



# 帛琉參訪心得報告

## Palau Visit Reflection Report

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首先，感謝校長及各位長官的賞識，讓我有機會代表中華民國海軍官校參加這次交流。這是我第一次參加這類型的國外交流活動，也是我人生中第一次出國。從飯店住宿安排到與當地導遊的接洽，每個環節對我來說都是新的體驗，這讓我深刻體會到，一個活動的順利進行需要充分的事前準備。同時，當我們實際抵達當地後，也發現許多突發狀況需要即時解決。在這次的旅程中，我們五人小組（包括區隊長）共同解決了許多大大小小的問題，讓我學習到出國的基本流程及需要注意的細節。

### 初抵帛琉的感受

剛下飛機，最明顯的感受便是當地氣候與台灣的巨大差異——從台灣的寒冷氣候來到炎熱的帛琉，確實需要時間適應。在與租車公司接洽的過程中，我深刻體會到



英文溝通的重要性。雖然平時在學校有學習英文，但當真正需要使用時，如何將腦海中的單字和文法組織成語言來溝通，才是最大的挑戰。

第二天晚上，隊長的帛琉朋友送了我們許多椰子和香蕉，然而我們並不擅長處理椰子，因此決定將椰子水分享給大廳的其他旅客。這讓我意識到，學習語言是一回事，實際運用則是另一回事。在與旅客的攀談中，我了解到來自芬蘭的潛水客來此是為了欣賞當地著名的魷魚。這次經驗讓我深刻體認到，英文能力能夠幫助我們跨越國界，與來自世界各地的人交流，這是一種非常奇妙的體驗。

## 帛琉對自然環境的重視

帛琉是一個高度重視環境保護的島國。飛機降落前，機艙內播放了一部當地製作的短片，提醒旅客珍惜帛琉的自然環境，並將自己視為「巨人」，避免無意間對生態造成破壞。入境時，每位旅客的護照上都會蓋上「帛琉誓言」，並簽名承諾愛護當地的自然環境。

當地人與自然和諧共處的生活方式令人印象深刻，例如：街道總是乾淨整潔，野生公雞在街道上隨處可見，甚至當地的汽車都會停下來讓公雞先行。帛琉政府還規定，每位旅客出海需支付 50 美元的環保稅，這些措施成功維護了當地的生態環境。繞行整座島嶼一圈後，我發現幾乎沒有垃圾，也沒有漂浮的塑膠袋，證明人類與自然和平共存是可行的，這讓我大開眼界。

## 文化的融合與歷史遺跡

帛琉是個文化融合的國家，因觀光產業的發展，使得這座島嶼吸引來自世界各地的遊客，從芬蘭的潛水客到穿著西裝的日本商人都被其美麗的自然環境吸引。

二戰遺跡是帛琉的一大特色，島上隨處

可見當年留下的軍事設施，為這座島嶼增添了一絲神秘色彩。我們在環島的過程中，看到許多日本殖民時期的建築，如學校、行政大樓及紀念碑，這些遺址見證了帛琉過去的歷史發展。

## 多元化的飲食文化

在四天三夜的旅程中，我們嘗試了各式各樣的餐廳，發現帛琉已經發展出多元的飲食文化。由於當地旅客來自不同國家，因此我們在一家餐酒館中看到了美式、日式、義大利麵、墨西哥料理，甚至還有台灣的珍珠奶茶。此外，一些餐廳是由來自不同國家的老闆共同經營的，呈現出異國融合的特色。

帛琉深受日本飲食文化的影響，當地人喜愛壽司、拉麵和日式咖哩；同時，也受到美國的影響，常見漢堡、炸雞、披薩等美式食品。這些文化的融合使帛琉成為一個多元、開放的旅遊勝地。

## 水上活動的震撼體驗

第三天的水上活動是整趟旅程的最精彩部分。聽聞「來帛琉若不出海，就等於沒

來過」，我們特別安排了一整天的海上行程。當船長播放著雷鬼音樂，駛過波光粼粼的海面時，海鷗伴隨飛行，這一刻讓我感受到人生的美好。

我們參觀了一艘沉船遺址，這艘補給艦在二戰時期遭受攻擊，最終沉沒於海底，如今船體已長滿珊瑚，周圍魚群環繞，景象壯觀。隨後，我們來到著名的「大斷崖」，其水深變化極大，從淺灘的 3 公尺瞬間落至幾百公尺深，清澈的海水中可見五彩斑斕的魚群。

最後一站是「玫瑰珊瑚」，此區受到嚴格保護，因此海洋生態極其豐富。魚群在我們身邊悠游，甚至還看到珍貴的蘇眉魚。這些美景讓我產生想要考取水肺潛水證照的念頭，以便將來能夠再次探索帛琉的水下世界。

## 心得與反思

這次帛琉之行讓我見識到了不同的文化與生活方式，也讓我更加珍惜自己所擁有的一切。在與當地導遊的交談中，我了解到帛琉作為一個島國，在疫情期間因物資仰賴進口，生活受到極大影響，物價飛漲，許多當地人只能依靠捕魚維生。相比

之下，我們生活在台灣這片土地上，擁有更好的資源與便利條件，這次旅程讓我更加感恩。

透過這次寶貴的經驗，我學會了如何應對突發狀況、與不同文化背景的人溝通，並親身體驗到帛琉的美麗與純樸，這段經歷將成為我人生中難忘的一部分。



First and foremost, I would like to express my gratitude to the superintendent and all the officers for giving me the opportunity to represent the Republic of China Naval

Academy in this exchange program. This was my first time participating in an international exchange event and also my first time traveling abroad. From hotel accommodations to coordinating with local tour guides, every aspect of the trip was a new experience for me. It made me realize that the smooth execution of an event requires thorough preparation. At the same time, upon our actual arrival, we encountered several unexpected situations that required immediate solutions. Throughout this journey, our five-member team, including the squad leader, worked together to resolve numerous issues, allowing me to learn the essential procedures and details to pay attention to when traveling abroad.

### First Impressions of Palau

Upon stepping off the plane, the most noticeable difference was the stark contrast between Palau's warm climate and Taiwan's cold weather. It indeed took some time to adjust. During our car rental process, I deeply realized the importance of English communication. Although I had studied English in school, applying vocabulary and grammar to real-life conversations posed the greatest challenge.

On the second evening, the squad leader's Palauan friend gifted us many coconuts

and bananas. However, since we were not skilled at handling coconuts, we decided to share the coconut water with other travelers in the hotel lobby. This experience made me realize that learning a language is one thing, but applying it in real life is another. During conversations with tourists, I learned that a diving enthusiast from Finland came here specifically to see the famous manta rays of Palau. This encounter reinforced my understanding that English proficiency allows us to bridge cultural gaps and connect with people from around the world—a truly fascinating experience.

### Palau's Emphasis on Environmental Protection

Palau is a nation that places great importance on environmental conservation. Before landing, an in-flight video produced by the local government reminded passengers to cherish Palau's natural environment and consider themselves as "giants," taking care not to inadvertently harm the ecosystem. Upon arrival, every traveler's passport was stamped with the "Palau Pledge," and they were required to sign it as a commitment to protecting the local environment.

The harmonious coexistence between Palauans and nature left a deep impression on me. The streets were always clean and



tidy, and wild roosters roamed freely, with even cars stopping to let them pass. The Palauan government mandates a \$50 environmental tax for every visitor who goes out to sea, and these measures have effectively preserved the local ecosystem. As we traveled around the island, I noticed an absence of trash and plastic bags, proving that humans and nature can coexist peacefully, which was an eye-opening realization.

### **Cultural Integration and Historical Relics**

Palau is a culturally diverse nation. With the development of its tourism industry, it attracts visitors from all over the world—from Finnish divers to Japanese businessmen in suits—who are drawn to its breathtaking natural beauty.

World War II relics are a major feature of Palau, with remnants of military structures scattered across the island, adding a layer of mystery to it. During our tour, we observed many buildings from the Japanese colonial era, such as schools, administrative offices, and monuments, which serve as a testament to Palau's historical development.

### **Diverse Culinary Culture**

During our four-day, three-night trip, we explored various restaurants and discovered

that Palau has developed a diverse culinary scene. Due to the influx of international tourists, we encountered a wide range of cuisines, including American, Japanese, Italian, and Mexican dishes, and even Taiwan's bubble tea in a restaurant. Some establishments were co-managed by owners from different countries, showcasing a blend of cultural influences.

Palauan cuisine is heavily influenced by Japanese culture, with locals enjoying sushi, ramen, and Japanese curry. Additionally, American fast food such as burgers, fried chicken, and pizza is commonly found. This cultural fusion makes Palau a diverse and open tourist destination.

### **A Thrilling Water Activities Experience**

The third day's water activities were the highlight of our trip. As we had heard, "If you don't go out to sea in Palau, it's as if you haven't been here at all." We arranged an entire day for marine activities. With the captain playing reggae music as we cruised over the shimmering waters, seabirds accompanied us, and in that moment, I felt the beauty of life.

We visited a sunken shipwreck, a supply vessel that was attacked during World War II and now lies on the ocean floor, covered in



coral with schools of fish swimming around it—a breathtaking sight. Next, we arrived at the famous "Big Drop-Off," where the seabed plunges from a shallow 3 meters to hundreds of meters deep. The crystal-clear water allowed us to see vibrant schools of fish.

Our final stop was the "Rose Coral" area, which is under strict protection, resulting in a rich marine ecosystem. Fish swam gracefully around us, and we even spotted the rare humphead wrasse. This incredible experience inspired me to consider obtaining a scuba diving certification so that I can return and further explore Palau's underwater world in the future.

### Reflections and Takeaways

This trip to Palau gave me insight into

different cultures and ways of life, making me appreciate what I have even more. During conversations with local tour guides, I learned that as an island nation heavily reliant on imports, Palau faced significant challenges during the pandemic, with soaring prices forcing many locals to rely on fishing for survival. In comparison, living in Taiwan, where resources and conveniences are abundant, I feel incredibly grateful.

Through this invaluable experience, I have learned how to handle unexpected situations, communicate with people from different cultural backgrounds, and personally witness the beauty and simplicity of Palau. This journey will undoubtedly remain a cherished part of my life. 🌴🏝️

