

加州州立大學Sacramento學習心得報告

出國是一個拓展視野和增長知識的好時機，也是一個訓練獨立自主的機會，我一直渴望有朝一日能到歐美國家參觀，實際體驗當地生活；美國是大家所嚮往的國家，自由民主，我的表哥也在美國，他在那裡的表現優異學習了很多東西，所以他也鼓勵我們如果有機會，就出國看一看吧！

聽到東海有辦到美國加州大學學習的消息後，就忍不住去報名參加，繳交了自傳，通過了面試，開始辦理美國簽證，整理行囊，接受大家的祝福，與家人道別，就這樣踏上了旅程。

第一次出國，第一次長途的飛行，第一次異鄉體驗，就到了飛行時數超過十小時的美國加州沙加緬都，那兒是個美麗的地方，一望無際的天空，偶爾有架星點般的飛機飛過，也是全美樹最多的地方，空氣清新，加州大學的校區廣闊，汽車的數量也很多，校園的設備更是齊全。

第一頓飛機餐竟是魯肉飯和鳳梨酥，果然是想讓離開台灣的人們記得台灣的味道。第一次逛機場的免稅商店，日本的物價果然很高，轉機漫長的等待有點累人，接著是十小時的飛行，機上的座位好窄，飛機起降的顛簸，令人緊張；空服員的親切讓人感到溫暖；住宿的環境設備很棒，應有盡有跟家裡一樣，每天晚上在大廳都還有辦各種活動讓大家去參與，像是BBQ晚餐、製作焦糖蘋果、觀賞超級盃橄欖球賽和三明治等。

每天早上都有兩堂英文課，Leanne 和 Elizabeth 教我們美國約會、飲食文化、美式足球、餐廳點餐等生活用語，介紹當地景點舊金山、史丹佛等，也讓我們學習上台報告，雙人組時如何展現默契，互相接應充分表現，互動式問答小班教學是利於學習的好方法，如果每科的學習都是這樣的話，肯定每個人的學習效果都很好。

走在美國的大馬路上感覺相當危險，旁邊都是呼囂而過的車輛，美國人到各處似乎都是開車，很少走路的，大概只有學生會用走的吧！美國人很友善，在輕軌上他們熱心主動的與我們交談，問我們從哪來？要待多久？喜歡這兒嗎？當我們有一次自己搭車去鎮上，卻不知道如何回來時，也是因為他們熱心的幫助，才讓我們順利回到宿舍。

和校友們的談話讓我更了解，人生要敢於追求夢想，用盡力氣去實現，不要因為旁人的嘲笑和打擊就此放棄，每個人所追求的目標並不相同，只有自己知道哪些是最適合的，大膽嘗試會有意想不到的收穫，我們也不要害怕改變換一個工作就從頭學起，學到後來還是可能變成頂尖的，改變可以創新，摸索發覺自己不同的興趣，興趣會是支持我們的最佳動力。

許多第一次都在這趟旅程中完成了，獲益良多，讓我的心胸更開闊，明白更多事，結交了一群不同系的好朋友，分享彼此的趣事，互相幫忙，這兩周的美國生活真的很愉快！大家若有機會也去一趟吧！

It's unbelievable that I got the chance to go to America so soon. I thought it'll wait until I was junior in college. Though I had eager go abroad for a long time. I had dreamed about visiting England and USA since I was young. Because my English teacher was a British and the other teacher was an American. They both taught me a lot and shared their experience in their home town with us, so I got more chance to know about foreign countries. That's why I wanted to visit those places.

I was thrilled about going abroad. My relatives gave me a lot blessing and supports. Because one of my cousins was studying there, they thought it was a great opportunity to go and see the outside world. My family supported me, too. My grandmother told me her experience in America and what I should be cautious about. They helped me packing and get ready for going abroad alone.

We had two classes in everyday morning and in the afternoon time we had different activities. One of the teachers was Leanne. She taught us about American culture such as American food, football, NBA games, and introduced those places we would visit. The other teacher was Elizabeth who was more serious. She taught us about dating in America compare to Taiwan, dating vocabulary and idioms, how to give a good oral presentation, making valentines cards. In the evening, around ten people would gather together in my room. We had dinner and snacks. And we also watched TV, played cards, wrote our homework together. We made our own dinner most of the time, sometimes we ate the microwave foods. This kind of food was like real lunchbox. It tasted good, too. I enjoyed the night time being with them.

It was a lovely sunny day when we visited Stanford University. Alumni came and welcome us. They walked through the campus with us. It was splendid. Every department had their own building. The Memorial Church was magnificent. They shared their experience with us, asked us how we got the chance to visit America, who pay for it, if we like here so far. I learned from an alumna that we must not afraid of change, we can start from zero and get to the top again as we have the heart to do it, so we should grab the opportunity of things we would like to try, and work hard on it. We had Chinese lunchbox for lunch. It felt like eating at home. After eating, we showed the dance we prepared and sang the school song for them. They were touched and they gave each of us a See's chocolate bar. They also sang a song 'sister' to us. I bought a Stanford T-shirt for memorial and two mugs which had mom and dad written on for my parents in the bookstore. We went up to the Hoover tower. The view up there was so beautiful. I could see the entire school. We went to Stanford shopping center afterwards. We all bought the See's candy because it

tasted great. At night, we had dinner at Fang Yuan coffee restaurant. The restaurant belongs to an alumna of international business. She advised us to order spicy chicken, which was not spicy and pearl milk tea. The food was delicious. I am really appreciating them for giving us such a wonderful day, because we may not have a chance to come again, though I hope I can someday.

Super Bowl Sunday is the day of the final football game. It was Pittsburgh Steelers versus Arizona Cardinals. There were many amazing touchdowns. Cardinals were supposed to win the game. But something unbelievable happened. Number 10 player Holmes caught the ball and made a touchdown at the corner of the end zone. After Steelers got the touchdown only 35 seconds had left. It's hard for Cardinals to get another touchdown in such a short time. Therefore, Pittsburgh won the game 27:23. It's there six times being the champion of the Super Bowl. During the game, I felt so excited and wanted to shout at them to cheer them. I learned that we never know who would win the game until the last minute. Do not celebrate too early cause things can be changed at any moment.

We had a tour to the State Capital. The building was white and pretty. Inside was like a palace. Everything looked so elegant. We went upstairs to the senate chamber and assembly chamber. That was so real and some senators were still working there. The governor Arnold Schwarzenegger was having a meeting in the office. I really wanted to see him. However, we did not know when the meeting would end, so we didn't see him.

We went to San Francisco for a day trip. The weather was not good. It was windy and drizzling. We went to the Fisherman's Wharf Pier 39. Lots of boats and sea gulls were there by the coast. We walked through the crooked street in the world. Everybody bought some chocolate from Ghirardelli. Their chocolate had many kinds of flavor. I like them and each of them had their own special taste. We walked on the magnificent Golden Gate Bridge. The scenery was striking and fascinating. Wow, that was the place I had seen in movies. Cable cars were used to take passengers going up and down on those steep roads. That would save people's time and safer. Local people thought it was a great system. I thought it was, too.

We had fun playing volleyball and basketball in the gym. We went to Arco arena to watch a NBA game, Sacramento Kings vs. Utah Jazz. It was an exciting game. The retirement of Chris Webber ceremony was held during halftime. He did a great job while in the team. Therefore, his number 4 jersey was retired forever. Audiences were standing, showing their respects and screaming,

cheering for him. How impressive!

The day we went to Old Sacramento was the museum day. This means we could enter every museum for free. We went to the railroad museum, the military museum and the history museum. They displayed lots of trains in both real size and toy ones. They taught us the history about how the railroad was built years ago. Chinese helped a lot for building the railroad. One thing shocked us was that a caption sat on the couch without moving in the room which made us thought he was a fake model. Therefore, we decided to go in and touch it to make sure. As we went so close to him, suddenly he said "Hello." That took my breath away. He was a kind man and took a picture with us by acting his special pose. The postcard book of trains was designed in a thoughtful way. It had two parts, so after you sent the cards to others you still could keep the other parts like a book for memory. Consequently, I bought one. We also saw The Tower Bridge which was a major Sacramento landmark.

We also find another day to go downtown again by ourselves, because we hadn't gone to the shopping mall yet. We took the light rail and got off at the right stop. Many famous brands' shops were there such as GAP, American Eagles, Levis, and so on. And many things were on sale. We started to look around all the shops. I bought some clothes and clothing accessories. We had pizza combos for lunch. I was full after eating. We kept shopping all the afternoon. In the Bath & Body Works, we tried different flavors of the cream, body lotion and shampoo. They all had sweet smells, but some of the smell was too strong that pushed me back.

By the time we decided to go back, it was already dark outside. We didn't know where we could get on the light rail, because we needed to go on the opposite side. We walked pass the streets which we thought was the right way, however, there were less and less people on the street and strange screams came out. Therefore, we went back to the mall trying to find a shop to ask for help, unfortunately the shops had closed. "Why did they close so early? It was just six pm.", came in my mind. But here was America, the stores closed at five most of the times. And what was worse, it started raining. Luckily, a Spanish lady helped us while we were standing there not knowing what to do. Actually she wanted to change money with us to buy the tickets. But we just asked her how we could get back to the university. She comforted us nothing to be worried and showed us how to transfer. She also took a map of the light rail for us and reminded where to go off. It was so nice of her. Finally, we got back to lofts safe and sound. What an adventurous day!

The food I tried there were Mexican chicken roll, Subway turkey sandwiches,

macadamia nuts ice cream, French fries, donuts, barony cakes, chocolates fruits, instant noodles and so on. The food was tasty and delicious. Most food was in big size. I like American food but I do not think I would like to eat everyday because I may be too fat.

Flying on an airplane was not fun at all. The seat was small and the chair was not comfortable. The food was not so good and the noise of the engine was loud. When we encountered the air turbulence, the plane shook up and down which made me feel anxious and scared. But the movies they showed were not on the screen yet in Taiwan. So it was good to watch those movies early than others and also saved money. Sitting on the chair for a long time was exhausted. When I got off, my whole body was sore.

I found that Starbucks coffee were everywhere to America as 7-11s to Taiwan. I was joyful when I visited many places I had seen in movies or on TV. I felt like I was one of the characters standing there having photograph. How amazing! Going abroad by myself let me know that we must well prepared for many things and get ready to face anything unexpected. I think I became braver and more mature after this trip. And I make more friends from different departments. We still keep a good relationship when we are back in Tunghai.

Americans were friendly. They said hello to each others on trains no matter you knew him or not. They could start talking about what's going on and how they feel, something like that. Leanne said that people do that all the time, sometimes they think it is a good way to tell your feelings because they do not know you, so they won't judge you or tell your friends what you just said, it was more relaxed. Maybe we should try that. Nowadays in such hurry and busy cities, people become less friendly and selfish.

Through all these past two weeks, I learned a lot and had a great time. Though, we did not get the chance to study with foreign students, it still worthwhile. It encourages me to study harder and get my English better. If I want to study abroad in the future, I have to prepare earlier. I should find what I am interested in and work hard on it. Keep some good hobbies, so life would have more fun and become happier. California is a beautiful place and I would like to visit again.

I am grateful for my parents, my family, Tunghai university, and alumni who supported me so much. I also want to thank Nora, Iris who took care of us, Leanne, Elizabeth who taught us about America culture, and all the activity assistants who drove us to many places and helped us when we got trouble.



在舊金山大橋旁



看 N B A 球賽



在舊金山國際機場

姓名：王芝薇 Amy

生日：79/5/23

電話：0911561538

住址：台北縣中和市秀朗路三段十巷十四弄 26-6 號 9 樓

就讀院系：國貿系一 C

E-mail：amy29862008@hotmail.com