



YFU FIRST VISIT - Check list – Include info in First MCR

STUDENT: _____ **FAMILY** _____ **DATE:** _____

ITEM	Check on	Comments <i>(Please note any changes or concerns to SSM)</i>
YFU Identification Card	<ul style="list-style-type: none"> Does it have student's/AR's/HF's correct name/address/? 	
Insurance Card <ul style="list-style-type: none"> Claim form Insurance Summary Insurance Handbook Other insurance info 	<ul style="list-style-type: none"> Has card arrived yet? Where are copies of card kept? Make a copy for school; keep in all family cars and with you Many different insurances depending on country/program 	
Passport & DS-2019	<ul style="list-style-type: none"> Do not carry with you unless there is a special reason Where is the DS-2019 document? (Keep with your passport) Where is your passport kept? 	
Cell phone (if available)	<ul style="list-style-type: none"> SIM card or other cell phone? USA phone # (cell / home) <i>(NOTE: If not correct in student overview on my.yfu.org, you may request that SSM updates)</i> 	Student USA CELL # _____
Email Address	What is your email address you wish us to use for communication? <i>(NOTE: If not correct in student overview on my.yfu.org, YOU may edit and change or request that SSM does)</i>	Email Address: _____
Money	What are your method(s) of paying for expenses?	Cash / Debit card / Credit Card

SCHOLARSHIP (CBYX, FLEX, YES or other SPECIAL PROGRAM STUDENT

If the student is on a special program or scholarship, there are other requirements for which the student may be responsible, i.e., community service, special stipends, etc. In order to keep the length of this visit reasonable, acknowledge the requirements and set another meeting to discuss those with student and HPs if time is not available during this visit. This information is also available for the family/student to read at their convenience on the Host Family Resources page in the Host Family Account on Yfuusa.org.

YFU FIRST VISIT - Reminders

Managing Your Money

- Do not carry large amounts of cash with you.
- CHECK whether or not your card(s) works both for PURCHASES and to WITHDRAW cash from an ATM. (Two different types of activities.)
- Talk with your host family about how much money you have and how much you will need. Open communication is important with money matters. While budgeting is not the responsibility of the host family, the host family may need to offer guidance in this area. Please let your AR know if your student does not seem to have enough money.
- Be aware that student expenses will vary from month to month depending on the time of year. (ie; Gift buying around the holidays and end-of-the-year expenses for prom, graduation, good-bye presents, and mailing packages.)

School Adjustment Reminders

- Smile often and say hello...Americans value a smile and a greeting.
- Show interest so that you will seem friendly and others will want to know you.
- Try not to be impatient with “dumb” questions. Use questions and comments as opportunities to start a friendship.
- Do not be afraid to ask questions. People may laugh but they are usually flattered to be asked.
- Ask to join a group at a table or ask a classmate if you may sit with him/her at lunch.
- School announcements can be difficult to understand and may be important information. Ask a classmate or a teacher if you do not understand.
- Join school sports or club activities. This is a good way to make friends and feel part of your school.
- Your classmates may not know that you can not drive. Let them know when you need rides. Think of ways to repay them with a small gift or souvenirs from your country.
- You will have a better exchange experience if you try to make friends with American students. It may be easier to spend time with other exchange students, but this limits your experience. Try to exchange contact information with a student in each class to confirm information and assignments.
- Observe, ask questions, make positive comments but save your criticisms to discuss with your host family or AR.

Host Family Adjustment Suggestions

- Express appreciation to your host family. Always thank the cook and anyone who drives you.
- Ask questions and learn about your host family. Share information about yourself.
- Share your impressions and experiences with your host family. They chose you to join their family because they wanted to be part of your experience.
- Work hard to balance your social time between your host family and your friends as the year progresses. Openly communicate about social media use.

Other reminders

- Keep a list of new words and phrases. This is a good way to build your vocabulary and it will be a record for you of your progress.
- Call your Area Rep for ANY reason: questions, worries, complaints, conversation, sharing ideas AND celebrations!
- SEE Visit will occur, share local orientation dates and any social events already planned. \
- Be prepared for monthly contact from AR and return calls/ texts/ emails promptly (within 24 hours).

******Many thanks to YFU volunteer Virginia Warner for sharing this check list/reminder document.***