

May 2018  
2018 年 5 月

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### Youth Leadership All-Stars shine for Youth Service Month 「青年領袖新星」照亮了青少年服務月

May is Rotary's Youth Service Month! To celebrate we are sharing stories from our 2018 Youth Leadership All-Stars. Every week in May, read a new Youth Leadership All-Star story about Youth Exchange, RYLA, Interact, or Rotaract on the Rotary Voices blog.

五月是扶輪的青少年服務月！我們將分享 2018 年度青少年領袖新星的故事，一同慶祝扶輪的青少年服務月。扶輪之聲部落格於五月的每一週分享一篇有關青少年交換、扶輪青少年領袖獎(RYLA)、扶輪少年服務團或扶輪青年服務團的青少年領袖新星之故事。

Want to get your club and district more involved with Youth Service Month?  
您的扶輪社與扶輪地區想要更深入參與青少年服務月嗎？

- Share stories from the Rotary Voices Blog showcasing our Youth Leadership All-Stars to inspire your members.  
分享扶輪之聲部落格的青少年領袖新星之故事，藉以激勵社員。
- Identify and celebrate exceptional Youth Leadership All-Stars in your own

clubs and districts at club meetings and on social media.

在您的扶輪社與扶輪地區會議以及社群媒體找出並表揚優秀的青少年領袖新星。

- Plan a service project with young leaders in your community and take action together.

與您的社區青少年領袖共同規畫服務計畫並一起行動。

READ ABOUT OUR FIRST ALL-STAR

閱讀第一位領袖新星的故事

## Paying it Forward through Rotaract

### 扶輪青年服務團將愛傳遞

Posted on **May 2, 2018** by **Rotary International**

國際扶輪於 2018 年 5 月 2 日發布



Members of the Rotaract Club of Pudu participate in a service project.

富都扶輪青年服務團團員參加服務計畫。

**Editor's note: This is the first in a series of blog posts from the 2018 Youth Leadership All-Stars, participants in Rotary's programs for young leaders, in celebration of Youth Service Month.**

編輯的話：這是為了慶祝青少年服務月而推出的 2018 年度青少年領袖新星部落格文章系列第一篇，這些領袖均參與扶輪青少年領袖計畫。



Shannon Chow

*By Shannon Chow, Rotaract Club of Pudu, Kuala Lumpur, Malaysia*

*作者：馬來西亞吉隆坡富都扶輪青年服務團 Shannon Chow*

I first joined Rotaract when I was studying at Taylor's University in Malaysia, and have now been in my club for close to eight years. Rotaract is a great platform to learn, practice, and exhibit leadership skills, and to be mentored by Rotarians and other Rotaractors. In addition to the professional development I have experienced, I have built so many friendships, including my best friend (now boyfriend) of seven years.

當我在馬來西亞泰萊大學就讀時，首次加入扶輪青年服務團，至今已有將近八年之久。扶輪青年服務團提供了一個學習、實踐與展現領導能力的絕佳平台，而且還能獲得扶輪社員與其他服務團員的指導。除了體驗到專業能力的發展外，我還結交了許多朋友，包括結識七年的好友（如今已成為男友）。

Rotaract has opened up many doors in my life. Before I joined, I was very shy and speaking to strangers was always a challenge for me. But during my years in Rotaract, I had many opportunities to talk with Rotarians at conferences, speak with top-level management about sponsoring club projects, and recently delivered a speech at our installation dinner.

扶輪青年服務團為我的人生開啟了許多扇門。在加入扶輪青年服務團之前，我的個性靦腆害羞，與陌生人交談對我來說更是一大挑戰。但是在加入扶輪青年服務團的這幾年間，我有多次的機會在會議上與扶輪青年服務團員進行對談，並與高階管理者討論扶輪社贊助計畫，最近則是在交接晚宴上發表演說。

I am blessed to have a group of extremely nice Rotarians and Rotaractors who guide me, teach me how to lead, deal with conflicts, and serve my community. What I learn from them, I apply in my daily life. The experience led me to become a dual member of both Rotaract and Rotary, where I am seeking even greater opportunities in networking and international exposure in the Rotary Family.

我很感謝能夠遇到一群親切的扶輪社員及服務團員，他們在領導力的展現、爭議處理、以及社區服務等方面為我提供指導，而我也將他們所教導的一切應用在我的日常生活中。這些體驗也讓我決定成為扶輪青年服務團員與扶輪社員，並繼續尋求更好的機會與扶輪家族聯繫，並且與各國社員交流。

### **Finding a purpose in life**

#### **找到人生的目的**

Many young leaders are seeking to find their passion and define their purpose in life. To me, Rotary's young leader programs recognize the importance of empowering young people through professional development opportunities in Rotaract, Interact, Rotary Youth Leadership Awards (RYLA), and Rotary Youth Exchange. These programs are a platform in my local community for developing skills and giving back to our community. Young leaders who unite together can do great and impactful projects. Together we can inspire others to take action.

許多年輕領袖積極發掘自身的熱情，界定自我的人生目的。對我而言，扶輪青少年領袖計畫透過扶輪青年服務團、扶輪少年服務團、扶輪青少年領袖獎(RYLA)與扶輪青少年交換計劃所提供的專業發展機會，藉此肯定授權給年輕人的重要性。這些計畫對於

我所在的社區來說，是一個能夠培養技能並回饋社區的平台。年輕領袖彼此團結合作，推動極具影響力的重要計畫，同時激勵他人一起採取行動。

I have a vision for seeing more young leaders helping peers develop their skills. In Malaysia, we are currently facing a shortage of skills in the workforce. I hope through Rotary and Rotaract we can enable youth to develop these skills through mentorship. Toward this goal, I aim to run a professional development workshop this year as the incoming President of my Rotaract Club.

我的願景是希望能看到更多的年輕領袖協助同儕發展技能。我們目前在馬來西亞面臨到勞動力缺乏技術的窘境。我希望透過扶輪社與扶輪青年服務團，能夠讓年輕人接受指導以發展這些技能。為了這個目標，我計畫在今年以新任扶輪青年服務團團長的身分，舉辦專業發展研討會。

On a smaller scale, in my daily life, I'm on a mission to "Pay It Forward" and practice random acts of kindness. Even one small action could brighten many lives. Just a week ago, I used my credit card to buy a drink for a security guard on duty outside a building. His smile was priceless. You see, it doesn't take a lot to make someone's day a little bit better.

在日常生活中，我以較小規模的方式實踐「將愛傳遞」的使命，並身體力行隨手行善。即使是不起眼的行為，也能照亮許多生命。就在一週前，我用信用卡為在大樓外執勤的保全人員買了一杯飲料，他所給予的笑容卻是無價的。各位看看，不需要花費多少就能讓一個人的生活變得更美好。

In Rotaract, we practice "fellowship through service." I've gained so many friendships both locally and international while doing good in my community. If you'd like the same, get in touch with a [Rotaract Club](#) near you!

扶輪青年服務團的團員力求實踐「透過服務廣結善友」。我在社區行善時，結交了許多國內外的朋友。如果你也想和我一樣，趕緊連絡你所在地區的[扶輪青年服務團](#)！

## Updates 最新消息



### Register today for the Youth Exchange Officers Preconvention

今天就報名參加青少年交換委員會前會

Join us in Toronto at the Youth Exchange Officers Preconvention, 22-23 June, to discover the excitement, fun, and global community of Rotary Youth Exchange! Our program features general sessions as well as interactive workshops to learn alongside

friends, exchange ideas, and make connections for future exchanges.

歡迎參加國際扶輪於 6 月 22-23 日在多倫多舉行的青少年交換委員會前會，一同體驗扶輪青少年交換計劃的刺激、樂趣以及全球社群！我們的計畫採一般議程與互動式研討會，與朋友們共同學習、交換意見、建立關係以利日後的交流。

Stay for [Rotary International Convention](#) to connect with even more Rotary leaders!

歡迎留下來繼續參加國際扶輪年會，與更多的扶輪領袖交流。

REGISTER

報名

## Rotary's amazing capacity to bring people together

### 扶輪聚集人們的驚人能力

"I felt an urge to go away and experience something new. I took part in a youth exchange to Freeport, Bahamas, in District 6990 and it changed my life in so many ways I can't explain. It is still shaping many of my current decisions."

「我迫不及待地想要走出去，體驗全新的一切。我參加了青少年交換計畫，並前往國際扶輪 6690 地區巴哈馬自由港，扶輪青少年交換計畫在許多層面上改變了我的人生，這實在難以用言語道盡，且至今仍對我的諸多決定仍具有影響力。」

Read how Gabriel de Jesus Abade's Rotary journey took him from Interact to Rotary Youth Exchange to Rotex to Rotaract.

看看 Gabriel de Jesus Abade 的扶輪之旅，如何一路帶領他從扶輪少年服務團到扶輪青少年交換，再到回國交換學生聯誼會(Rotex)及扶輪青年服務團。

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繼續閱讀

## Rotary's amazing capacity to bring people together

### 扶輪具有將人們聚集在一起的驚人能力

Posted on [March 6, 2018](#) by [Rotary International](#)

國際扶輪於 2018 年 3 月 6 日張貼



Exchange students from District 6990 get together.

國際扶輪 6990 地區的交換學生齊聚一堂

*By Gabriel de Jesus Abade, former Rotary Youth Exchange Student*

作者：前扶輪青少年交換學生 Gabriel de Jesus Abade

When I was 16, like most teenagers, I was focused on my own life. I hadn't really thought about joining a service club or dedicating myself to helping others. But that changed when a high school friend began talking to me about Rotary, and its local and global actions. I was captivated and wanted to learn more. So I took my first steps in Rotary as a member of the [Interact Club of Lauro de Freitas](#). Through the club, I was able to contribute in small ways to changing my community for the better.

16 歲時的我就如同大多數的青少年一樣，只關注自己的生活。我從未真正想過加入服務社團，或是貢獻自己幫助他人。不過，當我的高中朋友跟我提及扶輪，以及扶輪在本地與全球的活動時，我的心態開始有了轉變。扶輪的活動很吸引我，並讓我想要更深入瞭解。於是我生平第一次踏入扶輪，成為勞魯迪弗雷塔斯扶輪少年服務團團員。透過服務團，我能夠為社區的改善而盡一點心力。



Gabriel de Jesus Abade, right, reconnects with his exchange counselor, Richard Bates, during the 2015 Rotary International Convention in São Paulo.

Gabriel de Jesus Abade(右)於 2015 年的聖保羅國際扶輪年會中，與當年的交換學生顧問 Richard Bates 重逢

It was also there that I first came into contact with the Rotary Youth Exchange program through exchange students who lived in my district. It aroused something inside of me, and I felt an urge to also go away and experience something new. I took part in a youth exchange to Freeport, Bahamas, in District 6990 and it changed my life in so many ways I can't explain. It is still shaping many of my current decisions. A lot of what I do today is related to the change I went through nine years ago. The exchange opened my eyes to a world bigger than my own neighborhood, city, state, and country. And there was no turning back.

在這場年會中，我遇到與我住在同一地區的交換學生，這也是我首次接觸到扶輪青少年交換計畫。這激起了我內心的一些東西，我迫不及待地想要走出去，體驗全新的一切。我參加了青少年交換計畫，並前往國際扶輪 6690 地區巴哈馬自由港，扶輪青少年交換計畫在許多層面上改變了我的人生，這實在難以用言語道盡，且至今仍對我的諸多決定仍具有影響力。我現在所做的許多事情與我九年前的交換經驗有著緊密的關係，不僅拓展了我的視野，也讓我看到了我所居住的周遭、城市、省份與國家以外之世界，這真是一條無法回頭的路。

I returned to Brazil with a sense of duty. Rotary impacted my life and I felt I needed to “pay it back” somehow. My mom felt the same way. She even became a Rotarian. I became a member of the **Rotex** in my district, a group of youth exchange alumni who assist new inbound and outbound students during their exchange, from 2010-15. We hosted five exchange students and received countless others for shorter stays. During carnival, which is a huge event in my hometown of Salvador, exchange students staying in other cities in Brazil would come to our home to experience carnival with Rotary supervisors.

我滿懷著責任感返回巴西。扶輪影響了我的人生，我也深感自己應該有所「回饋」，我的母親也和我有著同樣的感受，她因此成為了一名扶輪社員，而我則加入所在地區的**回國交換學生聯誼會**。回國交換學生聯誼會是由青少年交換回國學生所組成的團體，曾於 2010-15 年期間協助新進接待與派遣學生。我們接待過五名交換學生，還有無數名短期居留學生。在我的家鄉薩爾瓦多舉辦大型嘉年華期間，居住於巴西其他城市的交換學生來到這裡，與扶輪主管一同體驗嘉年華會的熱鬧氛圍。



A perfect picture of Rotex, special people, special moments, and lots of laughter.  
回國交換學生聯誼會的完美畫面，特別的人、特別的時刻以及燦爛的笑容。

My sense of needing to give back also prompted me to become a Rotaract member. The club, **Salvator-Aratu**, is a very active one, and we were able to impact our community in a rather impressive way. Our projects included distributing food to the homeless, supplying hospitals with mattresses, organizing medical clinics, and funding tutoring for public school students. There I made some wonderful memories and friends, with whom I still keep in contact. I guess that's precisely how I feel about Rotary: it's a big international family. Among Rotarians, I feel at ease, at home.

這種「必須回饋」的感受促使我成為扶輪青年服務團員。**薩爾瓦多-阿拉圖**扶輪青年服務團非常活躍，我們總是以較為令人印象深刻的方式來影響自己的社區。我們的計畫包括分送食物給遊民，提供床墊給醫院，安排醫療診所，並贊助公立學校學生的輔導課程。我在這段時間獲得非常美好的回憶且結交友人，迄今仍和這些朋友保持聯絡。我想這就是自己對扶輪的感受：這是一個國際大家庭。我與扶輪社員的相處極為自在，就如同在自己家一樣。

In 2015, I decided to attend Friedrich-Schiller-University Jena in Germany to study the European legal system. I participated in the local **Rotaract club** and met some fascinating people. During my first meeting, I met a lovely girl named Julia, and we've been dating for over 2 years now. That's precisely what amazes me about Rotary: this capacity of bringing people together despite their historical or geographic backgrounds, overcoming cultural barriers and creating this special art of global thinking/belonging.

2015 年，我決定前往德國耶拿市的弗里德里希·席勒大學攻讀歐洲法律制度。我加入了當地的扶輪青年服務團，認識一些魅力四射的人們。我在第一次的會議中遇到一位可愛的女孩，名字叫做 Julia，我們已經約會了兩年多。這也是讓我對扶輪感到驚訝的地方，即便是來自不同歷史或地理背景的人們，仍能克服文化障礙，打造獨特的全球思維/歸屬感。

I'm currently in Brazil and preparing to defend my bachelor's thesis. I'm not quite sure what is yet to come once I've graduated. But one thing I'm sure of: whether in Brazil, Germany, or elsewhere Rotary will always be a part of my life.

我目前正在巴西準備我的學士論文，自己也還不確定畢業後會如何，但是可以肯定一件事：無論在巴西、德國還是其他地方，扶輪始終都是我人生的一部分。

Learn more about **exchange opportunities through Rotary**

瞭解更多扶輪提供的交換機會

## Unexpected lessons from my disaster relief experience

我從災害救助中所吸取的意外經驗

"Over my summer break at the University of Newcastle, I decided to trade in the warmer weather of Australia for an English winter. Why, you might ask, would I do such a thing? Well the only way I can explain it is — I was presented with the opportunity of a lifetime. During my **New Generations Service Exchange** at the headquarters of ShelterBox International, I gained priceless insight and first-hand experience in disaster relief management."

「在紐卡索大學就讀的暑假期間，我捨棄了澳洲的溫暖氣候，選擇英國的嚴寒冬天。你或許會問，為什麼要做這種事？好吧，我對此事的唯一解釋是—眼前是一生難逢的大好機會。我在「難民庇護箱」總部的**新世代服務交換**期間，學習到無價的洞悉力以及災害救助管理

的第一手經驗。」

Read more about Yannis Comino's New Generations Service Exchange experience.  
繼續閱讀 Yannis Comino 的新世代服務交換體驗。

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## Unexpected lessons from my disaster relief experience

### 我從災害救助經驗學習到的意外教訓

Posted on **April 10, 2018** by **Rotary International**

國際扶輪於 2018 年 4 月 10 日發布



Yannis Comino with ShelterBox aid supplies.

Yannis Comino 與「難民庇護箱」救助用耗材

By Yannis Comino

Yannis Comino 提供

Over my summer break at the University of Newcastle in New South Wales, I decided to trade in the warmer weather of Australia for an English winter. Why, you might ask, would I do such a thing? Well, the only way I can explain it is — I was presented with the opportunity of a lifetime. During my **New Generations Service Exchange** at the headquarters of **ShelterBox International** in Truro, Cornwall, I gained priceless insight and first-hand experience in disaster relief management.

在紐卡索大學就讀的暑假期間，我捨棄了澳洲的溫暖氣候，選擇英國的嚴寒冬天。你或許會問，為什麼要做這種事？好吧，我對此事的唯一解釋是—眼前是一生難逢的大好機會。我在「**難民庇護箱**」總部的**新世代服務交換**期間，學習到無價的洞悉力以及災害救助管理的第一手經驗。」

Both my mother and father are members of the Rotary Club of Morisset, and their club's constant promotion of ShelterBox gave me the idea to seek the exchange. I am currently working on a bachelor's in Development Studies with the hope of pursuing a career in the aid sector through either community development or disaster management, so I was thrilled when my exchange was approved.

我的父母都是莫里塞特扶輪社社員，該扶輪社長久以來推廣「難民庇護箱」活動，這也讓我參與交換的想法。我目前正在攻讀發展研究學士學位，期望能透過社區發展或災害管理在救援單位任職，所以在得知交換申請獲准後，我感到興奮不已。

As I walked through the doors of ShelterBox headquarters, I was greeted by a youthful, vibrant, and enthusiastic team. I was impressed by their morning meetings, as they sit in front of four large television screens analyzing the current deployments and tracking global news of the day.

當我走進「難民庇護箱」總部大門，一群年輕有活力且充滿熱誠的團隊前來歡迎我。他們的晨間會議令我印象深刻，他們坐在四個大型電視螢幕前，分析現有調度，並追蹤當天的全球新聞。



Yannis stands next to the "Rotary Wall" of club banners at the ShelterBox Disaster Relief Centre.

Yannis 站在掛滿扶輪社旗幟的「扶輪之牆」旁（拍攝於「難民庇護箱」災害救助中心）

My task was to dive through post-deployment reports to identify contacts. Reading through these reports and generating a contact list the organization can use in future deployments, I got a real taste for the work they do. I was able to work alongside, and gain a deeper understanding of, the affiliates programme. This work was fascinating, but the greatest experience was sitting in on meetings and working with fellow colleagues who share my humanitarian virtues.

我的工作研究調度後報告，以找出聯絡方式。在閱讀這些報告後，我必須製作聯絡清單，以供組織日後調度之用。我真正體驗到他們所從事的工作，與他們共事，我更深入瞭解到合作組織計畫。這項工作很吸引人，但是最棒的是能夠參加會議，並聽同事分享其人道主義觀點。

As I look back over my six-week immersion in disaster relief operations, and the logistical conundrums that must be resolved for any successful aid deployment, I am more certain than

ever of my desired career path.

回首這為期六週的災害救助活動體驗，以及為了成功調度救援活動而必須解決的後勤難題，我更加確定自己未來的工作方向。

I truly believe this was the beginning of a lifetime of experiences. This kind of work will enable me to merge my two passions: helping others and exploring new destinations and cultures. My exchange has already led me to become more involved with the Morisset Rotary Club. I shall be going to Tanzania later this year to help undertake a project to provide needed equipment for a hospital in the city of Morogoro.

我深信這是人生體驗的開端。這項工作將讓我能夠將自己的兩大熱情結合：助人以及探索全新的目的地與文化。此次的交換計劃讓我更積極參與莫里塞特扶輪社。我將於今年下半年前往坦尚尼亞，協助推動一項計畫 - 在莫羅哥羅市提供醫療院所必要的設備。

I extend a big thanks to the Rotary Club of Truro Boscawen, who hosted me for my six-week exchange, and the Rotary club back home for kick-starting this adventure. But my biggest thanks has to go to Jane and Andrew Parker who put up with a stranger staying in their house for six weeks. It is a good thing I head back as the Australian summer draws to a close, as I dare not get back into a swimsuit after eating all of Jane's amazing food. This New Generations Service Exchange has ignited my flame for humanitarian service, one I hope will continue to burn brightly for many years to come.

我萬分感謝特魯羅柏斯考恩扶輪社在為期六週的交換計畫期間所提供的接待服務，並感謝我所屬的扶輪社推動的這場冒險。不過，我最感謝的人是 Jane 與 Andrew Parker，他們讓一位陌生人住進家裡六週。我能在澳洲暑假即將結束時回家確實是件好事，因為我實在不敢在吃完所有 Jane 烹調的美食後穿上泳衣。這項新世代服務交換已經點燃我對人道服務的火苗，我希望這把火能夠持續燃燒很多很多年。

Learn more about [New Generations Service Exchanges](#) and read more about [Rotary's partnership with ShelterBox](#)

瞭解更多 [新世代服務交換](#)，並繼續閱讀扶輪與「[難民庇護箱](#)」之間的合作。



扶輪青年服務團 1968-2018

慶祝 50 周年！

Events & Resources  
近期消息與可用資源

**NEWLY CERTIFIED DISTRICTS**  
**最新認證地區**

**D3150** (part of India) is newly certified.

**D3150** (印度部分地區)最新通過認證。

View our complete listing of  
noncertified districts.  
請瀏覽未獲認證地區的完整名單。

**NONCERTIFIED DISTRICTS**  
未獲認證地區

## UPCOMING EVENTS

### 近期活動

**12-13 May**

23rd Annual Japan Youth  
Exchange Conference  
Chiba-City, Japan

**5 月 12-13 日**

第 23 屆年度日本青少年交換會議  
日本千葉市

**22-23 June**

Youth Exchange Officers  
Preconvention  
Toronto

**6 月 22-23 日**

青少年交換委員會前會  
多倫多市

**23-27 June**

Rotary International Convention  
Toronto

**6 月 23-27 日**

國際扶輪年會  
多倫多市

## RESOURCES

### 可用資源

**Rotary Youth Exchange on  
LinkedIn**

LinkedIn 之扶輪青少年交換資訊

**Rotary Code of Policies**

扶輪政策彙編

**Youth Exchange Directory** (*district  
and multidistrict Youth Exchange  
chairs can access by signing in to  
Rotary.org*)

青少年交換目錄(地區與多地區青少年  
交換主委可登入 Rotary.org 取得目錄)

START AN EXCHANGE



(圖片文字)

讓我們一起告訴全世界，

我們說做就做！

今天就開始行動！

Youth Exchange is a source of news, resources, and event details for those who promote global understanding through the Rotary Youth Exchange program available every other month. 青少年交換電子報提供新聞、資源與活動細節報導給透過扶輪青少年交換計劃推動全球共識之人士，每兩個月發行一次。

Send questions and story ideas to [youthexchange@rotary.org](mailto:youthexchange@rotary.org). 請將你的問題、故事與想法寄至 [youthexchange@rotary.org](mailto:youthexchange@rotary.org)。

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