



臺東深度英語服務踩線團—海線

前言

歡迎你來到以太平洋為鄰、富有多元文化色彩的臺東！在這短短的兩天一夜行程中，我們將帶領你到原住民部落冒險、乘著 SUP 在水上放鬆、拜訪見證在地歷史的日式老屋。這些一般外國人來臺東不會看見的在地旅遊據點，現在都有提供英語的導覽服務了！

原本臺東就是十分受國際遊客喜愛的旅遊勝地，但除了熱氣球、滑翔翼、衝浪以外，這裡也有富含文化深度的旅遊據點尚未被發現。為了讓來訪的旅客能更深入的體驗臺東，臺東縣政府展開了四年期的輔導計畫—跨世代雙語培力計畫。協助據點以國際化的角度重新檢視遊程，並符合六大旅遊要件：道地性 (Authentic)、互動性 (Interactive)、娛樂性 (Entertaining)、多樣性 (Diverse)、簡化性 (Streamlined)、彈性 (Flexible)。

我們認為透過國際旅客的踩線體驗，能讓旅遊據點了解提供旅遊服務時需注意的文化差異，並在互動的過程中精進導覽能力。期望你能盡情享受這些精彩的行程內容，並分享體驗的感受，讓據點做得更好。

津和堂

2023 Cross-generational Bilingual Training Program Taitung In-depth Tourism English Service Guided Tour 【Coastline】

Preface

Welcome to Taitung, a region neighboring the Pacific Ocean and rich in diverse cultures! In this two-day, one-night itinerary, we will take you on an adventure to indigenous tribal communities, relaxing on the water with SUP (Stand-Up Paddleboard), and visiting traditional Japanese-style houses that bear witness to local history. These local tourist spots, usually not seen by foreign visitors, now offer English-guided services!

Taitung has always been a beloved destination for international travelers, but besides hot air ballooning, paragliding, and surfing, there are still culturally profound attractions waiting to be discovered. To provide visitors with a deeper experience of Taitung, the Taitung County Government has initiated a four-year guidance program called "Cross-Generational Bilingual Training Program." The program helps these attractions reevaluate their itineraries from an international perspective, aligning with six key travel criteria: Authentic, Interactive, Entertaining, Diverse, Streamlined, and Flexible.

We believe that through the firsthand experience of international travelers, these tourist spots can better understand cultural differences to consider when providing tourism services and improve their guiding capabilities through interactive processes. We hope you thoroughly enjoy these exciting itinerary contents and share your experiences to help these attractions become even better.

Co-Create Planning & Design Consultancy



Staff List and Communication Group

人員名單與活動群組

Staffs 工作人員

Name 姓名	Position 職位
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Participants 參與成員

Name 姓名	Nationality 國籍
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Line contact group: scan to join

Line 聯絡群組：掃描加入



Itinereary 行程內容

Time 時間	Itinerary 行程內容
7/31-Day0	
17:00-18:00	Check-in at the hotel. 至旅館入住
Evening 晚間	Free time for individual activities. 自由行動
8/1-Day1	
Breakfast 早餐	During your stay at the hotel, you will be provided with a NT\$50 breakfast voucher, which can be used at nearby breakfast shops that collaborate with the hotel. The staff will collect the vouchers in advance. We will provide the menu of the breakfast shops on our Line group, so please place your orders in advance. The staff will handle the ordering process and have your breakfast ready the next morning when we pick you up. Allowing you to enjoy your meal on the bus.
8:10	Gather at the hotel entrance. (We will pick everyone up in a car and transport you to the bus boarding location.) 飯店門口集合
08:30-09:00	Departure to Taromak Tribal Community 車程前往達魯瑪克部落
09:00-13:00	Taromak Tribal Community Tour Entering Ritual, Tribe History, Stories & Myths, Youth Center (Cultural Square), Hunting Lodge, Huge Bird Catcher Tree hole, Bomb shelters since the Japanese Colonial Period, bat habitat, enjoy local cuisine, and share thoughts and suggestions for the journey. 走訪達魯瑪克部落 部落故事、文化廣場、獵寮、樹洞&防空洞、享用風味餐、踩線心得分享
13:00-14:00	Head to the Calavi Tribal Community (Sunrise Driftwood Workshop) 車程前往向陽薪傳木工坊



Time 時間	Itinerary 行程內容
14:00-14:10	Transfer from bus to car to the workshop (Bus can't go into narrow roads in the community) 接送上山
14:10-14:30	Observe the workshop, take photos with the wing, and enjoy the view 認識向陽木工坊與欣賞海景
14:30-16:00	Calavi Community Tour 查拉密部落導覽
16:00-17:00	Afternoon tea at 5181 Café Share thoughts and suggestions for the journey. 5181 咖啡下午茶 踩線心得分享
17:00-17:15	Back to the Bus 接送下山
17:15-18:00	Head to Haijing Restaurant (Barrel broiled Chicken and Chinese prix fixe dishes) 車程前往海靖餐廳
18:00-19:00	Dining at Haijing Restaurant 海靖餐廳用餐
19:00-19:30	Drive to Sup Daily Homestay 車程前往 Sup Daily 民宿
19:30-19:50	Room assignments and check-in 分房、確認入住狀況
19:50	End of the day's itinerary 行程結束
8/2-Day2	
05:30-06:00	Drive to SUP meeting point 車程前往 SUP 集合點
06:00-07:30	SUP Daily - SUP at Secret Forest Lagoon SUP Daily-秘境小森林瀉湖 SUP *可能因颱風後的海象調整為馬武窟溪 SUP 體驗

Time 時間	Itinerary 行程內容
07:30-10:20	Return to the homestay for rest and share experiences of the journey 返回民宿休息、踩線心得分享
10:20-11:00	Head to Chengong Fishing Harbor 車程前往成功漁港
11:00-12:30	Lunch 午餐
12:30-12:35	Head to Sugamiya Cultural Exhibition Center 車程前往眺港 Cafe
12:35-13:30	Sugamiya Cultural Exhibition Center Tour (Sugamiya Katsutarou's Residence / Gao An Hospital / Xingang Church) 新港老屋、中醫咖啡館導覽
13:30-14:30	Enjoy afternoon tea at the Gao An Hospital's old house. Share suggestions and opinions about the experience. 中醫咖啡下午茶體驗、踩線心得分享
14:30-15:50	Head to Taitung Station (If you have arranged your follow-up itinerary, please feel free to move around as you wish.) 車程前往車站
15:50	Farewell 行程結束

Please note that the above itinerary may be subject to adjustments due to weather conditions and the smoothness of activities.

以上行程可能會因為天氣、順暢度等考量調整



旅遊據點簡介與行前閱讀資料

市區－達魯瑪克部落 臺東唯一的魯凱族生活區域

達魯瑪克距離臺東市中心 11 公里。「達魯瑪克」的達是「真實」的意思，魯瑪克就是「一個家、一個部落」的意思。歷經多次遷徙，浴火重建，正積極開創新的部落景象，活出祖靈的精神。卡帕里瓦舊社大約建於三百多年前，可惜好景不常，1969



年的一場大火，將原有文物付之一炬。目前石板屋的格局與牆體尚存，卻不完整，但仍然可以從殘留中的文物，一窺當時的榮景。魯凱族的藝術表現傑出，織布、編籃、木雕等作品細緻傳神，展現魯凱族人天生的藝術才華。透過部落勇士帶領導覽，帶領你認識部落，步行融入在地的魯凱文化與生活。



Introduction to Tourist Attraction and Pre-Travel Reading Material

Urban Area—Taromak Tribal Community, the only community in Taitung is solely inhabited by Rukai people.

Taromak Community is located 11 kilometers from downtown Taitung. In Rukai language, “Tar” means real while “romak” means home or community. The swing they build during the harvest festival is the tallest among all tribes in Taiwan (24 meters or more), only using manpower without any machinery assistance. Elegantly dressed women are guided by men using ropes to swing back and forth in the air, showcasing the unique Rukai culture.



The artistic expression of the Rukai people is remarkable, with intricate and vivid works in weaving, basketry, and wood carving showcasing their innate artistic talent. With a tribal warrior as your guide, you will be led on a tour to explore the community and immerse yourself in the local Rukai culture and way of life.





南迴一向陽薪傳木工坊 South-Link—Sunrise Driftwood Workshop

多良有咖啡、大海、與臺灣最美麗的車站，還有用心雕刻的木雕生命。木工坊培養在地居民的成為木工師傅，利用漂流木製作大型木工家具、客製紀念品、小朋友的童玩等。如果你有時間，可以選擇在這裡長住，在海風吹拂下製作木桌椅。這裡也是查拉密部落的所在地，在第一天的下午，我們將走訪這個位在陡峭山區的小村莊。



Duoliang offers coffee, sea, and Taiwan's most beautiful train station, as well as intricately carved wooden sculptures that represent life. The driftwood workshop nurtures local residents to become skilled woodworkers, utilizing driftwood to create large wooden furniture, customized souvenirs, and toys for children. If you have the time, you can choose to stay here and craft wooden tables and chairs while enjoying the sea breeze. Duoliang is also where the Calavi Tribal Community is located, it is an indigenous Paiwan Community, and on the first afternoon, we will visit this small village nestled in the steep mountains.

■ 部落傳說故事 Legends of Calavi

There was a black snake with wings living in the Pacific Ocean. The snake flapped its wings a lot to make waves and the sound of Cala~ Cala~ scared people because the snake was moody and naughty nature. One day, the snake flew into a lake above the village. The young people in the village were fed up with the snake so they worked together to trap the snake in the lake. To break free, the snake flapped harder to get away. The water

overflowed and flooded the village. Elders in the community would tell this story to keep the kids from the sea because there are treacherous undercurrents. It looks very calm but you can get swept away easily.

傳說中，太平洋住著一隻長著翅膀的黑蛇，他性情多變又調皮，常常拍打著翅膀，掀起浪花，發出「喳喳喳喳」的聲音，嚇到部落族人。有一天，黑蛇飛進了部落上方的小湖泊嬉戲，忍受許久的族人便招集部落青年，合力將百步蛇困在了湖泊中，百步蛇為了掙脫束縛，重回大海，於是奮力拍打翅膀，衝破湖泊，這樣的舉動使部落遭受嚴重的水災，淹沒了許多房屋及田地。因此，部落的 VuVu 總會告誡孩子們，太平洋住著一隻喜怒無常的黑色百步蛇，千萬不要到海邊玩耍。其實是因為我們的這片海域很危險，洋流暗流很多很容易被浪捲走，他們想用故事的方式告誡我們這些貪玩的小孩不可以輕易下去玩水，會被黑蛇吃掉

■ 查拉密部落的兩個頭目 Two Chieftains in Calavi

In Paiwan culture, there are four social classes – chieftain, noble, warrior, and citizen. The chieftain has the greatest power and is responsible for taking care of everybody in the community – the sick, the poor, and the unfortunate ones. For example, if a citizen is sick and can't farm, the chieftain will give him and his family food. That's why a chieftain must possess not only wisdom but also wealth. And the wealth was referred to as land, food, glass beads, ceramic beads, and animal bones. Usually, there is only one chieftain in one community, but there are two in Calavi.

The ancestors of Calavi had to exchange their land and food for glass beads and ceramic beads to move here. Two women were assigned to carry the beads. On the way, a man from another tribe pretended to help them carry the beads and then took off. So the chieftain then lost most wealth and couldn't take care of his people. At about the same time, a noble from the Beinan tribe married a woman from our community. He agreed to take up the chieftain's responsibility. He then became the second chieftain of our community.

排灣族，存在著嚴格的階級制度，大致分為四個階級：頭目(mamazangilan)、貴族、勇士、平民。但是一般人只知道頭目擁有至高的權利，卻不知道頭目身負重責大任—照顧部落中的「鰥、寡、孤、獨」。

排灣族有句古諺這麼說：「部落裡有乞丐是頭目的恥辱。」，由於這個制度的存在，平民才願意無條件的奉獻勞力、技術，因為他們知道，他們在人生不順遂、生病、受傷、收成不好之時，頭目都會無條件地照顧他們。為了照顧族人，頭目家族必須具備智慧與相當的財



力，以前的財富是依據土地、糧食(小米、芋頭、地瓜)以及可以跟外地人兌換物品的琉璃珠、陶珠、獸皮、獸骨…等。

在部落遷徙時，頭目家族－魯法尼奧(Luvanniyaw)將土地與糧食兌換成可輕便攜帶的琉璃珠與陶珠，並由兩位少女負責看管，途中，他們遇到了他族男子同行，男子假裝好意，表示願意幫少女背負沉重的行囊，少女不疑有他，但在男子背上行囊之後就越走越遠，最後消失在眾人視線。

頭目家族因此失去大量財力，導致再也無法肩負起照顧族人的責任，而當時，有位卑南族人與部落族人結婚，亦是卑南族部落的貴族，他願意遵照排灣族的制度，擔起頭目的責任，此家族就是現今頭目家族－薩巴樣(Sapaiyan)，這也造就了查拉密部落有兩個頭目如此特殊的情況。

■ 排灣族的特殊愛情文化

Before the smartphone was invented, Paiwan people used to rely on the bell for communication. For example, short fast ringing means enemy intrusion or fires; if the bell is rung five times, it means the hunters capture a boar and helpers are needed to help with cutting up the boar; seven times means community assembling; eight times means official assembling; nine times means that night is a social night for single men and women; they would gather to dance at the courtyard of the chieftain's house. Paiwan people are conservative when it comes to dating. This social event is when men can express their love. It goes like this. When you dance with the woman you like, you will give her a betel nut. If she is not into you, she'll chew and spit out the juice right away. Otherwise, she'll quickly add lime to the betel nut and chew; the chemical reaction creates red juice; when the woman spits out the red juice, it means she accepts you. The next day, the man will visit the woman's family for the tests. If he passes the tests, he can marry the woman.

Tests are usually to see if you have the knowledge and skills to select and cut nice wood, weave baskets, stack rocks, and lay down stones to preserve the soil. So Paiwan boys learned all these skills from their fathers very early in their lives. It's not only to preserve the craft traditions but also to marry a good woman and eventually the success of the family. Unfortunately, the practice is gradually losing its importance because they are not so useful in this modern society.

依山而立的查拉密部落，在過去都是靠著鐘聲當作聯繫的訊息，例如：急促地敲鐘聲，代表有外敵侵入或是部落發生火災；敲五下，是有獵人獵到山豬，已運到聚會所，需要有人

幫忙處理獵物；敲七下，是告知族人集合；敲八下，是告知幹部集合，而最重要的一敲九下，這代表著今天是青年之夜，部落的所有青年男女都要到頭目家的廣場跳舞聯誼。

排灣族個性保守含蓄，尤其男女之間有著嚴謹的交往規範，想要互表心意的男女，此時可以藉由一個特別的儀式，彼此示愛。跳舞時，想要示愛的男子可以給心儀的女子檳榔，若女子無意或想再考驗對方，會在嚼食後直接吐出青澀汁液表示拒絕；若是女子也傾慕對方，則會快速在檳榔中間塗一點石灰，吐出的汁液就會變成紅色，意味著女子接受男子的追求，隔天，男子便能到女子家中接受考驗，只要通過女方家族的考驗，就能成為真正的女婿。

早期排灣族的社會裡，要把女子娶回家，女方家族會考驗男子多項技藝，包括：砍柴、選材的正確性、刀法俐落程度、竹籃的編製、石牆堆疊、護坡搭築是否堅固…等，這些都是考驗的條件。通過所有考驗後，男方家族就可以向女方家族提親。因此，早期排灣族的男孩子從小便會跟隨父親學習這些生活技藝，代代相傳的技藝，意義不僅僅是傳承而已，更是未來可否找到好媳婦、成家立業的重要依據，這些生活工藝能夠表現個人特質並關係著家族的興旺，背後的社會文化涵義形成了排灣族特有的工藝文化特色。可惜的是，受到現代化的影響，許多排灣族傳統工藝失去了社會文化的支撐，逐漸式微。



【海線】SUP Daily—夢幻的海上日出之旅

Coastline—Sup Daily- Dawn SUP at Dulan Sea

清晨四點半的藍色時段，隨著時間上升的日出，渲染了天空與照亮山頭，那種夢幻是文字難以形容的絕美，必須親自體驗才能深刻烙印你的台東之旅。在海上划行能一邊欣賞著都蘭山，海況好的時候也能一躍而下潛入海裡，幸運的話，還能看到海龜上來換氣



喔。相對的，在海上 SUP 相對溪裡會多一份挑戰，絕對要抱著必濕的心態來玩喔！而你會發現，從板上跳（跌）入海是一件多爽快的事呀！

At the tranquil blue hour of 4:30 in the morning, as the sunrise gracefully ascends, it paints the sky and illuminates the mountaintops, creating a mesmerizing beauty that words fail to capture. You must experience this enchanting journey in Taitung firsthand to truly imprint its magic on your heart. Sup on the sea, you can admire the majestic Dulan Mountain, and on days with favorable conditions, leap into the ocean, where luck might grant you the sight of a rising sea turtle to catch its breath. Comparatively, SUP on the sea poses more challenges than in the creek, so be prepared for a wet and adventurous experience! You'll discover that jumping (or even falling) into the sea from the board is an exhilarating and liberating thrill!



【海線】菅宮勝太郎故宅－可以眺望海港的老屋

Coastline-Sugamiya Katsutaro's Residence - An Old House with a Picturesque View of the Harbor.

在成功海邊小鎮座落著東部唯一的一棟 2 層樓日式建築，已被官方認定古蹟。建築物從日治時期完工做為官邸見證漁港的建設；再轉手醫生成為幫助貧苦人民的診所。曾一度面臨被改裝的危機，後來被地方的教會集資買下，經歷了一系列的修復，終於重見它最初的樣貌。



菅宮勝太郎在日治時期受到政府指派來到這裡建設小鎮，除了開闢新港漁港，也開闢周邊道路。在建設過程中逐漸愛上了這個地方，在 1932 年決定蓋起這棟房子，可以遠眺一手建設的漁港。退休之後，他沒有回到日本，而是選擇繼續住在這裡直至老去，最終也選擇埋葬于此，化為泥土長伴小鎮。

Located in the serene coastal town of Chenggong, the only two-story Japanese-style building in the eastern region stands proudly as an officially recognized historical site. Constructed during the Japanese colonial period, it initially served as an official residence witnessing the development of the fishing port. Later, it transformed into a clinic dedicated to helping the underprivileged. Once facing the threat of being altered, it was eventually acquired by the local church through fundraising efforts, leading to a series of restoration works that faithfully restored its original appearance.

During the Japanese colonial era, Sugamiya Katsutaro was assigned by the government to develop this town, contributing to the establishment of Xin'gang Fishing Port and the surrounding roads. Gradually falling in love with this place, he decided to build this house in 1932, providing a vantage point to oversee the harbor he helped construct. After retiring, he chose not to return to Japan but continued to reside here until his old age, ultimately deciding to be buried in this land, becoming one with the town's enduring spirit.



【海線】眺港 Café—品嚐中藥咖啡與海風

在日式老屋的旁邊，有一座由醫院遺址改建成的咖啡店。這裡提供結合中醫理論的「漢方茶」，更與在地咖啡農、果農及店家合作，調製一杯杯能感受到海風自然滋味的飲品。

這裡是曾經患者絡繹不絕的醫院，隨著醫師辭世，逐漸沉寂下來。這裡承載過去的記憶和歷史，於是在地人保存下這裡的原貌，期盼街坊鄰舍帶著各自在高安醫院的往事，再次回到這個空間與我們分享；也希望外來的訪客，在這裡放慢腳步，細細品嚐新港的點滴。這裡不僅能喝到咖啡，還能享用中醫師調配的多款漢方養身茶，不管是想要開嗓、顧眼睛、養顏或是心情不美麗，在這裡總能找到一款適合你的茶飲。



Next to the traditional Japanese-style house, there is a café converted from a former hospital site. Here, they offer "Traditional Chinese Herbal Tea" that combines Chinese medical theories. The café collaborates with local coffee farmers, fruit growers, and vendors to craft beverages that capture the natural taste of the sea breeze.

Once a bustling hospital with a continuous flow of patients, this place gradually fell into silence after the passing of the physician. It carries memories and history from the past. As a result, the locals preserved its original appearance, hoping that neighbors and friends would return with their own stories from the Gao-an Hospital and share them in this space. They also wish that visitors from afar would slow down here and savor the essence of Xin Gang.

In addition to coffee, you can also enjoy various herbal teas specially prepared by Chinese medicine practitioners. Whether you need throat soothing, eye care, beauty enhancement, or just a mood lift, there is always a suitable tea for you here.



Note 筆記頁