The following pledge is your personal commitment to yourself, your host family, the volunteers, and AFS. Please take this with you overseas as a reminder of your role as an AFS Participant and review it from time to time during your experience.

I, ____________________________________________, in the tradition of those who created AFS and like the over 450,000 participants before me from all over the world, pledge to:

- Learn as much as I can about my host country’s culture and traditions, and to teach those who are interested about my culture and traditions;
- Be true to my beliefs and values;
- Be truthful, honest and open with my host family and my friends;
- Be an active member of my host family by helping my host parents, brothers and sisters when I can;
- Be as responsible as I am able to be, acting as a leader and example to others;
- Adhere to the rules and regulations of AFS as described to me at my Pre-Departure and Gateway Orientations;
- Do my best to help AFS in my host community;
- Keep an open mind about people and events during my stay in my host country;
- Remember that I am a global citizen and work to make it safer and more peaceful;
- Always remember that I am an ambassador for my country, family, school, and AFS.

Though I expect to be challenged in unexpected ways, I will persevere to the best of my ability to complete my AFS program.

---

The AFS Mission

AFS works toward a more just and peaceful world by providing international and intercultural learning experiences to individuals, families, schools, and communities through a global volunteer partnership.

---

Your Signature ______________________________ Date ______________________________

Connecting Lives, Sharing Cultures