

TRAVEL WEEKEND, TONIGHT



WHAT NEW
GENERATION
of FEMALE
TransBorderer

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Travel weekend, tonight

Robin Hello there, I am your host Robin, and I would like to welcome you back to yet another episode of Travel Weekend Tonight.

Now, as you will hopefully recall, last time we were looking at how the company TransBorder carries out all manner of activities in, on, around, and between the boundaries. We also discussed what some of the problems were that transborderers have to face in their daily life. Today we're going to stick with this topic a little longer, but we will be taking a look at things from a slightly different angle than in our previous episode. As I'm sure most of you are aware, borders are a key issue in the life of every transborderer. Their family life, the conditions in which they grow up, the kinds of work they do, and even the ways that they come towards different levels of self-realization are always in some way connected to the borders they meet and the borders they cross. Some choose to cross those borders to pursue their dreams. Some choose to move and settle down in border regions. But in all instances such actions test their perseverance, their wisdom, and their courage. What we want to find out about more in this episode is what happens after they have crossed these borders. What choices did they have to make to get there? And what choices did they make after they have crossed those borders?

Today, in particular, we will be thinking about how issues relating to gender and tradition can pose particular obstacles for female transborderers. How do they overcome these kinds of restrictions and come to achieve their own self-realization? So, without further ado, to help us approach these complicated questions, I'm delighted to be able to welcome today's very special guest, Caroline. Caroline, welcome to the studio. It's lovely to meet you.

Caroline Hello, Robin. Hello everyone. Thanks for having me here today.

Now Caroline is a very special person. She is the director of TransBorder's Thailand office. This office is responsible for overseeing TransBorder's international commercial exchange division for the entire Asia-Pacific region. So, it's a very important job, I should have imagined.

Yes, it is and it's a very challenging one too.

I'm sure, yes. If I am correct, not only do hold this position, but you are also the CEO and founder of your own rather successful online fitness and home workout company. Am I right about that?

Right, very much so. The company is called "Crossing Your Limits" and it provides online fitness classes and a store to help women keep fit even if they have to hold down a busy work schedule. It's been pretty busy this past two years because of the pandemic. It seems like everyone has been working out from home!

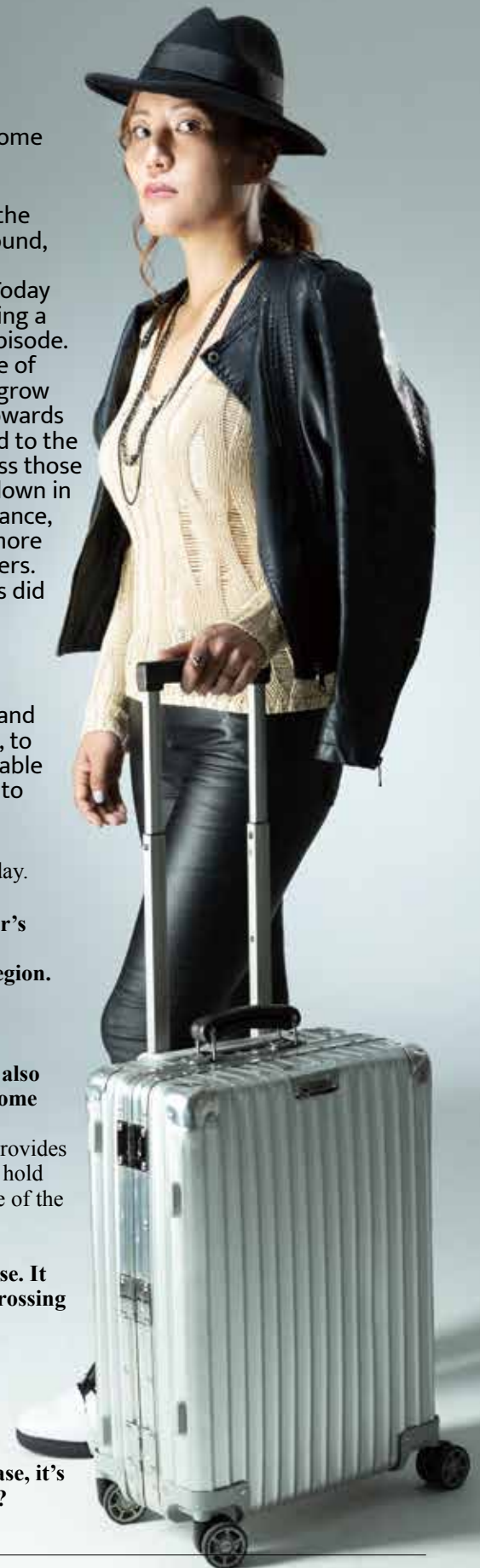
I certainly have been! It's been pretty tough for many people in that sense. It sounds like you may have been helping out quite a lot of people with "Crossing Your Limits".

Well, I hope so! Staying fit is very important, you know that!

It is. But it must mean that you are very busy.

I don't mind being busy. It's way better than nothing!

Occasionally I like doing nothing, but you are absolutely right. In any case, it's lovely to have you in the studio with us today. Let's get started, shall we? Sure!



So Caroline, maybe we could begin by talking about what it is that makes you so busy! How did you find yourself drawn towards working in these two seemingly very different industries?

Well, it is all related in one way or another to my experience as a transborderer. I was born into an Indian transborder family. My parents ran a supermarket and a pirated DVD rental business on the side. Every Sunday, my brother and I would get the latest Chinese drama DVDs from the pirating company, and we rented the DVDs to our neighborhood to make a little pocket money for us. After graduating from my high school, many India-born transborderers in my neighborhood joined the Indian army. I quite wanted to study, but because paying for college can be so expensive in India, I decided that maybe the army might also be a way that I could help my family because the salary is quite stable when you are in army.

I see. So, is this what you ended up doing?

Well, not actually. My mother was quite supportive of this idea. She thought it might be a good opportunity for me to learn to become more independent and to learn how to survive by myself.

That sounds like some quite good advice to get. Your mother must be a very wise woman.

Most of the time she is! My father, however, thought that I could get a better job in the future, so that's why he wanted me to continue studying.

I see. So, he ended up winning that argument?

Yeah. In the end he won me over and I began my college life in India. While I was studying, however, my parents chose to enter me into a program called "TransBorderer: Her Dream", and that is how I came to find myself going to Taiwan.

I'm sure that must have been quite a challenge for you coming to Taiwan all on your own. Would you mind talking about that experience a little bit?

Yes, it was a challenge. I worked in a few different cities for the first few years, but after, at the same time, I also got to meet a number of fellow transborderers. During this time, I realized that most transborderers tend to feel anxious and uncertain about the future due to long periods of travel.

Yes, I imagine it can be pretty tough life.

Yes, it can be extremely difficult. I found that for me though doing exercise was often a good way to deal with the negative emotions that transborderers can feel.

And was this what inspired you to start learning more about fitness?

Not exactly. At first, I was just into dancing for fun, and I would occasionally take part in some charity performances. I took a lot of pleasure from these experiences, but unfortunately my interest in exercise ultimately became a much darker experience. You see, to save rent, I would often share an apartment with other transborderers. One night, after a night shift, one of my male roommates opened my door and tried to pin me down as I was changing clothes.



Travel weekend, tonight

Oh, that's horrible. Is this something you are comfortable to talk about with us here today?

Well, it was an extremely horrible experience for me, a bad one also. I was able to get out of that situation after that, I don't know, I guess I just wanted to start going to the gym to make myself stronger, to feel safer, you know?

Yes, that seems more than reasonable.

After a few years of hard work, I actually qualified as an international fitness instructor and saved up some money. I wanted to share what I've learned with others so that it might help them. That's how "Cross Your Limits" got started.

So that's how the business started to take shape. It was around this time that you also started working at the TransBorder Thailand office, right?

Yeah. It was all around the same time and quite busy. When I took that job, I obviously had to leave Taiwan, so I also had to change location too. So much to do.

That's a lot to take on all at once. Did you find that when you left for Thailand the change of environment helped in some ways?

Yeah, that's right, especially after such a terrible incident. It can be good to have physical distance from bad memories.

I can only imagine what you experienced. It seems to me that you must be a person with a great deal of strength inside.

You know Robin, I found that you can never truly change the past, but that you can take strength from it. A new start can also bring new opportunities. New ways to move forwards.

You certainly seem to have made the most of those opportunities. I'm not sure I would have been able to do that!

I'm sure you could if you had to Robin! You would be surprised what we can achieve when it's necessary!

I guess I'd have to agree with that! But anyway, speaking of moving forwards, let's do that now and perhaps discuss a little bit more about how you were able to put together enough capital, along with all of your professional competence, and convert all that into running your own fitness company?

Well, I have to say thanks to TransBorder and the program they put me on.

That's right. You said it was called "TransBorderer: Her Dream", right?

Yes, that's right. It's a long-term program that supports



female transborderers.

What do you mean when you say "long-term"?

Well, let's just say that it does not end right after you cross the border. Depending on your skills, for example, you can become a partner working for TransBorder. Maybe you will help other transborderers who choose Taiwan with any paperwork they might need to do.

And what kind of rewards do you get for doing this kind of work?

Ok. Well, based on your performance, the company might, for example, offer a discount on the fees you owe for your own transborder services or products that you might have bought, or even provide free mid-level and professional courses for you.

It sounds like a program that was very long-term.

Oh, it was! I took a course called Border Business Management, and because I was doing well, I was able to secure a project loan from TransBorder. After coming to Thailand, I founded "Crossing Your Limits" and entered TransBorder's Thailand office at around the same time.

Yes. Tell me more about this office. I've heard that TransBorder's office in Thailand is actually one of its most crucial branches. I imagine the workload must be extremely heavy. Could you share with our audience some information about this office and some of the services that it provides?

Sure, Robin. The Thailand office handles all of TransBorder's affairs in the Asia-Pacific region. It's an important business hub for the Middle East, South Asia and East Asia and there's a lot of traffic.



I'm sure there is.

In addition to the basic transborder travel services we provide; we also deal with key services like international cargo transport and antique market management.

I see. So, what kind of services might transborderers expect to meet when they arrive in Thailand?

That's good questions! Let me see. Well, one interesting thing is that after arriving at Bangkok International Airport transborderers don't need to bother going through passport control. Our staff help guide them toward a secret and exclusive tunnel in the airport. From there they are able to catch a private ride directly to our customer service center on the outside of the city.

That all sounds quite fancy. What is the service center itself like?

The customer service center itself has a conference room, a gym, hotel-like rooms and even a counseling lounge. There is always a lot going on. For example, for beginner-level transborderers, we offer official language and behavior courses that will help them when they get to their final destination. We also provide the latest updates on international trade for mid-level and advanced level for transborderers.

Wow! That's a very dedicated business integration unit you're running that.

Yeah, this is important to almost all of our customers. At the service center you can find financial experts from the China area and international licensed pharmaceutical distribution specialists are also stationed in the office to offer consultation services. Every summer, we also organize

antique auctions in the Asian regions. Indian and Western transborder merchants can exchange their collections and prepare for the Chinese antique market in the coming year.

That sounds like there is so much going on! Tell me how on earth have you managed to handle both these jobs all at the same time?

Robin, to me fitness and transborder travel have a lot in common. You need a healthy, strong body to deal with challenges in transborder travel, and your mind also grows stronger because of the challenges you face. My work is to help people cope with these challenges.

Yes, speaking of challenges as a transborderer, the number of female transborderers has always been fewer than the male transborderers. And even when these women, such as yourself, do start their careers on the borders, it's usually only in more supporting roles. What was it exactly that made you want to be more of a leader?

Well, it's difficult to say exactly. One reason is maybe that unlike other transborder families, my father's and my mother's property is separate. My mother has taught me how to manage my finances from a young age. She also told me that financial independence would give me an independent life and would open up totally new horizons for me. I'm happy that until today I have never failed her. I am proud of myself.

Absolutely. You should be. But working in the male-dominated society of transbordering presumably brings with it some very specific difficulties and challenges. From your experience, what special qualities do you think that women bring to this field of work?

Of course, it can be difficult! Just like all works of life, gender inequality makes it more likely for women to give up before they can even start it. It is no different for transborderers. Even if a good opportunity does present itself, this means that we often have to accept the abuse to keep hold of that chance.

How do you feel about that?

Well, from my perspective, this is not right. Women have many qualities that man do not. We can plan new projects in a more elaborate way. We have a better emotional intelligence, and we are often better at detecting emotional changes and dealing with it in the right way. These should be essential factors for any successful transborder traveler. Also, Robin, TransBorder is a huge corporation now. Every second we receive thousands of travels demands from around the world. Compared to the conventional one-man tourist guide, a female-based team can often respond more promptly and attentively to the needs of travelers.

Do you think that a success as a woman in this environment is perhaps related to the social structure of where a transborderer comes from and whether or not she is able to be financially independent? Your mother appears to have provided you with some important



經濟自主
將會為我帶來
獨立的人生
與截然不同的視野

insights in terms of financial education and its overall importance, for example.

That's right. I would also maybe add that the openness of a regional culture is directly related to the number of female transborderers. This is because, for the new generation of female transborderers, whether or not they can realize their ideals will be a very important factor in determining whether they will remain in their local area.

That's a very good point. So, Caroline, finally then maybe, as a woman who enjoys a successful career, perhaps we could end with you telling our audience a little bit about what you think has been the secret to your success?

Of course. I think it has been essential for me to understand that a strong mind can only grow from a strong body, and this is something which requires constant training. Finding ways to enjoy every challenge will help you to become stronger and confront the barriers given to us by the outside world.

Caroline, thank you so much for sharing those words with us. And indeed, for sharing everything that you have with us here today. Unfortunately, however, that's all the time we have for today's episode, although it would be brilliant to keep talking with you

for much longer! Before we go, maybe you could let our viewers know how they might be able to find out more about "Crossing Your Limits"? I'm sure that a few would be interested to see what exercise tips they might be able to get by checking it out. I know my belly wants to do that!

Sure! You can find out more on YouTube. Just check out the channel "Cross Your Limits" and you'll find me there!

That's brilliant. Make sure everybody to go check that out. Caroline, thank you once again. It's been really nice chatting with you.

My pleasure Robin. Thanks for having me here on the show today.

Robin You are more than welcome. Right, that really is all the time we have for this week. Remember, if you are interested to learn more about transbordering, to keep following our radio show. There's always much more to find out about! To play us out we have a quick clip from one of Caroline's online classes for you to listen to, just to give you a taste. Remember to be sure to check out her link to find videos, lessons, health tips, nutrition advice and lots more! Also be sure to tune in next time to find out what we will be talking about! For now, though, I've been your host, Robin, and we'll see you at the same time next weekend! Bye-bye for now!

CROSS YOUR LIMITS

Hi everyone. I am Caroline, welcome to “Crossing Your Limits”. Today, I am going to teach 3 exercises which you don’t need any equipment and also do it at home and at the hotel when you travel. So, let’s begin with the squat. First exercise is squat. The squat is a strength training exercise that requires several muscles in your upper and lower body to work together. Many of these muscles help power up through daily tasks such as like walking, climbing stairs, bending, or carrying heavy loads. So, let’s start how to do proper squat.



First keep your feet about your shoulder length apart and, lift your arms in front of you to support a balance and make sure your back should be straight and keep your chest up and engaged core. Then bend your knees and push your hips back slowly and try to sit down like sitting on a toilet and don’t forget to breath in when you go down. Be careful, your knees shouldn’t cross your first and second toe. Once you are tired or feel in pain, pause there. Exhale and push up through your heels, back to your starting position. You can do this exercise 3 sets, 10 to 12 reps each. It depends on your energy or your power. If you can do more, you can do. Otherwise, just to 10 or 12 reps each.



Let’s go to the second exercise. That is jumping squat. Let’s start in a squat position. Your feet little wider than shoulder width apart. Remember your feet should be little bit out, not in width. More building tension into thighs, putting the pressure into the glutes and bringing the hands out in front of you. As you jump up, you’re gonna to pull your hands back behind to give you some extra power. As you jump up, you also land in a squat position to complete one rep. Make sure you land with your entire foot on the ground. Be sure to land as quietly as possible which requires control. Remember to inhale when you jump up and exhale when you land in a squat position. Do this exercise 3 sets, 10 to 12 reps. You can also do more if you can.



Okay, let’s go to the third exercise, is leg lift or you can call double leg lift. This is a stomach exercise and, this is core workout. As I’m talking about abs area that I know most of the people want to work. Start up by lying face up on your yoga mat with your legs straight. Place your arms by your sides with your palms facing down or place your hands under your glutes. Once again, your chin should remain tucked throughout the movement, as if you were holding an egg under your chin. Also, your back should be touched on the ground throughout the movements. Engage your core, then breath in while you lift your legs slightly off the ground until at 90-degree angles. Exhale while you’re lowering down your legs until 2 to 3 inches above the ground. Repeat this exercise 7 to 10 times and do 3 sets. If you can, you can do more. If you are a beginner than just do 5 to 6 times. But remember that your lower back should remain touching the ground the entire time without any gaps, which is quite often the hardest part for most of the people. Don’t forget that your back should be touching on the grounds for the entire time.

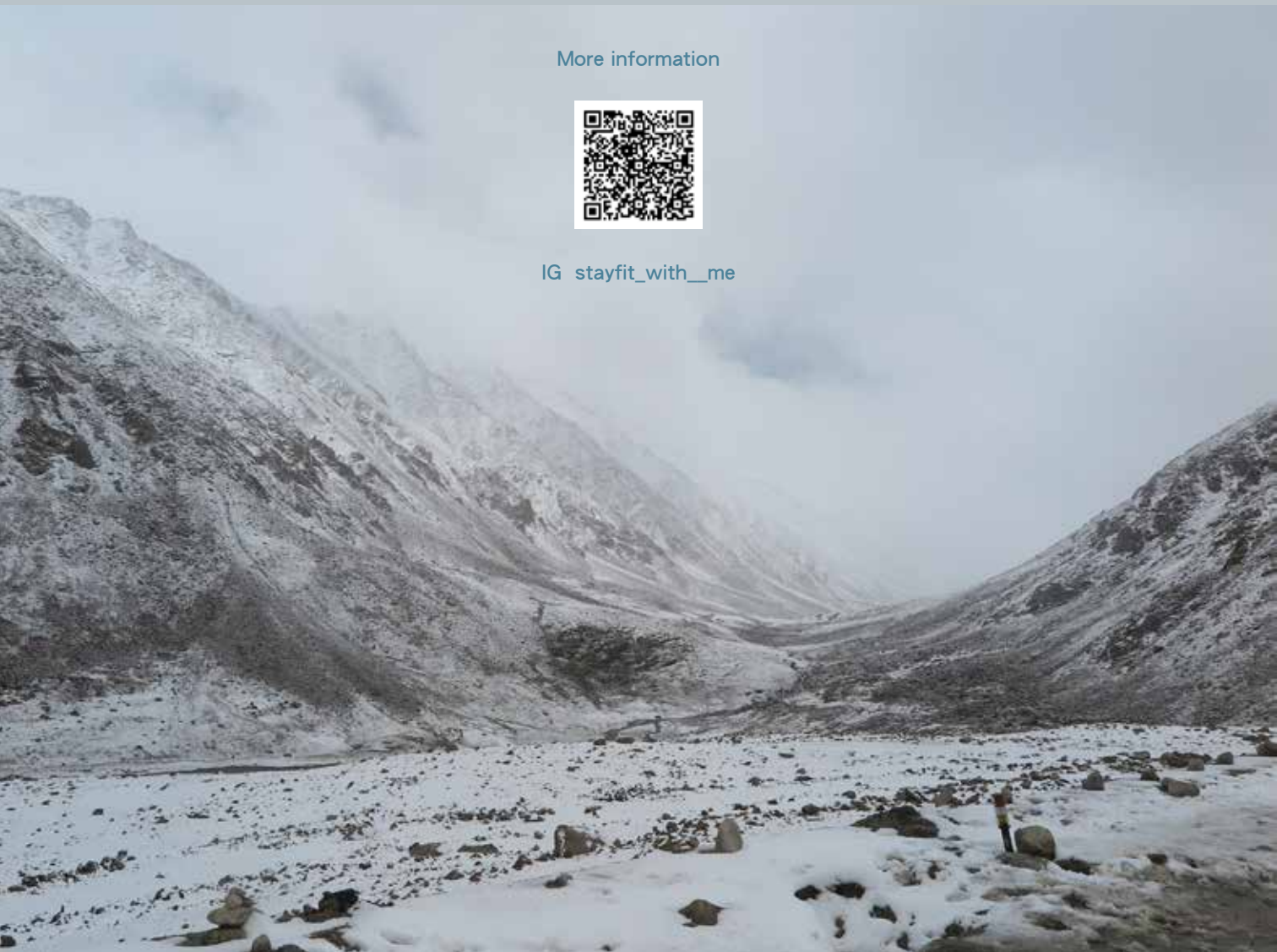
Hope these three exercises are useful for you and hope you make some positive changes on your body. Remember to do these three exercises every day for 15 minutes, and you start to see some changes within few weeks. Do remember these three things which I’m going to tell you. First, don’t forget to train your body even when your work keeps you busy. Second, moderate diet and proper sleep will keep you more energy for your daily life. Third, keep a joyful and positive mood and don’t be afraid to take on new challenges. Okay, everyone. Now you already got all the information and now let’s start to work out.

CROSS YOUR LIMITS

More information



IG [stayfit_with_me](#)



周末 旅遊夜



TransBorder

旅遊周末夜

羅賓：大家好，我是主持人 Robin，歡迎再次收聽周末旅遊夜的新一集。

回顧一下，上一集我們討論到跨境公司是如何在邊境內、上、周邊、之間進行各式各樣的活動。還討論了邊境旅行者在日常生活中需要面對的問題。今天我們將繼續討論相關主題，但會用與上一集稍微不同的角度來看。正如大家所知，邊境是所有邊境旅行者生活中的關鍵。他們的家庭生活、成長條件、工作類型、甚至是達到不同層次的自我實現方式皆與相遇的邊境和跨越的邊境相連。有些人為了追求自己的夢想而選擇跨境。有些人選擇移居到邊境地區定居。但是，在所有情況下，這種行為都考驗他們的毅力、智慧和勇氣。這一集將更深入地探討，他們跨境後會發生什麼事，為了抵達那裡，他們得做出什麼選擇？他們跨境後又做出了什麼選擇？

今天我們還會思考性別和傳統議題如何給女性邊境旅行者帶來特別的困難，她們如何克服這些限制，達成自我實現。我不多說了，為了理解這些複雜的問題，今天邀請了特別的嘉賓，歡迎卡羅琳。卡羅琳，歡迎妳來，很高興與妳相見。

卡羅琳：主持人好，各位聽眾大家好，謝謝羅賓今天邀請我。

卡羅琳現在是一位很特別的人，她是跨境公司泰國辦公室的負責人。該辦公室負責監督跨境公司對整個亞太地區的國際商業交易部門，我能想像這是一件非常重要的事情。是的，也是非常有挑戰性的工作。

我相信也是。並且妳不僅擔任這個職務，也是線上健身運動公司的總經理以及創辦人，對嗎？

對，該公司被稱為「跨越你的極限」，提供線上健身課程，且協助女生在繁忙的工作日子中也能保持健康。過去兩年因為疫情，大家都在家遠端工作的關係，過得比較忙。

的確我也是！從這一點來看，這段時間很多人過得滿辛苦。但聽起來妳好像從「跨越你的極限」幫助了很多人。希望如此！保持健康真的很重要！

是的，但這代表妳一定很忙。我不介意忙，總比沒事做好很多！

雖然偶爾我還是喜歡無所事事，但妳說得對。總之，很高興今天妳來，那我們開始吧。好的！



卡羅琳，也許我們先可以從什麼事情讓你這麼忙開始談。妳怎麼發現妳對這兩個看似截然不同的行業有興趣？

這一切都與我的邊境旅行者經歷相關。我出生於印度的邊境旅行者家庭，我的父母經營了一間超市，兼經營盜版 DVD 出租生意。每個星期天，我與哥哥從盜版 DVD 公司取得最新的中國影集 DVD，並出租給社區裡的邊境旅行者賺取零用金。高中即將畢業時，社區裡有許多像我一般在印度出生的邊境旅行者加入印度的軍隊。雖然我原本很想讀書，但是印度的大學學費太貴了，因此我想入隊會是幫助家人的方法，想待在軍隊裡拿穩定的收入。

明白，所以妳加入軍隊了嗎？

其實後來沒有。我母親支持我的決定，她認為，這是讓我學習獨立、獨自生存的好機會。

這建議很棒，妳的母親一定是位見識不凡的女性。

謝謝，但我的父親認為我的人生應該擁更多的可能性，為此我必須繼續讀書。

了解，所以最後是決定聽他的話了嗎？

我被我的父親說服了，在印度開始我的大學生活。不久後，我的父母選擇讓我加入「邊境旅行者：她的夢想」，來到了臺灣。

去臺灣想必對妳而言是個全新的挑戰？可以請妳多講當時的經驗嗎？

是一個挑戰。最初幾年我在不同城市工作，也認識了一些邊境旅行者。我發現，大部分的邊境旅行者因為長期移動，容易感到焦慮與對未來的不安感。

我想那種生活會很艱難。

是的，後來我發現運動是克服負面情緒的好方法。

這是妳開始接觸健身運動的出發點嗎？

不全然是，一開始我只是喜歡跳舞，偶爾參加一些慈善演出，從中獲得了不少樂趣。但不幸的是，我對運動的關心最終變成了黑暗的經歷。為了節省房租，我經常與其他邊境旅行者共同分擔公寓房租。有一天夜班結束時，我男性室友試圖打開我的房間門，並壓住正在換衣服的我。

這真是太糟糕了！妳分享這個故事會不會讓妳不舒服呢？

這實在是極其糟糕的經歷，不過還好我逃脫了，從那時開始，我想去健身房，試圖讓自己變得強壯足以感到安全感。

可以理解。

經過幾年的努力後，我拿到國際健身教練資格，也累積了一些存款。我想把我學到的東西分享給別人，幫助其他人，因此創建了「跨越你的極限」。

原來如此開始的。差不多那個時期，妳在跨境公司的泰國辦公室開始工作了，對吧？

沒錯，是差不多同一個時期。為接那份工作，我得換工作地點，要離開臺灣，且要做很多事情。

聽起來要處理很多事。不過妳去泰國的時候，有沒有發現環境的轉變對某方面有所幫助？

是的，尤其在發生那麼糟糕的事件之後，與不好的記憶保持物理上的距離是好事。



旅遊周末夜

我只能透過想像來感受妳的經歷，對我而言，妳是內心充滿力量的人。

我發現人永遠改變不了過去，但是我們可以從中得到力量，新的開始也可以帶來新的機會，和可以前進的新方法。

妳似乎把握好那些機會了，不確定我能不能像妳這麼做！一但到非要這麼做的時刻，我相信你會！你會驚訝人在關鍵時刻所產生出來的成果！

十分同意！說到前進，想請妳分享如何將足夠的資金與專業能力轉換為管理健身企業上？這方面我十分感謝跨境公司的協助。

所謂的「邊境旅行者：她的夢想」，對嗎？

沒錯，「邊境旅行者：她的夢想」是一項針對女性邊境旅行者的長期性支持計畫，

「長期性」代表什麼意思？

這項計畫並不會在你跨越邊境之後馬上結束，例如說，根據你的技能，你可以成為跨境公司的工作夥伴，或許依照你的意願，你也可以為接下來選擇臺灣旅行站的邊境旅行者提供文件代辦服務。

這樣會有什麼樣的獎勵嗎？

根據你的工作表現，跨境公司將扣除過去你在公司裡購買跨境服務與商品的費用，或是提供免費的專業進階課程。

這聽起來真的是一項非常長期的計畫。

是的，當時我選修了邊境企業管理學，同時透過優良的工作表現，取得了跨境公司的專案貸款，在抵達泰國之後創辦了「跨越你的極限」，同時進入跨境公司的泰國辦公室工作。

據我所知，泰國辦公室同時也是跨境公司在全球最重要的據點之一，想必業務十分繁重。可以向我們聽眾介紹一下泰國辦公室所提供的服務嗎？

當然。泰國辦公室處理了跨境公司在亞太地區所有業務，是連結了中東、南亞與東亞交易的重要樞紐。



我想也是。

除了基本的邊境旅行服務之外，貨物運輸與古董市場經營也是我們的重點項目。

原來如此。那麼，邊境旅行者到達泰國後，可以享受何種服務呢？

這問題很好！當邊境旅行者抵達曼谷國際機場後，邊境旅行者不必費心去辦理入境手續，我們的工作人員將引導他們經由機場內的專屬通道，搭乘專車前往位於郊區的客戶服務中心。

聽起來是很高級的服務，那麼服務中心是什麼樣的地方？

我們的客戶服務中心的硬體設備包含了會議室、健身房、飯店式客房及心理諮商室。提供的軟體服務也不少，我們為初階的邊境旅行者提供官方語言及禮儀課程，以便幫助他們到達最終目的地時順利適應。也為中高階的邊境旅行者提供最新國際貿易資訊。

原來妳在管理著這麼專業且完整的商業部門！

這對我們所有的客戶來說都很重要。服務中心設有中國地區的金融專家與擁有國際證照的藥品專家常駐在辦公室，提供諮詢服務。每年夏季我們會在亞洲地區舉辦古董拍賣會，提供從印度及歐美的邊境商人在當地互相交流手上的珍藏品，並為來年的中國古董市場做準備。



聽起來是非常龐大且複雜的工作內容，妳是如何兼顧兩份工作，並且達到今日的傑出成就？

對我而言，邊境旅行與健身是一樣的，擁有健康強壯的身體才能夠面對邊境旅行時的挑戰，而心靈也會隨著身體所面對的挑戰逐漸強壯。我的工作就是協助人們面對挑戰。

我好奇的是，女性邊境旅行者的人數長期以來一直都少於男性，即便女性在邊境上展開她們的事業，通常也都是擔任助理或是輔助者的角色。妳認為是什麼樣的因素促使妳成為一名決策者？

與其他邊境旅行者家庭不同的是，我父親與母親的財產是分開的。我的母親自我小時候就開始教導我正確的理財觀念，並告訴我，經濟自主將會為我帶來獨立的人生與截然不同的視野。我很高興直到今天，我從來沒讓她失望過，自己也感到十分驕傲。

值得驕傲。但在以男性為主的邊境旅行者社會當中，必然使妳不得不面對一些困難與挑戰，根據妳的經驗，妳認為女性在妳的工作領域具有哪些特質？

正如一般生活，在邊境旅行者世界中，性別不平等的問題使得女性在面對新的挑戰時容易自我放棄。即使好機會來臨時，女性不得不忍受霸凌來抓住機會。

妳對此有何看法？

我認為這是不對的，女性擁許多男性所沒有的特質，我們能夠更縝密地規劃新的計畫；我們有更好的情商，能夠敏銳地察覺到人們情緒的變化並做出適當的反應，這一場成功的邊境旅行中都是不可缺乏的元素。跨境公司如今是一個龐大的企業，每一秒鐘我們都會收到來自世界各地的旅行需求，相對於傳統的單人旅行嚮導，以女性為主的工作團隊，將能夠更即時貼切地照顧到旅行者的所有需求。

妳認為，在這種環境下，女性成功與否的問題和邊境旅行者所處的社會結構及個人經濟自主能力有關嗎？像是妳的母親在理財教育上有著非常高明的見解，提供妳重要的洞察力。沒錯，此外，地區的文化開放性也與女性邊境旅行者的數量有著絕對的關係。對於新一代的女性邊境旅行者而言，能否實踐自我理想將是她們決定是否持續停留在當地的重要考量。

說的很對。卡羅琳，身為一名在事業上取得成就的女性，是否可以為我們的聽眾朋友們分享妳成功的秘訣？

好的。我認為，堅強的心靈會伴隨著不斷接受訓練的身體而出現。學會勇於接受生活裡的挑戰，將會使你變得更強大，對抗外界給你的考驗。


卡羅琳，非常感謝妳今天分享給我們的這一切故事，抱歉的是，節目時間快要結束，沒辦法繼續聊下去。最後想請妳說明，我們的聽眾們如何可以收看「跨越你的極限」，我相信一定有人感興趣，想瞭解關於運動的小提示，我知道我的肚子很需要它！

大家可以在 YouTube 上輸入「跨越你的極限」，搜尋得到資訊！

太好了，請大家去看看！卡羅琳，再一次謝謝妳今天的加入，很高興和妳聊天。

謝謝你今天邀請我參加節目。

不用客氣。我們真的要收尾了。如果你對邊境旅行有興趣，請記得繼續追蹤我們的節目，可以聽到更多相關資訊！最後，有一段卡羅琳的線上課程提供試聽，如果有興趣的話，請去搜尋她的專頁，可以查影片、課程、健康提示、飲食建議等等！也不要忘了我們的下一集節目！我是主持人 Robin，我們下週同一時間再會！



經濟自主
將會為我帶來
獨立的人生
與截然不同的視野

超越你的極限

大家好，我是卡羅琳，歡迎來到「跨越你的極限」。今天會教大家 3 種不需要器材的運動，你可以在家做，如果是在旅行中的話，你也可以在飯店做。那麼從深蹲開始。第一個運動是深蹲，深蹲是需要上、下身多塊肌肉一起使用的運動，訓練這些肌肉有助於增強日常中的工作力量，例如：走路、爬樓梯、彎曲或搬運重物等。那麼現在開始做正確的深蹲動作吧。



首先，你的雙腳與肩膀保持一定的距離，雙臂向前舉，以保持平衡，並確保挺直背部，挺直胸膛，收緊核心。然後彎曲膝蓋，慢慢向後推臀部，像坐在馬桶上一樣坐下去，下去時別忘了吸氣。

請注意，你的膝蓋不能超過第一和第二腳趾的位置。一旦你累了或覺得危險，就停下來。吐氣後，利用腳後跟的力量推上來，回到一開始的姿勢。這個練習可以做三套，每一套做 10 到 12 次。這取決於你的能量和力量，如果你能做得更多，就可以做，不然的話，每人只做 10 到 12 次就好。



接下來是第二個運動，就是深蹲跳。先從深蹲姿勢開始，你的雙腳打開比肩膀距離還寬一點，然後你的腳要稍微向外伸出一點，並不是更寬下去。增加大腿的張力，把壓力壓進臀部，然後把手伸到前面。當你跳起來時，你把手向後拉，會給你一些額外的力量。你跳起來之後，以深蹲的姿勢落地，完成一次的動作，一定要用整隻腳落地。落地時一定要儘量安靜，需要控制你的身體。跳起來的時候記得吸氣，蹲下來的時候記得吐氣。該動作練習 3 套，每一套做 10 到 12 次。如果可以的話，做更多也沒關係。



第三個是抬腿或雙腳上抬運動，這是可以練腹部和核心的運動，就是大部分的人想練的腹肌部位。先躺在瑜伽墊上，把臉朝上，雙臂平放在身體兩側，手掌朝下，或者雙手放在臀部下方。在動作過程中，記得下巴要收緊，就像把雞蛋夾在下巴下面一樣。另外，在整個動作中，背部要緊貼地板。收緊你的核心之後，吸氣的同時，把雙腿抬起來，直到雙腿與地面的角度為 90 度。吐氣的同時，把雙腿放低，到離地面的距離大約 2 至 3 英寸。這個動作可以做一套 7 到 10 次，總共 3 套。如果你可以的話，做更多也沒問題。如果你是初學者的話，只要做 5 到 6 次也好。請記得，下半身要一直貼在地板上，中間不能有縫隙，對大多數人來說這一點是最難做到的，請不要忘記，做這個運動時，你的背一定要緊貼地板。

希望這 3 種運動對你有所幫助，給你的身體帶來正面的變化。請你每天做這 3 種運動 15 分鐘，這樣的話，幾週內你就會看到一些變化。然後，記住我要告訴你的以下三點。第一，即使工作繁忙，也不要忘記鍛鍊身體。第二，適當的飲食和適當的睡眠可以讓你維持更有活力的日常。第三，維持愉快的且正面的心態，不要害怕接受新的挑戰。好的，你已經掌握了所有的資訊，現在開始運動吧！

跨越

你的

極限

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