

International Student Exchange

PROJECT H.E.L.P.

Every year ISE exchange students, Area Representatives, and Regional Managers participate in community service activities. This program is called H.E.L.P. and provides an opportunity for you to become involved in a variety of activities and enhance your American experience.

Over the past years, our students have joined in many volunteer projects such as helping at food pantries and soup kitchens, community clean-up days, and aiding senior citizens. You can participate in projects with your school or church. Additionally, Area Representatives and Regional Managers may organize group activities where you can participate in projects such as Holiday Parties for the needy, food drives, or assisting with local relief efforts.

We believe that participation in a variety of community service activities will strengthen your exchange experience, that you will learn new life-long personal skills, and that you will meet real Americans from all walks of life. You will be enriched by sharing the spirit of volunteering that defines the American way of life. And you will enjoy the activities.

Students who have participated in the past have said, "The community service added to my pleasure of being in America. It was a really nice experience."; "These projects are a good opportunity for all the Exchange Students to get together, have fun, share our culture and also, help people. We had really good times."; "It felt good to know we helped a lot of people."; "It was cool to do good things together with nice people and have fun at the same time."

Work with your Area Rep,
Regional Manager and Host Family
to get involved!



H—HEALTH AND HUMAN ISSUES

E— ENVIRONMENT, EDUCATION, AND EMERGENCIES

L—LOCAL EVENTS, FESTIVALS, OR NEEDS

P—POLITICS AND NATIONAL PROGRAMS

Here is how H.E.L.P. works. Within the H.E.L.P. categories you choose what interests you and participate in a related service. We ask that you complete from 5 to 20 hours of service, or as much as you want. You may do all your hours in one category or choose from all of them for a complete picture of the scope of community service in America. Choosing an activity of personal interest is very important and makes volunteering more enjoyable.

You will find opportunities for volunteering through your school and church also. Work with your host family to list all the possibilities in your area to see what interests you the most. Your host family is also encouraged to volunteer with you. Your Regional Manager or Area Representative may also organize group activities where exchange students work together on larger projects.

Some ideas of where to volunteer are 4-H Clubs, Scouts, Animal Rescue League, cultural centers, speak at elementary schools, rake leaves for an elderly person, Habitat for Humanity, art/music events, and seasonal festivals.

Please keep track of your volunteer hours and submit them to your Area Rep regularly. Before you leave for home at the end of the program, your volunteer service will be recognized and congratulated.

You will be amazed at what you learn and the fun you will have by **H.E.L.P.**ing others!

