



The Amicus 10

Welcome to the Amicus 10! A 10-week challenge designed to help you build connections with your host, community, and school. You have a pack of 10 weeks of challenges (each with a specific start day). Completing each weekly task is worth points (which will be tracked by the Amicus office). If you complete all 10 weeks of challenges we will send you an Amicus 10 shirt. You can also do the bonus tasks for extra points. The person with the most points will receive an Amicus Patagonia backpack. To participate in the Amicus 10 you will need an Instagram account and will need to follow @younglifeamicus. DM @younglifeamicus and let us know you are an Amicus student so we are sure to follow you back! Have fun!

Bonus Point Tasks: Complete anytime August 26-Oct 30

Have lunch with someone who was sitting by themselves at school. DM @younglifeamicus on Instagram and tell us who you sat with at lunch and a fun fact you learned about them.

Completing this is worth 4 points

Post a story on Instagram with 10 handles of friends from your school tagged with an emoji to describe them.

Completing this is worth 3 points

Volunteer. For example: work in the nursery, help your neighbor with yard work, ask your school if you could help for a couple hours, etc. DM @younglifeamicus on Instagram and tell us where you volunteered and how you liked it.

Completing this is worth 5 points

Join a school club or sports team. Post a photo on Instagram and tag @younglifeamicus with #Amicus10

Completing this is worth 4 points

Do all the dishes after a family meal. DM @younglifeamicus a picture on Instagram.

Completing this is worth 3 points

Find out the love language of everyone in your household. DM @younglifeamicus on Instagram and tell us the name of each person and what their love language is.

Completing this is worth 3 points

Go to the grocery store with your host(s) or mentor and take a picture of the three weirdest American foods you can find. DM @younglifeamicus the photos of the three weirdest foods you found.

Completing this is worth 3 points

Attend a school sporting event or play. Post a photo on Instagram and tag @younglifeamicus with #Amicus10

Completing this is worth 2 points

Try a new flavor of ice cream with your mentor. Post a photo on Instagram and tag @younglifeamicus with #Amicus10

Completing this is worth 3 points

List 10 things you like about and are appreciative of American culture. Post this in your story in Instagram and tag @younglifeamicus

Completing this is worth 4 points

Go to the store with your mentor or host family and spend some time smelling different products. Name your favorite smelling American deodorant, soap, shampoo, lotion, and candle. DM @younglifeamicus on Instagram and tell us the name each of your favorite smelling products.

Completing this is worth 3 points

Post a photo on Instagram and in the caption say thank you to 5 different people you appreciate. Tag @younglifeamicus and use #Amicus10

Completing this is worth 4 points

Learn how to do laundry in your house. Post a photo in your Instagram story and tag @younglifeamicus or DM us a photo.

Completing this is worth 3 points

Have a movie night with your host(s) watching a cross cultural film. Post a photo in your Instagram story and tag @younglifeamicus or DM us and tell us what movie you watched.

Completing this is worth 3 points