YOUTH FOR UNDERSTANDING
Intercultural Exchange Programs

## Post Arrival Orientation Summary

Thank you for joining the Education & Training team to carry out orientations across the country! E&T is here to support you and provide you with tools and information to organize a meaningful orientation. The following guidelines help YFU provide quality orientations:

- *Each orientation meets a minimum length of time, the Post-Arrival curriculum has at least 4 hours of content, at a minimum.*
- *All Orientation Coordinators submit attendance lists to E&T within a week of the orientation. Send to orientations@yfu.org*
- *Coordinators and facilitators are encouraged to participate in training opportunities to build their knowledge on YFU topics.*

### Post-Arrival Orientation Objectives:

- ✓ Students and families will be able to: Affirm their commitment to a successful exchange experience while applying YFU policies and procedures and connecting with the YFU network.
- ✓ Students will be able to: Use YFU tools and strategies that foster successful adjustment to a new culture and family.
- ✓ Students will be able to: Describe their experiences and reflect on their adjustment to their exchange experience.
- ✓ Families will be able to: Use YFU tools and strategies to welcome a new family member and foster successful family adjustment.

The Post-Arrival Orientation is for students and families, and it occurs within 4-6 weeks after the student arrives in the US. Some sessions bring the students and families together for discussions and activities; while other sessions are meant to be carried out with the students and the host families independent of each other.

**What's New**

- **More Training for Facilitators-** Join the E&T team for more training. We will explore key Post Arrival themes and policies for students and families to ensure that you feel confident to lead sessions. We will also share facilitation best practices. Sign-up: Post Arrival Facilitation Training or https://global.gototraining.com/training/manageTraining.tmpl?training=6711818726951912 97. We are also happy to lead an individualized training for your team. Please reach out to your E&T liaison if you are interested.

- **Flexibility & Options-** Some sessions are labeled as "required". These sessions must be included in the Post-Arrival Orientation in order to meet compliance requirements. There are several sessions that have multiple options for activities. Facilitators need to look at the curriculum and think about which activities would work best for their orientation.

- **Emphasis on Student Responsibilities to the Area Representative-** We need our students to be more responsive to ARs! Check out the new options (including charades) to help students take more ownership of their relationship with their AR. There is also a new handout to help students understand these responsibilities.

- **Global Citizenship optional session- Am I A Global Citizen?** This exciting new session is from the YFU publication: *Coloured Glasses- Manual for Intercultural & Global Citizenship Education.* YFU students around the world are developing "21st Century" skills and are exploring global themes such as identity, equality, human rights, and responsibility. Check out this session and try it out with students at the Post-Arrival.

**Time Suggestions & Class Size**- If you have a group of ten or more students, we suggest that you plan for a full day (around four hours of sessions). This does not include lunch, additional breaks, or extra activities such as icebreakers, and/or team building. Smaller groups of students will require less time. If you have a large orientation (25 or more students) and two learning spaces at the venue, it is best to break the group in half and run two smaller "classes" simultaneously. The orientation team needs to look closely at the sessions and make choices about optional sessions, activities, snacks, etc. These decisions will dictate the amount of time for the orientation.

**Preparation for a Successful Orientation -** The Post-Arrival orientation requires careful preparation. All sessions have specific preparation tasks, such as creating flipcharts and organizing learning activities. **Facilitators need to read the curriculum, be familiar with the activities they are leading (and the activities' instructions), and understand how visuals/graphics and other tools support the session.** The key to successful facilitation is knowing what you are going to do and knowing *how* you are going to do it. Some sessions, such as *Not With Me*! require additional preparation. The topic of this session (keeping students safe and preventing sexual abuse) is a sensitive topic and the facilitator should read the background materials so she/he is comfortable leading the session.

**Be professional and make it fun-** Make sure you communicate clearly with participants about the start and end time and when HFs need to be present for their specific session. You are representing YFU, please plan and be prepared. The PAO should be fun for students- avoid lecturing, create opportunities for students to share their experiences and learn from one another. Break up the day with energizers, brainteasers, and puzzles. Check out these website to keep students engaged and having fun:

Energizers: https://www.slideshare.net/vickthorr/100-energizers
Brain teasers: https://www.slideshare.net/anupriyagv/ice-breaker-brain-teasers
Puzzles/riddles: https://www.slideshare.net/ohteikbin/10-creative-thinking-puzzles-presentation

**Orientation Dates**- Please **enter your orientation dates on my.yfu.org** under the **Upcoming Events** tab on the home page so the YFU staff and the volunteers in your local area will be aware of when volunteer help is needed. Please email your E&T liaison so YFU has the information as well.

**Ordering Materials-** With at least 2 weeks advance notice, you can order printed materials from YFU using the link found here: https://goo.gl/forms/dFNF7y2VZkGHgFaA2 or on the my.yfu orientations page.

Included in this mailed packet are:

1. Expense Report and instructions
2. Sign-in-Sheets. These are pre-populated with student and host family names by field. Add names as necessary if students have changed families.
3. Curriculum (two complete packets for facilitators) and handouts for students and families
4. *NEW* Promotional materials for Study Aboard programs.

Place these on the registration table and tell students and families to spread the work about YFU programs that send American students all over the world.

*Thank you so much for leading orientations. Please reach out to the E&T team if you have additional questions about orientations: For the Western region and Michigan fields-* ***Erin Campbell*** *may be reached at ecampbell@yfu.org and for the Eastern region, Illinois and Wisconsin fields-* ***Kristie Rotz*** *may be reached at krotz@yfu.org.*