

Phases of a typical Exchange Experience

Arrival and Settling In

1. Host Family, Rotarians, and other invited persons meet student at the airport.
2. Natural parents receive notice that the student has arrived. Include an arrival photo if possible.
3. Welcome parties in the first 48 hours are discouraged. Student is likely to be jet lagged & tired.

First Host Family

1. Host Family, Rotarians, and other invited persons meet student at the airport.
2. Natural parents receive notice that the student has arrived. Include an arrival photo if possible.
3. Welcome parties in the first 48 hours are discouraged. Student is likely to be jet lagged & tired.
4. Student may need additional vaccinations (immunizations).
5. First Family sets expectations for the year.
6. Language struggles are likely.
7. Culture shock might follow as student experiences adaptation issues and homesickness.

Second Host Family

In general ...

1. Host Family and student read and discuss the First Night Questions.
2. Transition to new host family can be stressful.
3. Student experiences new rules and family practices.
4. Language and cultural adaptation improve.
5. Homesickness can occur around holidays such as Christmas & New Year

Last Host Family

In general ...

1. Host Family and student read and discuss the First Night Questions.
2. Transition to a new host family can be stressful.
3. Student experiences new rules and family practices.
4. Student is much more comfortable with language and culture.
5. Student “end of year” expenses may increase.
6. Student may experience separation and “going-home” issues, including Reverse Culture Shock (more information in the Resource Section).

The End of the Year

1. Leaving for home can be harder than leaving from home.
2. Arriving at home may involve a process known as reverse culture shock.
3. More information about culture shock and reverse culture shock may be found in the Resource Section.

Activities and Calendar

1. Leaving for home can be harder than leaving from home.
2. Arriving at home may involve a process known as reverse culture shock.
3. More information about culture shock and reverse culture shock may be found in the Resource Section.