

2021 Taipei Tech

INTERNATIONAL STUDENT HANDBOOK

國際學生手冊

宿舍管理員

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電話：
Email：
辦公室地點：行政大樓一樓

教官

姓名：
電話：
Email：
辦公室地點：行政大樓一樓

系所、學院辦公室

姓名：
電話：
Email：
辦公室地點：

導師

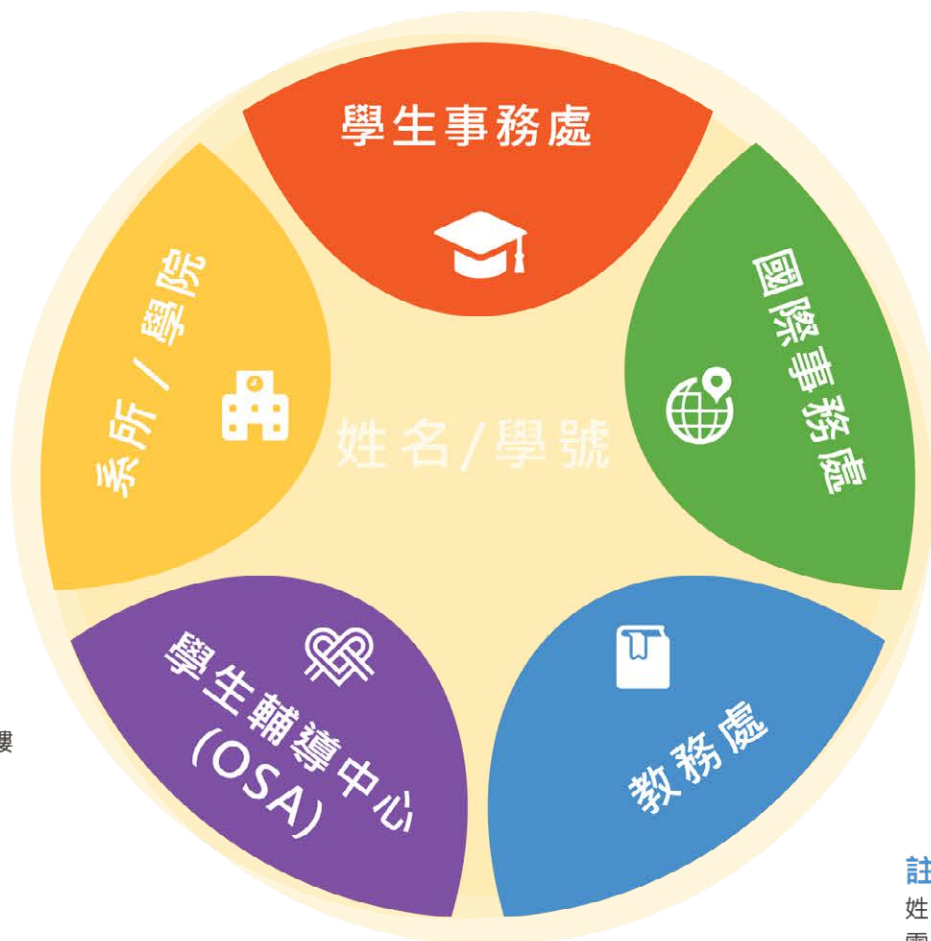
姓名：
電話：
Email：
辦公室地點：

心理師

姓名：
電話：
Email：
辦公室地點：國父百年紀念館二樓

學院個管師

姓名：
電話：
Email：
辦公室地點：國父百年紀念館二樓



工作許可證

姓名：
電話：
Email：
辦公室地點：第二教學大樓一樓

獎學金

姓名：
電話：
Email：
辦公室地點：第二教學大樓一樓

健康保險

姓名：
電話：
Email：
辦公室地點：第二教學大樓一樓

註冊、選課系統

姓名：
電話：
Email：
辦公室地點：行政大樓二樓

Dormitory Manager

Name :
Contact No:
Email :
Office Location :1F, Administration Building

Military Instructor

Name :
Contact No:
Email :
Office Location :1F, Administration Building

Advisor

Name :
Contact No:
Email :
Office Location :

College Office / Department Admin

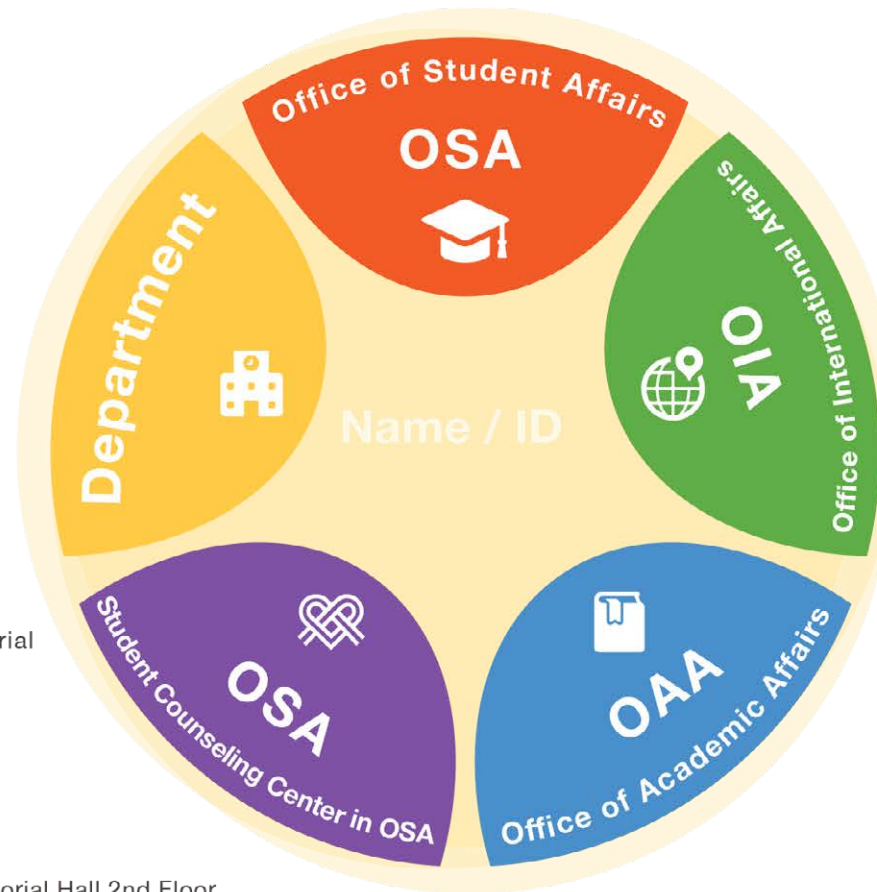
Name :
Contact No:
Email :
Office Location :

Counselor

Name :
Contact No:
Email :
Office Location :Sun Yat-Sen Memorial
Hall 2nd Floor

Case Manager

Name :
Contact No:
Email :
Office Location :Sun Yat-Sen Memorial Hall 2nd Floor



Work Permit Application

Name :
Contact No:
Email :
Office Location :1F, 2nd Academic Building

Scholarships

Name :
Contact No:
Email :
Office Location :1F, 2nd Academic Building

National Health Insurance

Name :
Contact No:
Email :
Office Location :1F, 2nd Academic Building

Enrollment/Course Selection

Name :
Contact No:
Email :
Office Location :2F, Administration Building

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01

邁向學業成就

Aim For Academic Success

課業要求	Academic Requirements	01
語文能力	Language Abilities	03
校內資源	On-Campus Resources	13
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學分規範

	大學部	研究所
僑生	一、二、三年級，不得少於 16 學分 ；	研究生每學期所修學分數， 不得少於 3 學分，不得多於 13 學分 管理學院所屬日間部碩士班學生（不含外國學生專班）不得多於 16 學分
陸生	四年級，不得少於 9 學分	
外籍生	一、二、三年級，不得少於 12 學分 ； 四年級，不得少於 9 學分	

- 僑生、港澳生、陸生、外國學生學期學業成績不及格科目之學分數，達該學期修習學分總數**三分之二**，連續兩次者，學校得予以退學。
- 但學期修習科目在九學分以內，不在此限。
- 休學前後之學期視同連續。

Course Credit Regulations

	Undergraduate	Graduates
Overseas Chinese Students	No less than 16 credits per semester for Freshman, Sophomore and Junior year;	For master students, not less than 3 credits, but no more than 13 credits per semester;
Mainland Chinese Students	No less than 9 credits for Senior year	For master students from the College of Management Day Program (international program excluded), no more than 16 credits per semester.
International Students	No less than 12 credits per semester for Freshman, Sophomore and Juniors; No less than 9 credits for Senior year	

- For international students, failure to pass two-third of the total credits enrolled in two consecutive semesters could be withdrawn from school
- Students taking 9 credits or below in a semester are excluded by the above regulation.
- Semester before and after Suspension are viewed as consecutive semesters.

1-2 語文能力

華語文中心課程

- 客製化語言課程
- 一般華語文課程
- 短期語言課程
- 短期語言和文化體驗活動
- 企業參觀
- 臺北科大實驗室參觀
- 青少年兒童語言營隊 (夏、冬令營)
- 專案計畫 (與臺北科大學生合作)



華語文中心課程

1-2 Language Abilities

Language Courses at the Chinese Language Training Center (CLTC)

- Customized Language Programs
- Regular Chinese Language Courses
- Short-term Language Programs
- Short-term Language and Cultural Experiences
- Corporate Visits
- Taipei Tech Lab Tours
- Language Camps (in Summer/Winter)
- Projects (with Taipei Tech students)



Language Courses



客製化語言課程

- 提供客製化語言課程給個人、團體、公司和組織
- 參與客製化語言課程者為在台工作的外國人以及來自不同國家的國際學生

一般華語文課程

- 每周兩堂課，每堂課兩小時，適合日程繁忙的國際學生
- 包含不同級別課程，從基礎、中級、高級到商業華語

Customized Language Programs

- Customized language programs for individuals, groups, companies, and organizations.
- Participants are foreigners working in Taiwan as well as international students from different countries.

Regular Chinese Language Course

- The course is two hours a day, two days a week, suitable for international students with busy schedules.
- The courses cover different levels ranging from basic, intermediate, advanced, to business Chinese.



短期語言課程

- 短期華語文課程（定期開設）
- 此課程適合無法固定時間上課或學期中參與的學生。

短期語言與文化體驗活動

- 短期華語文和主題式文化體驗活動（不定期舉辦）
- 提供客製化或針對特定主題舉辦的短期華語文和文化體驗活動

Short-term Language Programs

- Short-term Chinese courses (run on a regular basis).
- Suitable for students who cannot attend classes regularly, and who join in the middle of a term.

Short-term Language and Cultural Experiences

- Short-term Chinese courses and themed cultural events (held irregularly).
- The language and cultural courses can be customized or designed for a specific theme.



企業參觀 & 臺北科大實驗室參觀

- 參加企業參觀的國際學生將獲得第一手機會了解台灣企業的營運模式並結合理論和實務。
- 參觀台灣知名企業、科學工業園區和臺北科大實驗室，促進雙邊教育交流。

語言營隊 (夏、冬令營)

- 以體驗式教學提升學生對華語文的學習熱忱，透過動手做、獨立思考來達到創意發想及創造

專案計畫 (與臺北科大學生合作)

- 透過專案計畫，讓國際學生體驗雙邊教育、台灣文化並與北科學生交流

Corporate Visits & Taipei Tech Lab Tours

- International students who attend corporate visits will have a first-hand opportunity to understand Taiwan corporate operations, and to combine theory and real-world practice.
- Visiting big-name enterprises, science-based industrial parks in Taiwan, and Taipei Tech laboratories facilitates bilateral educational exchanges.

Language Camps (in Summer/Winter)

- Enhance students' enthusiasm for learning Chinese through experiential teaching, and develop their creativity through hands-on activities and independent thinking.

Projects (with Taipei Tech Students)

- Through projects, international students get to work with Taipei Tech students and experience bilateral education in Taiwanese culture.

進修部推廣教育中心外語課程

【英語課程】

- 新聞英語聽力閱讀訓練班
- 實用美語 (美語輕鬆說)
- 多益 700 衝刺班

【日語課程】

- 日語基礎會話 -J1 班 (初級)
- 日語基礎會話 J3 班
- 中級日文班
- 日本人文與傳統娛樂

【多語課程】



進修部推廣教育
中心外語課程

Taipei Tech Extension Education Center Language Courses

【English Courses】

- English News Listening & Reading Training Class
- Applied English (Speaking) Class
- English Class Aiming For TOEIC 700

【Japanese Courses】

- Basic Conversation (Class J1)
- Basic Conversation (Class J3)
- Intermediate Japanese Language Class
- Japanese Culture & Traditions

【Other Foreign Language Courses】



Taipei Tech Extension Education
Center Language Courses



重要處室

【國際事務處】

- 服務項目：招生、獎學金、交換學生、工作證、全民健保
- 地點：第二教學大樓一樓



國際事務處

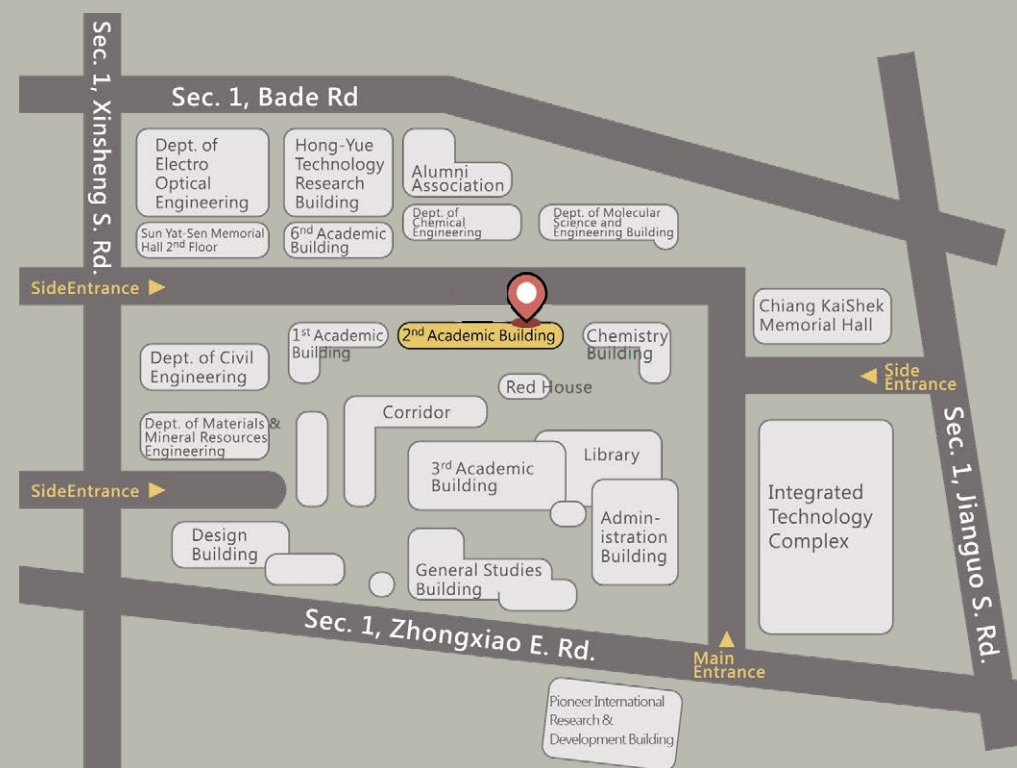
Offices You Should Be Familiar With

【OIA-Office of International Affairs】

- Duties: Enrollment, scholarship, student exchange, work permit, National Health Insurance
- Location: 1F, 2nd Academic Building



OIA



重要處室

【教務處】

- 服務項目：畢業證書、成績單、學生證申請、
跨校選課、休退學
- 地點：行政大樓二樓



教務處

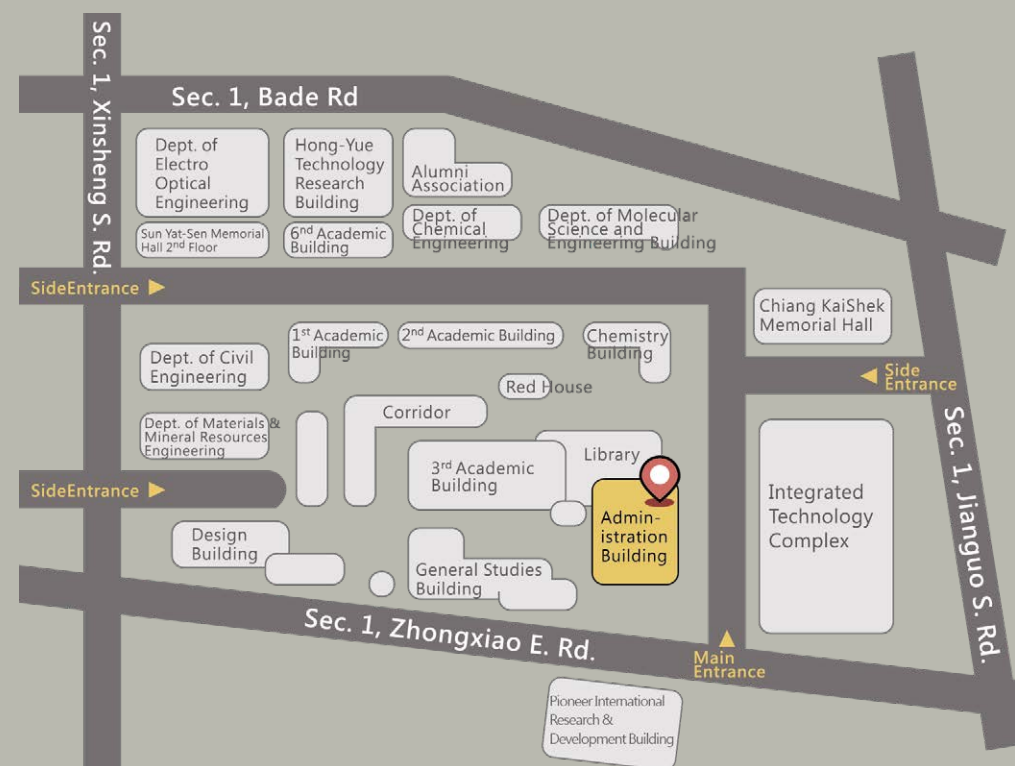
Offices You Should Be Familiar With

【OAA-Office of Academic Affairs】

- Duties: Issuance of Degree certificate / transcripts / student ID, inter-campus course selection, suspension and termination of studies
- Location: 2F, Administration Building



OAA



重要處室

【學務處】

- 服務項目：宿舍、學生社團
- 地點：行政大樓一樓



學務處

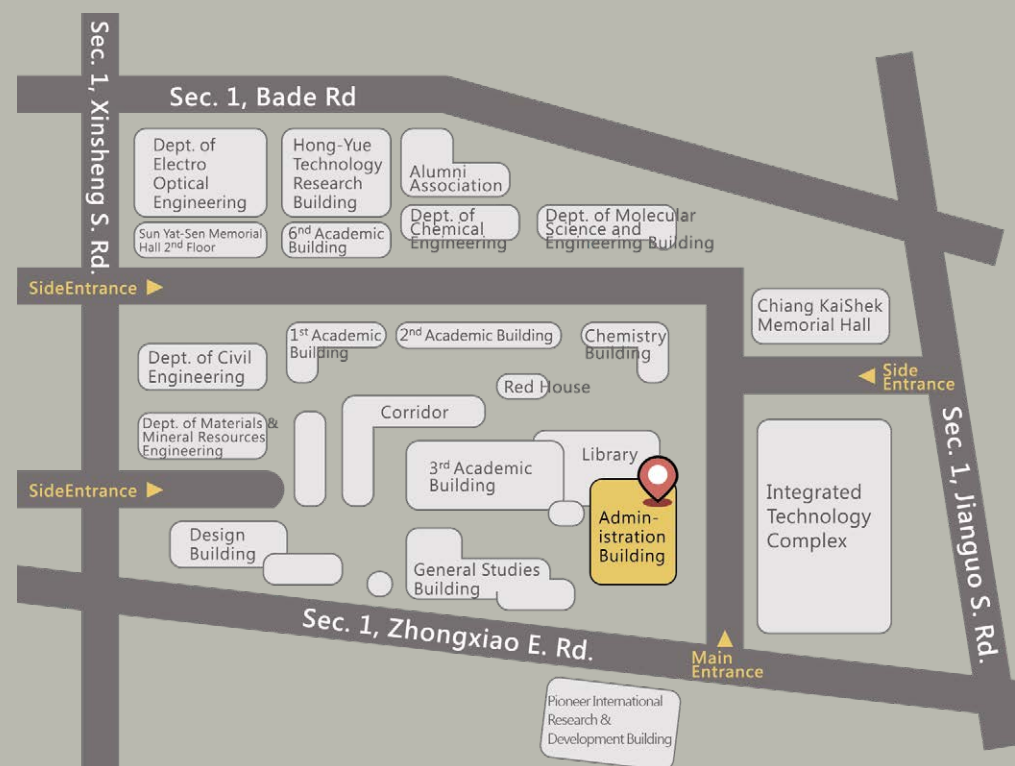
Offices You Should Be Familiar With

【OSA-Office of Student Affairs】

- Duties: Dormitory, student clubs
- Location: 1F, Administration Building



OSA



重要處室

【華語文中心】

- 服務項目：華語文課程、華語文營隊、文化體驗活動、專案計畫
- 地點：光華館二樓 216 室



華語文中心

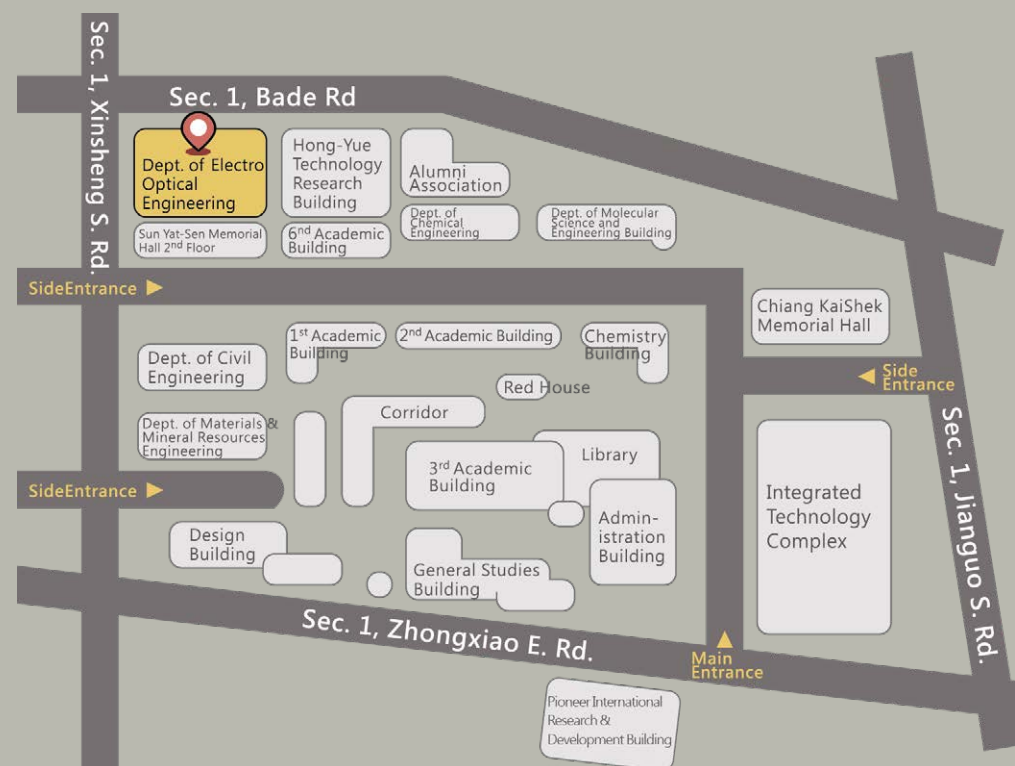
Offices You Should Be Familiar With

【CLTC-Chinese Language Training Center】

- Duties: Chinese Language courses, Chinese camps, Cultural events, and different Projects
- Location: Room 216, Dept. of Electro-Optical Engineering Building



CLTC



重要處室

【進修部推廣教育中心】

- 服務項目：各類語言課程
- 地點：宏裕科技研究大樓



進修部推廣教育中心

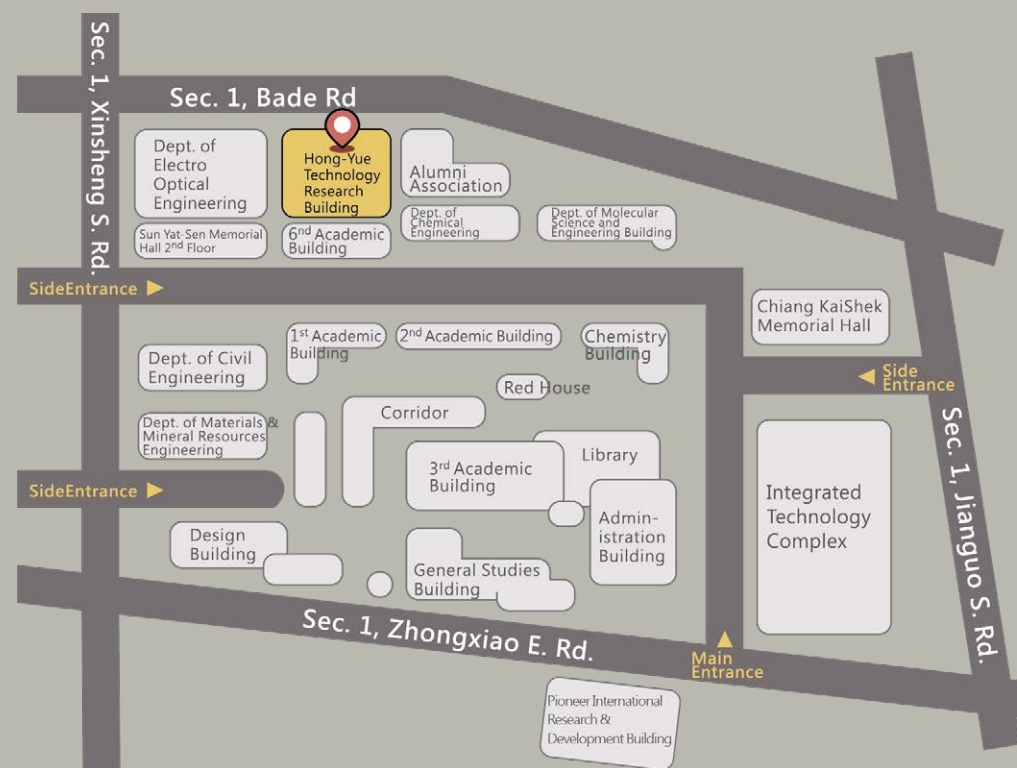
Offices You Should Be Familiar With

【Taipei Tech Extension Education Center】

- Duties : Different Foreign Language Courses
- Location : Hong-Yue Technology Research Building



Taipei Tech Extension Education Center



重要處室

【學生輔導中心】

- 服務項目：個人與團體諮商服務及心理資源、校園輔導服務
- 地點：國父百年紀念館二樓



學生輔導中心

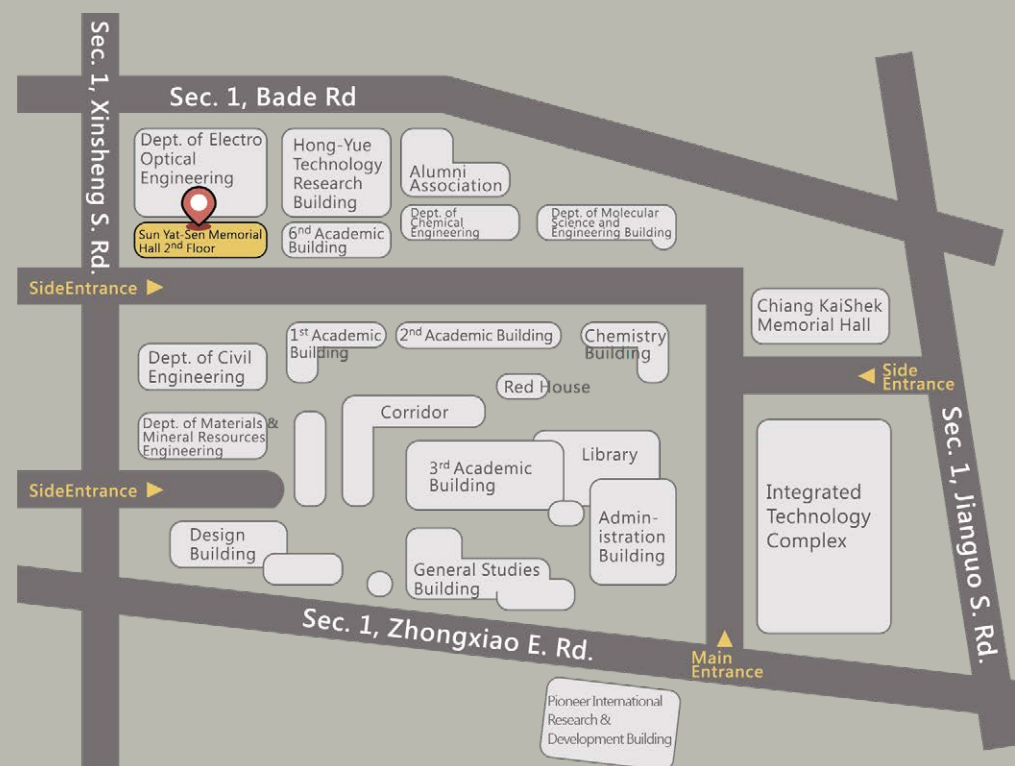
Offices You Should Be Familiar With

【Student Counseling Center】

- Duties: Individual and group counseling services, psychology resources, campus guidance services
- Location: Sun Yat-Sen Memorial Hall 2nd Floor



Student Counseling Center



重要處室

【聯合服務中心】

- 服務項目：中英文畢業證明書、在學證明書、學籍資料異動、學生證補(換)發、場地借用申請、請假證明等
- 地點：行政大樓後門、共同科館正門右前方處



聯合服務中心



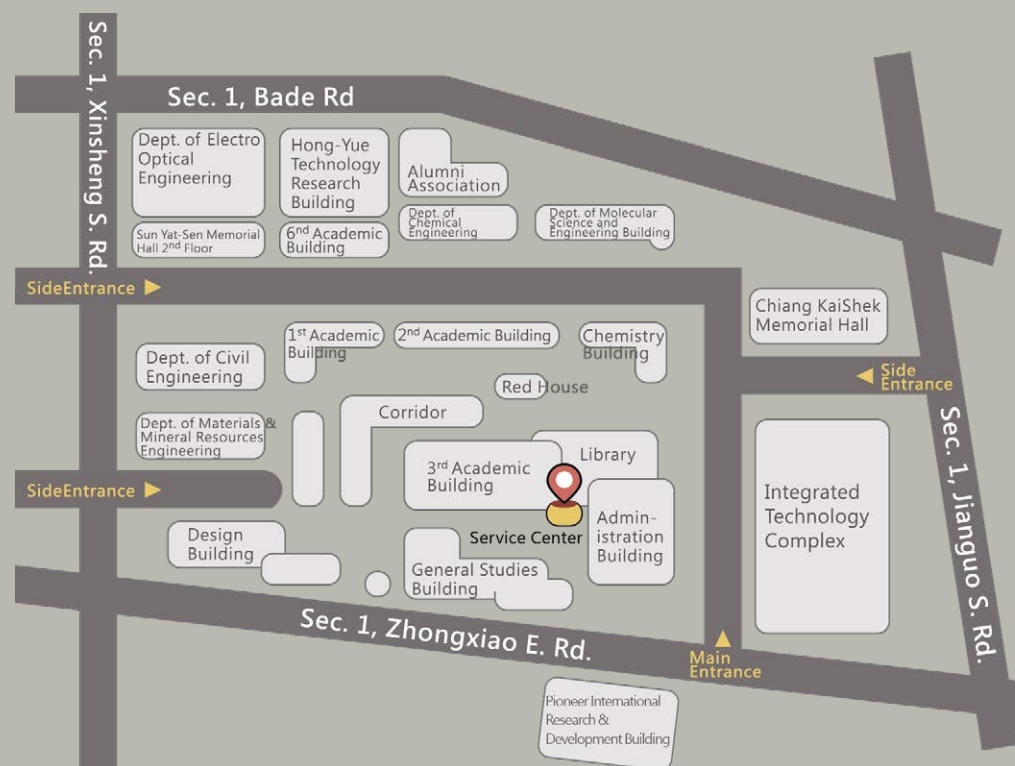
Offices You Should Be Familiar With

【Joint Service Center】

- Duties : Graduate Certificate, Certificate of Enrollment, Change of Student Data, Student ID Card, Area Rent Services, Student Leave Application etc.
- Location : Behind Administrative Building, Front-Right of the General Studies Building



Joint Service Center



重要處室

【圖書館】

- 服務項目：論文、書刊、影音資源等借閱服務、掃描影印服務、平板電腦、置物櫃借用服務
- 地點：圖書館



圖書館

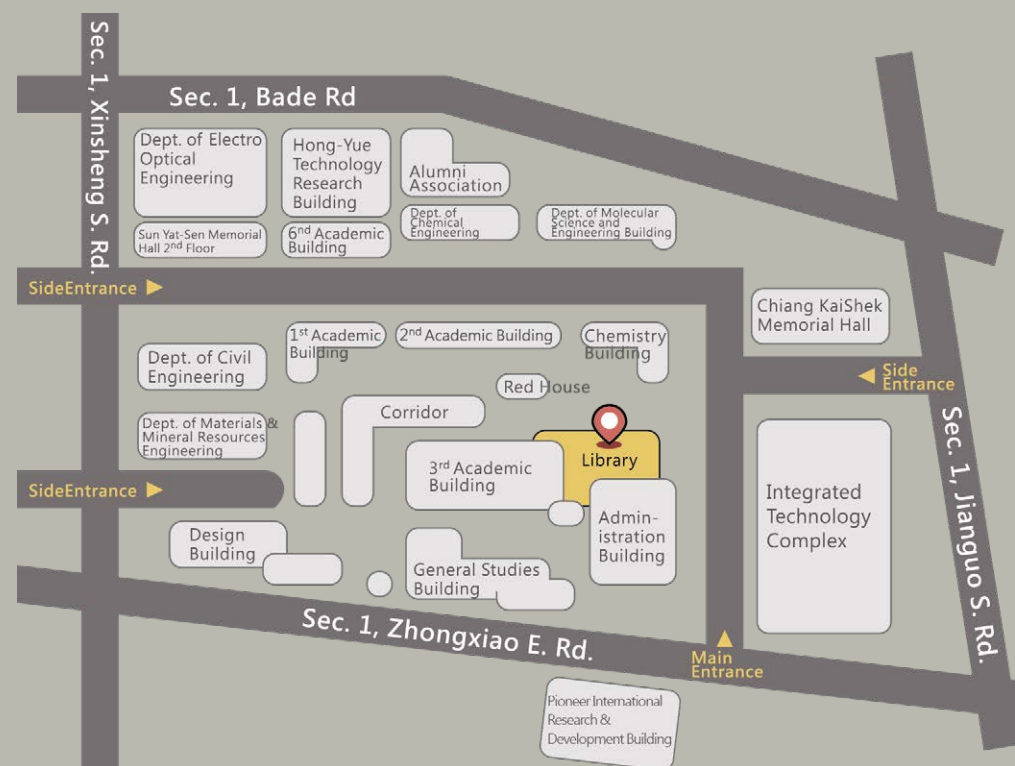
Offices You Should Be Familiar With

【Library】

- Duties: Thesis, books and documents borrowing services, tablet borrowing services, copy and scan
- Location: Library

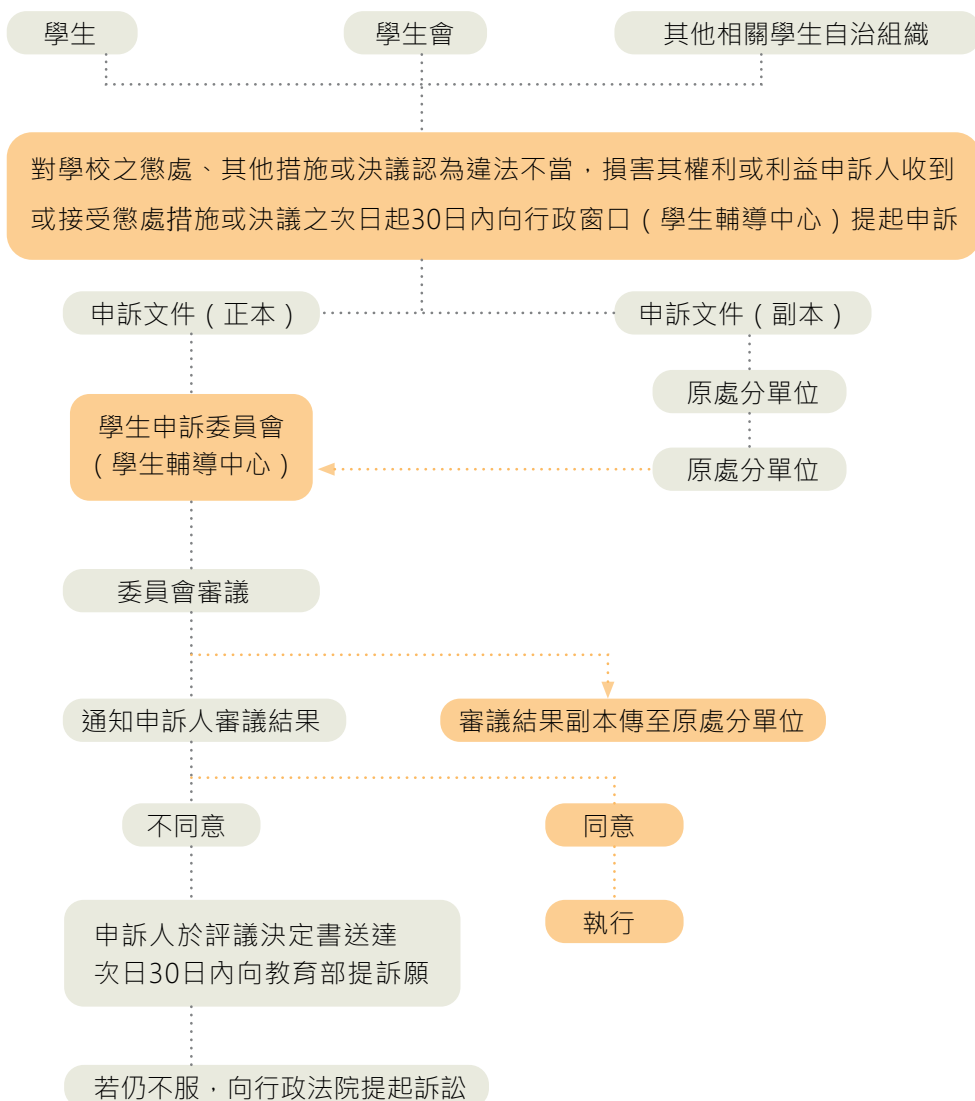


Library



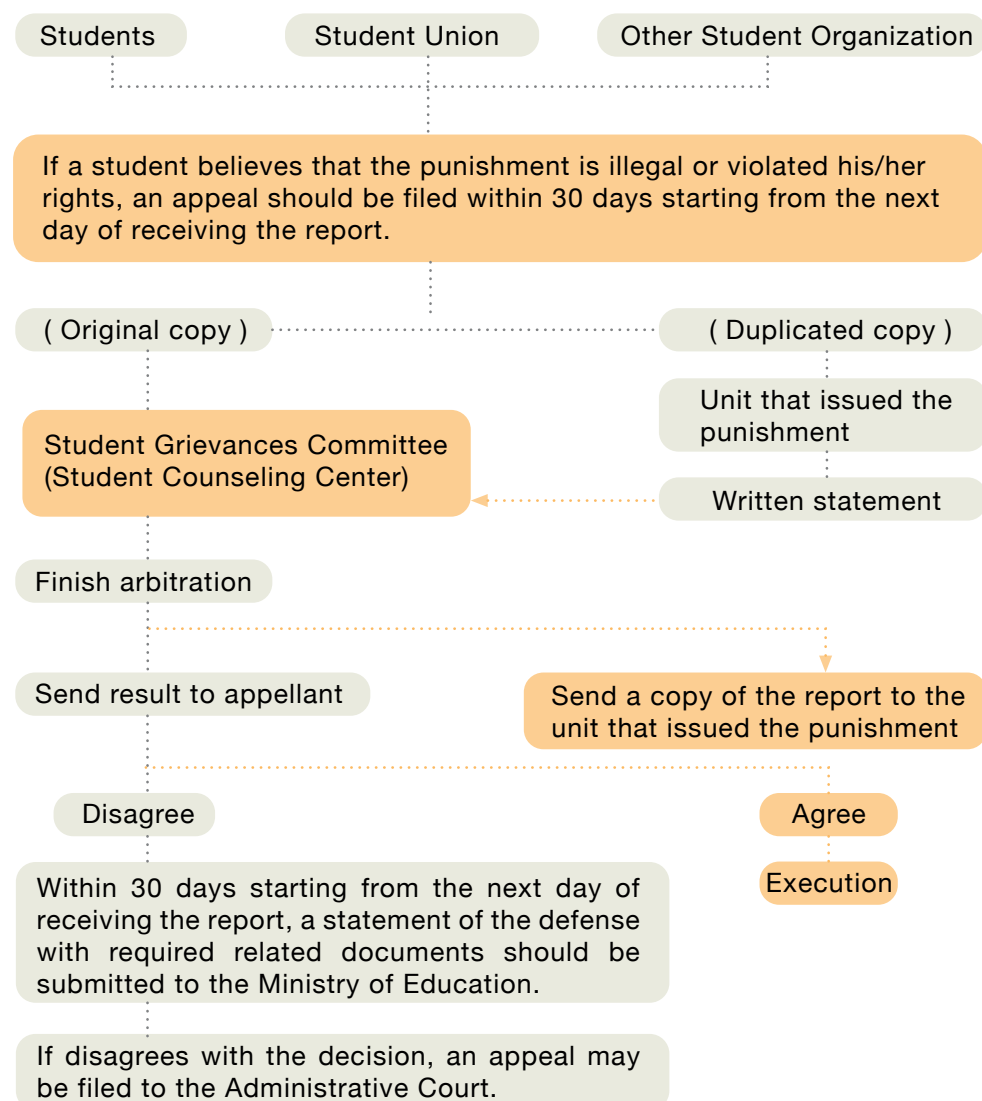
申訴制度 - 針對學校懲處或其他決議 (學務處)

臺北科技大學 學生申訴流程



Grievance System – Regarding Student Punishments (OSA)

NTUT Student Appeal Procedure



申訴制度 - 針對教師教學 (教務處)

在學生反映教師教學申訴作業流程

申訴學生申請要件:

- 1 具名申請
- 2 申訴表應以電腦編輯軟體繕打或正楷書寫
- 3 填妥上述表件後，請列印紙本並親筆簽名，放置於信封後投遞至教務處服務台



Step1 學生

- ▶ 申訴時間:當學期期末考前或課程結束前一週提出申請

Step2 教務處

- ▶ 查核受理要件
- ▶ 申訴學生姓名及相關資料將予以保密
- ▶ 受理後2週內回覆學生處理情形
- ▶ 符合受理要件→STEP3
- ▶ 不符合受理要件→退回



Step3 相關教學單位

- ▶ 瞭解申訴案件並進行處理
- ▶ 申訴學生姓名及相關資料將予以保密
- ▶ 收件日起5個工作天內，將相關資料回覆教務處

Step4 教務處

- ▶ 提供建議及改善方案
- ▶ 針對該案,建議行政或教學單位檢視/改善相關法規及程序
- ▶ 收件日起2個工作天內,將相關資料回覆利害相關人

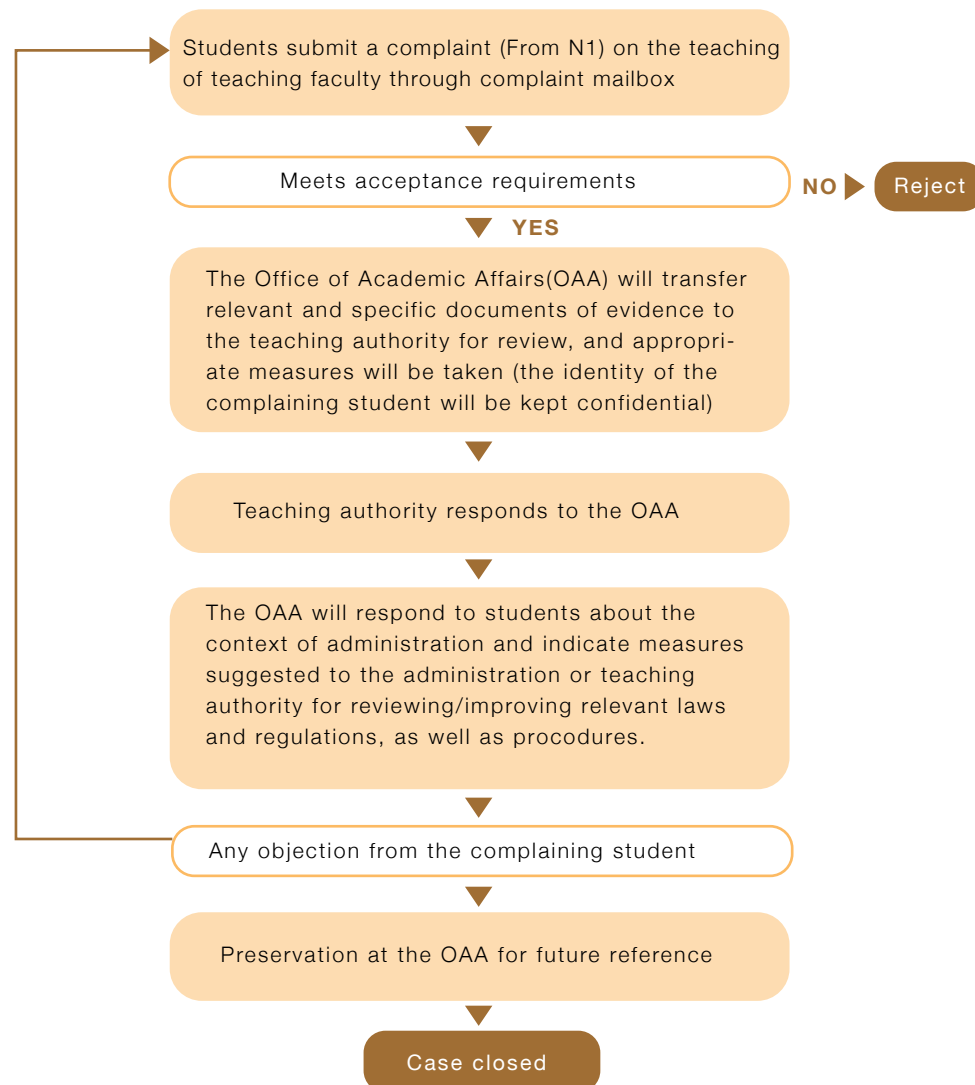


Step5 利害相關人

- ▶ 提供影本資料予利害相關人，正本由教務處留存備查
- ▶ 對回覆有異議→STEP2
- ▶ 對回覆無異議→結案

Grievance System – Regarding Teaching Complaint(OAA)

Teaching Compliant Filing Procedure





02

擁抱在台生活

Embrace New Life In Taiwan

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台灣的氣候

台灣屬於副熱帶（亞熱帶）氣候，有著炎熱又潮濕的夏天與溫和的冬天。因為夏季季風，全台灣五月到九月都經常下雨。

參考下面表格了解台北的平均溫度、降雨量與均日照 ▼

台北 - 平均降雨量			
月份	毫米	吋	天數
一月	85	3.3	14
二月	170	6.7	15
三月	180	7.1	16
四月	180	7.1	15
五月	234	9.2	15
六月	325	12.8	16
七月	245	9.6	12
八月	320	12.6	14
九月	360	14.2	14
十月	150	5.9	12
十一月	85	3.3	12
十二月	75	3	12
年降雨量	2405	94.7	166

台北 - 日照量		
月份	平均 (時 / 天)	總日照數 (時)
一月	2.5	80
二月	2.5	70
三月	3	90
四月	3	95
五月	3.5	115
六月	4	120
七月	6	180
八月	6	190
九月	5	155
十月	4	125
十一月	3.5	100
十二月	3	90
年均日照	3.8	1405

台北 - 平均溫度

溫度單位	攝氏			華氏		
	最低溫 (°C)	最高溫 (°C)	平均溫 (°C)	最低溫 (°F)	最高溫 (°F)	平均溫 (°F)
一月	14	18	16.2	57	65	61.2
二月	14	19	16.6	58	66	62
三月	16	21	18.7	61	70	65.7
四月	20	25	22.2	67	77	72
五月	23	28	25.5	73	83	77.9
六月	25	31	28	77	88	82.5
七月	27	33	30	80	92	85.9
八月	26	33	29.7	80	91	85.5
九月	25	30	27.7	77	87	81.9
十月	23	27	24.8	73	80	76.6
十一月	20	24	21.6	67	74	70.9
十二月	16	20	18	61	68	64.4
年均溫	20.7	25.9	23.25	69.3	78.6	74

Taiwan's Climate

Taiwan's climate is subtropical, with mild winters and hot, rainy summers. The period May-September is very rainy throughout the country because of the summer monsoon.

See Taipei's average temperatures, precipitations and summer hours. ▼

Taipei - Average precipitation			
Month	Millimeters	Inches	Days
January	85	3.3	14
February	170	6.7	15
March	180	7.1	16
April	180	7.1	15
May	234	9.2	15
June	325	12.8	16
July	245	9.6	12
August	320	12.6	14
September	360	14.2	14
October	150	5.9	12
November	85	3.3	12
December	75	3	12
Year	2405	94.7	166

Taipei - Sunshine hours		
Month	Average	Total
January	2.5	80
February	2.5	70
March	3	90
April	3	95
May	3.5	115
June	4	120
July	6	180
August	6	190
September	5	155
October	4	125
November	3.5	100
December	3	90
Year	3.8	1405

Taipei - Average temperatures

Temperature unit	Celsius			Fahrenheit		
	Min (°C)	Max (°C)	Mean (°C)	Min (°F)	Max (°F)	Mean (°F)
January	14	18	16.2	57	65	61.2
February	14	19	16.6	58	66	62
March	16	21	18.7	61	70	65.7
April	20	25	22.2	67	77	72
May	23	28	25.5	73	83	77.9
June	25	31	28	77	88	82.5
July	27	33	30	80	92	85.9
August	26	33	29.7	80	91	85.5
September	25	30	27.7	77	87	81.9
October	23	27	24.8	73	80	76.6
November	20	24	21.6	67	74	70.9
December	16	20	18	61	68	64.4
Year	20.7	25.9	23.25	69.3	78.6	74



2-1 氣候 / 環境

颱風

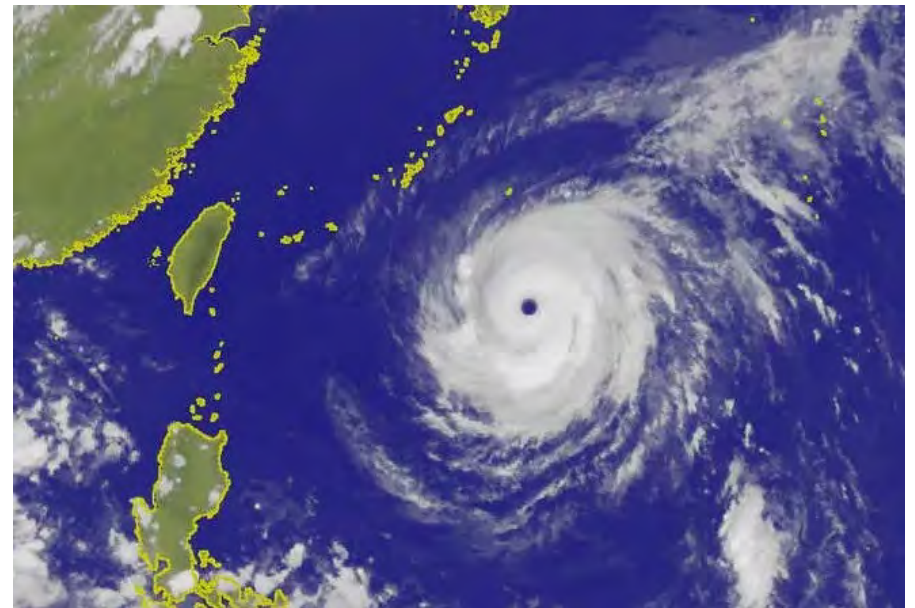
颱風，大西洋那邊稱作「颶風」，是一種能造成人與物產重大毀傷的天氣災害。颱風一般最常於七月至十月間於太平洋海面形成，並影響台灣。

颱風會帶來狂風暴雨，通常在台灣東部造成較大災情。

Typhoon

A typhoon, known as a hurricane in the Atlantic Ocean, is a storm of damaging proportions. Typhoons are most likely to hit Taiwan from July to October.

A typhoon is able to bring strong winds and torrential rainfall; they typically cause heavier damage along the east coast.



When a Typhoon Occurs

Prep these:

- 急救箱與重要藥物
- 罐頭或乾糧 – 準備足以果腹 72 小時的分量，並準備開罐器
- 每人 12 公升的飲用水
- 防護衣、雨衣雨鞋與睡袋
- 行動電源、手電筒與乾電池
- 酒精濕紙巾或乾洗手
- 家庭中嬰兒、年長者或身障成員的所需用品
- 重要文件的影本，如護照、居留證、信用卡、銀行帳戶資料、家庭成員包含寵物的照片，與紙本列出重要聯絡人的電話號碼
- 寵物的糧食與其他用品
- 口罩與手套，萬一有需隔離的狀態時可以使用
- 將緊急救難包以防水的方式包裝起來（如放至防水的袋子或背包中），並以好攜帶、疏散時方便為主

- First aid kit and essential medications.
- Canned or shelf-stable food and can opener – enough to last at least 72 hours
- At least 3 gallons of water per person.
- Protective clothing, rainwear and bedding / sleeping bags.
- Power banks, flashlights and extra batteries.
- Alcohol-based hand cleaner.
- Special items for infants, elderly or disabled family members.
- Copies of important documents, including passports, ARCs, credit cards, financial accounts, photos of family members and pets, and lists of important telephone numbers
- Food, leash and kennel for pets
- Masks and gloves in the event of a quarantine
- Consider packing your disaster kit in something waterproof that is easy to grab and carry in the event you must evacuate quickly.



颱風防範措施

當颱風登陸台灣前：

- 查看台灣中央氣象局關於颱風相關資訊的更新
- 下載「中央氣象局 app」自動獲得颱風相關最新資訊 (有提供英文版本) 並了解台灣停班停課情形。
- 有時颱風會造成短暫停電，**準備行動電源、手電筒與乾電池**以備停電時使用。
- 若遇到停電情形，盡可能減少開冰箱與冷凍庫。冰箱在未被打開的情況下能夠維持設定溫度長達 24 個小時。
- 將汽機車停在高地，**以免被倒下的樹木或建築殘骸擊中**。
- 若天花板有漏水的情形，你可能需要製造一個洞將漏水集中，以防止整個天花板皆滲水。
- **將窗戶用膠帶以交叉的方式固定** (建議使用封箱膠帶，五金行可以買的到)
註：膠帶無法防止窗戶玻璃破掉，但能降低玻璃整片粉碎一地的危險。

When a Typhoon Occurs

Prior to a typhoon:

- Check Taiwan Central Weather Bureau Typhoon News page for updates
- Download CWB app for automatic updates (offers English) and learn about school and government office closures.
- **Prepare power banks, flashlights and extra batteries** as power loss sometimes occurs.
- If the power goes out, open the refrigerator and freezer as little as possible. A refrigerator will maintain its temperature for 24 hours or more unless opened.
- Park your car/scooters on high ground in an area **free from danger of falling trees or flying debris**.
- If leaks develop in the ceiling, you may have to make a small drain hole to localize the leakage and prevent the whole ceiling from becoming saturated.
- **Tape windows** in crisscross fashion (use strong tape you would use for parcels, most hardware stores stock it). Note: tape will not prevent windows from breaking, but will minimize the danger of them shattering.

颱風防範措施

颱風來襲時

- **請務必待在室內、緊閉門窗，拉上窗簾並遠離窗戶。**
- 不時更新中央氣象局新發布的資訊，留意是否有暴雨獲暴風警戒。也可以收聽台北國際社區廣播電臺 FM100.7 (ICRT) 取得颱風最新資訊。
- 即使突然沒有強風了，也千萬不要離開家中。無風雨是因為你正處於颱風眼處，颱風眼經過後暴風與很快又會隨著颱風本身的移動而繼續。

颱風離開後的復原期 -- 颱風已離開台灣但仍有危險性：

- **請務必繼續待在家。**此時道路可能因土石流、倒下的樹木、電線與洪水而封閉。
- 路上將僅暫時開放公家機關的交通工具通行。店家與許多設施仍會保持關閉。
- 這時你可以開始打掃住處。
- **千萬別去外頭「參觀」：**外頭可能因為倒下的電纜與洪水仍十分危險。

When a Typhoon Occurs

During the storm:

- **Stay indoors, away from windows and keep curtains closed.**
- Follow CWB for heavy rain and wind alerts.
Listen to ICRT, FM 100.7 for regular typhoon updates.
- DO NOT leave your home if the winds suddenly die down. You are in the eye of the storm and winds will resume with full force from the opposite direction soon.

Typhoon recovery – typhoon's radius has cleared Taiwan but danger still exists:

- **Stay at home!** Roads may be blocked due to landslides, flooding or downed power lines or trees.
- Traffic restricted to official vehicles only. Offices and facilities remain closed.
- Begin cleaning up your residence.
- **Do not go 'sightseeing'.** Danger still exists due to downed power lines and local flooding.



地震

台灣位於板塊交界處，斷層多且地震發生頻繁。有時候高強度的會造成嚴重的建築物倒塌與人員的傷亡。

因此，知道地震發生時如何應對與平時應該準備哪些急難用品是重要且必須的。

Earthquake

Earthquakes occur frequently in Taiwan and sometimes result in numerous fatalities.

Accordingly, you should keep yourself prepared for the possibility of major earthquakes.

地震防範措施


當地震發生時，如果你在室內：

- **待在室內**，除非有火災或有其他專業指示。找到堅固的遮蔽物躲好並確認孩童們都受到保護。
- **將門窗打開**以在適當時機逃難。地震帶來的劇烈搖晃可能導致門窗變形而無法順利打開。
- **將電與瓦斯關掉。**
- 移動至一個安全的地方：**躲到堅固的桌子底下、站或蹲在有堅固牆壁的門邊，或蜷伏在房間角落。不要靠在容易倒塌的房間隔板上。**
- 如果可以，將頭用外套、枕頭或棉被罩住作為保護。
- 遠離窗邊、鏡子或任何玻璃品以防被玻璃碎片劃傷。避開水晶吊燈或大型懸掛的物品以防其被震落。
- 將書櫃、架子與其他可能倒下並壓傷人難以搬開的大型家具清空。
- 遠離瓦斯爐或加熱電器用品。
- 如果你住在高樓層，暫時避免使用電梯或樓梯。
- 如果經指示欲離開你所在建築物，以椅子或其他堅固的物品保護頭部並留意窗戶、玻璃、牆壁、天花板等可能破碎或掉落的物品。

When an Earthquake Occurs

If you are inside:

- **Stay inside** unless fire has broken out or until you are advised otherwise. Take the best available cover and make sure children are protected.
- **Open the door** for your exit route, as strong movement can cause door frames to distort and doors to jam.
- **Turn off electricity and gas.**
- Move to a safe location, get under a sturdy table or desk, stand or crouch in a **strong doorway in a load-bearing wall – not a partition wall – or brace yourself in an inside corner of the room.**
- If possible, shield your head with a coat, cushion or blanket.
- Stay away from windows, mirrors or other glass that might shatter.
- Avoid chandeliers and other heavy hanging objects that might fall.
- Keep clear of bookcases, cabinets and other pieces of heavy furniture that might topple or spill their contents.
- Stay away from stoves, heating units, fireplaces and any area where bricks might fall from the chimney.
- If you are in a high-rise building, do not use the elevators or the stairs.
- If you are instructed to leave the building, protect your head with a chair or some other sturdy object and watch for falling objects such as windows, glass, walls, ceilings or other loose objects.



地震防範措施

當地震發生時，如果你在室外：

- **找尋戶外的避難地點**，除非你待在空曠、沒有其他可能掉落至頭上的地方。避免待在有電線桿、電纜、樹枝、梯子、建築物裝飾或有任何可能掉下物品的地方。
- 如果妳在市區，因為周遭都是高樓可能更危險，路面可能會散落著被震碎的窗戶玻璃。**趕緊躲在堅固的門邊、或爬至停好的車輛底下躲好。**

當地震停止時：

- 檢查自己的傷勢。
- 檢查他人的傷勢，若有受傷，提供臨時簡易包紮並尋求專業醫護人員的協助。
- 檢查住處毀壞的地方、確認沒有火勢產生。**如果有聞到瓦斯味，趕緊將瓦斯關掉。如果你認為你所待之處不安全，將所有人盡快撤離該處。**
- 收聽台北國際社區廣播電臺 FM100.7 (ICRT) 取得最新消息。
- **提防餘震**。餘震經常在第一次地震後的數分鐘、數小時或數天後發生。若餘震發生，趕緊躲避至堅固遮蔽物下。

When an Earthquake Occurs

If you are outside:

- **Find shelter outdoors**, unless you are lucky enough to be in an open space where nothing can fall on you. Be sure to stay clear of power lines and poles, trees or branches, external stairs, building facade ornaments, chimneys or anything that might fall.
- If you are downtown, hazards increase, especially in areas of high-rise buildings. Windows and building facades can shower the streets with deadly litter. **Get under a strong doorway or crawl under a parked vehicle**, the bigger the better.

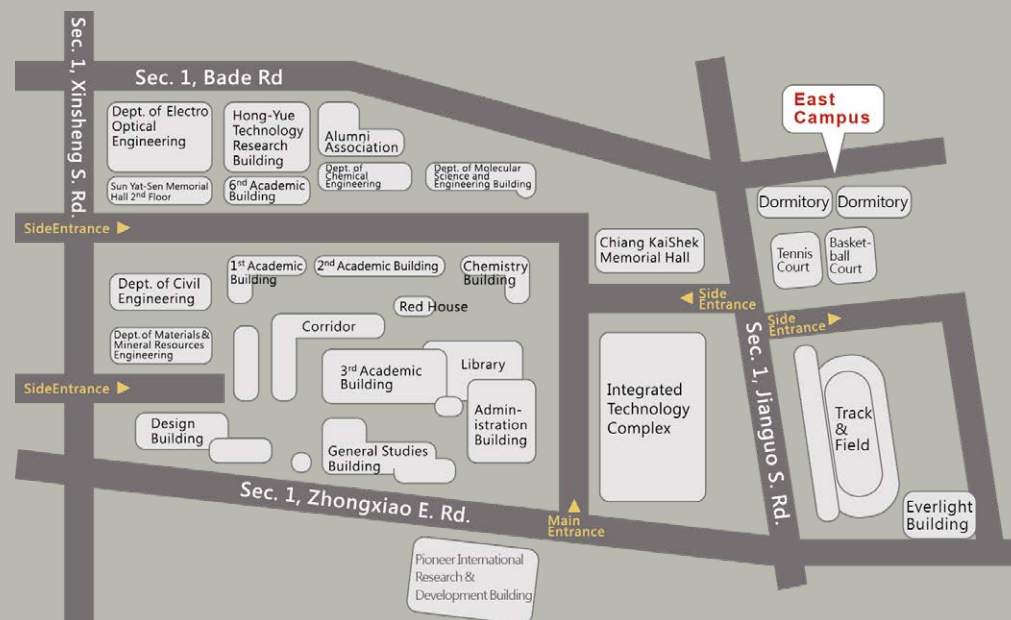
What to Do After the Shaking Stops :

- Check yourself for injuries.
- Check others for injuries, provide first aid and/or seek medical assistance, as required.
- Check your home for damage and fires. **Turn off the gas if you think you smell a leak. If you think your home is unsafe, get everyone out.**
- Listen to ICRT (FM 100.7) for information updates.
- **Watch out for after-shocks**, which can be almost as severe as the initial quake and may occur minutes, hours or even days later. If you feel one, take cover.

校內地圖





Campus Map



校內生活服務

1. **學生宿舍餐廳**：位於學生宿舍餐廳位於東校區與運動設施在同一區塊，內有自助餐、早餐店，提供早、中、晚之餐飲服務。
2. **光華館餐廳**：光華館的一、二樓有許多好吃的店家，提供同學多種選擇及早、中、晚之餐飲服務。
3. **校園便利商店**：校園內有四家便利商店提供大家一些日常簡單的生活必需品，師生們可以不出校門就可以買到生活所需的用品。此兩家便利商店之位置：



店名	位置
7-11 統一超商 	(1) 中正紀念堂地下一樓
全家便利商店 	(1) 光華館一樓 (2) 學生宿舍一樓

4. 影印服務

店名	營業時間	位置
吾印良品 影印輸出中心 	週一至週五 9:00-20:30 週六 9:00-17:30	第六教學大樓地下一樓
	週一至週五 9:00-20:30 週六 9:00-17:30	第三教學大樓旁邊

On-Campus Services

1. **Student Cafeteria (in the on-campus dormitory)**: On-campus cafeteria offers foods at a reasonable price.
2. **Guang Hua Building Food Court (1F & 2F) Food Court**: On-campus cafeteria offers foods at a reasonable price.
3. **On-Campus Convenience Store**: Convenience Store There are four convenience stores on campus, making it possible for students to grab a bite before going to class.

Store	Location
7-11 	(1) B1, Chiang Kai-Shek Memorial Hall
Family Mart 	(1) 1F, Guang Hua Building (2) 1F, On-Campus Dormitory

4. Copying/ Printing Services

Store	Opening Hours	Location
吾印良品 Copy Center 	Mon. – Fri. 9:00-20:30 Saturday 9:00-17:30	B1, 6th Academic Building
	Mon. – Fri. 9:00-20:30 Saturday 9:00-17:30	Next to 3th Academic Building

校外生活服務

1. 超市

店名	營業時間	位置
大潤發 	週一至週日 8:30-22:30	臺北市大安區八德路二段 306 號 B2
家樂福 	週一至週日 24 小時營業	臺北市大安區忠孝東路三 段 218 號 B1
全聯 	週一至週日 7:00-23:00	臺北市中山區建國北路一 段 48 號

Off-Campus Services

1. Supermarkets

Store	Opening Hours	Location
RT Mart 	Mon.- Sun.8:30-22:30	B2, No.306, Sec. 2, Bade Rd.
Carrefour Mart 	24/7	B1, No.218, Sec. 3, Zhongxiao E. Rd.
PX Mart 	Mon. – Sun. 7:00-23:00	No. 48, Sec. 1, Jianguo N. Rd.

學校宿舍 - 申請資格

境外生可申請宿舍住宿，前二年享有保障，第三年開始由抽籤決定入住，因此第三學年開始，學生應有校外住宿的準備。

境外新生第一學年年保障以東校區宿舍為主，第二學年男性境外生保障以新北宿舍為主，女性境外新生保障以南港宿舍為主。

- 臺北科技大學擁有最後分配住宿的權力。
- 完整「國立臺北科技大學學生宿舍管理辦法」，請見[此](#)。



住宿



宿舍管理辦法



Dormitory – Eligibility For Application

New students are eligible to reside at Taipei Tech Dormitories for the first 2 years.

Residence spaces at Taipei Tech Dormitories from the 3rd year onwards will be decided by lottery and not guaranteed to all. Students entering their 3rd year of study should be prepared to reside elsewhere.

- Dorm spaces are not guaranteed for Spring Intake students.

For the first year, all foreign students who have applied for Taipei Tech Dormitories will be allocated to the Taipei Tech On-campus Dormitory.

For the second year, male foreign students who have applied for Taipei Tech Dormitories will be allocated to the residence hall at the Xinbei (Haishan) off-campus Dormitory. Females will be allocated to Nangang Dormitory.

- The decision of residence hall allocation rests with Taipei Tech.
- Please see [here](#) for “National Taipei University of Technology Regulation for Management of Student Dormitory”



Housing



Dormitory Regulations

學校宿舍 - 價位與規範

所有宿舍房型皆為四人房。

東校區宿舍：

每學期 NT\$10,900 (含押金 NT\$ 1,000，於退宿後歸還)。

使用冷氣及洗衣機須支付額外費用。

南港高工學生宿舍 (限女性)：

每學期 NT\$10,000 (含押金 NT\$ 1,000，於退宿後歸還)。

使用冷氣及洗衣機須支付額外費用。

新北高工學生宿舍 (限男性)：

每學期 NT\$8850 (含押金 NT\$ 1,000，於退宿後歸還)。

使用冷氣及洗衣機須支付額外費用。

- 詳細「國立臺北科技大學學生宿舍住宿保證金實施要點」，請見[此](#)。



宿舍保證金實施要點



Dormitory - Cost & Regulations

In general, all rooms are quad rooms.

Taipei Tech On-Campus Dormitory :

NTD 9,900 (around USD 320) per person for one semester, plus NTD 1,000 deposit, which will be refunded when checking out. Extra fees will be charged for using AC and laundry machines.

Off-campus – Taipei Tech Nangang Dormitory (females only):

NTD 9,000 (around USD 290) per person for one semester, plus **NTD 1,000 deposit**, which will be refunded when checking out. Extra fees will be charged for using AC and laundry machines.

Off-campus – Taipei Xinbei (Haishan) Dormitory(males only):

NTD 7,850 (around USD 253) per person for one semester, plus **NTD 1,000 deposit**, which will be refunded when checking out. Extra fees will be charged for using AC and laundry machines.

- Dormitory costs for summer and winter breaks are charged separately. Please ask the dormitory administrator for rates.
- Please see [here](#) for “National Taipei University for Technology Deposit Rules of the Accommodation Fee”



Deposit Rules of the Accommodation Fee

校外住宿 (非宿舍)

尋找住宿小技巧

(1) 運用捷運地圖當參考

捷運乃是台北大眾運輸系統中最重要之系統之一，運用捷運地圖當作住宿地點選擇引導是個不錯的方式。例如若想居住在師大國語文中心附近，可在此中心附近的捷運站：古亭站、台電大樓站與東門站中，擇一捷運站附近尋找房子。

(2) 決定理想的房型與估計自己的預算

以下列出不同房型與其大約價錢：

店名	營業時間	位置
獨立套房	一房一衛	NTD\$12,000~
獨立雅房	一房，與其他房客共用衛浴	NTD\$ 9,000~
公寓	可自租一間或與人合租一間公寓。與人合租公寓中的一房，通常較自租獨立套房便宜。	NTD\$25,000~

Living Off-Campus (Other Housing Options)

Tips For Finding an Accommodation

(1) Use The MRT (subway) Route Map As a Reference

Taipei's subway system, MRT, is the backbone of Taipei's public transportation. If you would like to live closer to the Mandarin Training Center, you may choose a location close to one of the three MRT stations:

a. Guting Station; b. Taipower Building Station; c. Dongmen Station.

For the route map of MRT, please click [here](#).

(2) Types of Accommodation & Price Ranges

Please see the following table for the three common types of accommodation and their price ranges around Taipei

Type	Description	Price Range
Du-li Tao-fang	An independent room with a bathroom	NTD\$12,000~
Du-li Ya-fang	An independent room without a bathroom. Tenants must use a shared bathroom.	NTD\$ 9,000~
Gong-yu	An apartment. You may rent an apartment or share with others. A room in a shared apartment is usually cheaper than a Du-li Tao-fang.	NTD\$25,000~

校外住宿 (非宿舍)

尋找住宿小技巧

(3) 其他相關租屋資訊

可在以下網站中尋找相關租屋資訊。

店名

[591 租屋網](#)

[崔媽媽租屋搬家網](#)

[樂屋網](#)

[台灣租屋網](#)

[好房網 HouseFun](#)

[安捷國際公寓](#)

- 免責聲明：**

上述連結僅供參考，臺北科大不干涉任何房客的租約決定，也不負責任何房客與房東之間的衝突。

Living Off-Campus (Other Housing Options)

Tips For Finding an Accommodation

(3) Where To Find Rental Ads

The following websites provide rental ads (in English)

English Rental Sources

[Myroomabroad](#)

[Zuker](#)

[Tealit.com](#)

[Airbnb](#)

[Istation Service Apartment](#)

- Disclaimer:**

The above links are referrals only. Taipei Tech is not liable for any future conflicts that might arise between the tenants and the owners (landlords/landladies). Rental decisions should be made at the tenant's own discretion.

校外住宿 (非宿舍)

尋找住宿小技巧

(4) 簽約提醒

簽約時，房東通常會要求兩個月的押金，押金會於退租時視房屋情況做全額或是部分退還。

由於照片不一定可靠，不建議在還沒抵達臺灣，親自看過租屋處前就簽訂長期的合約。



Living Off-Campus (Other Housing Options)

Tips For Finding an Accommodation

(4) A Few Reminders For Signing a Lease







When you sign the lease, in addition to the first month's rent, the landlord will generally ask for two months' rent as a deposit. The deposit will be returned in full or deducted based on the condition of the accommodation at the time of departure.

As photos are not always reliable, we strongly suggest you not to sign a long-term lease before you arrive in Taiwan and inspect the accommodation in person.

周邊交通資訊

<u>台北捷運</u> 	<ul style="list-style-type: none"> • 臺北捷運藍線及橘線「忠孝新生站」，4號出口 • 車資由臺幣20元起跳
<u>台北公車</u> 	<ul style="list-style-type: none"> • 超過15條路線可前往臺北各地 • 車資由臺幣15元起跳
<u>YouBike</u> 	<ul style="list-style-type: none"> • 捷運忠孝新生站2號及3號出口旁 • 前4小時每30分鐘臺幣10元
<u>桃園機場捷運</u> 	<ul style="list-style-type: none"> • 可前往桃園國際機場 • 捷運臺北車站 (距離臺北科大 2 站)
<u>台灣鐵路</u> 	<ul style="list-style-type: none"> • 可前往臺灣各縣市 • 捷運臺北車站 (距離臺北科大2站)
<u>台灣高鐵</u> 	<ul style="list-style-type: none"> • 可前往臺灣西部及南部主要城市 • 捷運臺北車站 (距離臺北科大2站)

Available Transportation Around Taipei Tech

<u>Taipei Metro</u> 	<ul style="list-style-type: none"> • MRT Zhongxiao Xinsheng Station, Exit 4 Blue & Orange Line • Fare starts from NT\$20 (per ride)
<u>Bus</u> 	<ul style="list-style-type: none"> • More than 15 bus routes to different places in Taipei • Fare starts from NT\$15 (per ride)
<u>YouBike</u> 	<ul style="list-style-type: none"> • By Exit 2 and Exit 3 of MRT Zhongxiao Xinsheng Station • NT\$10 per 30 minutes within the first 4 hours
<u>Taoyuan Airport Metro</u> 	<ul style="list-style-type: none"> • Easy access to Taoyuan International Airport • MRT Taipei Main Station (2 stations away from Taipei Tech)
<u>Taiwan Railway</u> 	<ul style="list-style-type: none"> • Easy access to all cities/counties in Taiwan • MRT Taipei Main Station (2 stations away from Taipei Tech)
<u>Taiwan High Speed Rail</u> 	<ul style="list-style-type: none"> • Easy access to major cities in western & southern Taiwan • MRT Taipei Main Station (2 stations away from Taipei Tech)

台北捷運圖



Taipei Metro (MRT) Route Map



人身與交通安全、兩性 & 性平、反毒、防詐騙



活動：境外生安全宣導講座

為加深強化學生對人身與交通安全、兩性 & 性平、反毒、防詐騙等知識與印象，國際事務處境外輔導組每年度會舉辦兩場北市警局講座提供境外生抵台後，可順利適應生活與就學。



Event: "Adapting in Taiwan Must-Knows" Seminar

Every year, the Overseas Students Advising Section at the OIA hosts two "Adapting in Taiwan Must-Knows" Seminars every year and invites officers from the Taipei City Police Department as speakers.

The purpose of the seminars is to strengthen students' knowledge regarding personal and traffic safety, gender equality, anti-drugs and fraud protection, and to assist international students with adjusting to Taiwan's regulations and culture.



重要緊急求助專線

以下列表中整理台灣最主要的緊急求助專線。

台北市政府警察局也於網站上提供了多國語言的[外國人服務手冊](#)，手冊中包含了更多台灣關於**人身安全、交通安全、反毒反詐騙與性侵害防治等法規與求助途徑**。

專線	內容
110	治安專線是警察局勤務指揮中心的報案專線，主要職責在受理 民眾治安事件之報案
113	全國婦幼保護專線是支 二十四小時免付費的求助電話 ，只要撥打這支電話求助，專線系統就會將電話轉接到民眾所在位置當地的 家庭暴力及性侵害防治中心 ，由專業的工作人員提供各項線上諮詢服務
119	消防專線是消防局勤務指揮中心的報案專線，主要職責是 救護及救災
165	反詐騙 專線主要任務為建立一民眾諮詢詐騙問題之管道



外國人服務手冊

Major Emergency Hotlines

Below lists the main emergency hotlines in Taiwan.

Taipei City Police Department also offers “[Handbook for Foreigners in Taipei](#)” in different languages, in which regulations and guidelines for issues related to personal and traffic safety, anti-drugs, fraud protection, sexual assault protection and more are addressed.

Hotline	Services
110	“Police Hotline.” For general case reports (e.g., security concerns, citizen issues etc.)
113	“Protection Hotline.” 24 HR, free of charge. System will connect you with your local Center for Prevention of Domestic Violence and Sexual Assault. Online consultation services provided by professionals.
119	“Emergency Hotline.” For case reports related to fire, medical and/or other emergencies
165	“Scam Watch.” Main mission is to provide consultation services regarding scam and to protect people from being scammed.



Handbook for Foreigners in Taipei



工作許可證申請辦法

境外學生求學期間如欲在臺灣工作（不論是在校內或校外），依規定必須先申請並取得工作許可證後，才能開始工作，**若未依規定申請工作證，即受僱為他人工作者，得處新臺幣 3 萬元以上，15 萬以下之罰鍰。請特別注意！**

A. 適用對象

1. 依「外國學生來臺就學辦法」且就讀於公立或已立案私立大專校院之外國留學生。
2. 依「僑生回國就學及輔導辦法」規定輔導入學之僑生。
3. 依「香港澳門居民來臺就學辦法」規定入學之港澳生。

B. 申請步驟（請參考[工作許可證申請辦法](#)）



工作證申請辦法

Applying for Work Permit

International students who wish to do an internship, department research or part-time job in Taiwan (either on-campus or off-campus) are required to apply for and obtain a work permit before starting work.

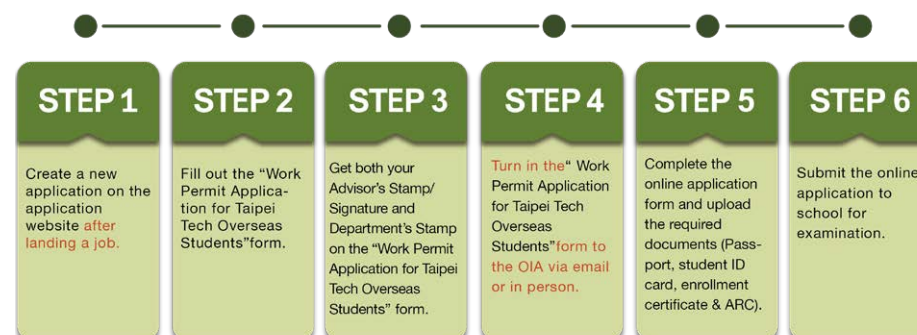
Warning: If you are caught breaking the rules, you will be fined (30,000NTD~150,000NTD), and you will be deported back to your country.

A. Applicable Individuals

1. International students,
2. Overseas Chinese students
3. Other international Students of Chinese origin enrolled in a public or registered private college/university

B. Online Application Procedure

(Please refer to [Apply for Work Permit](#))



work permit guide



Scholarships

To promote internationalization, and to reward outstanding Taipei Tech's International Students, Overseas Chinese Students and Mainland Chinese Students, Taipei Tech and the Taiwan government offer different kinds of scholarships.

For more details regarding types of scholarships, eligibility and how to apply, please refer to the links below:

- A. International Students
- B. Overseas Chinese Students
- C. Mainland Chinese Students
- D. Other Students

獎學金

為促進國際化，並獎勵本校外籍生、僑生與大陸學生在學期間學行優良者，台北科大與台灣政府提供多種獎學金供本校國際學生申請。

更多獎學金種類、申請對象、資格與申請方式，請見以下連結：

- A. 外籍生獎學金
- B. 僑生（含港澳生）獎學金
- C. 陸生獎學金
- D. 其他獎學金



獎學金



Scholarships

維護生理健康

A. 校園健康中心

服務項目：社區醫療資源及特約醫療機構、新生健檢相關規範、學生團體平安保險、校園 AED 位置圖

地點：第二教學大樓 一樓



衛生保健



Maintain Your Physical Health

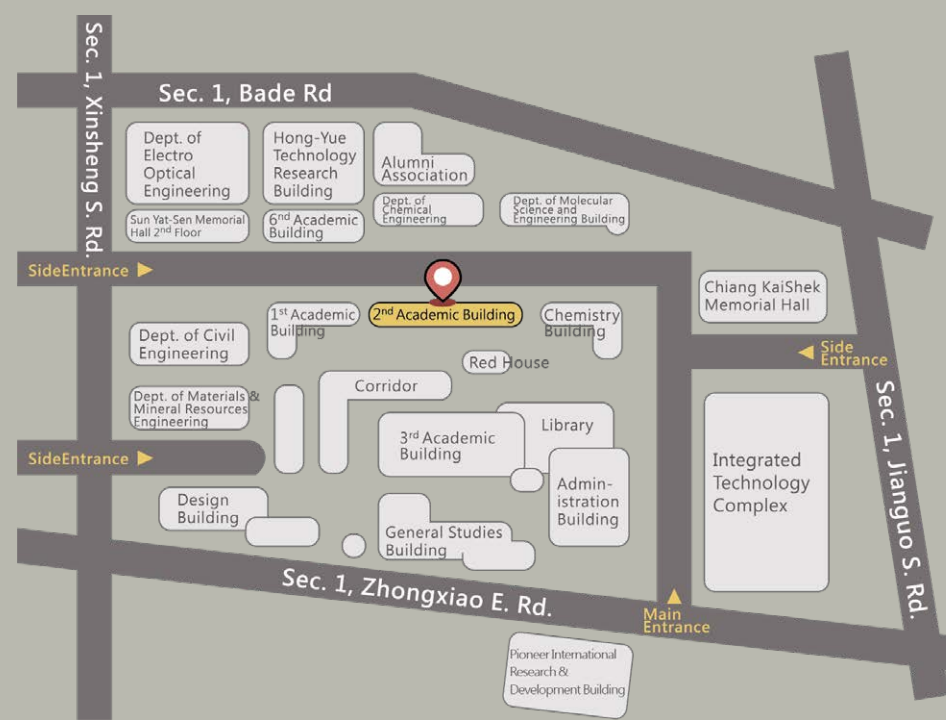
A. On-Campus Health Center

Services: Information on contracted clinics nearby, community medical resources of Taipei Tech, freshmen health check regulations, student group insurance policy and announcement, student group insurance covered content, AED location map

Location: 1st Floor, 2nd Academic Building



Health Services



了解「文化衝擊」

「文化衝擊」指的是當一個人進入到一個新環境、體驗新的人事物與當地的社會文化時可能經歷的一個現象。

常見的「文化衝擊」現象可能包括：

1. 感到孤單、想家。
2. 開始感到生理上的不適，例如頭痛、肚子痛。
3. 感到不確定與焦慮。
4. 無法集中注意力。

通常在開始感覺到「文化衝擊」前，一般人可能會先有段「蜜月期」。初抵台時，你可能對來到一個新的環境感到無比興奮，並對於新的人事物皆充滿著好奇與新鮮感。因此，抵台來一陣子後才感受到「文化衝擊」也是很有可能發生的，並且也是很正常的。



Regarding “Culture Shock”

Culture shock is a phenomenon that a person could experience when entering a whole new environment, meeting new people, new food and learning new society cultures.

Some common symptoms of culture shock are:

1. Feeling homesick/lonely.
2. Starting to have physical conditions, such as migraines or stomach aches.
3. Feeling uncertain and anxious.
4. Experiencing difficulty concentrating.

It is normal to experience culture shock after a while since you arrived in Taiwan. There is usually a “honeymoon phase” before you might experience culture shock. When you first arrived, you might feel curious, refreshed and all-excited about being in a foreign country, being able to try out delicious Taiwanese food and explore all different new things.

了解「文化衝擊」

每個人開始感受到「文化衝擊」的時間可能都不同，經驗也都因人而異。你可能抵台一個月、一學期或一整年後，才開始發現你想念家鄉與在家鄉的親友了。儘管每個人的經驗都不盡相同，遇到「文化衝擊」時，請不要擔心你會獨自面對。

以下是一些面對「文化衝擊」時你可以做的：

1. 告訴自己適應是需要時間的。
2. 培養自己的紓壓方式，例如練習深呼吸、做瑜珈或運動。
3. 拓展你的交際圈。加入學生社團、並花時間與朋友相處。
4. 了解你有哪些可用資源，例如你的導師、以及校內外學業、生活或娛樂相關的資源。

Regarding “Culture Shock”

It might be a month, a semester or not until a year when you start to miss your hometown, your family and friends back home. Every individual has a unique experience of culture shock. However, you are not alone in facing it when you experience it.

Here are some tips to help you feel better:

1. Realize that adjusting takes time.
2. Find ways to relieve stress, such as taking deep breaths, practicing yoga and exercising.
3. Build your network, join school clubs and hang out with friends.
4. Know your resources: your advisor as well as on- and off-campus resources.





03 找到歸屬感

Know Your Social Network

找到你的社交圈 Find Your Community 91

維護心理健康 Maintain Your Mental Strength 97



聯繫 / Connect



成長 / Grow



指引 / Guide

Taipei Tech International Student Association (TTISA)

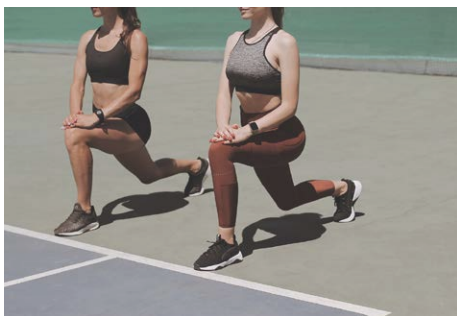
Dynamic international organization composed of Taipei Tech international students,

- to promote **diversity**
- serves as a **community**
- to assist international students with **transitioning, building connections and enhancing college life.**

國立臺北科技大學國際學生會 (TTISA)

台北科技大學國際學生會由台北科技大學國際學生們組成，其組織宗旨為

- 打造多元文化的校園環境
- 凝聚國際學生以協助生活與各方面的適應
- 創造人際網路
- 豐富大學生活



北科大學生社團

在忙碌課業之餘，根據自己的興趣與喜好參加學生社團，認識與自己興趣相似的朋友並互相交流，也是充實自己一個很好的方式唷！

台北科技大學有著無數的學生社團，並依照社團屬性分成了以下七大類：

1. 體能性社團
2. 學術性社團
3. 康樂性社團
4. 音樂性社團
5. 聯誼性社團
6. 學生自治組織
7. 服務性社團



學生社團

Taipei Tech Student Clubs

In addition to fulfilling academic duties, joining one or more student clubs according to your own interests and hobbies and make friends who have similar ones as you is also a great way to expand your college life!

There are many student clubs at Taipei Tech, which are sorted into 7 different types:

1. Physical Sports Clubs
2. Academic Clubs
3. Entertaining Clubs
4. Musical Clubs
5. Interpersonal Clubs
6. Student Organizations
7. Volunteering Clubs



Student Clubs



國際學生活動

國際事務處與台北科技大學國際學生會也會不定期舉辦各種類型的活動供國際學生們參加。敬請期待！

International Student Events

The Office of International Affairs (OIA) and Taipei Tech International Student Association will host all different kinds of events from time to time, for international students to participate and have fun.

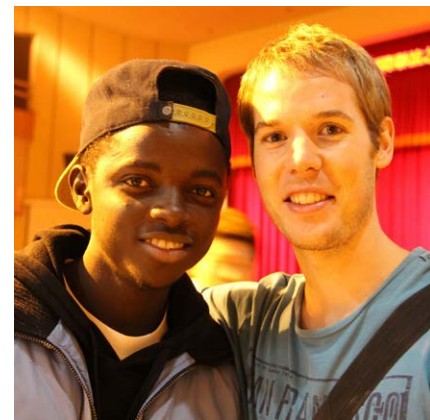
STAY TUNED!



活動：2021 國際生之夜 Event: 2021 International Festival

今年的 10 月 22 日，台北科技大學國際事務處將主辦「國際生之夜」，並邀請台灣海洋大學、台北醫藥大學與台北大學的國際學生們共襄盛舉

On 2021, October 22nd, Taipei Tech OIA is going to host this year's International Festival, and is also going to invite international students from not just Taipei Tech, but also National Taiwan Ocean University, Taipei Medical University and National Taipei University to celebrate diversity!



克服難關小撇步

「撇步」是台灣用語，
為小技巧的意思喔！

不論在學業上、或生活中，我們都會遇到一些困難與挑戰。

以下為一些簡單的方式來協助你度過這些難題：

1. 花一些時間讓自己深呼吸
2. 聆聽一些放鬆紓壓的音樂
3. 確保足夠的睡眠
4. 培養均衡飲食的習慣
5. 安排時間固定運動
6. 與朋友或老師交談
7. 至[學輔中心](#)尋求資源

Some Tips to Overcome Challenges

Throughout any semester or just in daily life, there are always times when we face challenges we find hard to overcome.

Here are some ways to help you get through those tough moments:

1. Take a few moments just to deep breathe.
2. Listen to some calming music.
3. Get enough sleep.
4. Eat balanced meals.
5. Make time to exercise.
6. Talk to a friend or professor.
7. Reach out to [Student Counseling Center](#).



學輔中心 服務項目



設計屬於你的紓壓計畫

1. 列出你的壓力源 (甚麼事會讓我感到壓力大?)

• _____

• _____

2. 列出你的紓壓方式 (我通常做什麼來紓壓?)

• _____

• _____

3. 做了第二點後我還是感到壓力很大，我可以找誰講呢？

名字	聯絡方式

4. 除了上述的親友們外，我還可以打以下專線尋求專業人員的幫助：

24 小時校安中心 – 0933-013-503

學生輔導中心 – (02)2771-2171 轉分機

24 小時專線 – 1925、1980

Create Your Own Stress Management Plan

1. List Out Your Stressors (What makes me feel stressed?)

• _____

• _____

2. List Out Ways You De-stress (What makes me feel relaxed?)

• _____

• _____

3. Who can I talk to if I still feel stressed after doing the above 2 steps?

Name	Contact Info

4. I can also call the hotlines below to speak with a professional helper:

24 hr School Security Line – 0933-013-503

Student Counseling Center– (02)2771-2171

My Department Counselor's Extension: _____

24 hr Hotlines – 1925、1980

學生輔導中心

適時尋求諮詢與幫助是必要且非常正常的，不要害怕對外尋求幫助。歡迎多加運用學生輔導中心的資源，去探索自我並學習有效調節各種不同的情緒與其他提升自我的生活小技巧！

以下是預約學生輔導中心的步驟：

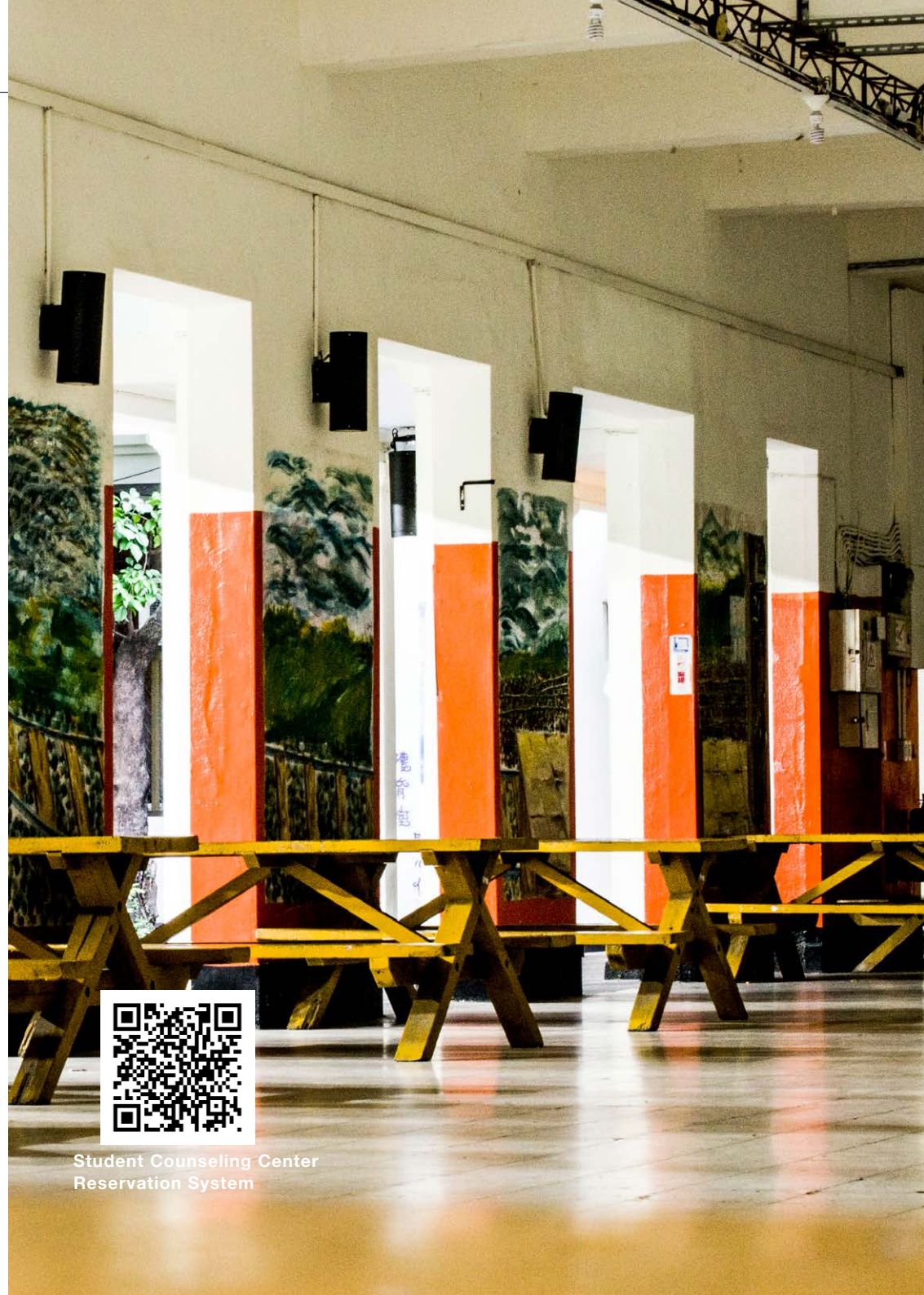
1. 登入「校園入口網站」。
2. 點擊「資訊系統」欄位下的「學務系統」。
3. 點選「諮商預約系統」，畫面將導向學生輔導中心網頁。
4. 點選「我要預約」並填入所需資訊即可完成預約囉！

Student Counseling Center

It is ok and completely normal to have the need to seek help and consultation. Feel free to use the Student Counseling Center to learn more about managing different emotions and bettering yourself!

Here are the steps to make an appointment:

1. Enter Your Student Portal.
2. Under "Application," click on "System of Student Affairs"
3. Select "Consultative Reservation System" and you'll be led to Student Counseling Center's webpage
4. Click on "Make An Appointment" and fill in the information required.



Student Counseling Center
Reservation System

全國諮詢服務專線

專線	內容
安心專線 1925 (依舊愛我)	免付費，24小時，全年無休之心理諮詢、自殺防治與危機處理服務。
生命線 1995 (要救救我)	提供全日二十四小時電話輔導，服務項目包括自殺防治、危機處理、婚姻家庭協談、男女感情協談導、法律或健康協談、人際關係協談、精神心理協談等。
張老師 1980 (依舊幫你)	星期一到星期六 9:00-21:00; 星期日 9:00-17:00; 提供情緒困擾、生活適應問題之協助。
戒毒成功專線 0800-770-885 (請請你、幫幫我)	免付費，24小時，全年無休。提供有需求之藥癮者及其家屬、朋友與一般民眾等便捷、迅速之電話求助管道。
男性關懷專線 0800-013-999	免付費，傾聽男性來電者訴說心情、討論其困擾及提供專業法律諮詢與資源轉介。 服務時間：每日上午9點至晚上11點。
外來人士在台生活 諮詢服務熱線 0800-024-111	免付費，提供新移民與外國人相關諮詢服務； 服務時段如下： 1. 國語、英語、日語 - 24小時、全年無休。 2. 越南語 - 週一至週五，上午9點至下午5點。 3. 印尼語、泰國語、柬埔寨語 - 週一至週五，下午1點至下午5點。

National Consultation Service Hotlines

Hotline	Content
An-Xin Hotline 1925	Free of charge, 24/7 mental health counseling, suicide prevention and risk management services
Lifeline Hotline 1995	24/7 phone counseling hotline with services of suicide prevention, risk management, family & marriage counseling, relationships, law consultation, health consultation and more
Teacher Chang Hotline 1980	Mon. – Sat. 9:00-21:00; Sun. 9:00-17:00. Assists with Emotion and Adjustment Issues.
Drug-Free Hotline 0800-770-885	Free of charge, 24/7 hotline that provides drug addicts and their family and friends with fast and efficient help over phone.
Care For Men Hotline 0800-013-999	Free of charge. Resource for male callers to talk about their emotions and challenges met; offers professional legal consultation and resource referrals. Mon.- Sun. 9:00-23:00.
Consulation Hotline for Foreigners Living in Taiwan 0800-024-111	Free of charge, offers consultation for new immigrants and foreigners : 1. Mandarin, English, Japanese - 24/7 2. Vietnamese - Mon.-Fri. 9:00-17:00. 3. Indonesian, Thailand, Cambodian Mon.-Fri., 13:00-17:00.

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出版者	國際處 OIA
網址	https://oia.ntut.edu.tw/
總編輯	范政揆
編輯	游沛霖
美術編輯	林育萱

