

實中青橄欖

◎ 林坤燦 撰 ◎ 吳三賢 題



國立中科實驗高級中學
National Experimental High School at
Central Taiwan Science Park

地址：42878臺中市大雅區平和路227號

電話：(04) 2568-6850 傳真：(04) 2568-5612

發行人：林坤燦校長 總編輯：黃春英秘書

稿件提供：校長、各處室

出刊日期：民國108年12月30日 雙月刊

培育國際菁英人才、深化拓展寰宇視野 To foster cosmopolitan citizens and expand global vision

暖暖~實中冬至聯誼 歡迎~千里來相會

Winter Solstice Party and Warm Welcome for Friends from Senri Senior High School ◎ 秘書室

中科實驗高校的冬至パーティーで千里高校の生徒と先生に会う

本校自103年起，即與大阪府立千里高校（Senri Senior High School）建立雙方互訪，實質科學文化交流的夥伴關係，在互訪活動中，蒙千里高校爭取日本政府JST櫻花科學計畫補助（Japan Science and Technology Agency），連續多年提供本校師生公費赴日見學交流，期間有寄宿家庭體驗、入班觀察學習、參與科學交流等活動，強化兩校的夥伴互動。

今年10月14-20日，英文科林建宏老師帶領8位學生前往千里高校參加櫻花科學週相關活動，12月25-28日千里高校西澤淳夫(Nishizawa Atsuo)和北澤美樹(Kitazawa Miki)2位老師與15位學生蒞臨本校進行科學與文化交流，歡迎儀式中，兩校學生分別介紹自己生活中的文化特色。參訪期間，正逢學校一年一度的冬至聯誼會，亦一併邀請千里師生品嚐美味的佳餚與湯圓。科學交流部分，雙方學生以英文進行專題發表，彼此交流對談科學實驗的研究

過程與成果；還有入班上課，實際參與高中部、雙語部的自然人文與環境科學課程，以及安排桌球、羽球友誼賽。另外，感謝科技部中部科學園區管理局協助導覽園區、史料館與探訪東海大學，讓兩校師生認識中部科學園區的各種產業，以及如何創造高科技產業優質之環境，帶動科技產業技術之升級與發展。

四天三夜的寄宿家庭體驗，道別時，千里高校學生彈唱《昂首向前走》（上を向いて歩こう）歌曲感謝，特別是接待友伴間的擁抱與不捨，更增進雙方夥伴學校間的情誼。除了科學交流，兩校也正進行跨國微辯論交流。雙方突破空間障礙，同步進行議題探討，中科實中的國際交流活動不僅增進學生外語學習能力，同時也提升學生的國際行動力，在潛移默化中培養多元文化觀，深化拓展寰宇視野。



A Unique and Memorable Experience (Japan Science and Technology Agency, JST)

This seven-day trip was a unique and memorable experience. I was lucky to have this great opportunity. I learned a lot during my time in Japan.

The most valuable experience I had was having a homestay. In my host family, I could learn Japanese culture, enjoy Japanese food and lifestyle. There were 6 people in my homestay family, including my host, my host's parents, brother, and two grandmothers. They all showed me great hospitality and treated me very well. We talked a lot and I learned many things from them. They also took me to several restaurants to have traditional Japanese dishes such as okonomiyaki and sumo wrestler hot pot. The host family I had this time was quite different from other Japanese families because the host's dad was not Japanese, and they had lived in the US for ten years before they went back to Japan. They could speak English fluently, so I didn't have to worry about the language problem. Another unforgettable experience I had was visiting a Japanese high school. I interacted with the students there and had classes for a whole day. It was worth it to make friends and experience different teaching ways. The most important part of this trip was the symposium. I was assigned to present the environmental issue in Taiwan. I was really proud of myself that I had the courage to stand in front of hundreds of people. Even though the presentation was only three minutes long, it was still deeply meaningful to me. Besides, I learned a lot from other presenters, and it was obvious that everyone put lots of effort into their presentations. Except for staying at school, the school arranged tours to some research centers. Japan is leading in scientific research in the world and a lot of Nobel Prize receivers are from Japan. It was a memorable experience. This was the first time that I went into the labs to see how professional scientists do research. The thing that impressed me the most was the robotics research center at Osaka University. I got to see the most advanced artificial intelligence robots. Each type of robot has different functions. Some robots are practical, and some are for entertaining people.

This trip to Japan was amazing. I've already been to Japan many times, but the experience I had this time was very different. I hope I can visit Japan for educational purposes in the future. Moreover, I will be the host of my Japan host next month when they visit Taiwan. I will take him to many places and help him explore Taiwanese culture.

新課綱二外成發聖誕派對 實中人跨國界外語多聲帶

NEHS Students' Multilingual Cross-cultural Communication Ability Shown at Christmas Party Held by Teachers and Students of Second Foreign Languages



▲越語組學生表演春節歌舞並介紹越南春聯



▲德國美食萬花筒



▲印語組老師準備竹筒琴及蠟染布體驗印尼傳統文化



▲西語組學生演唱西班牙聖誕歌

108年新課綱今年甫上路，實中延續國際化新願景，將第二外語納入校訂必修課程，高一每週安排2小時二外課程，學校則是提供五種二外課程，讓學生從其中擇其所好學習。不僅有新南向正夯的印尼語、越南語，也開設近年來流行的日德西語課程，在經將近40小時學習後，各個外語班級在本校小舞台齊聚，於12月25日早上進行二外成果發表聖誕派對，創意展現這半年二外學習的成果。

首先歌舞舞台邀請各個二外課程，表演該二外耶誕冬季歌曲或是重要節慶音樂，日語班透過音樂劇，生動重現冰雪情緣經典劇情，台下一同參與國中學生不禁哄堂大笑，現場洋溢熱鬧歡樂的氣氛；德語組也重現冰雪奇緣經典橋段，透過短劇表演，讓現場師生重溫電影音樂旋律及精彩片段；印語組則是表演安格隆竹筒琴，藉由竹筒搖晃發出優美旋律，讓現場充滿著濃厚的南洋味；越語組透過歌舞，展現越南年味，熱鬧歡騰的流行音樂、喜氣滿溢的紅色春聯，頗有提前過年氛圍；最後則由日語組學生演唱流行歌曲，為今年歌舞表演畫下完美的句點。

此外，文化闖關活動讓各班級發揮巧思佈置，除了讓學生複習已學的外語文化，更能讓其他學生體驗其語文差異，增進文化理解能力，提升個人文化涵養。本次五種外語課程共設有六種文化關卡，包括越南春聯初體驗、印尼樂器停看聽、德國飲食大不同、日本地圖野球手、西語國旗配對趣、日語旅遊夯景點。負責統籌本次活動的教務處王亞喬主任表示：「實中今年特別為了新課綱上路的第一屆高一學生，舉辦第二外語成果發表活動，學生的表現充分展現出中科實中的學校願景「展能、活力、國際化」。學生不僅在二外課程中學習語言，同時也學習文化的理解與包容，當看到印尼語課程的同學表演Angklung（印尼竹筒樂器）時，讓我深深感受到孩子的認真與老師的用心。」

2019年二外成果發表聖誕派對歌舞舞台及文化闖關，充分展現實中人外語多聲帶國際化特色！高中部學生透過第二外語學習，增進文化理解、提升文化涵養；配合既有英文課程國際專案、外師融入教學活動，讓外語學習更具生活情境，全面提升學生外語溝通能力。此外，每年更有多次機會，能與國際友校跨國交流，不管是日德短期交換或國際跨校視訊，學生橫跨歐亞暢所無阻，有效培養實中學生成為未來國際行動人才！

專注當下、享受過程 參加108學科能力競賽

◎ 304 鄭博軒

第一次知道學科能力競賽，是高一下時候，毫無準備，糊里糊塗就報名了校內初賽，對這個比賽毫無想法。

隔年，忙完了專題發表，頓時覺得有股莫名的悵然，少了一個可以努力的目標。然而新的目標馬上又出現——學科能力競賽複賽。「選手」這個名詞自此加諸在身上，隨之而來的是每星期的訓練。七八月的蟬聲唧唧，實驗室裡的我們也乒乒砰砰，忙得不可開交。印象最深的是八月有一次，拖著疲憊的步伐離開學校時，夏天的餘暉已染紅了體育館，不過最令人感動的是，郁茜老師也陪我們到那麼晚，仍舊面帶微笑地談天一路走出校門，從老師身上我學到了這種專注當下、享受過程的態度。然而，比賽終有結束的一天，就在前陣子，經歷了半年的訓練，抱著厚重的奧林帕斯顯微鏡，大步地步入二中校園，想著自己先前的失誤，並告訴自己謹記老師的叮嚀，做好每個細節：玻片要切薄、實驗過程重點寫清楚、時間分配等，除此許的緊張外是期待。

如今，這個遊戲已結束了，何以說這是一場遊戲？在比賽或是訓練中，雖然勞心又勞力，卻以享受其中，更獲得了一生帶著走的體悟，是一種全心全意地完成某件事的成就感，認真地享受過程，或許我的表現並不是特別突出，在現場比我早上台領獎的人大有人在，但更重要的是這中間的過程，只要對當天的自己滿意，足矣。謝謝郁茜老師每年和選手們腦力激盪，玩一場又一場極具意義的遊戲。

班級	姓名	指導老師	獎項
303	洪翰森	林高源	數學科佳作
302	曾子昕	王郁茜	生物科佳作
304	鄭博軒	王郁茜	生物科佳作
302	廖姿喻	何家齊	化學科佳作
304	蔡昀庭	何家齊	化學科佳作
304	張智淵	傅祥益	物理科佳作



AI夢想 智造未來 「祥儀」捐贈機器人

中科智慧機器人自造基地(AI Robotics at CTSP)引薦祥儀企業股份有限公司捐贈本校30台機器人，於108年11月28日進行捐贈儀式暨教育訓練課程，安排30位同學參加現場實務操作，未來將規畫設計課程，辦理營隊等相關活動，嘉惠莘莘學子。



▲練習組裝與實務操作

108學年度臺中市 學生音樂比賽



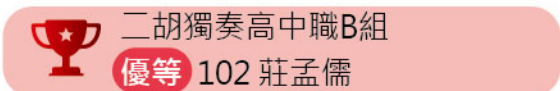
小提琴獨奏高中職B組

特優第一名 203 張仲薇
(代表臺中市參加全國決賽)



笙獨奏高中職A組

特優第一名 204 李云瑄
(代表臺中市參加全國決賽)



二胡獨奏高中職B組

優等 102 莊孟儒

108學年度學生美術比賽



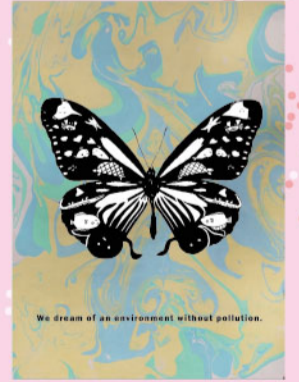
全國高中職普通班書法類 佳作
臺中市高中職普通班書法類 第一名
103 張博安《橫吹辭曲山寨之一》



全國國中普通班設計類 佳作
臺中市國中普通班設計類 第二名
902 王致誠《狗延殘喘》



臺中市高中職普通班設計類 第二名
101 劉語凡《時間·禁錮》



全國高中職普通班設計類 佳作
臺中市高中職普通班設計類 第三名
302 涂涵淳《蝴蝶效應》



全國國中普通班西畫類 佳作
臺中市國中普通班西畫類 第二名
902 周楷芯《課間閒暇時光》

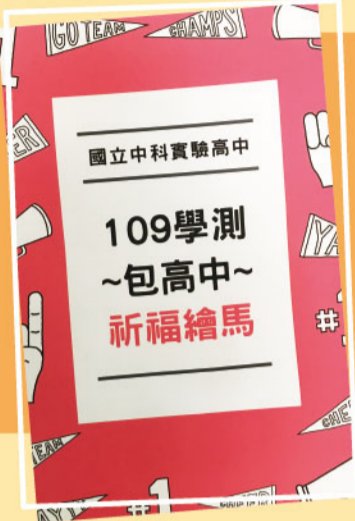
學測誓師大會~包!高!中!

距離109年學測45天，為了讓學生提振士氣，中科實中特別選擇在學測倒數半百的時間，全校高中部360多名學生齊聚本校國際會議廳，為高三學生辦理誓師大會。

活動以校長的勉勵揭開序幕，家長會林微雙會長更帶來學測成績獎勵金的公告訊息，除了四科滿60級分將由家長會提供兩萬元獎學金，還有其他各種不同的獎勵制度，讓高三學生彷彿打了強心針、充滿旺盛的企圖心。

透過由校長、家長會副會長及高三導師、各處室主任至台中南屯文昌公廟祈福影片、高一二的學弟妹們獻上各班祝福卡片，高三學生們也感受到來自全校師生的滿滿祝福與鼓勵。而高三學生則在導師祝福影片之後，各自以富有班級特色的精神口號，展現面對學測的必勝決心。

本次學測誓師大會最後由各班代表上台進行拋高粽，伴隨著各班加油聲，由學生手持特製大粽子、拋高掛於空中橫桿，粽子高高掛象徵實中學生在明年都能獲得學測高分、選中理想校系。



我參加108年日本教育旅行

◎ 201 許庭瑜

這次參加日本教育旅行是我第三次到日本，興奮之情充斥在我的心中，很高興能有機會和同學們一起到日本旅行。這六天五夜，我不只欣賞到許多的自然美景，也體驗到日本的文化及歷史，總的來說，是個非常難忘及充實的旅程。當我們處在異鄉，必須培養獨立和隨機應變的能力，日本教育旅行精煉了我的自身技能，不管是語言也好、生活也好，我都有感受到這次旅行給我一個向前的力量。

旅行中我獨愛徜徉在悠然的美景，也深受文化古蹟歷史人文的薰陶。日本，每一次睜眼都是一幅獨有的風景，使人一而再再而三的驚嘆著，儘管走到精疲力竭，那些足以淨化身心的空靈景緻仍會銘刻在你心中，烙下一個清晰的痕跡，使人欲罷不能。

我深受日本寺廟和神社的震懾，位於深山中，一步步踏上漫長階梯，感受到的不是疲憊，更多的是身心靈的更新。冰涼且清透的空氣竄入鼻腔、滲進皮膚，有種肉體蛻變之感。神社和寺廟周圍寧靜，使我的身心安定，聲聲鐘鳴都能打入我的心中，彷彿擊中靈魂那樣帶來共鳴。

走入鄉間融入一片祥和，合掌屋筆直佇立在街道兩側，由高處俯瞰而下的景色與親自步入其中皆各有風味，輕鬆地漫步著，享受那純樸的氛圍。壯麗的城牆映入眼簾，於此我感知到日本城郭之驚人與精緻；身在鶴城中如在歷史洪流作為一滴水花，讚嘆著長河的流動。

我在冷冷的米澤市，接觸到溫暖炙熱的心。米澤商業高校的同學們懷著熱情的心和我們相遇，歡樂的互動以及聊天使我們感受到他們親切的歡迎。寄宿在清水女士的家中，冷透的身子被她暖陽般的心烤得熱呼呼，帶著滿足酣然入夢。

高聳的東京鐵塔是我所無法忘懷的景觀，登上景觀台將東京盡收眼底，繁榮的都市嘆為觀止，我深切感受東京的忙碌與現代，置身於此彷彿頭一次來到都市，是止不住的梦想與憧憬。任何景點都無法和淺草寺與雷門的熱鬧匹敵，三步併兩步走，在人潮中鑽疾的走，入寺參拜求籤，只嫌時間短暫，無法逛得盡興。

紅透的蘋果糖在太陽底下閃閃發光，甜蜜的滋味在口中蕩漾；多汁的炸豬排酥脆厚實，絕讚的口感在腦海揮之不去；熱騰騰的關東煮在鍋中冒著熱氣，撲鼻的香氣刺激著嗅覺；彈牙的烏龍麵搭配柴魚醬汁甜鹹爽口，清爽的餘韻在喉間回甘。日本的美食不可勝數，個個令人垂涎三尺，味蕾的幸福讓我難以忘懷。

僅僅六天五夜的旅行，得到的經驗卻是一輩子的。有些事一輩子可能只有機會做一次，更可能完全沒有機會去做，而學校給我機會為我的生命留下與眾不同的印記，因此我很珍惜這次的旅行，這次旅行想必我會永遠銘記、留存在回憶。

家庭教育—親職講座 教養路上我們一起走



108年12月11日晚間辦理本學期第二次家庭教育-親職講座，主題為「看懂孩子行為背後的訊息—兒童與青少年溝通策略」，講師胡展誥心理師以親切溫暖的語調，藉由一個個故事串聯，帶領家長們一步步理解孩子的內心世界，學習如何解讀青少年行為背後真正想要釋放的訊息，並引導家長們在讀懂訊息之後，能夠以「同理」、「我訊息」、「設定底線」、「關心5步驟」等具體溝通技巧與孩子們互動。藉由本次的講座，讓我們與家長共同提醒自己：從忙碌的生活，學習放慢步調、先穩住不動怒，好好傾聽孩子的內心感受，也用有效溝通方法讓孩子知道父母親的感受，營造雙向更融洽、和諧的親子關係。

國三畢業旅行

◎ 901 吳嘉珊

盼望已久的畢業旅行終於到來，一大清早，拖著昨晚收拾齊全的行李出發前往學校，同樣是走進熟悉的校門口，卻有著不同以往的感受，滿懷著興奮與期待，踏著愉悅的步伐出發前往北部，一道響亮的飛機聲劃破天際，揭開了國三畢旅的序幕。

在這短暫的三天裡，我們寫下只屬於彼此的記憶，一起走訪陰雨綿綿的九份山城；一同在十分老街放天燈寫下心願；一起在飯店裡嗨到30分鐘內被領隊敲了5次門；一同將老街的特色美食吃透透；一起搭乘超刺激設施而觸發我的反芻機制；一起在遊覽車上唱著青春的歌，在這三天的旅程中雖然一路下著雨，但並未澆熄你我的熱情，我們一同歡樂、一起笑，一起將對方完完整整的寫進回憶裡。

或許當十年、二十年後的我們不再如此瘋狂時，相信再次回想起這三年的我們也能有著青春的悸動，命運讓我們走到同個天空下，一起為了班級榮譽而團結一致，雖然在這三年的路途中或許有些顛簸，但是我們共同攜手面對青春為我們設下的難題，國中三年，雖是平凡、真實，卻又令人嚮往。





I'm happy to be here!

◎ Teacher Shane Salerno

I signed my contract to come to Taiwan and be a part of IBSC in February of last year. Previous to that, I have taught Special Education and Social Studies for 7 years in the United States. Things are very different here, from both cultural and pedagogical standpoints. It has been an enjoyable adventure seeing and learning about the culture and teaching in Taiwan.

Culturally, being a student and teacher of the social sciences, I had already done a fair bit of research about Taiwan before I landed. I watched videos, read articles, and asked what questions I could of people that might know something about the place I was going to. Everyone raved about the great food, and friendly attitude of the Taiwanese people. I was very happy to experience these things first-hand. I really don't know what you make up the famous 5 spice blend that you guys put on everything, but I love it! I also really appreciate that I can walk just about anywhere alone, even at night, without fear of crime, definitely something I could not do in the USA. When I see people on the street, most are happy to return my greetings of "Hello! And Good Morning!"

Pedagogically, teaching feels much "easier" here. My students in both my international classes, and my ESL classes, are all hard workers. They are well-behaved and respectful. Their memorization skills, and willingness to perform tasks without questioning why they have been given are refreshing. In the United States, my students had relatively strong critical thinking and problem-solving skills, but they would also always question why they were given certain tasks, and might refuse to do something if they didn't believe it was "worth their time." My new students seem to especially appreciate differentiation in my instruction, and are always willing to try new things.

The school day is also very different. In the US, teachers were expected to be at their classroom (in the US, teachers stay in their classroom, and the students change classes every period) by 7:30, with classes starting at 8:00. There is a half-hour for lunch, and no rest time. Time between classes is 4

minutes, not 10. Class ends at 3:16 at my old school, with the teachers being allowed to leave at 3:30. Despite the somewhat shorter day, teachers are all expected to teach in their classroom for 6 class periods each day. In contrast, I teach 23 classes per week, though 7 of these classes are considered "extra" in the terms of my contract. There is no homeroom in the US, and many of the tasks performed by homeroom teachers in Taiwan are performed by office staff. Discipline is handled directly by subject teachers, or the Dean of Discipline, if it becomes necessary. Disruptive students are removed from class, and have disciplinary referrals written for them that stay in their academic record for the entirety of their academic careers. I see students sometimes posted outside of the teachers offices for disciplinary reasons here, but have never had to punish a student beyond a verbal scolding in Taiwan.

Extracurricular activities are also different. In the US, many students will participate in sports, or clubs after school. The clubs are not a part of the school day as they are here, rather, they are "extra" activities that students can choose to participate in, or go home. Sports teams from schools in smaller communities are often a point of pride for the community, with many members of the community who don't have children at the school attending games and competitions for entertainment.

Perhaps the biggest difference is the respect that teachers are given in Taiwan. In the United States, teaching is considered an honorable profession, but also viewed as something "anyone" can do, and not worthy of extra respect or expertise. Consequently, parents are likely to argue with teachers over grades or discipline, and will demand changes on the part of teachers before demanding changes from their children. Because teachers are not viewed with the same respect in the US, they are often blamed for the shortcomings of the students, and held accountable for problems beyond their control. It is not unheard of for a parent to blame a teacher for their child's poor performance on an exam rather than the student's poor study habits.

I am much happier in Taiwan. My job feels less stressful, my students have better attitudes, and the entire atmosphere here is more constructive. Thank you for having me! If you see me walking on the campus, please don't be afraid to say "Hello." I will be sure to reciprocate with a smile!

Our School's First Field Trip ◎ IBSC G7 Jessica

For knowing each other better and create some awesome memories with teachers and our classmates, the IBSC department held this field trip, we went to JANFUSUN FANCYWORLD where is an amusement park during Nov 6.



When we first heard that the school was arranging a field trip for us, we were so excited and couldn't wait for the day to arrive.

There were a few surprises on the trip. For example, no one expected that we were going to be on the bus for an hour listening to karaoke (some good singing, some.....not so great singing).

The first thing we saw when we reached the theme park was a roller coaster called the G5. About half of us went. The others chickened out, but stayed to watch.

After that first ride, we split into a few groups to spend the day goofing off, riding roller coasters, eating junk food and spending way too much money. I bet the teachers also had a good time, spending the day without supervising naughty kids.

The day ended all too quickly, and soon, we were herded into the bus again, this time headed back to school. All in all, it was a great day, and I bet all of us enjoyed it. I certainly hope there'll be another one soon.

臺中市108年度國民中學 英語讀者劇場比賽榮獲第三名 指導教師：林建宏、劉美妍、楊婉君

◎ 楊婉君 老師

『叮咚』，手機的訊息捎來累積的喜悅，『我們第三名耶！』。Line這頭的我不禁舉起雙手歡呼，為八位在舞台上發光的孩子喝采，也為英文島的夥伴們這兩個半月來的合作無間感到開心無比！



▲ 師生與頒獎者合影

看到手機傳來的獲獎合照，大家的臉上揚起的嘴角為了這幾個月下了最好的註解。這次的劇本揉合了獅子王以及阿拉丁的神燈精靈劇情，看似完全不同戲路的兩齣劇，短短六分鐘既表現了主角Simba的勇敢犯難精神，也有主角父親Mufasa雖貴為森林之王，卻不禁為子擔憂、煩心的愛子之情。藍色精靈的幽默，尤其出場時說了“So, after all these years, I was freed by these two cubs....”一臉不屑兩隻小獅子撿到神燈的畫面，令人不禁莞爾！主角Simba由雙語部的楊博翰飾演，他的聲音表現了小獅子王的活潑、好奇、以及勇於探索未知的特質；女主角Nara是八年級的葉育彰，她忠實地表現了女主角謹慎、小心卻帶著些許膽怯的性格！八年級的程學揚還刻意在表演時壓低聲音，表現出反派角色的壞叔叔Uncle Scar充滿心機、狡詐的個性。另外分別是八年級以及雙語部的吳至恩以及陸書媿也用聲音表現出反角Hyena對主角們不懷好意的心思。當然也不可忘記飾演主角的爸爸Mufasa的八年級同學鄭鈞嘉，他也表現出森林之王的威嚴、睿智以及慈愛的一面。畫龍點睛的精靈，由八年級的曹書瑋飾演，他的聲音特質極其適合表現風趣、機智的精靈角色。而飾演身旁小跟班角色Tiki的八年級同學陳亮瑜，雖然台詞不若主角們那麼多，與精靈的一搭一唱，也讓彼此的表演更添顏色啊！

成功絕非是偶然，老師及同學們犧牲無數個睡眠時間，終於在比賽的這天可以一嚐甜美的果實。尤其實中又被排到競爭極其激烈的D組，私校們又競相投入眾多有形及無形的資源，在強敵環伺之下，能夠為校爭光，相信一定可以在參賽同學的求學記憶當中，如同品茗一杯好茶，是值得一再回味的！