

# Rotary Youth Exchange 青少年交換

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2014年9月青少年交換電子報 | 凝聚全球的學生與社會



## Growing up in the family of Rotary 在扶輪的大家庭中成長

Rotary has always been a part of Gabija Trimbel's life. Her mother is a member of the Rotary Club of Vilnius International, Lithuania, and always included her daughter in fundraisers, service projects, and other club activities. When Gabija entered high school, she and a group of friends chartered the first Interact club in the Baltic States, and it was through the Vilnius International Interact Club that she learned about Rotary Youth Exchange. She soon embarked on a yearlong adventure in Taiwan, becoming the first Lithuanian exchange student to visit there. In addition to making friends from around the world, living in a foreign culture helped her become more confident and independent. This year, she and her friends have taken on a new challenge by launching a Rotaract club, inviting members from their sponsor Rotary club's mentoring program. Read more on [Rotary Voices](#).

扶輪已成為 Gabija Trimbel 生活的一部份，Gabija Trimbel 的母親是立陶宛維爾紐斯國際扶輪社的社員，時常帶著她參加募款活動、服務計畫以及其他扶輪社的活動。進入中學就讀時，Gabija 與一群朋友在波羅的海三國成立第一個扶輪少年服務團，並透過維爾紐斯國際扶輪社，得知扶輪青少年交換計畫。不久，她便展開為期一年的台灣探險之旅，也成為首位前往台灣的立陶宛交換學生。除了結交來自世界各地朋友，身處異鄉的經歷也讓她變得更為自信與獨立。今年，她與朋友們承接了一項新挑戰，開辦扶輪青年服務團，並邀請其派遣扶輪社的輔導計畫成員參與。到 [扶輪之聲](#) 閱讀更多內容。

I have been around Rotary much of my life. My mother is a member of the

Rotary Club of Vilnius International, Lithuania, and almost as early as I can remember, I have been helping with club projects.

扶輪一直是我生活中的一部份，我的母親是立陶宛維爾紐斯國際扶輪社的社員，自從我有記憶以來，我就已經開始參與扶輪社活動。

When I entered ninth grade in 2009, I convinced a bunch of my friends to help me form the Vilnius International Interact Club, of which I became the charter president. We kept in touch with my mother's Rotary club, which was our host club, and did many projects with them, including serving as counselors at an annual camp attended by orphans and children from day care centers that served the poor.

2009年，當我就讀九年級時，我說服一群朋友協助我成立維爾紐斯國際扶輪少年服務團，由我擔任創團團長，期間一直與我母親所屬之扶輪社保持連繫，並合作多項計畫，包括擔任年度兒童營之輔導員，年度兒童營係針對孤兒與托兒所的貧困兒童所舉辦。

As an Interactor, I learned about Rotary Youth Exchange, and was given an opportunity of a lifetime to spend a year in Taiwan that next year. I chose that country as my destination because no one from Lithuania had ever gone on an exchange there before and I wanted to stretch myself. I had been to the United States and I wanted to go somewhere exotic.

在擔任扶輪少年服務團團員期間，我得知有關扶輪青少年交換計畫，並獲得一輩子一次的機會，於隔年交換至台灣，我之所以選擇台灣是因為當時從未有立陶宛的交換學生派遣至台灣，因此我想試一試，我曾去過美國，但我想去一個更不一樣的地方。

Well, Taiwan was certainly that. It is half the size of Lithuania but ten times more crowded. Since I had traveled before, my culture shock was not too bad, but it was an awesome experience learning a new culture.

台灣真的是很不一樣，雖然面積只有立陶宛的一半，但是人口卻是立陶宛的十倍之多，我以前也旅行過，沒有經歷過太糟糕的文化衝擊，但是學習一個新的文化確實是很棒的經驗。



Gabija Trimbrel and other counselors of a summer camp run by the Rotary Club

of Vilnius International.

維爾紐斯國際扶輪社主辦之夏令營輔導員與 Gabija Trimbel 合照

*By Gabija Trimbel, a member of the Rotaract Club of Vilnius International*

撰文：Gabija Trimbel，維爾紐斯扶輪青年服務團團員



Gabija Trimbel

## **Lasting friendships**

### 永遠的友誼

I made friends from all over the world, and became much more confident and outgoing. One of my favorite parts was a week-long trip around Taiwan with about 30 other exchange students being hosted by the same Rotary district. I met an exchange student from Sweden, and another from Mexico, who became one of my best friends. I have stayed in touch with both, meeting up with the Swedish student in Copenhagen, and linking up with my Mexican friend when she was visiting Warsaw. Thanks to Youth Exchange, I now have friends all over the world!

我結交來自世界各地的朋友，並變得更加自信與外向。我最喜歡的活動之一就是與其他來自同一接待扶輪社的 30 位交換學生在台灣展開為期一星期的旅程。我認識了來自瑞典的交換學生，還有一個來自墨西哥的交換學生，後來成為我最好的朋友之一，一直到現在，我還和他們保持聯絡。我曾到哥本哈根與這位瑞典的朋友見面，並在墨西哥朋友參觀華沙時與她會合。這都得感謝青少年交換計畫，我現在有了來自世界各地的朋友。

This year, it became time to take on a new challenge and launch a Rotaract club that would help my friends and I who were getting too old for Interact to stay in the family of Rotary. We also recruited heavily from alumni of a mentoring program run by the Vilnius International Rotary Club for the past eight years. We are excited to grow as a club and reach our full potential helping our local community, and communities around the world.

今年，我迎接了新的挑戰，由於我和朋友們的年齡已經不符合參與扶輪少年服務團的資格，為了能繼續留在扶輪大家庭，我們著手開辦扶輪青年服務團。透過維爾紐斯國際扶輪社過去八年舉辦的輔導計畫，我們招募了許多前交換學生加入我們的團隊，扶輪青年服務團現在更具規模，並發揮影響力，協助本地以及世界各地的社區。

This fall, I am spending a few months studying abroad at the University of Illinois at Chicago, pursuing a degree in International Business. It has given me an opportunity to visit Rotaract clubs in the Chicago area, and I am convinced the experience will help our still very young club back home.

今年秋天，我前往芝加哥的伊利諾大學展開為期幾個月的學習課程，取得國際企

業學位，並有機會拜訪芝加哥地區的扶輪青年服務團，我相信此次拜訪所獲取之經驗將有助於拓展我們剛成立不久的扶輪青年服務團。

I can definitely say that thanks to Rotary, and its youth programs, I have become more independent. I've learned how to contact important people, and I have a newfound confidence networking with others.

這一切都須感謝扶輪社及其青少年計畫，使我變得更加獨立，並學會如何與重要人士聯繫，在建立人脈上更具自信。

Find out how Rotary Youth Exchange alumni can [stay connected](#) by joining [Interact](#), [Rotaract](#), a [Rotarian Action Group](#), or participating in [RYLA](#).

瞭解前扶輪青少年交換學生如何透過參與[扶輪少年服務團](#)、[扶輪青年服務團](#)、[扶輪行動小組](#)或是[青年領袖營](#)保持聯繫。

## What's happening

### 新鮮事

#### Youth Exchange student excited about snow

#### 青少年交換學生初次見到下雪時興奮不已

Bianca has never seen snow in her home country of Brazil. As she begins a [yearlong exchange](#) in Saskatchewan, Canada, her excitement about experiencing her first snowfall is tempered by the realization that freezing temperatures will soon follow. But the adventurous teen will surely be distracted from the cold by her challenging course load; participation in soccer, basketball, and other sports; and a district-led tour with other exchange students of the region's national parks. How do your district, its clubs, and host families make exchange students feel at home? Send us your story at [Youthexchange@rotary.org](mailto:Youthexchange@rotary.org).



Bianca 在家鄉巴西從未見過下雪的情景，當她前往加拿大薩克斯其萬省進行為期一年的交換生活時，她初見下雪時的興奮隨著接踵而來的低溫而稍微趨緩，不過，對於這位愛冒險的青少年來說，頗具挑戰性的課業量將會讓她暫時忘卻寒冷的天氣，像是足球、棒球與其他運動以及扶輪地區針對交換學生所籌辦的當地國家公園旅遊。您的扶輪地區、扶輪社以及接待家庭如何使交換學生相處起來更為自在？將您的故事寄給我們 [Youthexchange@rotary.org](mailto:Youthexchange@rotary.org)。

#### New Generations Service Exchange

#### 新世代服務交換

If you're over the age of 19 but still want to participate in a Rotary exchange program, New Generations Service Exchange could be for you. The program enables young leaders up to age 30 to realize their strengths while helping others in communities around the world. New Generations Service Exchanges can be arranged for individuals or groups, be one-way or reciprocal, and last up to six months. The program's flexibility, as well as its strong humanitarian and vocational service focus, allows districts to develop highly customized exchange experiences that



meet the needs of young adults. See how [District 5490](#) (parts of Arizona and California, USA) welcomed New Generations Service Exchange participants. And [join the conversation](#) on Rotary.org to build exchanges with districts worldwide.

如果你已超過 19 歲，但仍想參加扶輪交換計畫，新世代服務交換計畫正是為你量身打造。此計畫幫助三十歲以下的年輕領袖進一步瞭解自己的優勢，同時幫助世界其他地區的人們。新世代服務交換計畫可針對個人或團體安排，可以是單向交換，也可以是雙方互換，交換期間最多為六個月。本計畫的彈性規定、人性化設計以及側重於職業服務，使得各地區得以開發量身打造的交換活動，滿足年輕成人的需求。瞭解 [5490 地區](#) (美國亞利桑那與加利福尼亞部分地區) 如何迎接新世代服務交換計畫參與者，並前往 [Rotary.org](#) [參與對話](#)，與全世界各扶輪地區建立交換合作關係。

## District grants can now support Youth Exchange 地區獎助金現在開始支援青少年交換計畫

A recent decision by The Rotary Foundation Trustees expands eligibility for district grants to include Rotary's youth programs, including Rotary Youth Exchange, so long as the grants are not used to fund lineal descendants of Rotarians.



Read more about this important change and talk to your leadership team about how district funds can advance Rotary's programs for young leaders, support youth-led service projects, and connect young people to new Rotary opportunities. If you have questions, contact your [Regional Grants Officer](#).

扶輪基金會保管委員會最近決定放寬地區獎助金的發放資格，包括扶輪青少年交換計畫在內的各項扶輪青少年計畫均蒙受其惠，這是由於獎助金不再提供給扶輪社員的直系親屬。瞭解更多有關此重要變動，並與您的領導團隊商討如何運用地區資金促進年輕領袖相關扶輪計畫、支援青年主導之計畫，並將新的扶輪機會帶給年輕人。如有任何問題，請聯繫您的[地區獎助金委員](#)。

## News and updates 新聞與更新

### Newly certified districts

#### 新認證地區

Three new districts have been added to the list of those that are fully certified to participate in Rotary Youth Exchange: District 1461 (part of Denmark), District 2225 (Russian Federation east of Ural Mountains), and District 2451 (Egypt) can now both host and send exchange participants.

Also, District 9212 (Eritrea, Ethiopia, Kenya, and South Sudan) is certified to participate only in outbound Rotary Youth Exchanges, and only in Ethiopia, Kenya, and South Sudan (Eritrea is noncertified) and can send, but not host exchange participants.

新增三個符合資格得以參與青少年交換計畫、並接待與派遣交換學生之地區：1461 地區(丹麥部份區域)、2225 地區(俄羅斯烏拉爾山脈東部區域)以及 2451 地區(埃及)。此外，9212 地區(厄立特里亞、衣索匹亞、肯亞與南蘇丹)經認證可以參與扶輪青少年交換計劃，但僅限於衣索匹亞、肯亞與南蘇丹(厄立特里亞未經認證)，

且只能派遣而無法接待交換學生。

View our complete listing of [noncertified districts](#).

觀看目前[尚未認證地區](#)之完整清單。

## TELL YOUR ROTARY STORY

### 分享你的扶輪故事

Find materials to promote your club in Rotary's new Brand Center, including logos, customizable templates, and guidelines.

你可以前往扶輪的新品牌中心尋找能夠促進你所屬扶輪社之發展所需的資料，品牌中心提供了標誌、可自行更改之範本與指導方針。



- [Visit the Brand Center \(sign-in required\)](#)  
前往品牌中心（須登入）
- [Read Frequently Asked Questions](#)  
問與答
- [See how others are telling Rotary's story](#)  
看看其他人是如何分享他們的扶輪故事

## GET INVOLVED!

### 現在就加入！

Make a difference in your community, or in communities around the world, by volunteering on a Rotary club project.

為扶輪社之計劃提供志願服務，讓你所在的地區或甚至是世界各地變得更不一樣。

- [Find a project to volunteer your time & talents](#)  
尋找能夠貢獻自己的時間與一技之長的計畫案
- [Contact a Rotary club near you](#)  
與你就近之扶輪社聯繫

## Upcoming events

### 近期活動

*Note: This list is informational only and does not constitute an endorsement of any event. Please contact event organizers for details.*

附註：本表僅供參考，並不為任何活動提供背書。如需進一步瞭解，請聯繫活動主辦單位。

### [2014 Rotary Youth Exchange Australia \(RYEA\) Conference](#)

Townsville, Queensland, Australia

10-12 October

### [2014年澳洲扶輪青少年交換委員會\(RYEA\)會議](#)

澳洲昆士蘭省湯斯維爾

10月10-12日

### **2014 Brazilian YEO Meeting**

*Campo Grande, Brazil*

13-15 November

### **2014 年巴西青少年交換委員會議**

巴西格蘭德營

11 月 13-15 日

### **2015 North American Youth Exchange Network (NAYEN) Conference**

*Little Rock, Arkansas, USA*

20-22 February

### **2015 年度北美青少年交換網路(NAYEN)會議**

美國阿肯色州小石城

2 月 20-22 日

### **2015 Youth Exchange Officers Preconvention**

*São Paulo*

4-5 June

### **2015 青少年交換委員會前會**

聖保羅

6 月 4-5 日

### **2015 Rotary International Convention**

*São Paulo*

6-9 June

### **2015 國際扶輪年會**

聖保羅

6 月 6-9 日

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## **Resources & reference**

資源與參考資料

[Connect in our newly combined LinkedIn group](#)

連結我們最新的 [LinkedIn](#) 群組

[Find inspiration on the Rotary Service Connections blog](#)

前往扶輪服務報導部落格尋找靈感

[Answer your policy questions with the Rotary Code of Policies](#)

回答扶輪政策彙編相關問題

[Rotary Program Participation Survey](#)

扶輪計劃參與度調查

[Access the latest Youth Exchange Directory by signing in to Rotary.org \(for district and multidistrict Youth Exchange chairs\)](#)

登錄 [Rotary.org](#) 取得最新的青少年交換名錄(針對地區與多地區青少年交換主委)