

Best Practices in Rebound Orientation

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Outline

Guidelines for the room

Introductions and Ice breakers

Making a banner to reflect the experience

Reversed Culture Shock

Reflections of the year

Discussion Group

What now

Goal setting for the next year

Sample letter to the editor

Exchange Coordinator chat

Survey

Why do we need an orientation or debriefing for the Rebound student?

When should you hold the retreat?

How long should it be?

Who should take part in the retreat?

Ground Rules for Rebound Group Outsiders

1. Only 2 Rotarians outside group leaders at a time.
2. Must sit in the circle and participate.
3. Don't monopolize—this is the rebound's group, not yours.
4. What is said in the group stays in the group. While you can talk about your experience outside, you don't have the right to talk about someone else's.



Introductions of all present



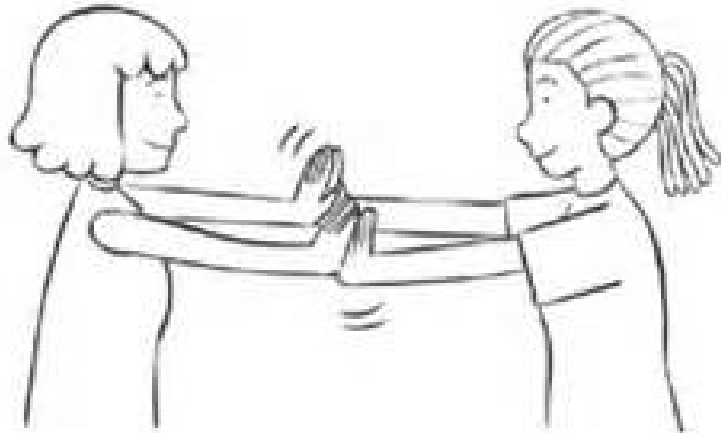
Ice breaker activities



Hoops around the circle

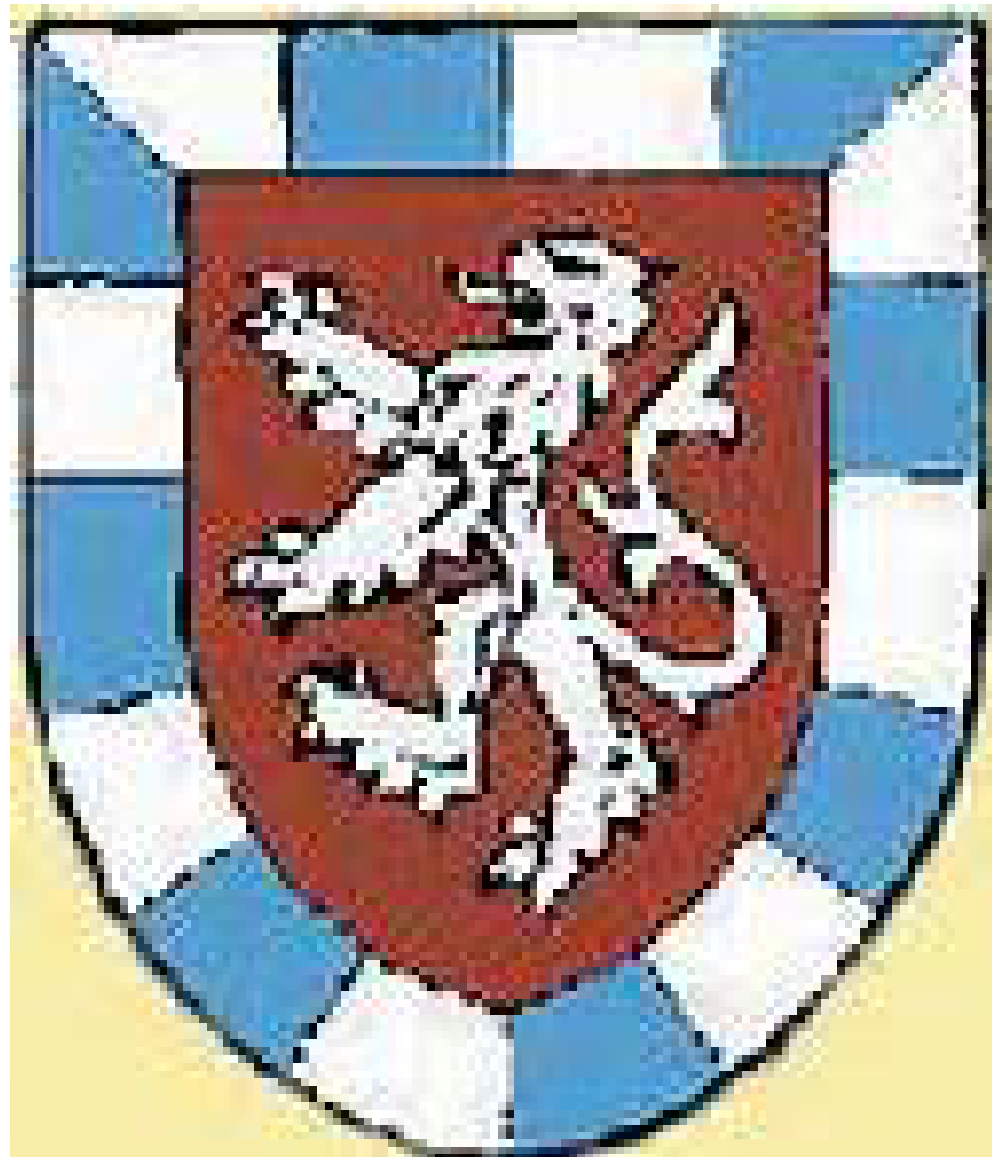


Yurt Circle



Human Tangle Knot





Feelings
before you left
on Exchange

What
represents your
feelings during
your Exchange

Your feelings
on returning
home

What represents
your growth from
the Exchange
Experience

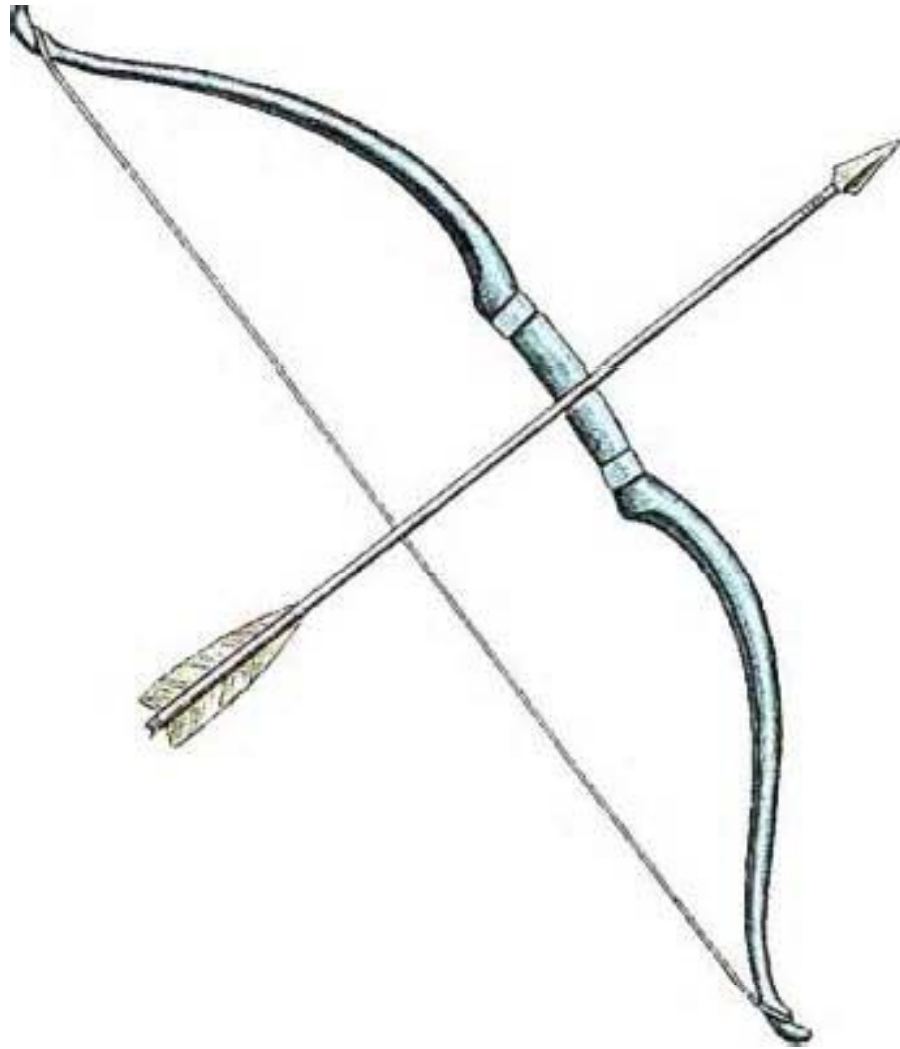
The image shows a 2x2 grid template designed to look like a scroll. The top and bottom corners are rolled up, with the inner side shaded gray. The grid is defined by a vertical line in the center and a horizontal line in the middle. The four quadrants are labeled with text on the left and right sides. The top-left quadrant is labeled 'Feelings before you left on Exchange', the top-right 'What represents your feelings during your Exchange', the bottom-left 'Your feelings on returning home', and the bottom-right 'What represents your growth from the Exchange Experience'.

Gold	Generosity and elevation of the mind
Silver or White	Peace and sincerity
Red	Warrior or martyr; Military strength and magnanimity
Blue	Truth and loyalty
Green	Hope, joy, and loyalty in love
Black	Constancy or grief
Purple	Royal majesty, sovereignty, and justice
Orange	Worthy ambition
Maroon	Patient in battle, and yet victorious



Antlers

Strength and fortitude



Bow

Readiness (for battle)

Bear

Strength, cunning, ferocity in the protection of one's kindred

Boar

Bravery; fights to the death

Bull/Buffalo

Valour, bravery, generosity

Bull's Horns

Strength and fortitude

Cinquefoils




Hope and joy

Cross Flory
(Patoncee)



(cross flowered at each end) One who has conquered

Cross Raguly		Difficulties encountered
Crown of thorns		Adversity
Eagle		Person of noble nature, strength, bravery, and alertness; or one who is high-spirited, ingenious, quick-witted, and judicious; "
Goose		Resourcefulness
Hind (female deer)		Peace and harmony
Holly		Truth
Horns		Strength and fortitude
Lamb		Gentleness and patience under suffering
Lion		Dauntless courage
Musical Pipes		Festivity and rejoicing

Owl

One who is vigilant and of acute wit

Parchment/Scroll/Diplo
ma

Possible reference to academic or
sholarly achievement

Peacock

Beauty, power, and knowledge

Pheon
(Spear-head)



Dexterity and nimble wit; readiness for
battle

Pipes (music)

Festivity and rejoicing

Rainbow

Good times after bad

Serpent/Snake/Lizard Wisdom

Swan



Poetic harmony and learning, or lover thereof; light, love, grace, sincerity, perfection

Sword/Dagger/Dart

Justice and military honour

Table

Hospitality

Tent

Readiness for battle

Tiger

Fierceness and valour; resentment; dangerous if aroused

Tree Trunk

New life sprouting from the old

Trestle

Hospitality

Trumpet

Ready for war

Unicorn	Extreme courage; virtue and strength
Vine	Strong and lasting friendship
Wheel	Fortune; cycle of life
Wings	Swiftness and protection
Wolf	Reward from perseverance in long sieges and/or hard industry

Reversed Culture Shock



By Dennis White

Yeoresources.org



Reflections On Rebounding

- Since I came home, the biggest surprises
- Some positive things I have experienced about being home
- Some negative things I have experienced about being home
- The hardest things about being home have been
- My relationship with my family has been
- My relationships with friends have been
- Some other things I have been dealing with since I came home are

Discussion Groups

Sit in a circle



Explain the purpose and guidelines

- Everyone's opinion is important
- There are no right or wrong answers
- Everyone should have a chance to share their feelings and experiences.

Utilize open ended questions

- Use the questions that they have already thought about in the previous exercises
- How did they handle the situation
- Anyone else have a similar experience
- Does anyone have helpful suggestions to the problem

Where do they go from here ?

- Interact
- Rotex
- Rotoract
- Help with service projects of Rotary
- Help with the selection of new students
- RYLA



Goals for my Rebound Year

- What would I like to accomplish
- What will be major roadblocks
- How to overcome the blocks
- How will I know if I am successful

Dear Editor,

In times of conflict world peace and understanding are more important than ever. During the past year, it is clear that broadening our international understanding is critical. Efforts to encourage the study of foreign cultures provide opportunities for all students to broaden their knowledge of the world.

"International education not only promotes mutual understanding and cooperation among nations, it can also strengthen national security, foreign policy, and economic competitiveness. Indeed, our quality of education and life will be enhanced by learning foreign languages and by facilitating international exchanges for students and teachers." Former U.S. Secretary of Education, Rod Paige.

As a Rotary International Youth Exchange student, I have immersed myself in a new culture to further the ongoing mission to strengthen world understanding. The program sends 15- to 18-year-olds abroad to study and live with a host family as a way to foster intercultural exchange. The Youth Exchange program has given me the chance to enrich myself both academically and culturally and the chance to promote international goodwill throughout the global community.

Thanks to the Rotary Club of [City, State], I am studying/studied in [City, Country] for [amount of time].
[Add several sentences of personal reflections]

As the world fights against hatred and intolerance, I am reminded of what so many of us learn as students abroad - cultural differences make us unique, but our differences are not what ultimately matter. We can all work together to foster cross-cultural respect, peace and understanding worldwide. I'm thankful to Rotary International for giving me the experience of a lifetime.

Sincerely,

[Your Name]

Youth Exchange Student

Rotary International

Discussion time with the Exchange Coordinator

- Survey
- Suggestions of items not to take with you
- Things that you wish you would have taken with you
- How have I changed from my exchange experience

Rebound Retreat

District

Friday

- 6:00 pm - Arrival, dinner, check in to cabins
- 7:00 pm - Introductions
Review agenda and goals for the retreat
Review rules at camp, for the retreat and in discussion groups
- 7:30 pm - Extended Get Acquainted Exercise
Human Shield, 1-1 Interviews
- 10:00 pm - Campfire .
- 12:00 am - Lights out, quiet, in cabins

Saturday

- 8:00 am - Breakfast
- 9:00 am - “What Have I Gained?” Exercise
Sharing of information
Reflections On Rebounding Exercise
- 12:00 pm - Lunch

- 1:00 pm - Discussion - Using Rebounds in the RYE Program
- 2:30 pm - Free time, recreation, prepare skit for campfire.
- 6:00 pm - Dinner
- 7:00 pm - Personal Goal Setting Exercise – What I Want to Accomplish This Year
What’s Next?
- 9:00 pm - What’s Next?
- 10:00 pm - Campfire, Rebound Skit
- 12:00 am - Lights out

Sunday

- 8:00 am - Breakfast
- 9:00 am - Sharing Personal Goals
Planning for October Conference
Networking with other Rebounds –
Rotex Contacts
- 11:00 am - Retreat ends



Multi District Conference

General Sessions

Meet with District Chairman

Small Discussion Groups

Meet with the Country Exchange Organizers

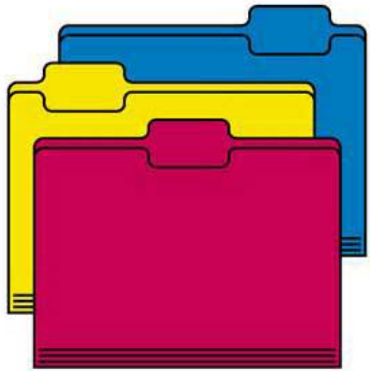
Small Discussion Groups

Reverse Culture Shock

Welcome Home

Free time – evening dance

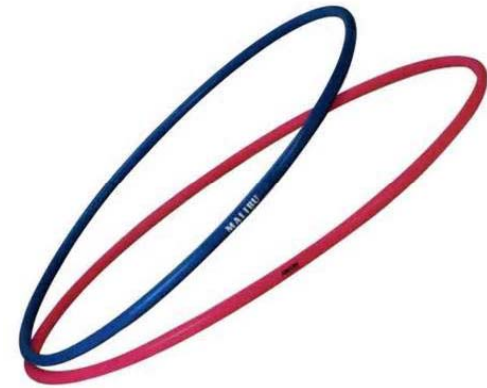
Supplies



- Leaders handbook

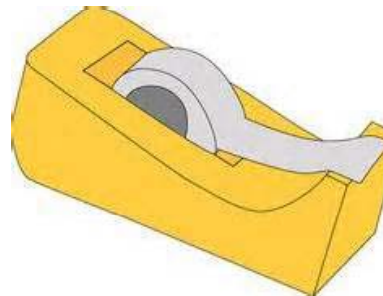
- Student handouts

- Hoola Hoops



- Colored pencils, markers

- Tape



Discussion Leaders Booklet

Ground Rules for Rebound Group Outsiders

Ice Breaker directions

Discussion Guidelines

Rebound Shield Directions

Six Phases of Debriefing

Reflections on Rebounding

How Have I Changed From My Experience?

Letter to the Editor Template

Goals for my Rebound Year

Where do I go From Here?

Rebound Weekend Evaluation

Going Home

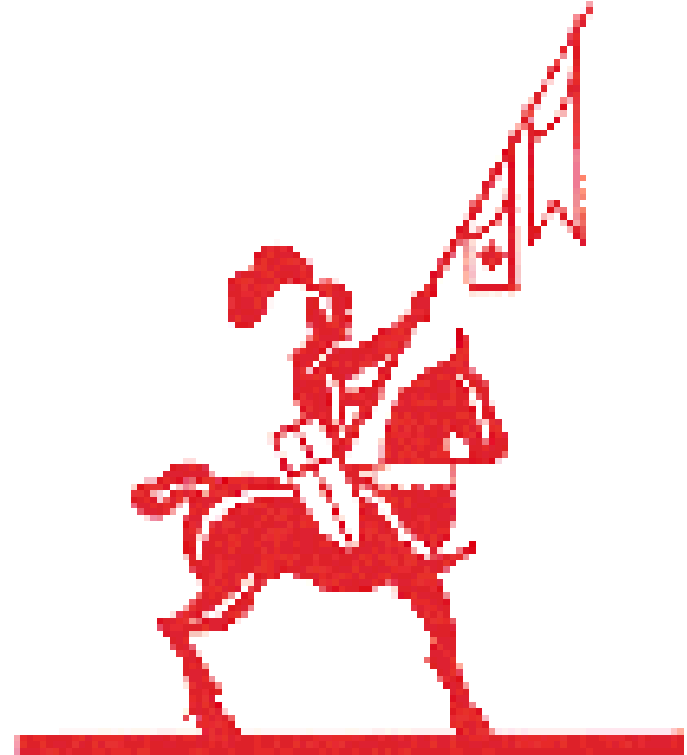
So You Think You're Home Again



Student handouts

1. Banner
2. Reflections on Rebounding
3. How Have I Changed From My Experience?
4. Goals for my rebound year
5. Letter to the Editor template
6. Where do I go from here?
7. Rebound Weekend Evaluation
8. So You Think You're Home again





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