

擁抱文化交流

Embracing Cultural Exchange

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前言 Preface

非常感謝各級長官願意給我機會來到美國，讓我能擁有這段難忘的經歷。在整趟旅程中，我努力用雙眼記住每個瞬間、學習和感受不同的風情，從一開始想盡辦法讓自己融入新的文化，到擁有來自四面八方的友情，每分每秒都讓我感到充實和精彩。無論是透過日常互動、多樣豐富的食物，還是人們對待生活和工作的方式，都讓我能更深入認識美國獨特的文化樣貌，我非常珍惜這趟回憶。

I am deeply grateful to everyone who allowed me to come to America. This has been a truly memorable experience. Throughout my trip, I have seen, learned, and enjoyed so much. From immersing myself in a new culture to making lasting friendships, every moment has been enriching. I have had the chance to explore the unique aspects of American culture, whether through everyday interactions, diverse cuisine, or the way people approach to life and work. These experiences have broadened my perspective and deepened my understanding of the world. I will carry these memories with me and cherish them for years to come.

踏上美國的衝擊

The Shock of The United State

當我抵達美國，一看到美國的機場，我瞬間呆住，心想怎麼這麼大！第一次看到機場裡面有捷運，而且必須搭乘機捷才能抵達轉機的航廈。機場內有提供飲水機，但我卻找不到開關，不知道怎麼使用，直到看到其他人將手放在飲水機側邊，不須碰觸，水就會自動流出來，真的超級高科技。機場內的餐點是我踏上美國的第一餐，不僅價格昂貴，而且還鹹到舌頭麻掉。

When I first arrived in the USA, I was amazed by how massive the airport was. The sheer scale of it was overwhelming—I even had to take a train to reach my terminal. One of the things that stood out to me was how high-tech the drinking fountains were. By simply placing my hand next to them, water would automatically start pouring out. My first meal in America was also memorable. It was at the airport, and not only was it expensive, but it was also incredibly salty. I could barely feel my tongue afterward!

沉浸式體驗

Immersive Experience

這是我第一次去美國，那裡的一切對我來說是如此的陌生，一切都需要重新探索和學習。身處在全英語的環境，像是置身於美國電視節目場景裡，我只能接受、學習並努力適應其中。當沉浸在不同的文化裡，讓我一度忘了自己只是個過客。

It was my first time in America, and everything felt so new to me. I felt like a newborn, just beginning to explore and learn. Being surrounded by an entirely English-speaking environment made me feel like I was living in an American TV show. I tried to embrace the experience, immerse myself in it, and enjoy the atmosphere around me. There were moments when I forgot I was just a visitor.

我非常喜歡美國一種常見的文化，那就是「閒聊」。藉由與來自不同地方的人聊天，不僅可以傳播臺灣的文化，還可以結交朋友。在美國，「擁抱」也是一種常見的問候，剛該始感到很不習慣、甚至有些尷尬，然而意想不到的是，當我準備離開美國的那幾天，與朋友們的最後擁抱卻讓我感到難過和思念。

Small talk is common in America, and I enjoy it, too. It's a great way to make friends and share information about my country, R.O.C., with others. Hugging is also a common practice there. At first, it was strange and a bit embarrassing to me. However, as I prepared to leave, I found the last hug emotional. I realized how much I would miss my friends.

受訓過程 Training Process

受訓課程分為兩個階段，第一階段是透由線上課程自行學習，在這個階段，我必須到教室依照既定課表學習並通過考試；而第二階段偏向實際操作，並且需要完成很多的報告，在這階段中，如何清晰地表達自己的想法並與同學分工互助，以達到團隊合作，變得至關重要，此外，我也需要學習如何使用英語進行報告。

The course consists of two different phases. The first phase is online study. I had to follow a set schedule and take exams in the classroom. The second phase, however, requires a more hands-on approach, with numerous reports to complete. This phase is in-residence. Effective teamwork becomes essential in this phase, as it is important to convey my opinions clearly and collaborate with others. Additionally, I had to learn how to present reports on stage in front of others in English.

特別的是，在第二階段的課堂簡報中，即便每個小組討論結果都不一樣，但教官卻不會以唯一標準答案去評分對或錯，反而注重是否有保持開放的心態、尊重他人、相互合作以及展現領導能力等方面；另外，教官們在上課中著重正面鼓勵的教學方法，透由表揚而非批評的方式給予各小組報告建議。此外，不論是上課、討論或簡報，大家習慣使用縮寫以方便表達，比如「CC」代表「Commander（指揮官）」，「GPC」代表「Government Purchase Card（政府採購卡）」，以及「DTS」代表「Defense Travel System（國防差旅系統）」。

There isn't a single correct answer for any scenario. Being open-minded, respectful, cooperative, and demonstrating leadership

are crucial qualities. I also noticed that the instructors emphasize a positive teaching style, using compliments rather than criticism. Furthermore, they frequently use acronyms in their communication, such as “CC” for “Commander,” “GPC” for “Government Purchase Card,” and “DTS” for “Defense Travel System.”

語言學習

Language is for Communication

我的朋友們經常告訴我，因為美國土地太大，不僅很多人沒有去遍美國所有的地方、每個州也都有獨特的象徵，而且來自不同地區的人有不同的口音，甚至有些字或片語僅在特定地區使用；例如，在美國南部，「You good」可以有多種含義，像是「你還好嗎？」、「你沒事吧」、「你吃飽了嗎？」、「不需要說抱歉」、「你需要錢嗎？」，或者「不客氣」等。

My friends often told me how vast America is. Many of them haven't even visited all the states or major landmarks. The size of the country means that each state has its unique characteristics. People from different regions have distinct accents, and some words or phrases are only used in specific areas. For example, a friend told me that in the southern United States, the phrase "You good" can have multiple meanings, such as "Are you okay?", "You're okay," "Did you get enough to eat?", "No need to say sorry," "Do you need some money?" or "You're welcome."

一位來自南方的朋友告訴我，在美國南方，大家普遍喜歡油炸食物，例如在感恩節時候，他們不是烤火雞，而是炸火雞，有些家庭

甚至先把火雞塞進鵝裡，再把雞塞進火雞裡面，然後全部一起炸，但我的朋友卻不喜歡這道菜。

I've heard that in the South, people love to fry everything. During Thanksgiving, for example, instead of grilling, they often fry turkeys. Some families even take it a step further by stuffing a goose with a turkey, putting a chicken inside the turkey, and then frying the whole thing. However, my friend didn't particularly enjoy it.

英語是一個學習和交流的管道，透過英文溝通，我能向班上同學介紹我的國家，我喜歡跟他們分享臺灣的文化、節慶、語言、大眾運輸系統、醫療保健，到臺灣與中國之間的差異等；而參觀美國二次大戰博物館後，讓我能藉由館內中華民國國旗照片，向班上介紹臺灣歷史。

English is a tool for learning and communication, especially when I want to share aspects of R.O.C. with my classmates. I enjoy sharing Taiwan's culture, festivals, language, public transportation system, medical health care, and even the differences between R.O.C. and China. After a visit to the World War II museum, I also shared Taiwan's history with them.

每天上課前會有小組報告，我喜歡在這時候透過簡報或影片的方式介紹臺灣，有一次我準備的簡報是關於夜市，直到我要離開美國前，這個話題熱度依舊未減，意外成為同學對臺灣的記憶點，畢竟沒有人能抵擋住美食的誘惑。對於他們來說，臺灣是非常陌生的詞，甚至有些人不知道「臺灣」在哪裡。英語是他們了解臺灣的主要方式，希望我的分享能激發他們對我國的興趣和了解；畢竟，臺灣是一個美麗的地方——誰不會愛上呢？

One of my most popular presentations was

about Taiwan's night markets. No one could resist the allure of the delicious food. For many of my classmates, Taiwan was largely unfamiliar, and English is their primary way of learning more about Taiwan. So I hope my sharing sparks their interest in my country. After all, Taiwan is a beautiful place—who wouldn't fall in love with it?

尊重軍人 Respect Military

在美國，我經常看到軍人習慣穿著軍服在餐廳吃飯或騎乘檔車，民眾不會去批評這些行為，反而會十分尊重和感激，有些市民會對他們說：「感謝你為國家的服務。」有些熱情的民眾看到軍人在餐廳吃飯，甚至會主動買單。

In America, it's common to see military personnel in uniform at restaurants or riding motorcycles, and no one judges them for it. In fact, people often show respect and appreciation. When I was walking with my classmates, some civilians would stop and say, "Thanks for your service." And sometimes others will even pay for their meals.

在機場內，總是會有廣播提醒現役軍人可以優先登機，如果和軍人同在一艘飛機上，還會聽到：「我們與某某軍人一同搭乘這班航機，感謝您為國家的服務。」一位朋友提到，她們從小就被教導要尊重軍人。當我看見和感受到美國對待軍人的態度和氛圍，真的非常感動。

When I took a flight, there was always an announcement that active military members could board the plane first. The crew would say, "To those on board with us, thank you for your service." One of my friends mentioned that they were taught to respect the military from a young age. The level of respect and gratitude shown to those in uniform impressed me.

國家認同 National Identity

有次課前簡報，有小組是分享關於奧運會的比賽結果，當提到美國贏得最多獎牌時，瞬間所有教官跟學生都一同歡呼。某天假日，我和朋友一起去彭薩科拉海灘觀賞飛機秀，整場表演令人熱血沸騰，尤其是藍天使的音爆，真的是超級酷！每當出現精彩的飛行特技時，有些民眾會高喊「美國」，這種以國家為榮的情操、發自內心的呼喊，讓人深受感動。

In class, there was a daily presentation about the Olympics, and when it was mentioned that America had won the most medals, all the students and even the instructors cheered together. One time, I went to Pensacola Beach to watch the Blue Angels air show. The airplanes were incredible, especially the sonic boom—it was amazing! But what left an impression on me was the sense of American patriotism. When the crowd shouted "USA," I was deeply moved.

我的朋友提到，他非常欣賞臺灣蔡前總統，因為某次看到她在受訪時說道：「我們不需要宣佈獨立，因為我們已經是一個獨立的國家。」朋友讚賞蔡前總統的自信以及對臺灣主權的明確立場；這讓身處異鄉的我感到非常自豪。

One of my friends mentioned that he admires Taiwan's former president, Tsai Ing-Wen, particularly for her statement that "We don't have a need to declare ourselves an independent state. We are an independent country already." He appreciates her confidence and the clear stance she takes on Taiwan's sovereignty. As a Taiwanese, hearing that, especially when abroad, makes me feel proud.

結語 Epilogue

我從這次旅程中學到了很多寶貴的經驗。最主要的是，勇於表達自己的想法。在小組作業中，討論與合作顯得至關重要，組員必須學習如何清晰地表達意見，並分析不同的行動方案（COAs），這個過程充滿各種腦力激盪，但也十分有趣。

What did I take away from this trip? So many things. First of all, I gained more courage to express my thoughts. During teamwork, I learned the importance of discussing and cooperating with my teammates. I had to learn how to express myself clearly and analyze different courses of action (COAs). I enjoyed contributing to the group.

其次，是自信心的成長。沒有用過英文和別人交談的經驗，讓我很擔心自己是否有口音而無法清楚傳達想法，但隨著每次的稱讚，這方面的信心也漸漸增強，而我也意識到，在真正嘗試之前，害怕是沒有用的。

Second, I feel more confident than before. Initially, I was a bit afraid that others wouldn't understand what I was trying to say. But after being complimented on my speaking, my confidence grew. I

realized that it's useless to be afraid until I actually try.

最後，別忘了心懷感恩。在這段回憶中，我結識了許多友誼，並接受朋友們很多的幫助。我認為，不能把任何事情視為理所當然，沒有人有義務對誰友善或幫助誰，我非常感激這段期間所得到的一切善意，並儘可能幫助其他人。

Lastly, I learned the importance of always being grateful. I met many friends during my trip and received so much help. Never taking anything for granted is one of my core beliefs. No one is obligated to be kind or to help me, so I deeply appreciate all the kindness I have received and strive to assist others whenever possible.

在美國度過了幾個星期後，我逐漸意識到，美國與臺灣本質上並沒有不同，只是有著不同的語言和文化，臺灣擁有一些美國所沒有的優勢。因此，我們必須保持團結，並以身為臺灣人為榮。

After spending several weeks in America, I've come to realize that, at its core, America is just a country like R.O.C., with its own language and cultural practices. R.O.C. has certain advantages that America doesn't have, and I do believe we should stay united and take pride in being Taiwanese.



班上聚餐 Gathering with classmates.



和朋友出遊 I love hanging out with you girls.



感謝 Kathy 阿姨和 David 對我們的照顧
Thanks Kathy and David for caring about us.



看球賽 Watching the baseball game.



感謝 Karen 和 Chief 的照顧
Thanks Karen and Chief for caring about us.



和 Tim、韓國與菲律賓朋友出遊
Trip with friends.



和講師及班上唯二國際學生合影
A picture with instructors and
the other international student.



結識另一班隊的國際學生
Friends from the other course.