

LDSH&SLUH

Collaboration Project :

Overseas Global Service Program

Volunteer Students :

20915 蔡甯亘 Nina

20609 陳冠臻 Laura

21014 廖晨聿 Phoebe

花均嫻 Jenny

林雯晴 Jianne

Lead Teacher :

Ya-chi Chen 陳雅琪老師

TERESA 胡敏華老師



Service Organizations :

Guardian Angel 守護天使兒童發展中心

Boys Hope Girls Hope 國際慈善組織
(成立於 1977 年)

Variety Club 為患病、弱勢或殘疾兒童提供
重要的醫療設備和服務

City garden 蒙特梭利學校



We're ready to go.



Pre-trip Training

Connecting with SLUH Chinese Teacher Yude Huang



Take Amtrak to
St. Louis Station



Guardian Angel



City Garden's
Children's Creation



Mr. Chura led the students to City Garden. Teachers from the organization introduced how to restore children's classrooms.



St. Louis University
High School Services
Program Partnership
Area

In the summer of 113, five LDSH students had the incredible opportunity to travel to our sister school, St. Louis University High School, to participate in the Global Volunteer Program.

St. Louis is a city with a rich and fascinating history. It was once an important transportation hub on the Mississippi River in the 19th century and is also the site of the end of slavery! It's a city with a fascinating history! It was once colonized by France and is now home to a large German, Irish, and Italian community, which makes for a very diverse cultural identity.

We'd like to give a big thank you to Mr. Chura from our sister school's International Education Office for his amazing planning and on-site tours! A huge thanks also goes to Chinese teacher Mr. Yude Huang for his help during the program, as well as the teachers at our sister school and Aidan Smith, Benjamin Allen, Sean Cajigal, and Christian Blondés family for their incredible hospitality and insights. We are so grateful for the warm hospitality we received! It enriched our learning and gave us many insights into life.

We hope you enjoy our thoughts and reflections!

113年暑假，五位羅高學生前往姊妹校-美國聖路易大學高中參與全球志工專案。

前進聖路易，這個有著豐厚歷史的城市，19世紀重要的密西西比河交通中樞和奴隸制度翻盤的地點，因為曾經被法國殖民、城市內也有大量的德國、愛爾蘭和義大利裔等社區，展現非常多元的文化特色。

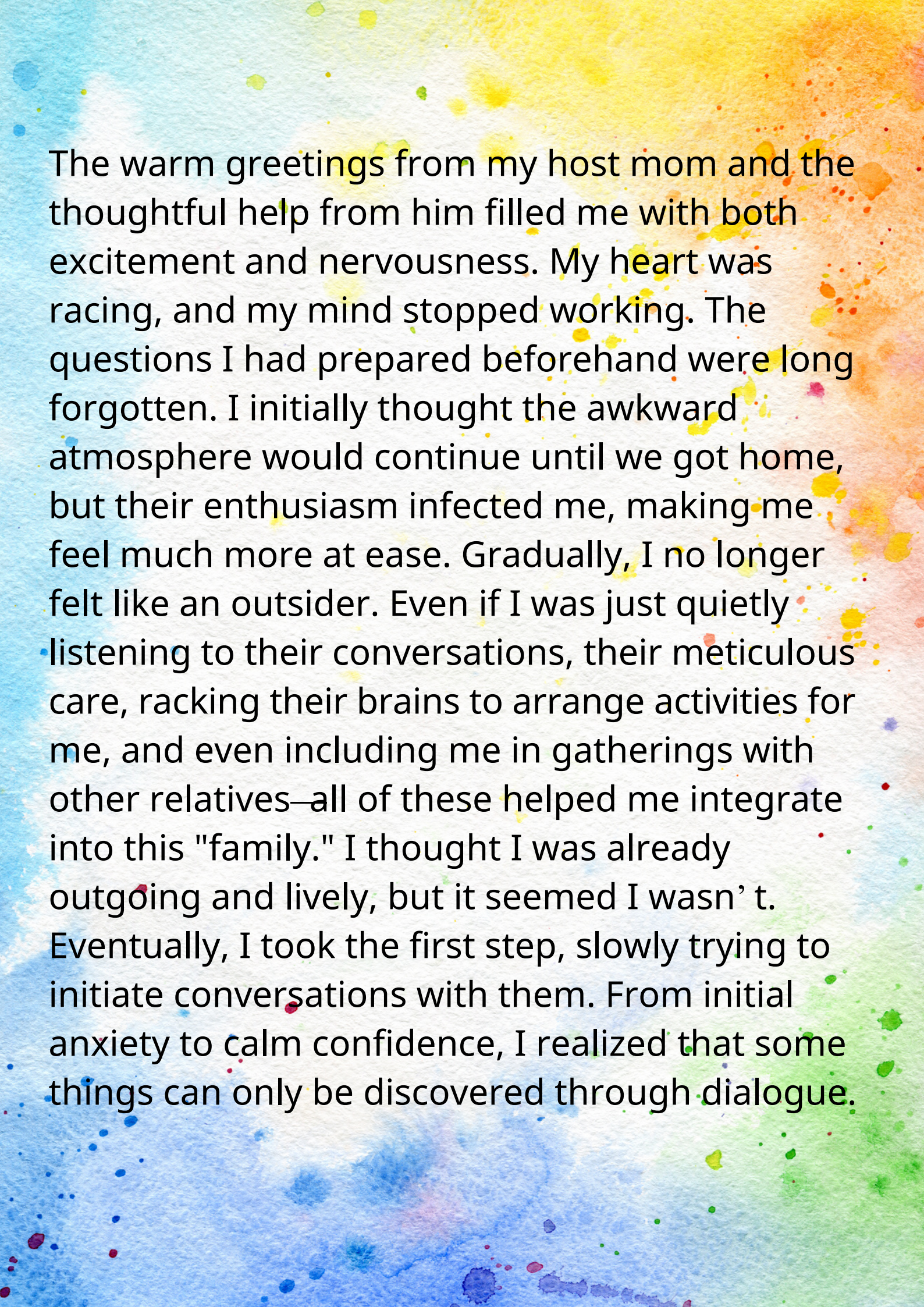
我們就在這裡展開為期一個月的志工服務，特別感謝姊妹校國際教育處 Mr. Chura 細緻的規劃與在地導覽，中文教師黃育德老師在歷程中的協助、姊妹校各位教師以及 Aidan Smith, Benjamin Allen, Sean Cajigal, and Christian Blond é's family 四位同學與其家人們熱情的接待，豐富了我們的學習，也有了對生活的許多體悟，接下來，就請大家欣賞我們的所思所想。

20915 蔡甯亘 Nina

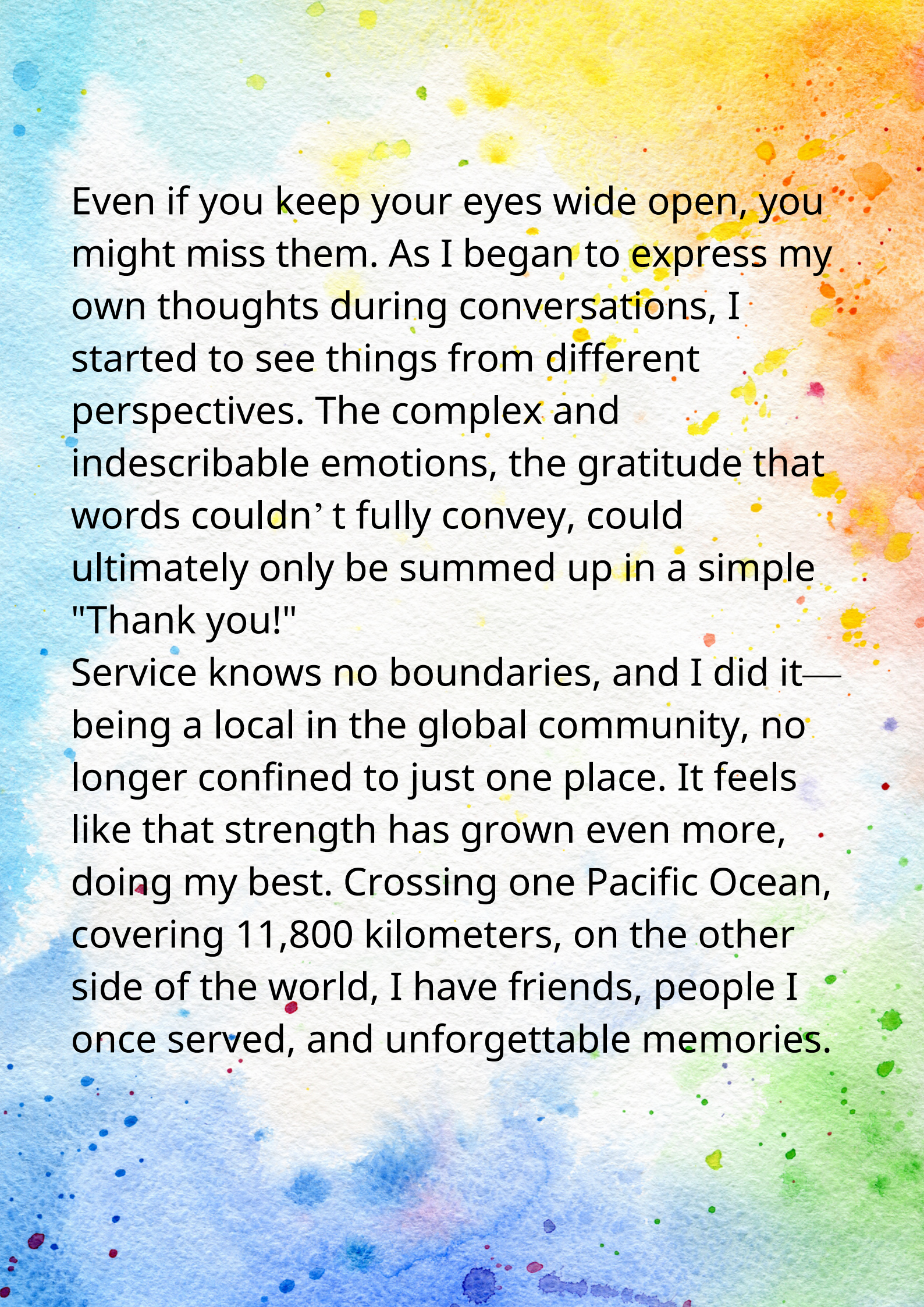
"Why do you come here to be a volunteer, not just in Taiwan?" The teacher's question stunned me at the beginning. I had no ideas and had never considered this question before. However, as the journey went on, I gradually found the answer.

"Love knows no bounds, and service knows no borders." I am just one of 8 billion people in this world, and though I can only contribute an 8-billionth of my strength, it might still help a group of people. Perhaps it's just offering companionship, but at least I can make them feel that today is a happy day, maximizing that little strength. One day at Guardian Angel, a little girl wanted to play with me. She ran up and said, "I want my daddy and mommy." I was taken aback and started to organize all the words I knew in my mind, but all I could think of was comfort. I told her, "Can I hug you? I'll be your mom for a while." She quietly sat on my lap, with a distressed expression, holding back tears. At that moment, I felt a tug at my heart. Though I couldn't change her background, I could offer her warmth so that she wouldn't feel alone, and that was enough.

In the past, traveling to another country was just for fun, without any learning, and I had become used to merely sightseeing. But this time, by recording daily life and small discoveries in a journal, I unexpectedly realized the importance of journaling during travel! The discoveries of the past belonged only to that moment and no longer to me, but if I record them in a journal, ten years from now, when I look back, I can still retain those discoveries. This might even spark new ideas, increasing opportunities to reflect on what is worth learning and what serves as a warning not to imitate. Why is their community so quiet and relaxed? The clear distinction between residential and commercial areas and the absence of traffic lights within the community are significant characteristics. There are no flashy neon lights, no streams of traffic, no loud honking—just these things alone made me feel much more relaxed, away from the hustle and bustle. The only slight inconvenience was having to travel farther to dine, but despite that, I still preferred that small village-like home!



The warm greetings from my host mom and the thoughtful help from him filled me with both excitement and nervousness. My heart was racing, and my mind stopped working. The questions I had prepared beforehand were long forgotten. I initially thought the awkward atmosphere would continue until we got home, but their enthusiasm infected me, making me feel much more at ease. Gradually, I no longer felt like an outsider. Even if I was just quietly listening to their conversations, their meticulous care, racking their brains to arrange activities for me, and even including me in gatherings with other relatives—all of these helped me integrate into this "family." I thought I was already outgoing and lively, but it seemed I wasn't. Eventually, I took the first step, slowly trying to initiate conversations with them. From initial anxiety to calm confidence, I realized that some things can only be discovered through dialogue.



Even if you keep your eyes wide open, you might miss them. As I began to express my own thoughts during conversations, I started to see things from different perspectives. The complex and indescribable emotions, the gratitude that words couldn't fully convey, could ultimately only be summed up in a simple "Thank you!"

Service knows no boundaries, and I did it—being a local in the global community, no longer confined to just one place. It feels like that strength has grown even more, doing my best. Crossing one Pacific Ocean, covering 11,800 kilometers, on the other side of the world, I have friends, people I once served, and unforgettable memories.

「為什麼要到美國做志工？」老師一開始問題就把我問傻了，當下完全沒有思緒，也沒想過這個問題，但漸漸地在旅程中找到答案。

大愛無疆，服務無界。我只是這世界上80億人中的其中一人，發揮80億分之一的力卻能幫助一群人，或許只是陪伴，但至少讓他們覺得今天是幸福的，把這份力量發揮到最大值。

有天在 Guardian Angel 的妹妹想跟我玩，跑過來跟我說：「I want my daddy and mommy.」我嚇傻了，頭腦開始組織我知道的所有詞語，但想到的只有安慰，我 跟她說：「Can I hug you? I 'll be your mom for a while.」她靜靜坐到我腿上，委屈的表情不敢哭，瞬間覺得心被抽了一下，沒辦法改變她的家庭，但能給她溫暖，在此刻不再孤單，足矣！

對從前的我來說，到另一個國家旅遊只是玩，而沒有學，走馬看花早習以為常，這次透過日記紀錄日常，意外發現旅行中日記的重要性！過去那份發現只屬於當下，不再屬於我，但如果透過日記紀錄，10年後的我翻開，卻能仍保有這份發現，或許又激盪出不一樣的想法，增加思考的機會，思考有什麼是我值得學習的，又有什麼是警惕自己不可模仿。

為什麼他們的社區是這麼安靜、放鬆？住商分明、社區內沒有紅綠燈是當地很大的特點，不會有色彩斑斕的霓虹燈，不會有車水馬龍的車潮，不會有響亮刺耳的喇叭聲，光是這些就讓我放鬆很多，遠離塵囂喧鬧，唯一美中不足的就是要到較遠的地方用餐，儘管如此我還是偏好像那小小度假村的家！

熱情問候的轟媽，貼心幫忙的他，我既興奮又緊張，此刻我的心跳衝到最高點，頭腦停止運轉，先前準備好的問題，早被遺忘，原以為會持續這份尷尬的氣氛到家，但他們的熱情感染了我，讓我放鬆不少，漸漸的我覺得我不再是外人，儘管有時只是靜靜聆聽他們談話，對我無微不至的照顧，絞盡腦汁的幫我安排活動，甚至是與他的其他親戚聚會，這些都讓我更融入這個「家」。原以為我已經夠活潑外向，但好像並非如此，最終踏出第一步，慢慢嘗試主動和他們搭話，一開始的擔心到從容自信，意識到有些東西是要透過對話溝通才能發現，就算睜大眼睛看不到，在過程中也慢慢加入一些自己的想法，就能從不一樣的角度思考問題。複雜難以形容的心情，無法用言語表達的感謝，最終卻只能說出：「謝謝你們！」

服務不限地區，我做到了——全球中的當地，不再局限於當地，感覺這份力又變得更大，盡我所能。跨越一個太平洋，距離11800公里，在世界的另一端有我的朋友，有我曾服務過的人，有那刻骨銘心的回憶。



20609 陳冠臻 Laura

The place where we volunteered this time is St. Louis, is an area with a rich history. It was colonized by France, an important transportation hub on the Mississippi River in the 18th century, and a place where slavery overturned. It also has different cultures and characteristics. There are a lot of people in the city. There are German, Irish and Italian communities. The whole city is full of different flavors. It is a very diverse city. I am also very happy to have the opportunity to come here this time and experience such ethnic integration and multiculturalism.

Next, I want to talk about the organizations we serve as volunteers. There are several organizations we went to this time, but I want to focus on Guardian Angel. We spent the most time here and I learned the most.

Guardian Angel is a place somewhat similar to a nursery, but it serves mostly preschool children from poor families. Obviously, it is very tiring to deal with children before this age. They are noisy and are much more noisy than my original living environment. Most people are immature, so I was very reluctant to get along with them at first, but I think we can learn from their direct treatment of others. They are very direct and say what you did makes me unhappy. I hope you Tell the other party and communicate with them more directly and politely about what they can do or what they should not do, etc.

• Their communication method is even better than that of many high school students, so I hope that I can transform and communicate with others more smoothly in the future. I also want to say that it is a relief to get along with children without having to guess what everyone is thinking. I seem to like getting along with children.

• Let me tell you about my life in the United States! Because of chatting with my host family, I have a deeper understanding of various aspects of the development of the United States, whether it is nowadays or the past. I directly see tolerance when getting along with others. The United States does have aspects like our stereotypes. , but of course, stereotypes are always not completely correct. I also saw at this event that when I was in my teens and stayed in a foreign country with a time difference of thirteen hours, I stayed with other people for a month, they are very kind and hospitable, I think this is a very rare experience, and I really have to thank My School again for giving me this opportunity. I can't thank you enough.

這次志工服務的地方，聖路易，是個有著豐厚歷史的地區，曾被法國殖民、19世紀重要的密西西比河交通中樞和奴隸制度翻盤的地點，也有不同的文化與其特色，城市內有大量的德國、愛爾蘭和意大利裔等社區，整個城市充斥著不同的風味，是個很多元的城市，我也很高興這次有機會來到這裡，體驗到這般的族群融合和多元文化。

介紹這次志工服務的機構，我特別想介紹Guardian Angle，我們在這裡花費的時間最多，體悟到的也最多。

Guardian Angle類似於托兒所，服務對象多是貧困家庭學齡前的兒童。我一開始認為這年齡段的孩童較不成熟，是有些排斥與他們相處的，但他們的直接與熱情影響了我。有禮貌地告訴對方我的需要或拒絕-我期待我也能這樣的學習與人相處。跟小孩子相處不用猜測太多心思實在是一種解脫，我好像喜歡上跟小孩子相處了。

說說在美國的生活吧！因為和接待家庭的聊天，讓我更深入的了解美國過去與現代各方面發展，也體會到人際之間的包容；當然也有對美國的刻板印象。很感謝學校、聖路易大學高中與接待家庭能給予我這樣的機會，在異國學習，在別人的家中停留一個月，接受熱情的款待，真是非常難得的體驗。



21014 廖晨聿 Phoebe

Since I was little, the United States has been a very advanced country to me. Everyone has a big house and at least two cars. So when I learned that I could go to St. Louis and participate in this volunteer service, my question was "Do the people there really need our help?", and the teacher also asked us before departure, "Why should we go to the United States to volunteer? Why not just do it in Taiwan?" So I went to the United States with these two doubts and started our volunteer service.

However, during this service trip, I saw Homeless people on the roadside, and met children whose families were relatively disadvantaged or even disabled at Guardian Angel and Boys Hope And Girls Hope, two of the service agencies. Their extremely optimistic attitude makes me feel very distressed. I can only do my best to accompany them as I am powerless to deal with their experiences. Mr. Chura, who helps us deal with various matters in the St. Louis, once pointed to the signboards and maps of various service projects at SLUH and told us: "The world is very big, although we cannot make much change or help everyone in the world, but if everyone makes a small change, more people in need will be helped." This sentence touched me deeply, and I hope that I will have more ability to help others in the future!

The next thing I want to talk about is my host family! I am really grateful to Sean Cajigal and his family for their hospitality. What made me most nervous and worried before leaving for St. Louis was the host family, because this is the first time I have ever been abroad in my memory, the first time I have been away from home for so long, and even my first time to stay in someone else's home. I was very worried that I would cause trouble to them, and I was also worried about communication barriers caused by the language barrier, or that I might accidentally touch some taboos. But when I actually met them, my warm and easy-to-get-together host mom, my music-loving and generous host dad, my funny and cute sisters and Sean, who is considerate, patient, and even spent nearly two hours driving to pick me up every day to school, all makes me feel very warm. Chatting with them at the dinner table, listening to them talking about themselves, and playing around are all my favorite and most impressive memories. When we were leaving, my host mom told me: "You always have a place with us!" This sentence made me cry again, which was already very reluctant to leave. It felt like I had a second home.

Finally, I want to thank Mr. Chura who arranged various activities for us, helped us with all kinds of things, took us to visit and introduced St. Louis! Because of his careful arrangement, in these short 25 days, I deeply understood the history and culture of St. Louis and SLUH, and experienced and created wonderful memories in St. Louis!

從小，我以為美國就是一個非常先進的國家，我常有的疑惑是「那裡的人會需要幫忙嗎？」，出發前老師也問了我們「為什麼要去美國做志工？」。我帶著這兩個疑問來到美國。

然而，在這一趟服務之旅中我看到了路邊的Homeless people、在服務機構之一的Guardian Angel和Boys Hope and Girls Hope 遇到了家庭弱勢甚至失能的孩子們，他們極為樂觀的態度卻讓我感到很心疼，對他們遭遇無能為力的我盡自己所能的陪伴他們。

聖路易大學高中Chura老師曾指著聖路易大學高中各項服務專案的看板與世界地圖告訴我們：「這個世界很大，雖然我們沒辦法為這世界做出太大的改變或幫助所有人，但如果所有人都做出一點小改變，這樣會有更多需要的人得到幫助。」這句話令我感觸非常深，也希望自己能夠擁有更多的能力去幫助別人！

此外也真的非常感謝Sean Cajigal 一家人的接待，去美國前最令我緊張和擔心的就是接待家庭了，因為這次是我第一次出國、第一次離家這麼久，甚至是第一次去住別人家裡，我非常擔心自己會造成他們的困擾、也擔心語言不通造成的溝通障礙或是誤觸了一些禁忌等。但當我實際見到他們後，熱情、好相處的轟媽、喜歡音樂、慷慨的轟爸、有趣又可愛的姊姊和妹妹們以及體貼、有耐心、甚至每天花將近兩個小時開車接送我去學校的Sean都讓我感到很溫暖，和他們一起在飯桌上聊天、聽著他們說自己的事情、打鬧都是我非常喜歡和印象深刻的回憶，臨別之際，轟媽告訴我：「You always have a place with us!」，這句話讓原本已經非常不捨的我再次流淚，感覺自己就像有了第二個家。

再來我想感謝的是為我們安排各種活動、張羅我們各種大小事、帶我們參觀與介紹聖路易的Chura老師！因為有了老師的用心安排，在這25天內我深刻的了解了聖路易和聖路易大學高中的歷史和文化，我會記得在聖路易所擁有的美好回憶！

花均嫒 Jenny

Finally, I think that during nearly a month of volunteer service, I participated in many different projects, such as helping children from poor families receive education and helping people with disabilities develop their ability to be independent. These experiences not only made me feel the joy of helping others, but also made me reflect on what contribution I can make to society.

In terms of culture, I am deeply attracted by the multiculturalism of the United States. I realize the importance of cultural exchange both when serving with people from different backgrounds and in my daily life. Everyone has their own unique stories and experiences, which broadened my horizons and allowed me to learn to view the world with a more tolerant and open mind.

這次共有四個服務機構，我想分享Variety Club，該機構服務對象為0-23歲身心障礙的朋友，機構的宗旨是希望藉由新創的活動培養其獨立自主的能力。在服務過程中，最令我印象深刻的莫過於一位坐在輪椅上因為無法開口說話而需要依靠平板與他人溝通的男生。他說他今年23歲，喜歡足球和籃球，未來想當一名教練。看似簡短的一段話，他卻花了快20分鐘，因為他的手比較沒有力氣，所以在打字移動時很吃力。

在準備結束談話時，他向我說了最後一句：「Hope enjoy rest time here」。也就是左邊這張圖片。真的很感動，也很感謝他的祝福。看到他為了能跟我有更多的交談，即使感到吃力也很努力的打每個字詞每句話時，除了感動也有心疼。

另外我也很感謝Ben Allen家庭這次的接待。因為是第一次沒有跟家人出國且長達一個月的時間，所以在出發前心情很忐忑也很焦慮。但因為Ben一家人都待我很好、視我同家人一般，因此讓我感到很溫暖，那就像是我的第二個家。





林雯晴 Joanne

After flying over 12,000 kilometers and crossing the vast Pacific Ocean, I arrived in the United States to begin a challenging and rewarding volunteer journey.

During these three weeks, I spent most of my time volunteering at Guardian Angel, my first service organization. The Guardian Angel Settlement Association helps underprivileged families and carers for children aged six weeks to five years. I remember thinking about how to make the kids feel comfortable and willing to approach me on my way to the center. But as soon as I walked into the classroom, they eagerly waved at me, and some even rushed over to surround me. I realized that I had worried for nothing.

While volunteering at Guardian Angel, I interacted with energetic little ones every day, teaching them some simple classroom knowledge. On sunny days, we would play outside, and they especially loved the game “The floor is lava!” Whenever one child yelled, “The floor is lava!” the others would immediately run onto the playground equipment. Seeing their innocent joy filled me with pure happiness.

One child held my hand and took me to search for a bug called a Roly-poly in the dirt. We searched for three days, and when I finally found one, the child’s face lit up with a satisfied smile. That smile taught me that we were not just looking for a bug, but sharing in the joy of exploring together.

In addition to spending time with the children, I also helped the teachers with daily tasks, like supervising the kids during lunchtime as they served themselves. I noticed that, in Taiwan, teachers usually worry that children will spill food or get burned if they serve themselves, so they often do it for them. In the U.S., however, teachers encourage kids to serve themselves, even if it gets messy; they prefer to use encouragement instead of scolding.

Despite their different backgrounds, the children's eyes still sparkled with innocence. Watching them happily run around and smile at me made me feel that love and care are a universal language that transcends all barriers.

My second service organization was Variety Club, where I worked with individuals with disabilities. This work was much more challenging than I had expected. At Guardian Angel, the kids always responded enthusiastically, but at Variety Club, my cheerful attempts to engage individuals didn't always get a response. At first, I felt a bit frustrated and surprised. However, I gradually understood that this was not because they didn't want to respond; they just needed time to adjust to new people. Some individuals even had physical or psychological limitations that made communication difficult.

During my time at Variety Club, I met a fellow volunteer. One moment that stuck with me was when I saw her trying to help a person with a disability tie their shoelaces. I noticed that her hands were not very capable, yet she still tried hard to tie the shoelaces but struggled to succeed. I felt a pang of sympathy for her and cheered her on in my heart. When she looked like she was about to give up, I approached her and asked if she needed help. She was so happy and grateful. Tying her partner's shoelaces made me feel a sense of accomplishment.

On another day at Variety Club, I met a person named Abe. His regular volunteer partner was absent that day, so I spent the whole day with him. Many people at the center knew Abe, and they all greeted him warmly. Everyone really liked him. Abe was easy to get along with; although he couldn't maintain eye contact with me, he always had a bright smile on his face. He often repeated things he had said and frequently expressed his love for baseball. Whenever we talked about baseball, he would get excited and jump around, even acting out batting motions. Although communicating with him had its challenges, I enjoyed spending time with him because his enthusiasm and innocence created a special connection.

At Variety Club, I learned patience and understanding. I realized that even in challenging situations, we can still find joy and hope. This experience showed me that everyone has their own unique value and deserves to be respected and cherished.

Aside from my time at the organizations, I also spent a lot of time with my host family. At first, I had many concerns, including language barriers, cultural differences, and parenting styles. But over time, those worries faded away. They were very curious about Taiwanese culture and life, and I shared everything openly with them. Although my words were not always precise, I did my best to express myself, and they listened patiently.

Through my observations over these three weeks, I noticed that American parents encourage their children to make decisions and express their opinions. Their more open dialogue style helps children feel valued and promotes a more equal parent-child relationship.

I am very grateful to my host family, the Blondé Family, for giving me a rich local experience! After learning that I study music, they arranged many activities for me, including attending concerts, watching music-related movies, and even experiencing things I can't do in Taiwan, like watching a soccer game! They made me feel like part of their family, and the host mother even said they gained another daughter. That truly touched my heart!

In the last week, I unfortunately caught a bad cold, but the care and concern from my host family made me feel warm and at home, even in a foreign country. I am very thankful to have met such a wonderful family!

Through this three-week overseas volunteer experience, I gained unforgettable memories and deeply understood that volunteer service is not just about providing material help; sometimes, what is needed most is companionship and care for those overlooked by society. Caring for these individuals is something we can all do.

I sincerely thank the teachers from Luodong High School and St. Louis University High School for planning this project, giving me the rare opportunity to volunteer in the U.S. and contribute to the world. This Pacific-crossing volunteer experience not only broadened my horizons but also taught me independence and to cherish everything I currently have. This experience will always be treasured in my heart!

飛越12,000公里，跨越浩瀚的太平洋，我來到美國，展開了一段充滿挑戰與成長的志工服務之旅。

這三週裡，我大部分時間在Guardian Angel擔任志工，也是我第一個服務的機構。Guardian Angel Settlement Association，專門幫助弱勢家庭，照顧6週到5歲的孩子。還記得第一次去機構的路上，我不斷思考如何讓小孩放下戒心，願意接近我。結果一進到教室，他們便熱情地向我揮手，有的孩子甚至興奮地衝上來圍著我，讓我發現原來是我多慮了。

在Guardian Angel服務的這段期間裡，我每天需要與充滿活力的小朋友們相處，教導他們一些簡單的課堂知識。天氣晴朗時陪伴他們到戶外玩耍，他們特別喜歡玩「地板是岩漿」的遊戲，只要有一個孩子大喊「The floor is lava!」其他小朋友便立刻跑上遊樂器材。看到他們如此天真爛漫，我也不禁感受到那份純粹的快樂！

有一位小朋友一直拉著我的手，帶我一起在泥土裡尋找一種叫做Roly-poly的蟲，我們找了三天，在我發現牠的那一刻，小朋友臉上終於綻放出滿足的笑容。那一抹笑容讓我明白，我們尋找的不只是一隻蟲，而是一種共同探索的喜悅。

除了陪伴小孩，同時也協助老師們處理日常事務，例如在午餐時間幫忙監督孩子自己盛飯。我發現，在台灣，老師通常擔心小朋友自己盛飯時容易灑出來或燙傷，因此大多由老師代勞；而在美國，老師則鼓勵讓孩子們自己動手，即便灑出來，也會以鼓勵代替責備。

然而，無論他們的生活環境如何，這些小朋友的眼中依然閃爍著純真的光芒。每天看到他們開心地跑來跑去，對我露出燦爛的笑容，這讓我感受到，無論我們的文化或背景如何不同，愛與關懷是跨越所有障礙的共同語言。

另一個服務的機構是Variety Club，在這裡，我服務的對象轉向了身心障礙者。這裡的工作比我想像中要艱難得多，因為在Guardian Angel服務時，小朋友總是熱情地回應我，而在這裡，當我熱情的與身心障礙者交流互動時，他們不一定會回應，剛開始得到這樣的反應，難免有些沮喪及錯愕。然而，隨著短時間的適應，我逐漸明白，這並不是他們不想回應，而是他們需要時間來適應接觸新的人。有些人甚至因為生理或心理條件的限制而無法和我交流。

我在Variety Club的期間認識了一位同樣來當志工的朋友。有一幕令我印象深刻：我看到她試圖幫她所負責的身心障礙者夥伴綁鞋帶。我仔細一看了，才發現她的手其實不方便，但她仍努力想為她的夥伴綁上鞋帶，卻一直無法成功，讓我心中感到一絲心疼。這讓我在心裡不斷為她加油，當她快要放棄時，我主動上前詢問她是否需要幫忙。她聽到後非常開心且感激。我替她綁好鞋帶後，心裡充滿了成就感。

在Variety Club服務的另一天，我遇到了一位名叫Abe的身心障礙者。那天服務時他的志工夥伴那天剛好沒有來，因此我陪伴他一整天。機構裡的許多人都認識Abe，每當遇到他，大家都會熱情地打招呼，大家都非常喜歡他。Abe很好相處，雖然他無法和我進行眼神交流，但他臉上始終掛著燦爛笑容。Abe常常重複他說過的話，也不斷告訴我他對喜歡棒球的喜愛。每當提到棒球時，他總是興奮地跳來跳去，甚至表演打擊的動作，非常有趣。即使我和他交流上有些挑戰，但我很享受與他相處的時光，因為他的熱情與純真讓我感受到一種特別的親近感。

在Variety Club，我學會了耐心與理解，也領悟到，即便身在挑戰中，我們依然能找到快樂與希望。這段經歷讓我明白，每個人都有自己獨特的價值，值得被尊重與珍惜。

這三週除了在機構服務，我與接待家庭的相處時間也佔了很大一部分。起初，我內心充滿了許多擔憂，包括語言障礙、文化差異和家庭教育方式等問題。但隨著時間的推移，這些焦慮逐漸消失。他們對台灣的各種文化及生活充滿好奇，我也毫不保留的與他們分享。雖然用詞上無法非常精準，但我盡力表達，而他們也非常有耐心，聽的津津有味。在家庭教育上，我這三週的觀察讓我認為，美國的家長會讓孩子自己做決定，並鼓勵他們表達自己的意見。在與孩子溝通時，較為開放式的對話模式，讓他們的意見得到重視，從而減少上對下的對話形式，我認為這樣的方式有助於親子間更加平等的關係。

我非常感謝我的接待家庭—Blond éFamily，給予我非常豐富的在地生活體驗！在他們得知我學音樂後，特別為我安排了許多行程，包括聽音樂會、看音樂相關的電影，還讓我體驗了許多在臺灣無法接觸到的事物，比如看足球比賽！他們讓我感覺自己是家中的一份子，host mother 甚至說他們多了一個女兒，這句話讓我很感動！在最後一個禮拜，我不幸得了重感冒，但他們一家人的關心與照顧讓我深感溫馨，讓我在異國他鄉感受到家的溫暖。我非常感激能遇見這麼棒的一家人！

這三週的海外志工服務，我不僅收穫了難忘的回憶，更深刻體會到志工服務並不僅僅是給予物質上的幫助，有時更需要的是心靈上的陪伴。用心關懷那些在社會中被忽視的群體，其實是我們每個人都能做到的事。

非常感謝羅東高中及聖路易大學高中的師長們，辛勤策劃這項專案，讓我獲得難得的機會前往美國擔任志工，為這個世界貢獻自己的一份力量。這趟橫跨太平洋的志工服務體驗，不僅開闊了我的視野，更讓我學會獨立，並珍惜我現在所擁有的一切。這段經歷將永遠珍藏在我心中！