

## Table of Contents

### ■ Naruwan--Welcome to Taiwan!

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### ■ Our University

About CJCU  
Our Name and Address  
Our Location  
Getting to CJCU  
Climate  
Telephone & Internet  
Money  
Housing  
Food Services  
Academics  
Campus Facilities  
Convenience Stores  
Health  
Traffic Safety  
Language Study  
Student Life

---

### ■ Our Country

Travel in Taiwan  
Environmental Regulations and Practices  
Calendar

---

### ■ Cultural Information

Culture Shock  
Cultural Tips  
Holidays

---

### ■ Campus Map

### ■ Our City

Tainan: Old and New  
Tainan Facts  
Outline of the History of Tainan  
Points of Interest in Tainan  
Local Cuisine  
An Introduction to the “Small Eats” of Tainan  
Local Shopping



## Naruwan—Welcome to Taiwan!

“Naruwan” is a greeting in the indigenous Taiwanese Ami language that means “Welcome [for] we are all in the same family.” Although the tribal peoples of Taiwan now make up only 2% of the island’s population, they have made an important contribution to Taiwan’s cultural heritage. Unlike the 98% Han Chinese majority, the Taiwan aboriginal peoples speak languages that belong to the Austronesian language family, and genetic evidence indicates that they are related to Malay people groups. Their ancestors settled on the island some 4,000 years ago, but not all of them stayed: recent genetic studies suggest that Taiwan was a population center from which Austronesian peoples spread out to explore the Pacific and inhabit the islands of Polynesia.



The Portuguese sailors who sighted the island of Taiwan in 1544 called it *Ilha Formosa* (“Beautiful Island”), the name by which the island was known in the West for the next 300 years. It was a fitting name for the lushly vegetated island, with mountain ridges rising above the clouds, numerous waterfalls, and butterfly-filled canyons... and it represents a legacy of natural beauty that the people of Taiwan are working hard to protect.

The island of Taiwan is approximately 400 km long and 150 km wide and lies 120 km east of the Asian mainland. It is a mountainous island that is still rising at a rate of some 0.5 cm a year. The mountainous terrane that covers two-thirds of the island’s land area includes more than 100 peaks over 3,000 meters; the 1971 list of the “One Hundred Mountains of Taiwan” has become the gold standard of achievement for Taiwanese mountain climbers.

Most of Taiwan’s residents live in fast-paced, densely populated urban centers along the island’s west coast that bear little resemblance to the island’s sparsely inhabited highlands. The typical Taiwanese young person thrives in the hustle and bustle of city life, navigating with ease through the human sea of night market crowds and delighting in events like the annual New Year’s countdown at the Taipei 101, which have drawn a million people in recent years.

As Taiwan is a small country—but at 36,000+ sq km, it is only a little smaller than the Netherlands... and it is larger than Belgium. Based on population (23.1 million), it ranks not far below North Korea and ahead of Australia; based on GNP, its near-neighbors are Austria and Saudi Arabia. Economists are still analyzing the “Taiwan Miracle,” by which Taiwan transformed itself from an underdeveloped, agricultural island in the 1950s to a key player in the global economy and a leading producer of high-technology goods a few decades later. As of 2010, Taiwan was the fourth largest producer of IT hardware in the world, and a large percentage of the IT products exported by No. 1 producer China were actually being produced by Taiwanese subsidiaries.



Side by side with Taiwan’s economic accomplishments over the past 50 years are its dramatic political accomplishments; in contrast to its neighbor across the Taiwan Strait, it has a dynamic, multi-party democracy and its media are among the freest in Asia.

The culture of Taiwan is deeply influenced by its ethnic ties to Chinese culture, particularly the Hoklo and Hakka cultures of southeastern China. It is linked by education to the many generations of teachers and pupils who have painstakingly passed on the great traditions of Chinese learning and the cultural wealth of the Chinese language. However, Taiwanese culture also shows the commingled influences of Taiwan aboriginal, Japanese, European, American, and other diverse cultural streams. These streams have blended to form a distinct Taiwanese cultural identity that is recognizable in music, cinema, foods, fashion, and fine arts. It is a culture that the Taiwanese people are eager to share with international guests. So dive in—Naruwan!

A wide-angle photograph of a university campus. In the background, a large, multi-story red brick building with a distinctive architectural style featuring many small, rectangular windows. The building has a central section with a gabled roof and a circular window. In the foreground, there is a green lawn with several trees and a paved walkway. A few people are walking on the path. A small, modern sculpture or structure is visible on the left side of the lawn. The sky is blue with some clouds.

OUR UNIVERSITY

# About CJCUCU

Chang Jung Christian University (CJCUCU) is located in southern Taiwan within the Tainan Special Municipality, a political district with a population of 1.9 million that was created on December 25, 2010 by the merger of Tainan City and Tainan County. CJCUCU is 10 km south of Tainan's city center and is now connected to it by the Shalun rail line, which opened in January 2011.

CJCUCU is affiliated with the Presbyterian Church in Taiwan and is committed to developing the God-given gifts and abilities of each student within a culture of love, respect, and service. The university is the outgrowth of a vision that began with the founding of Chang Jung Senior High School, Taiwan's first western-style high school, in 1885. CJCUCU cherishes its historical roots as an educational pioneer in Taiwan and seeks to continue as a forerunner in Taiwanese Christian education .

The current enrollment of CJCUCU stands at approximately 10,000, with over 9,500 undergraduate students and over 800 graduate students. At present, the University consists of six colleges: Management; Health Sciences; Humanities and Social Sciences; Information and Engineering; Theology; and Continuing Education. The University currently offers thirty-five bachelors programs, nineteen masters programs, and one doctoral program.

The "Spirit of Chang Jung" is exemplified by four sculptures on the CJCUCU campus. First, *The Good Shepherd* bas relief (west end of the Second Academic Building), represents the University's commitment to personalized care and instruction for each of its students. Second, *The Foot-Washing* (between the Second and Third Academic Buildings) represents its emphasis on servant leadership. Third, *The Burning Bush* (fourth floor of the library), the emblem of the Presbyterian Church in Taiwan, represents the determination to endure through trials and overcome suffering ("burning and yet not consumed"). Finally, *The Three Wisemen* sculpture (east side of the Second Academic Building) represents the Asian stream of Christianity and its dedication to seek for truth.



The Good Shepherd



The Footwashing



The Burning Bush



The Wise Men

## Our Name

The name *Chang Jung* (Chinese 長榮, pronounced **Chahng Rong**) is rich in meaning and reflects the distinctive heritage of the University: in Mandarin, **Chang** means “long-lasting” or “abiding” and **Jung** means “glory.” **Chang** also represents the spirit of the Presbyterian (*Changlau*) Church, bearing witness to the glory of God even through times of hardship and adversity.

The name *Chang Jung* can also be translated as “evergreen” and is the Chinese name adopted in the late 1960s by the company that developed into the Evergreen Group, a Taiwanese-based shipping and transportation conglomerate that includes EVA Airlines. The University has no relationship with the Evergreen Group, but the connotation of “evergreen” fits CJC’s emphasis on sustainability and stewardship of the earth’s resources.

## Address of the School

According to the government postal system Chunghwa Post, the Tongyong romanization of the school’s Chinese address is:

**Chang Jung Christian University**

**No. 1, Changda Rd., Gueiren Dist., Tainan City  
71101, Taiwan (R.O.C.)**

## Our Location

Located in the greater Tainan metropolitan area, 18 minutes from the Tainan train station via rail (CJC station, Shalun line). By car, it is several minutes south of Exit 11 (Datan/Wudong) on Freeway 86, an east-west link between Taiwan’s two major north-south expressways (Expressways 1 and 3).

Datan is a friendly community with agricultural roots—the name means “big pond” in Chinese, but there are no fish ponds left in Datan and its rice paddies are also disappearing. Occasionally, an ox-drawn cart can still be seen lumbering down the town’s main street. Most of the town’s economy now centers around businesses catering to the university community—restaurants, food and beverage stands, copy shops, and motorcycle repair shops.



# Getting to CJCU

## International air travel

Taiwan has two major airports, Taiwan Taoyuan International Airport (TPE, <http://www.taoyuan-airport.com/english/index.jsp>) and Kaohsiung International Airport (KHH, [http://www.kia.gov.tw/english/e\\_index.asp](http://www.kia.gov.tw/english/e_index.asp)). Kaohsiung International Airport is a 45-minute drive from CJCU and is much closer to the University than Taipei Taoyuan International Airport (a 4-hour drive); however, Taipei Taoyuan International Airport is served by many more flights. Both airports have public transportation links to the Taiwan High Speed Rail (HSR). In Taipei, there is shuttle bus service between the airport and the Taoyuan Station of the HSR; in Kaohsiung, the city's MRT links the airport (Stop R4) with both the Kaohsiung train station (R11) and the HSR station in Zuoying (R16). Students flying into Kaohsiung with large amounts of luggage can apply to the Office of International Affairs for pick-up at the airport.

## Taiwan High Speed Rail

The opening of the Taiwan High Speed Rail (English website: <http://www.thsrc.com.tw/en/?lc=en>) in 2007 has made travel between the major cities of Taiwan's populous west coast extremely convenient. Travel time between CJCU and Taipei on the HSR is 1 hour 45 minutes; travel time between CJCU and Taoyuan on the HSR is 1 hour 24 minutes. However, those planning to take the HSR to Taipei Taoyuan International Airport should plan to leave at least 4 hours



Route of Taiwan High Speed Rail



before their flight departure to allow time for the shuttle ride to the airport and for check-in procedures. In addition, to ensure that connections between Taoyuan Airport and the HSR are possible, it is best to schedule flights that arrive at Taoyuan before 20:00 at night and depart after 11:00 in the morning.

## Rail link to CJCU

With the opening of the Chang Jung Christian University rail station on the Shalun Line in January 2011, rail transportation is now available to the front gate of the University; the Tainan station of the HSR is only 5 minutes away on the rail link. The link also connects CJCU to Taiwan's regular train system, which remains a good, low-cost option for travel to many Taiwanese communities and provides a means of reaching Taiwan's scenic east coast. Discounted 5-day, 7-day, or 10-day rail passes are available to international students who are in Taiwan on short-term (visitor) visas.

Schedules for rail service are available on the English website of the Taiwan Railways Administration ([http://163.29.3.96/TWRail\\_en/index.aspx](http://163.29.3.96/TWRail_en/index.aspx)).

## Metropolitan Rapid Transit Systems

Both Taipei and Kaohsiung have mass rapid transit systems that are linked to the island's ordinary and high-speed rail systems.

## Tainan city buses

In recent years, the city of Tainan has put a great deal of effort into promoting the city bus system. The present position of the buses on each of the city's bus lines can be tracked on a website entitled "Tainan City Dynamic Bus Information System" ([http://2384.tncg.gov.tw/TNWeb/EIndex.jsp?locale=en\\_US&agis=Yes](http://2384.tncg.gov.tw/TNWeb/EIndex.jsp?locale=en_US&agis=Yes)). Route 88 and 99 runs to the city's main tourist sites, including Koxinga Shrine, Confucius Temple, and the Anping Historical District.

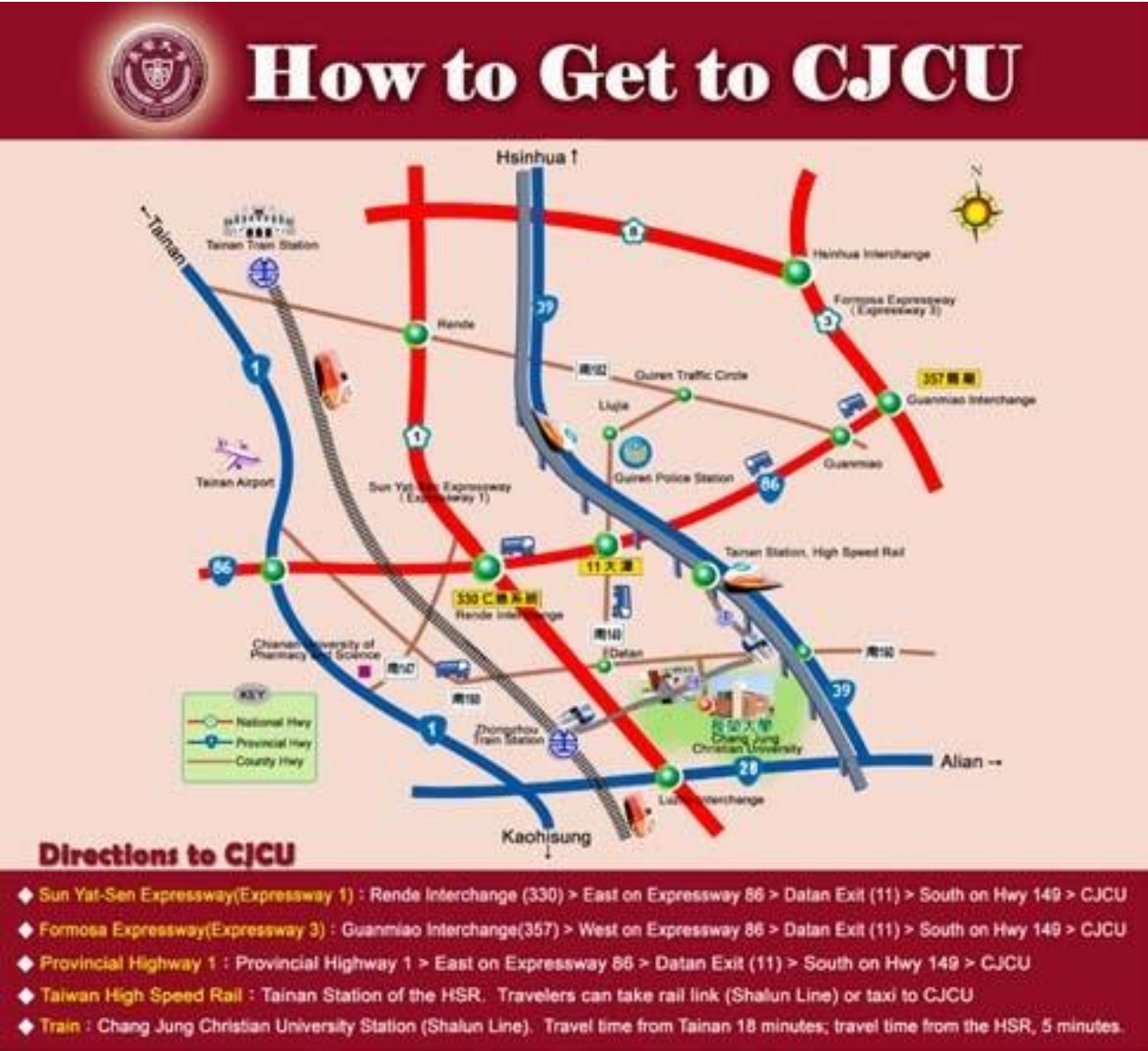
## Taxi service

Taxi service in Taiwan is relatively inexpensive (NT\$85 for the first 1.5 km and NT\$5 for each additional 300 m, with surcharges for late night service and travel to Taipei and Kaohsiung airports). Travel by taxi from CJCU to the downtown area of Tainan costs approximately NT\$320-350. **Most local taxi drivers do not speak English**, so persons who do not speak Chinese should carry the address of their destination.

It is generally easy to hail a taxi on the main streets of Tainan, but persons wanting to take a taxi from CJCU will need to call (or ask a Chinese speaker to call) to arrange for taxi pick-up. The telephone number for local taxi service is (06)2092222.

Highway Access

Highway access to CJCU is shown below:



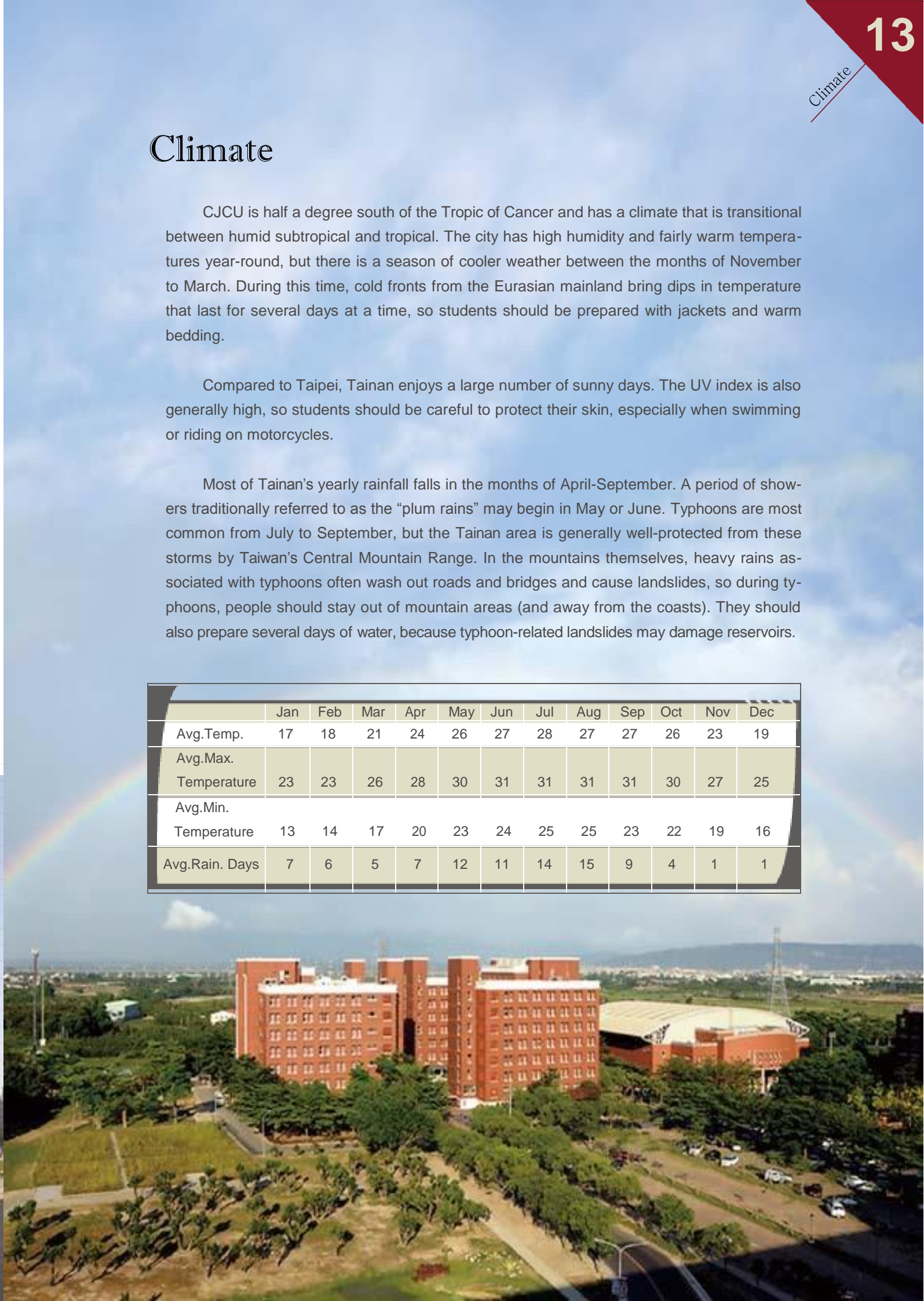
Climate

CJCU is half a degree south of the Tropic of Cancer and has a climate that is transitional between humid subtropical and tropical. The city has high humidity and fairly warm temperatures year-round, but there is a season of cooler weather between the months of November to March. During this time, cold fronts from the Eurasian mainland bring dips in temperature that last for several days at a time, so students should be prepared with jackets and warm bedding.

Compared to Taipei, Tainan enjoys a large number of sunny days. The UV index is also generally high, so students should be careful to protect their skin, especially when swimming or riding on motorcycles.

Most of Tainan's yearly rainfall falls in the months of April-September. A period of showers traditionally referred to as the "plum rains" may begin in May or June. Typhoons are most common from July to September, but the Tainan area is generally well-protected from these storms by Taiwan's Central Mountain Range. In the mountains themselves, heavy rains associated with typhoons often wash out roads and bridges and cause landslides, so during typhoons, people should stay out of mountain areas (and away from the coasts). They should also prepare several days of water, because typhoon-related landslides may damage reservoirs.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg.Temp.	17	18	21	24	26	27	28	27	27	26	23	19
Avg.Max. Temperature	23	23	26	28	30	31	31	31	31	30	27	25
Avg.Min. Temperature	13	14	17	20	23	24	25	25	23	22	19	16
Avg.Rain. Days	7	6	5	7	12	11	14	15	9	4	1	1



## Telephone and Internet

The country code for Taiwan is 886. Inside Taiwan, the city codes are prefixed by a zero (Taipei “02,” Taichung “04,” Tainan “06,” Kaohsiung “07,” cell phones “09”), but the zero is omitted when dialing from outside the country. The telephone number for the University’s main switchboard is

**Chang Jung Christian University**  
**+ 886-6-278-5123**  
**(Office of International Affairs, ext.1711)**

### Cell phones

The Taiwan mobile phone network operates on GSM 900MHz / 1800MHz . If you have a GSM cell phone, the Office of International Affairs can assist you in the purchase of a SIM card with a Taiwanese telephone number. Taiwanese cell phone providers generally do not provide post-paid service to foreign users. Many overseas cell phone providers offer phone coverage in Taiwan, but if you will be making frequent international calls, you are advised to arrange for pre-paid service through a Taiwanese cell phone provider, such as Chunghwa Telecom, Far-Eastone, or Taiwan Mobile.

As a part of its Digital Tour Buddy service, the National Youth Commission (NYC) also lends international visitors mobile phones for 15-30 days free of charge; the cell phones are programmed to give language assistance to young travelers. Call time must be purchased, but to promote use of the Digital Tour Buddy, the NYC is including \$100 of free call time with the rental thru December 31, 2011. Application for the phones can be made online (<http://www.youthtravel.tw/>) before arrival to Taiwan, and the phones can be picked up and dropped off at the travel information service counter of either Taoyuan International Airport or Kaohsiung International Airport.

### Pay Telephones

There are three types of public phones in Taiwan: coin, magnetic strip-card, and IC-card. The latter is best suited to international phone calls. There are several IC-card telephones on campus (lobby of the First Dormitory, first floor of the First Academic Building), and IC cards are sold at campus convenience stores.

### Skype

Overseas students who expect to spend large amounts of time communicating by international phone calls should download the Skype program, which allows users to make international telephone calls at greatly reduced rates. Skype credit can be purchased at local convenience stores.

### Important Telephone Numbers

All emergencies (incl. fires):	119
Police:	110
Campus Security (Chinese):	(06)278-5119
Ofc. of International Affairs	(06)2785123-1711

To place an international call:	002 or 009 + country code + number
Operator-assisted int'l calls:	100
Local taxi service:	(06)2092222
International Community Service Hotline:	0800-024-222
	(0800-024-111; 24-hour, toll-free number)

Note that the emergency telephone number in Taiwan is 119—not 911, as it is in the United States.



# Money

## Currency

Taiwan's unit of currency is the New Taiwan Dollar (NTD). Coins come in 1, 5, 10 and 50s while notes come in denominations of 100, 500, and 1000. Most currencies can be easily exchanged at banks. Changing at the airport on arrival and prior to departure is convenient and airport exchange rates are competitive.



## ATM Machines

ATM machines are readily available throughout Taiwan at most banks and convenience stores.

## Credit cards

Credit cards are accepted at major hotels, resorts, stores, and restaurants, and by most bank ATM machines. There are five ATM machines on the CJCU campus: one in the First Dormitory, one in the Third Dormitory, one in the Administration Building, and two in the Second Academic Building.

## Banking

Students who are planning to stay in Taiwan for more than one semester should ask for assistance in opening a local bank account. As in a number of other countries, the government post office operates a postal savings account system, and opening a postal savings account is a good way to begin banking in Taiwan. To open an account, you are required to provide your passport and Alien Resident Certificate (ARC). In general, checks are not used in Taiwan and checking accounts are not available, but the wide availability of ATM machines makes cash withdrawal with a bank or postal ATM card very easy.

## Tipping

Tipping is uncommon in southern Taiwan except when a customer uses a porter at an airport, in which case a tip of NT\$50 per item of luggage is appropriate.

# Housing

## On-Campus housing

Overseas students can apply for dormitory accommodations. University regulations require students in the first year of the regular (daytime) bachelors program to live on campus unless their homes are within 10 km of the University. Dormitory rooms are approximately 6 *ping* (18.6 sq m) and contain four beds each. Overseas students generally share a room with 1 or 3 roommates. Dormitory accommodations are segregated bysex.

## Dormitory Fees

Dormitory fees are posted on the website of the the Student Life and Residential Services Section. Fees are NT\$11,920/ semester - NT\$13,920/ semester, depending on the type of accommodation.

## Room deposit and keys

Students are required to pay a NT\$3,000 room deposit that is refunded when they check out of the dormitory. After students pay the deposit, they are issued a door card (which opens a sliding glass door on the first floor of the dormitory) and a room key. Students should check their rooms when they move in and report any damage within 24 hours.

## Dorm hours

The sliding glass doors on the ground floors of the dormitories are locked between the hours of midnight and 5:30 a.m. Lights in corridors and rooms are turned off at 1 a.m, except during examination weeks.

## Air conditioning and hot water

Dormitory rooms are air-conditioned, but to conserve energy and reduce environmental impact, air conditioning is supplied only during the hours of 11:30 a.m. to 1:30 p.m. and 6:30 p.m. to 10:00 p.m. (hours are extended during periods of warm weather). It is customary in Taiwan to shower in the evening, and hot water supply is only available from 5:30 p.m. to 12 midnight.

## Drinking water

Hot and cold drinking water is available from water dispensers on each floor. In Taiwan, it is not customary to drink water from the tap; most people do use tapwater, however, to brush their teeth. Remember that carrying your own water bottle is more friendly to the environment than buying bottled water.

Laundry facilities

Coin-operated washing machines, spinners, and and tumble dryers are available on each floor of the dormitories.

Power Supply

Electric power supply in Taiwan is 110V.

Internet

All dormitory rooms have cable connections to Internet service. The fee should be shared with your roommates.

Room supplies

Students are expected to provide their own toilet articles, slippers (in Taiwan, it is customary to remove one’s shoes when entering living quarters), hair dryers, cleaning supplies, flashlights, desk lamps, and room telephones. The University arranges for vendors to sell dormitory supplies on campus on registration day. Items for sale include bed-



ding, toilet articles, plastic wash basins, slippers, detergent, soap, stationery, and school supplies.

Western students may find Taiwanese mattresses hard and should bring their own camping foam or air mattress if they desire more cushioning.

Prohibited items

Except for personal computers, most electrical appliances are prohibited in the dormitories. Prohibited items include televisions, refrigerators, hot plates, electric cookers, and hot water dispensers. Gas stoves are also prohibited.

Waste disposal

In the tropics, it makes sense to take out the food trash every day—if you don’t, you will probably be raising ants and cockroaches in your dorm room! Dormitory residents may dispose of trash in the dumpsters located behind the dormitories.



Taiwan’s smoking ban

On January 1, 2009 Taiwan became the 17th country in the world to ban indoor smoking at public facilities. The ban applies to the indoor areas of colleges and universities, theaters, restaurants, roofed transport stations, mass transportation vehicles, taxis, and most other indoor facilities. Hotels are included, except in special smoking areas with separate ventilation systems. Chang Jung Christian University has its own smoking ban that applies to the entire campus.

Dormitory accommodations during summer vacation

Some Overseas students have requested dormitory accommodations during summer or winter vacation; the fee for dormitory accommodations during this time is NT\$656/per week.

Off-Campus Housing

Students who desire more spacious accommodations can ask for assistance from the Office of International Affairs in finding off-campus housing. There are several privately owned student housing facilities within walking distance of the University.

Kitchen facilities

Kitchen facilities are not available in student dormitories. Students who wish to prepare their own meals can ask for assistance in finding nearby off-campus housing.

Homestay

Overseas students desiring a homestay option should contact the Office of International Affairs.

## Food Services

A main student dining area is in the basement of Dormitory 3. The food court in the basement of Dormitory 3 has approximately four vendors that sell a variety of inexpensive Taiwanese-style meals. One on-campus food concessions is an outdoor coffee/tea shop next to the gymnasium.

The two on-campus 7-11 convenience stores (First and Third Dormitories) sell a variety of food items—but keep in mind that 7-11 cuisine is no substitute for a balanced diet! Even if you are trying to save money, don't attempt to live on instant noodles.



There are at least another ten restaurants within walking distance, most of which offer bargain-rate student fare. The “Champs-Élysées” (a favorite lunch spot for faculty members) is somewhat more upscale—but despite the name, it does not serve any French dishes.

There is a grocery store less than a block west of the student gate.

Although there are a number of food options on campus and in the nearby community, western-style meals are hard to find. However, the opening of the Shalun rail link makes it easy to travel to Tainan, where there is a wide variety of western foods and ethnic cuisines—but students who are craving a chimichanga (or other Mex-American fare) may have to travel to Kaohsiung... or Kenting.

### Monthly food budget

Most local students find that NT \$5000/ month is sufficient to cover the cost of food.



## Academics

Education, and especially higher education, holds a place of great honor in Taiwanese culture. Strong government investment in education has succeeded in raising literacy to 96% (despite the fact that literacy in the Chinese language requires knowledge of over 3,000 characters!) In the past, Taiwan's educational system was test-oriented and rewarded rote memorization rather than critical thinking and creativity, but educational reforms since 2000 have been directed at changing this situation. In recent years, the Ministry of Education has made internationalization of the island's universities one of its primary goals.

Taiwanese higher education follows the American model and begins with a four-year undergraduate program. In Taiwan, university admission is always to a specific department; students are assigned to a specific class within the department and take much of their coursework with the same group of classmates. At both the undergraduate and graduate level, each class has a **class advisor** (導師, *daoshi*) who is responsible to give academic and, to some extent, personal guidance; the advisor stays with the class until they graduate and often forms a close personal relationship with the students in the class.

CJCU supports holistic education that develops the whole person—body, intellect, and spirit—and undergraduates must complete a general education curriculum that consists of two parts. The first part is a core curriculum consisting

of three courses: The Chang Jung Spirit, Service Education, and Music Education. The second part consists of a total of eight hours of coursework in four areas: natural sciences, social sciences, the humanities, and life education.

Students in degree programs must complete the curriculum requirements established for the year that they enter the program; tables showing these requirements, semester by semester, for each year's class (課程配當表, *kecheng peidangbiao*) are available in Chinese on the websites of the individual departments and on the “Curriculum” page of the University's e-system.

The school year at CJCU consists of two 18-week semesters; midterm examinations are generally given in Week 9 and final examinations are given in Week 18. Most courses consist of a once-weekly class, 2 or 3 hours in length (2- or 3-credit hours, respectively). The deadline for adding or dropping classes is generally one week after the beginning of classes. Students can formally withdraw from a course until Week 13.

Students who enroll in CJCU receive an account on the university's system that gives them access to online registration, syllabi, course materials, and other e-services.

# Campus Facilities

## Postal Services:

The campus post office is on the first floor of the Administration Building, on the left side of the main entrance.

## Library:

The David Landsborough Memorial library is one of the favorite hang-outs of CJCJ students. It is equipped with air-conditioning, cushioned easy chairs, wireless Internet, multi-media rooms, a DVD collection, and other multimedia resources. English holdings are on the 5th floor.



## Art Gallery:

The campus art gallery is located in the basement level of the library and often features works by the faculty and students of CJCJ.

## Bookstore:

The campus bookstore is located in the basement level of the library and sells a variety of school supplies and stationery.



## Gym:

There is a fitness center with various exercise equipment; NT\$20 for per visit.

## Other Athletic Facilities:

There are basketball courts, tennis courts, a roller skating rink, and a track on campus grounds; there are also facilities for table tennis and billiards.



## Star Radio:

A student-operated radio station (FM88.3) is located on the 8th floor of the Second Academic Building.



# Convenience Stores

There are two 7-11 convenience stores on the CJCJ campus, one on the first floor of the First Dormitory and one in the basement of the Third Dormitory.

Newcomers to Taiwan will discover that convenience stores on the island live up to their name. The 7-11 stores in Taiwan are operated by the Uni-President Corporation, the largest food conglomerate in Asia, and offer many services not usually available in convenience stores in other countries. In addition to selling snacks, microwave meals, and toiletry items, Taiwanese 7-11s provide services such as fax, photocopy, postal services, and parcel shipment. Many of these additional services are available on the iBon kiosk—unfortunately, the operating interface is only in Chinese. Here is a partial listing of services available at most Taiwanese 7-Elevens:

- Photocopying
- FAX transmission
- Document and digital image printing from USB
- Bill-paying: water, electricity, gas, cable TV, mobile phone, motorcycle insurance
- Payment of parking tickets
- Pre-payment of cell phone and Skype accounts
- Gift cards
- Direct marketing shopping service
- Payment of pre-ordered purchases
- Pre-purchase of High Speed Rail tickets
- Battery recycling
- Stamps, envelopes, and postcards
- DHL
- Takkyubin (a delivery service company based in Japan)

There are several cautions about 7-11s that overseas students should bear in mind. First, convenience stores become considerably less convenient during student “rush hours.” Second, Taiwanese 7-11s are a poor reference for directions. The 7-11 density of the island is probably the highest in the world—in some urban areas, there is a 7-11 on every block. If you are a newcomer to Taiwan, don't arrange to meet your friend at a 7-11!



# Health

## Health examination

International students are required to submit a report of a recent (past 3 months) health examination as a part of their application for admission. A report of a health examination is also a requirement for the resident visa.

## Health insurance

All international students should arrange for 6 months of health insurance from an insurer in their own country or join Overseas Student Medical Insurance through CJCJ; long-term students who plan to obtain a resident visa and an Alien Resident Visa through CJCJ are required to be enrolled under CJCJ's name in Taiwan's National Health Insurance system, one of the best health care systems in the world. Monthly payments (NT\$749) are very reasonable considering the coverage (medical, dental, and co-pay of drug expenses).

## Nursing Station

The University nursing station is on the first floor of the First Academic Building and is open from 8:00 to 22:00 from Monday to Thursday and 8:00-17:00 on Friday. The station dispenses over-the-counter pharmaceuticals and conducts simple health procedures.

## Flu precautions

If your body temperature exceeds 37.5 C, do not attend class; seek medical attention. In Taiwan, it is considered courteous to wear a face mask if you have a cold and cough and plan to be in close proximity with others.

## Health emergencies

In case of a health emergency, call 06-2785123-1711 (Office of International Affairs secretary), for assistance.

## Dengue fever

In recent years, there have been cases of dengue fever, a mosquito-borne disease, in the Kaohsiung and Tainan areas. Students should keep their environments free of standing water.

# Traffic Safety

## Scooters

Taiwan—and sunny southern Taiwan in particular—is the land of the scooter, and scooters are the main form of transportation for local students. It is hard to participate in student life in Taiwan and stay off a scooter, whether it is as a driver or a passenger. Scooters are easy to operate, but statistics show that they are **dangerous** to ride—**especially for passengers.**

An international drivers license is sufficient to operate a 50-cc scooter; to operate more powerful vehicles, persons must apply for a license from the Department of Motor Vehicles and pass a written test (available in English) and a road test. An Alien Resident Certificate is required to obtain an R.O.C. drivers license.

Students who want to park scooters in the University parking lots must apply for a parking permit. The permit fee is NT\$400 per academic year.

The Office of International Affairs urges caution in traveling by scooter. Keep the following safety tips in mind:

- All persons traveling by scooter are required by law to wear helmets; although un-stylish, only full-face helmets offer any real protection against injury.
- Keep your eyes on the road. On Taiwan's heavily traveled streets and roads, new situations are always emerging. You cannot afford to go window-shopping while you are driving in the city.
- Avoid left-hand turns (the locus of many accidents) by making 2-step turns with traf-fic lights.



Don't ride a scooter without a helmet !

- Watch for other drivers making left-hand turns or emerging suddenly from small lanes and alleys.
- If you drive close to the right side of the road, watch for opening doors on parked cars.
- Be especially careful if you are driving at night when country roads are dark and country drivers may ignore traffic signals.



Consider going green!

- Never go through red lights yourself, even at T-shaped intersections.

- Be exceptionally careful if you are carrying a passenger. Carrying a passenger makes a motorcycle more difficult to operate and less stable in an accident. In the event of an accident, passengers are more likely to be thrown and seriously injured.

## Bicycles

Consider bicycle transportation as an environmental alternative to scooter transportation, although the 10 km ride from CJCU to Tainan will probably appeal only to fitness buffs—and to fitness buffs who are acclimated to hot, humid weather. Despite the heat, however, bicycles are regaining popularity in Taiwan, and some commuters are using folding bicycles that can be transported on trains. The smoothly paved roads that parallel the High Speed Rail are becoming popular among cyclists. Among Taiwan's most ardent bicycle enthusiasts, "circling the island" has become a badge of pride but this feat requires considerable physical stamina.

Bicyclists also need to keep safety in mind and drive defensively. Helmets, although not required by law, are a good idea. In addition, cyclists need to be careful to remain well-hydrated.

# Language Study

Mandarin Chinese (often referred to in Taiwan as 國語 , *guoyu*, the national language, or 華語 , *huayu*, the language of Chinese culture) is the official language of Taiwan and has been the only language sanctioned in education for over 50 years. As a result, it is the lingua franca of all the island's ethnic groups and is spoken fluently by most people under the age of 60. About 70% of the population also speaks Taiwanese ( 臺語 , *taiyu–Tâi-oân-oē* or *Tâi-gí* as it is called in Taiwanese itself), which is actually the Hokkien dialect of the Min Nan language (so it is also called 閩南語 , *minnanyu*). Many Taiwanese, especially in the south, are able to switch between the two languages with ease. Young people often enliven their language with colorful Taiwanese expressions, but fewer young people are able to converse exclusively in Taiwanese. Since the 1990s, Taiwan has been influenced by the mother tongue language movement which seeks to cultivate the other languages of Taiwan, including Taiwanese, Hakka, and the aboriginal languages, in addition to Mandarin. The Presbyterian Church of Taiwan, with which Chang Jung Christian University is affiliated, is a strong advocate of the mother tongue movement.

For students who have no prior contact with a Chinese language, learning either Mandarin or Taiwanese is a formidable task. It is certainly not something that can be accomplished in a few months—don't believe any crash course advertisements that guarantee fluent Chinese in only 6 weeks! For most people, gaining some degree of fluency in Chinese takes

2-3 years of concentrated study. **Be patient with yourself** and don't give up after the first year. The effort is worth it. If you are reading this, you already have a high level of English proficiency; if you learn Chinese, you will be proficient in the two most widely spoken languages of the 21st century.

Both Chinese and Taiwanese are tonal languages, so if you don't master the tones, your progress will be limited and your frustration will be great. Spend the time you need at the beginning to practice with an instructor until you can hear the differences.

Unfortunately, in Taiwan the question of how best to romanize the Chinese language is still being debated; Chinese language instructors in Taiwan have been slow to adopt the ***hanyu pinyin*** system that is used by teachers and textbooks of Chinese throughout the rest of the world. The Taiwanese themselves learn Chinese phonetics with a set of symbols called the ***Zhuyin***. Systems of romanization have



changed frequently with changes of government, and as a result, many confusing inconsistencies remain in addresses, road signs, and place names. You may have GPS, but you may still get lost if you don't know that Ximen Road and Hsimen Road are one and the same. A conversion chart between the various phonetic systems used to Romanize Mandarin Chinese is given at <http://www5b.biglobe.ne.jp/~harigaya/pinyin-wade-guoyuluomazi.html>.

You should be aware that the Chinese characters used in Taiwan are not the same as the ones used in China. Taiwan uses **traditional characters**; China uses **simplified characters** that are similar in form but have fewer strokes and are easier to write. The traditional characters, however, retain rich cultural content and meaning.

Traditional	學	講	寫	樂
Simplified	学	讲	写	乐
	Learn	Speak	Write	Fun

# Student Life

There are wide a variety of campus activities and clubs at CJCU, and international students are encouraged to take advantage of opportunities to try new experiences.

## Student Clubs

There are approximately 100 clubs and student organizations, including a guitar club, a mountain-climbing club, a photography club, and clubs for various sports. Many students are active in clubs that represent their departments. Overseas students are encouraged to attend the Club Fair at the beginning of Fall Semester to get a better feel for the university clubs.



## Christian community

Although CJCU is a Christian university, students from many different religious and non-religious backgrounds attend the university. The University cherishes both the unity and diversity of the body of Christ and has a variety of Christian fellowships, cell groups, Bible studies, and prayer meetings; attendance at these activities is voluntary but students of all faith backgrounds are welcome to attend. The University Chaplains' Office oversees four student-led Christian fellowships, including a fellowship for aboriginal (indigenous) students and an English Fellowship. Jhongjhou Prebyterian Church is the nearest church that provides a Mandarin-language service and offers lunch for students after the service. For students wishing to attend English worship services, both Catholic and Protestant English-language services are avail-



able at various churches in Tainan and Kaohsiung; Korean-language services are available in Kaohsiung. Interested students should contact the Office of International Affairs.

OUR CITY



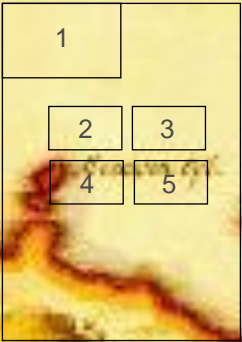
# Tainan: Old and New

Tainan is both Taiwan's oldest city and also one of its three new special municipal districts. On December 25, 2010 Tainan City and Tainan County were officially merged to form the Tainan Special Municipality. As a result of the administrative reorganization, Tainan gained over 2,000 sq. km in area but was also downgraded from Taiwan's fourth largest city to its fifth largest. All of Taiwan's cities lost one place in their rank by population because former Taipei County became Xinbei Municipality, replacing Taipei as Taiwan's most populous city.

The municipality of Tainan is a land of contrasts that few of its 1.9 million residents have fully experienced. Its terrain ranges from coastal plain in the west to bamboo-covered foothills and rugged badlands to the high peaks around the hot spring resort of Guanziling in the northwest corner. Much of the newly defined "city" is decidedly rural in nature, from the fishing villages along the coast to the lotus fields of Baihe to the mango orchards of Yu-jing. It includes some of Taiwan's richest agricultural land as well as some of its most productive high-tech clusters. The Tainan Science Park (TSP) is home to 400 manufacturers, including the world's No. 2 TFT panel (LCD panel) manufacturer and the largest biotech company in Taiwan. TSP is also the home of the ultra-modern Solar City project, which will be one of the world's largest solar-powered communities (12,000 solar-powered homes) and a showcase for sustainable development when it is completed. Both the heart of traditional Taiwanese culture and a world-class research and development center for emerging technologies, the new Tainan is poised for a 21<sup>st</sup> - century renaissance.



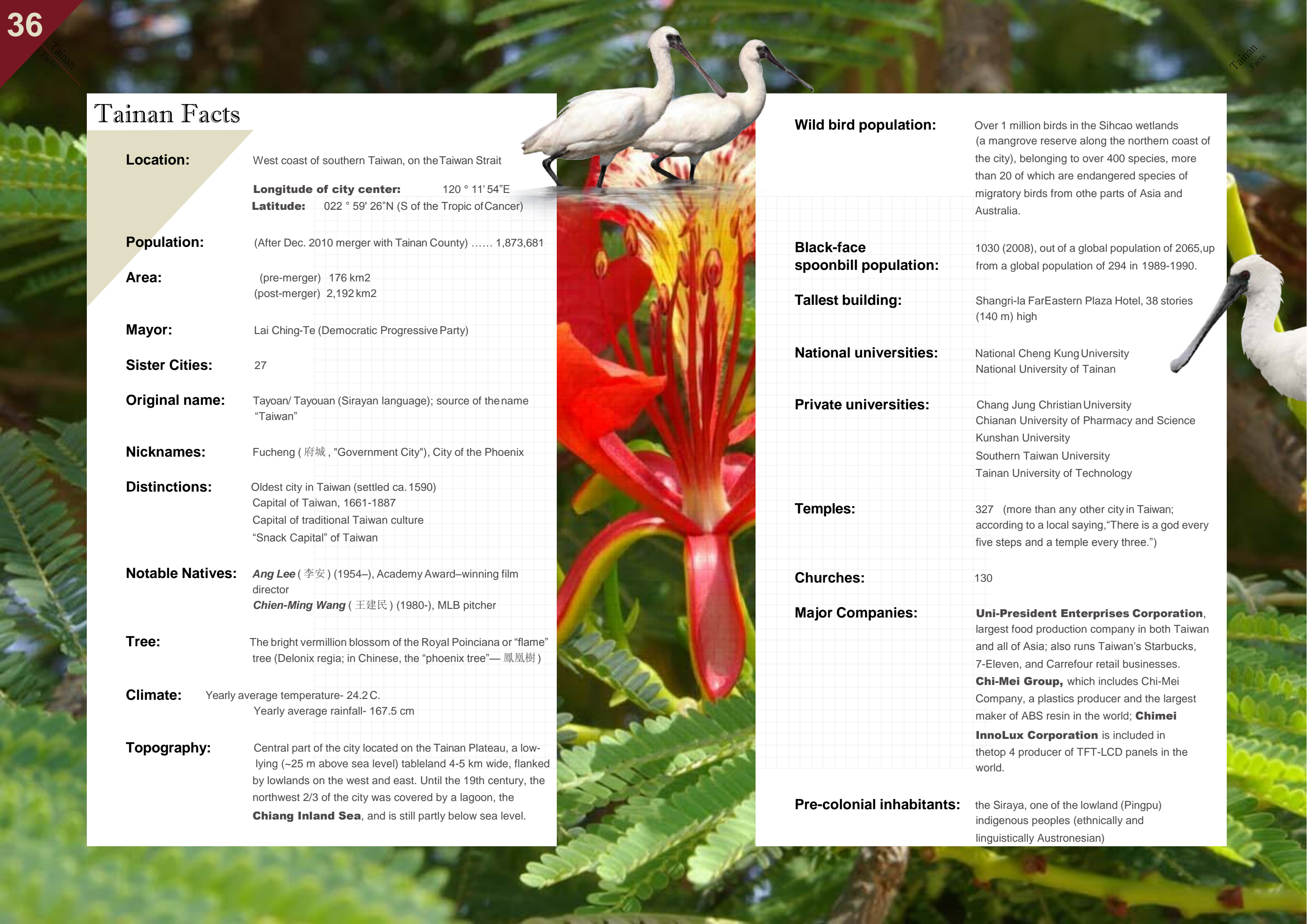
Tainan Station in 1900



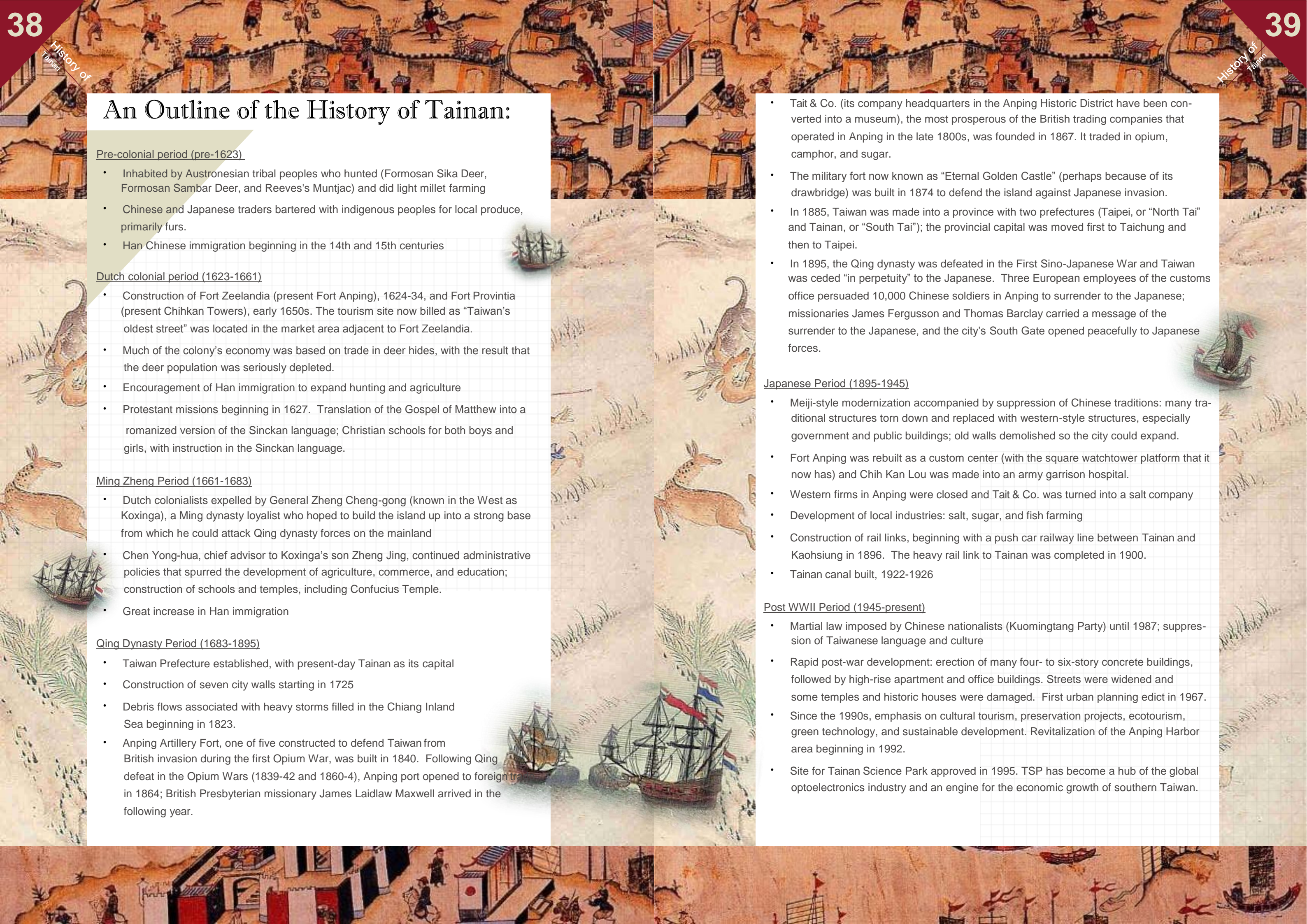
- 1. Tainan Station - Present (Shangrila Hotel in background)
- 2. Barclay Memorial Park
- 3. Anping harbor
- 4. The shopping district nearby Tainan Train Station
- 5. Southern Taiwan Science Park



Tainan



Tainan Facts	
Location:	West coast of southern Taiwan, on the Taiwan Strait
Longitude of city center:	120 ° 11' 54"E
Latitude:	022 ° 59' 26"N (S of the Tropic of Cancer)
Population:	(After Dec. 2010 merger with Tainan County) ..... 1,873,681
Area:	(pre-merger) 176 km2 (post-merger) 2,192 km2
Mayor:	Lai Ching-Te (Democratic Progressive Party)
Sister Cities:	27
Original name:	Tayoan/ Tayouan (Sirayan language); source of the name "Taiwan"
Nicknames:	Fucheng ( 府城 , "Government City"), City of the Phoenix
Distinctions:	Oldest city in Taiwan (settled ca. 1590) Capital of Taiwan, 1661-1887 Capital of traditional Taiwan culture "Snack Capital" of Taiwan
Notable Natives:	<i>Ang Lee</i> ( 李安 ) (1954-), Academy Award-winning film director <i>Chien-Ming Wang</i> ( 王建民 ) (1980-), MLB pitcher
Tree:	The bright vermillion blossom of the Royal Poinciana or "flame" tree ( <i>Delonix regia</i> ; in Chinese, the "phoenix tree"— 鳳凰樹 )
Climate:	Yearly average temperature- 24.2 C. Yearly average rainfall- 167.5 cm
Topography:	Central part of the city located on the Tainan Plateau, a low-lying (~25 m above sea level) tableland 4-5 km wide, flanked by lowlands on the west and east. Until the 19th century, the northwest 2/3 of the city was covered by a lagoon, the <b>Chiang Inland Sea</b> , and is still partly below sea level.
Wild bird population:	Over 1 million birds in the Sihcao wetlands (a mangrove reserve along the northern coast of the city), belonging to over 400 species, more than 20 of which are endangered species of migratory birds from othe parts of Asia and Australia.
Black-face spoonbill population:	1030 (2008), out of a global population of 2065,up from a global population of 294 in 1989-1990.
Tallest building:	Shangri-la FarEastern Plaza Hotel, 38 stories (140 m) high
National universities:	National Cheng Kung University National University of Tainan
Private universities:	Chang Jung Christian University Chianan University of Pharmacy and Science Kunshan University Southern Taiwan University Tainan University of Technology
Temples:	327 (more than any other city in Taiwan; according to a local saying, "There is a god every five steps and a temple every three.")
Churches:	130
Major Companies:	<b>Uni-President Enterprises Corporation</b> , largest food production company in both Taiwan and all of Asia; also runs Taiwan's Starbucks, 7-Eleven, and Carrefour retail businesses. <b>Chi-Mei Group</b> , which includes Chi-Mei Company, a plastics producer and the largest maker of ABS resin in the world; <b>Chimei InnoLux Corporation</b> is included in thetop 4 producer of TFT-LCD panels in the world.
Pre-colonial inhabitants:	the Siraya, one of the lowland (Pingpu) indigenous peoples (ethnically and linguistically Austronesian)



# An Outline of the History of Tainan:

## Pre-colonial period (pre-1623)

- Inhabited by Austronesian tribal peoples who hunted (Formosan Sika Deer, Formosan Sambar Deer, and Reeves's Muntjac) and did light millet farming
- Chinese and Japanese traders bartered with indigenous peoples for local produce, primarily furs.
- Han Chinese immigration beginning in the 14th and 15th centuries

## Dutch colonial period (1623-1661)

- Construction of Fort Zeelandia (present Fort Anping), 1624-34, and Fort Provintia (present Chihkan Towers), early 1650s. The tourism site now billed as “Taiwan’s oldest street” was located in the market area adjacent to Fort Zeelandia.
- Much of the colony’s economy was based on trade in deer hides, with the result that the deer population was seriously depleted.
- Encouragement of Han immigration to expand hunting and agriculture
- Protestant missions beginning in 1627. Translation of the Gospel of Matthew into a romanized version of the Sinckan language; Christian schools for both boys and girls, with instruction in the Sinckan language.

## Ming Zheng Period (1661-1683)

- Dutch colonialists expelled by General Zheng Cheng-gong (known in the West as Koxinga), a Ming dynasty loyalist who hoped to build the island up into a strong base from which he could attack Qing dynasty forces on the mainland
- Chen Yong-hua, chief advisor to Koxinga’s son Zheng Jing, continued administrative policies that spurred the development of agriculture, commerce, and education; construction of schools and temples, including Confucius Temple.
- Great increase in Han immigration

## Qing Dynasty Period (1683-1895)

- Taiwan Prefecture established, with present-day Tainan as its capital
- Construction of seven city walls starting in 1725
- Debris flows associated with heavy storms filled in the Chiang Inland Sea beginning in 1823.
- Anping Artillery Fort, one of five constructed to defend Taiwan from British invasion during the first Opium War, was built in 1840. Following Qing defeat in the Opium Wars (1839-42 and 1860-4), Anping port opened to foreign trade in 1864; British Presbyterian missionary James Laidlaw Maxwell arrived in the following year.

- Tait & Co. (its company headquarters in the Anping Historic District have been converted into a museum), the most prosperous of the British trading companies that operated in Anping in the late 1800s, was founded in 1867. It traded in opium, camphor, and sugar.
- The military fort now known as “Eternal Golden Castle” (perhaps because of its drawbridge) was built in 1874 to defend the island against Japanese invasion.
- In 1885, Taiwan was made into a province with two prefectures (Taipei, or “North Tai” and Tainan, or “South Tai”); the provincial capital was moved first to Taichung and then to Taipei.
- In 1895, the Qing dynasty was defeated in the First Sino-Japanese War and Taiwan was ceded “in perpetuity” to the Japanese. Three European employees of the customs office persuaded 10,000 Chinese soldiers in Anping to surrender to the Japanese; missionaries James Fergusson and Thomas Barclay carried a message of the surrender to the Japanese, and the city’s South Gate opened peacefully to Japanese forces.

## Japanese Period (1895-1945)

- Meiji-style modernization accompanied by suppression of Chinese traditions: many traditional structures torn down and replaced with western-style structures, especially government and public buildings; old walls demolished so the city could expand.
- Fort Anping was rebuilt as a custom center (with the square watchtower platform that it now has) and Chih Kan Lou was made into an army garrison hospital.
- Western firms in Anping were closed and Tait & Co. was turned into a salt company
- Development of local industries: salt, sugar, and fish farming
- Construction of rail links, beginning with a push car railway line between Tainan and Kaohsiung in 1896. The heavy rail link to Tainan was completed in 1900.
- Tainan canal built, 1922-1926

## Post WWII Period (1945-present)

- Martial law imposed by Chinese nationalists (Kuomintang Party) until 1987; suppression of Taiwanese language and culture
- Rapid post-war development: erection of many four- to six-story concrete buildings, followed by high-rise apartment and office buildings. Streets were widened and some temples and historic houses were damaged. First urban planning edict in 1967.
- Since the 1990s, emphasis on cultural tourism, preservation projects, ecotourism, green technology, and sustainable development. Revitalization of the Anping Harbor area beginning in 1992.
- Site for Tainan Science Park approved in 1995. TSP has become a hub of the global optoelectronics industry and an engine for the economic growth of southern Taiwan.

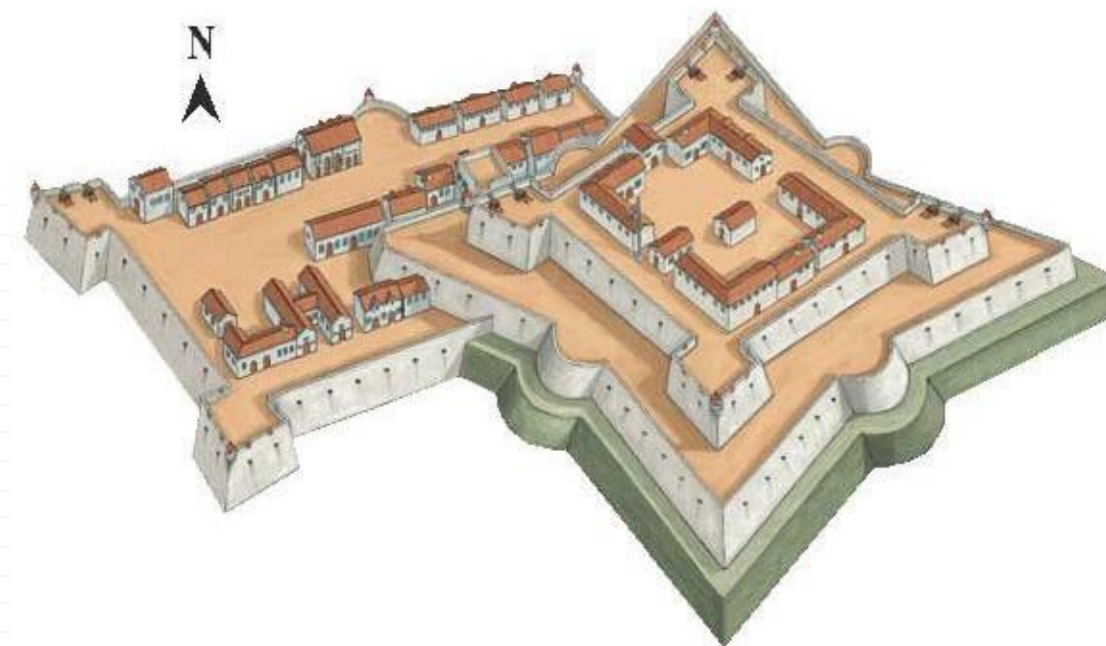
## Points of Interest in Tainan

The Tainan metropolitan area has a population exceeding one million but is characterized by small town warmth and hospitality. Tainan was the capital of Taiwan from 1661 until 1887 and remains a center of traditional Taiwanese culture. In the words of one enthusiastic writer, “what Taipei is to shopping, Kaohsiung is to shipping, and Hsinchu is to silicon-chipping... Tainan is to culture and history.”<sup>1</sup>

The city's **Anping Harbor**, which served as an entry point for both Dutch colonialists and Chinese immigrants, has been set aside as a National Historic Park and is now Tainan's most popular tourist zone. The Anping area offers tourists a combination of historic sites, shopping, and local snack foods, such as candied fruit (蜜餞, mi-jian), shrimp rolls (蝦捲, xia-juan), oyster omelets (蚵仔煎, ô-á-chian), and bean curd dessert (豆花, dou-hua).

The most significant historic site in the Anping area is **Fort Zeelandia** (constructed from 1624-1634). In the 17th century, the Dutch were seeking a base from which to trade with China and Japan. As a first step in establishing the colony of Dutch Formosa, they spent ten years building Fort Zeelandia on a sand spit on the west coast of Taiwan. The only remains of the fort are two semi-spherical fragments north of the fort and a section of the outer wall. Ongoing excavations have provided some knowledge of the original structure, which was 30 meters high and had walls four meters thick. The Dutch, who were experienced dike-builders in their homeland, were skilled in fortified construction. They used red bricks imported from Java and a locally-made mortar that consisted of a mixture of glutinous rice, sugar, and oyster shells. An outer fortress with space for fifteen cannons and four watchtowers projected out from the northwest corner of the fort. The complex within the inner walls of the fort included houses, churches, barracks, and even an execution ground.<sup>2</sup> Outside the fort was a market area, today a tourist site billed as “Taiwan's oldest street.” Although the shops that now line this narrow street probably bear little resemblance to 17th century markets, they are still the site of bustling commerce on weekends.

◀ Present-day Fort Anping (Former site of Fort Zeelandia)



**Model of Fort Zeelandia** <sup>3</sup>  
(construction dates, 1624-1634)

The **Chihkan Historic District** is widely regarded as the spiritual heart of Old Tainan. As Dutch trading activities expanded inward from the coast, the colonizers built a second fort (Fort Provintia, 1653) on the inland shore of the lagoon that lay behind the sand spit to serve as an administrative and commercial center. When the Ming loyalist Zheng Cheng-gong (known in the west as Koxinga) expelled the Dutch from Taiwan in 1662 and established the short-lived Tungning Kingdom, he installed his own government in Fort Provintia and renamed it the “Mansion Bestowed by Heaven.”



Fort Provinitia, the site of the present-day **Chihkan Towers**, has undergone many transformations through successive Dutch, Ming, Manchu (Qing), and Japanese occupations. Although the site is now some 5 km from the coast, in the 17th century it was accessible by boat at high tide. The original towers were destroyed by an earthquake in 1862, and a section of the outer wall is all that remains of the original structure. The present “towers”—actually two classical Chinese-style buildings—date from 1875. In front of the tower, sitting atop stone turtles are a series of nine tablets (stelae) that carry inscriptions in both Chinese and Manchu; they are Qing-era artifacts that were imported to the site from another location.

Another of Tainan’s popular tourist sites, the **Tainan Confucian temple** (1666), is the oldest of the island’s Confucius temples and the location of Taiwan’s first Confucian academy. It has undergone numerous reconstructions since its original commissioning by Koxinga’s son, but the original layout (temple halls on the right and study halls on the left) has been preserved. Hanging in the main temple are a series of inscribed wooden plaques that were presented to the temple by Qing emperors. Today, banyan trees shade the elegantly

simple wooden structures of the temple complex.

A block away from the Tainan Confucian Temple, located in the old Tainan City Hall, is the **National Museum of Taiwanese Literature**. The imposing Japanese-era building, constructed in 1916, was restored at great expense and is now dedicated to the preservation and promotion of Taiwanese literature.

South of the city is the **Chi-Mei Museum**, the highly eclectic personal collection of Hsu Wen-long, the founder of the Chi Mei Group. The museum is free of charge for students who study in schools located in Tainan and well worth a visit. Holdings include everything from Western paintings to dinosaur eggs and meteorites, but the museum is most famous for its collection of mechanical musical instruments. The museum is open Tuesday to Sunday from 9:30 to 17:30.

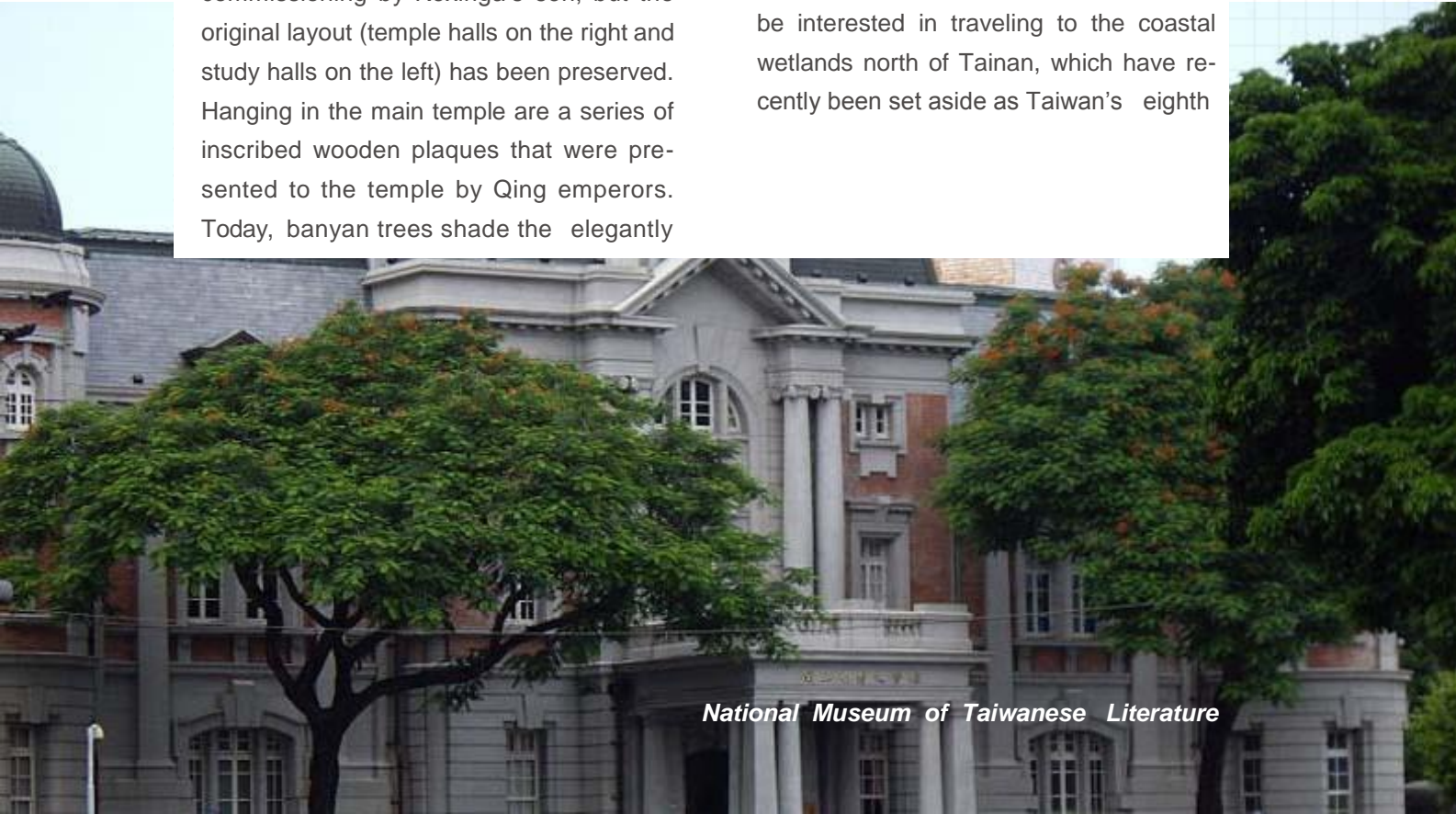
Nature-lovers and birdwatchers may be interested in traveling to the coastal wetlands north of Tainan, which have recently been set aside as Taiwan’s eighth

national park, **Taijiang National Park**. The wetlands are the winter home to more than half of the world’s population of black-faced spoonbills. These extremely rare birds can be viewed from observation facilities at the **Black-Faced Spoonbill Refuge** in Cigu (pronounced Chee-goo) from October to April. A boat tour of the Cigu Lagoon emphasizes the ecology of the area.

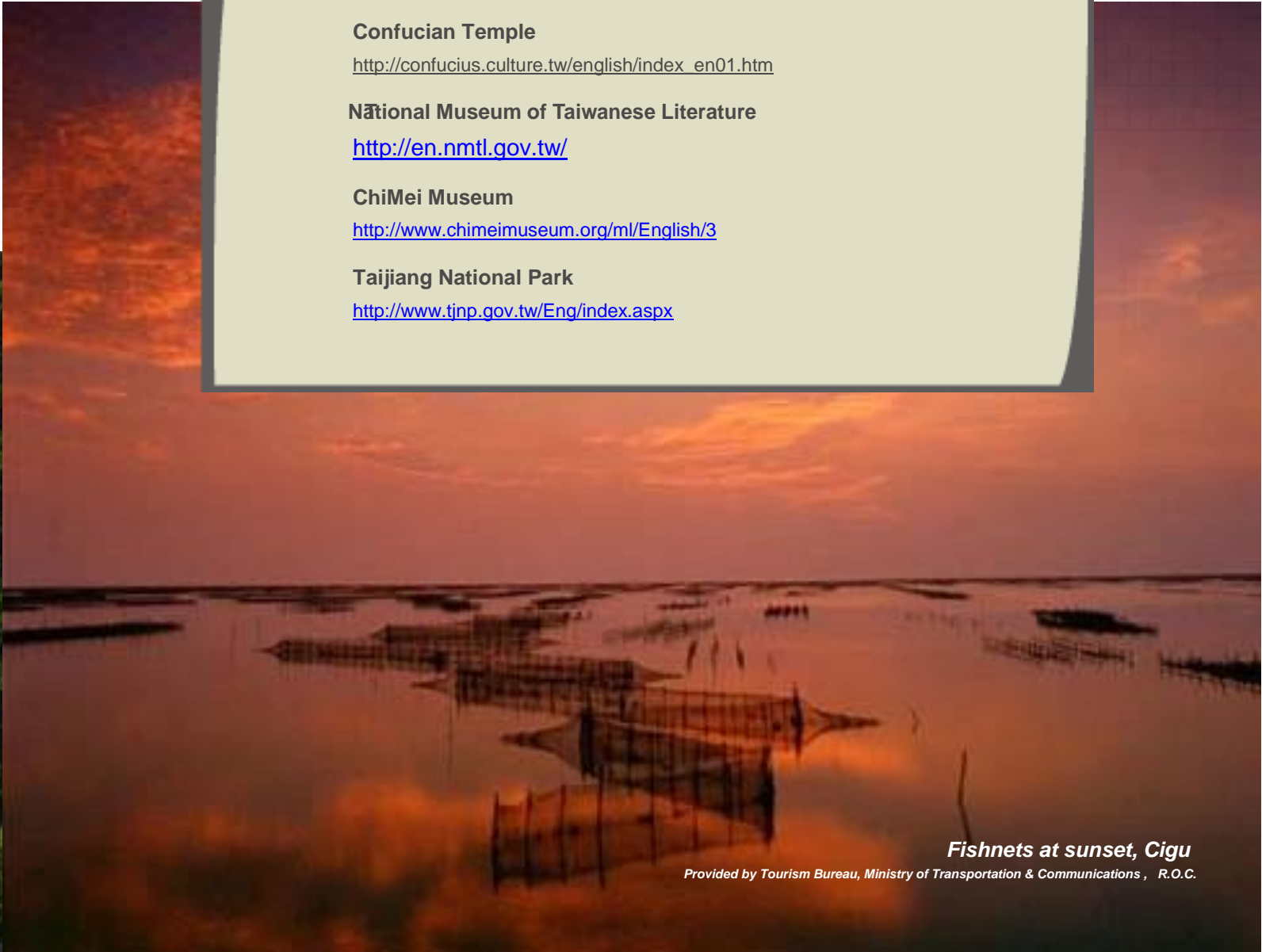
1. Taipei Economic and Cultural Office in New York (2005). Tainan Cultural Capital of Taiwan.  
<http://www.taiwanembassy.org/US/NYC/ct.asp?xItem=29713&ctNode=3483&mp=62&nowPage=3&pagesize=15>
2. Her, Kelly (2001, January 1). Island Fortresses. Taiwan Review.  
<http://taiwanreview.nat.gov.tw/ct.asp?xitem=584&ctnode=1365&mp=1>

Links:

- Tourism in Tainan  
<http://www.tainan.gov.tw/tainanE/>
- Confucian Temple  
[http://confucius.culture.tw/english/index\\_en01.htm](http://confucius.culture.tw/english/index_en01.htm)
- Nātional Museum of Taiwanese Literature  
<http://en.nmtl.gov.tw/>
- ChiMei Museum  
<http://www.chimeimuseum.org/ml/English/3>
- Taijiang National Park  
<http://www.tjnp.gov.tw/Eng/index.aspx>



National Museum of Taiwanese Literature



Fishnets at sunset, Cigu

Provided by Tourism Bureau, Ministry of Transportation & Communications , R.O.C.

## Local Cuisine

Since there are Chinese restaurants around the world and some variety of Chinese cuisine is enjoyed in almost every country, many internationals come to Taiwan with the expectation that Taiwan cuisine will match up with the Chinese food they enjoy at home. North Americans may arrive anticipating the standard take-out fare of Panda Express: sweet-and-sour pork, beef with broccoli, cashew chicken, and fried rice. There is fried rice to be had, for sure, and dishes that may have similar names to their Panda Express cousins, but they are likely to taste quite different—and there will be many dishes that you have never seen in Chinese restaurants at home. Don't stick only to foods that look familiar and miss the opportunity to expand your culinary horizons.

Taiwanese cuisine is basically Chinese in its origin, but it has been influenced by Japanese cooking (the fondness for processed fish-meal products, for instance)—and it is presently undergoing a rapid fusion with western cuisines. However, the same rule also applies to the western dishes you may be served in Taiwan: don't expect them to taste exactly like they do at home.



Beef noodles

**Rice** or **noodles** are typically a part of every main meal, and many Taiwanese will say they can't fill up without rice. Taiwanese main dishes tend to be somewhat sweeter (especially in southern Taiwan) and less salty than Western ones, while desserts are not as sweet. If you are from an area like Malaysia, Thailand, or India—or the southwestern U.S.—you are likely to find Taiwanese food bland, although restaurants often provide a local chili sauce on the table. Beans are one food in which there is likely to be a culture clash in taste preferences: beans are served sweet in many Taiwanese soups and desserts. Don't be surprised to bite into a pastry and find a sweet bean filling.

**Pork** is the most popular meat in Taiwan. Many Taiwanese do not eat beef, out of a debt of gratitude to the oxen that helped their ancestors farm their fields. Despite this fact, one of the most popular Taiwanese dishes is **beef noodles**, usually served in a savory, soy-based soup that has been simmered for several hours. **Fish** is also an important part of the Taiwanese diet, and it is generally very fresh. **Other types of seafood** are also very popular, but may require adventurous eating on the part of international guests. In general, the Taiwanese themselves love trying new foods and look forward to doing so on special occasions like feasts.

The Taiwanese have the healthy habit of ending a meal with fruit. While you are in Taiwan, try to take advantage of the large number of locally grown fruits, including tropical fruits such as mango, guava, and papaya.

Another dining habit that visitors may find surprising is that Taiwanese tend to defer the beverage until the end of the



Taiwan-style barbecue



Hot pot

meal—and they often replace the beverage with a light, watery soup. If you are eating in a restaurant and want to drink your beverage with the meal, you often have to make a specific request to the waiter.

The most common social meals among groups of family or friends are “**hot pots**” and **barbecues**. **Hot pots** (Chinese: 火鍋; pinyin: huǒ guō) are especially popular in the winter months and on festive occasions when the extended family gathers around the table. A pot of hot stock is kept simmering in the center of the table and ingredients (such as thinly sliced meat, leafy vegetables, mushrooms, corn on the cob, shrimp, and colorful Japanese-style kamaboko products) are placed into the pot to cook. Once cooked, the ingredients are dipped into a mixture of Taiwan's distinctive “*shacha*” (Chinese: 沙茶) sauce and raw egg yolk (the egg whites are added to the pot).

In the **Taiwanese barbecue**, friends and family gather around a low, hibachi-style grill. Commonly barbecued items include thinly-sliced meat, seafood, and *olen* (fishmeal patties) that are usually brushed with barbecue sauce and served with white sliced bread.

Another popular activity centered around food is a “wrap-your-own” meal of **boiled dumplings** (水餃; pinyin: shuǐjiǎo); in this activity, participants socialize as they fold the dumpling wrappers (pasta dough) around a filling of ground



Boiled dumplings

pork and then cook them in a common pot. Boiled dumplings are a staple of day-to-day student diets as well, because they are cheap, easy to cook (frozen and/or microwavable dumplings are available in any food store), and fast to prepare. Dumplings are a nutritional step up from instant noodles—but again, remember that a balanced diet requires some fruit and vegetables every day.

In addition to inviting you to hot pots and barbecues, your Taiwanese friends will be delighted to accompany you to sample the foods of the local night markets, which

include both traditional favorites and the latest culinary innovations and food fads. Your Taiwanese friends will no doubt try initiating you to one of Taiwan’s most distinctive foods, “**stinky tofu**”—and they will probably be disappointed if you don’t show some degree of displeasure. If you are really adventurous, however, and want some interesting pictures to send back home, tell your friends you want to try **duck head** or **chicken feet**—both of which are easy to find at Taiwan’s streetside food stands. Another popular Taiwanese snack food that might interest more daring gourmets consists of **steamed pig blood and rice**, usually cut into rectangles and served on a stick.

Each locality in Taiwan has its specialty foods (see the following section on Tainan’s most famous dishes). The Taiwanese consider it a traveler’s delight to eat the specialty food of each place they visit... and a traveler’s duty to bring back some of the specialty foods to their friends and relatives.

## An Introduction to the “Small Eats” (小吃) of Tainan

Taiwan is a country that prizes local delicacies, and Tainan enjoys a reputation as the country’s snack capital. Challenged by periods of hardship and scarcity, the cooks of the city have shown remarkable ingenuity in crafting a wide variety of dishes with often-limited resources. The tradition of culinary innovation continues today, as local restaurateurs and streetside vendors seek to create new taste experiences. However, the trademark dishes of Tainan’s folk cuisine—its most famous “small eats” (小吃)—are as follows:

**Coffin toast** (棺材板, *guāncǎibǎn*) no doubt owes its place at the top of most lists of Tainan snack foods to its unusual name. The “coffin” is a thick slice of bread that has been dipped in egg, deep fried, cut into a “coffin” shape, and hollowed out. It is filled with a thick stew (in the past, made with ingredients like chicken liver or tripe—now, more likely to consist of a seafood chowder) and re-covered.

**Danzai noodles** (擔仔麵, *dānzǎi miàn*; Taiwanese: *tàⁿ-á-mī*) were first sold at the end of the 19th century by a fisherman who needed a livelihood to tide himself through slack seasons. His streetside noodle business survives today as the “Du Siao Yue Danzai Noodle” restaurant. *Du Siao Yue* (度小月) means “getting through the lean months,” while danzai means “carried on a shoulder pole.” The dish is made with “oily noodles” (油麵) that are cooked in a soup base prepared with shrimp. The noodles are typically topped with bean sprouts and served with a *lu dan* (滷蛋, a hard-boiled egg that has been pickled in soy sauce) and a few shrimp.



Tainan's Du Siao Yue restaurant



Wanke

**Eel noodles** ( 鱈魚意麵 ) and **oysters with thin noodles**, ( 蚵仔麵線 *kèzǎi miànxian / ô-á mi-sòaⁿ*) are two of Tainan’s other noodle specialties.

**Oyster omelettes** ( 蚵仔煎 *kèzǎijiān / ô-á-chian*) are not unique to Tainan although, according to local legend, they were invented by General Koxinga himself during the siege that ousted the Dutch from Taiwan. Still popular in the eateries of Tainan’s Anping harbor district, the omelettes are made with eggs, oysters, tapioca starch (which gives the omelettes their chewy texture), and chrysanthemum leaves. They are served with a mildly spicy, sweet sauce and topped with cilantro. Other specialties of the Anping harbor area include candied fruit ( 蜜餞 , *mi-jian*), shrimp crisps ( 蝦餅 , *xia-bing*), shrimp rolls ( 蝦捲 , *xia-juan*), and bean curd dessert ( 豆花 , *dou-hua*).



Oyster omelette

**Wankē** ( 碗粿 ) might best be described as rice paste cooked in its own serving bowl and topped with a savory sauce.

**Oily rice** ( 台南油飯 , *Tâi-lâm iû-png*) is a dish prepared with glutinous rice (“sticky rice”), savory oils, shredded pork, mushrooms, and dried shrimp.

**Taro cakes** ( 芋粿 ), made from mashed taro and pork bits, have a reputation for improving digestion. The restaurant that is best known for taro cakes, the “Hsu Family Taro Cake”( 許家芋粿 ) restaurant, also serves another Tainan specialty, **shrimp-meat dumplings** ( 蝦仁肉丸 *hê-jîn bah-ôan*).



Taro cake



Oily rice



Grass jelly



Longan

**Beverages and desserts.** Tainan is a tropical city with a thriving streetside beverage industry. Traditional beverages include **winter melon “tea”** ( 冬瓜茶 *donghua cha*) as well as other non-teas such **grass jelly** ( 仙草 *xian cao*) “tea” (the grass is a plant from the mint family, *Mesona chinensis*), and **longan** (dragon-eye) “tea.” Of course, the city’s ubiquitous beverage vendors offer real teas in abundance, including modern innovations like **bo-ba milk tea**, celebrated for its large “pearls” of chewy tapioca that must be sipped through an extra-wide straw. Taiwanese love to add “chewies” of all shapes and colors to cold drinks, cold sweet soups, and



Bo-ba milk tea

crushed ice desserts—a habit that probably derives from the traditional affection for **tangyuan**, a dessert soup served during Lantern Festival. One unusual “chewy” is **“love-jade”** ( 愛玉 ), a jelly made from the seeds of the jelly fig, a tree native to the highlands of Taiwan.

**Fruit smoothies** (fruit-ice or fruit-milk) prepared from fresh fruit and made according to customer specifications for sweetness and ice content, are available at the city’s many streetside juice stands.



Love jade

**Douhua** (“tofu flower”) is a traditional dessert made with an extra soft form of tofu that glides down the throat. In Taiwan, douhua is traditionally served with toppings such as cooked peanuts, red (adzuki) beans, and mung beans. These toppings, along with fruits and “chewies,” also appear in the city’s do-it-yourself **crushed ice** bars. Eating a large bowl of crushed ice is one of the best ways to cool off on a hot summer night in Tainan.



Douhua

# Local Shopping

For better or worse, shopping is one of the main pastimes in Taiwan. Devoted shoppers will want to make some excursions to Kaohsiung and Taipei, but Tainan does have some shopping opportunities. A western-style mall, Sugar Mall, is the shopping center closest to the University, but business (and shopping) is better in downtown Tainan.

## Train station area

Beimen Road south of the front exit of the Tainan train station is the “student shopping district,” with a number of clothing stores, electronics stores, and sports equipment stores. Also within walking distance from the train station, on Zhongshan Road, are two upscale department stores, **Shinkong Mitsukoshi** (a Japanese retailer) and **Focus**. Across the street from the back entrance of the Tainan train station is Tainan's tallest building, home of the **Far-East** department store and Shangri-La's Far Eastern Plaza Hotel. The Far-East department store caters mostly to midrange consumers, but dinner on the highest floor of the Shangri-La is a luxury experience.

## West Central district

Another popular shopping district along Zhongzheng Road (or Jhongjheng Road, depending on the romanization) features clothing and jewelry stores. A nearby section of Hai-an Road has become a trendy area of sidewalk cafes and outdoor artwork. A second branch of **Shinkong Mitsukoshi** on Hsimen Road represents the high-end of shopping in Tainan.



Garden Night Market

## Night markets

For visitors who want a local cultural experience along with bargain shopping, Tainan's night markets are the place to go. There are over two dozen night markets of various sizes in and around the city, most of them operating only on certain nights of the week. The city's largest open-air night market, is the **Garden Night Market** (花園夜市 , Huāyuán Yèshì), located at the intersection of Sec. 3 of Hwei Road and Sec. 3 of Haian Road; this market is open on Thursday, Saturday and Sunday nights.



## Dream Mall

Those spending time in the Kaohsiung area may wish to visit Dream Mall, listed by Forbes Traveler.com as one of Asia's top 10 mega-malls. A number of the Mall's stores also carry local gift items.

## Taiwan souvenirs

Shops along Anping Street in Tainan's main tourism district sell a number of low-cost souvenir items, including specialty food products such as traditional candied fruit. More expensive, but still reasonably priced souvenirs can be found in the first basement level of the Hsimen Road branch of Shinkong Mitsukoshi department store. Another location for reasonably priced but elegant souvenirs is the Cultural Palace store on the second floor of Dream Mall in Kaohsiung.

According to a recent poll conducted by the Association of Taiwan Tourism Specialty Products, the gift item most recommended by Taiwan residents themselves is Wenshan Baozhong Tea (文山包種茶).

## Groceries and Western foodstuffs

Carrefour Supermart probably carries Tainan's largest selection of groceries—there are three Carrefour locations in Tainan, but the outlet nearest to CJCU is located just west of the Rende exit of the Sun Yat-Sen Expressway. Carrefour carries a variety of western foodstuffs, but you may not be able to find all of your favorite items.

# OUR COUNTRY



# Travel in Taiwan

Although Taiwan is not one of Asia’s best-known tourist destinations, the island has much to offer tourists, whether they are seeking vibrant city culture or natural beauty. Taiwan’s two largest cities—Taipei-Xinbei and Kaohsiung—have made great strides in expanding attractions and becoming more tourist-friendly over the past twenty years.

**Taipei** attractions include the Taipei 101 landmark skyscraper, the National Cultural Palace Museum, the Sun Yat-Sen and Chiang Kai-Shek Memorial Halls, the trend-setting Shihmending (alternative spelling Ximending) shopping distict, the Shihlin night market, the Maokong gondola (an aerial tram), and Yangmingshan National Park. The National Cultural Palace Museum is arguably the world’s finest collection of the treasures of 8000 years of Chinese history. The articles in the collection were shipped in 2,972 carefully packed crates to Taiwan in 1948, just before the Communist army seized control of the Palace Museum in the Forbidden City of Beijing. Although the portion of the collection left behind in Beijing is larger, the pieces now in Taiwan are, by most opinions, the best of the original collection.



Chiang Kai-Shek Memorial Hall

**Kaohsiung**, one of the world’s major container ports, has transformed itself from a drab industrial center to a city with a much more appealing human face. The city’s main waterway, the Love River, used to be anything but lovely, but the riverside area of downtown Kaohsiung is now a gathering place where both residents and visitors enjoy night markets, outdoor cafes, and boat tours. The city’s old harbor has likewise become a sightseeing and dining area. A 2o-minute ferry ride takes visitors to Cijin, a narrow barrier island that was formerly connected to mainland. The trip to Cijin makes a pleasant half-day outing.



Love River , Kaohsiung



Taroko Gorge\*

Taiwan’s most popular scenic destinations are **Taroko Gorge**, an impressive marble canyon on the east coast, and **Kenting National Park**, an ocean resort at the southern tip of the island. Other tourist destinations include **Alishan National Scenic Area**, a mountain resort famous for its sunrise over the “Sea of Clouds,” **Sun Moon Lake**, and the outlying islands of **Green Island** and **Orchid Island**.



Sun-Moon Lake\*

**Kenting**, a favorite vacation spot for college students, is about 3 hours from CJCU. It can be reached by bus on the No. 88 line from Kaohsiung, which departs either from the city bus terminal or the Zuoying station of the High Speed Rail and operates 24 hours a day. The price of a ticket is approximately NT\$390.



Kenting\*

\* Provided by Tourism Bureau,  
Ministry of Transportation &  
Communications , R.O.C.



Sun Rising on Sea of Clouds, Alishan



Steam Train and Cherry Blossoms, Alishan

Photos provided by Tourism Bureau, Ministry of Transportation & Communications, R.O.C.

### Links:

**Taiwan Tourism Bureau English site**  
<http://eng.taiwan.net.tw/>

**Wikitravel**  
<http://wikitravel.org/en/Taiwan>

**National Palace Museum**  
<http://www.npm.gov.tw/>

**National Parks of Taiwan**  
<http://np.cpami.gov.tw>

**Yangmingshan National Park**  
<http://www.ymsnp.gov.tw/>

**Taroko Gorge**  
<http://www.taroko.gov.tw/>

**Kenting National Park**  
<http://www.ktnp.gov.tw/eng/>

**Sun Moon Lake**  
<http://www.sunmoonlake.gov.tw/English/#1>

## Environmental Regulations and Practices

- By law, trash in Taiwan must be separated before it is disposed of; all items carrying recycling symbols must be recycled. Generally, there are three trash cans: “Ordinary,” “Recyclable,” and “Food Scraps.”
- In most residential areas, it is illegal to leave garbage bags on the streets for collection. In many areas, the garbage trucks are equipped with sound systems that alert residents of the approaching daily garbage pick-up. In Tainan City, the garbage trucks typically play Beethoven’s “Fur Elise.”
- Stores in Taiwan do not provide plastic bags for purchased items unless the customer requests one; there is a \$1 charge for the bag.
- Scooters and motorcycles must pass a yearly emissions check (provided free of cost at designated garages) and must carry an emissions sticker for the current year.



## Calendar

- In Taiwan, the year is the Year of the Republic of China. Since 1912 was Year One of the R.O.C., the current R.O.C. year can be calculated by subtracting 1911 from the western year. In Taiwan, the 2016-2017 Academic Year is referred to as Academic Year 105.
- Schools, government offices, and businesses operate on the Western calendar of months and days, but the Chinese lunar calendar (*nongli*) is still widely used to plan personal affairs (such as weddings), guide religious practice, and track traditional holidays. Many people regard the seventh month of the lunar calendar as “Ghost Month” and may be reluctant to participate in activities like swimming during this time.



# CULTURAL INFORMATION

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## Culture Shock

Be prepared to experience some culture shock. Typically, your first months in a new culture are the “honeymoon period,” when everything seems new and exciting. Sometime after one to three months, most people begin to experience some irritation and negative feelings with the new culture: they may yearn for the familiar foods of home or find aspects of the host culture bewildering or unpleasant. Negative reactions commonly center on the language barrier, hygiene habits, traffic, and food. If culture shock happens to you, try not to become critical and blame the people of the host country for your negative feelings. Almost everyone who has worked, traveled, or studied abroad has experienced the same feelings. How you handle your frustration determines how much you will grow from your experience abroad. Stay positive by thinking of the experience that you’re gaining. You may be tempted to withdraw into a “ghetto” of your own culture or language group, but if you are here to learn the language, this is a temptation to avoid...



Most people are able to enter a phase of adjustment after 6-12 months in the host culture. They become more familiar with the people, food, and language and know what to expect. As a result, they become more comfortable and relaxed in the new environment. As people come through this stage, they realize that every culture, including their own, has positive and negative aspects, and they are able to take the perceived negative aspects of the host culture in stride. They may also find that they want to permanently retain some of its positive aspects.



## Cultural Tips

- Many Asian cultures emphasize politeness, and Taiwanese culture is no exception. In such cultures, people may expect compliments to be politely demurred and offers (for more food, for instance) to be ceremoniously declined.
- If you do not want others to serve you the choice parts of each dish, say “*Xie-xie--Wo ziji lai!*” (“Thank you—I’ll help myself!”)
- If you really do not want to eat more, say “*Xie-xie—Wo chi-bu-xia-le.*” (“Thank you—if I ate any more, it wouldn’t go down.”)
- If you are a guest, don’t eat the last food on a plate—this suggests that you are still hungry.
- Traditionally, it has been considered in bad taste to tout one’s own abilities or accomplishments; in the past, compliments from others were turned aside with the question, “*Nali?*” (literally, “Where?”--in other words, “Who, me?”) The younger generation, however, is more likely to consider western self-confidence a positive trait.
- In many Asian cultures, it has traditionally been considered inappropriate to confront authority figures (such as teachers) directly about their errors; when errors are made, subordinates tend to be gracious and allow the authority figure to “save face.” If you do confront, remember that respect and courtesy are good rules in any culture.
- Take off your shoes when you enter a residence. If there is a cabinet or rack for shoes, place your shoes neatly there. Likewise, if you are receiving guests, you should provide them with slippers, especially if the weather is cold or your floor is dirty.
- With regard to footwear, wearing flip flops in public places is considered sloppy by many, especially among in the older generation (although flip flops are seen from time to time in the classroom and in the library, University policy prohibits them).
- Consider taking a shower in the evening if you have Taiwanese roommates. Some of them may regard it “dirty” to get into bed without first showering. The use of antiperspirants is not as widespread in Taiwan as in North America and is not considered a substitute for showering.
- Unless instructed otherwise, don’t put toilet paper in the toilet bowl. You should also take tissue (a pack of facial tissue) with you wherever you go because many public toilets in Taiwan are not supplied with toilet paper.
- Be prepared for “squatty potties.” Most of the campus lavatories have at least one sit-down toilet, but this is not always true in other places you may visit.

- If you go to stay at someone’s home, take your own towel with you. Towels are considered personal items that are not shared with others.
- Do not point chopsticks at others, lick them, or use them to stab your food.
- Do not stick your chopsticks upright in a bowl of rice—this looks like an offering to the dead.
- At feasts, pace yourself because there are often 12 courses. At wedding feasts, always reserve some drink in your glass so you are ready to make a toast to the newlywed couple.
- If you are a guest at a wedding feast, bring a “red envelope” (NT\$1200 is a reasonable gift for a student).
- Do not give a “red envelope” in an amount that involves the number “4.” In the Taiwanese language, the number four sounds like the word for death, and it is considered unlucky. (In some apartment buildings and hotels, there is no fourth floor...)
- Bargaining is acceptable in open-air markets and privately run shops. Smile politely and ask for a lower price.
- At work and in other formal situations, it is common to address superiors by their title. For instance, you might address your department chair as “*Li Zhuren*” (Director/Chairman Li) or simply “*Zhuren*” (Chairman).
- If you are giving a speech, address the superiors first, starting from the one with the top position, and move down the list. End by addressing your peers (for example: “*Gewei tongxue, zao an.*” (“Each classmate, good morning.”)
- Students in Taiwan generally address their teachers simply as *Laoshi*(“teacher”). When you pass your teachers on campus, it is polite to greet them with the words “*Laoshi, hao.*”



## Holidays

The three biggest traditional Taiwanese holidays are Mid-Autumn Moon Festival, Chinese New Year, and Duan Wu (“Dragon Boat”) Festival. The dates of these holiday are based on the Chinese lunar calendar, so the dates on the western (Gregorian) calendar vary from year to year.

**Mid-Autumn Moon Festival** (中秋節, *Zhōngqiūjié*, Month 8 Day 15). The traditional activities associated with this holiday include barbecuing, moon-watching, eating mooncakes, and setting off firecrackers. The latter activity is now illegal in Taipei but still widely practiced in Tainan.

**Chinese New Year** (春節, *Chūnjié*, Month 1, Days 1-5). This is the most important holiday of the year. The traditional family reunion dinner (paternal side of the family) on New Year’s Eve is preceded by a top-to-bottom housecleaning. At the dinner, the older relatives give red envelopes containing “lucky money” to the children and younger relatives. On Day 2 of the New Year holiday, the reunion shifts to the maternal side of the family. On Days 3-5, many families hit the road for a family outing... while others stay in town and go shopping with their lucky money.

**Lantern Festival** (元宵節; *Yuánxiāojié*, Month 1, Day 15) marks the official end of the New Year season. The Tourism Bureau sponsors the annual Taiwan Lantern Festival, a colorful event that moves from city to city in different years.

**Duan Wu (Dragon Boat) Festival** (端午節, *Duānwǔjié*, Month 5, Day 5)

This holiday commemorates a third century B.C. scholar Qu Yuan and is celebrated by racing dragon boats and eating sticky rice dumplings.

Several other national holidays are observed on the western calendar, including New Year’s Day and Double Ten Day.



**New Year’s Day** (January 1). The western New Year’s Eve has become a popular time for public “countdowns,” the most famous being the one at the Taipei 101 building, where the countdown is accompanied by a fireworks display.

**Double Ten Day** (October 10). Taiwan’s National Day—known as “Double Ten” day because it is celebrated on October 10—commemorates the founding of the Republic of China in 1912.

3

高雄縣



台南縣

台南縣

高鐵台南站

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To Main Gate大潭長榮站  
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 臺南航空站  
 Tainan Airport


長榮大學

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第一教學大樓 First Academic Building

第二教學大樓 Second Academic Building

第三教學大樓 Third Academic Building

行政大樓 Administration Building

學生活動中心 Student Center

➡ 視聽教室3F

➡ 演藝廳3F

信心廳3B03

➡ 仁愛廳3B06

希望廳3B07

➡ 國際會議廳6F

➡ 百合廳2F

Classroom T10305

Performing Arts Auditorium 3F

Faith Hall T3B103

Love Hall T3B106

Hope Hall T3B106

International Conference Hall 6F

Lily Auditorium 2F