

Future Flight Attendants Learn Taekwondo, Winning Gold Medal Together

Chung Yuan Christian University held the National Intercollegiate Athletic Games 2023, and two future flight attendants from National Kaohsiung University of Hospitality and Tourism won gold medals at Division II women's taekwondo competitions.

They major in the Department of Airline and Transport Service Management, and are both interns at Starlux Airlines, hoping to work as flight attendant and ground service personnel in the future, but they couldn't forget taekwondo, which they've learnt since little. Therefore, they learn together, and perform well in the end.

Hsin-Lan Lai and An-Chiao Chang mentioned that they haven't practiced taekwondo since high school, nor did they participate in any competitions. Chang won the gold medal when she was a freshman at the National Intercollegiate Athletic Games, and won silver medal last year. This year, she managed to win gold medal at the 67kg class once again.

"I didn't dare to tell people at school that I didn't win gold medal last year." Chang said. "I felt embarrassed. My opponent today at the final was the winner last year, so I kind of revenged."

Lai hasn't practiced for four years, but when her PE teacher told her that there's another athlete who practices taekwondo in another class, she and Chang met each other. Her condition competing wasn't great last year, only ranking the fifth, so she decided to practice with Chang, and ended up winning the gold medal at the 57kg class.

Lai is doing her internship in Taipei; while Chang does hers in Taoyuan. Both of them work on workdays, and take the public transportation after work on Friday to learn from Coach Kun-Lin Lee in Taichung.

It's very difficult for them to practice after work, but it's also their interests.

"They don't have the resources at school," Lee said. "so, they could only practice at my place every week. The training days were only Friday and Saturday. It's not enough. They had to practice a lot of trainings in such a short time, and it was really difficult, so we prepared for the competition with the tightest time frame."

They're both interns at Starlux Airlines, and hope to enter the industry in the future.

"Of course, I want to do something related to airlines." Lai said. "Either flight attendant or ground service personnel would be okay."

As for Chang, she has always wanted to be a flight attendant since she was little, so she hopes that she can continue working on making her dream come true.