



精采人物
Brilliant People

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追尋鳥類的蹤跡

沙謙中 從賞鳥學會尊重生命

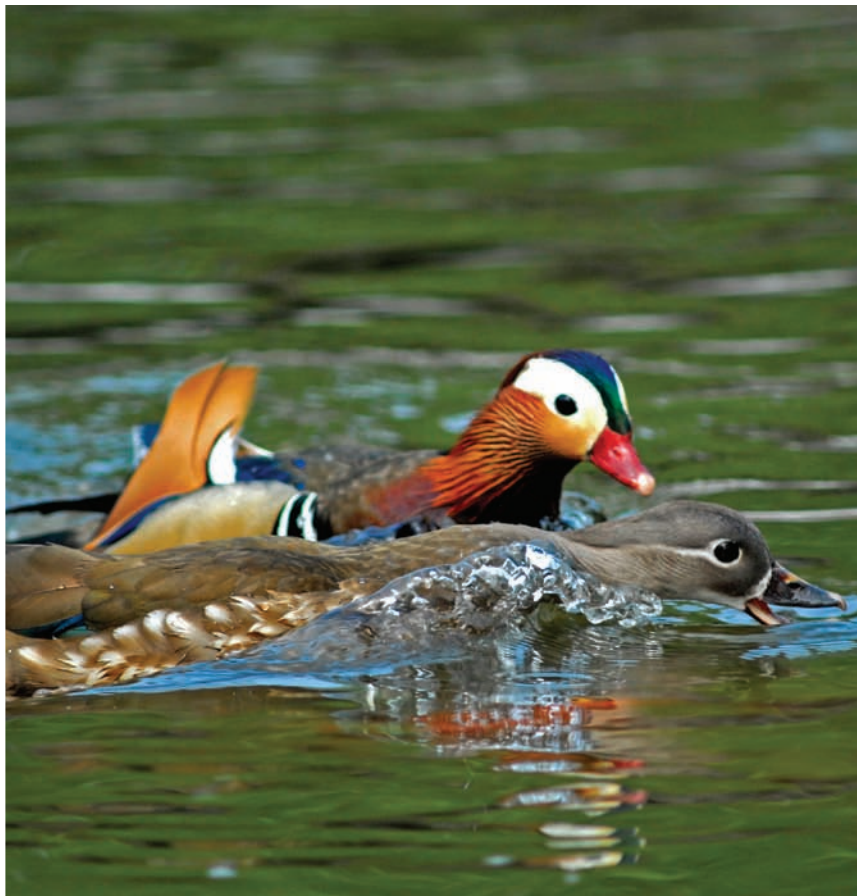
Appreciation for the Beauty of Life

Bird Aficionado Chin-chung Sa



台灣目前有超過500種的鳥類記錄，其中包含約160種留鳥，其餘則多為候鳥。多元的鳥種，讓台灣的野鳥世界繽紛多彩，更興起一股賞鳥活動的風潮。然而，很多愛鳥人士都知道，在賞鳥時若發現無法辨識的鳥種，只要找「鳥博士」沙謙中，絕大部分都能獲得解答。

Approximately 500 bird species have been recorded in Taiwan, of which about 160 are resident, while the others are migrating. The rich variety of bird species has fostered a bird watching trend. These days Taiwan's many bird-lovers know that, when faced with a species they can't distinguish, they can always go to Chin-chung Sa, who is respectfully nicknamed Doctor Bird.



左圖 Left:

黑面琵鷺每年10月開始，陸續飛抵台南七股，隔年3至4月再北返回東北亞。(黃俊賢 攝)

Platalea minor transit to Cigu, Tainan County in October, and back to their Northeast Asia habitats the following March or April. (by Chun-hsien Huang)

右圖 Right:

鸕鶿屬雁鴨科，雄鳥羽色較為鮮明。(張培鈺 攝)

The male of mandarin ducks have bright feather. (by Pei-yu Chang)

「我相信，每個人都有與生俱來的天賦，我的遺傳因子中，潛藏著對生物的熱愛。」目前任職於陽明山國家公園解說教育課的沙謙中，是知名的鳥類專家，曾出版過被暱稱為賞鳥聖經的《忽影悠鳴隱山林》與《台灣溼地鳥的辨識》等書籍，是賞鳥族求知的最佳讀物。

“I believe everyone is gifted in some way, and for me, I have known since I was a little kid that I have a passion for biology.” Sa is a well-known ornithologist who is currently working for the Interpretation & Education Section of Yangmingshan National Park. His two bird watching guide books are highly recommended by bird lovers as “the Bible of bird watching”.

在賞鳥界廣為人知的沙謙中，對鳥類的豐富知識並非一蹴可幾，而是如同他所說的，因為童年時就發現自己對生物極度偏好，才開始花費許多時間與精力，投入鳥類的世界。

「國中畢業時，老師給我的評語是『個性孤僻』。」沙謙中笑著說，沒有人知道他時常在下課僅有的10分鐘，遠離同學，靜默在山邊土堆邊緣，只是為了聆聽遠處鳥類的聲音。

盡信書不如無書

從開始注意鳥類，到想要更進一步認識鳥種，沙謙中唸國中時買了第一本鳥類導覽書，試著自己看圖說故事。「可惜，用圖鑑對照翱翔天際的鳥兒，實在不夠真實。」沙謙中說，按圖索驥的方式對他的幫助並不大，於是他選擇參加賞鳥團體，利用周末假日跟著台北市野鳥學會四處賞鳥。關渡濕地是他最常去的地方，更經常與住在關渡、當時還是學生的前任台北鳥會理事長曾國藩先生請教，學習濕地鳥的辨識，直接採行一對一教學。

偷師半年的沙謙中，從曾國藩身上得到很大的啟發，藉由曾先生獨到的辨識心得，讓沙謙中從看鳥、猜鳥與認鳥間得到成就感，從此開啟沙謙中與鳥類的情緣。

It didn't just happen that Sa acquired his abundant knowledge overnight. As mentioned, he discovered his passion at a very young age, and he has devoted vast amounts of energy to the world of birds. He recalls the teacher making a comment about him being an eccentric and unsociable child. Unlike most children, who play together, young Sa usually spent his spare time between classes alone, listening to birds.

The Beginning of Bird Watching

To further satisfy his interests in birds, Sa bought his very first illustrated bird handbook when he was in junior high school. He soon realized it was not a very practical handbook to identify flying birds. Wanting more than the limited help from the handbook, Sa joined Taiwan Bird Watchers Group, spending weekends in the field with the club, with Guandu wetland as his most visited place. He also asked Kuo-fan Tseng, the former president of Wild Bird Society of Taipei (WBST), to be his mentor.

During a half-year of tutoring, he was greatly inspired by Kuo-fan Tseng. Learning from Mr. Tseng's expert field interpretations of the characteristics and habitual behaviours of different bird species, Sa gradually developed his own expertise at distinguishing birds, and deepened his connection with bird watching.

左頁圖 Left:

家燕是全世界分布最廣的鳥類之一，喜歡大群聚集，是典型的遷徙性候鳥；但也有少部分為留鳥在台灣進行繁殖。

(張培鈺 攝)

Hirund rusticas are one of the most widely spread species in the world. They are typical migratory birds, and they tend to flock. Some of them stay in Taiwan. (by Pei-yu Chang)

右頁圖 Right:

又稱「黑翅長腳鷗」的高蹺鶯，最大特徵是粉紅色的長腳，以及顏色分明的羽毛與筆直尖細的嘴巴。

(黃俊賢 攝)
Straight slender beaks, long pink legs, and bright feathers are distinguishing characteristics of *Himantopus himantopus*. (by Chun-hsien Huang)





從濕地鳥到山鳥

民國71年，27歲的沙謙中砸下辛苦工作賺來的2個月薪資，買了平生第一架賞鳥專用的望遠鏡，更不辭辛勞的連續15個月，每周日千里迢迢的從永和一路搭公車至關渡，只為與鳥類進行更親密的互動。長時間觀察下來的結果，讓沙謙中完成了一本地區性的調查報告書。民國74年，他獲得一個絕佳的機會進入玉山國家公園管理處，擔任解說規劃的工作，這個機會讓沙謙中對自然愛好的範圍更加寬廣。

The shift of his focus

In 1982, at age 27, Sa invested two month's salary in his first pair of bird watching binoculars. Over the next 15 months, he commuted every weekend by bus from Yunghe City all the way to Guandu wetland for bird watching. His diligent efforts on bird research eventually led to the completion of a regional bird survey. His enthusiasm caught the attention of Yushan National Park Headquarters, and they recruited him for educational interpretation and planning in 1985.



數量日益減少的八色鸚，已被列為稀有瀕危物種，主要分布於東南亞。(邱盧素蘭 攝)
The *Pitta nympha* is an endangered species distributed in Southeast Asia. (by Su-lan Lu Chiu)

甫至玉山國家公園工作的沙謙中，起初對生長於高山的山鳥一竅不通，但因從接觸賞鳥人士公認最難辨識的濕地鳥為開端的他，要了解單純的山鳥生態並非難事。本著一貫認真的研究精神，沙謙中經過2年自行摸索探究後，寫了一本玉山國家公園鳥類生態的解說叢書《忽影悠鳴隱山林》，當時還被賞鳥界喻為是山鳥經典之作，讓沙謙中的名字在生態界中慢慢被人熟知。

常見的鳥界謬思

沙謙中對鳥類研究鍾愛的程度，實在讓人難以想像，尤其當他提起鳥經時，更能從微揚的嘴角與清澈的眼神裡，看見不一樣的他。別號鳥博士的沙謙中，聊起台灣的鳥類生態，果然不同，劈頭就先來個迷津解答。

從台灣最常見的候鳥開始談起，沙謙中導正許多人認為冬候鳥遷移的原因，是為了抵抗酷寒。其實真正造成候鳥南遷的原因，是因高緯度的環境在入秋後，大地完全被冰雪覆蓋，鳥類無法找到食物，只好向南飛往不結冰的地方覓食。而候鳥的遷移方向也不一定是南北向，以中國大陸來說，很多鳥類是由東北往西南方向遷移，甚至還曾發現過由英國飛來的候鳥，即是典型由西往東遷移的案例。另外，鳥類在遷移時，為了減少傷亡，大部分會避免飛越不利生存的環境，如沙漠或大洋等。

However, waterfowls had been his specialty. Sa didn't know much about high-altitude mountain birds when he started working for Yushan National Park. Nonetheless, he welcomed this new challenge, and after spending 2 years on self study and research, he compiled his work and published an illustrated book of mountain birds. This book has been honoured as a classic of mountain birds, and Sa truly established himself in ecology circles.

Common Myth about Birds

The passion Sa shows for bird research is beyond common understanding. When he is telling stories about birds, his slightly smiling expression and bright eyes distinguish him as a special person. He commands attention as he clarifies some common myth about birds.

For example, the belief that birds migrate in winter to escape severe cold is a common misunderstanding. In fact, it is because birds cannot find food resources on the snow-covered winter grounds of higher latitudes that they travel to the warmer south with abundant food supply. Additionally, migration routes are not always from north to south. The tendency of birds is to avoid passing over dangerous places, such as deserts or oceans. There are many bird species which migrate from northeast to southwest in China, and there are even birds migrating from England to China, a direction of west to east.

沙謙中提到另一個對鳥類的大迷思，也非常有趣，像是現代人看到佳偶成雙，總會以「只羨鴛鴦、不羨仙」來形容。沙謙中笑著說，大部分的鳥類其實都是「外貌協會」的成員，公鳥求偶時會將飾羽極其所能的展開，而母鳥一定會選擇體型最大、羽色最漂亮的公鳥為配偶，意即最漂亮的公鳥才有交配權。不僅如此，鳥類只要兩性羽毛的顏色差異很大，就代表牠們大都是一夫多妻制，而婚姻關係只短暫維繫於當季，鴛鴦就是典型的例子，而並非中國傳統中「白頭偕老」的典範。

精采鳥類直擊

熟知群鳥的專家沙謙中，更直接點名墾丁國家公園的秋季的過境猛禽、金門國家公園冬季的鷓鴣、曾文溪口的黑面琵鷺等，都是台灣十分具有特色的鳥類景觀。

墾丁國家公園每年9月中旬至10月中旬的日行性過境猛禽，是台灣極具特色的鳥類景觀。台灣島外型所呈現的口袋效應，加上中央山脈的尾稜延伸至恆春半島，使得飛經台灣往南遷移的猛禽（主要為赤腹鷹與灰面鵟鷹），會隨著地形集中在恆春半島，並利用山勢所造成的上升氣流，飛越巴士海峽往菲律賓度冬。說來您可能不相信，赤腹鷹每年秋天經過台灣及周邊的數量，竟然可以達20多萬隻。隨著賞鳥活動的日益蓬勃，每年到墾丁欣賞群鷹漫天的景象，已成了許多賞鳥遊客的年度盛會。



There are some interesting Chinese cultural myths about birds as well. Sa points out that Chinese usually use mandarin ducks or a pair of lovebirds as symbols of a happy couple. In the world of birds, romantic love is not involved, as most species choose their partners by appearance. A breeding male displays its alternate plumage during mating season, and a female responds to the male with the largest size and most beautiful appearance, indicating that physically attractive males win the mating privilege. Furthermore, bird species with more distinguishing plumage differences between male and female usually favour polygamous or polyandrous breeding, and the perceived monogamy of mandarin ducks only lasts for one breeding season.

Bird Watching

Sa points out species, such as diurnal birds of prey flying in Kenting National Park in the fall, *Phalacrocorax carbo* in Kinmen National Park in the winter, and *Platalea minor* at the estuary of the Tsen-wen River are some of the special endemic birds of Taiwan.

Every year, from mid-September to mid-October, large numbers of diurnal birds of prey transiting in Kenting National Park create a phenomenon in Taiwan. The geography of Taiwan island generates pocket environments. The tail of Taiwan's central mountain ranges extends to Hengchun Peninsula, attracting transitory birds of prey (*Accipiter soloensis* and *Butastur indicus* mainly) to flock in Hengchun. These birds take advantage of ascending air streams to soar over Bashi Channel to the Philippines. The numbers of *Accipiter soloensis* flying over Taiwan approach 200,000 every year, and many bird watchers are attracted to this festival.

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何謂「飾羽」？

What is Alternate Plumage?

指鳥類在繁殖期間所增生的羽毛，羽毛展示時，體型越大或色澤越豔麗者，越易受到母鳥的青睞。一般來說，不具繁殖能力的幼鳥或亞成鳥是不會換上完整的飾羽。

Brighter breeding plumage for the purposes of sexual display is referred to as alternate plumage. Usually, young birds don't grow alternate plumage.

Resource :
沙謙中 / Chin-chung Sa

左圖 Left:

屬鷹鵟科的赤腹鷹，每年9至10月中旬會大量過境南台灣，往東南亞及南洋各地度冬。(王徵吉 攝)

The *Accipiter soloensis* flies over south Taiwan during September and October, then moves on to Southeast Asia for winter. (by Cheng-chi Wang)

右圖:

俗稱「灰面鵟」的灰面鵟鷹，因每年10月遠從北半球飛過南台灣恆春一帶，又暱稱為「國慶鳥」。(黃俊賢 攝)

Butastur indicus transit in Hengchun around the time of National Day in Taiwan in October. Therefore, they are also called "the Bird of National Day". (by Chun-hsien Huang)

同樣身為冬候鳥的金門鸕鷀，也是賞鳥族的一大重點，尤其每在賞鳥季下午3到5點間，鸕鷀會以編列的方式由外海飛進慈湖時的壯觀景象，看過的人一定印象深刻。沙謙中說，鸕鷀因為完全以水面下的魚類為食，為了縮短下潛所需的時間，增加獵食的效率，所以鸕鷀的骨髓密度比雜食性鴨子來得高，這就是為什麼我們常看到鸕鷀游泳時，會將大部分的身軀沒入水中的原因。至於稀有的黑面琵鷺，更是一大國寶，這種扁嘴的大鳥僅分布於東亞，目前全世界僅存1,700餘隻，但有一半的數量會來台灣度冬，將曾文溪口當作主要棲息地。

Phalacrocorax carbo is another highlight of migratory bird watching. Around 3 to 5 o'clock in the afternoon in the bird watching season, it's easy to see them flying in formation, as they take advantage of air-stream currents to reduce flying obstructions. Sa adds that *Phalacrocorax carbo* feeds on fish, and naturally the density of its bone marrow is higher than polyphagia ducks to shorten its diving time into the water. As a rare species, *Platalea minor* is a national treasure. There are only 1,700 left in their East Asia habitat, and half of this number transit at the estuary of the Tsen-wen River in winter.

鸕鷀為不普遍的冬候鳥，常採編列飛行，因前方的鳥拍翅所造成的上升氣流，可幫後方的鳥排除空氣阻力，讓飛翔變得更輕鬆。(張培鈺 攝)

Phalacrocorax carbo are uncommon migratory birds. They tend to fly in formation, as they take advantage of air-stream currents to reduce flying obstructions.
(by Pei-yu Chang)



道不盡的鳥類生態，值得細細品味，但如何從賞鳥樂趣中得到啟示，更是沙謙中在乎的要點。「候鳥為了生存，賣力的飛越陸路與海洋，憑藉的只是一雙小小的翅膀……。」沙謙中在賞鳥歷程裡，學會對生命的尊重，而這也是全人類都必須正視的一大課題。

Bird ecology is an interesting subject, and it's important to research information from bird watching to Sa. He enthuses that birds struggle to survive, flying long distances over land or ocean. In his bird watching experience, he has developed respect for all life.

Tips

賞鳥守則 Bird Watching Rules

- 1、勿穿紅衣，以免發出的光譜，對鳥獸造成視覺刺激。
- 2、勿帶哨子、鈴噹等會發出高頻聲響的器具，以免刺激驅離鳥獸。
- 3、選擇望遠鏡時，請以廣角與亮度為優先考慮，雙筒望遠鏡的倍數不必超過10倍；單筒望遠鏡倍數不必超過25倍，即可供賞鳥所需。

1. Don't wear red clothes. They display a spectrum which stimulates birds vision.
2. Don't use any whistle, bell, or appliances with high frequency to drive birds away.
3. For bird watching, binocular should have wide-angle lens, good brightness, and a maximum of 10x power. For a telescope, 25x power is suitable.

Resource:
沙謙中 / Chin-chung Sa

沙謙中 小檔案 Chin-chung Sa



畢業於中國科技大學（原中國工商專校）財稅科。
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