

District 5520 Rotary Youth Exchange  
**Outbound Student Exercises**

The tasks required of you here may not fit conveniently in your schedule, however, we have found that completing them with care can make a strong contribution to your success as a Rotary Exchange Student. Being on exchange means thinking about who you are and how your actions affect other people, your host Rotary club, and your host family. The goal for this set of exercises is NOT to suggest that you must become like your hosts! However, it will be vitally important for you to develop your observation skills and be ready to make adjustments where appropriate. It will make life more enjoyable for all of those involved. Experience has shown that well developed skills of SELF-OBSERVATION and awareness of others can be a great resource.

**IMPORTANT:** Failure to complete this may result in your being dropped from the Rotary Exchange program!

These exercises are intended to prepare you for your outbound experience. Please complete these exercises **NO LATER THAN JUNE 1<sup>ST</sup>, 2010** and forward the written summary to:

Michelle Frechette

P.O. Box 1884

Corrales, NM 87048

Fax: 505-842-8560 (no cover sheet needed)

E-mail: [adobeclub@comcast.net](mailto:adobeclub@comcast.net) (please use Word format)

505-379-0544 telephone number

- Bring an additional copy of your summary to the Mandatory Orientation on June 5, 2010.
- Keep a journal detailing your thoughts, questions and feelings during the five days.
- Write a letter to your best friend about how you felt doing the exercise.
- Write a summary of your impressions and send it by the deadline, see directions for the summary below.
- Write down any questions you have for Rotary before you go.
- These exercises need to be done in the same 5 day period, **INCLUDING A WEEKEND!**
- Parents need to attach a signed note to the summary assessing your performance.

1. **Limit your time on the phone** to FIVE minutes per call. Spend no more than 20 minutes a day on the phone. If you need to make plans or discuss important topics, discover strategies for doing this without using the telephone or texting. After you have spoken with someone for five minutes, you are not allowed to hang up and call back! You are not allowed to use texting as a substitute for this important human communication skill! Your parents are allowed to check your texting and phone use on your cell phone, so complete honor is the best system!
2. **Keep your room absolutely clean** without being told by anyone to do it. If you have to do a thorough cleaning at the beginning to get started, do it on the first day. The definition of clean is determined by your parent/guardian. If you share the room with brothers or sisters, you are still responsible for the entire room. In other words, if the other bed is not made, it's up to you to get it made. You can do this yourself or,

through DIPLOMATIC means, encourage the other person to do it. NO arguments!  
**Parents**, please inspect the room daily for tidiness and neatness.

3. **Prepare three family meals** from beginning to end without any help (suggestions are allowed), including deciding what to prepare, doing the shopping at the grocery store for the ingredients (with parental help), fixing the meal and cleaning up completely, including washing the dishes. The main entrée of each meal has to have at least 5 ingredients. Think about, if I make these meals in my hosting country how will I measure or estimate my amounts (fahrenheit and metric issues) and how I will adjust for unavailable ingredients?
4. **Take one shower of only 3 minutes** each day regardless of your hair length. A parent must time you and you cannot finish with a sink/sponge bath!
5. **Wash, dry, fold and put away all your own clothes** for the week. Ask your parent for assistance in learning how to do the laundry if needed. Hang the laundry out to dry. Iron what you will need. What about this exercise might prepare you for a remote village location? How does this exercise prepare you for independence?
6. **Change your entertainment** by NOT watching television, using the VCR or listening to the radio, tapes or CDs, I-Pods, or MP-3 players. Do not go to the movies! Do not use a computer (or the internet) at home unless completing school assignments. NO EXCEPTIONS! If you are with friends or family who are doing any of these things, you cannot participate in these activities.
7. **Read at least two substantial articles** about your host country. Give the titles, authors and resources in your summary report. Topics such as history, politics, inventions, international relations, sociology, anthropology are all good categories. Consider your impressions of the country. What questions come to mind about living there, going to school, living in a family? How accurate do you think the information is? What is the source? Is it a US perspective or the views of people in that respective country?
8. **Record your expenses** during the five day period. Classify your expenses by category. Consider how much spending money you have here. Think about what your resources will be in the host country and what your likely expenses will be. Will you have the same amount of money to spend? Are the same items more or less expensive in your host country? Plan on creating a budget before you leave and revise it after your arrival.
9. **Observe your family's interaction**, including you. Are you always nice to each other? Why or why not? What's the approach when there is a problem? When something goes well? When there is a conflict over limited resources, like a car or the bathroom, how is it resolved? How can you use these observations in your host country?

10. **Finally, experience silence!** Find a quiet place where there are no other people, and as little noise as possible. You can have anything with you that you choose in this space/place as long as it does not make noise. Spend **THREE CONSECUTIVE** hours in this place without speaking to anyone and **NO TEXTING EITHER!** Why would Rotary ask you to do such a thing?

Closing Activities:

- 1) Your complete summary should be between 500 and 1000 words and turn it in to the District Chair listed above by the deadline. Include introductory and concluding paragraphs. Type or write **NEATLY!** Cover all 10 of the exercises and the dates you did them, describing your feelings about them and reactions toward them and the names of the articles you read. Were the five consecutive days useful, helpful, meaningful? How? Were there any surprises? What does this assignment have to do with being an exchange student? We are interested in your opinions, this is not a graded test!
- 2) Write a letter to your best friend about how you felt doing the exercise.
- 3) Bring your questions to the Mandatory Outbound Orientation on June 5, 2010 at the Hyatt Uptown, 6901 Arvada Ave, NE, Albuquerque, NM.
- 4) Have your parents attach their signed assessment.

4/13/10 MRF