



District 5010 Rotary Youth Exchange
 2023 Fall Orientation Agenda
Rotary Youth Exchange:
“Create Hope in the World”
 Road Trip & North Star Bible Camp
 Willow, Alaska USA



8-13 August, 2023

Tuesday, 8 August 2023	INBOUNDS (IBs)	TEAM LEADERS Boyd/Jamie/Jeff	REBOUNDS (RBs)
08:00a - 08:30a	Boyd and Jamie Pick up Anch kids	Midnight Sun Car Rental 4211 Spenard Road	
08:30a - 10:15a	Txfr to the Butte - Intro, nametags	Txfr to the Butte - Intro, nametags	
10:15a - 12:00p	Hike		
12:00p - 4:30p	Kayak Lunch	Transfer to Kayaks/Kayak to Jeff's Lunch and activities @ Jeff's Kayaking to Vans	
4:30p - 5:30p	Road Trip to North Star	Xfer to North Star - Road trip topic - How to get around Alaska - how it's different.	
5:30p - 6:00p	Settle in / Unpack		
6:00p - 7:00p	Dinner - Cafeteria		
7:00p - 8:30p	Introductions <i>“I'm your global neighbor”</i>	Boyd/Jeff - lead/facilitate	
8:30p - 9:00p	Camp rules, sleeping bags, Recap, outline for Wednesday	Jamie/Boyd/Jeff - Camp rules, sleeping bags, Recap, outline for Wednesday	
9:00p - 10:00p	1st Impressions Huddle: open chat - 1st impressions of USA		
10:00p - 10:30p	Get ready for lights out 😊		
10:30p	Lights out 😊		*Reminder to IB Students & YEOs that ALL big bags will be dropped in secure storage; only weekend necessities will be required.

Wednesday, 9 August 2023	INBOUNDS (IBs)	TEAM LEADERS Boyd/Jamie/Jeff/Chris/Trin	REBOUNDS (RBs)
07:45a – 08:30a	Morning Exercise w/ Boyd	Morning Exercise (optional)	
08:30a – 09:30a	Breakfast - <i>Cafeteria</i>		n/a
09:30a – 12:30p	<p>Welcome, Overview, & Expectations Jamie/Chris - lead/facilitate District Rules, (5 D's), Travel Policy, Importance of DS 2019, No Tolerance Policy on Sexual Abuse & Bullying</p> <p>Tips for success, Host Family, 1st night/2nd day questions, School expectations</p> <p>What you always wanted to know about Alaska, but didn't know who to ask. Boyd/Jeff</p>		n/a
12:30p – 1:30p	Lunch - <i>Cafeteria</i>		
1:30p – 2:30p	<p>Keeping in touch with friends and family without losing focus. Jamie</p> <p>Introduction to Blogging & Journaling - Boyd</p>		
2:30p – 5:30p	Road Trip to Special Surprise	Xfer to Fun Center - <i>Van Topic</i> <i>What is Rotary; 4-way Test; meeting protocol</i>	
5:30p - 7:30p	Rotary Meeting & Dinner - with Susitna Rotary club	<i>p/u Van Driving Rotarians</i>	
7:30p – 8:30p	Road Trip to North Star	Xfer to North Star - <i>Van to pic: Was that your first Rotary Meeting?</i>	
8:30p – 9:00p	The importance of gratitude: Gratitude diary - Boyd		
9:00p – 10:00p	Open Floor <i>Chapel</i>		
10:00p - 10:30p	Get ready for lights out 😊 Journal time	Get ready for lights out 😊	
10:30p	Lights out 😊		

Thursday, 10 August 2023	INBOUNDS (IBs)	TEAM LEADERS Boyd/Jamie/Jeff/Chris/Trin/Dennis	REBOUNDS (RBs)
07:45a – 08:30a	Morning Exercise w/ Boyd	Morning Exercise (optional)	
08:30a – 09:30a	Breakfast - <i>Cafeteria</i>		
09:30a – 10:00a	Dennis - <i>Ethnocentrism Chapel</i>		
10:00a - 10:15a	Movement break		
10:15a - 11:45p	Dennis - <i>Culture shock - Noodle exercises/Dealing with difficult situations/Resiliency Chapel</i>		
11:45p - 12:30p	Dennis - <i>The Shield Chapel</i>		
12:30p – 1:15p	Lunch - <i>Cafeteria</i>		
1:15p – 2:15p	Dennis - <i>Broken Squares Chapel</i>		
2:15p – 3:00p	Dennis - <i>Tower Chapel</i>		
3:00p - 3:15p	Snack break		
3:15p – 5:30p	Dennis - <i>“Outsourced” and discussion Chapel</i>		
5:30p– 6:30p	A Tasty American Treat Trinitey/Aimee/ROTEX <i>Susitna commons</i>		
6:30p - 7:30p	Dinner - <i>Be Grateful Cafeteria</i>		
7:30p - 10:00p	Can you Dance? <i>Be Here Now</i>		
10:00p – 10:30p	Get ready for lights out 😊 <i>Journal time</i>	Get ready for lights out 😊	
10:30p	Lights out 😊		

Friday, 11 August 2023	INBOUNDS (IB's)	YE VOLUNTEERS	REBOUNDS (RB's)
07:30a – 08:30a	Yoga/Stretching <i>Chapel</i>	Yoga/ Stretching (Opt) <i>Chapel</i>	
08:30a – 09:30a	Breakfast / Cabin Rearrangement (where required) <i>Cafeteria</i>		
09:30a -11:30a	Pauline <ul style="list-style-type: none"> • Intro to B's • Be First • Be Curious <i>Chapel</i>		
11:30a-12:30p	SA Training -	Arrival, unpacking, cabin assignments	Arrival, unpacking, cabin assignments
12:30p - 1:30p	Lunch - <i>Int'l Showcase Cafeteria</i> PDG/DGN Metiva's Welcome		
1:30p - 3:00p	Pauline <ul style="list-style-type: none"> • Be on Purpose • Be Grateful • Be of Service • Be Here Now <i>Chapel</i>	Chris/Jamie- <u>YE Volunteer TRAINING</u> Welcome/W2E SA Training Our Program <i>Craft Room</i>	Dennis - Reintegration <i>Susitna commons</i>
3:00p - 3:15p	<i>Break</i>	<i>Break</i>	<i>Break</i>
3:15p - 6:15p	Be of Service Camp Service Project	<u>YE Volunteer TRAINING (cont'd)</u> YEAH - What is it? Panel: 'IB Tips' Presentation: 'Monthly reports' <i>Craft Room</i>	Dennis - Reintegration <i>Susitna commons</i>
6:15p - 6:30p	Clean up for dinner		
6:30p – 7:30p	Dinner - <i>Int'l Showcase IB MC Cafeteria</i>		
7:30p – 9:00p	Rotex Presentations: <i>-Tasha shares her thoughts</i> <i>-Winston - Why Gratitude Matters</i> <i>Chapel</i>	<u>YE Volunteer TRAINING (cont'd)</u> More Program points (cont'd) Vetting - How its done! Open forum - Question Time SOI - RECRUITMENT! <i>Craft Room</i>	Dennis - Reintegration <i>Susitna commons</i>
9:00p - 10:00p	Campfire w/ S'mores		
10:00p - 10:30p	Get ready for lights out 😊 Journal time	Get ready for lights out 😊	Get ready for lights out 😊
10:30p	Lights out 😊		

Saturday 12, August, 2023	INBOUNDS (IB's)	YE VOLUNTEERS	REBOUNDS
07:30a –08:30a	Yoga/Stretching <i>Chapel</i>	Yoga/Stretching (Opt) <i>Chapel</i>	Yoga/ Stretching <i>Chapel</i>
08:30a – 09:30a	Breakfast - Int'l Showcase IB MC Cafeteria		
09:30a – 10:15a	Pauline - Leaving a Legacy <i>Chapel</i>	Pauline - Leaving a Legacy <i>Chapel</i>	Dennis - Reverse Culture Shock <i>Susitna commons</i>
10:15a - 10:30a	Movement Break	Movement Break	Movement Break
10:30a - 12:00p	Pauline - Goals <i>Chapel</i>	Pauline - Goals <i>Chapel</i>	Dennis - How I have changed <i>Susitna commons</i>
12:00a - 12:30p	Movement Activity!	YE Volunteer Topics - Recruitment <i>Discussion of challenges, success, tips</i> Host Families <i>"How to find Unicorns"</i> <i>Craft Room</i>	Dennis - How I have changed <i>Susitna commons</i>
12:30p - 1:30p	Lunch - Int'l Showcase IB MC Cafeteria		
1:30p - 2:45p	Pauline - Exchange Tree - <i>Chapel</i>	Boyd/Dave - <u>YE Volunteer topics</u> - YEAH Program <i>Craft Room</i>	Dennis - How I have Changed (continued) Work on essays <i>Susitna commons</i>
2:45p - 4:45p	Canoeing with a purpose! <i>At the Lake</i>	Chris - Panel Discussion YEOs and Rebounds - reflections/ program improvements <i>Cafeteria</i>	
4:45p - 5:00p	Break		
5:00p - 5:30p	Thanking your welcome family Jamie/Chris <i>Be Grateful Chapel</i>	<u>YE Volunteer topics</u> - (cont'd) **DEADLINES** <i>Craft Room</i>	Dennis - Continue with essays <i>Susitna commons</i>
5:30p - 6:30p	Movement Activity!	YE Volunteer Topics - (cont'd) Recruitment & Host Families <i>Craft Room</i>	
6:30p - 7:30p	Dinner - Int'l Showcase IB MC Cafeteria		
7:30p - 8:30p	Photos/Exchange Cards - Wear Blazers!	Free Time	Photos/Exchange Cards - Wear Blazers!
8:30p- 10:00p	Bonfire: RB/IB Q&A: Life as an Exchange Student - S'mores	7:30p - 9:00p Jamie/Chris OB/IB Preparation YE Volunteer T&Ts <i>Chapel</i>	Bonfire: RB/IB Q&A Life as an Exchange Student - S'mores
10:00p - 10:30p	Get ready for lights out 😊 Journal time	Get ready for lights out 😊	Get ready for lights out 😊
10:30p	Lights out 😊		

Sunday, 13 August, 2023	INBOUNDS (IB's)	YE VOLUNTEERS	REBOUNDS (RB's)
06:45 - 07:45a	Yoga/Stretching <i>Chapel</i>	Yoga/Stretching (Opt) <i>Chapel</i>	Yoga/ Stretching <i>Chapel</i>
08:30a - 08:45a	Breakfast <i>Cafeteria</i>	Breakfast - SIT w/ REBOUNDS <i>Cafeteria</i>	Breakfast SIT w/YEO'S <i>Cafeteria</i>
08:45a - 09:30a	Pack, Clean Cabins, Store bags		
09:30a - 10:30a	Fun Morning Activities! - Student / YE Volunteers		Dennis - Finish essays <i>Susitna commons</i>
10:30a - 11:30a			Dennis - Finish essays <i>Susitna commons</i>
11:30a - 12:00p			Dennis - Letters to Parents <i>Susitna commons</i>
12:00p - 1:00p	RB's presentation of " <i>How I have changed essays</i> " <i>Chapel</i>		
1:00p - 1:45p	Lunch <i>Cafeteria</i>		
1:45p - 2:00p	Load/Board Buses		
2:00p	Depart for Airport		