

Out of My Comfort Zone

3 Step Process: Assess and think things through

Easy 3-step formula to confronting difficulties while during your exchange such as:

(a) Making friends, (b) conflict resolution, (c) safety

1. Identify/Recognize the Issue

- a. Ex: It's February and I still don't feel like I have close friends
- b. Ex: I'm having issues with my host family
- c. Ex: I'm lost

2. Evaluate

- a. Ex: What did(n't) work? What have I tried?
- b. Ex: What problems are arising? Why are these problems arising?
- c. Ex: Where am I? Am I in a safe situation?

3. Brainstorm Resources (ask yourself:)

- a. Ex: Who/Where can I go to in order to get some more ideas/suggestions to change this situation?
- b. Ex: Who/Where can I go to in order to get some more ideas/suggestions to change this situation?
- c. Ex: What do I have with me? What do I know about where I am?

Resources available to you include:

- North Star Rotary Website
- North Star Rotary or Rotex Facebook page
- Country Officer in MN/WI
- Trusted adult in host country ie. Host Family, teacher at school, friend's family in host country
- Host Youth Exchange Officer
- Rotex

Getting Lost Safety Tips

Preparing for arrival in host country

- Have all possible contact numbers of host families, host youth exchange officer, or other individuals responsible for your safe arrival
- Have all possible addresses and contact information
- Memorize and/or write down some key phrases in your host language if you do get lost or something unexpected happens
- Prepare a backup plan if something were to go wrong with whomever is picking you up from the airport

Before and while going out and about in your host country

- Keep primary contact numbers and address separate from your wallet or purse in case of an emergency
- Tell your host family or whomever is currently responsible for you where you are going and who you are with and supply them with contact information
- Update your host family when plans change. Include new names or phone numbers
- Have a friend save important numbers (host family's) in their phone too
- If taxi's are a safe option, have the taxi number in your phone
- Confirm with your host family that you can call them if something were to go wrong
- Have a backup plan not involving your phone

Other tips

- Don't forget about past or future host families as well as friend's families as a resource
- Know how to use a public phone
- Learn the city and public transportation systems
- If your phone doesn't have a GPS, consider carrying a city map around with you, in case you get lost, especially in the early months of the exchange. Maybe mark your host families and school on the map
- Keeping lines of communication open
- Situational awareness