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Youth Exchange 國際扶輪青少年交換電子報

March 2020
2020年3月

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



Join us for the Youth Exchange Officers Preconvention 與我們一同參加青少年交換委員會前會

Take part in the 2020 Youth Exchange Officers Preconvention, 5-6 June in Honolulu, Hawaii, USA. Join us to network and learn about topics that affect Rotary Youth Exchange from Youth Exchange leaders and alumni. Learn how to care for the mental health of program participants, engage your local clubs and other districts in the program, and create more diverse and inclusive programs.

歡迎參加即將於2020年6月5-6日在美國夏威夷檀香山舉行的2020年青少年交換委員會前會。加入我們與青少年交換領袖及青少年交換前受獎人交流，從中瞭解影響青少年交換的各項主題。學習如何關懷計畫參與學生的心理健康，本地扶輪社與其他地區一起共襄盛舉，打造更多元化、包容的計畫。

workshops facilitated by **Praesidium**, an industry leader in youth protection. We encourage all clubs and districts to consider sending members, especially youth protection officers, to the event. They'll gain vital training that will help foster safe environments for youth program participants.

此外，會前會參加者首度有機會加入 **Praesidium** 推動的研討會，**Praesidium** 是青少年保護方面的業界佼佼者。國際扶輪鼓勵所有扶輪社與地區，可以考慮派遣社員參加活動，尤其是青少年保護委員。參加者將從中學習到寶貴的培訓經驗，這有助於為青少年計畫參加者打造一個安全的環境。

Register by **31 March** to receive the early registration discount.

在 **3月31日** 前報名將享有早鳥優惠。

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Gaining a global perspective 拓展全球視野

When 18-year-old Dutch high school student Rutger Mazel arrived in Modbury, Australia, for his Rotary Youth Exchange year in 1987, he thought, "What am I doing here at the other end of the world? I want to go back." Fortunately, his panic didn't last long. Mazel bonded with his host family, and he soon found a local network of friendly Rotarians.

18歲的荷蘭高中生 Rutger Mazel 在 1987 年抵達澳洲莫德柏里，進行為期一年的青少年交換計劃，他當時想著：「我在世界的另一端要做些什麼？我只想要回家。」幸運的是，這樣驚慌失措的情況並沒有持續太久。Mazel 與接待家庭建立了良好關係，並很快地找到一個由親切的扶輪社員所組成的本地網路。



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Rutger Mazel is a member of the Rotary Club of Amsterdam-Nachtwacht, The Netherlands

Image credit: Adrienne Norman

Rutger Mazel 是荷蘭阿姆斯特丹-納特維赫特扶輪社社員。

照片來源：Adrienne Norman

When 18-year-old Dutch high school student Rutger Mazel arrived in Modbury, Australia, for his Rotary Youth Exchange year in 1987, he thought, “What am I doing here at the other end of the world? I want to go back.” Fortunately, his panic didn’t last long. “Only the first day I was homesick, and after that, never again,” he says. Mazel bonded with his host family. And he soon found a local network of friendly Rotarians.

18歲的荷蘭高中生 Rutger Mazel 在 1987 年抵達澳洲莫德柏里，進行為期一年的青少年交換計劃，他當時想著：「我在世界的另一端要做些什麼？我只想要回家。」幸運的是，這樣驚慌失措的情況並沒有持續太久。Mazel 與接待家庭建立了良好關係，並很快地找到一個由親切的扶輪社員所組成的本地網路。

After he returned from Australia, he continued to make international connections, and he found that the practice he had gotten speaking English during his exchange year, as well as the global perspective he had gained, came in handy while he earned his master’s degree in history at the Netherlands’ Leiden University.

他從澳洲回國後，持續與國際友人保持聯繫，他也在交換的一年裡學會了一口流利的英語，並拓展了全球視野，這些經歷在他於荷蘭萊頓大學攻讀歷史碩士學位時派上了用場。

A year later, when Mazel launched his broadcasting career with the Dutch public broadcaster NOS and was sent to Washington, D.C., Rotary once again played a part in his life. “I thought, ‘I deal with diplomats and journalists. Where do I find real Washingtonians?’” he recalls. “I thought, ‘Well, there must be a Rotary club.’” And of course there was, just as there was in Brussels when work took him there a few years later.

一年後，Mazel 在荷蘭公共廣播公司 NOS 展開他的廣播事業，並被派往美國華盛頓特區，這時扶輪再度在他的人生中扮演關鍵角色。「我想，我面對的都是外交官與記者，但哪裡才能遇到真正的華盛頓人？」他回憶道，「我想，好吧，那一定是扶輪社了」。當然是如此，幾年後因工作之故前往布魯塞爾的他在那裡加入了扶輪社。

Mazel now lives in Amsterdam, where he continues to produce and edit stories for NOS — and to participate in Rotary. He is the governor of District 1580 and serves on the leadership team of the multidistrict Rotary Youth Exchange program in the Netherlands.

Mazel 目前居住在阿姆斯特丹，除了持續為 NOS 製作、編輯文章，同時也參加扶輪。他是國際扶輪 1580 地區總監，擔任荷蘭扶輪多地區青少年交換計畫負責人。

He hopes to expand the roster of countries where students go. “The United States and the South American countries are very popular, but I hope we can also try to connect with more African and Asian countries, where Rotary is growing,” he says. “We can use Youth Exchange to open better

connections there.”

他希望拓展學生能夠交換前往的國家。他說：「美國與南美國家非常受歡迎，但是我希望我們也能夠嘗試拓展非洲與亞洲國家，這些地方的扶輪規模正在擴大成長中，而透過青少年交換計劃，我們能在這些地方開展更美好的關係。」

Wherever Rotary exchanges take place, Mazel says he knows those students will benefit as much as he did all those years ago. “The career I pursued as a foreign news editor was shaped by this experience, by having been an exchange student — not being afraid to speak another language, making connections, and putting your network to use,” he says. “You fly to the end of the world and you see they do things differently there.”— ANNE FORD

Mazel 說每當進行扶輪交換活動時，他知道這些學生將和多年前的他一樣受惠良多。「正是成為青少年交換學生的體驗確立了我日後成為國際新聞編輯的理想，不再要害怕說外語，建立關係，並善用自己的人脈。」Mazel 說道。「你飛往世界的另一端，並在那裡見到了截然不同的處事方式。」 - Anne Ford

- This story originally appeared in the March 2020 issue of [The Rotarian](#) magazine.
- 本篇文章原先刊登於《扶輪月刊》2020年3月號。

Flight path 飛行路線

Sarah Tuberty, a Rotary Youth Exchange and Interact alumna, current Rotaractor, and a member of the Rotary E-Club of Silicon Valley, is an advocate for people who have limb differences. With a degree in occupational therapy, experience as a flight attendant, and training as an acrobatic artist, Sarah seeks to change people’s perspective about limb differences and encourage people to be proud of their bodies no matter the circumstances.

Sarah Tuberty 是扶輪青少年交換前受獎人暨扶輪少年服務團前團員，同時也是矽谷網路扶輪社社員，她積極為肢體異常者發聲。Sarah 具有職能治療學位，擔任過空服員，也接受訓練成為特技表演者。她試著扭轉人們對於肢體異常者的看法，鼓勵人們無論在甚麼情況下，都能對自己的身體感到驕傲。



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Sarah Tuberty
Illustration by Viktor Miller Gausa
Sarah Tuberty
繪者：Viktor Miller Gausa

Sarah Tuberty is used to strangers asking her personal questions. “I have a limb difference,” she says. “I was born ‘missing’ fingers on my left hand.” She understands that many people think this makes her damaged or lacking. They ask what’s wrong with her. Tuberty, a Rotary Youth Exchange alumna and a member of the Rotaract Club of Boston University Sargent College of Health & Rehab, wants them to see that that difference doesn’t make her lesser. She has made advocacy a part of her life. As a flight attendant and, as of December, a registered occupational therapist, she wants to educate people who may not have encountered people with disabilities in their everyday lives, and she wants to help those with limb differences find ways to adapt. She has trained to be an aerial artist, performing acrobatics while hanging from fabric and ropes, and she hopes to integrate aerial arts into her occupational therapy practice.

Sarah Tuberty 已經習慣陌生人問她私人的問題。「我有肢障異常。」她說：「我出生時左手就『少了』手指。」她了解到許多人都以為這會讓她有缺陷。他們會問她哪裡有問題。身為扶輪青少年交換前受獎人和波士頓大學薩金特健康暨復健科學學院扶青社(Rotaract Club of Boston University Sargent College of Health & Rehab)社員的 Tuberty 希望人們看見，那種異常並不會讓她條件不如人。她已經立志這輩子要為障友發聲。身為空服員並在去年 12 月取得職能治療師執照的她，想要教育那些日常生活中或許不曾接觸過身心障礙者的人們，也想要幫助那些有肢體異常的人找到適應的方法。她接受過空中特技表演的訓練，能吊掛在絲綢及繩索上表演雜技，因此她希望把空中特技表演融入她職能治療的實務中。

THE ROTARIAN: How does your limb difference affect how people treat you?

扶輪月刊：妳的肢體異常如何影響他人看待妳的方式？

TUBERTY: People ask what happened. I’ll say I was born this way. And for some reason, people don’t like that answer. They want to hear that there was an accident. Then they ask how I can do various things. There’s a judgment that often comes with it, as if to say, “I don’t know how you think you are ever going to do that.” And the answer is, I do those things differently. When I am on the airplane doing my job as a flight attendant, people will ask, “How can you be here? How can you take care of these things?” The answer is that I can do these things. That’s my job.

TUBERTY：人們會問我發生什麼事。我會說，我生下來就這樣。但不知道為什麼，人們不喜歡那個答案。他們想要聽到我發生了意外。然後他們會問我怎麼做不同的事。那種問法常帶著一種評判的語氣，好像是在說：「我不知道你怎麼以為自己辦得到。」而我的答案是：我做的方式不一樣。當我在飛機上執行空服員的任務時，乘客會問：「妳怎麼會在這裡當空服員？妳怎麼能處理好這些事？」我的答案是：這些事情我都做得到。那是我的工作。

TR: Do you get tired of having to give an explanation?

扶輪月刊：妳是否對不得不替自己說明感到厭煩？

TUBERTY: I have chosen to take on advocacy as part of my life, so I have chosen to explain myself. The questions can be exhausting, but people are curious and I want to educate them. People should think about it this way: If you ask a person about a disability, they should get to control that conversation and choose how much to talk about it. It's about their body and their identity.

Tuberty：我已經立志這輩子要為障友發聲，所以我選擇了替自己說明。回答這些問題或許會讓人疲憊，但人們都會好奇，而我也想教育他們。人們應該有這樣的心態：如果你向某人問起了其殘疾，他們應該擁有那次對話的主控權，而且可以選擇聊到什麼程度，因為那攸關他們的身體和他們的認同。

If you ask a person about a disability, they should get to control that conversation.

如果你向某人問起了其殘疾，他們應該擁有那次對話的主控權。

Sarah Tuberty

TR: How did you get interested in circus and aerial arts?

扶輪月刊：妳是如何對馬戲和空中特技表演產生興趣的？

TUBERTY: It happened when I started my graduate program in occupational therapy at Boston University. Given that school was going to be a very brainwork-heavy environment, I knew I needed to move. So I signed up for a class in the recreation department. And I fell in love with it. I was a ballerina for a long time in my childhood, so dance felt very natural. After two years, I did a performance my final semester at BU, and it was really the first time that I was proud of my body and how my body moved. I was able to think of myself as someone who is strong.

Tuberty：那是我在波士頓大學開始修習職能治療的研究生課程時發生的事。課堂是個非常耗費腦力的環境，我知道我需要運動。所以我報名了休閒學系的一門課程，而且我真的愛上它。我小時候跳了很長一段時間的芭蕾舞，所以舞蹈對我而言再自然不過。2年後，我在波士頓大學的最後一個學期辦了一場表演，那真的是我生平頭一次對自己的身體和身體的律動感到驕傲。我能夠想像自己是個堅強的人。

TR: How do you imagine integrating this into occupational therapy?

扶輪月刊：你打算如何把這融入到職能治療中？

TUBERTY: Everyone always says do what makes you happy, and the aerial arts make me incredibly happy. I am not ashamed of my hand, though I spent a large part of my life feeling that way. I want to give that feeling to other people who have differences with their bodies or other disabilities. I especially want to work with young people. For them there is so much pressure about what their bodies look like. I'd love to work on building up self-esteem, so they can be proud of who they are. I was already looking for nontraditional ways that I could work in occupational therapy. I don't have a set path for this, but I'm really excited.

— HANK SARTIN

Tuberty：每個人總是說，去做會讓你開心的事，而空中特技表演就讓我無比開心。我並沒有因為我的手而感到丟臉，雖然我過去常那樣想。我想要讓其他身體異於常人或有其他殘疾的人士也有那種驕傲。我特別想與年輕人共事。對他們而言，別人看待他們身體的眼光，帶來很大的壓力。我很想要從事幫助他人建立自信的工作，讓他們可以因為做自己而感到驕傲。我已經開始尋找可以運用在職能治療的非傳統方式。我還沒找到一條明確的路，但我真的躍躍欲試。

— HANK SARTIN

- This story originally appeared in the March 2020 issue of *The Rotarian* magazine.
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- 瞭解如何開始交換

UPCOMING EVENTS

近期活動

5-6 June
Youth Exchange Officers Preconvention
Honolulu, Hawaii, USA
6月5-6日
青少年交換委員會前會
美國夏威夷州檀香山

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。

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