

美國南伊利諾大學(SIU)
之
心得報告

系所:公共政策與管理學系

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現在回到了台灣，回想起在美國伊利諾州的南伊利諾大學卡本戴爾分部所發生的點點滴滴，就如同是一場夢一般的不真實，這不到一個月的時間真的是非常的短暫，才一眨眼的瞬間就結束了，但願我永遠都不要清醒，讓這場美夢能夠持續下去。時間雖然如此的短暫，但卻在我短短的人生中留下了重要的一頁，在這趟旅程中確實讓我成長了不少，不論是在語言、交友狀況等等的方面，回憶起這種一切，真的是非常得令人永生難忘。

在這幾個星期的上課過程中，我看到了各個國家的不同面貌，不管是在性格方面、文化方面都有很大的差異。班上的阿拉伯學生佔多數，也有墨西哥學生和一些小國家的學生，其中我發現阿拉伯學生滿喜歡搶著回答老師問題的，不像台灣學生那麼內向，明明知道答案是什麼卻不好意思舉手發言，我對於他們的勇躍發言不怕答錯的精神很佩服，這是我們該學習的，但這僅只限於男性，因為風俗文化的關係，他們的女性非常的安靜，除非你和她們說話，否則她不太會主動說話。在一次的課堂中，老師把不同國家的學生放在一起做討論，讓我們彼此能夠更了解彼此的文化習俗，內容包括結婚、重要節日、宗教等等。

我認為美國教育和我們台灣教育最大的差別是教學方式，老師們的教學是很活潑的，不是死板板的一直寫黑板而已，他們上課上到一個段落就會讓我們做一些活動、看影片或是輪流請同學回答問題，表達自己的意見。我在那裡上課真的覺得很輕鬆、很快樂，在這樣老師不斷鼓勵我們思考、發言的環境下，我常常可以毫不保留的表達意見、想法。就連考試也不見得有一定的答案，只要你的想法正確或是寫到幾個關鍵字就可以對了，不一定要一字不漏的背課本內容。而我們是用托福成績來作分班，因此班上同學的程度都是差不多的。在課堂上老師其實不會用很艱深的話來教學，只要習慣老師的口音跟說話速度要聽得懂上課內容是不困難的，我們一天都會有三種課程，所以一天會有三份作業，我一直以為美國的教育是不太需要做作業的，想不到除了每天都有作業外，每個禮拜都有一兩次的考試。這可能是我們讀的是語言學校的關係，所以要多做練習吧。

在上課之餘我們會安排其他的休閒活動，除了下雨天外，我們幾乎天天出門。我通常會和幾個好朋友搭公車一起到 Wal-Mart 或 University Mall 買一些吃的、用的東西，或者走路到 SIU 的運動中心去做運動，運動中心內有游泳池籃球場、羽球場、還有一些健身器材等等，真的非常不錯。有一次我、一個台灣學生及兩個住在這棟公寓的黑人(SIU 的學生)一起在我們公寓的交誼廳內玩撞球，其實我們兩個根本就不太會玩，來到美國才第一次接觸到撞球的，因此我們兩個就分別和他們兩個人組一隊，在玩的期間他們會不斷的教我們撞球的規則，除了比賽撞球外，我們也會聊到我們的國家(台灣)，可能是國家太小了，所以他們都沒有聽過，但是我們還是用一些我們會的簡單英文去介紹台灣，雖然講得不好，有時只是講零碎的幾個單字，但他們還是會瞭解的。這棟公寓住著很多的黑人，他們其實都

還滿友善的，像我們的公寓管理員就是個風趣、熱情的人。

每個禮拜 CESL 都會幫我們安排活動，我參加過固定星期四下午的 Tea Time、7/9(五)Boling、7/17(六)Trip to STL。其實每個周末我都和 SIU 安排的帶團老師 Holly 一起出去玩，她是個熱情、親切、開朗又漂亮的老師，因為她的年紀與我們差不多，所以和我們相處時不會有距離感，我們在 SIU 的各項活動與生活起居都由她負責，除了 CESL 安排的活動外，她還會額外帶我們到很多地方玩和著名餐廳吃飯。

7/10(六) Holly 一大早就開著校車帶我們到市集和超市買一些東西，以為下午的湖邊野餐做準備，而到了那個市集後卻不知道要買什麼，因為大多都是蔬果類的東西。她告訴我們在市集內價錢是不可以殺的，因為價位都已經很低了。之後 HOLLY 開車順道去載她的一個好朋友和男朋友 NICK 一起去，到了目的地後，吃著自己帶的水果和 Holly 特地為我們做的美式吐司(一片土司塗藍莓醬，另一片塗花生醬，最後再合在一起吃)，覺得非常滿足。之後，我們因為沒有帶泳衣無法走水路到湖邊玩水，只好走很長的小徑，沿途經過草叢和一道小瀑布才到達目的地，湖裡有著很多來自不同種族的人，大家各自帶著自己的親人、好友、寵物來玩，真的非常熱鬧。來到了美國雖然只有一個星期，但彷彿已經融入了當地的生活。

7/18(日)Holly 的男朋友 Nick 邀我們到她父母家玩，他是一個很親切的紳士，他總是知道我們的需要並給予幫助。從他父母 Bill 和 Betty 的家可以看出美國人重視休閒、享受的性格，他們的房子外表雖然不是很豪華，但是屋內的家具卻是很有質感與舒適的，在他們的走廊有搖椅、外面的草地上也有搖椅並且他們還自己種一些蔬果，走下去屋旁木造的樓梯有一條小河，當我們吃完午餐(漢堡、生菜沙拉、水果、布朗尼蛋糕和冰淇淋)就到那條河去划小船，他們也準備飛盤和一些小遊戲讓我們玩，太陽逐漸的下山，滿天的星星與明亮的月光催促著我們回家，就在美妙鋼琴聲與溫馨的氣氛下結束了今天的活動。

為了感謝 Holly 和 Nick，我們決定煮一桌台灣的家常菜請他們吃，下午放學後我們一行人搭著公車到 Wal-Mart 買食材，隔日大家就按照分配好的工作個自就位，雖然買的豬肉在廚房內的冰箱被偷走了，但最後還是順利完成了十菜、一飯、一湯，其中有烤番薯、番茄炒蛋、培根炒高麗菜等等，當然少不了準備一些冰的果汁、汽水，因為美國人其實不太喜歡喝熱的東西，連飲水機的水都是冰的呢。第三個周末 NICK 開他的車載我、Holly 和三個台灣學生到聖路易士玩，雖然上星期已來過，但其實有很多的景點都沒有玩到，Nick 在這裡住過，因此他知道很多好玩的地方、好吃的東西。我們安排了兩天一夜的行程，去了 Fox Theater、Sara Bareilles Concert、Missouri Botanical Gardens、Arch 頂端看整個聖路

易士、逛二手衣店、Macy's 等等。在這短短的兩天內，我們建立了我們共同的回憶，也加深了彼此的情感。最後還去了 Holly 父母家吃晚餐，這是她們的家庭聚會，她媽媽準備了感恩節的食物請我們吃，有火雞肉、特製的甜點等等。Holly 的媽媽真的很會做菜，特別是她做的草莓蛋糕，我到現在都還忘不了哪種甜甜的滋味。吃完後我們和 Holly、Nick 以及她弟弟到她們家後院的游泳池玩棒球、比賽游泳。在這個家庭中，我感受到了美國人的熱情與親切，也看到了美國的文化與生活。

世界雖然大，但因為科技的發達、語言的流通，使的人與人之間的交往更加的頻繁。來了一趟美國，讓我體認到語言的重要性，也提深了我對於學習語言的興趣與動機。在美國的日子十分的短暫，因此我參加了很多活動讓自己過得更充實、學習得更多，把握時間的每一分每一秒。現在的我所要做的就是不斷的學習，努力認真的學習，讓自己未來的生活更加豐富與精彩。

Now that I have returned to Taiwan, I recalled everything that happened in America. Illinois state's Southern Illinois University Carbondale seemed like a dream which I have made is not real, but it happened indeed. This time was less than one month and was really short. It was just like a moment you twinkling your eyes and it had ended. I hoped that I could not awake forever, and let this fond dream continue. Time was so short for me, but it has actually left an important page in my short life. In this journey, I truly grew up, no matter in learning language, the condition of make friends, and so on. I have recalled this all, what was a really unforgettable experiences that I could not forget in my eternal life.

In the process of attending class in these weeks, I saw the different appearance in each nationality, no matter in the disposition aspect, the cultural aspect had the very big difference. In my class, Arabic students occupied the most part of students, it was also has the Mexican students and some smaller nationalities students. I discovered that the Arabic students like raising their hand and replying the teacher' s questions. They did not look like any Taiwanese student who is more introverted. We knew obviously the answer, but we were embarrassed raising our hand to speak the answer. I regarding them to be brave to answer the question, and did not fear their answers which was wrong or not. I thought their spirit was to be admired very much, and we should regard them to be a model of our study. But this is only restricted in the male, because of custom culture relations, their females are unusually quiet. You always needed to speak to them, otherwise she would not speak to you on own initiative. One time in a classroom, teacher put the different country's students in the same place did the discussion. He did that to make each other to understand each other's cultural custom, the content including marriage, important holiday, religion, and so on.

I thought the biggest difference of the US education and Taiwan education was the teaching way. American teachers' teaching is very lively. They did not just write the words or sentences on the blackboard. When they finished a paragraph or a lesson, they were let us do some activities, like saw related movies, or asked schoolmate to answer the question in turn to express your own opinions. I felt very relaxed, very joyful in the classroom. In such a free environment which teachers always encouraged us to ponder unceasingly and answer the question, I might not frequently retain to express my opinions and ideas. Taking a test also may not necessarily have a certain answer. If your idea was correct and just wrote several key words, perhaps your answer might be right. You did not necessarily remember all of the textbook content. We had the ITP TOFEL test which divided us into

classes, therefore in the class schoolmate's degree was similar. Teachers did not use very unusual words to teach us in the classroom. If you adapted the teacher's accent and speech speed, you would be able to understand what he was talking about and thought the content was not difficult. We had three kinds of courses in one day, therefore one day would have homework for three classes. I have considered that American education did not need to do the homework when I have not been to American. But when I was in SIU Carbondale, I found that I needed to do school assignment every day and I had 1-2 tests each week. What this situation was that we read is the language school, so we must do more practice.

We were not just attending class, we also arranged other leisure activities. Besides the raining day, we almost went out every day. I usually took a Mass Transit System which rode free with SIUC student ID was free with several good friends to buy something to eat, to use in Wal-Mart or University Mall, or walked to Student Recreation Center to do some sports. It has a swimming pool basketball court, the feather field, some fitness equipment, and so on. I thought it was really great. One time, a Taiwan student, two black people who lived in this apartment (the SIU student) and I played the billiards together in our apartment social hall. Actually both of us did not radically played well. It was our first time to contact the billiards when we arrived at the US. Therefore we two were separately two groups. In play period, they continued teaching us the billiards rule. Besides playing the billiards, we were also chatting our country (Taiwan). I thought that our country was too small, so they would never have heard of it. But we also used the simple English to introduced Taiwan. Sometimes I have considered that Americans would not understand us, like just speaking the fragmentary sentences or key words. They did always understood what we were talking about. This apartment was being occupied by many blacks, they were always friendly to me, like our apartment manager was a funny, warm person.

Each week CESL helped us to arrange the activity, I have participated Thursday afternoon's stationary Tea Time, Bowling in the July 9th, Trip to STL in the July 17th. Actually I went out to do some activities with CESL teacher Holly who was such an enthusiasm, kind, open and bright attractive person every weekend. Because her age and ours were almost the same, we did not have the generation gap when we were getting together. Our daily life and each activity in SIU was be responsible by her, besides the CESL arrangement's activity, she was also taking us to play in many funny places and eat in the famous restaurants.

In July 10th , Holly was driving a school bus to take us to the county fair and

the supermarket to buy something in the morning. Because we needed to prepare a lunch for picnic by the lake in the afternoon, actually I did not know what to buy in county fair. Because of almost products was fruits and vegetables. But I thought it was a good experience. Holly told us that we could not negotiate the price in the county fair because the price has already very low. Afterward Holly drove her good friend and her boyfriend, Nick on the way. After we got to the destination, we started our lunch. When I was eating my fruit and the American type of sandwich (a piece of toast spreads blueberry sauce, another piece spreads peanut butter, finally gathers again in the same place to eats) which was made by Holly, I thought that is satisfied. Afterward, because we did not bring the swim suit, we could not arrive the destination by water. We walked the long alley, went through the thick grass and a waterfall, then we reached our destination. I saw many people who came from the different place was in the lake. Everybody respective brought their family member, the good friend, the pet to the lake to play water, it was really lively. Arrived at the US, although only after a week, as if I have already integrated the local life.

In July 18th, Nick who was a very kind gentleman and always knew that our need and helped us a favor invited us to play in his parents' home. From his parents Bill and Betty's house, we could knew that American emphasized leisure, although their house semblance was not very luxurious, but in the room furniture was actually has the sense of reality and really comfortable. In their corridor had a rocking chair, the outside lawn was also have the rocking chair. And you could see Bill had planted some fruits and vegetables on his own. Walked the wooden staircase which nearby the house have a creek, when we finished eating the lunch (Hamburger, greens salad, fruit, the Brownie cake and ice cream), we arrived to the river to paddle the boat. They also prepared the Frisbee and some small games let us play. Sun was gradual descending the mountain, Star and the bright moonlight all over the sky were urging we go home, has finished today's activity under the wonderful piano sound and the warm atmosphere.

In order to thank Holly and Nick, we decided to boil a table of Taiwan's simple dish to ask them to eat. After finishing class in the afternoon, all of us rode the public vehicle to buy the food in Wal-Mart. Everybody bought their food material by a self-assigned place. Although the pork was stolen in the kitchen refrigerator, finally we had also smoothly completed ten dishes, cooked rice and soup, including roasts the sweet potato, the tomato scrambled eggs, Bacon to stir fry Korean vegetable and so on. Certainly we must have prepared some cold fruit juice, the soft drink because the American did not like to drink the hot thing.

including drinking fountain's water was cold. In the third weekend, Nick drove his car to take Holly, three Taiwanese students and I to have a trip in St. Louis. Although last week we had come here, we did not have much time to visit some famous spots. Nick had lived here, therefore he knew the amusing place, the delicious restaurant. Holly and Nick had arranged the traveling schedule for two days. Finally, we went to Fox Theatre, Sara Bareilles Concert, Missouri Botanical Gardens, the top of Arch to see the entire St. Louis view, the second-hand clothes shop, Macy's and so on. In these two days, we have established a common memory and has also deepened the feelings of each other. Finally, we visited Holly's family. It was their family gatherings, so Holly's mom prepared many dishes which made like Thanksgiving Day's food, including turkey meat, specially made sweet snack and so on. I thought that Holly's mom was a good chef, the food which she made was really delicious, and I love the strawberry cake most. Now I still remember that sweet taste. After we finished eating, we played the baseball in their swimming pool which was in their backyard with Holly, her younger brother and Nick. In this family, I felt American's enthusiasm and kindness. I could also saw US's culture and the life.

The world is wide, because of science and technology has developed, language circulation, it causes person to person contact even more frequency. To a trip to the United States, I realize that language is really important. It also increased my interest and the motive in learning language. In US's day is very short, therefore I always grasped time to participate in many activities to make me feel satisfied, and to learn more. Now I must unceasingly study, conscientiously study, and let my own future life be more rich and splendid.

學海團心得

余○臻 9870003A

這次是我第一次到美國，心情很期待也很興奮。第一天搭飛機的時候就遇到飛機出問題然後全部在飛機上的乘客下機換到另一台飛機，因此延誤了幾個小時，後來在 LA 趕不上下班飛往伊利諾的班機，所以大家在國際機場待了一晚。也許這些事情看是很混亂也很倒楣，卻是一個很特別的經驗，也讓大家互相認識了不少。到達伊利諾州，有 SIU 的研究生來接待我們並介紹環境。SIU 這所學校位處比較郊區，與伊利諾市需兩小時半的車程，一路上都是廣大的田還不時有牛出現，從車窗看出去的時候感覺非常好，栩栩的微風吹來，所有的煩都忘了，只想好好享受當下的氣氛。進入小鎮後，美風的房屋就像電影裡一樣，一棟一棟都有自己的特色，終於到達宿舍後，大家都很興奮的搬進自己的房間，這感覺真是棒透了!!!我在 Carbondale 在 USA!!!

SIU 的授課老師都很親切且尊重學生，雖然功課不少但每天與不同國家的人一起上課感覺很好也都充滿新鮮感，我們在課堂上討論美國文化、男女性別問題、狗仔隊...等等很多有趣的話題，同學們互相交換意見可以讓大家多方面思考。在課餘的時候，大家一起到不同餐廳品嚐當地美食，也看看美國文化的不同，了解真正的美國人都做些甚麼事、喜歡時麼東西。

我一直都很喜歡美國或加拿大生活的方式，我感到身處於非常開放的國家，而且感到很自在。她們尊重不同的意見、想法，並且願意討論，而且多國學生一起上課讓我學習到不同的生活背景、國家、種族、年齡的人所表現出來的態度與想法。在多元的環境我們必須學會聆聽，並勇於發問語發表自己的想法，大家不怕出錯也不會笑對方，因為同學們清楚大家都是在學習並慢慢在成長。例如:我有一位同班同學來自阿拉伯並且已經是當過學校老師，他在回答問題與提問的方式就很值得我學習，他會從很多我沒想過的方向思考且很條理的應對問題。還有一位同學專長畫畫，在他的房間可以看到他的素描與自己的創意畫，這也是一件很有趣

的事，因為我會想想他的生活模式與對生活的態度。在這一個月中，不是只有學校生活與到處遊玩的樂趣，也會學著思考自己想過的生活並靜下心好好沉澱自己。我感到非常開心有這次機會與一群朋友一起度過多采多姿的一個月，我們的友宜很特別且珍貴，共同擁有的回憶是別人拿不走的，只有真正在當下才會了解的酸甜苦辣，這一切都很值得^^

This is my first time to visit the United States, it is very excited. The first day of the flight when the airplane encountered a problem and then all of the passengers on the plane have to get out and recheck into another airplane. Therefore, cause of delay several hours later we can't caught the plane to Illinois, so we had to stay at the airport for one night. Perhaps these things look like unfortunate, but it is a very special experience, and it was a chance that let everyone know each other a lot. Arriving in Illinois, there were **SIU** graduate students to pick up us and introduced the environment to us. The university is located in the suburbs, and compared to Illinois, two and a half hours by car along and the way are vast fields also appear from time to time have a cow, watching out from a window was very nice and feeling the breeze of the fog, forgot everything that were the annoying. Of course I just wanted to enjoy the atmosphere of the present. After entering the town, beautiful houses look like in the movies, and finally arrived at the dorm. We were very excited about moving into our room, this feeling is really wonderful!!! I am in **Carbondale In USA!!!**

Teachers in SIU are very nice and respectful of the student. Daily, people from different countries is amazing to be together in the class, we discussed in American culture, gender issues, paparazzi ... And so on many interesting topics, students exchanged views in many ways you can let everyone thinking. In their spare time, everyone went to different restaurants to taste the local food, have a look at the American culture, and understand the real American people do things, and what they really did.

I always like to live in the United States or Canada, I am in a very open country, and feel very comfortable. They respect different opinions, ideas, and willing to discuss, and multinational students let me learn different life contexts, national, ethnic and age of people's attitudes and ideas. In a diverse environment, we must learn to listen to, and the courage to ask questions in their own ideas, we are not afraid of error would not laugh at each other, since the students know that everyone is learning and slowly growing. For example : I have a classmate from Arab and has worked as a teacher, he answered the question and the question is worth learning, he talked a lot of things that I didn't ever think

about and direction is very structured to deal with the problem. The other one is good at painting, in her room can see her drawing her own creativity; this is very interesting, because I'm going to have to think about his lifestyle and attitude to life. In this month, not only in school life and own pleasure, I learn to think about my own life and to settle down and have a good precipitation. I am very happy to have this opportunity with a group of friends for a month, our friendship is very special and worthy, common memories won't be stole, only true is in the present will understand its ups and downs, all well worth ^^

學海 讀書心得

中文心得

國際商務二 B 9820006A 李○緣

或許在一個月內的最後一個禮拜，我會想回台灣，是因為整理行李時的疲累太過於有重量，所以才會想回來吧！但是現在回到了台灣，我卻又想回到美國，南依利諾大學，Carbondale 小鎮生活。雖然去那裡並不會甚麼都比台灣還要來的方便，但是，那裡的小鎮生活，卻令我很喜愛。

剛到小港機場的那天，感覺非常新奇，雖身邊的人時常出國，但是，這種事情卻沒常發生在我身上。除了五歲時去過香港之後，就沒再有機會出國。這趟美國之旅，我把它當成是我的第一之旅。而且是去一個月，不靠家人一同出國遊玩，而是自己跟一群來自不同地方的人，與我以一樣身分一同出國的友人。這趟旅程一定會在我往後的人生中留下美好的回憶。

起初從小港機場搭乘至香港機場時，才一個多小時就令我感到乏味。但接下來到洛杉磯的路程要花上十三個鐘頭的時程，起不是抓狂了嗎？記得當時是要搭乘一點十分的飛機前往美國，但港龍航空卻延誤起飛，導致我們的行程延誤。在洛杉磯機場時我們無法控制自己的緊張情緒，老師也非常擔心飛機延誤是否還能搭上前往聖路易的班機。

在洛杉磯機場，我和 Mark 的行李不小心送上輸送帶。因為我們跟不上老師的腳步，看到每個人都把行李送上輸送帶。後來雖然趕得上搭乘聖路易的飛機，但是，機場人員就是不肯讓我們上機，所以我們必須待在洛杉磯機場過夜，這是最壞的選擇。而且，我和 Mark 的行李，還在等著我們去解決。

之後我和 Mark 一同回去找管理輸送帶的人員，跟他解釋我們的問題，那個時候的我根本不敢開口說英文，一怕聽不懂，二怕開口她不懂我的意思。

因為要拿回自己的東西，所以不論狀況多糟糕，也還是要硬說，才能解決問題。後來機場人員幫我們找回我們的行李，我們很感謝他們。請我們不用擔心，如果沒有行李的話，到聖路易機場再領回就好。他們不會因為我們是亞洲人，或是小孩，就態度有差。

在機場度過漫長的一夜，那一夜，真的很漫長。這是人生中的新奇事，第一次在機場過夜，而且是在洛杉磯。在機場感受夜晚的降臨，那是從前沒有過的體驗。我們在機場裡閒逛，走到商店都結束營業。無法入眠，可能是很難在外過夜的緣故，使我那一夜幾乎都睜著眼直到天亮。

當我坐飛機時，我有種興奮感！第一次感受飛上天的感覺，那是我們能想像小鳥在天空翱翔的滋味，看著天空白雲，陽光。但有時飛機降落的耳壓問題，還真是困擾我，但這不是問題，我開始喜歡坐飛機，享受這種滋味。會有種想飛的感覺，想要翱翔在天際之中俯瞰這個世界！看看山脈、大海。

終於等到早上七點多能搭乘前往聖路易的飛機，原本我認為機上有提供早餐服務，但是實際上卻沒有。只有忍著飢餓，等到抵達 Carbondale 小鎮在享受大餐吧！

但是到了聖路易還需要乘坐汽車花上兩個小時，旅途勞累得我們，在車上已經睡著了。在車上真的很快就睡著，而且一下子就到了宿舍。

老實說，這是我第一次在宿舍住宿。因為家裡離學校近，所以沒在大學住宿。我很慶幸能有這個機會在外住宿，而且是在國外！這感覺太棒了！

學校還給我們零用金，給我們花費在伙食費上。因為跟其他團比較之下，英國和澳洲團有些屬寄宿家庭或是住宿在學校，相對的有供應三餐或兩餐，而我們是三餐要自己準備，自己打理、下廚。但是，我覺得這樣很好，自己學習打理三餐進出廚房，我學會了做菜，學會了和大家一起共享晚餐，一起分工合作和樂相處的感覺，我喜歡。雖然自己做的菜並不會很好吃很豐盛，但是因為是自己體驗過，所以很高興，重點並不是吃得好，而是在於那經歷的過程。

我們在那裡過得很充實，幾乎每天都有行程或是活動。若是遇到當天沒有活動的話，我們有時會搭公車在小鎮裡逛逛，在去一次購物商場，自己跑去吃水牛餐廳—那裡很好吃的美式 BBQ 餐廳，我到現在還記得那豬肋排的味道！幾乎每個星期都會去一趟超市，比起台灣的水果，美國的水果簡直是好吃又便宜！例如白櫻桃和草莓。其他水果也不會比台灣相較得來的貴，這點令我很疑惑，台灣的物價怎麼會有些比美國還來的貴？進超商和其他購物商場及店家時，都有種新鮮

感！新的感受、新的事物、新的體驗。大家都狂買藥品類及營養食品，去到大型商場有些知名國際品牌也大買特買。

還有去美國的酒吧，那也是一次新的體驗。不像台灣的酒吧那樣黯淡，灰煙擁罩，煙霧瀰漫，他們外國人很享受，在裡面盡情喝酒、搖擺，放開心情，並不是所謂的搖舞亂狂野。

到南依利諾州大學上課，在上課前一天還測驗托福考試，依成績能力而分班。我上的班級跟剛好是中級班，出乎意料，沒想到全班幾乎都是台灣人。一開始會認為為什麼來美國還跟一群台灣人上英文課，會有點疑惑和不高興，但是相處久了，台灣人一就是對我們自己很親切的，會有親切感，並不是上課都一直用台語和國語對話的那種親切。

上語言學校有很多課程，核心、聽力與口說、小說課、文法課、閱讀和寫作包含在核心課程裡面。不曉得為什麼，我並不需要上文法課，所以直接上小說課，因為我本身知道自己的文法程度是比一般水平還來的低，卻沒有上到文法課。

去了美國，像是大開眼界一樣。回來的感官都不一樣，觀念、直覺、視野都有偏差，跟以往不同，增長了許多，氣度也變得不一樣了。這就是學校讓我們去那裡的目的嗎？我想應該不是。

他們有自己的文化和習俗，我們有自己的文化和習俗。我們來自不同的地方、世界，必須容忍、學習。而我在那裡雖然只有一個月的時間，但卻學習到這些，是我的寶物，這是錢也讓我學習不到的珍貴寶物，我很感謝學校的用心。

我想，學校讓我們去那裡的目的，並不是只是單純的想讓我們開闊視野，而是去學習。不光只是學習英文，學習事物、體驗人生，因為我們的人生觀還太淺、還不夠成熟，還只是在茫茫之中搜索著自己的未來，多一份探險和機會去看看另一個世界、國家、文化、習俗，了解另一個世界，這是多麼美好的事情！總是待在同一個世界裡看著同樣的事物，這樣是不會增長的。

去了美國能對我改變甚麼嗎？我可以說，並不會對我來說會改變甚麼。是我，甚麼都不會改變我自己，只是會讓我自己更進步，來美國這一趟，我學會了做我自己，做我自己想要的，做我自己想要在未來人生中的事情，沒有任何事情能改變我，只是人會隨著時間地點而變化而已。

我希望在大學這幾年裡，能像去美國這樣，讓自己越來越增長。也希望大家能有這個機會參加學海這項活動，能有這個機會為何不妨去試一試？我很榮幸能參

加這次的學海也期許下一屆的學海們能繼續延續學習下去。

Today is the first day we go to the US for study, summer short time school. This is my second time to take air plane, but this feeling like first times. Feeling so excited and great. But the service...well, not what I thought at first. And now I am in Hong Kong air plane, and write some words to keep diary. Seating on the bench and use laptop at air port just like something news...never used it before. And I see the blue sky, white clouds...

You know, that's not feel good. Add, at that moment i felt so hungry. And I look around the airport and want to eat. Everything is so expensive and I don't want to spend much money at this airport!! So I choose the bad food- fast food, McDonald's!! Fresh fish burger, cost me like \$8!! But there's no use for myself, so I waited for the plane until the dawn. On the plane, a black baby cry all the time.

Because the air-line delayed, so we can't keep in touch with the next line. So we feel not good and bad...I sleep not well, feeling tired, and add, almost crazy. And then took about 13 hours to the US, los angels. I see many foreigners, and some Japanese and American Asian. When I sat down in the airplane, maybe has some brace, but not really. And now, thanks god...final we can get on the air line to St. Louis but feel so tired and almost fall asleep.

7/5 I got up at 9:30am, but still sleep so few hours. The breakfast I ate some fruits, and milk. I make a mistake, I took yogurt as milk. But I didn't eat lunch, not feel so hungry. And then Holly carried us to a park and had a big meal at there. Eating some chickens, potatoes, vegetables, corns, breads, and drunk some apple juices. And have the dessert-cheese cake! Great! Never ate that before. And Holly shown us around the campus and the downtown of there. The weather is hot but not more than Taiwan. When I taking the bus, I feel something about the city never have before. A new feeling in my heart comes up, and a good feels. Want to be in

a country without my family and friends, be strong and tough, don't need other helps...just want to take care of myself. Today have a TOFEL, difficult. And introduce the campus for us. See some other foreigners and meets then

7/7 is our first day to start the classes and lessons. Don't want to go to study because I'm so lazy. Don't know which the level is mine, so feel a little nervous. Hope I have the same classmates with me.

In there, you need to do everything by yourself. It's hard but I learned the tough. I like there after two weeks-Carbondale. Although I need to go to school every day by walk. But I like it, that's American life. I wash my clothes, dish, cups every day, sometimes I feel so tired and lazy... so I put them all over the washer dryer. Well, it's good, and you don't need to spend any money. It's for free!! Every day I need to get into the kitchen... need to let the water boiling!! And drink milk every day, and eat some cherry. Ok, now we talk about food. We often eat TACO there, not the taco like Japanese, it's a kind of Mexican food. if you go there, I hope you...do not eat them too much, or you will sick of it! But the salad, you can eat what you want! Well, it's good for you!! And the PIZZA there is the best thing you need to eat!! Tom's choice!! Good choice. And the hamburger is good, too. All of the burger are beef most. There has Chinese food, too! It's expensive but not bad. And we went to a BBQ restaurant. I ordered a meal...like pig shoulder!! Because I have no choice, in there...all meat...and fried. We go to the market once a week, often go to the- wall market. 24 hours day!! You can go whenever you want! Great!! And not expensive!! And sometimes we go to the mall, just a small one mall... It's looks like a big shopping mall in Taiwan!! Many clothes you can buy, but you need to think about it before you buy it. And we went to the Arch, the sign of St. Louis, need \$10 to the Arch top and then you can see the whole view of this city. It's really beautiful...I like that city.

7/18, that night...we went to the pub. And the leader treat me a drink, "sexy beach ". Taste good, but the pub is out door. And it closes at 2:00pm. I saw the rock band, some people are dance here, and kiss, touch.

And we went to many places, rock show at park, second store, student recreation center, and bubble tea shop.

I can't remember which day...about two or three days...there has rain. When we ate at pizza store. There has storm. Raining so strong, and cloud! Although I don't like the rain let m body wet, but I really enjoy the rain. I love raining day. I often

watch the sky and stand under the sky and still see the sky change. It's fun for me.

Before one month, I'm exciting about the short summer time of America; and after one month, I miss the America life. I really learn many things about life when I was in Carbondale. And really grown up and independent! I'm glad that I have the chance to go to the America for this summer! Thanks for school, let us have this chance to go there to learn English. Although the time is short, but it's worth! Nothing can in place the experience for me to go there. When I was in Carbondale, I was afraid, nervous, worried, tired, but I'm really happy, exciting, crazy, and enjoying. I hope I can stay there more time, want to coming back there to live and study. Want to see Holly again and Nick, and their parents.

Do you know the world can see us to do everything as possible as you can? Yes, this is my answer. Why I say that thing? Well, because I learn the things from this world. From America, from Taiwan, from everywhere of the world. I really really learn many things of my life.

Just want to stay here and learn about the life of mine. Before I go to the America for one month, I can't understand the life. Like true, hard, tough, independent, fight, friendship. I'm not kidding. Just want to stand there and watch everybody, but I didn't do anything for my life, my future. After I go to the America, I understand all of that. And now, I just want to go ahead, I saw the right because I like the way I do. To be more confidence to do myself, and speak English. It is a good learning for us to go there for study. We can improve and improve our English when we were in America- Carbondale. But if we need to improve our English in Taiwan, I think we still need to talk with other people with English. Everybody just afraid and think that is crazy to speak English in Taiwan, because we are Taiwanese? I don't think so, if you want to build your life and future, the English is the important thing you need to learn, and it can help you to get into your future. Just saying English, everyone is afraid? Don't be afraid, when I just go there, I'm afraid to speak English, too. I'm afraid to speak English. I'm afraid to make mistake. I'm afraid foreigners may not understand what I'm saying.

And now I can listening English more clearly, and can speaking more fluently! Nevermind! Just do it! You just need to say what you want to express, that is. Don't be afraid! If you don't have any mistake, you will not get on the step to the top. That's what my novel teacher saying, she is a good teacher in Carbondale.

And I really miss her class and really enjoy that time I spend with her. She teaches me us the true, honest, life, and learn.

All of the things from my heart now tell me...I need to change after go to the America. I don't know how to say, but I know I'm different than before. It's really good to have a trip for me to go to other country, and I'm glad I choose the right place. Although I want to go to the UK at first. But now I'm happy that I didn't go there for my summer time.

Not in the path of ease and comfort, but under the stress and spur of difficulties and challenges. Here, let me stand up by myself; here, let me learn the good thing about life.

學海心得報告(美國南伊利大學)

廖 o 9700009A

一年級下學期時，在系網得知公告，才匆匆的報名考試，由於沒好好準備，當初的我並沒有得到這個機會可以出國。但是，在二下時，我做好了準備，並時常到系網關心此消息，終於在此時，我順利的得到這個機會。當我得知時，心情真的難以言喻，很開心也難以置信，直到在小港機場準備登機的時候，才有一種-我真的要去美國的感覺。即使這並不是我第一次出國，我仍然覺得很興奮，於是，奇妙的美國之旅就此展開。

由於出國日期是定在期末考後一週，期末考的緊湊考試讓我沒辦法分神讀英文，而出國前，讓臨時抱佛腳的我有些緊張。在從高雄飛香港等轉機的旅程中，大家慢慢的熟悉彼此。然而，從香港飛到洛杉磯時，不清楚發生什麼事情的我們，就在飛機上待了一個多小時，直到機長先生希望我們下飛機，我們才得知飛機有些許問題而要換機，於是我們又在香港機場等了快兩小時，終於上飛機了。但是，這也代表我們到達洛杉磯時，會搭不上到達聖路易的飛機。隨團老師有跟航空公司協調過，航空公司說有人在洛杉磯協助我們轉機，會讓我們順利登機，叫我們不用擔心。直到我們到達洛杉磯的時候，不僅沒有人來協助我們，還發生行李運到別的地方的事情，好不容易可以 check in，航空公司卻表示我們已經來不及上飛機了。並且給了我們一個好消息和一個壞消息。好消息是我們不需要重新買機票，但是要等到隔天早上 7 點才有飛機搭乘，壞的消息是，有三個人要等待候補機位，而我是其中之一。從下午 3 點多我們就在洛杉磯機場等候，原本是要到飛國內班機的機場等候，可是，那裡並沒有對外開放的餐廳，我們便到國際機場等候。機場的食物很昂貴是眾所皆知的事情，理所當然，麥當勞是最便宜的選擇，大家找到位置後就一一去買“中餐”，隨著時間的流逝，人群漸漸變少，我們變成了少數在機場過夜的人了。我們並不是唯一，其實還是有很多人在機場過夜，這個夜晚，也讓大家從陌生變的熟悉。隔天一早，我們帶著疲憊的身軀去 check in，當時我真的好緊張，如果沒有補到機位，就必須一直等，直到有機位時才可以離開。感謝老天!! 我們 12 人都順利搭上飛機，帶著愉悅的心情出發了!搭乘幾小時的飛機及一小時多的車程，我們終於到達宿舍了。老實說，宿舍跟我聽說的完全不同，原來我們並不是住在一開始安排的地方，而我們住的公寓，裡面有許多來自不同國家的人。

到達當天正好是美國的 7 月 4 號，也就是美國國慶日。接待我們的老師- Holly 說，當天有煙火，希望我們一起去觀賞，但是，大家真的太累了，我們決定先去超市-Walmart 購置一些生活用品以及食物，由於我

們並不是每天都可以去超市買東西，所以必須一次就買一週的量，。初來乍到的我們，雖然有買一些食品，卻也不是很了解到底需要買什麼東西，幸好 Holly 很熱心的幫助我們，好不容易處理好一切簡單事務，終於可以回宿舍好好休息，即使很想看美國的國慶煙火，卻心有餘而力不足呀!由於我的房間剛好在廚房和浴室的斜對面，晚上都聽到關門的蹦蹦聲，也可能是時差問題，搞得我都沒辦法好好睡覺，一大早就起床了，巧的是，學妹房間太冷了，所以他也很早就起床了，我們在宿舍走來走去，想好好了解這一個月要居住的環境，一開始想出去走走，但因為太陽太大懶的出門，而決定待在大廳裡聊天，直到宿舍管理員-Q 問我們要不要跟他一起玩電視遊樂器，就這樣，我們和他成了好朋友。

在 CESL 的課程，是以「托福」來分班，我跟 Amy 一開始分在第二級，班上好多從不同地區來的同學，最多還是以阿拉伯人為主。在我印象中，沙烏地阿拉伯是一個很落後的沙漠地區，但是，在美國學習英文這段時間，卻看到有那麼多阿拉伯人來美國的大學讀書，實在讓我有些驚訝。在美國生活一週之後，我和 Amy 升級了，跟很多台灣人同班，有我們自己團的和虎尾科技大學的，而其他外國同學則都是阿拉伯人，他們人都很好也很幽默，有一次，我問他們為什麼會到美國讀書，他們說到美國才有更多的工作機會，在一連串英語課程中，加強了我的寫作以及口說部份，我真的很高興，學校讓我們有這個機會到外國去實際學習並體驗當地生活與習俗。

這二十幾天裡，從週一到周五的英文課中，各個老師都相當用心的指導我們，作業雖然很多，卻能快速加強我們的英文能力。雖然換了班，跟之前的同學在路上遇到了，也還是會打招呼，有時候也會聊聊。讓我感到最值得的事情是-了解如何增加英文字彙，我們在台灣查英文單字時，一定都是使用英漢字典或是直接使用翻譯機查詢，而外籍老師們都說一定要用英文來解釋單字，一方面是因為我們用中文說出來，老師們也聽不懂，另一方面是我們除了學會課文中的字彙之外，還可以學習如何用英文解釋字彙以便學習到更多英文單字。關於寫文章部份，我們可以先了解題目，依題目分別作標記後，分類的寫出各段不同的文章。最後是閱讀方面，閱讀部份在托福考試中，佔相當大的部份，一篇閱讀中可能有 500 到 700 不等的字詞，而題目就有 10~14 題不等，如果想加強閱讀速度，除了平常多背單字之外，還可以先看題目，以先看文章的頭尾，以了解大意。很多學習英文方面是在台灣上課也不會知道的，也有很多方面是要多去詢問多去了解才會懂的。

在生活中，我們也遇到很多好玩的事情，曾經在大太陽的時候，從宿舍走路走到 U-mall，走了一個小時呢!曾經分組做台灣菜請 Holly 和 Nick 一起吃。曾經在聖路易做一天的巴士，參觀聖路易的景點。曾經等公車等快一小時只為了逛幾個小時的 U-mall。曾經到不同形式的餐廳，吃美

國當地的餐點，不論是早餐、中餐、或是晚餐，不管是甜的還是鹹的，這些都是在台灣不會有的經驗。

我們也利用假日時間去聖路易，當天，是跟 CESL 的學生們一起去，不過由於人數有限，所以只有幾個認識的同學可以一起去，路途雖然只有幾個小時，我們仍然在路上睡得很開心，攝影組也不斷的偷拍大家的睡相，好不歡樂的情況呀。

在這快一個月的時間裡，認識了很多朋友，不論是同學校的、不同學校的、甚至是來自不同國家的人，大家都爲了自己的未來而努力著，讓我曉得我們不是只跟台灣人競爭而是跟全世界的人競爭，要有好的未來，外語能力真的相當重要。離開前，大家都在找朋友們照相，好不容易從第一週的不習慣變成了習慣，卻要離開了，心中免不了感傷，幸好現在網路發達，大家互留 e-mail 以及 facebook 的帳號。我們回來之後，都有跟外國朋友們連絡。感謝學校有這個機會讓我們出國去學習各國不同的文化，甚至認識那麼多不同國家的人，這陣子也得知學校有育鷹計劃，希望自己在這段時間之內可以增進英文能力，有資格申請其計畫以出國學習。

When I was a freshman of I-Shou University, I did not know anything about the scholarship of school. One day I saw the message on-line. There was an examination for us to choose who can get the scholarship. At the first time, I did not do it well, but when I became a sophomore, I made it. I was so glad that I got the chance to America. Even though this is not my first time to go abroad, I still feel very excited. It is a special trip for me. Then, the wonderful trip to America just began.

ISU gives us the opportunity to study abroad in summer vacation for four weeks. There are three places, including America, United Kingdom and Australia. This is my first time to study abroad at Southern Illinois University in America. Flying from Kaohsiung to Hong Kong transit journey, we can know others in that time. However, flew to Los Angeles from Hong Kong, we do not know what happened to be on the plane for over an hour. Until we heard the news from the Captain, the aircraft had some problems, so we need to stay in Hong Kong airport for nearly two hours. Finally, we took on the plane. However, it also means that we arrived in LA, we would not take the plane to St. Louis. Accompanying teacher had been coordinated with the airlines, the airline said that someone would help us in Los Angeles to take the plane turn to St. Louis, we will check in successfully and tell us not to worry about it. Until we reach in Los Angeles, not only no one help us, also happened other things that luggage was gone. Finally we could check in, yet airline said that we could not get on the plane at that time. The airline gave us good news and bad news. The good news was we do not need to re-buy the tickets, but we needed to wait until the next morning to take the aircraft, then the bad news was that there were three people needed to wait for other flights, and I was the one of them. The whole night we all stay in McDonald's because of it is the cheapest option in the airplane. After that night, we knew each others much more. The next morning, we went to check in, I was really nervous at that time. If there were no seats for us, we must wait until the flight which had more seats for us. Oh! my goodness, we were all in the plane with a joyful mood! Just took a few hours of flight and an hour's drive, we finally reached the dormitory. Frankly speaking, it was completely different that I heard, we did not live in the same place. There are many people from different countries in the dormitory. The day when we arrived was July 4, it was the U.S. National Day. The teacher who receive us was - Holly. At that day, there were fireworks. Although we all hoped to watch it, we still felt too tired. So we decided to go to the "Walmart" bought some items and food,

therefore , we could not go to the supermarket everyday , we needed to prepare the stuff of a week . Because of my bedroom just opposite the kitchen and bathroom . The sound was so noise, I could hardly to sleep. In the twenty days, English classes were from Monday to Friday, all teachers were hard to teach us. Even if there were much more homework than I was in Taiwan, it can be strengthen our English ability quickly. Although we changed the English classes, we met the students in last class on the road in the campus, we still said hello, and chatted with each others. In this trip, the most worthy thing for me is - understand how to memorize more vocabulary. we always examine English words in Taiwan, but foreign teachers said we must use English to explain words. Then we can know more words; on the other hand, teachers can not read Chinese. We can also learn how to explain the words in English in order to learn more English words. On the part of writing articles, we can understand the subject first then marked the questions, and you can classify the different paragraphs of the article to write.

Finally, is the reading class. The reading paragraph of TOEFL exam, the range of a reading paragraph may be 500 to 700 words, and the questions almost 10 to 14. If we want to enhance the reading speed; in addition to usual back words, you can also look at the subject to look at the article of head or tail, to find out the answers quickly. There were many classmates in English classes were from Taiwan. In America, we can ask more questions when we were in class.

In our life time, we also met a lot of interesting things. Once in the afternoon with a burning hot sun, walking from the dorm to the U- mall for nearly an hour! One day we had “Taiwanese food party“ with Holly and Nick. And we took the bus to St. Louis to visit for whole day. We usually have been to the restaurants of different forms to eat in the county, no mater breakfast, lunch, or dinner , no mater the food is sweet or salty. There were all special experiences in my life.

We are also having the holiday time to St. Louis, we went St. Louis with the CESL students at that day, due to CESL limited the member to St. Louis. Only a few students can go to St. Louis. Although there were only a few hours to go to St. Louis, we still slept on the way. It is so fun to go to St. Louis with foreign students.

In the time almost for a month, I made a lot of friends, no matter it is at the same school, different schools, or even people who from different kinds of countries. We all study hard for our own future, the travel let me

know that we are not only compete with Taiwanese, but also compete with the whole world. In order to have a good life in the future, different languages skills is really important for us. Before we left America, we are looking for friends to photo some pictures to memorize. Fortunately, it is so convenient to communicate on the Net. We exchange each others e-mail and facebook account number.

After we came back to Taiwan, we always chat with foreign friends. I really thanks for I-shou University has the opportunity for us to study abroad to learn the culture in different countries, or even meet so many friends from different countries. There is also has the other opportunity to study abroad for a year. I also hope that I can have the chance to get the opportunity. However, I try to improve my English ability, and try to plan to study abroad.

南伊利諾州立大學（7/3~8/1）

醫管二B 劉○蘭 985○○○8A

幸運地獲得學海獎學金，意外地開啓了我的美國之旅，未曾踏訪美國的我，對於這趟旅程充滿了期待以及無限地想像。不知道未來的一個月會是什麼樣的生活，那時的我怎麼樣也沒想到，當再一次收拾行李準備回台灣時，竟會是那樣的捨不得……。

2010.07.03

鬧鐘還未響，就先起了個大早，看了看錶，指針停留在四點鐘的位置，今天是個特別的日子，我要到美國生活一個月呢！提著昨晚整理好的行李下樓，一陣香味撲鼻而來，餐桌上早已擺放著剛做好的早餐－火腿蛋吐司，只是不知道為什麼，我卻一點胃口也沒有。

出發前往機場的途中，我依然在車上嘖嘖喳喳說個不停，唯一沒有說出來的是心裡頭的那股不安。離開溫暖的家一個月，居然使我覺得好捨不得，美國這個既熟悉又陌生的國度，讓我除了期待之外，也暗自地期許自己在這趟旅程中能更加成長獨立。

2010.07.04

由於國泰班機誤點，使得我們趕不上美國航空飛往聖路易的班機，只好將就地在機場過一夜囉！那時候我的，不知道哪來的想法，聽到要睡機場就好開心、好興奮，覺得是個好特別的經驗。洛杉磯機場的這一夜，使得原本不熟識的一群人，拉近了彼此間的距離。這時候有麥當勞的陪伴真好，但是，不得不說，入夜的機場，好冷。

終於抵達聖路易機場，我認識了幫助我們在美國生活的Holly。領完各自的行李後，我們準備前往這次的目的地－Carbondale。在車上好奇的東看西看，怎麼看就是覺得美國跟台灣不一樣，只是，好奇心終究抵不過強烈的睡意，看著窗外的景色由熱鬧的市區轉為廣大無際的田野，我就這樣不知不覺地睡著了。

Carbondale小鎮跟紐約不一樣，沒有一棟棟高聳建築物形成水泥森林、沒有忙碌的人群也沒有城市的喧囂，取而代之的是寧靜愜意的鄉村生活。由於今天是美國國慶日，晚上有了特別節目－煙火秀，不過，大家都累了，只好取消這個我們來到美國的第一個活動。

宿舍管理員是Q。

2010.07.06

來到美國的第三天，適應的倒是很快，沒有時差問題，也沒有水土不服，我開始覺得我會愛上這個地方了！Walmart我有說過嗎？像是Costco那樣，什麼都

賣，好大一間呀！要逛完可能需要一點時間喔！今天買了一盒藍莓，媽媽說她在台灣也才剛買了一盒，我笑了。

由於昨天國慶日補假，分級測驗就改到今天囉！其實有一絲絲的緊張，聽說所有CESL的學生都會先參加這個考試，再依成績分班上課，不知道自己的程度如何，希望不會讓自己失望才好。

考完了試後，在老師們的帶領下，我們到了Student Center享用午餐，順便跟來自不同國家的同學們相見歡，就這樣認識了Ella姐弟，他們來自阿拉伯喔！

下午的新生始業式，由Tiffany主持，大致上的講解完學生守則後，就開始每個人的自我介紹啦！來自法國、墨西哥、韓國、日本…等，但是感覺阿拉伯人居多，還有同樣來自台灣的學校—虎尾科技大學喔，不知道他們對於早上的考試有什麼感想。

2010.07.10

爲了今天下午的野餐，我們一早就先出發前往傳統市場，美國的傳統市場似乎少了些叫賣聲，攤位不多，販賣的種類卻不少，原來美國人也喜歡逛傳統市場呀！大夥兒提著大包小包的戰利品回到宿舍後，興奮地準備野餐的食物，突然覺得廚房好擁擠阿！

該怎麼說這個野餐呢？享受著午後的陽光、穿梭在一片片綠蔭中，圍繞著廣闊的湖泊，一幕幕映入眼簾的宛如畫一般，美得令我不可置信。填飽肚子後，我們便開啓了探險之旅，大家哼著歌、聊著天地走在草叢中，一路上不斷地拍照，最後還有人跳進水裡游泳呢！來這裡的人都做足了準備，一開始就先把泳衣穿好，只見他們一跳，就這樣游往對面去了。笑聲不斷地環繞於四周，這樣的生活著實令我深深著迷。

2010.07.11

這兩天的伊利諾是雨天，跟台灣的雨天不一樣喔，簡直像是颱風天。

今天是學校舉辦的BOWLING DAY，所有CESL的老師學生都可以參加，整個下午我們都在打保齡球，當然是要分組比賽一下囉！學校還請大家吃麥當勞呢！

RECREATION CENTER是天堂，大大操場在室內，還有兩層樓的操場喔，好像想得到的運動設施都有，想不到的也有耶！踩了20分鐘的腳踏車、分組比賽籃球三對三後，又打了幾場羽球，我真的覺得今天一整天的運動量，可以抵我一個月的運動量了。

大家漸漸熟悉彼此，感情也越變越好了，開始會一起吃飯，或者聚集在某一間房聊天、打鬧，這樣真的很令人開心對吧！

2010.07.13

雖然不是第一次坐公車，但卻是第一次我強烈地想要對公車司機表達心中的敬意。去U Mall要回宿舍的時候，公車上有兩位坐輪椅的身障人士，當時我心中

好奇著他們是如何上車的，不過，很快地我就得到了答案，美國的公車有項設備，能夠幫助身障人士上下車，只不過需要司機的操作協助，我看著司機在不斷地忙上忙下，不到一下子功夫就已經汗流浹背了，這樣的過程大約花了將近三十分鐘，令我驚訝的是，司機從頭到尾沒有表現出一絲不耐，不但臉上堆滿笑容，還邊用親切的態度跟乘客聊天，這是我從未見過的景象，當下心中滿滿的感動，而不知道為什麼，我有點想掉眼淚的衝動。他們敬業又尊重的態度，即使習慣了、瞭解了，還是令我在日後看到這樣的畫面，依然深深感動著，每一次。

2010.07.14

正式上課已經一個禮拜，我的同學們多數來自阿拉伯，唯一跟我同樣來自台灣的女孩是虎尾科技大學的學生。不像台灣教育模式，外國的教育培養出學生的獨立性，老師不會幫學生打理好一切，有問題要靠自己發問、學習，當然，只要肯問肯學，老師們都很願意給予幫助的喔。

這些日子，我發現台灣注重的讀寫技巧不過是讓考試得到比較高分，聽跟說方面其實輸了一大截，來自其他國家的同學們總是能在課堂上舉手發問、回答，就算他們說的英文沒那麼流利、文法沒那麼正確、發音沒那麼標準，答案也不一定正確。

2010.07.17

因為報名了學校舉辦的聖路易一日遊，一大早，我們就出發前往Student Center集合。可能是太早起的關係，坐在車上的大家都趁著機會補眠，我也不例外，而當眼睛再度睜開時，我們已經抵達聖路易動物園了。即使今天出了個大太陽，動物園裡依然人擠人，過了半個鐘頭，受不了艷陽照射的我們，只好偷偷躲進有冷氣的小餐廳裡，吃個午餐吹個涼，之後才跟動物們打聲招呼。

逛完了聖路易百貨公司後，我們今天的最後一個行程：Gateway Arch，座落於密西西比河畔的Gateway Arch，是聖路易最著名的地標，高度約為200公尺的Gateway Arch據說是當時南北戰爭的界線，而聖路易也是當時前往西部開拓時的主要必經之通道。Gateway Arch旁有一大片的綠地，是人們最佳的遊憩地點，參觀完Arch博物館後，我們坐在街道旁的階梯哼著歌，望著太陽緩緩地藏落於海平面之下，為今日的聖路易之旅，畫下完美的句點。

2010.07.22

依舊是個上課的日子，但是卻又有那麼點不一樣，我們邀請了Holly和Nick晚上到宿舍品嚐中式料理，為了這一天，我們可是做足了準備呢！早在幾天前，所有人抽籤分成三組，再加上一組工作人員，並且列出一系列的菜單，為的就是要讓Holly和Nick感到賓至如歸。下午五點時間一到，大家準時到廚房報到，個個使出最拿手的絕活，面對一道道上桌的佳餚，著實令人食指大動。即使這禮拜是學校的期中考週，今天，我們還是玩得盡興。今晚的客人除了Holly和Nick，還有

Q、以及12號先生。It is Delicious !

2010.07.29

還有兩天就要回台灣了，我怎麼突然不想離開這個小鎮了？

今天到老師家吃飯，老師家有泳池、小型排球場，還有乒乓球桌，在等待晚餐的過程中，有人忙著PK乒乓球、有人忙著拍照，還有人跟其他老師們圍在一起聊天。

享用完美味的晚餐後，重要的時刻接著來臨，那就是頒發結業證書！只是，在這之前，免不了的是感性時間，在發現原來我會很捨不得他們的當下，眼淚霎時間失控。回想起一個月前的我，帶著一顆期待又不安的心情，踏上Carbondale這座小鎮，當時什麼都不熟悉也不習慣，老是抱怨著宿舍的浴室，然而，忘記過了多久，當我有了習慣它的方式後，洗澡時間也變成一天裡值得期待的部分；記得一開始上課的時候，因為自己的上下課時間跟其他人不一樣，班上也沒有認識的人，讓我一度想降級，後來我發現，只要有勇氣，其實可以做到很多事，當我學會在課堂上舉手回答問題、休息時間用著不屬於我的語言跟其他同學談天說地，甚至向老師提出問題時，我知道，這就是屬於自己的進步，而我，做到了。

明天，是最後一天。

2010.07.30

應該是美好的星期五，我們卻忙著收拾行李，也忙著跟親愛的朋友們道別。親愛的朋友們總是要我加油，說我可以做到！雖然我知道，有些人，是不會再見到面了，但我依然很高興，因為我遇見了他們。

看來今晚不睡了，在Carbondale的最後一天，我們拜訪的虎尾科大朋友們的宿舍，大家東聊西聊，吃著咖哩飯、玩著wuno牌，說好了回台灣要再見面。

時間總是過得快，在大家把行李通通搬下樓後，也是時候該準備前往機場了，Q跟我說一定要叫醒他，因為他想親自Say Good-bye；Holly和Nick也出現在宿舍，如果記得沒錯，除了道別還有一個深深的擁抱，那是友情的印記，我期待未來他們將會拜訪台灣。

離開時，天色跟一個月前離開家時一樣，巧的是，都是要前往機場，而且，都有捨不得的感覺。

再見，Carbondale！

再見，Q、Holly and Nick！

再見，來自各國的朋友們！

美國，再見！

幸運地能有這個機會到國外學習，讓自己眼界開了些、也更加獨立，從美國回來後，我對英文有了信心，也更有興趣了。認識了不同文化有著不同的態度；

體驗不同的生活，讓我有不同的想法及思考模式；認識了這些朋友，即使是過客，也為我的生命添了幾分的精彩。一個月的國外生活，說沒有特別的感覺是騙人的，如果能有機會，我一定還會想再回去，只是，回憶珍貴的地方在於即使再有相同的情況，也不會有同樣的感覺了。有些回憶，不能在按下相機快門的那一刻，被保留住，可是會一直被藏在心底。

我好希望自己能獲得交換學生的資格，而這次的經驗，使我更加確立這個目標。回到了台灣，得要繼續實踐夢想了，夢想很多個，但是我都不想放棄，要放棄夢想很簡單，藉口很多，說穿了是少了勇氣，別人能幫忙實現的夢想卻又沒價值，不如選擇就努力看看吧，不管未來的路會多辛苦，我是不會放棄的。

加油！

This summer, I acquired the scholarship from my school, I-SHOU University, therefore, I got a chance to visit a township of America, named Carbondale, which located in the south Illinois. Even if I have been to the other countries, I still full of expectations and imaginations.

We met Holly in St. Louis Airport, who will help us in the month of the future, and began my trip in America.

July 4

Today is the United States National Day, There are fireworks show to celebrate. But all of us are too exhausted to attend the celebration. Holly takes us to Walmart(as same as Costco, sells many different kind of merchandise) to buy something and I like here.

Everyone go to sleep early, tonight.

July 5

I woke up at four o'clock in the morning. The scenery outside the window is very beautiful, likes a picture.

I acquaint a friend called Q. Because we do not have to school, Ann and I stroll around the dormitory and meet Q. We play video games and chat about our different cultures whole the morning.

July 7

Yesterday, we had TOEFL exam for distinguish our degree of English skills. I tried to do my best on exam, even if I felt so nervous. Happily, the result of exam is better than I expect. I wish I can improve my English skills in this month.

July 10

Today is picnic day. We go to traditional market and Walmart for our picnic that in the afternoon. To my surprise, Americans also like traditional market that market peddlers not only sell foodstuffs but also sell some adornment is different from Taiwan. I buy some bacons, eggs, breads and some fruits in Walmart.

The sites of picnic near the Carbondale, the views are beautiful more than I can say. Holly introduces her friend to us, his name is Nick. After we finish our lunch, we proceed to our adventure. Everyone is enjoy this weekend. I am more and more like the life in here.

July 11

Today is a rainy day and is a bowling day, too. Teachers and students in CESL are invited from South Illinois University Carbondale. In addition, people who join this activity can eat a meal of MacDonald for free.

Finish the bowling, we go to RECREATION CENTER, where has diverse sports facilities. I play basketball, badminton and go jogging and I feel better after I do some exercise.

It is really a wonderful day.

July 13

It is surprise to me, when I am on the way from U Mall to dormitory on the bus. There are two persons who is physically challenged. It is hard for them to get off the bus by themselves so they need someone help them. The bus driver takes about twenty five minutes to help them that get off the bus. I am deeply touched that the driver' s attitude, that he treats them with patience and respect. The scene I never seen and it is really impressing. He teaches me that people have to take responsible for what you do. After that, I understand that is their cultivation and attitude in life bit by bit but I am still touched.

July 14

Today is the sixth days I study here. My friends come from Mexico, Saudi Arabia and other countries. They are kind and earnest. It is different way of education between Taiwan and America. Because I do not have enough confidence about my English skills, I seldom raise my hand and answer the question. My teacher and classmates always encourage me. They tell me "Do not worry , try your best, you done perfect, ect" . Finally, I muster up my courage to raise my hand, answer and ask the questions, t and send mails to them if I have any problem about class. In addition, I can chat with my friends in English, I am so glad about that.

I have three curriculums: novel, listening and core. Novel is my favorite class, we read a novel called Horse Whisperer that is a good story between horse and human, parents and child and love. In listening class, we listen the report from CNN to train our listening skill and that is a little difficult to me. Core class often in afternoon, the teacher of this class is very nice, he is a Japanese but his English speaks well.

There have tea time every Thursday, School will offer some ice-creams

and cookies in that time.

July 17

We go to St. Louis, today. The first stop is zoo of St. Louis. The zoo is crowded and the weather is too hot. We decide to take a rest and then to look round animals.

We visit Gateway Arch. Gateway Arch is said that was the boundaries of the Civil War. Gateway Arch is St. Louis's most famous landmark and it about two hundred meters high. Gateway Arch next to Mississippi River and the other side is a large park. It is a beautiful place in St. Louis, I want to enjoy my life here if I can.

July 29~31

We will be back to Taiwan soon. The days are wonderful in here. We are invited by novel teacher and have dinner in her house. After finish our dinner, we get our diplomas of CESL. At the moment, I think of what happened in America of this month and burst out crying. The memories are unforgettable and precious. I meet lots of good guys and become friends. I wish we can stay in touch with them after I go back Taiwan. I want to stay here, but I cannot.

Goodbye, Carbondale!

Goodbye, my dear friends!

It is a specious experience to me. I get more confidences in this month and I believe that I can do anything well as long as I have enough courage to do. Now, I make up my mind to try my best and do not afraid of the challenges.

For achieve all of my goals, I have to work hard more and more. This summer, I get a specious experience in my life and it gives me more courage to realize my dream.

從報名到確定入選，抱著一副不敢置信的心情，很高興能有這次的機會，能夠出國見習，對於第一次出國的我，是一件非常興奮的事，不過也很擔心自己的語言程度不夠好，很難融入國外的生活，而且第一次出國又是前往海關嚴格的美國，更多添一份擔憂。

我們前往美國的班機搭得並不順遂，因為在香港前往洛杉磯的班機延誤，在加上入境美國，海關的程序繁複，我們得跟海關人員面談，一開始我很緊張，因為聽不太懂他問的問題，不過還好因為他很有耐心的放慢速度，也讓我順利的回答問題，取得入境許可，但是雖然面談的過程順利，可是也花費了不少時間，導致我們無法順利得搭上班機，因此我們只好在機場，等 12 小時之後的那班飛機，我們利用等待的時間，在機場逛逛，也與在機場值班人員小認識了一下，他很熱情的跟我們合照，後來我在等待團員上廁所時，也有另外一位人員，看到我在那裡徘徊，以為我遭遇困難，便過來問我需不需要幫忙，讓我覺得原來美國人其實很熱情，讓我慌張的心，平復了不少，之後我們搭上前往聖路易的飛機，在出關時，遇到了一位白人女生，便是這次負責我們在美國行程的老師-Holly。

我們剛到達時，我們選擇自己得房間，一個人一間房，分布在各個樓層，一樓有客廳和撞球室，每層樓都有各自的浴室以及廚房，等我們都整理完休息一天之後，隔天 Holly 帶我們去賣場購買一些食物及生活必需品，我發現美國的東西量都很多，我買了一些果汁跟麵包，當我要去結帳時，遇到的第一個問題時，對於錢幣的辨別，美國很硬幣有很多種，搞不清楚哪個是哪個，我只好請她自己拿，而且我後來才知道，美國商品的價格，跟結帳後的價格是不一樣的，因為還得加稅。

學校的分班，是採用托福成績，我是上小說和聽說讀寫，不過剛到班上時，我發現跟我想像得有點不同，因為也有另外一間虎尾科大的學生來這裡，不巧小說班上都是台灣人，只有其他兩堂還有包含阿拉伯人，因為他們語言的關係，在發音上都會有一些特別的音調，讓我有些聽不懂，不過他們都是很可愛的人，在課堂上也很認真的在學習，學校採用小班制，小說老師是一個很活潑風趣的老師，用影片和分組討論和演戲，讓我們更能深入了解小說劇情，也鼓勵我們多學一些單字以及勇於發表，聽跟說的老師是一個很愛講笑話，可是我們卻覺得冷颯颯的人，他希望我們可以發言，不管對或錯，另外讀跟寫是我們得核心課程，老師給我們看影片和文章，也透過分組討論激發出我們的想法，同時也教導我們一些閱讀的技巧，我從一開始的不敢說，慢慢的學會去發表，勇於表達自己，也讓我對英文這個語言，更添加了一點信心，雖然課程時間只有一個月，但是學到的東西卻很多，因為只有與英文的生活環境融合，才能真得深入的了解到英文的一些內涵。

除了學校生活以外，學校有提供我們個人專屬的學生證，讓我們可以使用該校的設施，我們上完課，大家一起相約到學校體育館，當我走到裡面，我不禁讚嘆，裡面的設備很齊全，我們可以從事自己所喜歡的運動，那裡也提供我們體育用具，我們不需要自己攜帶，只要用學生證去抵押，就可以借來使用，我習慣先去健身房踩腳踏車，踩完之後大家一起去打羽球，活動一下筋骨，是一個很棒的課外休閒。

此外，Holly 為我們安排一些活動，一開始他帶我們去湖邊野餐，我們一大早去賣場購買一些食材，中午回到宿舍，我們各自準備自己的食物，那裡的湖好大，跟台灣的比好像是小巫見大巫，景色很美，很多美國人都攜家帶眷到這裡來野餐，令人驚訝的是，他們直接換穿泳衣，便直接泡在湖水中，一大片的樹林和清澈的溪流，很大的湖泊，親近大自然的感覺很棒，還有我們也認識了 Holly 的男友-Nick，他邀請我們到他父母親的家去做客，Nick 家很美，旁邊有一條河，和一大片草皮，和自己種植的花卉，我們玩了一些小遊戲，接近傍晚時，我們划小船，是一個很不一樣的初體驗，晚上俗緣使用了 Nick 家的鋼琴，為我們帶來了一個小小的演奏會，是一場聽覺的饗宴，晚上要回宿舍時，外面得星空很閃亮，還看到鹿的蹤影，我們依依不捨得向他們道別，此外學校也安排了校外參觀，我們到聖路易的動物園，看到各種動物，還有到著名的 ARCH 去參觀，只可惜錯過時間，沒有辦法登上頂端。

Holly 常常帶我們去吃東西，在點餐時，常很困擾，因為有些菜名跟食物名稱，我們不是很了解，也得透過她耐心的解說，才懂得要點哪些菜，對我而言，我最喜歡的是當地的早餐，到現在我還是念念不忘，雖然價格有些昂貴，不過真的令人回味無窮，一份早餐裡有烤馬鈴薯、烤吐司，還有很像烘蛋的東西，再加上一杯熱咖啡，感覺真的很棒，另外，我們去一些餐廳，常吃的是披薩，有起士之類食物，飲料通常都是汽水，而且點一杯便可以無限暢飲，不過也因此，我變胖了不少，因為都是高熱量的東西，在宿舍附近，我們也發現有台灣人開設的店，有買珍珠奶茶，老闆跟老闆娘都很熱情，對於身在外地的我們，格外的親切，在那家店哩，我們也在牆上貼上我們專屬的繪畫，留下我們的足跡。

在宿舍裡，我們的餐點，除了在外面吃以外，有的時候我們也自己動手，不過一開始遇到最大的困難是煮飯，廚房裡沒有電鍋，所以我們得自己用鍋子煮，因為我們對這些過程都不是很熟稔，所以得耗費很多的時間，我們常常一起分享食物，有人當主廚、有人幫忙切菜、有人洗碗，大家一起分工，我們把菜端到一樓，大家一起享用，氣氛很熱鬧，像是一個大家庭，讓我身在國外，也不覺得孤單寂寞。

時間過得很快，一下子就要結束了，我很捨不得那裡得一切，在那裡過得很充實，很感謝 Holly 跟 Mr.Q 的照顧，讓我們在美國的生活不無聊，無時無刻都充

滿歡笑，因此我們也在宿舍邀請 Holly 來跟我們共進晚餐，回到台灣之後，我懷念 Holly 的笑聲、Mr.Q 的 SHOW TIME、和教導我的老師們，很高興我能跟他們相遇，能有這樣的緣分很難得，在最後的那個晚上，我們跟 Holly 和 Nick 擁抱道別，小小的擁抱，卻也代表著我們得捨不得和難過，雖然捨不得，Holly 跟我們說雖然捨不得，可是我們有我們的家得回去，聽到這句話，我也難過得落淚，不過我相信，有緣份的話，或許我們還會再見面的。

這次的美國行，我學會了很多，從不會跟外國人交談，到最後我可以幫助黑人鄰居解決問題，從有老師帶領我們，到最後我們可以自己自由活動，同時也建立了對英文的自信心，也讓我了解美國的文化，甚至也因為我們，讓其他國家的人更認識台灣，也因為這次的緣分，認識了可愛的大家，我們就像一個大家庭，互相幫忙，一起度過最美好的時光，讓我的人生更增添色彩。

2010 South Illinois

I feel very happy that I can have this chance to go abroad .Before I leave Taiwan , I hope I can have a good trip .This is my first time to take a plane . I don't know how to solve many things in this part . But group members help me a lot ,they are good to me and teach me many things .

When we take a plane to LA ,our plane delay 4 hours .Because of it ,we can't catch the next plane .We have to stay in the airport 12 hours to wait for the plane .So we walk around in the airport and meet the girl who work in the airport .She take a picture with us and have a short talk .After 12 hours we took the plane ,then we also arrived Saint Lois .When we arrive our department , the manager lead us to our room and introduce the department .We all call the manager is Q. He is a black person and a interesting person. In our daily life ,we can see him dance .It is Q's show time . He always interested us and let us memorize him. There are many good equipments in our department like billiards place 、 a kitchen 、 a big living room and so on .I like the department there .

In this trip ,we have a great teacher who teach in the cesl ,Holly .She have to prepare our activities and solve our problems .She took us to wal mart which is the super market in the carbondale.We buy some food and needs .When I pay a bill ,I found the price is different from the price which is put on the product .Because of the tax ,the products are not include the tax so that it should be added the tax . It is very deferent to me ,and I don't like this way .Because I can't make sure how much money I should pay .I can't manage my money efficiency .

In our school life, before we enter the school ,we have to have a toefl exam to decide our class . I am in AE 1 class ,and I need to study novel 、 listening and speaking 、 reading and writing . Novel class is very interesting .Novel teacher is Mrs.Caldwell. She is older ,but she is very enthusiastic .She let me feel she just only 18 years old .She let us read novel and see a movie and even ask us to show ourselves .Speaking and listening class teacher is Mrs.Keim. She encourage us to speak English .She tell us that we don't afraid of speaking .If we make a mistake,we just learn and improve it next time .She doesn't mind mistake we made ,but she worried that we don't open our mind to say .If we don't do this ,she doesn't know how to help us and improve our skills. Reading and writing is my core class. My core teacher is a kind man and we all called him Mr.Phelps. He teach us some reading skills .He says that we don't need know all the words in the essay ,we just find key words .It is enough to know the essay. Moreover he also ask us to write

the short essay .He would correct it and let us add our writing experience.
Although this is a shorten study ,I learn a lot and add my English confidence .

Besides we have a study in the school ,we have other part in this trip .We also go to the gymnasium .I love this place very much .It provide many sport equipment .We can play the sport which we want to play .We don't worry about it .We just bring our student ID ,we will can use .It is very convenient to us .I like to play badminton there with my members and relax myself .I hope there will be a same gym in Taiwan and even in isu .It is really a nice place to us and I memorize it .

In other activity ,Holly take us to the lake .We have a picnic there .There are river and trees lake around us .The view is very beautiful .We feel comfortable and the air is fresh .Many Americans swim in the lake ,but I don't have a brave to try so that I just take some pictures .And in this picnic ,we known the Holly's boyfriends ,Nick .Because of it ,Nick's parents invite us to have a meal together. His parents live in the town ,there is a dog ,Lucy, with him .There is a big river beside their house .It is very beautiful and natural .We play a game 、 talk with them and row a boat .At the night , Iris who is the mamber of our group played the piano .We all enjoy it and feel relax . I want to live there ,if I were a old person .I don't want to leave them .I have a great day and special experience there .Moreover,Holly take us to a tradeitonal market.We see a many people take their family to buy something there.And we also go to the international grocery .We can see a lot of food and sauce from many countries .We feel very happy that we can buy something we need which can not buy it from wal mart .Holly is a responsible person .She learn how to drive a bus for us .She drive the bus to take us to look around. We have many interesting activities in this trip .And it is good memory in my life .

In our eating part ,we have to cook by myself .We buy some food in the supermarket and then cook in the kitchen .Moreover ,Holly take us to many restaurant to eat meal .I like the breakfast in the carbondale .The breakfast include potatos 、 eggs 、 toast and a cup of coffee . It is very abundant and delicious .And the pizza there is very popular .Specially, we find the bubble tea which is from Taiwan .The sells is very kind and they are both Taiwanese.We draw a picture in the paper and put it on the wall to prove we ever enter the shop .In the last week ,we prepare some dishes and beverage to invite Holly and Nick to eat . We present our mind to them .

In this group ,I learn a lot . In the last time ,we can look around by ourselves by bus .

At the start ,I can't talk with foreigners quickly .I always say "Yes or No".Finally, I can help the black man to solve his problem .When I do it ,I feel cheerful. Because I can make it .I become more confident to say and never afraid . In the other hand ,because of this chance ,I met a lot of friends .That is my pleasure .They help me a lot and we pass the difficult thing together .We are like a family .It is warm and fill with laugh sound .We create the wonderful memory in this trip .I believe that I will never forget each other and the life memory there. Only when I go abroad can I learn many new things and open my view in my life.

期待已久的美好旅程終於啓程了，對於沒有坐過飛機的我是既緊張又興奮的，不過想到要做十幾個小時的飛機，就覺得很累。轉機到香港後，讓我見識到香港機場真的好大，而且在那裡可以看到很多來自不同國家的人，真是讓我大開眼界！之後，我們的飛機在前往洛杉磯時誤點了，因為這樣導致我們也趕不上往聖路易的班機，所以就在機場度過了一晚。但是事後想想頭一次搭飛機就遇到這種情況還真是難忘呀！隔天順利的到達目的地後，就和 CESL 的負責人 Holly 會合，終於到了我們要住的地方，真的是累翻了！好險在當天是美國的國慶日，所以有補假一天，而且它們在國慶日的時候都會有煙火秀，我發現美國人都很愛國，他們都會慶祝，真的很不一樣！在這邊的天氣感覺很舒服，不會很熱，有時候會稍微涼涼的，感覺很舒服，和台灣比較不一樣的就是這邊比較乾燥，皮膚有時候會脫皮。而在我們的公寓裡的人都很好相處，我發現他們都會以微笑迎人，不管是認不認識，都會主動打招呼，而且都很熱情，讓我感覺很親切，我發現他們跟我們的生活習慣不一樣的地方是：他們在洗澡的時候只能有淋浴的地方可以濕濕的，上廁所的地方則要維持乾乾的，但是我們剛開始去的時候根本都還不習慣，所以常常就把整間浴室都用得很濕，我想他們應該也覺得很不習慣吧！另外，Holly 也有帶我們去逛逛大賣場，那邊的東西真的都是大份量的，也因為他們的主食幾乎都是些 pizza、薯條、cheese，所以在那邊的價格都比較便宜，還有，那邊的哈根達斯真的很便宜，所以我們都買了很多回去吃。在學校的部分，我們有去考托福，真的是可以見識到托福的可怕，它的題目好多，也密密麻麻的，真是令人頭昏腦脹的。在 CESL 裡上課我覺得的我是滿開心的，因為它一班的人數少、而且大家的程度都差不多，所以比較不會怕跟不上進度，雖然剛開始被老師叫到回答問題時有點緊張，但是經過幾次之後就覺得比較習慣，而且在這邊的老師都很希望他的學生可以多多發問、多多回答、也多講講自己的意見，我覺得很不錯，而且這樣自己也比較專心，能記起來的東西相對的也會變多，而且老師們的上課氣氛都很輕鬆，也會結合現在的時事新聞或者是影片來當教學的資料，讓學生們也不會忽略關於時事的東西，這樣的教學方式使我很熱於學習，另外我覺得很棒的是學校都會幫我們安排活動，其中就有打保齡球，這是在學校裡就有的設備，我覺得很高級、也很舒適，就好像是讓學生有地方可以紓解壓力。另外一個活動還有聽音樂會，音樂會在每個禮拜都會有固定的表演時間，只要有空都可以免費參加，剛好我去聽的那場音樂會讓我感覺起來很不錯、非常的輕鬆，感覺很好。而老師有推薦我們去學校附近的體育館，去了之後才發現我們台灣的有多麼的微不足道，因為真的很高級，而且有很多種設備讓你使用，真的很棒，其中讓我很有印象的是“攀岩”，他們真的有用仿攀岩的牆壁，真的是要好好體會一下！還有學校也有幫我們安排去聖路易市的活動，我們去了動物園，雖然那時的天氣很熱，但是還是覺得很好玩，而且在美國夏天，大家是都不撐洋傘的，所以我們都不太敢撐，不然他們可是會用奇怪的表情看我們呢！我們還有去美國的百

貨公司，他們賣的東西真是琳瑯滿目，而且他們一樣東西就會有很多不一樣的顏色，非常的繽紛，讓人看起來感覺就很特別，我發現其實美國人好像都比較會享受生活，所以在路上走路看到拿名牌包的也不覺得奇怪，最後，我們有去聖路易市有名的景點—arch，據說這裡是當時南北戰爭的界線，這個 arch 很像一道很大很大的彩虹，它裡面有通道，上去可以到 arch 的最上方看到整個聖路易市的風景，非常莊觀。我還記得去完聖路易市的晚上 Holly 和我們就計畫要去公寓附近的 pub，到那邊之後，跟我想像中的 pub 有點不太一樣，它是室外的，但是也是很 high，而且很多人都很會跳舞，也是不錯的經驗。在吃的方面，值得驕傲的是，我們有自己做一些台灣菜請 Holly 和 Mike 吃飯，都是一些很道地的菜，沒想到在一片瞎忙中還可以順利的完成這個計畫，連我們自己都覺得很美味呢！當然，Holly 也常常帶我們去品嚐當地的一些美食，剛開始看到那些義大利麵、pizza 等食物都覺得很美味，不過這些東西吃久了還是會膩，所以我們也常常在公寓自己煮來吃，我還記得當時我們都不太會煮飯，剛好在那裡遇到一位也是來 CESL 讀書的女生，她很好心的教我們要悶多久、煮多久，結果還真的成功了，真的很佩服自己！我發現美國這邊的 pizza 其實沒有像台灣這麼多種口味，就是一些很簡單基本的口味，但是他們都很喜歡一些重口味的食物。不過我們有在公寓附近發現一間中國餐館，那裡面都是賣一些炒飯、麵的東西，自己都沒想到在異鄉還可以吃到熟悉的味道，真是令人感動。而且那邊還有一間賣珍珠奶茶的店，喝起來的味道真的是一模一樣，但是因為一些配料是要從台灣這邊運送過去的，所以比較貴一點，而且老闆也是台灣人，也非常的親切，感覺很溫暖。讓我印象比較深刻的是在公寓附近的早餐店，雖然說那間是早餐店，但是就算到了十點或十一點還是要排隊，因為實在是太好吃了！而且他們很大份，一餐最少都有三顆蛋，所以每次都吃得很撐，但是還是很想再去吃，不過通常只要我們點一份都可以分成兩餐吃，算是很划算的。另外，Mike 有請我們到他們家吃飯，Mike 的爸爸媽媽都非常和藹可親，而且還教我們玩他們當地的一些小遊戲，最特別的是他們的後院還有小湖，可以划划船，非常有閒情逸致！

很快的一個月時間就要結束了，我們的小說老師爲了要歡送我們，所以就在他家辦了 party，小說老師他家也很漂亮，家裡有游泳池、桌球桌、排球場...等。真的很開心，但是也很感傷，因為要離開了，大家都捨不得，其實我們都很把握這一個月，好像是要用什麼來換也換不到的回憶，我想以後要是可以，我一定要帶我家人來這邊走走，也讓他們體會不一樣的感覺。我從以前也沒有想過我竟然有機會去美國，我想我一輩子也忘不了！

The long-awaited trip finally left for the better . I have not flown for a nervous and excited . But expect to do ten hours of flight . I feel so tired . After transfer to Hong Kong . Let me really good insight into the big Hong Kong Airport . Where you can see a lot of people from different countries . Really opened my eyes ! Afterwards , Our plane was delayed at Los Angeles . We can not keep up because it led to a flight to St. Louis . So we spent a night at the airport . But think about the first time after the plane encountered this situation really is unforgettable . Next day we arrived destination . We meet the head of Holly . Finally to the place where we live . All of we were tired and wanted to sleep and take a shower . On the day the United States National Day . So, we have a day off in lieu . Fortunately, there have firework when the National Day in America . I found that Americans are patriotic . So, that day have a lot of people to see the firework . Really different ! The weather in here feels refreshed , not hot , sometimes a little cool , feel comfortable ! But different from Taiwan is drier . Sometimes peeling skin . In our apartment who are easy to get along . I found that they would greet people with a smile . No matter do you know who you are . They will take the initiative to say hello . And they were enthusiasm . I feel very cordial . I found them with our lifestyle is different custom : only can wet where they take a shower . Where the toilet will have to maintain the dry. I feel so different. In addition, Holly also took us to go shopping mall. There are big amount of things. Part of the school, we have to take a TOEFL. Really is horrific insight into the TOEFL. I think in the class in CESL, I was so happy. Because it is the small number of students per class. And everyone's level is similar. So keep up the progress of comparison will not be afraid. Although just beginning to be called the teacher a little nervous when answering questions. But after a few times I feel more better and have confidence. The teacher like his or her students can ask more question and talk more comments by themselves. This is also more focus on the class. Could remember things also become relatively more. And teachers of the school atmosphere is very relaxed. Will be combined with current events or the current video data to when teaching. Students were also not ignore the things about the current events. This way of teaching makes me hot to learn. In addition, I feel good in school activities will help us to arrange. One of them have bowling, This is the equipment in the school. I feel very senior and comfortable. Like is to allow students a place to relieve stress. Other activities include a concert. Concert in each week's show will have a fixed time. That I just listen to the music it makes me feel very good, very easily. The teacher has recommended we go to the gym near by the school. We went after the discovery of just how little Taiwan. Because it is really very advanced. And there are many equipment for you to use.

Which I was very impressed "climbing". They really useful imitation rock climbing wall. It's really is to good try! There also has to get our school to the activities of St. Louis. We went to the zoo. Although the weather was very hot. But still feel a lot of fun. And the summer in the United States. They are not used is the umbrella in summer. We also went to the U.S. department store. There was so dazzling they sell. Something they have a lot of different colors. Very colorful ! Let me feel so special. I find that the Americans seem more likely to enjoy life. So It's not surprise package take the brand on the road to walk. Finally, we have to go the famous St. Louis attractions – arch. It is said that this was a boundary of the Civil War. The arch like a big rainbow. There are channels in arch. Up to the arch at the top of the landscape see the whole city of St. Louis. So beautiful ! I remember the night of St. Louis to complete and Holly and we plan to go to pub near the apartment. After arrived there, I imagine the pub with a bit different. It is the outdoor. But still so high ! And many people are dancing. It's a good experience. In terms of food, to be proud of, We have our own to do some Taiwanese food to eat, and invite Holly and Mike. There are some authentic dishes. I can't believe that we can complete this project and taste delicious ! Of course, Holly often take us to taste some local cuisine. In beginning to see that pasta, pizza and other food were look very delicious. But these things will still tired of eating for a long time. I was deeply impressed near the breakfast in the apartment. Although it is the breakfast room. But even to ten or eleven o'clock, and to line up. Because it is too delicious. And they were large and have a meal at least three eggs. So after I finished my meal I feel so full. In addition, Mike has invited us to their house for dinner, Mike's father and mother are very amiable. The most special is their back yard there is a small lake, boating can be classified, very leisurely and carefree mood ! Soon to be over a month, our teachers in order to send off our novel's teacher , so have a party in her home. The house novel's teacher where is also beautiful , they has a swimming pool, pool tables, volleyball court ... and so on. I have a good time for there. But also very sad, because of leaving, we are reluctant. In fact, we are sure this month. What seems to change is also changed to use less memory. If I think I can in the future. I would take my family to walk around here. Also let them experience a different feeling. I have not thought about before I actually have the opportunity to go to the U.S., I think I shall never forget!

美國南伊利諾學海團心得報告

李○勳 9700009A

雖然之前已有多次出國經驗，但這次美國行著實讓我感覺興奮以及緊張。在我想像中的美國是個充滿不同人種的自由國家，並且充滿著高熱量食物的一個國家。然後我就抱著這個想法飛往我夢想中的國家，美國。

從高雄飛到香港的這段航行時間其實並不長，但由於往 LA 的飛機出了一些問題，所以我們在香港機場多待了一個多小時。當下我感覺非常不安，因為要接下班飛機的時間就縮短了許多，何況轉機的地方是我不會去過的地方。經過 13 個小時的飛機到了 LA，果然擔心的事情發生了。我們無法照預期的計畫搭上往聖路易的飛機，所以我們只好在 LA 的機場等另外一個 13 小時。對我而言，一開始這個消息讓我非常失望，但是這也是一個先跟團員熟悉的一個機會。在機場過夜真是個非常難得的經驗，白天繁忙的機場到了晚上竟是如此寧靜。跟團員相處一下，13 個小時一下子就過了。早上 6 點我們就抱著期待的心情往聖路易飛去了。

到了聖路易機場當我們要去拿行李的時候，突然有一位外國女生湊上來問了一句"I-Shou?" 沒錯，這就是我們的當地帶團老師 Holly Coleman。他那天使般的笑容以及熱情的態度讓我們坐飛機的疲累瞬間消失。之後我們就前往我們的宿舍準備休息了。宿舍裡的配備真的超乎我的想像，有冰箱又有 40 吋的 LCD 電視，沒想到這僅幾坪的房間可以讓我這麼驚喜。第一天到美國剛好是美國國慶，原本要去校園看煙火，但基於大家實在太累所以行李放下就倒頭大睡了。

南伊利諾大學是一個大學城，校園和當地的小鎮 Carbondale 融為一體。基本上每個系所之間的距離用走路的时间花費至少都要多於 15 分鐘，這就是為什麼幾乎每個美國學生必備交通工具的原因吧。在 Carbondale 這個小鎮我看到許多森林、湖泊和野生動物。在校區裡面甚至有一條森林小徑，而我在裡面看到松鼠和鹿，有時候真的讓我感覺身在叢林裡而不是學校。雖然第一天考托福讓我精

疲力盡，但這絲毫不影響我對課程的期待。我的課表還蠻彈性的，早上 8 點到 10 點然後下午 1 點到 3 點。原本想說中午有非常充沛的時間去逛校園或者附近的地區，但其實到後來都是在餐廳裡吃東西趕功課。第一節課是閱讀，老師選擇了 *當幸福來敲門* 這本書來當作教材。其實之前我就有看過這部電影，只是讀完書才之後原來電影只演出整個故事裡的三分之一而已。老師 Patricia 是個巴西人，非常親切也很友善的一個人。這堂課其實是所有課裡功課最多的一堂，又是早上的第一節課，所以通常也看到大家提不起精神來。第二節課是主題討論，也是最歡樂的一堂課。怎麼說呢？因為這堂課主要就是讓學生有機會開口來討論一些主題或者爭議的話題。通常經過第一節沉悶的氣氛後，第二堂大家透過開口討論以及老師 Summer 的熱情，使精神為之一振。每個禮拜都會選一些目前受爭議或者是同學有興趣的話題來討論，所以這堂課的接受度很高。通常這兩節課上完我的肚子也餓了，由於學校餐廳 11 點才開始營業，我就在附近找個位置坐下來準備下午的課程所需要的東西。午餐在學校裡有非常多的選擇，舉凡最基本的麥當勞到墨西哥的 Burrito 捲，幾乎每項我都吃過了。美國吃東西最不用擔心的就是分量，因為點一份一定會吃到很撐，有些女生也是選擇兩個人吃一份。所有美食之中我最要推薦的就是 Burrito 捲，因為他便宜、好吃、分量又夠。外層帶有嚼勁又經由烤爐烤出的酥香味麵皮，包著豆泥、牛肉、生菜、橄欖、番茄和一點的酸奶，只要 US 2.5 元就可以填飽肚子而且味道也很好。填飽了肚子就要準備下午的文化課了，這堂長達兩個小時的課令人又愛又恨。這堂課是有關於探討美國文化和其他國家文化的差異，這班聚集了非常多來自各個國家的學生例如法國，巴拿馬，韓國，阿拉伯以及台灣。我很喜歡這堂課的老師多樣化上課的方式，甚至有一節課我們要出去觀察其他學生的行為。但這節課上課雖然樂趣多多，功課也是所有課程裡面最難的，有幾天晚上睡不好就為了完成這堂課的功課。對我來說，CESL 的課程安排以一個語言學校來說剛剛好，老師也相當照顧學生，讓我們都很想留在那邊繼續求學。

接下來就是來講玩樂的方面了。當地老師有幫我們安排一些玩樂的行程，第

一個禮拜帶我們到當地的一個水塔景點。這水塔有多高?光走到水塔的頂部就讓我們很多人都吃不消了，但是最高處往下俯瞰的景象實在讓我有種莫名的感觸。我看到了 Carbondale 的附近充滿著綠色的森林，目前在世界上還有多少地方水土保持像這裡一樣良好? 看完壯觀的景象之後我們就到了 Giant City 去吃家庭式的晚餐。這裡的用餐方式是典型美式家庭用餐的方式一樣，大家把食物放在自己的盤子之後遞給下一位坐在右邊的人，不同的是這間是吃到飽!! 有炸雞、薯泥、豆子和一些玉米，雖然口味重了點不過充滿了美國鄉村的風味讓我還是很留戀。有一天老師帶我們去一座湖旁邊野餐。原本沒打算下水的我沒有戴泳褲，但是人生有幾次機會能夠在美國的湖裡面游泳呢?被這想法說服的我就打算穿著褲子下水了。大家吃完東西之後就開始往湖的方向移動了，這一路走來可辛苦，我們穿越了一條雜草遍生的小路，跨越了一條小河才到達入口，之後又隨著河流往上走才到了湖。當我們看到那個湖的景象之後，一切辛苦都是值得的。許多人在河邊玩，也有在湖中央游泳的，甚至狗都一起游了。隨後我就衣服一脫跳進水裡玩了，水不算太髒但是水裡的石頭有些很滑，不過在湖中游水的感覺真的很特殊也很難忘。行程結束了之後就帶著全身濕的身體上巴士回宿舍了。

在美國的這一個月雖然是個不短的時間，但是每天都過得很充實也很快樂，所以感覺一下子又要回台灣了。在這期間認識了不少的朋友也去過很多很有趣的地方，特別是跟同團的朋友建立出一種特別的情誼。每天都生活在一起，有時候一起煮飯，一起上學的時光讓我們感覺好像是一個家庭一樣。就算是回到台灣還是會不時得保持聯絡，畢竟我們都曾一起擁有過這特別的經驗。謝謝義守大學給我們這麼特別的機會，讓我們有機會出國遊學。也謝謝那些曾在美國幫助我們的老師和朋友。這趟美國學海團讓我見識到了更多的事物也留下了一些難忘的回憶。

Southern Illinois University

This trip to South Illinois, USA was an amazing experience. I had a lot of

fun and met many nice and interesting people inside and outside of school. I learnt not English skills but also the way to communicate with the people from other countries. This is how it was like in my journey.

I had several travel experiences before, but this is the first time for me to take a 13 hours flight to LA. I have to admit this is the part I suffer the most. I used the time to get to know other ISU students. Because they are all very great people, we found the time was flying as fast as the air plane went. After we landed at St. Louis airport, we met our school adviser “Holly Coleman”. She is a graduate degree student in SIU and she is taking care of our off-school activities and daily needs. The first place Holly took us to our dormitory. Our dorm is outside the campus and about 10 minutes walk from school. My room was awesome because I have a flat screen TV and mini fridge in my room. I haven’t lived in such nice dorm before, it really impressed me a lot. Surprisingly, there is a billiard table in the first floor. I play with the people who live in the house every day after school and I felt like I improved a lot after I got back to Taiwan. However, I enjoy living in this place very much.

I still remember the TOEFL test we took on the first day of school. The test last for 3 hours and the time for solving questions were so intense. I was exhausted after I completed the test. Fortunately, I got a fine grade and took the upper level class. To be honest, it was a really challenging class for me to take. Although I only have 4 hours of class in day, I have to work more than that in order to keep me on the track. In general, we have novel reading, English speaking, and American culture class. In my opinion, English speaking class was my favorite one because I got to talk a lot in class in English. American culture class is one of the toughest but funniest classes. The reason is we had lots of work to complete but the teacher was so nice that I would try my best to complete the works. Above all, the education system is quite different between SIU and ISU. Almost all of the teaching materials were uploaded online and

taught via computers. In some classes, students even need to record their voices and upload to website as their homework. There are advantages and disadvantages for teaching via multimedia, but this is the way I prefer. One of the most interesting I found in SIU is that the students always wear the shirts with school logos on. It's kind of cool things if ISU have this kind of T-shirts sold in school.

The foods in Illinois are better than I thought. In my stereotype of thinking, American foods are always to be greasy and seasoned salty served in a very great amount. One day, Holly took us to a local style breakfast restaurant. It's a traditional western breakfast restaurant mastered in egg meal. I ordered Mexican Omelet and a regular coffee. I need to mention that the coffees in breakfast restaurant are normally served without limit. So Holly and we were chatting to enjoy the beautiful morning. All of a sudden, my Mexico Omelet came on the table. I could tell the food is awesome when I first saw it. It's a 3 eggs omelet with melted cheese and sour cream on the top, dressed with ranch potatoes, tomato and toast. The taste is so smooth and delicate and the ranch potatoes are crispy and fresh. It cost me around 9 dollars to have the brunch like this and I was so full that I couldn't have any food till dinner. Holly also took us to one of the best barbecue in America named "17th Street". I've seen this one was introduced on Travel Life Chanel and I certainly won't miss the "Champion Plate". This dish contained their world famous barbecue beef, pork chop and seasoned chicken, served with baked potato and refillable drinks. It's worth to mention the "blood sausage" in the plate. The blood sausage has very crispy skin and mixed meats seasoned strongly which the flavor flied out when I had the first bite. This restaurant has won several prices owing to their champion plate, so I think I know how a champion feels like after I ate the dish.

I am kind of a sports person and I always like to visit other school's sport facilities. I expect SIU has at least a gym and tennis courts but the reality was way far

beyond my expectation. SIU even has a indoor sports facility, and they called it “Recreation Center”. People can do so many sports in that building. In brief, there are a gym, swimming pool, tennis courts, Yoga room and even football field. In this case, I can tell how much American like to exercise during leisure time. It’s not hard to see people running on the street with an iPod on their hands. In my opinion, this is what I call “Life”. Instead of spending whole day making money, enjoy their life by exercising or relax in the park would be better. Maybe that’s the reason why America produces so many outstanding athletes.

In school activities, teacher prepared a one day trip to St. Louis. The bus drove from Carbondale to St. Louis and it took approximate 3 hours to get there. While I was in the bus, I saw the changes from small town to a hustle and bustle city. The first place we went is the St. Louis Zoo, but I didn’t pay attention to the animals though. What I noticed was the concept of the zoo building, it seems like the builders tried to make the zoo looks like Africa style. There was a fan spinning with water under the burning sun, and there were kids playing next to it. It really made me feel in heaven when I get the chance to face the fan due to the hot weather. Later on, we went the local shopping mall to buy something we need. I found more brands in St Louis mall than the one in Carbondale. Of course, I came back to Carbondale with my hands full.

One month is quite a short term for me in USA because there are so many things I wanted to see or places to visit. In this journey, I met a lot of unforgettable friends and had many fun experiences. I have to thank ISU to give me such opportunity to join this trip to USA. Otherwise I won’t broaden my horizon via this experience. Now I understand that learning English is not only to communicate with other English speakers but also learning the culture of certain races and countries. However, this trip has changed my view of life and I am always looking forward to have any chance to

visit other countries.

