



## Rules for RI's Youth Exchange Program in Multi-District Norway District 2250, 2260, 2275, 2290, 2305, 2310

*Note: A signed copy of this form must be returned to the National Chairman (MDYEO) Bente Akre, within 2 weeks.*

*Please sign and scan this document and send it by e-mail to [bente@akre-midtsund.no](mailto:bente@akre-midtsund.no)*

*Please read very carefully – for your own safety and for a most successful exchange year.*

1. All Rotary Exchange students must obey Norwegian law and the Rotary rules and regulations. Any violation of these will unfortunately result in immediate return home.
2. It is compulsory for the student to attend secondary high school during the year of exchange.
3. The student must have a one-year temporary life insurance policy for the year in Norway. This policy must be approved by Rotary in the student home country and be arranged prior to the student's departure for Norway.
4. The youth Exchange Program is not a tourist vacation! It is a year to learn about Norwegian everyday life and culture. Travelling can only be undertaken in the company of host family, Rotary approved families or Rotary approved friends. Exchange students are not allowed to travel alone or in the company of other exchange students **UNLESS** careful planning is done in advance and in cooperation with counsellor and district chairman (DYEO). Any travelling must first be approved by host family and counsellor.
5. The student must be motivated and make effort to learn Norwegian language.
6. Inter-Rail, Hitch-Hiking and Back-packing is not allowed.  
**Shortly said: Do not waste time and money in arranging private tours!**
7. Student may not phone or write directly to another Rotary club and ask to be hosted while on a tour or trip.
8. The student is not allowed to invite other exchange students or friends to stay at their host family without having the host parents' permission in advance.
9. Rotary Exchange students are not allowed to drive any motorized vehicle. This restriction also includes such activities as hang-gliding, parachuting and sailplanes. In order to be allowed to be a passenger aboard a light aircraft, the student must bring a written permit from their biological parents/legal guardians.  
**NB! Observe and confirm that your insurance policy covers your special sports activities.**
10. Drinking alcoholic beverage is strictly forbidden, unless you are invited by your host family or other Rotarians to drink in their company. Do not forget that you are an ambassador both for Rotary as well as for your native country.
11. The student is not allowed to use drugs, except for valid medical reasons as prescribed by a physician.

12. The student must avoid serious romantic attachments. Remember that this rule is for your own good!
13. Obtaining tattoo or body piercing is forbidden, and leads straight to early return.
14. Travelling without host parents or Rotary members is normally not allowed without permission from Rotary counsellor and District Youth Exchange Officer. Always ask the club counsellor about travelling.
15. You must make a real effort to adapt and become an integral member of your host family, and share the duties and responsibilities like the other family members. Remember that you have come to Norway to experience the Norwegian way of life.
16. Your first priorities shall always be Rotary - your host family and the school. This means that you will attend club, district or national functions to which you are invited, putting aside any conflicting personal plans that you have made. In order to hold your responsibility to your host families, you are never to make any definite plans without consulting them first.
17. If you pass 18 years of age during your exchange year in Norway, you are still under the rules of Rotary international Youth Exchange Program.
18. When your exchange year is over you must leave Norway. Prolonging of your stay will normally not be granted. You must also return to your home country by direct route described on your original ticket. Stop over will not be accepted.
19. We strongly discourage the parents of our exchange students to visit their son or daughter while they are in Norway. If the parents wish to see where their son/daughter has been staying for the past year, they should visit Norway with their son/daughter the next year. If the only possibility is a visit during the exchange year they have to come during the last 6 months and travel home three/four weeks before the student. The student needs the last weeks for farewell arrangements without parents.
20. In Norway we have a very special kind of graduation celebration, which in most student Cases include buying an old car with a group of classmates/friends. These cars are called "russebil (-cars)" and the graduate students in Norway are called "russ".  
As mentioned before, Rotary students are not allowed to drive motorized vehicle. As the driving pressure in a "russebil" normally is very strong, due to the fact that most students want to drink while celebrating and not drive, we do not allow our exchange students to buy part in a "russebil".
21. If you are not following these rules and/or not showing any interest to learn about the Norwegian culture and way of living, or do not show any interest in getting involved with the host family, Rotary or making friends during the stay, we might consider to send you home.

Date:.....

Student name in block letters:.....

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Student signature

.....  
Father signature

.....  
Mother signature