

106-2 免費運動英語活動——飛盤隊



Learn how to play Ultimate Frisbee!

What is Ultimate Frisbee? 飛盤是什麼？

Ultimate Frisbee is a popular American sport played at high schools, college, and professionally. The rules are similar to soccer, where your team earns points by catching the disc (the frisbee) in the endzone. There are usually no referees or coaches. Players decide fouls, points, and the fairness of the game.

飛盤在美國高中、大學，甚至於專業領域都是很受歡迎的運動。飛盤的規則跟足球很像，隊員只要在特定位置接到飛盤即可得分。通常飛盤比賽裡面沒有裁判或者教練。由飛盤運動員自己決定是否犯規，得分或比賽公不公平。

Why Should You Join Frisbee? 為什麼你應該要加入飛盤隊？

- It's so much **fun**! 它是一項非常好玩的運動！
- Build **team work skills**. 它可以培養團隊合作的能力。
- Make **new friends**. 它可以讓你交到新朋友。
- Frisbee can be played almost anywhere in the world! 你可以在全世界各處

從事這項運動。

- **Practice English** (Chinese will be used if needed). 你可以同時練習和增進英語能力。如果需要的話，你也可以說一些中文。
- Team dinners after the game! 玩飛盤之後，大家可以一起去吃飯！

Who is Coaching Frisbee? 誰來教這項活動？

- I'm a Chinese American who studied Chinese and English at Grinnell College (Iowa). 我是美籍華裔人。我畢業於愛荷華州的格林奈爾大學。取得中文和英文雙學士學位。
- I played Ultimate Frisbee for 3 years at college. 我在大學的時候玩過三年飛盤。
- I studied abroad in Mainland China and Germany. 我曾在大陸和德國留學。
- I'm currently teaching English in Taitung City (Fulbright Taiwan Fellowship). 我現在在豐榮國小和復興國小教英語課（傅爾布萊特獎學金）。
- I love frisbee because it's a fun sport and you can be part of a welcoming international community. 我非常喜歡玩飛盤，因為它是一項好玩的運動，而且能讓你融入新的社群。
- David, an English major, will be an assistant to the team to help with communication for everyone. 英美系同學 David 將加入團隊陪同練習並扮演溝通橋樑。



I'm Sophie!

I'm David



How do You Join? 如何加入？

Sign up below! Please write your Chinese and English name, email, and cell phone number. Practices will take place every other week (2X/month) from 5-6:30 PM on Tuesdays. **3/27, 4/10, 4/24, 5/8, 5/22, 6/5, 6/19.**

* 練習時間為兩週一次，下午 5:00 到 6:30。

(3/27, 4/10, 4/24, 5/8, 5/22, 6/5, 6/19)。

聯絡電話: 089-517542、517543

飛盤隊練習地點: 國立臺東大學知本校區田徑場



NTTU
Language Center
國立臺東大學語文發展中心