

專訪登山教練歐陽台生

頂峰之境 洞見登山真義

True Meaning on the Summit

An Interview with Mountaineering Coach Tai-sheng O'Young

七頂峰登山隊的凱旋歸國，
全國媒體幾乎是舉國歡騰般的慶賀，
只是在一群真正敬山的人心中，
所看到的絕不只是站上頂峰的征服。

「台灣的登山知識，整整落後國際十幾年！」國內知名登山教練歐陽台生一句如此直接而又深刻的話，道盡了台灣登山教育長年以來的癥結。

歐陽老師從小就是一個爬山的天生好手，從唸書、工作到生活，無不具體將對山的熱愛化為天職，令時任玉山國家公園處長的葉世文署長印象深刻，特別邀請他參與玉山國家公園的籌備調查工作，並在玉山國家公園成立後成為企劃課員，負擔救難、營地、步道、巡山員等工作。

他愛山，但是更愛台灣。在學成歸國後，便把當時在台灣登山教育中種種「不願面對的真相」搬回國內，具體實行一連串的登山教育與推廣，即使初始的路總是寸步難行的。

培養專業訓練 崇拜不能當師資

專訪之初，歐陽老師便出了一個考題，考考讀者對山的概念：如果有登山客不慎跌落山谷、吊在離地面10公尺，離山頂20公尺的懸崖上，請問你會從哪個方向去進行救助？

Taiwan's Seven Summits Expedition Team returned home in triumph, and the media rejoiced together on the success. But to those who are truly fond of the mountains, it was definitely not just a mountaineering feat.

“Taiwan lags far behind the world in its knowledge of mountain climbing.” reflected Tai-sheng O'Young, a renowned mountaineering coach, on the problem of Taiwan's mountaineering education.

This impressed Director Shih-wen Yeh, who was then the division chief of Yushan National Park. Yeh invited O'Young to do the planning of and research on the park. After the park's establishment, O'Young was assigned to the planning department as a rescuer, the campsite and trails maintainer and a ranger.

He loves the mountains, but he loves Taiwan even more. After returning home, he brought to light the harsh reality of Taiwan's mountaineering education and embarked on a series of mountaineering education and promotion.

Heroes Do Not Necessarily Make Professional Trainers

O'Young asked a question to test the readers' knowledge of mountain climbing: if someone falls off a cliff and is hanging 10m above the ground and 20m below the mountain top, how do you go about rescuing him?



站上頂峰之境，應以謙卑之心學習登山真義 / 歐陽台生攝

As we climb to the top of a mountain, we should learn with humility about the true meaning of mountain climbing. / by Tai-sheng O'Young



如果你的答案是由下面上去救？錯！只怕你帶著一堆攀岩的裝備氣喘如牛地爬上去時，已沒有任何力氣再揹負傷者下山了。應是尋找山徑往上攀爬，再用垂降的方式將傷者直接帶下山，如此才是安全快速、省力又省時間的正確救難方法。

在國外登山救助的觀念裡，即使某種救難技術20年來才用的到一次，都是值得的。他們也認為只有經過不斷的實際體驗，才是磨練登山技術的唯一方法，絕不是用閱讀、講課及看錄影帶等方式來學習就算數。

因此，在一連串的登山訓練規劃上，他們不僅安排了1對1、1對2的師資指導，場地的受訓上更直接帶到山脈上實行。每日在攝氏10度上下的室外學習健行、攀岩、滑雪、野外急救等課程。當中更包含在雪厚風大的地區練習搭營帳的技巧、雪崩地區的判斷與救難技術、划下三級瀑布的獨木舟激流考驗等。

「並不是爬了七頂峰，就能當老師。」

對於剛完攀七頂峰的三位勇士，歐陽老師認為政府應更積極栽培這些頂尖的登山者，去培養更進一步的專業教育工作能力，而不是只讓他們的英名徒留於一時的媒體崇拜，就真的太可惜了。

挨罵 才是珍貴的活教材

在加拿大 YAMNUSKA 登山學校將近一學期的受訓時間，讓歐陽老師徹底見識國外登山教育規劃的豐富

Wrong if you say climbing up and taking him downhill, for you can't possibly have any strength left to do that. The right way to do it is to climb uphill and rappel the climber down the mountain. It's safe, fast and time-saving.

Foreigners believe it is worthwhile even if a certain rescue skill is used only once in 20 years. They also believe that only through constant practice can one sharpen his mountaineering skills. Reading or taking lectures will never do.

Hence they offer one-on-one and one-on-two mountain climbing courses — on real mountains. Each day hiking, rock climbing, skiing and wilderness first aid are taught outdoors at about 10°C. Also taught are skills to erect a tent, make judgments, apply aids in an avalanche, and how to roll a canoe down a Grade 3 waterfall.

“Successfully climbing the Seven Summits doesn't transform you into a good teacher outright”

O'Young thinks that the government should proactively develop the professional education skills of the three expedition team members, rather than letting them end up as one-off heroes.

Reprimand as Valuable Lessons

While in Yamnuska, O'Young saw for himself the richness and completeness of mountaineering education abroad. Not only were the courses and the teachers professional, but

與紮實，而不僅僅是課程與師資上專業的表現，在團隊領導與統馭的學習上，更是大大顛覆了包括歐陽老師自己、以及在台灣長年以來所受的被動式教育。

在領導統御的訓練過程裡，須輪流由不同的人當領隊，這是一種稱為“Leadership”的實習課程，這課程要算是登山訓練中最深的一門學問，需具有組織、溝通、傾聽、決策與果斷的能力。

有一次，歐陽老師發現帶隊的人所選擇的路是較危險又耗時間的，便前去向他的指導教練報告，這在台灣負責任流程上，當然是很正常的事，卻見教練跟他說：「你應該直接去找領隊溝通，不必向我說的。」

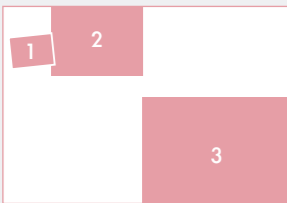
台灣長久以來所養成的階級通報（如凡事須先向老師報告），影響的只會是自我認定的決策能力。一個領導者本應就要有互相信任、傾聽與接受的默契，若團隊間的溝通還須經過層級間的互相報告，只怕正確的判斷未能即時傳達，反而可能誤事。

the learning about leadership differed greatly from the passive mode of education that O'Young received over the years.

During leadership training, everyone took turns to be the leader. This practical class is the most profound of all, as it requires the ability to organize, communicate, listen and make decisions.

Once O'Young found that the leader chose a rather dangerous and time-consuming path, so he reported this to his coach, which is just normal in Taiwan. But the coach asked him to bring this issue directly to the leader.

Taiwanese people have been used to reporting to someone of a higher authority (say, a teacher). This has a negative impact on one's decision-making ability. A leader must trust his team, listen and accept different ideas. Unnecessary reporting only hinders group communications.



- 1, 3. 歐陽老師長年帶領學生於南湖大山及雪山雪訓 / 歐陽台生攝
O'Young has been offering snow training courses on Nanhu Mountain for years. / by Tai-sheng O'Young
2. 基礎的滑落制動訓練，是雪地攀登的安全技術 / 歐陽台生提供
The basic training of self-arrest is a safety skill for snow climbing. / Photo provided by Tai-sheng O'Young



讓歐陽老師更印象深刻的，是一次因拍攝高山景色而脫離了隊伍，他趕緊尋著捷徑，早一步出現於隊友眼前。「先問問妳，如果是妳看到我先一步上山，請試著說說妳的反應可能會是怎樣？」歐陽老師突然停下來，笑了笑問著記者。

「你好厲害喔！剛剛不是本來還在下面嗎？」

「對！這是一般台灣人的反應。」歐陽老師繼續笑著說，「可是沒有，那些外國隊友幾乎是同一時間對我破口大罵。」因為任意改變路徑與獨自行動，加重的都將是隊友間的責任，團隊間更應彼此互助尊重，一起行動，這是在領導統御的學習上最重要的目標與實踐。

原來，大多數國人所擁有的第一反應，都是在鼓舞「違反團隊精神」。

一直到現在，這個「被全體人破口大罵」的經驗，成了歐陽老師在國內指導登山教育時最具體的活教材，因為那幾乎是同一時間的自然反應，表現出外國山岳倫理的教育，是那麼的紮實而徹底。

他山見習 以人為本

「只是，歐美與台灣的環境條件不同，這些受訓又真的適合嗎？」在剛受訓回國的十幾年前，歐陽老師不意外地常接收到這些質疑。

O'Young recalled once where he arbitrarily left his group to take photos of the mountain. He then hurriedly took a shortcut and came ahead of his team. "How would you respond if you saw me came actually ahead of you?" O'Young stopped and asked me, smilingly.

"How did you make it? Weren't you still behind us just now?" I replied.

"This is exactly how Taiwanese people would respond," said O'Young, "but my foreign teammates unanimously scolded me." This is because changing the route or acting alone increases the burden of the team, and everyone in the team should respect each other and act together. This is the most important thing about leadership.

So now I realized that the first response most people have is against team spirit.

As of today, this experience of "being scolded by the whole group" is still shared by O'Young with his students, because the knee-jerk response of all the teammates highlighted how foreigners are so well educated on mountaineering ethics.

Learning from Others on a Human-centered Basis

"But the environment in the West differs drastically from Taiwan's. Is your training suitable for situations in Taiwan?" O'Young was often asked about this when he returned.

歐陽老師表示，美國、加拿大的大陸型氣候較為乾旱，雨季較短，也擁有較多的天然訓練場可方便與山莊與國家公園配合；台灣的多雨氣候與環境地形雖無法完全比照他國的訓練模式來辦理，但至少硬體設備及人為的訓練上能先充實，才能進一步面對大自然的考驗。

如訓練所的房屋規劃，除了基本的教室、裝備室、室內外攀岩訓練所等基本設置，室內外領導統御及重量訓練場所都是很重要的。在技術性方面，從健行的訓練中，可習得基本裝備使用技術（如地圖與指北針）、環境保護技術、危險地形與營地搭帳使用技術等。雪地、溯溪、攀岩技術的訓練等則可從太魯閣適合的地質地形來策劃訓練。另外，搜救人員的訓練（規劃專屬救助團隊）、獨處的基礎求生以及師資檢驗班等亦為重要的訓練項目，其中又以師資的檢驗受訓最為重要，宜請世界級的教練，進行客觀、公正、公平的測驗。

「其實在後來的幾年，已慢慢有人問我，如何用不同方式調整向他國學習的登山方法，能有這樣進一步的接受度，我已經很感動了。」歐陽老師感性的說。

如此，人先充實了，再來面對自然環境的考驗，才能縮短國際登山教育的差距與實行。

善用規劃 拉開國際視野

台灣山岳海拔高，林相變化豐富，溫和濕潤的氣候與多元化的生態物種，是國內外登山的優選勝地之一。在難易挑戰度上，相較於須面臨克服國外高山在氣候上的瞬間零下轉換，台灣山區由於造山運動頻繁，山勢較為陡峭難行，而3,000公尺以下的茂密森林，也造成了地形方向上的判斷不易。

In the U.S. and Canada, it is dry and the rain seasons short. The countries also have more natural training grounds. In Taiwan, much rainfall and the landscape do not allow for the same training mode as in other countries. But before we can tackle the challenge from Mother Nature, we need to first upgrade our hardware and improve the quality of training.

Besides classrooms and equipment rooms, a training school must provide both indoor and outdoor training sites for rock-climbing, leadership and weight training. In hiking courses, one can learn the basic equipment usage, environmental protection and tent erection. For river tracing and rock climbing, the Taroko Gorge makes a good training site. Also, rescuer training, survival skills and particularly, teachers qualification classes, are important courses that should have world-class coaches to conduct fair assessments.

"A few years later, people started to ask how they could use different approaches to adjust to the mountain climbing techniques learned elsewhere, and I was moved by such level of acceptance."

Thus we should first better ourselves before we can tackle the challenges from Nature and improve the quality of mountaineering education and practice.

Plan Well to Lift Taiwan's International Profile

Taiwan boasts high mountains, varied forests, mild weather and various species, making it a top choice for climbers home and abroad. However, the mountains are steep and rather difficult to climb, and the diverse forests below 3000 meters make direction judgment a problem.



1. 1993年歐陽老師於 Yamnuska Mountain School 接受為期一學期的登山受訓 / 歐陽台生提供
O'Young took a one-semester mountaineering training course at Yamnuska Mountain School, Canada. / Photo provided by Tai-sheng O'Young
2. 雪地受訓中，還須接受在雪厚風大的地區練習搭營帳技巧的考驗 / 歐陽台生提供
During the snow training, one has to learn to erect a tent in heavy snow. / Photo provided by Tai-sheng O'Young



異國間不同環境氣候的地形山勢，都是登山者在實力上欲自我檢測的目標與規劃，當東北亞第一高峰的玉山，逐漸在世界新七大奇景上嶄露頭角，也使得台灣的百岳群峰拉開了國際上的能見度。

當在世界上的知名度拉開後，環境的承載力自然增加，控管上面的考量也變得更重要些。以玉山國家公園而言，歐陽老師認為若能善加規劃八通關日據越嶺古道的規畫利用，以其豐富的生態資源與歷史人文，必能使之成為國際有名的山岳越嶺道，亦可分散遊客，不致反向地造成山林的傷害。

在這有著福爾摩莎之稱的寶島山岳殿堂，自然擁有著不輸國外的山岳美景，與山林教育的親近學習，所得到的絕對是最佳的能量與成果效益。

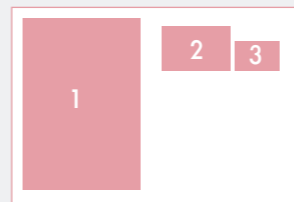
處在這片山的故鄉，不妨試著天天與山對話，你會發現，心中的那塊嶺峰不自覺也完攀了，並且能領略到更多的頂峰真義。

Climbers aspire to challenge themselves with different weather patterns and mountains in different countries. As Mt. Jade, the highest peak of Northeast Asia, rose to prominence in the world, it has also drawn the world's attention to the mountains in Taiwan.

This, however, comes with greater responsibility in management and environmental protection. Take YSNP, if the Batongguan Traversing Trail could be better planned, its rich ecological and cultural resources will surely make it known to the world and lessen the burden on the mountains and forests.

Taiwan's beautiful mountains are second to none. If you go out and embrace Nature's beauty, you could benefit far more than you could ever imagine.

Since you are on this mountainous island, why not go talk to the mountains? Perhaps you will have some unexpected discoveries and one day begin to truly appreciate the essence of climbing.



- 1. 他山見習 以人為本 / Jakub Cejpek 攝
Learning from Others on a Human-centered Basis / by Jakub Cejpek
- 2-3. 2004年美國救難專家來台為民間救難團體進行救難員的訓練 / 歐陽台生提供
In 2004, rescue experts from the U.S. came to Taiwan to train rescue workers from local rescue groups. / Photos provided by Tai-sheng O'Young

甌陽台生老師簡介 Profile of Mr. Tai-sheng O'Young

長年在雪山舉辦雪訓的歐陽台生，自從在國外的登山學校研習歸國後，便長期投入台灣的登山訓練工作，對於登山安全的要求和高山環境的保護多所著力，為國內知名登山教練，目前擔任苗栗全人中學的登山課老師。曾任玉山國家公園企劃課員，並負擔救難、營地、步道、巡山員等工作。

O'Young has been offering snow training courses on Syue Mountain. After he returned to Taiwan from Yamnuska Mountaineering School, he devoted himself to mountaineering training and contributed a lot to mountaineering safety and mountain protection in Taiwan. He is a celebrated mountaineering coach and is teaching at Holistic Education School in Miaoli. Ouyang was assigned to the planning department as a rescuer of YSNP, the campsite and trails maintainer and a ranger.

