



District 5360 Youth Exchange Information Sheet #1 – Planning for Exchange: Setting your Goals and Objectives



So you're going on a Rotary International Youth Exchange...

Spend some time identifying your goals for going on a Rotary International Youth Exchange. The time spent clarifying your goals at the beginning will help you have a more successful exchange. Answering the question **why** will help clarify **what** you wish to do during your time away.

Why do you want to go on a Rotary International Youth Exchange?

Each person wishes to go abroad for different reasons. Have you identified yours?

- ◆ To learn or improve a language
- ◆ To travel and discover the world
- ◆ To challenge yourself
- ◆ To broaden your horizons
- ◆ To change the world

What do you wish to achieve?

Much can be gained through a Rotary International Youth Exchange. What do you wish to gain?

- ◆ New perspective
- ◆ Additional language skills
- ◆ A cross-cultural experience
- ◆ Experience for your future
- ◆ Contacts and friendships with people from all over the world

Decide on some goals and objectives for your exchange and once they are clear determine a course of action to achieve them.

In making a list of goals, you may wish to reflect on the questions:

- ◆ What do I wish to achieve during my Rotary International Youth Exchange?
- ◆ What personal goals do I have for myself?
- ◆ What expectations do I have for furthering my language capabilities?
- ◆ What anticipations do I have about learning a new culture?
- ◆ What are my academic goals while I am away?

You may have to wait until you are in your host country to develop your course of action, but it doesn't hurt to think about it beforehand as well.

Some hints to assist you in setting and achieving your goals:

- ◆ Identify the key goal(s) that you have in mind and highlight it/them by recording it in a journal. By writing it down you will be able to reflect on its importance as you prepare to leave and while you are away.
- ◆ Share your goals with others so they can help you achieve them.
- ◆ Some goals may be big and obvious (e.g. learning a new language). Some may be smaller and seem less important (e.g. seeing a specific historic site) but documenting all of the goals you set





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for yourself throughout your year will help shape your experience and your success.

