

PRE-DEPARTURE & POST-ARRIVAL RULES REVIEW FOR STUDENTS & PARENTS

Both READ, DISCUSS, & INITIAL each box. Return one copy to your Representative. Keep one.

Exchange Student _____ Date _____

To improve results we must learn from others' past mistakes. People remember the bad longer than the good. "Mistakes" by you make it more difficult for your siblings, cousins and friends who wish to follow after you. For this reason the following guidelines and others that you have signed will be enforced. Some violations may even result in early dismissal from the program on the first offense. Excuses offered by students or parents that they did not know the rule or claiming that their representative said something different will not be considered.

1. Speaking Your language in public: Speaking a language that can't be understood by those nearby, who can hear your voice is rude, especially in school buses, hallways, classrooms, cafeterias, athletic events, field trips, visiting homes, etc. We think you are speaking badly about us and have a secret, even if you don't. If you want to have a secret, do it privately. Students who won't abide by this rule will be asked to end all contact with home-speaking friends. You should only speak your language on the phone with your family or counselor.

X _____ X _____

2. Personal Contact With Other Exchange Students: should be limited to incidental association via school activities, PEACE orientation meetings and field trips, or shared host family activity. Frequent IM, TM, Facebook, Skype, e-mail, texting, telephone, chat, or overnight visits between you and other exchange students is **forbidden**. Cell phones are forbidden except to borrow the host's for security until you think in English, should only be prepaid, and are always forbidden in schools. Laptops are banned in your bedroom. They must be used in a public area in plain view. Travel to visit friends or relatives living in the United States is not allowed during your stay with your new family. You're coming here to build American friendships not to maintain old friendships.

X _____ X _____

3. Visits to or from Parents, Relatives or Other Family Friends: in mid-year are forbidden unless an invitation has come from the host family for a special occasion. It is a financial burden to host an exchange student. Do not put the family in an embarrassing position because it is difficult to say no when pressed. Such visits, if approved, must include both families together and not separate a student from his hosts. Parents may not take their child away from the host family for Christmas, weddings, anniversaries, birthdays or any other events. This prohibition applies to other relatives of the student who may live in the host country. We prefer parental visits to be the last month of the year, since mid-year visits can cause homesickness. Also, do not make plans for "cousins" or boy/girl friends to just happen to be nearby "vacationing". A visit from either is forbidden at all times because this disrupts the bond between you and your American friends and family.

X _____ X _____

4. Parental Escorts: Being an exchange student means becoming self-sufficient. This begins when you get on the plane. Parents are asked not to escort their child to the U.S. It is sometimes embarrassing to the host who feels like they are under a magnifying glass, if you personally deliver your child to their home. Airlines offer you personal escort service for a nominal charge to assist children traveling alone to change planes en route.

X _____ X _____

5. Lending or Borrowing Money is absolutely forbidden. If you don't have money, don't ask for a loan. Don't give one either. You must budget your money. If we find out you put large purchases on your host's credit card we will send you home. Keep an extra \$50 in your wallet for emergencies plus 50 cents for a pay phone or purchase an inexpensive cell with 300 prepaid minutes like Net-10. Do not buy a monthly plan to use socially. Make all long distance phone calls with phone cards. Don't leave your hosts with charges to recover from you. **Bank Accounts** must only have your name on, not your hosts. Do not let anyone else use your ATM card.

X _____ X _____

6. Spending Money carelessly is offensive to middle class people. Many of you are richer than your hosts. If you buy \$100 Rayban sunglasses, when they can only afford a \$10 pair, you'll be seen as wasteful. America is full of bargains. Brand-name products aren't always the best buy. Follow the lead of your hosts, *at least when shopping with them*. They'll be happy to show you how to get more value for your parents' hard-earned money.

X _____ X _____

7. Punctuality is expected in North America; it begins with planning to get here. Nothing is more frustrating than to plead with hundreds of people to get you a host family and school, rush your travel documents, and then find out that you're not ready to go. Don't be late for school because you've gone on a last-minute vacation, or you haven't yet gone to the bank to get money.

X _____ X _____

8. Appearance: Extreme styles forbidden: No tattoos or body piercing. Males: no ponytails, long hair, beards, moustaches, or earrings. Girls: no provocative (too short or tight) clothing, especially in church or school.

X _____ X _____

9. Smoking & Drinking may not be seen as a problem in your society but it is in the U.S. If you smoke, quit now, because you will be found out later. It impairs athletic performance. It is banned in most public building for the offensive smell and fire hazard. It is illegal under age 18. So is alcohol. Americans take laws seriously. We put drunk drivers in jail for endangering other highway users. Some teenagers defy these laws; but adults and respectable teens will judge you badly if you are seen practicing these vices, and we may send you home. USA students abroad also may not smoke or drink alcoholic beverages except at parentally chaperoned events.

X _____ X _____

10. Sexual promiscuity, pornography, illegal drug use, fighting, or shoplifting may be seen as "fun" by some teenagers; but you must avoid anyone who either invites or dares you to do these things. Students accused of violations may be subject to search of their person, property, room, or school locker, to medical testing, or to psychiatric evaluation, as deemed appropriate by the authorities. Most eventually get caught. Jail, fines, dismissal from the program and disgrace of family and country may be the consequences.

X _____ X _____

11. Gossiping About your Host Family will leave harmful scars in the community long after you are gone. Do not speak to school counselors, teachers, classmates, or neighbors about problems within the host home. Call your PEACE representative or counselor.

X _____ X _____

12. Driving is a risk and insurance expense that we don't allow. If a parent buys you a car other students will soon learn of it and become jealous. We know you love driving, but all must abide by the same restrictions.

X _____ X _____

13. Travel We must say no to you traveling to far away cities without a PEACE-approved adult (over age 30) chaperone such as your host parents, their relatives, neighbors, teachers, church groups or your PEACE rep - even if you are 18! Even if your natural parents would approve it and buy you a plane ticket, we will deny you permission to travel away alone or with only young companions or with young drivers, except in your host town. **This includes requests to visit relatives or family friends by public transportation like buses & trains.**

X _____ X _____

14. Letters & Phone Calls From Home are distracting. Too many prevent you from being assimilated into the host culture. Keep written contact to an *exchange* of news. Parents should limit phone, Skype, e-mail or chat to twice a month. If more often they are still "parenting". Friends should be limited to the same. All contact should be limited to 1 day a week, 2 hrs total. Ask friends and family to not call after 10pm where you are living.

X _____ X _____

15. Dating: Going steady or even single dating is prohibited. Students must only double date or be in groups.

X _____ X _____

16. Mid-Year Visits or Early Returns Home are forbidden. You may not go home earlier than June. It is an insult to your host school and family to not complete the school term. Cold weather necessitates host families postponing trips for your benefit until late spring and early summer. Please don't disappoint them. You have celebrated birthdays and anniversaries with your family at home before and will do so again; so don't use these as excuses to go home early. Families who are planning weddings should schedule them in summer if it is important for you to be there. A medical emergency or death of an immediate family member (mom, dad, bro, sis) is the only excuse to visit home. - NO EXCEPTIONS

X _____ X _____

17. If you have College entrance exams to take before June 15 then make the exam before you come here. Most of your universities hold these exams during summer, so don't use it as an excuse to leave early. That will create anxiety for your hosts. We won't allow early departure without a schedule of exams and a letter from your university requiring your presence.

X _____ X _____

18. Academic Effort is expected at all times. No one will criticize you if they see you are truly trying, even if you fail. But, if we get complaints from the school that you are not trying and don't seem to care because you have already graduated and don't need the credit, you will be put on academic probation and suspended from all extracurricular activities. A letter will go to your parents. Cheating on tests will get you thrown out of school and sent home early. See sample school policy.

X _____ X _____

19. Academic Requirements are to take classes in our language and history (or government) and to take advanced classes in your language to help our students.

X _____ X _____

20. Academic transcript certification is not PEACE's job. If you need legalized records for your home department of education ask your host school for a transcript and tell them that it must be notarized. Instructions are in the back of your orientation manual and in the spring newsletter. This task is your responsibility.

X _____ X _____

21. The Bus Trip is a privilege, not a right. By March 31, students failing any class, or near failing in most subjects, or on probation for bad conduct won't go.

X _____ X _____

22. Problem Resolution: Students and their hosts will differ some in standards of living, housing, family composition, education, personal manners, & customs. Our investigations of host families' lifestyles cannot be perfect, as one can't know people well until living with them. As the cross-cultural exchange, by its nature, can be stressful, the exchange student must be prepared to expect some periodic anxiety. While some problems will require relocation, we cannot guarantee that the best resolution will always be equal to a student's desire. The majority should be fixable with counseling if you allow the program a reasonable time to investigate and resolve the issue. **BUT**, PEACE cannot be held responsible for failing to address issues that are not brought to the organization's attention in a timely manner; **Students must promptly call PEACE to alert of any discomfort felt, irregularity perceived, or if feeling threatened.**

X _____ X _____

23. Authority of PEACE: A few students and parents have challenged PEACE's authority over their child when they disagreed over the consequences for breaking laws, rules of PEACE, the host family, or school. The U.S. Embassy will verify that the designated sponsoring agency has sole authority (not the host family, school, or even natural parents) to decide if, where, how, and when a student acts and remains in this country with a J-1 Visa. When the organization decides the termination date, the student must return by that date. Changing to a different visa status requires first, returning to your home country and then, reapplying. The J-1 Visa cannot be renewed or extended for any reason. This is the law.

X _____ X _____

24. Eating disorder: If a student is diagnosed by a U.S. physician for an eating disorder or depression during her program, the student will be returned home immediately unless compelling reasons are agreed upon by all for their retention and counseling.

X _____ X _____

25. Age of Majority: If you turn 18 while in the program you do not become an emancipated adult free to do as you wish or to come and go as you like. You are restricted like a minor while in the program by your signature on this contract.

X _____ X _____

26. You are an Ambassador of Your Country. Any words, actions, or attitudes of indifference that injures American families, schoolmates, or teachers will be taken as a bad sign and leave bad feelings for years to come. Some felt that they were used for a cheap education in English and quickly forgotten when the year was over. Most host families go out of their way more than students appreciate at the time. They enter into this seeking to make an emotional bond for life with a new family member. They are not renting a room to a boarder. We hope no one will treat them that way. If you are not fully committed to the good-will mission of international student exchange and are not willing to abide by the above rules, please tell us now and we will gladly cancel your program.

X _____ X _____

Immediately upon your arrival all students must do the following:

27. U.S. Immigration requires you to telephone **PEACE World Headquarters at 1-800-377-2232** (a free call in the U.S.) to report your arrival. If you miss a plane connection en route use the same number to report your delay. To reach the **Directors, Mr. or Mrs. Page**, dial **1-570-277-6623**. *Alert: The above numbers are on your student I.D. card.* (Dial the "1-" only in the USA)

X _____ X _____

28. Ask your host family to assist you to photocopy your passport picture and visa, your I-94 card (attached to your passport in U.S. customs when entering the country) and DS-2019 or I-20. Send the above items **and** if you have a paper ticket (not electronic) send the original return air ticket (not a copy) to **PEACE, Inc, 40 Water St., New Philadelphia, PA 17959. Make a copy for yourself before mailing anything. Keep copies of all documents in a separate place as originals.**

X _____ X _____

29. The United States Government requires us to control your air travel. Student exchange regulations forbid coming with only a one-way ticket or an excursion ticket that will expire before the program completion date. PEACE must be able to show the U.S. State Department proof of your return ticket in our files, on demand at any time. A Student visa is a privilege, not a right. **U.S. Immigration may cancel your visa** and return you to your home immediately for failure to obey their rules.

X _____ X _____

30. In past years some students left host families with their debts at the end of the year, especially if they changed host families or were sent home early. Host parents expect us to solve this problem for them, so we are asking you to help by giving them an envelope with \$100 cash and a letter inside from your parents to your host parents. THE LETTER SHOULD SAY,
"Please hold this money as security while my child is in your home to offset any bills owed to you such as for long-distance telephone calls, doctors, or to pay the airline to ship extra luggage or packages to our home. Please return the balance, when all debts are paid - if possible, before my child's departure from your house. Thank you."

X _____ X _____

I/ We have read the above pages and agree to them entirely. If we find a discrepancy between a rule published in one place and revised in another we will bring it to the director's attention and accept the revised explanation.

X _____

I, PEACE Representative, _____ have reviewed each point at an orientation with the above _____ on this date