



Bishop Drutt College

Exchange Program Handbook

for Incoming Students

Round Square Exchanges

Introduction - We are excited that you will be coming to Bishop DrUITT College on exchange. As a new member of Round Square, Bishop DrUITT College embraces the enrichment of having exchange students as members of our community. We ask that you come with an open mind, an open heart, and a spirit of adventure.

The Bishop DrUITT College student body exhibits a rich variety of ethnic, cultural and socioeconomic backgrounds. As a community, we welcome students of different religions, sexual orientations and political perspectives and we emphasize respect for each individual.

We look forward to getting to know you and trust that you will have a great experience at Bishop DrUITT College. This handbook has a lot of important information that you will need as you prepare to come on exchange at Bishop DrUITT College—and while you are with us.

Australian Visa - Students exchanging to Australia for three months and under require a Visitor Visa. For longer periods a Student Visa is required which is a more involved process. For this reason, most of our Round Square exchanges are for one term only.

Health Insurance - All Round Square exchange students need to have health insurance that will cover health care costs in Australia and to provide Bishop DrUITT College with documentation of the health insurance before they arrive. Less than three month stays require [Overseas Visitor Health Insurance](#). Students staying more than three months require a Student Visa and Overseas Student Health Cover [OSHC](#).

Passport - Incoming exchange students must have a passport that is valid for their entire stay in Australia. This avoids the inconvenience of having to renew a foreign passport whilst in Australia.

Term Dates - Exchanges to Bishop DrUITT College must fit into one of our four terms. It works best if you arrive at the start of the term as this will allow for the easiest transition. It is possible to arrive after the start of the term and it is fine to depart before term ends. It is not possible to straddle two terms. [Term Dates](#)

Airport Pick-up - Exchange students at Bishop DrUITT College live with a host family, and generally the host family meets incoming exchange students at Coffs Harbour Airport. International flights can transfer in either Sydney or Brisbane International Airports to take the domestic flight to Coffs Harbour. Please communicate details about your flights both to your host family and to the [International Program Coordinator](#) . In case there are any challenges connecting at the airport, it is helpful to make sure that the person meeting you at the airport has your mobile phone number and that you have theirs.

Expectations - All Round Square exchange students are expected to play a full and active role in school life at Bishop DrUITt College, including the academic program. On arrival, each exchange student meets with Bishop DrUITt College’s Director of Learning and Teaching and their year coordinator to determine their classes.

While we understand that exchange students may need to keep up with one or two courses from their home school, you are expected to participate as full members of your classes at Bishop DrUITt College. Exchange students will not receive a grade for their work at Bishop DrUITt College.

Exchange students are expected to participate in sport and physical education. We also expect exchange students to participate in one extracurricular activity at Bishop DrUITt College. This is a great way to make new friends and get the most from your exchange. Join a sports team or musical band. Get involved with a lunchtime club. Be part of the school musical or debating team.

We expect visiting students to participate actively, both in and out of the classroom.

Most Bishop DrUITt College students have homework each night, so on school nights they are almost wholly focused on their homework. While your load will be lighter than Bishop DrUITt College students, you should plan on doing at least an hour of homework each night. Most Bishop DrUITt College classes are interactive, and you will need to do some homework (e.g. reading the novel in an English class) to be able to participate in discussions and other activities in class. We are especially interested in hearing your perspective.

School Community - The Bishop DrUITt College community includes people from a variety of ethnic, cultural and socioeconomic backgrounds. We welcome students of different religions, sexual orientations and political perspectives and we emphasize respect for each individual. School community members are expected to communicate in ways that are respectful, honest and compassionate. If you have a different perspective than someone, you need to express your opinion in a manner that does not demean or hurt the other person.

School Uniform - Bishop DrUITt College has a school uniform. Exchange students who are staying under three months need to bring their own school uniform. For longer stays, the Bishop DrUITt College Uniform shop is open to purchase new uniforms. Second-hand uniforms are also available locally.

Mobile Phones and Laptops - Every high school student at Bishop DrUITt College is required to have a laptop computer and bring it to classes. If you have a personal laptop computer, please bring it with you for use in your academic classes.

If you are considering bringing a mobile phone, laptop, or any other communication devices we suggest that you visit the [Australian Communications and Media Authority](http://www.acma.gov.au) before making any purchases. Some students have brought in their own laptops with internal modems only to

discover that they were unable to use their modem in Australia. Any external or built-in modems must be Austel approved in order to function in Australia.

International Phone Calls - When making international phone calls from within Australia please use the following sequence:

0011 + the country code + the area code (if required) + phone number

Electricity in Australia - The standard voltage for electrical items in Australia is 240V. Electric plugs have three flat pins, one of which is an earth pin. If you bring an electrical appliance you should also bring a power plug adaptor and voltage converter with you where required. Please check the compatibility of electricity from your country before you pack. [World Power Plugs and Sockets](#)

Living at Bishop Druitt College

Most Round Square exchange students live in the home of a Bishop Druitt College student while they are at Bishop Druitt College. Generally, this will be the home of a student who has also been on a Round Square exchange. Living with a family will provide you with a window into life in Australia. This should be an exciting experience, if a little daunting at first. The typical Bishop Druitt College family has a busy daily schedule. You will be expected to fit in with the family transport and other arrangements in the daily routine. It is common for both parents to work, so mornings are often busy times with tight schedules for all. This will mean getting organised and being ready to leave for school on time.

Many Bishop Druitt College students have commitments after school, such as sports, and then several hours of homework to complete each evening. You will be a guest in the home of your host family. Try to be a good guest. Engage with family members, join in activities that the family is doing, clean-up after yourself, do not stay in your room for hours behind a closed door. Domestic help is not common in Australian homes, so you will be expected to keep your room and belongings under control. Do not expect your hosts to clean up after you, sort your washing, or wait on you. You will win the hearts of your host family if you ask early on how to operate the washing machine, how to load the dishwasher, and how you can be generally helpful.

All bedding and towels are provided.

Communicate with your host family before your arrival and in person at the beginning of your stay. You will be living in their home and so their rules apply. Learn what they expect in terms of tidiness, laundry, mealtimes, internet use, water conservation, etc. Your host family is not responsible for paying for your international phone calls, so you need to work out a system for paying for these calls. Your health and safety is our highest priority.

Your host family will be in touch with your parents and Bishop Druitt College if they have any questions about the suitability of a possible activity.

Adjusting - The ‘settling in’ period can take a few weeks. Take heart and know that after a while, things will not be as strange as they are at first. Different cultures have different customs and routines. You may be expected to adapt to their way of doing things. The culture and lifestyle of the host family must be respected. You are expected to participate in all family functions and special occasions. This will enrich your experience and help you merge happily with the people around you. There is more information on cultural adjustment later in this document.

Making Friends - During the first few weeks in this new environment you may feel a tendency to cling to your buddy. Realise that this can become tiresome and try to allow your partner some time alone with others. Even though it may seem difficult at first, try to develop some friendships on your own.

Immersion - With social media, Skype and the like, it is easier than ever to stay in touch with people back home while you are on exchange. Resist the urge to spend hours each day online in communication with people back home. Take advantage of this rare opportunity to live in another country and focus your attention on building friendships and connections here in Australia.

Weather - The weather in Coffs Harbour is beautiful, and has been assessed by Australia's peak scientific body, the CSIRO, as the best climate in Australia. Average temperatures are 18-27 degrees Celsius in Summer and 7-20 degrees Celsius in Winter. The air is a comfortable temperature on the skin for most of the year and the oceans are swimmable all year round. Hot summer days are relieved by refreshing ocean breezes and cold winter days are tempered by the warmth of the ocean.

What to pack - You will need a lightweight jacket or even just a sweater in winter and plenty of sun protection in summer. During the week you will be in your school uniform so you only need to bring clothes for the weekends and after school. The weather is very temperate so we spend plenty of leisure time outside. Bring casual clothes, swimwear and a hat.

PACKING LIST:

- School uniform for school days
- Closed-in leather shoes are required for school.
- Sports uniform and sports shoes (all students do sport and PE at school)
- Casual clothes: shorts, tshirts, jeans, jumper, flip flops
- A set of formal clothes: smart trousers and a collared shirt or dress for special occasions
- Computer, mobile phone, charger
- Basic school supplies
- Personal toiletries
- Backpack
- Water bottle
- Swimsuit and a hat

Transport to School - Most students at Bishop Druitt College catch a bus to school. There is an extensive network of bus services provided to transport students to and from Bishop Druitt College on school days. You may need to pay for a term bus pass. Ask the International Program Coordinator or your homestay parent to assist you with this. They will help you to choose the correct bus line.

Local bus companies also run public buses throughout Coffs Harbour and surrounding localities. You will need to pay for bus trips to any destinations that are not your usual school bus route.

Money in Australia - Please note that it is not safe to bring large sums of money with you! Lost credit cards or traveller cheques can be replaced, but very few travel insurance companies will replace lost or stolen cash.

Pocket Money - You will want to have some pocket money for purchasing gifts or other small items. AU\$100-200 per month is a good estimate. Bringing cash or an ATM card works best.

School Expenses - Exchange students need to have AU\$500 available for incidental expenses that Bishop Druitt College students pay extra for (e.g. end of year formal dinner, representative sporting or music trips, incidental transport, community clubs and surf lessons).

Automatic Teller Machines - ATMs are located everywhere (including at the airport) and you can immediately withdraw cash from your overseas bank account at ATMs displaying the Cirrus logo (if your ATM card has international access). Check this with your financial institution before leaving home. ATMs remain open 24 hours a day.

Banks are generally open from 9.30 am to 4.00 pm Monday to Thursday and from 9.30 am to 5.00 pm on Fridays.

Credit Cards - All major international credit cards are accepted in Australia. However, please note that repayments to many credit cards can only be made from the home country. It is best to bring a credit card from your country, as it is difficult to get one in Australia due to credit and identification laws.

Cost of Living in Australia - See the government website:

<https://www.studyinaustralia.gov.au/english/live-in-australia/living-costs>

Shopping - Most stores in Australia are open from 9.00 am to 5.00 pm Monday to Friday, from 9.00 am to 4.00 pm on Saturday and from 10.00 am to 4.00 pm on Sundays. The major shopping centres close to Bishop Druitt College are Coffs Central and Park Beach Plaza. Boutique shopping is available in local centres of Bellingen, Sawtell and Woolgoolga.

You and the Law - The laws in Australia can be very different from your home country. For example:

- It is illegal to consume alcohol if you are under 18 years of age.
- It is illegal to purchase cigarettes if you are under 18 years of age.
- Possession and use of illegal drugs is a criminal offence.
- It is also important to note that it is compulsory to wear a bicycle helmet if you intend to use a bicycle.
- The wearing of seat belts in cars is also compulsory for all occupants.

Visit the website www.lawstuff.org.au for information about laws relating to you.

Support for Exchange Students

International Program Coordinator - You can speak with Mrs Karina Rothacker regarding any concerns you may have about your school, health or homestay issues. You may contact her at any time with any queries you may have, in person or email krthacker@bdc.nsw.edu.au

Phone: 02 6651 5644 ext 221 or our 24-hour emergency number 0408 209 995.

Other Key People

As you enter into the Bishop DrUITt College community you will have a variety of adults available to assist you in addition to the Round Square Coordinator, such as your tutor teachers, your host family, the student support staff, the college wellbeing staff, counsellors and chaplains.

Head of Secondary: Mr Simon Doyle sdoyle@bdc.nsw.edu.au

Principal: Nick Johnstone secretary@bdc.nsw.edu.au

Feel free to talk to us at any time and to discuss any problems that you may have. Our staff are very helpful and friendly so try to learn their names and always be courteous by saying ‘hello’ or ‘good morning’.

Staying Safe

Mentally Prepare for Living in an Unfamiliar Environment - To a significant degree, your well-being abroad is your responsibility, so educate yourself about cultural differences. Probably the most important factor that will affect your stay is your personal behaviour, which only you can control. Prepare for living in an unfamiliar location. Consider how you might respond or react to unexpected situations, how you will conduct yourself in public settings, etc. The goal is to make informed, responsible, and reasonable choices concerning your health and safety.

Students should keep in mind that they will not be able to identify potentially dangerous situations abroad as easily as they would at home, where they are familiar with cultural cues and the language. Friends are a reliable source if they warn of dangers, but as teenagers themselves, they might not be accurate when it comes to assessing risks. Therefore, students are advised to respect the opinions and advice of their host family and teachers.

Take Precautions to Reduce Risk Abroad - Always carry local emergency phone numbers and your host family's phone numbers.

Road Travel - is the greatest safety hazard most travellers face abroad. Always wear a seat belt when traveling in a car. Never travel in a car driven by a drunk or unlicensed driver. Do not operate any motor vehicle while abroad.

Beach Swimming Safety

- Only **swim between the red and yellow flags** on the beach. This is the area where lifeguards and lifesavers patrol to keep you safe.
- No flags = No swim.
- **Never swim alone** at the beach.
- Check water conditions and depth before swimming – never dive headfirst.
- Always **use sunscreen** to protect exposed skin, put on a shirt, wear sunglasses and a hat when not swimming, and drink plenty of water.

Learn about how to spot a **rip** and what to do when you are caught in a rip from the videos (multi-languages) on the [Beachsafe website](#).

Trust your Feelings - Listen to your intuition and follow your best judgment. If it does not feel right, take your feelings seriously and take action!

Stand up for Yourself - Say “No” or “Stop” in a firm, loud voice if you feel uncomfortable or threatened. You have the right to reject unwanted and inappropriate attention from anybody. Don't be afraid to stand up for yourself. If anyone treats you or speaks to you in a way that makes you feel uncomfortable, tell them so, and tell that person to stop. Remove yourself from the situation as quickly as possible or join a group of people.

Ask for Help - If you feel under threat physically, sexually or emotionally you should contact a teacher or talk to an adult you trust, such as either Mrs Sue O'Connor, Director of Wellbeing; Mr Simon Doyle, Head of Secondary; the International Program Coordinator; or any BDC teacher you are comfortable with. They will help you. You can also contact the Round Square Coordinator at your home school as they can also work with us to resolve problems.

Kids Helpline is a free, private and confidential 24/7 phone line and online counselling service for young people. Call **1800 55 1800** or email counsellor@kidshelpline.com.au or visit <https://kidshelpline.com.au> for more information.

Safety Apps: located at <https://emergencyapp.triplezero.gov.au/> is a national emergency app that you can use to get help as soon as possible in an emergency situation. It tells you the exact location on the map and the GPS coordinates that you can read to the operator when you call the emergency service.

Emergency Services - The emergency phone number in Australia is 000. You will then be asked if you are calling for the fire, police or ambulance service.

In Australia all government agencies, including police, are required to act fairly and honestly. They are there to assist the public, including international students, to remain safe, and you should not be afraid to approach them for information or help.

Bullying, assaults and harassments of any forms are not tolerated in Australia. If you have experienced any form of assault (either sexually or physically), serious harassment or abuse, or think you are in danger of being assaulted, or in the case of an emergency, call 000.

The nearest hospital is Coffs Harbour Hospital, located at 345 Pacific Hwy Coffs Harbour NSW 2450. Phone (02) 6656 7000.

The local police station is located at 2 Beryl St Coffs Harbour NSW 2450. Phone (02) 6691 0799.

Important Telephone Numbers (from within Australia)

Telephone interpreter service	131 450
Australian Department of Home Affairs	131 881
Bishop DrUITt College International Program Coordinator	66515644 Ext 221
24-hour BDC emergency contact number	0408 209 995

The Bishop DrUITt Way

'Enhancing and supporting student wellbeing is integral to the BDC Way. Everyone has the right to be safe, to learn, to be respected and to be treated with dignity.'

Bishop DrUITt College sets its standards very high across all aspects of daily college life. This high expectation is referred to as 'the Bishop DrUITt Way'. The Bishop DrUITt Way nurtures a child's character, builds community and aims to transform children into world prepared citizens.

The Bishop DrUITt Way has five tenets:

1. Prioritise wellbeing
2. Empower for life
3. Embrace diversity
4. Pursue excellence
5. Serve our community

The Bishop Drutt Way builds and supports the entire school community, making positive and enduring connections between its members. It encompasses all aspects of college life through a combination of structured activities and personal relationships. The Bishop Drutt Way is concerned with the total wellbeing of individuals within the college community and with the development of the whole person.

These tenets are core to upholding the Bishop Drutt College vision. The Bishop Drutt Way is supported by our college values of mutual respect, integrity, inclusivity, courage, justice and generosity of spirit.

First Day Orientation - The following program is subject to variation.

Time	Activity
8.30am – 10.50am	<ul style="list-style-type: none"> ● Welcome by the International Program Coordinator ● Visit to college uniform shop ● Introduction to the Principal and photo in front of school ● Introduction to Bishop Drutt College staff and students ● Meet student buddy ● Meet our Head of Secondary, the Director of Learning and Teaching, your year coordinator, secondary administration staff, and the Wellbeing Hub counsellors ● Chapel and pastoral care ● Meet your tutor teacher and tutor group ● Tour of the college facilities: the Branson Centre sports hall, gym, theatre, canteen, ovals, technical rooms, art rooms, commercial kitchens, vegetable gardens, senior common room, science area, maths area and English area ● Visit the library and borrow textbooks ● Allocation of locker and lock ● Work through orientation checklist with International Program Coordinator
10:50am	Morning Tea
11.10am – 12:50pm	<ul style="list-style-type: none"> ● Connection to Google Classrooms and IT requirements. Meet IT support staff ● Photo for student records ● Meet Learning Resource Centre teachers
1:30- 3:10	Participate in classes

Behavioural Expectations - Whilst on exchange you are acting as an ambassador of your country and, more specifically, your school. This is a position not to be taken lightly, as your time at Bishop DrUITt College obviously leaves a deep and lasting impression, and it is one that will affect future exchange prospects with that institution. During your stay at Bishop DrUITt College you must abide by its rules and regulations and the laws governing Australia.

Students are expected to follow the BDC Way. See the flowchart for discipline and behaviour management at Bishop DrUITt College: [Student behaviour management flowchart](#).

Daily Timetable



Bell Times

	PRIMARY		SECONDARY		SECONDARY
	Monday - Friday		Monday - Thursday		Friday
Morning Session	8.50 – 9:40 9:40 – 10:30	Roll Call Period 1 Period 2	8:40 – 8:50 8:50 – 9:40 9:40 – 10:30	Assembly Period 1 Period 2	8:40 – 9:10 9:10 – 10:00 10:00 – 10:50
Eating Recess	10:30 – 10:40 10:40 – 11:10	Recess	10.30 – 10.50	Recess	10.50 – 11.10
Middle Session	11.10 – 12.00 12.00 – 12.50	Pastoral Period 3 Period 4	10:50 – 11:10 11.10 – 12.00 12.00 – 12.50	Period 3 Period 4	11:10 – 12:00 12:00 – 12:50
Eating Lunch	12:50 – 1:00 1:00 – 1.30	Lunch	12.50 – 1.10 1.10 – 1.30	Lunch	12.50 – 1.10 1.10 – 1.30
Afternoon Session	1.30 – 2.20 2.20 – 3.05	Period 5 Period 6	1.30 – 2.20 2.20 – 3.10	Period 5 Period 6	1:30 – 2:20 2:20 – 3:10

Secondary Assembly is held every Friday from 8.40am – 9.10am
Primary Assembly is held every Thursday at 2:30pm

SPORT DAYS/TIMES

Year Groups	Day	Times
Years K - 2	Wednesday	Period 5 and 6
Years 3 and 4	Friday	Period 5
Years 5 and 6	Friday	Period 6
Years 7 and 8	Monday	Period 1 and 2
Years 9 and 10	Monday	Period 3 and 4

Bishop DrUITt College Curriculum Options

See links to Bishop DrUITt College’s Curriculum Options below:

[9-10 Curriculum Handbook](#)

[7-12 Secondary Handbook](#)

Extracurricular Activities

Sports - Bishop DrUITt College is developing six key team sporting areas:

- Basketball and netball
- Touch football and rugby union
- Football (soccer) and futsal

The college also supports individual/team sporting pursuits including: AFL, rugby league, athletics, cricket, cross country, equestrian, golf, hockey, squash, surf sports, swimming, tennis and triathlon. Students at the college currently participate in 19 different sports.

Music - is an integral part of life at Bishop DrUITt College. With a strong curriculum program delivered by specialist teachers for students from Kindergarten to Year 12 and an amazing instrumental program, the music staff aim to foster a love of music in all students.

A range of bands, ensembles and choirs is also available for students of all ages to be involved in, and there are numerous performance opportunities given to students both in the school and in the wider community. There are currently 16 music tutors and 23 bands and ensembles.

Drama - is a popular activity with the annual school musical as an extracurricular option.

Dance - Dance is celebrated at Bishop DrUITt College as part of our performing arts program, with a variety of dance styles being offered.

Dance club is offered before school or during lunch throughout the year. We encourage all students to be involved with dance regardless of their experience and grade. The sense of community in our dance groups is evident when the younger and older students work together.

Conversation Guide for Exchange Families

As you prepare to send your son or daughter to another family's home in a far-off land, it is important to have a dialogue with the family with whom your child will be living. This ongoing dialogue - before and during the exchange - can help ensure that the two families are on the same page regarding expectations and guidelines for behaviour. The list of questions below is designed to help you with these conversations. The list is not exhaustive and there may be other questions you want to discuss.

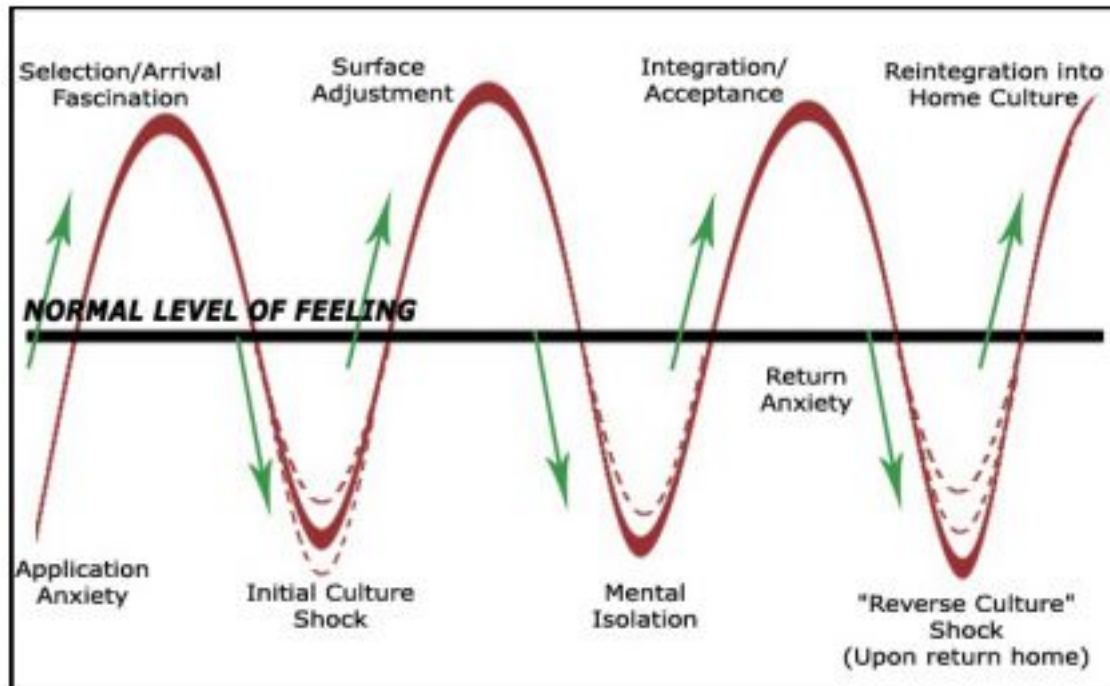
- What are your hopes and dreams for the exchange?
- What kind of family guidelines do you follow?
- What does your family like to do in the evenings? On weekends?
- What are your expectations for meals, extra-curricular activities, curfews (week and weekend), and family chores?
- What are the family's norms around their child attending parties? Are the parties supervised by adults?
- Where does your son or daughter do their homework?
- Does your family have a religious practice that needs to be respected by a visitor? What can a visitor do to show this respect?
- What kind of computer/TV guidelines does your family follow?
- If my son or daughter is sick with a cold or flu, what are you able to do to support them?
- Do you have any sport, club or family holidays planned while my child is with you?
- How does your family want to handle spending money and extra expenses?
- Will you be the ones picking my child up at the airport? Do you have the flight information?
- How will the Bishop DrUITT College student and my child get to and from school each morning and afternoon?
- Will my child have their own room or be sharing a room?

Cultural Adjustment

On exchange at a Round Square school you will find yourself far from home and living in a new culture. Throughout human history and around the world, many people have found themselves a stranger in a strange land. You can learn from their experience to help make your transition easier and to help keep yourself safe.

Cultural Adaptation

Adapting to a new environment takes time and the speed of transition varies from person to person. The typical pattern of cultural adjustment often consists of distinct phases: Honeymoon, Crisis, Recovery and Adjustment. This cycle is then repeated upon re-entry to one's country or culture of origin. The effect these phases have on one's mood are illustrated in this 'w-curve' figure:



The Crisis Phase - This is what is often termed as ‘culture shock’. Culture shock has been defined in different ways by many social scientists. In general, it is a term used to describe the anxiety and feelings (of surprise, disorientation, confusion, etc.) felt when people have to operate within an entirely different cultural or social environment. It grows out of the difficulties in assimilating the new culture, causing difficulty in knowing what is appropriate and what is not. Often this is combined with strong disgust - moral or aesthetical - about certain aspects of the new or different culture. Culture shock does not necessarily occur suddenly, but may gradually begin to affect a person's moods over time. The length of time a person experiences culture shock depends on how long they stay in the new environment as well as their level of self-awareness.

Symptoms of Culture Shock - Culture shock manifests itself in different forms with different people, but some symptoms can be:

- changes in eating habits and sleeping habits
- acute homesickness, calling home much more often than usual
- being hostile/complaining all the time about the host country/culture
- irritability, sadness, depression
- frequent frustration, being easily angered
- self-doubts, sense of failure
- recurrent illness
- withdrawing from friends or other people and/or activities

The Recovery Phase - Recovering from culture shock can have positive effects, like increasing self-confidence and helping improve self-motivation. As you gradually begin to feel more comfortable in the new environment, you will feel more like expanding your social networks and exploring new ideas. You will feel more flexible and objective about your experience, learning to accept parts of the new culture for yourself while holding onto your own cultural traditions.

Suggestions for easing the transition

- Realise that what you are going through is normal. Remember that the unpleasant feelings are temporary, natural and common to any transition that a person makes during their life. Be patient and give yourself time to work through the process.
- Keep in touch with your home country. Call home regularly. Have familiar things around you that have personal meaning, such as photographs or ornaments.
- Take care of yourself. Eat well, exercise, and get enough sleep!
- Talk to someone. Find friends who are going through a similar process, call your family back home, or see a counsellor. Take advantage of resources at your host school. Your host school may have a school counsellor or you can chat with the Round Square Coordinator.
- Have fun and relax! Join student groups. Participate in activities, clubs and student organisations. Get out of your room. Volunteer to help others. Take up a new sport.

Your return home - Surprisingly perhaps, most people go through culture shock on their return home after living in another country. You will have changed in your time away and things back home will be largely unchanged. Many people are surprised by this. This is sometimes even more challenging than the cultural adjustment to living in another country. Know that the feelings of culture shock on your return home is normal. You adjusted to living in another country and you'll eventually adjust to your home as well.

You may experience a range of emotions during your time at school. A positive attitude will be vital especially if you face language difficulties. If you feel homesick, please reach out to an adult.

We will provide valuable personalised support to you during your stay in the form of your classroom teachers, tutor teacher, year coordinator, student buddy, as well as the Round Square Coordinator. All these people will work with you to make your stay a positive one. We very much look forward to meeting you soon and hope that your educational and cultural experience at Bishop DrUITT College will be expanding, exciting and rewarding.

CHECKLIST:

- All required admissions forms completed and returned to:
Bishop DrUITT College enrolments and
Round Square Coordinator
- Departure / arrival dates (agreed with Bishop DrUITT College and the host family) and full itinerary including flight numbers and all timings
- All travel documents
- Current passport including a valid student visa
- Health insurance documents for Australia for the exchange period and travel (travel insurance - optional)