



ROTARY INTERNATIONAL

D. 9790

*YOUTH EXCHANGE PROGRAM
2011/2012*

INBOUND STUDENT HANDBOOK

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FOREWARD

Welcome to Australia and welcome to District 9790, south-eastern Australia.

The members of the District Youth Exchange Committee and all Rotarians and their families in the District hope your year with us will be a richly rewarding experience for you and for us.

Together we can all learn a lot and continue to build better international co-operation and understanding.

This guide is designed to give you an introduction to Australia, our District and our administration of the Youth Exchange Program.

ABOUT AUSTRALIA

Australia is a large country - the sixth largest in the world. We are exceeded in size only by Russia, Canada, China, the United States and Brazil, though we are slightly larger than the United States without Alaska.

We are also the only continent in the world occupied by one nation and the only island continent. Our population, though, is small - just over 20 million people of which about 250,000 are indigenous (or Aboriginal) Australians.

We are very much a multicultural society, though the base of our population is British and Irish from our first settlement by the British 215 years ago. Since the end of the Second World War, Australia has welcomed many new settlers from Europe and Asia.

English is the official and universal language, though migrant and aboriginal groups speak their native language in their homes and within their families. Most of the population lives along the east and south-east coasts and near the south-west of the country.

Australia is divided into six states and two mainland territories and the national capital is Canberra.

GEOGRAPHY

Australia is the driest continent in the world. Much of inland Australia is arid with very low rainfall. Much of the states of South Australia and Western Australia and the Northern Territory are desert. In fact, the only state without an arid desert is Tasmania.

The northern parts of Australia are tropical with rain forests and many rivers. The Great Dividing Range extends from north to south inland from the east coast. Few peaks reach higher than 2,200 metres. The nation's highest mountain is Mt. Kosciusko at 2,207 metres located in the Snowy Mountains of southern New South Wales.

Tasmania is quite mountainous with wilderness areas. Occasional mountain ranges rise out of the arid inland deserts.

CLIMATE

Australia has two distinct climatic zones. The north is tropical with a wet season, usually November to April, and a dry season from May to October. In the wet season, it is warm, humid and wet with temperatures up to 40C. In the dry season, it is warm and dry with lower humidity and temperatures in the mid thirties.

In the south, there are four distinct seasons. Summer is from December to February when it is hot and dry with low humidity and temperatures can exceed 40C in some areas. Autumn lasts from March to May with lower temperatures and more rain. Winter from June to August can be wet and cold with some snow on the ranges of south-east Australia and in Tasmania. It can also be wet in many areas. The spring months are from September to November when the temperature begins to rise into the low thirties and there can be some rain.

GOVERNMENT

Australia is a constitutional monarchy and one of only a few nations which has had a continuing democracy for over a century. The head of State is Queen Elizabeth II, Queen of Australia. She is represented in Australia by the Governor-General.

The national Head of Government is the Prime Minister whose party holds the majority of seats in the House of Representatives, the lower of the two houses of Federal Parliament. Each of Australia's six states and two territories has its own government. There are many local government councils across the country.

Voting in Australia is compulsory and all Australians over the age of 18 are expected to vote at federal and state elections.

EDUCATION

As Youth Exchange is primarily an educational experience, you will attend a school near your host Club for the year.

Education in Australia is the responsibility of the State and territory governments. About 70 per cent of Australian school children attend schools run by the State and territory education departments. The remaining 30 per cent of students attend independent schools which charge fees. Many of these schools are supported by a variety of religious denominations. Most schools in Australia are co-educational.

After pre-school, primary school commences for boys and girls when they turn five. In Victoria, primary schools are six years in duration after which secondary school commences with Year 7. Secondary schooling also lasts for six years and most students complete Year 12 (17 - 18 years of age) when they will either go onto university or college or find employment.

Many State education department schools have a school uniform whilst almost all independent schools do.

School hours vary but most schools commence between 8.30 and 9.00 a.m. and finish between 3.00 and 3.30 p.m.

There are four school terms per year in all states and territories except Tasmania which has three. School terms are approximately ten weeks in duration. The school year commences in late January and concludes in mid December.

The visa you have been granted to enter Australia is a student visa which requires your attendance at school. Failure to fulfil the education requirement of the program will mean the termination of your participation and an early return home.

The standard of education you will experience will differ significantly from what you have experienced in your own country. Whether the standard is higher or lower, accept this as a part of the overall experience.

Depending on where you go to school, you may be the only non-English speaking or foreign student in the school. Accept this also as a part of the educational experience. Your personal background will add a great deal to the life of your new school.

HEALTH

Australia's medical and hospital facilities are among the best in the world. If medical treatment is required during your stay you can be assured you will be well looked after.

Should you have a pre-existing medical condition, no matter how minor, it should be stated clearly before you arrive. Any special medication you take should be explained by way of a letter from your Doctor - in English.

A condition of your visa is that you will have taken out health insurance before you arrive. This is what is called Medibank Private Overseas Student Health Cover. Either your sponsor District or Country Coordinator or our (host) District Coordinator will be in contact with you about this. Without it, a visa will not be granted.

Our District has a temperate climate. It can be very hot in summer which can cause severe sunburn unless precautions are taken and it can be cold in winter with resultant health problems especially if you come from warmer climates without a cold winter.

FOOD

Australia has one of the widest ranges of food in the world - all of it readily available and fresh. Fruit and vegetables are always fresh and relatively cheap.

Lamb, beef and chicken is also widely available, cheap and regularly eaten. Fish is also quite plentiful though not eaten as much as the other 'meats'.

Australians have also taken to eating out and in particular the internationally recognised fast food chains are everywhere - except in the smaller country towns.

When eating out, our own Australian cuisine has been described as European with an Asian influence.

CLOTHING

District 9790, being in the southern part of Australia, experiences the full range of weather patterns.

Our summers are warm to hot with temperatures approaching 40C but with low humidity.

Our winters can be cold with maximum temperatures only getting to 6C in some places, colder obviously in the mountains where it snows.

You will need to decide on clothing for all four seasons including some 'heavy' clothing for warmth in the outdoors during winter.

Some past exchange students have been surprised by degree of cold and have purchased extra clothing whilst here. Most of you will probably have enough lightweight clothes sufficient for our warm summers.

MONEY

The Australian currency is the Australian dollar which made up of 100 cents. There are 100, 50, 20, 10 and 5 dollar notes and 2 and 1 dollar coins. There are 50, 20, 10 and 5 cent coins.

Most common credit cards are widely accepted and travellers' cheques can be readily cashed at banks.

You will receive an allowance from your Host Rotary Club who will advise you of the frequency and form of the payment.

Most things in Australia, especially food, are quite cheap. Clothing can tend to be expensive especially if you wanted to purchase internationally recognised items or designer labels.

SHOPPING

Everything you could think of which you may need to buy can be bought in Australia and much of it may be cheaper than your own country. Everything you need for the duration of your stay is readily available: cameras, film, batteries, film processing, Australian styled clothing, audio and video tapes, CDs, CD-ROM's and DVDs.

Australian electric current is 240 volts AC with a unique three pin plug. Do not bring electrical goods with you that do not use this supply without an adapter. Nor should you buy Australian electrical goods to take home that do not use your home electric supply.

YOUR HOST HOME

Your Host Rotary Club will arrange your host families. Many of these will be members of your Host club. Some may be friends of Rotarians or parents of children at your new school.

Australia is a country where there is, in a broad sense, equality in social standards. Whilst there are differences in these standards, there are few Australians who are very wealthy and there are few who live in absolute poverty.

Do not expect to find household servants in the homes of your host families. You will be expected to help in their homes doing such things as making your bed, keeping your room tidy and helping with dishes. Your host family may invite you to prepare a typical meal from your own country. If you can't do this, start learning and practising - now!

TRAVEL

Australia is a great nation of travellers as we have a very high car ownership rate. Our fuel is also relatively cheap - certainly by European standards, it is – but it is becoming increasingly expensive as it is everywhere. In a District such as ours it is not uncommon to attend a sporting event up to 100 kilometres or more from home and then return after it.

Our District straddles the Hume Freeway which runs between Melbourne and Sydney, but beyond this the freeway system is limited and mostly found in the major cities. Otherwise our roads are good. One noticeable difference you will notice is that driving in Australia is on the left hand side of the road in right hand drive vehicles.

But, remember, Rotary exchange students are not able to drive so you will be restricted to being a passenger.

Because of our dependence on the motor car, the public transport system in the District is limited to a few commuter trains and buses joining centres of population and Melbourne. These services may be limited to just one in each direction a day. Some of the larger population centres have a local bus service.

The extent of your travels around the country depends on the generosity of your host families and members of your Host Rotary Club. Do not expect them to take you on long distant travel from their homes unless it is among their family plans to do so.

You will not see all of Australia during your year here. You will have the opportunity to see much of the country, often from the generosity of your host families and their friends, but always look upon travel as a privilege, not a right.

The District organises a ‘safari’ tour of about three weeks in duration which takes place in April. This will take you to the centre of Australia, across to Queensland and the Barrier Reef and along the east coast. This is a bus/camping tour and details and costs will be given to you after your arrival.

For those arriving in January, you will be advised and contact made before you depart from your home country about such things as cost and itinerary.

PARENTAL VISITS

Years of experience in Youth Exchange says that visits by parents to their children overseas should not occur. These visits can be disruptive to the student, both emotionally and in terms of their education, as well as disruptive to the Host Club and to the host families.

Whilst not denying the opportunities of parents to visit their children, such visits should be left to the last few months of the exchange and should, ideally, coincide with a school vacation.

DISTRICT 9790

Our Rotary District consists of a large wedge of Victoria north and east of Melbourne, and southern New South Wales. It stretches from the northern suburbs of Melbourne and extends east and west of the Hume Freeway into the southern most parts of New South Wales.

There are 60 clubs in the District with about 1820 members. The largest population centre outside Melbourne is the Albury/Wodonga area on the New South Wales/Victoria border (population 50,000).

Other large regional centres are Shepparton, Wangaratta and Benalla. There are a number of 'dormitory' suburbs on the outskirts of Melbourne including Sunbury to the north west and Eltham to the north east.

The agricultural output of the District occurs mainly north of the Great Dividing Range and is largely dictated by irrigation from the Goulburn River system. The main primary industries are beef and sheep production, dairying, fruit growing, horticulture and wine.

Many secondary industries support these industries in the large regional cities and country towns. The District has a major tourism industry as nearly all of Victoria's snow fields are located within its boundaries and the summer months sees water sports on inland lakes and rivers.

For those of you who arrive at Melbourne Airport, and most of you will, you will have arrived at the southern boundary of District 9790. The oldest Rotary Club in the District is the Rotary Club of Albury chartered on 2nd November 1927.

SOCIAL LIFE

For young people exchanging in District 9790, the range of social activities will depend on where they live.

The larger regional centres have the full range of music concerts, discos and dance parties, and films.

In smaller centres, they may not be as readily or often available. Your school may be involved in presenting musical, theatre or film opportunities.

Much of the social life of some District towns centres on the local sporting clubs in both summer and winter.

And, of course, your Host Rotary Club will be busy in your community occasionally with social activities.

IF IT IS TO BE, IT IS UP TO ME!

You will be made very welcome in your Host club and in the District. But in the end, it is up to you.

You will undoubtedly find life very different from your home country. Some of it may be very different. You may have come from a very large city and end up living in a community very much smaller than that to which you are accustomed. You may not like some of your new experiences.

But that is a part of the attraction of being an exchange student - being able to adapt to a new environment and being able to meet new challenges. Your school may be more restrictive than the one you have come from. Adjust and learn to live with it. Experience the way we Australians live. There will also, undoubtedly, be the many things that you thoroughly enjoy.

How much you enjoy in your year of exchange is entirely up to you. Begin with an open mind. Arrive knowing your life is about to change. We hope you arrive safely, expecting new things and new experiences. This is Australia and things WILL be different, maybe very different.

Be diplomatic. Never criticise your host country and say things in your country are better - just tell people how it is different and don't be judgmental. What you do and what you say will ultimately determine the success or otherwise of the exchange and whether your Host Club wishes to be involved again.

Above all else remember the young person at home who would also like the opportunity to be an exchange student - the same wonderful experience you are about to begin.

OUR RULES, ROTARY'S RULES

In the Application Form you completed and signed and in your own orientation program, you will have become aware of the rules of Rotary's Youth Exchange Program. So that we as a District and you as an exchange student are on 'common ground', here are our District rules and Rotary's rules of participation in student exchange:

1. Exchange students must attend secondary school during the year of exchange as assigned by the Host Rotary Club. The student is expected to participate in all activities of his or her school unless excused by the host Club.
2. All exchange students must carry a sickness, health, accident and liability policy. A visa will not be issued by Australian government authorities without evidence of such a policy.
3. The student will be under the hosting District's authority while he or she is a Rotary exchange student. If a student has relatives in a host country or district, they will have no authority over him or her while a participant in the Youth Exchange Program.
4. Travel is permitted with host parents or on Rotary or school authorised functions with appropriate adult supervision. All other travel outside the District must be approved by the host District, host Club, host family and student's natural parents, in writing. Students may not travel alone or accompanied by only by other students. A separate travel policy and guidelines is included in this booklet.
5. The student is required to return home at the end of the exchange by the most direct route approved by the sending District.
6. Students should hold an Emergency Fund of approximately AUD \$500 in a bank account in their host location. This is an emergency fund and must be replenished by the natural parents as it is depleted. This amount is not meant to cover day to day expenses. The money should be deposited in the name of the students and can only be withdrawn with the signatures of both the student and the host Club Counsellor. Unused funds shall be returned to the student at the end of the exchange.
7. Students will be paid a monthly allowance of about AUD \$120 - \$140 by their host Rotary Club. This is meant to cover some of the student's day to day expenses.
8. The student is to become an integral member of the host family, assuming duties and responsibilities normal to a student his or her age and the children of the host family. The student is obliged to learn the language of the host country [in this case, English] and any costs associated with learning the language are to be borne by the student and/or his or her parents.

9. The student should choose friends slowly and wisely, trusting hosts to aid in developing a respectable circle of friends.
10. The hosts are responsible for the student socially, spiritually and physically. The student should respect their wishes and requests. The student's home society may be more formal or informal than the host society, and guidance and restrictions are advisable and differences should be respected.
11. Students are to obey the laws of the host country. If found guilty of violation of any law of the host country, students can expect the exchange to be terminated and the student returned home immediately at a cost to be borne by the student's parents.
12. Students are not permitted to possess or use drugs other than those prescribed by a physician.
13. The student is not permitted to operate a motorised vehicle of any kind and regardless of whether the student possesses a licence to drive or operate such a vehicle. This includes automobiles, motorcycles, tractors, boats, snowmobiles, jet skis or any other form of motorised vehicle.
14. The illegal drinking of alcohol is expressly forbidden. Students who are of legal age [District 9790 is unlikely to have students who fit into this age] should refrain. The consumption of alcohol should be restricted to those occasions under Rotary supervision, such as with a host family.
15. Smoking is discouraged. Students are expected to abide by the laws of the host country and the rules of the host family which may not permit smoking. The legal age for purchasing tobacco products and smoking in Victoria is 18.
16. Students should avoid romantic attachments or serious romantic involvement.
17. Students will be required to attend some Rotary sponsored events. These will take priority over all other events.
18. If you are offered an opportunity to go on a trip or to attend an event, make sure you understand any costs you must pay and what your responsibilities are before you go. District 9790 By Laws do not allow an exchange student to travel outside Australia during the period of the exchange.
19. Use of the host parent's telephone / internet is a privilege and should not be abused. The student should keep a record of all long distance telephone calls made and reimburse the host parents for the calls made.
20. Visits by your parents/guardians, relatives and/or friends while you are a part of the exchange are discouraged. Such visits may take place with the approval of the host Rotary

Club and host District and should be confined to the last few months of the exchange and should coincide with school breaks.

Remember in completing and signing the Application Form, you agree to abide by the rules. The worst penalty for a breach of these rules is to be sent home - and, in doing so, jeopardise the opportunity for someone else to participate in the program.

D 9790 YOUTH EXCHANGE PROGRAM TRAVEL POLICY

All inbound students to District 9790 and their Host Clubs are required to adhere to and implement the following *travel policy*. The policy is divided into the following sections:

1. travel within District 9790;
2. travel to 'neighbouring areas' including Melbourne;
3. overnight travel outside the District;
4. school excursions;
5. travel outside Australia;
6. the District 'Rock-to-Reef' walkabout

As youth exchange is first and foremost an educational exchange, any travel undertaken by an Inbound student can be undertaken during school holiday periods, weekends and public holidays. When a student applies for travel outside these periods and any absence from school will occur, the student must begin with the approval of the Host School principal to be absent from school.

1. **Travel within District 9790**

Day trips: Any local area travel within the District may be taken at any time with the approval of the host parents.

Overnight trips: Any travel within the District involving an overnight stay must be approved by the host parents. The name and contact details of the host for the overnight stay must be completed by the student and verified or checked by the host parents.

2. **Travel to 'neighbouring areas' including Melbourne**

Day trips: Students in District 9790 may make travel to neighbouring areas including Melbourne with the approval of Host parents. Such travel may be undertaken independently using public transport or with an approved individual using private means of transport.

Overnight trips: Any travel to 'neighbouring areas' involving an overnight stay must be approved by the host parents *and* the Club Counsellor. 'Neighbouring areas' include places such as Echuca, Bendigo, Canberra and the Snowy Mountains and Melbourne. The name and contact details of the host for the overnight stay must be completed by the student, verified by the host parents and notified to the Club Counsellor.

3. **Overnight travel outside District 9790**

Any travel requiring an overnight stay or longer outside D 9790 (except that referred to in 2 above) must be approved by:

- host parents
- Club Counsellor
- District Youth Exchange Committee (Country Coordinator or Chairman)

In all instances of such travel, a detailed itinerary must be submitted with the travel request including contact details for the duration of the period you will be travelling. Travel under this section shall apply in such instances as holiday periods with host families or other Rotarians – e.g. travel interstate or to holiday destinations. Travel with

families other than Rotary families should also have the approval of the student's natural parents. Unaccompanied and independent travel is not permitted.

4. **School excursions**

Formal curriculum based school excursions, including those involving an overnight stay, may be undertaken with the approval of host parents. Students should notify their Club Counsellors if they are participating in school excursions involving an overnight stay or longer.

5. **Travel outside Australia**

Under the District by laws travel by exchange students from District 9790 outside the Commonwealth of Australia is not permitted.

6. **Outback Safari / Capital city Safari**

During the course of your exchange, a three week Outback Safari experience will be held. This will partly be in school holiday time and partly in school term time. There will also be a 5 day Capital City Safari. Students are not required to seek permission to participate in this although students are expected to notify their host parents of its happening, leaving them with an itinerary, as well as notifying their Club Counsellor and school. Students will be required to complete a permission form which includes the approval of their natural parents.

General:

All requests for travel must be made **well in advance** of the planned travel happening.

Seek permission from your Host Club before making plans – **official Rotary events take precedence over other travel plans.**

If in doubt, ask for clarification.

Adopted by the D 9790 Youth Exchange Committee November 2005

FIRST NIGHT WITH YOUR HOST FAMILY QUESTIONNAIRE

1. What do I call you? Mum, Dad or use of first names?
2. What am I expected to do in and about the house **daily** other than:
 - ✓ Make by bed
 - ✓ Keep my room tidy
 - ✓ Cleaning the bathroom after use?

Bedroom

3. Do I need to purchase any coat hangers or are there enough for my use?
4. Where do I clean my shoes?
5. Am I permitted to put up pictures, posters etc. in my bedroom? If so, how and are there any restrictions on what I may put up?
6. May I rearrange my bedroom?
7. Where can I store my suitcases etc.?
8. Will this be a personal space which I can call my own?

Bathroom

9. What is the most convenient time for me to use the shower/bath?
10. Where may I keep my personal bathroom toiletries?
11. May I use the family soap, shampoo, toothpaste etc.?

Meals/Kitchen

12. What are the meal times?
13. What can I do to assist at meal times:
 - Set the table?
 - Clean away after the meal?
 - Help with the washing up?
 - Pack the dishwasher?
 - Dry the dishes?
 - Put away the dishes?
 - Empty the garbage bin?
14. At other times, may I help myself to food and drink (non-alcoholic) at any time?
15. Is it permissible for me to join you in having a wine or drink at dinner with you?
16. What are the arrangements for lunch at school?
If I take my lunch, do I make it or do you?
If I buy lunch, who pays?
17. If the student has any special dietary requirements, they should be mentioned now.

Laundry/washing/cleaning

18. What do I do with my dirty clothes until washing?
19. Should I wash my own underwear?
20. Do I need to do my own ironing?
21. May I use the washing machine or iron at any time and do I need to ask first?
22. Do you wish me to clean my room / change bed linen? When is convenient?

Household rules/lifestyle

23. Are there any areas of the house strictly private e.g. bar, office/study?
24. Is it permissible for me to use any household tools/equipment e.g. sewing machine, workshop tools?
25. What are your rules for me about alcohol?
26. What times do I need to be out of bed
 - on school mornings?
 - on weekends?
 - during holidays?
27. What time is bedtime and “lights out”?
28. What are the rules for me going out at night?
 - during the week?
 - during the weekend?
29. What time should I be home at night? (special occasions by special arrangements)
30. How often may I go out during the week?
Should I phone if I am going to be late home?
If so, after how long - 10, 15, 20 minutes?
31. May I have friends visit during the day? To stay overnight?
(Opposite sex should not visit if host parents are not present).
32. May I use the TV and sound system at any time?
How loud should the sound system be?

Telephone, internet and mail

33. What are the rules about the use of the telephone?
Must I ask first to use the telephone?
34. What are the rules regarding the making of local calls?
35. What are the rules for the making of overseas calls?
Should I keep a log of the calls made?
[A student should pay for all overseas calls made]
36. What are the rules about the use of the computer and internet?
37. Do you have Skype, or unlimited download time?
38. What is the procedure for mailing letters?
39. What address do I use for my incoming mail?

Schools and Transport

- 40. What is the method by which I get to and from school?
- 41. What forms of public transport are available to me?

Likes and Dislikes

- 42. Do you, as Host Parents, have any dislikes e.g. chewing gum, inappropriate dress at meal times, music being played too loudly?
- 43. Is there anything you would like me NOT to do?
- 44. What likes and dislikes do my host brothers/sisters have?

Family

- 45. What dates are the birthdays of my Host Parents and my Host brothers and sisters?
- 46. If we go out as a family, who pays such things as entrance fees, tickets, meals etc.?
- [47. - if applicable - Please tell me how to interact with the house servants?]
- 48. Is there anything else you would like me to know?

WELCOME TO D. 9790

Grievance Procedure for Youth Exchange Students

Aims of a Grievance Procedure:

- That Rotary youth exchange students, their parents and/or guardians know they have the same rights to fair and equitable access to a grievance procedure process as local students and their parents
- That the District Youth Exchange Chair has the general responsibility for the efficient organisation, management and administration of the exchange program
- That the exchange students know where their complaints, problems or grievances should be directed and that an attempt will be made to resolve the issue when it is first raised
- That where a resolution cannot be reached the first time the student knows the next level to seek a resolution until such time as it is reached
- That Host families, Club Counsellors, District Youth Exchange officials and School principals are aware of the first contact person should a conflict or grievance arise in the home or the School and the next level should it become necessary.

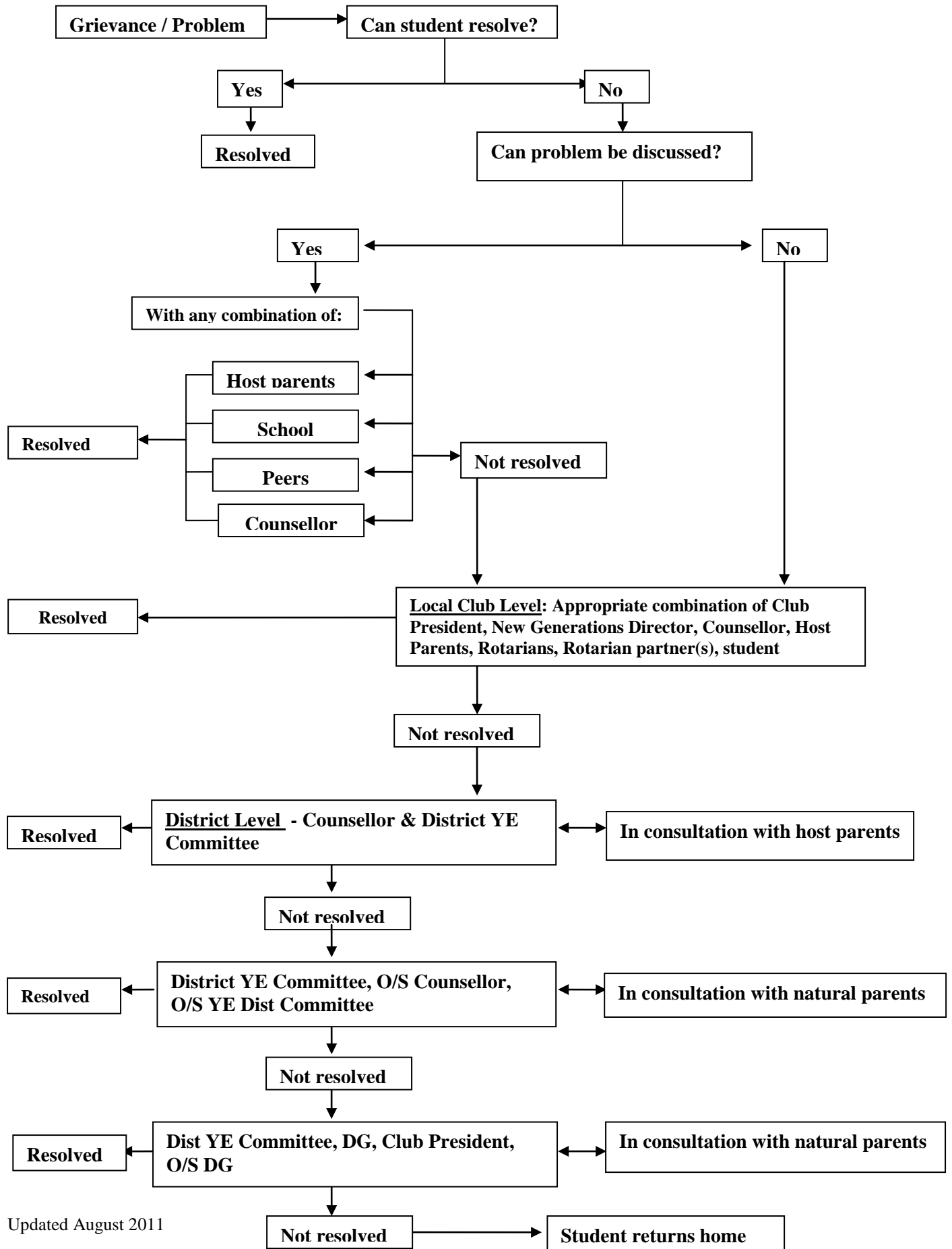
Formulating a Grievance Policy:

1. As a basis for settlement of a grievance or problem, refer to the *Grievance Procedure Flow Chart*
2. The student shall have the right to a fair and equitable access to a grievance procedure
3. Categories of grievances include, but are not restricted to:
 - Financial
 - Professional standards of care
 - Discrimination
 - Abuse and harassment (note: sexual abuse and harassment have strict protocols which must be followed)
 - Misconduct
4. Procedures as to whom to address the complaint or seek a resolution to a problem or grievance, e.g.
 - Host family
 - Rotary Club Counsellor or YEO
 - School principal or other relevant school official or Coordinator
 - Rotary District YE Country Coordinator or Chair
5. Grievances and/or problems should be resolved locally wherever possible

6. Procedures for the resolution of a grievance should include, where necessary:
- Meeting (including access to translation and/or interpreter services)
 - Investigation
 - Referral to appropriate individual
 - Conciliation / arbitration
 - Resolution
 - Communication and explanation of decision and acknowledgement of outcome
7. Who is ultimately responsible for resolving the conflict.

Refer to the *Grievance Procedure Flow Chart* which follows

GRIEVANCE PROCEDURE FLOW CHART



D 9790 INBOUND STUDENT HELP CONTACT LIST 2011 - 2012

District Youth Exchange Chairman: Graeme Budd (Joy) [03] 5762 4202
0429 624 202

District Youth Exchange Secretary: Margaret Brown (Graham) [02] 6032 7345
0427 689 429

Inbound Country Coordinator (D 9790 YE Committee)

Host Club Counsellor: _____

Host Club President: _____

Host Families

1. _____

2. _____

3. _____

4. _____

Host School Counsellor/Welfare Officer/Year Coordinator

Other Local Community Contact (non Rotarian):

Local Doctor: _____

Local Hospital: _____

Police/Fire/Ambulance (Emergency - life threatening or time critical) 000

Police - Victoria (Sexual Offences and Child Abuse Unit) [03] 5735 0239
- NSW [02] _____

Support Services (Advice and Assistance)

Abuse and/or Assault

Advocates for Survivors of Child Abuse	1300 657 380 www.asca.org.au
Child Abuse Prevention Service [24]	1800 688 009 www.childabuseprevention.com.au
Goulburn Valley Centre Against Sexual Assault [24]	[03] 5831 2343 1800 112 343
Upper Murray Centre Against Sexual Assault [24]	1800 806 292

Counselling and/or Personal Emergency

Beyondblue (depression prevention and help)	1300 224 636 www.beyondblue.org.au
Kids Help Line [24]	1800 55 1800 www.kidshelp.com.au
Lifeline [24]	13 11 14
Reconnexion (treating panic, anxiety, and depression)	1300 273 266 www.reconnexion.org.au
Suicide Helpline [24]	1300 651 251 www.suicidehelpline.org.au
Teen Challenge Careline (youth suicide prevention)	1300 889 288 www.tc.asn.au

Drug and Alcohol

DirectLine (Alcohol and Drug) [24]	1800 888 236
Family Drug Help [24]	1300 660 068 www.familydrughelp.com.au
Quitline (Smoking)	13 7848 www.quit.org.au

[24] = organizations or support services with 24 hour assistance

Notes