



走出安樂園

Get Out of Your Comfort Zone

——留美生活札记

包思斯 著



贵州人民出版社

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自序

近年来,出国留学风潮持续高热。由于没有国内大学生留学要求的托福(TOEFL)考试压力,很多低龄学生在初中或高中阶段就来到美国,从而形成与日俱增的“小留学生群”。出国留学人群日趋低龄化导致目前18岁以下的小留学生已占中国留学生总数一半以上。

于是,各种小留学生们留学海外的故事频频见诸各种媒体,成为人们关注的热点。有人对此发出疑问:小小年纪出国留学,利大还是弊大?“镀过金”的文凭是否更有价值?他们在国外的生活究竟怎样,是自强还是放纵?如此多的疑问使人们希望更多地了解小留学生们在异域他乡的真实情况。我作为祖国改革开放后出生的独生子女,15岁来到美国,四年来,在异国他乡经历了许许多多的酸甜苦辣和喜怒哀乐。现在,把记忆中的一个真实的故事写出来与大家分享,希望让有兴趣了解我的读者通过阅读这本小书体验我在异域他乡的景遇,并希望能够为年龄在10~17岁之间有留学打算的学生及父母们提供一些参考和帮助。

在本书中,大致勾勒了我这几年异域生活和学习的历程,从中较为真实地反应了美国教育的近况,这些应该对那些在中国教育体制成长起来、即将出国留学的同学们有所帮助。留学美国,不单是对自己英文水平和学习能力的锻炼,更是对自己生存能力、价值取向的培养和对自己做人标准的重新审视。既然走出了国门,我们就必定会面临很多新问题和新考验,是等到最后一刻不得不去面对现实的时候再想办法解决,还是

早做了解,有备而去,迅速融入那个看似陌生的世界呢?答案当然是后者。

对于种种小留学生及家长们普遍关心的热点问题,我在本书中尽可能以自己的亲身感受做了分析。比如,来美国的小留学生怎样才能快速掌握英文而不忘中文?什么时候是小留学生出国的最佳年龄?一些最著名的美国大学是否就适合所有留洋学子?美国人自己又是怎样走出他们的“安乐圈”的等等。书中涉及的这些问题,相信对有志于到美国留学的同学们会有一些益处。

需要强调的是,书中的一些看法与建议纯属我自己的感受,书中对某些问题的描述与评论也只代表我个人的观点。作为一本抛砖引玉之作,我非常欢迎大家对我这本很个人化的小书进行批评和指正。我真诚地期望本书能帮助和我同龄或比我更小的同学们在他们追梦的历程中尽快找到适合自身发展路径和方法,增强适应现实、改变现状的勇气和毅力。

考虑到小留学生英文学习的需要,我以中英文对照的方式写作此书,目的在于让读者在阅读时能够提高英文阅读能力,从而做到一举两得。

包思斯

2006年8月

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Acknowledgement

The book is what it is today because of many special people. I would like to say special thanks to my uncle, my teachers, my family, and my friends. Most importantly, this book is dedicated with appreciation and love to my parents.

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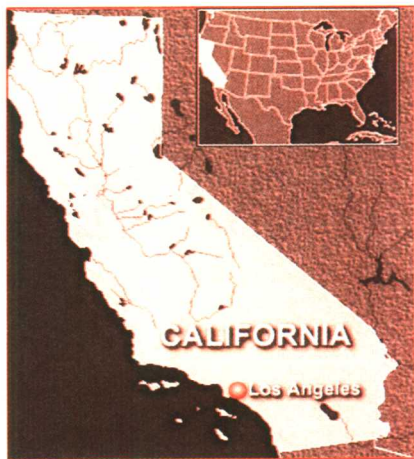
ABC 还是 CBC

A.B.C or C.B.C



The State of California, especially Los Angeles and San Francisco, is a perfect example of the “melting pot” in America. In the 1980s, the city was strengthened by people who immigrated to this area from diverse backgrounds. These people came from mainly Latin America, Asia and the East Coast of America. Asians immigrated to the United States during the 19th century and many chose to inhabit California permanently, especially in Los Angeles and San Francisco areas. According to U.S. Census Bureau statistics, the population of Los Angeles County was 3,485,398 in 1990 and increased to 9,519,338. Within a decade, the population growth exceeded 6,000,000. According to the population census of 2000, the percentage of Caucasian American population in California was 59.5%, which of African American was 6.7%, Hispanic or Latino was 32.4%, and Asian was 10.9%. On the other hand, the population census of 2004 estimated that the percentage of Caucasian American, African American, Hispanic or Latino and Asian were 63.0%, 6.2%, 34.9%, and 12.4% respectively. Nearly two percent of population growth rate can be seen within that short period of four years.

Looking closely at the population census of 2004 in particular cities of Northern California, I found an exceptionally and astonishingly high percentage of Asians



Los Angeles 的位置



美国的加利福尼亚州,特别是旧金山和洛杉矶地区,是集中显现美国思想的文化熔炉。这两个地区是在 20 世纪 80 年代由来自拉丁美洲、亚洲和美国各地的新移民的共同努力下繁荣起来的。加州亚裔从 19 世纪中期开始移民美国,他们大部分选择在美国西海岸的洛杉矶和旧金山驻留,并逐渐在当地扎下了根。据美国人口普查局报告显示,洛杉矶区的人口从 1990 年的 3485398 人增加到 2000 年的 9519338 人;短短 10 年,有了超过 600 万人的增长。根据 2000 年的美国人口普查,加利福尼亚州白种人占总人数的 59.5%,黑种人占 6.7%,西班牙或拉丁裔人占 32.4%,亚裔人占 10.9%。用 2004 年的新数据来对比,加州白种人占总人数的 63.0%,黑种人占 6.2%,西班牙或拉丁裔人占 34.9%,亚裔人口为 12.4%。四年来,加州亚裔人口比例就有了近两个百分比的增长。

细看 2004 年加州南部一些城市的人口调查数据,亚裔人口增长速度让人非常吃惊。Monterey Park 市的亚裔人口数居第一位,占总人口的 61.8%;21.3%的白人成为了该市的“少数民族”。其后的南加州的 Rosemead 市拥有 48.8%的亚裔人,位居第三的 Alhambra 市亚裔人口为 47.2%,Arcadia 市 45.4%的亚裔人口排名第四,紧跟其后的 Diamond Bar 市亚裔人口为 42.8%。此外,加州南部的 Irvine 市、Temple 市、West Covina 市等等,都拥有庞大亚裔人口群。这些都是“中国城”外的中国城。同时,加州北部的整个旧金山地区 2004 年的亚裔人口比例已达 33.2%,数字更为惊人。到 2004 为止,除加州亚裔人口比例高达 12.1%以外,新泽西州、纽约州、华盛顿州、马里兰



within the population. First, and the foremost, the city of Monterey Park had 61.8% of Asians, which surpasses the 21.3% of Caucasian population that is now the “minority group” of the area. The city of Rosemead had an Asian population of 48.8%. Third on the list was the city of Alhambra, which had a 47.2% Asian population. The city of Arcadia, which ranked fourth, had 45.4% of Asian. The city that ranked No.5 was Diamond Bar, which was reported with an Asian population of 42.8%. Besides these five cities in Southern California, cities such as Irvine City, Temple City and West Covina City also had high percentages of Asian people living there. These cities have become by no means the real “China Towns” compared to the well-known attraction, “China Town”. Likewise, the statistics of the Asian population in San Francisco County was also equally surprising. By 2004, the Asian population had reached 33.2%. Besides California, other states such as New Jersey, New York, Washington, Maryland, and Nevada also have enormous numbers of Asians.

4

Before I came to the U.S. at the age of fifteen, my father decided to live in Hacienda Heights, a city in the Los Angeles County. Hacienda Heights is full of Chinese and Korean immigrants because cultural similarity has made living convenient for the two races. When I got off the flight from China to America, arriving at LAX international airport, I immediately heard the familiar Chinese conversation that my father was having with a friend. At that moment, I realized that the battle between the two distinct languages and cultures was beginning to take place within me, as well as in other Chinese students who would study in the U.S.



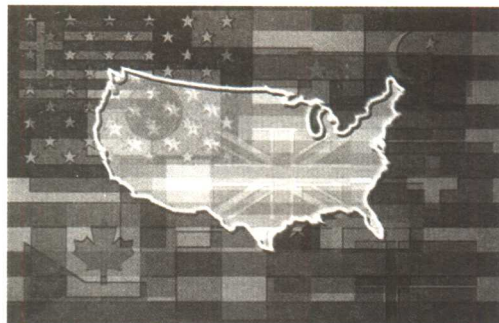
州、内华达州等地也有较多的亚裔人。

在我 15 岁来到美国时，爸爸就已帮我选择了住在加州南部的哈仙达高地(Hacienda Heights)。到达洛杉矶 LAX 国际机场不及一小时，就不断听到爸爸与朋友熟悉的中文谈话，这熟悉的乡音使我意识到了一场语言和文化的碰撞将会发生在我的身上，将会相伴在无数的中国小留学生的留学生涯中。

记得在高中十年级的一堂英文课中，我们学习在信息化的时代，各种族裔及其文化在美国这个“大熔炉”里共同生存、融合、发展和由此产生的社会问题以及对美国人观念的影响。在美国的电视节目或电影中，对这类问题带有不少偏见，这往往影响了美国观众，特别是年青一代。因此，当同学们发言讨论到美国白人，他们的固定联想模式(Stereotype)为普遍有钱、身材高挑和社会地位较高；谈到西班牙裔人时，模式是做苦工、矮胖和社会地位普遍较低；非洲裔人的模式则是大多有南方口音、运动细胞强和社会地位较低；美国亚裔的模式则是学习能力强、身材矮小，且社会地位普遍不高……我听着每个学生的发言，陷入沉思：同学们的观点是否是种族之间仅因肤色和习俗不同而互相误解、疏远、轻蔑和厌恶的原因？

在这堂课上，我学到了一个新的英文单词：“FOB—Fresh Off Boat”，它是非美国出生的或没有被美国化的亚洲新移民的代名词。就像字面所说，历史上的第一批华人从海上漂泊到美国西海岸，下船后，由于他们看上去既肮脏又贫穷，保留着自己的习俗，不会说英文。在当时备受歧视的环境中，是他们与后代的不懈奋争和拼搏，美

In my 10th grade English class at a public school, I remember that we were studying the sensitive social issue that had been created by the physical differences of all ethnic groups. The media



世界的移民组成了今天的美国

“helped” Americans, especially gullible teenagers, build up prejudice against different races by running television programs and movies that supported and used stereotypes of different races. In our class, students discussed “stereotypes”, or labels, that each race creates to identify different ethnic groups. For example, the stereotype of Caucasians was that they are tall, have high political and social status. The stereotype of African-Americans was that they had Southern accents, athletic qualities and a relatively low social status. The physical distinctiveness caused segregation and sometimes, abhorrence among the different people. I admired the braveness of everyone in the class, to candidly talk about such sensitive topics in a class full of students of all ethnicities, could not be an easy thing.

In addition to what I learned in that class, I also learned a new English idiom, FOB (Fresh Off the Boat), which is a negative name given to immigrants from Asian countries. FOB (a term with a negative connotation) initiated by American Caucasians, was initially used to refer to European immigrants. After the Europeans immigrated, the very first



籍华人才一步步踏进美国社会,从而被美国化(Americanize)。其实,“FOB”作为一个贬义词,最初是美国人为欧洲新移民戴上的帽子。这个曾被美国白人(欧洲老移民)用来贬低欧洲新移民的用语,现在流行于一些美国出生的华人(American Born Chinese,简称“ABC”)中间,用来嘲讽刚从中国移民过来的同龄人。这种现状确实让我们这些出生在中国内地的“CBC(Chinese Born Chinese)”对这部分“ABC”感到失望与无奈。大家都是龙的传人,仅仅因为出生地的不同,就因为初来乍到而成为他们的笑料么?

在我就读的公立高中里,有 64% 的学生是黄皮肤的亚裔。我深深体会到,作为一个小留学生,不但要面对新的语言环境与学习压力,还要学会处理与不同文化观念的同龄人之间的人际关系。随着中国日益强大,世界各国包括西方发达国家越来越尊重我们,但多少仍然存在着对中国人的偏见。同根同源的华裔学生,受身边环境的长期影响,对在中国本土出生的学友存在一定距离感是完全可以理解的。刚到学校时,我发现同学之间有明显的界限。无论何时何地,“ABC”们有着自己的圈子,大陆小留学生也有着自己的圈子。

我有一位在台湾出生的朋友,小时候就来到美国。一次午餐时,我和她正用英语交谈,另一位从中国内地来的同学用中文问我们。这时,我的朋友用一种异样的目光盯着这位中国留学生,爱理不理地用英文作了回答。面对这一幕,我突然有着一一种说不出的难过与愤怒。我们都是中国人,但在遥远的大洋彼岸,仅因为文化背景和语言背景的不同,却产生了如此的“隔阂”。



group of Chinese gold diggers began to come from overseas to America. After they got off the boat from a long journey on sea, these new immigrants were poor and dirty. They did not know English and kept their Chinese language and traditions. Nowadays, FOB is a popular name that American Born Chinese (ABC) people use for newcomers, often from their parent's hometowns. I feel disappointed and frustrated with the current prevalence of this attitude in the new ABC generation. Although our birthplaces differ, we are still descendents of the dragon.

During 10th and 11th grade, I attended a public high school that had an Asian population of 64%. As an international student, I had to adapt to a new study environment and learn how to face the pressures that were results of study and relationships with people, especially the relationships with Asian-Americans. Although China has developed tremendously and has earned the reverence of other nations, some inequality between the races still exists. The gap between different cultures and beliefs can be felt simply by the way Asian-Americans and Asians behave in school. During break and lunch time in high school, Chinese students have their group; Koreans students have their group; Mexican students have their group; Asian-American-



民族熔炉——美国



为了尽快适应这种环境,我来美国后,没有立即结交一帮中国朋友,如果这样做,虽然自己可以舒适地生活在熟悉的语言环境中,实际上这是在减少练习英文的机会。在美国学习,必须珍惜异国的语言环境,尽快跨过语言关,才能通过语言的“桥”与“路”到达学习和生活的主干道。当然,这并不意味着放弃中文,放弃悠久的中华文化。可是,在一些年轻的“ABC”眼里,说中文却变成不光彩的事情。一位不了解我的“ABC”同学在我面前说道:“我很讨厌学校那帮‘FOB’学生!他们总是用中文大声讲话,说英文时还带有沉重的口音!”话音刚落,我就毫不留情的说本人也是“FOB”。只见她双颊绯红,窘迫地对我解释道:“哦……嗯……哎呀,我刚才说的是那些刚来的‘FOB’,又不是你。再说了,你的口音一点都不像个‘FOB’嘛。”

还有一次,我和一位“ABC”同学放学后呆在教室做功课。因为她知道我刚从中国来,所以她用流利的中文与我交谈。这时,一位菲律宾裔学生走进教室,听见我们谈话,便问我们为什么不说英文。这个女孩咧嘴一笑,回答道:“她是个‘FOB’,我想我可能是个想变成‘FOB’的傻‘ABC’吧。你知道的啦……哈哈。”我很生气,但理智告诉我,不能感情用事地和她争吵。后来,我约她出来好好谈了一番,告诉她我内心的感受与不满,并真诚地让她讲出自己的想法。我还告诉她如果大家都互相尊重,是仍然可以做好朋友的。

当然,不是每个“ABC”都这样,更多“ABC”对来自中国大陆的留学生是善解人意、襟怀坦荡、公正直率的。我来美国第一年,在加州大学圣地亚哥分校寄宿时,结识了 10 位开朗善良的室友。室友们