



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

Preface

Welcome to Taitung, a region neighboring the Pacific Ocean rich in diverse cultures! In this two-day itinerary, we will explore unique landscapes and indigenous culinary cultures from the coastline to the South-Link line. These local travel destinations, often unknown to foreign visitors, now offer English-guided tour 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 more in-depth experience of Taitung, the Taitung County Government has initiated a program called the "Cross-Generational Bilingual Training Program." The program helps these attractions reevaluate their itineraries from an international perspective, aligning with six critical 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.

After enduring the impact of two typhoons, Taitung is now fully committed to rebuilding and returning to normalcy. Some planned visitation sites, due to severe damage, might require several years for reconstruction. We want to express our gratitude for your understanding regarding the itinerary delays and adjustments. Let's look forward to a revitalized and even more wonderful Taitung as we prepare to set out once again!

Co-Create Planning & Design Consultancy

臺東深度英語旅遊踩線團—海岸與南迴

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，我們將從海岸線到南迴，用不同的方式體驗特殊的地貌與原住民飲食文化。這些外國人來臺東通常不知道的在地旅遊據點，現在都有提供英語導覽服務了！

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度的體驗臺東，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。

經歷兩個颱風的侵襲後，臺東正全力重建以回到正常的生活狀態，但或多或少還需要一些時間整理。也有一些預定前往拜訪的據點因受災嚴重，可能要花上幾年的時間重建。在此也要謝謝您對行程延期與調整的諒解，讓我們一起期待重新出發的臺東會變得更加精彩！

津和堂

Itinerary 行程表

Time 時間	Itinerary 行程內容
9/13-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
9/14-Day1	
07:00-07:40	Breakfast 早餐 The Hotel will start to serve breakfast at 7 a.m. 飯店 07:00 開始供應早餐。
07:40-08:00	Assemble at the lobby to get on the tour bus. 大廳集合上巴士
08:00-09:00	Head to Fudin café 前往混水摸魚獨木舟基地
09:00-12:00	Stone Umbrella Canoe Experience. 石雨傘獨木舟划行、潮間帶生態探索
12:00-13:30	Amis Local Cuisine. 阿美族的無菜單海邊料理
13:30-14:00	Feedback to the Itinerary of Fudin café 混水摸魚獨木舟行程討論回饋
14:00-15:00	Head to Fugang Geopark 前往富岡地質公園
15:00-16:00	Fugang Geopark Tour 富岡地質公園導覽 特殊地景－珊瑚礁岩群
16:00-16:30	Feedback on the Itinerary of the Fugang Geopark Tour. 富岡地質公園行程回饋
16:30-17:50	Return to the hotel to rest, change clothes, freshen up, and enjoy some free time. Please gather in the hotel lobby at 17:45 to get on the bus. 返回飯店休息、換裝梳洗、自由時間



Time 時間	Itinerary 行程內容
17:50-18:00	Head to the restaurant. 前往餐廳
18:00-19:00	Having dinner at Seven Quinoa Restaurant. 七里坡紅藜餐廳用餐
19:00-19:10	Head back to the hotel. 前往住宿點
19:10	End of the day's itinerary. 行程結束
9/15-Day2	
07:00-07:50	Breakfast 早餐 The Hotel will start to serve breakfast at 7 a.m. 飯店 07:00 開始供應早餐。
07:50-08:00	Assemble and Check out. 集合退房
08:00-09:00	Head to the Calavi Tribal Community (Sunrise Driftwood Workshop) 車程前往向陽薪傳木工坊
09:00-10:30	Enjoy the sea view and chat about tribal stories. 欣賞海景&聊部落故事
10:30-11:00	Head to Ni Camak's kitchen 車程前往達興山號
11:00-12:00	Ni camak's kitchen -Lu Jiakasi Tribal Community Tour. 達興山號－魯加卡斯部落導覽
12:00-13:30	Paiwan Local Cuisine. 排灣無菜單料理
13:30-14:30	Paiwan Language Teaching and Cultural Song Sharing 排灣族童謠教學
14:30-14:50	Feedback on the Itinerary of Ni Camak's kitchen 達興山號行程回饋
14:50-16:00	End of the Itinerary and Head to the Train Station. 行程結束，前往車站

Time 時間	Itinerary 行程內容
	<p>Recommended Train Schedules:</p> <p><u>Departure from Taitung to Taipei:</u></p> <ul style="list-style-type: none"> ■ Tze-Chiang Ltd. Express(3000) 439, Departure Time 16:55 <p><u>Departure from Taitung to Taichung:</u></p> <ul style="list-style-type: none"> ■ Tze-Chiang Ltd. Express(3000) 386, Departure Time 17:30

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



Introduction to Tourist Attractions and Pre-Travel Reading Material

【Coastline】Fudin café—Stone Umbrella Kayaking Experience

Located 10 kilometers north of Chenggong Township along the coast, this coastal area stretches out into the sea for about 1 kilometer, characterized by its unique coastal erosion formations. Among these, the most famous is the "Balancing Rock," also known as the "Stone



Umbrella," due to its resemblance to an umbrella in shape. The Stone Umbrella acts as a natural barrier, shielding the coastline from the waves of the open sea. Nearby, Xiaobinao Beach has become a safe haven for locals to enjoy the water.

You can join a guided canoeing experience with an instructor to get up close and personal with the unique geological beauty of the Stone Umbrella. While paddling, you can admire the stunning sunrise and sunset views and experience the excitement of drifting on the sea, all while immersing yourself in the charm of Taiwan's East Coast.



旅遊據點簡介與行前閱讀資料

【海線】混水摸魚基地—石雨傘獨木舟體驗

位在成功鎮北方 10 公里的海岸，海岸延伸至海中長達 1 公里的海岬，屬海蝕地形，其中最為著名的為平衡岩，因外型如一把雨傘而被稱為「石雨傘」，石雨傘形成天然的屏障擋住外海的海浪，一旁的小船澳沙灘成為了當地人安全的戲水天堂。跟著教練滑獨木舟近距離觀賞石雨傘的獨特地質美景，一邊欣賞日出、日落的景色一邊體驗海上漂流的刺激，感受台灣東海岸的風情。





【Coastline】 Fugang Geopark Tour

Located at the 159-kilometer mark near the southern end of the East Coast National Scenic Area, Fugang Geopark (Little Yehliu) offers a rich variety of fascinating rock formations similar to those found at Yehliu on Taiwan's North Shore. Unlike the rest of the Philippine



Plate that determines the geology of this area, the rock of Fugang Geopark is sandstone. This prompts geologists to believe that it originated somewhere else. You should first study the detailed explanations of the geological displays in the Visitor Center before going to the seashore and examining the tofu rock, honeycomb rock, fungus rock, and other strange formations there. You can easily see Green Island from the shore at Fugang Geopark on clear days.



【海線】富岡地質公園導覽

富岡地質公園位於富岡漁港北方的海域，是東部海岸最南端的風景據點，因為地形和岩石在種類上，與北部的野柳外貌相似，因此又被稱為「小野柳」。此區地質屬富岡砂岩，有砂岩、泥岩互層的現象，上層覆蓋珊瑚礁岩，礁岩群曲折迷離，岩上並有蔓榕生長，景觀十分特殊。天氣晴朗時，從富岡地質公園向東望去，可以清楚地看見約 33 公里外的綠島，以及由富岡漁港出航前往綠島、蘭嶼的交通船！





【South-Link】 Sunrise Driftwood Workshop

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 sizeable 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 second morning, we will visit this small village nestled in the steep mountains.

■ 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.

■ 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.

■ Paiwan's Special Courtship Culture

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 captured 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.



【南迴】一向陽薪傳木工坊

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，在第二天的上午，我們將走訪這個位在陡峭山區的小村莊。



■ 部落傳說故事

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

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一照顧部落中的「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

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。

【South-Link】 Ni camak's Kitchen-Indigenous Paiwan Culture and the Southernmost Stared Slow Food Experience.

Experience the beauty and wisdom of the Paiwan indigenous people, accessible for all ages, relax, and embrace the local atmosphere and environment.



Lu Jiakasi community



In the Paiwan language, Lu means more than one; Jiakasi is a kind of Myrtle tree. So Lu Jiakasi means there are many myrtle trees here. This is an Eastern Paiwan community near both the mountains and the sea. Therefore, there are rich and diverse sources of food.

Indigenous Slow Food Cuisine

Accumulating rich experiences in catering at five-star hotels, Paiwan Chef Camak has incorporated Western dining concepts into traditional indigenous cuisine. The colors and flavors of these traditional dishes create an unforgettable taste for visitors who have traveled from afar.



【南迴】達興山號—排灣族文化童謠&原住民風格慢食體驗

由一對返鄉的青年夫妻，聽見回鄉的一雙兒女隨口唱著的童謠感動了部落的老人家，發現讓語言活著是多麼重要的事情。也想邀請來作客的友人一起參與原住民美好的歌聲。



魯加卡斯部落



過去滿滿的九芎樹，讓部落以九芎樹為名，這裡是東排灣族部落，緊鄰山豬窟獵場，是最靠近山與海的排灣部落。

原住民慢食風味餐

來自五星級飯店的訓練，讓主廚阿泰有原住民的血統但是設計出西餐的吃法。用傳統的原民美食變化不論是顏色與味道，都讓遠道而來的客人念念不忘的在地好滋味。

