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經歷：RYE派遣家庭及接待家庭家長

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一、行前注意事項：

1. 準備英文自傳及家長感謝信

感謝信：簡短扼要，大意是感謝對方的接待，並表示當孩子有令人失望之言行，懇請對方多多包容及教導。

2. 積極與接待社顧問和家庭聯絡感情，以E-mail方式即可。

3. 陪伴孩子從國際化的視野去了解接待國的文化，有利孩子儘早適應當地環境。

4. 參與每一次RYE研習從中學學習相關事宜。

補充『出境注意事項』

—隨身攜帶物品：1. 相關證件如護照、簽證、國際學生證。

2. 名片、信用卡、3G手機、美金零用錢。

3. 緊急聯絡人之電話（接待社及第一接待家庭）。

4. 妥善運用航空公司之協助，比如轉機服務。

二、怎樣的聯繫、安撫對孩子有利？

孩子初到當地情緒難免緊張激動，父母應要求孩子一到接待國要即時聯絡，提醒孩子不要多想，只要睡得好放鬆心情調整時差，一定能熬過最混亂的第一週！

第一個月建議由孩子主動回報情況，父母每週與其視訊一次即可。

第二個月提醒已漸入佳境的孩子，不要忘記一些基本禮節，勿將別人給你方便當隨便。

三個月過後，每個孩子因成長環境和個性不同，會產生思鄉情結的時間點也不同，父母除了傾聽安慰，應該要比孩子更理性。面對孩子的報怨或挫折，用積極正面的言詞去鼓勵，而非接收一些孩子的抱怨後，比孩子更激動不安。有問題可以向RYE的顧問反應，教孩子學習自己接洽與面對一些難題，對孩子才是一種難得的經驗和成長！當孩子分享生活點滴時，快樂的事陪他一起笑，不如意的事用成熟的處事態度告訴孩子『如果我是妳，我會怎麼做怎麼思考』給予忠告。

三、父母無需瞎操心，確認孩子人身安全無虞即可安心！用祝福的心態代替擔心掛慮！

1. Pre-departure preparations:

(1) Prepare an English biodata and parent's letter of thanks.

The letter of thanks should be short and express appreciation for the hospitality of the host family. It should also state an appeal for tolerance and proper guidance from the host family in the event of the child's undesirable behavior.

(2) Actively try to establish communication and goodwill with the host family and host counselor by email.

(3) Together with your child, try to understand the culture of the host country from an international perspective. This will help your child to adapt more quickly to the host country environment.

(4) Participate in every RYE seminar to acquire related information.

Additional Departure Information: Items to carry with you all the time:

a. Related documents, such as passport, visa, international student ID.

b. Business card, credit card, 3G mobile phone, and cash in USD.

c. Telephone number of person to contact in case of emergency (host Rotary Club or first host family)

d. Information of how to avail of airline assistance services, such as, flight transfer assistance.

2. How do you communicate or talk to your child to his/her best benefit?

Usually any child living in a foreign country would be nervous and tensed in the early period after arrival. Parents should ask the child to call home immediately after his/her arrival in the host country. They should remind the child that he/she should not worry too much and should have a good night's sleep to help them adjust to the differences in time zones. They would surely be able to sail through the trying first week after their arrival.

In the first month, it is recommended that the child be asked to report his/her conditions; parents need only make video conference calls once a week.

In the second month, remind the child who has adapted slightly to his new life to remember basic courtesy and never to take things or people's help for granted.

After the third month, due to differences in upbringing and personal characteristics, children would experience homesickness in different ways. Parents should not only listen and console the child, but also behave in a more rational manner than the child.

In face of complaints and obstacles reported by the child, give constructive advise and motivate him/her. Do not be depressed or become more anxious than the child after hearing about his/her complaints.

Consult the RYE counselor for whatever problems. Teaching the child how to deal with his/her problems or difficulties would benefit them more and help them grow up.

When your child is sharing his/her life and experiences with you, share his/her joy with him/her. Whenever the child talks of unpleasant experiences, be mature in handling the situation and give your child constructive advice on how he/she may deal with the situation.

3. Parents need not be over anxious. Make sure that your child is safe and sound for some peace of mind. Instead of worrying, wish them well and help him/her through her experiences.