

## Recommendations for a Successful Exchange

### 成為稱職的交換學生建議事項

- 1) Smoking is discouraged. If you state in your application that you do not smoke, you will be held to that position throughout your exchange. Your acceptance and host family placement is based on your signed statement. Under no circumstances are you to smoke in your host family's bedrooms.  
勸阻抽煙。學生要遵守接待家庭的規定，它可能包括不許抽煙，尤其於申請書中言明“不抽煙”者，於交換期間則不可以任何理由抽煙。
- 2) Body piercing or obtaining a tattoo while on your exchange is not allowed, for health reasons.  
基於健康考量，於交換期間不得刺青或穿洞。
- 3) Respect your host's wishes. Become an integral part of the host family, assuming duties and responsibilities normal for a student of your age or for children in the family.  
學生要成為接待家庭完整成員之一員，負擔其與其同年齡學生及接待家庭子女的責任及義務，並尊重接待家庭的期許。
- 4) Learn the language of your host country. Teachers, host parents, Rotary club members, and others you meet in the community will appreciate the effort. It will go a long way in your gaining acceptance in the community and with those who will become lifelong friends.  
努力學習接待國之語言，此舉將有助於交換學生與接待家庭、扶輪社、學校和社區建立良好友誼。
- 5) Attend Rotary-sponsored events and host family events, and show an interest in these activities. Volunteer to be involved; do not wait to be asked. Lack of interest on your part is detrimental to your exchange and can have a negative impact on future exchanges.  
主動積極參加扶輪社與接待家庭之活動，切勿怠慢，以免造成負面印象。
- 6) Avoid serious romantic activity. Abstain from sexual activity.  
學生應避免陷入戀情及發生性行為。
- 7) Get involved in your school and community activities. Plan your recreation and spare-time activities around your school and community friends. Don't spend all your time the other exchange students. If there is a local Interact club, you are encouraged to join it.  
參與接待學校、社區之各項活動，並與學校或社區之朋友分享休閒活動，切勿終日與其他交換學生膩在一起。
- 8) Choose friends in the community carefully. Ask for and heed the advice of host families, counselors, and school personnel in choosing friends.  
學生應緩慢並有謹慎地慎選朋友。詢問接待成員的幫忙建立適當的朋友圈子。
- 9) Do not borrow money. Pay any bills promptly. Ask permission to use the family phone or computer, keep track of all calls and time on the Internet, and reimburse your host family each month for the costs you incur.  
切勿借錢，且必須付清一切應付之費用。使用接待家庭的電話或電腦必須獲得允許且不可濫用，學生應付長途電話或網路之費用。
- 10) Limit your use of the Internet and mobile phones. Excessive or inappropriate use is not acceptable.  
節制使用網路或手機。
- 11) If you are offered an opportunity to go on a trip or attend an event, make sure you understand any costs you must pay and your responsibilities before you go.  
若你有機會參加任何旅遊或活動，請事先確認交換學生本人應負之責任與相關費用。