



Exchange full of new experiences for student with blindness 青少年交換為失明學生帶來全新體驗

Rotary Youth Exchange student with blindness, Seema Tamang from Nepal reflects on all the new experiences she had on exchange in Washington, USA during the last school year:

參加扶輪青少年交換計畫的失明學生：來自尼泊爾的 Seema Tamang 回想在過去一學年前往美國華盛頓進行交換的日子，為她帶來的全新體驗：

"During the 2016-17 school year, I was thrilled to be the first outbound exchange student from Nepal. Being blind, I have to admit I was a bit scared at first, as home life in the US was much different than in Nepal. I was used to sleeping in the same room with my sisters and with other girls in the dormitory at school. With my host family, I had my own room. But it did not take long to adapt, and enjoy an amazing experience that grew me in many ways."

「在 2016-17 學年度期間，成為尼泊爾第一批派遣交換學生令我緊張不已。失明的我必須承認起初真的有點嚇到，因為美國的居家生活與尼泊爾截然不同。我習慣與姊妹睡在同一房間，與其他女孩同住在學校宿舍。在接待家庭我有自己的房間，不過，我很快就適應了，並且享受這段神奇的體驗，這使我在許多方面均有所成長。」

First outbound Rotary Youth Exchange from Nepal

尼泊爾派遣的第一批扶輪青少年交換學生

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Seema Tamang, third from left, with other Rotary Youth Exchange students
Seema Tamang(左邊算來第三位)與其他扶輪青少年交換學生

By Seema Tamang, Rotary Youth Exchange student from Kathmandu, Nepal

照片來源： Seema Tamang，來自尼泊爾加德滿都的扶輪青少年交換學生

During the 2016-17 school year, I was thrilled to be the first outbound exchange student from Nepal. Being blind, I have to admit I was a bit scared at first, as home life in the US was much different than in Nepal. I was used to sleeping in the same room with my sisters and with other girls in the dormitory at school. With my host family, I had my own room. But it did not take long to adapt, and enjoy an amazing experience during which I grew in many ways.

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I stayed with my first host family, the Roses, during the school year. My second host family, the Camruds, included mom and dad and two younger host brothers. Being in a large home was very different and exciting as I got to explore every room and orient myself so that I could move about safely and quickly. It didn't take me too long to be able to find everything by myself. It seems funny now that when I first arrived I asked my host-mom where the water bucket and pitcher was for flushing the toilet, like we do in Nepal!

在這一學年，我的第一個接待家庭是 Roses 家，第二個接待家庭是 Camruds 家，家

庭成員包括父、母與兩位弟弟。住在這個偌大的房子對我來說是截然不同的感受，但也令我雀躍不已，因為我必須摸索並為自己找出每一個房間的位置，以便能夠安全迅速地移動。很快地，我已經摸索出這房子的一切擺設。我記得剛抵達時，就像在尼泊爾時一樣，我詢問接待母親水桶與水壺的擺放位置，以便將馬桶沖乾淨，如今想來是有些好笑！

Dish washing made easy

洗碗變得輕鬆簡單

We always wash dishes by hand in Nepal and I had never experienced a dishwasher before. However, I quickly learned how to load and empty the dishwasher to be of help to my hosts. Using the washer and dryer was also a new experience for me. My host family put Braille dots on the appliances so that I could learn how to use them.

在尼泊爾，我們都是用手洗碗，我以前從未見過洗碗機。不過，我很快就學會如何協助接待家庭將碗盤放入洗碗機並取出。使用洗衣機與烘乾機對我也是全新的體驗。我的接待家人在電器設備放上點字，以幫助我學會如何使用這些電器設備。

My advice to other exchange students is be prepared to gain new ideas, grow your confidence and become more independent.

我給其他交換學生的建議是，隨時準備好學習新的想法，培養自信且變得更加獨立。

I have made great improvements with my English skills and I am now able to converse and make friends more easily. I have grown in my ability to adjust to different circumstances. I am also more comfortable speaking in front of large groups of people.

我的英語技巧獲得很大的進步，現在我能夠以英語交談，這使我更容易交到朋友。我對不同情況的適應力也有所成長。在群眾面前演講也變得更加自在。



Seema gets her face painted.

別人為 Seema 畫臉

I had many amazing experiences. Sledding in the snow, ice-skating, horseback riding, pop-music concerts and American holidays. One that particularly stands out was my visit to the Bellevue, Washington Police Department. On my birthday I was totally surprised to be picked up at home by Captain Linc and given a ride in a squad car to

the station where I learned how the police department worked. I checked out a police motorcycle, practiced self-defense on a rubber dummy, and got to go into a police holding cell.

我經歷許多美好的體驗。雪橇滑雪、溜冰、騎馬、參加流行音樂會和美國節慶。令我印象特別深刻的一次是前往位於伯衛市的華盛頓警察局。我在生日當天非常驚訝在家見到 Lisa 警員，她帶我坐上警車前往警察局，瞭解警察部門如何運作。我查看警用摩托車，對著塑膠假人練習防身術，並進入拘留室參訪。

No uniforms, two days off a week

沒有制服、週休兩天

With school, I was so surprised we did not have to wear uniforms, that students get to choose their own classes, that we had to move from class to class after each period, and that we got two days off each week (we only get Saturday off in Nepal). Each teacher assigned a fellow student to be my sighted-guide to help me move from class to class which helped me make many wonderful friends.

至於學校，我很驚訝不用穿制服，學生可以自選課程，我們在每一節下課後，必須更換教室，而且每週放假兩天（在尼泊爾，只有星期六放假）。每位老師都有指定一位同學擔任我的領路人，協助我在教室之間移動，我也因此結交到許多很棒的朋友。

Youth exchange will definitely change your perspective. My advice to other exchange students is be prepared to gain new ideas, grow your confidence and become more independent.

青少年交換絕對能改變自我視野。我給其他交換學生的建議是，隨時準備好接受新的想法，培養自信且變得更加獨立。

Learn more about the opportunities available through [Rotary Youth Exchange](#)

進一步瞭解扶輪青少年交換學習提供的更多機會

READ MORE

繼續閱讀

Updates
最新消息

Protect your youth exchange participants

保護青少年交換學生



Now available in Rotary's learning center is a new online course, "**Protecting Youth Program Participants**." This course is essential for Rotarians working closely not only with youth exchange but also with Interact and RYLA. Encourage your club members to take the course and strengthen their youth protection knowledge and skills. Find the course in the "Youth, Students, Scholars" category in [Rotary's learning center](#).

扶輪學習中心現在提供一項全新的線上課程：「**保護青少年交換學生**」。對於與青少年交換學生互動密切、且與扶輪少年服務團及扶輪青年領袖獎(RYLA)緊密合作的扶輪社員來說，這項課程實為重要，請鼓勵扶輪社員參加課程，以加強青少年保護的知識與技巧。請在扶輪學習中心的「青少年、學生與獎學金」類別找到這項課程。

TAKE COURSE
報名課程

Seeking leaders for the Youth Exchange Officer Preconvention in Toronto

尋找多倫多青少年交換委員會前會的領導人



Want to be a part of the **Youth Exchange Officer's Preconvention in Toronto**? We are seeking speakers, facilitators, and panelists to share their expertise and experience. Whether you are a Rotarian, program officer, volunteer, youth exchange student, or alumni we need your support to show the diversity and excellence of Rotary's Youth Exchange this **22-23 June** in Toronto.

想參加多倫多青少年交換委員會前會嗎？我們正在尋找願意分享個人專業與經驗的演講人、主持人與座談會成員。無論您是否為扶輪社員、計畫委員、志工、青少年交換學生或是前受獎人，我們都需要您的支持，一同在 6 月 22-23 日舉行的多倫多會議上展現扶輪青少年交換的多元性與各項優點。

Apply by Friday, **15 December** for consideration. If you have any questions, please contact youthexchange@rotary.org

請在 **12 月 15 日星期五**之前申請以利審查。如有任何問題，歡迎聯絡 youthexchange@rotary.org。

APPLY
申請

New Rotarian Action Group for Family Safety

新成立的**家庭安全扶輪社員行動團體**

The recently recognized Rotarian Action Group for **Family Safety: Breaking the Family Violence Cycle** assists clubs and districts with projects focused on reducing family violence through advocacy and outreach efforts. It also strengthens ties between Rotary members and anti-violence organizations. Connect with this RAG to strengthen your district's host family training

and screening.

近期成立的**家庭安全扶輪社員行動團體：破除家庭暴力循環**，旨在協助扶輪社與地區推動計畫，其重點在於透過宣傳與擴大服務範圍，進一步減少家庭暴力事件。該團體亦強化扶輪社員與反暴力組織之間的連結。請聯繫扶輪社員行動團體，加強所在地區的接待家庭訓練及篩選。

LEARN MORE

繼續閱讀



News & Resources
近期消息與可用資源

NEWLY CERTIFIED DISTRICTS

剛通過認證的扶輪地區

There have been no recent changes to district certifications. View our complete listing of noncertified districts.

近期扶輪地區認證沒有改變。請瀏覽未獲認證地區完整名單。

NONCERTIFIED DISTRICTS

未獲認證地區

UPCOMING EVENTS

近期活動

14-17 March

North American Youth Exchange Network (NAYEN)
Omaha, Nebraska, USA

3月 14-17日

北美青少年交換網路(NAYEN)
美國內布拉斯加州俄馬哈市

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

23-27 June

Rotary International Convention
Toronto

6月 23-27日

國際扶輪年會
多倫多

RESOURCES

可用資源

Rotary Youth Exchange on LinkedIn
扶輪青少年交換 LinkedIn

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)

START AN EXCHANGE

開始交換計畫

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.
國際扶輪青少年交換電子報每月提供近期消息、可用資源與近期活動細部資料給透過扶輪青少年計畫促進世界理解的人們。

Send questions and story ideas to youthexchange@rotary.org.
歡迎來信 youthexchange@rotary.org 提出問題與陳述故事

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