Do** Accept gratefully whatever you are given – physically or mentally.
- **Do** Expect your exchange year to be a once-in-a-lifetime experience.
- **Do** get Enthusiastic about all possible activities, for your time here is limited.
- **Do** avoid romantic attachments while on the exchange.
- **Don't** expect too much of anyone, then you won't be disappointed.
- **Don't** plan outings and gatherings without seeking guidance and approval from your host parents and counselor.
- **Don't** criticize your host country's customs and culture, nor unfavorably compare your host club and host families with others.
- **Don't** be jealous of other exchange students, but be happy for them.
- **Don't** spend too much of your social time with other exchange students, for you are hosted by Rotary to study English and to meet Americans.
- **Don't** Drink, Drive, take Drugs, Date someone seriously.