

STUDENT INTERNATIONAL EXCHANGE PROGRAM

Guidance for Incoming
Exchange Students



KINROSS WOLAROI
SCHOOL

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KINROSS WOLAROI SCHOOL PRIMARY CONTACT

Dr Signe Ernist
Student International Exchange Co-ordinator

(02) 5319 0283
exchange@kws.nsw.edu.au



Round Square's role in student exchanges is one of facilitator, enabling Round Square Candidate and Member Schools to connect and organise exchanges for the benefit of the students taking part. Round Square does not organise any exchanges itself and is not therefore responsible for individual exchange arrangements. It is important for students and parents to note that Round Square does not vet or monitor the arrangements made by the schools and does not have any contact with or role in selecting host families. Round Square provides schools with best practice protocols but you must satisfy yourself that the arrangements made by the individual school you are considering allowing your child to visit are appropriate. Round Square therefore accepts no legal responsibility or liability for student exchanges whatsoever.

WELCOME TO KINROSS WOLAROI SCHOOL

We are delighted to welcome exchange students from overseas for exchange visits to our community. We hope that the students will benefit from the experiences of being part of the Kinross Wolaroi School (KWS) and the wider Orange and Australian community and they will share with us their personal attributes and their own culture.

This booklet details the expectations and conditions under which KWS conducts exchanges. The information in this booklet is provided for students, staff and the parents of our exchange partner schools.

EXCHANGE AT KWS

KWS encourages students to participate in an exchange to Australia to enable them to:

- gain first-hand insight into Australian culture in order to develop tolerance, understanding and respect for different ways of life and different values
- widen their perspective and social experience
- gain experience overseas
- increase student awareness of their role as global citizens
- learn in a different cultural environment
- widen their understanding of the global community
- Improve knowledge, fluency and cultural understanding of English language.

ABOUT KINROSS WOLAROI SCHOOL

Kinross Wolaroi School is an independent Uniting Church co-educational day and boarding school, located in Orange, a rural city 260 kilometres (160 miles) west of Sydney, New South Wales, Australia.

The school was formed in 1975 with the merger between Wolaroi Methodist Boys College and the Kinross School, formerly the Presbyterian Ladies' College, Orange (PLC). It is a non-selective school and caters for approximately 1,100 students from early learning (Pre-Kinder), through Year 12, including 350 boarders. Classes and boys boarding occur at the former Wolaroi site on Bathurst Road and girl boarders live at the former PLC site on Coronation Drive.

OUR CORE VALUES

Kinross Wolaroi School strives to serve our students and community across the generations. This privileged responsibility is inspired by Vision, driven by Mission and underpinned by the Schools Values. Our motto is Scientia, Amicitias, Integritas (Knowledge, Friendship, Integrity). The school's five core values are Courage, Respect, Inclusiveness, Resilience and Commitment.

PRINCIPAL'S WELCOME

Welcome. I am delighted to introduce you to Kinross Wolaroi School.

We are a close, engaged, welcoming community that has been providing education to children from rural areas for more than 130 years. Kinross Wolaroi values its long history, while also combining traditional values such as courtesy, tolerance, respect and decency with a progressive and inclusive approach to education.

At Kinross Wolaroi your child will have the opportunity to learn in a first class and engaging learning environment that will prepare them with the necessary academic and personal skills to succeed in the 21st century. We place great importance on academic ambition and aim to motivate every student to achieve their full potential. Our approach to education goes beyond just academics and includes social, cultural, physical, and spiritual aspects. We intentionally design our curriculum to nurture the development of the whole individual within a supportive and family-oriented environment.

We firmly believe that the enjoyment of learning and the wellbeing of our students are paramount. Our students learn to think independently and develop a sense of independence that will be valuable in a world that is constantly evolving.

Your children will face many challenges, choices and opportunities at Kinross Wolaroi. These experiences will help them grow and explore their talents and passions in life. Our school is renowned for its diverse and engaging co-curricular program, which forms an integral part of our rich educational fabric. Taking part in these activities will allow students to develop self-confidence, resilience, social skills and character that will significantly contribute to their future success.

Your child will have a wonderful experience at Kinross Wolaroi, where they can be part of a vibrant and inclusive community that offers a grounded culture and strong sense of belonging.

I look forward to welcoming you to Kinross Wolaroi School.

With best wishes,
Dr Andrew Parry

ROUND SQUARE PHILOSOPHY AT KINROSS WOLAROI SCHOOL

In 2023 Kinross Wolaroi School celebrated becoming a full member of the Round Square group of schools. Since 2021, when the first steps were taken to secure membership by the Principal, Dr Andrew Parry, the school has been transforming its programs to encompass the Round Square philosophy.

In doing so, as a community we celebrate our spirit - of internationalism, democracy, environmentalism, service, leadership and adventure.

A holistic education that develops the whole person lies at the heart of Round Square Schools. We also share the belief in the immense value of a holistic education where we provide experience deliberately structured to develop the whole person.

Membership will assist us in creating courageous and compassionate leaders who are prepared to discover and embrace cultures and nationalities in ways that promote meaningful understanding and respect.

WHY GO ON EXCHANGE TO KINROSS

School Facilities

With a history spanning over 130 years, Kinross Wolaroi School boasts a blend of breathtaking heritage listed buildings and modern facilities.

We are a well-equipped school providing well-resourced classrooms and studios. These are supported by a wide range of infrastructure for the diverse academic and co-curricular programs offered.

Facilities and infrastructure supporting the academic program include:

- A wireless campus.
- All classrooms equipped with interactive touch screen displays.
- Superbly resourced areas catering for practical activities including Visual Arts, Textiles, Food Technology and Hospitality kitchen, Industrial Technology workshops and computer laboratories.
- A Music Centre which includes a Performance Theatre, dedicated Music rooms and individual tutorial rooms.
- A School Library featuring private study areas and an extensive range of books and learning resources.
- Eight dedicated spaces for academic and wellbeing support. A student will remain in their Wellbeing House throughout Senior School. It is here that they have their locker.
- Student support including qualified psychologists and access to 24-hour medical support via the School's Health Centre.

Facilities supporting the diverse co-curricular program include:

- A heated eight-lane, 25m indoor swimming pool.
- The Derek Pigot Auditorium which can cater for more than 1200 guests and is utilised for assemblies, music and drama performances, examinations, formal occasions, dinners and other functions.
- Eight playing fields for sporting activities including three rugby fields, two football fields, two hockey fields, a full athletic track, 10 turf cricket practice nets and three cricket wickets.
- A dedicated Agriculture teaching space including stock yards, vegetable gardens and orchard.
- Rowing shed and pontoon situated at Spring Creek Reservoir with a 5km rowing track.

- A fully-equipped, 2700 square meter Recreation Centre including a purpose-built gymnastics area, two weights and fitness rooms, squash courts, three full sized indoor courts for tennis, netball, basketball and volleyball and five indoor cricket practice nets.
- Several working mixed farms - the closest being 10 minutes' drive from School.

Facilities supporting Boarding:

- Extensive boarding accommodation for 355 students across eight boarding houses, with separate sites for boys and girls from Year 7. The same number of girls board as boys.
- A Recreation Centre for the girl boarders including cardio-studio and cross training gym together with a multi-functional space that has been designed to be flexible enough to accommodate activities from table tennis to drama performances.
- The boys board on the Wolaroi campus and access the co-curricular facilities.
- Dining rooms on both campuses.
- Extensive highly maintained grounds.
- Access to 24 hour medical support.

Co-Curricular Opportunities

At Kinross Wolaroi School our co-curricular activities are a cornerstone of the School's philosophy. Our outstanding facilities and grounds provide a wonderful playground for the extensive array of co-curricular activities available to all students. All students must participate in sport and there are extensive opportunities to participate in the performing arts. Students may also choose to participate in other activities from the many programs operating within the school.

The co-curricular program is diverse and engaging. It is designed to ensure participation in properly directed activities such as music, drama, sport, community services and adventure training, so that each student's life can be enriched.

Sport & Outdoor Education

At Kinross Wolaroi School, Co-curricular sport plays a vital role in educating the whole person. Training sessions are held twice weekly, with matches held once a week, usually on Saturdays.

Our sporting opportunities and facilities are among the very best. While aiming to win is an important part of sport, participation and involvement are even more important. It is expected that in striving for the good of the team, students will give their best and work with their teammates to achieve goals.

The diversified Co-curricular sporting program also seeks to foster growth and development of individuals by providing pathways to representative selection. Indeed, many of our students have gone on to achieve state or national representation in their chosen fields of endeavour.

The two School sites have eight magnificent playing fields for sporting activities. These include three rugby fields, two football fields, two hockey fields, a full athletics track, 10 turf cricket practice nets and three cricket wickets. The girls' Boarding site at PLC has an outdoor pool and extensive open spaces for general fitness. The cross-country is held at the PLC site each year.

The Indoor Recreation Centre on the Wolaroi site is an ideal environment in which day students and boarders can foster their sporting aspirations. The centre has a heated indoor pool, strength and fitness training rooms, an aerobics room, a gymnastics pit, an abseiling wall, three full-sized indoor courts for tennis, netball, basketball, badminton and volleyball and five indoor cricket practice nets. The netball facilities at Anzac Park and Orange Hockey Centre are in close proximity and are the venues for tennis and basketball.

The rowing program has a rowing shed and pontoon situated ten minutes away, at Spring Creek Reservoir. In addition, a rowing training room is situated in the School gymnasium.

Teaching staff are required to support Co-curricular activities, which assists in developing connection between staff, students and families beyond the classroom. Outside expertise is also brought into the School to support the specialised needs of the Co-curricular program.

Music

Kinross Wolaroi School has a history of excellence in music and it has been recognised as having a leading classroom and instrumental music education program in the Central West which meets the needs and abilities of all students.

As well as pursuing excellence, the Performing Arts faculty aims to foster the growth of students' imagination and education through encouragement, collaboration and team work. This goal is achieved through our extensive co-curricular program, with particular emphasis on providing musical pathways for students of all abilities across all mainstream instruments and vocal pursuits.

Playing and singing in an ensemble offers an important social dimension to our music program as well as developing team work skills not gained through individual tuition. Students are encouraged to participate in our wide range of ensembles including:

Band:	Strings:	Vocal:
Orchestra	Chamber Strings	Chamber Choir
Concert Band and Marching Band	Intermediate Strings	Koristers
Stage Band	String Quartets	Vox Ensemble
Chamber Ensembles (Brass & Woodwind)		
Year 7 TryBand		
Guitar Ensemble		

Each ensemble has the opportunity to perform at school and community events, school assemblies, concerts and other important occasions. The culmination of our program is the annual Kinross Wolaroi School Performing Arts Festival which showcases the performance talents of our students.

Many students also take advantage of the specialised individual tuition available in woodwind, brass, strings, percussion, piano, speech and drama, voice and guitar.

Wellbeing and Pastoral Care

Kinross Wolaroi School is actively committed to providing the highest standards of pastoral care to ensure the wellbeing of all our students.

Providing a nurturing and supportive environment is paramount to ensuring our students have the best possible experience during their primary and secondary education.

At Kinross Wolaroi School, wellbeing relates to so much more than mental health and is achieved when a student can develop their potential, build positive relationships, and contribute to their community. It is enhanced by achieving a sense of purpose through the fulfillment of personal and social goals. We recognise that its development does not start on enrolment at Kinross Wolaroi, nor finish upon graduation. Instead, we hope to equip our students with the necessary tools to live a fulfilling life and to meet the challenges of our dynamic world. Central to our approach is the development of positive, respectful relationships.

At Kinross Wolaroi School, our Wellbeing Team works hard to ensure that this is possible and comprises:

- School Psychologists
- Medical Centre Nurses
- Indigenous Students' Coordinator
- Head Mentors of Day Houses
- House Mentors
- Heads of Boarding
- Heads of Boarding Houses and Boarding Staff
- Chaplain
- Year 7 Coordinator
- Senior Years Coordinator (Years 11 & 12)
- Head of Wellbeing

Chapel

All students attend chapel every second week during term time. The messages typically give a Christian perspective on the themes of self, leadership, character and empathy - which constitute Kinross Wolaroi's focus for well-being. Emphasis is also given to our school values of love, courage, respect, inclusiveness, resilience and commitment. These are presented as principles of positive and holy living. Chapel is seen as part of spiritual and personal formation grounded within the Uniting Church's relational theological ethos.

Christian Youth Group

The School's Christian Fellowship Group, called 'Hope', meets every Friday lunch - usually in Room 21. All are welcome and we encourage anyone who is interested in learning more about God to attend, or who is simply keen to meet up with others for mutual encouragement in their faith journey. We recognise that teen years are often a tough time in a world with mixed messages. This group provides a place to question life, faith and scripture, and to explore the wisdom of God in the Christian tradition.

ABOUT ORANGE

General Information

Orange is a city in the Central Tablelands region of New South Wales, Australia. It is 254 km west of Sydney at an altitude of 862 metres. Orange had an urban population of 41,920 at the 2021 Census, making the city a significant regional centre. A significant nearby landmark is Mount Canobolas with a peak elevation of 1,395 m AHD and commanding views of the district. Orange is situated within the traditional lands of the Wiradjuri Nation.

Characterised by beautiful tree-lined streets, charming houses dating to the early twentieth century, and outstanding public parks Orange is a substantial and sophisticated rural service centre which lies at the heart of some of New South Wales' richest and most bountiful agricultural land. The city is known for its excellent local produce, its impressive vineyards and its fine dining restaurants.

Orange was the birthplace of poets Banjo Paterson and Kenneth Slessor, although Paterson lived in Orange for only a short time as an infant. Walter W. Stone, book publisher (Wentworth Books) and passionate supporter of Australian literature, was also born in Orange. The first Australian Touring Car Championship, known today as V8 Supercar Championship Series, was held at the Gnoo Blas Motor Racing Circuit in 1960.

Climate

Orange is also known for its impressive autumn colours and its bitterly cold winters. It regularly gets snow in winter and is known as the country's snowiest city. The climatic conditions are categorized as mild and moderate.

In Orange, the summers are warm and mostly clear and the winters are very cold and partly cloudy. Over the course of the year, the temperature typically varies from -0°C to 27°C and is rarely below -4°C or above 33°C.

GENERAL MATTERS

Preparation

It is important for a successful exchange program for parents to:

- Be involved
- Discuss with their child what to expect during the program and develop strategies for coping with new, different and sometimes difficult and challenging situations
- Assist your child in understanding cultural requirements, travel arrangements and money arrangements.

Arrival and Departure

Students will arrange their own flights, insurance and travel. Students are expected to make Orange, NSW, their arrival and departure destination. The incoming students will be met at either Orange airport or Orange train station by KWS staff and/ or KWS drivers from the school. Host families, in cooperation with exchange students' families, are welcome to make their own arrangements that may include a pick-up / drop-off in a different city (Sydney, Canberra).

Students will attend appropriate orientation and debriefing sessions, both formal and informal, throughout their stay at KWS, and are supported by their school buddy, Exchange coordinator, Wellbeing Mentor, teachers and staff at school, and host family (boarding staff) outside of school.

ACCOMMODATION

Boarding

Some exchange students from overseas will be accommodated in the KWS boarding houses. The nature of this accommodation (shared dormitory or twin room) depends on the student's age. While in boarding, students will be required to be respectful of the boarding rules and the boarding house. Not all students can be accommodated in the boarding houses, as there are limited beds in boarding.

Host families

Most students will be accommodated with their reciprocal host families. It is important to note that when students are being hosted by a family, they are subject to the 'house rules' of the host family. The host family will expect the same standard of respect and behaviour and exercise the same care and responsibility with exchange students as they would with their own children. It will be helpful to have discussions about this at the beginning of the stay.

Host families may be able to offer you a single room but you may also be required to share a room with another member of the family. The following requirements are essential:

- Students will only share rooms with members of the same sex
- Students will have their own bed
- Access to bathroom facilities will not be via an adult's bedroom
- Access to a bedroom or other room used by adults or people of the opposite sex should not be via the student's bedroom.
- Privacy for dressing and undressing should be provided
- Students must know the emergency exit route and plan for emergencies such as fire.

Ideally, there should not be a significant age difference between the exchange student and the host family member sharing the bedroom. As a guest, the exchange student should be sensitive to the privacy of the property of your host by being tidy and courteous when living in the house.

FINANCIAL MATTERS

School costs

Exchange students will have an ongoing fee arrangement with their school while they are on exchange. They will not be required to pay fees at KWS.

A \$500 bond will be levied by KWS to cover sundry school charges, such as excursions or charges such as School Shop account while the student is at the school. The balance will be refunded should there be monies leftover at the completion of the exchange period.

Parents are responsible for all costs associated with their child's travel to and from exchange.

The parents of students on exchange are responsible for any costs related to specialised tuition (such as music lessons or tutoring) or sporting competitions that the exchange student opts to pursue. Such activities would include any academic or extra-curricular pursuits normally undertaken by the student at their home school, but which may not be offered or readily available at KWS. That said, our expectation is that exchange students will participate in the co-curricular life of KWS.

Uniform

Upon arrival, exchange students will be fitted into KWS uniform free of cost. At the end of their stay, all the borrowed items of the uniform must be returned. However, if exchange students would like to keep any uniform items, the bond paid will be used to cover the cost.

Pocket Money

Parents should ensure students have adequate pocket money for their time away. We would recommend approximately A\$40 per week. Students are usually able to access funds from home via the local ATMs. Students should not carry large sums of money. Students should have sufficient pocket money to cover things like entrance fees, travel, small gifts to take home and for the host family, telephone SIM cards and bills and any other personal expenses which the host family should not be expected to cover.

Tipping is not customary in Australia but is a matter of choice for good service. 10% of the bill for good service is always appreciated. You do not have to tip taxi and Uber drivers.

Medical

The exchange student's parents are responsible for arranging full medical and dental insurance before the student leaves the home country. Travel insurance is an enrolment requirement. Medical and dental costs in Australia are high, and an ambulance would cost hundreds of dollars for anyone who is uninsured.

Exchange student's parents will be asked to give permission for KWS to seek any necessary medical attention for their child by filling in the medical information form.

It is important that KWS is aware of any serious disabilities and medical conditions the student may have and the student's vaccination status. Exchange students will need to fill in the School's medical forms along with the other documentation.

If a student is taking any prescription medication, a letter is required from their doctor giving the name and reason and duration of the medication. The student should also bring adequate supplies of the medication. In such a case a copy of the supporting letter may be requested by customs officials when the student arrives in the host country.

At school, during the school day medication is only supplied via the Health Clinic.

WHAT TO BRING TO KWS

The weather in Orange is generally cooler than most places in Australia. Summer temperatures (December – February) range from 15-35 °C and winter temperatures can be quite cold ranging from -5 - 15 °C.

The following items are suggested:

- Bring your own school tie
- 3 T-shirts and 2 pairs of jeans or pants
- Shorts
- Warm shirts or jumpers, tops or a track suit
- 7 pairs of underwear
- 7 pairs of socks
- School shoes (black) and boots or another casual pair of shoes
- Sunhat
- Jacket, preferably waterproof and warm
- Joggers
- Swimming costume, (optional-goggles and cap, flip flops/sandles)
- Beach towel
- Pyjamas
- Good Casual clothing – something appropriate to wear to Chapel/out to dinner/theatre
- Casual clothing for possible farm visits that can get dirty
- Toiletries, medicines (to be given to the Health Clinic) and personal items
- Sporting equipment and sports clothes (football boots, etc)
- Family photos, a diary to write/record experiences in etc.
- Laptop computer

Optional:

A phone, (check with your provider or purchase a sim card in Australia) iPad etc.

Labelling your belongings

Everything that comes into the school should be clearly labelled with the child's name. It is preferable that labels are sewn onto clothing items.

OFFICIAL DOCUMENTATION

Visas:

As the Australian government may change its visa requirements from time to time, it is the responsibility of the parents to seek information regarding their child's travel and to arrange a visa. It is also the responsibility of the parents to ensure that their child abides by the conditions of the visa.

Further information about Visas can be found at www.immi.gov.au.

Explore visa options for studying in Australia (homeaffairs.gov.au)

Other:

Parents are responsible for arranging (including the payment of associated costs) the following:

- Their child's international travel
- Their child's passport and appropriate visa
- Full travel and medical insurance - this must be in place before the student leaves their home country and must include possible medical repatriation of the student to the home country.

Enrolment documentation

In order to enrol your child at KWS, once you have established an email connection with the KWS Exchange Coordinator, a document fill link will be emailed to you by KWS Admission team, comprising of the following sections:

Code of Conduct

Exchange Student Enrolment Form

Medical Consent Form

Statement of Guardianship

Year 10 Subject Selection Form

Exchange Student Profile

Credit Card - Direct Debit Request

As part of the process, you will be directed to upload the following:

A Copy of Passport

A Copy of Visa

A Copy of Flight Tickets

A Copy of Immunisation Record

Monitoring your child's exchange - communication with home

Once the exchange student has arrived at KWS, they will be given an e-mail account to provide them with a communication channel with family and friends at home.

As a parent you will be in the best position to monitor, through regular contact with your child, how the exchange program is progressing. If you have any concerns about the exchange program, including concerns about supervision, safety, discrimination, harassment or bullying, you should contact the exchange co-ordinator, Head of Boarding House or Mentor.

STUDENT'S RESPONSIBILITIES

An exchange is not to be seen simply as a holiday for the students involved.

Directions from those in authority

As this may be the first time the student has travelled overseas without parents, there are important obligations for which parents and students should be aware.

In particular, the school and living arrangements experienced by the student on exchange will be different from those to which they are accustomed and may involve risks which are not experienced in the home country. It is therefore very important that the student follows directions from boarding staff, teachers and other people in authority during the exchange. (This does not affect the conditions outlined under 'Safety Issues').

Behaviour and values

An exchange student violating any law in Australia may be returned to their home country.

Drugs and alcohol:

The use of non-prescription drugs or associating with anyone involved with drugs is strictly forbidden. Students are not allowed to purchase or drink alcoholic beverages or smoke cigarettes/e-cigarettes/vapes.

Culture, manners and etiquette

The student must be sensitive to the cultural and home environment in which they are living. It is common for Australians to make light conversations, such as "How are you going?" or "Great weather isn't it?" This can be quite foreign to overseas students as they meet strangers such as shop assistants for the first time. It is our way of saying "Welcome".

Failure to queue in banks, shops and other places and wait for your turn is considered extremely rude in Australia. Please respect this rule, join the queue and wait your turn.

People are expected to be on time for appointments. If you arrange with host families to be picked up or met, please respect this and be on time. Lateness is considered impolite.

It is quite normal in most households to wear shoes inside the house. Please check with your host family about the expectation of shoes off or on inside the house.

Meals

In Australia, it is good manners to eat with your mouth closed. Slurping, snorting and burping are all considered rude and offensive. Conversations around the dinner table are welcomed. Taking a meal to the bedroom may be considered rude. Please discuss mealtime etiquette expectations with the host family and/or boarding staff.

Bathroom and bathing

Some cultures have different methods of bathing, for example, sitting on a stool and showering or scooping water and throwing it over themselves. They may not use showers or baths. In Australia, water is a precious resource.

Short showers are important to save water (particularly in our rural setting, as many people rely on tank water). To avoid embarrassment, please discuss bathroom expectations with the host family.

In Australian homes, toilets are sat upon. In our culture, we place used toilet paper in the toilet and flush it, rather than placing it in a separate bin. Female house members are expected to wrap sanitary napkins and tampons in a paper bag and place them in a bin. Families on farms may have septic tanks. Please discuss what can and can't go down the sinks and toilet with your host family.

Daily Routine / School Life

Australian school children are expected to rise between 6.30 and 7.00am. They should generally go to be no later than 10.30pm and are not allowed to stay up talking on the phone or be out socialising with friends. Host families may find it annoying to have a household member moving around the house at night and having heating and lights on when they would normally be off.

Exchange students must acknowledge that they have responsibilities to KWS. These include:

- Common courtesy and impeccable manners
- Willing and positive contribution to the life of the school
- Strong respect, demonstrated by actions, for the school's values and traditions.
- Knowledge of and compliance with KWS policies (listed under Resources on

International Student Exchange Program - Kinross Wolaroi School (kws.nsw.edu.au)

The KWS Boarding Handbook on the above listed website clearly explains the daily routine for boarding students and leave arrangements such as 'town leave' and weekend leave are clearly outlined. School leave rules will apply to exchange students in our boarding houses. The Handbook also outlines the school rules in regard to leave and other boarding arrangements.

The exchange student must attend all classes, attempt all school assignments and maintain good grades. Exchange students are expected to apply themselves with the same degree of diligence and effort as they would in their home school.

The exchange student will abide by the rules of the host school, particularly regarding attendance, general behaviour and dress standards.

SAFETY ISSUES

Dangerous activities

- The student is not permitted to participate in sky diving, hang gliding, parachute jumping, driving motorised vehicles such as motorbikes and quad bikes, shooting, bungee jumping, or any other dangerous activity. (participation in banned activities will also void most insurance claims). Students should seek parental permission for the following risky activities: skiing, horse riding, water skiing, swimming in dams, hot air ballooning, surfing, rock climbing, abseiling and flying.
- Students on exchange may be asked to undertake farming activities on rural properties. Host parents would be expected to exercise a duty of care for such activities that have inherent risk. Communication between families about dangerous activities can alleviate concerns both ways.
- The student must take care for their own safety at all times and immediately notify the Co-ordinator of International Student Exchange as soon as possible of any concerns in relation to safety and wellbeing.
- If a student is concerned about a particular activity, the student should refuse to undertake that activity and report to the Co-ordinator of International Student Exchange.

Discrimination, Harassment or Bullying

The exchange student should immediately report any concern about discrimination, harassment or bullying to their Head Mentor, International Student Exchange Co-ordinator or the Director of Boarding.

It is vital that the student advises the exchange program coordinator and parents as soon as possible of their concerns if:

- They feel uncomfortable in the course of the program.
- They feel unsafe.
- They are being harassed or bullied, or are uncomfortable about the way a particular person is treating them.

Emergencies

AUSTRALIA'S EMERGENCY NUMBER IS 000. This is a free call from any phone in Australia.

Legal Obligations

In an exchange program students are expected to fulfil the following requirements. Exchange students have a binding responsibility to:

- Fulfil the requirements of their visa,
- Attend the appointed school full time,
- Behave in a fit and proper manner as agreed under the terms of the relevant exchange program,
- Leave the host country on completion of the exchange program,
- Leave the host country earlier if circumstances develop such that the exchange organisers believe the student's further participation in the program is not appropriate.
- Observe our strict quarantine laws. See the AQIS website <http://www.agriculture.gov.au/travelling> There are a lot of animal and food based items that you cannot bring to our country. Please make friends and family aware of these laws if they intend to send you mail or parcels from home.

MAXIMISING THE EXCHANGE EXPERIENCE

Preparation

Preparation is the key to a student having a memorable experience on exchange. The best preparation is for a student to educate themselves about the local conditions. Talking to those who have been here, reading books, travel guides and researching using the Internet are good sources to investigate what it would be like to live Australia.

It can help to be aware of any preconceived ideas a student may have about Australia. Students could write down a few ideas and discuss where these have come from. It will be much easier to adapt to a new culture if a student can understand the source of these preconceived ideas and have an open mind for new adventures.

We would recommend that the student spends some time looking at the school website <https://www.kws.nsw.edu.au/> and that they read the Handbooks all found on the website. Another useful website to learn about Orange and district is the Visit NSW website:

<https://www.visitnsw.com/destinations/country-nsw/orange-area/orange>

Culture Shock

As a natural part of an exchange experience, students will, to some degree, undergo 'culture shock'.

Students will find that the people, attitudes, values, food, and way of life in the new environment can be very different from those in their home country. Some of these differences may cause concern and even anxiety. This process of adjustment is referred to as 'culture shock'. It is important to remember that culture shock is a natural part of the re-adjustment process or cycle, which everyone goes through when moving from a familiar environment to a new one. The key to overcoming culture shock is to be prepared.

Those students who don't have English as their first language will face unique difficulties. Students are bound to feel isolated and lonely because of the language barrier. It is hard to concentrate and understand every conversation, and even harder to communicate feelings and needs in a second language. Students must be prepared for the frustrations that language barriers will cause. When language does improve, it makes the achievement all the more rewarding.

It is important to know that there is a cyclical four-phase process that can be identified in the process of adjustment.

- Honeymoon – The student abroad is fascinated by the new situation and eager to explore, and generally focuses on similarities between the old and new environment.
- Irritation and Hostility – Characterised by a hostile and aggressive attitude towards the host culture and homesickness. The student longs for something familiar. Thoughts such as "I think I made a mistake to go on exchange" and "I really miss home" are signs of the "hostility" stage of cultural adjustment.
- Gradual Adjustment – Things begin to make sense, the student becomes oriented to the new environment and is able to pick up on cultural cues and clues (language may begin to improve). The sense of isolation fades and self-confidence is restored.
- Adaptation – The student embraces the customs of the new culture and feels at home. Anxiety disappears and the student accepts and begins to enjoy many of the experiences, habits and customs of the host country.

When exchange students return to their home environments, there can be a similar re-entry process, progressing through the same curve. They can be excited to be home, feel some hostility when they find it is not as they remember it, see humour in the differences between two cultures, and again feel at home in their original culture.

Coping Skills

The most effective way to limit the adverse experience associated with culture shock is by being involved in the new life abroad. Students should explore, try new things, meet the host families, other local people and get to know them well. It is interesting for a student to use the differences between cultures to advantage by sharing thoughts and feelings with new friends. It is important to participate in activities in and around KWS.

Generally, host families, members of the KWS community and most Australians will be friendly and value the opportunity to get to know the exchange students.



KINROSS WOLAROI
— SCHOOL —

Kinross Wolaroi School

Locked Bag 4
59-67 Bathurst Road
Orange NSW 2800

T: 02 6392 0300

F: 02 6392 0410

www.kws.nsw.edu.au