

EARLY BIRD WEEKLY



NewbergRotaryEarlybirds.org

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Highlights



Last Week was our "rebounds."

For those of you new to the Rotary Youth Exchange we have **outbound** (our students heading abroad), **inbound** (foreign students arriving here), and **rebound** (a pet name for our students returning home their exchange).

Annalise Sellars was first up on her time in Emst, Hagen, Germany.

Moving & Culture Shock. Even though she practiced German before her exchange she still struggled into the fourth month to find the self confidence to talk to people.

Social Norms. She had some degree of difficulty the whole time understanding why people dressed a certain way or how they interacted.

City Life. Annalise had spent her whole life in Newberg so moving to a big town like Hagen and a new country was a big adjust. Public transportation took some getting used to but she became quite fond of it.

She made a best friend, another Exchange there from Mexico City, that she still talks with every night. This is him in front of her favorite displays of art.



Her host family brother, Ben, was in India when she arrived on his own exchange. The family took her to Belgium, Holland, Italy, France and Luxembourg in her seven months with them.

She made friends with a neighbor across the street



that is heading to Canada this year.

One of her favorite school activities was on the cheer team for Hagen Phoenix Basketball. They got to dance to schlager (German pop music) for carnival.

Food is usually a big breakfast and a big lunch or dinner. A typical breakfast is hard boiled eggs, bread, meat, cheese, grapefruit and coffee or tea.

Common for other meals are wurst, schnitzel, fish, red cabbage, and sauerkraut.

Snacks might be pommes (French fries) & mayo and döner (shredded meat and bread).

School, compared to U.S., is more comparable to a college schedule ending some days at 1:00, others at 5:00.

She did miss the lack of what Annalise considers school spirit.

As part of her time with District 1900 students was her Deutschlandtour ... 6 cities in 10 days on a small tour bus to Hamburg, Berlin, Dresden, Munich, Füssen, and Rothenburg ob der Tauber.

Highlights were Munich oktoberfest, Berlin to the Berlin Wall and the Holocaust Museum, and the pretty little town of Rothenburg.

Sophie Simpson returned from near Olten, Switzerland, 5,373 miles from Newberg.

Rotary there provides its students with train passes making most cities accessible within two hours. Crossing the country could be under four hours.

Sophie stayed with two host families. The Kohlers had a daughter going to Japan and an older daughter. Most of her time with them was chatting and playing games. They had a home in the mountains they got to visit a couple times.

The Tonets had three kids, all out of the house but had been on some kind of exchange on their own.

Her first home was in Lostorf with a view of pastures and the constant ring of cowbells.

Her second home in Starrkirch-Wil had a view of a castle behind which the sun set every night.

Swiss German, her local language, isn't like German at all. She learned a lot of both while there, high German and Swiss German.

Sophie has a love of language and is currently taking French.

She had a difficult time with food. She was constantly fed fondue and raclette, both heavy meals that are usually served a couple times a year. Being an exchange it was once a week, she says with amusement.

"You can go an hour in any direction and the food is totally different."

Fun fact, a couple months after she left, hers was the town that rained chocolate because of a factory malfunction. Which many consider better than the smell of cow manure. The weather was like Russian roulette whether the breeze would carry chocolate or manure.

Her Rotary Club, Gösgen-Niederamt, reminded her of our Early Bird club. It was very involved and lively (her club is top left of the lower image).

The bathrobe pic is a polar plunge fundraiser for Shelter Box that her host family coerced her into it ... and they ended up on the evening news.

Adventure: roll the dice for which train to board, and again for stop to exit. "We ended up in some very off the beaten path places."

For her 16th she was taken paragliding. She went skiing by the Matterhorn and got to visit the United Nations building in Geneva. A particular interest because she would like a career in international relations.

Next? Somewhere totally different (non-European), like Thailand.



Mein Rotary

-Rotary Club Gösgen-Niederamt

-Districts 1980, 1990, 2000

