

Being a Student's Mother & RYE Officer

Back to Basics: Service • Trust • Connection • Lasting Impact

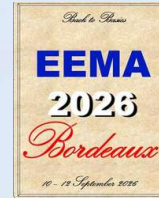
SERVICE

TRUST

CONNECTION

IMPACT

Nervana Helmy

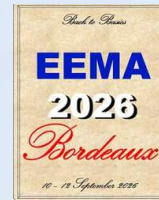


Where It All Started

Rotary was part of my life before I ever had a title

- Interact
- Helping with the Egyptology Camp at the age of 14
- Learning by watching, helping and being present
- Discovering the meaning of Youth Exchange

It started with simple helping



RYE Grew With Me

Marriage and motherhood did not end the story.

- I stayed connected to the camp
- My family became part of it
- My children grew up around Youth Exchange
- During my work at the Bibliotheca Alexandrina, I welcomed campers from another side

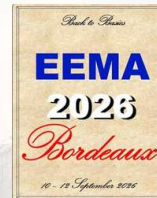


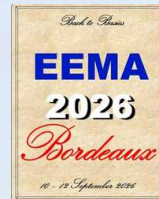
I thought I was bringing my children with me!!



EEMA
Youth Exchange







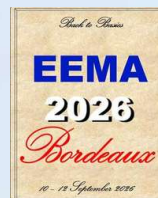
Then Life Changed

A new country. A new life. A long distance from Rotary.

- Moved to California
- Far from family, friends, and the camp
- Youth Exchange became part of a life I missed



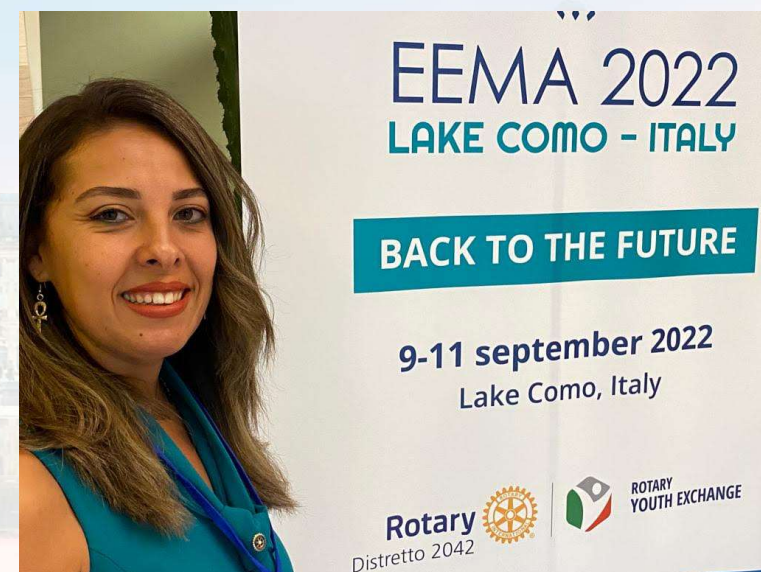
Sometimes we step away from what we love and carry it with us anyway.



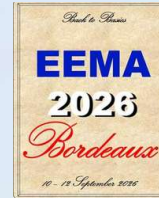
My Comeback 2022

Found my way back to a new family.

- A very difficult year
- An invitation to my first EEMA in Como
- A return to the heart of Youth Exchange



EEMA became part of the bridge that brought me back.



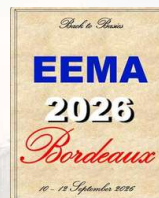
From Returning to Leading

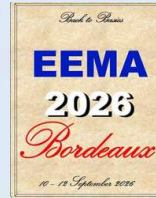
Someone believed in me and gave me room to grow.

- Vice Chair — Youth Exchange Society Egypt
- Chairing / leading the EEMA conference in Egypt
- Main coordination of the Egyptology Camp ...
Long Distance!!! 😊



Leadership often begins because somebody believes in us.



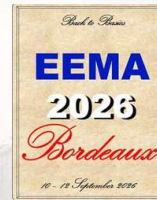


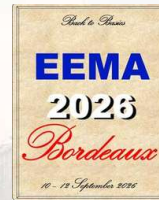
Then I became the Parent on the Other Side

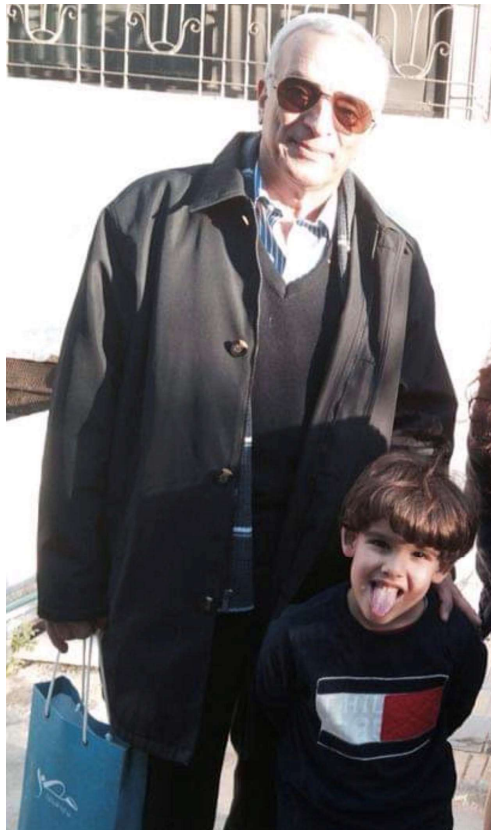
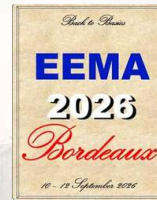
Knowing the program did not stop me from being a mother.

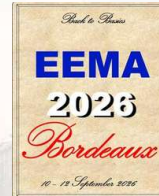
- **First** my son joined his first camp at 15
- **Then** both of my sons participated
- **Now** they are part of the organizing team

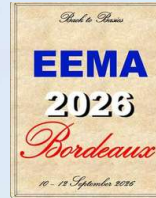
The officer knew the program. The mother felt the distance.









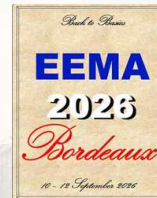


The Calls I Answered as a Mother

"I am sending my children too."

- Regional tension made one family hesitate
- Safety came before the camp
- Parent-to-parent honesty created trust
- After the camp, his message reminded me why this work matters

The officer could explain the program. The mother could understand the fear.



Jun 28, 2025

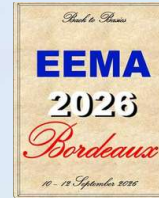
Hello Nervana, I hope this message finds you well; I just saw your boys have arrived to Cairo already. 🙌🙌🙌.

Just wanted to confirm that thanks to your comments and recommendations. Bernardo and Andre from Mexico **Will** be traveling tomorrow to Egypt as originally planned!!!

Thank you again

4:27 PM



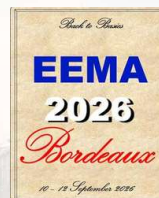


What a Mother Notices

The journey begins before the student lands

- Long layovers and missed connections
- Fear, homesickness, and first-time travel
- Being available when a young person needs a calm voice
- The same reassurance I give my own boys

The logistics matter. The emotion inside the logistics matters too.



Different Countries. Different Stories. One Big Youth Exchange Family





Back to Basics ..What Lasts

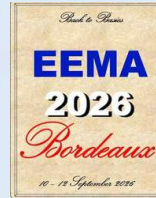
People believing in people. Service passed from one generation to the next.

- I started by helping
- Someone trusted me to lead
- Parents trusted me with their children
- Now my own children are helping lead

Back to basics → Create Lasting Impact

**CREATE
LASTING
IMPACT**





Merci

