



## Rotary District 7120 Youth Exchange

Chair	Chair Inbound	Chair Outbound
Julie Carney	Nancy Loughlin	Gretchen DiNardo

# Rebound Overnight

Trainers: District 7120 Personnel

4 Windscape Park, Pittsford, NY <http://mapq.st/29QVgK9>

### Thursday August 8th

- 10:30 AM Arrival of District Committee
- 1:00 PM Arrival of Rebound Students - please carpool! Do not be late!
- 1:30 PM Introductions
  - Review the agenda and goals for the weekend, rules and expectations
  - Get-Acquainted Exercise
  - Human Shield, 1:1 Interviews, Small Group (8-10) Discussions
- 3:30 PM Break: Drinks, Snacks
- 4:00 PM "How I Have Changed"? Exercise - Individually complete the worksheet/essay.  
1:1 Sharing of information
- 5:30 PM Preparation of students' dish to pass from host country  
Preparation of other foods and Set up for Dinner
- 6:30 PM Dinner
- 7:15 PM Rebounds Share Fun Stories
- 8:00 PM Movies for Training and Entertainment, Fire, Free Time
- 12:00 AM Lights Out....Quiet

### Friday August 9th

- 8:00 AM Breakfast
- 8:30 AM Reflections on Rebounding
  - Coming Home
  - Personal Goal Setting
  - Staying engaged with RYE: ROTEX - comments from ROTEX

**Helping Districts and Rotary Clubs  
Introduction by District Committee about Reverse Culture Shock  
So You Think You Are Home Now**

<b>11:00 AM</b>	<b>Pack Up and Clean Up. Travel to picnic site.</b>
<b>12:30 PM</b>	<b>Lunch with Rebound Families and Country Officers at Pittsford-Mendon HS, 427 Mendon Road, Pittsford 14534</b>
<b>1:00 PM</b>	<b>Sharing on the Weekend by each Rebound Student</b>
<b>3:30 PM</b>	<b>Departure</b>

**Rebounds will bring sleeping bags, pillow, and a dish to share from host country as a dinner side dish, entrée, salad, or dessert for Friday dinner. Snacks, drinks and breakfast will be provided. Please contact Gretchen with the name and photo of what you intend to bring.**