



# 轨迹

## 15岁留学到美国

*Shirley*

准备赴海外留学的学生及其家长参考阅读  
是一本父母想看 孩子爱读的书

和绮◎著

走  
和我一起去  
美国留学吧！

赴美求学女孩的生活全景双语图文直播

15-year-old  
student to  
the united states



机械工业出版社  
CHINA MACHINE PRESS







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走，和我一起去美国留学吧！

《轨迹：15岁留学到美国》是一本关于一个赴美求学女孩的生活全景双语图文直播的图书，从大量生动有趣的故事切入，自孩子切身感受出发，通过孩子自身的语言与视角，引发对中美两国教育理念、教育实践和教育效果等方面的深刻分析、比较和鉴别，以及对教育真谛的思考与探讨。

本书适合准备赴海外留学的学生及其家长阅读，是一本父母想看、孩子爱读的书。

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# DIAMOND HEAD STATE MONUMENT

## 出版说明

小作者和绮是一个学习成绩非常棒的孩子，这样的孩子为什么要出国，而且在小小年纪的高中？到底是轻松考上北大、清华，还是到国外从头努力适应？和绮面临的的是一个“育分”与“育人”的选择。2011年，和绮放弃了直升高中而选择远赴美国，寄宿美国学校，读公立高中9年级。一年中，和绮经历了文化的巨大差异，体验了从中国教育环境到美国教育环境的转换，也获得了语言、探究、适应、生活自理、沟通交往等诸多能力的提升。

《轨迹：15岁留学到美国》从大量生动有趣的故事切入，自孩子切身感受出发，通过孩子自身的语言与视角，引发对中美两国教育理念、教育实践和教育效果等方面的深刻分析、比较和鉴别，以及对教育真谛的思考与探讨。面对美式教育、欧式教育、日式教育、韩式教育等等的对华来袭，最为纠结的就是中国的家长们。他们纠结于应试教育与孩子的个性及自由成长之间，他们疑惑于国内排名、世界排名以及孩子的未来学业和事业规划之间。面对孩子繁重的课业，面对唯分数为第一的中考、高考，很多家长都在想一个问题——什么样的求学方式最佳？什么样的教育对孩子未来的幸福指数加码最多？

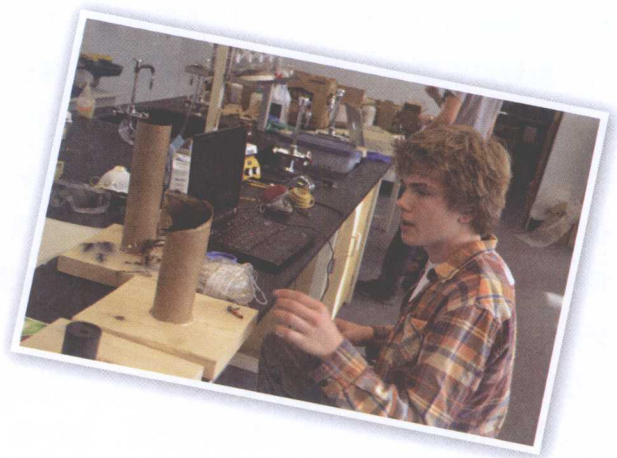
究竟应不应该把孩子送出去，什么时候送出去？想申请到一个好的学校需要做什么样的功课准备和心理准备？出去后，孩子要怎么面对国外的陌生环境，要怎样应对吃、穿、住、行、学业、谈恋爱、校园暴





力、毒品等一系列问题？送孩子出去，究竟想让他学到什么，毕竟现在的“海归”很多真的成了“海龟”。通过阅读本书，您或许能够找到这些问题的答案。

本书能够出版还要感谢和绮的小伙伴们，他们帮助和绮拍摄了大量的留学美国期间的学习和生活的照片，他们分别是石岩、冯枫、付寅昊、李笑宇、武洋、赵默、胡爽、李肖雨、徐铭、谢莉斯、张梦笛、刘富宇、蒋凤石。





没有什么比见证一位小朋友的成长更加激动人心了。跟和绮相处的这些年，她一直用自己小小的坚持，挑战自己，不断给人带来惊喜。和绮热爱写作，初中时就在学校创办过校刊杂志。她曾“扬言”自己要写一本书，没想到这小家伙说到就真的做到了，竟然还自己翻译自己的作品，以中英文对照的形式出版，这种行动力出乎我的意料，不由得心生敬佩。

近年来，对于留学低龄化的现象，不同的声音褒贬不一。大洋彼岸的学习生活究竟是什么样子？中国的孩子们赴美国读书是否利大于弊？小作者和绮用自己的真实经历和感受展现了当代小留学生们在海外求学的酸甜苦辣。

我们通常认为美国高中生的生活十分清闲，和绮的经历却反映出留学生们不一样的忙碌。除了在学习上每门课程都要拿A之外，学校还要求学生在艺术和体育方面有自己的一技之长。和绮的很多艺术作品都可以达到专业级的水准。体育方面，和绮还是一位网球健将。我们通常认为，中国留学生善于学习，而不善于参加课外活动。和绮的经历却告诉我们，中国留学生在美国积极宣传中国传统文化，中国留学生也可以在美国的高中担任学生领导，为全校学生组织课外活动。我们通常认为，中国留学生最终还是会和中国学生“抱团”在一起，不愿意与其他国家学生交流。和绮的朋友圈里却有美国人、韩国人、欧洲人，甚至还有不







丹的皇室成员。我们通常认为，中国留学生大多是独生子，不懂得服务和付出。和绮和她的小伙伴们却每天参与学校的垃圾回收、食堂的刷锅做饭以及放牛甚至清理牛粪的工作。

回想几年前初次见到和绮时她青涩的模样，害羞的她不愿意过多表达自己。而现在，她落落大方，通身的小艺术家气质，工作起来井井有条，自律而独立。此间的变化和她的经历值得细细品味。

通过本书和绮发出了中国小留学生的声音，打破了许多有关中国留学生的传统偏见，真实地展现了中国小留学生们如何决定留学美国高中，他们在美国的艰辛与挫折，他们的奋斗与收获以及他们的辛酸与快乐。他们在海外相依为命，又在不同文化相互碰撞的冲击下更懂得欣赏自己的传统文化，并积极融入美国社会。每一位中国小留学生都是文化的使者。他们在懵懵懂懂间独立完成成长的蜕变，他们承受着身在异国他乡的孤独和挑战，他们都是历经风雨的小英雄。

冯枫





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Project week

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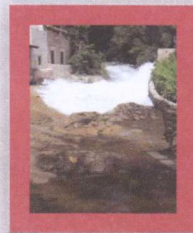
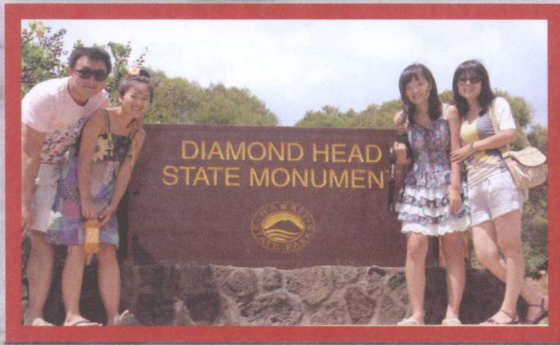
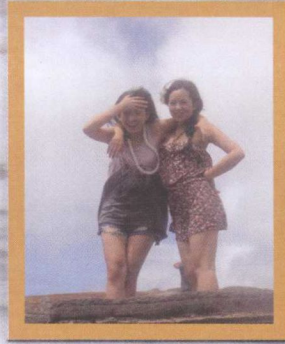
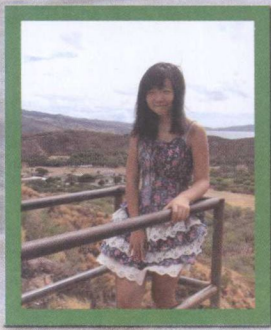
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## 遇见：“噩梦”的开始

我的留学之路开始于两年半前一个月黑风高的夜晚。在我初二上学期的某一天，常年工作忙、很少回家的爸爸终于回来了一次，我坐在沙发上看电视，听他说他新产生的想法。是的，就是出国！去美国读高中。他产生这个想法的原因很简单，他听给他讲经济学的老师说自己的女儿为了去美国最好的高中——菲利普斯，按照学校的要求一个人坐飞机去香港面试。我爸觉得这种事情很能锻炼一个女孩子，觉得美国学校这种教育方式特好，所以就萌生了把我也送去美国读书的念头。但是，那个时候在我的心里，去美国上学（而且还是高中！）是件很遥远又难以想象的事情。

那时，我在山西最好的中学——山西大学附属中学的初中部，成绩还算不错，目标一直都是升入附中的高中部，也是当地最好的高中。高中部教学楼有个很得瑟的名字叫展翅楼。我从小学开始一直激励自己的目标就是走进展翅楼。虽然我很讨厌那种出产“书呆子”的地方，但是走进它的优越感一直都吸引着我。人的天性就是不断变得更好嘛！我也是个俗人，所以一直都追求这种被大家公认为好的东西。那个时候，我一直认为自己会顺利地走进高中部的教学楼，然后去北京读个还算不错的大学。更

何况，我当时也从未想过要一个人去离家那么远的地方读书，不知道多久才能回家一次。想到在一个完全陌生的地方，和完全陌生的人相处，不同的生活习惯，我毫不犹豫地选择了拒绝，拒绝这个在我眼里没有任何可取之处，并且会完全让我失去对未来掌控的提议。我倔强的性格正是遗传自我爹。他坚持想让我去，而我坚持不想去。于是他就采取了步步为营、逐步击破的方案。

首先，在我极力抵抗出国的情况下，他还是给我引见了一个在留学机构工作的英语老师。那是2009年“五一”长假的前夜，我记得很清楚，那天晚上我回家像平常一





# 1. The beginning of everything

Two years ago, the most important idea of my high school life first appeared on a horrible night with rattling wind. One day during the first semester of eighth grade, my father, always busy with work, came home and told me that he had a new idea. While my eyes were still glued to the TV show, the words “American high school” suddenly came up. What? High school in the US? It was an easy process for him to come up with this idea—my father had heard that his business professor’s daughter went to Phillips Academy, one of the best high schools in America. The “Phillips Girl” had been asked to interview alone in Hong Kong. My father was impressed by this education methodology and felt it could help me hone useful skills for individual life, so he proposed this risky idea to me. However, to me, studying in America was an unbelievable idea.

At that time, I was studying in a middle school attached to the best high school in our city. My goal for many years had been to study in that high school—I had been able to see it on my way to school everyday since I was a sixth-grade student. The academic building of my dream high school had a lofty name: “Soaring Building.” It had a wave-shaped roof on the top that looked like a pair of wings to symbolize spreading your wings to fly higher. That was an interesting place because it included many uncouth people but also a lot of people with incredible creative ability. I kept pursuing this goal and I believed I could walk into the “soaring building” some day. At that time, my idea of a university was a famous one in Beijing; I had followed the road that I had planned for a long time. My father’s proposal destroyed all my plans and took me into an unknown space. Also, I had never thought about living that far from home as a student. I did not even know how often I could return home. I thought about living in a totally strange place, getting along with people who have a totally different cultural background than me and trying to adopt another life style. I said NO without hesitation. I







样看电视、写作业，然后接到我爸的电话让我跟我妈一起  
去饭店吃饭。我走进饭店包间草草扫了一眼桌边的人。忽略我爸，目光直接跳到这顿饭的中心上，看到那个传说中的英语老师Tiffany，好淑女啊！还蛮漂亮的。想想小学的那个经常暴走的英语老师，这对比……有种无法言喻的奇妙的感觉。旁边就是她那五大三粗的男朋友，我进门的时候，他正站起来往衣架上挂衣服。看了他的身高，我表示这包间的屋顶压力很大。在旁边，我愣了一下。还有武洋父子！武！洋！这是什么概念。我爸完全把他当成我未来的楷模和典范啊！武洋的爸爸和我爸爸是好朋友。常有联络。武洋他爸也是早就有了让武洋出国读书的念头，所以武洋已经在准备托福了。那个淑女英语老师现在就在辅导他。看到他的一瞬间，我就觉得这顿饭没法好好吃了。在我爹妈眼里，武洋又乖又有上进心，他的英语成绩受他爸的熏陶从小就很好。让我这个从小最讨厌英语的孩子情何以堪啊！在这里着重介绍一下武洋同学，因为他

在后来成了我留学路上最常听到的一个名字。小时候大家最

讨厌的事情，莫过于爸妈在你做不好一些事情的时候说：“你看人家谁谁谁，学习又好又有上进心，从来不让家长操心。人家的孩子都是学累了自己都不愿意休息，生怕浪费时间的。”这个“别人家的孩子”，对于小时候的我来说，一直都是噩梦。而自从我开始接触留学这条路的时候，武洋于我就变成了那个“别人家的孩子”，时刻以这种特别又变态的方法激励我前进，变成像他一样的学霸。我一整顿饭都在思考我爸又有什么阴谋，想威逼利诱我去留学。



could not accept an idea that would make me lose all control of my life.

Nevertheless, I inherited my obstinate mind from my father. As a result, he held onto his opinion about me studying in the US, while I maintained I would not make a huge change like that. Then, my father decided to use a strategy to persuade me step by step.

First of all, even though I really disliked his high school plan for me, he still introduced me to an English teacher who helped Chinese students apply to American schools. That was the night before the International Worker's Day vacation, and I still remember every detail. My father asked me to have dinner with his friends. When I first stepped into the restaurant, the first person I saw was Tiffany. She was the English teacher my Father had told me about. What a beautiful and mild lady! In contrast, the fat, rude English teacher in my elementary school was very different from her. Beside her was her strong boyfriend. When I came in, he was standing to hang his jacket on the hook. His height made people feel that the ceiling of the room was too low.

And then, I saw Yang Wu and his father. Yang! Wu! What did this name mean to me? My father repeatedly mentioned him to me and wanted me to learn from him because he thought Yang Wu was perfect. His father and my father were good friends and kept in touch with each other. Yang Wu's father wanted to send Yang to a US university for a long time and Yang had started to prepare for the TOEFL with Tiffany's help. The moment I saw him, I knew that I would not be relaxed throughout this dinner. In my parents' mind, Yang was always well behaved, always made progress and was good at English because of his father's influence. How could I be comfortable with such a person when I hated English so much? His name appeared frequently during my preparation for American high school later. When I was a little child, the most horrible thing for me was my parents telling me to follow and learn from "better" children when I did not do things well. This is the same nightmare for every Chinese child. Yang was one of the "better" children for me and prompted me to keep going and to do better. During the whole dinner, I kept wondering if my father had concocted a plot to force me to study in an American high school.







## 下个路口见：第一次走近美帝

很快，我就被我爹告知：暑假要去芝加哥一个私立高中，去参加一个半个多月的夏令营，如果回来以后我还是不想去留学，他就不再提这件事了。

于是我满怀信心（当然了，是坚持自己的原则，死都不要去美国上高中的信念）开始了第一次去美利坚的冒险……签证是Tiffany帮我办的，在这里要纠正大家一个错误的观念：很多人都觉得美国签证很难过，经常会被拒，但其实我从第一次到现在从来都没有被拒过，每一次都是两三分钟就过了。只要材料准备充分，没有造假的部分，这样一般都会过的，尤其是去那边读书的。就这样，在暑假的某一天，我和比我大两岁的如如（patty），还有另一个呆呆的男生踏上了去芝加哥的旅程。这十三个小时是漫长且无聊的，但是有一件事情是一定要记得做的，那就是填好入境表，下飞机以后过海关的时候需要它和护照。记得下飞机的时候要赶快冲到最前面，过海关的时候总是要排好长的蛇形队，跟世博会一样！如果不想在队伍里等太久，就加快脚步吧！

漫长又难受的十三个小时过去以后，我有点小忐忑地下了飞机，第一次踏上美国这片传说中的土地。对我来说，尤其是英文那么不好的我来说，尤其是还没怎么真的把英语用作交流工具的时候，还是有点小恐慌的。那天芝加哥在下雨，我们三个拽着行李箱出来以后，经过一番折腾才找到了来接我们的司机。一路上都是绵绵的小雨，路边人烟稀少，是大片大片的树林。我盯着窗外，大脑放空了两三个小时以后，车子停到了一栋以正中垂





## 2. The first time in America

Finally, my Father told me that I had to spend three weeks at a summer school in Chicago. If I still did not want to go to an American high school after the summer, he would not mention it anymore.

I was pretty sure I could hold my principle of not going to American high school even if I went to the summer school for three weeks. I finished the visa application with Tiffany's help—it was not as hard as people had described. Then, I boarded the plane to Chicago with Patty and an older boy.

After thirteen hours of suffering, I walked nervously out of the airport. It was my first time being on this continent! I was not good at speaking English at that time and I had never used English to communicate with others, so I actually panicked a bit. It was raining in Chicago that day and it was difficult to find the driver whom the school, Lake Forest Academy, had sent to pick us up.

Lake Forest Academy. I was trying to imagine what the school looked like when I was driving through the forest. After two or three hours, the car stopped in front of a white building. We took our baggage and walked into that building. When I opened the door and walked in, I almost tripped over all the different baggage that was crowded together. There was an elevator on my right side and a really long lobby further beyond. There was a piece of paper stuck on the wall, saying "Girls Only"; another side was "Boys Only." We did not even have time to look at the lobby clearly before a woman with long white hair approached us and asked us if we were here for the summer program. I nodded and followed her. She gave us a folder that contained some important information sheet like the school map, our schedule, an English dictionary, and our room key.



My room was the center-most downstairs. I stared at the wood door and took a deep breath to prepare for the first meeting with my future roommate. I opened the door, what? No one was here? Okay...There were three beds; two of them were already occupied with some





直线对称的长条形房子前面。我拖着箱子和如如还有那个呆呆的男生一起走了进去，差点被门口堆着的各种大箱子绊倒。走进去以后右手边是个电梯（一共两层加地下一层的房子要电梯做什么？）再往里一点，就能看到每一边都有一个长长的走廊。右边的走廊旁边贴了张纸，上面写着girls only，左边是boys only。看来这个应该就是男女一起的宿舍了吧。这时，有个白色中长发的女人走过

来，超热情地问我们是不是刚到，来参加夏令营的。然后她就把我们带到屋子中央的一个长桌边上，给了我一个文件夹（里面是各种资料），一本英语词典，一把房门钥匙，还有各种枕头毯子“神马”的。她先带我去去了我的房间，在一层的最里面一间。我看了看木质的门，吸了口气，准备面对我的未知室友。推开门，咦？没人？又是一个长方形的房间，一共有三张床，其中两张上下连在一起的靠左边墙摆着，另一张床铺摆在右边靠墙，下面是一片空地。左边的下铺和右边的床上都已经铺好了，我只能把东西全扔在左边上面的床上，继续打量这个屋子。进门以后正对面是窗子，两边床的中间是两张靠窗的桌子，正对着摆放，上面摆着乱七八糟的书和电脑。挨着左边的床靠门还有一张桌子。似乎那两个人都挑了最好的地段呢！（这不是必然的么？只恨没有早来一天啊！）我刚把包都放在靠门桌子上，就有人推门进来了。是三个中国人，我顿时开心轻松了好多！没等我做出反应，一个头发卷卷的短发女生就先迎了上来：“你是刚来的吧？我是May。”后面两个人也插了进来，“我叫Fiona，也叫绮子。”另一个长得很瘦小的说：“我是Lucy。”简短介绍了一番以后，May坐到桌子前面打开电脑，继续她们进门前的话题。我脱了鞋站在我的桌子上看了看床上一堆白色的毯子和床单。Fiona主动问我要不要帮忙。这种时候也没什么好客气的了，我说了谢谢就把床单的一角扔给了她。虽然她看起来只是爱打扮的小女生，铺起床单来倒也很麻利。我把手机和电脑拿出来，再把包里带的小说《燕尾蝶》拿出来放在枕边。

无力地走上楼准备去看看如如的情况，我进去的时候她正在收拾东西。我看到她桌上堆着的三四个转换插头，顿时眼前一亮。马上冲过去问她是不是都可以用，她也不是很确定但是还是借给我两个。life saver啊……我抱着两个转换插头跟她闲聊了两句就下楼去了。但是如如这个“不确定”还真的包含一定风险的，当天晚上，当我用如如的其中一个黑色转换插头给电脑充电的时候，摸到它微微有点发热，我心里暗暗想这肯定是在充电了。于是我安心地坐在桌子前面开始查单词……那个绿色文件夹