

WRITTEN BY

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10 REDUCED INEQUALITIES



## 我在 IDA 學到的事

在來到 IDA 之前，我準備了一些小禮物，也帶著一個很單純的想法：我想在這裡付出一些什麼。二十歲的我，認為「給予」是一件理所當然的事。但 IDA 與我原本想像的並不完全一樣，而且是以一種更溫柔、更正面的方式。我很快就發現，自己並不只是來付出的。從老師身上，我學會了耐心與長久而安靜的愛。從學生身上，我學會了專注地活在當下，不急著表現，也不設防。

而從家長身上，我感受到一種很深的愛，那是一種信任的眼神，一種默默支持孩子，也支持所有陪伴他們成長的人的力量。

在 IDA，我不需要證明自己。這裡給了我空間去觀察、去傾聽、去慢慢理解。即使有時候我沒有做出什麼特別的事，我仍然被接納。這讓我明白，一個人的價值不只來自於他做了多少，而是他是否真誠地在場。

IDA 教會我，連結不需要用力過度。只要足夠真誠、願意敞開心，就能感受到溫暖。在這裡，我被允許成為真正的自己，一個仍在學習成長的二十歲的人。

離開 IDA 時，我帶走的不只是我原本準備的禮物，還有對人的信任，以及一種更溫柔看待世界的方式。這段經歷沒有立刻改變我，但它留了下來，成為我繼續前行時的一個支點，讓我走得更慢，也更穩。

IDA 不只是一個我曾經去過的地方，而是一個幫助我學會如何向世界敞開心的人生片段。



## What I Learned at IDA

Before coming to IDA, I prepared a few small gifts and carried a simple thought with me. I wanted to contribute something. At the age of twenty, giving felt like the most natural thing I could offer. But IDA turned out to be different from what I had imagined, in a much more positive and gentle way. I soon realized that I was not only there to give.

From the teachers, I learned patience and a quiet, steady form of care. From the students, I learned how to be fully present, without rushing or guarding myself. And from the parents, I felt a deep kind of love, one that was silent yet full of trust, not only toward their children but also toward those who walk alongside them.

At IDA, I never felt the need to prove myself. I was given space to observe, to listen, and to slowly understand. IDA showed me that connection does not require effortful performance.

Even when I did nothing remarkable, I was still welcomed. That taught me that a person's value is not only measured by what they do, but also by their sincere presence.

When honesty and openness are enough, warmth naturally follows. Here, I was allowed to be myself, a twenty year old still learning how to grow.

When I left IDA, I carried more than the gifts I had prepared. I carried a renewed trust in people and a gentler way of seeing the world. This experience did not change me overnight, but it stayed with me, becoming a quiet support as I continue moving forward, slowly and with more confidence.

IDA was not just a place I passed through. It was a place that helped me learn how to open my heart to the world.

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