

Chinese Flagship Overseas Capstone Program in Taiwan

Student Life Guidebook



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Academic Year



國立陽明交通大學
NATIONAL YANG MING CHIAO TUNG UNIVERSITY

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Welcome!

We know your journey -- both academically and travel wise -- was rigorous and long, and we're very glad you're here. The Taiwan Program team has assembled this guidebook to assist you as you begin the process of adapting to life in Taipei and being a student on the Yangming Campus of National Yang Ming Chiao Tung University (NYCU). Now that you've landed, let's continue the journey together...

Getting from Taoyuan Int'l Airport to NYCU's Yangming Campus

The easiest way to travel from Taoyuan Airport to Taipei is via the Airport Metro. This rail system runs an express train between Taoyuan Airport and Taipei Main Station as well as commuter rail along the same tracks, with more frequent stops. The express service takes 35 minutes and is the fastest way to get into the city. The opening hours are as follows:

From 06:12 am to 10:42 pm (Taoyuan Airport)

From 06:00 am to 10:58 pm (Taipei)

However, another possibility is to take the MRT:

1. When you arrive at Taoyuan International Airport, follow the signs to take the MRT metro.
2. Taoyuan International Airport is at stop A13, Airport Terminal 2 Station.



Here is a list of Taoyuan Airport MRT stations.

Station No.	Station Name in Chinese	Station Name in English
A1	臺北車站	Taipei Main Station
A2	三重站	Sanchong Station
A3	新北產業園區站	New Taipei Industrial Park Station
A4	新莊副都心站	Xinzhuang Fuduxin Station
A5	泰山站	Taishan Station
A6	泰山貴和站 (明志科大)	Taishan Guihe Station
A7	體育大學站	National Taiwan Sport University Station
A8	長庚醫院站	Chang Gung Memorial Hospital Station
A9	林口站	Linkou Station
A10	山鼻站	Shanbi Station
A11	坑口站	Kengkou Station
A12	機場第一航廈站	Airport Terminal 1 Station
A13	機場第二航廈站	Airport Terminal 2 Station

3. When you reach the train station gate, buy the ticket first.



4. Your destination is A1, Taipei Main Station.



The fare is NT\$160. The ticketing machine only accepts cash in small bills, which you can obtain by exchanging some money at the currency exchange desk in the Arrival Hall. Then either a) ask for some of your money to be given to you in NT\$100 bills or b) get a coffee or a snack at the café in the Arrival Hall to break a larger bill.

5. To purchase your ticket with cash, use this machine.



If you only have a credit card, you will have to buy your ticket at the information counter.



6. Enter the station. Go to platform 2: Taipei bound.



7. Take the express train instead of the local train. The e-bulletin board will show what kind of train it is, or you can check it on the train itself.



8. Taipei Main Station is the fourth stop after Airport Terminal 2 Station.



9. When you arrive at Taipei Main Station (Taoyuan Metro entrance), follow the signs to the MRT entrance. You are going to take the Tamsi-Xinyi (red) line.



10. You can follow signs along the way.



11. When you reach the floor of the Tamsui-Xinyi (red) line entrance, you'll need to buy your ticket before entering. The fare is NT\$25.



12. Take the Tamsui-bound train to Shipai Station.



It is important to note that the MRT closes at 11:00 p.m. most nights. If you get into Taoyuan at a time when the MRT is not running there are two other easy options to get into Taipei.

1. The first is to take a taxi directly to the NYCU Yangming Campus. A taxi from Taoyuan Airport will cost anywhere from NT\$3,500-NT\$4,000 and take you a little more than one hour. The upside of this is that the taxi can drop you right at campus. The downside is that it is very expensive.
2. The other option is to take the airport bus #1819 to Taipei Main Station. This bus line runs every 15-20 minutes, 24 hours a day. It takes 55 minutes and costs NT\$140. There are signs (in Chinese and English) directing passengers to the bus. There will be a ticketing window for Kuo-Kuang Motor Transportation displaying several different bus numbers including the #1819. You should buy a ticket at the window and then line up with passengers outside to wait for the bus. The bus will make several stops before reaching Taipei Main Station and then you will be let off next to an area that has several taxis lined up. Once you get into Taipei Main Station you will need to take a taxi to NYCU since the MRT will not be running. Give the taxi driver the address for NYCU's Yangming Campus (No.155, Sec.2, Linong Street). It should take around ten minutes for you to get to the campus and costs around NT\$150. Official taxis in Taiwan have a meter so you don't need to bargain or ask about the price before getting in – and for safety, you must always take an official taxi.

NYCU Yangming Campus Life

The NYCU Yangming Campus is located at the base of Yang-Ming Shan, with a view of all of Taipei. The campus is intimate and easy to navigate, readily accessible by public transportation. In order to familiarize yourself with the campus and its local surroundings, here is a [map](#) of the YangmingCampus.

NYCU Yangming Campus Dormitories

The majority of Capstone students will be housed in Dormitory No. 5 for men or Dormitory No. 5 for women. (In Taiwan, dorms are strictly segregated by gender; if you are a non-binary student, please contact the U.S. office regarding assistance finding an apartment near to the Yangming Campus.) The dorms are convenient and inexpensive. Students will have a local Taiwanese roommate. Each room has a private bathroom that the room's students will share. Each room will be provided with:

- Study Desk and Chair
- Bed Frame (no mattress; please see the tip below)
- Wardrobe
- Central AC
- Internet

The rent does not include utilities (water, electricity, and internet). Turn off lights and any electrical equipment (fan or AC) when you leave your room.

In the dorms, students also have access to a basic kitchen, a laundry room, a study area, a workout room, and other common spaces.

If you are a married student, you will need to secure an apartment in Taipei, as NYCU's Yangming Campus cannot provide married-student housing for Flagship students. The Taiwan office may be able to assist you in finding housing.

Smoking is prohibited in dorms and on the NYCU campuses.

Tip: While NYCU does sell mattresses, they are simple tatami mats with bamboo on one side and foam on the other. The bamboo side is cool on a hot night, but these mattresses are not always the most comfortable for Americans. Inexpensive, mattresses can be purchased from either Muji or IKEA. IKEA will deliver to the dorm for a small fee.

Dorm Rules

The following behaviors are not allowed in the NYCU dorms:

1. Don't allow a member of the opposite sex or an outsider to stay in the dormitory overnight or take a member of the opposite sex into the bathroom to wash.
2. Don't stock prohibited items or inflammable material in the dormitory.
3. Don't connect to power privately in the dormitory or bedroom.
4. Don't suspend rope to dry clothes or place private belongings or rubbish in the dormitory corridor.
5. No pets without approval in the dormitory.
6. Don't steal, fight, drink alcohol or gamble in the dormitory.
7. Equipment damage due to improper use affirmed by a self-governing, troubleshooting group shall be compensated by the user.
8. Don't talk or shout aloud in the dormitory or interfere with other students' independent studying or sleep.
9. Don't damage or destroy public property.
10. The dormitory shall be kept clean and shall be cleaned before moving out.
11. Don't cook in the dormitory.
12. The power bill of each dormitory shall be paid according to university rules/
13. Don't sell pyramid scams in the dormitory area.
14. Don't smoke in the dormitory area.
15. Don't privately give up or replace your bed.
16. Don't live in the dormitory without the allocation of the dormitory.
17. Don't privately change dormitories before finishing transaction procedures, or allow an unauthorized non-resident of the same sex within the school to stay in the dormitory overnight, or occupy another's bed without permission.
18. Don't delay moving out of the dormitory without the approval of the Life Guidance Section.
19. Don't use an electric radiator or appliances above 500W (except hair driers) which may affect electrical safety.
20. To maintain dormitory safety, non-residential students coming in and out of the dormitory shall be approved by the supervisor or accompanied by a residential student. Opposite-sex friends may be received in the public area; the opposite-sex cannot stay in the dormitory between 12:00 p.m. to 6:00 a.m. of the next day, or else the offender will be deemed to have put up the opposite-sex without arbitration.
21. Resident students cannot impair public safety in the dormitory area.

As above, guests are not allowed to stay in your dorm. All visitors must comply with dorm rules, including checking in with the front desk, departing before dorm closing hours, and with noise and cleanliness regulations.

Recycling in Taipei

Residing in Taiwan, you will discover that the trash collection process is very different than in the U.S. Recycling is very important, even if you're living in a dorm.

You will need to purchase the approved designated garbage bags to dispose of trash (more information can be found at <https://bit.ly/2ETvQvU>). These designated trash bags will have “臺北專用垃圾袋” written on the bag, as well as the approved Taipei approved logo. You can buy blue recycling bags at any convenience store or supermarket. The bags are kept behind the counter so you'll have to tell the cashier when you go to check out that you want trash bags. They'll ask you which size, and you can pick depending on how much trash you have or how frequently you want to take trash out. If you don't use the designated bags, fines and penalties can occur. For more information about recycling in Taiwan, watch this [video](#).

Dining Options at the Yangming Campus

The NYCU Yangming Campus has several different places to eat that, as a student, you have access to. These cafeterias will generally be cheaper than restaurants off campus. On-campus dining options include picking up a quick snack or sitting down for a full meal. There is no halal food for Muslim students on campus, but vegetarian food is available. Here are the on-campus options:

- **Student Cafeteria:** Offers breakfast, lunch, and dinner
- **OK Convenient Store:** Offers drinks, snacks, prepackaged meals
- **Huisun Coffee:** Offers high quality coffee and meals. Your student ID card gets you 15% off.
- **L'escargots:** Offers French cuisine. Your student ID allows you to waive the service fee.



Restaurants near the Yangming Campus

If you want to explore off-campus dining choices, there is no shortage of options to satisfy all types of appetites. The cheapest, fastest and tastiest food is almost always in the night markets. If you don't know what to eat or want to try something new the Shipai Night Market might be your best bet. But there are many restaurants near the Yangming Campus, including a number of choices on the street 石牌路二段 near the Shipai MRT station (石牌捷運站), or the street of 立農街二段 (the main entrance area of NYCU). Just within these two areas, there is a wide variety ranging from coffee shops, western food, Chinese food, Korean food, and other international cuisines.



Here are some restaurants you might want to try:

品鮪日式料理: Japanese/Sushi little more expensive than some other options but sushi usually is.

美鮮牛肉麵: Mei Xian Beef Noodle Restaurant is a shop with all the traditional noodle dishes.

Sushi Express: Cheapest Sushi you'll ever find. Very decent for the price.

50嵐 台北石牌店: Bubble tea chain.

鑽石師手作老麵饅頭專賣: Great Mantou (steamed bread) filled with all sorts of different fillings!

黑森邦工坊: Taiwanese breakfast shop. Very yummy, very cheap. Opens at 6:00 a.m. for early birds. Closer to campus than most other shops.

阿財鍋貼水餃專賣店: Super cheap and yummy dumplings. Choose between pan-fried or steamed.

酒川食坊 - 石鍋美食: Stone bowl meals which are more typical of Korea, but these have a Taiwanese twist.

新天母素食館: Vegetarian Buffet Restaurant. (Most strictly vegetarian restaurants are this style.)

Coffee shop and café culture in Taipei is extremely fun and quirky. Lots of students like to spend their afternoons working in a nearby café. Most shops will have a cat or two and there are specific shops with dogs, hordes of cats, alpaca, raccoons, birds, and even meerkats! That being said, around the Yangming Campus there are plenty of coffee shops to meet even the biggest caffeine addict's needs.

- Starbucks: Tastes just like home, but usually as expensive as or more expensive than a meal!
- Dante Coffee and Louisa Coffee: Both shops have big tables to sit at and you can usually stay for several hours.
- Cama Café: Perfect for on the go. Very small space to sit and more limited menu, but half the price of most other shops and better than the coffee you can get at 7-11.

Supermarkets near the Yangming Campus

Although you have the option of eating at the school cafeteria and nearby restaurants, you can also choose to cook.



There are a number of supermarkets near the campus, one of which is a chain called Simple Mart (美聯社), located 臺北市北投區立農街二段267號. And the other one is a chain as well called PX Mart (全聯福利中心), located 臺北市北投區東華街二段180號.



Places of Worship

Both on the Yangming Campus, and in Taipei, students who wish to practice their religion have places to do so.

For Muslim students, NYCU has a prayer room on campus located at the School of Medicine's International Center for Students and Scholars.



There is also the [Taipei Grand Mosque](#) at No. 62號, Section 2, Xinsheng South Road in the Da'an District. For more information, the phone number is +886-2-2321-9445.

For Jewish students, there is the [Taipei Jewish Center](#), which is run by Chabad of Taiwan and is located at No. 12, Lane 46, Anju Street in the Da'an District, which is a three minute walk from the Liuzhangli MRT station. They offer a Shabbat service and dinner every Friday night. However, you might want to splurge on a cab to get there, as it will take over an hour by MRT. The phone number is +886-9-2392-3770.

For Catholic students, there are a number of Catholic churches in Taipei, including the [Holy Family Catholic Church](#) in the Da'an District (Phone: +886-2-2393-0701), [St. Christopher's Church Taipei](#) in the Zhongshan District (Phone: +886-2-2594-7914); and [Our Lady of Fatima Catholic Church](#) in the Tamsui District (Phone: +886 2 2620 4374).

For Mormon students, there is the [Taipei Taiwan Temple](#), located at 256 Ai Kuo East Road in the Da'an District. The phone number is +866-2-2192-4930.

The NYCU Sports Center and Athletic Facilities

The gym and other facilities are located on campus. They include workout equipment, a basketball court, a volleyball court, a swimming pool, tennis courts, and so on. Most of the outdoor venues are located at the top of the campus, while the indoor venues are located in the Sports Center.

To use the strength training room and the cardio training room, you have to fill out the "NYCU Sports Facilities Entry Access Control Application Form," found on the Physical Education [website](#). After filling it out, print it and bring it and your student ID card to the Physical Education office. Your Entry Access will be good for one year (usually August 1 of one year to July 31 of the next). If you want to extend your access, you have to reapply to do so.

The fee for use of the facilities ranges from 40元 per use up to 2,000元 per year.

The facility's hours are as follows:

Facility Hours	
Monday to Sunday	8:00 a.m. to 10:00 p.m.
Holidays	Closed
Winter & Summer vacation	Open on workdays

For more information, you can visit the Physical Education office [website](#). To download related forms, please check the lower left side of the website.

NYCU Yangming Campus Student Clubs

One of the great resources on the Yangming Campus is the diversity of student clubs. There are over 50 clubs that you can participate in to meet other students interested in similar activities! Student clubs range from scholastic clubs to art clubs to sport clubs to entertainment clubs. Feel free to check out all the clubs you can join [here](#), as well as find contact information.

Internet Service

While on the NYCU Yangming Campus, you will be able to access Wi-Fi using your assigned login and password. Wi-Fi is available on most of the campus. Internet services are also provided in campus dorms.

Around Taipei, many public areas and transportation like the MTR provide free Wi-Fi. However, you may also want to select a mobile data plan to have internet access in areas off campus with no access to free public Wi-Fi.

Living Off Campus

There is no married housing for Flagship students on the Yangming Campus. Further, in rare circumstances, due to NYCU Yangming Campus dormitory space limitations, it is possible that not all Flagship students can be housed in the dorms. **Only if a student is married, or if there are not enough dorm rooms for Flagship students, will living off campus be an option.**

Living in an Apartment

If you are a married student (or an overflow student, should dorm limitations arise), you will be responsible for finding your own housing near the Yangming Campus. However, you will receive some assistance from the Student Housing Coordinator. In order to find housing, you can take advantage of several resources such as real estate agents or the Security Office on the Yangming Campus, which keeps a list of nearby vetted rentals. You might also look at the 591 house rental website: <https://www.591.com.tw>. While living off campus, you will still be responsible for abiding by all Program rules and regulations.

When looking for housing, you should be aware that apartments are usually signed on one-year lease contracts. Month-to-month contracts are also at times available. Also, keep in mind that off-campus housing will most likely require a security deposit as well as extra fees for water and utilities.

Before a student signs any off-campus housing contract, Taiwan Center staff will need to evaluate the apartment and approve the contract.

Trash Collection and Recycling While Living Off Campus

If you live off campus, you will discover that the trash collection process is very different than in the U.S. On designated trash days, locals will bring their trash out to the curb and wait for the garbage truck to pass to dispose of their garbage. For more details about recycling, please refer to the recycling section on page 13 of this guidebook.

Other Aspects of Life in Taipei

While attending the Hunter College Chinese Flagship Overseas Capstone Program, you will be living in the capital of Taiwan, Taipei. Taipei is home to more than 2.5 million residents, and is a vibrant metropolis that has a diverse economic, political, and cultural environment. Whether you want to spend time in urban areas like Taipei 101, at cultural sites like Chiang Kai Shek memorial (中正紀念堂), or in lush gardens like Da'An Park (大安森林公園), Taipei blends urban life and the natural world like no other city.

Taiwan EasyCard

Taiwan's EasyCard (悠遊卡) is a reloadable smartcard. Taiwan travelers swipe their EasyCards to ride public transportation like the Taipei MRT, buses, trains, and even to rent

bicycles around the country. The EasyCard can also be used for payment at many convenience stores such as 7-11 and Family Mart (全家便利商店、全家), as well as other supermarkets or locations that display the EasyCard logo.

EasyCards can be purchased at all MRT stations and many convenience stores that accept EasyCard payment for about \$100 TWD. Cash can be added at any time at these same locations. When leaving the country, all remaining balances can be returned to you at any MRT station.

Option 1: When arriving at Taoyuan Airport, you can go to the MRT station downstairs to obtain an EasyCard. Local TWD currency is needed to obtain and recharge the card.

Option 2: Shortly after arriving at the Yangming Campus of National Yang Ming Chiao Tung University (NYCU), you will be issued an NYCU student ID card, which will also act as your EasyCard. When using your Student ID EasyCard, you will receive discounts when taking public transportation. Download the EasyCard app to check your balance.

Money

Currency

The currency in Taiwan is referred to as the New Taiwan Dollar (NT\$). There are five banknotes or bills, and five coins. Banknotes/bills are available in denominations of NT\$100, NT\$200, NT\$500, NT\$1000 and NT\$2000. However, you will rarely see an NT\$200 or NT\$2000 note. (Like US\$2.00 bills, the NT\$200 and NT\$2000 banknotes are very rare, but should you see one, do not instantly think that it's counterfeit.) Coins are available in denominations of NT\$½, NT\$1, NT\$5, NT\$10, NT\$20, and NT\$50, with NT\$½ and NT\$20 coins rarely seen.

Unlike mainland China where many establishments accept digital currency like Alipay or WeChat pay for payment, or the U.S. which widely accepts credit cards, Taiwan is still a cash society, meaning many places will only accept cash as payment. Make sure to have some cash on you at all times!

Banks

While banks are located all over the city, you will notice that they are not open during the weekend. If you need to withdraw cash, you can use ATMs 24/7. However, if you want to exchange USD to NTD, you'll have to go to the bank on a weekday during normal business hours. Most in person bank hours are M-F from 9:00 a.m. to 3:30 p.m.

Opening a Bank Account

Given the short amount of time you will be in Taiwan, the Taiwan Program does not recommend opening a local bank account. This is because one of the documents required to open one is a national health insurance card, which can only be applied for and obtained after you have been in Taiwan for six months. However, should you decide you must have a local bank account for the last few months that you are in Taiwan, here is what you will need to do. Choose a bank. Be prepared to fill out several forms in Chinese. You will need to show the bank two specific official Taiwanese identification cards, which are your ARC card and national health insurance card. And you will have to have at least NT\$100 to deposit. After opening an account, you can also apply for a local ATM card to avoid withdrawal and currency conversion fees. (Please note: Because you will not be able to open a local account for at least six months, you will want to make sure that you either are able to access your U.S. account using your ATM card, or that you bring enough cash to Taipei to last until a local bank account can be opened. In the latter case, this would be quite a bit of cash.)

Be aware, just like in the U.S., if you use your local bank account ATM card to withdraw cash from another bank's ATM, you will be charged about NT\$15 each time.

ATMs near NYCU's Yangming Campus

Usually convenience stores such as 7-11, Family Mart, and OK provide ATM service. There are very few exceptions.

In addition to the convenience stores, there are several ATMs near to NYCU. Here is a list:

Bank ATM	Address
華泰銀行	臺北市北投區東華街二段180號B1樓
中國信託	臺北市北投區石牌路二段46號
中華郵政—北投石牌郵局	臺北市北投區石牌路二段93-2號
中華郵政—北投榮總郵局	臺北市北投區石牌路二段201號
台新銀行	臺北市北投區東華街二段88號

Foreign Exchange

To exchange U.S. dollars into NTD, it is recommended to head to one of the following banks. To exchange money, remember to bring your passport and ARC. You can also exchange money at the Taiwan Post Office (Chunghwa POST or 中華郵政).

Post Office/Bank on Campus

There is one Chunghwa Post (NYCU Yangming branch) on campus. It is located just to the right of the main gate.

Here is a list of banks that are close to NYCU:

Bank	Address
台新銀行	臺北市北投區石牌路二段 49 號
中國信託 (石牌分行)	臺北市北投區石牌路二段 46 號
華泰銀行 (石牌分行)	臺北市北投區石牌路二段 95 號
遠東銀行 (石牌分行)	臺北市北投區石牌路二段 112 號
元大商業銀行 (石牌分行)	臺北市北投區石牌路二段 120 號
國泰世華銀行 (石牌分行)	臺北市北投區石牌路一段 188 號



左：台新銀行
右：中國信託石牌分行



左：華泰銀行石牌分行
右：遠東銀行石牌分行



左：元大商銀石牌分行
右：國泰世華石牌分行

Important Note: Banks in Taipei will sometimes refuse to exchange certain bills if they deem them too "old." Be aware when you go to exchange money that they may refuse to exchange some of the bills. Any bills that a bank refuses to exchange can still be exchanged at the currency exchange desks at either Taoyuan Airport or Songshan Airport. (Songshan is faster and easier to get to if you have this problem). Alternatively, you can exchange your money when you first enter the country. There little to no difference in the exchange rate between a bank and the currency exchange desks in the airport.

Shopping

In the U.S. you can go to a store like Target or Walmart and get anything you might need, but in Taiwan shops tend to be smaller and specialize in certain things. Therefore, students need to go to a stationary store for notebooks, a pharmacy/beauty store for female necessities, deodorant, lotion, shampoo, yet another store for reusable bottles, chopsticks, bags, a different store for small appliances, another for sheets and bedding, and so on and so forth. There are bigger department stores in Taipei, but they tend to have Western brands and that is reflected in the prices. There are many small specialized stores within walking distance of the NYCU Yangming Campus, but it may take a little exploring to find exactly what you want.

Transportation

Public transportation around Taipei is abundant and convenient. During your stay in Taiwan, you can take advantage of one of many modes of public transportation.

Metro (MRT)

The Taipei metro 捷運 is the most efficient way to travel around Taipei. The closest MRT station to NYCU is the Tamsui-Xinyi (red) line's Shipai station 石牌站.

The metro system fare is determined by distance. The further the location, the more expensive the fare will be. If paying by cash, single journey tickets can be bought by telling an MRT station teller where your final destination will be. There are also touch screen machines where you can select your departure and arrival stations. Once the fare is displayed, insert cash to buy the ticket (coin). The coin will be swiped at the entrance gate and deposited when leaving the exit gate at your destination.



MRT ticket

(Source: [https://commons.wikimedia.org/wiki/File:Taipei MRT New IC Token 01.jpg](https://commons.wikimedia.org/wiki/File:Taipei_MRT_New_IC_Token_01.jpg))

You can also swipe your EasyCard at the departure station entry gate and again at the exit gate. The fare will automatically be deducted from your card. If your card's balance is too low, you can refill your card with cash prior to entering the gated area, or at the teller at the exit.

Tip: Download the Go! Taipei Metro app to track metro times and get fare costs.

Buses

Buses or 公車 in Taipei are plentiful and make more stops than the metro. Buses

are also convenient as there are many stops near campus.

Bus line information is often displayed on the front and side of the bus. For example, the bus LCD might read 紅 15. The 紅 signifies that the bus will stop at a Red Line metro station while the 15 signifies the bus number.

Fares are determined by zones. When getting on the bus, take note whether there is a sign that displays 上 or 下. If the sign shows 上, you must pay NT\$15 by cash or EasyCard when boarding. You will need to swipe your EasyCard when you get on and off a bus. Make sure not to forget to swipe as you get off. If you don't swipe off the bus you can't use your EasyCard again until you go to a station help center in the MRT and get them to unlock your card. If the bus shows 下, you must pay NT\$15 when departing the bus. Note that if you board the bus when 上 is displayed and depart the bus when 下 is displayed, you must pay twice. If paying with cash, exact change is needed.

Tip: Download the 台北等公車 or 台北好行 app to track bus lines, bus stops, and real-time tracking.

Google Maps is very accurate when it comes to bus schedules and if you choose to take a bus it will automatically consider bus routes and direct you accordingly.

Taxis

If you're in a rush or want to go to a location that is not serviced by the metro or bus, you can take a taxi or 計程車. Taxis in Taipei are more expensive than other modes of public transportation but cheaper than in the U.S. All taxis in Taipei are yellow with a sign that reads either "Taxi" or "Rental Taxi" on top (however, note that there are different taxi companies).

To hail a taxi on the street, wave them down as they drive by. If a taxi has a red or green light in the windscreen or on the top of the car that displays 空, the taxi should be available. (Note: Some taxis might already be booked and may not stop even if the light is displayed.) Alternatively, you can enter a 7/11 or Family Mart (全家便利商店、全家) and have the store attendant call you a cab.

Fares are determined by distances. When getting in a taxi and giving the driver your destination, make sure the driver is using a meter or 跳表. Fares between 11:00 p.m. and 6:00 a.m. will be charged a night-time rate. All taxis take cash for payment. If wanting to use a credit card or EasyCard to pay, look for the corresponding logos on the side of the taxi cab.

When leaving the taxi, make sure to ask for a receipt. This will also inform you of which taxi you took in case you left items in the taxi.

Tip: You can call 55688 to book a taxi in advance or at that time. You can also download the 55688 app 台灣大車隊 (one of Taipei's biggest taxi companies) to book a taxi.

This is an official taxi:



Bicycles

Another convenient mode of public transportation is biking. You can ride bicycles throughout the city with many locations having special bike lanes. If there are no dedicated bike lanes, you may want to ride on the sidewalk rather than in the street, especially if there are too many motorcycles or cars around. However, neither bicycles nor motorcycles are permitted on the NYCU Yangming Campus. If you still would like to have a bike for off-campus transportation, you must keep it at one of the two bike parking areas; one is behind the Yangming Campus library, the other is right next to the Security office at the entrance of the university. However, please note that bike parking spaces are extremely limited.

It's worth noting that because the NYCU Yangming Campus is located at the base of Da-tun Mountain, the area is very hilly, so people usually just walk or use buses for transportation. (Some use motorcycles, but for safety reasons, Capstone students are not permitted to ride or drive any motorized vehicles.)

But if you still want to use a bicycle to commute, there are two bike shops close to Shipai Station.

Bike shop	Address
石牌自行車行	臺北市北投區西安街一段 305 號
簡單生活單車坊	臺北市北投區懷德街 75 巷 2 號

New bikes will cost around NT\$2,200 while used bikes can be below NT\$1,500. (you can visit the following website for more info on bike auctions

If you don't want to buy a bike during your stay, you can find YouBikes (Taipei Bike Sharing System) around the city. YouBikes are located at stations around the city, including nearby MRT stations and popular tourist destinations. You can rent a YouBike at any station and return it to any station that still has parking space available. However, due to the hilliness of the area, there is no YouBike station near to NYCU.

YouBikes (U bike) are free in New Taipei City for the first 30 minutes if renting with your EasyCard. Each subsequent 30 minutes of usage is priced at NT\$10.

To rent a YouBike, you must first register your EasyCard with your local cell number. Afterward, swipe your EasyCard at the station kiosk and slide the bicycle out. When returning the bike, slide the bicycle into the station. When the LED is flashing blue, swipe your EasyCard over the sensor. The fare will automatically be deducted from your EasyCard balance. Important: If you do not swipe your EasyCard when returning the bicycle, you will continue to be charged.

Tip: Download the YouBike 微笑單車 app to locate nearby YouBike stations as well as to find out how many bikes and empty parking slots are available.



微笑單車

(Source: https://commons.wikimedia.org/wiki/File:YouBike_bicycles_parking_20170127.jpg)

Trains

The best option for longer distance travel is to take a train. There are several different types of trains in Taiwan, and the type of train determines the number of stops and speed. The type of train will also influence the cost. Trains in Taiwan are generally very punctual and can be ridden around the entire island.

Train fares can be paid with either cash, EasyCard, or credit card. You can also buy tickets at kiosks at 7/11 or Family Mart (全家便利商店、全家) or on the TRA/HSR websites.

TRA

The TRA train or 火車 is more of a local train that stops in every county around Taiwan. These trains can either be "Express" 莒光 or 復興 or "Local" 區間車. Local trains will make more stops and there are no reserved seats.

There are also express trains like the Tze-chiang 自強 or the Puyama Express 普悠瑪 that are much faster and more expensive.

For 莒光 or 復興 trains, while you can pay at the entrance gate with an EasyCard by swiping, you will not receive a reserved seat. If you want to guarantee having a seat, you should either purchase your ticket through a teller or at a kiosk that offers seat assignments.

THSR

The quickest and most efficient way to travel between cities, the bullet train travels around the western coast of Taiwan between Taipei and Kaohsiung as quickly as in one and three quarter hours. There are ten stations on the route: Taipei (臺北), Banciao (板橋), Taoyuan (桃園), Hsinchu (新竹), Miaoli (苗栗), Taichung (臺中), Changhua (彰化), Yunlin (雲林), Chiayi (嘉義), Tainan (台南), and Zuoying (for Kaohsiung) (左營-高雄).

Tip: Download the T-EX 行動購票 app to buy HSR tickets on your phone. Buying through the app will give you a digital ticket which allows you to swipe a QR code to enter the train gate.

Now that you know the many ways to get around Taipei, here are some interesting places you might want to visit:

The National Palace Museum	Taipei 101
Chiang Kai Shek Museum	Longshan Temple
Da-An Park	Dihua Street
Elephant Mountain	Lin Family Mansion and Gardens
Huashan Culture and Creative Park	Yanmingshan Recreational Area
Ximending Shopping Area	Zhongshan Shopping Area

Communication

Phones

You are required to have a cell phone plan that includes making and receiving calls. You are required to keep your phone with you and turned on at all times in case of an emergency, whether you need to get in touch with Taiwan Center staff or Taiwan Center staff need to get in touch with you.

As long as your phone is unlocked, upon arrival, you can purchase a SIM card at a local phone store that can work with your mobile device. Note: In order to buy a SIM card, you will need to bring your passport. If you're planning to use the mobile phone you brought from home, make sure to test the SIM card in the store before purchasing, since there is a chance it will not work. If your phone is locked, you may need to buy a local mobile phone instead.

The three major cell phone providers in Taiwan are Chunghwa (中華電信), Taiwan Mobile (台灣大哥大), and Far Eastone (遠傳電信). When purchasing a plan, you will want to consider how many minutes and how much data is included per month.



中華電信



遠傳電信

To recharge your monthly plan, you can either visit the local provider or you can recharge using the kiosk machines at 7/11 and Family Mart (全家便利商店、全家). In addition, you can also use the kiosks to buy additional data packages in case your data runs low.

LINE messaging app

Before departing for Taiwan, you will want to download LINE. LINE is the default messaging app that is used in Taiwan, similar to WeChat in China or WhatsApp and

iMessage used in the U.S. While important communication will be shared through email or text messages, you can also use LINE to communicate with staff members. Further, during the in-country orientation week, a LINE group will be set up dedicated to your Capstone cohort, so that you may all communicate more easily.

Dining Out and Grocery Shopping

Dining Out in Taipei

After arriving in Taipei, you will notice there is an incredibly wide variety of food. Taipei offers choices that range from street vendors that offer breakfast for NT\$35 (US\$1.5) and night markets featuring a plethora of various street cuisines, to luxurious restaurants and even American chain restaurants like TGIF and Texas Roadhouse.

You may also want to try local specials like Milk Tea 奶茶, Brown Sugar Milk Tea 黑糖珍珠奶茶, Beef Noodles 牛肉麵, Egg Omelet 蛋餅, Oyster Pancake 蚵仔煎, Taiwan Meatballs 肉丸, Pineapple Cakes 鳳梨酥, and on a hot day some Shaved Mango Ice 芒果冰! While you should take the necessary precautions with food sanitation, you should also explore the various food options Taipei has to offer!

There are plenty of vegetarian options when in Taiwan. If you want to inform others that you are a vegetarian, you can simply say that 我吃素. In addition, look for restaurants that are labeled as 素食. Note that the concept of vegetarian may differ. For example, some vegetarians may not eat garlic or onions. Be sure to note what you cannot eat when going to a restaurant, including that you do not want any meat.

To find food that is halal, make sure to look for the characters 清真.

If you have any allergies, make sure to let the restaurant staff know before or while ordering. For example, you can say 我對 (item you're allergic to) 過敏.

When first arriving in Taiwan, your system will not yet be adjusted to local microbes and microbiota, therefore it is recommended that you only eat at proper establishments and avoid street food or unpeeled vegetables or fruits washed with tap water.

Do not drink tap water that has not been boiled! Your best option is to drink bottled water, or water from purified dispensers.

Although there are plenty of cafeterias, food vendors, and restaurants nearby, if you would like to save money by cooking for yourself, there are many local and import grocery stores around the city (e.g. 全聯、頂好) where you can buy fruit, vegetables, meat, rice, noodles, and most everything else you might need to create a delicious meal for yourself.

Convenience Stores

Convenience stores like 7/11 and Family Mart (全家便利商店、全家) are usually open 24/7. Whether you want to buy a quick snack or bottled drink, to grab a coffee or milk tea before class, or even to recharge your phone balance or buy train tickets, convenience stores in Taipei meet multiple needs. For instance, you can print and scan documents at convenience stores, as well as receive domestic packages. If you live off campus, you can also pay your utility bills at a convenience store.

Night Markets

Night markets in Taiwan are one of its unique cultural staples. Open in the evenings, night markets are bustling shopping areas where you can eat delicious food, play carnival-style games, or go shopping, just as a local would. Popular night markets in Taipei include:

- Shilin Night Market 士林夜市 (the closest one to NYCU's Yangming Campus)
- Gongguan Night Market 公館夜市
- Huaxi Night Market 華西街夜市
- Ningxia Night Market 寧夏夜市
- Shida Night Market 師大夜市
- Raohe Street Night Market 饒河街夜市

For more information about the night markets, click [here](#).

If you want to go to a night market, make sure you check the local times and days that the market will be open. And just like in any big city, for your personal safety, and to protect your wallet, when in a crowded, busy place, be aware of your surroundings and the people around you.

One of Asia's Cleanest Islands

Recycling (資源回收)

Once in Taiwan, you will quickly note that Taiwan takes recycling pretty seriously. Taiwan's resources are fairly limited, leading the island to take strong initiatives in recycling and to strive for sustainability. Plastic and cardboard items are separated from regular trash. In addition, leftovers are thrown in a separate disposable compost bin specifically for food. If you fail to recycle, or improperly dispose of leftover food, you will discover that locals might either remind you to recycle accordingly or even scold you. To learn how Taiwan went from being nicknamed "garbage island" in 1993 to one of Asia's cleanest places, click [here](#). In a further effort to be eco-conscious, if you turn the AC to below 25°C (77°F), you might have locals suggesting you adjust the temperature to preserve Taiwan's resources.

Useful Apps in Taiwan

The following popular apps will make life in Taiwan easier.

Transportation



台北等公車



雙鐵時刻表



台灣大車隊



T-EX 行動購票



台北捷運GO



微笑單車

Communication and Dictionary



LINE



PLECO

Health and Safety

Culture Shock

While studying overseas for an extended period of time, there is a very high likelihood that you will experience a period of culture shock, even if you have traveled abroad in the past. When adapting to the new culture, you may experience a number of emotions that could range from curiosity to frustration, isolation, depression, or anxiety. **What is important to understand is that experiencing culture shock is completely normal and most people will experience it while living abroad.**

There are normally four stages to culture shock. Recognizing these stages will help you process and deal with culture shock.

Honeymoon Phase

When first arriving in Taiwan, everything will be new and exciting. It's normal to overlook the negative and annoying aspects of the local culture. For example, you might want to go to every night market to try and compare every dish.

Frustration/Rejection Stage

After the euphoria of the local culture wears off, you'll start to notice that even the smallest inconveniences start to make you anxious or frustrated. You might compare cultural differences between Taiwan and the U.S. and constantly ask why they don't do things like they do back home. Or you might get frustrated at the Bubble Tea cashier because she asked if you wanted ice in your drink but you just couldn't fully understand what she was saying.

Adjustment Stage

After a period of frustration and anxiety while living in a different culture, life in the culture will suddenly start to click and become easier to manage. You might start to enjoy aspects of the culture you admired during the initial honeymoon phase, or, instead of comparing cultural differences and asking why it can't be like back home, you may start to appreciate those differences and make them part of your daily routine.

Adapting Stage

As the final stage in your journey, you'll begin to fully adapt to your life abroad. You'll become accustomed to and engage in local cultural behavior. You can manage your way around the city and society, and you may start to identify more

with the local way of life. For example, recycling may become second nature to you and you may even find yourself scolding foreigners who do not recycle. You may even question why you wasted all those years back home not recycling!

When experiencing culture shock, there are several techniques and tips to help you cope:

- Understand that you are immersing yourself in a completely new culture and that it takes time to be able to adapt!
- Focus on the positives of the new culture instead of focusing on the negatives. Try not to romanticize the culture back home and if you must make comparisons, try to do so objectively.
- Find ways to de-stress and keep a healthy mindset. Whether it's exercise, meditation, or playing an instrument, try to do whatever activity helps you to de-stress back in the states. Although the environment might be different, the same techniques you use back home will help while abroad!
- And most importantly, talk to Taiwan Center staff, peers, or past students in Flagship programs to vent your frustrations and help you cope!

Reverse Culture Shock

In addition to managing culture shock when arriving in Taiwan, you will most likely have to deal with reverse culture shock upon returning home. During your time away, you will have learned how to adapt to Taiwanese culture. You will have become accustomed to different way of life. When returning home, what a year earlier had been your normal routine may now feel quite odd. You may find yourself reminiscing about your times in Taiwan, and missing the new friends you made, as well as Taiwanese traditions you adopted as your own. You may compare the culture back in the U.S. with that of Taiwan and begin to feel depressed, lonely, isolated, or frustrated. For example, you may wonder why people in the U.S. do not recycle like they do in Taiwan, wonder why public transportation in America is less efficient than Taiwan's, or even begin to question U.S. cultural norms. It may also be difficult when you realize that, while your experience abroad was deeply meaningful, family and friends back at home continued on with their lives, and many people will be quick to brush off your experience.

While reverse culture shock may impact your return home, it is important to know that it is very common and you will eventually return to a normal routine.

In order to prepare for reverse culture shock, you can try the following tips:

- Write a journal while you are in Taiwan
- Take photos while in Taiwan and create either a scrapbook or video
- Keep in touch with your new friends from Taiwan
- Keep in touch with other Flagship Taiwan Program students and share your

experiences and struggles

Expressing Affection in Taiwan

One thing you may notice when you arrive in Taiwan is that you will see very few “public displays of affection” (PDA). Just like every other culture in the world, the Taiwanese love deeply, yet they often refrain from kissing in public, and many couples will simply hold hands. Just like with any other aspect of consent, please double-check with friends and/or partners about what is an acceptable level of physical contact in public since it may differ from what you're used to.

Being LGBTQ+ in Taiwan

Taiwan is currently the only country in Asia that has legalized Gay Marriage. In general, being LGBTQ+ is extremely safe. You should be able to express yourself, date, and live life in Taiwan without feeling unsafe. However, there is a spectrum of ideas and opinions. There is a large generational gap in how people view LGBTQ+. Older Taiwanese may be less accepting. Some people may feel that it's no-one else's business and that it's not a topic that should be discussed in public. But there are also proud, vocal groups in Taiwan that are 100% behind you. We hope you feel free and safe to express your authentic self in Taiwan. If you do encounter prejudice, discrimination, or other hardships due to your identity please inform Taiwan Center staff so that they can help you.

Health Necessities

In general, you can find all the health and beauty necessities you might want or need at health stores in Taipei. Some of the most common of these stores are Tomond's, Watsons, and Cosmed, and they all sell toothpaste, toothbrushes, hairbrushes, deodorant, soaps, shampoos, lotions, etc. Every year there are also more and more familiar American brands that are available. If you have a specific soap or brand of toothpaste that you're worried about not being able to find in Taiwan you can always search the websites of the above common stores to check if it is available. If it's not you might consider bringing some along. However, Taiwan does have plenty of brands that are fantastic. Who knows? You might find a new favorite.

Feminine Hygiene Supplies

Menstrual pads are readily available for women at health stores such as Tomand's, Watsons, or Cosmed. Most of them will stock some brands Americans will recognize along with Japanese and Taiwanese brands. In the last ten years, tampons have also

become available in Taiwan at these stores. There are fewer brand options for tampons than pads in Taiwan. You can easily find tampons for light or medium days and usually tampons for heavy days can be found. However, if you need the equivalent of super or super+, it may take some looking. Some stores carry them, but it's not a guarantee that you can walk into any health store and find them. Also, you may not be able to find the brand you are looking for. If you have a particular brand of tampon that you prefer to use you may want to bring a supply with you.

Reusable period supplies are also becoming more and more popular around the world. However, they are a little difficult to find in common stores in Taipei. If you use reusable pads or underwear you might consider bringing your own. The same goes for a menstrual cup.

Condoms

Health stores and most convenience stores will sell condoms, but they may be tucked away in a corner and a little less obviously presented than in the US. You may also feel more awkward buying condoms in Taiwan, as culturally the Taiwanese tend to be more private about sexuality than Americans.

Hospitals and Clinics

NYCU has a clinic on the Yangming Campus which provides general health services. The Yangming Campus clinic provides service on Mondays, Wednesdays, and Fridays from 3:00 to 4:00 p.m. during the semester. The clinic is closed during summer and winter vacations.

If you need to see the doctor, bring your student ID to the clinic, which is located on the first floor of Boya Court, the Health and Medical Care Section. For more information, click [here](#).

However, if you need more medical assistance than the Yangming Campus clinic can provide, be assured that Taiwan has many trained medical professionals to treat all different types of illnesses. If you need to visit a hospital, you will quickly find out that the quality of medical care is very high and much less expensive than in the US. Near the Yangming Campus is the Taipei Veterans General Hospital, which provides comprehensive care.

If experiencing minor health problems, you may want to go to a local clinic where it will be cheaper and where you can see a doctor more quickly than at a hospital. If you require lab work or have a more persistent medical condition, there are several hospitals near the NYCU Yangming Campus. Before seeking treatment, make sure

to get in touch with your insurance provider to see how they will cover your costs. Remember, if you need to go to a clinic or hospital, you will need to go with a Taiwan Center staff member or get permission from the Resident Director.

If you need emergency medical treatment, please let the Taiwan Center Resident Coordinator or Site Director know right away, and either go to the nearest emergency room or call 119. If you go to the hospital, a member of the Taiwan Center will accompany you.

Some local hospitals include:

- Taipei Veterans General Hospital (臺北榮民總醫院)
No.201, Sec. 2, Shipai Rd., Beitou District, Taipei City, Taiwan
(台北市北投區石牌路二段201號)
+886-2-2875-7808
Check [here](#) for the following information:
 - Qualification for International Medical Service Center patients
 - Services of IMSC outpatients
 - Services of IMSC inpatients
- Cheng Hsin General Hospital (振興醫院)
No. 45, Zhenxing St., Beitou Dist., Taipei City, Taiwan
(台北市北投區振興街45號)
+886-2-2826-4400
- Taipei City Hospital - Yangming Branch (臺北市立聯合醫院陽明院區)
No.105, Yusheng St., Shilin Dist., Taipei City, Taiwan
(台北市士林區雨聲街105號)
+886-2-2835-3456

Appendix A: Medical Terms

"Chinese-English Regularly Used Medical Terms and Chinese-English Terms for Body Parts and Organs" can be found at this link:

<https://iconproject.org/wp-content/uploads/2021/04/Chinese-English-Regularly-Used-Medical-Terms-2008.pdf>

Source:

<https://chinese.iconproject.org/>

Appendix B: Phrasebook for Medical Encounters

A Chinese-English Phrasebook for Medical Encounters can be found at the following link: <https://chinese.iconproject.org/wp-content/uploads/sites/6/2021/06/Mandarin-Phrasebook.pdf>

Source:

<https://digem.med.ubc.ca/2016/03/23/a-chinese-english-phrasebook-for-english-speaking-medical-students/>

Counseling Services

Should you feel in need of emotional or mental health support, there is a student counseling center on the Yangming Campus, where there are a number of English-speaking counselors. The center is open Monday through Thursday from 9:00 a.m. to 9:00 p.m. and Friday from 9:00 a.m. to 4:30 p.m. Services include but are not limited to managing stress and anxiety, psychotherapy, treating eating disorders, managing depression, and other mental health issues. If you would like to see a counselor, you will need to make an appointment in advance. You can register at the NYCU portal website. For registration instructions and more information, please click [here](#).

Earthquakes, Typhoons, and other Natural Disasters

Taiwan is very prone to earthquakes, typhoons, and other natural disasters. Because of this, it's important to make sure you always have your cell phone charged and near you. Pay attention to any warnings or messages from either the local government or Taiwan Center staff. Follow all emergency protocols as discussed in orientation.

Earthquakes

Earthquakes happen quite frequently and can range in severity. It is recommended that students keep valuables like their passport (or a copy of it) and some money and at least one set of clothes in a backpack that can be easily grabbed in case of a severe earthquake. If you feel the building or ground beginning to shake, you should immediately find cover under a desk, table, or in a bathtub as quickly as possible.

If safe to do so, you should try to prop a door open with a chair for easy evacuation, and immediately go back to cover. Hold on to the desk or table with one hand, and cover your head with something soft (like a backpack or pillow) with the other. After the earthquake ends, check surroundings and escape. Avoid elevators.

In the case of a serious earthquake, students need to be alert for any tsunami warnings and try to get to natural high ground.

Typhoons

Typhoons (more commonly called hurricanes in the U.S.) are common in the summer and early fall. Typhoons can range in severity but often include heavy

rain and wind. Typhoons can be gauged ahead of time, but note that the predicted path may change at any moment.

If a typhoon is imminent, stay inside and away from windows. Be sure to not be outside or traveling, especially in mountainous areas where mud and rock slides are common.

Take heed of local government warnings. Warnings can include cancellation of classes and closure of public services like trains.

Other Natural Disasters

In case of any other natural disaster like fires, flooding, tsunamis, or other events, seek safety as quickly as possible and contact local Flagship staff.

Crime

While Taiwan is a very safe country overall, Taipei is a bustling city, and like in all cities, there are plenty of petty thieves happy to take advantage of unsuspecting foreigners. It's important that you stay mindful of your surroundings. If in a crowded area, be aware of pickpockets who may target cell phones, wallets, purses, or jewelry. When leaving an ATM, never flash your cash. Be wary when out at night, near bars and other areas where intoxication can lead to higher rates of crime.

In case your wallet or purse is stolen, make sure to always have a copy of important documents like your passport, credit cards, bank cards, IDs, etc.

If you are ever a victim of a crime, alert Taiwan Center staff immediately.

If you find yourself in a situation where police are involved, never resist. Always speak English to avoid misinterpretation. If asked for identification, always present your ARC card or passport. Ask to contact the Taiwan Center staff. In addition, never sign any documents without first consulting Taiwan Center staff or staff at the American Institute of Taiwan (which is the equivalent of an embassy).

Sexual Assault

It is strongly recommended that when going out, students should go in groups and if possible invite local friends. If you are in a crowded place, for example, at a night market, and someone makes inappropriate contact with you, don't be afraid to make a scene. If at any time you feel unsafe, remove yourself from the situation and contact Taiwan Center staff immediately. It is also strongly advised that you avoid being out alone at night or being alone with someone you do not know well.

For more information about CUNY's Title IX policy, see the Program Handbook. For an

outline of CUNY's policy regarding Title IX when students are abroad, see this [one-sheet](#).

Helpful Vocabulary

Taiwan and China Vocabulary Comparison

Although Mandarin is spoken in both Taiwan and Mainland China, there are some words that are said differently. To be understood by the locals, here are some useful resources:

Appendix C: Vocabulary and Academic Vocabulary Differences

兩岸差異用詞/ Vocabulary Differences between China and

Taiwan http://chinese-linguipedia.org/search_difference.html

兩岸學術名詞/ Academic Vocabulary Differences between China and

Taiwan http://chinese-linguipedia.org/search_academy.html

Source:

中華語文知識庫/ Chinese Linguipedia or Chinese Language Knowledge

Base <http://chinese-linguipedia.org/index.html>

Appendix D: More Vocabulary Differences

海峽兩岸用語對照表 A List of Vocabulary Differences between China and

Taiwan <http://www.hintoninfo.com.tw/Upload/mag/words.pdf>


Source: Unknown online source. (If inclusion violates any of the exclusive rights of the copyright owner, please inform us immediately.)

Everyday Vocabulary

Useful Vocabulary for Dormitory Living

門禁卡/學生證	ménjìn kǎ/xuéshēng zhèng	student ID (student ID also serves as key card to the dormitory)	
健身房	jiànshēnfáng	gym	
跑步機	pǎobù jī	treadmill	
飛輪	fēilún	stationary bike	
資源回收	zīyuán huíshōu	recycling	

垃圾分類	lèsè fēnlèi	garbage recycling	
鋁鐵罐	lǚ tiě guǎn	aluminum can	
紙類	zhǐ lèi	paper	
塑膠	sùjiāo	plastic	
寶特瓶	Bǎo tè píng	PET plastic bottle	
洗衣	Xǐyī	laundry	
洗衣機	Xǐyījī	washing machine	
衣架	yījià	hanger	
烘衣機	hōng yī jī	dryer	
曬衣場	shài yī chǎng	clothes drying area	
廚房	Chúfáng	kitchen	
瓦斯爐	wǎsī lú	gas cooktop	

流理臺	liú lǐ tái	counter	
空調	Kòngtiáo	air conditioner	
抽油煙機	chōu yóuyān jī	range hood	
微波爐	Wéibōlú	microwave oven	
飲水機	yǐnshuǐ jī	water dispenser	

Useful Vocabulary for Student Cafeteria / Restaurants

學餐 (學生餐廳)	Xué cān (xuéshēng cāntīng)	student cafeteria	
自助餐	zìzhùcān	buffet	
回收盤子的地方	huíshōu pánzi dì dìfāng	tray return area	
資源回收	zīyuán huíshōu	recycling	
點餐	diǎn cān	order (food)	
廚餘	chú yú	leftover	
外帶	Wàidài	take out	
打包	dǎbāo	pack to-go	
內用	nèi yòng	dine in	
買單	mǎidān	to pay the bill	

Useful Vocabulary for Academics and On Campus

行政大樓	Xíngzhèng dàlóu	Administration building	
註冊組	zhùcè zǔ	Registration Office	
學務處	xué wù chù	Office of Student Affairs	
國際事務處	guójì shìwù chù	International Affairs Office	
教務處	jiàowù chù	Office of Academic Affairs	
衛保組	wèi bǎo zǔ	Student Health Center	
警衛室	jǐngwèi shì	Security Office	
收發室	shōufā shì	Mail Room	
守仁樓 (研究室)	Shǒu rén lóu (yánjiū shì)	Shou-Ren building	
傳甲 (研究室)	chuán jiǎ (yánjiū shì)	Traditional Medicine A	
傳乙 (研究室)	chuán yǐ (yánjiū shì)	Traditional Medicine B	
成績單	chéngjī dān	transcript	
選修	xuǎnxiū	elective subject	
必修	Bìxiū	compulsory subject	
助教	zhùjiào	teaching assistant	
操場	cāochǎng	sports field	
K 書中心	K shū zhōngxīn	study center	
活動中心	huódòng zhōngxīn	auditorium / activity center	

綜合球場	zònghé qiúchǎng	sports court	
車子通行證	Chē zǐ tōngxíngzhèng	parking permit	
OK 便利商店	OK biànlì shāngdiàn	convenience store	

Useful Vocabulary for Student Clubs

社團	shètuán	club	
加入社團	jiārù shètuán	join the club	
退社	tuìshè	withdraw from the club	
社辦 (社團辦公室)	shè bàn (shètuán bàngōngshì)	Club Office	
填表格	tián biǎogé	application form	
社服	shè fú	club uniform	
社長	shèzhǎng	director / president	
副社長	fù shèzhǎng	vice director / vice president	
學生會	xuéshēnghuì	student body	
公關組	gōngguān zǔ	public relations team	
總務組	zǒngwù zǔ	general Affairs team	
活動組	huódòng zǔ	event planning team	

Useful Vocabulary for Student Activities

校慶	xiàoqìng	school anniversary	
水上運動會	shuǐshàng yùndòngghuì	aquatic sports day	
運動會	yùndòngghuì	sports meet	
連假	lián jiǎ	holiday, long weekend	
早安神農坡	zǎo ān shénnóng pō	mandatory school event that takes place once every semester	
_ _ _ 之夜	____zhī yè	ex. 醫學之夜 refers to medical night	

Useful Vocabulary for Transportation

悠遊卡	yōuyóu kǎ	easy card	
一卡通	yīkǎtōng	iPass	
月票	yuèpiào chū	monthly pass	
儲值	zhí jié yùn	top up/ refill	
捷運	jié yùn	metro (MRT)	
客運	kèyùn	coach	
公車	gōngchē	bus	
接駁車	jiē bó chē	shuttle	
計程車	jìchéngchē	taxi	
跳表	tiào biǎo	by meter	
北車 (台北車站)	běi chē (táiběi chēzhàn)	Taipei Main Station	
轉站	zhuǎn zhàn	transfer station	

Useful Vocabulary for Clinic & Hospital Visits

門診	ménzhěn	outpatient visit	
急診	jízhěn	emergency	
掛號	guàhào	making an appointment	
批價	pī jià	cashier	
藥局	yào jú	pharmacy	
領藥	lǐng yào	medicine pickup	
腹瀉	fùxiè	diarrhea	
胃痛	wèitòng	stomach ache	
拉傷	lā shāng	sprain	
刀傷	dāo shāng	cut	
皮膚過敏	Pífū guòmǐn	skin allergy	
鼻塞	bísè	stuffy nose	
感冒	gǎnmào	cold/flu	
頭痛	tóutòng	headache	
肌肉痠痛	jīròu suāntòng	muscle soreness	
暈眩	yūn xuàn	dizziness	
流鼻水	liú bíshuǐ	runny nose	
瘀青	yū qīng	bruise	
流鼻血	liú bíxiě	nose bleed	
食物過敏	shíwù guòmǐn	food allergy	
牙痛	yátòng	toothache	
嘔吐	ǒutù	vomit	
咳嗽	késòu	sore throat	
經痛	jīngtòng	cramp	
燒燙傷	shāo	burns	
發燒	tàngshāng	fever	
發炎	fāshāo fāyán	inflammation	

Other Useful Vocabulary

考砸了/考爆了	kǎo zále/kǎo bàole	screw up on the test	
蹦迪	bèng dí	clubbing	
夜店	yèdiàn	night club	
夜唱	yè chàng	karaoke at midnight	
很夯	hěn hāng	very popular	
誇張	kuāzhāng	exaggerated	
雷>	léi >	(Stephanie 很雷= Stephanie is a slacker) or (餐廳很雷= this restaurant sucks)	
____ 趴	____ pā	party (聖誕趴=Christmas party)	

Food Allergies 食物過敏 (shíwù guòmǐn)

堅果過敏	jiānguǒ guòmǐn	nut allergy	
花生	huāshēng	peanut	
花生醬	huāshēngjiàng	peanut butter	
(芝)麻油	(zhī) máyóu	sesame oil	
芝麻醬	zhīmajiàng fū	sesame paste/sauce	
麩質過敏	fúzhí guòmǐn	gluten allergy	
醬油	jiàngyóu	soy sauce	
蠔油	háoyóu	oyster sauce	
各種醬料	gèzhǒng jiàng liào	various condiments	
各種粉絲	gèzhǒng fěnsī	various rice noodles	
乳糖不耐	rǔtáng bù nài	lactose intolerance	
拿鐵	ná tiě	coffee latte	
奶茶	nǎichá	milk tea	

Vegetarian素食 (Sùshí)

全素(純素)	quán sù (chún sù)	vegan	
沒有肉 及奶製品	Méi yǒu ròu jí nǎi zhìpǐn	no meat, nor dairy product	
沒有蔥薑蒜韭菜	méiyǒu cōng jiāng suàn jiǔcài	no scallion, shallot, ginger, garlic, nor chive	
五辛素	wǔ xīn sù	vegetarian Asian meal	
有蔥薑蒜韭菜	yǒu cōng jiāng suàn jiǔcài	contains scallion, shallot, ginger, garlic, and chive	
蛋素	dàn sù	vegetarian ovo meal	
有蛋	yǒu dàn	no meat, may eat egg dishes	
奶素	nǎi sù	vegetarian lacto meal	
有奶	yǒu nǎi	no meat, may eat dairy product	
鍋邊素	guō biān sù	flexitarian meal	
吃菜肉裡面的青菜	chī cài ròu lǐmiàn de qīngcài	no meat, eggs, and dairy products, may eat vegetables cooked with meat	
西方素	xīfāng sù	vegetarian raw meal: no processed or food with additives	
印度素	yìndù sù	vegetarian Hindu meal: strictly no meat, fish, animal oil, gelatin or egg	

宗教食物的禁忌 Food to avoid due to religious beliefs

伊斯蘭教 Islam	Yīslán jiào	路邊攤的麵店都是豬骨湯，所以也不建議。 Most of the street vendors use pork bone broth for noodle soups, so please try to avoid it.	
印度教: Hinduism	Yīndùjiào	不可以吃麻辣鍋 (裡面有牛油) Avoid eating spicy hot pot which nearly always use beef broth and butter.	
猶太教: Judaism	Yóutàijiào	如果需要猶太教認證的食物，可以和台北的猶太教會聯絡。 Please contact Taipei Synagogue for information. www.jewish.tw Phone : 0923-923-770	
		註:在台灣，所有的店都是用同一個鍋子煮的，如果學生不能接受鍋子煮過一種肉類再去煮另一種肉類的話，請找素食餐廳。 Note: In Taiwan, all the restaurant meals are cooked in the same pots. If a student cannot accept that the pot has been used to cook one kind of meat and then used to cook another kind of meat, it is best to find a vegetarian restaurant.	

Types of Drinks 飲料種類

咖啡	Kāfēi	Coffee	
美式咖啡	měishì kāfēi	Americano	
拿鐵	ná tiě	latte	
摩卡	mókǎ	mocha	
濃縮咖啡	nóngsuō kāfēi	espresso	
卡布奇諾	kǎ bù jī nuò	cappuccino	
焦糖瑪奇朵	jiāo táng mǎ qí duǒ	caramel macchiato	
星冰樂	xīng bīng lè	frappuccino	
低咖啡因咖啡	dī kāfēi yīn kāfēi	decaf	
濃縮計算單位	nóngsuō jìsuàn dānwèi	shots	
一濃縮單位	yī nóngsuō dānwèi	single (shot)	
二濃縮單位	èr nóngsuō dānwèi	double (shot)	
三濃縮單位	sān nóngsuō dānwèi	triple (shot)	
四濃縮單位	sì nóngsuō dānwèi	quad (shot)	
糖漿	tángjiāng	syrup	
焦糖	jiāo táng	caramel	
榛果	zhēn guǒ	hazelnut	
香草	Xiāngcǎo	vanilla	
客製化	kè zhì huà	custom	
去泡沫	qù pàomò	no foam	
去鮮奶油	qù xiān nǎiyóu	no whipped cream	
茶	Chá	Tea	
綠茶	lǜchá	green tea	
紅茶	hóngchá	black tea	
烏龍茶	wūlóngchá	oolong tea	
青茶	qīng chá	blue tea	
水果茶	shuǐguǒ chá	fruit tea	
金桔茶	jīn jú chá	kumquat tea	
奶茶	nǎichá	milk tea	
奶品	Nǎi pǐn	Dairy	
鮮奶	xiān nǎi	regular milk	
脫脂牛奶	tuōzhī niúnnǎi	skimmed milk	
奶粉	nǎifěn	powder milk	
全脂牛奶	quán zhī niúnnǎi	whole milk	
黑糖鮮奶	hēitáng xiān nǎi	brown sugar milk	
養樂多, 優 酪乳	yǎnglèduō, yōu lào rǔ	Yakult (yogurt) milk	

非奶品	Fēi nǎi pǐn	Non-Dairy	
豆奶, 豆漿	dòunǎi, dòujiāng	soy milk	
杏仁奶	xìngrén nǎi	almond milk	
燕麥奶	yànmài nǎi	oat milk	
米奶, 米漿	mǐ nǎi, mǐ jiāng	rice milk	
紫米漿	zǐ mǐ jiāng	coco (rice & milk) milk	
手搖飲料	Shǒu yáo yǐnliào	Hand-Shaken Beverage	
波霸, 珍珠	Bōbà, zhēnzhū	tapioca / boba / bubble	
椰果	yē guǒ	coconut jelly	
布丁	bùdīng	pudding	
仙草	xiān cǎo	grass jelly	
愛玉	ài yù	aiyu jelly / ice jelly	
杏仁豆腐	xìngrén dòufu	almond jelly	
蘆薈	lúhuì	aloe	
紅豆	hóngdòu	red beans	
奶蓋	nǎi gài	salted cream	
冰淇淋	bīngqílín	ice cream	
奇亞子	qí yà zi	chia seeds	
百香果	bǎixiāng guǒ	passion fruit	
蜂蜜	fēngmì	honey	
飲料杯量	Yǐnliào bēi liàng	Size of Drink	
小杯	xiǎo bēi	small cup (Short)	
中杯	zhōng bēi	medium cup (Tall)	
大杯	dà bēi	large cup (Grande)	
特大杯	tèdà bēi	extra large cup (Venti)	
超大杯	chāodà bēi	super large cup (Trenta)	

飲料甜度	Yǐnliào tián dù	Sweetness of Drink	
全糖，正常糖 100%	quán táng, zhèngcháng táng	full (regular) sugar 100%	
少糖 75%	shǎo táng	less sugar 75%	
半糖 50%	bàn táng	half sugar 50%	
微糖 25%	wēi táng	a little sugar 25%	
無糖，去糖 0%	wú táng, qù táng	no sugar 0%	
飲料冰量	Yǐnliào bīng liàng	Amount of Ice In Drink	
全冰，正常冰	quán bīng, zhèngcháng bīng	full (regular) ice	
半冰	bàn bīng	half ice	
少冰	shǎo bīng	less ice	
無冰，去冰	wú bīng, qù bīng	no ice (ice free)	
飲料續杯	Yǐnliào xù bēi	Refill of Drink	
續杯	xù bēi	refill	
無限續杯，無限暢飲	wúxiàn xù bēi, wúxiàn chàngyǐn	unlimited refill	