

LOHAS

樂活在臺南

in Tainan



移工樂活在臺南 工作與休閒平衡手冊

Work-Life Balance Handbook
for Migrant Workers in Tainan

中英版
Philippines





大臺南

全區休閒美食之旅

Leisure, culture & food tours
in the Greater Tainan Area



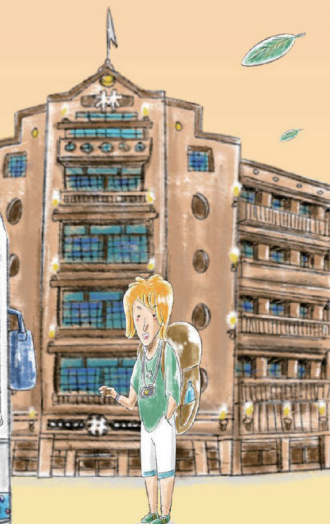
大台南公車
TAINAN CITY BUS



票價資訊
Fare Information

持電子票證優惠
(一卡通、悠遊卡)
Payment Discount by I-Pass
or EasyCard

政令宣導
Policy Reminders



公車票價及電子票證

Ticket and Discount Information



- 市區公車(0~99路)：段次計費，一段票18元。
Urban Bus Routes (Route 0 to 99) : One Section Fare : \$18 by Cash.
- 幹支線公車：里程計費，基本里程26元。
Green, Blue, Brown, Orange, Yellow or Red Systems : Charges by mileage.
- 搭乘幹支線公車基本里程8公里內26元免費。
Take Green, Blue, Brown, Orange, Yellow or Red Systems : Basic fare discount for \$26.
- 2小時內公車互轉及台鐵單向轉乘公車享9元優惠。
Transfer from Taiwan Railway or Tainan City Bus in 2 hours : discount for \$9.
- 前門上車、後門下車、上下車都刷卡。
Please use the front gate to get on the bus, and use the back gate to get off.
Please swipe your travel card after getting on and before getting off the bus.
- 車廂內請勿大聲喧嘩，感謝您的配合。
Please keep your voice down when on the bus. Thank you for your cooperation.

大台南公車APP
(查詢公車路線、時刻及動態)

Tainan City Bus APP
(Bus routes, schedule,
and real-time information)



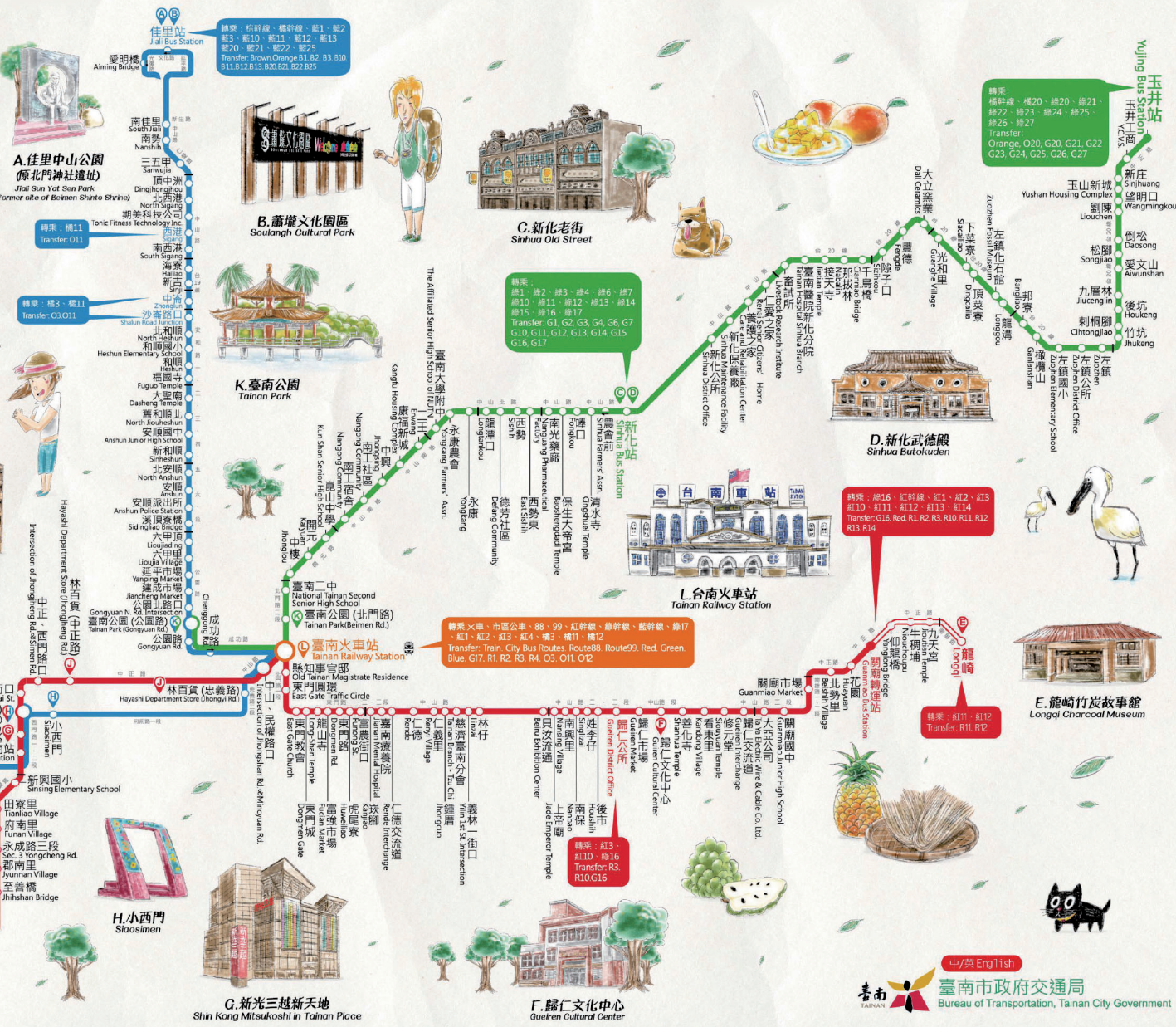
Android



iOS

服務資訊
Service Information

- 大台南公車: <http://2384.tainan.gov.tw>
Tainan City Bus
- 國南客運: (06)263-6637
ShingNan Bus
- 臺南市公共運輸處: (06)223-0330
Tainan City Public Transportation Office
- 綠幹線發車時間: 05:55-22:00
Departure Time on Green Lines
- 紅幹線發車時間: 05:25-22:00
Departure Time on Red Lines
- 藍幹線發車時間: 06:00-22:00
Departure Time on Blue Lines
- 每15至30分鐘一班; 里程計費
Departure every 15-30 minutes,
fare calculated by mileage



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不去不可

Must-visit Scenic Areas

精選五條一日遊路線

Five Routes of One-Day Trips

掃描可查看詳細資訊

Scan QRcode for
more information.



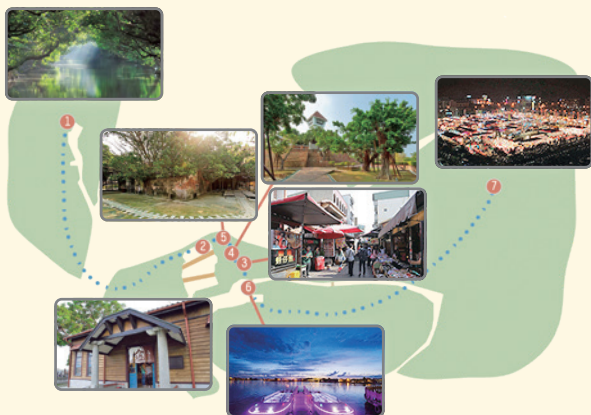
中文
Traditional
Chinese



英文
English

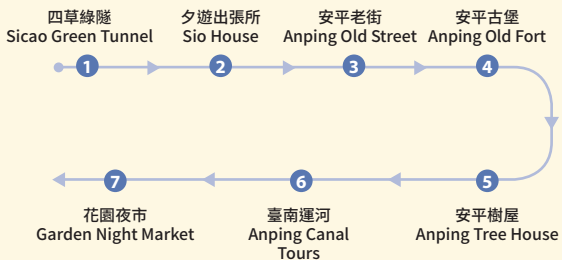
安平一日遊

Anping One-Day Trip



路線規劃

Routes



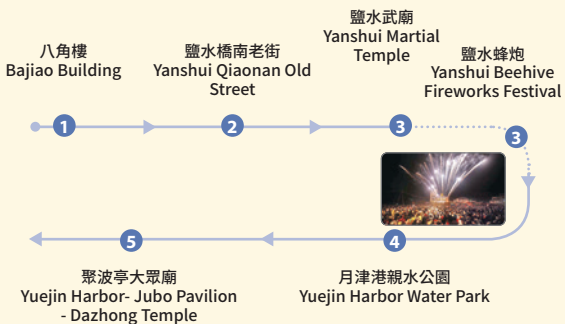
鹽水一日遊

Yanshui One-Day Trip



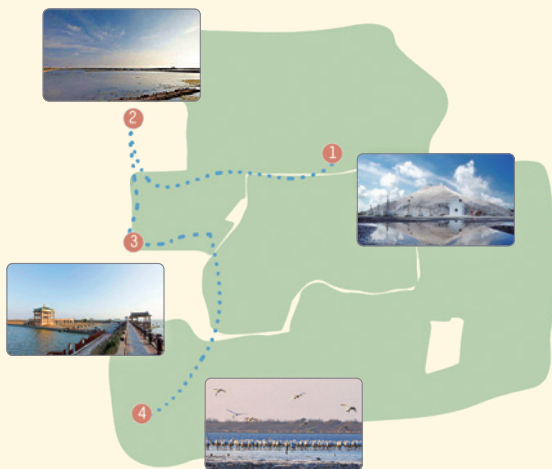
路線規劃

Routes



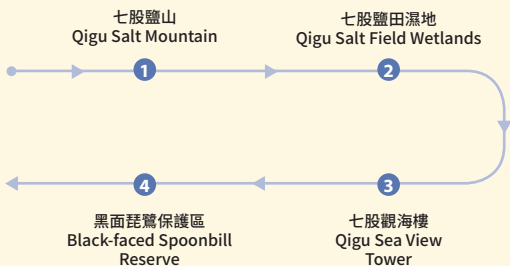
七股一日遊

Qigu One-Day Trip



路線規劃

Routes



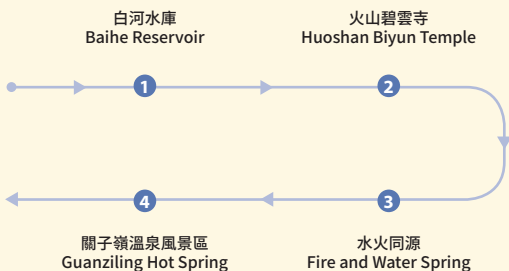
白河一日遊

Beihe One-Day Trip



路線規劃

Routes



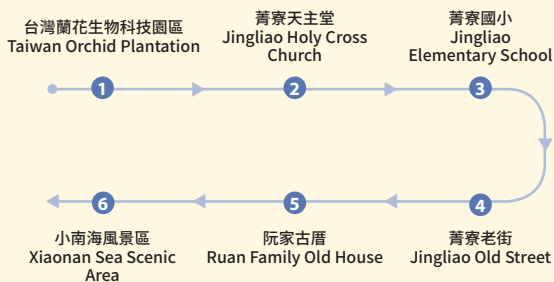
後壁一日遊

Houbi One-Day Trip



路線規劃

Routes



TAINAN

不看不可

Must-see Scenic Areas

台 · 南 · 十 · 大 · 慶 · 典

Top 10 Tainan Festivals

掃描可查看詳細資訊

Scan QRcode for more
information.



中文
Traditional
Chinese



英文
English

鹽水蜂炮

Yanshui Beehive Fireworks Festival



時間：農曆一月十五日元宵節

地點：鹽水區武廟

Period: Lantern Festival - 15th day of the Lunar New Year

Place : Wu Temple, Yanshui

聖母廟國際煙火慶元宵

Luermen Mazu Temple International Fireworks Festival and Lantern Festival



時間：農曆一月十五日元宵節

地點：聖母廟

Period: Lantern Festival - 15th day of the Lunar New Year

Place : Orthodox Luermen Mazu Temple

安定區蘇厝瘟王祭王船祭

King Boat Ceremony at Sucuo neighborhood, Anding District



時間：每三年一次，農曆三月

地點：蘇厝里 456 號長興宮、293-2 真護宮

Period: Once every three years, third month of the lunar calendar

Place : No. 456 Changxing Temple, 293-2 Zhenhu Temple, Sucuo neighborhood

南鯤鯓五府千歲進香期

Nankunshen Daitian Temple Wufu Qianshui Pilgrimage



時間：農曆四、六、八、九月

地點：南鯤鯓代天府

Period: Fourth, sixth, eighth and ninth months of the lunar calendar

Place : Nankunshen Daitian temple

麻豆香 (麻豆代天府刈香)

Madou Incense Offering Procession (Madu Daitian temple)



時間：每三年一次

地點：麻豆代天府

Period: Once every three years

Place : Madou Daitian temple

西港香 (西港燒王船)

Xigang Pilgrimage Procession (Xigang King Boat Burning Festival)



時間：每三年一次，農曆四月中旬

地點：西港區慶安宮

Period: Middle of the fourth month in the lunar calendar, once every three years

Place : Xigang Qingan temple

台南鹿耳門天后宮文化季

Luermen Mazu Temple Taiwan Culture Festival



時間：三年一次，農曆三月

地點：鹿耳門天后宮

Period: Third month of the lunar calendar, once every three years

Place : Luermen Mazu Temple

孔廟文化節

Tainan Confucius Temple Cultural Festival



時間：國曆九月二十八日

地點：孔廟

Period: September 28

Place : Tainan Confucius Temple

府城遶媽祖

Tainan Mazu Festival



時間：農曆三月二十三日前後

地點：台南大天后宮

Period: Around the twenty-third day of the third month in the lunar calendar

Place : Tainan Grand Mazu Temple

做十六歲

Coming of Age Ceremony



時間：農曆七月七日

地點：開隆宮

Period: Seventh day of the seventh month in the lunar calendar

Place : Kailong Temple



中西區 & 鄰近區域特色美食之旅

Gourmet food and snacks of Tainan West Central District & neighboring districts

仁德區 & 鄰近區域特色美食之旅

Gourmet food and snacks of Rende District & neighboring districts

新化區 & 鄰近區域特色美食之旅

Gourmet food and snacks of Xinhua District & neighboring districts

玉井區 & 鄰近區域特色美食之旅

Gourmet food and snacks of Yujing District & neighboring districts

官田區 & 鄰近區域特色美食之旅

Gourmet food and snacks of Guantian District & neighboring districts

白河區 & 鄰近區域特色美食之旅

Gourmet food and snacks of Baihe District & neighboring districts

鹽水區 & 鄰近區域特色美食之旅

Gourmet food and snacks of Yanshui District & neighboring districts

北門區 & 鄰近區域特色美食之旅

Gourmet food and snacks of Beimen District & neighboring districts

大臺南

全區休閒美食之旅

Leisure, culture & food tours in the Greater Tainan Area





中西區 & 鄰近區域

特色美食之旅

*Gourmet food and snacks of
Tainan West Central District &
neighboring districts*

安南區

Annan Dist.

永康區

Yongkang Dist.

北區

North Dist.

安平區

Anping Dist.

中西區

West Central Dist.

東區

East Dist.

南區

South Dist.



周氏蝦捲
Chou's Shrimp Rolls



義豐冬瓜茶
Yi Feng White Gourd Drink



赤崁棺材板 & 鱈魚意麵
Chikan Coffin Toast & Fried Eel Noodles



台南度小月擔仔麵
Tainan Du Hsiao Yueh Danzai Noodles



台南小南碗粿
Xiao Nan Zheng Ji Tainan Salty
Rice Cake



T-Bike 租借處

Rental Locations

● 安南區 T-Bike

Annandist T-Bike



1 臺史博物館站 National Museum of Taiwan History Station

長和路一段與館前一路口 (史博館侯車亭後側)

Attractions near the intersection of Sec. 1,

Changhe Rd. and Guanqian 1st Rd

(back side of the National Museum of Taiwan History bus stop)

附近景點—國立臺灣歷史博物館

Nearby attractions - National Museum of Taiwan History

2 台江文化中心站 Taikang Cultural Center Station

安吉路一段與安中路二段 (南側人行道)

Section 1, Anji Road & Section 2, Anzhong Road (South Side Walkway)

● 永康區 T-Bike

Yongkang Dist T-Bike



1 台南市立圖書館站 Tainan Public Library Station

康橋大道及東橋十街口 (圖書館前)

Kangqiao Blvd and Dongqiao 10 st. (in front of the library)

2 永康火車站 Yongkang Station

台鐵自行車停車處

Taiwan Railway Bicycle Parking

3 崑山科大站 KSU Station

崑山科技大學 (東側人行道)

Kun Shan University(The E. Side)



● 北區 T-Bike
North Dist T-Bike



- 1 臺南火車站前站 Tainan Station front Station**
車站前圓環旁 (北側人行道)
Beside the roundabout in front of Tainan Railway Station
(north sidewalk)
附近景點—臺南火車站
Nearby attractions - Tainan Station
- 2 台南公園站 Tainan Park Station**
公園路公園南路
Park Road Park South Road
附近景點—臺南火車站
Nearby attractions - Tainan Station
- 3 花園夜市站 Tainan Flowers Night Market Station**
海安路三段與和緯路三段 (西南側人行道)
Sec. 3, Hai'an Rd. and Sec. 3, Hwei Rd. (southwest sidewalk)
附近景點—花園夜市
Nearby attractions - Tainan Flowers Night Market
- 4 成大醫院站 National Cheng Kung University Hospital Station**
小東路與勝利路 (成功大學候車亭旁)
Xiaodong Rd. and Shengli Rd. (next to National Cheng Kung
University bus stop)
附近景點—成大榕園
Nearby attractions - NCKU Banyan Garden
- 5 台南市立圖書館站 Tainan Municipal Library Station**
台南公園北側人行道
Tainan Park (The N. Side) The sidewalk
附近景點—原台南公園管理所
Nearby attractions - Former Tainan Park Management Office
- 6 和順公園站 Heshun Park Station**
臨安路二段 231 號對面
Opposite No. 231, Section 2, Lin'an Road
- 7 大興公園站 Daxing Park Station**
文賢路與大興街 (西南側人行道)
Wenxian Road & Daxing Street (Southwest Side Walkway)
- 8 台南二中站 Tainan Second Senior High School Station**
公園北路台南二中對面
Opposite Tainan Second Senior High School, Gongyuan North Road



T-Bike 租借處

Rental Locations

● 東區 T-Bike

East Dist T-Bike



1 臺南火車站後站 Tainan Station after Station

大學西路與育樂街 (東南側人行道)
Daxue E. Rd. and Yule St. (southeast sidewalk)
附近景點－臺南火車站
Nearby attractions - Tainan Railway Station

2 成大會館站 Zendasuites Station

勝利路
Shengli Rd
附近景點－成大會館
Nearby attractions - Zendasuites

3 衛生局站 Health Bureau Station

東門路二段與林森路一段旁 (西南側人行道)
Next to Sec. 2, Dongmen Road and Sec. 1, Linsen Rd.
(southwest sidewalk)
附近景點－大東夜市
Nearby attractions - Dadong Night Market



- 4 巴克禮公園站 Barclay Memorial Park Station**
中華東路三段 (巴克禮公園侯車亭旁)
Sec. 3, Zhonghua E. Rd. (next to Barclay Memorial Park bus stop)
附近景點－巴克禮公園
Nearby attractions - Barclay Memorial Park
- 5 東寧運動公園站 Dongning Sports Park Station**
林森路二段與東寧路口 (東寧運動公園前廣場)
At the intersection of Sec. 2, Linsen Rd. and Dongning Rd.
(front square of Dongning Sports Park)
- 6 東寧裕農站 Dongning & Yunong Station**
東寧路與東光路一段 (東側人行道)
Dongning Rd. and Sec.1, Dongguang Rd. (east sidewalk)
- 7 馬雅各青年公園站 James Laidlaw Maxwell Qingnian Park Station**
青年路與育樂街 (東北側人行道)
Qingnian Road & Yule Street (Northeast Side Walkway)
- 8 裕文圖書館站 Yuwen Library Station**
裕文路 286 號旁
Beside No. 286, Yuwen Road
- 9 小東公園站 Xiaodong Park Station**
小東路與林森路三段 (東北側人行道)
Xiaodong Road & Section 3, Linsen Road (Northeast Side Walkway)
- 10 虎尾寮市場站 Huweiliao Market Station**
裕平路與裕和二街 (西北側人行道)
Yuping Road & Yuhe 2nd Street (Northwest Side Walkway)
- 11 和平公園站 Heping Park Station**
文化路與文化一街路口
Intersection of Wenhua Road & Wenhua 1st Street
- 12 崇明路站 Chongming Road Station**
崇明 E6 停車場入口
Entrance of Chongming E6 Parking Lot
- 13 平實公園站 Pingshi Park Station**
平實公園北側人行道
North Side Walkway of Pingshi Park
- 14 德光公園站 Deguang Park Station**
崇德路與崇明七街
Chongde Road & Chongming 7th Street



T-Bike 租借處

Rental Locations

● 南區 T-Bike

South Dist T-Bike

- 1 體育園區站 Taoyuan Sports Park Station**
健康路一段 (忠烈祠停車場旁)
Sec. 1, Jiankang Rd. (next to the parking lot of Martyrs' Shrine)
附近景點—臺南市忠烈祠
Nearby attractions - Martyrs Shrine
- 2 萬年公園站 Wannian Park Station**
灣裡路與灣裡路 61 巷 (萬年公園侯車亭旁)
Wanli Rd. and Ln. 61, Wanli Rd.
(next to Wannian Park bus stop)
附近景點—萬年公園
Nearby attractions - Wannian Park
- 3 黃金海岸站 Golden Beach Station**
黃金海岸遊客中心 (南側廣場)
Golden Beach Tourist Information Center
(south side of the square)
附近景點—黃金海岸
Nearby attractions - Golden Beach
- 4 水交社文化園區站 Shueijiaoshe Cultural Park Station**
健康路一段與南門路口 (西南側人行道)
Nanmen Rd.
附近景點—水交社文化園區
Nearby attractions - Shueijiaoshe Cultural Park
- 5 南區公所站 South District Office Station**
中華南路二段 (新興國宅侯車亭旁)
Section 2, Jhonghua South Road
(Beside the Bus Waiting Area of Xinxing Public Housing)
- 6 鹽埕圖書館站 Yancheng Library Station**
新和東路 (鹽埕圖書館旁)
Xinhe East Road (Beside Yancheng Library)
- 7 水萍塢公園站 Shuipingwen Park Station**
夏林路與樹林街二段 (客家文化會館候車亭旁)
Xialin Road & Section 2, Shulin Street
(Beside the Bus Waiting Area of Hakka Assembly Hall of Culture)
- 8 日新國小站 Rixin Elementary School Station**
金華路一段與鹽埕路口 (西側人行道)
Intersection of Section 1, Jinhua Road & Yancheng Road
(West Side Walkway)
- 9 新興國小站 Xinxing Elementary School Station**
夏林路西側新興國小人行道上
Walkway of Xinxing Elementary School, West Side of Xialin Road





● 安平區 T-Bike Anping Dist T-Bike

- 1 林默娘公園站 Lin Mo-Niang Park Station**
安億路 (林默娘公園停車場旁)
Anyi Rd. (next to the parking lot of Lin Mo-Niang Park)
附近景點－林默娘公園
Nearby attractions - Lin Mo-Niang Park
- 2 億載金城站 Eternal Golden Fortress Station**
光州路 88 號
No.88, Guangzhou Rd
附近景點－億載金城
Nearby attractions - Eternal Golden Fortress
- 3 安平區公所站 Anping District Office Station**
光州路 88 號
No.88, Guangzhou Rd
附近景點－安平區公所
Nearby attractions - Anping District Office
- 4 臺南市政府站 Tainan City Hall Station**
府前路二段
Sec. 2, Fuqian Rd
附近景點－安平區公所
Nearby attractions - Anping District Office
- 5 漁光島站 Yuguang Island Station**
健康路三段與漁光路人行道
Jiankang 3rd St & Yuguang Rd The Sidewalk
附近景點－漁光島
Nearby attractions - Yuguang Island
- 6 水景公園站 Waterview Park Station**
安北路與安平路 850 巷路口
Anbei Rd & Ln. 850, Anping Rd Intersection
附近景點－安平小砲臺
Nearby attractions - Anping Minor Artillery Fort
- 7 安平遊憩碼頭站 Anping Recreational Wharf Station**
運河路旁
Yunhe Rd beside
附近景點－台南運河遊船
Nearby attractions - Anping Canal Tour
- 8 安億停車場站 Anyi Parking Lot Station**
安億路 (安億停車場旁)
Anyi Road (Beside Anyi Parking Lot)
- 9 運河公園站 Canal Park Station**
建平十七街及華平路口
Intersection of Jianping 17th
Street & Huaping Road
- 10 臺南市議會站 Tainan City Council Station**
永華路二段與中華西路二段 (東北側人行道)
Section 2, Yonghua Road & Section 2, Jhonghua West Road
(Northeast Side Walkway)





T-Bike 租借處

Rental Locations

● 中西區 T-Bike

West Central Dist T-Bike



1 延平郡王祠站 Koxinga Shrine Station

開山路 (東南側人行道)

Kaishan Rd. (southeast sidewalk)

附近景點－延平郡王祠

Nearby attractions - Koxinga Shrine

2 赤嵌樓站 Chikan Tower Station

民族路二段與赤嵌街口 (東北側人行道)

Intersection of Sec. 2, Minzu Rd. and Chihkan St. (northeast sidewalk)

附近景點－赤嵌樓、開基武廟

Nearby attractions - Chikan Tower ,
Kai-Chi Wu Maio (Founding Martial Temple)

3 臺南市美術館 Tainan Art Museum Station

府前路一段與永福路二段口 (活動中心前廣場)

Intersection of Sec. 1, Fuqian Rd. and Sec. 2, Yongfu Rd.
(front square of Community Center)

附近景點－司法博物館

Nearby attractions - Judicial museum

4 臺灣文學館站 National Museum of Taiwan Literature Station

友愛街 (臺灣文學館後門)

Youai St. (back door of the National Museum of Taiwan Literature)

附近景點－孔廟文化園區、國立台灣文學館 (原台南州廳)、林百貨

Nearby attractions - Confucius Temple Cultural Zone

National Museum of Taiwan Literature

(Former Tainan Prefecture Hall) , hayashi



- 5 海安民族站 Hai'an & Minzu Station**
民族路三段與海安路二段 (西北側人行道)
Sec. 3, Minzu Rd. and Sec. 2, Hai'an Rd. (northwest sidewalk)
附近景點—五條港歷史區域地方文化館、永樂市場、水仙宮市場
Nearby attractions - Old Five Channels Cultural Zone ,
Yongle Fabric Market , Shuei Sian Temple Market
- 6 民生轉運站 Minsheng Bus Station**
民生路二段與民生路二段 400 巷 (民生轉運站)
Section 2, Minsheng Road & Lane 400, Section 2, Minsheng Road
(Minsheng Transfer Stop)
- 7 家庭教育中心站 Family Education Center Station**
公園路與公園路 175 巷 (南區健保局候車亭旁)
Gongyuan Road & Lane 175, Gongyuan Road (Beside the Bus
Waiting Area of Bureau of Health Insurance in the South District)
- 8 和意路站 Heyi Road Station**
和意路與永福路一段 223 巷 (西南側人行道)
附近景點：藍晒圖文創園區
Heyi Road & Lane 223, Section 1, Yongfu Road (Southwest Side
Walkway)
Nearby Tourist Attractions: Blueprint Cultural & Creative Park Area
- 9 海安正興站 Hai-an Rd. & Jhengsing St. Station**
海安路二段與正興街交叉口 (北側人行道)
Intersection of Section 2, Hai'an Road & Zhengxing Street
(North Side Walkway)

T-Bike 租借狀況查詢

T-Bike Rental Status Inquiry

<https://tbike.tainan.gov.tw/Portal/zh-TW/Station/Map>

公車路線查詢

How to Find Bus Routes

<https://tourguide.tainan.gov.tw/newtnbusweb/Default.aspx>



花園夜市

Garden Night Market

發展近 **400** 個攤位的巨大規模夜市，為臺灣最知名的夜市之一。

Boasting nearly 400 stalls, it is one of the most famous night markets in Taiwan.





📍 景點資料

開放時間：每週四、六、日營業

門票資訊：免門票

地 址：北區海安路三段

交通資訊：

1. 火車站搭乘 0 左或 0 右至花園夜市站下車後，步行約 2 分鐘即可到達。
2. 火車站搭乘 11 號至花園夜市（和緯路）站下車後，步行約 2 分鐘即可到達。

📍 Travel information

Opening hours : Every Thursday, Saturday, and Sunday

Admission fee : Free

Address : Sec. 3 Haian Rd. North Dist.

Transportation:

1. Take bus route 0(L) or 0(R) from Tainan Railway Station and get off at Garden Night Market stop. The night market is 2-minute walk from the stop.
2. Take bus No. 11 from Tainan Railway Station and get off at Garden Night Market stop (on Hewei Road). The night market is 2-minute walk from the stop.





赤嵌樓

Chihkan Tower

原名普羅民遮城，為華麗的歇山式重簷建築。

A gorgeous fort with double eaves and Xie Shan roof.
It used to be called Fort Provincia.





📍 景點資料

開放時間：08:30~21:30 (休息時間：除夕)

門票資訊：全票 50 元

地 址：中西區民族路二段 212 號

交通資訊：

從火車站搭乘 3、5、88、99 公車至赤崁樓站下車。

📍 Travel information

Opening hours : 08:30-21:30 (Closed on Chinese New Year Eve)

Admission fee : NT\$50 (Adult)

Address : No.212 Minzu Rd. Section 2, West Central Dist.

Transportation:

Take bus No. 3, 5, 88, or 99 from Tainan Railway Station and get off at Chihkan Tower stop.





國立臺灣文學館

National Museum of Taiwan Literature

臺灣首座國家級文學博物館，建築雄偉，散發濃厚古典氣息。

This is the first national literature museum. The majestic construction reflects a unique classical atmosphere.





📍 景點資料

開放時間：星期二至星期日 09:00~18:00

門票資訊：免費參觀

地 址：中西區中正路 1 號

交通資訊：

1. 從車站沿中山路步行約 15 分鐘可達本館。
2. 搭乘 1、2、6、7、10、11、88 號公車至民生綠園站或孔廟站下車。
3. 搭乘紅／藍線公車，至中山／民權路口下車，步行約 5 分鐘。

📍 Travel information

Opening hours : Tuesday - Sunday, 09:00-18:00

Admission fee : Free

Address : No.1, Jhongjheng Rd., West Central Dist.

Transportation:

- 1.Walk 15 minutes along Jhongshan Road from Tainan Railway Station.
- 2.Take bus No. 1, 2, 6, 7, 10,11, or 88 to Tang De-Jhang Memorial Park (Min Sheng Lu Yuan) or get off at Confucius Temple stop.
- 3.Take the Red or Blue Line bus and get off at Zhongshan/Minquan intersection. The museum is about 5-minute walk from the stop.



全臺首學—孔廟

Confucius Temple

全臺首座孔廟，明鄭時期陳永華總制倡建。

The first Confucius Temple in Taiwan was built by Governor, Chan Yung-hwa.





📍 景點資料

開放時間：週一 ~ 週日 08:30~17:30(除夕公休)

門票資訊：全票 25 元

地 址：中西區南門路 2 號

交通資訊：

1. 火車站前搭乘 88 公車，於孔廟站下車。
2. 火車站前搭乘 2 公車，於台灣文學館站下車，步行至孔廟。
3. 火車站前搭乘 6、99 公車，於建興國中站下車，循南門路北行可抵達。

📍 Travel information

Opening hours : Monday - Sunday, 08:30-17:30 (Closed on Chinese New Year Eve)

Admission fee : NT\$ 25 (Adult)

Address : No.2, Nanmen Rd., West Central Dist.

Transportation:

1. Take bus No. 88 across from Tainan Railway Station and get off at Confucius Temple stop.
2. Take bus No. 2 across from Tainan Railway Station. Get off at National Museum of Taiwan Literature, and then walk to Confucius Temple.
3. Take bus No. 6 or 99 across from Tainan Railway Station. Get off at Jiansing Junior High School stop, and then walk north along Nanmen Road.



安平古堡

Anping Fort

原為熱蘭遮城，又名臺灣城，臺灣最古老的城堡，今貌為日治時期改建。

The oldest fort in Taiwan, whose present exterior is reconstructed during Japanese Colonial Period.





📍 景點資料

開放時間：週一 ~ 週日 08:30~17:30

門票資訊：全票 50 元

地 址：安平區國勝路 82 號

交通資訊：

從火車站搭乘 2、19、77-1 安平環線假日公車、99 至安平古堡站下車。

📍 Travel information

Opening hours : Monday - Sunday, 08:30-17:30

Admission fee : NT\$50 (Adult)

Address : No.82,Guosheng Rd.,Anping Dist.

Transportation:

Take bus No. 2, 19, 77-1 Anping Holiday Bus or 99 from Tainan Railway Station and get off at Anping Fort stop.





安平樹屋

Anping Treehouse

原為德記洋行倉庫，樹以牆為幹，屋以葉為瓦，獨具特色。

It was the original warehouse for British trading company Tait & Co. The aerial roots and branches of trees wrapped around the building, combined with the soil, red brick and partial concrete wall creates an unusual sight.

安平樹屋

參觀路線
VISITING ROUTE



📍 景點資料

開放時間：週一 ~ 週日 08:30~17:30

門票資訊：全票 50 元

地 址：安平區古堡街 108 號旁

交通資訊：

從火車站搭乘 2、19、77-1 安平環線假日公車、99 至安平樹屋站下車。

📍 Travel information

Opening hours : Monday - Sunday, 08:30-17:30

Admission fee : NT\$ 50 (Adult)

Address : Next to No.108, Gubao St., Anping Dist.

Transportation:

Take bus No. 2, 19, 77-1 Anping Holiday Bus or 99 from Tainan Railway Station and get off at Anping Treehouse.



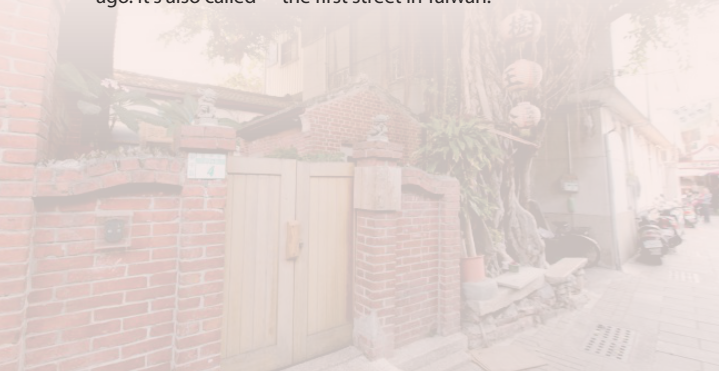


安平老街

Anping Old Street

安平古堡旁的延平老街，為三百多年前荷蘭人在安平修建的第一條路，又有『臺灣第一街』之稱。

Yanping Street, right next to Anping Fort, is the first road Dutch people constructed about three hundred years, ago. It's also called “the first street in Taiwan.”





📍 景點資料

開放時間：全日開放

門票資訊：免門票

地 址：安平區延平街

交通資訊：

火車站搭乘 2、19、77-1 安平環線假日公車、99 公車至安平古堡站步行至安平老街。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : Yanping St., Anping Dist.

Transportation:

Take bus No. 2, 19, 77-1 Anping Holiday Bus or 99 from Tainan Railway Station and get off at Anping Fort stop and walk to Anping Old Street.





億載金城

Eternal Golden Castle

原名二鯤鯓砲台，因「億載金城」匾額得名。

It used to be called Erkunshen Artillery fort.





📍 景點資料

開放時間：週一 ~ 週日 08:30~17:30

門票資訊：全票 50 元

地 址：安平區光州路 3 號

交通資訊：

火車站搭乘 2、88、14、19 公車至億載金城。

📍 Travel information

Opening hours : Monday - Sunday, 08:30-17:30

Admission fee : NT\$50 (Adult)

Address : NO.3, Guangzhou Rd., Anping Dist.

Transportation:

Take bus No. 2, 88, 14 or 19 from Tainan Railway Station and get off at Erkunshen Fortress (Eternal Golden Castle).



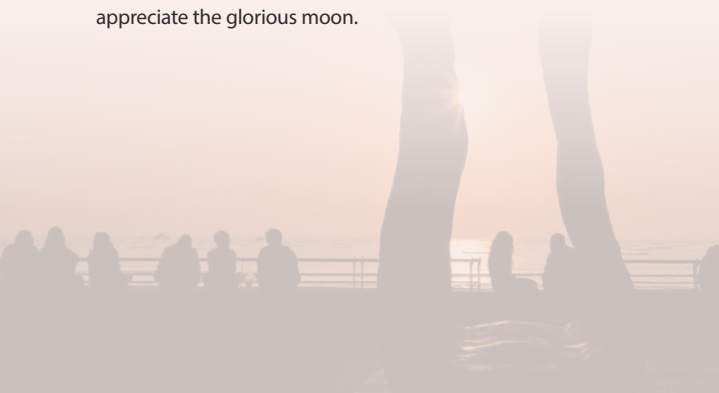


觀夕平台

Anping Sunset Platform

充滿海洋風情，觀賞賞月的最佳場所，已成為拍攝婚紗的熱門景點之一。

It has become one of the hottest spots for pre-wedding photo shooting with ocean scenery and a good place to appreciate the glorious moon.





📍 景點資料

開放時間：全天開放

門票資訊：免門票

地 址：安平區四草大橋南端步行約 100M

交通資訊：

火車站轉搭 99 號公車至觀夕平台站下車。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : 100-meter walk away from the south end of Sicao Bridge, Anping Dist.

Transportation:

Take bus No. 99 from Tainan Railway Station and get off at Anping Sunset Platform stop.





台南市知事官邸

*The Old Taiwan Magistrate Residence
(Former Tainan Magistrate Residence)*

原為臺南縣知事官邸，建於 1900 年（明治 33 年），
現為臺南市定古蹟。

Built in 1900 (year 33 of the Meiji Era) as the residence for
the local governor, the Old Tainan Magistrate Residence
now is classified as a historical building in Tainan City.



📍 景點資料

開放時間：週一至週日 11:00-20:00，周二休館。

門票資訊：免門票

地 址：東區衛民街 1 號

交通資訊：

從火車站，沿北門路向南步行到衛民街口，左轉人行地道即可抵達，全程 600 公尺步行 10 分鐘內可抵達。

📍 Travel information

Opening hours :

Monday – Sunday, 11:00-20:00; closed on Tuesdays.

Admission fee : Free

Address : No.1, Weimin St., East Dist.

Transportation:

From Tainan Railway Station, walk south along Beimen Road to Weimin Street and then turn left and go through the underground pedestrian walkway. The 600-meter walk takes less within 10 minutes.



黃金海岸

Tainan Gold Coast

金黃色落日照在海面上，夕陽、海水、沙灘上連成一線，固有黃金海岸之稱。

Golden sunset reflects on the ocean, creating a beautiful scene with the beach; that's why it is called Golden Beach.





📍 景點資料

開放時間：全天開放

門票資訊：免門票

地 址：南區濱南路 600 號

交通資訊：

火車站搭乘 1 公車往省躬國小站下車，再步行至黃金海岸。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : No.600, Binnan Rd., South Dist.

Transportation:

Take bus No. 1 from Tainan Railway Station. Get off at Sing-gong Elementary School stop and then walk to Tainan Golden Coast.



仁德區 & 鄰近區域

特色美食之旅

*Gourmet food and snacks of
Rende District & neighboring districts*

仁德區
Rende Dist.

歸仁區
Guiren Dist.

關廟區
*Guanmiao
Dist.*

龍崎區
Longqi Dist.



關廟鳳梨酥
Guanmiao Pineapple Cake



台糖糖廠冰品
Taiwan Sugar Factory Ice Products



張家涼麵
Zhang's Cold Noodles



銘記煎糰
Ming Ji Pan-fried Rice Cake



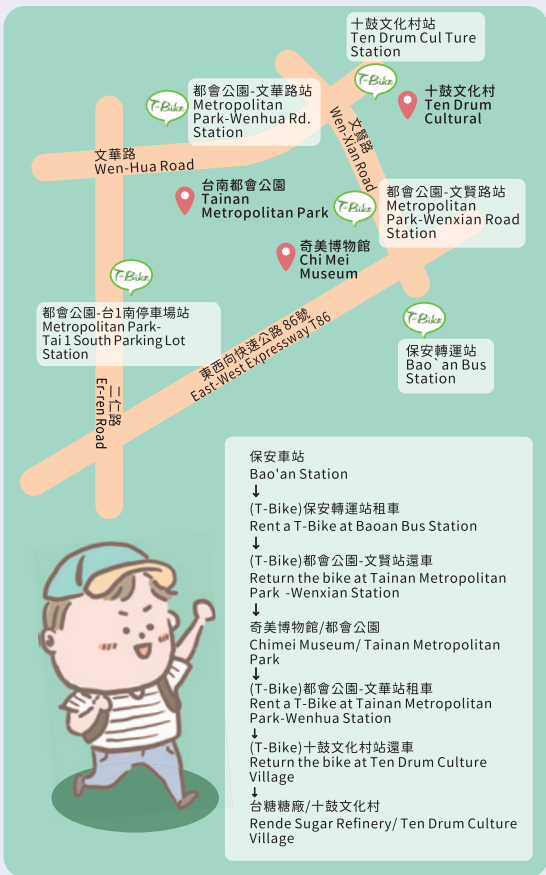
T-Bike 租借處

Rental Locations

雙輪輕旅行 知性奇美

Travel Light with a Bike

Take an Intellectual Trip to Chimei



● 仁德區 T-Bike

Rende Dist T-Bike

- 1 保安轉運站 Bao'an Bus Station**
保安轉運站公車候車亭旁 (文賢路一段)
Besides the shelter of Bao'an Bus Station (on Wenxian Rd. Section 1)
附近景點 - 保安火車站
Nearby attractions - Bao'an Station
- 2 十鼓文化村站 Ten Drum Cul Ture Station**
十鼓文化村門口前方 (公車候車亭旁)
In front of the gate of Ten Drum Cultural Village
- 3 都會公園 - 文華路站 Metropolitan Park-Wenhua Rd. Station**
臺南都會公園 (文華路二段)
Tainan Metropolitan Park (Sec. 2, Wenhua Rd.)
附近景點 - 台南都會公園
Nearby attractions - Tainan Metropolitan Park
- 4 嘉南藥理大學站 CNU**
保安路一段 56 巷 20 號
No.20, Lane 56, Sec. 1, Bao'an Rd
附近景點 - 嘉南藥理大學
Nearby attractions - CNU
- 5 都會公園 - 文賢路站 Metropolitan Park-Wenxian Road Station**
奇美博物館文賢停車場 (文賢路一段)
Metropolitan Park-Wenxian Road Stop: Wenxian Parking Lot of Chi Mei Museum (Section 1, Wenxian Road)
- 6 都會公園 - 台 1 南停車場站 Metropolitan Park-Tai 1 South Parking Lot Station**
奇美博物館園區主入口台 1 南停車場 (二仁路二段)
Tai 1 South Parking Lot of the Main Entrance of Chi Mei Museum Park Area (Section 2, Erhjen Road)



● 歸仁區 T-Bike

Guiren Dist T-Bike

- 1 高鐵台南站 Taiwan High Speed Rail Tainan Station**
武當路與歸仁十二路交叉口 (西北側人行道)
Intersection of Wudang Rd. and Guiren 12th Rd. (northwest sidewalk)
附近景點 - 沙崙車站
Nearby attractions - Shalun Station
- 2 歸仁區公所站 Gueiren District Office Station**
中正北路一段東側
Sec. 1, Zhongzheng N. Rd (The E. Side)
附近景點 - 歸仁美學館
Nearby attractions - Guiren Living Art Center
- 3 陽明交通大學 (臺南校區) 站 Yang Ming Chiao Tung University (Tainan Campus) Station**





奇美博物館

Chimei Museum

館藏以西洋藝術品為主，為世界級的藝文殿堂。

Chimei Museum collects masterpieces of Western art, giving visitors a more in-depth understanding of Western art.



📍 景點資料

開放時間：週一 ~ 週日 09:30~17:30 (週三休館)

門票資訊：全票 200 元

地 址：仁德區文華路二段 66 號

交通資訊：

保安火車站→步行約 15 分鐘，或至轉運站搭乘公車 (紅 3、紅 3-1、紅 4) →奇美博物館。

📍 Travel information

Opening hours :

Monday – Sunday, 09:30-17:30 (Closed on Wednesdays)

Admission fee : NT\$ 200 (Adult)

Address : No.66, Sec. 2, Wunhua Rd., Rende Dist.

Transportation:

It is about 15-minute walk from Bao'an Train Station. Or, take Tainan City Bus Red 3, Red 3-1 or Red 4 from Bao'an Bus Station to Chimei Museum.





十鼓仁糖文創園區

Ten Drum Cultural Creative Park

結合鼓樂運動、休閒娛樂與自然生態的第一座鼓樂藝術村。

The village combines drum music, leisure entertainments and natural ecology in one. It's also the first drum music artistic village.



📍 景點資料

開放時間：週一 ~ 週日 09:30~17:00

門票資訊：全票 449 元

地 址：仁德區文華路二段 326 號

交通資訊：

仁德保安火車站，公車轉運站搭乘紅 3 公車至十鼓文化村站。

📍 Travel information

Opening hours : Monday – Sunday, 09:30-17:00

Admission fee : NT\$ 449 (Adult)

Address : No.326, Sec. 2, Wenhua Rd., Rende Dist.

Transportation:

After exiting from Bao'an Train Station in Rende Dis., take Tainan City Bus Red 3 from Bao'an Bus Station to Ten drum Cultural Creative Park stop.





台南都會公園

Tainan Metropolitan Park

景觀滯洪池不僅是賞景焦點，更提供滯洪保水的功能。同時沿著水岸棧道也可遠眺湖光美色。

The retention pond is not only a beautiful spot but regulates water. People can look far into the great view of lakes from the waterfront boardwalk.



📍 景點資料

開放時間：全年開放

門票資訊：免門票

地 址：仁德區文華路二段 62 號

交通資訊：

火車站搭乘紅 3 公車至臺南都會公園。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : No.62, Sec.2, Wunhua Rd., Rende Dist.

Transportation:

Take bus Red 3 from Tainan Railway Station to Tainan Metropolitan Park.



新化區 & 鄰近區域

特色美食之旅

*Gourmet food and snacks of
Xinhua District & neighboring districts*

善化區

Shanhua Dist.

安定區

Anding Dist.

新市區

Xinshi Dist.

山上區

Shanshang Dist.

左鎮區

Zuozhen Dist.

新化區

Xinhua Dist.



新化王家燻羊肉
Xinhua Wang's Smoked Mutton



所長茶葉蛋
Sheriff Tea Egg



新玉香麻花捲
Sin Yu Siang Handmade Twisted Rolls



崙頂仔肉糰
Kunlun's Rice Cake



T-Bike 租借處

Rental Locations

● 善化區 T-Bike

Shanhua Dist T-Bike

- 1 善化火車站 Shanhua Station**
車站前圓環旁 (北側 T-Bike 專區)
Beside the roundabout in front of Tainan Railway Station
(north side of T-Bike area)
附近景點－善化車站
Nearby attractions - Shanhua Station
- 2 霞客湖站 Xiake Lake Station**
南科七路
Nanke 7th Rd
附近景點－南科湖濱雅舍幾米主題公園
Nearby attractions - Nanke Lake Bin Yashe Jimmy Theme Park
- 3 臺鐵南科站 Nanke Station**
西拉雅大道
Xilaya Blvd
附近景點－南科火車站、善化夜市
Nearby attractions - Nanke Station , Shanhua night market
- 4 善化高中站 Shan-Hua Senior High School Station**
仁愛路與大成路 (南側人行道)
Ren' ai Rd & Dacheng Rd (Front) (The S. Side)
- 5 社區中心站 STSP Community Center Station**
南科社區中心圓形廣場 (大順三路)
At the circular plaza of STSP Community Center
- 6 南科管理局站 STSP Bureau Station**
PARK17 前廣場 (南科三路)
At the plaza in front of PACK17
- 7 南科健康生活館站 STSP Wellness Center Station**
南科七路與環東路二段 (南科健康生活館前人行道)
Nanke 7th Rd & Sec. 2, Huandong Rd





● **新市區 T-Bike**
Xinshi Dist T-Bike

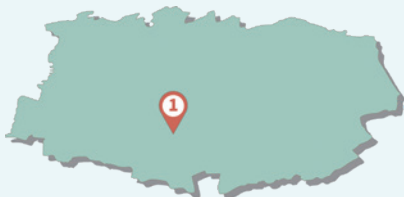
1 **新市火車站 Xinshi Station**

車站前 (東北側人行道)

In front of Tainan Railway Station (northeast sidewalk)

附近景點—新市車站、台南市新市區花海

Nearby attractions - Xinshi Station , Tainan City Flower sea



● **新化區 T-Bike**
Xinhua Dist T-Bike

1 **新化武德殿站 Xinhua Wude Temple Station**

新化武德殿旁停車場 (台南市新化區和平街 53 號)

No. 53, Heping St., West Central Dist., Tainan City



T-Bike 租借狀況查詢

T-Bike Rental Status Inquiry

<https://tbike.tainan.gov.tw/Portal/zh-TW/Station/Map>

公車路線查詢

How to Find Bus Routes

<https://tourguide.tainan.gov.tw/newtnbusweb/Default.aspx>

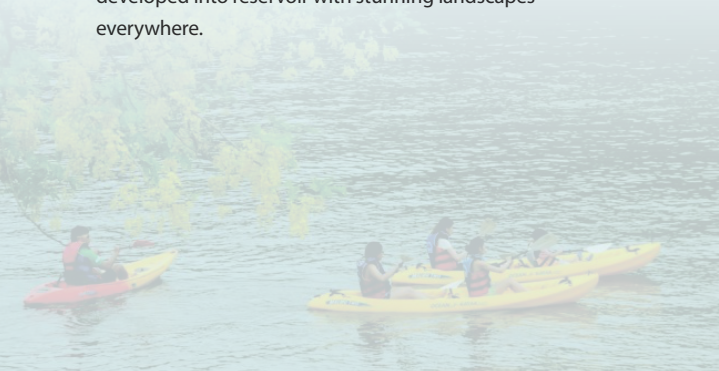


虎頭埤風景區

Hu Tou Pei Scenic Area

1846 年為解決缺水問題，引鹽水溪水上游河水，開發為埤圳，園區內皆是著名美景。

In 1864, in order to solve water shortage, the upstream of Yanshuei River was diverted into Hutoubi, later being developed into reservoir with stunning landscapes everywhere.





📍 景點資料

開放時間：週一 ~ 週日 06:30~19:00

門票資訊：全票 80 元

地 址：新化區中興路 42 巷 36 號

交通資訊：

火車站於前站圓環左邊搭乘興南客運（綠幹線），到達新化站後，轉乘（綠 13）到達園區。

📍 Travel information

Opening hours : Monday- Sunday, 06:30-19:00

Admission fee : NT\$ 80 (Adult)

Address : No.36, Alley 42, Jhongsing Rd., Sinhua Dist.

Transportation:

Take Shing Nan Bus (Branch Green Line) on the left side of roundabout in front of Tainan Railway Station. After arriving at Xinhua stop, transfer to Tainan City Bus Green 13 to Hu Tou Pei Scenic Area.





新化老街

Xinhua Old Street

距今 80 年歷史，建於日治時代，仿 18 世紀歐洲的巴洛克式建築風格，華麗的浮雕與裝飾相當罕見。

This street, with 80 years history, was built during Japanese colonial period. It is the 18th Century Baroque architectural style with luxury relief sculptures, which is very rare in Taiwan.

📍 景點資料

開放時間：全天開放

門票資訊：免門票

地 址：新化區中正路 336~441 號

交通資訊：

由火車站搭乘綠幹線公車至新化站下車，步行約五分鐘即可抵達中正路。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : No. 336-441, Zhongzheng Road, Xinhua Dist.

Transportation:

Take the Green Line bus from Tainan Railway Station and get off at Xinhua stop. Zhongzheng Road is 5-minute walk away.





左鎮草山月世界

Grass Mountain Moon World

典型惡地地形，峭壁懸崖、稜脊顯明。

Typical badlands with overhanging cliff and obvious crest line.





📍 景點資料

開放時間：全天開放

門票資訊：免門票

地 址：左鎮區岡林里 31 號

交通資訊：

火車站前搭往新化的興南客運，於新化站下車，轉搭往岡林的興南客運，於岡林站下車，再步行約 3.5km 可抵達草山月世界。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : No. 31, Ganglin Village, Zuozhen Dist.

Transportation:

Take Shing Nan Bus bound for Xinhua from Tainan Railway Station. After getting off at Xinhua stop, transfer to the bus bound for Ganglin. After getting off at Ganglin stop, walk about 3.5km to reach Grass Mountain Moon World.



玉井區 & 鄰近區域

特色美食之旅

*Gourmet food and snacks of
Yujing District & neighboring districts*

楠西區
Nanxi Dist.

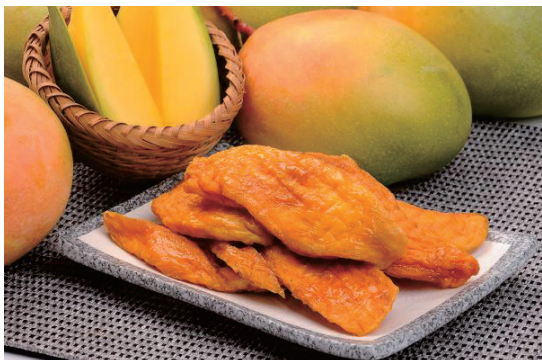
玉井區
Yujing Dist.

南化區
Nanhua Dist.



福來梅仔雞

Fu Lai Plum Chicken Restaurant



玉井之門芒果乾

Yu Jing Meng Dried Irwin Mango



玉井虎頭山

Yujing Hutou Mountain

虎頭山位在玉井竹圍里境，因山勢酷似虎頭而得名，山標高 **239** 公尺。

Located in Zhuwei Village, Yujing, Hutou Mountain, 239 meters high, won the name because of its tiger head-shaped mountain ranges. (Hutou means “tiger head” in Chinese.)



📍 景點資料

開放時間：全天開放

門票資訊：免門票

地 址：玉井區竹圍

交通資訊：

從善化火車站步行至玉井轉運站，搭公車綠 20-1 往虎頭山。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : Zhuwei Village, Yujing Dist.

Transportation:

Walk to Yujing Bus Station from Shanhua Railway Station and take Tainan City Bus Green 20-1 bound for Hutou Mountain.



官田區 & 鄰近區域

特色美食之旅

*Gourmet food and snacks of
Guantian District & neighboring districts*

下營區
Xiaying Dist.

六甲區
Liuja Dist.

麻豆區
Madou Dist.

官田區
Guantian Dist.

大內區
Danei Dist.



碗粿蘭
A-Lan Wan Guo



大內豆菜麵焗
Danei Bean Sprout Noodles



寶芝林燻茶鵝
Bao Jih Lin Tea-Smoked Goose



阿港伯米苔目
Uncle A-Gang's Short Rice Noodles



烏山頭水庫

Wusanto Reservoir

從空中鳥瞰，外型蜿蜒曲折，如美麗的藍色珊瑚，所以有「珊瑚潭」的美稱。

If you get a bird's eye view from above, you will see the reservoir in a coral-like winding shape, giving it another beautiful name as “Coral Lake” .





景點資料

開放時間：3 月 ~10 月：06:00~18:00

11 月 ~2 月：06:30~17:30

門票資訊：全票 100 元

地 址：官田區嘉南里 68-2 號

交通資訊：

1. 新營火車站步行至客運站，搭乘黃線 1 公車至烏山頭水庫。
2. 善化轉運站搭橘 4 至烏山頭水庫，或搭橘 5 至嘉南里（八田與一紀念園區）。
3. 隆田火車站搭橘 10 至烏山頭水庫。

Travel information

Opening hours :

March - October: 06:00-18:00; November- April: 06:30 -17:30

Admission fee : NT\$ 100 (Adult)

Address : No. 68-2, Jianan Village, Guantian Dist.

Transportation:

1. Walk to Xinying Bus Station from Xinying Railway Station and take Tainan City Bus Yellow 1 to Wusanto Reservoir.
2. Take Tainan City bus Orange 4 to Wusanto Reservoir from Shanhua Bus Station. Or take Tainan City bus Orange 5 to Jianan Village (Hatta Yoichi Memorial Park)
3. Take Tainan City bus Orange 10 to Wusanto Reservoir from Longtian Railway Station.



走馬瀨休閒農場

Tsou-Ma-Lai Farm

休閒渡假基地及會議中心，可騎馬、滑草、射箭及戲水。

It is the first leisure farm resort theme park including horse riding, grass skiing, and playing and exercising in the water in Taiwan.





景點資料

開放時間：週一 ~ 週五 09:00~17:00

週六 ~ 週日 08:00~17:00 (全年無休)

門票資訊：全票 250 元

地址：大內區二溪里唎子瓦 60 號

交通資訊：

搭乘公車橘幹線 (佳里—玉井) 往玉井方向班次；或於火車站前搭乘公車綠線往玉井，玉井站下車轉搭橘線公車至走馬瀨農場。

Travel information

Opening hours : Monday- Friday, 09:00-17:00;

Saturday-Sunday, 08:00-17:00 (open all year round)

Admission fee : NT\$ 250 (Adult)

Address : No. 60, Erxi Village Qiliwa, Danei Dist.

Transportation:

Take the Orange Line bus (Jiali-Yujing) bound for Yujing; or take the Green Line bus bound for Yujing across from Tainan Railway Station. Get off at Yujing stop and then transfer to the Orange Line bus to Tsou Ma Lai Farm.

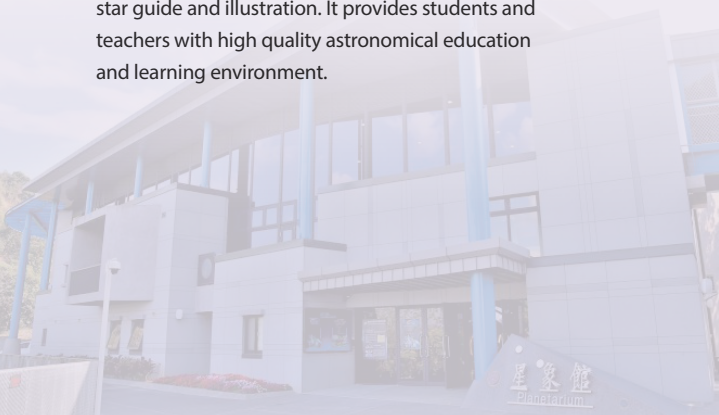


南瀛天文館

Tainan Astronomical Education Area

全臺灣唯一可直接進行夜間星空導覽解說的天文館，提供學子及教師優質天文教育及學習環境。

The only astronomical education center for night star guide and illustration. It provides students and teachers with high quality astronomical education and learning environment.





📍 景點資料

開放時間：週二 ~ 週日 09:00~17:00 (週一休館)

門票資訊：天文展示館全票 50 元

星象館全票 (2D/3D) 100/130 元

地 址：大內區曲溪里 34-2 號

交通資訊：

從善化火車站步行至轉運站，搭乘橘幹線公車，開往《南瀛天文園區》，下車後步行至南瀛科學教育館。

📍 Travel information

Opening hours : Tuesday-Sunday, 09:00-17:00

(closed on Mondays)

Admission fee : NT\$ 50 (Adult) for Astronomy Exhibition Hall;
NT\$ 100/130 for Planetarium (2D/3D Theater)

Address : No.34-2, Cyu Ci Village, Danei Dist.

Transportation:

Walk to the bus station from Shanhua Railway Station and take the Orange Line bus bound for Tainan Astronomical Education Area. The educational center is within walking distance from the stop.

白河區 & 鄰近區域

特色美食之旅

*Gourmet food and snacks of
Baihe District & neighboring districts*

後壁區
Houbi Dist.

白河區
Baihe Dist.

東山區
Dongshan Dist.



竹香園甕缸雞

Zhu Xiang Yuan Pot-roasted Free-range Chicken



後壁冰糖醬鴨

Houbi Crystal Sugar Braised Duck



如意臭豆腐

Ruyi Stinky Tofu



關子嶺溫泉

Guanzihing Hot Spring

屬於泥漿溫泉，世界三大泥湯，有「台灣第一溫泉」美譽，具美容、消除疲勞等多重療效是天然的養生之泉。

It is one of the top three mud hot springs in the world, also known as “The Best Hot Spring in Taiwan”. It has several healing effects such as skin beauty and stress relief, and is regarded as a natural way for maintaining health.



📍 景點資料

開放時間：全天候

門票資訊：免費參觀

地 址：白河區關嶺里 28-3 號

交通資訊：

1. 新營火車站搭乘新營客運「黃幹線」至白河站，轉搭黃 12、黃 13 至關子嶺沿途車站下車。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : No. 28-3, Guanling Village, Baihe Dist.

Transportation:

1. Take Singing Bus “Branch Yellow Line” from Xinying Railway Station to Baihe Bus Station, and then transfer to Tainan City Bus Yellow 12 or Yellow 13 to Guanziling.





臺灣蘭花生技園區

Taiwan Orchid Plantation

蘭花王國的生產重鎮，為臺灣第一座蘭花主題展覽館。

This is an important orchid production area, and It's also the first orchid Exhibition hall in Taiwan.





景點資料

開放時間：08:30~17:30 (配合蘭展期間開放)

門票資訊：平日 150 元／假日 200 元

地 址：後壁區烏樹里烏樹林 325 號

交通資訊：

新營火車站轉搭黃幹線至烏樹林下車步行至「臺灣蘭花生
物科技園區」。

Travel information

Opening hours : 08:30-17:30 (adjustable during the period of
Taiwan International Orchid Show)

Admission fee : NT\$ 150 on weekdays / NT\$ 200 on holidays

Address : No.325,Wushulin, Wushu Vil.,Houbi Dsit.

Transportation:

Take Tainan City Bus Branch Yellow Line form Xinying Railway
Station and walk to “Taiwan Orchid Plantation” after
getting off at Wushulin stop.

鹽水區 & 鄰近區域

特色美食之旅

*Gourmet food and snacks of
Yanshui District & neighboring districts*

鹽水區
Yanshui Dist.

新營區
Xinying Dist.

柳營區
Liuying Dist.



鹽水意麵
Yanshui Yi-Mien



鹽水豆簽羹
Yanshui Black-eyed Beans Noodles in Thick Soup



新營豆菜麵
Xinying Bean Sprout Noodles



T-Bike 租借處

Rental Locations

雙輪輕旅行 藝術新營

Travel Light with a Bike

Take an Art Trip to Xinying



新營火車站
Xinying Station
↓
(T-Bike)新營火車站租車
Rent a T-Bike at Xinying Station
↓
新營鐵道地景公園/台南糖廠
Sinying Railway Scenic Park/Xinying
Sugar Refinery
↓
新營美術園區
Xinying Art Park
↓
南瀛綠都心5號公園
Nanying Green Heart Park (No.5 Park)
↓
(T-Bike)新營火車站還車
Return the bike at Xinying Station

● 新營區 T-Bike
Xinying Dist T-Bike



1 美術園區站 Art Park Station

公園路一段與中華路口

Sec. 1, Gongyuan Rd & Jhonghua Road Intersection

附近景點—新營美術園區

Nearby attractions - Xinying Art Park

2 天鵝湖公園站 Swan Lake Park Station

南 74 鄉道一側停車場入口

South 74 Township Road Parking entrance

附近景點—天鵝湖公園 (舊名埤寮埤)

Nearby attractions - Swan Lake Park (Formerly called Piliaopi)

3 新營火車站 Xinying Train Station

新營火車站

Xinying Train Stop

附近景點—新營鐵道地景公園

Nearby attractions - Sinying Railway Scenic Park

4 新營高中站 Sinying High School Station

民權路與信義街路口

Minquan Rd & Xinyi St Intersection

附近景點—南瀛綠都心 5 號公園

Nearby attractions - Nanying Green Heart Park (No.5 Park)



月津港親水公園

Yuejin Harbor Park

一府、二鹿、三艋舺、四月津，代表鹽水小鎮風華的最佳寫照，每年元宵大批遊客湧入爭相前往接受萬峰齊發的蜂炮洗禮。

The old Taiwanese saying, “First, Tainan; second, Lugang; third, Mangka (now Wanhua Dist. in Taipei); fourth, Yuejin” faithfully depicts the prosperity Yanshui used to enjoy in the old days. On the day of Lantern Festival, a large number of tourists will flock into the town for the thrill of the annual Yanshui Beehive Firecrackers Festival.



📍 景點資料

開放時間：全日開放

門票資訊：免門票

地 址：鹽水區橋南街 4 號

交通資訊：

新營火車站前新營客運總站搭乘棕幹線、棕 1、2、3 支線
公車在橋南里、鹽水站下車，即可抵達月津港親水公園。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : No. 4, Qiaonan St., Yanshui Dist.

Transportation:

Take Tainan City Bus Brown 1, Brown 2, or Brown 3 at Xinying Bus Station right across from Xinying Railway Station. Get off at Yanshui stop in Qiaonan Village to access Yuejin Harbor Park.





鹽水橋南老街

Yanshui Qiaonan Old Street

是鹽水區最早的街道，街上有百年打鐵老舖、歷史建築。

This is the oldest street in Yanshui area. There are a-hundred-year-old blacksmith shops and historic buildings on the street.





景點資料

開放時間：全日開放

門票資訊：免門票

地 址：鹽水區橋南街

交通資訊：

新營火車站搭乘公車棕幹線往《橋南里》，步行至月津國小。

Travel information

Opening hours : Open all year round

Admission fee : Free

Address : Qiaonan St., Yanshui Dist.

Transportation:

Take Tainan City Bus Brown Line to Qiaonan Village from Xinying Railway Station and then walk to Yuejin Elementary School.



天鵝湖公園

Swan Lake Park (Formerly called Piliaopi)

沿著環湖木棧道走可欣賞湖上拱橋風光，天鵝悠游其中，湖畔荷花點綴著湖面，是休閒散步的好地方。

It is an ideal place for leisure walks by strolling around the wooden path along the lake to enjoy the scenery of the arch bridge, swimming swans, and lakeside lotuses.





📍 景點資料

開放時間：全日開放

門票資訊：免門票

地 址：新營區埤寮里中正路

交通資訊：

搭乘火車至新營火車站，步行至新營站，搭乘公車黃 6 或黃 6-1 開往埤寮，走到天鵝湖公園。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : Zhongzheng Rd., Biliao Village, Xinying Dist.

Transportation:

Take the train to Xinying. Walk to Xinying Bus Station situated across from the train station and take Tainan City Bus Yellow 6 or Yellow 6-1. Get off at Biliao stop. The park is within walking distance.





尖山埤江南渡假村

Jianshanbi Jiangnan Resort

如江南詩畫之美，可體驗賞景、森林浴或野炊露營之樂，為休閒渡假勝地。

A villa with the most amazing Jain-nan landscape in Chinese painting. It's good for sightseeing, green showering, and camping.





📍 景點資料

開放時間：08:00~17:00，全年開放

門票資訊：全票 150 元

地 址：柳營區旭山里 60 號

交通資訊：

新營火車站、嘉義高鐵站皆有『新營客運公車』可搭乘。

📍 Travel information

Opening hours : 08:00-17:00, open all year round

Admission fee : NT\$ 150 (Adult)

Address : No.60, Xushan Vil. , Liouying Dsit.

Transportation:

Accessible by taking Singing Bus bound for Jianshanpi Jiangnan Resort at Xinying Bus Station or Chiayi HSR Station.



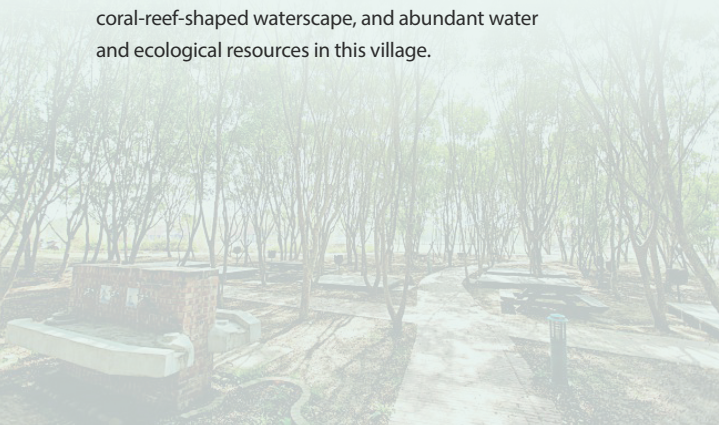


德元埤荷蘭村

Deyuanbi Holland Village

珊瑚狀水域及豐富的生態資源，似如荷蘭鄉間的水路地理，擁有全台獨一無二的荷蘭風車。

There is the only one Dutch windmill in Taiwan with coral-reef-shaped waterscape, and abundant water and ecological resources in this village.





景點資料

開放時間：全天開放 (08:30~17:00)

門票資訊：免門票

地 址：柳營區神農里新厝 100 號

交通資訊：

新營站轉乘市區公車黃 3 至德元埤站即可至園區。

Travel information

Opening hours : Open all year round (08:30-17:00)

Admission fee : Free

Address : No.100, Xincuo.,shennong Vil., Liouying Dist.

Transportation:

Take Tainan City Bus Yellow 3 at Xinying Bus Station and get off at Deyuanbi stop.

北門區 & 鄰近區域

特色美食之旅

*Gourmet food and snacks of
Beimen District & neighboring districts*





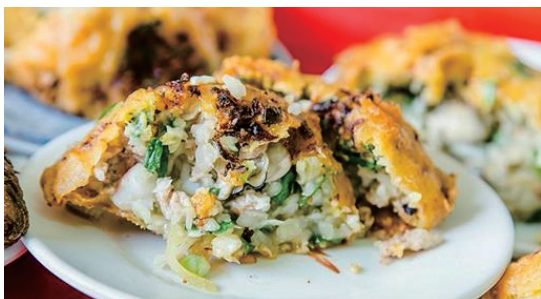
蚵仔煎
Oyster Omelet



永通虱目魚粥
Yong Tong Milkfish Porridge



包仔福佳里肉圓
Bao Zi Fu Jiali Meatball



秀里蚵嗲
Xiu Li Oyster Fritter



南鯤鯓代天府

Nankunshen Daitian Temple

主祀五府千歲，全台王爺總廟。

The oldest and biggest Wangye Temple in Taiwan,
which worships Five Kings (Wufu Ciansuei).



📍 景點資料

開放時間：主殿 -06:00~21:00、大鯤園 -08:00~17:00、
凌霄寶殿 -07:30~17:00（全年無休）

門票資訊：免門票

地址：北門區鯤江里 976 號

交通資訊：

1. 從台南市搭藍幹線至佳里轉運站，轉搭藍 1、藍 2 至南鯤鯓下車。
2. 從新營搭往南鯤鯓的新營客運或大台南公車棕 1 至南鯤鯓下車。

📍 Travel information

Opening hours : Five Lords Hall: 06:00-21:00;

Dakun Garden: 08:00-17:00;

Lingxiao Grand Hall: 07:30-17:00

(open all year round)

Admission fee : Free

Address : No.976 Kunjiang Village, Beimen Dist.

Transportation:

1. Take the Blue Line bus to Jiali Bus Station. Then, transfer to Tainan City Bus Blue 1 or Blue 2 and get off at Nankunshen.
2. Take Singing Bus bound for Nankunshen from Xinying Dist. or take Tainan City Bus Brown 1 and get off at Nankunshen.



井仔腳瓦盤鹽田

Jingzaijiao Tile-paved Salt Fields

現存最古老的瓦盤鹽田遺址，可在此體驗傳統曬鹽、挑鹽、收鹽的樂趣，亦可欣賞美麗的夕陽。

The eldest historical relics of tile-paved salt fields. Tourists can experience the fun of salt-drying carrying, and collecting. They may also appreciate the beautiful sunset.





📍 景點資料

開放時間：週一 ~ 週日 09:30~18:00

門票資訊：免門票

地 址：北門區永華里井仔腳興安宮旁

交通資訊：

火車站前搭乘藍幹線→佳里站，再轉搭乘藍 2 支線→井仔腳。

📍 Travel information

Opening hours : Monday - Sunday, 09:30 -18:00

Admission fee : Free

Address : Beside Sing An Temple, Jing Zai Jiao, Bei Men Dist.

Transportation:

Take Tainan City Bus Branch Blue Line from Tainan Railway Station to Jiali Bus Station. Then, transfer to bus Blue 2 and get off at Jingzijiao.





水晶教堂

Beimen Crystal Church

以鹽堆之大堆連結小堆為造形意象，結合撫慰無數烏腳病患的教會意念，乃有此名。

Based on the structural imagery using salt raked up in large heaps connected with salt in small heaps, the Church won the name by incorporating the merciful intention of local church to console numerous patients with blackfoot disease.





📍 景點資料

開放時間：全天開放

門票資訊：免門票

地 址：北門區北門里 200 號

交通資訊：

火車站北站搭乘公車藍幹線→佳里站，轉搭藍 2 線→北門公所站下車，再步行即可。

📍 Travel information

Opening hours : Open all year round

Admission fee : Free

Address : No. 200, Beimen Village, Beimen Dist.

Transportation:

Take the Blue Line bus from Tainan Railway Station (North) to Jiali Bus Station. Then, transfer to Tainan City Bus Blue 2 and get off at Beimen District Office stop. Beimen Crystal Church is within walking distance.





頑皮世界野生動物園

Wanpi World Safari Zoo

園內有五大洲珍奇動物，多種主題及動態活動，具娛樂與教育功能。

Many precious animals from five continents can be found in the zoo. The them zones and activities are nicely designed for both amusement and education.



景點資料

開放時間：週一 ~ 週日 09:00~17:00

門票資訊：全票 480 元

地 址：學甲區三慶里頂州 75-25 號

交通資訊：

新營火車站再步行至客運站，搭乘棕 1 往雙春，於頑皮世界下車。

Travel information

Opening hours : Monday - Sunday, 09:00-17:00

Admission fee : NT\$ 480 (Adult)

Address : No.75-25, Sanqing Vil., Dingzhou, Syuejia Dist.

Transportation:

Walk to Xinying Bus Station from Xinying Railway Station. Take Tainan City Bus Brown 1 bound for Shuang Chun and get off at Wan Pi Safari Zoo.



七股鹽山

Cigu Salt Mountain

曾是臺灣最大曬鹽場，鹽山景致媲美北方雪地。

It was the largest Sun-dried salt fields in Taiwan, like a mountain covered with beautiful snow.





📍 景點資料

開放時間：夏季（3~10月）09:00~18:00
 冬季（11~2月）08:30~17:30

門票資訊：50 元

地 址：七股區鹽埕里 66 號

交通資訊：

火車站搭乘 99 公車開往七股鹽山。

📍 Travel information

Opening hours :

Summer (March - October) 09:00-18:00

Winter (November-February) 08:30-17:30

Admission fee : NT\$ 50

Address : No.66, Yancheng, Qigu Dist.

Transportation:

Take Tainan City Bus No.99 bound for Cigu Salt Mountain from Tainan Railway Station.





台灣鹽博物館

Taiwan Salt Museum

臺灣唯一有關鹽產業的主題博物館，保存了數百年的鹽業文化資產。

The only salt industry theme museum in Taiwan. It keeps the record of salt industrial culture for hundreds of years.





景點資料

開放時間：09:00~17:30

門票資訊：全票 130 元

地 址：七股區鹽埕里 69 號

交通資訊：

火車站搭乘 99 公車開往《臺灣鹽博物館》。

Travel information

Opening hours : 09:00-17:30

Admission fee : NT\$ 130 (Adult)

Address : No.69, Yancheng Vil., Qigu Dist.

Transportation:

Take Tainan City Bus No.99 bound for Taiwan Salt Museum from Tainan Railway Station.



黑面琵鷺生態展示館

Black-faced Spoonbill Ecology Exhibition Hall

曾文溪口的七股濕地，為國際保育鳥類黑面琵鷺聚集最多之處，冬季賞鳥勝地。

The Qigu wetland of Tesng Wen river is the habitat of Black-faced Spoonbill. A perfect spot for bird-watching in Winter.





北門區 & 鄰近區域特色美食之旅
Gourmet food and snacks of
Beimen District &
neighboring districts

📍 景點資料

開放時間：週一休館、週二 ~ 週日 09:00~17:00

門票資訊：免費參觀

地 址：七股區十份里海埔 47 號

交通資訊：

搭乘臺灣好行 99 臺江線：臺南公園→火車站南站→七股鹽山→黑面琵鷺賞鳥亭。

📍 Travel information

Opening hours : Closed on Mondays.

Tuesday-Sunday, 09:00-17:00

Admission fee : Free

Address : No.47, Haipu, Shifen Vil, Qigu Dist.

Transportation:

Take Taiwan Tourist Shuttle No.99-Taijiang Line:

Tainan Park → Tainan Train Station (South) → Cigu Salt Mountain → Black-faced Spoonbill Watching Pavilion.





蕭壠文化園區

Soulangh Cultural Park

舊名「蕭壠糖場」歷史悠久，現以「保存地方文化」為藝文休閒觀光景點。

The historic area was called “Soulangh Sugar Refinery,” and it turns into an artistic and leisure tourist attraction with Preserving local culture.





📍 景點資料

開放時間：週三 ~ 週日 09:00~17:00

(週一、週二、除夕休館)

門票資訊：免費參觀

地址：佳里區六安里六安 130 號

交通資訊：

1. 搭乘統聯客運→佳里區路線，到佳里站下車，步行 15 分鐘即可抵達園區。
2. 新營站下車，轉搭大台南公車棕幹線至蕭瓏文化園區下車。
3. 台南火車站搭藍幹線至佳里站下車，轉乘藍支線或棕幹線至蕭瓏文化園區下車。

📍 Travel information

Opening hours : Wednesday -Sunday, 09:00-17:00

(Closed on Mondays, Tuesdays and New Year's Eve)

Admission fee : Free

Address : No.130, Liou-an Vil., Jiali Dist.

Transportation:

1. Take United Highway Bus bound for Jiali District and get off at Jiali Bus Station. Soulangh Cultural Park is about 15-minute walk away.
2. Take Tainan Bus Brown bound for Soulangh Cultural Park from Xinying Railway Station.
3. Take Tainan Bus Blue bound for Jiali Bus Station from Tainan Railway Station and transfer to Bus Blue Line or Brown to Soulangh Cultural Park.

第 52 條規定

修正就業服務法

AN amendment Article 52 of the Employment Services Act

1. 期滿續聘

移工於聘僱期間屆滿前 2 至 4 個月內，可視其意願與雇主協議是否續聘或轉換至其他雇主處工作。如與原來的雇主雙方確認有續聘的意願，且雇主具有勞動部核發有效的招募許可，只要雇主提出申請，並經勞動部許可後即可繼續留臺工作。

1. Extending contracts on expiry

Migrant worker and employers shall discuss whether to extend an existing work permit or the transfer to work for another employer 2 to 4 months before the original employment contract expires. In the event that both parties agree to extend the existing employment contract and the employer has a valid recruitment permit issued by the Ministry of Labor, said employer need only file an application for an extension and once the Ministry approves the application, the migrant worker can continue working in Taiwan.

2. 不續聘／期滿轉換

2. No Contract Extension/ Transfer to New Employer

Q 如果勞雇雙方無續聘意願，雇主後續應如何處理？

If the employer and employee decided not to extend the employment contract, how should the employer deal with the matter?

A 1. 移工沒有繼續留臺工作意願，雇主依現行規定於期滿前協助移工安排返國事宜。

1.If a migrant worker does not want to continue working in Taiwan, the employer shall, in accordance with the present regulations, assist the migrant workers in returning home before the expiry date.

2. 移工有繼續留臺工作意願，雇主應於聘期屆滿前 2 至 4 個月內，備齊申請書及規定文件至勞動部辦理期滿轉換。

2.If the employee remains the willingness to work in Taiwan, the employer shall prepare an application form and the prescribed documents to the Ministry of Labor for applying change of employer within 2 to 4 months before the expiry of the employment period.

3. 仲介費

移工由原雇主續聘或新雇主接續聘僱，受委託之仲介機構得向雇主或新雇主收取登記費及介紹費（通稱仲介費），金額不得超過移工第一個月薪資；對於移工只能收取服務費。

3. Brokerage fees

When the original employer extends an employment contract or a new employer wants to hire a migrant worker who is coming to the end of his/her existing work contract, the original employer or new employer is required to pay a registration fee and introduction fee (commonly known as brokerage fee) to the labor broker commissioned to deal with the matter. The fee charged cannot exceed the migrant worker's first monthly salary. Brokers may only solicit a service fee from migrant workers.

4. 請假返國

1. 適用勞動基準法的移工，依勞動基準法規定，在同一雇主或事業單位，繼續工作滿一定期間者，應依下列規定給予特別休假：

在同一僱主或事業單位，繼續工作滿一定期間者，應依下列規定給予特別休假：

- (1) 6 個月以上 1 年未滿者，3 日。
- (2) 1 年以上 2 年未滿者，7 日。
- (3) 2 年以上 3 年未滿者，10 日。
- (4) 3 年以上 5 年未滿者，14 日。
- (5) 5 年以上 10 年未滿者，15 日。
- (6) 10 年以上者，每 1 年加給 1 日，加至 30 日為止。

4. Leave/ Returning Home

1. A migrant worker who is applicable to the provisions of Labor Standards Act, has continued to work for a certain period of time in the same employer or institution, should be given special leave in accordance with the following provisions.

- (1) 6 months – under 1 year, 3 days.
- (2) Over 1 year – under 2 years, 7 days.
- (3) Over 2 years – under 3 years, 10 days.
- (4) Over 3 years – under 5 years, 14 days.
- (5) Over 5 years – under 10 years, 15 days.
- (6) Over 10 years, one extra day is added each year for a maximum of 30 days.

2. 不適用勞動基準法的移工，以勞動契約約定取得特別休假。

2. For those migrant worker to whom the provisions of the Labor Standards Act do not apply, their employment contracts shall stipulate a set number of paid annual leave days.

3. 移工依勞動基準法或勞動契約取得之特別休假，即可利用該特別休假返國並自行排定返國日期，僱主應予同意。

3. The paid annual leave days of migrant worker accrued through the Labor Standards Act or employment contracts can be used to return to their countries of origin and they may set a date to return to work on their own terms, to which the employer shall agree.

4. 雇主基於企業經營或被照顧者之急迫需求，得與移工協商返國期日，如協商不成立時，雇主仍應依移工原來排定的日期同意其返國。

4. In cases where enterprise operations or the urgent needs of those being cared for, employers may consult with migrant worker to set a date on which work will resume. If the consultations is failed, the employer shall remain agree to let migrant workers return home in accordance with the date originally scheduled by the migrant workers.

5. 特別休假以外的假別，如婚假、喪假、事假等則回歸勞動基準法、性別工作平等法或勞動契約約定辦理。特別休假工資應由雇主照給，事假期間雇主得不給工資。

5. Regulations governing categories of leave other than paid annual leave, such as marriage leave、bereavement leave and personal leave are contained in the Labor Standards Act, Gender Equality Act or the labor employment contract. Employers are required to pay employees for paid annual leave days, but not for personal leave days.

若您對於就業服務法第 52 條修正或其他權益維護相關規定有相關疑義，可撥打 1955 勞工諮詢申訴專線或逕上勞動部跨國勞動力權益維護資訊網站 <http://fw.wda.gov.tw/> 查詢相關訊息。

If you have any questions concerning the amendment to Article 52 of the Employment Services Act or other inquiries about protecting your rights, please call the 1955 migrant Workers' Hotline or visit the Ministry of Labor's migrant Workers Rights Protection website at <https://fw.wda.gov.tw/>

您應遵守的相關規定

The relevant regulations you are required to comply with

一．應定期接受健康檢查：

您入國工作滿 6 個月、18 個月及 30 個月之日前 (後)30 日內，應至指定醫院辦理健康檢查事宜，另外，工作期滿續聘或期滿轉換雇主者，自新聘僱許可生效日起，亦同。

1. Take regular health checks:

You are required to take a health check-up at the designated hospital within 30 days before or after having worked in Taiwan for 6, 18 and 30 months respectively. In addition, when you renew your work permit or work for a different employer upon expiration of your employment contract, the said requirement is also applicable from the effective date of the new employment permit.

二．應於限期內辦理外僑居留證：

您應於進入我國後 15 日內，由雇主或私立就業服務機構人員帶領並檢附相關文件至您居留地移民署服務站申請移工居留證並按壓指紋。

2. Apply for an Alien Resident Certificate (ARC) within the time limit:

Within 15 days after you arrive in Taiwan, your employer or an employee of the private employment agency shall take you and the required documentation to the local immigration service office to apply for an ARC and have your fingerprints taken.

三．應由雇主如期辦理入國通報、聘僱許可及展延聘僱許可：

您初次進入我國經健康檢查合格後，雇主應於您入國後 3 日內，填具「雇主聘僱外國人入國通報單」，並取得當地主管機關核發之「雇主聘僱外國人入國通報證明書」，當地主管機關將於核發證明書之翌日起 6 個月內，依「外國人生活照顧服務計畫書」實施檢查。於您入國 15 日內，檢附前開證明書及其他相關文件，代為向勞動部申請聘僱許可 (如您入國 3 日以上至 15 日內離境者，仍應依規定申辦聘僱許可)。如屬重大工程工作者，在您許可期限屆滿，如有需要延長工作期限，仍應由雇主於聘僱許可有效期限屆滿日前 60 日期間內，向勞動部申請展延聘僱許可。

3. Your employer is required to notify authorities of your arrival, apply for your employment permit and its extension within a specified period of time:

After you have passed the health checkup for the first-time visit to Taiwan, your employer is required to fill out and submit the “Arrival Notification of Migrant Worker” within 3 days and obtain the “Certificate of Arrival Notification of Migrant Worker” issued by the local authority. The local competent authority will conduct an inspection in accordance with the “Foreigners' Life Care Service Plan” within 6 months from the day following the issuance of the certificate. Within 15 days after your entry to Taiwan, your employer shall submit the issued certificate and other related documentation to apply for employment permit from the Ministry of Labor in behalf of you. (If you enter Taiwan to work for more than 3 days and leave the country within 15 days, your employer is still required to apply for work permit for you in accordance with the regulations.) If you work for a major construction project and need to extend your stay when your work permit expires, your employer still shall apply to the Ministry of Labor for an extension of your work permit within 60 days before the expiration of the validity period.

四．僱用您的雇主應與聘僱許可函上的雇主一致：

您未經勞動部許可不得轉換雇主及工作。

4. Your actual employer shall be the one specified in the Employer's Letter of Consent.

You are not allowed to change employer and work without the approval of the Ministry of Labor.

五．您目前所從事的工作項目及工作地點應與聘僱許可函上之工作項目及工作地點一致：

您不得從事許可以外之工作，或在許可以外之工作地點工作。

5. The work you do and the workplace shall be the same as what is specified in the Employer's Letter of Consent.

You are not allowed to engage in any other job, or work in any other place than what is permitted.

六. 您應於聘僱許可期屆滿前，與原雇主協議是否續聘，並注意下列事項：

1. 如您與雇主協議，不繼續聘僱並欲返國，則應於聘僱期滿 14 日內進行解約，辦理解約驗證，並由原雇主協助您返國。
2. 如您與雇主協議期滿續聘，原雇主應於聘僱許可期間屆滿 2 個月至 4 個月前，向勞動部申請期滿續聘。
3. 如您與原雇主協議，不繼續聘僱，並於期滿轉換雇主，則原雇主於聘僱許可期間屆滿 2 個月至 4 個月前，應向勞動部申請期滿轉換。

6. Before your contract expires, you should discuss with your original employer and see if he/she will re-hire you, and please be reminded:

- 1.If you and your employer agree not to renew your employment contract and you hope to go home, the employment termination verification shall be conducted 14 days before it expires and your original employer must assist you with the process of returning home.
- 2.If you and your employer agree to renew your employment contract, your original employer shall apply to the Ministry of Labor for contract renewal 2- 4 months before it expires.
- 3.If you and your employer agree not to renew your employment contract but you plan to change employer upon its expiration, the original employer shall apply to the Ministry of Labor for transfer employment contract 2 to 4 months before it expires.

七. 如您來臺從事下列工作，應注意事項：

1. 從事家庭看護工之工作，而您所照護的被看護者不幸死亡後，您應促請您的雇主於 30 日內，儘速向勞動部辦理變更被看護者，由符合親等關係之新雇主接續聘僱，或轉由其他雇主接續聘僱事宜。
2. 從事海洋漁撈之工作，當您來臺時，應由雇主為您申請外國籍船員證，當您受僱期滿返國或因故遣返時，應將外國籍船員證繳回船主。

7. If you come to Taiwan for the following jobs, please be reminded:

- 1.If you are a caregiver and the person you look after dies, you should ask your employer to apply to the Ministry of Labor for transfer to a new employer within 30 days as soon

as possible, and then you can continue your employment with a qualified relative of your original employer or a new employer.

2. If you are engaged in marine fishing, your employer shall apply for the Seaman Service Book for Foreign Crew Members on Fishing Vessels of R.O.C for you when you come to Taiwan. When your contract is terminated or in the event that you are repatriated for any reason, you shall return the Seaman Service Book to your employer.

「1955」勞工諮詢申訴專線，已於 2009 年 7 月 1 日正式開通，無論移工、雇主或一般民眾皆可以透過市話、手機、或公共電話免費撥打「1955」專線電話，尋求協助，因該專線為全國性 24 小時諮詢申訴窗口，故該專線服務內容包含：提供雙語服務（中文、泰國語、印尼語、越南語、英語）、法令諮詢服務、受理申訴服務、提供法律扶助諮詢資訊、轉介保護安置服務及轉介其他相關部門服務。

“1955” -the 24-Hour Counseling and Protection Hotline for Migrant Workers- has been in service since July 1, 2009. migrant workers, employers or the general public can call the "1955" hotline for free via local calls, mobile phones, or public telephones to seek help. This special line is a 24-hour nationwide advice and complaint mechanism that provides: multilingual services (Mandarin, Thai, Indonesian, Vietnamese, English), legal advisory services, complaint handling services, information on legal aid consultations, referrals to protection and resettlement services or to other relevant services.

明智選擇：合法？非法？

Which is a sensible choice: Working legally or working illegally?

一. 在臺聘僱期間內合法工作，將會有什麼好處？

移工如能合法在臺工作，除可獲得應有之薪資所得外，並可享有相關勞動權益的合理保障。如您聘僱許可期間無違反我國法令規定情事而因聘僱關係終止或聘僱許可期間屆滿出國，或因健康檢查不合格經返國治療再檢查合格者，得申請入國簽證再來臺工作，但您在臺灣境內工作期間，累計不得逾 12 年。但外籍家庭看護工，符合一定資格、條件者，得延長工作期限至 14 年。

1. What are the advantages of working legally in Taiwan?

Migrant workers who work legally in Taiwan are entitled to legitimate protection of relevant labor rights in addition to the salary income they deserve. If you do not violate any laws and regulations of Taiwan during the period of employment and leave Taiwan simply because of the termination of employment or the expiration of the period of employment, or if you initially fail to pass the medical examination and pass the said checkup later after returning to your native country for treatment, you are then eligible to apply for a visa to work in Taiwan once again, but your cumulative employment period in Taiwan shall not exceed 12 years. However, foreign home care workers who meet certain qualifications and conditions may extend their work period to 14 years.

二. 如在臺聘僱期間內發生行蹤不明，將會有什麼後果？

依我國「就業服務法」第 73 條及第 74 條規定，移工發生連續曠職 3 日失去聯繫者，將被廢止聘僱許可，並限令出國，不得再於臺灣境內工作；且移工於行蹤不明期間如非法工作者，將被處以新臺幣 3 萬元以上 15 萬元以下罰鍰，意即行蹤不明之移工將隨時有可能被追緝並遣送出國，並不得再以任何理由來臺工作。

2. What will happen if you run away from your legal employer during the period of employment in Taiwan?

In accordance with Articles 73 and 74 of the Employment Services Act, a migrant worker who is absent from work without any permission or valid reason and unreachable for 3 consecutive days shall be dismissed from employment and ordered to leave the country, and the said individual shall not be allowed to work in Taiwan again; moreover, if a migrant worker works illegally while he/she is reported as missing, he/she shall be liable to a fine of between NT\$30,000 and NT150,000, that is, a runaway migrant worker will be arrested and deported at any time, and he/she shall not be allowed to work in Taiwan again for any reason.

三. 如發生行蹤不明情形，該怎麼處理？

您在臺工作如有權益遭受違法侵害之疑慮，請您善加利用勞動部提供之管道尋求協助；如變相以行蹤不明之非法身份潛藏在社會角落打工，容易受到非法雇主或非法仲介操

控，遭受不當利用、剝削和欺壓，無論在醫療、生活或工作等都沒有保障，受傷或病痛時，也缺乏勞、健保的保障，無法透過正常管道就醫，受迫時難以保障自我基本人權：呼籲您，如發生行蹤不明之情形，請主動聯繫下列單位以協助投案：

3. What can you do if you are reported as missing?

1. If you have any concerns about any violation of your rights and interests during your work in Taiwan, please use the channels provided by the Ministry of Labor to seek assistance. If you opt to run away and work illegally, you are highly likely to be controlled by an illegal employer or broker who may take advantage of you and you are at risk of suffering from exploitation and maltreatment. Besides, you will have no protection at all in medical care, life or work. When you are injured or sick, you are not covered by Labor Insurance and National Health Insurance program and seeing a doctor normally will be impossible. It will be difficult for you to protect your basic human rights when meeting with adversities. If you are reported as missing, the sincerely urges you to voluntarily contact the following government units and turn yourself in:

1. 『1955』勞工諮詢申訴專線
2. 各地移民署專勤隊
3. 各地警察機關
4. 各移工來源國駐臺機構
5. 各縣市外勞諮詢服務中心
6. 臺灣國際機場 (桃園國際航空站及高雄國際航空站) 外勞諮詢申訴服務

1. “1955” -the 24-Hour Counseling and Protection Hotline for Migrant Workers
- 2.Specialized Operation Brigades of National Immigration Agency in all cities
- 3.Local police stations
- 4.Your country's embassy, consulate or representative office in Taiwan
- 5.Migrant Workers Consultation Service Centers
- 6.Migrant workers consultation and complaint-filing services at Taoyuan International Airport and Kaohsiung International Airport

各位移工朋友：若您有第 116 頁至第 125 頁之相關事項，雇主未依規定辦理，或經您反應後仍未改善或發現您的雇主有任何違法的情事、您與雇主有勞資爭議需要處理，請您儘速聯繫以下單位，將有專人提供必要協助：

『1955』移工 24 小時諮詢保護專線，可以透過市話、手機、或公共電話免費撥打「1955」專線電話，尋求協助。

臺南市政府勞工局移工諮詢服務中心專線：

(06)2951052、(06)6326546

To all migrant workers: In case the employer fails to comply with the regulations for matters related to page 116 to page 125, the employer fails to make improvement after your responses or if you have discovered any illegal incidents engaged by your employer, or if you have any management-labor disputes with the employer, please contact with the following department and a specialist will provide necessary assistance to you:

“1955” 24-hour Counseling and Protection Hotline. Migrant workers can deal the toll-free “1955” hotline via landline, mobile phone or public phones for assistance.

Labor Affairs Bureau of Tainan City Government Migrant Workers Service Center Hotline: (06)2951052, (06)6326546

臺南市政府勞工局設置移工諮詢服務中心，提供移工：法令諮詢、勞資爭議協調、協助轉換雇主、性騷擾被害、性侵害被害、人口販運被害等申訴諮詢服務及保障移工遭受人身傷害、發生勞資爭議、雇主違法等所衍生之收容安置，歡迎移工朋友多加利用。

Labor Affairs Bureau of Tainan City Government sets the migrant workers service center to provide the following services to migrant workers: legal consultation, management-labor disputes and reconciliation, assistance with changing employers, victim of sexual harassment, victim of sexual assault, human trafficking and other complaint and consulting services, protection of migrant workers from personal injuries, management-labor disputes, employer violating the law, and other derived shelter. All migrant workers are encouraged to use the services.

「雇主與所聘僱外國人發生勞資爭議，經地方勞工主管機關召開勞資爭議協調或調解會議後，任一方或雙方無繼續聘僱關係之意願，並依法終止聘僱關係」及「雇主經地方勞工主管機關查明無違反勞工法令或勞動契約」2項要件時，雇主轉出移工，其名額即不受管控2年的限制。

Two criteria are “In case of management-labor disputes arising between the employer and the foreigners hired, any party or both parties without the intention to renew the employment shall call for a management labor dispute reconciliation or reconciliation meeting via the local labor competent authority.” and “Employer does not violate the labor act or labor contract via the investigation of local labor competent authority”. The employer may transfer out the migrant worker while its quota not subject to the limitation of 2-year control, when the two criteria are concurrently met, namely terminating employment by law and the employer without violation of labor act or labor contract after the investigation conducted by the local labor competent authority.

您在臺工作如有權益遭受違法侵害之疑慮，請您善加利用上述提供之專線尋求協助，切勿成為行蹤不明之非法身分，以保障您的基本人權。

Please use the aforementioned hotline to seek for assistance in case you are concerned with damage of rights and interests at work. Do not become illegal migrant that could not be traced in order to protect your basic human right.

保護智慧財產權

Taiwan's Trademark Act Overview and cases to learn from

● 商標法第 95 條

未得商標權人或團體商標權人同意，為行銷目的而有下列情形之一，處三年以下有期徒刑、拘役或科或併科新臺幣二十萬元以下罰金：

Article 95 - Penalty for trademark or collective trademark infringement

Any person who commits any of the following acts, in the course of trade and without the consent of the proprietor of a registered trademark or collective trademark, shall be liable to imprisonment for a period not exceeding three years and/or a fine not exceeding NT\$200,000:

1. 於同一商品或服務，使用相同於註冊商標或團體商標之商標者。

1. Using a trademark which is identical with the registered trademark or collective trademark in relation to goods or services which are identical with those for which it is registered;

2. 於類似之商品或服務，使用相同於註冊商標或團體商標之商標，有致相關消費者混淆誤認之虞者。

2. Using a trademark which is identical with the registered trademark or collective trademark and used in relation to goods or services similar to those for which the registered trademark or collective trademark is designated, and hence there exists a likelihood of confusion to relevant consumers;

3. 於同一或類似之商品或服務，使用近似於註冊商標或團體商標之商標，有致相關消費者混淆誤認之虞者。

3. Using a trademark which is similar to the registered trademark or collective trademark and used in relation to goods or services identical with or similar to those for which the registered trademark or collective trademark is designated, and hence there exists a likelihood of confusion to relevant consumers.



● 商標法第 96 條

未得證明標章權人同意，為行銷目的而於同一或類似之商品或服務，使用相同或近似於註冊證明標章之標章，有致相關消費者誤認誤信之虞者，處三年以下有期徒刑、拘役或科或併科新臺幣二十萬元以下罰金。明知有前項侵害證明標章權之虞，販賣或意圖販賣而製造、持有、陳列附有相同或近似於他人註冊證明標章標識之標籤、包裝容器或其他物品者，亦同。

Article 96 - Penalty for certification mark infringement

Any person who, in the course of trade and without the consent of the proprietor of a registered certification mark, uses a mark which is identical with or similar to the registered certification mark and used in relation to goods or services identical with or similar to those for which the registered certification mark is designated, and hence is likely to mislead consumers shall be liable to imprisonment for a period not exceeding three years and/or a fine not exceeding NT\$200,000.

Penalties referred to in the preceding paragraph shall also apply to any person who sells or, due to an intent to sell, manufactures, possesses, displays labels, packaging, containers, or other articles to which a sign identical with or similar to another person's registered certification mark is applied, knowing that such articles would likely infringe upon rights of such certification mark as prescribed in the preceding paragraph.

● 商標法第 97 條

明知他人所為之前二條商品而販賣，或意圖販賣而持有、陳列、輸出或輸入者，處一年以下有期徒刑、拘役或科或併科新臺幣五萬元以下罰金。

Article 97 - Penalty for sale or intent of sale of infringing article

Any person who knowingly sells or, due to an intent to sell, possesses, displays, exports, or imports another person's goods referred to in the preceding two articles shall be liable to imprisonment for a period not exceeding one year and/or a fine not exceeding NT\$50,000; same penalties shall also apply to acts performed through electronic media or the Internet.



販售仿冒品

Sell counterfeit goods is illegal

當心惹禍上身



印尼籍女移工阿蜜(女)來臺灣工作多年，遠在印尼的老公阿里因為想念她，也來臺灣工作與阿蜜同居，還生了可愛的女兒小莉，但家裡開銷也越來越大，阿蜜靈機一動，看到很多同鄉的好朋友都喜歡用名牌商品，就上網向中國淘*網進貨仿冒 CHANEL 香奈兒香水、CASIO 卡西歐手錶、ADIDAS 愛迪達運動服等仿冒品，再利用個人臉書、LINE 社群方式販售給在臺灣同鄉。

但在臺灣販售仿冒品是違法的，因此警察找上阿蜜，到家中搜索查獲大批仿冒品香水、手錶等共 400 多件，侵權市值約 200 萬元。

Police searched Indonesian migrant workers selling counterfeit goods and found that a woman named Ami, an Indonesian migrant worker, had come to Taiwan many years ago to work. Her husband Ali, far away in Indonesia, also came to Taiwan to work alongside Ami because he missed her. They lived together and gave birth to a daughter called Xiaoli, who was lovely but also increased family expenses. One day, Ami got a hunch: she knew that many good friends, who were also from Indonesia, were fond of brand-name products. So, she went online to purchase counterfeit CHANEL perfumes from the Chinese online platform Tao*, where counterfeit goods such as CASIO watches, ADIDAS sportswear, etc., were sold. She then resold those items through her personal Facebook account and LINE groups to fellow Indonesians in Taiwan.

However, in Taiwan it is illegal to sell counterfeit products. So, the police tracked down Ami and searched her home where they found many counterfeit perfumes, watches, etc., over 400 items in total, with an infringing market value of about NT\$ 2 million.

小叮嚀：

最近，常發現移工在臺為了賺錢，會進口仿冒品來賣給在臺同鄉的人，在臺灣販售仿冒品將違反商標法規定，要面對 1 年以下有期徒刑、新臺幣 5 萬元以下罰金，還要支付大筆賠償金。

Gentle reminder:

Recently it has been found that migrant workers in Taiwan in need of money import counterfeit goods and sell them to people in Taiwan. Selling counterfeit goods in Taiwan is a violation of the Trademark Act and can be penalized by fixed-term imprisonment of up to a year, a fine of up to NT\$ 50,000, and a large sum of compensation to be paid.

法條：

商標法第 97 條「明知為未經授權商品而販賣，或意圖販賣而持有、陳列、輸出或輸入者，處一年以下有期徒刑、拘役或科或併科新臺幣五萬元以下罰金；透過電子媒體或網路方式為之者，亦同。」

Related law:

Article 97 of the Trademark Act Article 97: "Any person who knowingly sells or, due to an intent to sell, possesses, displays, exports, or imports another person's goods referred to in the preceding two articles shall be liable to imprisonment for a period not exceeding one year and/or a fine not exceeding NT\$50,000; same penalties shall also apply to acts performed through electronic media or the Internet."

1. 如何避免觸犯商標法？

答：正版商品才能有販售行為，如果無法確認是真品，千萬不能販售，否則可能會觸法。

1. How can I avoid violating the Trademark Act?

Answer: Only sell genuine products. If you cannot confirm they are genuine, don't sell them, as you may be violating the law.

2. 如何簡單分辨正版商品？

答：

- (1) 先確認授權 - 無法提出合法授權證明之廠商千萬別進貨。
- (2) 從價格判斷 - 進貨價明顯低於正版市價的商品，極可能為仿冒品。
- (3) 如果無法確認是真品，千萬不能販售，否則可能觸法。

2. How can I check whether products are genuine?

Answer:

- (1) First, check the license of the seller. If the manufacturer cannot show a legal authorization certificate, then don't purchase from them.
- (2) Judge from the price. Products sold for prices significantly below the original market price are very likely to be counterfeit goods.
- (3) If you cannot verify that a product is genuine, don't sell it, as you may be violating the law.



認識人口販運

Understand human trafficking



遠離剝削移工

Keep away from the exploitation of migrant workers

1. 甚麼是人口販運？

人口販運是一項現代的非法交易。受害人往往受誘騙、脅迫、非自願的被當成商品，標上價錢，在國與國之間被販運，大部份的受害人來自亞洲和東歐國家，其中又以婦女、兒童及移工居多。

1.What is human trafficking?

Human trafficking is a modern illegal transaction. The victims are often lured, coerced, unwillingly treated as merchandise, affix with a price tag and trafficked between countries, most of the victims come from Asia and Eastern European countries, with the majority being women, children and migrant workers.



2. 人口販運發生的原因為何？

因為全球化造成國際的人口移動頻繁，使得跨國人力移動現象成為常態，而經濟落後國家的人民為了養家活口，追求更好的生活，前往其他國家工作。惟部分有心人士將這些弱勢者當作商品作易，進行長期持續的剝削。人口販運主要有「性剝削」、「勞力剝削」與「器官摘除」三種類型。我國隨著移工人口增加，人口販運勞力剝削及性剝削問題在我國也逐漸浮現。

2.What are the causes of human trafficking?

Globalization caused international population to move frequently, making cross-border manpower movements become the norm, and people from economically backward countries, in order to support their families and pursue a better life, move to work in other countries. But there are some people with ulterior motives that treat these vulnerable people as commodities for trade and continue to exploit them for long periods of time. Human trafficking is mainly divided into three types: "sexual exploitation", "labor exploitation" and "organ harvesting". With the increase of migrant worker population in Taiwan, labor exploitation and sexual exploitation by human traffickers is also gradually emerging in our country.

中華民國政府提供人口販運被害人的協助有哪些？

依人口販運防制法第 17 條規定，政府對於疑似人口販運被害人或被害人提供的協助包含：

- (一) 人身安全保護。
- (二) 必要之醫療協助。
- (三) 通譯服務。
- (四) 法律協助。
- (五) 心理輔導及諮詢服務。
- (六) 於案件偵查或審理中陪同接受詢（訊）問。
- (七) 必要之經濟補助。
- (八) 其他必要之協助。

What are the assistance provided by the Government of the Republic of China to victims of trafficking in persons?

In accordance with Article 17 of Human Trafficking Prevention Act, the Government of the Republic of China provides suspected victims or victims of human trafficking with the following assistance:

1. Protection of personal safety.
2. Necessary medical assistance.
3. Interpretation assistance.
4. Legal assistance.
5. Psychological advice and counseling service.
6. Being accompanied when questioned (interrogated) throughout the investigation or trial.
7. Necessary financial assistance.
8. Other necessary assistance.

打擊人口販運 全民一起努力

Let's combat human trafficking together

人口販運被害人綜合判斷指標

Victims of human trafficking judgement indexes

- 勞動與實際獲得報酬不相當
Labor output is not commensurate with reward
- 遭受恐嚇、監控或其他不法手段對待
Victims are under threat and surveillance or other means of illegal mistreatment
- 旅行身分證明重要文件被扣留
Travel or other important documents are withheld
- 被迫性交易
Forced commercial sexual transactions

Report Hotline

船客專線 內政部警政署 110 內政部移民署 (02)2388-3095
勞動部勞工諮詢申訴專線 1955



不配合
送你
回國！

你
敢跑
我就
抓

事沒做完
不准吃飯
休息！

東西掉下樓了...
有你賠的...

遇到
兩分鐘
扣薪
全天！



禁止勞力剝削

被雇主用強逼、脅迫等強制手法要求工作
薪資遭蓄意或任意剋扣
身分證或旅行文件被扣留
因語言隔閡或不諳法令，不知如何求救



發覺被害人上列特徵
可撥打以下專線：
人口販運通報專線110
1955 02-23883095



內政部移民署 [廣告]

Send you home if you don't behave well

Put you in jail if you run away

No meals and breaks until you finish the work

Hey!

Dock your whole day pay for two minutes late

You can never afford if any damage occurs

STOP LABOR EXPLOITATION

- Forced to work under threat and physical violence by employers
- Fraudulent or illegal deductions from wages
- ID or travel documents are withheld
- Ability to seek help is impeded by language barriers or lacking knowledge of the law

If you find someone with the aforementioned characteristics, please dial the following hotlines:

Human Trafficking Report Hotline 110
Department of Investigation, Ministry of the Interior

1955 Ministry of Labor | **02-23883095** National Immigration Agency
Ministry of the Interior

內政部
MINISTRY OF THE INTERIOR

內政部移民署
NATIONAL IMMIGRATION AGENCY

廣告

只有旅行社 才能安排旅遊和收費



案例1

阿美是來台灣工作的移工，平常會在臉書上刊登旅遊資訊，揪不認識的同鄉一起出遊並收費，旅客加LINE聯繫後，將訂金或旅費匯至阿美個人帳戶。

阿美說：「我只是代收住宿費，車資和門票，旅費是大家分攤，沒有賺錢。」

...這樣不行嗎？



網絡上不是旅行社的人揪團出遊都是不合宜的嘍！
不知注意不能免除
虛假，請移工朋友
不要以為試注。

喔熊貼心提醒

1. 招攬或接待觀光旅客，並安排旅遊、食宿及交通，是旅行業專屬業務，所以不是合法旅行社不能經營旅行業務。
2. 非旅行社販賣旅遊行程，可罰新臺幣10萬~50萬元罰鍰。
3. 非旅行社以電腦網路刊登旅遊營業之訊息，可罰新臺幣3萬~30萬元罰鍰。

Only registered travel agencies are allowed to arrange tours and collect related fees

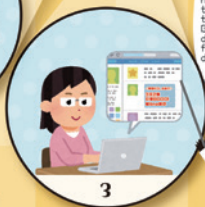


Case 1

A-Mei is a migrant worker in Taiwan. She often posts travel information on Facebook, inviting her fellow compatriots to travel together and collects fees on their behalf. After prospective travelers contact her on LINE, they transfer the deposit or travel fees into A-Mei's personal account.

A-Mei says "I just collect accommodation, transportation, and ticket fees from everyone. We split the travel expenses and I don't make any money from it."

Is this not allowed?



It is illegal for non-travel-service operators to solicit travel tour participants online. Being unaware of the law does not exempt you from punishment. Please do not violate the law.



A friendly reminder from OhBear

1. Soliciting or receiving tourists, as well as arranging their travel plans, food, accommodation, and transportation, can only be done by licensed persons in the travel industry. Only licensed travel agencies are allowed to perform travel-related services.
2. Non-travel-service operators can be fined from NT\$100000 to NT\$500000 for selling travel tours.
3. Non-travel-service operators can be fined from NT\$30000 to NT\$300000 for posting about travel tours online.



只有旅行社 才能代售國際機票和簽證

案例2

阿嬌是嫁來台灣的外籍配偶，常在臉書分享代售國際航班和代辦簽證資訊，並留下聯絡方式。

阿嬌說：「我只是分享機票好康相關資訊給同鄉，不知道台灣法令不能PO。」

網絡上不是任何人的
人售國際機票和代辦
簽證都是非法的哦！
不知法令不能免除處
罰，小心錢財損失。



1



2



3

喔熊貼心提醒

1. 接受委託代售海、陸、空運輸事業之客票或代旅客購買客票，是旅行業專屬業務，所以不是合法旅行社不能代售國際機票。
2. 非旅行社販賣國際機票，可罰新臺幣10萬~50萬元罰鍰。
3. 非旅行社以電腦網路刊登旅遊營業之訊息，可罰新臺幣3萬~30萬元罰鍰。

Only registered travel agencies can sell international air tickets and obtain visas

Case 2

A-Jiao is a new immigrant in Taiwan. She often shares information on international flights and visa agent services on Facebook, as well as related contact information.

A-Jiao says "I'm only sharing good deals on air tickets with my compatriots. I didn't know that posting about this is illegal in Taiwan."

Selling international tickets or applying for visas on behalf of others online is illegal for non-travel-service operators. Not knowing about the law does not exempt you from punishment. Beware of inadvertently breaking the law.



1



2



3

A friendly reminder from OhBear

1. Being commissioned to sell passenger tickets for land, sea, and air transportation operators, or buying such tickets on behalf of travelers, can only be done by travel agencies. It is illegal for non-travel-service operators to do engage in such activities.
2. Non-travel-service operators who sell international air tickets can be fined from NT\$100000 to NT\$500000.
3. Non-travel-service operators who post online about travel services can be fined from NT\$30000 to NT\$300000.



小額匯兌爭議處理管道

外籍移工透過合法管道辦理匯兌，
遇到爭議時怎麼辦呢？



<https://www.foi.org.tw/>



財團法人金融消費評議中心提供
免費的金融消費處理服務
如果你有小額匯兌相關爭議，
可至評議中心官網填寫申訴表單



財團法人金融消費評議中心
Financial Ombudsman Institution

金融消費爭議免費服務專線：0800-789885

廣告

中文翻譯

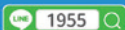
當心！你遇見的可能是 地下匯兌詐騙



地下匯兌風險高且不合法，如有匯款回家鄉之需求，
請依循合法管道至銀行進行匯款，切勿相信私人以
「快速、低 / 零手續費、較銀行更優渥之匯率」
或「到府收款」等匯兌方式，
以免遭受大筆財物損失。



移工除提高警覺小心受騙外，也勿以身試法詐騙
同鄉，根據《銀行法》第 29 條規定：若非銀行
而辦理國內外匯兌業務，可處 3 至 10 年徒刑，
得併科 1000 萬至 2 億元罰金。



勞動部勞動力發展署
EMPLOYMENT DEVELOPMENT AUTHORITY, MINISTRY OF LABOUR

廣告

Alternative Dispute resolution over Small Amount Remittance

What should a foreign migrant worker do, when he/she handles remittance through legal channel is facing consumer dispute?



<https://www.foi.org.tw/>



The services that the Financial Ombudsman Institution provides to financial consumers are free of charge.

If you have dispute over small amount remittance services, please go to the FOI website and file a complaint.



財團法人金融消費評議中心
Financial Ombudsman Institution

Financial Consumer Helpline : 0800-789885

廣告

英文版

Beware of underground wire transfer scams

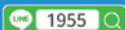


Underground money transfers are risky and illegal. If you need to send money back home, please go through legal channels and use banks to transfer money. Do not trust people offering money transfers that are “fast, have low/zero transaction fees and better exchange rates than banks” or “at-home cash pickup” to avoid losing large amounts of money.



In addition to being alert to scams, foreign workers should not attempt to scam their compatriots.

※ According to Article 29 of the Banking Act, any person other than a bank handling foreign remittances can be sentenced to 3-10 years in prison, plus a fine of NT\$10 million to NT\$200 million.



勞動部勞動力發展署
MINISTRY OF LABOR, BUREAU OF EMPLOYMENT DEVELOPMENT

廣告

自我照顧與人身保護

Self-care and Self-protection

危急時的求助管道及生活小提醒，提供身處異鄉的您，做好自我保護，讓您在臺生活平安無憂。

Here are some emergency assistance information and reminders to protect yourself and keep you safe and secure when living in Taiwan.

一. 個人證件資料及財物應保護妥當

貼心提醒您！個人證件資料應妥善保護，千萬不要輕易將私人資料提供給不認識的陌生人，同時也請妥善保管您的財物，並提醒您留意下列事項：

1. Keep your personal documentation and valuables safe.

Please be reminded that you should keep your personal documentation in a safe place and do not give your personal information to strangers. Keep your belongings safe and please be aware of the following:

1. 不要隨意簽署沒有母國譯文或不完全了解內容的任何文件（如本票或借據）。

1. Do not sign any document that has no translation of your mother language or the content of which you do not fully understand (for example, a promissory note or an acknowledgement of debt).

注意！您一旦簽署不明之本票、借據或其他文件，在法律上將可能負擔債務責任。

Caution! You may be liable for repayment once you sign your name on any promissory note, acknowledgement of debt, or any other document of its kind.

2. 不要將您的銀行存摺、提款卡、印章、護照或居留證等個人財物任意交付他人保管。

2. Do not give your personal property, such as bankbook, ATM card, seal, passport or Alien Resident Certificate, to any individual without concern for safekeeping.

注意！您一旦將存摺、印章或提款卡交給別人，您的銀行存款很可能會被他人盜領！

Caution! Once you give your passbook, seal or ATM card to someone else, the person is highly likely to steal money from your bank account!

3. 不要隨意聽信他人要求到銀行辦理借款手續。

3. Do not trust anyone when being asked to apply for a bank loan.

注意！您一旦辦理銀行貸款，法律上將負擔償還債務責任！

Caution! You shall be liable for repayment once you apply for a bank loan.

4. 不要讓您的雇主擅自從您的薪資中代扣國內外仲介費用。

4. Do not allow your employer to deduct any brokerage fees from your wage without your consent.

注意！您所需負擔的國內外仲介費用，建議由您自行妥善處理，以免發生爭議或遭超收費用！

Caution! Brokerage fees should be handled by yourself in order to avoid any disputes or prevent you from being overcharged.

二. 認識人身侵害

1. 什麼是性侵害？

- ◎性侵害不是性，而是暴力，是粗暴的侵害，是未經允許的性行為。
- ◎簡單的說，任何沒有經過您的同意，以強暴、脅迫、恐嚇、催眠術或其他違反您意願的方法而發生性行為者，都算是性侵害。
- ◎另外，只要不是您願意讓他人碰觸或觸摸身體的任何部位，且碰觸程度達猥褻之行為者，也算性侵害。

2. Personal assault awareness

1. What is sexual assault?

- ◎ Sexual assault is not about sex but an act of violence. It is a gross violation of human rights and a sexual act without consent.
- ◎ Simply put, any sexual contact that occurs without your consent and/or by means of physical force, coercion, threat, hypnotism and in any other way that goes against your wishes is considered sexual assault and abuse.
- ◎ In addition, as long as any part of your body is groped or fondled against your wishes by someone else and the unwelcome touching is considered lascivious, such physical contact is also considered an act of sexual assault.



2. 不幸遭受性侵害時，該怎麼辦？

- ◎保持鎮定：不要刺激對方，也不要回打，設法讓對方也冷靜下來，以免火上加油。
- ◎保護自己：尤其是頭、臉、頸、胸、腹等主要身體部分。
- ◎大聲呼救：大聲呼喊「失-火-了」，引起其他人注意。
- ◎快點避開：離開現場到一個安全的地方，找鄰居幫忙或到各地性侵害防治中心尋求協助。
- ◎去找警察：到警察局找警察處理，協助送醫或庇護中心。
- ◎牢記加害人各項特徵。
- ◎保持現場，不要移動或觸摸任何現場器物。
- ◎不要清洗身體以便採得加害人的毛髮、精液。
- ◎應該立即到醫療院所診療驗傷，以蒐集證據。

2. What should you do if you are sexually assaulted?

- ◎ Keep calm: Do not irritate the individual. Do not fight back. Try to calm the person down and avoid making the situation worse.
- ◎ Protect yourself: Especially your head, face, neck, breast, abdomen and other important parts of your body.
- ◎ Cry out for help: Shout "shihuole!" to draw attention from others.
- ◎ Leave the scene immediately: Leave the scene to a safe place. Ask a neighbor to help or seek assistance at your local sexual assault prevention center.
- ◎ Go to the police: Go to police station and ask to be taken to a hospital for medical care or a shelter.
- ◎ Keep the perpetrator's physical traits in mind.
- ◎ Keep the crime scene intact. Do not move or touch any items on the site.
- ◎ Do not wash your body so that the perpetrator's hair or sperm can be collected.
- ◎ Go to the hospital immediately to seek medical treatment and have a physical exam done to gather evidence.



禁止 性騷擾 / 性侵害

No Sexual Harassment / Sexual Assault



移工在執行職務時，任何人亂伸「鹹豬手」、出口亂「虧」，使用文字、圖書、聲音影像或物品，讓其感覺不舒服、被冒犯，或是以明示暗示提出性要求，作為繼續工作或獎懲的交換條件，都算是性騷擾（性別工作平等法第 12 條）。即使非執行職務時，法律亦禁止任何人對他性騷擾或（性騷擾防治法第 2 條）。

While a migrant worker is executing his or her duties, any behavior of anyone who makes inappropriate physical contact or unwelcome verbal comments and use words, books, sound, images or objects to make him/ her feel uncomfortable and offended, or make a sexual request in an explicit or implicit way as the exchange for the continuation of employment or reward and punishment is considered sexual harassment (Article 12 of Act of Gender Equality in Employment). The law prohibits any form of sexual harassment or sexual assault towards any person even when it is not the time to carry out duties (Article 2 of Sexual Harassment Prevention Act).

移工在台工作，同樣受到法律保護；讓移工安心工作，保障人身安全，是你我責任。

Migrant worker in Taiwan are equally protected by law; it is our responsibility to ensure they work in a safe environment and protect their personal safety.



性騷擾他人者，將處以新臺幣 1 萬元以上 10 萬元以下罰鍰，若雇主或主管利用權勢或機會進行性騷擾，罰鍰加重二分之一。襲胸、摸臀或觸摸隱私部位，被害人可提出刑事告訴，可處 2 年以下有期徒刑、拘役或科或併科新臺幣 10 萬元以下罰金。

The violator shall be fined NT \$ 10,000 to NT\$ 100,000, and if any employer or supervisor use the power or opportunity to engage in sexual harassment, the penalty will be increased by one half. In the event of unwanted touching of breast, buttocks, or private parts, the victim may file a criminal complaint, and the violator may be sentenced to a maximum of 2 years in prison, or criminal detention and/or a maximum fine of NT \$ 100,000.



如果雇主知道性騷擾情形，未取立即有效糾正及補救措施，也要受罰，將處以罰款新臺幣 10 萬元到 50 萬元（性別工作平等法第 12、13、27、28、38-1 條）

If an employer knows about the incident of sexual harassment and fails to take immediate and effective corrective and remedial actions, he/ she will also be punished with a fine of NT \$ 100,000 to NT \$ 500,000 (Articles 12, 13, 27, 28, 38-1 of Act of Gender Equality in Employment).

雇主、被看護者等人若違反性侵犯罪防治法、性騷擾防治法 25 條規定，或是雇主違反性別工作平等法第 7-11、13 及 21 條，一旦起訴或處分確定，立即廢止雇主的招募許可，2 年內不得申請。

In the event that the employer or the care receiver violates any provision of Sexual Assault Crime Prevention Act, or Article 25 of Sexual Harassment Prevention Act, or that the employer violates Articles 7-11, 13 and 21 of Act of Gender Equality in Employment, once prosecuted or sanctioned, the recruiting permission received by the employer shall be immediately annulled and another application cannot be made within 2 years.



強制猥褻者，處六月以上五年以下有期徒刑，性侵害他人者，處三年以上十年以下有期徒刑。性侵未遂者，也會受罰。涉及性侵害事件者，從案件偵辦開始，政府就會從嚴管制雇主及親屬申請移工案件。

The one committing compulsory indecency shall be sentenced to a minimum six-month to a maximum five-year fixed-term imprisonment; the one who sexually assaults anyone shall be sentenced to a minimum three-year to a maximum ten-year fixed-term imprisonment. Those attempting sexual assaults will be punished as well. For those involved in sexual assaults, the government will strictly control the applications made by the employers and the relatives for migrant workers starting from the case investigation.

若需諮詢或申訴，請撥打以下 24 小時免費專線：

1955 勞動部「1955 勞工諮詢申訴專線」

113 衛生福利部保護專線

For advice or complaint, please call the following free 24-hour hotline:

1955 - "1955 Consultation and Protection Hotline for Foreign Workers," Ministry of Labor

113- Ministry of Health and Welfare Protection Hotline

補助單位



衛生福利部

執行單位



勵智社
勵智社會福利事業基金會
The Society of Hope Foundation

廣告

● 性別工作平等法第 11 條：

雇主對受僱者之退休、資遣、離職及解僱，不得因性別或性傾向而有差別待遇。

工作規則、勞動契約或團體協約，不得規定或事先約定受僱者有結婚、懷孕、分娩或育兒之情事時，應行離職或留職停薪；亦不得以其為解僱之理由。



● Article 11 of Act of Gender Equality in Employment:

Employers shall not discriminate against employees because of their gender or sexual orientation in the case of retirement, discharge, severance and termination.

Work rules, labor contracts and collective bargaining agreements shall not stipulate or arrange in advance that when employees marry, become pregnant, engages in childbirth or child care activities, they have to sever or leave of absence without payment. Employers also shall not use the above-mentioned factors as excuses for termination.

Any prescription or arrangement that contravenes the stipulations of the two preceding paragraphs shall be deemed as null and void. The termination of the labor contract shall also be deemed as null and void.



違反罰鍰新臺幣 30~150 萬
Employers who violate the laws are liable for a fine between NT\$300,000 and NT\$1,500,000.

臺南市政府勞工局

諮詢專線：06-2991111 轉 8148 · 6686

網址：<http://web.tainan.gov.tw/labor/>

Service Hotline of Labor Affairs Bureau, Tainan City Government:

06-2991111 ext. 8148 or 6686

Website: <http://web.tainan.gov.tw/labor/>

毒品防治宣導

Raise Awareness to Fight Against Drug Abuse

近來移工因違反毒品危害防制相關法令，被移民署或司法警察機關查獲時有所聞。由於部分移工在來源國家或來台工作期間，染有吸食毒品之惡習，甚至有意圖販賣而持有或引誘他人施用、轉讓、施用或持有等不法行為，危害自己也害了他人。

提醒您在臺工作期間，不得製造、運輸、販賣、轉讓、施用或持有海洛因、嗎啡、鴉片、古柯鹼、大麻、安非他命，及其他毒品危害防制條例所規範之各級毒品，經查獲遭刑事起訴或行政裁罰者，勞動部將廢止您的聘僱許可，並限令出國，不得再於中華民國境內工作。

It has been reported recently that some migrant worker have been arrested by the National Immigration Agency or judicial police authorities for the violations specified in the Narcotics Hazard Prevention Act. Due to the fact that some migrant workers get into the noxious habit of drug addiction in the country of origin or during their stay in Taiwan, they even possess narcotics with intention to sell or seduce others to use, transfer or possess them. The wrongdoing does harm not merely to themselves but to others as well.

Remind you absolutely not to manufacture, transport, sell, transfer, use or possess heroin, morphine, opium, cocaine, marijuana, amphetamines, and other categories of narcotics specified in the Narcotics Hazard Prevention Act while working in Taiwan. Once arrested and subject to criminal prosecution or an administrative sanction, the Ministry of Labor will abolish the offender's work permit and order him to leave the country, and the person can no longer work in in the territory of the Republic of China again.

學習如何拒絕毒品的誘惑

(一) 預防六招：

1. 生活作息正常。
2. 絕對不好奇試用毒品。
3. 建立正確情緒紓解方法。
4. 不靠藥物提神及減肥。
5. 遠離是非場所
6. 不接受陌生人提供之飲料及香菸。



(二) 拒絕六招：

1. 表明態度、堅持拒絕。
2. 向施用毒品的同儕道德勸說、回頭是岸。
3. 肯定友情，但要表明立場，做自己不碰毒品。
4. 當被吸毒同儕嘲笑時，要懂得用幽默化解，勿逞一時之勇施用毒品。
5. 轉移話題、移開注意。
6. 當有同儕吸食毒品並要求加入時，要趕快離開現場，走為上策。

Learn about how to refuse the lure of narcotic drugs 1.6 ways to prevent drug abuse

1. Keep regular lifestyle.
2. Never try a drug out of curiosity.
3. Find healthy ways to release negative emotions.
4. Do not rely on drugs to give yourself a boost or lose weight.
5. Stay away from the place that will get you into trouble.
6. Do not accept a drink and a cigarette from a stranger.

11.6 tips to say no

1. Show your attitude and refuse firmly.
2. Preach to the peers that are abusing drugs and tell them it is never too late to mend.
3. Approve of friendship but show your stance. Be yourself and never try any drug.
4. Learn to deal with it with humor when being ridiculed by a drug-addicted friend. Do not take drugs out of temporary brute courage.
5. Change the subject and divert attentions away.
6. When a friend is using drugs and asks you to join, the best way to do is leave the scene immediately.

常見濫用藥物分級 Categories of Commonly Abused Drugs

第一級 Category 1	第二級 Category 2	第三級 Category 3	第四級 Category 4
1. 海洛因 Heroin 2. 嗎啡 Morphine 3. 鴉片 Opium 4. 古柯鹼 Cocaine	1. 安非他命 Amphetamines 2. MDMA(搖頭丸) MDMA (Ecstasy) 3. 大麻 Marijuana 4. LSD(搖頭丸、一粒沙)(Elisa) 5. Psilocybine(西洛西賓) Psilocybine	1. FM2 Fm2 2. 小白板 Triazolam 3. 丁基原啡因 Suboxone 4. Ketamime(愷他命) Ketamine 5. Nimetazeoam (一粒眠、K5、紅豆) Nimetazepam(K5)	1. Alprazolam(蝴蝶片) Alprazolam (Xanax) 2. Diazepam (安定、煩寧) Diazepam (Valium) 3. Lorazepam Lorazepam 4. Tramadol(特拉嗎竇) Tramadol



法務部
Ministry of Justice



戒毒成功專線
0800-770-885
<http://antidrug.moj.gov.tw>

24-hour Quit and Success Hotline **0800-770-885**



毒品偽裝全員破解

線索1

彩色
充氣氣球

破解

千萬別小看這些氣球布置物，
裡面可能裝有“笑氣”
(N₂O)產生幻覺、失憶或暈
眩感覺，請儘速離開現場。

線索3

外表討喜的
糖果、糖片
、巧克力

破解

毒品有可能被製造成討喜的零食，引誘
大家食用。

線索4

開封的飲料
或調酒

破解

G水、FM2等大多為無色、無味液體或白
色粉末，容易被加入飲料或調酒中，請勿
隨意接收別人請的飲料，更別讓已開封的
飲料離開視線。

常見濫用物質

搖頭丸、忘我、亞當、狂喜(MDMA)

濫用
危害

體溫過高(可達到43°C)、盜汗、運動過度、妄想、
眼球快速轉動、視力模糊、與酒精併用易加速脫水
、橫紋肌溶解(出現可樂般顏色尿液)、急性腎衰竭等。



液態搖頭丸、G水(GHB)

濫用
危害

噁心、嘔吐、呼吸困難、頭痛、失去意識、昏迷及
死亡，與酒精併用會加劇其危險性。



大麻、老鼠尾、麻仔、飯(Marijuana)

濫用
危害

心跳加速、妄想、幻覺、口乾、眼睛發紅等現象，
長期使用會造成記憶、學習及認知能力減退、體重
增加、免疫力降低、不孕症。



免費諮詢專線0800-770-885(請請您，幫幫我)

當您感覺到

- 1.頭暈、噁心或嘔吐
- 2.視力模糊或影像扭曲
- 3.全身痠軟或無力
- 4.無法控制的過度活動
- 5.莫名焦慮
- 6.妄想、幻覺

處理方式

- ★把握時間，快速離開現場
- ★向可靠的人求助
- ★報警



夜店是年輕人經常出入的場所，但也容易暗藏危機；提供重要的毒品偽裝可疑線索與破解方法。

線索2

神秘的藥物或粉末

破解

朋友推薦效果好，但來路不明的“好東西”或桌上有不明的白色粉末，可能是毒品，請堅定拒絕。

線索5

咖啡！茶包！
奶茶包！
真假分不清？

破解

毒品偽裝方式千奇百怪，最常見偽裝為咖啡包、茶包或奶茶包，讓人無法辨識，請留意封口是否有重複包裝的痕跡，如有異狀，切莫使用。

常見濫用物質

愷他命、K他命、K仔(Ketamine)

濫用
危害

心悸過速、血壓上升、噁心、嘔吐、流淚、複視(雙重影像)、視力模糊、影像扭曲、頭暈、無法行走、長期使用會造成膀胱受損、頻尿、尿少、下腹部疼痛等。



喵喵、Meow、m-Cat(Mephedrone)

濫用
危害

嚴重血管收縮、血壓上升、心悸、心律不整、焦慮、幻覺、妄想、痙攣等。



笑氣、吹氣球(N2O)

濫用
危害

幻覺、失憶、暈眩、手指或腳趾(末梢)麻痺、耳鳴、臉潮紅、臉部刺痛感。



臺南市市長 黃偉哲 關心您的健康 廣告
臺南市勞工局局長 王鑫基



Reveal Narcotics in Disguise

Clue 1

Colorful inflatable balloons

Solution

Be careful about these inflatable balloons, which are filled with N2O may cause hallucinations, amnesia or dizziness. Please leave the place as soon as possible.

Clue 3

Adorable candy, candy pieces, and chocolate

Solution

GHB and FM2 are colorless, odorless liquids or white powders, which are easily added into drinks or cocktails. Never accept drinks opened by strangers, and never let your drinks out of your sight.

Clue 4

Unsealed drinks or cocktails

Solution

GHB and FM2 are colorless, odorless liquids or white powders, which are easily added into drinks or cocktails. Never accept drinks opened by strangers, and never let your drinks out of your sight.

Commonly Abused Substance

XTC, Bomb, Adam, Ecstasy (MDMA)

Hazards caused by abuse Hyperthermia (up to 43°C), night sweats, hyperactivity, delusions, rapid eye movement, blurred vision. Taking it with alcohol will accelerate dehydration, rhabdomyolysis (appearing as cola-colored urine), and acute renal failure.



Liquid Ecstasy, Georgia Home Boy (GHB)

Hazards caused by abuse Nausea, vomiting, shortness of breath, headache, loss of consciousness, coma and death. Taking it with alcohol will exacerbate the hazards



Marijuana, Grass Ganja, Pot

Hazards caused by abuse Accelerated heartbeat, delusions, hallucinations, dry mouth, eye redness. Long term use can cause memory, learning ability and cognition to decline. It can also cause weight gain, reduced immunity, and infertility.



Toll-free Consultation Hotline 0800-770-885

When You

1. feel dizzy, nauseous, or are vomiting
2. have blurred vision or image distortion
3. feel limp or weak
4. are uncontrollably hyperactive
5. feel inexplicably anxious
6. have delusions and hallucinations

Ways to Deal With it

- ★ Leave the place as soon as possible
- ★ Ask for help from someone reliable
- ★ Call the police



Young people visit night clubs frequently, where hidden dangers exist. Important clues and solutions to reveal narcotics in disguise are provided below:

Clue 2

Mysterious drugs or powder

Solution

Regardless of friends' recommendations, do not try any unknown "good stuff" or white powder. These might be narcotics.

Clue 5

Coffee! Tea bag!
Milk tea bag!
Which one is real?

Solution

Drugs are disguised in various ways. Common disguises are coffee bags, tea bags, or milk tea bags, which people cannot identify easily. Be on the lookout for re-packaging. Never use things that may have been tampered with.

Commonly Abused Substance

Ketamine, Special K, Super K

Hazards caused by abuse Tachycardia, increased blood pressure, nausea, vomiting, tearing, diplopia (double visions), blurred vision, image distortion, dizziness, unable to walk. Long-term use can cause damage to the bladder, frequent urination, scanty urine, and lower abdominal pain.



Meow-Meow, Meow, M-cat (Mephedrone)

Hazards caused by abuse severe vasoconstriction, increased blood pressure, heart palpitations, arrhythmia, anxiety, hallucinations, delusions, and spasms.



Laughing Gas, N2O

Hazards caused by abuse Hallucinations, amnesia, dizziness, paralysis in fingers or toes (peripheral), tinnitus, flushing, and tingling in the head and face.



● 交通法規及酒駕宣導

Raise Awareness on Traffic Regulations and Drunk Driving

移工在下班個人時間，常與朋友聚會小酌，多數會騎自行車或電動自行車代步，加上不熟悉交通法令，以為所騎乘電動車和一般自行車一樣，酒駕不會受罰，其實部分電力與車速較高，酒駕視同一般機車，一旦酒駕，將處新臺幣 600 元以上 1200 元以下罰鍰，拒絕接受酒測處新臺幣 2,400 元罰鍰。提醒您勿酒後騎乘慢車（自行車），否則違規將遭警方取締。另外駕駛電動自行車超過 25 公里速限者，可處 900 元至 1800 元罰鍰、未戴安全帽可罰 300 元。

Migrant workers often drink with friends after work and during their spare time. The majority of them ride bicycles or electric bicycles but since they are unfamiliar with the traffic law, they consider riding electric bicycles while drunk will not be fined as riding the regular bicycles. Nonetheless the speed of some electric bicycles is higher and such riding such bicycle while drunk can be regarded as the average scooters. Riders are subject to a fine between NTD600 and NTD1200 once they drink and ride, while those refusing to take the alcohol test will be fined NTD2,400. We would like to remind you no to ride slow-moving bicycle (bicycle) while drunk or you may be violating the law and be detained by the police. Additionally, driving electric bicycles exceeding the speed limit of 25KM is subject to a fine between NTD900 and 1,800; those without wearing the safety helmet will be fined additional NTD300.

因駕駛腳踏車、電動機車或電動自行車仍都算動力車輛，酒駕或肇事都須依公共危險罪嫌移送，一旦經移送後遭到起訴或判刑，移工除了會面臨刑罰，亦同時違反《就業服務法》第 73 條第 6 項外國人不得違反我國法令情節重大之規定，必須廢止聘僱許可，且不得再入境工作。

Bicycles, electric scooters or electric bicycles are still regarded as vehicles while riders are subject to prosecution for Offenses Against.

Public Safety during drunk-driving or in case of accidents. Once prosecuted or sentenced, migrant workers not only

face with penalty but also violate subparagraph 6 of Article 73 under “Employment Service Act,” that foreigners may not violate the material provisions of Taiwan's laws and decree, who must be revoked of employment permission and may not enter Taiwan to work again.

公園綠地禁止行為

Acts Prohibited in the Park and Green Space

公園綠地內禁止吸菸、酗酒、吸毒、鬥毆滋事或攜帶危險物品、妨害安寧、賭博、未經許可駕駛或違規停放車輛、隨地吐痰、便溺、在水池或湖泊內游泳、沐浴、捕魚、釣魚、划船等水上活動、野炊、烤肉、夜宿、燃放鞭炮等行為。（臺南市公園綠地管理自治條例第 9 條）違反者可以處新台幣 1,200 元至 1 萬元的罰鍰或通知警察機關依相關法規處理。

Prohibited activities on the green area of park include the follows: smoking, drinking alcohol, drugs, fighting, or bringing dangerous items, disturbing the peace, gambling, driving or riding vehicles without permission or parking vehicles illegally, spitting, urination, swimming in the pond or lake, bathing, catching fish, fishing, boating, and other water activities, picnic, BBQ, overnight stay, set off fireworks, and other acts (Pursuant to Article 9 of Tainan City Parks and Green Spaces Self- Government Ordinance). Violators are subject to a fine between NTD1,200 and NTD10,000 or be reported to the police agency for under relevant laws and regulation.

本市山海圳綠道專用自行車道（安南區安通路～和順工業區範圍內）屬專用自行車道，應以自行車使用為主，請勿於該範圍進行烤肉。若因個人行為損壞自行車道及附屬設施，應負賠償及修復之責。

The Shanhai Canal Greenway Bike Trail in Tainan City (Between Antong Road in Annan District and Heshun Industrial Park) is a dedicated bike trail and should be used by bicycles only. Do not engage in BBQ near that area. Individual shall be held responsible for compensation and repair for any damage on the bike trail and affiliated facilities due to personal acts.

失智先別慌

Don't Panic!

趕快找人幫！

Alzheimer's Disease and Help with Dementia Care!

失智症的徵兆

失智症有許多類型，下列徵兆以阿茲海默症為例。不同類型的失智症徵兆略有不同，診斷及治療請諮詢專業醫師建議。

Symptoms of Dementia

Dementia comes in different types, and the symptoms below are examples of Alzheimer's disease. Different symptoms of dementia vary slightly. For diagnosis and treatment, please consult with a professional specialist for advice.

1. 記憶力降低，影響生活（健忘、常重複發問）
2. 難以計劃或解決問題（難專心，需要更多時間解決）
3. 無法勝任以往熟悉的事物（如：擅長數學的人不會基本的加減乘除）
4. 混淆時間及地點（不知身在何處，找不到回家的路）
5. 喪失視覺判斷能力與空間感（難判斷距離遠近、照鏡子誤會是他人）
6. 言語表達或書寫困難（忘記用詞會用簡單詞語代替，如：郵差說是「送信的人」）
7. 物品亂放且難以找回（如：鞋子放在被子裡，找不到便說他人偷竊）
8. 判斷力變差（如：聽信成藥推銷廣告、過馬路不看紅綠燈）
9. 退出社交活動或職場（變得被動，需要他人督促才參與事務）
10. 情緒與個性轉變（如：口不擇言、無法自我克制）

- 1.Memory loss is beginning to affect everyday life (Hypomnesia or Repetitive Questioning)
- 2.Difficulty in planning or solving problems (Difficulty in concentrating and taking more time to solve problems)
- 3.Difficulty in doing familiar tasks (E.g., a person with dementia who was good at math does not remember how to do basic calculations)

4. Being confused about time or place (Forget where they are and the way home)
5. Challenges understanding visual information and space (Difficulty in judging distance or misunderstanding their reflection in the mirror for another)
6. Problems of speaking or writing (Unable to find the right words or use substitutes for words; e.g., “a person who delivers mail” instead of “mail carrier”)
7. Misplacing things (E.g., putting shoes in their bed under the blanket and accusing others of stealing them)
8. Poor judgment or decision-making (E.g., believing Over-the counter drug advertising or crossing the road without watching the traffic lights)
9. Withdrawal from socializing or job (Becoming withdrawn and needing others to help them get involved)
10. Changes in personality or mood (E.g., speaking with no concern for others or a lack of self-control)

失智症的照顧原則

1. 聚焦在失智者的能力和長處上 (如：可以自己刷牙洗臉)
2. 讓失智者有機會貢獻自己，覺得自己有價值 (如：讓他做家事)
3. 安全之下，允許失智者做他想做的事 (多給自由，降低照顧者的控制)
4. 提醒或帶著失智者做他本來會做，現在不會的事 (拒絕別勉強，嘗試其他方式)
5. 多談失智者熟悉的往事，引導他跟別人互動 (促進語言能力、人際滿足感)
6. 維護失智者尊嚴，不要用對小孩的方式對待他 (多讚美他)
7. 隨病程調整照護方式 (尊重每一位失智者的獨特性，配合他的狀態調整)
8. 照護者留意自己情緒 (愛護自己，多運用社會資源，定期休息及充電)

若有上述情形，請撥打失智症關懷專線
0800-474-580



Principles for the Care of Dementia

1. Putting the focus on their abilities and strengths (E.g., being able to wash up by themselves)
2. Give them an opportunity to contribute, and make them feel productive and worthwhile (E.g., let them do household chores)
3. Under the safe conditions, allow them to do as much as they want with the least amount of assistance (Give them more freedom and reduce the caregiver's control)
4. Remind or guide them to do what they used to do that they don't do now (If rejected, try another method)
5. Tell them more about their familiar past and guide them to interact with others (Facilitate language ability and satisfaction of interpersonal relationships)
6. To uphold their dignity, do not treat them like a child (Compliment them more)
7. Adjust the way of care on the basis of the stage of dementia (Respect their uniqueness and adjust according to their conditions)
8. A caregiver should be more emotionally aware (Take good care of yourself, take good advantage of social resources, rest regularly, and recharge yourself)

If the above-mentioned situations occur, please call the Dementia Help line 0800-474-580



私運菸酒 危害久久

Smuggling tobacco and alcohol Products
Endangering for a Long Time

1. 未滿 18 歲，禁止吸菸、飲酒。
2. 攜帶菸酒入境（免稅數量菸 1 條、酒 1 公升，超過即須向海關申報，申報數量最高菸 5 條、酒 5 公升），僅可自用，不可販售。（違者處新台幣 3~50 萬元罰鍰）
3. 不可用網路平台販售菸酒。（違者處新臺幣 1~5 萬元罰鍰）
4. 販售、協助搬運、協助產製私菸私酒者，處新臺幣 3-100 萬元罰鍰，最高處新臺幣 600 萬元罰鍰。

- 1.Smoking and drinking under 18 years old is prohibited.
- 2.Inward passengers may carry tobacco and alcohol products for personal use. It may not be for sale.
(Duty-free quantities : 1 carton of cigarettes and 1 liter of alcohol. Declaration to the Customs is necessary if it is exceeded. The maximum quantity declared : 5 cartons of cigarettes and 5 liters of alcohol)
(Violator will be imposed on a fine of NT\$30,000 to NT\$500,000.)
- 3.The sale of tobacco and alcohol products on networking platform is prohibited. (Violator will be imposed on a fine of NT\$10,000 to NT\$50,000.)
- 4.Any person who sells, assists in transporting and producing illegal tobacco or alcohol products will be imposed on a fine of NT\$30,000 to NT\$1,000,000. The maximum fine is NT\$6,000,000.

發現他人販售、搬運、產製私菸私酒者等違法行為，請向臺南市政府財政稅務局檢舉：

檢舉專線：06-2132319

檢舉電子信箱：6372165@mail.tainan.gov.tw

每案可獲得檢舉獎金最高新臺幣 480 萬元。

If you find any person who sells, transports ,and produces illegal tobacco or alcohol products, please report to Finance and Local Tax Bureau, Tainan City :

TEL : 06-2132319

E-mail : 6372165@mail.tainan.gov.tw

The maximum reward for each report can obtain NT\$4,800,000.

廣告

電動自行車

最高**限速25km/h**
違規處900-1,800元罰鍰



配戴**合格安全帽**
違規處300元罰鍰



機車或自行車用



不可擅自改裝

違規處1,800-5,400元罰鍰，並須改回原規格



不可酒駕

違規處600-1,200元罰鍰



不可載人

違規處300-600元罰鍰



交通部道安會

交安不能等，鄉鎮動起來

交通安全熊平安

GO

New regulations for electric cars coming

Speed limit **25km/h**
Violators will be fined
NT\$900-1,800



Wear approved helmets.
Violators will be fined
NT\$300



機車或自行車用
For scooters
or bicycles



No unauthorized modification.
Violators will be fined NT\$1800-5,400 and will
need to modify the scooter back to original
standards



No DUI.
Violators will be fined
NT\$600-1,200



No passenger.
Violators will be fined
NT\$300-600

自行車篇

一、自行車行車前注意事項

1. 電動自行車應黏貼或懸掛有合格標章。



3. 電動自行車不得附載乘客

4. 飲酒後不允許騎自行車，否則可能涉及刑責。



2. 自行車騎士本身須年滿18歲才可附載乘客(且限1-6歲之幼童)，當附載幼童時，車輛及座椅均應具附載之合格標章，並以附載1人為限。

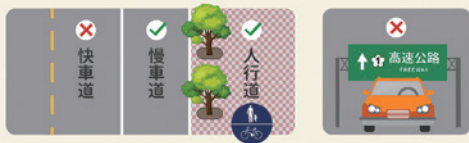
年滿18歲
才可載人

限1-6歲



二、自行車行車中注意事項

1. 自行車應靠右行駛於慢車道或靠路邊行駛。除部分特許地點可行駛於人行道外，自行車不得行駛於人行道、快車道及高、快速公路。



2. 電動自行車騎士應戴安全帽。其他種類自行車騎士及乘客則建議戴安全帽。

3. 駕駛自行車時禁止手持方式使用手機。



Bicycles

1. Notes Before Riding a Bicycle

- (1) An electric bicycle must have a certification label either pasted or hung on the bicycle.



- (3) No passengers are permitted on an electric bicycle.

- (4) Riding a bicycle after consuming alcohol is strictly prohibited, the offender will face criminal liability.



- (2) A cyclist must be 18 years or over to carry a passenger (limited to children of 1-6 years old). When carrying a child on a bicycle, both the bicycle and seat must have a certification label.

A cyclist must be 18 years or over

Must be 1-6 years old



2. Notes on Riding a Bicycle

- (1) A bicycle must travel on the right side of the road in the slow lane or on the side of the road. Except for some sidewalks where cyclists are permitted, using other sidewalks, fast lanes, highways, and expressways are strictly prohibited.



- (2) Riding an electric bicycle requires a helmet. Helmets are recommended for those riding other types of bicycles and their passengers.

- (3) A cyclist must not use a hand-held mobile phone.



4. 車道中以白色標線分隔同向車道，以黃色標線分隔對向車道。

5. 行車時速不得超過25kph。

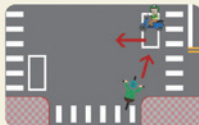


6. 行人穿越道上遇有行人穿越時，無論有無交通指揮人員指揮或號誌指示，均應暫停讓行人先行通過。

7. 號誌化路口除有右轉箭頭燈號者外，一律不允許紅燈右轉。

8. 行經路口時，遇閃紅燈燈號方向之車輛應讓閃黃燈燈號方向之車輛先行。

9. 自行車於路口左轉彎時，多數需採2段式左轉。



10. 圓環行車：車輛應逆時針繞圓環行駛。

三、自行車停車注意事項

自行車可停放於未實施收費之路邊機車停車位，但不得停放於身心障礙機車位。

四、自行車其他注意事項

發生交通事故時，應立即通知警察機關(撥打110)，駕駛人並必須留在現場，否則可能涉及刑責。如遇有受傷者，可同時通知救護機關(撥打119)。

(4) White stripe markings on the road are for cars (bicycles) traveling in the same direction; yellow stripe markings are to separate cars (bicycles) traveling in opposite directions.

(5) Travel speed must not exceed 25kph.

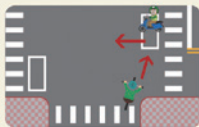


(6) Cyclists must always allow a pedestrian to cross on a pedestrian crossing regardless of whether a traffic officer is directing the traffic or a sign suggesting to do so.

(7) **Turning right on a red light is prohibited** unless there is a sign for turning right at the signalized intersection.

(8) When traveling through an intersection, bicycles approaching a red flashing light should give way to bicycles approaching a yellow flashing light.

(9) Cyclists must follow the **two-stage left turn rule** when turning at intersections.



(10) Traveling at a roundabout: Cyclists should travel in the anti-clockwise direction at the roundabout.

3. Notes on Parking a Bicycle

Bicycles may be parked in motorcycle parking spaces on the road that are not metered. Parking in a bay dedicated to the disabled is prohibited.

4. Other Notes

When involved in a road traffic accident, the police must be notified immediately (call 110) and the cyclist must remain at the scene. Otherwise, he/she may be found criminally liable. If there is an injured person, an ambulance can be called at the same time (call 119).

中文翻譯

注意!!



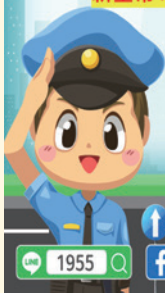
電動自行車已納管 未來需合格掛牌才能上路

- 請騎乘或購買有紅色閃電標誌的合格標章的電動自行車



- 騎乘沒有合格標章的電動自行車會被沒入!
- 擅自改裝合格的電動自行車將處

新臺幣1,800-5,400元!



速限25公里

不可超速

配戴安全帽

不可酒駕

停讓行人

不可載人

1955

f 1955hotline



勞動部勞動力發展署

廣告

英文版

Attention!

Electric bicycles are now regulated
In the future, electric bicycles will need to
be registered and have a license plate
before they can hit the road



- Ride or buy only electric bicycles **with a red lightning bolt certification mark**



- Electric bicycles **without a certification mark will be confiscated**
- **Fines of NT\$1,800-NT\$5,400** will be levied for the unauthorized modification of certified electric bicycles



The speed limit is 25 km/h

Do not speed

Wear a crash helmet

Do not drink and drive

Give way to pedestrians

Do not carry passengers



1955

f 1955Hotline



勞動部勞動力發展署 廣告

請勿擅自改裝電動自行車

Ben, 我看到你買了新的電動自行車, 你想要改裝成更酷炫的樣子嗎? 速度也會更快囉!



不了! 我看到宣導電動自行車不能擅自改裝。

擅自改車不只被警察臨檢會罰款, 還會被要求改回原樣, 而且自行改裝電動自行車, 容易造成過熱, 甚至發生火燒車意外, 很危險!

擅自改裝電動自行車, 增、減或變更電子控制裝置或原有規格, 違者可處新臺幣1800元以上5400元以下之罰鍰, 並需改回原有規格。

Line 1955

f 1955hotline

勞動部勞動力發展署 廣告

Do not modify electric bicycles without authorization

Ben, I noticed you got a new electric bicycle do you want to modify it to make it cooler? It will go a lot faster.



No thanks. I saw an advisory saying modifying electric bicycles is illegal. You can get fined by the police and they make you change everything back. Also, modifications can cause the battery to overheat resulting in fire and is extremely dangerous.

Any unauthorized modification of an electric bicycle, whether adding, removing or altering electronic control components or factory settings, will result in offenders being fined NT\$1,800-NT\$5,400, and being required to restore the original specifications.

Line 1955

f 1955hotline

勞動部勞動力發展署 廣告

勞動部勞動力發展署 中文翻譯

綁定3步驟 專屬資訊不漏接

STEP1 加入LINE@移點通
點選綁定畫面



STEP2

- 填寫個人資料
- 點選綁定送出資訊



STEP3

出現成功綁定畫面即可接收專屬訊息

Hi, 您好，您的聘僱許可即將於○年○月○日到期，提醒您！.....*

歡迎大家多多使用
1955個人化推播服務

[圖說]

勞動部勞動力發展署 英文版

No missing exclusive data through 3-step binding

STEP1 join 1955 E-LINE
Click to bind the selected screen



STEP2

- Fill in personal information
- Click to select bind, and send the message



STEP3

The successful binding screen will pop out and you can receive personalized information

Hi, just a friendly reminder!your employment permit will expire on _____,

All are welcome to use our service
1955 personalized data push service

[圖說]

國際包裹防詐騙宣導



提醒重點

POINT 01 海關徵收稅金一定會開立稅單

稅單上有稅單號碼或報單號碼，海關不會以轉入私人帳戶、刷卡或比特幣等方式收取稅款！



有疑問時，請收款方出具稅單紙本或提供稅單號碼、報單號碼後，**電洽各地海關：**

基隆關：02-2420-2951 臺北關：03-383-4265
臺中關：04-2656-5101 高雄關：07-561-3251

POINT 02 包裹在完成通關流程後 才會核發稅單

若是報關資格不符、文件不齊，海關不可能預先收取稅金。



例如，價值美金5000元以上的包裹必須正式報關，在完成通關前不會產生稅單，也不會通知繳稅。

若是您被告知即將收到價值美金5000元以上的包裹並須收取稅金，**但您未曾進行過正式報關，這樣幾乎能肯定是遇到詐騙集團了。**

POINT 03 以國際快遞寄送的包裹

若包裹價值台幣5萬元以下，且包裹內容物不涉及輸入規定(管制輸入或須經核可才能輸入)
可下載EZWay 易立委 app掌控包裹通關流程。

EZWay操作懶人包

<https://sites.google.com/view/ezwaylazybag/>

英文版

International Parcel Anti-Fraud Advocacy



Specially Mentioned

POINT 01 **The Customs will usually issue a tax bill for tax collection.**

The serial number or the customs declaration number will be printed on the tax bill. The Customs will not collect tax **through a personal bank account, by credit card charge or Bitcoin.**



Should you have any query, ask the receiving side to present the tax bill in hard copy, or the serial number or quotation number of the bill and contact the offices of the Customs in the district:

Keelung Customs Office: 02-2420-2951 Taipei Customs Office: 03-383-4265
Taichung Customs Office: 04-2656-5101 Kaohsiung Customs Office: 07-561-3251

POINT 02 **Tax bill on parcels will be issued only after customs clearance.**

If the parcel in point is not eligible for customs clearance or not all the required documents are in place, the Customs will not collect tax in advance.



For example: parcels at the value of US\$5,000 or above must be officially declared. No tax bill will be generated before customs clearance. You will not be notified to pay tax. If you are told a parcel at the value of US\$5,000 or higher will be delivered to you and tax will be collected, **but you have not yet officially declared with the Customs, you are highly likely be the target in the scam of the the fraud gang.**

POINT 03 **Parcels delivered via intentional courier service**

Parcels at the value of NT\$50,000 or less and the content of which is not subject to import control (restricted for import or an import permit is required)

Could pass through the customs procedure with the EZWay app from download.

The detail of using the EZWay is exhibited at

<https://sites.google.com/view/ezwaylazbag/>

Source: Directorate-General of Customs, Ministry of Finance

勞動部勞動力發展署 廣告
Ministry of Labor, Republic of China

美好城市 需要你我共同維護

臺南市長黃偉哲曾說，一個城市的清潔，代表這個城市市民公德心修養。

請市民、移工朋友不要為了自身方便，將家中垃圾包放置門前道路或隨意丟棄。

市民、移工朋友到各景點遊玩，請遵守相關法令規定：不吵鬧嬉戲、不亂丟菸蒂及垃圾、使用後的口罩請記得丟到垃圾桶、並請遵守公共秩序、維持公共環境衛生等。



Let us keep the city beautiful and thriving

Tainan City Mayor Huang Wei-che has mentioned that the cleanness of a city represents the moral cultivation of the citizens.

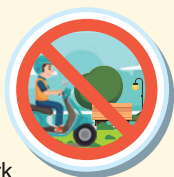
Citizens and migrant workers may not place garbage on roadside or litter.

Citizens and migrant workers shall comply with relevant laws and regulations at scenic areas. No noise, no horseplay, and no littering of cigarette butts and garbage. Please dispose used masks in garbage bins and comply with public order, maintain public hygiene and others.



◎不可在公園內騎車

- ◎Do not use any vehicle in the park
- ◎Dilarang mengendarai kendaraan di dalam taman
- ◎Nghiêm cấm lái xe vào trong công viên
- ◎ห้ามขี่จักรยานในสวนสาธารณะ



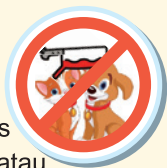
◎垃圾不落地

- ◎Keep trash off the ground
- ◎Jangan menempatkan sampah dengan sembarangan
- ◎Nghiêm cấm vứt rác bừa bãi
- ◎ไม่ทิ้งขยะลงพื้น



◎不可殺、吃狗貓

- ◎ Do not kill and eat dogs or cats
- ◎ Dilarang menyembelih anjing atau kucing untuk dimakan
- ◎ Nghiêm cấm giết mổ và ăn thịt chó, mèo
- ◎ ห้ามฆ่าและรับประทานสุนัขแมว



◎不可酒駕

- ◎ Do not drunk driving
- ◎ Dilarang mengemudi dalam keadaan mabuk
- ◎ Nghiêm cấm điều khiển phương tiện giao thông sau khi uống bia rượu
- ◎ ห้ามดื่มเครื่องดื่มที่มีแอลกอฮอล์แล้วขับรถ



◎禁止獵捕野生動物

- ◎ Forbid hunting wild animals.
- ◎ Dilarang berburu hewan liar
- ◎ Nghiêm cấm đánh bắt động vật hoang giã
- ◎ ห้ามล่าสัตว์ป่า





PROHIBITED
DO NOT HURT ANIMALS

動物保護法之宣導

Raise Awareness on the Animal Protection Act

小心!! 保障工作權 傷害貓狗會坐牢、遣返

移工倘違反動物保護法，經檢察官起訴或法院判決有罪，勞動部將依法廢止聘僱許可並限期出國。

Please Read Carefully to Ensure Your Right to Work

Anyone who harms cat and/or dog would face incarceration and repatriation. Besides, broker fees shall not be refunded.

Any foreign national who harms cats and/or dogs would face incarceration and repatriation. If you are prosecuted or convicted, your employment permit shall be annulled by the Ministry of Labor, and your deportation shall take place in a given period of time.

台灣法律規定

動物保護法規定任何人不得騷擾、虐待或傷害動物，且不得任意宰殺犬、貓，最重處2年以下有期徒刑或拘役，併科新臺幣20萬元以上200萬元以下罰金。販賣或食用犬貓屠體，將處新台幣5萬元以上、25萬元以下罰鍰。

What The Law States

Taiwan Animal Protection Law provides that no one shall be allowed to harass, mistreat or hurt an animal, and no cats or dogs shall be allowed to be killed at will. Such acts are punishable by a maximum of 2 years in prison or detention center, and a fine between NT\$200,000 and NT\$2,000,000. A fine between NT\$ 50,000 and NT\$ 250,000 shall be imposed on one who sells or "eats" the dead bodies of cats or dogs.

廣告 | (英語版 ENGLISH VERSION)



消滅登革熱前先了解牠

Do you know how to prevent dengue fever?



1. 消滅登革熱 先了解病媒蚊

To eliminate dengue fever, learn about the vector mosquitoes first.

登革熱主要是藉由病媒蚊叮咬人時將病毒傳入人體內，並不會人傳人。

Dengue fever is primarily transmitted to humans through the bites of infective mosquitoes, but it cannot be spread from person to person.



埃及斑蚊

喜歡棲息於室內的人工容器或是人為所造成積水的地方



白線斑蚊

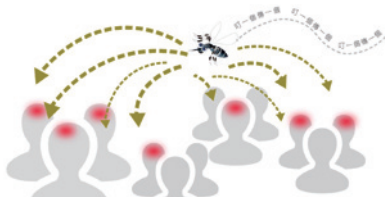
比較喜歡棲息於室外

2. 蚊子咬一口 傳染力至死方休

A single infectious mosquito bite can be deadly.

斑蚊叮了登革熱病患，病毒在蚊子體內增殖，除非這隻斑蚊被打死，不然牠就具有終生傳染病毒的能力！

When an Aedes mosquito bites a patient suffering from dengue fever, the dengue virus will proliferate in its body. Unless it is killed, it will be capable of transmitting the virus throughout its life!



預防登革熱你知多少??

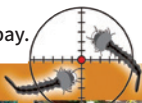
Learn about it before wiping it out!

3. 沒有孳生源 沒有病媒蚊

Without breeding grounds, there will be no vectors.

不讓蚊子的幼蟲「孑孓」生長，就能避免蚊子傳播登革熱消滅登革熱。

Do not allow mosquito larvae to grow, and you can prevent vectors from spreading dengue fever and keep it at bay.



孑孓最愛的地方



01 水桶、鐵盆、馬桶



02 盆栽底盤、花瓶水



03 保潔膠盒、紙盒、餅乾盒



04 水缸、浴缸、水喉箱



05 水溝、水渠



06 帆布、膠膠布



07 輪胎



08 洗衣機、馬桶

4. 別管強哥了！你聽過有種卵生命超強嗎？

Put cockroaches aside! Have you ever heard of a kind of eggs that have amazing vitality?

斑蚊卵可以耐旱三個月，且雌蚊會把卵產在容器內壁接近水面處，所以除了倒掉積水，還要把容器刷洗乾淨，才能完全清除蚊卵！

The eggs laid by Aedes mosquitoes can survive in a dry environment for 3 months, and female mosquitoes will lay eggs on the inner walls of containers near water. Therefore, to completely remove the eggs, it needs to not only empty stagnant water but wash out containers with a brush or sponge as well.



巡倒清刷 巡倒清刷 巡倒清刷 很重要所以說三次

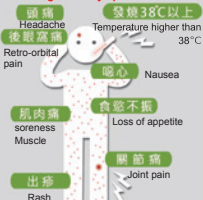


5. 萬一若真有哪個個萬一 In case there is such a case

如果出現下列症狀，有可能感染了登革熱，務必盡速就醫！
If you have the following symptoms, you may be infected with dengue fever, be sure to seek medical treatment as soon as possible!

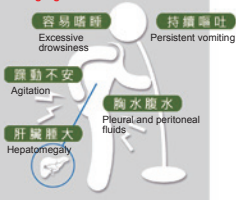
一般症狀

General signs and symptoms



警示徵象

Warning signs



6. 遵醫囑 愛自己待痊癒

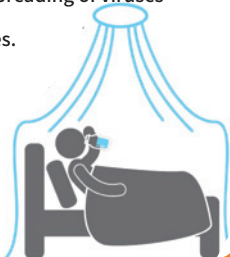
Follow doctor's advice. Take good care of yourself while recovering

如果感染了登革熱，就醫後還應該要 ...

- 遵照醫師指示服藥、休息、多喝水。
- 發病 5 日內，應避免再被蚊蟲叮咬將病毒藉由蚊蟲散播出去。
- 做好防蚊措施

If you are infected with dengue fever, seek medical care and...

- Take medication as prescribed by your doctor, rest, and drink plenty of fluids.
- Within 5 days after the onset of fever, prevent mosquito bites to stop the spreading of viruses transmitted by mosquitoes.
- Take anti-mosquito measures.



7. 人體用環境用 防蚊都好用

Whether the mosquito repellent product is for human skin or the surroundings, it can be used to repel mosquitoes.

你知道除了人用防蚊液，
環境用防蚊液
也有很好的防蚊效果嗎？

Do you know in addition to personal mosquito repellents, those for outdoor premises also have a good anti-mosquito effect?

8. 防蚊不分內外 防疫從早到晚

Ward off vector mosquitoes inside and outside, and prevent the epidemic from morning to night.

室外

- 擦防蚊藥品
- 穿淺色長袖衣褲
- 容器清空倒置
- 廢棄容器回收處理

室內

- 紗窗
- 蚊帳
- 電蚊拍
- 養大肚魚、孔雀魚



www.cdc.gov.tw



1922防疫達人
www.facebook.com/TWCDC
疫情通報及諮詢專線：1922



Taiwan CDC
LINE@



社團法人台灣感染管制學會
www.nics.org.tw

對付夏日疾病的四大天王 該用哪招？

不同的病媒蚊蟲，相同的預防方式



登革熱



恙蟲病



日本腦炎



屈公病



防治病媒蚊

- 穿著長袖衣褲、手套、長筒襪及長靴等
- 保護性衣物衣物及皮膚裸露部位使用政府核可防蚊藥劑

防疫12招

健康滿分



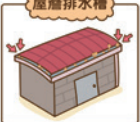
別幫蚊子養小孩

0.5公分積水也能成為孳子大溫床

冷氣集水器



屋簷排水槽



盆栽底盆



塑膠椅凹陷處



定時清理
用力「刷」才有效！



臺南市政府 關心你的健康
臺南市勞工局

中

How to prevent the four major summer diseases

Different vector mosquitoes; same preventive measure.



Dengue fever



Scrub typhus



Japanese encephalitis



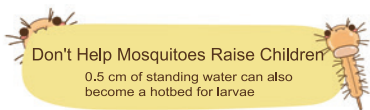
Chikungunya fever



Control of vector mosquitoes:

- Wear long sleeve shirts and trousers, gloves, stockings and boots.
- Wear protective clothes and use government-approved mosquito repellent on exposed skin areas.

12 tips for epidemic prevention



英

臺南市政府 關心你的健康
臺南市勞工局 協助您就業安居幸福

提醒您

Reminders

(一)

返國休假期間作好防蚊措施，如穿著淡色長袖衣物、於皮膚裸露處塗抹防蚊藥劑，避免病媒蚊叮咬。

(1)

Take mosquito-repellent actions during your vacation back home. Actions include wearing light-color and long-sleeve clothes and applying mosquito repellent spray on the exposed skin to avoid bites by mosquito-borne diseases.

(二)

來台後，自入境日起進行自主健康管理，每日量測體溫並記錄為期 2 週，如有發燒 $\geq 38^{\circ}\text{C}$ ，應立即就醫。若出現發燒、頭痛、後眼窩痛、肌肉關節痛、出疹等疑似蚊媒傳染病症狀，請儘速就醫並主動告知旅遊史，以利醫師診斷、通報及衛生機關介入防疫。

(2)

Upon entering Taiwan, please take self-health administration on the day of arrival to Taiwan. Take body temperature daily and record for 2 weeks. Seek for medical treatment immediately if there is any fever $\geq 38^{\circ}\text{C}$. In case of fever, headache, posterior orbital pain and muscle and joint ache, and rash, as well as other symptoms suspected of mosquito-borne infectious disease, please seek for medical treatment and voluntarily inform doctors of the patients' travel history to help doctors diagnose and report to the health agency for epidemic prevention.

防疫非洲豬瘟

Prevention of African swine fever

(一)

入境移工及休假後返臺之移工：入境時請勿攜帶非洲豬瘟疫區豬肉品或製品，並請於通關前丟棄至農產品棄置箱中，違反者最高將處以新臺幣 100 萬元罰鍰；若曾被罰鍰未繳清又再次入境，將拒絕入境，影響在臺工作權益。

(二)

在臺工作移工：在臺工作期間請勿購買非洲豬瘟疫區豬肉品或製品。如果收到來路不明的肉品，不可以丟廚餘或垃圾桶，請打 0800-039-131 交專門機構處理。

(1)

Do not bring pork products or products from the African pig plague area when entering the country, and please discard them into the agricultural product disposal box before the customs clearance. Violators will be fined up to NT\$1 million ; if they have been fined and have not paid and re-entered once again, they will be refused to enter and affect the rights and interests of working in Taiwan.

(2)

Do not purchase pork products or products from the African plague area during your working period in Taiwan. If you receive meat from unknown sources, you cannot throw to the trash can, please call 0800-039-131 to the specialized authority.



防疫非洲豬瘟

Prevention of African swine fever

廣告

นำเข้าหรือส่งพัสดุที่เป็นสินค้าต้องห้ามต่อไปนี้มายังไต้หวัน
มีโทษปรับสูงสุด
3 ล้านเหรียญไต้หวัน!

**從國外違規攜帶
或寄送這些東西
最高罰新臺幣300萬元!**



Bringing or Sending These Products to Taiwan
Can Result in a Fine of Up to NT\$ 3 Million

高畜肉類、內臟
及加工製品

ผลิตภัณฑ์เนื้อสัตว์
เครื่องใน
และผลิตภัณฑ์แปรรูป
Fresh/Processed
meat products



蔬菜水果、植株等
生鲜植物

ผักผลไม้สด ต้นกล้า
และพืชสด

Fresh plant products:
vegetables, fruits,
plants...etc



含動物性成分
的寵物食品

อาหารสำหรับสัตว์เลี้ยง
ที่มีส่วนผสมจากสัตว์

Pet-related products
which contain
animal ingredients



種子、根莖等
會發芽的植物產品

เมล็ดพืช ราก หัว
และผลิตภัณฑ์จากพืชที่งอกได้

Propagable plant products:
seeds, roots,
bulbs...etc



鮮奶、蛋、
未加工毛皮、骨骼、角

นมสด ไข่
ขนที่ยังไม่ได้แปรรูป
กระดูก เขาสัตว์ ฯลฯ

Milk, egg,
unprocessed antler or bone...etc



活昆蟲、木材、
土壤、栽培介質等

แมลงที่ยังมีชีวิต ไม้ ดิน
วัสดุที่ใช้ในการเพาะปลูก ฯลฯ

Living insect, wood, soil,
growing media...etc



通報專線 / Notification Hotline / แจ้งเบาะแสที่สายด่วน

0800-039-131

No bringing

肉品與含肉食品

包含香腸、臘肉、火腿、培根、肉鬆、肉丸、肉包、蛋捲等。

Meats and meaty foods

It includes sausage, cured meat, ham, bacon, pork floss, meatballs, pork bao, and egg rolls.



Pork bao



Bacon



Cured meat



Ham



Sausage

Violators who bring meat products to Taiwan will be fined up to 1,000,000 NT dollars!!

Proactively declare quarantine to avoid fines!

1. 非洲豬瘟對我們有什麼影響？

- 非洲豬瘟是一種可怕的豬隻傳染病，致死率可高達100%。目前沒有藥物疫苗可以治療及預防。
- 萬一非洲豬瘟入侵台灣，初估將造成至少2000億元損失！



1. How do african swine fever affect human ?

- ASF is a devastating, infectious disease for pigs. Death toll can be as high as **100%**. As of today, no vaccine or cure is available.
- In case of an ASF incursion, it will effect to Taiwan's economic around NT\$200 billion.

2. 防範非洲豬瘟需要注意什麼事情？

- 不要自國外攜帶肉類產品入境
- 不要自國外網購肉類產品寄送臺灣
- 不要到國外畜牧場參觀

違規者將重罰!

- 違規攜帶肉類產品入境，最高將處新臺幣100萬元罰鍰。
- 違規輸入、網購，或運輸走私肉類產品，最高可處7年以下有期徒刑併科新臺幣300萬元以下罰金。

2. We need your cooperation to protect the pig industry in Taiwan:

- No bringing of meat products in Taiwan.
- No purchasing on the internet of meat products from abroad
- No visiting of foreign animal farms

Violators will be fined!
Bringing meat products into R.O.C. will liable for a forfeit of NT\$1 million.
Online shopping or vessels smuggling meat products will be punishable by up to 7 years of imprisonment, and a fine of up to NT\$3 million.



臺南市市長黃偉哲 關心您



臺南市動物防疫保護處

廣告

文宣來源



新住民全球新需求
Global Needs for New Immigrants



中文版

流感疫苗全民開打/

接種疫苗減少感染機會，工作更安心！

Q1.

外國人剛入境尚未取得居留證，也能接種流感疫苗嗎？

自111年1月6日起，110年度流感疫苗接種計畫擴大接種對象，外國人即使在等待居留證核發的期間，可以拿暫發的紙本居留證或申請居留證之受理申請居留證的收據做為居留證明接種流感疫苗；惟未具健保資格者，接種處置費應由機構負擔或個案自付或由接種單位吸收。

Q2.

該如何做，才能有效對抗流感？

把握五要原則

- 要儘早施打流感疫苗
- 要保持肥皂勤洗手、咳嗽戴口罩等生活好習慣
- 要警覺流感症狀
- 生病要按時服藥多休息，不上班不上課
- 危險徵兆要儘快就醫，以有效避免感染及傳播流感

如有流感疫苗問題可以至疾病管制署網站(<https://www.cdc.gov.tw/>)查詢或逕向地方衛生局洽詢。



英文版

Flu Vaccine/ For All/

Peace of mind at work after vaccinated to reduce the possibility of infection!

Q1.

Can foreigners get vaccinated before issuance of residence visa?

With effect on 2022/01/06, the population entitled to vaccination against flu under the 2021 Scheme has been extended to foreigners in the waiting period for the issuance of a residence visa. They just need to present the temporary visa in hard copy or the receipt for processing the application of residence visa as proof to obtain vaccination. Those who are not yet qualified for the National Healthy Insurance Program may get vaccinated at the expense of individual entities, out of pocket, or by the employers concerned.

Q2.

How to effectively resist the flu ?

5 fundamental principles

- Get vaccinated as soon as possible
- Wash hands with soap, cough behind a face mask, and make it a habit in daily lives.
- Be aware of any flu symptoms.
- Take medications and sufficient bed rest when sick, do not attend class or work.
- Get medical attention as quickly as possible on detection of any sign of hazard for the effective aversion and prevention of epidemic infection.

For additional information on flu vaccination, visit the official website of CDC (at <https://www.cdc.gov.tw>), or contact the local public health authorities.

嚴重特殊傳染性肺炎 (COVID-19)

Severe Pneumonitis with Novel Pathogens(COVID-19)

預防便利貼



請佩戴口罩
保持社交距離



肥皂勤洗手



避免不必要移動
、活動或集會



避免接觸野生
動物、禽鳥



出入醫療院所
全程戴口罩

臺南市政府勞工局 圖西

嚴重特殊傳染性肺炎 (COVID-19)

Severe Pneumonitis with Novel Pathogens(COVID-19)

Sticker of prevention notice

英



Please wear a mask and keep social distance



Wash your hands with soap frequently



unnecessary movement, activities or gatherings



Avoid contact with wild animals and live poultry and birds



Wear a mask when visiting the hospital

Labor Affairs Bureau, Tainan City Government

Publicity

戲水安全須知

Water Safety Instructions

水域安全防護網 多三分準備 少三分危險

內政事務防護

穿戴救生衣

從優選的活動地點選擇穿著救生衣，包括保潔及濕地。隨時掌握現場環境狀況，以免發生事故。

評估天氣

如遇颶風、大雨等劇烈天氣，切勿冒險從事水上活動。

選擇救生員

選擇有救護人員執照的水域從事水上活動，並聽從救護人員指揮。

離開危險區域

設有「禁止戲水(釣魚)」或「水深危險」等限制標誌的區域，禁止戲水。

危險水域 禁止游泳
No swimming

大聲呼叫 撥打119

若發現水域有人溺水，應大聲呼叫求救並撥打119向海關求助。切勿自行冒險下水施救。



National Fire Agency, Ministry of the Interior

Advertisement

Water Safety and Protection Network Prepare more to reduce danger.



Engage in water activities only in areas where lifeguards are on duty. Follow the instructions from lifeguards.

Choose Lifeguard

Assess the Weather

Do not engage in water activities during typhoons, torrential rain, and other situations.

Wear Lifesaving Jacket

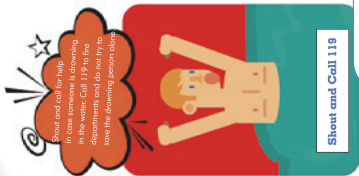
Wear lifesaving jackets, splash shoes, and safety helmets during water activities at harbor, control sea waves at all time to avoid accidents.



Water activities are prohibited in areas with prohibited signs such as "Water Activities (Swimming Prohibited)" or "Danger: Deep Water."

**DANGER:
DEEP WATER
NO SWIMMING**

Stay away from dangerous areas



Shout and call for help in case someone is drowning in the water. Call 119 to fire departments and do not try to save the drowning person alone.

Shout and Call 119

戲水安全須知

Water Safety Instructions

為配合相關水域管理機關保障民眾生命安全，呼籲大家共同提高警覺，勿輕忽水上活動安全，避免溺水悲劇意外發生，請留意以下安全事項：

In cooperation with the relevant water administration agency for the protection of public's life and safety, we would like to call for everyone's alert and not to neglect safety in water call for everyone's alert and not to neglect safety in water activities, which will prevent drowning and other tragedies. Please pay attention to the following safety matters:

1、評估天氣狀況，如遇颱風、大雨特報等情形，切勿冒險從事水上活動。

1.Assess the weather conditions. Do not take the risk and engage in water activities during typhoons and torrential rains.

2、選擇有救生人員值勤的水域從事水上活動，並聽從救生人員指導。

2.Choose water areas where lifeguards are available for water activities. Follow the instructions from the lifeguards.

3、不可在設有「禁止戲水（游泳）」或「水深危險」等禁制標誌的區域戲水或從事任何水上活動。

3.Do not stay in the water or engage in any water activity in regions having prohibition signs such as “Water activities (swimming) prohibited” or “Danger: Deep Water.”

4、如看到溪流上游山區烏雲密布，或溪河水流突然夾帶大量泥沙出現混濁狀態，應趕快上岸逃生，以免被暴漲的溪水所圍困而發生危險。

4.If you see the cloudy sky over the mountain from upstream river or clouded water in the river suddenly carrying massive mud, get off the water and evacuate to avoid the risk of being embattled by a sudden rise in the water.

5、從事磯釣活動應確實穿戴救生衣、釘鞋與安全帽，隨時掌握海邊風浪等級及漲、退潮時間，並注意可能忽然來襲的瘋狗浪，以免發生事故。

5.Wear lifesaving jackets, spiked shoes, and safety helmet during seashore fishing activities. Note the sea scale on the shore and the high and low tide schedule, and pay attention to the sudden attack from rogue waves to avoid accidents.

6、如發現有人溺水，應大聲呼叫請求支援，並打 118、119 向海巡單位或消防單位求援，切勿自行冒然下水施救；並察看周圍是否有救生繩、救生圈等具有浮力之物品，作為岸上施救的救生器材。

6.Shout and request for help in case anyone drowns. Call 118 or 119 to request help from coast patrol departments or fire safety departments. Do not go into the water to rescue the drowning person. Check around to see if there is any item with buoyance such as the lifeline and lifebuoy, which can be used as a life-saving device for rescue from the shore.

當您戲水時能依上列注意事項於下水前多一份準備，做好水域確認及安全防護等相關工作，才能盡情享受各項水域活動，「快快樂樂戲水，平平安安回家」。

You will fully enjoy water activities when you prepare by the aforementioned instructions, and verify water safety and protection. “Have fun and stay safe in the water.”

移工如何辦理個人綜合所得稅申報

How do migrant workers file for individual income tax return

一、何時辦理綜合所得稅申報

1. When to file for individual income tax report

移工因同一課稅年度內（1月1日至12月31日）在台居留時間不同，其辦理綜合所得稅申報時間有下列三種：

Immigrant workers shall file the individual income tax return according to the following three types of schedules, due to the different length of residence in Taiwan in one taxable year (January 1 to December 31)

（一）在臺居留日數未超過 90 天如有中華民國來源之扣繳所得，由扣繳義務人就源扣繳，無庸申報；如有非屬扣繳範圍之所得，應於離境前，依規定扣繳率申報納稅。

（二）在臺居留日數超過 90 天，而未滿 183 天，如有中華民國來源之扣繳所得，由扣繳義務人就源扣繳；如有非屬扣繳範圍之所得及因在中華民國境內提供勞務而取自境外雇主之勞務報酬，應於離境前，依規定扣繳率申報納稅。

（三）在臺居留日數滿 183 天，應於次年 5 月 1 日至 5 月 31 日，辦理上年度綜合所得稅結算申報納稅。但若於年度中途離境者，應於離境前辦理申報納稅。

(1) For residence in Taiwan under 90 days, the withholders for tax shall withhold the withholding income source from the Republic of China and do not need to file the report. The income other than the withholding scope will need to file tax return according to the withholding bracket before departing Taiwan.

(2) For residence in Taiwan over 90 and under 183 days, the withholders for tax shall withhold the withholding income source from the Republic of China. The income other than the withholding scope and the remuneration received from offshore employers by providing services in the territory of Republic of China will need to file tax return according to the withholding bracket before departing Taiwan.

(3) For residence in Taiwan over 183 days, immigrant workers shall prepare the Filing of Tax Returns and Payment of Tax from previous year, between May 1 and May 31 of the following year. Nonetheless immigrant workers departing Taiwan midway through the year shall file income tax before departing Taiwan.

二、申報地點

2.Filing Location

依居留證所載地址之國稅局所屬分局、稽徵所辦理申報。

File the tax return at the address of branch office and taxation office of National Taxation Bureau indicated on the Alien Resident Certificate (ARC).

三、申報時應攜帶之資料

3.Documents to be presented upon tax filing

申報時應攜帶居留及所得有關之證明文件，申報時應攜帶居留及所得有、居留證、扣繳憑單、因在中華民國境內提供勞務而取自境外所得證明及其他相關免稅額、扣除額之文件。

Bring all income related certificates and documents for filing tax report, including passport, Alien Resident

Certificate (ARC), withholding certificate, and the income certificate acquired overseas by providing services in the territory of Republic of China and other relevant tax credit and reduction documents.

四、委由申報代理人代為申報

4.Filing by Tax Filing Agent

申報得委由申報代理人代為申報，例如仲介。

Immigrant workers may commission an agent to file tax, such as the agency.

五、退稅時程

5.Tax Refund Schedule

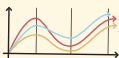
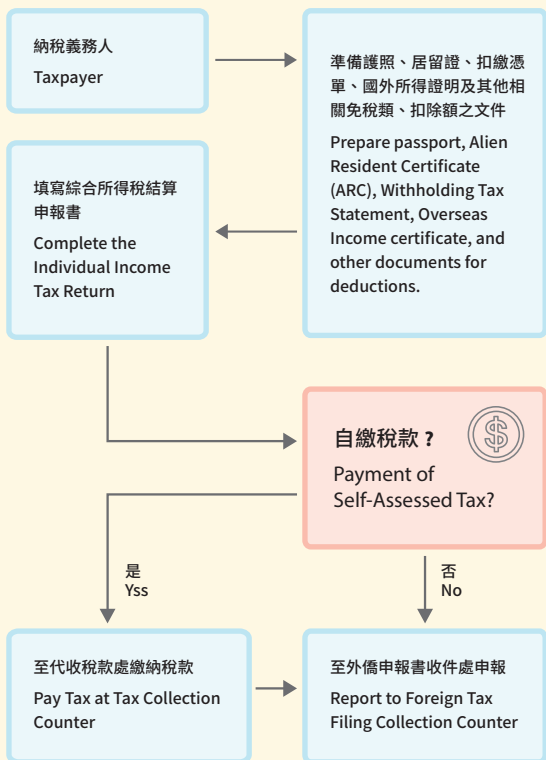
於 5 月 1 日至 5 月 31 日辦理上年度綜合所得稅結算申報後，若審核有退稅，歷年的退稅時程，帳戶退稅是 8 月份，支票退稅是 10 月份，帳戶退稅既快速又便利。

After filing Tax Returns and Payment of Tax from previous year between May 1 and May 31 and if the review result is tax refund, tax refund schedule in the past is August for tax refund via bank accounts or October for tax refund via checks. Tax refund via bank accounts is fast and convenient.



移工所得稅申報流程圖

igrant Worker Income Tax Return Flow Chart



仲介公司收取費用記得索取收據或發票

Manpower agency will need to write receipts or invoices for payment collection.

依收費標準規定，仲介公司向移工收取居留證費、健檢費及服務費等費用時，應覈實收取並依規定掣給移工收據或發票。

提醒您繳交各項費用請記得向仲介公司索取收據或發票保存。以保障您在臺之權益。

僱主或移工如發現有仲介公司向移工超收仲介費用或收取規定標準以外之款項，請向 1955 專線或本局檢舉，本局專線為 (06)297-9935、(06)632-6546。

According to the standards and regulations of payment collection, the human resource agency shall collect the fees accordingly and writes receipts or invoices to migrant workers when collecting the ARC fees, health examination fees and service charge from migrant workers.

Please request for receipts or invoices for all payments and retains such documents in your best interests in Taiwan.

In case the human resource agency overcharges agency fees or payments other than required, the employer or migrant workers shall call 1955 or report to the Bureau. The Bureau number is (06)297-9935 and (06)632-6546, upon discovery of such circumstance.



野生動物保育法宣導

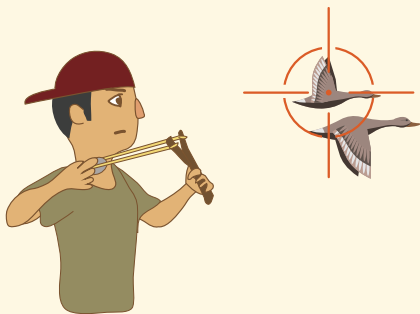
Wildlife Conservation Act Announcement

野生動物保育法第 17 條、第 18 條均規定，保育類與一般類野生動物（哺乳類、鳥類、爬蟲類、兩棲類）未經申請不得任意騷擾、虐待、獵捕、宰殺或為其他利用等情形。

違反者，一般類者裁處新臺幣 6 萬元至 30 萬元間罰鍰，保育類者處一年以下有期徒刑、拘役或科或併科 6 萬元至 30 萬元間罰金。

It is regulated in Article 17 and 18 of Wildlife Conservation Act, protected Wildlife and the general Wildlife including mammals, birds, reptiles and amphibians shall not be disturbed, abused, hunted, killed or otherwise utilized without application.

Violators of general Wildlife protection shall be fined between NT\$60,000 and NT\$300,000. Violators of protected Wildlife shall be sentenced to one year and under of imprisonment, detained or fined for between NT\$60,000 and NT\$300,000



你我都是**珍愛**生命守門人

We are all gatekeepers that cherish life

守門人定義

只要有意願、有機會可以協助與關懷他人，預防自殺憾事發生的人就是守門人。

Definition of a gatekeeper

Anyone who has the will and opportunity to assist and care for others and prevent suicides is a gatekeeper.

守門人可以做什麼？

守門人扮演著『關懷、支持』的角色，在當事人最需要關心的時候看到、聽到、察覺到他所發出的求救訊息，陪伴當事人度過危險自傷低潮期。

What can a gatekeeper do?

A gatekeeper plays the role of "care and support." When the person concerned most needs to be cared for, the gatekeeper sees, hears, and perceives the message sent out for seeking help and accompanies the person concerned to get through the dangerous, dark period of self-harm.

問 To Ask



發現警訊就關心
Ask when noticing something wrong

主動關懷與積極傾聽
Take the initiative to care and listen actively

並測心情溫度計 (BSRS 簡式健康量表)
Measure the mood thermometer
(Brief Symptom Rating Scale (BSRS-5))

應 To Response

適當資源作轉介
Provide appropriate referral resources

資源轉介與持續鼓勵
Offer referral resources and continuous encouragement



陪伴求助常關懷
Accompany and care for the help seeker constantly

轉介 To Refer

適當回應與支持陪伴
Respond appropriately, give support, and accompany

接納支持有希望
Accept, support, and give hope



開放了解不責備
Be open-minded and understanding and do not blame

BSRS 簡式健康量表

Brief Symptom Rating Scale (BSRS-5)

請您仔細回想一下，在最近這一星期中（包括今天），下列敘述讓您感到困擾或苦惱的程度，然後圈選一個您認為最能代表您感覺的答案。

Think carefully. During the past week (including today), how much were you bothered by each of the following descriptions? Then circle the best one that represents your feelings.

	完全沒有 Not at all	輕微 A little bit	中等程度 Moderately	厲害 Quite a bit	非常厲害 Extremely
1. 感覺緊張不安 Feeling nervous and ill at ease	0	1	2	3	4
2. 覺得容易苦惱或動怒 Feeling easily annoyed and irritated	0	1	2	3	4
3. 感覺憂鬱、心情低落 Feeling blue or down	0	1	2	3	4
4. 覺得比不上別人 Feeling inferior to others	0	1	2	3	4
5. 睡眠困難，譬如難以入睡、易醒或早醒 Having sleep problems, i.e. hard to sleep, wake up easily or wake up too early	0	1	2	3	4
*有自殺的想法 Thinking about suicide	0	1	2	3	4

1~5 題的總分： 分

Total score

簡式健康量表的總分等級及建議

Your score on BSRS-5 and our recommendations

0-5 分：恭喜您！身心適應狀況良好。

0-5 : Congratulations! Your body and mind are in a good condition.

6-9 分：

屬輕度情緒困擾，建議找家人或朋友談談，尋找抒壓管道。

6-9 : You have mild emotional distress. We recommend you to talk to your family and friends and find ways to release negative emotions.

10-14 分：

屬中度情緒困擾，建議尋求心理諮商或接受專業諮詢。

10-14 : You have moderate emotional distress. We recommend you to seek psychological counseling or consult professional advice.

15 分以上：

屬重度情緒困擾，建議尋求專業輔導或精神科治療。

Above 15 : You have severe emotional distress. We recommend you to seek professional counseling help or psychiatric treatment.

*有無自殺的想法：

本題為附加題，評分為 2 分以上（中等程度）時，建議轉介至身心科做進一步諮詢與治療。

* Thinking about suicide: It is an additional question. When the rating is 2 or more (medium), it is recommended that the respondent should be referred to Mental Health and Services for further consultation and treatment.

免費心理諮商預約專線：06-3352982 · 6377232

Toll-free number for psychological counseling appointment: 06-3352982 · 6377232

免付費 24 小時安心專線：0800-788-995

24-hour toll-free relief hotline: 0800-788-995

臺南市政府衛生局 關心您

Public Health Bureau of Tainan City Government Cares About You.

思考轉個彎 快樂很簡單

Think differently. It is simple to be happy.



保持正向思考、建立紓壓管道、
與家人朋友聊天、出遊，
親愛的，快樂很重要！



Think positively. Find ways to relieve stress.
Chat with family and friends and go out to
have fun. Happiness does matter, dear friends!

快樂可以自己決定！

Happiness is a choice you can make.

心理諮商預約專線：06-3352982 · 06-6377232

Phone numbers for psychological counseling appointment:
06-3352982 · 6377232

衛生福利部免費安心專線：0800-788-995(請幫幫 救救我)

The Ministry of Health and Welfare toll-free relief hotline:
0800-788-995 (please help and save me)

紓壓 5 撇步 心情好 FUN 鬆

5 ways to de-stress and lighten up

保持簡單生活，偶爾讓自己放空，不忙碌！

Maintain a simple life, empty yourself occasionally, and don't bustle about!

三餐均衡飲食，身體健康，心情也愉悅！

Keep a balanced diet for three meals. Good health leads to a good mood!

每天保持在 6 至 8 小時，維持充足睡眠精神也飽滿！

Sleep 6 to 8 hours a day. You feel energized with enough sleep!



適當運動可以放鬆身心，同時分泌腦啡因，讓心情更愉快！

Appropriate exercise relaxes your mind and body and helps secret enkephalin to cheer you up!

擁有朋友、傾聽心事，能讓情緒有適當的出口！

Have friends to listen to you and give your emotions a proper outlet!



廣播電台

RADIO STATION

網路廣播收聽：Internet radio listening
<http://www.rti.org.tw>

中央廣播電台 Radio Taiwan International (RTI)

AM747 · AM927

英語節目 ENGLISH PROGRAMS

(含菲律賓土語) (including Filipino dialect)

週四 (THU.) PM07:00-08:00(首播 Premiere)

週日 (SUN.) PM06:00-07:00(重播 Replay)

泰語節目 THAI PROGRAMS

週三 . 五 . 六 (WED. FRI. SAT.)

PM10:00-11:00 (首播 Premiere)

週四 . 六 . 日 (THU. SAT. SUN.)

AM07:00-08:00 (重播 Replay)

高雄廣播電台 Kaohsiung Broadcasting Station

FM94.3 · AM1089

印尼語節目 INDONESIAN PROGRAMS

週日 (SUN.) AM08:00-09:00

MW927 · FM106.5

越南語節目 VIETNAMESE PROGRAM

週一 . 四 . 日 (MON. THU. SUN.)

PM08:00-09:00 (首播 Premiere)

漢聲電台 VHBN Voice of Han Broadcasting Networking

FM107.3 · AM1251

週一 . 二 . 三 (MON. TUE. WED.) AM05:05-06:30

週四 . 五 (THU. FRI.) PM01:00-02:00

週六 . 日 (SAT. SUN.) AM07:00-08:00

移工輸出國駐臺機構

migrant Representative Offices in R.O.C.(Taiwan)

駐臺北越南經濟文化辦事處 02-25043477

Vietnam Economic And Cultural Office In Taipei

臺北市中山區松江路 101 號 2 樓

2F., No. 101, Song Jiang road, Zhongshan distric,

Taipei, Taiwan, R.O.C.

越南籍勞工相關證件辦理協助聯繫作業

Vietnamese workers documentation process and communication assistance

<http://www.vecolabor.org.tw/>

馬尼拉經濟文化辦事處 - 高雄分處 07-3985935 ~36

Manila Economic and Cultural Office

高雄市三民區民族一路 80 號 9 樓之 2

9F-2, No. 80, Minzu 1st Rd., Sanmin Dist., Kaohsiung,

Taiwan, R.O.C.

菲律賓籍勞工相關證件辦理協助聯繫作業

Filipino workers documentation process and communication assistance

<http://www.meco.org.tw/>

泰國貿易經濟辦事處 02-27752211

Thailand Trade And Economic Office

臺北市大安區市民大道 3 段 206 號

No.206, Sec. 3, Civic Blvd.Da' an Dist., Taipei City 10666

Taiwan (R.O.C.)

泰國籍勞工相關證件辦理協助聯繫作業

Thai workers documentation process and communication assistance

<http://www.tteo.org.tw/main/zh/>

駐臺北印尼經濟貿易代表處 02-87526170

Indonesian Economic And Trade Office To Taipei

臺北市內湖區瑞光路 3 段 550 號 6 樓

6F, No. 550, Rui Guang Road, Neihu District, Taipei, 114,

Taiwan, ROC

印尼籍勞工相關證件辦理協助聯繫作業

Indonesian workers documentation process and communication assistance

<https://www.roc-taiwan.org/id/index.html>

移工諮詢相關單位

Migrant workers Consultation Department

1955 移工 24 小時免付費諮詢專線
The 24-hour Toll-Free Hotline for migrant workers

人口販運通報專線 **110** 或 **1955**
Combat Human Trafficking Hotline: 110 or 1995

02-2388-3095 響鈴救我 Ring Ring and Save Me

內政部入出國及移民署

National Immigration Agency, Ministry of the Interior

內政部移民署臺南市第一服務站

Ministry of the Interior Immigration Department Southern
District Brigade Tainan First Service Station

臺南市中區府前路一段 262 號
No.262, Sec. 1, Fuqian Rd.,
West Central Dist., Tainan City

06-2937641

06-2936210

內政部移民署臺南市第二服務站

Ministry of the Interior Immigration Department Southern
District Brigade Tainan Second Service Station

臺南市善化區中山路 353 號 1 樓
No. 353, Zhongshan Rd.,
Shanhua District, Tainan City

06-5817404

06-5816659

警察局報案專線 **110**
Police Station Hot Line

消防救災專線 **119**
Fire Fighting & Emergency Rescue Hot Line

婦幼保護專線 **113**
Women and Children Protection Hot line

臺南市政府家庭暴力暨性侵害防治中心 **06-2988995**
Tainan City Domestic Violence and Sexual Assault Prevention Center

臺南市政府勞工局

Labor Affairs Bureau of Tainan City Government

永華市政中心 Yonghua Municipal Center

臺南市安平區永華路 2 段 6 號 8 樓
8F, No. 6 Sec 2 Yonghua Rd., Anping Dist., Tainan City.
06-2951052 · 2979935

民治市政中心 Minjihih Municipal Center

臺南市新營區民治路 36 號 7 樓
7F, No. 36 Minjihih Rd., Sinying Dist., Tainan City.
06-6326546 · 6373463

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Bureau of Labor Affairs,
Tainan City Government

臺南市政府勞工局

Labor Affairs Bureau of Tainan City Government

永華市政中心 Yonghua Municipal Center

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廣告

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