

# HSIN YE H TAIWANESE MANDARIN



Cathyf

大家好，歡迎收聽我們的節目！我是Cathy。

Hello everyone, welcome to our show! I'm Cathy.

Cindy

我是Cindy。今天我們要分享一些跟台灣朋友交朋友的小撇步。

I'm Cindy. Today, we're going to share some tips on making friends with Taiwanese people.

Cathy

對，因為我們發現這個話題好像蠻多人有興趣的，所以我們今天就想來跟各位聊聊，到底要怎麼交到台灣人的朋友。

Yes, we've noticed that many people are interested in this topic, so today we want to talk about how to make friends with Taiwanese people.

Cindy

我覺得最重要的是尊重當地文化。在台灣，文化傳統是非常重要的，如果你對各種習俗都很了解，並且願意嘗試的話，我覺得會更容易融入台灣人的圈子。

I think the most important thing is to respect local culture. In Taiwan, cultural traditions are very important, and if you understand and are willing to try various customs, it will be easier to integrate into Taiwanese social circles.

Cathy

是的，例如了解一些傳統節慶、嘗試當地食物，都是表達對台灣文化尊重的方式。

Yes, for example, understanding traditional festivals and trying local foods are ways to show respect for Taiwanese culture.

Cindy

我相信有些台灣的食物確實對外國朋友們來說難以接受啦！

像是雞睪丸或者動物的內臟。

I believe some Taiwanese foods are indeed hard for foreign friends to accept!

For example, chicken testicles or animal organs.

**Cathy**

對阿! 但你也可以從這些食物中發現台灣的傳統文化。例如, 你可以問你的朋友說, 哎, 為什麼台灣人會吃雞睪丸呢? 那你的朋友可能就會跟你說, 那是因為在台灣, 我們有 "吃什麼補什麼" 的文化。

Yes! But you can also discover Taiwanese traditional culture through these foods. For example, you can ask your friends why Taiwanese people eat chicken testicles. They might explain that in Taiwan, there is a culture of "eating what you want to improve," meaning eating specific animal parts to improve corresponding parts of the body.

**Cindy**

對阿, 所以我們覺得嘗試當地食物的意義不在於強迫外國朋友接受台灣的食物, 而是在於透過這些傳統食物展開話題, 與台灣朋友們有更多的話題。

Exactly, so the meaning of trying local foods is not to force foreign friends to accept Taiwanese food, but to use these traditional foods as conversation starters to have more topics with Taiwanese friends.

**Cathy**

沒錯, 嘗試傳統食物只是一個方法, 重點是透過這些食物創造與當地人的連結。

Exactly, trying traditional foods is just one method. The key is to use these foods to create connections with locals.

**Cindy**

然後呢, 與台灣人交朋友, 學習一些常用的中文禮儀也是很重要的。例如, 打招呼時可以使用一些常見的寒暄, 表示你的熱情。

Also, learning common Chinese etiquette is important when making friends with Taiwanese people. For example, using common greetings to show your enthusiasm.

**Cathy**

而且在用餐時, 懂得一些就餐禮儀, 例如筷子不要插在碗裡、夾菜的時候不要挑。

And during meals, understanding dining etiquette is important, such as not sticking chopsticks upright in the bowl and avoiding stirring dishes with chopsticks.

**Cindy**

我想補充一下你剛剛說的第二點, 夾菜的時候不要挑, 我想這件事跟台灣習慣吃合菜有關, 所以對外國朋友們來說可能不好懂。在台灣, 尤其是在家裡吃飯的時候, 我們都是圍成一圈吃飯, 各種菜會擺在圓桌上, Lazy Susan上, 然後如果你有想吃的菜, 你就要轉那個Lazy Susan, 把你想吃的菜轉到你面前。然後再夾菜的時候, 不要用筷子在盤子裡翻來翻去的, 因為這樣很沒禮貌。Don't stir the dish with the chopsticks!

I want to add to what you said about not stirring dishes with chopsticks. This relates to the Taiwanese habit of eating family-style meals. In Taiwan, especially when eating at home, we sit around a round table, and various dishes are placed on a Lazy Susan. If you want to eat something, you turn the Lazy Susan to bring the dish to you. When picking up food, avoid stirring the dish with chopsticks as it's considered impolite. Don't stir the dish with the chopsticks!

**Cathy**

對，我小時候也被這樣糾正過好幾次，這個翻菜的習慣真的不好喔！大家要記得。如果你有這樣的習慣，建議你馬上改掉喔。

**Yes, I was corrected for this habit many times when I was young. Stirring dishes with chopsticks is really not good! Everyone should remember this. If you have this habit, it's best to change it right away.**

**Cindy**

積極參與當地的活動和社交場合也是交朋友的好方法。例如，可以參加一些社團、活動，或是去當地的咖啡店、夜市，和人們更自然互動。

**Actively participating in local activities and social events is also a good way to make friends. For example, joining clubs or events, or visiting local coffee shops and night markets to interact with people more naturally.**

**Cathy**

沒錯，這樣可以拓展你的社交圈，也更容易認識志同道合的朋友。

**Exactly, this helps to expand your social circle and makes it easier to meet like-minded friends.**

**Cindy**

儘管可能會有語言障礙，但學會用中文溝通會讓你的生活更簡單一點。

**Although there might be language barriers, learning to communicate in Chinese will make your life easier.**

**Cathy**

是的，可以參加一些語言交流活動，和台灣朋友一起聊天，提升中文程度的同時也能結交更多朋友。

**Yes, participating in language exchange activities and chatting with Taiwanese friends can help improve your Chinese while making more friends.**

**Cindy**

我知道有些台灣人比較壞心，他們會取笑外國人說中文的口音，但是這只是一部分人會這樣做，大部分的台灣人還是很友善的~請不要擔心！

**I know that some Taiwanese people might mock foreigners' Chinese accents, but this is only a small part of the population. Most Taiwanese people are very friendly, so don't worry!**

**Cathy**

最後，不要忘記分享你的文化。無論是你的節慶、美食，或是一些有趣的傳統，與人分享會讓你更有親和力。

**Finally, don't forget to share your own culture. Whether it's your festivals, cuisine, or interesting traditions, sharing them will make you more approachable.**

**Cindy**

對, 友誼是雙向的, 透過分享你的文化, 也能拉近你和台灣朋友的距離喔。

Yes, friendship is mutual. By sharing your culture, you can also bring yourself closer to your Taiwanese friends.

**Cathy**

總的來說, 要與台灣朋友交朋友並不難, 關鍵在於真誠、尊重和開放的心態。

In summary, making friends with Taiwanese people is not difficult. The key is to have a sincere, respectful, and open-minded attitude.

**Cindy**

感謝大家收聽我們的節目, 如果你有其他與不同文化互動的經驗, 歡迎在留言區分享。

Thank you for listening to our show. If you have other experiences interacting with different cultures, feel free to share in the comments.

**Cathy**

下期節目再見, 希望大家有更多美好的友誼!

See you in the next episode! Hope everyone enjoys more wonderful friendships!