



NORTH STAR ROTARY
YOUTH EXCHANGE
PROGRAM

REBOUND ORIENTATION

6 – 7 August 2011

Welcome Home Rebounds!

The NSR-YEP Class of 2010 - 2011

Whew! Did that year fly by fast, or what??!

It seems like just a few months ago when you, the newly-selected potential Outbounds of the North Star Rotary – Youth Exchange Program - Class of 2010 – 2011, walked trepidatiously into Roseville Area Middle School with your parents for Orientation I. “*What have I gotten myself into?*” was surely on your mind.

In rapid succession came Orientations II & III; meeting the current Inbounds from all over the world; studying some intense language lessons; completing your school year; applying for your visa; exchanging emails with your host family, receiving ticket information in your inbox; perhaps a farewell picnic with your Country Officer; and then, *poof*, the plane door slammed shut and the adventure of a lifetime began.

And now, just like that, it’s over.

Suddenly, you are no longer an Outbound Exchange Student. You aren’t that foreign kid, learning to adapt to a new language and culture. You are back “home”, but now you have two homes and no one seems to fully understand that. Sure, your friends and family are glad to see you, but they really want to see the “old” you, the person they said good-bye to last August. And that person no longer exists.



And Congratulations Parents!

Your courage and support made it all possible

We suspect you are a bit befuddled by this new person living in your house. S/He looks like the child you sent abroad a year ago but there is a whole new independence and confidence in this new and unfamiliar gestalt. And a whole lot of “*I can take care of myself – leave me alone*” attitude going on. “*What the heck is happening here?*” is a question asked by many parents.

Where do we go from here?

Rest assured - the future is bright for us all!

Well, Rebounds and parents alike, we wouldn't leave you hanging, struggling to figure this all out on your own. We have just the cure - Orientation IV, aka Rebound Orientation!

Past participants have told us time and time again how important and rewarding it is to attend this weekend event specifically designed to ease re-entry into the home and culture of origin, as well as help the Rebound assess and plan for his/her future as a newly minted world citizen.

For parents, it is one Saturday morning in August with other Rebound parents, sharing together about their experiences of the past year, and learning how to cope with this current period of familial transition, and perhaps even some turmoil.

For Rebounds, it is an overnight weekend with other Rebounds who are all currently experiencing coming home from a year abroad, and with Rotex, who went through the same process some years ago. These are perhaps the only people who really understand just what is happening. Old friendships shall be renewed and new bonds shall be formed.

Be sure to join us for this, the last stop of your incredible year as a Rotary Exchange Student. We promise you – many more great opportunities lie ahead!



REBOUND ORIENTATION, 6 – 7 August 2011

WHO: Rebounds (recently returned Outbounds who completed their exchange year)
Parents of Rebounds, Rotex (former Rotary Exchange Students)
Local Club Exchange Officers who sponsored one or more Rebound
Country Officers and other NSR – YEP Committee Members

WHAT: Saturday Morning & Lunch: Rebound Orientation for everyone
Saturday Afternoon: Welcome Back Event for Rebounds
Saturday Evening: Dinner Cruise and Celebration for Rebounds,
Exchange Officers, Rotex and NSR - YEP Committee Members
Overnight for Rebounds and Rotex
Sunday Morning: Wrap-up for Rebounds and Rotex

WHEN: Saturday, 6 August 2011
8:30 a.m. Registration & continental breakfast
9:00 a.m. sharp! Program begins
12:30 p.m. Lunch and graduation ceremony
1:30 p.m. Parents' portion concludes
5:45 p.m. Board the Afton Princess, Port of Afton
6:00 p.m. On-board dinner and celebration
8:30 p.m. Return to port
10:00 p.m. Rebound & Rotex bonfire
Sunday, 7 August 2011
8:30 a.m. Breakfast
9:15 a.m. Rebound Wrap-up session
10:30 a.m. Rebounds pack and depart

WHERE: YMCA Camp Saint Croix, 532 County Road F, Hudson, WI, 54016

St. Croix River Cruises by Afton House Inn
Port of Afton – downtown Afton, MN

PREPARATION:

Rebounds: Bring supplies for the event and an overnight stay:

- Cabin camping supplies (sleeping bag, pillow, toiletries, etc.)
- Clothing for any weather (swim suit, rain jacket, sweatshirt, shorts)
- Items from your host country to show off (flag, pictures, traditional goods)
- Your Rotary name-tag, if you still have it
- Your Rotary business cards, if you still have any
- Camera and journal book

Rebounds and Parents: Bring your memories, impressions and experiences of the past year:

- Be prepared to share with others what you've learned from the youth exchange experience.
- Think about the happiest moments: Where they were; who was with you; what made them so special? And also, which were the most difficult?
- Consider the stressful times and the steps you took to work through your stress.
- Ask how the experience compared with your expectations. Suggest how can the program can be improved

**IMPORTANT: Please RSVP no later than
Wednesday, July 27, 2011:**

Please print legibly and all that apply:

Rebound

Name: _____

Home Address: _____

City, State, ZIP: _____

Email: _____

Host City & Country: _____

Sponsor Rotary Club (in USA): _____

Date you returned from abroad: _____

School attending this fall: _____

- Yes, I shall attend Rebound Orientation, August 6 & 7*
- Saturday lunch*
 - Dinner cruise*
 - Overnight*
 - Sunday Breakfast*

- No, I can not make it to Rebound Orientation*

Reason: _____

- Parent 1** *Yes, shall attend through lunch on Saturday*

Name: _____

- Parent 2** *Yes, shall attend through lunch on Saturday*

Name: _____

Please return this form by *Wednesday, July 27, 2011* to:

North Star Youth Exchange
11251 Red Fox Drive
Maple Grove, MN 55369

Fax: 763-550-0619
Voice: 763-553-1604
diane.confer@comcast.net

DIRECTIONS to YMCA Camp Saint Croix (8:30 Registration)

532 County Road F, Hudson, WI, 54016

From the West:

Travel east on I-94 from St. Paul. After crossing the St. Croix River, take Exit #2, Carmichael Road & County Rd F. Turn right (south) on Carmichael Road and follow for 1.5 miles. Camp St. Croix is on the right side shortly after Coulee Road.

From the East:

Travel west on I-94 to Exit 2 (County Rd F & Carmichael Road). Turn left on Carmichael Road and follow for 1.5 miles. Camp St. Croix is on the right side shortly after Coulee Road.

DIRECTIONS to Saint Croix River Cruises in Afton (5:45 Boarding)

Charter Dock Location – Afton, MN, behind the Afton House Inn
3291 St. Croix Tr. S, Afton MN 55001

From the West:

Travel east on I-94 from St. Paul. Take Exit #258, County Road 18. Turn right (south) and follow 4.5 miles. When you arrive in Afton, continue on County Road 21. The Afton House Inn is located 2 blocks ahead on the left side of the road. Parking is behind the Inn.

From Camp Saint Croix (Please carpool!)

Exit the camp and turn left (north) on Carmichael Road. Drive 1.5 miles to the intersection with I-94. Take I-94 West across the St. Croix river into Minnesota to Exit 258. County Road 18. Turn left (south) and follow 4.5 miles. When you arrive in Afton, continue on County Road 21. The Afton House Inn is located 2 blocks ahead on the left side of the road. Parking is behind the Inn.

