The AFS Guide
For Participants Going Abroad
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Welcome!

Congratulations! You are officially an AFS Cultural Ambassador and are about to embark on a journey that will last a lifetime and have an impact far beyond your own experiences. AFS will live and flourish through your hands. I know now, what I have always believed, that this AFS will grow as a powerful force to keep friendship alive in this world, a friendship based on the mutual respect and affection brought about naturally through youth’s ability to overcome prejudice.

-- Stephen Galatti, Founder of AFS Intercultural Programs

With the help of this guide, AFS-USA hopes to provide you with the information you need to be prepared before, during and after your program. Throughout the guide, you will learn what AFS expects of you and what you can expect of AFS. You are joining a long tradition of young people going abroad to build bridges between cultures, one person and one family at a time. Becoming familiar with the AFS mission statement will help you understand your own role in AFS a little better. All AFSers—Participants, Volunteers and Staff—work to fulfill this mission and honor the tradition of Volunteerism established from the very beginning.

AFS History in a Nutshell

AFS Intercultural Programs began as the American Field Service (AFS), which had its origins in 1914 shortly after the outbreak of World War I, when young Americans living in Paris volunteered as ambulance drivers at the American Hospital of Paris. Having witnessed both the devastation and brutality of those wars, Stephen Galatti, the Director General of the American Field Service Ambulance Corps during the world wars, challenged his comrades to focus their post-war efforts on peace-building. His vision was to educate a new generation of enlightened world leaders by bringing high school students from countries formerly at war to the United States to live, study and develop a sense of community, in an effort to promote peace.


AFS Mission Statement

AFS-USA works toward a more just and peaceful world by providing international and intercultural learning experiences to individuals, families, schools, and communities through a global Volunteer partnership.

AFS Organizational Structure

AFS is a large, international organization with many partners that make up the whole network of AFS Intercultural Programs. Each partner operates separately, but are united under a common mission, goals and objectives. It is important to understand the structure of AFS-USA, as well as the structure of AFS in your host country, in order to know where to turn if you need assistance for any reason.
**AFS Volunteers**: AFS stands out from many other exchange programs because it is a nonprofit organization that offers programs delivered primarily by local volunteers. Today, AFS is one of the largest volunteer-driven organizations in the world. Volunteers are often AFS Returnees, former host families, natural families of AFS Participants or others interested in promoting intercultural understanding. Volunteers work with regional AFS Staff and are given comprehensive training according to the position they hold in their local team. The main goal of all AFS Volunteers is to provide support for AFS Participants.

**AFS-USA**: Staff are located in the AFS-USA National Office in New York City and are responsible for program logistics, planning and other administrative aspects of the organization. If you would like to contact the AFS-USA National Office, please refer to the information in this guide.

**AFS Host Country**: AFS is organized slightly differently in each country, but all AFS Partners operate under the same mission and goals. Once you start your program, your direct AFS contacts will shift, from the AFS-USA Staff you have been working with, to the AFS Staff and Volunteers in your host country. These will include local and regional support volunteers and an AFS Local Contact Person specifically assigned to you.

### AFS Support Structure

The safety and welfare of our participants are our highest priority and we want you to know that no matter what questions or problems may arise, there are AFS Volunteers and staff available to assist. You should never hesitate to reach out to your local volunteers when needed.

**AFS Host Family & Local Contact Person:**

Your host family and local contact person are the closest people to you. They are there to support you and help you adjust during your experience.
• You will be assigned a **local contact person**. Remember, titles for the “local contact person” vary by host country. (ex: tutor, mentor, counselor, liaison etc.)

• You will be given your local contact person’s full name, title and contact information upon arrival. If you are not certain who this person is, please ask your host family, another AFS Volunteer or AFS Staff in your host country for clarification.

• Your host family and local contact person have cultural knowledge about your host country that will help you adjust.

• Seek help first from both your host family and your local contact person.

**Other Local Volunteers:**

**AFS Volunteers in the U.S. and your host country will guide you before, during, and after your AFS experience.**

• Other local volunteers understand the local culture.

• They can also assist you in solving problems within the culture and social norms of your host country.

• Other local volunteers may deliver some orientations.

**AFS Host Country Staff:**

The closest people to you will be able to help the quickest.

• AFS Host Country Staff may deliver some orientations.

• They are directly linked to the rest of the AFS Partner network and will act quickly to communicate with AFS-USA whenever there is a need.

• Ask for the local emergency number when you arrive and save it on your phone.

**AFS-USA Support Staff:**

AFS-USA is poised to help 24 hours a day, seven days a week should a serious issue occur.

• AFS-USA has support staff and volunteers in the AFS-USA Office and around the country.

• In the event of an emergency at home, AFS-USA Staff will help your natural family communicate with you in a timely way.

• Take note of the emergency number on the next page.

**AFS-USA Chain of Communication**

Please note that host countries often have different titles for each role and may even follow a different order of communication depending on the situation.

Make sure to ask the AFS staff in your host country for the names, specific title(s) and contact information of each level of support! Also ask how their Chain of Communication works!
AFS Support Structure: Contact Information for Participants

AFS Local Contact Person: (name, title, phone number)
_________________________________________________________________________________

AFS Office in Host Country:
_________________________________________________________________________________

AFS Duty Officer in Host Country:
_________________________________________________________________________________

AFS-USA Duty Officer: Night & Weekend/Emergency Contact (1-800-237-4636, press 9)
_________________________________________________________________________________

What it means to be an AFSer

As an AFS Participant, you are a Cultural Ambassador, sharing your country and culture with your host family and community. As such, the way you represent yourself as an AFS Participant and as a citizen of the U.S., will have an impact beyond your immediate connections. You will simultaneously be learning about others and teaching others about you. You will be a student and a teacher. You are sure to have many reasons for going abroad and many goals you wish to achieve while abroad. AFS has some goals for you as well—these goals may even overlap with your own!
• Increase your awareness and appreciation for your host country/culture
• Gain foreign language and cultural behavioral skills
• Have a greater awareness of the U.S. and its culture
• Value diversity and see differences as a source of strength
• Enhance your understanding of cultural difference and sense of a “world community”
• Be more adaptable
• Be more aware of opportunities available to you
• Improve critical thinking and conflict resolution skills
• Develop greater independence and responsibility for yourself
• Be more confident in your decisions

Learning by Doing
You have taken the bold step to commit yourself to learning through experience. This is a very different kind of learning than reading about different countries and cultures and studying languages in school. By actively becoming a member of your host community and family, you learn on a deeper level about a different culture, yourself and your own culture, as well as current issues facing different countries around the world.

Taking it Further
As a member of your host community, your conduct will also reflect on your host family and AFS in your host country. Be proud to be an active part of such a network.

Orientations
AFS has a standard cycle of orientations that are designed to prepare and support you throughout your experience. The AFS Orientation Framework lays out the goals of all AFS Orientations in both the home and host country. All AFS Orientations will focus on the following aspects of your experience:

• AFS and You
• Personal Safety and Wellbeing
• Cultural Adjustment and Coping
• Culture Learning
• Personal Goals and Expectations
• Required Logistics

AFS will provide you with materials and exercises, which will help you get the most out of your time abroad. Orientations give you the opportunity to share the challenges and successes you have during your experience. Please remember that participant attendance at all scheduled orientation events is mandatory.
Home Country Orientations

Pre-Departure Orientation

When: 4-8 weeks before your departure
Where: Your home community
Who: Students and parents; delivered by local AFS Volunteers and/or AFS Staff

The local Pre-Departure Orientation (PDO) does not focus on host country-specific or program-specific content. The PDO addresses general AFS policies and focuses on intercultural learning and developing adaptation skills. You will have a chance to review and ask questions about the AFS-specific information contained in this handbook and general culture learning principles. AFS Orientations bring together participants who are going to a wide variety of host countries; you may find that you are the only person at your PDO that is headed to your host country! Parents/guardians are welcomed and strongly encouraged to attend the PDO to broaden their intercultural skills and understanding of the experience you are about to embark on, so they are better prepared to help you along the way.

Gateway Orientation

When: Approximately 24 hours before your departure (overnight stay)
Where: In the city from which you will depart for your host country
Who: Students only; students are officially “on program” upon arrival, so families must say goodbye at the point of drop-off; AFS-USA Volunteers and Staff will deliver this orientation. The Gateway Orientation focuses on:

- Reviewing what it means to be an AFSer and thinking about situations you may encounter abroad
- Meeting with a person who is knowledgeable about your host country for a Q & A session
- Giving you last-minute logistical details about your arrival in your host country
- Getting to know the AFS Participants who will be sharing this AFS experience with you!

After the Gateway Orientation, you will fly to your host country with any other participants who may be travelling on that day. Generally, flights with 35 or more participants are chaperoned. During the Travel and Safety portion of the orientation, please be sure to ask questions, record all emergency contact information, and understand how to change planes, find airline gates, and locate an airport official for assistance.

Host Country Orientations

Every AFS Partner runs orientations a little differently. Be sure to ask AFS Volunteers in your host country about how you will find out about orientations. The format and length of orientations delivered in the host country will vary. The titles for the orientations may also differ depending on the host country. The following is a general rundown of what you can expect.

Arrival Orientation

When: Upon arrival in your host country or shortly thereafter
Where: At your point of arrival OR in your host community
Who: All AFS exchange students in your country/community; delivered by local AFS Volunteers or AFS Staff

Most countries have an Arrival or “Welcome” Orientation immediately upon arrival. At this orientation, you should receive additional information on your host country/culture and your AFS ID card. You will also have a chance to discuss any issues or questions you may have regarding your host family, local volunteers, school, and/or community service assignment.

Community service program: Participants will receive further orientation to their community service site and topics related to the work practices in the host country, ranging from the appropriate wardrobe to work schedules.

Summer program: Arrival orientations vary greatly in length and format, depending on the type and location of the program.

Post-Arrival Orientation
When: 2-6 weeks after arrival
Where: Your host community
Who: All AFS exchange students in your area; delivered by local AFS Volunteers or AFS Staff

This orientation is designed to follow up with you after you have had a few weeks of experience in your host country. At this time, you may have specific questions or concerns based on your experience. Please note that not all countries conduct Post-Arrival Orientations.

Mid-Stay Orientation
When: At the midpoint of your exchange
Where: Your host community
Who: All AFS exchange students in your area; delivered by local AFS Volunteers or AFS Staff

A chance for you to look back on the first half of your exchange, assess your progress as an exchange student and set goals for the last half. Please note that not all countries conduct Mid-Stay Orientations.

End-of-Stay Orientation
When: About 2-6 weeks before the end of your exchange
Where: Your host community
Who: All AFS exchange students in your area; delivered by local AFS Volunteers or AFS Staff

An opportunity for you to turn your attention to what it will be like to leave your host country and return to the U.S.

Your Orientation Schedule

The descriptions above are very general guidelines for all AFS partners worldwide, but there is much room for variation according to each program’s format and length. AFS-USA provides Pre-Departure and Gateway Orientations for all outbound participants; your program may not provide every one of the host country orientations listed above. However, it is very important to attend the AFS Orientations that are scheduled for your program, as attendance at all planned orientations is mandatory.

- Summer Programs: Expect only Arrival & End-of-Stay Orientations
• Semester Programs: The orientation cycle may also be abbreviated

AFS Essential Resources

Next to orientations, the following resources will be the most helpful in preparing you for your AFS experience. We encourage you to look for resources outside of these as well to broaden your understanding of what your experience might be like.

Your AFS Account

The AFS Dashboard is an online portal that will help you stay organized by giving you:

• access to your full application;
• information and notices from AFS-USA;
• “My To-Do List” which keeps track of your pending tasks; and
• information pertaining to your placement status, payment, orientations, host country, the visa process, and international travel as it becomes available.

If you have any questions about your AFS Account or have not yet received your portal login, please contact your Study Abroad Specialist.

Culture Trek

Culture Trek is AFS-USA’s online orientation accessible through your AFS Account. It consists of five phases: Before You Apply, As You Apply, As You Prepare to Go Abroad, While You’re Abroad and When You Return.

Country & Program Information Packet

About 6-8 weeks before departure, Semester and Year-Program participants will receive the Travel Notification, which provides the international departure travel itinerary and information about Gateway Orientation. Summer - Program participants can expect to receive similar details 4-6 weeks before departure.

Additional Online AFS Resources

• AFS Facebook Group: Ask an AFSer: https://www.facebook.com/groups/Ask-an-AFSer

Ask AFS Returnees questions and share information you have found about your host country

• The AFS Blog: https://www.afsusa.org/returnees/blog/

External Resources

Print Materials

• Culture Shock! –A Guide to Customs and Etiquette series, for over 40 countries (Graphic Arts Center Publishing Company, Portland, Oregon.)

• The Exchange Student Survival Kit (Bettina Hansel, Intercultural Press, Inc., 2007)
Online Resources


The U.S. Department of State has created this site for students preparing to go abroad

- [www.cdc.gov](http://www.cdc.gov)

The Center for Disease Control will give you information on health precautions of which to be aware for your host country

- [www.nafsa.org](http://www.nafsa.org)

NAFSA, Association of International Education: Provides a great list of learning resources. Click on member services, then professional and education resources, then publications.

- [www.worldaffairscouncils.org](http://www.worldaffairscouncils.org)

The mission of the World Affairs Council of America is connecting Americans to the world, by people to people ties. The council sponsors speakers’ programs on international affairs. This site also provides a great list of links to sites with an international focus.

- [https://visit.un.org/sites/visit.un.org/files/Missions_Contacts_0.pdf](https://visit.un.org/sites/visit.un.org/files/Missions_Contacts_0.pdf)

The United Nations website provides contact information to all missions to the United Nations. Many missions provide country specific information upon request and links to host country media sites are useful for those who wish to brush up on current events in their host country.

Host Country Research & Background Knowledge

Two of the most important things you can take with you on your program are an open mind and flexibility! To supplement these two things, do some research on your own about your host country.

**CultureGrams**

Access this online resource though AFS’s subscription; it is a great place to start learning about your host country!

[www.culturegrams.com](http://www.culturegrams.com)

Username: afsusa

Password: cgrams

(Do NOT share this login information outside of your own family members.)

CultureGrams is an online resource that contains information on over 200 countries. Topics include non-verbal communication, cultural norms, holidays, current events, and the economy. You can even find recipes for typical dishes of your host country or hear the national anthem! **AFS has a limited license for these materials. Please close the window when you are finished using CultureGrams so that other people may access it.**

**Home Country Knowledge**

Many in your host country may expect that you will be knowledgeable about U.S. politics, current events, history, etc. and willing to engage in conversations on these topics with them. While on exchange you may be asked to
share information about your home country with your community or school. This can be a way to meet people, so if you are not asked to do so, you may consider offering a presentation. See the guide to giving a Home Country Presentation, including suggested materials to bring with you. To start you off, find the answers to at least the following questions:

**U.S. Politics**
- What is the form of government in the U.S.?
- Who are the top 5 ranking officials in office?
- What are the branches of the U.S. government?

**Hometown History**
- What significant events shaped your hometown?
- What is the population and cultural makeup?
- What are the major industries in your state?

**U.S. Current Events**
- What has been in the news lately?
- What U.S. pop culture might be known abroad?
- What are your perceptions of these events/people?

**U.S. & Host Country**
- What is the historical relationship between the two countries?
- What is their current relationship?
- What are some common values in U.S. versus your Host Country?
- What else would you like your host family to know about the U.S.?

**Academic Credit**

Refer to the AFS website’s page (https://www.afsusa.org/study-abroad/faq/academic-credit) and download the important forms. Doing so may help you get credit for your hard work abroad. AFS cannot guarantee academic credit for courses you take while on program. It is your responsibility to check with your home school before you leave, to determine what they will need in order for you to receive credit for your classes at the host school.

**Tips for Success**

Below are checklists that will help you take care of things prior to your departure and while abroad!

**College Applications**

If you are abroad during your senior year, and you plan on attending college the following fall, it may be necessary for your parents or guardian to help with the college application process. Plan ahead:
__ Research, visit and decide on schools
__ Request letters of recommendation
__ Write and edit your essays where possible
__ Make note of all due dates for your intended applications
__ Take any standardized tests (SAT, ACT etc.)

Although standardized testing is available in certain locations overseas, previous AFS students have found that taking standardized tests abroad does not yield the best test results. In addition, complicated logistics of accessing the test site can be a major inconvenience for your host family.

It is your responsibility to get your transcript and documentation from your host school before you return to the U.S. AFS can’t help you after you’ve come home.

Passport & Visa Information

Passport

- A PASSPORT is a formal document that is issued by an authorized official of a country to one of its citizens; a document of identification.
- A VISA is an endorsement made on a passport by the authorities of a country denoting that it has been examined and that the bearer may proceed into the country with the correct status; e.g. tourist, student, business.
- A Passport is different than a Visa. A passport is needed to travel to another country. However, there are rare instances where a visa is not needed.

A passport is required to travel abroad. If you do not have a passport yet, do not delay in applying.

✓ You will not be allowed to depart the U.S. without a valid passport; make this a first priority.
✓ Applications are available online and at major post offices and passport agencies.
✓ It typically takes about 4 to 6 weeks to obtain a passport but may take longer in some cases.
✓ If you are not a U.S. citizen, alert your Application Advisor for additional instructions.
✓ Make sure you carry a photocopy of your passport and visa (in a separate place) in case you lose your passport.
✓ It is also a good idea to take an extra photo ID such as a student ID, as well as a few extra passport-size photos.
✓ You and your parents will be responsible for replacing your passport if lost or stolen.

Visa

Visa requirements differ from country to country and the process for obtaining a visa often requires very precise timing. For this reason, AFS provides you with a Study Abroad Specialist to help guide you through the specific visa process for your country; this advisory service is included in your AFS fee.

However, obtaining and paying for a visa is your responsibility. You must be prepared to...
• assemble required documents;
• submit your application on time; and
• travel to your host country’s consular office that serves your U.S. region for any required, in-person actions.

It is essential that you contact your Study Abroad Specialist as soon as possible to find out what you must do to prepare for your specific program.

Travel Logistics

Refer to the essential information from the Travel and Logistics Coordination Department that will help you prepare for your departure.

• the Electronic Travel Notification;
• a document detailing other pertinent travel information; and
• booking your domestic ticket and associated costs

Baggage Restrictions & Fees

All airlines have their own baggage restrictions and sometimes these restrictions vary based on the flight origin. AFS allows you to have the following:

• checked Luggage: 1 bag, 44 lbs.
• carry-on: 1 CARRY-ON, NOT TO EXCEED 8 INCHES x 16 INCHES x 21 INCHES; UP TO 16 lbs.

AFS has stricter luggage regulations than some airlines. These regulations reflect the stricter baggage allowances provided by airlines within your host country. AFS assumes no responsibility for excess or oversize baggage fees.

Bear in mind:
• Most domestic airlines are now charging a fee for the first checked bag and a significantly higher fee for each additional bag.
• Some international carriers are also starting to charge for checked luggage.
• Any baggage fees are your responsibility on both the outbound and return flights and will not be reimbursed by AFS-USA.

Once you know your domestic and international airlines, go to the airline website for information regarding size/weight restrictions and fees.

 Carry-on Items

• Carry-on luggage is generally restricted to one piece per passenger of no more than 45 linear inches.
• Remember that whatever you choose to carry onto the plane must stay with you at all times while you are traveling.

In Transit

The Gateway Orientation is usually held near the departure airport. Before you leave for your host country, make sure you understand how to change planes, find airline gates and ask for help.
• Some international flights are chaperoned, but not all (generally flights of 35 participants or more are chaperoned)

• If there are any connections to be made en route to the host country, make sure you are prepared to navigate these on your own.

• You can always ask airline personnel for help.

Upon arrival at the final destination in your host country, AFS Staff or Volunteers will meet you at the airport and deliver you either to an orientation site, or directly to your host family.

Money Management

It is advisable to travel with a small amount of U.S. dollars and a slightly larger amount of host country currency on the journey over. Check the packing list for AFS recommendations.

Money management while you are abroad is a very personal decision and it also dependent on resources and options in your host country. Materials sent to you by your host country may have useful tips. AFS Returnees and your host family are other excellent resources to consult for advice about money management.

Most students spend between $100-$300 per month, depending on the costs of expenses in the host country/community. Please remember that additional expenses are your responsibility. You should discuss your budget and spending money with your parents prior to program departure so that you know what spending money is available to you during your program.

General Money Tips

• Make a budget of best estimates before you leave (see worksheet below)

• Establish a means of transferring money if needed (debit account, money wire transfer, etc.)

• Be aware of currency exchange rates and foreign transaction fees on credit/debit cards

• Avoid travelling with large amounts of cash

• Find out if your U.S. bank has an agreement with any banks in your host country
  o ATM withdrawal fees may be reduced or waived
  o Potentially easier access to money

Monthly Budgeting Worksheet

Knowing what you typically spend each month in the U.S. might help you calculate your needs abroad. Complete this worksheet using the knowledge you’ve gained from researching the local costs of items in your host country/community and speaking to your host family.

My host country’s currency is: ____________________________

The exchange rate of my host country’s currency is: $1 = ___________ (date: __________)
<table>
<thead>
<tr>
<th>EXPENSE</th>
<th>UNITED STATES Current Monthly Expenses</th>
<th>HOST COUNTRY Predicted Monthly Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recreation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clothing; Shoes; Uniform</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toiletries; Personal Hygiene</td>
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### Packing

**Almost without exception, less is better!** Exchange students rarely wish they had brought more stuff with them—they usually wish the opposite! Focus on packing what you know you will need and leave out anything you think you might need.

Each host country and region are different. Get packing advice from your host family or from AFS Returnees on the “Ask an AFSer” Facebook page. Many host countries also offer packing advice in their Welcome Booklets or FAQ sheet, which are all listed under “The Essentials” on the “Life in Your Host Country” page of Culture Trek.

### Essential Packing Tips

It is not possible for AFS to tell you exactly what you will need for your AFS program in your host family’s specific location. Instead, we give you some guiding tips and questions designed to help you find out what you will need to pack. Review the tips below and on the next page to guide your research.

- Pack 7 - 10 days’ worth of versatile layers. It is impossible to pack for your entire experience; You’ll be able to wash your clothes and buy unforeseen necessities in your host country.
- Ask AFS Returnees what they wish they had and had not taken with them.
- Plan to buy clothing and toiletries in your host country; it is one way to experience local life, support the local economy, and you’ll bring less from the U.S.
• Pack in a carry-on bag that can double as a day bag or school backpack.
• You do NOT need to purchase new luggage for your exchange.
• All items of value (electronics, musical instruments, sports equipment, etc.) pose a risk for theft abroad. Whatever you bring, guard it carefully.
• Do not wrap your host family’s gifts until you arrive; Customs officials may open them.

Shipping

It is common to have more coming home than when you went on exchange; some students choose to ship things home. Bear in mind that shipping internationally can be an expensive and lengthy process. Postal services in other countries are not always reliable. Never mail anything valuable or fragile if you can avoid it as packages may be subject to rough handling and can be susceptible to theft.

Your Carry-On

There are some absolute necessities that you should have with you at all times while travelling.

✓ Basic toiletries (adhere to liquid restrictions)
✓ A change of clothes
✓ Any AFS host country assignment
✓ Host country welcome booklet & safety tips
✓ Arrival info sheet
✓ AFS emergency contact phone numbers
✓ Copy of your international flight notification email
✓ Any visa/residency papers
✓ Passport (along with 2 copies)
✓ Valuables/Electronics (Avoid bringing many; keep them close to you)
✓ Host family contact information
✓ Medical Paperwork
✓ Prescription medication in original container; a copy of the prescription
✓ immunizations record
✓ Money ($20USD and $50 in host country currency)
✓ ATM card (Visa or Mastercard) with your pin code
✓ Photocopies of any cards you are bringing
✓ Keep anything fragile/breakable with you
Plan Your Packing

Clothing

- **Find out what clothing is appropriate in your host country.**
  - Clothes worn in the U.S. are not always culturally appropriate everywhere else.
  - Buy clothes in your host country to fit in with local fashion trends.
  - Avoid wearing revealing, sleeveless tops or ripped and faded clothes upon arrival; more conservative clothing will likely make a better first impression.

- **School Uniforms (Varies by Program)**
  - Uniforms are common in many schools around the world.
  - Your everyday clothing will receive less wear (and last longer) if you will be wearing your school uniform five days a week, so you can bring less!

- **Laundry**
  - Some places may run laundry more than in the U.S. and some less; where water is expensive and scarce, clothing may be worn several times before washing.
  - Bring items that are easy to care for and can be mixed and matched.
  - It is unlikely that you will have access to dry cleaning facilities; you may be expected to wash your clothes by hand.

- **Climate** - research typical climate and season changes in your host country and pack accordingly; you may want to ship off season clothes.
  - Do bring one set of climate-appropriate clothing for more formal events.
  - Be economical when packing shoes, which take up a lot of space and can be heavy.

Musical Instruments & Sports Equipment

- Find out if you can pursue any sports and/or musical hobbies while abroad; doing so, when possible, can help you get involved right away and make friends more quickly.

- Check with your Study Abroad Specialist, AFS Travel and/or your host family about the feasibility of bringing a musical instrument or sports equipment (possible to bring on flight; if appropriate to play in host family’s home etc.).

Technology

Cell Phones

- U.S. cell phone use overseas can be expensive; the phone may not even work!

- Look into calling cards or a local cell phone after arrival.

Music Players

- Be wary of tuning out.
• Use music to connect with host friends/family, or further your language immersion.
• It may be considered rude to wear headphones in certain circumstances.

Laptops
• Think carefully before taking cell phones and laptops on exchange: Having a constant connection with the U.S. can cause you to withdraw, lose contact with your host family and negatively impact host country adjustment.
• Wireless internet may not be available in your host family’s home.
• Find out from your host family/school if you will have access to a computer.
• Cameras - Other cultures may have a different idea about when it is appropriate to take a photo; when in doubt, ask your host family for guidance.

Host Family Gifts
DO bring a gift for your host family, but make sure it is:
• culturally appropriate (ex: do not bring a Muslim host family a bottle of wine/alcohol)
• not fragile
• not too expensive
• representative of you, your family or your hometown (ex: calendar of places near your town, non-perishable food that is made locally etc.)
• Age-appropriate for any host siblings you may have

Arrival
Upon arrival, you will be met by AFS Volunteers and/or AFS Staff at the airport, who will guide you to your next location. These next steps vary country by country, but in general you will either be taken to an Arrival Orientation, or you will be connected with your host family. If you have questions about these next steps, contact your host family, or ask an AFS Returnee to see how it was organized with past groups. Most host countries provide an Arrival FAQ handout, which is available on Culture Trek. Arrival information is also reviewed at your Gateway Orientation.

Your Host Family & Community
Finding a host family that is a good fit for you is the main goal for the AFS placement process. Host families go through a thorough selection, screening and application process, just as you did when you applied to your AFS program, to ensure they will provide a safe and healthy environment for you.

Your host family will likely be eager to learn about you and your home country as well as share their culture and family life with you. There will be a natural adjustment period to your host family, and past AFS Participants have come up with helpful suggestions for making your host family experience as successful as possible:
• Speak more slowly and listen more carefully.
• Ask lots of questions and give ample time for others to answer.
• Ask for clarification if you are unsure of what was said.
• Be proactive about understanding the house rules and expectations from the very beginning.
• Ask your host family to help you with your language skills so you learn to communicate with each other more quickly.
• Limit the time you spend alone in your room; find excuses to be with people.
• Remain at the dinner table to chat.
• Accompany your host mom or dad on their daily errands.
• Share your feelings with your host family throughout your experience, good or bad!

Understanding “Family”
What defines a family varies culture to culture and family to family. It is likely that you will encounter at least some differences between life with your host family and life in the U.S. It is important to remember that during your program you will be considered a member of your host family which may include participating in activities like household chores, meals, celebrations and vacations.

Check-in ASAP
You will most likely be very busy when you first arrive but remember that your family in the U.S. will likely be anxious about your arrival in your host country.

• Contact your U.S. family as soon as possible after you arrive safely.
• Talk to your parents and reassure them that “No news is good news!” AFS will contact your parents immediately if there is a problem.

Your host family is also your gateway into the community. They will be your greatest resource for finding out about events and meeting other members of the community. If you have any questions about interests or activities that you would like to pursue in the community, be sure to talk to your host family first!

Meal Times
In many cultures, meal time is family time. Your host family is responsible for giving you three meals each day, but that does not necessarily mean they are responsible for preparing them. Find out early if you will be responsible for preparing your own breakfast or lunch. Meal times often vary between cultures and you may get hungry between meals if you are unused to the eating schedule; be sure to ask your family if, when and on what you are allowed to snack.

Household Chores
Housework is handled differently all over the world. In some places, each member of the family takes part in the housework. In some places, hired domestic help is common. Find out early on how you can help around the house. Becoming involved early-on will expedite your adjustment.
**Host Family Questionnaire**

One of the best things to do to start off your exchange on a good foot is to set realistic expectations. In this book, you’ll find a list of questions that you should make a point to ask your host family in the first few weeks of your exchange. Doing so will help you to set expectations and learn the rules of your host family as quickly as possible.

**Personal Adjustment**

Understand that it will take time for you to adjust to your new home. Throughout this process, communication is extremely important. Misunderstandings will happen, but communication will help you work through them. Here are some tips to keep in mind:

- Ask questions! Even if you think you know the answer, asking questions anyway can help you with language learning and actually confirm that you understood the first time.
- Listen to what your host family says...and also what they might not say!
  - Different communication styles can be a challenge to adjustment.
  - Styles that are more indirect than yours can be confusing; styles that are more direct than yours can be surprising. Your host family and liaison can help you clarify any confusion.
- Assume positive intent.
  - Your host family has rules for good reasons – they are responsible for your safety.
  - If your host family has a rule that you do not like, respect and follow it anyway.
  - Speak to your host family and/or local contact person if you have any questions about cultural and family norms.
- It takes time to build trust; be patient and demonstrate responsibility.
- Do speak up if you are uncomfortable for any reason. You do not have to sacrifice your own personal values in order to respect the values of your host culture.

**Remember – AFS Host Families are Volunteers and Participants too!** Your host family does not get paid to make you a part its daily life. Your host family also experiences adjustment challenges as they support you as well as learn more about you, themselves and intercultural communication. So, it can be an emotional yet rewarding process for both you and them!

**Host Family Conflict**

As you and your host family adjust to each other, it is natural to have disagreements and make mistakes just as you might with your family in the U.S. Disagreements can feel more stressful on exchange because you do not have the innate understanding of your host family culture that you have of your family in the U.S. Consider the following should you and your host family feel upset with each other:

- Take time to decide how to approach the situation; avoid problem-solving when you are upset.
- Try to objectively look back on recent incidents that could be at the root of the tension.
- Consider the culturally appropriate response to the situation.
- The root of many common issues lies in cultural differences.
• Communication styles vary across cultures.
  o Directness/indirectness of communication may affect the way you approach the situation.
• Review your orientation materials, handbooks, and cultural information to gain insight.
• Talk to your local AFS Contact Person about how best to handle the situation.
• Avoid broadcasting your concerns outside your immediate support network.
  o What you say may be misinterpreted by others.
  o In some cultures, word spreads through a community very quickly.
  o A simple misunderstanding may be blown out of proportion by such broadcasting.
  o Don’t ignore the situation.
  o Dealing with challenging situations early on can help avoid a lot of mutual frustration.
  o A small problem, left to fester, can create larger problems.
• Your parents, guardians or friends back home will NOT give the best advice; they lack...
  o Culture-specific context that is key to problem solving while in your host country;
  o Rapport, or a good, personal relationship, with your host family.

Working through difficulties with your host family is a learning process. Patience and perseverance will help you build trust and understanding.

An AFS Motto

When facing challenges on exchange, remember one of the most important AFS mottos: It’s not right or wrong, it’s just different!

Host Family Changes

AFS will do everything possible to help you work through any issues you may encounter with your host family. However, in some cases, family changes may occur. If you should find yourself in a situation where you are changing families, here are some things to keep in mind:

• The reasons for family changes are varied and complex.
• An AFS Participant and their Host Family may simply not be as compatible as initially hoped.
• There are two sides to every story:
  o In the majority of cases, both parties (the AFS Participant and the Host Family) have contributed to the events leading up to a family change.
  o Placing blame squarely on any of the involved parties is not productive.
  o The “true story” of a family change usually lies somewhere in between the feelings of the AFS Participant and the host family.
• AFS Volunteers or Staff should always be involved in family changes.
Host School & Presentations

School

High schools in most countries are very different than high schools in the U.S. You may not have as many choices or electives as you are used to; your class schedule may be assigned to you before you depart the U.S. or upon arrival in the host country. Extra- and co-curricular activities to which we are accustomed in the U.S., like drama club, band, sports and debate teams, etc. are often not attached to schools in other countries. You may find that familiar subjects taught in your host school are organized in an unfamiliar way.

Research the educational system in your host country to develop a realistic understanding of the differences and similarities you might encounter. It may not be possible to find out very much about your specific host school before you depart, but that does not mean that you should refrain from asking questions. Preparing yourself to be flexible and learn as much as you can from your experience in your host school will be helpful to your adjustment.

Be sure to refer to review strategies for obtaining academic credit.

Setting School Expectations

- Ask AFS Returnees
- Consult your program and country information packet for information about the education system
- Ask your host family for school information when you contact them
- Visit: www.afsusa.org/applicants

Sharing Your Culture

AFS Participants are often expected to give presentations about the U.S. and their home community. When creating your presentations, think about someone who has never been to your home town or the U.S. Presentations with as many visuals as possible are the most effective at giving people an idea of your home, school, friends and family. See additional guidelines for presentation guidelines.

Helpful Presentation Props

- School Yearbooks
- Recipes
- Local Newspapers
- Maps
- Photos or video tour of hometown (saved on USB)
- Photobooks

Document Your Experience

Consider keeping a journal or blog while you are abroad. If you are not a writer, consider drawing or using photographs to capture your experience. Not only will this help you remember your experience when you are looking back on it years from now, but it will also help you process your experience as you’re going through it.
will also help you to tell your host friends and family what you have done and enjoyed so far and give you material for presentations about your host country when you return home!

Language Learning & Making Friends

Learning a new language will probably be one of the most rewarding aspects of your program! It is also a significant part of connecting with your host community and school. For these reasons, it is important to do as much preparation as possible before you depart.

Helpful Phrases

- Introductions (My name is...)
- Small Talk (Hello, how are you? Nice to meet you...)
- Where is the...? (bathroom? bus stop?)
- How do you say...?
- Thank you; please; you’re welcome
- Excuse me
- I need help; I’m lost
- I like/do not like...

Language Learning Tips

- Label household items in the language you are learning.
- Seek out native language speakers/Returnees in your home community.
- Bring a photo book of your life at home and learn to talk about everything in it.
- Carry a pocket-sized dictionary with you.
- Keep a journal of your experiences in your host country language.
- Don’t forget non-verbal language! Gestures may factor into your host country communication. How far apart do people stand when talking? Do people greet with a handshake; a hug; a kiss?

Making Friends

It can be challenging to build new friendships in your host community. The process can sometimes feel lonely, especially when you are learning their language and don’t feel confident about your ability to communicate. However, one of the greatest ways to learn a language is to speak with a friend you feel comfortable with – often, friends in your host community will be eager to help you learn and include you in activities that will help your language skills. Here are some things to keep in mind when making friends:

- Be friendly, take the initiative, and invite someone to join you in an activity.
- Accept invitations (even if you are feeling tired, shy or uncomfortable).
- Try to get involved in various activities.
• Use whatever local language abilities you can.
• Keep up good personal hygiene and dress as accepted in the culture.
• Don’t get discouraged. Remember, building friendships takes time and effort.
• Smile and be positive.

Technology & Social Networking

Though it is wise to use technology in moderation, you can also use it to help you!
• Be sure to check your AFS Dashboard for additional information while you’re on program!
• Change your Facebook profile to your host country language.
• Make a separate Facebook account/profile to friend people in your host country.
• Create a new email address to give to host family and friends so you’ll make a conscious choice to not check email from the U.S. too often.
• Follow Twitter newsfeeds from news sources in your host country to see current events.
• Blog your experiences.

Cultural Adjustment

A resource that might be beneficial to read before departing to your host country is the book, *The Exchange Student Survival Kit*, by Dr. Bettina Hansel. The book outlines the stages of cultural adjustment in nine categories:
Familiarizing yourself with these phases will help you understand the different emotions you might be feeling as you adjust to your new family, school friends and more. It is very common for Participants to jump around or spend different amounts of time in each phase. Everyone experiences things differently!

- **Arrival Fatigue**: The combination of excitement, anxiety and hopefulness with jet lag and intense concentration is exhausting and you will likely feel very tired after arrival.

- **Homesickness**: It is very common to miss home, especially soon after arrival. Missing home is natural but be aware that increasing communication with friends and family at home can make homesickness worse.

- **Settling in**: Also known as “the honeymoon phase, this refers to the happiness and confidence you may feel as you discover new and exciting things about your host culture, make new friends and begin feeling comfortable in a new home. This is a big step and a point of pride.

- **Deepening the Relationship**: This happens when you start to feel like a member of the family as opposed to a guest. You are held to the same rules and responsibilities as other members of the family. Conflicts can arise in this phase but think of it as an indication that you and your family feel comfortable expressing your feelings.

- **Culture Shock**: In this phase, you may feel that everything is an effort and have negative feelings towards your host country. You long for something familiar and may even experience physical effects like headaches, fatigue or lack of sleep.

- **The Holidays**: During the holidays, you may enjoy the celebrations of your new host family, but you may miss being with your family and they may miss having you with them. Try to engage in the celebrations of your host family. If your host family does not celebrate a holiday that is important to you, use it as an opportunity to teach them about it!

- **Culture Learning**: As you become more grounded in your community and home life you will feel increasingly confident, you will feel likely feel increasingly confident in your abilities to try new things, respond to social cues and face challenges that arise in your host country.

- **Pre-Return**: This phase is usually a mix of emotions. You are excited to see your family and friends again, but sad to leave your host family and culture. The end of the school year usually includes parties and activities, which may result in conflicting emotions and fatigue.

- **Re-adjustment**: After returning home you may be excited to share your experiences and reconnect with your family and friends. However, it can be hard to adjust when the initial excitement wears off and you now face the task of adjusting to your home culture again.

**Shifting Your Perspective**

Adjusting to all the new aspects of your life in your host country is a big part of embracing your experience, but it can be a challenge as well! One of the most important aspects of preparing for an AFS experience is setting realistic expectations for your experience. The more flexible and open you are to the possibilities the more prepared you will be for whatever comes your way. Expect to experience highs and lows throughout your program and know that part of the reason you experience these feelings may be rooted in your adjustment process to cultural differences of which you may be unaware. The way you handle the lows will be a key element in your adjustment.
**Acknowledge Your Lows**

**Coping Tips**
If you’re feeling...

- annoyed
- lost
- homesick
- critical of your host country, culture or family
- inexplicably ill
- lonely
- the urge to withdraw and do only solitary activities (sleep, read, listen to music, computer time)

...then you might be experiencing a low period due to the stress of cultural adjustment. There are some things you can do to help yourself cope during these times.

**During low periods, try the following...**

- Take a break and get good sleep; rest will clear your head.
- Remember that low periods are to be expected of someone living in a new country/culture/home; it doesn’t mean you’re failing.
- Share with your liaison; talking about your feelings may help you understand them better.
- Make plans to do something fun with your host family/friends or reach out to help others; take your mind off your own situation.
- Assess your time spent calling/e-mailing U.S. friends and family. Too much contact may be affecting your mood!
- Get some physical exercise.
- Focus on ways to make the most of your experience while it lasts.

**Communication with the U.S.**

One of the most common issues that AFS Participants face on exchange relates to having too much contact with family and friends in the AFS Participant’s home country. It is expected that you will keep in touch with your family or friends while you are abroad, but like everything else, it is important to have moderation in your contact with home.

AFS recommends limiting contact to, at most, once each week. From experience, AFS has learned that more frequent contact can hinder the process of immersion and host country adjustment. Here is some advice to help you achieve a balance:

- DO contact your family when you first arrive to alert them of your safe travel.
• DO limit communication with the U.S.
• DO make a rough communication schedule.
• DO monitor your time online and on the phone.
• DO look to your immediate surroundings for support when you feel sad.

Before calling home, consider...

• What is the time difference between the U.S. and your host country?
• Will you have internet access in your host family’s home?
• How frequently will you contact your family in the U.S.? (Write a loose schedule if possible.)
• What form of communication will you primarily use?

Remember that:

• Contact with home can intensify homesickness.
• The more you immerse, the faster you will adapt to your host country.
• Internet and phone service might be costly for your host family.
• Speaking English means you are not speaking your host language.
• Your local AFS Volunteer and host family are there for you if you’re feeling down.

Health and Safety

AFS has support in place to help you in emergencies, but you can take certain steps toward your own safety and well-being. You will receive a Safety Tips document from your host country that you must review in addition to the information in this handbook. In the meantime, review the following.

Physical Health

Getting sick while you’re studying abroad is common—new environments, new foods, and any kind of time difference can potentially present your body with a new set of physical challenges. Your host family is your best resource for keeping you healthy abroad.

Some questions you may want to investigate before you go abroad so you know to ask your host family about them when you get there are:

• Is it safe to drink the tap water in your host town?
• Are there any foods that you should avoid or treat with care?
• Do any contagious diseases exist in your host country that do not exist in the U.S.?
Immunizations

Be sure to prepare yourself beforehand with the proper immunizations. You can check the website of the Center for Disease Control (CDC), which has country profiles detailing the recommended immunizations and health precautions for each country: [http://www.cdc.gov](http://www.cdc.gov).

Some immunizations must be administered over a period of weeks or months; plan accordingly.

Medication

You should have recorded all prescription medication in your AFS application. Any medications prescribed after the application has been submitted also need to be reported to your Study Abroad Specialist.

- Pack all prescription medications in your carry-on bag, in the original container, with a copy of the prescription.
- For each medication make sure to find out from your host country’s embassy/consulate...
  - whether your medication can be legally brought into your host country;
  - how much of your medication can be brought into the country; amounts may be limited;
  - whether your medication can be obtained locally in your host country or legally shipped internationally if you need more while you are abroad.

Medical Insurance

All AFS Participants are provided with secondary medical insurance for the duration of their program. Check the medical insurance pamphlet that came with this handbook for specific information. Know who to contact in an emergency! Review the information on the AFS Support Structure.

Emotional Health

Review the section on Cultural Adjustment for a summary of some of the emotional challenges you may face, in part due to the cultural shift you will experience abroad.

Personal Safety

During your exchange, you’ll have new and different experiences, but some things remain the same. While AFS would not place students in an unsafe environment, all travel and adjustment to new surroundings come with some risk. While traveling and living in your host community it is important to be aware of your surroundings, your appearance and take care with your belongings.

Below are some tips for minimizing risk of theft and personal endangerment. You will receive an ID card with your host family’s contact information on it, as well as contact information for AFS in your host country and it is important that you keep this with you at all times in case you need to reach them.

Be a Friend to a Friend

If your friend tells you that he or she is in trouble, or being abused, listen; be patient and respectful. Take what your friend is telling you seriously and encourage him/her to seek advice from an adult you trust and report the abuser. A threat to a friend may be a danger to others as well, including yourself.
Cultural Awareness

Some behaviors that might be appropriate in the U.S. might not be appropriate in your host country; the reverse is also true. Make yourself aware of these cultural differences to help keep yourself safe.

Use the questions below to research your host country; confirm your research by asking your host family or local contact person. Your local support network is best-placed to teach you about your host country’s cultural norms.

Sexual Abuse Awareness

- You do not have to be physically touched for sexual abuse to occur.
- Any behavior that makes you uncomfortable is not okay and should be reported to your host parents, local AFS Volunteer, staff or other trusted adult.
- An abuser may try to bribe you or discourage you from communicating with others about your interaction.
- A victim of sexual abuse should never take the blame for what has happened to him/her.

Protect Yourself

- Your body is always your own.
- Regardless of cultural norms in your host country, you have the right to say no if you feel uncomfortable.
- If something doesn’t feel right to you, it probably isn’t; talk to your Local AFS Volunteer.
- Always let someone know your schedule and where you are going.
- Never go anywhere with a person you don’t know.

A Note to Young Women

Some participants may experience more traditionally-defined gender roles than what they are accustomed to here in the U.S. This can contribute directly to culture shock. For example:

- The rules for you and your host sisters may be much more restrictive than for your host brothers.
- The men in the house may not be expected to help out around the house.
- The women might only leave the house under certain conditions, depending on the time of day.

These realities will probably be a challenge for you, try to accept this and go with the flow. You are not going to change a society, but you can learn a lot about how it functions and why, if you are open to it.

Host Country Personal Safety Worksheet

- How does same/opposite sex physical contact in the host country differ from that in the U.S.?
- Is it advisable for me to walk alone in my host community during the day; at night? Why/why not?
- How does dating in the U.S. compare to dating in the host country?
- How would a person of my age/gender let someone know that he or she was romantically interested in someone; not interested in someone?
- What might my host family and friends think of me if I am sexually active or use birth control?
• If I use or abuse alcohol, how will others perceive me? What consequences might there be?
• What would I say in the host country language to indicate a refusal of alcohol, drugs, sexual activity, or to decline a ride, date, etc.?
• Who can I contact if at any time I feel unsafe?
• What stereotypes exist of U.S. Americans in my host country that might affect my safety?
• Are there any nonverbal gestures that might be considered rude in my host country? (e.g. “thumbs up”)

Rules, Policies & Standards

There are three rules you must remember!

1. No Driving
2. No Drugs
3. No Hitchhiking

If you are involved in any of these behaviors or break any other laws, you may have serious legal problems. These rules are not debatable. If you break any of these rules, you will be returned to your home country immediately!

No Drugs

Possession or use of drugs is not allowed by AFS, unless medically prescribed. Participants have no immunity from the laws in the host country governing use of or involvement with illegal drugs. Therefore, it is forbidden for AFS Participants to consume drugs except those prescribed for medical purposes.

Violation of this rule is cause for dismissal from the program and immediate return to your home country. You should remember this if you find yourself in a situation where illegal substances are being used, where there is use of alcohol by minors, or when knowingly associating with persons using these substances.

We know that views about non-medicinal drug usage vary from country to country. Because this is an issue that can have serious consequences for participants, AFS maintains a universal policy on how to manage situations involving non-medicinal drug usage, even in states where it is legal: possession or use of drugs is not allowed, unless medically prescribed.

A Note about Marijuana

Laws related to marijuana vary from country to country. For example, it is legal in some countries for individuals 21 years of age and older to use marijuana for medicinal and/or recreational purposes. However, federal law prohibits the possession/use/sale of marijuana, and all participants are expected to abstain from having, using, or selling marijuana while on program.

If someone offers you marijuana, even in a country where it has been legalized, do not accept it and tell your host parents and/or Liaison. Using marijuana under any circumstance is cause for dismissal from the program and immediate return to the U.S.
A Note About Prescription Drugs

It is against the law to have, use, or sell drugs that were prescribed by a doctor for someone else. Penalties can be the same as those for illegal drugs. There are special penalties involved for those who possess drugs on school grounds. If someone offers you prescription drugs, as with all illegal drugs, decline them and tell your host parents and/or Liaison about the situation. Doing otherwise will put your own health at risk, as well as your participation in the AFS program.

When confronted with non-medicinal drug usage or involvement, these questions are most commonly raised:

Why does AFS terminate program participation for individuals who use or are involved with non-medicinal drugs?

It is AFS’s responsibility to remove participants from situations that can hold possible criminal consequences or personal risk. AFS maintains this universal policy to ensure participants’ health and safety.

What if I am not actually using drugs but I am with people who are doing so?

Program participation can be cancelled if you are in the company of individuals using drugs and drug equipment or who are involved in the transport or distribution of drugs.

Your safety is the primary concern of AFS. Drug enforcement laws can be extremely severe. The police can arrest or detain an individual on suspicion of drug involvement simply by association or being in the wrong place at the wrong time. Possession or use of illegal drugs can result in arrest, jail time, and criminal charges necessitating court proceedings. In some cases, a participant’s personal safety may also be at risk. If a participant is arrested, neither AFS nor the participant’s country of citizenship or family can have much of an influence on the process, therefore, immediate return to the home country is in the participant’s best interest. To delay this action can put the participant at risk of being detained by the police and entering into the criminal justice system, from which it can be difficult to extradite the participant.

For the reasons above, we recommend that you find out about any events (concerts, parties, etc.) you are interested in attending ahead of time. Your host sibling, parents, friends, or teachers may be able to give you more information about the event and the people expected to attend. It is also important that you respect your host parents’ advice regarding your participation in events, even if others you know are going.

No Hitchhiking

While hitchhiking may be a common form of traveling in some countries, it is considered a potentially dangerous activity and therefore is not allowed.

Several other considerations have led to the No Hitchhiking rule.

- Hitchhiking is against U.S. State law if conducted in the customary way of standing by the roadside with hand out asking motorists to stop to give a ride. Hitchhiking wherever it occurs is against the law in some U.S. states.
- Families generally do not allow their minor children to hitchhike. Therefore, if the participant hitchhikes, it could put the placement at risk.
- The participant’s ability to judge the driver’s motivation to stop to give a ride or to offer a ride can be impaired due to limited understanding of host country cultural norms. Limited knowledge of the locale where the ride is
offered, and the route taken can also increase the risk when the decision is made to get into a vehicle driven by someone unknown.

- AFS must consider risk to the participant and the organization should the participant suffer harm, be that abuse, a car accident or other incident that brings adverse notoriety to AFS and the Department of State.

**The AFS Definition of Hitchhiking**

To *seek transportation by asking strangers for a ride* or *accepting a ride* offered by *strangers* in their private motor vehicle.

1. **To seek transportation**: AFS does not consider hitchhiking an acceptable form of transportation for travel in the local community and most certainly not outside the community, which would be unauthorized independent travel.

2. **Asking or accepting rides**: Asking for or accepting rides at or near the roadway or elsewhere within the community. An example of near the roadway is using the typical sign of arm out with the thumb up. An example of out in the community is at a party asking for or accepting a ride home or to another party from a stranger, as defined below.

3. **Strangers**: Defined as someone the participant does NOT know, at first meeting, or someone that does NOT have a recommendation, reference or referral by someone the participant does know and trust such as host family members, good friends or AFS Volunteers.

*Asking for or accepting rides from known schoolmates would not be considered hitchhiking*. However, host parents must be given the chance to approve rides by schoolmates to ensure participant safety in riding with drivers that might have new driver license restrictions or are considered at-risk drivers.

**Early Return**

The consequence for breaking any of the big three AFS rules is program termination and an early return to your home country at your own expense. The following can also get you sent home early:

- Taking unauthorized trips away from your host family or host community
- Continued unwillingness to or inability to adapt to the lifestyle of the host country or abide by host family rules
- Pregnancy or causing pregnancy
- Theft
- Eating Disorders
- Breaking local laws
- Unauthorized visits from family members or friends
- Moving to another host family not arranged for and approved by AFS
- Injury or illness which keeps one from participating in the AFS program, i.e. attending school or taking part in AFS or host family activities
- Failing to attend or pass school in your host country
Participation Agreement

Your participation with AFS began formally when you signed the Participation Agreement (form 10 of your application). This contract is legally binding; you have promised to adhere to the rules and policies it represents including those mentioned above. Call your Study Abroad Specialist (1-800-AFS-INFO) with any questions you may have. You will find a copy of the Participation Agreement for your reference in this handbook. The Participation Agreement addresses the following:

- Terms and conditions of participation
- Safety and support
- Transportation and travel guidelines
- Medical support
- Program termination policies

Alcohol Policy

Laws related to alcohol consumption vary widely by country. AFS Participants are expected to follow the laws of their host country. In many countries, wine or beer is regularly served with meals, and young people may be included in this tradition. As such, you may have legal opportunities to drink alcohol in your host country. However, a pattern of alcohol abuse on the part of an AFS Participant can result in program termination. If you are extended a legal opportunity to drink alcohol, moderation is expected. Excessive drinking or drunkenness is considered highly inappropriate and will not be tolerated by your hosts or by AFS.

In some countries, alcohol consumption is considered inappropriate because of religious practice. Be sensitive to the attitude toward alcohol in your host family and community in addition to the laws of your host country.

Academic Policy

As an AFS Participant, you must be committed to the academic portion of the program, even if you have already graduated in the USA. The terms of your participation in school are detailed in the Participation Agreement. See additional information on obtaining academic credit.

U.S. Families Visiting

AFS highly discourages your family and friends from visiting during your exchange. AFS has learned from experience that visits from U.S. family and friends can be a serious disruption to adjustment. Our policies regarding family visits are included in the Participation Agreement.

If a visit from your natural family does occur, be sure to adhere to the following:

- Family visit requests must be reviewed by local volunteers, your host family, AFS-USA and AFS staff in your host country.
- Visit should last no more than 3–4 days and not occur during key program phases or events, such as orientation and the initial and concluding months.
• If you wish to travel with a family member during this time, your host family, volunteers, and AFS staff must give permission before the trip is planned and you must obtain a travel waiver (see Independent Travel policy for more information)

High-Risk Activities

There will be many types of activities that you may have an opportunity to participate in while on program. AFS requests your parent/legal guardian to sign an Activity Waiver during the application process, which includes examples of common activities in the host country. There is also an opportunity on this form for your parents/legal guardian to specify any activities in which you will NOT be allowed to participate.

Once on program, to participate in certain higher risk activities your parent/legal guardian will need to sign an activity-specific waiver. You will need discuss the activity with your local contact person and he or she will initiate the process of obtaining permission from your parent/legal guardian via the AFS office in your host country and AFS-USA.

Activity Waivers

AFS uses a “blanket” waiver system within the AFS network giving natural parents an opportunity before the program starts to tell AFS what specific activities they will allow you to participate in and specifically any activities in which you are NOT allowed to participate.

The goal of the waiver is to help your natural parents understand that there are many types of common activities that you may participate in while on the AFS program. AFS cannot name every activity that you may have the opportunity to participate in. Your parents are therefore given a list that represents a number of common activities that you can participate in here in the United States to help them decide what sorts of activities they will allow you to partake in while on the AFS program.

AFS requires a “Supplemental Activity Waiver” for activities that are considered riskier and are not covered through the Activity Waiver signed prior to participation on program. Please speak with your liaison to inquire if a supplemental waiver is needed for an activity that you would like to participate in.

Activities covered by the Blanket Waiver include but are not limited to:

• Passenger in a car, shuttle van or bus, in conjunction with normal program activity, including transportation to and from school, extra-curricular activities, and orientation events and enrichment activities arranged by AFS, passenger in a host family recreational vehicle (motorhome or camper)
• Outdoor Activities such as: horseback riding, mountain biking, hiking, rappelling/rock climbing (indoor), sand boarding;
• Team and/or School Sports such as: all school sports such as American football, baseball, basketball, hockey, rugby, lacrosse, track & field, wrestling;
• Water Sports such as: surfing, snorkeling, kayaking, swimming, water parks, water skiing/tubing;
• Winter Sports such as: cross-country skiing, downhill skiing, sledding/tobogganing, snowboarding, snow tubing;
• Other Activities such as: laser tag, martial arts, roller-skating, skateboarding.

Prohibited Activities for ALL students:

These activities are not covered by the Medical Plan and/or the Additional Benefits and Participants may not engage in them under any circumstances:
- Professional athletics;
- Hang-gliding, Paragliding or Parachuting;
- Military training exercises (includes ROTC activities);
- Piloting or serving as a crew member in any aircraft; and
- Passenger in a non-commercial aircraft

**Prohibited Activities for FLEX, YES and CBYX students**

Exchange students on the FLEX, YES and CBYX programs are not permitted to drive any motorized vehicle under any circumstances. Violators of this policy will be considered for program dismissal. This applies even if the student is in possession of an international driver’s license or if the host family feels that the student is a responsible and careful driver.

**Examples of Activities Requiring a Supplemental Waiver**

*(THIS IS NOT AN EXHAUSTIVE LIST)*

Before engaging in a high-risk activity, please contact AFS Support Staff for guidance on whether a *Supplemental Activity Waiver* is required. Examples of activities that require an additional waiver include:

- Operator or as passenger (not permitted to operate motorized activity requiring a license): snowmobile, farm equipment, motorcycles, trikes, scooters, quad bikes, ATVs, etc.;
- Handling of weapons (guns, air guns, bows, swords, knives etc.) and shooting, hunting, practicing with them (this includes attendance at gun shows where the Participant has an opportunity to handle weapons)
- Scuba diving (with proper certification)
- Parasailing, kite surfing, hang gliding, bungee jumping, trapezing
- Whitewater activities
- Passenger in a small plane, helicopter, and glider
- Caving/spelunking
- Activities that call for interaction with non-domesticated animals (swimming with dolphins)
- Hot air balloon ride
- Paintball
- Deep sea fishing/ice fishing
- Sled dogs

**Travel Rules and Policies**

**Independent Travel**

**AFS is an experiential learning program, not a travel program.** You must adhere to the internal travel guidelines of AFS in the host country while on program, which may include obtaining *prior* approval from:

1. the local and national AFS official prior
2. your host family
3. your natural parents or guardian, who will be asked to sign an Independent Travel Waiver Form.

The following are general guidelines established by AFS regarding independent travel. Given the geographic differences of countries, AFS Partners may have different guidelines specific to their country or region. You are required to abide by the requirements of the host country in which you reside.
Independent Travel Guidelines

- AFS compulsory events and school attendance must not be interrupted by travel activities.
- AFS permission is not required for travel activities within the host country that are approved school/class trips, or if the Participant is traveling with members of the host family. The Participant must provide to AFS information regarding dates, itinerary, housing accommodation and telephone contact number.
- AFS discourages independent travel away from the host community and will not take responsibility for independent travel.
- AFS permission is required if the Participant is traveling alone, with members of the natural family/relatives or with non-AFS groups whether inside or outside of the host country.
- Independent travel with natural parents is strongly discouraged. Depending on the circumstances, AFS may require an Independent Travel Waiver from the Participant’s natural parents releasing AFS from any costs, arrangements or responsibility for any actions to or by the Participant during the travel period (see the Appendix for a sample waiver).
- Participants are not released from AFS Participation Agreement Terms and Conditions during travel.
- AFS must know your general whereabouts and contact information at all times.
- Medical expense coverage as described in the medical pamphlet will apply as long as you remain on the AFS program and the travel takes place within the program dates.
- While the Participant will remain under the AFS Medical Coverage, AFS will not be responsible for the kind of service or medical care administered to the Participant during the Waiver period.

If you travel without meeting all of the specific conditions required by the host country, the action can be considered grounds for program termination and early return to the home country.

AFS travel guidelines are designed to maintain the integrity of AFS programs and to help you adapt fully to your life as an exchange Participant in the U.S. You have an obligation to your host family, community, and school, which should be viewed as a priority over the desire to travel to other parts of the country.

Travel to Other Countries

During the exchange, you may be offered the possibility to take a field trip or vacation into a country or countries bordering the area where you are hosted. Please note that these types of trips may require you to apply for a tourist or other type of entry visa. While we realize that such trips can be an exciting and enriching opportunity, AFS-USA is currently not able to assist each student who will require a visa for the purpose of a school or host family trip during their exchange.

Once granted permission to take a trip or trips to another country during you exchange, you will be the one responsible for ensuring that you have the correct documents to legally travel there and back. If a visa will be needed in order to cross a border for extracurricular travel during the exchange, you must work with your host family, your natural family in the U.S., and/or any person or organization (such as the host school or other activity group) who is sponsoring your trip, in order to complete the visa process.

AFS-USA will assist with any travel waivers needed for these trips, however, the details of the visa process and follow-up on required documents will be up to you and your family to research, understand, and complete.
Program Release

At times Participants request to remain in their host country after their program ends or they may choose to leave the program prior to the completion date. Both instances are referred to as a “Program Release.”

- AFS will consider changes to the return portion of the international travel in exceptional cases but cannot guarantee that requested changes can be accommodated. A minimum fee of $500, or the actual cost of the change, whichever is greater, will be charged for any such changes. We also understand and agree that we will be responsible for any administrative fees that may be charged by the hosting partner.

- In a growing number of countries, immigration laws do not permit Participants to remain in the country after the completion of their program. In these cases, AFS-USA will not be able to make changes to return international tickets and requires that all Participants return on their previously scheduled AFS-USA group flight.

Quality Standards

AFS-USA is fully committed to providing high-quality study abroad programs to its Participants and host families. As such, the organization abides by several sets of quality standards.

AFS Standards

The AFS Statement of Purpose, Core Values and Attributes, and Quality Standards are shared by all AFS Partner Organizations worldwide. These statements comprise the foundation upon which all partners agree to operate their programs and they represent what all AFS organizations agree are the essential elements of quality programs and what AFS commits to providing to all Participants, natural families, host families and schools. They also serve as the foundation for the AFS Standards, Policies and Procedures, which were developed by AFS International in consultation and cooperation with partners worldwide. To learn more about AFS standards and read all official AFS quality statements, visit:


CSIET Standards

AFS-USA must adhere to the Council on Standards for International Educational Travel (CSIET) standards regarding semester and year inbound and outbound study abroad programs to maintain a “Full” listing on their Advisory List. As such, AFS undergoes an annual audit of our semester/year sending programs from the U.S. Access the full text of the CSIET Standards on the following website: https://www.csiet.org/csiet-long-term-outbound-standards/

Re-Entry and Cultural Readjustment

It may be strange to think about returning home before you leave. But returning from an AFS experience can be a challenge itself. The experience doesn’t stop just because you’ve left your host country. Upon your return, you’ll represent...
Reverse Culture Shock

Upon your return, you may feel like a different person and have a tough time relating to your classmates and family members. You may see your home culture differently and find yourself incorporating elements of your host culture into your life in the U.S., which may make you stand out. Your family members and friends may not perceive some of these differences as acutely as you do. Others may not understand the purpose of your exchange or the lessons you learned; they also may not listen when you try to explain, which can be very frustrating.

In the meantime, you will be readjusting to changing back to your home diet, language, sleeping patterns and more. You may struggle to find a way to incorporate your newly acquired skills, knowledge into your previous environment. This process is to be expected because you come back from your exchange with a new perspective. Remember the AFS motto during your readjustment process: It’s not right or wrong, it’s just different.

Stay Connected

AFS relies on you to relay your expertise and experience to future exchange students. After all, you are the expert in your own exchange. Staying involved can help you remain connected to your experience. Below are some suggestions on how you can stay involved and utilize all of the skills and knowledge you gained on your AFS experience:
Presenting Your Country & Culture

How to Prepare for Presentations

As an AFS Participant, you are an ambassador for the U.S. While on your AFS program, you will probably be asked to give a presentation at your host school or to local organizations/civic groups. After your return to the U.S., you may also be asked to give a presentation about your host country/culture.

If, before you depart, you have any ideas for what you would like to talk about or do for your presentation, then you can make some preparations in advance. You may wish to gather materials and information to help in making an engaging, informative presentation.

Do a presentation about your culture, family, school, and/or community. You may wish to concentrate on one area or topic. Use visual resources such as pictures of your community/neighborhood (or video) and local or school newspapers. You may want to organize it as “A day in the life of...” or perhaps a view of the country starting from your own home, broadening the view to your community, state and country. Some of the topics can include:

- Historical Perspective of your Community
- Social Relations
  - Family Relationships (average size, who is included, role of men/women, when do people marry? Have children?)
  - Friendship (extended to many or a few? How demonstrated?)
  - Class/Economic and Social Status (a class structure? Based on what? Mobility?)
• Religion (a dominant one? Influence on education?)
• Social, Fraternal, Cultural Institutions, Advocacy Organizations (who belongs? What purpose do they serve?)
• Sports and Recreation (how do people spend their leisure time?)
• Sense of Humor (what is acceptable?)
• Communicating Emotions (what is acceptable? With whom?)
• Economics
  o General (describe the system, what is the attitude toward purpose of work?)
  o Housing (what type predominates?)
  o Clothing (ready-made? Reflect status?)
  o Shopping (who does it? What method?)
  o Foods and Health (regional specialties? Fresh or processed? Private or public health care?)
  o Public Services/Transportation (any? For whom? Sources of power/fuel?)
• Political Affairs
• Civic Life (do civic groups exist? Who is in them?)
• Government and Politics (does the group have a political power base? Are issues actively debated? By whom and where?)
• The Arts and Folklore: Music, Dance, Drama, Crafts, Art (which are unique, what do they express?)
• Important Celebrations, Holidays & Holiday Food

Presentation Tips

It is unlikely that you would be expected or even have enough time to cover all these topics during one presentation. But having a knowledge of these areas will help you in sharing your culture and country in your host community in many ways. You will be asked about your country and will probably be expected to have a certain level of knowledge. Depending on the host country, politics and economics might be common or uncommon topics of conversation.

Consider the background of your audience when preparing a presentation. Consider the age(s) and English language ability of your audience (until you can speak well enough in your host language!) when deciding what to talk about. Think about what you feel comfortable talking about and depending on whether there is a language barrier, how you can get across ideas with as much visual material as possible.

Some other ideas include:

• Get a favorite/typical recipe, bring non-perishable ingredients from the U.S., do a cooking demonstration, at the same time, talking about food/meals etc.
• If there is a special holiday craft (bring materials that you don’t think you can get) or a favorite/typical game that is not too difficult to explain. (i.e. jump rope, simple charades, etc.)
• Think about bringing light, easily packable items.
AFS Educational Goals for AFS Participants

AFS programs offer experiential learning opportunities, which is why school is often a central part of your experience. However, we find that Participants often do much of their learning outside the classroom. Most AFSers come home saying that the number one thing they have gained from their experience is a deeper understanding of themselves.

Increased cultural competence is the stepping stone for a global tomorrow and a diverse today. In support of this mission, AFS International has created 16 Educational Goals, each focused on different aspects of personal, interpersonal and community development. These goals serve as the backbone for AFS exchange programs and help Participants develop the knowledge and skills that are necessary to succeed in an increasingly globalized workforce. The Educational Goals are split into 4 categories or steps: Personal, Interpersonal, Intercultural and Global.

I. Personal Realm

Personal values and skills: As a result of their experiences, participants learn to turn difficult situations into valuable opportunities for personal growth. They are challenged to reassess their values, stretch their capacities and practice new life skills while gaining awareness of previously hidden aspects of their own personalities.

1. Self-awareness
   - To become more fully self-aware, willing and able to view themselves objectively and to see themselves as deeply influenced by their own culture.
   - To learn how to manage their internal moods, emotions and impulses, to use their inner resources to handle stress and ambiguity, and to show patience with other people who are in learning situations.

2. Creative thinking
   - To view ordinary things, events and values from a fresh perspective so they are able to generate innovative ideas and solutions.

3. Critical thinking
• To look beyond superficial appearances and to be skeptical of stereotypes.
• To form their own opinions based on recognizing that there are different ways to view things, more than one source of information and more than one solution to a problem.

4. Motivation and self-confidence
• To be comfortable and eager to pursue new learning situations.
• To be comfortable seeking support and receiving constructive criticism.
• To feel confident in their own abilities, to have a strong sense of self-worth and to be self-reliant.

5. Defining self in terms of ideals and values
• To develop personal goals in terms of academic knowledge and skills, character building, family interaction, etc.
• To define and value themselves in terms of ideals and goals rather than material worth and to resist peer pressure that belittles the value of other individuals or groups.

II. Interpersonal Realm

Interpersonal relationship building: AFS Participants become fully involved in daily living and working arrangements with a variety of people in the new environment. These skills are transferable to many other settings during the participant’s lifetime.

1. Empathy
• To listen and be mindful of the needs of other people and to use different perspectives in approaching problems and everyday situations.
• To have a deeper concern for and sensitivity to others, and to expand their capacity to perceive and respond to the values, feelings and realities of others.
• To be able to manage disagreements with others effectively and respectfully.

2. Flexibility and social skills
• To be comfortable handling a wide range of social situations and to adapt to new environments by applying appropriate behaviors in diverse contexts.
• To enjoy themselves in the company of others and to be less preoccupied with their own needs or how others view them.
• To adjust to changing social circumstances and show greater flexibility in adjusting to new people, social situations and cultural norms.

3. Communication skills
• To develop skills in listening actively and thoughtfully and to respond with respect for the other person.
• To express themselves easily both verbally and non-verbally.
• To converse actively with a wide range of people.
• To speak with confidence in front of large groups.
4. Commitment to others and contributing to the group

- To engage with others in a spirit of cooperation, with respect and appreciation for their goals and decisions.
- To contribute actively and positively in school, community and family life.
- To be worthy of and to inspire trust.

III. Intercultural Realm

Intercultural knowledge and sensitivity: The AFS exchange experience deepens participants’ insights into their home culture as well as their knowledge of their host (or visiting) culture—both strengths and weaknesses—from the perspective of an outsider.

1. Building intercultural friendships

- To interact with people and communities that are different from their own and to develop and maintain meaningful and long-term relationships across cultures and backgrounds.
- To actively seek out and form new relationships with people from different cultures or backgrounds.

2. Cultural knowledge and awareness

- To become more aware of their own culture and recognize its influence on their behavior and attitudes.
- To learn about and understand the institutions, customs, traditions, practices and current issues in the host country, and to understand their values, attitudes and behaviors.
- To describe the complexity and richness of both their home and host cultures and be able to discuss cultures without stereotyping or making judgmental statements.
- To understand the concepts of “culture” and intercultural adaptation.

3. Foreign language skills and non-verbal communication

- To communicate effectively in multicultural environments: to speak, read and write in the language of the host culture and come to understand its jokes and humor, and to recognize, use and react appropriately to non-verbal signals of the host country.
- To appreciate the value of learning and using other languages.

4. Intercultural effectiveness

- To recognize cultural differences and to adapt their behavior and perception according to the cultural context.
- To appreciate diversity and display tolerance and respect for people with diverse backgrounds, attitudes, opinions, lifestyles and values.
- To reduce intercultural anxiety concerning exposure to new people, social situations and cultural norms.

IV. Global Realm

Global issues awareness: AFS Participants become able to empathize with their hosts’ perspective on some of these problems, and thus able to appreciate that workable solutions must be culturally sensitive, not merely chronologically feasible.
1. Global concern: interest in and concern about world affairs and awareness of the impact of one’s choices on others
   • To develop an increased curiosity and concern about world affairs, and to develop a sustained commitment to obtaining information from many sources and seeking out perspectives from other cultures in understanding world situations and problems.
   • To have an increasing knowledge of a range of world issues that affect people and divide us, such as human rights, environmental issues and poverty.

2. Global understanding: appreciation of cultural interdependence
   • To understand the interdependence of the global community and have an increased awareness of the larger impact that their personal choices and actions have in other parts of the world.
   • To gain competence in understanding the causes of conflict between cultures.

3. Commitment to contributing to the world community
   • To be willing and ready to work with others to help build peace, improve world conditions and commit to actions that will bring about a just and peaceful world.
   • To engage in voluntary service toward the improvement of the local and global communities.

Host Family Rules and Expectations

It’s important to your adjustment that you understand your host family and community’s general rules. Many of these rules may be unfamiliar to you. The following are examples of questions you could ask to start familiarizing yourself with life in your host country; try to learn how to ask some of these questions in your host country language before you leave. Discuss any differences you find and try to agree on a workable solution.

AFS Participant and Host Family Questionnaire

When you arrive in your host family’s home, you will have many things to talk about and many questions to ask each other.

The following are some important questions to help facilitate your integration into your host family’s life and better understand their expectations of you.

Family and Relationships
1. What should I call you? (Mom/Dad, first names etc.) ____________________________________________

2. If applicable, what is the desired relationship with host sibling(s)? (ex: to teach each other’s’ languages, to be good friends, to do activities together, to study together, etc.)

____________________________________________________________
3. What is an appropriate way to show **appreciation**? (ex: say Thank-you, carry the groceries, help clean the house, hug, give gifts, help with meals, spend time together, etc.)

4. **To host parents**, what does a “closed” bedroom door mean? (circle A or B)
   - A. Accessible = open to interaction with host family
   - B. Desire for privacy = would like to be alone to study, rest, etc.

5. **To host parents**, what does an “open” bedroom door mean? (circle A or B)
   - A. Accessible = open to interaction with host family
   - B. Desire for privacy = would like to be alone to study, rest, etc.

6. When students are in their room, should their door stay open or be closed (if not sleeping or getting dressed)?

7. What are the family rules about digital devices and internet usage? (ex: phones must be given to parents at certain time, no use during meals, no Wi-Fi after certain time, etc.)

8. How much time are students expected to spend with the family, **together in the same area/room**? (mark the line)

   - Very little
   - Sometimes
   - Often
   - (Just meals)
   - (meals and after school)
   - (meals, free time, weekends)

9. What are your expectations for family interactions? (ex: have conversations, watch TV/movies together, play sports/do activities together, go to religious services together, go shopping together etc.)

10. How often do you communicate as a family? (ex: Throughout the day, mostly during meals, when we are not busy, on the weekends, while watching TV etc.)

11. How does your family usually communicate? (ex: verbally, through texting, telling jokes, discussion on current events, talking about school, non-verbal such as hugging, debating, sarcasm, story-telling etc.)

12. Does the family share certain activities in which I will also be expected to participate? (ex: sports games, community events etc.)

13. Does the family attend religious services? If so, may I attend them as well?

14. **For students who attend religious services different from the family**, is it possible to attend them locally? How is transportation handled?
15. Are there any other household rules that have not covered? (ex: being on time, cleanliness, etc.)

______________________________

**Around the Home**

16. What chores am I expected to do on a daily basis? (ex: tidying my bedroom, make my bed, feed family pets, etc.)

______________________________

17. Are there any chores that I will share with my siblings? (ex: set/clear the table, wash dishes, take out the garbage, vacuum etc.)

______________________________

18. What appliances may I use around the house? (ex: stove/oven, microwave, computer, washing machine, TV etc.)

______________________________

19. May I personalize my room by moving the furniture, putting up pictures, etc.? (circle **YES** or **NO**)

- **If yes**, what should I use to place items on the walls?

______________________________

20. Where should I study? (ex: in my room, in the living room, in the dining room etc.)

______________________________

21. Are there any areas of the home in which I am not allowed? (ex: master bedroom, basement, attic, etc.)

______________________________

22. How should I leave the bathroom after I am finished (door open or closed, fan, lights, heater off/on etc.)?

______________________________

23. May I take a **bath OR shower**? When (AM/PM) and **for how long**? Is there a specific order/hierarchy?

- Where should I put my towel, toothbrush, shampoo etc. after I use them?

______________________________

24. **For girls**, how/where do I dispose of sanitary napkins and tampons?

______________________________

25. Which personal toiletries are shared by the family? Which should I buy for myself?

______________________________

26. At what time/s do family members wake up (weekdays/weekends)?

______________________________

27. At what time should I wake up (weekdays/weekends)?

______________________________

28. Will someone wake me up or is there an alarm clock I must set?

______________________________

29. At what time do you expect me to go to bed (weekdays/weekends)?
30. What time and for how long may I:

<table>
<thead>
<tr>
<th>Activity</th>
<th>At What Time</th>
<th>For how long</th>
<th>Where (in what room)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watch TV/movies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do homework/study</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Listen to music</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use the internet</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Read</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

31. What are the typical meal times?

<table>
<thead>
<tr>
<th></th>
<th>Weekday</th>
<th>Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>Weekday</td>
<td>Weekend</td>
</tr>
</tbody>
</table>

32. May I help myself to food from the refrigerator/cupboards between meals? (circle YES or NO)
   - If yes, what food may I eat as a snack?

33. May I eat food outside of the kitchen? (circle YES or NO)
   - If yes, in which rooms?

34. What will be my school lunch? (circle A or B)
   - A. A packed lunch from home (prepared by whom?)
   - B. Lunch from the school canteen/cafeteria (lunch money provided by host family)

35. How much time am I allowed to spend online [chatting, social media etc.] per day? (ex: a few hours after school, all day, only in the evenings etc.)

36. What are the rules regarding internet usage. Should I ask first?

37. What should I know about internet safety, protecting my privacy and that of the family?

38. May I invite classmates or friends to come over to the house? (circle YES or NO)
   - If yes, at what time/s and under what conditions? (ex: only same gender friends, only when siblings or parents are home, only on weekdays, only until dinner time etc.)
39. What are the rules about spending time with friends/classmates who are the opposite gender? *(ex: only with mixed/large groups, not allowed in the home, not alone together, can meet socially, can study together etc.)*

40. May I go out with friends at night during the week or on weekends? *(circle YES or NO)*
   - **If yes**, what time is the curfew [the time should I return home] on weekdays and the weekend?

**Transportation**

41. How far is the school from home?

42. How will I get to and from school? *(circle A, B or C)*

<table>
<thead>
<tr>
<th>A. Public transportation</th>
<th>B. By Car</th>
<th>C. Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method <em>(ex: train, bus):</em></td>
<td>Name of Driver(s):</td>
<td><em>(ex: walking, by bicycle, etc.)</em></td>
</tr>
<tr>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Cost <em>(provided by host family):</em></td>
<td>Time of Departure:</td>
<td>Route:</td>
</tr>
<tr>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Stop/Station Location:</td>
<td>Time of Return:</td>
<td>[ ]</td>
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<td>[ ]</td>
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<tr>
<td>Time of Departure:</td>
<td>Duration of Trip:</td>
<td>[ ]</td>
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<tr>
<td>Time of Return:</td>
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<td>Duration of Trip:</td>
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</table>

43. How difficult is it to get around the community by myself (by walking or biking)?

44. Is there a bicycle that I may borrow?
   - **If yes**, under what condition? *(ex: must wear helmet, carry lock and bike chain, ask permission first, ride on sidewalk/road etc.)*

45. Is there public transportation that I may use? *(ex: bus, train, subway etc.)* *(circle YES or NO)*
   - **If Yes**, what are the restrictions?

46. Who will be able to give me a ride to/from after-school activities?
   - **If yes**, how much advanced notice is needed? *(ex: a few days, a week, a few hours etc.)*
47. What are the family expectations about providing transportation?

48. What are the rules or restrictions for me to arrange for friends to give me a ride? *(ex: only friends approved first by parents, only friends with Full Privilege license, only friends over 17 or 18, only host siblings etc.)*

**In the Community**

49. Is there anything I should know about safety in certain parts of town?

50. What are the guidelines about where it is safe/unsafe to walk during the day, after dark?

51. What do we do in the event of a fire or other emergency?

52. What are the phone numbers of related emergency services?

53. Where is the nearest hospital or clinic?

54. How do you secure the home? Lock the doors and windows?

55. How do I keep my belongings safe such as passport, money, and camera?

56. If home alone, how should I answer the phone or someone at the door?

57. What do I need to know about traffic and pedestrian safety?

58. What do I do if I get lost in town?

59. What do I do if I don’t have a key and nobody is home?

60. Is there anything I should know about the high school culture, school rules, peer relations, social tensions?

61. Are there activities, people, places I should avoid? What should I find out about a party, concert etc. before deciding to go?
For U.S. American students hosted in other countries

What is the legal age for alcohol consumption? What are the consequences of breaking this law? What is the host family’s expectations and/or restrictions regarding drinking alcohol?

What is the legal age for smoking/tobacco usage? What are the consequences of breaking this law? What are the host family’s expectations and/or restrictions regarding smoking/tobacco usage?

Are there any local norms or laws that may be unknown to visitors? (ex: littering is illegal, men and women must eat in separate areas, no bare shoulders or uncovered legs, no taking photos of strangers, curfew for teens, PDA is unacceptable etc.)

What are the possible consequences of breaking local laws?

Money Matters

62. How much money might I need for personal purchases? (ex: clothing, snack foods, entertainment etc.)

63. What kind of expenses will I need to pay for myself?

64. Where is the nearest ATM or bank?

Budget Sheet for AFS Participants

Your host family has volunteered to support you throughout the year with food, housing and school transportation as a minimum. Expenses beyond that are optional and depend somewhat on the relationship you develop. It is generally helpful to discuss what you have available to spend monthly as part of the budget discussion.

To help budget your personal spending money, please consider which of the following optional items you would like to purchase yourself and plan accordingly. Sometimes local AFS Volunteers have funds available to help cover the cost of such items. Find out if your local AFS Volunteers have funds available to help you cover these costs and make a note of this here.

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
<th>Required or Optional expense?</th>
<th>How to bring home to U.S. - ship home or pack in suitcase</th>
</tr>
</thead>
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<td></td>
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</table>
Participation Agreement Terms and Conditions

Read this form thoroughly before signing. Please retain a copy of the document for your records.

Parties to this agreement:

AFS-USA, INC. 
120 Wall Street 4th Floor 
New York, NY 10005

AFS INTERCULTURAL PROGRAMS, INC. 
71 West 23rd Street 6th Floor 
New York, NY 10010

AFS Intercultural Programs, Inc. is a not-for-profit corporation headquartered in New York, New York (with its affiliates, collectively referred to as AFS). Through intercultural learning programs AFS assists participating students, families, volunteers, and community members in acquiring the skills, attitudes, and knowledge needed to contribute meaningfully in a culturally diverse, increasingly interdependent world.

AFS programs operate in participating countries through independent affiliate organizations. Through these organizations AFS arranges placements in a hosting school and family (for Homestay programs). Through unaffiliated service providers AFS arranges round-trip international transportation and medical care and special transport should emergency situations arise.

In the United States AFS programs are operated by AFS-USA, Inc. The following Terms and Conditions identify the framework under which AFS will operate programs with the cooperation of participants and their parents/legal guardians (“Parent(s)”).

We, the undersigned participant and Parent(s), agree to abide by the following Terms and Conditions of Participation:

TERMS AND CONDITIONS OF PARTICIPATION

1. We agree to pay AFS-USA the Program Fee based on the attached payment schedule.

2. We understand that AFS-USA reserves the right to impose financial penalties for late receipt of payments of the Program Fee. We understand that students whose Program Fee is not paid in full will not be permitted to depart on program under any circumstances.

   If our son/daughter decides to withdraw from the program less than 60 days before the program begins, and if this decision is for any reason other than those indicated in 3 (a), (b) or (c) on the attached payment schedule, we agree to pay AFS-USA a non-refundable cancellation fee equal to 20% of the full Program Fee. If our son/daughter decides to rollover to a different AFS program, the 20% cancellation fee will be applied to that program fee. (NOTE: Does not apply to AFS awarded CBYX, YES ABROAD, NSLI-Y Scholarship recipients as all fees paid up until the point of the scholarship being awarded will be refunded)

3. If our son/daughter decides to withdraw from the program prior to the date the program begins, we will be refunded the Program Fee, minus any late-payment penalties or cancellation fees described above. Any refund of the $500 Program Deposit will be determined by the policy described in Condition 3 on the attached payment schedule. The Program Deposit is for the current program cycle and will not be applied to any other cycle/program.

4. We understand that after our son/daughter begins an AFS program, the full Program Fee for that program is non-refundable.

5. We understand that AFS will send participants information outlining the visa processes for their respective programs but it is the participant’s responsibility to cover the costs of obtaining visas and/or any other required travel or entry documents. We understand that visa and residence permit related fees are not covered by the Program Fee. We further recognize that visa regulations and fees are established by government authorities who reserve the right to make changes at any time and that AFS cannot intercede or revoke decisions made by these authorities. AFS is not responsible for any changes in requirements or fees that occur throughout the visa application process and/or after arrival in the host country.

6. We understand that AFS sets the Program Fee based on financial analysis of all anticipated expenses at the time of planning. We accept that AFS reserves the right to increase the Program Fee if AFS must pay unanticipated increased costs.

7. AFS reserves the right to cancel program participation up to seven days prior to departure and not provide a replacement situation should AFS be unable to place our son or daughter in a host family or host school. If this occurs, AFS will refund all Fee payments previously paid to AFS by us.
SAFETY AND SUPPORT

8. AFS strives to promote a positive learning experience but cannot guarantee the health and safety of participants. We understand that while on the program, and in the hosting country, participants must adhere to the internal travel guidelines of the AFS organization in the host country and where appropriate, obtain approval for independent travel from the local or national AFS official prior to formulating any definite arrangements. It is understood that participants may take part in sports or activities in which the participant has not previously engaged or which are not available in our country and by signing this Agreement we thereby consent to such sports or activities. We understand that we will be asked to sign a Host Country Activity Waiver after country acceptance. In addition, we understand that we may be asked to sign other waivers or release forms giving our permission and authorization for the participant to take part in certain activities or school organized sports.

9. Many years of experience has taught AFS that a visit by relatives and friends can negatively impact the participant's experience. We understand that AFS does not encourage visits from family members or friends during the AFS program. If family or friends agree to visit the participant, we agree to obtain permission in advance from the AFS national office in the hosting country. We also agree to abide by the hosting country regulations regarding the timing and duration of the visit. We understand that the AFS host country or host family is not required to consent to a visit. In addition, we agree not to make any lodging or other impositions on the host family during the visit.

10. It is understood that while on the program, participants will not drive a car or any other vehicle requiring a license according to local laws, nor will participants initiate actions to acquire a license. It is understood that failure to comply is cause for termination from the program and early return to the home country.

11. It is understood that participants will assume the program responsibilities and requirements identified by AFS for the assigned program including orientation activities arranged by AFS prior to departure from the home country, during the stay abroad, and after returning home. For school-based year and semester programs, participants agree to attend school and assume course work responsibilities in accordance with the guidelines of the hosting school. Disregard or violation of these responsibilities and requirements, such as but not limited to, multi-day unjustifiable absence from school, frequent or habitual failure to do homework, behavioral problems reported by the host school, or expulsion from school, is cause for termination from the program and early return to the home country.

12. It is understood that AFS does not make any guarantee that the participant will receive academic credit for school coursework nor is AFS able to guarantee that the participant will be placed in a specific grade level.

13. It is understood that the AFS national office in the hosting country makes the final decision on acceptance and placement. AFS retains the sole right to make host family placements or replacements as AFS determines necessary in the host country and that AFS may place the participant in more than one host family during the program and that participants will accept a placement with a family of any race, creed, or color. We understand that AFS is not obligated to and may not provide another placement opportunity if the original placement made by AFS is not accepted by us. We understand that an accepted status by AFS is not an assurance that a visa will be granted and, therefore, that the candidate can travel to a specific destination with AFS.

Host families are screened in accordance with AFS guidelines. Support from AFS volunteers or staff will be available to participants and host families throughout their experiences, however, it is understood that AFS does not supervise the manner and means by which host families fulfill their function as hosts, and that host families are not authorized to act for and are not the agents of AFS for any purpose. AFS has no responsibility or liability for any claims for damages or injuries claimed to have been caused by the acts or omissions of host family members.

14. Support from AFS volunteers and staff will be available to participants throughout their experience, however, we understand that AFS does not supervise the manner or means by which participants fulfill their functions as participants, and that during the AFS program participants are not authorized to act for and are not the agents of AFS for any purpose.

15. We understand and agree that AFS has no responsibility or liability for damages or injuries claimed to have been caused by the acts or omissions of our child and that AFS has no obligation to defend such claims and will not provide or pay for such a defense. Should a claim be filed against AFS due to the acts or omissions of our child, we agree to indemnify and hold harmless AFS against any and all liability, cost or expense, including reasonable attorney's fees. We also understand and agree that the prosecution of any claims for damages or injuries suffered by our child is our sole responsibility. On our request AFS will assist in recommending possible legal counsel in either of these situations; however, AFS will not be responsible for retaining legal counsel or for counsel's fees. Laws on drug use in most countries are severe and may carry lengthy imprisonment or death penalties. We understand and agree that AFS participants are subject to the laws of their hosting country and community and that AFS participants agree to abide by the laws of the hosting country and community; and that neither AFS nor the national government of the participant's citizenship has the ability to protect the participant from arrest or punishment with respect to involvement with illegal substances, even if they may be considered legal in your home country (such as prescription drugs), or any other illegal activities. We understand that in the event of legal proceedings related to such offenses or other legal matters, we are responsible for any legal fees and costs. We understand that the use or possession of drugs for non-medicinal purposes or involvement with others using drugs for non-medicinal purposes is grounds for early return.

Participants are subject to laws of their hosting country and community with regard to the purchase and consumption of alcoholic beverages; in addition, AFS expects participants to demonstrate respect for local customs regarding responsible consumption of alcoholic beverages. Any abuse of alcoholic drinks, such as binge drinking, and inappropriate behavior related to drinking alcohol is not allowed while on an AFS program. Should participants abuse alcohol or binge drink, they can potentially place themselves or others in danger. This behavior cannot be tolerated on the AFS program and is grounds for an early return. Any arrest or suspension from school for alcohol use is also grounds for an early return.
16. Program Termination

a) It is understood that AFS has the right to cancel or suspend a program at any time if, in the sole judgment of AFS, the conditions in the hosting country are such that participants’ safety may be in jeopardy while traveling to or living in such country, or if circumstances arise that are not within AFS’s control that adversely affect the program, such as natural disasters, war, domestic or international terrorism, civil riots or rebellions, military or constitutional coups, epidemics, quarantines, strikes, labor disputes, embargoes, government orders; other extraordinary elements of nature; other unusual government action; or any other events or circumstances not within the reasonable control of AFS, whether similar or dissimilar to any of the foregoing, or any other force majeure events.

b) In addition to the program termination provisions in Section 11, AFS also reserves the right to terminate a participant’s program and to return the participant home early if she or he violates the provisions of these Terms and Conditions or if it is discovered that the participant or his/her Parents have made material misrepresentations or non-disclosure to AFS or the participant engages in behavior or pursues actions which in the sole judgement of AFS would not be in the best interest of the participant or AFS. AFS also reserves the right to terminate a participant’s AFS program and return the participant home early if the participant consistently demonstrates an inability to adjust to the hosting environment of the new culture, such as ongoing problems with the host family or the host school.

Information about a participant on a social media or other public websites about activities such as driving, involvement with the use of drugs for non-medical purposes, abuse of alcohol, or other dangerous behaviors or illegal conduct may also be cause for an early return. Violating host-country travel policies or other policies established for a participant’s safety may also be cause for an early return to the home country.

c) If a participant, with or without our agreement, decides not to complete the AFS program he or she will be released from the program and will not be permitted to remain in the hosting country. We understand that program services will be forfeited for the remainder of the program period, including domestic transportation to the international point of departure. The participant will be provided by AFS with a ticket for immediate return to the participant’s home country excluding domestic transportation to the international point of departure. Transportation will not be subject to substitution or postponement.

d) AFS reserves the right to terminate a participant’s AFS program and to return the participant home early if he or she develops is already in a physical, medical, or psychological condition that in AFS’ judgment substantially interferes with his or her continued participation in the AFS program responsibilities, or if in the opinion of medical professional(s) the participant should be returned to their home country for ongoing medical treatment or to the care of his/her Parent(s).

We understand that the health certificate(s) submitted with the program application must be true and complete without any errors or omissions. If there is any medical incident (including but not limited to a change in medication dosage or beginning or ending a physical or mental health treatment plan) which occurs after the application is submitted, but before departure for the AFS program participation, we will report such incident to AFS immediately, in writing. AFS reserves the right to make determinations on the suitability of a participant to take part in an AFS program and reserves the right to cancel or delay program participation prior to departure when, in the sole judgment of AFS, participation would not be in the best interest of the participant or AFS. We understand that errors and omissions on the health certificate(s) will jeopardize the participant’s placement and may result in termination of an individual’s participation prior to departure and/or return to the home country.

It is understood that in situations such as those described in this section and sections 11 and 15, the Program Fee is non-refundable. In connection with any early return decision, AFS reserves the right to replace the return portion of the international travel ticket with a one-way ticket of limited time duration to the home country.

TRANSPORTATION AND TRAVEL ARRANGEMENTS

17. We understand that participation is assigned for one AFS program and that participants will remain in their host community for the duration of the program and will not leave prior to conclusion of the program, nor travel between home and host community during the program. It is understood that participants will return to their home country at the conclusion of the program.

18. We agree to pay for travel arrangements and assume costs incurred between home and the points of departure and return within the host country, as established by AFS. We also understand that immigration laws impose restrictions and obligations on participants and program sponsors and that AFS is obliged in many host countries, for different reasons, not to allow participants to remain in the host country after release from or termination of the program, and, therefore, requires standardized travel arrangements ensuring that participants depart the host country once the program concludes. We understand and agree that participants being hosted in one of these countries must return home promptly at the end of their participation in the program.

As of this writing, the list of countries which legally may not allow AFS participants to remain in country beyond the end of the program include, but are not limited to: Australia, Austria, Belgium, Bosnia, Canada, Chile, China, Costa Rica, Croatia, Czech Republic, Denmark, Ecuador, Egypt, Spain, Finland, France, Germany, Ghana, Hong Kong, Hungary, Indonesia, India, Iceland, Italy, Japan, Korea, Latvia, Malaysia, Norway, New Zealand, Panama, Peru, Philippines, Portugal, South Africa, Russia, Slovenia, Serbia, Switzerland, Slovakia, Sweden, Thailand. Students hosted in these countries are generally required by local law to return home once the program ends. As laws can and do change, AFS recommends that you also inform yourself about legal requirements and restrictions of your child’s visa.
19. We agree to abide by the departure and return dates, travel arrangements, modes of travel and itinerary determined by AFS or appointed agent of AFS to and from the hosting country. We understand that failure to abide by such dates and arrangements will result in forfeiture of program services (to include transit assistance).

AFS will consider changes to the return portion of the international travel in exceptional cases, but cannot guarantee that requested changes can be accommodated. A minimum fee of $500, or the actual cost of the change, whichever is greater, will be charged for any such changes. We also understand and agree that we will be responsible for any administrative fees that may be charged by the hosting partner.

20. We agree to reimburse AFS for any additional travel or other costs incurred because a participant fails to comply with document requirements, pertinent travel conditions, and responsibilities or because of inappropriate action on the part of the participant.

21. We understand and agree to the following terms concerning transportation:

RESPONSIBILITY
In the selection of carriers (land, sea and air transportation) by AFS every reasonable effort will be made to ensure that the carriers selected meet the standards of competence prevalent in the local community.

When AFS arranges transport for participants, AFS is not responsible or liable for any loss, damage, or injury to property or person resulting from the provision of travel services or transport.

CHANGES AND CANCELLATION
All dates, times, itineraries, and carriers are subject to change and AFS is not responsible for any additional cost, inconvenience or damage by adjustment of travel schedules.

BAGGAGE AND PERSONAL PROPERTY
AFS has no liability for loss or damage to baggage or other personal property. Furthermore, any claim filed with a carrier for damage or loss of property will be limited and subject to the terms of the ticket(s) or contract of carriage issued to the participant by the airline or other purveyor of transport.

Any incidental airline fees which are not part of the ticket, such as but not limited to baggage fees, are the responsibility of the participant.

MEDICAL SUPPORT

22. AFS has secured secondary travel medical insurance. This insurance applies to all covered medical expenses incurred by participants up to US $1,000,000 per occurrence, provided that the services occur between the time the participant arrives at the international departure site and the time of program termination or return to the home country, whichever comes first. This travel medical insurance does not pay for the medical expenses incurred after participants return home (except to the extent provided by any additional travel insurance benefits described in the Medical Pamphlet), whether or not such expenses are related to the conditions arising during participation in the AFS program. We understand that, since AFS coverage is secondary, AFS may seek reimbursement from the participant’s primary insurer.

Please refer to the Medical Pamphlet for the terms and conditions of coverage.

We understand that AFS strongly encourages participants to arrange private health and accident insurance if the participant is not already covered under a national health and accident insurance plan.

We understand and accept that the travel medical insurance provided by AFS is not intended to provide extended medical coverage for participants who develop ongoing medical conditions. In these cases, AFS may work with the health care provider to return the participant to his/her home country to continue treatment as soon as a physician has determined that it is safe for the participant to travel home. Once the participant has returned home, the coverage provided by AFS ends (except to the extent provided by any additional travel insurance benefits described in the Medical Pamphlet), and all medical expenses will be our sole responsibility.

23. We understand that AFS is not responsible for costs related to pre-existing medical conditions, preventive medication or immunizations, dental care, eyeglasses, contact lenses, routine eye exams, cosmetic or elective surgery no matter when medical services are rendered or cost incurred. As defines in the AFS Medical Pamphlet, a pre-existing condition is one for which treatment has been sought or provided during the 18-month period prior to the participant’s arrival at the international departure site. We understand that if the participant needs such care, we may be contacted directly by our child or his or her host family requesting authorization for the procedure and funds for payment, and that we will forward the necessary funds directly to our child or his or her host family.

We understand that the participant is fully responsible for the transport and care of any equipment and medication supplies required for maintenance of any medical pre-existing conditions. We understand that AFS is not responsible for any costs related to the pre-existing condition, including transport and care of any equipment and medication supplies for maintenance or treatment. If a participant has to be returned home early for any reason related to a pre-existing condition, the return airfare for the participant and escort, if required, meals, accommodations and per diem expenses for the escort, and any other expenses are the responsibility of the Parents. We will not hold AFS accountable for medical care treatment pertaining to pre-existing conditions. We agree to reimburse AFS should it incur expenses pertaining to any of the above-mentioned circumstances. We agree to reimburse AFS and any third-party providers engaged by AFS for any expenses incurred pertaining to any of the above-mentioned circumstances.

24. Final determination of medical care and treatment is the decision of the Parent(s); however, the AFS participant medical plan will only provide reimbursement of covered expenses incurred while in the hosting country upon the recommendation of the attending physician (See Condition 16d). Concerning medical care and treatment we understand and accept the following conditions:

a) In the selection of medical care providers, every reasonable effort will be made to ensure that the care providers selected meet the standards of competence prevalent in the local hosting community. We understand that the laws of confidentiality and medical
practice procedures in some countries may restrict AFS access to medical records and documentation regarding treatment of our son or daughter.

b) Should any medical emergency arise, if time permits, AFS will communicate with us and request permission for surgery or other necessary treatment; however, if in the sole judgment of AFS, time and circumstances do not permit communication with us, we authorize AFS to consent to medical treatment, the administration of X-ray examination, anesthetics, blood transfusion, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of, any physician and surgeon. We further recognize that in extreme emergencies medical actions such as, but not limited to, x-rays, blood transfusions, and surgery, may be taken before we or AFS are notified if medical personnel determine such actions are necessary to save our child’s life.

c) Should the attending physicians recommend medical evacuation, once the participant leaves the host country and arrives in the receiving facility, AFS medical expense insurance ceases, in accordance with these Terms and Conditions of Participation.

d) We will not hold AFS responsible for any actions relating to the emergency treatment.

PRIVACY AND CONFIDENTIALITY

25. Privacy of personal and sensitive information is a primary concern of AFS. We understand and accept that AFS may process the personal and sensitive information that we have provided here, in the application process, and during program participation, and may transmit such data to third parties for any purpose reasonably required for the proper organization, and fulfillment of the AFS Program. We understand and accept that AFS may further transmit such data to governmental agencies when AFS believes it is reasonable and necessary. We understand that the data will not be sold or otherwise transferred to third parties for any other purpose. AFS will transfer and store personal data in central databases to ensure that the data is not lost. Those databases have a restricted access, which is limited to AFS employees, consultants and volunteers, all of whom will use the information exclusively for the fulfillment of the AFS program.

AFS maintains information on participants and other individuals related to AFS during the program participation including personally identifiable information and private data of more than one individual related to AFS program operations. In addition, information shared internally among individuals related to AFS regarding participant support may also be confidential to AFS. This information is the property of AFS and will be retained by AFS as confidential because it is likely that the suitable implementation of AFS programs would be markedly hindered if this information were not retained by AFS as confidential.

For more information about how AFS collects, processes and stores your data, please consult our Privacy Policy/ies at: http://afs.org/global-privacy-policy/

26. This Agreement, along with the AFS application forms, the Host Country Activity Waiver and the AFS Medical Pamphlet, comprise the entire Agreement of the parties.

27. I/We hereby certify that all answers provided in the participant application form are truthful; any changes in information will be reported promptly to AFS.

28. It is understood that AFS has no responsibility or liability for any claims for indirect or consequential damages of any kind arising from or in connection with this Agreement.

29. If any term or condition of this Agreement shall be invalid or unenforceable, it shall not affect the validity of the remaining Terms and Conditions of this Agreement.

30. This Agreement and claims and disputes arising hereunder shall be governed by the internal laws of the State of New York, United States of America without regard to its conflict-of-law provision.

31. We understand that photographs and film and video footage (the images) of current and former participants are occasionally used by AFS in promotional materials. By signing this Agreement, we grant to AFS the right to use, publish and/or reproduce for any lawful and legitimate purpose excerpts from interviews and letters, images and audio recordings and any other still or moving images of our son/daughter taken during his/her involvement with AFS and to use his/her name in this connection. We understand that if we do not wish images to be used, we must indicate as such on the Agreements and Acknowledgements online form.
For AFS-USA, Inc.:  
[Signature]
Tara Hofmann, President and Partner Director, AFS-USA, INC.

For AFS Intercultural Programs, Inc.:  
[Signature]
Tara Hofmann, President and Partner Director, AFS-USA, INC.
ACTIVITY WAIVER

We understand and agree that our son/daughter may have the opportunity to engage in a wide variety of recreational, athletic, or other activities while on AFS organized activities, with host family members, on school activities or with friends and that there are risks associated with these activities. A list of examples of such activities is provided below. By signing this form, we hereby consent to our son/daughter participating in such activities and confirm that we will not hold the host family or AFS responsible for any harm or injury suffered by our child while participating in these types of activities. We further understand that consent is given for the duration of the program and if we decide at any point during the program that we would not like our son/daughter to engage in any activities it is our responsibility to notify AFS in writing. We also understand that certain activities will require a Supplemental Activity Waiver.

We further understand and accept that if there are certain activities that our son/daughter should not engage in, it is our responsibility to inform AFS in writing that we do not authorize our son/daughter to engage in that specific activity and to advise our child that we have done so and that they are not permitted to engage in such activities while on the AFS Program. We also confirm that if we are unfamiliar with any of the activities our child might participate in, including but not limited to those listed below, we will take steps to ensure that we understand the scope of those activities and if we are not comfortable with those activities, we will inform AFS in writing that we withhold authorization for those activities.

Prohibited Activities:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

We hereby release the host family and AFS Intercultural Programs, Inc. (AFS), its employees, agents and affiliates (such as AFS national and local organizations) from and hold each of them harmless against, any and all liabilities, including but not limited to claims for negligence, that they may jointly or severally incur to us or our child, our heirs, executors, administrators, successors and or assigns, in respect of any claim, suit, or cause of action, including legal fees and expenses of litigation, on account of any personal injury, bodily injury, death, loss of health, financial loss or damage to property directly or indirectly sustained by us or our son/daughter as a result of our son/daughter’s participation in the types of activities described in this release or other similar activities. Notwithstanding the foregoing, this release does not apply to intentional wrongdoing or gross negligence on the part of the host family, or AFS, its employees or volunteers. We further understand that the list of activities above does not constitute a promise by AFS or by the host family that our child will have the opportunity to engage in those activities.

Parent/Legal Guardian Name (Print) ____________________________ Signature ____________________________ Date ____________________________

Parent/Legal Guardian Name (Print) ____________________________ Signature ____________________________ Date ____________________________

Updated August 2018
List of Activities Organized by Host Country

Argentina:
Motorized Activities (not requiring a license) such as: Boating, Go-Karts, Jet Skiing, Lawn Mowers, Scenic flights in helicopters/small airplanes
Outdoor Activities such as: Canyoning, Caving, Horseback Riding, Mountain Biking and/or Climbing Team and/or School Sports such as: Archery, Field Hockey, Football (Soccer), Ice Hockey
Water Sports such as: Banana Boating, Black Water Rafting, Fishing, Swimming
Winter Sports such as: Ice Skating, Skiing
Other Activities such as: Bungee Jumping, Hot Air Ballooning, Parasailing

Australia:
Motorized Activities (not requiring a license) such as: quad biking, trail biking, go-karting
Outdoor Activities such as: bush walking, mountain biking, road cycling, horseback riding, rock climbing, zorbing
Team and/or School Sports such as: Australian Rules football, rugby, tennis, baseball, softball, hockey, soccer, netball, martial arts
Water Sports such as: canoeing, kayaking, scuba diving (commercial registered provided only), snorkeling, surfing, swimming (pool, lake, river, ocean), water skiing, white water rafting (commercial registered provided only)
Winter Sports such as: ice skating, snow skiing, snow boarding

Austria:
Outdoor Activities such as: Biking, Hiking, Horseback Riding, Rock Climbing
Team and/or School Sports such as: Badminton, Basketball, Handball, Soccer (football), Volleyball
Water Sports such as: Swimming (pool, river, lake), White-water Rafting, Wind Surfing
Winter Sports such as: Ice Hockey, Ice Skating, Downhill Skiing, Snowboarding, Sledding
Other Activities such as: Climbing indoors, Go-Kart driving

Belgium Flanders:
Outdoor Activities such as: Horseback Riding, Hunting, Climbing
Team and/or School Sports such as: Basketball, Soccer, Volleyball
Water Sports such as: Water skiing, White-water Rafting, Sailing, Kayaking
Winter Sports such as: Ice Skating, Skiing, Snowboarding
Other activities: Taking part in any kind of festivals

Belgium French:
Outdoor Activities such as: Horseback Riding, Hunting, Climbing
Team and/or School Sports such as: Basketball, Soccer, Volleyball
Water Sports such as: Water skiing, White-water Rafting, Sailing, Kayaking
Winter Sports such as: Ice Skating, Skiing, Snowboarding
Other activities: Taking part in any kind of festivals
Bosnia and Herzegovina:
Outdoor Activities such as: Biking, Hiking, Horseback Riding, Mountain Climbing
Team and/or School Sports such as: Ice Hockey, Soccer, Basketball, Volleyball
Water Sports such as: Kayaking, Rafting, Swimming
Winter Sports such as: Ice Skating, Skiing, Snowboarding
Other Activities such as: Martial Arts

Brazil:
Outdoor Activities such as: Mountain Climbing, Rappelling/ Rocking Climbing, Caving
Team and/or School Sports such as: Soccer, Boxing, Martial Arts
Water Sports such as: Canoeing, Kayaking, Rafting, Sailing, Snorkeling, Surfing, Scuba Diving, Swimming, Tubing
Other Activities such as: Capoeira, Hang Gliding

Canada:
Motorized Activities (not requiring a license) such as: 4-Wheelers, Passenger in small airplane or on snowmobiles
Outdoor Activities such as: Biking, Horseback Riding, Hunting, Paintball Team
School Sports such as: Football, Ice Hockey, Soccer, Volleyball
Water Sports such as: Canoeing, Kayaking, Scuba Diving, Swimming, White-water Rafting
Winter Sports such as: Cross-country Skiing, Downhill Skiing, Ice Skating, Sledding, Snowboarding, Snowshoeing

Chile:
Motorized Activities (not requiring a license) such as: Buggy Riding
Outdoor Activities such as: Bikig, Canopying, Cave Hiking, Hiking, Rappelling, Rock/Wall Climbing, Sand Boarding, Rodelbahn
Team and/or School Sports such as: Soccer, Basketball, Field Hockey, Rugby, Volleyball
Water Sports such as: Canoeing, Kayaking, Rafting, Sailing, Snorkeling, Surfing, Scuba Diving, Swimming, White-water Rafting
Other Activities such as: Bungee Jumping, Martial Arts, Paintball, Mild Construction with Power Tools

China:
Motorized Activities (not requiring a license) such as: Go-kart Driving
Outdoor Activities such as: Biking, Hiking, Horseback Riding, Orienteering, Backpacking, Rock Climbing
Team and/or School Sports such as: Basketball, Football (Soccer), Volleyball, Handball, Rugby, Tennis, Martial Arts, Military Training
Water Sport such as: Canoeing, Kayaking, Rafting, Swimming, Scuba Diving/ Snorkeling, Surfing, Water Skiing
Winter Sports such as: Skiing, Snowboarding, Ice Skating, Sledding

Updated August 2018
**Colombia:**
Outdoor Activities such as: Skateboarding, Longboarding, BMX, Inline Skating, Mountain Biking, Caving, Climbing, Horseback Riding
Water Activities such as: Waterskiing, Wakeboarding, Windsurfing, Cave Diving, Scuba Diving
Other Activities such as: Base Jumping, Sky Diving, Bungee Jumping, High-lining, Hang Gliding, Paragliding, Slacklining

**Costa Rica:**
Motorized Activities (not requiring a license): Go-Karting, Passenger: Motorcycle, Boat (river, sea) Outdoor Activities such as: Horseback Riding, Mountain/Forest Hiking, Mountain Biking, Team and/or School Sports such as: Football (soccer), Basketball, Volleyball
Water Sports such as: Swimming (ocean/river/pool), Rafting, Surfing, Snorkeling, Kayaking, Canoeing, Other Activities such as: Bungee Jumping, Zip-lining, Caving, Skateboarding, etc.

**Croatia:**
Outdoor activities: Biking, Hiking, Horseback Riding, Mountains/Rock Climbing. Winter Sports such as: Skating, Downhill Skiing, Snowboarding, Sledding, Cross-country skiing. Team and/or School Sports such as: Football, Handball, Volleyball, Ping-pong, Floorball, Rope climbing
Water Sports such as: Swimming (pool, river, lake, sea) White Water Rafting, Canoying/Kayaking, Snorkeling, Diving

**Czech Republic:**
Outdoor Activities such as: Biking, Hiking, Horseback Riding, Mountain Climbing, Skiing, Winter Sports such as: Snowboarding, Cross-country ski-ing, Sledding, Ice Hockey, Ice Skating Team and/or School Sports such as: Badminton, Tennis, Squash, Basketball, Football (Soccer), Ice Hockey, Volleyball, Ping-pong, Rope Climbing, Floorball
Water Sports such as: Canoeing, Kayaking, Swimming, White-water Rafting

**Denmark:**
Motorized Activities (not requiring a license): Go-Karting, 4-Wheeling, Outdoor Activities such as: Biking, Bungee jumping, Canoeing/Kayaking, Horse-back riding, Rock climbing, Ropes Courses
Winter Activities such as: Downhill skiing, Cross-country skiing, Snowboarding Water Activities Such as: Scuba diving, Snorkeling, Swimming – pool, lake, river, ocean, Water Skiing/Jet skiing, White-water Rafting, Wind and wave surfing

**Ecuador:**
Outdoor Activities such as: Horseback Riding, Hiking, Trekking, Mountain Biking, Climbing
Team/ School Sports Such as: Volleyball, Basketball, Soccer, Karate, Tennis, Running
Water Sports such as: Fishing, Swimming, Snorkelling, Kayaking, Rafting, Water Skiing, Scuba Diving
Egypt:
Outdoor Activities such as: Camel Riding, Camping, Hiking, Horseback Riding, Sand Boarding
Water Sports such as: Scuba Diving, Snorkeling, Swimming (sea, pool, river, lake)

Finland:
Outdoor Activities such as: Horseback Riding, Hiking, Trekking, Climbing
Team/ School Sports such as: Basketball, Soccer, Tennis, Running
Winter Sports such as: Cross country skiing, Downhill skiing, Snow shoe hiking, Snowboarding, Ice Fishing,
Winter swimming (swimming in an icy lake)
Other Activities such as: Visiting an amethyst mine (only if participating in the AFS trip to Lapland),
Obtaining a reindeer driving license (only if participating in the AFS trip to Lapland)

France:
Outdoor Activities such as: Biking, Hiking, Horseback Riding, Mountain Climbing
Team and/or School Sports such as: Badminton, Basketball, Football (Soccer), Rugby, Volleyball
Water Sports such as: Kayaking, Swimming
Winter Sports such as: Ice Skating, Cross-Country Skiing, Downhill Skiing, Snowboarding, Sledding
Other Activities such as: Judo, Martial Arts

Germany:
Outdoor Activities such as: Biking, Climbing, Horseback Riding, In-line Skating, Skate Boarding
Team Sports such as: Football (Soccer), Basketball, Handball, Volleyball
Water Sports such as: Canoeing, Rowing, Sailing, (Wind) Surfing, Swimming
Winter Sports such as: Alpine Skiing, Cross-country Skiing, Sledding, Snowboarding, Ice Skating

Ghana:
Outdoor Activities such as: Biking, Hiking
Team and/or School Sports such as: Basketball, Football (Soccer), Volleyball
Water Sports such as: Kayaking, Swimming

Guatemala:
Motorized Activities (not requiring a license) such as: Helicopter Rides, Small Plane Rides, Jet Skis/Boating and Quad Bikes as a Passenger, Passenger on Motorcycle/Scooter
Outdoor Activities such as: Horseback Riding, Mountain Biking/Hiking, Rappelling/Rock Climbing,
Sand Boarding
Team and/or School Sports such as: Football (soccer), Hockey, Rugby
Water Sports such as: Scuba Diving/Snorkeling, Kayaking, Surfing, Swimming, Parasailing, Rafting,
Swimming with Dolphins, Water Skiing/Tubing
Other Activities such as: Paintball, Bungee Jumping, Martial Arts, Roller boarding/skating
Hong Kong:
- Motorized Activities (not requiring a license): ATV, Snowmobile, Being a passenger on a small plane
- Outdoor Activities such as: Biking, Hang Gliding, Horseback Riding, Rock Climbing, Caving, Paintball, Ropes Courses
- Water Sports such as: Canoeing, Rafting, Scuba Diving, Swimming, Water Skiing, Sailing
- Winter Sports such as: Cross-country Skiing, Downhill Skiing, Sledding, Snow Tubing, Snowboarding

Hungary:
- Outdoor Activities such as: Biking, Horseback Riding, Hiking, Orienteering, Caving
- Team and/or School Sports such as: Soccer, Basketball, Handball, Volleyball
- Water Sports such as: Canoeing, Kayaking, Swimming, Water Skiing, White-water Rafting, Sailing, Water Polo
- Winter Sports such as: Cross-country & Downhill Skiing, Skating, Sledding, Snowboarding

Iceland:
- Outdoor Activities such as: Biking, Hiking, Mountain Climbing, Volcano visits, Horseback riding, Trekking
- Team and/or School Sports such as: Basketball, Football (Soccer), Ice Hockey, Volleyball
- Water Sports such as: Canoeing, Kayaking, Swimming, River rafting
- Winter Sports such as: Ice Skating, Skiing, Snowboarding

India:
- Outdoor Activities such as: Biking, Elephant & Camel Riding, Horseback Riding, Mountain Trekking, Ropes Courses
- Team and/or School Sports such as: Cricket, Soccer
- Water Sports such as: Canoeing, Kayaking, Snorkeling, Swimming, Water Skiing, White Water Rafting
- Winter Sports such as: Cross-country & Downhill Skiing, Sledding, Snowboarding
- Other Activities such as: Bungee Jumping, Firework handling, Ropes Courses

Indonesia:
- Motorized Activities (not requiring a license) such as: Go-Karts, Passenger in car and on motorcycle.
- Outdoor Activities such as: Biking, Camping, Hiking, Horseback Riding, Rock Climbing, Stream Climbing, Trekking, Obstacle Course, Rappelling
- Team and/or School Sports such as: Badminton, Baseball, Basketball, Soccer, Volleyball
- Water Sports such as: Canoeing, Snorkeling, Kayaking, Surfing, Swimming, Water Skiing, White-water Rafting
- Other Activities such as: Climbing Walls, Martial Arts, Running Races – marathons, 10K’s, etc., Roller-skating

Italy:
- Outdoor Activities such as: Backpacking, Biking, Hiking, Horseback Riding, Orienteering
- Team and/or School Sports such as: Basketball, Handball, Rugby, Soccer, Tennis, Volleyball
- Water Sports such as: Canoeing, Kayaking, Rafting/Sailing, Scuba Diving/Snorkeling, Surfing, Swimming, Water Skiing
- Winter Sports such as: Downhill Skiing, Ice Skating, Sledding, Snowboarding
- Other Activities such as: Free Climbing, Martial Arts, Excursions to Amusement Parks

Updated August 2018
Japan:
Motorized Activities (not requiring a license): Go-Kart driving in the amusement park
Outdoor Activities such as: Biking, Running (10km - full marathon), Mountain Climbing, Roller Skating
Team and/or School Sports such as: Baseball, Basketball, Rugby, Soccer (football), Volleyball
Water Sports such as: Canoeing, Banana Boating, Rafting, Snorkeling, Swimming
Winter Sports such as: Cross-country skiing, Downhill skiing, Ice skating, Sledding, Snowboarding
Other Activities such as: Japanese Martial Arts, Taekwondo, Kickboxing

Kenya:
Motorized Activities (not requiring a license) such as: Helicopter Rides, Small Plane Rides, Jet Skis/Boating and Quad Bikes as a Passenger, Passenger on Motorcycle/Scooter
Outdoor Activities such as: Horseback Riding, Mountain Biking/Hiking, Rappelling/Rock Climbing, Sand Boarding
Team and/or School Sports such as: Football (soccer), Hockey, Rugby
Water Sports such as: Scuba Diving/Snorkeling, Kayaking, Surfing, Swimming, Parasailing, Rafting, Swimming with Dolphins, Water Skiing/Tubing
Other Activities such as: Paintball, Bungee Jumping, Martial Arts, Roller boarding/skating

Latvia:
Motorized Activities (not requiring a license) such as: Helicopter Rides, Small Plane Rides, Jet Skis/Boating and Quad Bikes as a Passenger, Passenger on Motorcycle/Scooter
Outdoor Activities such as: Horseback Riding, Mountain Biking/Hiking, Rappelling/Rock Climbing, Sand Boarding
Team and/or School Sports such as: Football (soccer), Hockey, Rugby
Water Sports such as: Scuba Diving/Snorkeling, Kayaking, Surfing, Swimming, Parasailing, Rafting, Swimming with Dolphins, Water Skiing/Tubing
Winter Sports such as: Cross-country Skiing, Downhill Skiing, Sledding/Tobogganing, Snowboarding, Snow Tubing
Other Activities such as: Paintball, Bungee Jumping, Martial Arts, Roller boarding/skating

Mexico:
Outdoor Activities such as: Trekking, Hiking, Mountain Biking, Horseback Riding
Team/ School Sports: Football (Soccer), Basketball, Volleyball, Baseball
Water Sports such as: Swimming, Snorkeling, Surfing, Canoeing, Kayaking, River Rafting

The Netherlands:
Motorized Activities (not requiring a license) such as: Passenger on a Motorcycle or on Jet Ski, Go-karting
Outdoor Activities such as: Horseback Riding, Biking, Rock Climbing
Team and/or School Sports such as: Hockey, Football (Soccer), Volleyball
Water Sports such as: Canoeing, Scuba Diving, Water Skiing, Swimming
Winter Sports such as: Downhill Skiing, Sledding, Snowboarding, Ice Skating
Other Activities such as: Bungee Jumping, Martial Arts, Paintball

Updated August 2018
Norway:
Outdoor Activities such as: Biking, Hiking, Mountain Climbing, Rappelling/Rock Climbing, Glacier Hiking
Team and/or School Sports such as: Basketball, Football (Soccer), Ice Hockey, Volleyball, Handball, Boxing, Martial Arts
Water Sports such as: Canoeing, Kayaking, Swimming, Rafting
Winter Sports such as: Ice Skating, Skiing - Cross Country & Downhill, Ski Jumping, Snowboarding, Tobogganing
Other Activities such as: Bungee Jumping

New Zealand:
Motorized Activities (not requiring a license) such as: Go-Karts, Helicopter Rides (commercial provider only), Small Plane Rides (commercial provider only), Jet Skis, Jet boating (as a passenger) and Quad Bikes as a Passenger, All terrain vehicles (as a passenger)
Outdoor Activities such as: Rappelling, Rock Climbing, Hiking, Bush walking (2-3 hour stroll), Horseback Riding, High Rope, Mountain Biking
Team and/or School Sports such as: Football (Soccer), Rugby, Netball, Volleyball, Tennis, Martial Arts
Water Sports such as: Swimming with the Dolphins, Scuba Diving, Snorkeling, Black Water Rafting, Whitewater Rafting, Kayaking, Parasailing, Surfing, Wind Surfing, Waterskiing, River Surfing, Sailing, Wakeboarding
Winter Sports such as: Skiing, Snowboarding
Other Activities such as: Bungee Jumping, Caving, Lunger, Swoopswing, Zorbing

Panama:
Outdoor Activities such as: Biking, Hiking, Horseback Riding
Team and/or School Sports such as: Baseball, Basketball, Volleyball, Football (Soccer)
Water Sports such as: Canoeing, Kayaking, Swimming

Paraguay:
Outdoor Activities such as: Biking, Hiking
Team and/or School Sports such as: Basketball, Football (soccer), Volleyball
Water Sports such as: Canoeing, Kayaking, Swimming, rafting

Peru:
Motorized Activities (not requiring a license) such as: Go-Karts, Passenger on a Motorcycles/Scooters, Small Plane Rides
Outdoor Activities such as: Mountain Climbing and Hiking, Horseback Riding, Backpacking, Biking, Rappelling/Rock Climbing, Trekking, Caving, Paintball, Target Shooting
Team and/or School Sports such as: Basketball, Volleyball, Football (Soccer), Tennis
Water Sports such as: Rafting, Canoeing, Surfing, Swimming, Kayaking
Other Activities such as: Travelling on jungle rivers, Carnival Celebrations, Martial Arts, Paintball, Skateboarding, Bungee Jumping, Sandboarding

Updated August 2018
Poland:
Outdoor Activities such as: Biking, Hiking, Horseback Riding, Rock Climbing
Winter Sports such as: Ice Hockey, Ice Skating, Downhill Skiing, Snowboarding, Sledding, Cross-country Skiing
Team/School Sports such as: Badminton, Tennis, Basketball, Handball, Football (Soccer), Volleyball, Ping-pong, Rope Climbing
Water Sports such as: Swimming, Canoeing, Kayaking

Portugal:
Motorized Activities (not requiring a license) such as: Go-karting, 4-Wheeling
Outdoor Activities such as: Caving, Rock Climbing, Fishing, Mountain Biking, Hiking, Orienteering,
Team/School Sports such as: Badminton, Backpacking, Basketball, Beach volley, Biking, Boxing, Handball, Kick-boxing, Martial Arts, Rugby, Football (Soccer), Wrestling
Water Activities such as: Canoeing, Swimming, Diving, Sailing, Kayaking, Scuba Diving, Snorkeling
Winter Activities such as: Cross-country Skiing, Alpine Skiing, Snowboarding
Other Activities such as: Bungee Jumping, Dancing, Paintball, Parasailing

Russia:
Outdoor Activities such as: Biking, Hiking, Horseback Riding, Rock Climbing
Team and/or School Sports such as: Basketball, Football (soccer), Ice Hockey, Volleyball, Tennis, Badminton, Handball, Ping-pong
Water Sports such as: Canoeing, Kayaking, Swimming
Winter Sports such as: Ice Skating, Skiing, Sledding, Snowboarding
Other Activities such as: Judo, Martial Arts, Shooting Targets, Hunting

Slovakia:
Outdoor Activities such as: Biking, Hiking, Horseback Riding, Rock Climbing
Team/School Sports such as: Badminton, Basketball, Handball, Football (Soccer), Volleyball
Water Sports such as: Swimming, White-water Rafting, Wind Surfing
Winter Sports such as: Ice Hockey, Ice Skating, Alpine Skiing, Snowboarding, Sledding
Other Activities such as: Climbing, Go-kart Driving

Spain:
Motorized Activities (not requiring a license) such as: Helicopter Rides, Small Plane Rides
Outdoor Activities such as: Backpacking, Biking, Hiking, Horseback Riding, Orienteering
Team and/or School Sports such as: Basketball, Rugby, Soccer, Tennis, Volleyball
Water Sports such as: Canoeing, Kayaking, Rafting, Sailing, Surfing, Swimming, Water Skiing
Winter Sports such as: Cross-country & Downhill Skiing, Ice Skating, Snowboarding
Other Activities such as: Free Climbing, Hot Air Ballooning, Martial Arts
Sweden:
Motorized Activities (not requiring a license): Snowmobiling, 4-Wheeling, Go-karting, Moped (as passenger)
Outdoor Activities such as: Rappelling/Rock Climbing, Horseback Riding, Biking, Hunting
Team and/or School Sports such as: Football (Soccer), Volleyball, Basketball, Ice Hockey
Water Sports such as: Canoeing, Kayaking, Swimming, Water Skiing, Rafting, Jet Skiing
Winter Sports such as: Skiing/Snowboarding, Skating/Ice skating, Cross-country skiing, Downhill Skiing, Sledding
Other Activities: Bungee Jumping, Paintball, Hunting (as a bystander)

Switzerland:
Motorized Activities (not requiring a license) such as: 4-Wheeling, Snowmobiling
Outdoor Activities such as: Biking, Horseback Riding, Rappelling/Rock Climbing
Team and/or School Sports such as: Basketball, Ice Hockey, Football (Soccer), Volleyball
Water Sports such as: Scuba diving/Snorkeling, Canoeing, Kayaking, Swimming,
Water skiing, Rafting, Surfing, Parasailing/Paragliding, Canoeing, Kayaking, Water Skiing
Winter Sports such as: Skiing/Snowboarding, Skating/Ice skating, Cross-country skiing, Sledding
Other Activities such as: Bungee Jumping, Roller boarding/skating, Hunting

Thailand:
Outdoor Activities such as: Mountain Biking/Climbing, Rappelling/Rock Climbing, Horseback Riding
Team and/or School Sports such as: Thai sword fighting, Thai boxing, Football (Soccer), Volleyball,
Basketball, Tennis
Water Sports such as: banana boat riding, Canoeing, Kayaking, Swimming, Surfing, Scuba Diving/Snorkeling,
Parasailing
Other Activities such as: Ice Skating, Martial Arts, Paintball, Skateboarding, Running Races

Uruguay:
Motorized Activities (not requiring a license) such as: Boating, Go-Karts, Jet Skiing, Lawn Mowers, Scenic flights in helicopters/small airplanes
Outdoor Activities such as: Canyoning, Caving, Horseback Riding, Mountain Biking and/or Climbing Team and/or School Sports such as: Archery, Field Hockey, Football (Soccer), Ice Hockey
Water Sports such as: Banana Boating, Black Water Rafting, Fishing, Swimming
Winter Sports such as: Ice Skating, Skiing
Other Activities such as: Bungee Jumping, Hot Air Ballooning, Parasailing

USA, San Diego
Outdoor Activities such as: Hiking, Ropes Course/climbing, Ziplining, Swimming, Surfing
Sports Activities such as: Soccer, Kickball, Basketball, Volleyball.
AFS-USA Mission

AFS-USA works toward a more just and peaceful world by providing international and intercultural learning experiences to individuals, families, schools and communities through a global volunteer partnership.

AFS-USA National Office

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