TAIWAN
National Taiwan Normal University
Summer and Fall

2012-2013 Program Guide
YOUR UCEAP NETWORK

Local UCEAP Support

Campus EAP Office
The Campus EAP Office coordinates recruitment, student selection, orientations, and academic advising; and serves as your primary contact during the application process.

UCEAP Systemwide Office
The UCEAP Systemwide Office establishes and operates programs and coordinates UCEAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

- **Program Advisors** provide academic and operational program information to you and your campus as well as administrative support for all aspects of your participation.
- **Operations Specialists** manage the logistics of the program. They coordinate document requirements, visa application instructions, health and safety precautions, acceptance and placement by host institutions, arrival and on-site orientation, and housing arrangements.
- **Academic Specialists** advise on academic policies, review courses taken abroad for UC credit, and document your registration, grades, petitions and academic records.
- **Student Finance Accountants** assist primarily with UCEAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

Contact Information

Program Advisor
Ann Logan
Phone: (805) 893-2831; E-mail: alogan@eap.ucop.edu

Operations Specialist
Amy Frohlich
Phone: (805) 893-2831; E-mail: afrohlich@eap.ucop.edu

Academic Specialist
Eva Bilandzia
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Student Finance Accountant
Diana Oropeza
Phone: (805) 893-2761; E-mail: studentfinance@eap.ucop.edu

UCEAP Systemwide Office
6950 Hollister Avenue, Suite 200
Goleta, CA 93117-5823
Phone: (805) 893-4762; Fax: (805) 893-2583
UCEAP Online

Bookmark your Participants program page. This resource lists requirements and policies you need to know before you go abroad, including your Predeparture Checklist, UCEAP Guide to Study Abroad, Program Calendar, UCEAP Student Budgets, and payment instructions.

Connect with us! Join our Facebook network via the UCEAP Taiwan page.

Study Center Abroad

A local faculty member administers UCEAP programs at National Taiwan Normal University along with a coordinator. They advise students on academic matters, provide information on cultural events, assist with program logistics, and offer support with personal matters.

Ms. Jenny Chang
Student Advisor
Mandarin Training Center
National Taiwan Normal University
162 Hoping East Road, Sec 1
Taipei 10610, TAIWAN
Phone: (011-886-2) 7734-5141
E-mail: mtc@mtc.ntnu.edu.tw

Phone Number Codes
U.S. international code ................. 011
(dial this to call from the U.S.)
Taiwan country code ................. 886
Taipei city code ....................... 02

Approximate Time Difference
16 hours
ACADEMIC INFORMATION

Academic Culture
The Taiwanese sense of academic engagement and discipline is strong. Students are expected to attend all class sessions fully prepared. Relations between student and teacher are based on implicit student respect for the teacher and a strong acceptance of teacher responsibility toward the student. Students demonstrate deference regardless of their personal opinion of an instructor.

You are urged to display a high degree of cultural sensitivity and to avoid inappropriate behavior, which could cause misunderstandings and incite negative attitudes toward you and the University of California.

Program Description
Language & Culture, National Taiwan Normal University (NTNU)
The summer and fall programs concentrate on developing reading and speaking skills in Putonghua (Mandarin or standard Chinese). You will participate in the intensive Chinese language courses offered at the elementary, intermediate, or advanced levels by NTNU’s Mandarin Training Center (MTC). After being interviewed, you will take written tests based on your interview result. Unless you have never learned Chinese before or choose to start from the beginner's level, you must take written tests.

All classes are conducted in Chinese. Chinese in Taiwan is taught using traditional Chinese characters. If your background is in simplified characters, you are encouraged to prepare for this adjustment. Mandarin phonetic symbols and Pinyin spelling are used to indicate the pronunciation of characters. Reading, writing, speaking, and listening comprehension are given equal emphasis in each class and performance is evaluated accordingly.

The average class size is 6 to 10 students. If you encounter any learning difficulties, you can book one-on-one language counseling sessions with an experienced MTC teacher.

Cultural activities and excursions may supplement the classes and non-credit electives may be available in such areas as calligraphy, Chinese cuisine, and Chinese paper cutting.

Summer Requirements
• Interview and written placement tests
• 10.5 UC quarter units; the variable unit option is not available
• Letter grades for all courses; the pass/no pass grade option is not permitted

Fall Requirements
• Interview and written placement tests
• 16.5 UC quarter units
Registration
Rather than selecting your courses, you will be placed in suitable Chinese language classes based on your interview result, written test scores, and preferred class hours. Your class schedule will be available on the on-site orientation day.

You will complete your MyEAP Study List after your on-site orientation. The information as it appears on your MyEAP Study List is what will appear on your UC transcript. UCEAP’s Academic Specialist or Program Advisor in California will contact you in order to lead you through the UC MyEAP registration process and will be available to respond to any questions that you might have.

Grades & Exams
Attendance is mandatory for all classes; absences will result in a lower grade or the withholding of credit altogether.

Your transcripts will be sent directly to the UCEAP Systemwide Office where your final grades will be reviewed by the Faculty-in-Residence before being forwarded to UC.

This is a new program and information about when grades will be available is not yet known.

For more detailed information about grades, see the Academic Information chapter of the UCEAP Guide to Study Abroad.
EXTENDING UCEAP PARTICIPATION

Plan Ahead to Extend

Summer participants are encouraged to extend to the fall program. Fall to year extensions are not available at this time. Discuss the possibility of extension with local staff.

Approval of extension is based on a number of factors, including space at the host university, academic and behavioral performance, and the support of your UC campus department. New incoming UCEAP students receive priority for spaces before extending students.

Before departure, submit an approved Departmental and College Preliminary Approval to Extend (DPA) form to your Campus EAP Office. Once abroad, you will submit a Request for Final Approval (RFA) form in order to activate the extension request. If you do not submit an approved DPA before departure, submit a Petition to Extend form, which requires campus and department approval and can take one to six weeks to process.

If you extend your participation, remember to extend your visa prior to your original visa expiration date.

- Once your extension is approved, UCEAP will notify your UC campus registrar, Financial Aid Office, and Campus EAP Office. For information about the steps you need to take in regards to finances, see the Extension of Participation chapter of the UCEAP Guide to Study Abroad.
CULTURAL AWARENESS

Educate Yourself

Get acquainted with your new host city, country, and culture before you leave the U.S. Travel guides and travel-related websites are excellent resources. You will also need to understand the local culture and history and keep up with current events. The following sources should help you prepare before departure.

Recommended News Sources

- Asia Week
- China Daily
- The China Quarterly

Recommended Books


Kelly, Robert  Lonely Planet Taiwan, 8th ed., Lonely Planet Publications, 2011; online at lonelyplanet.com


Recommended Viewing and Listening

Vecchione, Judith (Executive Producer)  Tug of War: The Story of Taiwan, 2000 (Video).

Yuan-kai, Bao  Sketches of Yunnan, Label: HUGO, June 2000 (CD).

In Taiwan, books printed in English are plentiful but can be expensive. The American Cultural Center of the American Institute in Taiwan has a lending library of more than 15,000 volumes and a respectable collection of American newspapers and journals, including the Wall Street Journal and New York Times.
Social Conduct

Respect
Taiwanese culture is undergoing rapid change that can be seen in activities of the younger generation. However, the more durable traditions include veneration of the elderly and propriety. You may witness behaviors that would be considered discriminatory in the U.S., but are considered acceptable in Taiwanese society. Try to observe such behaviors impartially to avoid applying U.S. standards and expectations to the Taiwanese in their own culture.

Social conduct in Taiwan is regulated more by custom than by written law. For example, they have a distinct sense of what is proper to discuss. The Taiwanese will also ask personal questions, merely out of curiosity. Do not take it as an insult. If you do not feel comfortable answering questions, politely sidestep them.

In Taiwan, American frankness can be interpreted as rude. While UCEAP students may not be aware of their own rudeness or cultural blunder, the Taiwanese will notice both. If they are affected by the offensive behavior, they simply avoid the offender in the future. Avoid showing anger, as this is considered culturally insensitive in Taiwan and would result in “losing face.”

The Taiwanese are a group-oriented society. Whereas the West emphasizes individualism, Taiwanese activities are often outgrowths of some group, family, profession, school, or community.

Drugs & Alcohol

Refer to the UCEAP Substance Abuse Policy for details.

Never feel pressured to drink alcoholic beverages. Local staff can help you devise polite and friendly ways to avoid drinking without losing the camaraderie associated with it.

Although drug use is extremely low, alcohol use is greatly tolerated. It is common to see intoxicated people in late-night trains and at stations. If you are of legal age, use your judgment and never display intoxicated behavior in public places. Students who abuse alcohol, behave in a disorderly manner, or cause problems for housing authorities or the host university will face disciplinary action by UCEAP.
UCEAP STUDENTS SAY...

“What you get out of UCEAP is what you put into it. If you practice the words and try to speak as much as you can, your language skills will improve tremendously.”

Improve Your Language Skills

The more standard (Mandarin) Chinese you know before departure for Taiwan, the more rewarding your time abroad will be. Prior to departure, work to improve your written and spoken Chinese.

The following are good ways to prepare:

- Read aloud (anything in Chinese) for 20 minutes at a time. Strive for correct pronunciation; read progressively faster, maintaining correct pronunciation. If possible, make a recording to pinpoint problems in pronunciation and intonation.
- Read Chinese language newspapers and magazines, using a dictionary as necessary.
- Search the Internet and read Taiwanese websites in Chinese.
- Listen to Chinese language CDs.
- Seek out people fluent in Chinese for conversations and vocabulary practice.
- Keep a journal of Chinese phrases, expressions, whole sentences, and structures that you would like to add to your vocabulary.
- Practice Chinese aloud. Use phrases picked up from conversation and reading.
- Practice reading and writing traditional complex characters (used in Taiwan).
- Use a Chinese language computer or video game.
- Watch Chinese movies. Watch once with the subtitles, then turn the subtitles off and watch again. Focus on movies in contemporary settings rather than historical dramas.

Advanced Students

- Read two books in Chinese, one fiction and one non-fiction.
- Read a book in Chinese in your major.
- Practice writing about your major field and other interests in Chinese.
ARRIVAL & ORIENTATION

Additional information about passports, visas, and other required documents is provided in the UCEAP Guide to Study Abroad and Predeparture Checklist.

Travel Documents

Taiwan Citizenship & Military Service Requirement

Taiwan's Ministry of Education does not allow Taiwanese citizens to participate in exchange programs. However, dual citizenship holders are not restricted by this regulation, but you must provide a copy of a non-Taiwan passport.

Taiwan-born men between the ages of 18 and 40 who return to the country may be required to serve in the Taiwanese military. This is the case even for men with dual citizenship. Fully investigate all matters pertaining to your citizenship and military service obligations before leaving the U.S. You may obtain additional information online from the Overseas Compatriot Affairs Commission and the Taipei Economic and Cultural Representative Office.

Visa

A visa is an endorsement, usually a stamp, placed in the passport by the authorities of the host country. A visa grants you permission to enter and reside in Taiwan as a student. U.S. citizens are required to obtain a visitor visa at a Taipei Economic and Cultural Office (TECO) in the U.S. prior to departure. More details about the visa process are provided in the UCEAP Predeparture Checklist online. Do not apply for a visa until you receive a host university Acceptance Letter. You are advised to apply for a multiple-entry visa if you plan to travel internationally during your stay. It is not possible to change a single-entry to a multiple-entry visa once you are in Taiwan. The visitor visa is good for 180 days.

After registering for courses and receiving a Student Identification Card, you will officially apply with the Ministry of Foreign Affairs in Taipei for a resident or visitor visa extension. If you stay for one term you can choose to apply for visitor visa extension instead of applying for a resident visa. Note that the resident visa application requires another health examination once you arrive in Taiwan. Within 15 days of receiving a resident visa, you must apply for an Alien Residence Card (ARC) at the National Immigration Agency.

You may obtain visa information and requirements from the Taipei Economic and Cultural Offices in either Los Angeles or San Francisco. For more information and a listing of other U.S. locations of the Taipei Economic and Cultural Office, visit the TECO website.

Photocopies

It is easier to replace lost or stolen documents if you have photocopies. Make photocopies of all important documents, including passport photo pages, vaccination certificates, travelers check receipts, airline tickets, student ID, birth certificate, credit cards (front and back), etc., then leave a set of copies at home with a parent or guardian and pack a set in various pieces of luggage. Spending a few moments copying documents now can save time and energy if something is lost or stolen.
UCEAP STUDENTS SAY...

"Think about how much you want to pack; then take half.

Deodorant is not something Taiwanese people really use, so it's a bit difficult to find here.

There are mosquitoes everywhere—take bug repellent and after-bite medication.

Remember to take a pair of walking shoes for when it rains. I only took my flip-flops and regretted it."

Packing Tips

► The UCEAP Student Budget does not include funds for the purchase of clothing abroad.

You can find almost everything you need in Taiwan.

**Essential**

- Dressy outfit (a sport coat, tie, dress, etc.) for special events
- Deodorant
- Small, lightweight gifts
- Warm clothing for winter
- Shoes that slip on and off easily
- Comfortable walking shoes
- Prescription medications (see the Health chapter of this guide for information on transporting prescriptions abroad)
- Travel guide with a detailed map of Taipei
- Pictures of family, friends, and the UC campus to share with new friends

**Optional**

- Laptop
- Raincoat and rain boots
- Vitamins and cold medications
- Mosquito repellent and after-bite medicine

**Shipping**

Do not ship luggage in advance, and avoid shipping items to Taiwan. You can buy most items in Taipei at reasonable prices. If you cannot fit essentials into baggage, take only those things that you will need immediately. You can have friends or family members mail goods to you in Taiwan after you arrive. Shipped packages should be labeled “used personal clothing” or “used personal supplies.” All incoming parcels will be opened and inspected by customs and you may have to pay a duty fee. Keep in mind that what you take to Taiwan and items that you acquire abroad must later return home with you.

**Climate**

The Tropic of Cancer bisects Taiwan. The climate in Taipei is hot and humid in the summer and mild in the winter. Two months of warm rains, usually beginning in May, usher in the summer. Taipei is hottest from July through September, with the temperature soaring to around 100°F.

Due to Taiwan’s industrial growth, there is a pollution problem that is reflected in the local noise, water, and air. The air in Taipei is heavily polluted much of the time. If you have allergy or sinus medication that works well, take enough to last for your entire stay in Taiwan, as similar medication may not be available locally.
UCEAP STUDENTS SAY...

“Skies are often overcast (but it’s still hot) and rain is frequent. It’s cold and wet in the winter. When winter rolls around, Taiwan stays pretty humid, but it starts raining a lot more. The temperature also can drop to around 40°F. Prepare yourself for air pollution and more noise than you’ve ever experienced.”

Official UCEAP Start Date

You are responsible for making your own transportation arrangements to and from Taiwan (even if you are on financial aid) and for arriving on the Official UCEAP Start Date. This includes reserving and purchasing airline tickets (purchase a changeable ticket). Standby tickets are not appropriate.

Program dates and arrival information are available on the UCEAP website. As stated in the UCEAP Student Agreement, if you fail to appear on the official UCEAP start date, you are subject to dismissal from the program.

The program start date can change due to unforeseen circumstances. You are responsible for making modifications in your travel itinerary to accommodate such changes. UCEAP is not responsible for unrecoverable transportation charges incurred for independent travel arrangements. To stay informed of program changes, update MyEAP with any changes to your contact information (mailing address, e-mail, and phone number).

Most students will arrive at Taiwan Taoyuan International Airport, 25 miles southwest of Taipei. There is a tourist information desk in the arrivals area open from 7 a.m. to 9 p.m. Bus services operate at regular intervals during the day while taxis are available at all hours. Visit the International Airport Guide website for more information about airport services. You can exchange your U.S. dollars to New Taiwan Dollars (TWD) at the airport or banks in Taipei city.

Financial Aid Students

Your financial aid package is based partly on the UCEAP Student Budget for the program. The estimated round-trip airfare amount is based on the cost of a changeable student fare to Taiwan. If your independent travel costs are greater than the airfare estimate in the UCEAP Student Budget, notify your financial aid counselor. Neither UCEAP nor the Financial Aid Office can guarantee that the additional cost will be funded by financial aid.

Orientation

You will attend a mandatory orientation session in Taiwan that will provide information on topics such as:

- Placement exam
- Deadlines for course selection
- Academics
- Excursions
- Health and safety
- Campus tour
- Culture shock

You will also have the opportunity to meet other exchange students, international degree students, and volunteer students.
UCEAP STUDENTS SAY...

“I bought a used bike, rusty and old, but great for getting around campus. Having a bike made life incredibly convenient.

Student discount bus passes are available. Wait until you have your student ID before getting a bus pass.

Taipei has a convenient and affordable transit system called the Mass Rapid Transit (MRT), which has two lines near campus.

Get an MRT card. It works for the bus. The best travel is by bus and MRT.

There’s more to Taiwan than Taipei. It’s easy to just hop on a train or bus for the weekend and it’s relatively cheap.”

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Local Transportation

Public transportation on the island is generally good, including bus, airline, and train services. Railway service in Taiwan is extensive and affordable. You may travel independently on weekends and holidays, but you must make your own arrangements and inform local staff of your travel plans.

Roads in Taiwan’s major cities (especially Taipei) are generally congested, and the many scooters and motorcycles that weave in and out of traffic make driving conditions worse. Exercise caution when crossing streets because many drivers may not respect your right of way. An efficient subway system (known as the MRT) runs to most parts of Taipei. Two stations are located near the campus.

Taxis are plentiful in Taipei. The drivers need the full address of the destination in Chinese. Rides from campus to most parts of the city cost less than NT$200. Tipping is not expected unless the driver assists you with luggage. However, if you use the trunk, there is an additional charge. There are also additional night surcharges between 11 p.m. and 6 a.m. The base price for a taxi is about NT$70.

The Taipei bus system provides frequent service and convenient routes throughout the city. Fares are determined by zones, and you are charged as you travel between zones (or for travel within a zone). Rush hour conditions are crowded. Buses usually stop running at about 10:30 p.m.

UCEAP discourages riding motorcycles and motor scooters in Taiwan. See also Traffic and Transportation Safety in this guide.
FINANCIAL INFORMATION

Understanding Your Finances

Understanding your finances before, during, and after your program is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the Money Matters chapter of the UCEAP Guide to Study Abroad:

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to UCEAP
- UCEAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while abroad (how do I get my financial aid from my home campus and how are my fees paid?)
- Various forms (e.g., direct deposit, etc.)

MyEAP Student Account

Your MyEAP Student Account is similar to your UC campus financial account. It will be available as soon as you are selected for your program in MyEAP. You can make payments through this account using e-checks or credit cards (MasterCard, American Express, or Discover). The fees that you owe UCEAP will be applied to your account after your program predeparture withdrawal date, which is listed in MyEAP. For the amount due to UCEAP prior to fees being posted on your account, refer to the UCEAP Student Budget Payment Vouchers. Program fees are subject to change.

UCEAP Student Budget

Carefully review your UCEAP Student Budget. Your UCEAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. Review your UCEAP Student Budget frequently. The Payment Vouchers are on the second page of the UCEAP Student Budget.

Instructions

- Download and print your UCEAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the UCEAP Student Budget and Payment Vouchers to the person responsible for paying your UCEAP bills. Sign this person up for Third Party Authorization so they can make payments online.

For further information see the Money Matters chapter of the UCEAP Guide to Study Abroad and the Money Matters tab of your Participants Portal. If you will be receiving financial aid, see also the UCEAP Financial Assistance web page.
The official currency unit in Taiwan is the dollar (abbreviated NTD or TWD).

**Handling Money Abroad**

Travel to Taiwan with at least U.S. $450 to cover transportation from the airport, initial move-in costs (bed linens, cleaning supplies, key deposits, housing, etc.), and the first few days in Taipei. The amount of funds you will need for the first month will vary depending on your situation. You may bring up to the equivalent of U.S. $5,000 into Taiwan without declaration.

If you need to exchange foreign currencies into New Taiwan Dollars (NTD), the **Taoyuan International Airport** is the most convenient place.

In recent years, Taipei has improved its banking system to such an extent that many American ATM cards work without any problem. Many students use this method to obtain funds in Taiwan. Using an ATM can provide you with direct access to your bank accounts at home. Ask your bank for details regarding international ATM use prior to departure.

All 7-Elevens now have ATMs. ATM cards and credit cards with PLUS and Cirrus logos allow you to access your home bank accounts and withdraw cash. Foreign banks set the limits on the amount per transaction you can withdraw and the transaction fees. Contact your home bank for details.

You can also use travelers checks in Taiwan but they are not always accepted (especially at smaller stores). Sometimes they are treated as personal checks, which are subject to an additional collection charge. If you use travelers checks, plan to cash them at large banks or at the American Express (AmEx) office, if the checks are from AmEx.

**Banking**

**Taiwan Post** and **Hua Nan Bank** have branches on campus and throughout Taipei. To open an account, you need your passport and Alien Residence Card (ARC). We suggest depositing NT$500 in your account for the first time and requesting an ATM card.

You may open a savings account at the post office. Many locals maintain these types of accounts. You will need your passport and student identification card to open an account. There are no fees for opening bank accounts. Funds in these accounts earn modest interest and are available for withdrawal either at the postal savings window or from a cash-dispensing machine in the post office lobby. The post office is open Monday through Friday.

If you do not have a personal checking account and do not wish to open one before leaving for Taiwan, you may cover your expenses in the following ways:

- Take a supply of travelers checks sufficient to cover expenses for the term or year.
- Have telegraphic transfers or certified checks sent to you periodically; UCEAP does not recommend you receive personal checks made out to your name.

Past UCEAP students who did not have checking accounts in the U.S. wished they did for the convenience of international transactions.
Transferring Money Overseas
Money can be cabled from an American bank to your local account in about a week. Money is first cabled from the American bank to the central office of the Taiwan bank; the funds are then transferred by mail to the local branch, where they are made available. The process can be expedited by two or three days for an extra fee.

The basic charge for the procedure is set by the American bank. Determine the charges before departure and verify that your American bank can transfer funds in this manner.

Credit Cards
The American Express office in Taipei will cash personal checks for cardholders. Contact AmEx for details. As with other check-cashing arrangements, funds are issued in local currency.

You can use Visa and MasterCard to obtain cash at Bank of America and Citibank. Inquire with the issuing bank or card office about limits on the amount of cash available. Some companies set daily or weekly limits on the amount of cash that they will issue. You can use Visa, American Express, and MasterCard for purchases in many restaurants, shops, and hotels in Taipei and in some other large cities in Taiwan.

Credit card companies normally charge a fee when cash is withdrawn from a home account. In addition, some companies limit such withdrawals to NT$8,000 per day. Check with your credit card companies in advance for details.
UCEAP STUDENTS SAY...

Cell coverage varies by provider, but is pretty good within Taipei city. There are signal boosters in the underground tunnels of the MRT that give you great reception underground. It is convenient to have your own computer, especially if you want to make Skype calls to the U.S.

COMMUNICATIONS ABROAD

For practical information on Taiwan before and after arrival, visit Taiwan’s Information for Foreigners website.

Cell Phones
Most students obtain cell phones upon arrival. It is possible to bring your own mobile phone and purchase pre-paid cards. To purchase a phone plan, you will have to present your ARC and passport and be accompanied to a service center by a local guarantor.

Overall, cell phone rates are comparable to what you might pay in the U.S. Most students use cell service very sparingly and text message often to keep the bill down. Once you decide on a cell phone service provider, you can choose pre-paid or regular billing (most students get pre-paid). You may buy pre-paid cards at any of the convenience stores on or around campus to refill your account.

International Calls
Previous UCEAP students recommend buying pre-paid cards at the telecom service centers in the Taoyuan International Airport when you arrive, as the procedure is somewhat less convenient in Taipei.

Many U.S.-based long-distance phone companies provide special services that make it easy to place international calls. Some provide a toll-free access number that connects with an operator in the U.S. Others provide the means to charge long-distance calls either to a credit card or to a third party. Investigate the possibilities before departure and shop for the best services and rates.

Voice-over Internet Protocol (VoIP), the technology for transmitting voice conversations via the Internet, is popular with students who take a laptop abroad. Social networking software such as Skype is a popular choice to make free or low-cost calls over the Internet. Many returnees report that they used Skype once a week to connect with family in the U.S.

Computer Access & Use
You are permitted to use the university’s computer rooms. Most UCEAP students take laptops to Taiwan.

Once you register with the Office of International Affairs, you can use the on-campus wireless network. Dorm rooms have high-speed Internet access.

At NTNU, Internet access within the MTC building is available for purchase by students at an estimated NTD$300 per term. Students bring laptops and by pre-paid phone cards.
HOUSING & MEALS

Where Will I Live?

With assistance from the Mandarin Training Center (MTC), you will arrange your own housing during your time at NTNU. The average rent for apartments in Taiwan is about NT$6,000–10,000 depending on the location, quality, and size of the room.

After MTC registration and before classes begin, you can stay in temporary lodgings (NTNU Hall) while you look for term housing. The average leasing period for apartments is for a minimum of 6 months; students who stay for less than that should stay at the International House of Taipei.

The International House of Taipei is a privately owned dormitory residence located north of downtown, about thirty minutes from the campus via shuttle bus. This facility has rooms that range from NT$6,000–10,000 per month for shared or single rooms. Meals are taken elsewhere although some limited cooking may be available. A single room with bathroom is NT$500 per day or NT$9,200 per month. A double room with bathroom is NT$7,000 each per month.

International House of Taipei
#102, Xinpo 1st St, Xindian District,
New Taipei City, Taiwan ROC
Phone: (02) 2910-3117
E-mail: ih102@ms16.hinet.net

The NTNU Extension School of Continuing Education accommodations (called NTNU Hall) are located on the NTNU campus, right next to the MTC facility. These rooms are extremely limited as they will often accept housing for short-term specialty groups/programs and therefore do not have many, if any, rooms for individuals during the term. However, this location can be used on a short-term basis while looking for housing. The cost is higher per month for a shared room per person. If you book through MTC, the prices are NT$1,500/double, NT$1,200/twin, NT$1,400/2-bed, and NT$1,700/4-bed. Please note that there is a curfew at this hall.

NTNU Hall
No. 129 Heping East Road, Section 1
Taipei 106 Taiwan ROC
Phone: (02) 7734-5800 or (02) 2362-8420
Web: www.sce.ntnu.edu.tw/dorm.php

If you do not want to live in the housing options above, you may make other arrangements on your own. If you would like to find an alternate living arrangement, plan to arrive in Taiwan early. One useful way of finding off-campus housing is to look for advertisements of rooms or apartments for rent on the bulletin boards around campus. You can also look at www.tealit.com or www.mandarintaiwan.com/housing
UCEAP STUDENTS SAY...

“
You can find vegetarian food in many restaurants if you learn the proper phrases in Chinese. There are also vegetarian restaurants that specialize in combinations of vegetables and tofu.

Drink something new every day instead of getting tapioca milk tea all the time.

”

Meals

There are many university eateries and inexpensive private restaurants on and off campus. There is an abundance of restaurants from every region of China. In addition, there is no problem finding Western food.

The quality of restaurants in Taiwan is as varied as the cooking styles. Food quality ranges from elegant, expensive meals to inexpensive snacks from city pushcarts. Enjoy the specialties of local noodle stands, Western restaurants, and typical American fast food. Most restaurants close at about 9:30 p.m., although street vendors often are open after midnight.

Fruit and vegetable stands in every price range are located throughout Taiwan. For the most part, prices are less expensive near universities. Beef is available, but expensive; pork products are superior to those in the U.S. There is also plenty of chicken, duck, fresh fish, and seafood.
TEXTRACURRICULAR ACTIVITIES

UCEAP STUDENTS SAY...

“...

Extracurricular Activities

Get Involved

Participating in extracurricular cultural and social activities while on UCEAP is an excellent way to meet people, improve your language skills, and integrate more fully into the community. Join clubs, sports, musical, theater, or arts groups; volunteer at local organizations, attend lectures and receptions held in academic and community circles, and get the most out of your time abroad. This section highlights a few of the many activities students have enjoyed in Taiwan, but the opportunities are not limited to those mentioned here.

Social Life

People in Taipei commonly go to movies, parks, shops, night markets, and museums. They spend time visiting friends, hiking, and traveling to scenic spots around the island. Socializing in Taiwan often centers on eating, so people frequently go in groups to restaurants and coffeehouses. If you are invited to a meal, offer to pay your own share, even as a guest.

Sports

You can participate in numerous sports activities while in Taiwan, including rugby, martial arts, tennis, badminton, squash, bowling, ice and roller skating, aerobics, swimming, and golf. Variations of kung fu, such as fan and sword, are also offered in the community. Taiwan is surrounded by water and has plenty of great natural beaches. Baseball, gymnastics, and basketball are available at the university.

Tutoring

The Taiwanese are eager to practice their English and may deluge you with requests to tutor them (even casual offers of tutoring will be taken seriously). Although teaching English might be a good way to get to know people, it can become time-consuming. Furthermore, exchange students are not legally allowed to work in Taiwan.

Religion

While Buddhism and Taoism are widespread, the most common religion is known as The Popular Religion or the folk religion, which incorporates elements of the two, as well as the doctrine of Confucius, which still forms the moral fiber of the Taiwanese people. Confucius’ birthday, September 28, is a great traditional holiday. You can also find Catholic, Protestant, Jewish, and Muslim services in Taipei.

Shopping

There is a surprisingly wide array of goods for sale in Taiwan and prices are comparable to or less than those in the U.S. Retailers still practice bargaining. Previous UCEAP students have recommended shopping at the night markets including Ximending and Shilin.
**Health**

Refer to the Health chapter of the UCEAP Guide to Study Abroad.

**Physical Health**

Stay healthy and avoid lowering your body’s resistance. The change in diet and climate may cause an upset stomach and possibly diarrhea until you adjust to the new environment. Wash your hands with soap and water frequently. If you suffer from allergies, be prepared for sinus illness that may be worse than in the U.S.

If you feel sick or have a medical emergency, seek medical attention and contact local staff immediately. They will have recommendations on which clinic to visit and the necessary UCEAP insurance claim process to follow. Local staff may be able to assist you if you need to make special arrangements with your professors due to extended absence from class.

**Health Risks**

Refer to the Centers for Disease Control and Prevention (CDC) Travelers’ Health website, which provides health information specific to your destination.

**Infectious Diseases**

UCEAP continually monitors information from the CDC and World Health Organization in addition to host university and country resources, and will work closely with experts on UC campuses to provide timely and current information to you as needed.

**Avian Flu (H5N1):** Although it is unusual for people to get influenza virus infections directly from animals, sporadic human infections and outbreaks caused by certain avian influenza A viruses and swine influenza A viruses have been reported. Exercise care and avoid poultry farms, contact with animals in live food markets, any surfaces that appear to be contaminated with feces or fluids from poultry or other animals, and eat only thoroughly cooked poultry products. Note that, in the event of a pandemic, UCEAP’s ability to assist students abroad may be severely limited by restrictions on local and international movement imposed by foreign governments or the United States for public health reasons.

Refer to the UCEAP Current Alerts web page for updated information on avian flu and H1N1 swine flu.

**Water**

Do not drink untreated tap water (including in mixed drinks and/or ice cubes) unless it has been boiled, filtered, or chemically disinfected. Do not drink unbottled beverages or drinks with ice. Locals do not drink water straight from the tap. Boil tap water to avoid bacterial illness. To be extra safe, let the water boil rapidly for one minute. Electric teapots are inexpensive.

**Smoking**

Smoking is banned in all indoor public places. The Government of Taiwan is planning to extend the smoking ban to cars, motorbikes, and pedestrians. The Bureau of Health Promotion, Taiwan Department of Health is leading smoke-free education.
Prescriptions
If you require prescription medications, contact the UCEAP assistance provider, Europ Assistance, at (866) 451-7606 to ensure that your medication is legal and/or available in Taiwan. In addition, you can contact TECO, the Taipei Economic and Cultural Office, in Washington or one of the other offices in the United States for specific information regarding customs requirements. Since pharmacies in Taiwan will not acknowledge U.S. prescriptions, take enough medication to last the entire time you are abroad.

Pack prescription medication in your carry-on luggage and store it in the original, labeled containers. Upon arrival, Taiwan customs officials may ask for a copy of the prescription or letter from a physician with a detailed explanation including the purpose, generic name of the medication, and prescribed dosage.

Prescription lenses (including contact lenses) can be fitted in Taipei and are less expensive than in the U.S. Bring your prescription with you in case you need to get another pair while you are abroad. Note that the UCEAP Insurance Plan does not cover this cost.

Over-the-counter medications are available, though brand names may differ from those found in the U.S. In many cases, similar Japanese, British, or German brands of medicine are available. Know the generic name and chemical makeup of your medicines in case you need to purchase them while in Taipei. Counterfeit drugs remain a major problem in Taiwan. Police officials have estimated that as many as 40 percent of Taiwan pharmacies carry counterfeit drugs.

Health Facilities
Medical care in Taiwan can be good, but medical equipment and well-trained support staff are often lacking. Although there are many doctors with excellent training, most see large numbers of patients every day. Physicians are well trained; many speak English and have studied in the U.S. State-of-the-art medical equipment is available at many clinics and hospitals. Information about health care, including a listing of physicians, dentists, and medical providers, is available on the American Institute in Taiwan website.

Generally, doctors and hospitals in Taiwan will expect immediate cash payment for health services. You will need to pay for services up front and then submit a claim for reimbursement through the health insurance agent for UCEAP.

NTU has a health clinic that provides basic first aid and other minor medical services. NTU’s Medical School Hospital or other local hospitals can address more serious medical needs.

Ambulances
Public ambulances are not recommended. Most are poorly equipped, do not have medically-trained staff, and dispatchers do not speak English. Upon private request, some hospitals will dispatch paramedic crews to a limited geographic area. In the Taipei area, Taiwan University Hospital provides this service (phone: 886-2-2312-3456). Most times, the best alternative is to take a taxi to the hospital. If you must use a taxi, always carry with you the name (in Chinese) of the closest hospital to which you would like to be taken.
National Health Insurance

The Taiwanese government runs a government-funded insurance program. All exchange students residing in Taiwan for more than four months are required by law to apply for the National Health Insurance; the cost is included in the incidentals line item of the UCEAP Student Budget. See the UCEAP Student Budget online.

You are also covered by the mandatory UCEAP Insurance Plan, which is paid by the University of California. You must pay for medical services at the time they are rendered and submit a claim form for eligible medical services (see the Insurance tab of your Participants program page for forms and instructions).

Emotional Health

Speak with returnees and gather as much information as possible before you leave for Taiwan.

Do not be surprised to think, “It’s not what I expected.” Expect the unexpected. Life in Taiwan is fast paced with large crowds, noise, and pollution. For diversion, past students have discovered that some sort of regular activity—whether with an interest group like a chorus or hiking club, or study of traditional dance, archery, or calligraphy—offers a way to practice using Mandarin and to get a break from textbooks. Ask for insight from locals and acknowledge that as a valuable learning experience.

Culture shock and homesickness are normal. It is easy to become worn down from physical and mental stress due to the different environment. To counter this, eat well, stay hydrated, get plenty of rest, share concerns with the Study Center, and be open and accepting of the differences you encounter. It will make your stay more enjoyable as you adapt to the new environment.

The Community Services Center in Taipei offers Western-style counseling services, crisis response, and support groups. Most counselors at the Community Services Center were trained in the U.S. The Center office is open Monday through Friday from 9 a.m. to 5 p.m. You can obtain more information by visiting their website or by phone at (02) 2836 8134 or (02) 2838 4947. These phone lines are staffed with English-speaking counselors.
SAFETY

You are encouraged to read the U.S. State Department’s pamphlet, *A Safe Trip Abroad*.

Crime

Compared with many other Asian countries, Taiwan has relatively low crime rates. Crimes most likely to affect foreigners are petty theft, household break-ins (which increasingly involve criminals carrying weapons), and car theft. Take precautions against pick-pocketing and mugging in Taipei, Kaohsiung, and other major cities, particularly at night markets and other tourist attractions.

If you are a woman, avoid walking alone at night or where there are no other people during the day, just as if you were in any major city in the U.S. or some other unfamiliar location.

In several parts of Taiwan, incidents of purse snatching by thieves on motorcycles have been reported.

In case of theft, keep photocopies of your passport, other identification, and credit cards in a safe place.

Criminal acts should be reported immediately to the local police, the American Institute in Taiwan, and the UCEAP Study Center.

Although the overall violent crime rate in Taiwan is low, you should avoid high crime areas, namely areas where massage parlors, barbershops, and nightclubs operate as covers for prostitution and are often run by criminals.

Do not buy counterfeit and pirated goods, even if they are widely available. Not only are the bootlegs illegal in the United States, you may also be breaking local law.

Criminal Penalties

While in Taiwan, U.S. laws do not apply; you are subject to Taiwanese laws and regulations, which sometimes differ significantly from those in the U.S. If you violate the law, even unknowingly, you may be expelled, arrested, or imprisoned. Penalties for possession, use, or trafficking in illegal drugs in Taiwan are severe, and convicted offenders can expect long jail sentences and heavy fines. Taiwan law also provides for the death penalty for certain violent crimes and drug offenses. If accused of a crime, UCEAP and/or the American Institute in Taiwan would not be able to intervene on your behalf.
Police Services

Taiwanese police are professional and well-trained. Taiwan has a centralized police force responsible for enforcing the law and maintaining public order. Special duties include: managing entry and exit from Taiwan, immigration, civil defense and disaster rescue, fire prevention and firefighting, riot control, and assisting in other government affairs when necessary.

Police generally respond to incidents within 15 to 30 minutes, depending on the gravity and location of the crime. While the police respond quickly, they are not always effective at deterring crime. The anti-terror police units are more effective.

Few Taiwanese police speak English. However, local police departments have foreign affairs sections staffed by English-speaking officers capable of handling most situations. Because language barriers are possible, foreigners should speak in a simple manner when reporting crimes.

Disaster Preparedness

Typhoons usually hit Taiwan from July to October, and the country is also subject to strong earthquakes that can occur anywhere on the island. Visit the Central Weather Bureau of Taiwan website, which provides information about both typhoons and earthquakes.

The International Community Radio Taipei (ICRT) provides most areas of Taiwan with English-language programming 24 hours a day. In the event of an emergency or an approaching typhoon, tune your radio to FM 100.7 in the Taipei or Kaohsiung areas and FM 100.1 in the Taichung area.

Expect disruptions to electrical power, telecommunications, water, sewage, and transportation systems following any major earthquakes in Taiwan. Minor earthquakes occur frequently but rarely cause damage. Offshore earthquakes may cause a rise in tide but rarely cause tsunamis. Emergency actions include:

- Turn off the stove and other heat sources.
- Open doors to ensure an exit; this is particularly important in a multi-level building.
- Crouch under a solid table or desk to protect yourself from falling objects.
- Stay indoors during the initial tremor. Venture outside after the danger of falling objects (window panes or signboards) is over. Once outside, protect your head.
- Keep clear of concrete walls, gateposts, and vending machines.

More details on self-preparedness are available on the U.S. Federal Emergency Management Agency (FEMA) website at www.fema.gov
Traffic & Transportation Safety
Roads in Taiwan are well maintained and connect all cities. Many of the main streets have signs in English. Traffic drives on the right.

Traffic congestion in urban areas is intense; many local drivers use scooters or motorcycles and weave in and out of traffic, causing hazards. UCEAP discourages you from operating motorized vehicles.

Taiwan's public buses and subway are generally considered safe, but passengers—particularly women—should exercise caution when traveling alone late at night.

According to the U.S. Department of State, there have been several incidents of violence committed by taxi drivers against female passengers traveling alone late at night. Protect your wallets, purses, and all valuable items, as pickpockets are present (especially on crowded buses). Carefully select taxis because of crime problems associated with unauthorized drivers. Use phone- or radio-dispatched, licensed taxis. Women should avoid taking taxis alone at night.

Driving
UCEAP strongly discourages operating a scooter or motorcycle in Taiwan. The American Institute in Taiwan reports that American citizens in Taiwan have died in recent scooter accidents. A license is required to ride a scooter or a motorcycle. The requirements and procedures for applying for a driver's license for a motorcycle (engine over 50cc) are the same as those for a vehicle driver's license.

Fire Safety
UCEAP strongly encourages you to buy a portable battery-operated smoke alarm for use while traveling. For more information, read the UCEAP Guide to Study Abroad section on Fire Safety.
Emergency Contacts

What Is an Emergency?
An emergency is a serious, unexpected, and often dangerous situation requiring immediate action. The following are considered emergencies:

- Any life/death situation
- A traumatic event requiring immediate assistance
- An arrest
- Civil unrest or natural disaster in the host country

In an Emergency
Contact local emergency services first and then contact the following:

If you are in the U.S.
- During office hours (8 a.m.–5 p.m. Pacific Time): Contact your Operations Specialist at the UCEAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

If you are abroad
Contact the Study Center. If you do not have the Study Center emergency contact information, contact the UCEAP travel assistance provider, Europ Assistance, available 24/7:

Call international collect: 1+202-828-5896
Call within the U.S.: 1+866-451-7606
E-mail: ops@europassistance-usa.com

Local Emergency Numbers
Taipei Police: (02) 2556 6007

There are also emergency service numbers, although an English-speaking operator may not answer. Like in the U.S., these calls are free:

Fire and Ambulance ............119
Police.....................110

The American Institute in Taiwan (AIT) is authorized by law to perform American Citizens Services. If you live in or visit Taiwan, take the time to tell AIT about your trip beforehand. If you check in, AIT can keep you updated with important safety and security announcements. It will also help your friends and family get in touch with you in an emergency. Sign up for the U.S. Department of State’s Smart Traveler Enrollment Program. If you are a resident in Taiwan, you are encouraged also to become a member of AIT’s group email notifications.

American Institute in Taiwan-American Citizen Services
No. 7, Lane 134, Hsin Yi Road, Section 3
Taipei, Taiwan 106

Phone: (02) 2162 2000 or (02) 2162 2306
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AIT website: www.ait.org.tw
E-mail: amcit-ait-t@state.gov

The American Citizen Services Unit is located on the second floor of AIT’s Travel Services building, and is open to the public from 8:30 a.m. to 11:30 a.m. and 1:30 p.m. to 3:30 p.m., Monday through Friday. You can find more information on the AIT website.