



美國海軍官校生暑訓之艦隊航訓

United States Naval Academy Midshipmen Summer Fleet Training

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海軍官校正期 114 年班 Naval Academy, Class 114

美國海軍官校（以下簡稱美海官）給予學生的暑期訓練種類相當多元，每位學生都可以選擇自己感興趣的訓練進行學習，但在這些訓練之中唯獨有一種每位學生都

必須在一年級升二年級的暑假結束前完成的訓練，這個訓練便是 Protramid（我國翻譯為帆訓）這場訓練會在為期四週的時間當中，藉由參與不同類別的訓練，包

含潛艦、陸戰隊、水面艦艇及航空飛行體驗，讓官校的學生對於美國海軍不同的任務職掌以及未來的工作環境能有更深入的了解，也幫助學生們可以親身體驗各部隊間真實的訓練生活。今年我國海軍官校由正期 114 年班鄭睿樺代表參訓，內心滿懷期待之餘，更希望透過此次的訓練親身體驗美海官的暑期訓練制度以及美國海軍在各型訓練模式與文化上的差異，並期許自我將所見所學回饋給海軍及國家。

受訓紀實

本次訓練於美國東岸當地時間 2024 年 6 月 22 日到達巴爾的摩機場，由美海官剛畢業的新科少尉 Allie 負責接送我以及其他兩位參加不同訓練的同學至美海官，協助我們安頓行李及辦理入住事宜。由於抵達時間為星期六，學校未排定任何訓練課程，所以在安頓好行李後，Allie 帶我們前往鎮上採買一些生活必需品。

返回學校後，我便收到通知，當天下午有一場關於帆訓的說明簡報。抵達說明會場後，大家依分組座位入座。訓練官到場後，開始進行事前簡報，內容包含各組訓練期程、基地安全規定以及週末放假許可

等事項。從簡報中可以感受到訓練期間的自由度相當高，只要遵守相關安全規定，大部分時間可自由安排。其中，訓練官說的：「Want to be treated like an adult, then act like one.」令我印象深刻。相較於國內訓練中繁瑣的規定與管制，這裡更注重學生的自主性，並相信成年學生能做好決定並承擔後果。由於簡報中未提到我的分組，我在簡報結束後向訓練官詢問分組情況與前往目的地的航班資訊。雖然有許多與外國人交談的經驗，但第一次詢問外國軍官，仍讓我略感緊張。經內心反覆模擬對話後，我提出問題。訓練官告知，我與其他國際學生被編入同一組，因為第一週是潛艦訓練，礙於機密規定，國際學生無法參加，我們將在美海官度過第一週，後續的機票與交通資訊會透過電子郵件告知。得到確定答案後，我的緊張感稍微減輕，原本擔心難以開口的情緒也隨交談煙消雲散。

隨後一週，我利用時間探索美海官的校園及周邊小鎮，偶爾與其他兩位同學外出用餐。值得一提的是，美海官的用餐體驗與我國海軍官校不同，除了供應西式餐點外，每餐也提供多樣化的選項，包括高蛋白食物及新鮮蔬果，再搭配學生自主進行



的體能訓練，難怪校園內學生體格健壯，少見體態豐腴者。期間，我們還遇到曾派赴美海官就讀的畢業學長。在異地遇見同鄉令人感到溫暖與欣喜。學長熱心地介紹了當地的私房景點，並鼓勵我們善用此次機會學習，為一年後的初官考驗做好準備。

很快便到了啟程前往聖地牙哥的日子。我抵達聖地牙哥國際機場後，由新科少尉 Perry 接送至美國海軍陸戰隊彭德爾頓營，開始陸戰訓課程。第一天的課程是炸藥爆破操作、步槍及機槍實彈射擊，以及基本行軍與體能訓練。教官講解了炸藥的安裝方式及爆炸反應的衝擊波差異，並說明人類所能承受的最大爆破壓力及應急處理。實際操作時，我們分組進行爆破與障礙擊破。當輪到我使用破門槌時，發現控制角度、力道並承受反作用力的麻痺感並不容易，但完成任務後仍感成就滿滿。

第二天是武器射擊訓練，我操作了 M4 步槍及 M240 機槍。教官首先講解了安全規定及應急處置。M4 步槍的操作與我國的 T-91 步槍相似，但此地所有動作均需自行完成。經過幾次調整後，我成功擊中目標。在機槍射擊中，我獲得滿靶成績，並意外獲得陸戰隊領章。

第三天的課程是障礙訓練，學生需通過多項關卡，看似簡單，實則挑戰體力與技巧。經過上午的訓練後，因適逢美國獨立紀念日，我們開始連續四天假期，得以參觀聖地牙哥動物園、海洋世界、中途島號航空母艦博物館等地，留下深刻印象。

後續的水面艦艇訓練與航空訓練均帶來許多新鮮體驗，如參觀伯克級驅逐艦及魚鷹式傾斜旋翼機飛行。這些經歷不僅拓展了視野，還深化了我對軍人責任與榮譽的認識。雖然行程因機票提前結束，但這次為期一個月的訓練仍然是我難忘的經歷。

心得

第一次知道有這種類型的短期交流時是在大學二年級的時候，當時聽到消息後就對出國接受訓練非常有興趣，可惜最後因為 ECL 成績的關係沒有辦法參加後續選拔而那次的交流也因為新冠疫情的影響被中斷，但也是在這之後我的心中有了想要爭取這樣機會的願望，便努力提升自我的英文實力，終於在一年後的選拔中順利通過進入面試，後續也在面試中有幸得到出國受訓的機會，從這件事之中也讓我親身體驗了機會是留給準備好的人這句話，也

許有準備不一定會被選上，但倘若一年前的我沒有下定決心提升自我的實力，那今年肯定不會有如此幸運的機會。對於我來說這次的訓練是前所未有的體驗，雖然之前也有身處異鄉和外國人交談的經驗，不過這一次的訓練除了時長不同之外，受訓期間也只有自己一個人，若說心中不會感到緊張就是騙人的，但我同時也不斷的告訴自己即使語言程度無法媲美在地的美國人，但既然學校選擇了我，代表學校相信我有可以解決困難的能力，自己也必須全力以赴，不辜負此次寶貴的受訓機會。

在受訓的過程之中我也變得更加獨立，在一開始的課程協調之中因為自己是短期國際生的身分，包含機票以及住宿還有證件等等事項都需要自行跟美海官的長官確認，一開始也曾感到擔心，不過實際詢問並成功解決後，才發現事情也並沒有想像中那麼複雜困難，反而是在過程之中可以訓練自我去思考如何解決問題以及執行的能力，讓我感到受益良多。受訓的過程中因為是體驗性質所以並不會有太多高強度的訓練，但我還是因此開了許多眼界，尤其是在水面艦艇訓練中當我踏上了伯克級導彈驅逐艦的甲板時，內心激動之情實在是無以言表，從小在許多電影或是軍事雜

誌總是能看到她們的身影及故事，如今能夠親身體驗其中，也是圓了自己內心的一個夢想，受訓的途中同學們也是非常團結友善，有問題大家總會提出一起討論，一些公差勤務也是自主的出手幫忙，受訓時會互相鼓勵彼此休息時也無話不談，這些讓我在受訓結束之後也結交了許多來自世界各地的好朋友，休假的時候跟著他們一同去探索聖地牙哥這座城市的大小角落，看到了許多以往要在網路上才能看到的景象，實際探索後發現的更多是隱藏在城市之中的小彩蛋，每當如此我的內心就又多了一分難以言喻的喜悅。

感謝學校願意提供給我這個機會讓我到國外見學一個月，第一次用非母語的語言在異地生活，溝通上的障礙固然存在，但也因次訓練我勇於表達及溝通的能力，這些回憶都將深藏我心，我也必將此次訓練所見所聞和經驗，不遺餘力的回饋給學校及國家。

The United States Naval Academy (hereinafter referred to as the Naval Academy) offers students a wide variety of summer training options, allowing each student to select programs that align with their interests. Among these, however, there is one program that every student must



complete before the end of the summer between their first and second years: PROTRAMID (known in Taiwan as "sailing training"). This four-week program exposes Naval Academy students to various types of training, including experiences with submarines, the Marine Corps, surface ships, and aviation. Through this program, students gain a deeper understanding of the diverse missions and work environments within the U.S. Navy. It also provides hands-on experiences of the real-life training routines of different units. This year, the training quota for R.O.C Naval Academy was represented by Cheng Ruihua from Class 2025. Filled with anticipation, Cheng sought to experience the Naval Academy's summer training system firsthand and understand the differences in training methods and culture between the U.S. and Taiwan, hoping to bring these insights back to benefit the Taiwanese Navy and the nation.

Training Highlights

The training commenced upon arriving at Baltimore Airport on June 22, 2024, local time. Newly commissioned Ensign Allie, a recent graduate of the Naval Academy, picked me up along with two other students participating in different training programs. Allie assisted us with settling our luggage

and arranging accommodations. Since it was a Saturday, no training was scheduled, so after unpacking, Allie took us into town to purchase essential items.

Later that afternoon, I received a notification about an orientation briefing on PROTRAMID. At the venue, participants were seated according to their group assignments. During the briefing, training officers provided an overview, including the training schedule, base safety rules, and weekend leave policies. The briefing emphasized a high degree of autonomy during the program, provided safety protocols were followed. A statement from the training officer, "Want to be treated like an adult, then act like one," left a lasting impression on me. Unlike the detailed regulations and restrictions in Taiwan's training, the Naval Academy places more emphasis on students' independence and trusts them to make sound decisions and take responsibility for their actions.

As my group assignment was not mentioned during the briefing, I approached the training officer afterward to inquire about my assignment and flight information to the destination. Though I had prior experience speaking with foreigners, this was my first time addressing a foreign military officer, which made me slightly nervous. After

rehearsing the conversation in my mind, I asked my question. The officer informed me that all international students, including me, were assigned to the same group. Since the first week involved submarine training, which international students could not participate in due to confidentiality regulations, we would spend the first week at the Naval Academy. The flight and transportation details for the subsequent phases would be communicated via email. Once I received this confirmation, my nervousness eased, and my initial hesitation dissipated.

During the first week, I explored the Naval Academy's campus and the surrounding town and occasionally dined out with the other two students. One notable difference between the Naval Academy and Taiwan's Naval Academy is the dining experience. In addition to serving Western meals, the Naval Academy offers a diverse range of options, including high-protein foods and fresh fruits and vegetables. Combined with self-directed physical training, it's no wonder students on campus appear fit and healthy, with few showing signs of obesity. During this time, we also met a senior who had previously studied at the Naval Academy. Encountering a fellow countryman abroad was heartwarming and delightful. The senior enthusiastically

introduced local hidden gems and encouraged us to make the most of this opportunity to prepare for the challenges awaiting us as junior officers in the following year.

Marine Corps Training

Soon, it was time to head to San Diego. Upon arriving at San Diego International Airport, I was picked up by newly commissioned Ensign Perry and taken to the U.S. Marine Corps Base Camp Pendleton to begin the Marine Corps training program. The first day included explosive demolition operations, live-fire exercises with rifles and machine guns, basic marching, and physical training. Instructors demonstrated explosive setup techniques, explained the differences in blast wave impacts, and discussed maximum tolerable blast pressures and emergency responses. During practical exercises, we worked in groups to conduct demolitions and breach obstacles. When it was my turn to use the battering ram, I found controlling the angle and force while enduring the backlash surprisingly challenging, but completing the task brought a strong sense of accomplishment.

The second day involved weapon training. I operated the M4 rifle and the M240 machine gun. The instructors first covered safety



regulations and emergency protocols. The operation of the M4 rifle was similar to Taiwan's T-91 rifle, but here, every action needed to be performed independently. After several adjustments, I successfully hit the target. During the machine gun exercise, I achieved a perfect score and unexpectedly received a Marine Corps insignia as recognition.

The third day focused on obstacle course training. Students had to navigate multiple challenges that tested both physical endurance and technique. Following the morning's activities, we enjoyed a four-day break in observance of U.S. Independence Day. During this time, I visited the San Diego Zoo, SeaWorld, and the USS Midway Museum, all of which left a deep impression.

Surface Ship and Aviation Training

Subsequent surface ship and aviation training sessions provided numerous fresh experiences, such as touring Arleigh Burke-class destroyers and flying in V-22 Osprey tiltrotor aircraft. These experiences not only broadened my horizons but also deepened my understanding of the responsibilities and honor of military service. Although the schedule was cut short due to an earlier return flight, the month-long training program remains an unforgettable

experience.

Reflections

I first learned about this type of short-term exchange during my sophomore year of college. Upon hearing about it, I was very interested in receiving training abroad. Unfortunately, I couldn't participate due to my ECL (English Comprehension Level) scores, and the program was later suspended due to the COVID-19 pandemic. However, this setback ignited my determination to seize such an opportunity in the future. I worked hard to improve my English proficiency and eventually passed the selection process a year later, earning the chance to participate in this training program. This experience affirmed the adage that "opportunity favors the prepared." While preparation does not guarantee success, without my efforts to improve a year earlier, I would not have had this fortunate opportunity.

This training was an unprecedented experience for me. Although I had prior interactions with foreigners, the length of this training and the fact that I was alone made it uniquely challenging. It would be dishonest to say I wasn't nervous, but I constantly reminded myself that my school chose me because they believed in my ability to overcome challenges. I was determined to

give my best effort and make the most of this valuable opportunity.

Throughout the training, I became more independent. As a short-term international student, I had to handle flight arrangements, accommodations, and documentation by coordinating with Naval Academy officers. While initially daunting, these tasks proved manageable once I took the initiative to ask questions and resolve issues. This process trained me to think critically and execute problem-solving strategies, which I found immensely rewarding.

The training was not overly physically demanding, as it was primarily experiential. Nonetheless, it opened my eyes to many new perspectives. Stepping onto the deck of an Arleigh Burke-class guided-missile destroyer was particularly exhilarating. Having seen these ships in movies and military magazines since childhood, being able to experience them firsthand was a dream come true.

My fellow trainees were exceptionally supportive and friendly. They were always willing to discuss and help resolve questions, take the initiative to assist with duties, and encourage each other during training. During breaks, we shared countless conversations, and I formed lasting friendships with people from all over the world. Together,

we explored every corner of San Diego, discovering hidden gems and experiencing the city in ways that even locals might overlook. Each discovery filled me with a profound sense of joy.

I am deeply grateful to my school for providing this opportunity to study abroad for a month. Living in a foreign country and communicating in a non-native language inevitably posed challenges, but it also honed my communication skills and confidence in expressing myself. These memories will remain etched in my heart, and I am committed to sharing the insights and experiences gained from this training with my school and country. 🇺🇸

