

# Suggestions for the Exchange Student

## 交換學生建議事項

### Prior to departure 【行前需知】

- 1、寫給當地政府或公司行號等索取代表的國家的別針、旗子、地圖等。  
-Write to companies and local, state, and federal government agencies for pins, flags, maps, etc., of your home country.
- 2、向你的派遣扶輪社索取數面社旗。  
-Obtain banners from your sponsor Rotary club.
- 3、定期出席你的派遣扶輪社例會。  
-Attend club meetings of your sponsor Rotary club.
- 4、收集並攜帶有關你的國家、學校、家庭、朋友的幻燈片。  
-Gather slides of your home, school, family, and friends to take with you on your exchange.
- 5、在出發前儘量了解對你前往交換國家的習俗、幣值、天氣、電壓、地理、政府、歷史、語言等。  
-Learn as much as possible about you host country before you go (customs, currency, climate, voltage require, geography, government, history, language, etc.)
- 6、在出發前寫信給你的接待家庭，接待社及顧問。  
-Write to your host family, counselor, and club before you go.
- 7、發表文章到你就讀的學校、當地的報紙，告訴他們你的交換學生之旅。  
-Send articles to your school and local newspaper to tell them about your upcoming trip.
- 8、在出發前，瀏覽本國的概況等。(想想如何向對方介紹台灣)  
-Review the general situations in your home country and community before you depart (for example, take a tour of a local industrial plant, business, newspaper, radio station, law-enforcement agency, etc.)
- 9、列舉你希望在交換期間希望成的目標。  
-Make a list of goals or things you want to accomplish during you exchange experience.

- 10、攜帶帶有本國色彩的謝卡、國旗、風景或明信片，接待社的社友們會很喜歡你的謝卡，它是個很好的紀念品，因此，會讓人想到你和你的國家。  
-Bring thank-you notes with your country's flag or a picture of the scenery or a picture of the scenery or a national monument, Your thank you notes will be appreciated by Rotarians who take you places, and they are a nice souvenir to remind them of you and your country.
- 11、帶一些有代表性的禮物給你的接待家庭，禮物最好選擇容易攜帶，不易摔破（如拭茶布、別針、日曆等）  
-Bring a few native gifts for your host families. Make sure that you choose items that are non-breakable and can pack easily (perhaps tea towels, pins, or calendars).

**出發了！**

### **Are you really ready to go?**

1. 護照、簽證準備齊全  
- Do you have your passport and visa?
2. 行程計劃  
- Have you made your travel arrangements?
- 3.和對方接待社聯絡  
- Have you corresponded with your host club and host family?
4. 當地語言的事先學習；帶雙語辭典，準備用對方語言作自我介紹  
- Have you made any language preparations? Do you have a bilingual dictionary and language tapes? Can you introduce yourself in your new language?
- 5.參加各種場合，要準備如何介紹自己，家庭、學校、台灣（準備20~30張精彩照片，並在出發前熟練相關簡報）  
- Have you prepared your slides and / or photos for presentation? Take 20 or 30 good pictures of yourself, your family, school, local sights, etc. Have you rehearsed your presentation?
- 6.父母如何匯錢給你/妳，以及學會看匯率  
- How are your parents going to send you money? Do you know the exchange rate?
- 7.一旦覺得想家、孤單等情緒，如何克服  
- How will you handle initial homesickness and loneliness?

## 8.準備給接待家庭的小禮物

- What gifts will you take for your host families and people who become special to you?

## 9.準備自己的名片和感謝卡

- Do you have your “business” cards and thank-you notes?

## 10.先列一張表註明，抵達時，想要問接待家庭的事情

- What questions are you going to ask of your host family upon arrival? Do you have your “Sample Questions to Ask your Host Family”?

## 11.攜帶派遣社的旗幟

- Do you have your sponsoring club banners?

## 12.事先查閱接待國家/地區的情形

- Have you done your homework on your new country-its history, geography, politics, neighbors?

## 13.辦妥一年的保險，父母親需在保單上簽名

- Have you made all of your insurance arrangements? Have your parents signed the necessary release forms?

## 在飛機上

### **On the flight**

#### 1. 在隨身行李中準備一把牙刷及其他衛生用品。

- Put a toothbrush and other toiletries in your carry-on bag.

#### 2. 將 ROTEX 制服帶到飛機上並且在到達時穿上，以便接待家庭接機（可以讓你容易被認出來）。

- Bring your blazer on the airplane with you and wear it in the airport when you arrive and when being picked up by your host family. (It will allow you to be easily identified.)

#### 3. 不要讓陌生人拿你的袋子，隨身攜帶你的隨身行李。

- Do not let strangers carry your bags. Keep your carry-on luggage with you at all times.

#### 4. 帶一本書閱讀或其他小遊戲（如文字遊戲、撲克牌）。

- Bring a book to read and a variety of activities (e.g., a crossword puzzle, cards.)

#### 5. 在機上攝取大量的水份（果汁或開水比咖啡因飲料為佳）以避免脫水。

- Drink plenty of liquids (juice or water rather than caffeinated beverages) on the

plane so you do not become dehydrated.

6. 偶爾站起來且到處走一下以維持血液循環暢通，但不要打擾到鄰座的乘客們。

- Get up and walk around to keep your circulation going. Do not disturb those passengers around you.

7. 帶一些現金在身上，如此一來你可以在任何過境的機場兌換錢幣，因為你在機場時可能會想買東西吃或買飲料喝。此外，當你到達交換國家時，你也許需要一些交通費。帶旅行支票或信用卡也是不錯的方式。

- Bring a small amount of money with you so that you can exchange currencies in any airport where you have a connection. You may want to buy something to eat or drink in the airport. In addition, you may need money for transportation once you get to your host country. It's also a good idea to bring traveler's checks and credit cards.

## 在交換期間

### During your exchange

1. 當你到達時，將你的護照及機票交給你的顧問或接待家庭保管在安全的地方。確定他們將護照及機票放在一個危急時可以 24 小時隨時取出的地方。

- When you arrive, give your passport and airline ticket to your counselor or host family to keep in a safe place. Make sure that they put it somewhere where it can be accessed 24 hours a day in case of an emergency.

2. 準備一份保險卡的影本並隨身攜帶，以防萬一。

- Keep a copy of your health insurance policy with you at all times in case a medical emergency should arise unexpectedly.

3. 儘你所能地去學習當地的語言，這能幫助你適應且能感動你的接待社友。若他們想學習你的母語，可以抽出一些時間幫助他們，但是儘量少說你的母語。

- Learn the language of your host country to the best of your ability. This will help with your transition and impress your hosts. If the hosts want to learn your native language, set aside some time to help them but speak your native language as little as possible otherwise.

4. 努力做一個好學生。

- Work hard to be a good student.

5. 參加地方及學校的活動，可以繼續在母國所從事的活動但也要勇於嘗試新的

活動。

- Get involved in local and school activities. Continue with activities you participate in at home and try new ones.

6. 要有禮貌且常說：“謝謝”。

- Be polite and say thank you.

7. 隨時面帶微笑。

- Smile.

8. 多嘗試新的事物，這是你體驗他國文化的好機會。

- Try new things. This is your chance to experience the culture of another country.

9. 學習去聽及觀察，盡你最大的努力去適應接待家庭。

- Learn to listen and observe. Do your best to adapt to life with your host family.

10. 必要時幫忙做家事。

- Help with household chores as needed.

11. 如果你對任何事有不瞭解的地方，去問且聽取答案。

- If you are not sure about something, ask-and listen to the answer.

12. 養成寫旅遊日記的習慣且保存一些紀念品以便與家人及朋友分享你在國外的點滴。

- Keep a travel diary and include souvenirs so that you will be able to share your time abroad with family and friends at home.

13. 參加接待社的活動，想辦法認識扶輪社的所有成員。

- Get involved with your host Rotary club. Think of ways to meet all of the Rotarians in the club.

14. 參加扶輪社的計劃。

- Participate in Rotary club projects.

15. 寫信給你的派遣社，扶輪社給你這個機會同時也希望得知你多喜歡這個交換計劃。

- Write to your sponsor Rotary club. Rotarians gave you this opportunity and they would love to hear how much you are enjoying the experience.

16. 嘗試所有食物。

- Try all foods offered to you.

17. 讓自己能適應新的環境。

- Be flexible and adapt to you new environment.

## 歸國之後

### After your exchange

1. 跟你在國外認識的朋友保持聯絡。
  - Keep in touch with the friends you met abroad.
2. 要有耐心，且瞭解你需要一些時間去適應回國的生活。
  - Be patient and realize that it will take time for you to readjust to returning home.
3. 和家人及朋友分享你的經驗。
  - Share your experience with your family and friends.
4. 可以的話，和社區中來自你交換國家的人接觸，以維持你在交換期間學到的語言能力。
  - If possible, contact people in your community who were born or lived in your host country. This will enable you to maintain your newly acquired linguistic skill and reflect on your adventure.
5. 與派遣社分享你在交換期間有趣的經驗。
  - Give a presentation to the Rotary club that sponsored you, sharing all the highlights of your exchange.
1. 經常出席地區的交換計劃活動，協助面試、甄選、及召募學生。
  - Stay active with your district's Youth Exchange program. Help with the interviewing selection, and recruitment of students.
2. 可以的話，加入一個由參加過交換的學生組成的團體或 ROTEX。
  - Join an exchange student alumni group or ROTEX group if available.
3. 參加扶少團、扶青團或青年領袖營。
  - Join an interact club or a Rotaract club or attend a RYLA camp.
4. 持續推廣國際瞭解及國際友好關係。
  - Continue to promote international understanding and goodwill.
5. 寫信給接持家庭、顧問及接待社感謝他們在交換期間對你的幫助。
  - Write to your host families, counselor, and host Rotary club to thank them for their support during your year.
6. 和派遣社保持聯絡，即使在多年以後他們也很樂於知道你的消息。
  - Keep in touch with your sponsor club. They will be interested to hear from you even years after your exchange.