

Rules & regulations for Rotary Exchange Students coming to TRYEX

(Multidistrict of RI D3480 and D3500)

國際扶輪 3480 暨 3500 多地區扶輪交換學生規則

A: FAMILY LIFE/家庭生活

1. Follow the rules of the family, especially the time schedule. Keep normal daily life. Make the bed yourself. Don't let the host mom do it for you.
謹守接待家庭之規矩，特別是接待家庭之作息時間。生活起居應正常，自行整理寢室，切勿偏勞接待家庭媽媽。
2. Share the housework. Say yes if under request. Show your willing of help automatically even if the host mom doesn't ask you to. If you need laundry, be sure to pay the bill yourself.
幫忙分擔家事。如果接待家庭請求幫忙時，當然要義不容辭的應允；即使接待家庭的媽媽沒要求幫忙做家事，也應自動表示協助的意願。若有衣物必須送洗，切記自行負擔該筆費用。
3. If the host mom cannot serve you meals for reasons, they will give you proper amount meal fee instead. But you cannot ask money instead of a regular meal.
接待家庭的媽媽因故無法備餐，而給予餐費替代時，餐費額度由接待家庭決定。除此之外，學生不得要求接待家庭以金錢代替正常伙食。
4. Let the host family knows clearly the time/place/destination/counterpart in advance and get the consent when you want to go on a trip or stay out. You should cover the boarding/transportation fee. If you cannot return on schedule, be sure to inform the host family by phone.
外出或外宿時，必須於事前將時間、地點、目的以及往來對象清楚地告知接待家庭，在獲得許可後方可成行。其間之住宿、交通等費用，應由學生自行負擔。若未能於預定時間返家，必須即時以電話向接待家庭報備。
5. Follow the instruction of host club on rotation of host families.
接待家庭之更動，請依照接待扶輪社之指示。
6. Avoid one to one dating. Serious romantic activity is not allowed. Get involved in-group activities and enjoy your exchange life.
異性交往：避免一對一的交往方式，嚴禁陷入戀情。多參與團體活動，由其中體會交換生活的樂趣。
7. You are not authorized to operate a motorized vehicle including a car and a motorcycle.
嚴禁交換學生駕駛任何具有動力之車輛，包括機車及汽車等。
8. You are not allowed to possess or use illegal drugs including marijuana.
違禁藥品：吸食毒品（含大麻在內）將觸犯該國法律，即使只是持有亦然。
9. Smoking and drinking of alcoholic beverages are forbidden.
飲酒及吸煙：學生不得以任何理由、藉口，吸煙、飲酒。
10. You cannot work for making money in any way.
打工：交換學生不得從事任何形式的工作以賺取金錢。
11. You cannot step foot in illegal places like TV game shops or improper recreation center. You may not go to KTV, MTV, PUB, CLUB without proper adult's company.
娛樂場所：交換學生不得涉足遊樂場、電動玩具店等不良場所，在無成年人陪同的情況下，亦不得單獨出入 KTV、MTV 等場所。
12. Use telephone as short as you can. Ask permission to call back home on important and urgent cases and try to use it on collect call basis.
電話：使用家中電話請長話短說。若為重要且緊急之事件需打電話回國時，應於取得接待家庭許可後方可使用，並應自費，儘可能用對方付費的方式或預先購買國際電話預付卡。
13. You have monthly allowance NT\$4,000, please make the best use of it. Try not to ask extra money from your parents. Please open a bank account to deposit the money you brought and for

your parents' remittance on your arrival.

零用錢：交換學生的零用錢因接待地區而異，一般新台幣 4000 元(約美金\$130)，每月由接待扶輪社給付，請斟酌使用。儘量不要向自己的父母要求額外的零用錢。學生到達接待地後請儘速在銀行開立自己的專戶，寄存自行攜帶之款項，以利於父母匯款。

14. No Piercing。

不能在身上穿洞。(來台之前有穿洞不在此限)

15. No Tattooing。

不能刺青。(來台之前有刺青不在此限)

16. Students must not access any Internet websites of a pornographic sexual nature, this would be deemed a breach of rules; we also discourage participation in online games.

不能上色情網站，亦不可從事網上之暴力遊戲。

B: SCHOOL LIFE/學校生活

1. Abide by the rules and regulations of the school. You cannot ask for special treatment for being an exchange student.

與當地學生一視同仁，嚴守校規；不得因身為交換學生而要求特別待遇。

2. Except for attending the Rotary Club meetings or other reasonable reasons. You cannot ask for leave. Attend school on time. Though excellent study performance is not the only goal, but you should leave sufficient time for preview and review.

除了出席扶輪社的例會活動以外，不得無故缺席，請遵守學校所定之上下學時間。雖然學業成績優良與否並非交換學生之唯一目標，但學生亦應安排時間預習，溫習學校的課業。

3. Take part in extracurricular activities actively.

積極主動參加課外活動。

4. You cannot stop by or stay at anywhere on your way home or to the school unless you get prior consent from your host family.

除非獲接待家庭的許可，不得於上下學途中前往他處逗留。

5. Make friends with local people as many as possible but don't push it too hard. Keep friendly smile to get friendship easily.

多與當地民眾做朋友，但切記勿操之過急。常保親切的笑容，主動接近自然很容易獲得友誼。

6. In school, especially in public high schools. A perm is not allowed for a schoolgirl. Wearing ornaments like earrings/necklaces is also not allowed. Wearing makeup or nail polishers are forbidden, too.

(女學生請特別注意)在當地的學校裡，尤其是公立學校，有些嚴禁學生燙髮、配戴耳環、項鍊等裝飾品，同時也禁止化粧及塗擦指甲油。

7. No chewing gums or snacks during the class.

上課中嚴禁咀嚼口香糖等各種零食。

8. If any other particular regulations restricted by specified school should also be followed.

※關於校規之注意事項：校規依學校不同而有所差異，有的學校要求比較嚴，但也有學校是較為放鬆的，學生應聽從師長的指導並遵守之。

C: TRAVEL/旅行

1. Abroad traveling not allowed during exchange period.

於交換期間禁止從事海外旅遊。

2. Traveling interfering studying or Rotary activities is not allowed.

禁止影響學業及扶輪活動之旅遊活動。

3. Travel is permitted with proper adult chaperones. However if Rotarians both ends host it, then

you can travel alone.

若無適當之陪同人員，禁止獨自旅行；然而若出發地暨目的地均有扶輪社員接待時，則不在此限。

4. If you travel within the host district, you should get the approvals from the host club and host family first. However if you want to travel beyond the host district, then besides the approvals mentioned above, you should report to local Youth Exchange Committee through your counselor. The Committee will decide whether your sponsoring club's and your own parents' written approval are required.

若旅遊範圍在接待地區內時，須徵得接待社及接待家庭之同意後，始可成行。然若超越此地區域時，除須徵得上述二者同意外，同時必須透過接待社負責協調之社員，先行向地區青少年交換委員會報備，委員會視情況決定是否必須由學生派遣地區、派遣社及父母提出許可證明書。

5. You are responsible for the traveling expenses including field trips' fee held by school and other trips' cost. You can bring the money together with you and deposit it in the above-mentioned bank account; or you can get remittance from your home country when actual figure is known after your arrival.

若無特別之規定，學生應自行負擔各項旅行之費用，包含學校所辦之校外教學，旅遊等活動。這些費用，學生可於出發時一併隨身攜帶至接待地區，存入個人戶頭；或於抵達後算出實際所需費用時，再逕行由派遣父母匯給學生。

D: Visits from Home/派遣家庭來訪

1. Visits by your parents/relatives while you are in the program are strongly discouraged. As to within the last quarter of exchange, submitting the application document signed by your parents/sponsoring club/counselor of sponsoring club and get the consent of local Youth Exchange Committee in advance. The application document should include following information: visitor's name/purpose/period/schedule.

交換期間，學生之父母、親戚請儘可能地避免前來探訪。至於交換年度之最後一季，可由學生之父母、派遣地區、派遣社之協調人具名提出申請文件，並事前徵得本地區青少年交換委員會之同意後方可成行。該申請文件之內容須包含：訪問者姓名、訪問目的、訪問日期、行程等資料。

2. Parents visits are not allow during major holidays, besides the visits should not be planned that will involve lengthy absence from school for you, or impose a burden on Host Families.

父母不得在重要節慶期間來訪，且避免學生向學校請長假，也不得造成接待家庭任何負擔或困擾。

3. Visits of siblings or friends are allowed only with your parent (s)

朋友或兄弟姐妹來訪時必須與父母同行。

4. Any planned visit from home must be discussed with, and acceptable to, the affected Host Family, the Host Rotary Club Counselor, and the District Youth Exchange Committee; Surprise visits are not acceptable.

任何派遣家庭來訪必須與接待家庭，接待社輔導顧問和青少年交換委員會討論後同意，恕不接受任何“突然造訪”。

5. Permission for visit must be asked in advance at home country at Rotary sponsor district, country contact then will ask host district Youth Exchange Committee. The host district YE Committee will check all parties involved and make final decision.

來訪前必須先獲得派遣社、國際聯絡人和派遣地區青少年交換委員會之同意。接待地區的青少年交換委員會會向所有相關人員確認後再做最後決定。

6. Do not make any travel arrangement before visit is approved by host district YE Committee.

未經過接待地區青少年交換委員會之同意前，不得擅自做任何旅行安排。

E. Departure for Home/交換期滿歸國

1. Students must return home directly by a route mutually agreeable to the host district and student's parents/guardians.
交換學生必須依照接待地區和學生的父母或法定監護人所同意之行程直接回國。
2. Departure must occur prior to the expiration of your student visa, and on the date approved by your Sponsor district and host Rotary Club. This is normally before mid July; because your host club and host parents are obliged to take care of you no later than July 15th.
學生必須於簽證有效期限內、派遣地區和接待扶輪社同意之日期前離境。一般最後期限為七月中旬，因為接待社與接待家庭照顧學生的有效義務到七月十五日為止。
3. Generally, school year in Taiwan starts in Sep, and ends around later June. Therefore, you are requested to complete your exchange program and return to home country within 2 weeks of the end of school. Besides; it must be approved by your sponsor district and host district, if you would like to conclude your exchange and leave Taiwan before the end of school.
原則上台灣學校於九月初開學，而於六月底左右結束，因此交換學生必須完成年度之交換計劃，並於學校結束後的兩個星期之內回國。若你有想要在學期結束前離台，必須獲得派遣地區和接待地區的同意。

F: OTHERS/其他

1. The student must be covered by a health and life insurance policy agreeable to the hosting district with minimum insurance amount regulated by hosting club. The effective insurance form should be copied and filed by District Youth Committee.
根據規定學生必須依接待地區之規定加入保險，加保後保險書影印本須提交地區青少年委員會。
2. If the student has never learned the local language or is not familiar with the local language, you should get intense study before you come in order to have better communication. If the Host Club or District Youth Exchange Committee arranges a study at the Language Center, then the tuition should be born by the Host club or District. However, the student will pay for all the expenses by himself or herself if he or she would like to take any language trainings other than those to be arranged by the Host Club or District.
若學生前往接待地區之前，未曾學習過當地語言，或不熟習當地語言時，應於出發前加強學習數月以方便溝通，千萬不要覺得到當地自然就會。接待地區或接待社所安排之語言課程以外，學生若要增加其他學習課程，所有費用應由交換學生自行負擔。
3. Treasure this one-year exchange life. Never treat this year as a long leave. There must be considerable differences in custom/culture/economical and social situations between here and the place you come from. If you want to lead the life as you were in your home country, definitely you will be disappointed and that will make your exchange life miserable. You should try your best to be an excellent learner.
請學生務必珍惜一年的交換生活，絕對不要視此一年為『長期休假』。當地的習慣、文化、經濟、社會等情況，與學生本國內的生活有相當的差異，學生若抱著與國內過著同樣方式的生活，恐怕會因此大失所望，使得交換學生生活過得不愉快。學生應朝著做個『優秀學習者』的目標努力。
4. ***Obey the laws of Taiwan.**
***遵守台灣法律。**
5. Stealing is prohibited. There are no exceptions.
嚴禁偷竊行為，絕無寬待。
6. Do not spend all your time with the other exchange students.
不要與其他交換學生膩在一起。
7. Do not borrow money. Pay any bills you incur promptly.

不要向人借錢。盡快繳納或償還你所積欠的帳單。

8. Students should have sufficient financial support to assure their well being during the exchange year. Your hosting district may require a contingency fund for emergency situations. It must be replenished by the student's parents/guardians as it is depleted. Unused funds at the end of the exchange will be returned to the student. These funds must be turned over to your host Rotary Club upon your arrival and is not meant to cover day-to-day expensed.

在交換期間，學生應有充足的經濟支柱。你的接待地區將為你保留一筆緊急備用金。當這筆金額用盡時，你的監護人或父母就必須再補回這筆緊急備用金；交換初期，交予接待社保管；交換期滿，未使用之緊急備用金退還予該學生。

9. You will be under the Hosting District's authority while you are an exchange student. Parents/guardians must avoid authorizing any extra activities directly to their son/daughter. The Host Club and District Youth Exchange Officers must authorize such activities. If the student has relatives in the host country or region, they will have no authority over the student while the student is in the program.

交換期間，接待地區全權處理交換學生的一切事宜，父母及監護人應避免干預。交換學生必須完全配合接待地區及接待社之所有安排及活動。即使有學生親戚在接待地區居留，家長也不得擅自為學生做主。

WE HOPE YOU HAVE A VERY GOOD, FRUITFUL EXCHANGE STUDENT'S LIFE !

我們希望你擁有美好又充實的交換學生生活!