



## **Rotary International Youth Exchange Committee**

District 5100, located in Oregon and Washington, USA  
"Peace through Service"

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### **ROTARY DISTRICT 5100 YOUTH EXCHANGE INBOUND RULES THESE RULES ARE FOR YOUR HEALTH AND SAFETY AND TO HELP INSURE THAT YOU HAVE A SUCCESSFUL YEAR AS A ROTARY YOUTH EXCHANGE STUDENT IN DIST. 5100.**

1. **DRUGS:** You are not allowed to abuse the use of drugs. The use of illegal drugs is prohibited.
2. **ALCOHOL:** You are not allowed to use alcohol. Alcohol is illegal for anyone under 21 years of age in Oregon and Washington.
3. **SINGLE DATING** is not allowed. Romantic attachments must be avoided.
4. **NO OPERATING MOTORIZED VEHICLES:** This includes cars, motorcycles, boats, planes, snowmobiles, trailbikes, etc.
5. **NO INDEPENDENT TRAVEL:** You may travel with your host family, other District 5100 Rotary approved families, or with a properly chaperoned school trip or function. **NO TRAVEL ALONE OUTSIDE YOUR HOST CITY OR WITH OTHER YOUNG PEOPLE IS ALLOWED!** See Inbond Student Guidelines for further information.
6. **TOBACCO:** Exchange students are not allowed to smoke or use tobacco products at any time.
7. **SHOPLIFTING IS A CRIME:** It is stealing and it will not be tolerated.
8. **SCHOOL:** You will attend school regularly and according to schedule. This is a high school exchange program, **NOT A HOLIDAY!** Even if you have graduated at home, **IN THE UNITED STATES YOU WILL ATTEND HIGH SCHOOL EVERY DAY.**
9. **CHANGING HOST FAMILIES:** You will move when told by your hosting Rotary club.
10. **TRAVEL FROM YOUR COUNTRY AND RETURN:** You will come directly from your country to the United States stopping only long enough to transfer planes and fly to Portland, Oregon International Airport (PDX). Your return home will be directly to your country with no stopovers.
11. **AIRLINE TICKETS:** You must arrive with a fully paid, round-trip, open return airline ticket in your possession or sufficient additional funds to purchase a return ticket. If you are bringing additional funds to purchase your return ticket, at a more convenient date, those funds must be deposited with the District 5100 YEC or designated travel agent chosen by the District 5100 YEC. **NO STANDBY TICKETS ALLOWED!**
12. **INSURANCE:** You must buy on-line from Bolduc ([www.CISI-Bolduc.com](http://www.CISI-Bolduc.com)), PLAN B insurance prior to arrival and bring the policy and ID card with you. **ALL STUDENTS MUST PAY FOR THIS POLICY,** unless otherwise approved in advance by D5100.

13. TELEPHONE CALLS: NO TELEPHONE CALLS FROM BOYFRIENDS OR GIRLFRIENDS IN YOUR HOME COUNTRY ARE EVER ALLOWED! We prefer students do not call home or receive phone calls from natural parents for the first 90 days of their stay. Early telephone calls contribute to serious cases of homesickness. Students should tell their natural parents that they should not call unless it is an emergency, and that emergency call MUST BE ROUTED THROUGH THE DISTRICT 5100 YOUTH EXCHANGE COMMITTEE.

14. WHILE IN THE UNITED STATES YOU SHOULD MAKE YOUR FRIENDS AMONG THE AMERICANS. You are here to learn about the American people. Only through your American friends will you learn to know this country. Be aware of this and watch for signs of "gravitating" toward the other exchange students.

15. ENGLISH IS SPOKEN IN THE UNITED STATES. You will be expected to speak English exclusively while in the United States.

THINGS ARE DIFFERENT THAN IN YOUR COUNTRY. IF YOU WANT THINGS LIKE THEY ARE AT HOME, IF SOME OF OUR RULES DO SUIT YOU AND YOU DON'T WISH TO ABIDE BY THEM, THEN YOU SHOULD NOT BE AN EXCHANGE STUDENT.

**I HAVE READ, UNDERSTAND, AND WILL FOLLOW THE RULES AND GUIDELINES FOR INBOUND STUDENTS OF ROTARY INTERNATIONAL DISTRICT 5100 YOUTH EXCHANGE. I UNDERSTAND THAT IF I DO NOT FOLLOW THE RULES AND GUIDELINES FOR INBOUND STUDENTS OF ROTARY INTERNATIONAL DISTRICT 5100 YOUTH EXCHANGE, I WILL BE SENT HOME.**

STUDENT NAME (PRINT): \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

HOME COUNTRY: \_\_\_\_\_ SPONSORING ROTARY DISTRICT #: \_\_\_\_\_

**WE HAVE READ, UNDERSTAND, AND SUPPORT THE RULES AND GUIDELINES FOR INBOUND STUDENTS OF ROTARY INTERNATIONAL DISTRICT 5100 YOUTH EXCHANGE. I UNDERSTAND THAT IF MY SON/DAUGHTER DOES NOT FOLLOW THE RULES AND INBOUND STUDENT GUIDELINES OF ROTARY INTERNATIONAL DISTRICT 5100 YOUTH EXCHANGE, HE/SHE WILL BE RETURNED HOME.**

FATHER'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

MOTHER'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**ONE ORIGINAL OF THIS FORM MUST BE RETURNED TO THE ROTARY INTERNATIONAL DISTRICT 5100 YOUTH EXCHANGE OFFICER ASSIGNED TO THIS STUDENT.**