



# Youth Exchange

國際扶輪青少年交換電子報

March 2019  
2019 年 3 月

Connecting students and communities  
around the world  
凝聚全球的學生與社會



## Join us in Hamburg! 和我們一起到漢堡！

Plan now to attend the Youth Exchange Officers Preconvention and the Rotary International Convention, 31 May-5 June in Hamburg, Germany, and connect with Youth Exchange leaders and alumni from around the world. You'll have the opportunity to learn, make lasting friendships, hear from inspiring speakers, and maybe even discover a new passion. Internationally recognized speakers and Youth Exchange-focused breakout sessions make this an event you won't want to miss.

現在就規劃參加 5 月 31 日至 6 月 5 日在德國漢堡舉行的青少年交換委員會前會以及國際扶輪年會，與世界各地的青少年交換領袖和前交換學生聯繫交流。大家將有機會相互學習、建立長久友誼、聆聽啟發人心的演講、或許還能發掘不一樣的熱情。這次的活動邀請備受國際肯定的演講者，並安排青少年交換分組會議，你絕對不會想錯過這些精采的活動內容。

Check out the Preconvention page and the upcoming convention schedule to learn about the speakers, breakout sessions, and other events planned for the Hamburg convention. Register online or on-site – all are welcomed!

請瀏覽會前會網頁及近期會議時程表，進一步瞭解漢堡會前會的演講者、分組會議與其他活動內容。歡迎線上報名或現場報名！

REGISTER TODAY  
馬上報名

## News & Stories 最新消息與故事分享

### Rotary Youth Exchange: A key to global citizenship 扶輪青少年交換：邁向全球公民之鑰

Marie Tornquist learned the value of understanding and appreciating other cultures through her Rotary Youth Exchange. Following her yearlong exchange in Brazil, the U.S. native became a cross-cultural communications professional working in Hong Kong. Read more about her path to global citizenship on the Rotary Voices blog.

Marie Tornquist 透過扶輪青少年交換而學會理解與欣賞其他文化的價值。這位土生土長的美國人前往巴西交換一年後，目前在香港工作，擔任跨文化溝通專家。扶輪之音部落格提供更多有關她邁向全球公民之路的故事。



READ THE BLOG  
閱讀部落格

### Rotary Youth Exchange: key to global citizenship 扶輪青少年交換：邁向全球公民之鑰

Posted on [September 13, 2018](#) by [Rotary International](#)  
國際扶輪於 2018 年 9 月 13 日發布



Marie Tornquist and her Brazilian classmates during her Rotary Youth Exchange  
Marie Tornquist 在扶輪青少年交換期間與巴西同班同學的合照

*By Marie Tornquist, former Rotary Youth Exchange student from Minnesota, USA, to Brazil*  
作者：Marie Tornquist，從美國明尼蘇達州前往巴西交換的前青少年交換學生

**O**n the first day of my **Rotary Youth Exchange** orientation in a Minneapolis suburb, I remember being confused about the nationality of my country officer. She kept referring to herself as Brazilian, saying things like, “In Brazil we eat a lot of rice and beans,” and, “We (Brazilians) are very open people.” She also referred to her Brazilian host families as “my brother, Eduardo,” “my nieces and nephews,” etc. I wondered if she had somehow been placed with a host family that was a distant relative. After a while I realized that ever since her exchange, she has continued to identify with the Brazilian culture while at the same time living in the U.S. and maintaining her identity as an American.

我還記得當時在明尼亞波利斯市郊舉行的扶輪青少年交換說明會首日，自己就對本國委員的國籍深感困惑。她不斷表示自己是巴西人，說些像是「我們在巴西吃很多米飯與豆子」、「我們(巴西人)非常直率」一類的話。她還將自己的巴西接待家庭說成「我的兄弟 Eduardo」、「我的姪女與侄子」等。我很納悶她似乎將接待家庭視為遠房親戚了。過了一會兒，我才瞭解到她從交換之後，儘管住在美國也保有美國國籍，但她仍持續認同巴西文化。





Marie Tornquist

A few months before my exchange, I received my host family and city assignment. I discovered I would be going to the state of **Mato Grosso**, to the small town of Rondonopolis, right in the center of South America, as far as you can get from Brazil's beaches and samba rhythms. The closest other exchange student would be in another town six hours away by bus.

我在交換前的幾個月就收到接待家庭與城市的分配通知，而我即將前往的是位於馬托格羅索州的隆多諾波利斯小鎮，位置正好就在南美中央，也就是還能夠看見巴西海灘並聽到森巴旋律的最遠處。距離我最近的另一名交換學生所在的城鎮，搭公車須花六小時的時間才能抵達。

During the first three months of my exchange, I focused intensely on learning the language and everything I could about the culture of my new home. At the six-month mark, I was already beginning to dream in Portuguese. I had also gained a solid group of friends with whom I shared common interests and felt that I could talk to openly without being seen as "the American." Having limited access to my native language and culture forced me to integrate into local society and rely on the people around me for support.

在交換的前三個月期間，我專注於學習語言以及與接待家庭文化相關的所有事物。過了半年後，我已經開始作著葡萄牙語的夢了。此外，我還結識了一群有著共同興趣與深厚友誼的朋友，並感覺自己能自在地講話，而不會被視為「美國人」。由於能夠接觸到母語與文化的機會有限，這使得我不得不融入當地的社會，仰賴身邊的人給予支持。

### Us versus them

#### 我們與他們

While traveling as a tourist or even as a student on a traditional study abroad program, people tend to gravitate towards others of similar backgrounds or hold on to their habits and way of thinking. Unless you are fully immersed in your host culture with little contact with your native culture, you will always maintain an "us vs. them" mentality. I believe you can only become a **global citizen** when you start identifying yourself as one of "them." Going on an exchange lends the perfect opportunity to break through nationalist barriers and truly walk in the shoes of someone from a culture you may have once thought foreign.

不論是出國觀光或者是參加傳統的留學計畫，人們往往會選擇接近背景、習慣與思維方式相似的人們。但唯有當你完全處於移居地文化，鮮少有機會接觸母國文化，你才能徹底捨棄一種「我們與他們」的對立心態。我認為唯有開始認同自己是「他們」的一份子，你才能成為全球公民。青少年交換給了我這樣的機會打破國籍隔閡，讓我能真正體驗那些來自我曾經視為外國文化的人們的體驗和感受。

Since my year in Brazil, I have continued to study different languages and cultures. Being able to relate to the people around me is what has helped me to be successful and thrive in many places around the world. My greatest challenge has been living and working in China, where being Caucasian I'll never truly blend in. At times this can be frustrating and mentally exhausting but there are still plenty of days when I feel more connected to Chinese culture than to the U.S.

自從我前往巴西交換一年後，我持續學習不同的語言與文化。能與身邊的人建立關係，正是協助我在世界各地生存並取得成功的關鍵。在中國生活與工作一直是我最大的挑戰，身為白種人的我，不曾覺得自己真正融入其中。雖然有時會覺得沮喪，甚至是內心感到疲憊，但是很多時候我覺得自己與中國文化的羈絆更深於美國文化。

I've gotten used to cultural expectations quite different from what I grew up with. The ability I gained as an exchange student to adapt to different worlds has served me well, and for the most part I have come to enjoy the challenges of cross-cultural communication and forced change. In a world that increasingly pits "us vs. them," I believe that developing an understanding and appreciation of what once seemed strange and unfamiliar is the key to global citizenship, world peace, and progress. I feel very fortunate to have embarked on this journey while on a Rotary Youth Exchange.

我所習慣的文化期待與自己成長的國家截然不同。成為交換學生讓我發展出適應不同世界的能力，而且非常適合我，大多時候我很享受跨文化溝通及被迫改變所帶來的挑戰。在這個「我們與他們」逐漸高漲的世界，我相信培養理解與欣賞曾經陌生且不熟悉的文化，將是全球公民、世界和平與進步的關鍵。我感到很幸運能透過扶輪青少年交換計畫而踏上這段旅程。

## Imagining new possibilities through Youth Exchange 青少年交換帶來全新可能性的想像

Rotary Youth Exchange is a positive force in the lives of those who organize it, experience it, and witness it in communities around the world. Read more about how a group of outbound students in Brazil had an opportunity to give back to the community they became part of through Youth Exchange.

扶輪青少年交換對於在世界各地規劃、體驗與見證青少年交換的人們來說代表著一股正面的力量。繼續閱讀有關一群在巴西的派遣學生如何透過青少年交換把握機會回饋所在的社區。



READ MORE  
繼續閱讀

## Learning a common language of respect 學習尊重的共通語言

Posted on **January 15, 2019** by **Rotary International**  
國際扶輪於 2019 年 1 月 15 日發布



Rotary Youth Exchange students share stories and ideas with students from a high school for the deaf.

扶輪青少年交換學生與啟聰高中的學生分享故事與想法。

*By Daladiana Cunha Lima, co-chair of the Youth Exchange committee for District 4500 (Brazil)*

作者：Daladiana Cunha Lima，巴西4500地區青少年交換委員會副主委

**R**otary Youth Exchange is my favorite Rotary program. From my experience, I found the challenges of [Youth Exchange](#) are fairly universal. Among these, I believe one of the most important is connecting the students' exchange year with Rotary's mission of providing service. 扶輪青少年交換是我最喜愛的扶輪計畫。依我個人的經驗來說，我認為[青少年交換](#)所帶來的挑戰相對較為普遍，而我相信其中最重要的一項挑戰，就是將學生的交換年度與扶輪提供服務的使命相銜接。

My district hosted about 35 exchange students in 2017-18, seven of which were in Natal, Rio Grande do Norte, in northeast Brazil. The other students came from Canada, Denmark, Finland, Belgium, Germany, Taiwan, and Poland.

我所屬的扶輪地區在2017-18年度接待了約35名的交換學生，其中有7名在巴西東北部的北里約格蘭德州納塔爾市。其他學生則來自加拿大、丹麥、芬蘭、比利時、德國、台灣與波蘭。

At the beginning of the year, I started to think of ways we could add more social value to their exchange year. I came up with the idea of having the exchange students visit a local high school for the deaf. The deaf students belong to a [Rotary Community Corps](#) sponsored by the Rotary Club of Natal. The exchange students talk about life and culture in their home countries, and all the students learned the John Lennon song "Imagine" together in Brazilian Sign Language.

在交換年度之初，我開始思考如何在這一年為這些交換學生帶來更多的社會價值。因此，我有了讓交換學生造訪啟聰高中的想法。失聰學生隸屬納塔爾扶輪社贊助的扶輪社區服務團，我們讓交換學生談一談自己國家的生活與文化，並讓全體學生一



起學習用巴西手語比出約翰藍儂的歌曲「想像(Imagine)」。

Over the period of two months, this initiative had a great impact on everyone. I realized that the exchange students we were hosting had the extra challenge of not only learning Portuguese, but also a completely different form of communication, sign language. They became more sensitive to the circumstances of young deaf students.

在兩個月期間，這項計畫對每個人帶來了極大的影響。除了學習葡萄牙語，我們接待的交換學生都面臨另一項挑戰，那就是學習另一種溝通方式 - 手語，這也使得他們更能體恤失聰學生所處的境遇。



Students rehearse their presentation.

學生們進行表演排練

Brazilian deaf students have never before had the opportunity to meet students from other parts of the world. Both groups learned a lot about each other and about inclusion. For that period of two months, exchange students, deaf students, Rotarians, and staff at the school were all speaking the same language – one of tolerance, respect, and love.

這些失聰的學生從來沒有機會見到來自世界其他地方的學生。兩個團體的學生彼此互相學習和包容。在這兩個月期間，交換學生、失聰學生、扶輪社員與學校教職員都以相同的語言相互交流：寬容、尊重與愛。

I received a lot of positive feedback when I shared our example at the 38<sup>th</sup> meeting of Brazilian Youth Exchange Officers later in the year. We had youth exchange officers not only from Brazil, but also other countries like the United States, Denmark, Mexico, and the Netherlands. I am very excited to repeat the project with exchange students we host this year (2018-19).

我去年在第38屆巴西青少年交換委員會會議上分享我們的例子，也收到了許多正面迴響。我們的青少年交換委員不僅來自巴西，還包括來自美國、丹麥、墨西哥與荷蘭等其他國家的委員。我非常興奮能夠於今年度(2018-19)再度為接待的交換學生進行這項計畫。

## Events & Resources 近期活動與可用資源

### NEWLY CERTIFIED DISTRICTS 新認證地區

District 9110 (part of Nigeria) is newly certified, and may both send and host students.

國際扶輪 9110 地區(奈及利亞部分地區)剛通過認證，可派遣與接待學生。

**rotary**  
**youth**  
**exchange**

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### UPCOMING EVENTS 近期活動

April, 2019 (dates to come)

**YEPAUPCH**

Región de Valparaíso, Chile

2019 年 4 月(日期待發表)

阿根廷烏拉圭巴拉圭智利青少年交換計劃會議

智利瓦爾帕萊索

25-26 May, 2019

**Kanazawa Meeting**

Kanazawa, Japan

2019 年 5 月 25-26 日

金澤會議

日本金澤市

31 May - 1 June, 2019

**Youth Exchange Officers Preconvention**

Hamburg, Germany

2019 年 5 月 31 日-6 月 1 日

青少年交換委員會前會

德國漢堡

1-5 June, 2019

**Rotary International Convention**

Hamburg, Germany

2019 年 6 月 1-5 日

國際扶輪年會

德國漢堡

### 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 *My Rotary*)



青少年交換目錄(地區與多地區青少年交換主委可登入 [My Rotary](#) 取得目錄)

START AN EXCHANGE  
開始交換計畫



Youth Exchange is a source of news, resources, and event details, available every other month, for those who promote global understanding through the Rotary Youth Exchange program.

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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