

# Letter to Outbounds

## 給派遣學生的一封信

Written by one of our outbound students last year to future Outbounds; a very powerful message.這是一封由去年之派遣學生寫給未來派遣學生的信函，傳達極為有力量的訊息。

Dear future exchangers,  
未來的交換學生們，你們好：

By now at least one person has probably told you that 'exchange will change you'. That's not quite the right word. I would say that exchange will hone and polish who already are. You might not know it yet, but within each of you lies the soul of an adventurer with the strength and courage of a warrior. Exchange will magnify those qualities and bring them to the surface. It is your choice what you accomplish with your newly sharpened strength. Be a positive force, the world and your exchange, will reward you.

到目前為止，可能至少有一個人曾經跟你說過「交換活動將為你帶來改變」，其實這句話不盡然正確，我的看法是交換活動將為那些準備好的人帶來磨練，使其更臻完美。你可能還不清楚，不過每一個人的內在都具有冒險的靈魂以及如戰士般的力量與勇氣，交換活動能夠放大並表現出這些特質。至於如何運用這股新形成的力量，以及達到何種成就，則端看你自己的選擇。試著成為一股正面的力量，那麼你將從這個世界以及你的交換活動中獲得無比的回報。

Every exchange is so unique and different that it becomes difficult to sort out what advice will best work for you. But there are some truths that hold across all exchanges. Go with an open heart and mind and most everything else will fall into place. Please, thank you, help, and I am sorry, are powerful phrases in every language. Use them. There will be times when you are either misunderstood or misunderstand. One single wrong word in a sentence can change its entire meaning. But don't be too hard on yourself when you make a mistake. You are learning and you WILL make mistakes...many of them. Some mistakes will be big and some small. But don't run from either because of embarrassment or confusion. It is easier to unravel a problem when it first happens than to deal with the consequences later. Remember that I told you that you have courage. You do. Use it.

每一次的交換活動都是獨特不同的，也因此要挑出最適合你的建議是不容易的，但是所有的交換活動還是有一些共通真理，那就是帶著開朗的心靈，所有的事情將會水到渠成。在每一種語言中，「請」、「謝謝」、「幫忙」、「對不起」是最有力量的共通詞句，所以請記得使用這些詞句，人總會有被誤會或誤會他人的時候，一個句子裡面只要有一個錯字，整句話的意思就不一樣了。但是如果你犯錯了，也無須太過苛責自己，因為你還處於學習階段，可能會不小心犯下...許多錯誤，有些可能是嚴重的錯誤，有些可能是輕微的錯誤，但無論是嚴重還是輕微，千萬不要因為尷尬或困窘而逃避。問題一發生時，立刻解決問題會比事後處理後果來得容易些。記得我曾說過的，你有無懼的勇氣，這是真的，所以發生問題時就要鼓起勇氣面對。

Homesickness happens to everyone. It might come right away, or maybe not until Christmas or your birthday. But it will happen. And when it does, embrace it. I know this is the opposite of what you have been told, but hear me out. If you don't allow yourself to feel your emotions, they will forever sit on the peripheral edge like a gnat you constantly try to swat away. Instead, allow the tears and sadness to engulf you. Cry it out, good and hard. But look at the clock, and set a time frame of twenty minutes. When your twenty minutes are up, get off that bed, wash your face, and go do something! Have a chat with your host parents, journal about the good moments in your exchange, or look for interesting events that are coming to your host city. Yes, wallow in your sadness, but only for a moment. Give yourself the permission to feel and then allow that feeling to move on. You have an entire exchange ahead of you, fill it with wonderful memories.

每一個人都會想家，有的人可能是離家後立刻產生了想家的情緒，有的人可能是在聖誕節或生日的時候會想家，但總歸每個人都會有這樣的情緒產生。如果真的想家，那就接受擁抱這樣的情緒，我知道這跟你之前聽到的可能不一樣，但聽我把話說完，如果你不讓自己去感受自己真實的情緒，那麼這樣的情緒便會縈繞在內心的角落，不會退散，就像是不斷揮手趕走惱人的蚊子一樣。相反地，我認為應該讓悲傷的眼淚流出來，徹底痛哭一場，但是看著時鐘，給自己二十分鐘的時間哭泣，二十分鐘到了以後，走下床，把臉洗乾淨，並試著找一些事情來做！你可以和接待父母聊一聊，用日記記錄下交換活動期間的美好時刻，或者在接待城市中探索有趣的事情。是的，你可以沉溺在悲傷之中，但是只能是短暫的時間，允許自己去感受，然後繼續往前走，因為你還有整個交換活動要完成，用美好的回憶來填滿這段交換期間。

Learning a new language is frustrating. Do yourself a favor and begin learning your new language NOW. TODAY. It might seem overwhelming, so start with a small goal. Focus on learning five words each day. On the web you can find a list of the 'most frequently used words' for almost any language. Take that list and chunk it into groups of five words. Write down your five words each morning and carry that list with you everywhere. The next day, add five more. Watch youtube videos and search for music and news stations in your new language. You won't know what they are saying at first, but just listening to the pace of the language will help you.

學習新的語言總會讓人覺得受挫，幫你自己一個忙，現在立刻就開始學習新的語言，一開始你可能會不知所措，但先給自己設定一個小目標，每天專注學習五個字。你可以在網路上找到各種語言的「最常用字」列表，將最常用的字以每五個字為一組進行分組，每天早上寫下五個字，並隨身攜帶這張表，隔天再增加五個字。此外，你也可以觀看 Youtube 影片，並搜尋以新語言發音之歌曲和電台，一開始你可能會聽不懂內容，只要專心聽著該語言的節奏，這對你是有幫助的。

I have a few tips below that have worked for me and maybe they will work for you. But remember, each exchange is different.

下列是我學習語言時的一些小訣竅，對我很有用，對你可能也許有幫助，不過請記得，每一次的交換活動都是與眾不同的。

- Write down your host address on a small piece of paper and keep in your purse/wallet.

You will get lost at least once, either walking to school or taking the train. Ask for help and show your written address down if there is a language barrier.

一張小紙條上寫下你的接待家庭地址，並放在你的錢包/皮夾內。你可能是走路或是搭火車上課，因此至少會迷路一次。迷路時，如果無法在語言上順暢表達，你可以拿出寫有地址的紙條問路。

- Try not to say no when a Rotary member, family, or new friend invites you somewhere. You never know what type of adventure it might turn out to be! 如果扶輪會員、家庭或新朋友邀請你到某個地方，試著不要拒絕，因為你無法知道這將會是一場什麼樣的冒險旅程。
- Make an effort to get know the people in your Rotary club. They have made this year possible for you...Thank them! 試著認識你所屬扶輪社的人們，他們讓你的交換夢想成真...要記得感謝他們！
- Try to buy an 'unlocked' phone to bring with you. I had to purchase a new phone in my host country because my Verizon phone was locked so I couldn't just replace the sim card.記得購買無鎖手機帶著身上，我曾在我的接待國家購買一支全新的手機，但因為我的 Verizon 手機被綁定，所以更換 SIM 卡也無法使用。
- Your head might hurt the first few weeks as you acclimatize to all the foreign words, foods, and time change. Bring some aspirin with you. Drink plenty of water.為了要適應外國文字、食物以及時間變換，最初的幾個星期可能會有頭部不適的情況，帶一些阿斯匹靈在身上，並喝足夠的水。
- Don't compare your exchange to someone else's. It is impossible. So don't get too caught up in someone else's picture perfect Instagram exchange.不要和別人的交換活動比較，這是沒有辦法比較的，所以不要太在意別人在 Instagram 分享的完美交換活動照片。
- If you want friends, sometimes you have to be the first one to say hello. I know it can be intimidating; but just remember, you have strength and courage!如果你想要認識朋友，有時候你必須是主動打招呼的那一個人，我知道你可能會有些膽怯，但記得，你具有力量和勇氣！
- ALWAYS ask your host parents what their rules and expectations are. Especially the little things, like when you should be home or who/where to call if you are late. If you are unsure or confused by something, ask again!記得詢問你的接待父母他們的規則與期望，特別是瑣碎的事情，像是什麼應該待在家裡，或者晚回家時應該打電話給誰。如果你感到不確定或疑惑，那就再問一次！
- If you have other exchange students in your school/city, it can be easy to fall into a friendship with them. After all, they are experiencing the same ups and downs of life as you. But you do yourself, and your exchange, a huge disservice if you only hang out with other exchangers to the point of not making any native friends in your host country.如果在你的學校或城市還有其他的交換學生，那麼和他們建立友誼會容易得多，

畢竟他們也和你一樣正經歷許多人生的高低潮。但是如果你只結識其他交換學生，而沒有在接待國家結識本地的學生，那麼對於你自己以及你的交換活動來說是一大損失。

- Not every moment is rosy, but remember you can never have the ups without the downs. 不是每一個時刻都是美好的，但是請記得生活不會永遠只有好事而沒有令人沮喪的事。
- Take the time to really enjoy the minutia of what makes your host country special. Embed in your memory the way the sun looks in the morning or how your favorite tree sways in the wind or how a favorite food tastes. 把握時間，好好享受每一個令你在接待國家過得如此特別的時刻與細節，例如：記住早晨的太陽、你最喜歡的樹在風中搖曳的姿態、以及你嚐過最喜愛的美食。
- Keep a journal. Take photos. Keep your ticket stubs or train tickets. These are all memories you can look back on later. 寫日記、拍照、保留車票票根或火車票，這些都是你日後能夠追想的回憶。
- Your emotions will run the gambit from extreme excitement to utter misery. This is normal. But try to stay in touch with your feelings because it will help you understand, and moderate, your reactions. 你的情緒可能從一開始的極度興奮跌落谷底，這是很正常的，但試著覺知自己的感受，因為這將有助於你瞭解並緩和你的反應。
- Most of all: This is a year that you never get to live again. It is a gift. Embrace it. 最重要的是，這一年的生活體驗只有一次，這可說是一個禮物，請你完全接受它。

See you all in Grand Rapids!

期待與你相見！

Juliette