

SWEDEN & LATVIA

LAND OF THE MIDNIGHT SUN

2026-2027/2027



SWEDISH ROTARY YOUTH EXCHANGE WELCOMES YOU!!

2026-2027/2027

We are delighted that you have chosen Sweden for your exchange year and hope your participation in the Rotary International Youth Exchange Program will be one of the greatest experiences of your life. A Rotary Club, and host families have been carefully selected for you. They are now eagerly awaiting your arrival.

We hope you will enjoy Sweden. You will come to live with us, learn our way of living and get to know us, the Swedes, our language and culture. You will experience our society from the inside through your family, school and host club. You will have many opportunities to broaden your educational and cultural horizons.

Please read the following pages carefully. Remember what you will get out of the year greatly depends on what you put into it. Open your eyes, open your mind. Look for the best and that's what you'll find.

Swedish Rotary Youth Exchange

Tel: +46-8-644 74 10

Email: info@rotarystudent.se

1. PRACTICAL INFORMATION

1.1.1 ARRIVAL DATE

Plan your journey to Sweden so that you arrive on/after August 1, 2026 in Swedish time or on/after January 20, 2027. Please note the time difference between your country and Sweden when you arrange your travel.

Make sure that you, your parents, the travel agency or the Rotary district respect these dates when booking your travel. If you arrive later, you will miss the orientation camp where you will meet other exchange students and start to learn the Swedish language.

1.1.2 ITINERARY

Please contact your host family and host Rotary Club as soon as possible, if they have not yet contacted you. It is your responsibility to provide your host family and club counselor with your arrival information.

You also need to inform the Swedish Rotary Youth Exchange.

If you foresee any changes in your travel plans for instance due to difficulties to obtain a visa to Sweden, please inform your host family, club counselor and the Swedish RYE.

1.1.3 DEPARTING SWEDEN

According to the rule of Rotary International, you must return directly home at the end of the exchange year.

1.2 INSURANCE

It is mandatory for all Rotary Youth Exchange students to carry adequate medical insurance that complies with Rotary International's recommendations. The insurance you should purchase is the **CISI Bolduc Plan B**. You must bring a complete insurance policy in English, which must be presented to your host family and to your club counselor on arrival.

1.3 VISA (RESIDENCE PERMIT)

It is your own responsibility to apply for the visa that is in fact a Residence Permit on the basis of your studies. Make sure that you apply for a 12-month residence permit from the departure date, otherwise you might miss arrangements you would like to participate in during your year.

It is extremely important that you apply in good time to receive your permit. Processing times can sometimes reach four months from application to decision. It is not possible to apply for a residence permit after your arrival.

Important information about your studies as an exchange pupil at an upper secondary school level in Sweden.

If you are planning to study as an exchange pupil at an upper secondary school in Swedish Rotary Youth Exchange program, you require a residence permit. You cannot enter Sweden until the permit has been granted. This applies to all nationalities except for citizens in countries within the European Union. If you have double citizenship you are required to make your application on your Non-European citizenship.

You MUST apply for a residence permit as soon as you can. Online application for a Residence Permit must be done via Swedish Migration Agency, <https://www.migrationsverket.se/>

The one you should apply for is “Exchange studies in upper secondary school”. If you have any questions, please consult with your home district.

In order to obtain a residence permit, you must

- have a passport valid for the whole time of your stay in Sweden. . The passport should have biometrical data available so that a digital passport control can be made. The passport also need to have your signature.
- be admitted to full-time studies in an organized exchange program at upper secondary school level for maximum one year (this is the Rotary form that gives details on your school etc.)
- have a comprehensive health insurance that is valid in Sweden. The insurance you should purchase is the CISI Bolduc Plan B. . Proof of this needs to be attached to your application for a residence permit and **include the documents that specifically shows your name and what type/plan in the insurance that you have paid for (usually the insurance card), plus the full conditions including the levels of cost that the insurance will pay for in real numbers**. If this information is incomplete, your application may have to be added to and this will prolong the process and risk delaying your arrival to Sweden.
- have consent from both your legal guardians if you are under 18 years of age. Please note that the consent need to be specific and include dates from when, to when your parents have consented that you stay in Sweden for studies. This also needs to be signed by both your legal guardians.
- show that you have sufficient financial means for the time you will be in Sweden. Swedish Rotary will guarantee your stay in Sweden. The sum required to show in your account in 2026 is equivalent of 1 960 SEK per month you have applied for your Visa to be valid. This means for a year that the account needs to contain 23 520 SEK (approximately \$2530 USD or €2265 Euro) Check the exchange rate for your specific country upon applying) A bank statement will need to be submitted for the application.

Please note that the sum is originally higher (18% of the **Price Basic Amount /Prisbasbeloppet**) but is reduced by the fact that room (reduced w 8%) and board/food (reduced with 5%) is covered by Rotary and also 1000 SEK is given as pocket money each month. This means that the amount required for the year is 5% of the Price Basic Amount/Prisbasbeloppet per month, the year you apply, minus the 1000 SEK in pocket money given by Rotary per month. It is therefore important to inform about the free room and board plus pocketmoney in the application so that the reduction can be made accordingly.

You cannot enter Sweden until the permit has been granted. If you have double citizenship you are required to make your application in your Non-European citizenship.

If you are under 18 years of age your guardian must apply on your behalf.

You will be required to pay an application fee of 750 SEK if you are under 18 years old. If you are older the fee is 1500 SEK.

You should enclose the following documents with your application: Checklist!

- copies of the pages in your passport which show your personal information, photograph, signature, passport number, passport issuing country, the period of the passport's validity and whether you have permission to live in countries other than your country of origin. If your

passport is about to expire, you should renew it as you cannot obtain a permit for longer than the validity of your passport

- a certificate from the exchange organization in Sweden stating that you have been admitted to full-time study. You get this certificate from the Rotary Youth Exchange in Sweden or your host district in your home country (part of Rotary documentation).
- a copy of all the documents that proves that you have comprehensive health insurance that is valid in Sweden. The insurance must be valid for the whole period that you will stay in Sweden and must cover the costs for emergency and other medical care, dental care and hospitalization. The insurance must also cover the cost of a possible return journey home because of medical reasons. The insurance you should purchase is the CISI Bolduc Plan B. A copy of the full conditions is also a good idea to include.
- a copy of bank account to prove that you have sufficient financial means during your stay in Sweden. (See above)
- a written consent from your guardians in which they confirm that you are allowed to study in Sweden for the specific time that you also apply for visa, if you are under 18 years of age. If the dates in this document differ with your application the Migration authority may ask questions and your application can be delayed.

When your application is sent in you are given a receipt and a case number as a confirmation. Please send a copy of this to info@rotarystudent.se

You do not need to enclose any school reports or grades.

Check the current requirements at <https://www.migrationsverket.se/> . as they may change over time.

For the Swedish Migration Agency to determine your application, all the details need to be filled in and all necessary documents attached. This means that the processing time will be shorter if all the necessary information is included from the start than if information is added afterwards.

Note that the Migration Agency may in some cases need to further examine your application even if you have included all the required information and documents.

When you obtain a permit for more than three months, you will also receive a residence permit card. The card, which is proof that you have the right to be in Sweden, contains your photo and fingerprints.

If you need an entry visa for travel to Sweden, you should go to the embassy or consulate general as soon as possible to have your picture and fingerprints taken.

If you do not need an entry visa for travel to Sweden, you should visit the Migration Agency or “Statens Service Center” (the government service center) to be photographed and fingerprinted as soon as possible after your arrival in Sweden. However, your permit must be granted before you travel to Sweden.

You can be granted a residence permit for the time required for your studies but never for longer than the validity of your passport. You can be granted a residence permit as an exchange pupil for maximum one year. The one you should apply for is “Exchange studies in upper secondary school”. If you have any questions, please consult with your home district.

As the Exchange is a social and cultural program, you must apply for permit validity periods up to maximum one Year. You must make sure this is stated in your application, otherwise you will miss one month of the program.

General permit validity periods

Study period	Permit validity period
Longer period than two terms, starting in the autumn	1 August–31 July the following year
Longer period than two terms, starting in the spring	20 January–19 January the following year

The periods presented in the table are general. The validity period for your residence permit will be stated in your decision from the Swedish Migration Agency.

1.4 ORIENTATION CAMP

An orientation camp, including language training, will be organized for inbound students. On completion of the orientation camp, it is important for you to make every effort to continue learning the Swedish language during your stay in Sweden.

1.5 LENGTH OF EXCHANGE YEAR

The length of your exchange year is usually 12 months if you arrive in January but no longer than 365 days. If you arrive in July or August, the duration of your exchange year is 11 months.

1.6 MONTHLY ALLOWANCE

During your exchange year in Sweden, you will receive a monthly allowance SEK 1 000. Each month your club counselor will give you the money. The monthly allowance is to help you cover your personal expenses.

1.7 ROTARY'S 4-D RULES and other rules

1.7.1 NO DRUGS

Illegal drugs are strictly forbidden and students disobeying this rule will be expelled and sent home.

1.7.2 NO DRIVING

You are not permitted to operate any motorized vehicle of any kind, as many legal and/or insurance complications may ensue if a student is involved in an accident.

1.7.3 NO DRINKING

The illegal drinking of alcoholic beverages is expressly forbidden. Students who are of legal age should refrain.

1.7.4 NO DATING

Avoid getting involved in serious romantic relationships. You are encouraged to mix

with as many groups of students at school as you can. The more people you meet, the more you will learn and benefit from the exchange program.

1.7.5 NO SMOKING

If you stated in your application that you don't smoke, you shall hold to that position.

1.7.6 NO BODY DECORATION

During the exchange you are not allowed to get any form of tattooing or body piercing.

1.8 RULES FOR TRAVELING

The Rotary Youth Exchange Program pre-supposes full-time studies in an upper secondary school. Consequently, traveling during school terms is strongly discouraged. Before any journey, make sure your insurance is satisfactory. We hope you understand that we want you to travel safely.

1.8.1 TRAVEL OUTSIDE SCHOOL-HOURS

Travel is permitted with host parents, or for Rotary Club or district functions authorized by the hosting Rotary Club or district if accompanied by a suitable adult. Other travel must be approved by the host district contact, host club, host family and the student's own parents/legal guardians in writing, exempting Rotary of responsibility and liability. Students may not travel alone or if only together with other students.

If, during the year, you would like to visit a friend/another exchange student in another town, you will need to present a written invitation from the parents/host family.

1.8.2 TRAVEL DURING SCHOOL-HOURS

Exceptions from the rule that traveling is not permitted during school hours may be made only for special reasons, and then only if the school gives permission.

Your travel must be approved by all the necessary people beforehand.

1.9 ROTARY ACTIVITIES

During your exchange year, some Rotary events will be organized. Where they are optional you have to pay the necessary costs.

1.9.1 DISTRICT EVENTS

In autumn, there are different events organized and you will be invited to some of them depending on which district you belong to.

2. YOUR EXCHANGE YEAR IN SWEDEN

2.1 PURPOSE OF YOUTH EXCHANGE

The principal objective of Rotary youth exchange program is to promote better understanding and goodwill. Unless you try to understand our way of life in Sweden, to study and discuss our problems, and to share your knowledge and feelings about your own country and customs, the full purpose of this program will not be realized. Do not hesitate to discuss our culture and your own with your hosts and your friends at school.

By doing this you will start to learn about our way of life.

2.2 ATTITUDE TOWARD YOUR EXCHANGE YEAR

Although you may find many similarities with our way of life in Sweden, there are also many differences. It is these differences that offer a stimulating challenge to explore new ideas and new concepts of living and, above all, to adapt you to them. We are generally a friendly, relaxed and very hospitable people, and we will do all we can to help you settle down in your new environment. You may feel nervous at the outset. No doubt your host parents and their family may feel the same. Be natural and keep an open mind, and you will soon develop a comfortable relationship with them.

2.3 TASKS FOR AN EXCHANGE STUDENT

During your stay in Sweden, you will be expected to make several presentations for Rotarians, youth groups, school groups, etc. Power point and/or pictures might be handy at these occasions, (and also to show host families and friends). When you return to your own country you will also be expected to give presentations to similar groups about your experiences while here.

During your year as a Rotary exchange student, please remember that you are an ambassador for your country and for Rotary. People tend, perhaps unfairly, to judge your country by your behavior. We therefore expect you to maintain high standards of behavior at all times, so that the people you meet will form a high opinion of your country. Otherwise, one of the main purposes of being an exchange student, the ambassadorial role, will not be fulfilled.

3. ROTARY YOUTH EXCHANGE IN SWEDEN

3.1 ORGANIZATION

The District Governors of the 6 Rotary districts in Sweden have authorized the multidistrict organization Rotary Youth Exchange Sweden-Latvia. The Swedish multidistrict also covers Latvia.

The Multidistrict has an office in Stockholm, where most of the administration for the exchange program is carried out. Feel free to call or email us if you think we can help you with anything.

The youth exchange program is carried out by district committees and district chairpersons together with the sponsoring and hosting Rotary Clubs. See Appendix A for information about your particular District Chair.

Approximately 100 Rotary exchange students leave Sweden every year for a one-year exchange program in another country and approximately the same number arrives in Sweden. The main responsibility for each student belongs to the Rotary host club. The club shares this responsibility with a host family and the school. Your host club will invite you to club meetings regularly to meet the members and take part in club activities.

3.2 CLUB COUNSELOR

Your host club will appoint an experienced Rotarian as your counselor, who will be your main contact for the year. If you have any problems with the family, club or school, you should consult your counselor. Your counselor will also help you with your banking, host family, school, Rotary orientation, and provide you with the monthly allowance etc. Your host Rotary district will arrange orientation for the inbound students, a preparatory language course in Swedish and a number of district engagements e.g. the annual district conference.

When you are invited to official Rotary functions, you are expected attending and conflicting plans should be cancelled or postponed. Always wear your Rotary blazer when on Rotary functions or more official occasions.

3.3 HOST FAMILY

In most cases, students coming to Sweden will stay with two or three host families, but Rotary clubs have discretion to determine it and the number of host families may vary.

During your exchange year, you will not be treated as an honored guest, but as a member of the host family. This requires a great deal of adjustment on your part, as you must fit into the life of your host family. There is no obligation on the part of the host family to adapt to your way of life. Remember that your host family owes you nothing.

Conversely, you owe your host family a debt of gratitude for agreeing to host you.. Without this it would not be possible for you to spend a year in Sweden. The majority of problems can be avoided as an exchange student by showing a willingness to adapt to the new environment with the host family, school rules and discipline. Come with an open mind!

Appendix C: “Questions for the First Night with Your Host Families” could be of help for you and your host family.

4. SWEDISH LANGUAGE & EDUCATION SYSTEM

4.1 SWEDISH LANGUAGE

The Swedish language is an Indo-European language belonging to the Germanic group of languages.

One of the first and most important tasks for you is to start learning Swedish in order to be able to understand what is said around you, and to be able to express yourself in Swedish. The success of your exchange here depends very much on your ability and your willingness to learn the language. Practice the new language at home as much as possible and avoid using English.

After a couple of months most of our exchange students understand spoken Swedish fairly well and can speak a little Swedish. At school, lessons are of course held in Swedish, but teachers will initially provide you with individual explanations in English. Your classmates will often want to practice their English with you. Do not hesitate to

ask them to speak Swedish instead to give you a chance to learn the language. Attend every class, even if you feel that you don't understand anything. This way you will learn the language faster and you are supposed to learn Swedish.

4.2 SWEDISH EDUCATION SYSTEM

The academic year includes two semesters. The autumn term begins in the middle of August and ends with the beginning of the Christmas holidays. The spring term begins after Christmas vacation and ends at the beginning of June.

You will attend the upper secondary school, where the students normally are between 16 and 19 years of age. All educational programs have to include the eight core subjects: Swedish, English, social studies, religion, history, mathematics, science studies, physical and health education and Swedish as second language. Swedish for immigrants can be arranged in your school during your exchange year. There are many different programs to choose from.

There are 18 different programs at Swedish high school. In addition to the national programs, you may opt for programs tailored to the individual.

Students must attend school regularly. Student behavior and attitude should reflect that of a Rotary ambassador.

5. GENERAL INFORMATION ABOUT SWEDEN

It is important for you to obtain information about Sweden before coming here. You can access useful documents on the website of the Swedish Institute, www.si.se

The Swedish Institute is a public agency whose task is to promote interest and understanding in the Swedish society.

6. CLOSING WORDS

We hope this booklet will be of help to prepare for your exchange year in Sweden. Also, it is our wish that you start getting a little bit familiar with Sweden.

Being an exchange student is a very special and precious experience. Friendship you make during your exchange year can last for the rest of your life. When you go home after your exchange year, hopefully you will feel Sweden has become your second home.

If there is anything in the above information that you miss, please let us know, so we can complete it for future students.

Last but not least, we wish you a successful exchange year!!

AGREEMENT

I (the student):

have read and understand the rules as shown above and agree to abide them. I realize that failure to comply with the rules could cause that I have to return home early at my expense.

Signed by student:

Date:

Witness (parent or guardian):

Date:

IMPORTANT

Please return a copy of this agreement (signed with blue ink) to info@rotarystudent.se, and keep one copy for yourself and one for your club.

ROTARY INTERNATIONAL

Distrikt

FULLMAKT

Till gymnasieskolan

Jag accepterar att mina värdfamiljer och Rotarykontaktpersoner har fortsatt tillgång till Skola24, eller annat rapporteringssystem som tillämpas av skolan, efter min 18-årsdag. Värdföräldrarna och Rotarykontaktpersoner ska behålla sin inloggning och fortsatt få e-postmeddelande om min eventuella frånvaro i skolan efter dagen då jag fyllt 18 år. Skolan ska bevaka att detta manuellt förs in i datorsystemet på den aktuella dagen.

I accept that my host families and Rotary counselors will proceed to have access to skola24, or other report system used by the school, after I turn 18 years old.

Host parents and Rotary counselors will keep the login access and proceed receiving e-mail in case of absence, after my 18th birthday. The school will monitor the computer system on the actual day.

Förnamn och efternamn Utbytesstudenten:

Name of the exchange student:

Födelsedatum:

Date of birth:

Dagens datum:

Today's date:

Följande vårdnadshavare vill ha inloggning i rapporteringssystemet som tillämpas av skolan under hela läsåret.

Förnamn Efternamn Värdföräldrar: Personnummer: e-postadress:

Familj 1:

Familj 2:

Familj 3:

Familj 4:

Rotaryklubbens kontaktperson:

Rotary Youth Exchange Sweden & Latvia District Chairmen (DC) 2026–2027

DC 2325

Margaretha Eriksson
Strömvägen 46
882 50 Långsele
Mobile: 070-7747530
Email: margaretha.eriksson.rotary2325@gmail.com

DC 2365

Lotta Preijde
Österlånggatan 16
503 31 BORÅS
Mobile: 0705-80 98 93
Email: lotta.preijde@rotarystudent.se

DC 2335

Linnea Svärd
Glimmervägen 10 D
752 41 UPPSALA
Mobile: 070-563 34 82
Email: linnea.svard@rotarystudent.se

DC 2395

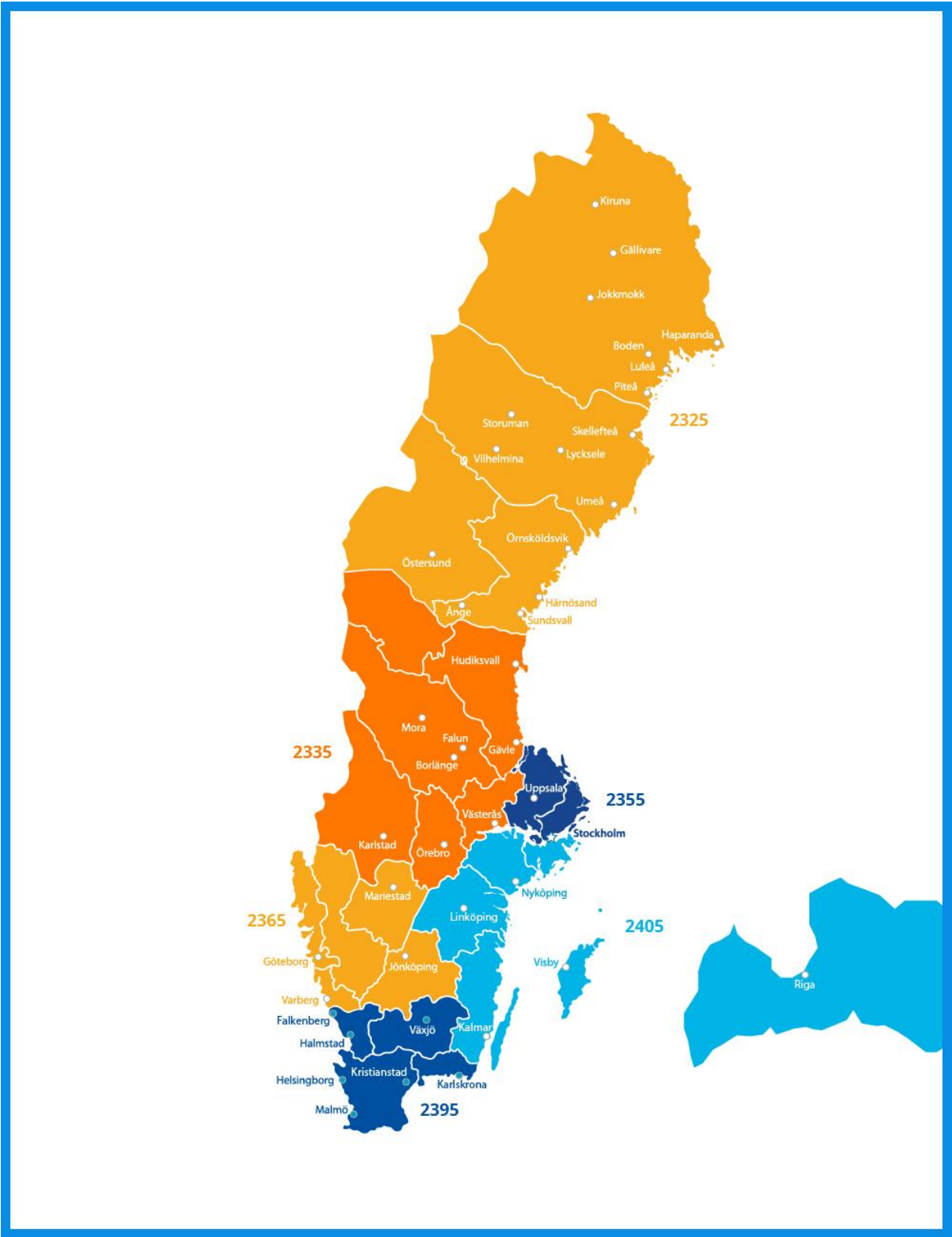
Markus Wejrot
Västanväg 70
216 15 LIMHAMN
Mobile: 073-447 4903
Email: markus.wejrot@rotarystudent.se

DC 2355

Jan Lindquist
Staffan Stallares väg 4
125 35 ÄLVSJÖ
Mobile : 073-068 49 42
Email : jan.lindquist@rotarystudent.se

DC 2405

Margreth Sjöo Holmek
Kristinaplatsen 4, 1002
602 35 Norrköping
Mobile : 0709-58 10 49
Email : margreth.sjooholmek@rotarystudent.se



Questions for the First Night with Your Host Family

1. What do I call you (host parents)? Mum, Dad or Christian name.
2. What do you want me to do in the house in addition to:
 - ◆ Make my bed every day
 - ◆ Keep my room tidy at all times
 - ◆ Clean the bathroom every time I use it?
3. What is the laundry procedure? Where do I keep dirty clothes until wash day?
4. Should I wash my own underwear?
5. What is the procedure about ironing clothes?
6. May I use the iron, washing machine, sewing machine etc.?
7. Where can I keep my toiletries?
8. When is a convenient time for me to use the shower/bath?
9. May I use bathroom toiletries, i.e., toothpaste, soap etc.?
10. What time are meals?
11. What can I do to assist at mealtimes?
 - ◆ Set the table?
 - ◆ Clear the table?
 - ◆ Wash up?
 - ◆ Put everything away?
 - ◆ Empty the garbage etc.?
12. May I help myself to food and drink, or must I ask first?
13. What areas of the house are strictly private?
14. May I put up pictures and posters in my bedroom?
15. May I rearrange my bedroom?
16. Where can I store my suitcases?
17. What time must I get up weekdays/weekends?
18. What time must I go to bed?
19. What are the rules for me going out at night and at what time must I be at home?

20. May I have friends spend the night? Visit during the day?
21. What are the rules about me using the telephone and internet?
 - ◆ Must I ask first?
 - ◆ May my friends call me?
 - ◆ May I make long-distance calls? Cost?
 - ◆ May I make calls to home? Cost?
22. What is the procedure about mailing letters? What address do I use for my incoming mail?
23. Does my host mother or father have any dislikes, such as:
 - ◆ Chewing gum?
 - ◆ Wearing a hat (or curlers) at the table?
 - ◆ Music and how loud?
 - ◆ Unpunctual people?
 - ◆ Being interrupted when reading the newspaper?
 - ◆ Smoking?
24. Do my host brothers and/or sisters have any dislikes?
25. What date are the birthdays of my host family?
26. How do I get around: to school? Locally? To the city?
27. May I use the stereo and TV at any time?
28. What are the rules about going to church?
29. Would you like me to phone home if I'll be more than 30 minutes late?
30. When you go out as a family, should I pay my own entrance fee, meals etc.?
31. What arrangements should I make for school lunch?
32. Does the Rotary club pay my cost of travel to school?
33. How often am I to attend Rotary meetings?
35. What else can I do around the house: cut lawn, help clean, baby-sit?
36. Is there anything else you would like me to know?