



Student Handbook

Updated
2012



Dear Student,

Your high school year in America with **Pax** will be a unique cultural and educational experience which you will remember for the rest of your life!

You will meet new people, improve your English, learn about what life is really like in the U.S., and most of all, learn more about yourself.

This handbook provides information about your role and responsibility as an exchange student. It also describes some practical information which will be helpful. Reading this handbook will help you know what to expect so that your year as an exchange student will be a successful experience.

Of course, we cannot cover every topic and every question you have. Every placement is different. Every student has a different experience. Use this booklet as part of your preparation. The details which you need to know about your host community will be provided upon your arrival.

As an exchange student, you will be an ambassador for your country. You should expect a lot of questions about your home country. We encourage you to exchange viewpoints and discuss the similarities and differences between your country and the U.S.A. Cultures are different. This does not mean one culture is better than another. The differences are what help us to learn and grow and see the world in a new way.

The **Pax** team is dedicated to providing quality educational exchange programs for our students and their host families. During your stay you will have the full support of a community coordinator, as well as the support of our national office. We are always here to help you.

Have a happy and successful year.

Your Friends at **Pax**



Table of Contents

The Exchange Experience _____	1
Expectations _____	1
Language _____	2
Culture Shock _____	3
Your Host Family _____	4
Expressing Appreciation _____	4
Helping Out _____	5
10 Tips for Fitting In _____	6
Solving Problems _____	7
Your Community Coordinator _____	8
Your High School _____	9
Practical Information _____	10
Money and Banking _____	10
Staying in Touch _____	11
Visa Requirements _____	13
Some Final Advice _____	13
Exercises _____	14
Hopes and Fears _____	14
5 Goals for My Exchange Year _____	14
What Would You Do? _____	15
PAX Policies _____	16
Disciplinary Policy _____	16
PAX Program Rules _____	17
What to Do if I Have a Problem? _____	18
Where Do I Fit In? _____	19

...The Exchange Experience

Expectations

You already have ideas about what to expect from your year in the United States. Many of your expectations come from American television and movies, or perhaps from a vacation or pictures you have seen.

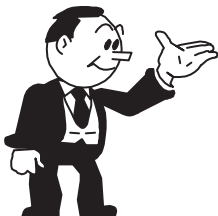
These images probably do not represent an accurate picture of life in the United States. For example, a common assumption made by people from other countries is that most Americans are wealthy. In reality, most Americans are hard working people who belong to the “middle class”. Most live in comfortable, but modest homes.

Think about your expectations. Write down the first 5 words that come to your mind when you think about the U.S.A.:

Do you think these words represent everyday life in America?

As an exchange student, you will discover the true American life-style by living everyday life for a semester or for a school year. You will be disappointed if you think the U.S. is like MTV or Disneyland! It is better to be open-minded and to appreciate the unique experience that only you will have.

Good Advice

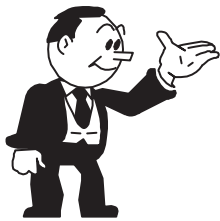


- **Be flexible and adaptable. Keep a positive attitude even if you find your situation to be very different from what you expected.**
- **Remember that this is not a travel or vacation program. You have come to the U.S. to live with a family and attend school.**
- **PAX host families are volunteers. They host because they want to share their daily life with an exchange student. Do not expect special trips and vacations. Always show appreciation for everything your host family does for you.**

Language

One of your major reasons for coming to the United States is to improve your English. Achieving this goal will take lots of practice. You must be prepared to communicate in English.

In the beginning, speaking English will take lots of concentration. This is hard work and can be exhausting. Be patient and keep trying. Keep a dictionary handy. Tell people when you do not understand. Try different ways of expressing yourself and do not give up. Keep practicing and your hard work will bring rewards.



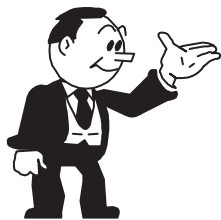
Good Advice

- Don't spend time speaking your native language to other students from your homeland. Make new American friends and practice your English instead.
- Don't pretend you understand if you don't. Ask the person to repeat and to speak more slowly.
- Don't ever be embarrassed if you make mistakes. Ask your host family and friends to correct you if you do.

Rules

One of the cultural differences you will find is the American attitude toward rules. Whether they are government laws, host family rules, PAX rules, or school rules, rules are taken very seriously. Even if you do not agree with some of the rules, you are expected to obey them. Rules are for your safety. Please be responsible.

On page 17 you will find the list of PAX rules which each student agrees to obey. Host families and community coordinators have been informed of these rules. When you arrive, you will learn about your host family's household rules.



Good Advice

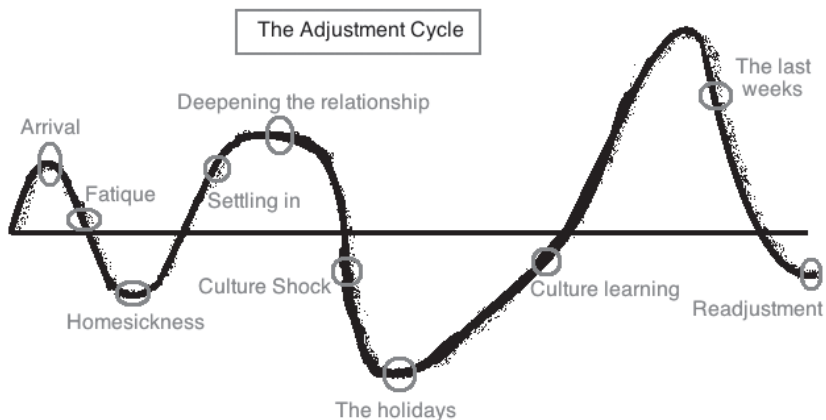
- Your host family will expect to know where you are, who you are with and when you will return at all times. This is a basic courtesy which all family members show one another. Your host family has accepted responsibility for you, and in return, it is your responsibility to follow this rule.
- Most students have more freedom at home than they do in the U.S. American families are conservative and they feel especially responsible for their PAX students.

Culture Shock

You have probably traveled as a tourist to a new and different place. Everything was exciting and fascinating, and after a short time you went home with your nice memories. Now you will be living for five or ten months in another country with a different language, culture, school, family, diet, climate, and friends. All of your familiar surroundings will be replaced. It is possible that you will experience some “culture shock”.

“Culture shock” is common and natural. It is a reaction: excitement, frustration or anxiety to new and unfamiliar surroundings. Everyone reacts in different ways, but usually there are four predictable cycles or phases:

- PHASE 1 This is the phase you experience as a tourist. Everything is new and exciting. You are full of adventure, ready to try anything. This is the “honeymoon stage”.
- PHASE 2 In phase 2, reality sets in. The excitement of arrival is replaced by the routine of daily life. At this stage, you may feel homesick and lonely. You may criticize your host country and think that everything at home is better.
- PHASE 3 In the 3rd phase, you begin to adjust to your new culture. Instead of being critical, your sense of humor returns. You are genuinely interested in the country and its people.
- PHASE 4 In the 4th stage, the anxiety subsides as you not only understand the customs of your new country, but really enjoy them!



When you return home, you might have mixed feelings. There will be a readjustment period into your home culture during which you may glorify your life back in the U.S.

If you are feeling lonely or homesick, sad or very tired, during your year in the U.S., look back at this page and see if what you are feeling might be “culture shock”. It is perfectly normal. Find a friend to talk to. Stay busy. The result will be a better understanding of yourself and your new culture.

...Your Host Family

Expressing Appreciation

It is not easy to find good host families. A host family is a kind and generous family, willing to accept a stranger into their home for five or ten months on a purely volunteer basis. They receive no pay. Families make a big commitment when they agree to host an exchange student. In return, you should be a responsible and courteous member of the household at all times.

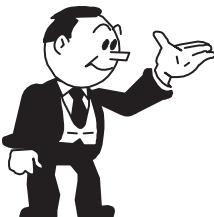
Why do families agree to host? Partly because they are adventurous people, they like teenagers, they are interested in learning about your culture, and they look forward to a wonderful learning experience. But mostly, families host because they are caring people who wish to share their home and family life and culture with you. They will work hard to help you adjust and to make you happy.

In return, your family hopes you will be enthusiastic about their life and grateful for their kindness. Let them know that you appreciate their efforts. If they cook a special meal, respond by saying “how delicious!” If they show you a special place or cultural site, show your interest.

It is your responsibility to express appreciation for what has been done for you. Always say “Thank You!” A silent reaction is discouraging to the family and they may decide it is not worth doing special things for you.

If the family invites you to participate in an activity with them, you should accept. This is part of your homestay experience.

Good Advice



- You cannot say “thank you” too often.
- Be sure to show your family a cooperative attitude, enthusiasm for their efforts and a warm and appreciative response.

Helping Out

As an exchange student, you will become a member of your host family. You will not be a guest. Do not expect special treatment!

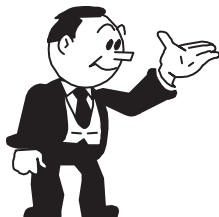
Americans are busy people. Often both parents work at jobs outside the home. This means that the entire family must share the tasks of running the household. You will be expected to do the same chores as your host sibling(s) and host parents. Most families work out a schedule and assign chores to each family member. Here is an example:

Weekly Chores:

MOM	grocery shopping cook dinner every night (Friday off!) take care of recycling
DAD	feed dog in morning put garbage out on Wednesday and Saturday rake leaves Saturday
SUZY	make bed every day vacuum living room and TV room set dinner table every night
JENS	make bed every day help rake leaves on Saturday clear dinner table every night

Friday dinner is potluck. Everyone takes turns doing the dishes.

Good Advice



- **Volunteer to do a chore that hasn't been assigned to you. For example, if you know that your host parent has been meaning to wash the car or mow the lawn, offer to do it together. This thoughtfulness will go a long way in making you an appreciated member of the family!**

10 Tips for Fitting In

Always remember, it is your responsibility to adapt to your host family and school. They cannot be expected to change their daily routine, traditions, and other ways of living to accommodate you.

As you try to adapt to your host family's life-style, it helps to remain flexible and observant. Here are some tips for fitting in:

1. Keep your room and bathroom neat and clean.
2. Be on time for meals. Ask permission to miss or arrive late at a meal. Remember that it is your job to make your own lunch to take to school.
3. Be courageous in trying new foods! Whether or not you like the particular food, be polite at all times.
4. Be considerate: tell your family about your plans; ask permission to bring home a friend; talk about chores and rules; ask whether your plans are convenient for the family.
5. Show respect for others' values, beliefs and behaviors. Tell your family about yourself and your culture.
6. Join in your family's activities. Cleaning the car or helping prepare a birthday cake are ways to become a real family member.
7. Use good manners. Americans feel it is important to use words such as "please" and "thank you." Say "thank you" often.
8. Do something special for your host family; give an occasional small gift of appreciation. You could cook a special meal, bring home some flowers, or buy someone's favorite chocolate bar.
9. Communicate. If you have a question, if you have a problem, if you don't understand something, or if you are unhappy, talk about it with your family.
10. Laugh at your mistakes. You will find people very willing to help you!



Solving Problems

No exchange year is perfect. Almost all students have some problems during the year.

Some problems take care of themselves. Some just go away. But usually it takes work to solve a problem. This is part of the growing and learning of your year.

To solve a problem, you have to talk about it. The first step is to sit down with your host family and discuss the problem. Do not be afraid to speak openly and honestly. Little problems will become big problems if you don't talk about them in the beginning.

If you do not think you can talk to your family, you should call your community coordinator. Your coordinator will talk to you about your problem and help you think of possible solutions.

With any problem, there are some things you can do that will help and others that will not. Here are some DO'S and DON'T'S for solving problems:

DO speak up and tell someone about your problem.

DON'T hide the problem. If you do, no one can help you!

DO talk with your host family. Your family will like the fact that you feel enough trust to approach them, and they will be happy to give you advice.

DON'T be afraid that talking about a problem will hurt your family's feelings.*

DO call your community coordinator if you need more help or advice, or if you cannot solve the problem on your own.

DON'T wait until it's too late. Your coordinator would rather help you solve a small problem than a big one!

DO use the support network that PAX provides for you. This includes your family, your coordinator and staff in the national office. PAX staff is here to help you!

DON'T contact home the minute you have a problem. Using the tools described above, see if you can solve the problem first. You will learn from the experience and avoid needlessly worrying your parents.

* "I" Messages

One of the most important communication skills to learn is the use of "I" messages. Begin to use the words "I feel" when talking with your host family. For example: "I feel unappreciated when you forget to thank me for helping you carry in the groceries," is much more effective than, "You never say 'thank you.' You act like I'm your servant."

The "you" statement is a blaming statement and will often start or escalate an argument. An "I" statement just reports feelings and makes it easier for your host family to respond to your concern in a positive way.

...Your Community Coordinator

Your community coordinator is the official PAX representative in your area. This is the person who did all the work to find a family and school for you and who will help you during your stay in the U.S.

Every PAX community coordinator has specific responsibilities:

- To represent the PAX program in the community
- To find and to interview good host families
- To enroll PAX students in local high schools
- To provide families and students with an orientation program
- To provide students and families with support and advice
- To help if there is an emergency or serious problem

Your coordinator is not a tour leader or travel agent. Your coordinator is a friend and advisor. Be sure to tell your coordinator about good things you experience, and call your coordinator if you have a problem.



Note: It is common for students to assume their coordinator is a close friend of the host family. Most coordinators, however, have only met the family in the process of finding a home for you.

...Your High School

It is a privilege for a foreign student to be accepted in a US high school. PAX is grateful to the host high schools that agree to enroll PAX exchange students, and works in close cooperation with them. PAX respects the policies in place at each school and expects each PAX student, as a guest in the school, to do the same. The grade level in which you will be placed will be determined by the high school in which you are enrolled.

Classes

Attendance at school is mandatory. You will be expected to show a positive attitude toward school and to maintain a “C” average in each of your classes. If you are making a sincere effort but still find that school is too difficult, contact your community coordinator. Maybe you need some extra help from a tutor.

When you get to your U.S. high school, you will be assigned to a guidance counselor. It is helpful to get to know this person. He or she will arrange your class schedule in the beginning of the year, and help you when you have a school question or problem. You are expected to carry a full course load, but are allowed to choose classes from the course offerings at your high school. At least four subjects should be academic subjects, which must include English and one course in either American history, government, sociology, or economics. As mentioned above, each PAX student is expected to maintain a grade of “C” or better in each course taken.

Most schools publish a handbook which gives details about rules, dress codes, holidays, clubs and activities. You can get this information when you go to register for your classes.

School Buddy

Some high schools arrange for a “buddy” to help an exchange student get around during the first few days of school. Ask your host family or your guidance counselor if you will be assigned to a “school buddy.”

Graduation/Diploma

Many U.S. high schools will not award a diploma to exchange students or permit them to participate in graduation ceremonies. If your high school has these policies, you must accept them and not make any requests for special consideration.

Friends/Sports/Activities

The best way to enjoy school and to make friends is to get involved. Most schools have many clubs and teams you can choose from. If you are interested in competitive sports, you will have to participate in “try outs” along with your classmates. Almost all of your friends will come from school, so join clubs, participate, and get involved. You are sure to find an activity that interests you.



...Practical Information

Money and Banking

Pocket Money

You will be responsible for budgeting and covering your own expenses. Your pocket money will have to cover the cost of your free time activities (pizza, movies, shopping) and also costs such as postage for letters home, stationery, film development, telephone calls, toiletries, school lunch, school supplies and other school expenses.

You may need a bit more money at the beginning of school for books, sports, and school supplies. Additional expenses often come up at the end of the year: school prom, a year-book, a trip, a gift for your host family, or presents for friends and family at home.

We recommend that you budget at least \$150 USD per month for your expenses. Spend your money wisely, so that you have enough left at the end of the year as well.

We suggest that when you leave your home, you bring enough pocket money with you for one to two months. It will take this long to settle in to your host community, open a bank account, and forward details to your parents so they can send money to you.

Opening a Bank Account

After you arrive, your host family will help you open your own bank account so that funds can be transferred directly from home. PAX program guidelines require you have an account separate from the host family, to avoid any confusion about finances.

Wire transfers are the fastest method for transferring funds. Other options are for your parents to send money by bank draft or international money order. This, however, can take a few weeks. Credit cards or electronic banking cards are useful because you can withdraw money from an overseas account directly by using an automated teller machine at any bank. Fees for this vary from bank to bank, so look around for the best place in your area to withdraw funds.

Ask your host family to help you find a bank. To open a bank account, you will need to bring the following:

- Passport
- DS-2019 form
- Another form of identification
- Form W-8 (to indicate that you are not a citizen and do not need a social security number)



Managing Your Money

While in the U.S., follow these 3 golden rules:

1. Do not borrow or lend money to anyone.
2. Do not keep large sums of money in your suitcase, your room or on your person.
3. Make sure to pay all bills before you return to your home country.

Staying in Touch

Computer & Internet Use

While email and the internet are the most popular ways to contact family and friends at home, too much contact can interfere with your adjustment. Time spent communicating with people in your home country is time lost for making new friends, engaging with your host family and improving your English.

Use of the internet, whether on the family's computer or on your own laptop, is a privilege to be treated with courtesy and respect.

Talk to your host family to learn rules for using the internet, including:

- Which sites you can visit and what you can do
- When you can use the computer
- How long you can be on the computer and online each day

Common Sense Safety Tips

The following personal information should not be given to anyone without your host parents' permission:

- Host family members' names and address
- Home or cell phone numbers
- Credit card numbers
- Name and location of your school

Tell your host family immediately if you see or receive something on the internet that makes you uncomfortable.

Never agree to meet in person with anyone that you have "met" on the internet.

Don't send or post pictures of yourself or other host family members without their permission.

Don't give out internet passwords to anyone other than your host parents.

Never download, install or copy anything from the internet or disks, without asking your host family for permission.

Never, under any circumstances, are students permitted to visit pornographic sites.



Social Networking Sites - Important Reminder

These are fun ways to communicate, but remember that what you put on your pages can be viewed by anyone, including your host family. Photos posted can easily be copied and circulated online without your knowledge or approval. **Do not put anything on a social network site that you would not be comfortable sharing with your host family or school.**

Snail Mail

You can buy stamps directly from the post office in any quantity. If you want stamps for writing letters home, ask for air mail stamps to your country.

Mail boxes are usually blue and can be found on street corners or at the post office. Check the local post office for hours of operation. When posting a letter to an address in the United States, make sure to use the zip code. Here is an example of the correct way to address an envelope:

The Smith Family
100 Main Street
Boise, ID, 24869.... (city, state, zip code)



Telephone System

Telephone numbers in the United States look like this:

1 (555) 555-5555
Area code, local number

In some parts of the U.S. you need to use the area code for all calls, and in some, only for out of town or long distance calls. When using the area code, you must first dial “1”.

To call a different country, first dial “011” for an international line:

011 + (country code) + (city code) + (number)

For the operator, dial: “0” for local, “01” for international

Calling Home

Although in the beginning it may be a challenge, students should limit calls home to once a week. People that have worked with exchange students for many years have observed that calling home too often can interfere with your ability to adapt to your host family and school.

By Phone

To call your family, it is best to use a prepaid phone card or call “collect”. Calling collect reverses the charges so that your parents will be billed. However, calls are less expensive if dialed directly from the United States using a phone card.

If your host family allows you to use their phone to call home or make other long distance calls, you must pay your part of the bill when it arrives each month. At the end of the year, you will need to leave some money for the final bill. Make sure to get your host family’s approval before using their phone for long distance calls.

By SKYPE

This is a program you can download that allows you to make long distance calls through a computer to another computer that also has SKYPE. You will need a head set or built in microphone and speakers, but the calls are free. SKYPE has another feature that allows you to make international calls from a cell phone at local rates.

Cellular (Mobile) Phones

It is not necessary to have a cell phone, and many students do not have one during their exchange year. If you do have one, it should be used only when necessary, and not for regularly calling or texting family and friends here and back home.

Many cell phone companies require a contract that lasts several years. Some, however, offer monthly or “pay as you go” plans. These plans do not require a large initial cost to purchase a phone. ***As with the computer, discuss with your host family how much time you can spend on calls and then follow those guidelines.***

Visa Requirements for Travel During Your Program Year

Your J-1 visa is a multiple entry visa and allows you to leave the country and re-enter, provided you have had your DS2019 form re-signed by a designated Responsible Officer at PAX, indicating that you are still in good standing.

Though you are not permitted to visit home during the program year, you may be invited to join your host family on a trip to Canada or Mexico. If you choose to leave the country and re-enter the U.S. during your program year, you must do the following:

1. Send your DS2019 to PAX by secure mail at least two weeks before your trip.
2. Enclose with your DS2019 form your name and return address along with the dates and destination of your trip.

PAX will sign and return your DS2019 form to you by priority mail a day after it is received in the PAX office.

If you are going to Canada or Mexico, please check with your embassy to determine whether you will need a special entrance visa.

...Some Final Advice

Your success as an exchange student will be determined in large part by your attitude. It is important to remain positive and flexible, and try to maintain your sense of humor. As you gain confidence and your English improves, you will still make mistakes along the way. Remember to laugh at yourself.

Do not expect things to be the same as in your home country. It will be different and you will enjoy yourself a lot more if you can appreciate these differences. After all, that is why you decided to come.

Remember that while you are in the U.S., you are an ambassador representing your country, family and school. Make them proud of your performance and achievements. By setting a good example today, you are making it possible for future students to be given the same opportunity you have been given.

...Exercises

The pages that follow have exercises which you will work on at orientation in the U.S.

HOPES



FEARS



5 Goals for My Exchange Year

1. _____
2. _____
3. _____
4. _____
5. _____

What Would You Do?

No matter how great your exchange experience, there will be times when you question a program rule, disagree with your host family or find yourself in a difficult position.

Here are some situations, based upon real life, that you may want to consider and then review with your host family and community coordinator.

1. You disagree with one of your host family's rules. They say you are not allowed to go out with friends unless they have met them first. What will you do?
2. You are placed in a small town where you are not able to do all of the things you do at home. How will you find things to do?
3. Your host family is stricter than your family at home. They want you to be home at 10:00 on Saturday night. At home, you often stay out until midnight or later. What do you do?
4. You have made plans for the weekend with some friends. Your host family tells you they have made other plans and want you to join them. What do you do?
5. You have a host brother who introduces you to all of his friends. You all get along and go to parties and activities together. After some time you begin to go out with these friends without your host brother. He becomes jealous. How would you handle this?
6. You are the kind of person who always waits until the very last minute to get something done. Your family likes to plan ahead. How will you cope with this?
7. Your family asks you to attend church with them every Sunday. You are not accustomed to going to church. What concerns might you bring up with them?
8. You share a room with your host sister and have become very close. You discover that she attends parties where there is drinking. She invites you to go to a party. What do you do?
9. Your curfew is midnight, but your ride home is late. You know that your host family will be asleep, but the rule is that you let them know whenever you will be late. What do you do?
10. You missed an exam at school because you were sick and now you are behind in the subject. You worry about how you will catch up. What can you do?

...PAX Policies

Disciplinary Policy

The PAX disciplinary policy is a 3-step policy. The three disciplinary actions are **warning**, **probation** and **disqualification**. Though the 3-step process is ordinarily followed, a student's participation in the program may be terminated at PAX's discretion without following the three step process if PAX deems it appropriate.

Warning: A student is placed on warning at the first sign of trouble. A student may be placed on warning for breaking any of the rules, faltering grades, poor attitude, behavioral problems, inability to adjust to the new environment, etc. After speaking with the student, host family, and coordinator, the regional director issues a letter of warning to the student which is designed to identify the areas of concern and the steps the student must take to get back on track.

The original warning letter is sent to the student, with copies to the host parents, the community coordinator, the overseas organization and the school, if the issue is school-related. Warnings do not expire. Once a student is placed on warning, the warning remains in effect for the remainder of the program year.

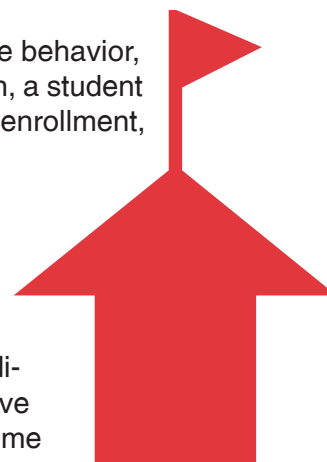
Probation: If the unsatisfactory behavior persists, or a more serious incident occurs, the next step is probation. The decision to place a student on probation is made by a disciplinary committee consisting of the PAX president, the PAX executive director, the student's regional director, and the supervision manager. The decision must be unanimous. Before the committee convenes, the regional director or supervision manager must speak with all concerned parties.

A letter of probation is sent to the student, with copies sent to the same parties as the warning letter. Like the warning, the probationary status remains in effect for the duration of the program year.

Disqualification: In cases where insufficient effort is made to improve behavior, or where behavior worsens, or in extreme cases, when a law is broken, a student has been caught driving or if a high school withdraws a student's enrollment, disqualification is considered.

The disqualification meeting is like the probation meeting - with the same voting members and same unanimous decision required. If, after a thorough discussion of the case, disqualification is agreed upon by the members of the committee, official notification is sent to the student by express mail. The overseas organization is notified immediately, and the student's coordinator, host family and school also receive copies of the letter. The disqualified student is expected to return home within the week.

After a student is disqualified, PAX notifies the U.S. State Department and the student's visa and insurance policy are terminated.



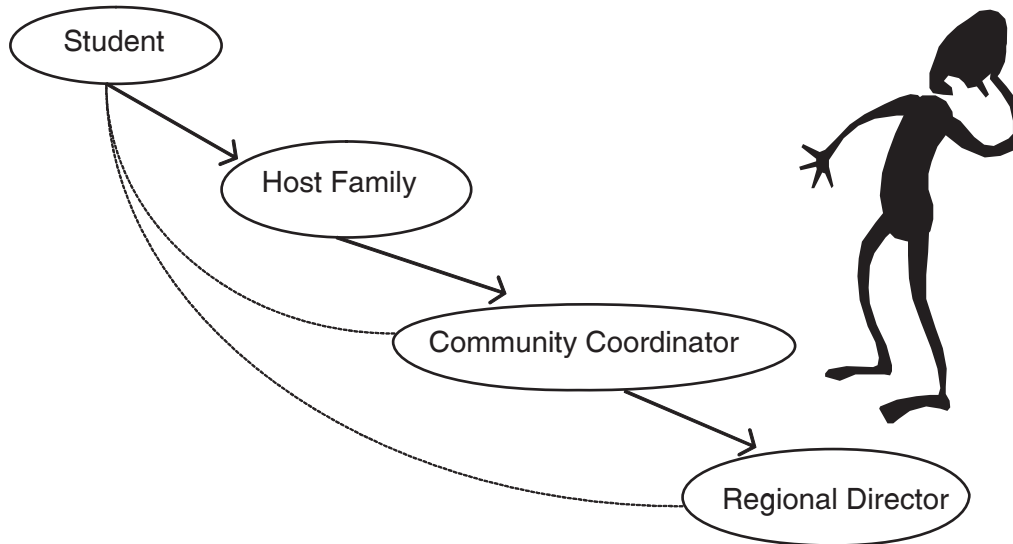
PAX Program Rules

The following are PAX program rules and U.S. laws which all exchange students are expected to follow. Most of the rules on this page are the same ones you signed during your application process. Please note, however, as of August 2010, Rule #2, has been added and Rules #3, 10 and 14 have been revised. Violation of these rules will result in a student warning, probation or disqualification from the program.

1. Respect and uphold host family rules regarding curfew, household chores and internet use. Activities including inviting guests to the host family's home and dating, must be approved by the host family.
2. No driving cars, motorcycles or any on-road vehicle at any time. The only exception is if the student is driving with an instructor during an accredited education class.
3. Handling a gun of any kind or a bow and arrow, is forbidden. The only exception is if student is in an archery class under the guidance of an authorized school instructor.
4. School attendance is obligatory. A student is expected to enroll in at least four academic courses per semester, one of which must be English or American Literature and another of which must be U.S. History, Government, Sociology or Economics. A student is expected to maintain a "C" grade average in each class. If a student demonstrates a lack of effort in any class, she/he may be dismissed from the exchange program.
5. Students are not permitted to travel outside the local area either alone or with other teenagers. (The "local area" will be defined by the community coordinator.) Overnight traveling is permitted only with an approved group or with an adult approved by the host family.
6. Hitchhiking or soliciting a ride from a stranger is prohibited.
7. A student may not enter into any kind of contractual agreement during the program year, be it business, religious or marital. Students may not take a job outside their home. The only exceptions are occasional jobs in the neighborhood, such as lawn care or baby-sitting.
8. PAX discourages natural parents' visits prior to the end of the student's stay. No visits from the student's family or guardians are permitted before Christmas.
9. Students may not return home for a visit during the program year.
10. Students must return home within two weeks of the last day of school, or by the program end date on the student's DS-2019 form, whichever is earlier. Students who fail to depart the U.S by the end of their program year will be in violation of their visa and reported to immigration authorities.
11. Student's activities must comply with decisions made by PAX officials in the national office.
12. As representatives of the PAX program, students must not make permanent or drastic changes in their personal appearance while on the program. Examples include body piercing, tattoos or dramatic and unconventional hair dyes.
13. Student's personal property is not the responsibility of PAX or the host family. Students are strongly advised to establish a bank account separate from that of their host family.
14. Students must not talk negatively about their host family or about their host family's private affairs with anyone, in person or on a social networking site, other than a PAX representative.
15. Students are not permitted to change host families or schools without the approval of the PAX national office.
16. Students are expected to obey all local, state and federal laws. Failure to do so will result in disciplinary action, i.e. probation or disqualification. The following are United States laws and, therefore, are PAX program rules as well:
 - (a.) It is against U.S. state laws for teenagers under 18 years to purchase, and in some states, to carry cigarettes.
 - (b.) It is against U.S. state laws for persons under 21 years of age to purchase or consume alcohol.
 - (c.) It is against U.S. state laws to purchase, carry or consume illegal drugs.

...What To Do IF You Have a Problem

Follow the correct steps when you have a problem!



1. Always talk to your host family first if you have questions or problems. Don't assume that they won't understand or that you will hurt or upset them.
2. If you don't feel you can talk to your host family, you must call your community coordinator for help and advice. The most common mistake exchange students make is not telephoning the community coordinator with questions and problems! Don't make this mistake! Don't assume that the community coordinator is "best friends" with your host family. Your community coordinator is there, nearby, to help you.
3. If you cannot reach your community coordinator or have an emergency, the PAX National Office is available to help you. You may call - 1 (800) 555-6211 (available 24 hours, 7 days per week) and ask to speak with your regional director. Your regional director can answer your questions, help you to solve problems with your school, family or coordinator, and is in communication with the sending organization in your home country.

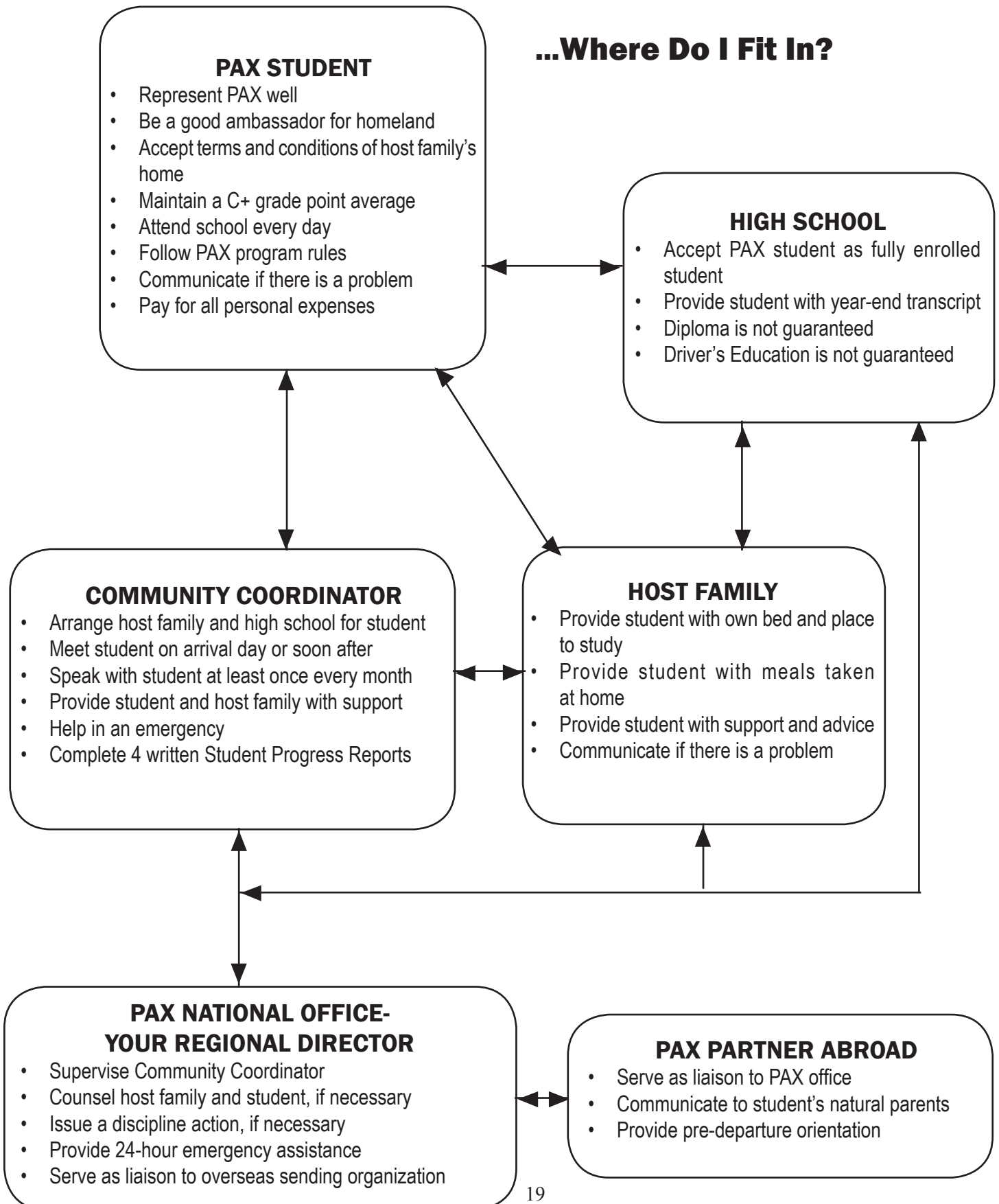


DO NOT CALL OR E-MAIL HOME!!!



Please do not call or e-mail home if you have a problem! The PAX program will support you, answer your questions and help to resolve your problems.

...Where Do I Fit In?



Have fun!

PAX
Tel: 1-800-555-6211
www.PAX.org

at **home** 
in the **world**

