

Welcome Message

On behalf of the Board and staff at Fulbright Taiwan, we extend our warmest welcome.

Following Senator Fulbright's vision, the simple hope of the program is:

- A world with a little more knowledge and a little less conflict.

The mission of Fulbright Taiwan is to:

- Build knowledge
- Exchange cultures
- Establish long-term relationships
 - Change lives
- Symbolize Taiwanese-American friendship

When you decided to go through the highly competitive process to win a Fulbright scholarship, we trust you had Senator Fulbright's vision in mind. Receiving a Fulbright invokes a privilege not a right. Think about this mission and the hundreds of ways you can embrace it. You will find Taiwan and Taiwanese eager to help.

In terms of building knowledge, you have a particular task or project to complete here. You undertake that in a joint partnership between you, your host, and Fulbright Taiwan. We hope to help make all three legs of that triangle as strong as possible, to maximize your experience, enhance Senator Fulbright's vision, and contribute to the cultivation of knowledge.

Central to the cross-cultural mission, we hope that your goodwill and efforts bring understanding of America and Americans to Taiwan and that you take home a healthy dose of this wonderful culture. At its best, this interaction promotes mutual understanding.

Look at your fellow grantees in this pamphlet and get to know them. I hope you will be impressed and interested in reaching out to some. Equally, I hope you will reach out to the colleagues you meet here in Taiwan.

In the coming months, if you need any assistance, please let us know. We are happy and ready to be of service. We wish you a very pleasant and productive stay in Taiwan, and are pleased you chose this beautiful island for your Fulbright experience.

Dr. William C. Vocke, Jr.

Executive Director

Fulbright Taiwan

Fulbright Taiwan



“The Fulbright Program aims to bring a little more knowledge, a little more reason, and a little more compassion into world affairs, and thereby increase the chance that nations will learn at last to live in peace and friendship.”

About Senator J. William Fulbright 有關傅爾布萊特參議員

J. William Fulbright was a prominent and gifted American statesman of the 20th century. His political career of over thirty years in the U.S. Congress was distinguished by his unequalled contribution to international affairs and marked by his tenure as the longest serving chairman of the Senate Foreign Relations Committee. He had profound influence on America’s foreign policy, and his vision for mutual understanding shaped the extraordinary exchange program bearing his name.

With the support of the United States government and through binational partnerships with foreign governments, the Fulbright Scholarship Program sponsors U.S. and foreign participants for exchanges in all areas of endeavor, including the sciences, business, academe, public service, government, and the arts and continues to increase mutual understanding between the people of the United States and the people of other countries.

His legislation establishing the Fulbright Program passed the Senate by unanimous consent in 1946 and drew strength from the U.S.’s national commitment to develop post war leadership and engage constructively with the community of nations. The first participants in the Fulbright Program went overseas in 1948, funded by war reparations and foreign loan repayments to the United States. This program has had extraordinary impact around the world. There have been more than 250,000 Fulbright students, scholars and teachers; many of them have made significant contributions within their countries, including the U.S., as well as to the overall goal of advancing mutual understanding.

Fulbright English Teaching Assistant (ETA) Program

The Foundation for Scholarly Exchange (FSE) administers the ETA Program. The Foundation was established through a Letter of Agreement in 1947 in Nanjing between the United States of America and the Republic of China, and resumed operations on Taiwan in 1957. In 1964 the Letter was updated and the purpose reconfirmed, “to promote further mutual understanding between the United States of America and the Republic of China by wider exchange of knowledge and professional talents through educational contacts.” In 1979 the title was changed to FSE. In 1979 and 2010, additional exchanges of Letters acknowledged the identity of FSE as a non-profit international legal entity under the mandate of the Ministry of Foreign Affairs (MOFA). The Ministry of Education and MOFA are strong supporters and partners of FSE. Among other responsibilities, the central role of FSE is to administer the Fulbright Program.

The Fulbright Program is the flagship international educational exchange program sponsored by the U.S. government and is designed to “increase mutual understanding between the people of the United States and the people of other countries.” With this goal as a starting point, the Fulbright Program has provided almost 300,000 participants — chosen for their academic merit and leadership potential — with the opportunity to study, teach and conduct research, exchange ideas and contribute to finding solutions to shared international concerns. Supported by the U.S. Department of State and by more than 155 governments and entities around the world, the Fulbright Program was recently awarded the ‘Nobel Prize of international education’ by the Prince Asturias Foundation of Spain.

Over the past 50 years, Fulbright has financed over 1,600 Taiwan grantees to the U.S. and over 1,300 U.S. grantees to Taiwan. They include high officials, university presidents, professors, artists, researchers, teachers, and language assistants. It is not an open-ended program for personal experience; rather all grantees come with predesigned programs and responsibilities. This is the best way for them to add to the stock of knowledge, gain access to local environments, and share their perceptions of their homes.

There are various categories of scholarship. ETA is one, and there are 72 ETA programs worldwide with 16 in Asia (Korea, Thailand, Malaysia ...). The ETA Programs are globally recognized as one of the highest standards of international educational exchange. FSE’s Program in Taiwan is a global leader, invited by the US Department of State as one of the limited participants in the first global ‘best practices’ ETA workshop. For American grantees, schools, Taiwanese kids, and long-term Taiwan/American relations, the Program is a resounding success.

FSE brings outstanding Fulbright ETA grantees, who all have at least a BA degree, to Taiwan's schools to participate in the Program, to give and to receive in return. The Program fulfills the goals of increasing knowledge and enhancing cross-cultural exchange.

These Americans come to Taiwan for academic, cultural, educational, and exchange activities as exchange scholars. They are grounded in the local schools as educational participants and share in the educational mission. They promote American culture, facilitate English conversation, create an English learning environment, and engage in a wide range of academic exchanges activities. They also are actively engaged outside the schools in public service programs and cultural exchange. The above activities are central to their academic and exchange program in Taiwan.

The screening and selecting process is rigorously academic. It is supervised by the U.S. Department of State, and conducted in multiple stages: university interview committees, the Institute of International Education in New York City's screening panel, FSE's selection panel, and the Fulbright Foreign Scholarships Board's final grant approval. The selection is merit based, competitive, and rigorous.



FULBRIGHT SCHOLAR PROGRAM

A program of the United States Department of State
Bureau of Educational and Cultural Affairs

ETA Guidelines

The following guidelines are developed to protect your ability to have wonderful experience in Taiwan. Please read and follow them.

A. Conflict of Interest:

Fulbright employees and representatives have signed an agreement to follow Fulbright's conflict of interest policies. However, they theoretically could have personal interests in business or financial dealings. We want to prevent any potential conflicts of interest. If you feel a conflict of interest has taken place, you should immediately inform their supervisor.

- 1) I agree to report to FSE immediately if Fulbright employees or representatives conduct financial business with me without showing proper receipts or transaction records.

B. Cultural Exchange Status

Effective cultural exchange requires that you do something meaningful in the host culture, not just hang out. This can be research, volunteering, studying, teaching, etc. For ETAs the experience is rooted in the opportunity to be in the classroom. For the mutual cultural exchange to be successful, the classroom experience needs to be successful. While it may have the feel and look of work, the mission and vision are fundamentally different. You are here on a J-visa for cultural exchange. Your visa requires that you do not undertake any activity that results in payment for work. Not only will your visa status be put in jeopardy, but the whole ETA program and its ability to offer ETA fellowships will be investigated by the Ministry of Labor.

- 2) I agree not to undertake any activity that results in payment for work. As a Fulbright grantee on a J-visa, I understand it is illegal to receive any financial pay for work, beyond the fellowship or volunteer activities.

C. Financial Responsibility

You will be making some financial commitments during your stay in Taiwan. Among these may be room rent, utilities, bike or scooter rental, internet, credit card, loans, etc.

- 3) I agree to take full responsibility for all the financial transitions I have agreed to make with other parties during my grant period.

D. Safety and Security

Fulbright Taiwan provides National Health Insurance coverage and Event Insurance when at an FSE event. However, you are responsible for your own safety and security, and for any costs not covered by these policies. You need to exercise reasonable caution and appropriate behavior, especially in your recreational non-school activities. You need to lock your house and transportation. While rated as the second safest country in the world, you still need to be alert.

- 4) I agree to report to report the disappearance or theft of personal belongings or money to the police.
- 5) I fully understand that I have to responsible for my own safety in Taiwan.

Signature: _____ Date: _____

Conflict of Interest Information Form

Please submit this if a conflict is apparent to you.

Name: _____ Date: _____

Please describe below any relationships, positions, or circumstances in which you are involved that you believe could contribute to a Conflict of Interest arising.

Guidelines for Outstanding ETA Performance

2015.08.01

I. Objectives

We not only hope to recognize excellence in teaching, but also to encourage ETAs to continuously improve their teaching. The core value of the performance evaluations is not to create competition within the community. Although your advisors, professors and coordinators will score you, however, the final decision will be made by a separate selection committee who is not your direct contact.

II. Qualifications

Award winners are selected based on their performances in regular evaluations. In each evaluation, ETAs receive constructive feedback from professors & advisors, coordinators, and FSE. The top two scorers at each site are eligible for the awards.

The evaluation scores are cumulative. That is, mid-year evaluation scores are taken into account in the end-of-year award assessment.

III. Time for Awards

The evaluation process is divided into two terms during grant period:

- Mid-year evaluations in December
- End-of-year evaluations in May
- The mid-year awards are presented at the mid-year conference; the end-of-year awards are conferred at the farewell party.

IV. Three Criteria for Evaluations

	Details	Evaluators	% of the total (100-point grading scale)
Teaching Performance	<ol style="list-style-type: none">1. Weekly & bi-weekly reports2. Lesson planning: development of curricula and classroom materials3. Classroom observation<ul style="list-style-type: none">-Quality of classroom instruction- Effectiveness of co-teaching	Professors & Advisors	40%
Duties	<ol style="list-style-type: none">1. Submission of weekly & bi-weekly reports2. School & workshop attendance	Coordinators	30%
Behaviors & Attitudes	<ol style="list-style-type: none">1. Conduct and Attitude2. Volunteer works in the communities and participation at Fulbright events and activities.	FSE	30%

V. Awards (trip to one of the following 6 locations)

- Round Trip ticket provided between your hosted county (city) to one of the following choices of destinations.
- Hotel accommodation: one-night accommodation on a weekend with a compensation at the maximum rate of NT\$2000 per night.



Note: The winner will receive NT\$6000 for the above award, and they need to submit the travel plan in advance in order to proceed the remittance of the payment.

VI. Under Performance

If an ETA is struggling to be effective in teaching and receiving scores below 60% in mid-year evaluations, the following will occur:

- An alert notice indicating the underperformance of teaching will be sent to the ETA;
- Classes will be videotaped
- Regular review meetings at FSE office will be instituted;
- Proposals of lesson plans for the next semester will be required
- Following the advice from professors & advisors, coordinators and FSE about how to improve his or her teaching and motivations will be mandatory.
- Professional personal counseling may be arranged if appropriate.

The fundamental purpose is to encourage great teachings. Continued under performance may result in one or all of the followings:

- Reduction in stipend
- Letter to States Department removing ETA from Fulbright
- Sent home

Sexual Harassment Resources

Introduction

Sexual Harassment is not a common issue in Taiwan. It happens more to women than men. It happens more in the rural areas than in the more populated and urban areas. Some foreigners and grantees may encounter a situation which can lead to offensive and strange comments about their bodies, uncomfortable stares, or touching on the neck, arms, back and breast. To some, foreigners symbolize a figure of sexual opened mindedness and attract attention from people who seldom see the foreigners and then become excited.

Incidences of mugging, rape, and other crimes involving personal and sexual assault are rare, but not unprecedented. As a foreign woman (or man) you have an exotic lure that may attract some unwanted attention. In interactions with unpleasant and/or offensive strangers in any country, it is important that you never further react or entice attention. Keep your composure and try to remove yourself from the situation immediately.

Definition of Sexual Harassment

1. Sexual harassment refers to any expressions or behavior of sexual connotation or sexual discrimination that is unwelcome or contrary to the recipient's wishes.
 2. Workplace sexual harassment refers to any matter of sexual harassment that occurs at a place of work or public area.
 3. Sexual assault: includes rape or any abused sexual act determined by medical examination.
- 1) Quid pro sexual harassment
a management supervisory authority demonstrates sexual harassment towards a subordinate by offering rewards, such as job promotion or merits, creating a situation of exchange for favors.
 - 2) Hostile working condition sexual harassment
a colleague, customer or concessionaire creates an intimidating and offensive work environment, which infringes on an employee's personal dignity or affects his or her job performance.
 - 3) Recognized standards
the subjective condition of workplace sexual harassment is the recognition of the basis of the victim's feeling and experience.
 - 4) Exposure in the public or sexual insult behavior in the public.

How to prevent Sexual harassment

1. **Awakening:** The proper judgment and sensitivity to recognize the sexual harassment behavior.
2. **Commitment :** The commitment to value and protect your body.
3. **Confidence :** Be confident about your body and feelings.
4. **Communication :** Make communication aggressively to prevent the misunderstanding on the potential sexual harassment. Be direct or indirect to let the harasser know the behavior should stop immediately. You should record and collect evidence of the behavior at the same time, if you can.
5. **Control :** You need to report to your coordinator and co-teacher immediately about the issue.

They will assist you to report to the police and relative institutions. You should also contact any member of the Fulbright Taiwan team, if the above are unavailable or inappropriate.

6. Proper dress can strongly reduce the possibility of being sexually harassed. Wear professional clothes to the school and observe others' attire.
7. Do not stay alone in the school after the school when no other staff is working.
8. Do not walk alone in desolate places or on the street at late in the night.

It is best not to wander alone late at night, particularly for women. ETAs should be careful in nightlife districts where one might encounter someone who is drunk and more aggressive than normal. Otherwise use common sense and there is little need to worry about whether a given neighborhood is "safe" or not.

While violent crime is rare, theft and pickpocketing are slightly more common. It is important to take normal precautions with passports, wallets, and purses, especially in subways, the skytrain, buses, or market places. The best way to safeguard a passport is to leave it at home. Wallets should be kept in front rather than back pockets. Purses also should be hung in front when they are in sight.

How to proceed if you experience an incident in the different scenarios?

Exhibitionism

- Cases found: Hide themselves in some places before suddenly emerging in front of the victims to scare them and feel aroused by the reactions.
- Expected reactions: alarmed, frightened, screaming, running away
- How to handle: The exhibitionists are those with lack of self-confidence and wish to demonstrate that they are brave enough to do what normal people couldn't. When facing them, keep your composure as if nothing has happened and walk away toward a crowd. At the same time, be attentive for any sign of possible violence. Even during broad daylight in some public places, such incidents could happen!

Molestation

- Cases found: Seek an opportunity to molest victims in crowded places, e.g. buses, shopping malls, markets, etc.
- Expected reactions: embarrassed and keeping quiet
- How to handle: Keep your composure. Don't be pushed into a corner. Try moving toward the crowd or others and asking for help.

Rape

Precaution measures

- Dress modestly.
- Don't walk alone in desolate places.
- If being stalked, change direction toward the crowd.
- Avoid night events, or if necessary, inform co-teachers/school on where, with whom, and when you will be back.
- Don't take a stranger's offer for a ride! Don't chitchat with strangers who are parking their car/van just to talk with you! You can be dragged in.
- Don't accept food or snacks from strangers. Beware of drugs.
- Carry with you something that could be used as a protective weapon, e.g. pepper spray.

Countermeasures

- Maintain your composure. Don't panic. Keep an eye on the rapist.
- Try to remember the face, particularly the distinctive marks. Don't fight. It might cause more violence and death. Wait for an opportunity to kick or squeeze the rapist's testicles and run away. Shout loudly for help.
- If not being held by the rapist, shout loudly for help, making a scene for attention.
- Get some physical evidence, e.g. the rapist's hair. Report to the police.

Taxi crime (when traveling alone)

- Call the cab in advance from some well-known taxi company
- Note down the plate number posted on the back of the front seat.
- Call friends telling them the car plate number and directions. Make sure the driver hears you, too.
- Always sit behind the driver and don't fall asleep.
- Be skeptical if the driver frequently looks at the window rear-view mirror or adjusts the air conditioning frequently. He might try to fumigate you with some chemicals.
- If the driver keeps driving despite being told to stop, open the window and wave your hands/call for help.

Night Crime: Public transportation

- If possible, choose the seat nearest to the exit.
- Dress modestly to avoid possible sexual harassment/assaults in the narrow space.
- When seated, put your handbag on your lap.
- If feeling skeptical about or uncomfortable with other passengers particularly those sitting next to you, get off immediately.
- Don't fall asleep.
- If you are the only passenger in the transportation, get off.

Immediate response for Grantee

In case you are a victim of sexual harassment /assault, please take the following steps.

· Inform the Foundation (your coordinator) immediately. In case you cannot reach your coordinator, call Kelly Chang or Sonia Chan or any other staff in the office.

· Inform your co-teacher

· Go to the hospital to have a physical examination, as early as possible. You should not brush teeth, shower or douche. All clothes should be placed in a paper bag (not plastic, as this may destroy important evidence).

· With the help of the co-teacher or the coordinator, file a report to the police, as early as possible.

· Make sure Fulbright staff file a police report. If it happened in the workplace, call the inquiry line Area labor administration agencies (county and city government labor or social affairs bureaus) or the Executive Yuan council of labor affairs: 0800-380-038, or AIT.

· Get the individual counseling personnel for emotional support. Fulbright Taiwan will make appointments and services.

Institute and agency to file report and prosecute:

檢舉性騷擾專線 Phone number for Accuse sexual harassment cases **080-211-459**

婦幼保護專線 Phone number for protection of Children and women **080-422-110**

內政部婦幼保護專線電話 Section of Child and women protection in the Ministry of Interior **113**

Initial Points of Contact

Taiwan Emergency Number **119**

Local Coordinators Contacts

Yilan	Kelly Lin	0919-266-770
Kaohsiung	Fonda Mao	0988-023-980
Kinmen	Ann Peng	0972-181-182
Kinmen	Carrie Chen	0980-620-135
Taichung	Iris Chien	0989-793-139
Taipei	Sonia Chan	0988-692-266
Taitung	Vivi Lin	0936-590-573

Fulbright Taiwan Taipei Main Office

Executive Director	Dr. William Vocke	0972-787-983
ETA Project Lead Coordinator	Kelly Chang	0987-867-565
U.S. Grantee Coordinator	Charlie Cheng	0922-664-763

American Institute in Taiwan (American Embassy)

American Citizen Services

In case of an American Citizen **Emergency**, please call (02) 2162-2000 and **press 0 or * (star)** at any time to reach an operator or duty officer. If calling from the United States, please call 1-888-407-4747. <http://acs.ait.org.tw/emergency.html>

Emotional Support

Counseling service @community service center

[Http://www.communitycenter.org.tw/counseling](http://www.communitycenter.org.tw/counseling)

For above, please call: 02-2833-8134 or 02-2838-4947

For urgent or after hours counseling or intake call 0932-594-578

Locate at: No. 25, Lane 290, Zhongshan North Road, Section 6, Tianmu, Taipei.

Other Emergencies

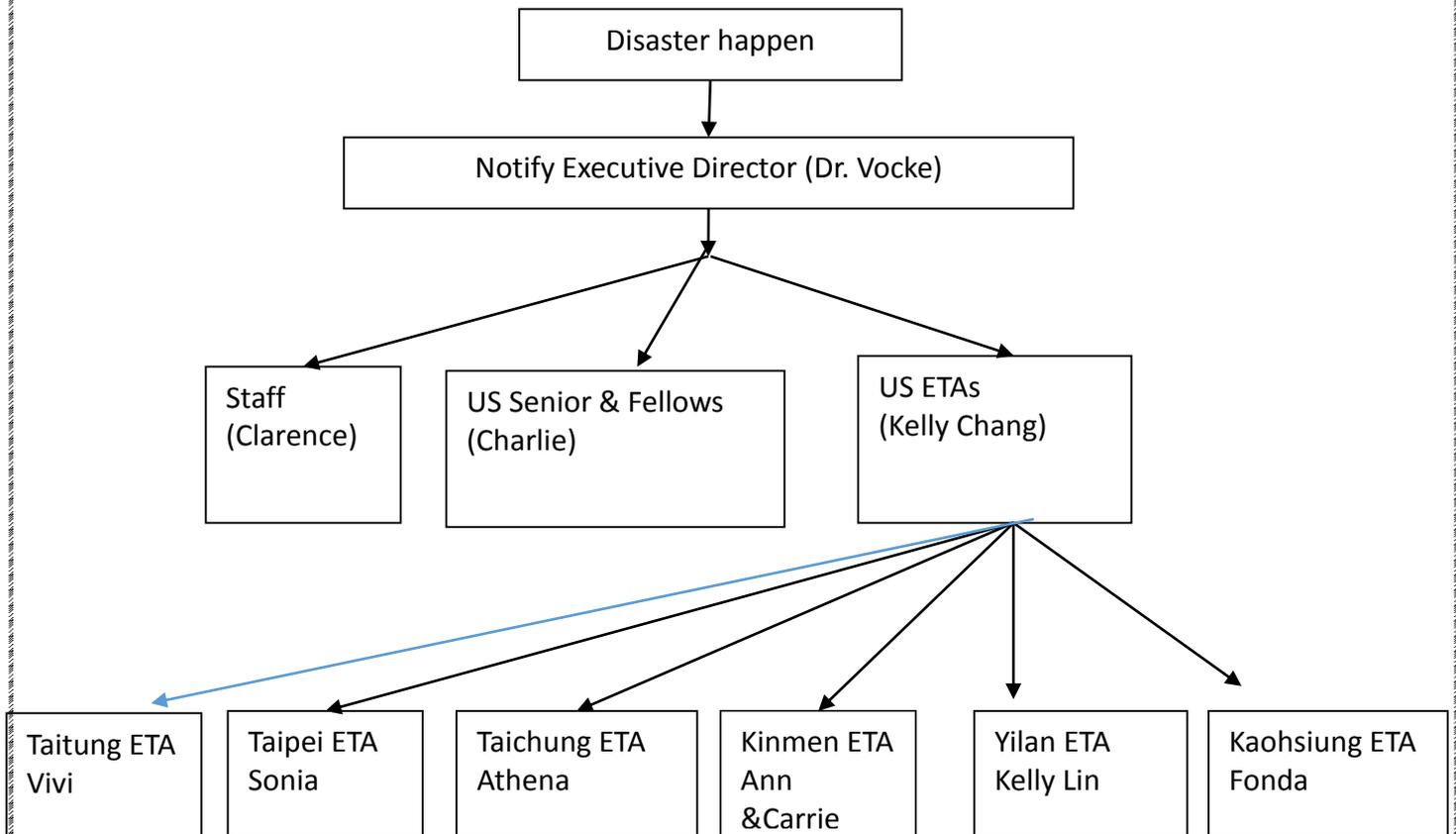
Domestic Political Conflicts Procedures

Executive Director (ED): Double-check with everyone that they are registered with the American Institute of Taiwan and are receiving the warden messages; make sure all grantees have the website handy to check it for any message <http://acs.ait.tw/emergency.html>

Natural Disaster

If a natural disaster occurs in the area the grantees are residing:

1. Grantees are required to provide updates to the Foundation/ED/Program coordinator through phone call/text message/email, updating that grantees are okay or affected by the incident.
2. Coordinators call the grantees to check on their status, the emergency contact tree below will be activated.
3. ED reports grantee status updates with PAO/CAO/ECA at AIT regularly



Fulbright Assist

<http://us.fulbrightonline.org/current-fulbrighters/fulbright-assist-24-7-support>

Urgent Case Services

- Mental health crisis support*
- Sexual assault response
- Violent Crime response
- Assisting grantees who have been caught up in civil unrest, natural disasters, or terrorist incidents if unable to reach the Fulbright Commission/U.S. Embassy in the host country
- Providing advice to grantees when they feel at risk or vulnerable

*Non-urgent mental health cases will be directed to [Seven Corners](#) for referrals.

Non-Urgent Case Services

- Medical advice (provided by licensed intensive care nurses)
- Travel health information
- Personal security advice

Fulbright ASSIST is a benefit for all grantees in the Fulbright U.S. Student Program while they are on their grants in their host countries. Fulbright ASSIST is designed to augment the health benefits that are concurrently provided through [ASPE](#). The Fulbright ASSIST service is operated by The ANVIL Group.

Fulbright ASSIST is accessible 24 hours a day and is available to provide support to Fulbrighters in urgent and non-urgent situations. The intensive care nurses responding to grantee calls are trained to handle serious situations such as sexual assaults and mental health crises. They can also provide medical advice. In addition, ANVIL's security team is able to counsel grantees on security overseas and offer security/personal safety support.

Fulbright ASSIST Contact Information

Phone: +1-813-666-0012

Email: FulbrightASSIST@anvilgroup.com

When contacting Fulbright ASSIST for the first time, please be prepared to provide your full name and date of birth along with your host country and grant dates. This information will allow ANVIL staff to verify your status as a U.S. Fulbright Student grantee.

The information provided by you to Seven Corners and/or The ANVIL Group in the event of an illness, emergency or other personal crisis is considered private. However, it may be responsibly shared within organizations administrating your grant program in their efforts to assist and support you.

*For more information, read about the [Fulbright health benefits coverage](#). Questions regarding health benefits claims and coverage should be addressed to [Seven Corners](#).

Kaohsiung ETA Project Advisory Team

Kaohsiung City Government Representatives		
Name	Title/Email	
Ms. Fan Sun-lu 范巽綠 局長	Director-general of Education Department Kaohsiung City Government	
Mr. Wang Jin-yan 王進焱 副局長	Deputy Director-general of Education Department Kaohsiung City Government	
Mr. Yang Jeff 楊智雄 科長	Section Chief of Education Department Kaohsiung City Government	
Ms. Chang Wei-zhen 張維珍 股長	Subject Chief of Education Department Kaohsiung City Government	
Mr. Lin Qing-xin 林慶信 校長	Principal of Sanmin Elementary School	
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Dr. Lin, Sprin 林秀春 副教授	Kaohsiung ETA Project Academic Advisor	0921-289-710 spring_lin2005@yahoo.com.tw

2015-16 Fulbright Kaohsiung ETA

Name	中文名字	Education/Major	
Damion, Julia Elena	戴茉莉	B.A. William College Asian Studies	
Belizaire, Carlsky	卡瑟琪	B.A. Queens College, The City University of New York Political Science / History / Business	
Engelhardt, Victoria Elizabeth	安薇雅	M.A. Georgetown College Teacher Leadership victorializgc@gmail.com	
Cheung, Emily Carolyn	張達裕	B.A. University of Maryland-College Park Psychology / Chinese	
Haley, Robert Joseph	黃力行	B.S. The Florida State University International Affairs	
Hwang, Karina Teresa	黃韓阿	B.A. Claremont McKenna College Philosophy / Politics / Economics	
Pyo, Grace Marie	朴恩	B.A. Wheaton College International Relations / Economics	

Bachman, Elizabeth Ann	薄依慧	B.A. Swarthmore College Political Science/ Asian Studies	
Simon, Elana Rachel	艾琳娜	B.A. Whitman College Politics	
Nelson, Asia Beatrice	孫樂平	B.A. Brown University Public Policy	
Arenas, Natalia	安南	B.A. Furman University Chinese/ Political Science	
Takhar, Inder Singh	塔英德	B.A./B.S. Duke University Economics / International Comparative Studies	
Surges, Jacob Arthur	余嘉軒	B.A. Baylor University University Scholar	

2015-16 ETA Calendar

*** Please check with your school's calendar for exact dates. ***

2015		
08/01-25	4 wks	Orientation for ETAs (08/18-25 ETAs & LETs)
08/31	Mon	Schools and classes begin
09/11	Fri	U.S. Fulbright welcome party in Taipei
09/12	Sat	Cultural Program: All Fulbright grantees
09/27/28	Sun/Mon	Moon Festival by lunar calendar 08/15 (Taiwanese holiday, school day-off)
10/10	Fri	Double Tenth Day (National Day Celebration)
11/13	Fri	Thanksgiving dinner in Taipei (Time subject to change)
11/26	Thur	Thanksgiving Day (US holiday, but schools need to work)
12/25	Friday	Christmas Day (US holiday, but schools need to work) Some schools might have a Christmas performance party at school.
2016		
01/01	Thur	New Year's Day
01/20	Tue	End of first semester (work day)
01/20-23	Tue- Fri	Fulbright Mid-Year Conference (Time subject to change)
01/21	Wed	Winter Break begins
02/7-11	Sun-Thur	Lunar New Year (Taiwanese holiday)
02/12	Fri	Second semester begins & Classes begin
02/28-29	Sun/Mon	228 Peace Memorial Day
04/04	Mon	Children's Day (Taiwanese holiday)
04/05	Tue	Tomb Sweeping Day (Taiwanese holiday)
05/20	Fri	U.S. Fulbright Grantees Farewell Dinner
06/09	Thur	Dragon Boat Festival
06/30	Tue	End of second semester (work day)
TBA		Last day for ETA going to school (Time subject to change)
07/01	Wed	Summer Vacation begins *

Kaohsiung Handbook



Living in Kaohsiung

生活篇

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I. Something about Kaohsiung

A Beautiful Southern City

Facing Taiwan Strait on the west and Bashi Channel on the south, Kaohsiung is a beautiful and modern metropolis located in southern Taiwan as well as the second largest city of this island.

Looking down from an airplane, one will see the abundant landscapes of Kaohsiung: the lush Chai Mountain and Banping Mountain, the clear and serene Lotus Pond, and Love River flowing across the city. This subtropical city boasts its brilliant sunshine and gentle breeze from the passionate sea.

Sitting between Cijin Island and downtown, Port of Kaohsiung is the world-class port in Taiwan as well as a hub for international trade. The ceaseless ships and containers from around the world represent the energy and vitality of the business in Kaohsiung.

Kaohsiung, a city of glamour, not only has unique features of mountain, sea, river, and port, but also possesses a rich culture and beautiful cityscape.

A Three Minute Tour of Kaohsiung

Area	2,947 km ²
Location	Taiwan's southwest.
Co-ordinates	120° East longitude and 22° N latitude.
Population	Approx. 2,770,000
Language	Mandarin and a variety of dialects, these include Taiwanese, Hakkanese and a number of aboriginal languages.
Climate	Tropical Monsoon climate. The average annual rainfall is 2549.4mm. The rainy season lasts from May to October. The average temperature is 25.1°C. July is the warmest month and January the coldest. There is little difference between daytime and nighttime temperatures.
Currency	US\$1 is equivalent to approximately NT\$30. Hotels, department stores, airports, larger restaurants and shops accept credit cards.
Taxi Fare:	The base rate is NT\$85. It increases in NT\$5 increments with each additional 250m.
Bus Fare	NT\$12 (each way)
Power	110 volt AC / 60 Hz cycle.
Tips	Tipping is not customary in Taiwan, though hotels and restaurants may include a 10% service charge on the bill.



歡迎光臨高雄市！

Welcome to Kaohsiung City



Websites that may help you learn about both Kaohsiung and Taiwan are:

<http://www.kaohsiung.gov.tw/EN/Index.aspx> (Kaohsiung City Government)

<http://khh.travel/en/default1.asp> (Kaohsiung Travel Online)

<http://eng.taiwan.net.tw/> (Taiwan Tourist Bureau),

http://iff.immigration.gov.tw/mp.asp?mp=iff_en (Living in Taiwan)

II. Some important phone numbers

 Fire, Ambulance	119
 Police	110
Overseas Operator	100
Chinese Local Directory Assistance	104
Chinese Long Distance Directory Assistance	105
English-language Directory Assistance	106
Telephone Repair	112
Time	117
Weather	166
Tourist Information Hotline	(02)2717-3737
24-Hour Toll-Free Travel Information call center	(0800)011-765
Taiwan Taoyuan International Airport Tourist Service Center	
Passenger Terminal Building I	(03)398-2194
Passenger Terminal Building II	(03)398-3341
Tourist Service Center, Kaohsiung International Airport, Tourism Bureau	(07)805-7888
Kaohsiung Foreign Affairs Police	(07)215-4342
Kaohsiung Foreign Affairs offices	(07)282-0605
Kaohsiung office of National Immigration Agency (ARC)	(07)282-1400
Board of Foreign Trade	(02)2351-0271
 AIT After Hours Emergency Number	(02)2709-2013
 AIT/Kaohsiung Branch office	(07)335-5006
 International Calls: 009 or 019+ country code + area code + telephone number	



Rate of exchange currency value

The Republic of China's unit of currency is the New Taiwan Dollar (NT\$), which has five denominations in paper money and five in coins. Paper money comes in NT\$2000, NT\$1000, NT\$500, NT\$200, and NT\$100 denominations. Coins come in NT\$50, NT\$20, NT\$10, NT\$5 and NT\$1 denominations.

Foreign currencies can be exchanged at government-designated banks and hotels. Receipts are given when currency is exchanged, and must be presented in order to exchange NT dollars.



III. Daily Life in Kaohsiung

A. Transportation

In Kaohsiung, you have your choice of taking the municipal bus, riding the MRT (metro), bicycling, scootering, or taking a train through TRA (Taiwan Railways).

The MRT

The MRT forms a cross at the center of the city. There are two lines, the Red which goes North-South, and the Orange, which goes East-West. The Red line follows Jhongshan Road. The Orange Line follows Jhongzheng. (Forgive the spelling as you'll soon learn Taiwan has yet to decide whether it wants to use Wade-Giles, Mandarin or a combination, for romanization). The central station is Formosa Boulevard, where you can transfer between Red and Orange lines. Kaohsiung Main Station on the Red Line, is also a TRA station and the closest station to Sanmin Elementary School and the KIERC office. The MRT is cheap. You can buy a MRT card and receive a discount. With a student card from Sun Yatsen University, you can receive a larger discount. To take one ride to most locations it costs less than 1 USD or around 17 to 27 NTD. So the MRT covers the most popular areas of the city cheaply.

MRT has its limits however. One, it is slow. From the Cultural Center apartment, it is a 20-25 minute drive to Sanmin Elementary school. It is around a forty-five minute to an hour commute using MRT. Two, it has gaps. Locations between stations can be quite a walk. Three, the MRT is not a 24-hour service; it stops around 10 or 11.

The Bus

Kaohsiung has a bus service and a bus app. These can be a bit time-consuming but are generally cheap. You have to make sure to wave dramatically and catch the bus driver's attention to get the bus to stop. There are bus stations very near to both the Cultural Center and to the Mincyuan apartment.

Biking

Kaohsiung offers Citybike, public bike stations. These bikes are easy to use, once you've registered, and free if you use them for under an hour. These stations are most available in touristy areas. Be careful, however, because Kaohsiung was not built for biking. While you can ride on the sidewalk, it's technically illegal, and if you bike in the scooter lane, you are likely to be honked at if they're any impatient scooter drivers.

Scootering

The primary means of transportation for most Kaohsiung people is the scooter. Scooters are relatively cheap, easy to park, and fast. A tank of gas a week usually costs around 100 NTD.

However, scooters have definite drawbacks. One, the pollution caused by scooters can be irritating. Many Taiwanese people wear face masks while scootering for this reason. Two, scooter accidents are a common occurrence. This year, over half the ETAs had scooter accidents of one kind or another. However, I would say all of us would still recommend getting a scooter. Scootering allows you to see way more of the city, understand its roadways, and get around way more conveniently. More day trips and road trips are also made possible by having a scooter. And it's likely, if you don't get a scooter, you'll have to rely on other people for rides, either car drivers or scooter drivers.

Finally the TRA is not as bad as the AMTRAK but not as good as the JR (the train system in Japan). The TRA has stations at Kaohsiung Main, Zuoying, Fongshan, and Nanzi. It can be much faster to take the TRA from Kaohsiung Main to Zuoying (also the High Speed Rail Station) or to Nanzi. You can buy TRA tickets at 7-11 very easily with a helpful 7-11 worker or a little chinese. They are usually cheap, though not as cheap as the MRT. The TRA is most useful for getting to places outside of Kaohsiung but closer than Taipei cheaply. It's a great means of transport to get to places like Taitung City on the East Coast or Chiayi on the West Coast.

- 2014-15 Kaohsiung Fulbright ETA

By Plane



Kaohsiung International Airport (KHH) is about twenty minutes to the south of the city center. International flights from Asia arrive daily, with frequent connections between Taiwan Taoyuan International Airport and Kaohsiung. The airport is on the MRT

Red Line and is also easily accessible by car or taxi.

Toll free number: 0800-090-108

Domestic information: (07)805-7630

International information: (07)805-7631

Address: No.2, Jhongshan 4th Rd., Siaogang District, Kaohsiung City 812

Website: http://www.kia.gov.tw/english/e_index.asp

The followings are the two major airlines in Taiwan:

- **China Airlines**

Tel: (07)282-6141

Website: <http://www.china-airlines.com/en/index.htm>

- **EVA Airways**

Tel: (07)536-9301

Website: <http://www.evaair.com/html/b2c/english/>

By Train

Taiwan High Speed Rail



With the opening of the Taiwan High Speed Rail line, traveling by train is now a very viable option for getting to Kaohsiung,



as the fastest trains from Taipei cover the distance in just 90 minutes. However, note that the HSR terminus is in Zuoying (左營) on the northern outskirts of town, and you'll need to connect to the city center via the MRT Red Line, bus, or ordinary train.

Customer Service: International Calls : +886-2-4066-3000 | Local 4066-3000

Website: <http://www.thsrc.com.tw/en/?lc=en>

Online booking: <https://irs.thsrc.com.tw/IMINT?locale=en>

Taiwan Railway



Kaohsiung is also served by the Taiwan Railway Administration's Western Line and Pingtung Line. The city is roughly 4 to 5 hours away from Taipei by normal express train. Besides Kaohsiung Main station, Taiwan Railway also provide services to stations at Dahu,

Luzhu, Gangshan, Qiaotou, Nanzi, Xinzuoqing, Zuoying, Fengshan, Houzhauang, Jiuqutang.

Website: <http://www.railway.gov.tw/en/>.

Online Booking: http://railway.hinet.net/net_eng.htm

Kaohsiung Railway Station

Tel: (07)235-2376 **Address:** No. 318 Jianguo 2nd Rd. Sanmin District Kaohsiung City

By Bus



東南客運

Ticket prices:

Adult NT\$12; concession NT\$6 (Student, 65 year+, disables and one friend, ID required)

The real-time bus information system for Kaohsiung city buses has been established, allowing people to obtain the information regarding the arrival time of next bus from the LED screen at bus stop shelters or by dialing (07)749-7100, thereby eliminating the

uncertainty aroused while passengers wait for the bus.

K Bus is joint operated with Kaohsiung City bus and primary service for long-distance



transportation to inner Kaohsiung city area, to Tainan city and Pingtung County. K bus will take you to Gangshan, Meinong, CiShan and Jiasian District.

Bus Operation Route Guide

<http://www.ksbus.com.tw/schedule/part2.htm>

Dynamic Bus Information

<http://122.146.229.210/bus/Dybus.aspx?Lang=En>

Transportation Bureau, Kaohsiung City Government

<http://www.tbkc.gov.tw/En/index.aspx>

I-pass Corporation

<http://www.i-pass.com.tw/en>



Value can be added to the iPASS at the following locations:

1. Add-value machines and services counters located at all Kaohsiung MRT stations
2. Convenience stores carrying the following logos and other locations announced by the iPASS Corporation,

Value added to the card has to be NT\$100 or multiples of NT\$100.

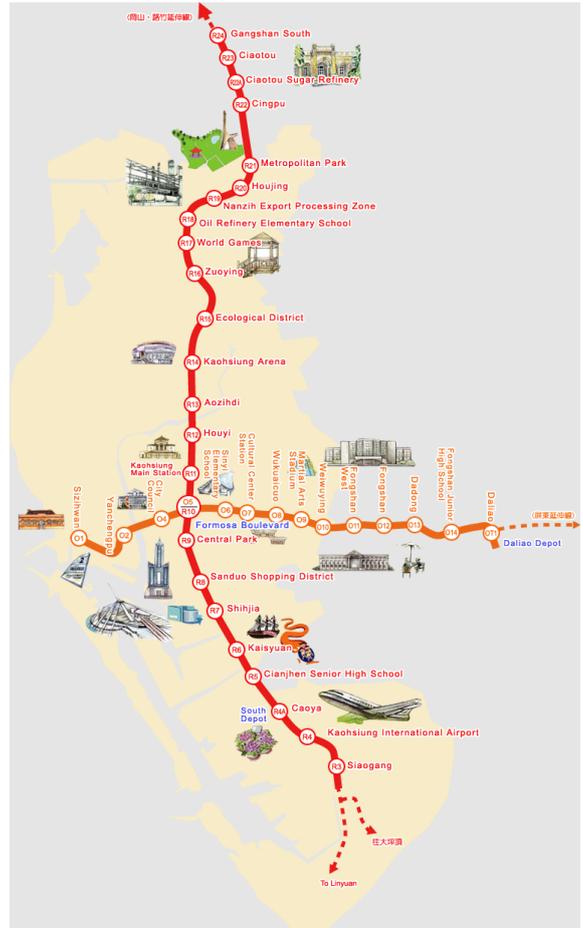
The iPASS can be used repeatedly as long as you add value to the card. The maximum of value added to the card is NT\$ 10,000.

By Metro



The KMRT system consists of Orange Line and Red Line, totaling 42.7 km. The orange line is a west-east line. It starts at National Sun Yat-sen

University from the west, and ends at Taliao in Kaohsiung County at the east. The total length of this line is 14.4 km. The red line is a north-south line. It starts from Gangshan South in the north, and ends at Linhai Industrial District in the south. The total length of this line is 28.3km. The Red Line offers a handy route from both the THSR Zuoying station and the airport into the downtown



core. The travel time of Red line from Linhai Industrial Park to Gangshan South is about 50 minutes. The Orange line from National Sun Yat-sen University to Taliao is about 25 minutes. The service hour of KMRT system is from 6:00 to 23:00 daily. Train departs every 4 ~ 8 minutes. Also, there is a last train service before midnight. Please check our website for timetable (http://www.krtco.com.tw/en/guide_FirstandLastTrain.aspx)

Livery & Line		Terminuses (District)		Stations	Length(km)
Red Line	<u>Red (Main)</u>	<u>Gangshan</u>	<u>Siaogang</u>	25	28.3
		<u>South</u> (Gangshan)	(Xiaogang)		
Orange Line	<u>Orange (Main)</u>	<u>Sizihwan</u> (Gushan)	<u>Daliao</u> (Daliao)	14	14.4

Kaohsiung Rapid Transit Corporation (KRTC)

Tel: (07)793-9687

Address: No.1 Jung-An Road, Kaohsiung 806

Website: <http://www.krtco.com.tw/en/index.aspx>

By Bike



Bikes are also common in Kaohsiung, and the large number of locally produced bikes (often rebranded and sold overseas) means purchasing a new bike will often be cheaper relative to its counterpart in other countries (primarily Europe and America).

Giant, a well-built, recognized Taiwanese brand, has shops throughout the city, and some of the store managers speak English. Bikes are street legal, even without a helmet, but theft is common for any bike over NT\$3,000. Hardly understandable for most foreigners, even heavy traffic rule violations by cyclists are not fined all over Taiwan until now, but government authorities planning to change this in the near future.

Kaohsiung has its mountains & rivers, a harbor and a beautiful coastline. To provide the opportunity for a healthier lifestyle, regional recreational bicycle paths have been well developed. These permit individuals and families to safely cycle through out the city. The system is designed with a variety of options allowing travels to decide on the distance they wish to travel and sights they wish to see. Along this metropolitan system there are many rest stops. The paths are well organized and signposted which ensure safe and easy biking tours. Kaohsiung city public bike is also getting popular and please check: <http://www.c-bike.com.tw/english/Default.aspx>

By Taxi



Taxis can be an easy way to get to somewhere unfamiliar, and are fairly common in the city. If you have the business card of a location, or the Chinese characters written down, they can easily get you there far faster than most other means. It is best to get the price in advance, and, if possible, buckle up. Few taxi drivers speak English, and the majority ignores any and all rules of the road. Do not be surprised if they drive the wrong way, up a hill, through heavy traffic.

More on taxi fare

- Start : NT\$85 for the first 1.5 kilometers.
- Meter fare : NT\$ 5 for every 250 meter
- Postponement time: NT\$ 5 for every 3 minutes if speed under 5km/hr
- Night hours mark-up: 20% from 23:00 to 06:00
- Lunar New Year Mark-up: NT\$50 added to metered amount from the day before Lunar New Year's Eve to the 5th day of Lunar New Year regardless of hour of a day.
- Service charge: NT\$10 for access to trunk. (Some drivers may not charge you for this.)

List of Intelligent Satellite Taxi Fleets in Kaohsiung City

Fleet Name	Taxi Hotline	Complaint Hotline
Jhong Hua Satellite Taxi Fleet	07-7258777 0800-087778	07-7131000
Da Fa Satellite Taxi Fleet	07-330-8888	07-7150077
Sing Huei Transport Co.	07-3128889	07-3125578
Taiwan Taxi	55688 (mobile) 40-588-888 (landline)	07-8120659

By Tourist Ferry



The Gushan-Cijin ferry route links Hamasen-the first section of Kaohsiung City to be developed-and Cijin, with its small-town atmosphere. The route is not only an important transportation link for Cijin, but also perfect for tourists looking to enjoy great seafood and visit historic streets.(Operated everyday from 5:00am-2:00am)



Love Pier-Cijin Route: The Love Pier to Cijin ferry route is an excellent addition to the tourism options offered by Kaohsiung Harbor. The ferry passes by the Banana Warehouse and Fisherman's Wharf where passengers can see the busy docks, before picking its way through anchored bulk carriers and container ships. On the other side of the ship are distant views of privately-owned shipyards and yacht builders. On the ferry, you will see almost all the different kinds of shipping that ply their trade in Kaohsiung Harbor. (Operated weekends and public holidays only, 10:00am-8:20pm)

B. Food

Eating Out

Night markets are a great place to pick up cheap local foods, including stinky tofu, barbecued squid, red bean pancakes and the like. Don't forget to give your stomach a little while to adjust before you plow into all the fried stuff at the stands. Lunchboxes are common throughout the city, and a choose-your-order buffet take-out typically ranges from 70 to 150 NT\$. The food is typically fried, with a mix of vegetables and meats. The ubiquitous 7-Eleven stores have tea eggs, hot dogs, packaged beverages and junk food. Lunchboxes are also available, including dumplings, spaghetti and curry rice. In addition to restaurants and food stands providing local food at reasonable prices, there are numerous coffee shops, bakeries, and McDonalds. For more detail information, please visit http://khh.travel/en/index.asp?au_id=116&sub_id=139



Wujia Zihciang Night Market Business hours : every night.

Fongshan Youth Night Market Business hours : Thurs., Fri., Sat., Sun

Pingtung Night Market (Minjhu Road Night Market) Business hours : every night.

Liouhe Night Market

The Liouho Night Market (六合夜市) is a tourism night market in Kaohsiung, and one of the great night markets in Taiwan. It's famous for its various choices of food and local dishes, which attract tourists from many countries. Multiple vendors and patrons fill the market at night. Tourists barter with locals for seafood, handicrafts, clothing, knives, cameras, and even live animals such as monkeys, dogs, and gold fish. With a pedestrian walkway, recreational and dining zone in place, tourists are offered a place to rest and eat. There are also local and overseas street artists giving various cultural performances, so tourists can have a taste of different economical snacks while enjoying a spacious, comfortable and cultural dining area.

▶ Business hours : every night

▶ Address : Zihli 2nd Road to Liuhe 2nd Road of Jhongshan 1st road in Sinsing District

▶ Travel information

Buses : take Number 2 , 12 , 15 , 52 , 60 , 69 , 100 , 248 , 301 buses or Airport Terminal Bus and get off at the Dayuanhuan Stop. Walk about 3 minutes.

MRT : Red Line – Formosa Boulevard Station (R10/05 Stop)

Guanghua Night Market

It is located at the head of Sanduo Road in Lingya District. One hundred food stalls and even more shops are located on both sides of Guanghua 2nd Road, many of which have a history dating back more than 30 years. Visitors may park their cars in front of the stalls or shops to enjoy the gourmet food there.

▶ Business hours : every night

▶ Address : Sanduo 2nd Road and Guanghua 2nd Road of Ershen 1st Road in Cianjhen District

▶ Travel information

Buses : take Number 11, 70, 72, 100 buses and get off at Guanghua Intersection Station. Walk 3 minutes.

Jhongsiao Night Market

Singjhong Tourist Night Market is close to the Sogo shopping center on Sanduo Rd. Jhongsiao Night Market is next to Cingnian Road. Various kinds of snacks sold there are well-known all over Taiwan. Famous for both local and foreign visitors, the night markets are open from noon till midnight. They are ideal places for people to enjoy their midnight snacks and regular meals.

▶ Business hours : every night

▶ Address : Jhongsiao 2nd Road between Cingnian 1st Road and Siwei 3rd road. It's a local market by day.

▶ Travel information

Take Bus : 70, 83, 100 or the Tourism Leisure Bus and get off at the Sanduosan Rd Stop, walk about 3 minutes.

MRT : Red Line – Sanduo Shopping District (R8 Station)

Nanhua Night Market

▶ Business hours : every night

▶ Address : Nanhua Rd from Jhongjhen 3rd Road to Minsheng 1st Road

▶ Travel information

Take Bus : 12 , 15 , 24 , 52 , 69 , 72 , 92 , 100 , 202 , 205 , 218 , 301 , airport terminal line

MRT : Red Line – Formosa Boulevard Station (R10/05 Station)

Sinhong Night Market

▶ Business hours : every night

▶ Address : Guang 2nd Rd between Sanduo 2nd Rd and Ershen 1st Rd in Cianjheng District

▶ Travel information

Bus : take 70 , 83 , 100 buses or tourism bus and get off at Sanduo Rd Stop. Walk for 3 minutes.

MRT : Red Line – Sanduo Shopping District (R8 Station)

Rueifong Night Market

▶ Business hours : Tue.,Thurs., Fri., Sat., Sun.

▶ Address : Yucheng Rd and Nanping Intersection in Zuoyin District

▶ Travel information

Bus : take 91

MRT : Red Line – Arena Station (San Min Vocational High School) R14 Stop

Wujia Zihciang Night Market

▶ Business hours : every night

▶ Address : Take Jhongshan 4th Rd and head towards the airport. Turn left on Wujia Rd and you'll hit Zihciang 2nd Rd in 5 minutes.

Fongshan Youth Night Market

- ▶ Business hours : Thurs., Fri., Sat., Sun
- ▶ Address : Pass Fongshan Youth underpass and then take a right at Wenhua E. Rd and walk about 200 meters.

Jin-Zuan Night Market and Kai-Xuan Night Market sit right next to each other and is called the nation's biggest night market in Qianzhen District of Kaohsiung City. Kai-Xuan night market is marked by one distinctive feature, which is street address nameplate stuck on roofs of every booth. The street nameplates are distinguished by the order of their distance from the downtown area of Kaohsiung. In contrast, the Jin-Zuan night market is laid out in the shape of a large constellation. Jin-Zuan night market is open on Tuesday and Thursday through Sunday. Kai-Xuan night market is available on Monday, Wednesday, and Friday through Sunday. Obviously, the best time to visit both night markets is on the weekend.

Transportation: one of the best ways is by MRT. Take the red line and get off at Kai-Xuan station, then go out from Exit 2. The two night markets are about a 5-10 minute walk along Kai-Xuan 4th Road.

For the convenience of visitors, there is a free shuttle bus between these two night markets and the Kaohsiung train station area which runs every five minutes from the KMRT station to the night market.

Food in night market

【早點】 Breakfast

燒餅	Clay oven rolls(shao bing)
油條	Fried bread stick (you tiao)
韭菜盒	Fried leek dumplings (jiu cai he)
水餃	Boiled dumplings (shui jiao)
蒸餃	Steamed dumplings(zheng jiao)
饅頭	Steamed buns(man tou)
割包	Steamed sandwich(ge bao)
飯糰	Rice and vegetable roll(fan tuan)
蛋餅	Egg cakes(dan bing)
皮蛋	100-year egg(pi dan)
鹹鴨蛋	Salted duck egg(xian ya dan)
豆漿	Soybean milk(dou jiang)
米漿	Rice & peanut milk(mi jiang)

【飯類】 rice

稀飯	Rice porridge(xi fan)
白飯	Plain white rice(bai fan)
油飯	Glutinous oil rice(you fan)
糯米飯	Glutinous rice(nuo mi)
滷肉飯	Braised pork rice(lu rou fan)
蛋炒飯	Fried rice with egg(dan chao fan)

【麵類】 noodle

餛飩麵	Wonton & noodles(hunt un mian)
刀削麵	Sliced noodles(dao xue mian)
麻辣麵	Spicy hot noodles(ma la mian)
麻醬麵	Sesame paste noodles(ma jiang main)
鴨肉麵	Duck with noodles(ya rou mian)
鵝肉麵	Goose with noodles(e rou mian)
烏龍麵	Seafood noodles(wu long mian)
蚵仔麵線	Oyster thin noodles(e a mi shua)
板條	Flat noodles(ban tiao)
米粉	Rice noodles(mi fen)
炒米粉	Fried rice noodles(chao mi fen)
冬粉	Green bean noodle(dong fen)
榨菜肉絲麵	Pork , pickled mustard green noodles (zha cai rou si mian)

【湯類】 soup

魚丸湯	Fish ball soup (yu wan tang)
貢丸湯	Meat ball soup(gong wan tang)
蛋花湯	Egg & vegetable soup(dan hua tang)
蛤蜊湯	Clams soup(ge li tang)
蚵仔湯	Oyster soup(e a tang)
紫菜湯	Seaweed soup(zi cai tang)
酸辣湯	Sweet & sour soup(suan la tang)
餛飩湯	Wonton soup(hunt un tang)
豬腸湯	Pork intestine soup(zhu chang tang)

肉羹湯	Pork thick soup(rou geng tang)
花枝湯	Squid soup(hua zhi tang)
花枝羹	Squid thick soup(hua zhi geng)

【甜點】 dessert

愛玉	Vegetarian gelatin(ai yu)
糖葫蘆	Tomatoes on sticks(tang hu lu)
長壽桃	Longevity Peaches(chang shou tao)
芝麻球	Glutinous rice sesame balls(zhi ma qiu)
豆花	Tofu pudding(dou hua)

【冰類】 ice

綿綿冰	Mein mein ice(mian mian bing)
地瓜冰	Sweet potato ice(di gua bing)
八寶冰	Eight treasures ice(ba bao bing)
花生冰	peanut ice(hua sheng bing)
鳳梨冰	pineapple ice(feng li bing)

【果汁】 juice

甘蔗汁	Sugar cane juice(gan zhe zhi)
酸梅汁	Plum juice(suan mei zhi)
楊桃汁	Star fruit juice(yang tao zhi)
青草茶	Herb juice/Tea(qing cao cha)

【其他類】 others

蚵仔煎	Oyster omelet(e a chien)
棺材板	Coffin(kuan tsai pen)
臭豆腐	Stinky tofu(chou dou fu)
麻辣豆腐	Spicy hot bean curd(ma la dou fu)
天婦羅	Tenpura(tien fu lo)
蝦片	Prawn cracker(hsia pien)
蝦球	Shrimp balls(hsia chiu)
春捲	Spring rolls(chun juan)
雞捲	Chicken rolls(chi juan)
碗糕	Salty rice pudding(wan kuei)
筒仔米糕	Rice tube pudding(tung tzu mi gao)
紅豆糕	Red bean cake(hong dou gao)
綠豆糕	Bean paste cake(lv dou gao)
豬血糕	Pigs blood cake(chu hsien gao)
糯米糕	Glutinous rice cakes(muo mi gao)
芋頭糕	Taro cake(yu tou gao)
肉圓	Taiwanese Meatballs(rou yuan)
水晶餃	Pyramid dumplings(shui jing jiao)
肉丸	Rice-meat dumplings(rou wan)
蘿蔔糕	Fried white radish patty(luo bo gao)
豆干	Dried tofu(dou gan)
當歸鴨	Angelica duck(dang gui ya)

Eating in Kaohsiung

Eating out in Kaohsiung is inexpensive, delicious and convenient. Most ETAs eat out often. Some ETAs enjoy cooking but be aware that powerful ovens like you're used to are not widely available in Taiwan.

As a large city, Kaohsiung has many restaurant options and many different cuisines. Other than Chinese and Taiwanese food, Kaohsiung has many Thai, Japanese, and Korean options. Kaohsiung does have many restaurants that serve "Western" food but only a few have food like the food you love back home. That's okay, though, because they certainly don't have soup dumplings, oyster omelets, and fried rice like you'll love in Kaohsiung back home either.

Restaurants

Name: Lee & Daughters

Address: 133 Ersheng 2nd Road, Kaohsiung

Hours: 8:00 am – 3:00 pm; Closed Thursdays

Price range: \$200-300 NT

Favorite dish(es): Egg skillet (Winter menu), Salmon Benedict French Toast (Spring Menu)

Review: Hands down our favorite brunch place in Kaohsiung! Owned by a team of sisters and specializing in the local organic ingredients, everything at this small brunch restaurant is handmade and amazingly delicious. Be prepared to wait, however, as it is very popular and seating is very limited, especially on the weekends. No reservations and no English menu available, but the staff are very helpful.

Name: Panchos

Address: No. 124, Xintian Road, Xinxing District, Kaohsiung City, 800

Hours: DNF

Price range: 150 – 300 NTD

Favorite dish(es): Nachos, Taco Salad, Tortilla Chips

Review: Does Pancho's have the best Mexican food you ever tasted? No. Does Pancho's have the most authentic Mexican food you ever tasted? No. Does it have the best, authentic Mexican food at a convenient location in Kaohsiung? Yes. When you miss tortilla chips, when you want the crunchy goodness of an actual tortilla bowl, when you crave black beans served as a vegetable and not a desert, Pancho's is the place.

Name: Gien Jia

Address: No. 107-1, Jinmen Street, Xinxing District, Kaohsiung City, 800

Hours: 11:20- 2:30 pm, 5:30 – 9:30 pm

Price range: 150 – 500 NTD

Favorite dish(es): Tiramisu, House Salad, Poached Chicken Pasta, Truffle Fries, French Bread

Review: Gien Jia could hold its own against an artisanal Italian place back in the States. It has a beautiful interior, solid drink menu, and Italian dishes made with fresh produce. The only caveats are that it is comparably expensive with comparably small portions. Very much like an artisanal Italian place back in the States.

Name: Escape 41

Address: 高雄市鼓山區柴山 41-2 號

Hours: M-Th 3:30 – 11:00 pm, Fri-Sat 12 pm-12 am

Price Range: 300 NTD +

Review:

The above picture is the main reason to go to Escape 41. It's a steep walk down to the restaurant, but the cardio is worth it for the view. The restaurant is right on the ocean of Sizihwan Beach. The Italian food is decent, but unmemorable.

**Name: Ba Fang Yun Ji Dumping**

Address: 高雄市新興區復興一路 11 號

Hours: 9-9

Price Range: 50 – 100 NTD, Cheap

Review: Ba Fang Yun Ji Dumpling is a dumpling chain restaurant with many locations. Notably there is one behind the Cultural Center. Its dumplings are cheap, fast, and delicious.

Name: Michino's Diner

Address: 2 locations: 7 Minzu 2nd Road or 79 Datong 1st Road, Lingya District, Kaohsiung

Hours: 10:00 am – 10 pm everyday

Price range: \$200 – 350 NT

Favorite dish(es): Breakfast burrito, omelets, and quesadillas

Review: Standard American style restaurant serving American style breakfast and lunch options. Recommend the breakfast set that comes with unlimited tea and coffee refills, fresh juice, and fresh fruit. Closest thing to a real Mexican breakfast burrito near the Cultural Center apartment. English menu.

Name: Maharaja Indian Restaurant

Address: 392 Mincheng 2nd Road, Zuoying District, Kaohsiung

Hours: 11:30 am – 2:30 pm and 5:30 pm – 9:30 pm; Closed Mondays

Price range: \$180-600 NT

Favorite dish(es): Saag Paneer, Baingan Bharta (Eggplant), Lamb Korma

Review: The best and most authentic Indian food in Kaohsiung. Recommend going with a group though in order to get the most for your money. 3 main dishes usually serves 4 people. Nice atmosphere, English menu, and can accommodate 10+ people.

Name: Silver Spoon Thai Hot Pot

Address: 3F 262 Wufu 2nd Road, Xinsing District, Kaohsiung

Hours: 11:00 am – 10:00 pm

Price range: \$400 NT per person, unlimited food for 1 hour

Favorite dish(es): Green Curry and Lemon Grass Hot Pot

Review: Great for a group. This restaurant serves Thai style hot pot and offers unlimited drinks and hot pot add-ins for one hour from the time you order. If coming from the MRT, get out at Exit 2 and go up to the 3rd floor of the President Department Store. The restaurant is directly across from a Fitness Factory gym.

Name: Cheese Me

Address: No. 52 Wenheng 2nd Road, Lingya District / 苓雅區文橫二路 52 號

Hours: 12 P.M. – 10 P.M.

Price range: \$30 - \$180

Favorite dish(es):

Hakka Salted Pork w. Sauerkraut Panini

Basil Pesto Chicken & Bacon Panini

Chicken with Teriyaki Sauce Panini

**Vegetarian options available

Review: Cheese Me is a great spot for when you're craving affordable Western style food that consistently tastes good. It's safe to say this is the only panini-exclusive restaurant in Kaohsiung. The owner/head cook is a Taiwanese American who grew up and lived in California before setting up shop in Kaohsiung. He's open to feedback on his recipes and can make sandwiches to order, too. When you upgrade any sandwich to a "Super Set" for \$59 you also get a drink, soup and dessert. With a superset, the most expensive meal falls just short of \$200.

Cheese Me is in Lingya District (near 85 tower) and in the middle of the night market. It's open a bit later than most Taiwanese take-out places, and is more substantial than night market grub. There is limited seating at the bar, but most people order take-out or delivery so there's usual space.

Name: Super Fast Food Delivery /超人外送

Address: No. 224 Zhongshan 2nd Road, Lingya District / 苓雅區中山二路 224 號

Hours: 11 A.M. – 9 P.M.

Price range: 85 - 235

Favorite dish(es):

Grilled Chicken and Bean Burrito

Mexican Style Fries

Grilled Mushroom Cheeseburger

Review: Super Fast Food Delivery has some of the best cheap Tex Mex food in Kaohsiung. They also have a variety of pizzas, burgers, hotdogs and fries. You will not get this much tasty variety for so little anywhere else in the city. The owner is another California transplant to Kaohsiung who wanted to bring authentic Californian fast food to Taiwan. All the meats for the hot dogs are imported and fries sauce (with the exception of ketchup) is made in house. Also, there's free water provided.

This restaurant opened in late 2014/early 2015, so they haven't had a chance to renovate the dining area, meaning it's still pretty bare bones. There's a small table and some benches outside that could seat up to three people, and a few regular-sized booths in the quiet, back dining room. By no means is this a fancy place to bring a hot date, but it's definitely a place to bring your homesickness and indulge on the yummy flavors of hard-to-find American cuisine without breaking the bank. Available for delivery to Minquan dwellers.

Name: Legends Lunchcart

Address: 1 Lane 46, XinGuang Road, Lingya District

Hours: 12 P.M. – 9 P.M. (Closed most weekends, but check Facebook ahead of time)

Price range: \$60-\$200

Favorite dish(es):

Legends Burger

Pastrami Sandwich

Tomato Basil Soup

Review: Legends Lunchcart (or just "Legends") is a restaurant across the street from both 85 Skytower and the new public library (in the same building as Mr. O. Gelato). They specialize in sandwiches, hamburgers, grilled cheeses, salads and soups.

Legends can easily become one of your favorite daytime or evening expat hangout spots. The owners and staff are boisterous and friendly, and they make great food. Legends can seem a bit pricier than similar Western restaurants (like Super Fast Food Delivery), but the atmosphere is more energetic and homey when it's a bit crowded. Sometimes, Legends will host special events like "Greek Night" or nighttime boat parties. If you want more information on special events, ask for Sky or Henry.

Name: Long Shifu / 龍師傅

Address: Near 60 Dehang Street, Cishan district (just down the street from the intersection with 7-11, on the opposite side of the street from the shoe store)

Hours: 12 P.M. – 3 P.M. (lunch break) 5 P.M. – 7 P.M.

Price range: \$40 - \$150

Favorite dish(es):

Fried fish with vegetables

Sweet Orange fried chicken with vegetables

Review: This is a nice buffet-style Taiwanese lunchbox place in Cishan, good for a sit-down meal or take-out. If you ever need a quick place to eat decent Taiwanese fried chicken (sweet or salty), this is the place to go. They have reliable hours and consistently good food. Vegetarian meals go for under \$100 whereas three sides, white rice and a meat, fish or eggs will cost you \$100 or more. Free sweet, black tea provided with all meals. The owner, Long Shifu, speaks some English and is usually in the kitchen cooking. If you ever need some help ordering or have any questions, feel free to ask.

Name: Woopen

Address: No. 8-4, Qingnian 1st Road, Lingya District, Kaohsiung City, 802

Phone Number: 07 222 6357

Hours: 10:30 am – 9:00 pm

Price Range: \$50-\$150

Favorite Dishes: Any of their salads, especially the chicken salad

Review: A delicious place to eat near the Cultural Center, it's great to get a salad when you want to eat healthy food. In addition to salads, they offer bagels and sandwiches, but I recommend going here for their salads. They have an English translation on their menu, too.

Name: 華饌: 精緻麵食館

Address: No. 79, Wufu 1st Rd, Lingya District, Kaohsiung City, Taiwan 802

Phone Number: 072228579

Hours: 11:00 am – 9:00 pm

Price Range: \$60-\$100

Favorite Dishes: 小籠湯包 (soup dumplings), 生菜沙拉捲餅 (vegetable and salad roll), 牛肉麵 (beef noodle soup)

Review: Very close to the Cultural Center, this place is delicious and affordable.

Come with friends so you can order multiple dishes to try many things on the menu.

There are usually a lot of people/families, but the food comes out pretty quickly. They also offer complementary soymilk and winter melon tea, but depending on your taste buds, it may be too sweet. They also have an English menu in case you need it.

Name: TEN 屋

Address: 813 高雄市博愛二路 777 號 漢神巨蛋 4F (We went to the one at Hanshin Department Store up near Kaohsiung Main Arena, but there are multiple locations throughout the country. See website for more details.)

Website: <http://www.tenya.com.tw/store.php>

Phone Number: 075559105

Hours: 11:00 am – 11:00 pm

Price Range: \$200-\$320

Favorite Dishes: Any of their okonomiyaki

Review: If you're a fan of okonomiyaki (which are grilled savory pancakes with eggs, vegetables and meat inside), look no further! They're delicious and great to share with friends as you can order multiple okonomiyaki and try a little bit of everything. In addition to okonomiyaki, they also have noodles, rice omelettes, rice bowls and more! A bit on the pricier side, but the taste is worth it. I recommend getting okonomiyaki with noodles inside. The only downside is that there is no English menu, however if you can read Japanese (as there is Japanese on the menu) or simply ask the staff in Chinese, you'll be fine.

Name: 厚得福湯包麵食專賣店

Address: No. 156, Ziqiang 3rd Road, Lingya District, Kaohsiung City, 802

Phone Number: 072692912

Hours: 11:00 am – 9:30 pm

Price Range: \$60- \$120

Favorite Dishes: Any of their dumplings, 牛肉捲餅, 甜烙餅,

Review: Located in the Ziqiang Night Market, it's in between the Sanduo and Central Park MRT stations. Another great family-style Chinese restaurant, you can't go wrong with any of their dishes! They also have an English menu if you ask for it.

Name: 鼠尾草 (Sage)

Address: 高雄市美濃區中山路 2 段 635 號

Hours: Mon to Sun 11am – 8pm

Price range: 250 NT – 400NT

Facebook: 鼠尾草 cafe 鄉村廚坊

Favorite dish(es): Hokkaido (Japanese style) hot pot

Review: Sage is one of the best hot pot restaurants in Meinong. Their most popular menu items are the hot pot dishes, which you can order in a variety of Southeast Asian flavored broths. The portions are big, and most meals come with rice, vegetables, and a special dipping sauce. In addition, they also offer a few fried rice and vegetarian dishes.

Name: K-town Diner

Address: No. 403 號, Anji Street, Zuoying District Kaohsiung City, 813

Hours: Mon to Fri 8am – 5pm. Sat to Sun 8am – 6pm.

Price range: 180NT to 350NT

Favorite dish(es): Canadian Breakfast

Review: Bacon! Need I say more? K-town is an American diner that specializes in western style breakfast and brunch. There you can find french toast, bacon, hash browns, omelets, apple pie and a variety of a la carte options – just in case you want to order something that doesn't come with your meal. They also serve western style burgers, sandwiches and pastas.

Meinong traditional Hakka restaurants #1

Address: Jhongshan Rd., 362 – Sec 1, Meinong Township, Kaohsiung County

Hours: 10am – 5pm

Price range: 150 NT – 350NT

Meinong traditional Hakka restaurants #2

Address: No. 80, Lane 421, Sec. 2, Zhongshan Rd., Meinong Township, Kaohsiung County

Hours: 8am-5.30pm, holidays to 6pm

Price range: 150 NT – 450NT

Favorite dish(es): Ban tiao

Review: If you're ever in in the mood for a traditional Hakka meal in a bucolic setting, take a trip to Meinong. At these restaurants, you can indulge in authentic Hakka cuisine and traditional Hakka tea, also known as Lei cha. Lei cha is a combination of herbs, nuts, tea leaves, and grains pounded together and mixed with green tea, served as a cold refreshing drink. The main dish in most Hakka meals consist of thick noodles made from rice flour, called ban tiao. You can order ban tiao fried, boiled, cold or hot with a topping of stewed pork lard and/or fried onions. Other popular traditional dishes include stir-fried pig intestines, wild lotus and steamed winter melon.

Name: 和楓牛奶堂 (He Feng Milk Hotpot)

Address: 825 高雄縣橋頭鄉白樹村樹德路 66 號 (close to the Ciaotou MRT stop)

Hours: 11am-9pm

Phone: 07 611 2480

Price range: \$250-350 NTD

Favorite dish(es): Pumpkin Milk Hotpot

Review: This is the most delicious milk hotpot you will find in Kaohsiung. The owners have a farm, so they use fresh milk in their dishes, and some people even just go there to buy gallons of milk. The place is small-ish, maybe can seat 30 people at a time, so if you have a big party, best to reserve ahead of time. Menu is in Chinese.

Name: 羅師傅麵飯館 (Master Luo's Restaurant)

Address: 高雄市鼓山區濱海一路 25 號 (in Siziwan Bay)

Hours: 11am-2pm/5pm-9pm

Price Range: \$50-150 NTD

Favorite Dish: Stir-fried beef with scallion, fried beef dumplings

Review: Incredibly delicious, super cheap stir-fried food. They have an English menu, and free tea/soy milk.

Name: 石頭日式燒肉 (Japanese BBQ)

Address: No. 481 號, Dexian Road, Nanzi District, Kaohsiung City, 811

Hours: 11:00am-10:00pm

Price Range: \$470-500 NTD

Favorite Dish: Beef Slices

Review: This is an all-you-can-eat restaurant, ~\$500 NTD for 2 hours. You BBQ the meat and vegetables yourself on a grill in front of you. They also serve sushi. Drinks are also included. They have an English menu. This is a review for the Nanzi branch, but this restaurant is a chain, so there maybe a branch closer to you, just google the restaurant name. Here is the website (all in Chinese, though): <http://stone-yakiniku.com.tw/>

Name: 楊寶寶蒸餃 (Yang Bao Bao Dumplings)

Address: No. 100, Chaoming Rd, Nanzi District, Kaohsiung City, 811

Hours: 11am-midnight

Price Range: \$50-150 NTD

Favorite Dish: Beef soup dumpling, pickled cucumber, chicken soup

Review: This restaurant is so renowned in Nanzi, that people travel to Nanzi just to eat there (crazy, right?) It is cheap, has fast service, and is a large restaurant, so

even if there is a wait time, it usually isn't more than 5 minutes. They have an English menu.

Name: EAT

Address: 400 Zhenghe South Road, Qianzhen District, Kaohsiung 806 / 806 高雄市前鎮區鄭和南路 398 號

Hours: 11am-2pm (lunch), 6-9pm (dinner), closed Mondays

Price range: \$150-250 per person

Favorite dish(es): Cheeseburger w/ caramelized onions, Prosciutto sandwich, chicken caesar burger

Brief review: EAT is a solid East-West Fusion restaurant a minutes-walk away from the Minquan apartment. Fare includes Asian-style rice/veggie/meat combos, along with a variety of Western-style sandwiches, burgers, and salads. The prices are reasonable, the service is good, and the food is high quality. Also, it's owned by one of Fonda's friends, and when she's working the kitchen prepares for one of the best-tasting, most elegantly crafted burgers you've ever had. 4/5 stars

Name: True Pancake

Address: 202 Siwei Road, Lingya District, Kaohsiung 802 / 802 高雄市苓雅區四維三路 202 號

Hours: T-F 11:30am to 8pm, Sa-Su 10:30am-8pm

Price range: \$150-300 per person

Favorite dishes: Veggie and soup pancakes, shepherd's pie pancake combo, fried chicken pancake combo, anything served with their pana cotta fruit salad.

Brief review: True Pancake serves arguably the best pancake breakfast in all of Kaohsiung, with a wide variety of both sweet and savory pancake combos. For fruit lovers, the pana cotta/cream fruit side is also a treat. What's more, the interior is charmingly decorated, the coffee and tea drinks are fantastic, and the restaurant has a great location just a short walk from the San Duo Shopping District. There's only one problem – the very "Taiwanese" service at the restaurant leaves a lot to be desired. If the restaurant is busy (as it often is on weekends), they'll just give you a standard "no seats for an hour" response, even if one table is just about to be finished eating. They also hold tables for reservations for far too long, which is especially aggravating when you're starving on a late Sunday morning. All this can make going to True Pancake a bit of a 麻煩 (bothersome) experience, but if you're aching for a (pan)caking, it's well worth the effort. 3.5/5 stars

Name: Elegant Herb Garden

Address: Lane 134 Zhongshan Road, Dashu District, Kaohsiung / 大樹區水寮里中山路 134 巷

Hours: 9am-5pm, lunch served from 10am-3pm

Price range: \$150-300

Favorite dishes: Basil chicken pesto pasta, pumpkin vegetarian pasta, BBQ pork ribs, tuna crackers, pretty much any of their teas.

Brief review: The Elegant Herb Garden an absolute gem tucked away in the farm-filled Dashu district, about 30 minutes from central Kaohsiung. Make the commute and you'll be rewarded with mouth-watering Western-style dishes, delicious teas, and one of the prettiest (and greenest) restaurant atmospheres I've ever seen. It's also locally famous for organically growing its own herbs and spices, giving the food a freshness that's difficult to find elsewhere. A truly wonderful way to escape the hustle and bustle of the city on a sunny afternoon. 5/5 stars

Name: Andy's Pizza Garden

Address: No. 273 Yucheng Street, Zuoying District, Kaohsiung

Phone number: 07-557-2889/0921-232-339

Price range: 150-400 NTD

Favorite dish(es): Margherita Pizza, Andy's Supreme Calzone

Review: This is one of the only legitimate pizza restaurants in Kaohsiung. One of the owners is a foreigner and his son is his young apprentice and together they cook delicious pizzas and calzones right out of a real brick oven! Strongly recommended.

Name: General Sushi

Address: No. 38 Mingfeng third Street, Qianzhen District, Kaohsiung

Phone number: (07) 793-5503

Hours: 11:30-14:00, 17:30-21:00

Price range: 25-200 NTD

Favorite dish(es): Pork/Chicken rice, shrimp roll, crab roll

Review: It's kind out of town but this is some of the best sushi in Kaohsiung. This restaurant is well worth the trip, especially for an ETA possibly working out in Siaogang. It's extremely popular though, so try to call ahead and make a reservation or get there right at opening time.

Name: 檸檬草香茅火鍋專賣店 Lemongrass Hot Pot

Address: No. 250 號, Xintian Road, Qianjin District, Kaohsiung City

Phone number: 07 221 2827

Price range: 260-360

Favorite dish(es): Curry hot pot, tomato hot pot, thai hot and sour hot pot

Review: Allegedly the original Kaohsiung lemongrass hot pot spot, this charming restaurant has wonderfully kind and helpful staff as well as amazing hot pot. The menu is a little confusingly organized so just know that you have to order: 1) broth 2) meat 3) carb (for example, rice, noodles, etc) and 4) sauce. For sauce, we highly recommend the third combo option on the menu- it totally makes the meal! This is an awesome affordable hot pot restaurant right around the central park area.

Name: Smokey Joe's

Address: 800 高雄市新興區忠孝一路 208 號, but there are actually three branches

Phone number: 07 968 5989

Hours: The internet claims it is 11:00AM – 1:00 AM

Price range: 250-450

Favorite dish(es): For a flat burger go here

Review: This restaurant is included exclusively as a warning to future ETAs. Many people, knowing you are a foreigner, will recommend this destination to you for its alleged western cuisine. Enter into one of its two over the top, smothered in cliché décor venues and you will discover a pathetic attempt at food you vaguely recognize from home. Recommended only for the truly desperate (however, with Kaohsiung's many restaurant options, it's hard to ever get that desperate).

Name: Mr. O Gelato

Address: 802 高雄市苓雅區新光路 48-62 號 802 高雄市苓雅區新光路 48-62 號

Phone number: 0958 581 975

Hours: Closes unfortunately early, at 7:00PM

Price range: 75-120

Favorite dish(es): Fudge Chocolate is out of this WORLD

Review: This is probably the best gelato in Kaohsiung. The small, heartbreaking caveat is that Mr. O closes painfully early, usually too early for post-dinner dessert. However, the flavors are all amazing and generous helping served.

Name: “Chinese Burrito Stand”

Address: Southeast corner of Wenheng Second Road and Wenheng Second Road Lane Nine

Phone number: 0958-883-289

Hours: Almost always

Price range: 40-70 NTD

Favorite dish(es): Chinese chicken burrito, original or Thai style- add cheese and egg!

Review: There can be no higher review than two Americans eating Chinese burritos from this stand twice a week every week for six months. Not much else to say here but that every person who tastes the golden burrito, the Chinese burrito, falls in love with it. An adorable married couple runs this stand and will likely remember your “regular” within two trips.

Name: Jacaranda

Address: No. 233, Hankou Street, Sanmin District, Kaohsiung City, 807
07 322 8822

Hours: Monday 9:00 am – 5:30 pm Tuesday 9:00 am – 5:30 pm Wednesday 9:00 am – 5:30 pm Thursday 9:00 am – 5:30 pm Friday 9:00 am – 9:30 pm Saturday 9:00 am – 9:30 pm Sunday 9:00 am – 9:30 pm

Price Range: 300

Favorite Dish: Margarita pizza

Review: Jacaranda is a great pizza joint located in Northern Kaohsiung by Houyi station. Sit down and enjoy a delicious deep-dish pizza (even the Chicagoans rave about it) while sipping on a cool craft beer. Not in the mood? The menu offers a wide variety of salads and other comfort foods. Note: you cannot get pizza until after 6:00PM. Closed on Thursdays.

Name: Linjia dumpling stand

Address: No. 386 Guanghua Second Road, Lingya District, Kaohsiung

Hours: 11:00-23:00

Price Range: 60-90

Favorite Dish: Xiao Long Bao

Review: Want an easy meal to go? Why not try Linjia dumplings? Delicious and fast, these handmade dumplings are made right before your eyes from scratch. Great snack after school or for a quick dinner. I also suggest the xianbing if you're in the mood for something tasty! Vegetables are also served there and the owner is actually the president of the Guanghua night market.

Name: Din Tai Feng 鼎泰豐

Address: Multiple locations (B1, No. 777, Bo'ai 2nd Rd, Zuoying District)

Hours: Monday 11:00 am – 10:00 pm Tuesday 11:00 am – 10:00 pm Wednesday 11:00 am – 10:00 pm Thursday 11:00 am – 10:00 pm Friday 11:00 am – 10:00 pm Saturday 10:30 am – 10:00 pm Sunday 10:30 am – 10:00 pm

Price range: 300-400

Favorite Dish: Fried rice

Review: All the wai guo ren love this restaurant. No reservations and you may have to wait for up to 3 hours in Taipei (about 45 in Kaohsiung), but believe me it's worth the wait. Xiaolongbao, fried rice, sautéed spinach, and the string bean dish are all a must. If you're looking to impress your friends from home with a nice meal, this is the place to go.

Name: Neighborhood Chinese Restaurant

Address: corner of Yide and Fuxing

Hours: Lunch and Dinner times

Price Range: 150-200

Favorite Dish: Mapo Tofu

Review: Want to share a good meal with friends? Look no further than the corner of Yide and Fuxing where you can get a wide variety of seafood dishes or my personal favorite, Mapo Tofu. Also a fun place to go on Monday nights during the night market where the restaurant and street will be hopping.

Name: Vicky Foods – Burritos and Indian Food

Address: Houchang Road, Nanzi District, Kaohsiung City, Kaohsiung, Taiwan 811

Phone number: 07 3661 8800

Hours: Lunch and dinner hours, closes at 7:30

Price range: about \$80NT

Favorite dish(es): Beef burrito

Review: This place is worth going to Nanzi for. It is a hole in the wall and easy to miss. Its owned by an Indian guy and his family and is open for lunch and dinner. Be sure to get there early though, because he closes at 7:30. The Beef Burrito is made with good Australian beef. It is definitely a fusion of Mexican and Indian flavors - a unique dining experience. Beloved by Nanzi ETAs. Also only 70 NT.

Name: Chun Shui Tang 春水堂

Address: No. 322, Hedi Road, Sanmin District

Kaohsiung City, Taiwan 807

Phone number: +886 7 345 6648

Hours: 10am-1030pm

Price range: around \$200 or 300NT

Favorite dish(es): Get tea with anything – I think that their spicy noodles were really good

Review: This joint is a Taiwanese tea house. The food is really tasty, but the tea is SO GOOD. Actually to die for. So so tasty - you cant go wrong. The food is Taiwanese cuisine and a la carte, so great for a snack/study place or a heavy meal. Think upscale Taiwanese food. The price is a bit more expensive than most taiwanese places, but cheaper than most foreign food.

Name: 小王牛肉麵

Address: 高雄市新興區六合一路 94-1 號

Kaohsiung, Taiwan 800

Phone number: 07 236 0075

Hours: Mon - Sat: 11:00 am - 1:00 am

Sun: 11:00 am - 10:00 pm

Price range: \$100NT-\$200NT

Favorite dish(es): Beef Noodles

Review: Owned by a friend Stanley – this is an awesome find. The staff is very kind, and the beef noodles are famous. They have won many awards for being the best in Taiwan.

Name: 城市部落

Address: 高雄市左營區自由三路 551-1 號

Phone number: 07-3592777

Hours: 17:30-1:00

Price range: around \$300NT a person

Favorite dish(es): Try all the different sorts of indigenous food – the roasted pig is especially good.

Review: An ETA went here for his birthday, at the request of my Taiwanese friend. It was AWESOME. It serves a fusion of Chinese and indigenous food. You have to call

ahead to make a reservation, and typically they will ask you how large your party is so they know how much pig to roast. You can order all sorts of dishes to be shared family style. As you eat, there are performances of indigenous dancing, in which they call for you to join in. For his birthday, they also asked him to chug a huge bowl of juice and liquor while they drummed and chanted. His stomach didn't take it too well, but it was still an awesome experience.

Name: Shushi Express, more than 100 stores island-wide, Sushi Express is the nation's biggest name in revolving sushi restaurants. Most located in the Carrefour. Please check <http://sushiexpress.com.tw/sushi-express/> for store locations.

Name: The Real Thai Food

Address: No. 47, Fu-Xing 2nd Road, Lingya District

Tel: 07-5377992.

From the huge elephant murals lining the walls, and the soft Thai and Burmese music, to the golden bamboo entrance, everything ties together for a classy Thai atmosphere.

Name: Foster Hewitt's 加楓餐廳

Address: No. 30, Wen-Jhong Road, Gushan district.

Tel: 07-5550888

A Canadian owned restaurant. They served delicious hand-made burgers and the best chicken wing in Kaohsiung.

Name: BEAST - Bar & Grill - 野獸美式餐廳

Address: 118-1 Liuhe 2nd Road, Qianjin Dist.

An open American restaurant and bar,

-2014-15 Kaohsiung Fulbright ETA

Vegetarian Options

Loving Hut - Nanzi, Part of international chain of vegan restaurants inspired by Supreme Master Ching Hai, an advocate for veg living. Serves all vegan food, non-alcoholic beverages, and vegan desserts. Name in Chinese 愛家國際連鎖餐飲. 370 YouChang Street, Nanzi District, Kaohsiung, 81107-3600838

Jen Dow Vegetarian Restaurant, Jiuru 1st Rd, Unit 426, Kaohsiung, Taiwan 07-3845526

Shang Hai Vegetarian Cuisine, 6F, 777, Sec. 2, BoAi Road (at Hanshin Shopping Mall), Tel: 0937323526

Jujube Tree, Level 7, Dream Mall, 789, Zhong Hua 5th Road, 07-9705966

Vegetary Restaurant, 191 CingNian Road, LingYa District, 07-2695280

Asia Vegetarian Restaurant, 252 Chinting Road, SanMin District, 07-3438006

Calabash Shop, 63 Tianxiang 2nd Road, Kaohsiung, 07-556-5222

Ci Jia Su Shir Guan, 153, Fuguo Road, Kaohsiung, 慈佳素食館, located 高雄市左營區富國路 153 號, is a little eatery offering basic Taiwan veggie fare - from dumplings, sesame noodles, and bamboo to potato leaves (de gua) and has a salad. Relaxed bamboo style interior with Buddhist paraphernalia.

Fan Tuan - Food Stand, 813, Fumin Road, Zuoying District (at Yucheng Road corner), Serves meat, veg options available. Well-known food stand at the intersection, besides a small department store.

Feng Xin Vegetarian, 128, Fumin Road, Kaohsiung, Taiwan 馮馨素食, located at 高雄市左營區富民路 128 號, is small vegetarian eatery. Offering around 10 freshly cooked dishes per lunch/dinner as well as made to order items like fried rice or noodles. Also specializes in baozi to go. Best to arrive early, at 12pm for lunch or 5pm for dinner.

Lin Shi Jie, 337-1, Huarong Road, Kaohsiung, Taiwan 林師姐慈心素食, located at 高雄市鼓山區華榮路 337-1 號, is typically crowded. Food service is quick and seating is open air tables. Offers a large array of dishes with a colorful photo menu. Also you could choose the ingredients you want, and the kitchen cooks it for you. Often has zongzi (bamboo leaf wrapped sticky rice triangle). Try th cold peanut sauce multi-color noodles.

Check on <http://www.happycow.net/asia/taiwan/kaohsiung/> or more options.

Cooking Yourself

You can buy groceries at the following locations:

- Carrefour Ta Shun Store: No. 1, Lane 117, Ta-shun 3rd Road, Lingya District. Tel: 07-2224088
 - COSTCO (Kaohsiung): No. 656, Jhong-Hua 5th Road, Chienchen district. Tel: 07-3380006
 - Jason's: B3 No266-1 Chonggong 1st Rd Kaohsiung City Most department stores have a supermarket at its basement (B1).
 - The Sanhe Traditional Market, located at Sanduo Road and Guangjhou 1st Street, offers fresh groceries daily.
 - Px Mart Quan Lian
- It's around every corner, some stores offer fresh groceries daily.



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全聯福利中心

Eat around Kaohsiung



The multi-ethnic groups live in Kaohsiung City, such as Taiwanese, Hakka, military community, and the Bunun, Tsou, Rukai and other indigenous people. All develop the diverse, unique and fascinating Kaohsiung's food culture. The materials of delicacy are from mountain and sea. The rich fishing specialty, through ingenuity change, becomes the best choice for the early testers. "Eat" in Kaohsiung, is just so rich, it can be expected!

Meinung district is a place with the most completely saved Hakka culture in Taiwan. It is full with abundant authentic Hakka cuisine, such as the well-known Meinung noodles, pig feet, fried colon with ginger, the seal closures of cabbage and melon. If you're planning to visit Meinung district, do not miss the special local dishes, such as fried wild lotus and lucky vegetables---etc. Meixing Street, also known as the "Meinung Noodles Street" has Hakka cuisine which will absolutely satisfy your taste!

The moon world of Tianliao is known for the bad mudstone terrains; the steep and barren slopes are suitable for sporadic grazing goats and chickens --- etc.; the chicken meat, being cultivated by the "free-range chicken", is especially delicious. There is a row of restaurants on Chongde Rd. and Moon Rd.; it becomes a chicken-street. The special cuisine is the mud volcano chicken; the whole chicken, being wrapped, is baked in mud of volcano; while eating, have to knock the hard mud with a small wooden hammer, the smell for the fresh and juicy chicken is so good; it's really a special and local cuisine.



There are three aboriginal districts in Kaohsiung City; the main aborigines are Bunun, Tsou and Rukai. And each one develops their own special and local meals. The main characteristic of aboriginal meals is the ingredient. It is fresh, and the cooking way is simple. The wild vegetable, river fish, mountain pork and the self-brewed rice wine are the traditional Aboriginal food for treating guests.

The quality of soil, being in Jiaxian district, is as fertile humus. The taros which are planted are quite hard; and it also contains the low water content; the starch is rich; and the smell is fragrant; especially, it's good for processing all kinds of taro products. Many specialties shops and restaurants gather together on Wenhua Rd. The taro ice is a delicious cuisine for tourists. The taro cakes, taro cakes article, and bamboo shoots are good products for self-using, but also for giving as gifts.



There are three treasures - lamb, honey, spicy bean paste in Gangshan district; among these three items, Gangshan Lamb Dishes is most famous in Taiwan. Gangshan Lamb is selected as the local product with the good quality; keeping the lamb body temperature after slaughtering Gangshan lamb, so the meat is succulent, fresh and flexible. The lamb is good for our health; whatever in summer or winter, it can be eaten; plus if cook with our unique formula, all kinds cuisines are created; and it attracts a lot of connoisseurs to come here.

There are the Chinese Military Academy and Gangshan Air Force Academy in Fengshan, Kaohsiung City; so some military communities are gathered in the areas of Fengshan, Gangshan and Daliao. The Delicious Food of Military Community is best way to try if want to visit these military communities. At the earlier time, the food, cooked by these mothers of military communities, is the stuff to miss for the people who leave their hometown and travel or work outside. Today, although the number of military community declines, the distributions are still can be found in Fengshan and Gansgshan--- etc.The snack restaurants with "mainlanders link" are over there; and the food culture, being with multi-cultural styles, is so exciting; each dish makes everyone recall the memory without endless.



Coordinate with the activity-"discover Fengshan delicacies", being held for the 220 anniversary of building Fengshan city; after evaluating the result of voting by the jury and the fierce online, the top 10 shops stand out; not only the local cuisines become the popular kings, but also let each Fengshan visitors can find the most unforgettable delicious dishes in their hearts.

Agriculture Product

Guava



★ **Main Productive Location:** Yanchao district, Dashe district, Alian district, Neimen district, Gangshan district

★ **The productive time:** whole year

Litchi

★ **Main Productive Location:** Dashu district, Qishan district, Shanlin district, Neimen district, Yanchao district

★ **The productive time:** May to June



Golden Mango



★ **Main Productive Location:** Liouguei district, Shanlin district, Alian district, Tianliao district, Taoyuan district

★ **The productive time:** May to August

e (JuJujube (Chinese Date))

★ **Main Productive Location:** Yanchao district, Alian district, Liugui district, Dashe district, Tianliao district

★ **The productive time:** December to next February





Papaya

- ★ **Main Productive Location:** Meinong district, Qishan district, Shanlin district, Liugui district
- ★ **The productive time:** whole year

Wax Apple

- ★ **Main Productive Location:** Liugui district, Qishan district
- ★ **The productive time:** October to next June



Banana



- ★ **Main Productive Location:** Qishan district, Meinong district, Jiasian district, Shanlin district, Liugui district
- ★ **The productive time:** whole year

Peach

- ★ **Main Productive Location:** Namaxia district, Taoyuan district
- ★ **The productive time:** April to May



Longan



- ★ **Main Productive Location:** Neimen district, Shanlin district, Tianliao district, Jiasian district, Qishan district
- ★ **The productive time:** July to August

The Plum with Red Fruit Flesh.

★ **Main Productive Location:** Taoyuan district

★ **The productive time:** April to May



Pineapple



★ **Main Productive Location:** Dashu district, Niasong district, Neimen district

★ **The productive time:** whole year

Seafood (Fishing Specialty)



There is full of fish along the Coast of Kaohsiung City, especially the rich productions- the mullet; it is called "Sleeve", and it is famous. In addition to mullet, the seasonal catches are rich, such as grouper, milkfish, pearl abalone (abalone)--- etc.; in addition to tasting the fresh seafood meal, but also can visit the sightseeing of fishing markets, such as Nanliao fishing port, Mituo district and oyster port, Ziguan district; all are good places to buy or to eat the fresh fish.

C. Beverage & Drinking Water

While tap water is most certainly **NOT** potable, good reverse osmosis filtration will remove bacteria and heavy metals, and is considered safe for consumption. Water dispensers, which resemble gas stations, are present throughout the city. However, they, along with many of the bottled water brands, have been found, in the past, to simply bottle or distribute tap water. To avoid ingesting non-potable water, only purchase bottles that are sealed with an expiration date clearly printed on the bottle. Often, it is easier to simply purchase green tea at a stand or a convenience store, or a soft drink. Restaurant water is safe, with the exception of some lunchbox eateries and stands on the street.

Two local beer companies, Tsingtao and Taiwan Beer, are ubiquitous throughout the island and can be purchased by visitors cheaply with little hassle about age restrictions.

Most major soft drinks are available, and tea stands on almost every corner offer concoctions of fruit, yogurt, green tea, the Taiwanese specialty "bubble tea," and a variety of other flavors.

Here are some nice coffee / tea shops in Kaohsiung.

Apartment Café

As you walk into the café, you'll get a feeling of traveling back in Time. When the aroma of coffee and musical melody fill the air, it will make you instantly feel relaxed and at home.

Tel: (07)215-3434

Address: No. 227, Ren-Yi St., Cianjin District

Love River Cafe, and Art and Literary Square

At night, along the scenic path by the Love River, two cafes with different styles, Love Rive Mambo and Golden Love River, attract many visitors to enjoy their aromatic coffee by the sparkling ripples of the river. With music, literature, and art, they create a magic of the harbor city to offer people a relaxing massage for their hearts and souls.

Chain Story Coffee

- Starbucks (統一星巴克)

<http://www.starbucks.com.tw/home/index.jspx>

- Crown & Fancy (金礦咖啡)

<http://www.crownfancy.com>

- Donutes Coffee & Cake (多那之咖啡)

<http://www.donutes.com.tw/>

- 85°C Bakery Cafe (85 度 C 咖啡)

<http://www.85cafe.com/>

- Caffè Bene (咖啡陪你)

<http://www.caffebene.com.tw/stores/>



Tea House

Hun Shui Tang Cultural Tea House

The tea house offers a wide variety of traditional Chinese tea, snacks, and light meals. It also sells dried tea leaves and tea pots. It has two locations in Kaohsiung

He-Ping Store: No. 138 1F, Heping 1st Road, Lingya District TEL : 07-2231436

D. Shopping

New Jyuejiang Shopping Area

As Kaohsiung's business district moved eastward, a new shopping center developed across from the former President Department Store on Wufu Road. This new center of commerce is so named because it is operated on a model similar to that of the original Chueh Chiang Market, although it is far more upscale.

Transportation: By Bus 12,77,25,50,52,69,71,76,72,202; By Metro Red Line 《Central Park》

Yuanshu Yujhu Shopping Area

This is a shopping zone not only with merchandise of exotic atmosphere, but also full of Harajuku taste. No matter whether you are male or female, old or young, all are welcome to explore the fashionable items sold here.

Transportation: By Bus 12,52,92,100,301,69,71,72,202,205,218

Yencheng Jyuejiang Shopping Area

This market is located around the inter-section of Wufu Road and Cisian Road Its hey day was in the 1950s and 1960s, when it was a bustling entertainment center for visiting sailors and a specialized market for imported goods. Some of the shops still exist, and a number of bars and pubs still attract foreign and local visitors alike.

Transportation: By Bus 14,50,82,88,248

Shoe Street

Kaohsiung residents all know that the best place to find bargains on shoes is Talien Street. Shoe manufacturers located along this street sell their footwear throughout Taiwan.

Transportation: By Bus 73,92

Changming Street and AnNing Fashion Zone

Changming Street and AnNing Street fashion zones are ideal places for visitors to buy cheap, fashionable, good quality clothes.

In this fashion zone, most of the vendors or shops sell women's fashion and provide lots of choices and bargain prices. Come and visit these places for inexpensive and fashionable clothes from the latest boutiques.

Transportation: By Bus 12,24,26,36,52,53,56,82,83,92,93,100,245

Singjhong Flower Market

Along Singjhong 1st Road, between Min-cyuan Road and Fuhsing Road, is a cluster of more than 40 florists. The enchanting fragrances wafting from these shops can delight passers-by day and night.

Transportation: By Bus 12,71,202

Nanhua Night Market

This relatively new night market is located adjacent to the Kaohsiung General Post Office and specializes in garments. With its bright lights, concentration of garment vendors, huge variety of products, and reasonable prices, this is the best place in the city for young people to shop for clothing.

Transportation: By Bus 25

Sanfong Jhong Street

This is a traditional shopping area characterized by grocery goods. As an old shopping area of Kaohsiung, the 400 meters long Sanfong Jhong Street is located on Jianguo 3rd Road. Here you will be astonished by huge piles of a variety of grocery goods, as bustling as Dihua Street of Taipei. Approximately a century ago, there was a river by Sanfong Jhong Street through which the local merchants imported exotic foreign goods. Sanfong Jhong Street was already one of the very few major shopping areas in the old days. It is still the largest grocery goods wholesale center of Kaohsiung today.

Sanfonzon Street used to sell sundry goods and agricultural produce. In line with the transformation of consumption style, this area has been evolved into a zone for those supplies primarily needed or purchased for the lunar New Year period, in the types of grains, processed farm produce, and candies. It is dubbed the Chinese New Year Supply Avenue as well. Quality mushrooms, garlic and other sorts of groceries readily available here on Sanfong Jhong Street. When the Chinese New Year draws near every year, many outside peddlers will join the bustling markets selling even such red-hot supplies including Chinese New Year couplets, New Year red envelopes and the like.

To get there, proceed westward from the Kaohsiung Train Station along Jianguo

Road, cross Zihli Road, and enter Sanfong Jhong Street at the diagonal intersection.

Transportation: By Bus 88,93,205,218,245

Dream Mall

Located in Kaohsiung Multi-Functional Commerce & Trade Park, Dream Mall is adjacent to Jhonghua 5th Road in the east and connected to Chenggong Road in the West. Developed by Uni-President Group, it is the first large-scale international shopping mall incorporating a cinema, theme park and restaurants in southern Taiwan.

Address: No.789, Jhonghua 5th Rd

Tel: (07)973-3888

Website: <http://www.dream-mall.com.tw/>

Transportation: By Bus; By Metro Red Line 《KaisYuan》

President Department Store

Tel: (07)225-5791

Website: <http://www.pz-peace.com.tw/>

Transportation: By Bus; By Metro Orange Line 《Cultural Center》

TALEES Department Store

Tel: (07)261-3060

Website: <http://www.talee.com.tw/>

Transportation: By Bus; By Metro Red Line 《Central Park》

Star Place

Tel: (07)225-5791

Pacific SOGO

Tel: (07)338-1000

Website: <http://www.sogo.com.tw/>

Transportation: By Bus; By Metro Red Line 《Sandou Shopping District》

Shin Kong Mitsukoshi Department Store

Sandou Branch

Tel: (07)336-6100

Website: <http://www.skm.com.tw/>

Transportation: By Bus; By Metro Red Line 《Sandou Shopping District》

Zuoying Branch

Tel: (07)346-9999

Transportation: By Bus; By Metro Red Lin 《Zuoying》

Hanshin Department Store

Tel: (07)215-7266

Website: <http://www.hanshin.com.tw/>

Transportation: By Bus; By Metro Red Line 《Central Park》

Hanshin Arena Shopping Plaza

Tel: 0800-321-688

Website: <http://www.hanshinarena.com.tw/>

Transportation: By Bus; By Metro Red Line 《Kaohsiung Arena》

E. Furniture & Household Supplies

IKEA Kaohsiung

It is the biggest home furnishings store in Southern Taiwan. You can find numerous and practical furnishings at low cost in IKEA. Whatever stage you're in your living, you can find furnishings that suit your needs, and the inspiration for arrangements.

Store hours: 10:00 – 22:00 (Monday to Sunday)

Address: No. 120, Chung-Hwa 5th Road, Kaohsiung

Phone: 07-5377688

Transportation: By bus 2, 14, 36, 70, 72

Working House

It is a chain store with many locations. Some of them are listed below.

Dream Mall

Tel: 07-9703139

Add: B2, No.789, Jhonghua 5th Rd., Cianjhen District, Kaohsiung

President Department Store

Tel: 07-2231419

Add: 13F., No.218, Heping 1st Rd., Lingya District, Kaohsiung

Hanshin

Tel: 07-2154979

Add: 8F., No.266-1, Chenggong 1st Rd., Cianjin District, Kaohsiung

B& Q- Hola & Hola Casa (特力屋) Hardware store and home goods. Around Christmas they had lots of decorations and holiday stuff.

www.i-house.com.tw

Zuoying Store,

Tel: 07 310 4000

Add: No. 948-1, Minzu 1st Rd

Fangshan Store

Tel: 07-7669000

Add: No. 99, Ruilong East Rd

Dashun Store,

Tel: 07 225 9111

Add: No. 218 號, Wumiao Rd

Dream Mall

Add: B1, 789, Zhonghua 5th RD

F. Medical

Overview

The Taiwanese health system is a single-payer insurance system, meaning that the government provides health insurance for all of its citizens, and everyone is required to pay for it. It is a very cheap and efficient system, instituted in the turn of the 21st century. Now, the entire population of Taiwan has access to cheap, affordable and accessible care. Unlike the UK, Taiwanese physicians are employees of hospitals, not the state.



Patient Perspective

From a patient perspective, Taiwanese NHI is very convenient. The clinics are extremely cheap (typically a co-pay \$150NT-\$200NT). English-speaking doctors are available, especially within the city Kaohsiung itself. Prescriptions can be bought cheaply at the clinic itself, and many medications are more accessible than what you are used to in America. You can get antibiotics and steroids without a script. In addition, you don't need a primary care physician referral to see specialists (For example, if you have stomach problems, you can go right to a GI doctor – you don't need your family doctor to refer you).

Hospital visits also tend to be very fast and inexpensive. The ER waiting time in this country is consistently less than two hours, and you don't have to endure the insurance checks you are accustomed to in the United States because everyone is required by law to have the same insurance. Your hospital stays will also be much more affordable – surgery tends to be \$3-4,000NT and most of it is paid by insurance. One scooter accident induced hospital stint (including ambulance ride, ER visit,

osteopathic surgery and 3 day hospital stay) only had a co-pay of \$3,000NT – like \$100USD. The quality of care is also top-notch – the facilities and equipment, in general, are great.

In addition, you can purchase glasses and contact lenses without a script and at a MUCH cheaper rate than in the United States. **DON'T BRING LENSES FROM AMERICA** – just buy them here. The one exception is if you have a particularly strong, far-sighted prescription, which may not be as available.

Dentistry in Taiwan is also very convenient and up to snuff with the U.S. It's not necessary to hurriedly get a checkup in the United States. In fact, many ETAs have chosen to get their wisdom teeth removed in Taiwan due to the lower costs.



research output (for new procedures/medical mechanisms) is relatively weak.

From an educational level, physicians are trained very well. The medical students here are actually trained using US textbooks. Medical education in Taiwan is currently shifting from a 7 year to a 6 year track. For those who are interested, the first 2 years is similar to US premed (physical&biological sciences), the second 2 years studies medicine in a classroom (as in the first 2 years of US med schools), and the third 2 years is for clerkships/rotations (like the final 2 years of US med school). Students are required to take exams similar to USMLE Step 1 and 2 after the 4th and 6th year of medical school, respectively. Following medical school, physicians need to complete a paid Post Grad Year, in which they apply to a hospital, and eventually a specialty residency.

Traditional Chinese Medicine (TCM)

While you are here, it might interest you to try Traditional Chinese medicine.

Taiwanese citizens tend to go to see Chinese doctors for chronic ailments, like rhinitis, allergies and joint/muscle pain. Chinese medicine monitors and promotes smooth flow of fluids in your body. It is a completely organic way to care for these ailments and foster good health. You can look at it like a more organic way of taking multivitamins. However, even Chinese doctors would tell you to go to a Western hospital if you have severe trauma, cancer, etc. It is covered by Taiwanese National Health Insurance, so you can try it inexpensively.

Classic examples of Chinese medical treatment include herbal medicines, acupuncture, moxibustion, electrotherapy and cupping. While you may be skeptical, Chinese doctors go through a great deal of training. Taiwan has two universities that teach Chinese medicine, and it requires 6 years of University (the same as Western medicine). In addition, there are more and more studies showing the effectiveness of certain treatments. Chinese doctors are extremely skilled at old Chinese, for many Chinese medicine books are written only in old forms of Chinese. Thus, their English may not be as good as the Western physicians.



-2014-15 Kaohsiung Fulbright ETA

As you'll learn about life in other parts of life in Taiwan, information is handled much differently than in the States. Your head needs to be up because there may not always be fine print to read, just general signals to watch for.

1. If you have a serious illness, especially if you're in an emergency (I mean life-threatening), go to Kaohsiung Medical University's Chung-Ho Memorial Hospital or Chang Gung Memorial Hospital. They have a good reputation in the area have pretty extensive facilities.

- The notion of patient rights is much different here, which means the hospital, can make it very difficult for you to switch hospitals after you've entered.

- Furthermore, some hospitals as a rule don't communicate with other hospitals. If you have surgery one place the other doctor will not contact the first doctor. All they will do is go on the surgeon's report...which the first place probably won't give you if you transfer out.

2. The emergency number is 119. (It sounds like "yi yi jiu").

3. You HAVE to keep your own file here. Be diligent about it and keep all paperwork.

4. If you're going to the hospital to check out something, it's best to go with some Taiwanese friends since the place can be a maze. You can make appointments through an automated switchboard, or at the hospital. Often you can just walk in and get a same day appointment. IF you are the first time at a hospital, you have to register whether you've made an appointment or not. When you get an appointment you get a number and you have to wait. It's not by time, it's by number.

5. Go in with questions ready because the on-deck person is usually waiting in the room with you and the clock is ticking. The doctor always has lots of patient waiting to see, if you not ready for asking any questions, which might waste the doctor's time and your time. Of course, the doctors at Kaohsiung are usually pretty qualified. Just be on top of stuff. There is less privacy and the physician might not see you through the whole process the way you're used to.

6. Don't be afraid to get a second opinion if you have questions. It won't cost a lot and the response can sometimes be quite different.

The followings are some major hospitals in Kaohsiung:

Chang Gung Memorial Hospital at Kaohsiung 高雄長庚醫院 was established in January 1986. Presently, it has grown to a 2,438-bed world-class medical center with 4,100 dedicated staff delivering health services to an average of 6,900 out-patient and 350 emergency patients daily. It has evolved to be one of centers of excellence in medical service, education, and research in Taiwan.

Address : 123, Ta-Pei Road., Niao-Sung Hsiang, Kaohsiung County

Phone : 886-7-7317123 Fax : 886-7-7318762

Web: <http://www.kmuh.org.tw/>

TELEPHONE REGISTRATION

Speech Telephone Registration : 886-7-7314345

Daily 03:00 ~ 21:00

Artificial Telephone Registration : 886-7-7314141

07:00 ~ 17:00 (Saturday until 12:00)

ON-SITE REGISTRATION

Morning Clinic : 07:00 ~ 11:00

Afternoon Clinic : 07:00 ~ 16:00

Night Clinic : 07:00 ~ 20:30

New patients on the appointment day, please fill out the "New Patient Information Sheet" first, then come to the registration front desk to complete check in procedure. Appointment registration service is for the period of out-patient office hours within the same day and previous fourteen days before visit. If you are unable to come here after completing appointment registration, please cancel it in advance by telephone before the clinic start. If you have three absent records within half year, you can't make any appointment through telephone registration temporarily. Please come to the registration front desk to register by yourself. You don't need to pay the Registration Fee before the registration. The Registration Fee is paid with the Prescription Charge after the doctor visit. The return patient using appointment registration, please refer to the appointed schedule coming to the clinic waiting room to visit the doctor in sequence.

OUT-PATIENT OFFICE HOUR

Morning Office Hours : 08:30 Begin

Afternoon Office Hours : 13:30 Begin

Night Office Hours : 18:00 Begin

If each clinic has too many patients must postpone the office hour, various end hours mentioned above will accommodate extension. There is no out-patient service in the National Holiday.

Chung-Ho Memorial Hospital, Kaohsiung Medical University 高雄醫學大學中和紀念醫院

Address: No.100, Tzyou 1st Road, Kaohsiung

Phone: 07-3121101

Speech Telephone Registration: 07-3208181, 07-3218753 (24hr)

Real-person Telephone Registration: 07-3212831 (08:00~16:30)

Web: <http://www.kmuh.org.tw/>

Kaohsiung Municipal Ta-Tung Hospital 高雄市立大同醫院

Address: No.68, Jhonghua 3rd Rd., Cianjin District, Kaohsiung

Phone: 07-2618131

Speech Telephone Registration: 07-2164914~16

Real-person Telephone Registration: 07-2728138

Web: <http://www.kmtth.org.tw/ENkmtth/aboutus/Affirmation.asp>

Kaohsiung Municipal Mingsheng Hospital, Kai-shuan Hospital 高雄市立民生醫院 and Kaohsiung Traditional Chinese Medicine Hospital 高雄市立中醫院

are all located on 134 Kaishuan 2nd Road near the Kaohsiung Normal University.

TEL: (07) 751-1131, FAX: (07) 713-1456 Emergency Care Available 24 hours, Tel: (07) 751-1131 Ext. 2117, 2118. Web:

<http://www.kmsh.gov.tw/kmsh/H2mee/homepage.aspx?newsType=news>

Services Available

Medicine, Surgery, Gynecology & Obstetrics, Pediatric, Orthopedics, Ear Nose & Throat, Ophthalmology, Dermatology, Urology, Dentistry, Neurology, Geriatrics, Psychiatry, Family Medicine, Anesthesiology, Rehabilitation, Internal Medicine.

E-DA Hospital /I-Shou University Hospital 高雄義大醫院

Address: 1, Yi-Da Road, Jiau-Shu Tsuen,

Yan-Chau Dist., Kaohsiung

Web: <http://www.edah-hospital.com/>

TEL: (07) 615-0011 (07) 952-0011

Emergency Care

Available 24 hours, Tel. (07) 6150011 ext. 3131

Service Available

Outpatient and Inpatient Departments, International Medical Service Center (IMSC), Cardiology, Obstetrics & Gynecology, Orthopedics, Plastic Surgery, General Surgery, Dentistry, Diagnostic Radiology, Oncology, Urology, Neurology, Nuclear medicine, Liver transplant, Laparoscopic Surgery, Esophageal & Voice Reconstruction.

Hours

Monday-Friday 8:30 a.m. - 12:00 noon

1:30 p.m. - 5:00 p.m.

6:00 p.m. – 9:00 p.m.

Saturday 8:30 a.m. - 12:00 noon

Yuan's General Hospital 阮綜合醫院

162 Cheng-Kung 1st Road, Kaohsiung

TEL: (07) 335-1121 E-mail: yuan.his@msa.hinet.net

Web: <http://www.yuanhosp.com.tw>

Emergency Care

Available 24 hours, Tel: (07) 335-1121 Ext. 2201, 2202

Services Available

Surgery, Ocular, Maternity and Gynaecopathy, Pediatric, Orthopedics, Ear Nose & Throat, Ophthalmology, Dermatology, Urology, Dentistry, Neurology, Geriatrics, Psychiatry, Family Medicine, Cardiac Catheterization (EKG; ECG); Neuropathy; Metabolism, Rehabilitation, Internal Medicine.

Hours

Monday - Friday 8:00 a.m. – 12:00 noon

1:30 p.m. – 5:00 p.m.

6:00 p.m. – 9:00 p.m.

Saturday 8:00 a.m. – 12:00 p.m.

G. Classes of Interests

Learning Chinese

Kaohsiung is home to a number of Universities. However, unless you are fluent in Mandarin Chinese, the primary focus for visitors will be Language acquisition.

There are some Language Institutes in the city: Kaohsiung Normal University Chinese Center, National Sun Yet-sen University Chinese Center, Taipei Language Institute (TLI) and Wenzao College of Languages.

TLI is located in the heart of downtown Kaohsiung. They focus heavily on spoken and conversational Mandarin, and teach primarily through the use of Hanyu Pinyin.

Wenzao offers courses in a number of languages, including English, French, Spanish and Mandarin. Chinese classes focus on the full spectrum of language, and traditionally begin with BoPoMoFo phonetics and move into character production, tone use and full immersion.

Center of Language and Culture Teaching at National Kaohsiung Normal University and National Sun Yat-sun University also offer Chinese classes. The Chinese assignment will be offered during the summer training.

All four programs are excellent and highly respected. On average, Westerners can become conversationally adept in 6 months to 2 years, depending on intensity of study and frequency of class attendance.

You will receive more information about learning Chinese during the orientation.

Learning Martial Arts

You can find people practicing Tai-Chi in the parks or at the various spots in Kaohsiung. Very often you can join them for free and some groups only charge very little registration fee.

Learning Calligraphy & after school classes

H. Attractions

Kaohsiung Cultural Center (高雄文化中心)

This center, located on Wufu 1st Rd., is one of the city's oldest cultural venues and now offers a wide variety of cultural and artistic activities. In addition to exhibitions that are held in Chih Mei Hall and Exhibition Hall all year round, a diverse range of performances are held in Chih Te Hall and Chih Shan Hall almost every evening.



Website: <http://www.khcc.gov.tw/English/>

Transportation: By Bus 50、52、72、76、77、82、201、0South、0North。By Metro Orange Line 《Cultural Center》

Love River (愛河)



The Love River or Ai River is a river in southern [Taiwan](#). It originates in [Renwu Township, Kaohsiung County](#), and flows 12 kilometers (8 miles) through Kaohsiung to Kaohsiung Harbor. Love River is the spine of Kaohsiung, playing a similar role to the [River Thames](#) of London. It is of great cultural significance to the people of Kaohsiung and plays an important role in its economy and tourism. A riverside park, the Love River Park, runs along the riverbank in downtown Kaohsiung City. A night market operates in the park, and there are three outdoor cafés, often with live bands. Boats which hold about fifteen people take tourists up and down the river. The scenery is enhanced by attractive city structures near the river, such as the [Holy Rosary Cathedral](#), Kaohsiung Bridge, and the Kaohsiung District Court. Cultural events such as concerts and Lantern Festival are often held by the river.

Tuntex Sky Tower (高雄 85 大樓)

It is the tallest skyscraper in Kaohsiung, mainly offices, but includes residential, a department store and the 85 Skytower hotel occupies the 37th to 70th floors. An observation deck on the 75th floor offers views over the Kaohsiung City, the Love River and the Kaohsiung Harbour, and is accessed by high speed elevators, capable of speeds of 10.17 m/s.



The True Love Harbor(Originally Pier 12) (真愛碼頭)

After The Love River was restored, the environmental protection unit began monitoring the water quality to ensure its stability. Recently, a variety of fish have returned to the river. There are a number of walkways and riverside parks along The Love River. The



mouth of the river is now the location for the trendiest place to enjoy the seaside and the sights of The True Love Harbor. Kaohsiung's skyline and shoreline can be seen its entirety from this location. At night the city lights are a beautiful sight to behold.

Shinkuchan shopping center (新崛江商圈)



is an extension of Yencheng "Kuchan Block"—the enter port of imported goods in southern Taiwan . As Kuchan Block was on the wane and the downtown hub has been relocated, the shopping and consumption hubs in southern Taiwan have been relocated toward Jhongshan Road , Wufu Road and Jhonghua Road . With the prominent geographical location, Shinkuchan shopping center has lured numerous merchants to land in the zone to develop into enlarged commercial zones to cover ultramodern cinemas, fashion boutiques, jewelry, timepieces, cosmetics, beauty salons, stylish coffee shops, American fast food restaurants, Japanese fast food restaurants and a variety of peddlers. Over the past years, Shinkuchan shopping center has developed itself into the largest imported goods market in southern Taiwan and into the endorser of the fashion of the day. While h ere at " Shinkuchan shopping center ", you have the choices of the most stylish designer merchandise that are available to you in synch with Paris , Milan , Hong Kong and Tokyo . All commodities here are oriented to teenagers, making the shopping center the optimal hangout place for young consumers in their leisure hours. The Shinkuchan shopping center is dubbed the paradise where teenagers enjoy themselves on fashion, leisure time and shopping excitement.

Transportation: By Metro Orange Line 《Central Park》

Sanduo Department Store & Shopping Area (三多商圈)



Shinkong Mitsukoshi, Pacific Sogo and FE21' Department Stores are all located on Sanduo Road. These department stores have not only transformed the department store clientele in Kaohsiung, but have greatly contributed greatly to the growth of fashion and lifestyle boutiques in this area. Restaurants and entertainment venues are also attractions in this area.

Shoushan Nature Park (壽山公園)

This mountain area, located at the western edge of the city, forms a natural background of verdant tree-covered slopes. The forest here attracts a variety of monkeys, squirrels, birds, and insects, forming a veritable wildlife park. Another treasure of Shoushan (Mt. Longevity) is a cave with enchanting displays of stalactites and stalagmites.



Shou Shan Zoo (壽山動物園)



Located on Shou Mountain, the Shoushan Zoo is the largest public zoo in southern Taiwan. Established in 1978, it was originally known as "Hsizuhwan Zoo" In 1980, the area was transformed into a campus for Sun Yat-Sen University. The new zoo was built on its current site and opened to the public in 1986.

Mountains on three sides surround the zoo. The zoo is made up of a variety of areas including small animals, mammals, predators, a bird park, a reptile center and a nocturnal animals center. There is also an education center in the zoo where stuffed animals and information are displayed. The entrance also features the largest wall mosaic in Taiwan and the walkway features paintings from various schools.

Address: No. 350, Wanshou Road, Gushan District

Transportation: By bus 50、99-Shaoshan or 31、219; By Metro Orange Line-《Yanchengpu》

Lianchihtan (Lotus Pond) (蓮池潭)



Lotus Pond (蓮池潭) is a popular tourist destination on the east side of [Tsoying](#) District in [Kaohsiung City](#) in southern [Taiwan](#). Opened in 1951, it is famous for the lotus plants on the lake and for the temples which ring the lake. This lovely man-made lake is situated between Kueishan (Turtle Mountain) and Panpingshan (Half-Level Mountain). Various Chinese-style structures located in and around the lake give it an intensely traditional Chinese flavor, to which a touch of mystery is added as night falls. The crowds of visitors here are especially thick during holiday periods.

Some famous tourism spots nearby or on Lotus Lake are the [Spring and Autumn Pavilions](#) (春秋閣), the [Dragon and Tiger Pagodas](#) (龍虎塔), and the Confucian Temple (孔廟).

Transportation: By bus 17、217、301、39(Except Weekends and Holidays) ; By Metro Red Line 《Ecological District Station》

Kaohsiung Museum of Fine Arts (高雄市立美術館)



Opened in June 1994 in Neivepei Cultural Park, the Kaohsiung Museum of Fine Arts is one of the city's newest attractions. Its outdoor sculpture grounds display various kinds of artwork, while inside the galleries is a collection of famous calligraphy as well as exhibitions of classical and contemporary art.

Website: <http://www.kmfa.gov.tw/desktop.aspx/>

Transportation: By Bus 70、83、100。

Cijin Ferry (旗津渡輪)

The Cijin Island Ferry connects the [Cijin](#) and [Gushan](#) Districts of [Kaohsiung](#), [Taiwan](#). It is popular with tourists visiting the attractions of Cijin Island. Despite the fact that there are numerous clearly posted signs in Chinese, English, and internationally recognizable graphic symbols, local users of the ferry routinely smoke while in transit.



A ride on the Ferry costs 15NT per one-way ride. It doesn't take longer than twenty minutes to get to Cijin, and once there you can enjoy seafood restaurant after seafood restaurant and a bit of beach.

Cijin Island (旗津)

Originally named Cihou, Cijin is a long, narrow island that forms a natural breakwater protecting Kaohsiung Harbor. The island can be reached from the city either by ferry or through the Harbor Tunnel. This small but scenic island features an over 300-year-old Tienhou Temple, devoted to Matsu, Goddess of the Sea, which is designated as a third-grade national historic site. Cijin is also the only place in Taiwan where you can still ride a three-wheeled pedicab a risk shaw powered by a man dressed in traditional Chinese costume. Yet another favorite attraction here is fresh, delicious, and reasonably priced seafood.



By Kawan RIDER

Cihou Lighthouse (旗后燈塔)



After the signing of the Beijing Treaty in 1860, the Takou Harbor was officially opened to foreign traders in 1863. Due to the increase in commercial shipping, the construction of the harbor facilities became a priority. In 1883, British engineers built a Chinese style rectangular red brick lighthouse on to the north

end of the Cihou Mountain peak.

In 1916, during the Japanese Colonial era, the lighthouse was rebuilt, as part of a Port expansion project. Its appearance today dates back to its renovation, which was completed in 1918. The lighthouse base was rebuilt in Baroque style, imitating the late Renaissance period, with an octagonal brick tower constructed behind it. In 1979, The Cihou Lighthouse was rated a Class 3 Building of Historical Interest by the Ministry of the Interior and was opened to the public. The lighthouse tower provides excellent views of the entire Kaohsiung bay area.

Holy Rosary Cathedral (前金天主堂)

Holy Rosary Cathedral also called 玫瑰聖母主教座堂 is the oldest [Catholic church](#) in [Taiwan](#), located in the southern city of [Kaohsiung](#). It is the seat of the [Archbishop](#) of [Taiwan](#). It was first established in 1860 and rebuilt to its present dimensions in 1928. The architectural style is modeled after both [Gothic](#) and [Romanesque](#). The [cathedral](#) is located just east of the [Love River](#). Mass is held daily, with English mass celebrated at 10:30 a.m. every Sunday. The cathedral is known throughout Kaohsiung for its annual [Christmas Eve](#) celebrations, which lasts the whole evening before Christmas Day.



National Museum of Science & Technology (國立科學工藝博物館)



After it is completed at Park No. 6 on Chiuju 1st Road, this museum will not only be the largest national educational institution in southern Taiwan but also, in terms of total floor area, the second-largest science museum in the world. In addition to collections that spotlight scientific and technological progress, the museum will have 18 exhibition halls divided into four groups: Scientific History and Continuity, Information and Energy, Technology in Life, and Materials and Machinery.

Website: <http://www.nstm.gov.tw/english/>

Transportation: By Bus 70、83、100。

Kaohsiung Film Archives (高雄電影圖書館)

The Film Library is happy to offer visitors our collection of films, historical documents, and memorable incidents for your multidimensional enjoyment. On the first floor, there is a display room, exhibiting artifacts concerning film (in Chinese). On the second floor, there is an audio-visual room for you to watch the (loaned) movies in the library. Films with bilingual (Chinese and English) subtitles, and old Taiwanese movies of the 1960s such as “Wangkeliu’s Trip to Taiwan” offer you incredible entertainment. On the third floor, there is a huge auditorium, offering free movies at a regular schedule for your enjoyment. To be



considerate, we have a friendly space for the disabled. Even more, we have a feeding and diaper room for people to take care of their babies.

Address: No. 10, Hohsi Road, Yencheng.

Kaohsiung Municipal Museum of History (高雄歷史博物館)



The opening of Kaohsiung Municipal Museum of history on October 25th, 1998 has symbolized that Kaohsiung City, in its effort to advance toward an ocean city in the 21st century, especially wants to record the deeds of the ancestors who endeavored to pioneer the city in the past.

The City Government hopes to let more people understand the trace of development of Kaohsiung from remembering the past to planning for the future through the display of precious historic and cultural items and the result of research and promotional activities.

Kaohsiung Music Center (高雄音樂館)

This is actually a studio Park. There are stages inside and outside. There are cafes, starry lamps and water-friendly wood footpaths, so a very romantic mood fills the air.



Sizihwan Beach Resort(西子灣)



This is one of Kaohsiung's two bathing beaches. Located beside National Sun Yat-Sen University of Kaohsiung, it is highly popular with swimmers and beachgoers, especially in the late afternoon when the sunset creates a vivid palette of colors over the sea.

Sizihwan Beach

Sizihwan Beach is located to the southwest of Shoushan, about a 20-minute drive from the city center. The beach itself has great natural beauty, and the lights of fishing boats embellish the sea and attract large numbers of visitors and spooning couples along the breakwater, especially at night.

Transportation: O1(Shizihwan Station)-Shizihwan Tunnel-NSYSU or Bus 248

Former British Consulate at Takao (打狗英國領事館)



British Consulate at Takao is a former [British consulate](#) built in 1865 in the city of [Kaohsiung](#). Located in [Gushan District](#) it lies at the peak of Shaochuantou and overlooks Sizihwan Bay and Kaohsiung Port. It currently serves as a cafe in the city.

Transportation: O1(Shizihwan Station)-Orange Express 1 Shuttle Bus or Bus 99

Fishermen's Wharf and Former Banana Warehouse (漁人碼頭原香蕉碼頭)



Fishermen's Wharf was created out of vacant warehouses at the end of Cisian Road. Fishermen's Wharf now offers romantic cafes, snack vendors, and a pub. After dark, fantastic light shows are held, so visitors can enjoy a distinct waterside experience. It is an extremely popular tourist attraction.

The Former Banana Warehouse located beside Fishermen's Wharf dates back to 1965. At that time, all of Taiwan's banana exports to Japan were shipped from Kaohsiung.

At that time the bananas were stored in this a two-story warehouse, which was referred to as the Banana Canopy. As banana exports dropped off the Banana Canopy no longer served its purpose.

Address: Far end of Cisian 3rd Road, Yencheng District

Pier-2 Art Center(駁 2 藝術特區)

"Pier-2" is located next to the Yencheng Tourist Wharf.

The warehouses on the pier were built during the middle of the Japanese Colonial era.

Converted out of these old warehouses, Pier-2 Art Center is dedicated to modern art exhibitions. An artistic and cultural space welcomes installations from the public. A number of art groups meet here and strive to develop the Kaohsiung artistic environment. The Moonlight Theater was built for a variety of artistic performances.

Address: No. 1, Dayong Road, Yencheng District

Transportation: 《MRT》 orange Line→Yanchengpu



Taiwan Sugar Refinery (糖廠)



Taiwan Sugar Corporation (TSC), reorganized from the four major Japanese-managed sugar companies after the restoration of Taiwan to the Republic of China, was

inaugurated on May 1st 1946 and thus became a state-owned enterprise as yet. Cane sugar is an important native product of Taiwan. Although the island's sugar exports dated back to the 17th century, it was not until 1900 that modern sugar factories were constructed. For more than a decade from 1952 through 1964, sugar was Taiwan's leading export commodity and accounted for 74 percent of the nation's total foreign exchange earnings at its peak. There are Saogiang, Chiotuo and Chishan sugar refinery.

Maolin (茂林國家風景區)



Located in the western foothills of Taiwan's Central Mountain range in Kaohsiung and Pingtung County, the Maolin National Scenic Area is surrounded by beautiful mountain scenery and provides spectacular views of nature. The great extent of the Area, its forests and the

three major rivers running through it provide a variety of geographic landscapes and features for visitors to enjoy. Hot tourist routes of butterfly watching, Hot springs, experience aboriginal culture, paragliding and biking has been designed for you to enjoy the area. **Transportation:** Taiwan Railway → Liugui and Kbus to Baolai

Kbus to Jiasian→Liugui→ Baolai

Website: <http://www.maolin-nsa.gov.tw/user/main.aspx?Lang=2>



There are two species of winter migrating butterflies in the world, the Mexican Monarch Butterflies and the Taiwanese Purple Crow Butterflies (*Euploea tulliolus*). The

Mexican Monarchs stay within temperate climate gorges, living in mountainous areas 3000 meters above sea level, unreachable even by cars. Because of the low temperature, they usually cluster in tight packs on trees and are rarely active. Most often it is a silent admiration of them.



Besides the numerous commercially operated springs, the Maolin National Scenic Area also boasts the most extensive distribution of natural stream

springs in Taiwan. Within the region there are Lakusih Stream (Gold Stream) and Fusing Hot Springs of Taoyuan District, Laolao Hot Springs of Gaojhong, Baolai Hot Springs, Bulao Hot Springs, Shihdong Hot Springs and Cikeng Hot Springs of Liugui District, and finally, Hongchen Gorge Hot Springs of Maolin District.

In Taiwan, one should recognize and learn about the earliest inhabitants of the island, the aborigines and their culture. Aboriginal traditions tell us that the earliest aboriginal



tribes were equivalent in structure to countries in modern times. Each tribe had its own tribal territory, tribal council, rituals and ceremonies, festivals and even foreign diplomats for contacting other tribes. Within a tribe, the leader was the chief, or the elder in a family. Since everything was organized similarly to a country, they believed that their tribes were nations.



Soar up into the blue sky, enjoy a bird's eye view of mountains and forest, and fulfill your dream of flying. Saijia Aviation Park and landing ground have stable upwards air currents because of

protection given by the Central Mountain Range. From the air you can see out across the flat land for miles around, taking in views of crop fields, forest, streams and villages. The landing field is on a flat river plain near the mountain highway, making transport very convenient.

The most exhilarating outdoor activity that also saves energy at the same time is a tour of biking with the winds. While communicating with Mother Nature through sweat and energy, and experiencing the best of views on one's bike, the companionship of the winds will allow you to enjoy the liberation of your soul even more.



Meinong (美濃區)



Meinong once the centre of a thriving tobacco industry, has now refashioned itself as a rural retreat. Fortunately, its popularity hasn't yet ruined the very reasons people want to come here. The countryside is still covered with fields of bananas, tobacco and rice, people still smile at strangers from their front porches, and everyone wants to know your story. Meinong was settled about 200 years ago by Hakka immigrants. While the Hakka make up about 10% to 15% of the population of Taiwan, in Meinong the percentage goes up to 95%. The Hakka are traditionally seen as a hard-working people, who value education, and little Meinong can count a disproportionate amount of PhDs (and in the past, imperial scholars) among its population. Winter is our favorite time to go, as the weather is perfect – warm and dry – and the tourists are few. And, around Chinese New Year farmers plant colorful cosmos flowers in the fallow fields to help restock the soil before the next growing season. It's a lovely sight.

Chishan District (旗山區)



Original name meant "Sweet Potato Cottage", a result of being located where businessmen built cottages from which to buy the local sweet potato crops. Later the village was named Chishan, meaning "flag mountain", in reference to the mountain range lying to the east. Chishan is also famous for banana production, and you can find many banana-shaped decorative art works around town. You can also visit Chisan Living Cultural Park, Confucius Temple, Old street, Railway station, and St. Joseph's Catholic Church in the area.

Fo Guang Shan & Memorial Buddha Center (佛光山&佛陀紀念館)



30 hectares in Dashu district in Kaohsiung, literally "Buddha's Light Mountain" is an international Chinese Mahayana Buddhist monastic order based in the Taiwan, and one of the largest Buddhist organizations. The headquarters of Fo Guang Shan, located in Kaohsiung, is the largest Buddhist monastery in Taiwan.

The organization itself is also one of the largest charity organizations in Taiwan.

Gangshan District (岡山區),



In 1920, the former town of Agongdian (阿公店) was renamed Gangshan by the ruling Japanese and was made the site of a Japanese airbase. The town suffered heavy bombardment in World War II. Following the Kuomintang takeover after the war, Gangshan continued to host Gangshan Air Base. The district is currently home to Taiwan's Air Force Academy, the Air Force Institute of Technology, and an air force museum. It will be linked to Kaohsiung by the Gangshan South station of MRT Red Line. The district is also famous for mutton.

I. Festivals

Month	Holidays/Festivals	Activities
January	<ol style="list-style-type: none"> 1. 1/1 New Year holidays 2. 1/1 (lunar) Chinese New Year 3. 1/9 (lunar) Birthday of the Emperor of Heaven 4. 1/15 (lunar) Lantern Festival 	Lantern Festival: Yicheng Hall on Santo road holds Chikuei activity (worshipping tortoise-shaped food or items for longevity); celebrations are held at the Love River and in Cultural Center; Kuant Temple offers free noodles; Houchin holds Kanwei Festival.
February	<ol style="list-style-type: none"> 1. 2/19 (lunar) Birthday of Mercy Buddha 	Celebrations are held in Taitien Temple, in Yiencheng district
March	<ol style="list-style-type: none"> 1. 3/23 (lunar) Matsu's Birthday 	<p>During this month, Kapoks and torch lilies are in full bloom while mynas, Phillipine glossay starlings and Chinese bulbuls feast on nectar in gardens.</p> <p>Matsu's Birthday : Chichin Matsu Temple holds parade tour for the goddess.</p>
May	<ol style="list-style-type: none"> 1. Mother's Day 2. 5/5 (lunar) Dragon Boat Festival 	<ol style="list-style-type: none"> 1. Mother's Day: Sales promotions held in department stores. 2. Dragon Boat Festival : dragon boat races are held on the Love River
June	<ol style="list-style-type: none"> 1. Flame flowers bloom 2. 6/24 (lunar) Kuant's Birthday 3. 6/28 (lunar) Yiya Festival (Birthday of the Master of Cooking) 	<ol style="list-style-type: none"> 1. Kuant's Birthday : Yenchen Kuant Temple holds parade tour for the deity. 2. Yiya Festival : Contests on "eating" are held in this annual event.
July	<ol style="list-style-type: none"> 1. 7/7 (lunar) Chinese Valentine's Day 2. 7.15 (lunar) Festival for the Deceased 	<ol style="list-style-type: none"> 1. Chinese Valentine's Day celebrations 2. Religious ceremonies dedicated to the dead are performed in temples.
August	<ol style="list-style-type: none"> 1. 8/15 (lunar) Mid-Autumn (Moon) Festival 	Fireworks display by the Lover River
September	<ol style="list-style-type: none"> 1. 9/28 Confucius's Birthday (Teacher's Day) 2. 9/9 (lunar) Birthday of Nocha (a Chinese deity) 	Confucius's Birthday: Commemorative rituals are held in Confucius's temples
October	<ol style="list-style-type: none"> 1. 10/10 National Day 	National Day celebrations
November	<ol style="list-style-type: none"> 1. Anniversary of department store(s) 	Sales promotions
December		New Year shopping at Sanfengchung(三鳳中街) Street

J. Garbage Cleaning and Disposal



The Environmental Protection Administration will ask people to separate all garbage into three categories: **general garbage, recyclable garbage, and food waste**. Residents are required to dispose their garbage into garbage truck, recycling truck and food waste barrel respectively and no one should leave their garbage on the ground. Any violation will result a fine from NT\$ 1,200 to NT\$ 6,000. Kaohsiung City is a city that has both an international harbor and heavy industry. The continuously growing population has already reached 2.7 million. Otherwise, due to the prosperous economy, the amount of garbage has been growing. To match the urbanization development and the real needs of the city, the transporting of garbage mainly uses sealed compressive environmental protection vehicles, and the container compressive environment protection vehicles can also assist. The total number of vehicles is 298, and they will be responsible for the cleaning and transporting of garbage in the city.

Following the increase of population and the development of industries and businesses, all kinds of social and economic activities are more frequent, and the increasing needs from environmental resources have also increased the load on the environment. To resolve the problem of garbage and also respond to the policy of waste reduction and recycling from Environmental Protection Administration (EPA), Executive Yuan, the bureau has been working hard on recycling, education, and promotion. Establishing people's concepts on waste reduction and recycling. To cooperate with recycling activities, the "Enforcement on Garbage Classification" was implemented on January 1, 2001 to urge the citizens to classify and recycle the garbage and make the recyclable materials have sustainable use.

[Recycle Items]

Recyclable Garbage

Waste Paper

Metal (Iron, Aluminum)

Waste Containers (PET, PVC, PE, PP , unexpandable PS)

Glass Bottles (Clear, Brown, Green)

Used Clothes

Paper Containers)

Teltra Pak Brand Containers

Waste Tire from Vehicles or Motorcycles

Television, Refrigerator, Washing Machine, Air Conditioner, Computer

Thermos bottle, Electromagnetic oven, Rice Cooker, Electric Fan, Microwave, Oven, Centrifuge Dryer, Dryer

Disposable Dining Utensils (include paper made, styrofoam made, and plastic made)

Waste Mobile phone

Waste CD-ROM

Hogwash, Swill, kitchen Waste

Hazardous Garbage

Waste Dry Batteries

Waste Lead-Acid Accumulators

Environmental Agents Containers

Agriculture agents containers

Fluorescent Tube

K. Tap Water

I. Tap water quality in Taiwan:

Tap water supply in the Republic of China is both safe and convenient. The quality meets international standards and over 99 percent of quality tests pass the criteria set by the environmental protection organizations. But people in Taiwan still maintain the habit of boiling the water before drinking. Users need not worry about water quality as long as they pay attention to the installation and maintenance of water supply equipment (like water pools, water tanks, pipelines, etc.).

II. Water bills:

Consumers have a wide variety of choices to pay their water bills

- A. At service counters of the offices of the TWD or the water company.
- B. At 24-hour convenience stores (7-Eleven, FamilyMart chain stores, etc.)
- C. Financial institutions: sign an agreement to authorize a bank or post office that will regularly deduct payment from your account).
- D. Bank deposit transfer: (procedure like the above item)
- E. Online banking service
- F. At automated teller machines (ATMs)
- G. Pay via credit card account.

IV. Cultural Differences

In general

As you may already realize living and working in Kaohsiung can be a great challenge for Westerners, as it is significantly less accustomed to Western culture as Taipei. You very well may find that some people you encounter have never seen a foreigner, let alone know one personally. This can make for a great learning experience for all involved. Unfortunately it can also lead to frustration, irritation, and inadvertently becoming offended. While it would be impossible to outline or predict all of the cultural differences you will encounter, here are some that you may definitely want to keep in mind.

Staring

Living and working in Kaohsiung you will need to become accustomed to being stared at or watched for no particular reason. In Taiwan staring by children or adults is not considered rude or impolite, but rather an expression of curiosity. While it can be highly frustrating, embarrassing, nerve wracking, or offensive, try to keep in mind that most times it is truly not ill intended. During the first few weeks at your new school do not be surprised if you are watched at all times and in all places. Students will be fascinated at the way you do everything from drink your tea, eat your lunch, and even use the bathroom! Once you are settled and have interacted with the students on a daily basis the stares will taper off and you will find yourself in the spotlight less and less. Most of all try to have a good attitude about it. Even once you are in Kaohsiung for one year almost, everyday you leave your house may still be someone's first encounter with a foreigner and the stares will follow.

Personal Space

You may also find that personal space and barriers are different here in Taiwan. Very often people may stand, sit, walk or drive extremely close to you. This may be quite off putting at first but you will adjust and become more comfortable with it.

Physical Differences

As westerners your bodies will be a source of great curiosity to many of your students and peers. Many people will be fascinated at physical differences like curly hair, large noses, curvaceous figures, or bulky statures. You may receive stares, comments, or questions about these differences that you may find offensive or embarrassing. You may also find that some students are so curious about your physical features they will touch and grab at you. Many are curious at the texture of

your hair or skin. The best way to stop this behavior is to inform them right away this is not something you will allow. If you feel unable to do so, speak to your co-teacher and ask her/him for help.

This can be a good opportunity for cultural exchange. You can take this chance to explain to your students or colleagues or co-teacher that this line of questioning or commenting is considered impolite. It may also be an interesting way to explain the many different types of people who live in America. In addition you may want to be careful of what types of clothing you wear while at school. You may want to choose clothing that does not accentuate some of the more obvious physical differences. For female, you may want to shy away from any clothing that is too revealing, snug fitting, or draws attentions to your curves. Save yourself the embarrassment or irritation of having someone asks you to dress differently and reserve this type of clothing for weekends or trips to Taipei.

Privacy

As you may have heard before many topics that are considered private are commonly discussed in Taiwanese culture. This goes for your students and fellow teachers as well. Do not be surprised if you are asked very early on how much money you make, pay for rent, and paid for your airfare. Additionally many people will want to know the price of American goods and services and salaries. When explaining or answering questions on salaries you may want to put it in a context of the cost of living in America. Ultimately you must decide how comfortable you are answering these types of questions. You can politely decline to answer if you choose. In addition to questions about money, the Taiwanese will also love to ask you about your love life, martial status, and personal affairs. This is truly seen as taking an interest in your life and not intended to be invasive. While you may not be comfortable telling complete strangers your relationship status, answering is harmless and often provides some common ground for conversation.

※If any topics or questions make you feel uncomfortable or you really don't want to answer, you can say: "**ting bu dong**" (This is a Mandarin, that means "I don't understand what you said.") Or you can say: "Sorry, it's a top secret. I can't tell you."

Under each heading will be several examples of cultural differences between Taiwan and the United States. Within these examples, an explanation and a potential solution to combat these differences are provided. Please note that this is NOT an extensive list! This merely scratches the surface and you'll encounter more during your time in Taiwan. =)



School Life

1) Students take school supplies very seriously in Taiwan.

For some reason, students love their stationary and school supplies. Be warned that students will play with anything inside of their pencil cases during class. From erasers to pens and even their personal name stamps and small cutting knives, they have everything in their arsenal. Because they love their school supplies, they'll also be reluctant to share with those who didn't bring anything with them to class.

Talk with your coteacher about how to cut out the distractions during your lessons.

2) Competition is everywhere.

In Taiwan, they have Reader's Theater competitions, English song competitions and every other competition you can think of in and out of the classroom. It wouldn't be out of the ordinary to see at least one instance of students competing against each other during classroom activities. This is also a method of getting the students to participate.

*Try tying any competitions to your incentive system, either through competition between classes or tables. *



3) Your students go to more school after school.

Many students go to cram school or bushiban. The amount of time they spend at cram school and the quality of their time there is highly dependent on how much their parents are willing to spend. This creates a huge gap between high and low students.

Having high-level students help low-level students and having activities for all levels is important

Appearance

1) People will stare at you on the streets.

Whether it's an old Taiwanese man on the street or a little girl on the MRT, you're bound to hear “外國人，外國人！” (foreigner). To them, people who don't look Asian, are exotic, for better or worse. Some places are more rural than others, but you'll always come across someone who has never seen a foreigner before. Cue the stares and turning heads.

One of your roles as an ETA is to be a cultural ambassador. It will get old, but embrace it and spread the multiculturalism. Not all Americans look alike!

2) “Fat” is not as negative in Taiwan as it is in the States.

“Fat” is often used as an adjective, sometimes even used as an endearment. You may hear someone's nickname being “小胖子” (“little fatty” or “chubby”). The Taiwanese aren't as sensitive to it, however when coming from the States, you may be taken aback by it.

Take time to educate those around you that being called “fat” is not as neutral in our culture as it is in theirs.

3) People are covered from head to toe.

In Taiwan, getting a tan is not a recreational activity. To ensure that their skin stays light, people will wear jackets and long pants to cover their body while scootering, exercising or any time they're out in the sun. Umbrellas with UV protection are also very common in Taiwan. Sun protection is taken seriously here!



If you don't want to go to these extremes, keep your sunscreen handy.

Customs

1) Taiwanese language 台語

In Southern Taiwan, they are really pushing for the younger generation to learn Taiwanese. Parents will speak to their children in Taiwanese and you'll see students learning it in school as early as third grade. As a foreigner, knowing Mandarin will be surprising, but if you really want to give them a shock, speak to them in Taiwanese! Be warned, with more tones and sounds, Taiwanese is more difficult than you think.

*Ask your students to teach you a word every now and then!

Who can say no to free Taiwanese lessons?*

2) Squat Toilets

In Taiwan, they don't always have the western toilets like in America. Instead, they have "squat toilets" or "squatty potties". These are ubiquitous around schools and other public places. These bathrooms may not supply any toilet paper or soap, so you'll need to provide your own. In Taiwan, this means little packets of tissues are used as toilet paper.



Always carry tissues and hand sanitizer for sanitary reasons.

Food

1) What am I eating?

Many Asian cuisines make use of every animal body part in their meals and Taiwan is no exception. You may be invited to a dinner where the food cannot be readily identified. That may scare you, but it is part of the experience.

Be open-minded and embrace it! Part of the reason why you are in a foreign country is to learn about their culture. Try everything at least once and be adventurous!

2) Restaurant Etiquette

In Taiwanese restaurants, they do not accept tips. They'll chase after you if you give them extra money. The reason for this is because they either have the customer get their own utensils and drinks or they already include a service fee in the bill.

If you're not sure what to do, observe and follow the other customers. Otherwise, feel free to make mistakes and get a learning experience out of it!

3) Family-style meals

In Taiwan, and many Asian countries, family-style meals are everywhere and you'll commonly see people sharing multiple dishes at restaurants. This may be different because Americans tend to order for themselves at restaurants, rather than sharing with each other.

If you try family style meals, you will have the opportunity to sample many kinds of dishes!



-2014-15 Kaohsiung Fulbright ETA

V. Useful Chinese Expressions

English	普通話/ 國語/ 華語 (Mandarin Chinese)
Welcome	歡迎光臨 [欢迎光临] (huānyíng guānglín)
Hello	你好 (nǐ hǎo), 您好 (nín hǎo) - frm 喂 (wéi) - on phone
How are you?	你好嗎? [你好吗] (nǐ hǎo ma)
I'm fine, thanks. And you?	我很好，你呢? (wǒ hěn hǎo, nǐ ne)
Long time no see	好久不見 [好久不见] (hǎojiǔ bújiàn)
What's your name?	您貴姓大名? [您贵姓大名?] (nín guìxìng dà míng) (frm) 你叫什麼名字 [你叫什么名字] (nǐ jiào shénme míngzi)
My name is ...	我姓 ... (wǒ xìng ...) 我叫 ... (wǒ jiào ...)
Where are you from?	你是從那裡來的? [你是从哪儿来的] (nǐ shì cóng nǎlǐ/nǎr lái de) 你是哪國人? [你是哪国人] (nǐ shì nǎguórén)
I'm from ...	我是從 ... 來的 (wǒ shì cóng ... lái de) 我是 ... 人 (wǒ shì ... rén)
Pleased to meet you	很高興認識你 [很高兴认识你] (hěn gāoxìng rènshi nǐ) 我很高興跟你見面 [我很高兴跟你见面] (wǒ hěn gāoxìng gēn nǐ jiànmiàn) 幸會 [幸会] (xìnghuì)
Good morning	早安 (zǎoān) 早上好 (zǎoshànghǎo) 早晨好 (zǎochénhǎo) 你早 (nǐzǎo)
Good afternoon	午安 (wǔān)
Good evening	晚安 (wǎnān) 晚上好 (wǎnshànghǎo)
Good night	晚安 (wǎnān)
Goodbye	再見 [再见] (zàijiàn) 拜拜 (bàibài)
Good luck	祝你好運 (zhù nǐ háoyùn)
Cheers/Good health!	乾杯! [干杯!] (gān bēi) - lit. "dry glass"
Bon appetit	慢慢吃! (mànmàn chī!) - <i>eat slowly</i> 請慢用 [请慢用] (qǐng màn yòng) - <i>please eat slowly</i> 請入席 [请入席] (qǐng rù xí) - <i>please be seated</i> - frm
Bon voyage	一路順風 [一路顺风] (yī lù shùn fēng) 一路平安 [一路平安] (yī lù píng ān)

I don't understand	我聽不懂 [我听不懂] (wǒ tīngbùdǒng) 我不懂 (wǒ bùdǒng), 我不明白 (wǒ bù míngbai)
Please say that again	麻煩你再說一邊 [麻烦你再说一边] (máfan nǐ zài shuō yībiān) 請你再說一次好嗎? [请你再说一次好吗?] (qǐng nǐ zài shuō yīcì hǎo ma?)
Please speak more slowly	麻煩你講慢一點 [麻烦你讲慢一点] (máfan nǐ jiǎng màn yīdiǎn)
Please write it down	麻煩你寫一下,好不好? [麻烦你写一下,好不好?] (Máfan nǐ xiě yīxià, hǎo bù hǎo?)
Do you speak Mandarin?	你會不會講國語 / 華語? [你会不会讲普通话?] (nǐ huìbúhuì jiǎng guóyǔ/huáyǔ/pǔtōnghuà?)
Yes, a little	會, 一點點 [会, 一点儿] (huì, yīdiǎndiǎn/yīdiǎnr)
How do you say ... in Mandarin?	... 中文怎麼說? [... 中文怎么说?] (... zhōngwén zěnmě shuō)
Excuse me	請問 [请问] qǐngwén - to attract attention (lit. "may I ask") 對不起 [对不起] duìbùqǐ - asking people to move
How much is this?	這個多少錢? [这个多少钱?] (Zhège duōshǎo qián?)
Sorry	對不起 [对不起] duìbùqǐ 抱歉 bàoqiàn
Thank you	謝謝 [谢谢] (xièxie) 感謝你 [感谢你] (gǎnxiè nǐ) 非常感謝(你) (fēicháng gǎnxiè (nǐ))
Response	不客氣 [不客气] (bú kèqi) 不用謝 [不用谢] (bú yòng xiè) 沒關係 [没关系] (méi guānxi) 沒問題 [没问题] (méi wèntí)
Where's the toilet?	廁所在哪裡? [厕所在哪里?] cèsuǒ zài nǎli? 洗手間哪裡? [洗手间在哪里?] xǐshǒujiān zài nǎli?
I love you	我愛你 [我爱你] (wǒ ài nǐ)
Get well soon	快點好啦 [快点好啦] (kuài diǎn hào la) 祝您早日康復 (zhù nín zǎori kāngfù)
Leave me alone!	不要打擾我! [不要打扰我!] (búyào dǎrǎo wǒ) 別管我! (bié guǎn wǒ)
Help! Fire! Stop!	救命啊! (jiùmìng ā!) 火啊! (huǒ a!) 停! (tíng!) 停下! (tíngxià!) 停車! [停车] (tíng chē) <i>when in vehicle</i>

	站住! (zhànzhù) <i>to someone on foot</i> 立正 (lìzhèng) - <i>halt! used by the military</i>
Call the police!	叫警察! (jiào jǐngchá)
Merry Christmas and a Happy New Year	聖誕快樂 新年快樂 [圣诞快乐 新年快乐] (shèngdàn kuàilè xīnnián kuàilè) 恭喜發財 [恭喜发财] (gōngxǐ fācái) - <i>used at Chinese New Year</i>
Happy Easter	復活節快樂 [复活节快乐] (fùhuójié kuàilè)
Happy Birthday	生日快樂 [生日快乐] (shēngrì kuàilè)

