



STS HIGH SCHOOL STUDENT HANDBOOK





WELCOME TO STS HIGH SCHOOL

Dear Student,

We would like to welcome you as an international exchange student. We hope that your stay will be a rewarding and exciting experience.

During your exchange, you will come to understand a new culture and gain a greater appreciation of your own culture. Travelling to a new country is always an exciting experience, but it may also be somewhat confusing, especially during the first few days and weeks. Many things are new and different, and you may feel very far away from home. Just remember that all of your feelings are normal and we are here to help you.

This handbook is designed to help you understand more about life abroad. It will tell you what to expect and give you some useful information about living in a foreign country. It will help you get the most out of your exchange experiences – to learn from them and enjoy them.

Please take the time to read this handbook. Write down any questions you may have. Be sure that you understand the information. All of us at STS hope that you will have an exciting and rewarding exchange, and we will do all we can to help make it a success.

STS High School





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"As host family to 12 students over the years there are many stories to tell, enough to fill a book! The student's parents living on the other side of the world become your friends. An unexpected letter 'we are coming to Australia, can we meet somewhere?' is so exciting. The wonder on the students' face when they first see a rosella or a cockatoo or the delight when they touch a koala or a kangaroo, are experiences not to be missed. For us, the empty places in the house and in our hearts after they have returned home is the only sad part of hosting a student."

Val and Alf,
STS host family in Australia

"Nothing worthwhile is ever easily won. There will be tough times, however you must never forget to learn from these and that you will always have support from the people around you. You will learn about yourself and others, the world around you and get a different, invaluable perspective. It is fun and serious, challenging and exciting, difficult and rewarding. The whole year is an amazing rollercoaster, so sit back and enjoy the ride."

Chris on exchange in the USA



THIS IS STS STUDENT TRAVEL SCHOOLS

RESPONSIBILITY, SAFETY AND QUALITY

STS started in 1958 as a Swedish company. Today, over 50 years later, STS has evolved into a multinational group with a network of more than 15000 staff members, part-time teachers, representatives and volunteers working all around the world.

Since the first students departed in 1958, STS has focused on international exchange and language programs abroad. Though the core mission has not changed, the values and programs have constantly developed through the years based on gained experience and the evolution of a more global society.

All programs offered by STS encourage broadening of global perspectives, developing language skills, fostering a clearer understanding of diverse cultures, and an open and enriching exchange of ideas, values, and beliefs.

Throughout our programs, our interest is in providing high quality experience for the students, host families, host communities and educators, regardless where they are from or which STS program they join in the world.

Our main focus is on having satisfied customers. This is why we continually work on product development and always aim to achieve the highest quality possible.

The founder of STS, Mr. Lars Magnusson, was early to recognise the importance of second language training and international experience. In 1958 he began to offer language courses for Scandinavian students in the the UK and the idea for STS was born. Since then STS has sent over a million students around the world on various educational programs and is today established on all continents, with over 20 offices and a number of partner organisations all over the world.

STS offers attractive study and travel options for every age group, resulting in long term customers. Many members of our staff have worked within the organisation for years and possess invaluable knowledge. Our motivated and competent staff became our greatest asset and have allowed us to offer high quality educational programs throughout the years.

"My year in Italy couldn't have been any better. The culture, food, places, people, language, and adventures are all memories that will last me for a life time! At the end of the year my host sister actually flew back with me to Canada for a visit. It is now one of my favorite countries and I am already planning for a return visit."

Kristine on exchange in Italy



STS offers a wide range of international programs for all age groups and is accredited by various official organisations related to international education and student exchange.

STS Language Travel

STS Language Travel offers students aged 10–18 a wide range of language courses in England, Malta, France, Austria, USA, Australia, Canada, Japan and China. STS provides quality language courses in combination with an active and fun activity program with many optional excursions and activities. STS also offers language courses in combination with a specific interest, for example “STS Chelsea Football Camp”, Golf Camp, Horse Back Riding, Pop Idol or other sports activities.

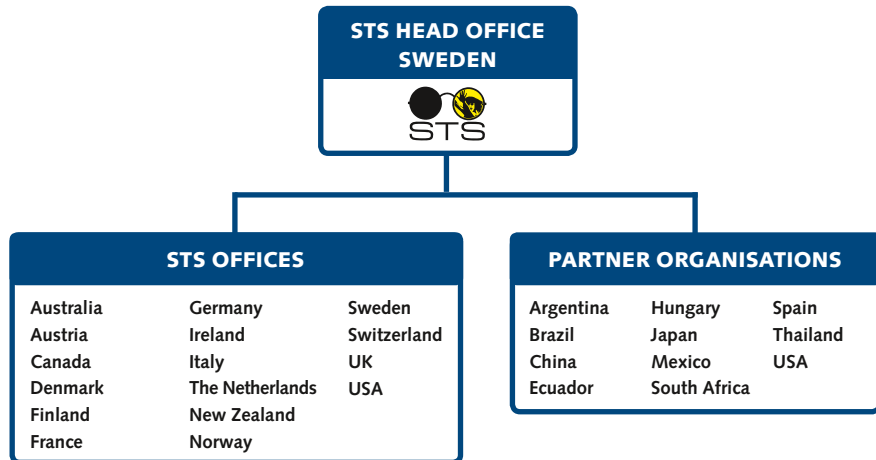
High School Exchange

STS High School is a global exchange program where teenagers can go to another country,

live in a host family and attend a local high school for a semester or a school year. STS offers the following countries for high school exchange: Argentina, Australia, Austria, Brazil, Canada, China, Denmark, Ecuador, Finland, France, Germany, Ireland, Italy, Japan, Mexico, the Netherlands, New Zealand, Norway, South Africa, Spain, Sweden, Switzerland, Thailand, UK and USA. The students return home fluent in a new language, knowing another culture and having met a lot of new friends and memories to last a lifetime.

More products offered:

- STS International Language Schools (for students over the age of 17)
- STS Au Pair (18–26)
- IBS International Business School (18–30)
- STS University and College placements
- STS Alpresor (ski tour operator), Hotel Salzburger Hof in Bad Gastein, Austria.



STS HIGH SCHOOL

STS High School places high school students aged 15–18 with host families and in high schools for an academic year, semester or short stay programs. This according to the standards set out in each exchange program country. The students live with host families and attend local high schools as full time students.

Only students who show academic interest and achievement, good character, adaptability and a satisfactory command of the English language are accepted. For certain countries there are additional language requirements. STS welcomes students from all over the world and this results in a wonderful international mix in all our programs.

STS Foundation, USA, has been recognised since 1986 by the United States Department of State as an Exchange Program sponsor and is designated to issue the DS-2019 visa application form to its international students. Students use the DS-2019 visa application to apply for a J-1 exchange visitor visa at the U.S. Embassy in their home country. STS has since then gained the same status in many more countries.

The Department of State is the sponsor of the J-1 exchange-visitor visa, and allocates the DS-2019 visa application form to designated organisations. The DS-2019 visa application form is completed in the STS Foundation office and then sent to the overseas affiliate who

forward them to the students, together with visa instructions. With this completed form for the J-1 visa, the students then petition at their local embassies, that allow them into the USA to study for up to one year.

STS is accepted for listing in the Advisory List of International Education Travel and Exchange Programs, published by the Council on Standards for International Educational Travel (CSIET). CSIET is a private, not-for-profit organisation committed to establishing standards for international educational travel, providing a system of evaluating programs in terms of these standards, and monitoring compliance with the standards. In addition, CSIET provides information about organisations operating international educational travel and exchange programs at the high school level to schools, communities and educational groups in the USA.

STS is also recognised as a high school exchange organisation and accepts students into:

- Argentina
- Australia
- Austria
- Brazil
- Canada
- China
- Denmark
- Ecuador
- Finland
- France
- Germany
- Hungary
- Ireland
- Italy
- Japan
- Mexico
- The Netherlands
- New Zealand
- Norway
- South Africa
- Spain
- Sweden
- Switzerland
- Thailand
- UK
- USA



BEING AN STS STUDENT

BEFORE LEAVING THE HOME COUNTRY

Preparations

Before your departure we will invite you and your parents to attend an information meeting. You will have the opportunity to meet our STS representatives, former students as well as other students who are going on an exchange. We will review the program and answer any questions that you or your parents may have.

Legal documents needed?

You will need a valid passport from your own country. Make sure that your passport will be valid for more than six months after you have returned to your home country. For several countries you will need a visa. STS will provide you with the necessary documents for applying, but it is the responsibility of the student to make sure the visa is ready in time for departure. Please make sure you have all the accurate documents in your hand luggage at the day of departure.

Make sure that you also bring the following: STS ID-card, insurance card and claim forms, verification of recent vaccinations (if needed).

What to bring?

You will be living away from home for a long time. Take time to consider which things to bring with you, keeping in mind that you will return with more things than you took. The

airlines have restrictions when it comes to luggage! When writing to your host family, ask them what they recommend you to bring, and what kind of weather you can expect.

Here are some suggestions for you:

Clothing

- School clothing.
- One or two dressy outfits.
- Outdoor sport clothing: sweat pants/shirts, pullover jacket with hood.
- Shoes: dress, casual, sport, boots (if needed).
- Necessities: underwear, socks and other personal items.
- Outerwear: jacket, coat, gloves, hat (depending on the climate).

Non-clothing items

- Shampoo, personal items.
- Medication, supply of contact lenses, extra glasses.
- Pictures of your family, friends and country, and of course a camera.
- Journal – a diary.
- Gift for your host family.
- Cookbook or recipes from home.
- Information about your country to share with family and school.

WAYS TO KEEP IN CONTACT WITH YOUR HOST FAMILY – AND WAYS NOT TO

We understand your excitement about meet-



ing and getting to know your new host family. When you receive the placement notification from us we encourage you to get in contact with your host family as soon as possible.

E-mail and Skype are good and cheap ways of keeping in contact. Another way of keeping in contact is social networks such as Facebook and My Space. While this is fun you also have to be aware of all the people who are viewing your page. As you probably know, these sites have become so popular that not only teens have pages, but also adults and families.

You have to keep in mind that many families that volunteer to host are conservative and traditional, and some information (including pictures) can be alarming to see. Therefore, the content on these sites should be monitored, and you have to be very careful with the information that you choose to display on your pages. Any photos that may contain alcohol, cigarettes and “inappropriate” behaviour can be quite alarming to a host family. You should also understand that host families may have a different view as to what is “inappropriate”. Something that you in your country consider as normal and acceptable may actually offend a host family.

WHAT HAPPENS AFTER ARRIVAL

You will arrive at an international airport after a probably very long flight. In some cases you might have to change flights and terminals before you reach your final destination. Even if you are tired, please remain alert and take care of your personal belongings. Never leave things with someone in the airport, take everything with you.

The first day and night

When you arrive at your final destination you will be met by your host family and/or sometimes your area representative. Of course they will be eager to talk to you and get to know you, though you are likely to be exhausted from jet lag. Some of you have been travelling through many time zones and it may take a day or two to adjust to your new schedule.

It is common to be tired. The best thing that you can do for yourself is to sleep. You may even wake up in the middle of the night because your body still thinks it is on the other side of the world where it is daytime. Just rest and remember that it takes a little time to recover from jet lag. Once you arrive in your new home, give your host family the gifts you have brought for them. Talk with them and tell them about your flights. That will help them understand how tired you are.

The first week

Your host family is probably going to be very different from your own family. The best thing you can do during the first or second day is to have a long conversation with your new host family. We call this having a family meeting. They will probably want to show you around their community and make you feel at home. You may want to ask about the family's daily routine, and if any special rules apply regarding the use of the stereo, computer or television. It is very important during the first few days to make a good impression on your new host family.

Think of other questions that you might have and write them down. As you are having the



first of many family meetings with your host family, take notes so that you will remember what you agreed to do. If you do not understand something, ask your host family to explain. Keep your dictionary with you during these first conversations since you may need to look up words. If you have an open and honest conversation, you will understand how to make a good impression. Not having this initial conversation may result in you having one set of expectations, and the host family another. The whole idea is to understand each other's needs and differences.

After you have been in your host country a few weeks, your area representative will have an orientation meeting with you. This is a very important meeting and it is a good time to ask questions. After the meeting you should have another conversation with your host family. The purpose of a family meeting is for every one to be able to express their opinions and thoughts about living together, chores, family rules and how it will work in your host home.

"Bonjour tout le monde! The first week in France: prep course at Verneuil-sur-Avre. There were 27 of us all together, from: Canada, Norway, Germany, Sweden, Finland, Japan, Australia, US, Mexico and Brazil. Culture, French lessons and trips to Paris and the coast of Normandy. Made lots of new friends from all over the world..."

Lena on exchange in France

ADJUSTING

Expectations

Everyone who travels has expectations about the country he or she will be visiting. Some of the expectations are realistic and sometimes they are fantasy. Realistic expectations will make your visit a very enjoyable one. If you have false expectations you may be quite disappointed.

Realistic expectations

- Living with a middle-class family.
- Living in a clean, modest home.
- Helping with the family chores.
- Asking politely for a ride to friends.
- Eating regional food.
- Being a member of the family.

Fantasy expectations

- Living with a movie star.
- Living in a mansion.
- Having my own maid or butler.
- Having a chauffeur.
- Eating steak every night.
- Being a bed & breakfast guest.

Something to remember

You are an exchange student. You are the newest member of an already existing family. This will not be like the magazines and books you read. This is real family life and you are an important part of it! The best advice is to keep an open mind and to have as few expectations as possible. Be adaptable! You will have more fun if you try to act like a native person instead of wishing that things were more like back home.



Keep the purpose of the STS program in mind. The purpose is cultural exchange. It is not a tour or a vacation. You will be a part of a host family. Share yourself with your host family and other inhabitants in your host country, and you will find that your experience will be much more rewarding. Talk with your host family, take part in family activities, sit down and spend the evening with other family members in their home. Remember, their home is now your home.

Culture shock

The dictionary defines culture shock as "a condition of anxiety and disorientation that can affect someone suddenly exposed to a new culture". We all experience some sort of "culture shock" when we go to a new place that is different. We have a tendency to compare what we know to what is new and different.

At home you know what to expect, what to wear, what food to eat and how to talk to people. But in a new country many of these small matters may become real problems. You have to think about everything that is new and different. This is called a "culture shock" and it is completely normal. The culture shock may or may not be a big problem for you. If you have few expectations and an open mind, then all of these new things can be an exciting learning experience for you. If you have fantasy expectations, or a closed mind, then you will have a difficult time adjusting and will experience more of a culture shock than other students. Be patient with people around you and with yourself.

If culture shock does occur, remember you can overcome it. You may think the problems you

are experiencing could be solved by moving to a new host family, this is a common thought. Give yourself time. It is likely that you won't even be aware of a culture shock is occurring. You may feel tired and are sleeping a lot, or find that you often want to spend time alone in your room. You may find yourself irritated and angry, criticising your host country and its "stupid" ways. You compare everything to your host country and your friends back home. These are all symptoms of culture shock.

Homesickness

Attending a school in a foreign country is bound to bring a certain amount of stress, particularly at the beginning of your stay, and it is essential that you are prepared for this so you can deal with it successfully! First of all, language will be a problem. You may find that it is being spoken much faster, and with a different accent, than

"I would say, regardless of how much I could have expected- my exchange year has been a thousand times better than I would have dared to wish! Despite, this year has also had its low points- Yes, I have been homesick, but funnily enough not when I would have waited for it. The second wave of homesickness did actually come now, when I had to start to prepare for leaving. It's kind of a period between two countries, I now value and love both nations I am related to so much. I want to go home and meet my friends and first family but I don't want to leave my life and my new self, sort of."

Jannika on exchange in Sweden



you are used to. Also, your new countrymen may not be used to communicating with non-native speakers. Don't let this worry you too much, because your knowledge will quickly improve through daily contact with people and watching TV.

You will also feel isolated at the beginning of your stay, and you will miss your family and friends. This is unavoidable, but these kinds of feelings should pass as you get to know the family and make friends at school. It is essential to adopt a positive attitude when dealing with these emotions. We recommend that you avoid daily contact with home via the telephone or internet, as this often makes the situation worse. Your aim should be to become fully integrated to your new way of life as quickly as possible, and spending hours talking to friends and family at home will slow down that process of integration.

Remember that in the past, international communication was not easy or as cheap as it is now, so students in your situation did not have this distraction. Just because you can communicate easily with your home does not mean it is a good thing to do, so try to avoid this temptation as much as possible. You should also avoid spending long periods of time alone in your room, or reading in your own language.

Language problems

Communication is the key to learning and understanding. If you are having problems communicating with your host family and friends, ask them to please speak slowly. If you ask politely, they will be glad to help you with your new language and even explain words and

phrases to you. There may be times when you will continuously ask questions and still not understand the answer. Do not let this upset you. You must ask questions in order to gain a better understanding of your new language.

You may first encounter language difficulties in school. Speaking with your host family and friends is easy, but suddenly you are in a classroom with a teacher who may not understand that you cannot follow along. Don't panic, talk to your teachers after class and let them know that you are having difficulties following the course.

Are you able to laugh at yourself when you fail or look foolish? Foreign exchange students make a lot of mistakes. This is why it is important to keep up your sense of humor. During the first weeks, you may feel like you never do anything right. We expect our students to be able to laugh at themselves and persevere, instead of becoming angry or giving up.

Visits from the host country

Your family and friends from your home country should NOT visit you. This is YOUR experience. This is YOUR exchange program! The only exception is at the very end of the program, then your family is allowed to visit you. Your friends or boy-/girlfriend from your home country are not allowed to visit you at all during this program.

If your natural parents do come to your host country, at the end of the exchange, don't forget to ask your host family how they would feel about it. Be prepared to have your natural parents make their own arrangements to stay



in a hotel and not with the host family. Natural brothers and sisters may come with your natural parents. And of course you are not allowed to go home to your home country for a visit during the program!

At first it may be difficult to adjust to your new host family. If you call home, or if your natural parents call you too often, you can expect homesickness! A good rule to follow is to call home when you first arrive in the new country to let your parents know that you have arrived and are OK. Then try to talk on the telephone with your parents only once or twice a month.

"My year in China is a memory I will carry with me for the rest of my life. The culture, people, ways of thinking and language are things you can really only experience in China. To learn Chinese takes a lot of time, but it is a very interesting language and useful considering the development of China. The most important thing is that I feel I have developed and learned more about the world outside of my country."

Henry on exchange in China

Please remember that international phone calls are very expensive and you are responsible for paying for all international phone calls.

You may write to your parents as often as you like and encourage them to write to you. When you do this, you can tell them all that you are learning and experiencing in your host country. What your host family is like, what clubs

or groups you have joined and what you do in your spare time. It may be a way for you to realise just how much you are learning and experiencing. A telephone call only lasts for a few minutes. Letters last much longer because parents and siblings will keep your letters and re-read them many times.

Your experience

IT IS ALL UP TO YOU! Be curious! Don't be scared to ask questions! Find out as much as you can about your new country and its people. Show that you are interested! The people will be curious about you. They will want to know what your country is like, what you are learning in school, what you do in your spare time, what kinds of clothes you wear and what types of food you eat.

You should be flexible. Things will not be the same in the new country as in your home country. It is necessary that you keep an open mind to meeting new people, new environments and life styles. Experiencing new things is what makes studying abroad so fascinating. It is very important that you try to make the best out of your time abroad.

The host family will consider you a member of the family. It is therefore important that you are compliant and able to adjust to everyday life. Keep an open mind and try to learn and appreciate as much as possible about the different life in the host country. Then you will return home with lots of valuable experience from the new culture.

It is important that you practise speaking the new language with friends, family and in



school. If you really put an effort into practising, you will undoubtedly have learned a lot by the time you return home. You represent your home country and should therefore act as a good ambassador. It is also important that you take the opportunity to show your natural parents that you know how to take care of yourself and take responsibility.

RULES

Please remember that you have signed the STS rules before leaving for your exchange. You must follow these rules, no exceptions! Any violation of these rules will result in dismissal from the program. We recommend that you discuss the rules within the family before departure.

Some of the most important rules include

- No drinking or drugs – all involvement including possession will lead to early return to the home country without refund of program fees.
- No driving – unless arranged by your high school.
- No smoking – you have stated in your application that you are a non-smoker.
- Respect and abide by the host family rules.
- To uphold your visa or residential permit you need to perform well in school. School attendance is mandatory and you are expected to at least maintain a C average.
- According to the visa regulations you are not allowed to take a paid job during your exchange. However, it is acceptable to take occasional jobs like babysitting, mowing lawns etc.
- Travelling by yourself during the program is not permitted.
- Visits from your natural family can only be accepted at the end of the program.

Returning to the home country

It can be tough to return home after a long time abroad. STS supports you even after you are back in your home country. Don't think all the fun is over just because you have returned home! You will have experienced a lot of new things during your exchange. You will have likely learned something new every day. Easing back into your regular routine may be a little challenging and you may experience what we call "return culture shock". We at STS know what this is about and we understand that you have a need to share this experience with other people. Join the STS International Returnee Club – a club for former exchange students. You will get the chance to be reunited with your new friends at STS events, and you will also have the opportunity to work as an STS representative. There are a number of possibilities to develop your international interests. Contact your STS office for more information.

"When I decided to do an exchange year, I made the big decision to go away from family and friends, which is not easy especially when you don't know what to expect from this year away. But now I can tell you it was the right decision. This year away gives you so much; you see life from another point of view, see how people live on the other side of the world, make new friends, eat food you have never eaten before, learn new kinds of sports... This year offers you to do and experience things you wouldn't have done or experienced at home."

Daniel on exchange in New Zealand



THE HOST FAMILY

You must remember that staying with a host family means being a part of the family; it is not like staying in a hotel. The family will welcome you into their home, but they will not rearrange their lives around your needs; you need to fit in with their lifestyle. In many families both parents work, and will have other commitments at the weekend as well, so you should not expect them to run your life for you. You need to be independent and outgoing, so that you can build up a network of friends and make arrangements to fill your spare time – this is very much your responsibility, and will be a key factor in making your time away a success.

Sharing

The most important thing that you can bring to share with your new host family is yourself. It would also be very nice of you to bring a small gift to the host family. Perhaps something that is unique to your country. Your host family will be curious about you, your family and your country's customs. You may want to bring with you a few of the following items:

- Book with pictures and information about your country.
- Photographs of your family, city, countryside.
- A native cookbook or native recipes.
- Coins, stamps, postcards from your country.

Think creatively what you might like to share about your country with your new host family

and friends. If your host family has small children you may want to bring them a little toy from your home country.

Please note: Your host family will love the gifts that you bring them, but they want to love you as a member of their family too. So give them the gift of yourself. This means that you will have to share your background, interests and way of living with them and talk to them.

Communicating

Communicating is the key to having a wonderful exchange. Your host family knows a little about you, your family and your country. If they have never had an exchange student in their home before, they may not realise that during the first few days you may be tired, homesick and a little nervous. Do not be embarrassed or ashamed to tell them when you are tired. Almost anything you say to your host family will be acceptable if you are both honest and polite. Do not expect your host family to change their normal routine for you. The way to get a real experience is for you to adjust to the routine of the host family.

Getting along with your host family

As an exchange student you have an opportunity that most travelers never have. You will become a part of a family. You will not have to sleep in a hotel or talk to strangers as most tourists do. Instead, you will experience many of the



same things that ordinary inhabitants do. The families that welcome students into their homes are normally not the wealthy ones, but families who want to share their life with you, and in return learn about your life and your country. Hosting an exchange student means extra expenses for the host family.

Something to remember

Your host family can be considered as a second family. You should treat them as you treat your own family back home. Likewise they will treat you as their son or daughter. Mutual understanding and respect must exist between the student and the host family, regardless of differences in economic, religious or cultural background. Students should show their host parents how much they appreciate them opening their homes. Everyone loves to be recognised and appreciated!

The important thing is not to compare your life in your host country with your life in your home country. There are different ways of living and this is your opportunity to do things differently for a while. Your attitude can make such a difference in the success or failure of your exchange experience. Try to keep it positive.

Your host family wants to like you, and just as important, they want you to like them. If you show them that you respect their requests and lifestyle, and if you tell them now and then that you appreciate all they are doing for you, you will have a wonderful exchange.

Chores

Ask what family chores you will be expected to do. At first the host family may say that you

do not have to do chores. Ask again in a couple of days. Your family thinks they are polite and are still treating you like a guest. See what other family members are doing. Model your behavior like that of your host sisters and brothers. No one can be a guest for months.

Magic words: "Please" and "Thank you". Use these words all the time! It is very important to be polite!

Family activities

Belonging to a family means participating in family activities, and your participation will be greatly appreciated by your host family. All of these activities are parts of what being an exchange student is all about. If your host family invites you to do something with them, and you refuse because you think it won't be fun or because you would rather spend the time with your friends, then your host family will feel hurt and think that you don't like them. Make sure you try to do things with your host family.

International phone calls are very expensive and you will be responsible for the telephone costs. When you make a collect call, your parents pay for the telephone charges. When you call your parents and have them call you right back, you only have to pay small amount. When the telephone bill comes to your host family, ask them if you owe any money for any long distance calls that you may have made. Be sure to give them the money right away!

Common courtesy

Common courtesy applies to all people all over the world. We all need it and should try to practice it. What it means depends on your host family, your community and your high school friends.



It is as simple as:

- Asking if you can help out with a household chore such as raking the yard in the fall, shovelling snow in the winter or mowing the lawn in the spring.
- Asking if anyone in the room would like something to drink since you are going to the kitchen to make a cup of tea for yourself, anyway.
- Asking if anyone needs anything from the store since you are going to the store anyway.
- Offering to read a story to your younger sibling because your host parents are very busy.

A thoughtful act is one of the best ways to show that you care about someone and that you are a nice person. Everyone in every family must show common courtesy for the house to function as a home.

HOST FAMILY CRITERIAS

As everyone knows there is no such thing as a "typical" or "perfect" host family, though the STS families are chosen very carefully. Due to the diversity of the host families we need to demand great flexibility from our students and their natural parents. Below there are some criterias each of our placing organisation strive for when finding host families.

All host families should meet the following criterias:

- All family members should be in good health.
- The main language in the country must be the primary language spoken in the family's home.
- The student must be provided with his or her own bed. If a room is to be shared it should

be with a family member of the same sex and age – preferably with no more than 5 years age difference between the student and the host sibling.

- The student should have adequate space to study in the home.
- The decision of hosting a student should be one of consensus among family members.
- Families must not consume excessive amounts of alcohol, or tolerate the abuse of alcohol or drugs among their children or other young people.
- Families must express religious tolerance and should respect the student's choice to participate in their religious activities or not.
- Families should be financially stable and solvent with an acceptable and comfortable standard of living.
- The family's home should be neat and reasonably clean and should have sufficient space for an additional family member.

The area representative screening host families should always ask himself or herself: "Would I want my own child to spend a year abroad with this particular family?" If the answer is yes, the family will likely provide a positive environment for the foreign student.

After having met the host family, the area representatives or the regional coordinator should be able to sign below statements:

1. The host family is capable of providing a comfortable and nurturing home environment.
2. The host family has a good reputation, and character, references and criminal background are checked.
3. The host family has adequate financial resources to undertake hosting obligations.



Careful selection of host families is the best way to ensure a positive exchange and a smooth program for everyone involved.

WHERE ARE THE STUDENTS PLACED?

There are many sources for host families in every community, large or small. Over half of all placements are made through personal contacts. Friends and neighbours of STS field staff often host or can be of great assistance in recommending other families. The area representatives also find potential host families through community service organisations, churches, sports clubs, youth groups, foreign language classes, advertising, families who have sent their own children on exchange etc.

Most host families live in small towns across the host country. STS rarely places students in large cities. The majority of the students are placed in small towns and rural areas where host families are more likely to have the time and living space

"From day one, Jana fit into our family and participated in many family outings and events. She became an older sister to our daughter Nicola. Jana was very generous with her time and shared a lot of it with our other children. Jana was also fortunate to make many dear friends through school. The day Jana left to go back to Germany, a piece of our family left. Jana knows that she will always have a second home here in Canada. Many thanks to STS for a wonderful experience."

Gillian and Glenn,
STS host family in Canada

to host a student. These small communities represent what many people have coined "the real program country" as this is primarily where the middle class population lives. Unlike some families in big cities, small town families enjoy safe communities, good schools, excellent health and community services, caring neighbours and affordable homes.

Over the years, the structure of the family has changed. Nowadays, it is common for exchange students to be placed in homes with single parents, stepmothers, stepbrothers, half-sisters, gay parents etc. Less traditional families do not equal less quality placements. Students should be prepared to accept placement in a variety of different family structures.

Occasionally, host families request to host two STS students. In these situations, students must be of different nationalities, speak different languages and agree to the double placement in order for the placement to be confirmed. While English (or the language spoken in the program country) must be the first language spoken in the home, this does not preclude the fact that many families are from varied ethnic backgrounds. In addition, families of all religious backgrounds can be found in every community. Many families attend church and identify themselves with a particular religion. STS suggests that the students participate in their host family's religious practices at least once during their stay, in order to experience that segment of family life. However, the area representatives ensure that no student is forced to attend religious services and that families are not motivated to host by the intention to convert students.



HOST FAMILY LIFE

Students will develop many relationships while on the STS program. The relationship with the student's host family is the heart of the cultural exchange, and will likely be the most important part of the exchange. The STS staff makes every effort to place students with families that will complement the students' personalities and interests.

Just as flexibility is an important attribute for the host family, it is even more important for the student as a visitor. STS students are expected to make every possible effort to adjust to the differences between life in the pro-

gram country and his or her home country. For example, all family members usually have specific household chores and responsibilities. All family members share the tasks that keep a home running smoothly. Chores are assigned to both males and females, young children and teenagers, as well as the students.

No two STS families are alike. STS seeks host families who wish to open their homes to an international student and who want the student to become a member of their family. However, students must be prepared to accept that their host families may be considerably different from their natural families.

"The classmates I had were the best classmates ever. Each one of them helped me with school and they never let me be alone. I just had to get to know them, and then we were all comfortable around each other. This year was definitely better than I had expected it to be.

Homesickness was hard to get through at the beginning of the year, but as time went on I felt more at home in Sweden. Still, earlier in the year I had to think positive. Thinking positive and talking to my friends and host family got me through the homesickness. Living with a new family took some time getting used to. I had to adjust to their rules, food, and culture. My host parents did not have strict rules. Their main rules

were: to stay safe, be responsible, be respectful, clean up after myself, and have fun. The Swedish desserts are to die for! They are absolutely amazing!

In the Swedish culture, people take things one step at a time, and the people are open about many things. When they felt like they could be open around me then they were open, and they loved to talk. I encourage everyone who wants to stand out and learn, to be an exchange student. Sweden has taught me so much about itself and myself. I will always remember Sweden as the year I found myself, I found who I am."

Olivia on exchange in Sweden



THE SCHOOL

Life at high school revolves around much more than just studies, but naturally school work is important. Just like at home, the students will get grades or judgements in most subjects and they should prepare themselves for the lessons and tests. Students are expected to carry a full schedule of courses, to regularly attend all classes, and to maintain passing grades in all courses. In addition, students must follow the same school rules and regulations that apply to students in the host country. STS students should not expect special treatment from the school staff or other students. It is the student who has to adjust to the new school life, not the other way around.

Handling new situations in school is part of the challenge of being an exchange student, and school probably differs from what the student is used to at home. This makes the experience at a high school abroad a great foundation for the challenges the student will meet later in life. STS students usually adapt well to the various school systems in the different countries, with the support from their host families and area representatives.

Students who skip classes and neglect their homework assignments may be dismissed from the program. If a problem occurs at school, the student should contact the school counselor for help.

STS cannot promise that a student will be granted a foreign high school diploma. Diploma requirements are strict and vary greatly from country to country. It is up to the school board to decide whether or not they want to give a diploma to the exchange student. All students will receive an STS diploma.

Read more about the school system in each country in the program country sheets.

Extra-curricular activities

Students are strongly encouraged to become involved in extra-curricular activities such as sports, clubs, social events, art, music, or drama as long as these activities do not interfere with their academic progress. These activities help the exchange students to develop friendships and to try new things that might not be offered in the home country.

"Even if all communication in the beginning was conducted through sign language and improvising, I was surprised by the patience my host family had with me. The most important experiences I have with me are that I have learned a new language and have made many new close friends. I am so lucky to have had the opportunity to go on an exchange."

Melissa on exchange in Spain



LOCAL SUPPORT

STS is a global organisation with offices in over 20 countries. The STS worldwide staff abides by the same rules, guidelines and procedures set by the head office in Sweden.

In those countries with no STS office, we are represented by the best partner organisations. Therefore students have the guarantee to get a high standard of service wherever they go for their STS exchange program. An important part of this service is the local support provided by our dedicated and experienced staff.

AREA REPRESENTATIVE

STS is responsible for making sure that all the students and host families have direct contact with one person, the area representative. All students will have the contact details of their area representative confirmed before departure from their home countries. This person will have regular contact with the student and the host family during the entire stay, to give support, advice and assistance if needed. The student will also get information about the school and local area from the area representative or from the national office.

Shortly after the student arrives, the area representative will arrange an orientation meeting for all the STS exchange students in the area. Host families are required to attend so they can meet other host families and the field support.

STS is at service 24 hours a day, in the host country as well as in the home country.

REGIONAL COORDINATOR

If the area representative is unable to help the student, he or she should contact the regional coordinator. All the students will get the information on who their regional coordinator is. They may have had some contact with their regional coordinator either at the airport or at the students' orientation meeting.

The duties of a regional coordinator includes: training all area representatives, supporting and overseeing the work of all field staff, problem solving, confirming placements, and reviewing paperwork submitted by the area representative. This person works very closely to the national office.

NATIONAL OFFICE

If the student needs further assistance, the national office in the host country should be contacted during office hours. If the call is an emergency and after hours, the student should use the emergency numbers given upon arrival.

Natural parents should only contact the office in the home country if they have questions.



THIS AND THAT.....

FRIENDS

It is always a bit difficult to get to a new place and make new friends. The easiest way to make friends is to meet people at school. Your host family will also introduce you to their friends.

If there is someone you want to meet, you can ask your host family if they know the person. It takes a lot of courage to meet someone that you do not know, but you can do it. Just say, "Hi, my name is ... and I'm from ... What's your name?" You have already started a conversation! It is that easy!

Another way of finding new friends is to join a sports club or another club. What kind of interests do you have? Maybe you like to sing, dance or play an instrument, to play soccer, the scouts etc. Joining a club is a very good way to meet young people with the same interests as you!

RELIGION

Your host family may ask you if you like to attend church with them. As an STS exchange student we encourage you to participate in your host family's activities in order to be a member of the family. However, there are many families that do not go to church. If your host family does not go to church, and you are interested in going, you can always go by yourself or with your friends.

FINANCES

How much money do I need?

It is very easy to spend your pocket money much too quickly. This frequently happens! Before you leave your home country, you should discuss your allowance with your parents and make a budget for yourself. Think of the things that you will need and then think of the things you would like to do.

You might need to pay extra for:

- Extra lessons in the host country language – if the school can't offer you these lessons.
- Bus card – if the school can't offer you a bus card.
- School lunch.
- If the host family take you on a vacation trip, you must offer to pay your part.
- Personal items.
- Postage stamps.
- Optional school fees such as school ring, sports equipment, band fees.
- CD:s.
- Transportation – bus and train tickets.
- Recreational activities such as movies, dances, games, shopping.
- School trips, church events, or STS trips.
- One thing that we know is that most teenagers do like to eat. Don't forget to budget for snacks at the movies or money to buy a hamburger after school.



What do I do about money?

It is a good idea to arrive with a fair amount of money in traveller's checks.

- Transferring funds from a bank in your home country directly to your account in your local bank in your host country.
- Parents sending an International Money Order via air mail (secure mail) directly to you. Pretty expensive!
- Use VISA or Master Card (or a similar card) and have your parents deposit money each month into the account.

Ask your STS office or local bank in your home country for advise.

You must manage your own money. You should not use the host family's bank account. You may not have a host family member's name on your bank account. Money can often cause difficulties between people. You have to be very sensible regarding your own funds. Never borrow or lend money! This includes lending money to another STS student, a friend, or even a member of your host family. It is equally important that you yourself never borrow money from anyone.

Always keep at least 100 Euro/Dollars in your account. It sometimes takes time to get money overseas. Be sure to let your natural parents know in advance if you are getting low funds, so that they can transfer money to you. Again, you may not give your money to your host parents or use their bank account. Get your own bank account. If you have any problem setting up an account, ask your host parents for help or call your area representative. In some countries this might be difficult and in these cases, you

should use the Visa card that your parents arranged for you back home.

Frequently exchange students have more money to spend than their host sisters and brothers and friends. This can also be a problem. You may have to be careful about spending money on items that could make your sisters and brothers jealous. Another risk with having too much money is that people may take advantage of you and expect you to pay for more than your share of expenses. Spend your money wisely and be sensitive to others.

DATING

Dating is something most teenagers like to do. However, you may find some cultural differ-

"I wake up every morning to a beautiful view of vineyard and little orange and white houses. From the balcony I can see an entire mountain range and sometimes it becomes difficult to comprehend this beautiful world god has given us. Becoming part of a new family is embarassing, fun, difficult and crazy. Actually here the one English word most Italian students know is 'crazy'. In fact they often go around saying 'he's crazy', 'she's crazy' if you don't understand something. The food, wow! Sooooooo good! You wouldn't believe how good it is. You can't stop yourself from having 2 or 3 helpings sometimes, pasta, chicken, salad, 20 different types of cheese, coffee; food from your greatest dreams. Italy. In one word - Wow! What an opportunity to go on an exchange."

Angela on exchange in Italy



ences between dating in your home country and dating in your host country. Generally teenagers go out on dates to such places as the cinema or to eat some pizza.

STS has a rule: "WHO, WHAT, WHEN, WHERE, WHY AND HOW". If you go out on a date you must ask permission from your host family. If you get permission, then tell your host family WHO you are going with, WHAT you are going to do, WHEN you will be home, WHERE you are going, WHY you are going out, and HOW you will get to your destination and back. If you need a ride home from your date, politely ask your host parents; do not tell them they have to pick you up. Have your date and/or friends come to the door to meet the host parents before you leave the house. Discuss with your host family about your curfew (what time you must be home).

After the date or evening out with your friends, you should never invite your date or friends back to your host family's home without their permission. It may be too late at night for the host family to allow entertaining. It is a good idea to discuss this with your host family before you leave the house. Having a friend staying over night or sleeping at a friends house is something that also needs to be discussed and approved by your host family.

It is also a good idea to go to events with a group of friends. This way you get to know a number of people. If you settle on just one person as a "steady", then you will only know one person and limit yourself. We find that STS students have a more rewarding experience if they seek the company of larger groups.

PARTY

A party can be a fun way to get together with your friends. A party can also be a disaster. If you are invited to a party ask permission from your host family. Again follow the "WHO, WHAT, WHEN, WHERE, WHY AND HOW" rule. There must be an adult (that means a parent – not a big brother or sister) at the party. If one of your friends have invited you to party when his or her parents are out of town, then you cannot attend the party. Remember, there must always be an adult present at any party.

If there is alcohol or drugs at the party, call your host family and ask them to take you home. Remember, you have signed rules that say **no drinking and no drugs**. If you drink alcohol or do drugs you will be sent home immediately. Please do not let it happen to you. We want you to stay and enjoy your entire exchange!

SEXUAL ABUSE

Information regarding sexual abuse towards young people

Sexual abuse rarely occurs during a student's exchange year. However, we wish to inform you about how to recognise and report sexual exploitation or abuse so you do not become a victim.

Teenagers are twice more likely to become victims of abuse than adults. Exchange students are more vulnerable because of:

- Cultural differences.
- Language difficulties.
- Isolation.
- Fear of not being taken seriously.



While on your exchange program, it can be hard to understand different family and cultural behaviors. And while sharing affection is one of the nicest things in the world, it is possible that someone will show you affection that makes you uncomfortable.

Your rights

Laws protect the person that is abused. This means that if you are uncomfortable, the adult or the abuser is wrong. You are NOT at fault if someone abuses you.

- Your body is your business! You have the right to determine your boundaries.
- Trust your feelings! You should take your feelings seriously! Listen to your intuition and follow your best judgment.
- You decide who can touch you! You have the right to decide how and by whom you want to be touched.
- You have the right to say NO! It is always OK to say "NO" when you feel uncomfortable with someone else's behavior.
- Ask for help and talk to an adult whom you trust. You decide when and with whom to talk about sexual misconduct that you have experienced. Your area representative is always there to help you. You may also choose to talk with an adult whom you trust: a teacher, school counselor, friend, a friend's parent or the police.

What is sexual abuse and exploitation?

Sexual abuse is unwanted physical interaction; this can include different kinds of physical touching such as:

- Being made to kiss someone.
- Touching private parts of the body unwillingly.

- Being made to look at pornographic materials.
- Being made to engage in unwanted sex or sexual acts.
- Any other behaviors that make you uncomfortable and continue after you've asked that they stop.

Abuser strategies

Sometimes relationships between two people begin without any discomfort or inappropriateness. However, abusers sometimes prepare their victims to be victimised. An abuser may gain your trust by:

- Giving you special attention.
- Asking you to break rules.
- Sharing secrets with you and telling you not to say anything.
- Telling you that everything is ok when you feel uncomfortable.

An abuser may also try to make you feel guilty or make threats to send you home early if you say anything. Be aware of these strategies and tell someone if you feel uncomfortable.

Internet safety

Many sexual abusers surf the internet looking for potential victims. They often pose as teenagers in order to gain trust. As a rule of safety, NEVER post pictures of family members, friends, or yourself on the internet. For help call the emergency phone number you will be given before leaving your home country.

Where to find help

If you feel uncomfortable due to attention you are receiving, physical or otherwise, tell that person to stop! It is never too late to let someone know.



- Your area representative is trained and ready to help you. You can find their telephone number on your placement details.
- The STS Emergency phone.
- Tell a trusted adult, they can help you.
- Tell a teacher, school counselor, or principal at school if there is no one you can trust at home.
- If you choose to tell someone, you should know that some adults are mandated reporters. This means they are legally required to report abuse to someone else, such as the police. You can ask people if they are mandated reporters and then decide what you want to do. Some examples of mandated reporters are teachers, counselors, doctors, social workers, and area representatives. The reason for reporting is to get help for you, not to punish you.

LAWS

The most important thing that you should know is that if you break any State or Federal law you will be sent home immediately. When you visit another country, you are that country's guest and as such expected to follow its laws. They may be different from those in your country, which is why it is important to find out what they are.

Don't make the mistake of assuming that other countries will excuse illegal acts simply because you are a foreigner or a student. Even "minor" infractions, such as exchanging money on the black market or making purchases for foreign friends in hard-currency shops that are off limits for natives, can lead to severe penalties. Breaking a law will, at a minimum, get you dismissed from your study abroad program and possibly deported from your host country. Try to under-

stand the cultural context of these laws and regulations. If you disagree with them, it's fine to discuss your feelings with your area representative. You may also want to write about objectionable conditions in your journal. However, be careful about discussing your feelings with your host family or local students, until you know their views and the cultural context better. They may well be embarrassed to hear their country criticised.

Shoplifting

Shoplifting is when a person removes something from a store that was not paid for. Shoplifting is stealing. It may have only been a candy bar, but it is a crime with a heavy fine. Anyone caught shoplifting will be deported and may not even be permitted to return to the host country again. Is a candy bar worth this much trouble? Most stores have hidden cameras to catch people that are shoplifting.

Alcohol

Any person who consumes, purchases or possesses alcoholic beverages, including beer, wine, liquor, and wine coolers is breaking the law as well as the STS rules. Remember that you have signed these rules stating that you will not participate in any activity where drugs and alcohol are available. If you are caught with either substances you will be sent home immediately.

Drugs

No Drugs. No excuses. Any contact with drugs, including marijuana, is illegal. STS will send home any student who is found using, selling or possessing drugs.



Smoking

If you indicate that you are a smoker on your application you must discuss your smoking habits with your host family. You must abide by their rules and guidelines. In many countries federal laws prohibit the sale of tobacco products to anyone under the age of 18. If you indicate that you do not smoke, then do not smoke!

Safety

You should have a conversation with your host family about safety in your area. Common sense on your part will be very important. Do not leave your host family's home without telling someone where you will be going. Your host family may ask that you write down where you are going and a number where you can be reached. This is for your safety. Please comply with your host family rules regarding being away from home.

INSURANCE

The STS organisation is responsible for making sure that all the students have a complete in-

surance protection during the entire stay in the host country. STS provides you with a travel insurance from Europe Assistance / Falck Travel-Care. This insurance is adjusted to our High School program and has no excess rate.

The insurance period begins at the time of the departure from your home country and ends at the time of your return to your home country (5–10 days after school ending date). There is a possibility to extend the insurance, please contact STS for more details. Remember to bring the insurance documents to the program country. The insurance policy can be found at our website. Always keep the Travel Assistance Card in your wallet!

The insurance does not cover claims if the insured has misused alcohol or drugs. You are always welcome to contact us if you have any questions about the insurance. All students need to be insured by this insurance or an insurance which the student can demonstrate is equally good.

Finally...

Being an international student in a foreign country, you will find that you will be representing your country to many people around you. This is a position that carries a great deal of responsibility. You will have many opportunities to talk and share ideas with your host family and friends. Many people will be interested in you and will want to find out who you are and where you come from. In this way, you will make a great contribution to international goodwill and understanding.

We are proud to welcome you as an STS exchange student, and hope that you will make us proud, by setting a good example! Have a great experience!



FAQ

Will I travel alone or with a group?

This varies from departure to departure. Whenever possible, you will travel with a group, but depending on the school start date and your destination, you may also travel on your own. Should this be the case, you will be informed prior to your departure, and our representatives will address any concerns that you may have.

When is the departure?

The departure date is planned in accordance with the school start date and thus depends on the school you are placed in. As a general rule of thumb, fall departures take place from the end of July to the beginning of September, and spring departures occur at the end of January or the beginning of February.

How much luggage can I take with me?

The number of suitcases and their maximum weight vary from one airline to the next. STS will inform you of the applicable regulations closer to your departure date. You may also verify this information directly with the airline.

When do I find out my departure date?

This depends on when your placement is finalised. Your flight will be booked once your school and host family have been confirmed.

Can I go even if I am allergic/diabetic?

It is very important that you notify STS about your health condition and special needs. The

STS organisation will do its best to find a suitable host family.

Do I need a visa?

STS helps out with necessary documents if visa is needed, but it is your responsibility to make sure that you receive the visa in good time.

Do I have to have good grades to be accepted?

In order to be accepted to the program the student has to have an average grade of C in all subjects. In certain cases, a subject with a lower grade may be approved. The student cannot have a lower than average grade in a core subject.

Do I need to have pre-knowledge in the language of the program country?

English is sufficient for all programs, even for the non-English speaking countries. For some countries, knowledge of the native language is required.

Am I required to get all vaccinations for my destination?

Yes, you are. Immunisations are required by the schools and if your immunisation record is not up to date in your destination country, the school may not accept you. Alternatively, you may be required to obtain missing vaccinations upon arrival which may cost more than in your home country.



Do I need a visa and, if so, how do I apply for it?

Depending on the country and the duration of your exchange, you may require a visa. Visas are issued by the embassy representing each country and STS will help you with your application. However, it is your responsibility to make sure that you receive your visa in good time.

How does STS select host families?

STS host families are chosen very carefully. All families are visited in their homes and references are checked before they are approved as host families. We demand that they have at least two recommendations from independent parties, e.g. the school, the church or a neighbour. When a family has been accepted, the area representative reads through the application papers of several students and chooses a few which seem to make a good match with a particular family. Information about these selected students are brought to the family in question, and the family then chooses which student they would like to invite into their home.

May I change host families?

If the chemistry does not seem right, the area representative will always be there to support you. If a move becomes necessary, STS will find a new host family. Sometimes the area representative asks the student if he or she knows any family who would like to host an exchange student. This is usually a very good solution, since the students then would be guaranteed to stay in the same area and school. Remember that it takes time to feel at home in a new country and a new family. Prepare yourself for this. The area representative will be there to support

and assist you if you should need to change families.

Will I live far from school?

It will be just like in your home country, there may be a distance to school and some students may have to go by bus. STS tries to place the students in the vicinity of the respective school premises.

Will I have my own bedroom?

In most cases you will have your own bedroom. You could also have to share rooms with a host sister or host brother. There is no guarantee that you will have your own room.

Do I have to help out with chores in the family?

As an exchange student the idea is to become as much a part of the family as the "regular" family members. This means that you are expected to help with some everyday chores such as laying the table, doing dishes, taking out the garbage and similar things that the other children in the family do.

What about spending money?

The student's natural parents agree to send adequate spending money. This money should be enough for clothing, social activities, trips, school expenses, and telephone calls to the home country. It might be a good idea if the host family helps the student set up a bank account to help them keep their money in a safe place.

Do I get credit in my home country for the school year abroad?

Generally, courses taken while on exchange do not count for credit. However, you should con-



sult with a school counselor prior to departure to see whether your school might grant credit for some of the courses taken while away.

What subjects will I study?

This varies depending on your program country and the school. Typically, the school will require you to study certain mandatory subjects and then you will be able to choose a couple optional courses. Examples of subjects that are often mandatory are history, English, a foreign language and mathematics.

How big of a school will I attend?

STS works with both big and small schools. New schools are added every year so we cannot say in advance what size of school a student will attend.

"I can't thank STS enough for the work they have done before and during my stay. It has been one of the most exciting periods of my life and I will never forget my friends and host family here. I am sad to leave as it has gone so quick, but glad to see my family again. This exchange program has changed my perception on different cultures and it feels like home here! I feel more confident around new people now, my self-belief has risen, and I have learnt a language I have never tried before. I will continue to learn Swedish back home, and talk to friends and my host family too. In fact, my friends want to come to Australia next year aswell! Thank you again for the whole program and especially for the Gothenburg Orientation."

Mitchell on exchange in Sweden

Will the students be able to graduate and get a high school diploma?

This is up to the school board of the school in question. STS cannot influence this decision.

Will I be able to practise my favourite sports?

If a particular sport or another special interest is important to you, you should bring this up in the student letter so that we may take this into account when placing you. We will do our best to accommodate these wishes but we cannot guarantee anything. The time abroad will also give you the opportunity to try a number of new and exciting sports as well as other activities.

Am I allowed to travel in the host country or will there be organised tours with leaders and other exchange students?

You may travel with your host family, school, church or similar organised trips, but not on your own or with friends. Each year, STS organises trips and get-togethers for the students. These optional trips provide plenty of opportunities to travel throughout the students host country and meet other exchange students from other parts of the world. The optional tours are offered to the students at an additional fee. Availability and cost often depend on the number of participants. You will get information about such tours while on the program.



NOTES

Student name

Home country

Host family name

Address

E-mail

Phone

Skype

Area representative

E-mail

Phone

School name

Office details in host country

Emergency number

Important dates to remember

Departure date

Return flight date

Insurance dates

Visa expiry date

Birthdays

**STS High School is established on all continents,
with over 20 offices and a number of partner
organisations all over the world!**



STS

STS High School