

# Student Ambassador Guidelines

# Hello!

Welcome back, and thank you for your interest in becoming a Student Ambassador! As a returnee exchange student, you have valuable firsthand experience and insights that can be incredibly helpful to students preparing for their own exchange.

The following guidelines will help you provide effective support to incoming exchange students, share your knowledge, and create a welcoming community.

## What's involved?

### Helping future exchange students prepare:

This may involve talking to (or emailing) a student/parent who would like to know more about an exchange to the destination you went to. They may have questions about your experience with your host family, school or with making friends etc.

They might also wonder about how you adjusted to the new language (if you went to a non-English speaking country) or how long it took you to feel less homesick and more settled. If you are interested in helping with this we would give you a heads up via email if we have a family that would like to have a chat to a returned student. We would then give the family your phone number or email address (with your permission) and they would then reach out to you.

### Join a Departure Orientation online:

If you are interested in this option, we may contact you to see if you might like to join us for an online Pre-Departure Orientation. You would have attended one of these orientations shortly before you went on exchange. These orientations are destination-specific and it can be very helpful for students who are about to go on exchange to hear from a returnee student. You may be asked to talk about your exchange a little and students/parents might ask you some questions too.

### Sharing content for our social media channels:

Want to become a content creator for us? We'd love to have you share your experiences and insights with our community! If you're interested, please let us know, and we'll send you an email help you get started. Your stories and tips could make a real impact on students preparing for their exchange journey!

Please upload content here: <https://contents.studentexchange.org.au/upload/>

As a Student Ambassador, we would appreciate your support with:

- Providing guidance and support to new exchange students
- Share your experiences and advice about adapting to life abroad
- Serve as a point of contact for questions and concerns
- Help create a positive and welcoming environment for students preparing for exchange

## Recording a short video

We may use this for socials, website or pre departure orientations

There are two options for this:

- You can record a little video of yourself talking about your exchange. In this video, you can chat about your experience in general, your host family, the friends you made, how you improved your language skills, how the program has helped you grow as a person, any highlights or any advice you might have for students who are about to embark on their own exchange journey. It's really up to you what you would like to share.
- The second option is that we have a Teams chat with you where we talk about the above subjects. We would record the conversation and make little video snippets from our chat. We would then check in with you to see if you are happy with the videos before we show them in our Webinars or Pre-Departure-Orientations.

## Advice for preparing students

You have a unique understanding of what students may need to know before going abroad. Offer guidance on topics such as:

- Cultural Differences: Share your experiences regarding cultural norms, language barriers, and tips for adjusting to a new culture.
- Academics: Help them understand what to expect academically. Discuss how to manage school work, handle language differences, and balance studies with social activities.
- Daily Life Tips: Offer practical advice about things like housing, transportation, food, and safety. These can be invaluable insights for new students.
- Emotional Support: Let them know that homesickness and cultural adjustment can be part of the process. Share how you coped with challenges and encourage them to seek support if needed.

## Please remember

- Everyone's journey is different, make sure you talk about your own experiences. There is no right or wrong.
- Talk about your best moments, what you miss about your exchange and why you chose to do it. But also feel free to talk about challenges and how you overcame them.
- Have fun!



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Questions?

[info@studentexchange.org.au](mailto:info@studentexchange.org.au)

Thank  
you!



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