

SACRED HEART NETWORK EXCHANGE PROGRAM

EXPECTATIONS FOR EXCHANGE STUDENTS

While you are on your international exchange, you will be representing your country, your family, your school and yourself. You are involved in the exchange program because your school believes that you will be an excellent ambassador. You will use your many skills to develop your relationship with your host student and her/his family. It is hoped that during your time at Sacré Cœur that you will develop personal qualities, group skills and cultural awareness. Below is a general list of expectations. Please read them carefully and sign at the bottom. Turn this form in with your completed application.

LIVING WITH THE HOST FAMILY

1. Exchange students are expected to accept the rules and discipline of the host parents. They should be flexible and adaptable, making every effort to fit in with the daily life of the family and doing whatever is asked of them.
2. Exchange students should not expect special food, but should eat the family's normal meals. Any special dietary requirements need to be arranged with the host family before the commencement of the exchange.
3. Exchange students should take sufficient pocket money to pay for souvenirs or occasional outings with friends.
4. Exchange students should not expect to use their host family's telephone to call home unless they have arranged for reverse charges.
5. Exchange students should be immersed in their host family life, and should minimize cell phone/social media use in order to be fully engaged with their surroundings.
6. When the host sister or brother has homework to do, has a sporting commitment or goes to his/her part-time job, the exchange student must have some activities to do by him or herself or must be prepared to join in with other family activities.
7. If after making every effort to adapt to the host family, the exchange student is genuinely unhappy, every effort will be made to find another host family. If this is not possible, the exchange may have to be cut short.
8. If there is a request for a change of family, the host school may reserve the right to make a decision as to whether the exchange is to proceed at all.
9. The exchange program is continuous time with the host family and school. If you choose to leave the program for personal travel, you are not allowed to resume participation in the program. If an exchange student wishes to travel privately while he or she is away, such travel should take place either before or after the completion of the exchange.
10. **Exchange students are not permitted to smoke, take non-prescribed drugs, drink alcohol or drive cars.**

WHILE AT SCHOOL

1. Exchange students are expected to abide by the rules and accept the discipline of the host school.
2. Exchange students are expected to wear their school uniform while on exchange and to observe the host school's rules about hair, makeup and jewelry. Exchange students are expected to dress neatly at all times and to take clothes suitable for excursions as well as more formal occasions. If you do not normally wear a school uniform, your host student will organize a uniform to borrow.
3. When you join a school without uniform you must respect its dress code (please ask your host family for this information).
4. Exchange students are expected to be at school on time, to attend classes regularly, to observe the standards of conduct, and to contribute positively to all activities.
5. Full participation in all aspects of school life, including extra curricular activities is encouraged.
6. Development of friendships with a wide variety of students is encouraged.

INFORMATION AND GUIDELINES FOR PARENTS & GUARDIANS

FOR YOUR CHILD'S TRAVEL

1. It is imperative that you complete all of the medical forms before your child travels. In the case of a medical emergency, every effort will be made to contact you prior to the administration of treatment.
2. You are responsible for the travel arrangements of your child (airfare, train, etc). **You can't purchase the ticket before having the agreement of your school and the host family.**
3. You must purchase travel and health insurance for the period of the exchange.
4. You must comply with government requirements for travel, such as up-to-date passports and necessary visas.
5. As the exchange is reciprocal, no school fees are payable to the host school. You will continue to pay fees to your own school.
6. Host families will be at the airport or at the train station to greet and welcome your son or daughter and they will also farewell her on his/her return trip.
7. You are responsible to complete the Sacred Heart medical, authorisations and indemnity forms and complete them electronically. These will be provided upon acceptance.

WHILE HOSTING AN EXCHANGE STUDENT

1. The host family is the temporary legal guardian of the visiting student.
2. Host parents honor the responsibility to take care of the exchange student's physical, emotional, and educational needs which include providing all meals, supervision of school and leisure activities, and support as if the student was your own child. The family will provide safe transportation to school and home and from any extra-curricular activities. The family will ensure the well being of the exchange student, making her/him feel like a member of the family with regard to expectations, rules, consequences and proper chaperoning.

PARENT/GUARDIAN #1 SIGNATURE:

DATE:

PARENT/GUARDIAN #2 SIGNATURE:

DATE:

STUDENT SIGNATURE:

DATE: