

Chinese Overseas Flagship Center in Taipei Capstone Year

Student Life Guidebook



**2019 - 2020 Academic Year
Hunter College**



Creating Global Professionals



國立臺灣大學
National Taiwan University

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Welcome to the Chinese Overseas Flagship Program in Taiwan!

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

How to travel from Taoyuan International Airport to NTU

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 Sation
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.



5. The fare is NT\$160. The ticketing machine only accepts cash, so make sure to have some Taiwan cash with you.



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



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



8. 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.



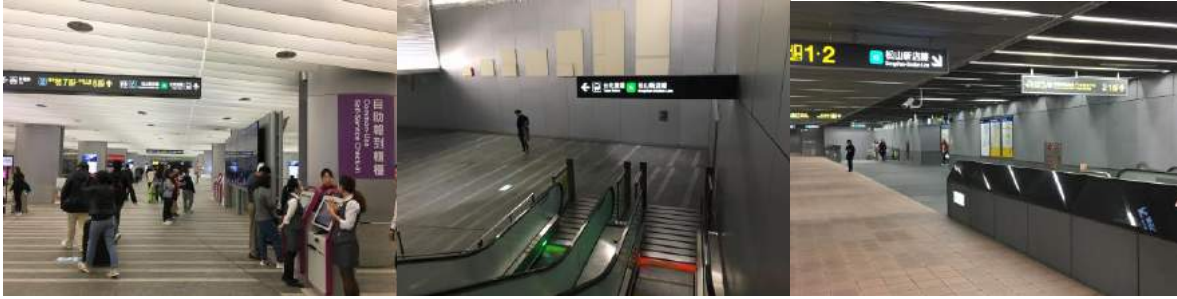
9. Taipei Main station is the fourth stop after Airport Terminal 2 station.



10. When you arrive at Taipei Main station, follow the signs to Beimen station. You are going to take the Songshan-Xindian (green) line.



11. You can follow signs along the way.



12. When you reach the floor of the Songshan-Xindian (green) line entrance, you'll need to buy your ticket before entering. The fare is NT\$25.



13. Take the Xindian-bound train to Gongguan station.



NTU Campus Life

NTU's main location is a large garden-campus in the center of Taipei, easily accessible by public transportation. All students will be taking classes on the main campus. In order to familiarize yourself with the campus and its local surroundings, visit <https://map.ntu.edu.tw/ntu-eng.html#>.

NTU Dormitory

If you choose to live on campus, you will stay at the [Shui Yuan Dormitory Suites](#) (臺大太子學舍 -- 水源宿舍). This dormitory is suite-style: five private bedrooms share common space and a bathroom. Each room will be provided with:

- Study Desk and Chair
- Bed Frame (no mattress)
- Wardrobe
- Refrigerator
- Central AC
- Phone
- Internet (you will be required to pay the NTU network fee)
- Common Area (includes a simple kitchen and dining table)

Water is included in rent, while electricity, telephone, and cable TV bills need to be paid separately. Turn off lights and any electrical equipment (fan or AC) when you leave your room.

If staying in dorms during the winter and summer break, you will have to pay rent for those days.

You must pay the network fee to NTU and abide by all usage guidelines.

Smoking is prohibited in dorms and on NTU campus.

Tip: While NTU 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. Better, yet still inexpensive, mattresses can be purchased from either IKEA or Muji.

Dorm Rules

The following behaviors are not allowed in the NTU dorms:

1. Letting of bed space, holding up bed spaces, or obstructing others from moving in.
2. Stealing, gambling, drinking, assaulting, or playing mahjong.
3. Storing dangerous or restricted goods.
4. Engaging in illegal acts using the dormitory Internet or violating the access regulations for the use of academic Internet.
5. Keeping visitors for the night without permission or allowing other sex to enter dormitory rooms.
6. Introducing business people into the dormitory to trade goods.
7. Installing electrical appliances unapproved by the university.
8. Cooking inside the dormitory rooms.
9. Keeping pets inside the dormitory without permission.
10. Smoking inside the buildings of the dormitories.
11. Moving public properties inside the dormitory outdoors, damaging them, or disposing of them without permission.
12. Violating accommodation rules stipulated by the Dormitory Life Self Regulation Committee.
13. Other behavior in violation of public health, environmental peacefulness, or public safety.

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.

This is a very useful write up by a student of life in the Shui Yuan dorms:

<https://philipchang.org/new-student-guide-ntu-shui-yuan-dormitory/>

Dining Options at NTU

The NTU campus has a number of different cafeterias 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 from 7/11, buying fast food at Mos Burger or McDonald's, eating various Asian foods or noodles, or taking a break for coffee and dessert at Wood Cabin (which serves waffles). Here are some of the on-campus options:

- **1st Student Activity Center (第一學生活動中心)** : Cafeteria, Noodle Shop, Breakfast Shop, Kungfu Tea, Vegetarian Restaurant, Family Mart (convenience store), Bakery, McDonald's, Dumplings, Braised Dishes
- **Xiao Fu (小福)** : Hello Café, Miss Guo, Dumplings, Mos Burger, Bistro, Noodles, All Pass, Min-Fong Shop



第一學生活動中心



小福

Halal food from the NTU Co-op is sold in a lunchbox style meal that is made by Halal restaurants and certified by the Chinese Muslim Association. Halal food from the Muslim Friendly Area does not contain pork or alcohol as ingredients, but is not certified by any agencies or groups.

- NTU Muslim Dining Options

Location	Xiao Fu Square, 1st Floor	Freshman Women's Dorm Dining Area	First Student Activity Center
Vendor	NTU Co-op 員生消費合作社	Jiden Cafeteria 吉登自助餐	Yuxi Cafeteria 御喜自助餐
Options	Halal Certification Lunch Box	Muslim Friendly Area	Muslim Friendly Area
Map	Campus Map	Campus Map	Campus Map
Google Map	Map	Map	Map

Restaurants Near NTU

If you want to explore off-campus dining choices, there is no shortage of options to satisfy all types of appetites. There are many restaurants near NTU, including a number of choices just across the street of 羅斯福路四段 near the Gongguan MRT station (公館捷運站), or across the street of 新生南路三段 or 辛亥路三段 (the back entrance area of NTU). Just within these three areas, there is a wide variety ranging from coffee shops, western food, Chinese food, Korean food, and other international cuisines.

Supermarkets Near NTU

Although you have the option of eating at the school cafeteria and nearby restaurants, you can also choose to cook. There are many supermarkets located on campus where students can buy snacks and groceries.

There are also a number of supermarkets outside of the main campus, one of which is a chain called Wellcome (頂好), located at No. 285, Section 3, Roosevelt Rd., Da'an District, Taipei City (臺北市大安區羅斯福路三段 285 號). Also, there is a local market near Gongguan MRT station named 水源市場.



頂好



水源市場

The NTU Sports Center

The new multi-facility gym is located close to classrooms. Facilities include workout equipment, squash rooms, badminton courts, ping pong tables, as well as an indoor heated pool. Students can enjoy the gym by applying for a card at the information counter in the basement.

To apply for a membership, you can visit the 綜合體育館 B1 訂位售票處. When applying, please hand in a signed copy of the application form (register, fill out, and print the form from online at <https://info2.ntu.edu.tw/facilities/MemberAgree.aspx>), a headshot photo taken within the past year, the application fee (please refer to the following link for 學生 A fees according to the facilities you would like access to <https://info2.ntu.edu.tw/facilities/GuyLisureForm3.aspx>), medical exam results, as well as acknowledgement of the user agreement.

The indoor swimming pool can range from 50 元 per use up to 1,800 元 per year. The weight lifting room can range from 50 元 per use to 1,350 元 per year. Squash can range from 80 元 to 100 元, ping pong from 30 元 to 40 元, and badminton from 120 元 to 190 元 depending on the time of day.

The facility's hours are as follows:

Facility Hours	
Monday to Friday	6:00 a.m. to 10:00 p.m.
Saturday	9:00 a.m. to 10:00 p.m.
Sunday	9:00 a.m. to 06:00 p.m.

There is also the Old Sports Building (舊體育館、舊體) that also includes basketball and badminton courts, dance studios, running tracks, a weight training room, baseball fields, and soccer fields. In addition, there is an outdoor 50 meter long swimming pool open in the summer seasons.

NTU Student Clubs

One of the great resources at NTU is the diversity of student clubs. There are over 100 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, as well as contact information at <http://activity.osa.ntu.edu.tw/English/Club/>.

Internet Service

While on the NTU 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

Finding an Apartment

If you've decided to live off campus, you will be responsible for finding your own housing near NTU. In order to find housing, you can take advantage of several resources such as real estate agents or online resources such as the Tsuei Ma Ma Foundation (崔媽媽基金會), <https://rent.tmm.org.tw/>, as recommended by NTU. 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.

If choosing to live off campus, it's recommended that you room with other Flagship participants or an NTU student.

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

Trash Collection in Taipei

If you live off campus, you will discover that the trash collection process is very different than in the U.S. First, 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. Second, 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. If you don't use the designated bags, fines and penalties can occur. For more information about recycling in Taiwan, click <https://www.youtube.com/watch?v=BMQ1NfjPauw>.

As a tip, don't confuse the sound of a garbage truck for an ice cream truck!

Other Aspects of Life in Taipei

While attending the Hunter College Chinese Overseas Flagship 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 National Taiwan University (NTU), you will be issued an NTU 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

To open a local bank account, you will need to bring the original and a copy of both your passport and ARC, as well as at least NT\$100. You can also apply for a local ATM card to avoid withdrawal and currency conversion fees. (Please note: Because it will be a couple of weeks before you have your ARC, you may want to make sure to bring enough cash to Taipei to last until a local bank account can be opened.)

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 NTU

There are a number of banks and ATMs surrounding NTU's Main Campus. Before heading overseas, make sure to inform your bank that you will be traveling to Taiwan.

Foreign Exchange

To exchange US 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

- Chunghwa Post -- NTU Branch (中華郵政臺大分行)
No. 1, Sec. 4, Roosevelt Rd., Da'an Dist., Taipei City
臺北市大安區羅斯福路四段 1 號
- Hua Nan Bank NTU Branch (華南銀行臺大分行)
Exit to the Lu Ming Hall (鹿鳴堂) on NTU campus
臺北市大安區羅斯福路四段 1 號

Banks that are close to NTU

- Taiwan Bank -- Gongguan Branch (臺灣銀行公館分行)
No. 120, Sec. 4, Roosevelt Rd., Da'an Dist., Taipei City (near MRT Gongguan Station)
臺北市大安區羅斯福路四段 120 號
- CTBC Bank -- Gongguan Branch (中國信託商業銀行公館分行)
No. 311, Sec. 3, Roosevelt Rd., Da'an Dist., Taipei City (near NTU main gate)
臺北市大安區羅斯福路三段 311 號

Other banks

- The Head Office of Taiwan Bank (臺灣銀行總行)
No. 120, Sec. 1, Chongqing S. Rd., Taipei City (near MRT Taipei Railway Station)
臺北市中正區重慶南路一段 120 號
- The Head Office of the Shanghai Commercial Saving Bank (上海商業銀行總行)
No. 2, Sec. 1, Minquan E. Rd., Taipei City (near MRT Min-Quan West Road Station)
臺北市中山區民權東路一段 2 號



左：中華郵政臺大分行
右：華南銀行臺大分行



左：台灣銀行公館分行
右：中國信託公館分行

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. There are five lines that can take you from the NTU campus to all around the city's popular venues or any other location you might want to go to. The closest MRT station to NTU is the Songshan-Xindian (green) line's Gongguan station 公館站.

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)

If using an EasyCard, you can swipe your card 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. 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.

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.



台灣大車隊標識

(source:

https://zh.wikipedia.org/wiki/File:Taiwan_Taxi_Corp_light_box_20130213.jpg)

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.

Bicycle

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.

If you want to buy a bicycle, there are several locations either on or near campus where you can buy either a new or used bike. New bikes may cost around NT\$2200 while used bikes can be below NT\$1500. If wanting to buy a bike on campus, look for the 志雄單車店 store. Other locations around the school include 191 自轉車工坊, 美輪社腳踏車行, and 水源校區二手車拍賣 (you can visit the following website for more info on bike auctions <http://mybike.ntu.edu.tw/>).



志雄單車店

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, popular tourist destinations, and even NTU. You can rent a YouBike at any station and return it to any station that still has parking space available.

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.

Note: If you buy a bicycle and want to park it on NTU campus grounds, you will need to register it and obtain a permit. Bicycles without permits can be towed at any time. You can register with the NTU Bicycle Parking Management Center online at <http://mybike.ntu.edu.tw/NTUApplyBikeNum.asp>. Please note: When parking your registered bicycle on campus, be sure to park it in designated parking zones, or it will be towed.

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)

Train

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 in as quick as 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.

Communication

Phones

You are required to have a cell phone plan that includes making and receiving calls. Your phone should be kept with you at all times in case of an emergency, whether you need to get in touch with Taipei Center staff or Taipei 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 simcard, 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.

Food and Shopping

Eating Out in Taipei

After arriving in Taipei, you will notice there is a 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 to 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 on campus or 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 wanting 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.

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:

- Gongguan Night Market 公館夜市 (very close to NTU)
- Huaxi Night Market 華西街夜市
- Ningxia Night Market 寧夏夜市
- Shida Night Market 師大夜市
- Shilin Night Market 士林夜市
- Raohe Street Night Market 饒河街夜市

For more information about the night markets, click <https://bit.ly/2URPRd8>.

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 garbage island to one of Asia's cleanest, click

<https://www.youtube.com/watch?v=hri6qimKLxc>. Similarly, if turning the AC to below 25°C (77°F), you might have locals suggesting to 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 Taipei 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 Taipei Program students and share your experiences and struggles

Hospitals and Clinics

NTU has a health center on campus which provides general clinic services such as general medicine, ENT, dentistry, optometry, dermatology, and gynecology. To view an updated schedule, please check http://shmc.osa.ntu.edu.tw/zh_tw/policlinic/policlinic1_1.

To schedule an appointment at the on-campus health center, you'll first need to 掛號. You can schedule an appointment in person, or by phone (telephone # 3366-2175), or online at <https://hcregister.ntu.edu.tw/>. If scheduling by phone, you can make an appointment up to seven days in advance. If scheduling online, you can set an appointment up to fourteen days in advance.

When arriving on the day of the appointment, remember to bring identification and your insurance card, as well as cash. When you first arrive, you must check in before you go to see a doctor. Afterward, you will go to the doctor's room and wait for your number to be called. If you show up late, after your number has already been called, you may not be allowed to see the doctor. After visiting the doctor, you will return to the front desk to pay for your visit and any medicine prescribed.

However, if you need more medical assistance than the NTU 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 United States. 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 NTU to visit. 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 Taipei Center staff member or get permission from the Resident Director.

If you need emergency medical treatment, please let the Taipei Center Resident Director 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 Taipei Center will accompany you.

Clinics on campus:

- NTU Health Center (臺灣大學保健中心)
When facing the NTU main library, it's on the right side, next to the library.
Please check here <http://shmc.osa.ntu.edu.tw> for more information.

Some local hospitals include:

- NTU Hospital (臺大醫院)
No. 7, Zhongshan S. Rd., Zhongzheng Dist., Taipei City
臺北市中正區中山南路 7 號

- Cathay General Hospital (國泰綜合醫院)
No. 280, Sec. 4, Ren'ai Rd., Da'an Dist., Taipei City
臺北市大安區仁愛路四段 280 號
- Taipei City Hospital Zhongxing Branch (臺北市立聯合醫院中興院區)
No. 145, Zhengzhou Rd., Datong Dist., Taipei City
臺北市大同區鄭州路 145 號
- Taipei City Hospital Zhongxiao Branch (臺北市立聯合醫院忠孝院區)
No. 87, Tongde Rd., Nangang Dist., Taipei City
臺北市南港區同德路 87 號

Appendix A: Medical Terms

Chinese-English Regularly Used Medical Terms and Chinese-English Terms for Body Parts and Organs

http://chinese.iconproject.org/Portals/0/Docs/Chinese_English_Regularly_Used_Medical_Terms.pdf

Source:

<http://chinese.iconproject.org/健康生活/工具>

Appendix B: Phrasebook for Medical Encounters

A Chinese-English Phrasebook for Medical Encounters

<http://chinese.iconproject.org/Portals/0/Docs/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 at NTU, where there are a number of English-speaking counselors. The center is open Monday through Friday from 8:30 a.m. to 12:30 p.m. and 1:30 to 5:30 p.m. Students are welcome to make their intake appointment online. Referrals can also be made by students, staff, and faculty members. Services include but are not limited to managing stress, anxiety, psychotherapy, eating disorders, depression, and other mental health issues. You can find out more about the counseling center here: <http://scc.osa.ntu.edu.tw/main.php>.

Earthquakes, Typhoons, and other Natural Disasters

Taiwan is very prone to earthquakes, typhoons, and other natural disasters. In case of any natural disasters, 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 Taipei 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, students 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 United States) 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 Taipei Center staff as quickly as possible.

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 Taipei Center staff. In addition, never sign any documents without first consulting Taipei 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 Taipei 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.)