

臺
TAINAN
400
南



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





Tainan Public bicycle rental system



臺南市公共自行車 使用須知



Q1 Ways to Rent 如何註冊

Choose the ways to rent and pay
請選擇借車方式並準備以下物品

ways to use 借車方式	ways to pay 準備物品
Rent with IC card 靠卡借車	+ IC card 電子票證
Rent with QR code 掃碼借車	+ Mobile phone with taiwan phone number and ic card(easy card/pass) 手機及台灣號碼 + 一卡通
Rent with scan QR code 掃碼借車	+ Credit Card 信用卡
	Youbike 2.0 APP and Credit Card (VISA/ICBI/Mastercard) 手機及台灣號碼 + 需下載2.0官方APP 綁定信用卡或電子支付

Q2 Way to Register 哪裡註冊

There Are Ways To Register
共4種管道可以註冊喔

- 1 Official App 2.0官方APP
- 2 Line Official Account LINE 官方帳號



- 3 Official Website 官方網站
- 4 Service Center 服務中心

<https://www.youbike.com.tw/region/taianan>

If you are already a Youbike member, please login to the member center to confirm your cards and member information.

若您已為YOUBIKE會員 請登入會員專區確認資料與卡片

Low Battery Alert 電輔車 電量提醒

Return the bike ASAP if the battery level falls below 20% during the ride.
電量低於20% 請盡速還車

No power assist if below 5% during the ride.
(Bikes still work without power assist)
電量低於5% 無電力輔助(但仍可正常騎乘與還車)

Q3 Rental and Return Steps 如何租借



Instructional videos 使用教學影片

Rental Steps 借車流程

- 1 Sign Up 加入會員
If you are already a Youbike member, [Please login to the member center] Confirm your cards and member information.
微笑單據持有會員不須重新註冊 請登入會員專區 確認資料與卡片
- 2 IC card 靠卡借車
Rent with scan QR code 掃碼借車
- 3 Tap the card on the sensor zone to unlock the bike.
感應電子票卡解鎖

Return Steps 還車流程

- 1 Aim the bike lock to its docking port, then push the bike all the way in.
將車輸入柱上鎖
- 2 Return completed 還車成功
Tap the IC card on the sensor zone and screen shows "Charge" and "balance" when completed.
感應電子票卡扣款
- 3 Return completed 還車成功
Screen shows "Thank you" when complete. Check the bill on APP.
螢幕顯示還車成功可在APP中確認扣款金額

AI Customer Service
Youbike Chat Robot
AI客服 YOUBIKE小管家



Services: Stations / Rent & Return/ Lost & Found /
Lost Youbike / Activities

服務項目：場站資訊、還車查詢、遺失物查詢、宜尖車通報、活動查詢、會員點。

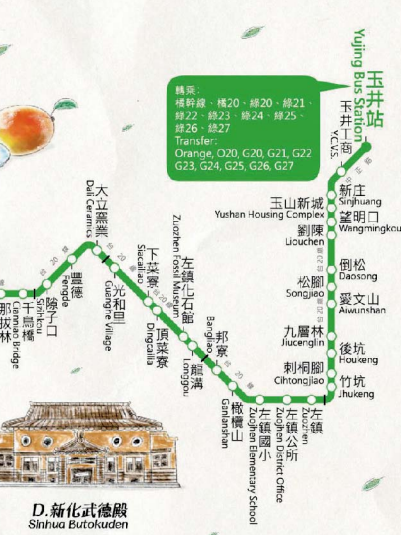
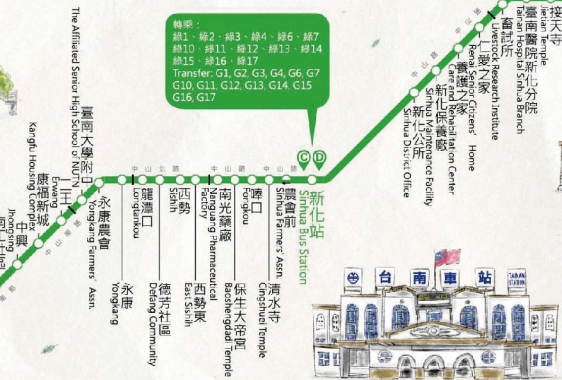


Tainan Customer Service number :
06-300-9966
臺南客服專線
YouBike 南台灣粉絲團

服務資訊

Service Information

- 大台南公車: <http://2384.tainan.gov.tw>
Tainan City Bus
- 閩南客運: (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
fare calculated by mileage



A. 佳里中山公園
(原北門神社遺址)
(the former site of Baiman Shinto Shrine)

轉乘: 綠1
Transfer: G11

轉乘: 綠3、綠11
Transfer: G3, G11

B. 蕭壩文化園區
Soudang Cultural Park

K. 臺南公園
Tainan Park

L. 臺南火車站
Tainan Railway Station

D. 新化武德殿
Sinhua Butokuden

L. 臺南火車站
Tainan Railway Station

E. 龍崎竹炭故事館
Longqi Charcoal Museum

H. 小西門
Siocsimen

G. 新光三越新天地
Shin Kong Mitsukoshi in Tainan Place

F. 歸仁文化中心
Guoren Cultural Center

中/英/Eng/11sh



臺南市政府交通局
Bureau of Transportation, Tainan City Government

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臺南建城 400 年

Tainan: A City with 400 Years of History

臺灣的歷史從臺南開始

1624 年，荷蘭人在臺灣建立第一座城堡，命名為熱蘭遮城（現今的安平古堡），標誌著臺灣進入大航海時代，是臺南作為臺灣近代史發跡的重要起點。臺灣進入世界舞台的故事於此開始，乘載著東西方貨物集散與交流的臺南，因 400 年來的族群交流、文化融合，滋長了如今豐富而多元的臺灣文化。

在距今 6000 年前，臺南已有八甲遺址等史前文化在此發展，同時也出現了許多臺灣第一，例如目前臺灣最早種植稻米及第一隻飼養家犬的紀錄都在臺南。而至 17 世紀大航海時期，第一群來臺的荷蘭東印度公司正式交流的臺灣原住民，就是活躍於嘉南平原的西拉雅族人，西拉雅族人也成為往後 400 年的臺南歷史最重要的見證人。

臺南以豐富的美食小吃、深厚的人文底蘊及多元的歷史文化，發展出獨樹一格的臺南特色，享有「美食博物館」、「文化首都」及「眾神之都」等多項美譽。

Where Taiwan's Tale Begins

In 1624, the Dutch erected the first fort in Taiwan, Fort Zeelandia (now Anping Fort), signaling Taiwan's entry into the Age of Discovery and marking a pivotal chapter for modern Taiwanese history. The vibrant city of Tainan, a bustling hub of East-West trade and cultural exchange for four centuries, launched Taiwan onto the global stage. Today, this legacy lives on, weaving a rich tapestry of Taiwan's diverse culture.

Tainan's story stretches back as early as 6000 years ago, when the Bajia site and other ancient cultures thrived. It was also the birthplace of many “firsts” in Taiwan, such as the earliest recorded cultivation of rice crops and the first domesticated dog. Fast forward to the 17th century, the Siraya, indigenous to the Chianan Plain, forged the first historic connection with the Dutch East India Company, becoming the most significant witness to Tainan's history over the next 400 years.

Tainan, with its delectable local delicacies, deep-rooted cultural heritage, and rich, diverse history, proudly boasts uniqueness and dons titles like the “Museum of Food,” “Cultural Capital,” and “City of Gods.”

臺南

Tainan



臺灣地圖 - 臺南的位置
Map of Taiwan - Tainan

- 人口數 185 萬人
- 土地面積 2191.6531 平方公里
- Population: 1.85 million
- Land Area: 2191.6531km²

1 農業的發展

Cultivating Abundance: The Agricultural Marvel

臺南市幅員廣大，有多元的地理環境資源，孕育出多樣且優質的農漁畜產。

在臺南 37 區中，有 32 個行政區有一定規模的農產業，且各區皆有在地特產，不同的農產品產期不同，使得臺南成為名符其實的水果王國。

Tainan, with its vast expanse, sprawls across a diverse landscape, yielding a cornucopia of high-quality agricultural, fishing, and livestock produce. Among its 37 districts, 32 boast flourishing agricultural production of scale, each flaunting its unique local specialties in all four seasons. It's no wonder Tainan reigns as the undisputed "Kingdom of Fruit."

臺南農產大地圖

Tainan Agricultural Produce Map



特色農漁牧盛產期

Local Agricultural and Aquatic Produce Harvest Seasons

洋香瓜 1~2 月	Cantaloupe: January to February
 楊桃 1~4 月	Starfruit: January to April
大西瓜 4~5 月	Watermelon: April to May
 鳳梨 3~6 月	Pineapple: March to June
 紅龍果 6~12 月	Dragon Fruit: June to December
 芒果 6~8 月	Mango: June to August
龍眼 7~8 月	Longan: August to September
釋迦 7 月 ~ 翌年 3 月	Sugar Apple: July to March of the following year
酪梨 7~9 月	Avocado: July to September
 文旦 8~9 月	Pomelo: August to September
菱角 9~12 月	Water Chestnut: September to December
青皮椪柑 10~11 月	Ponkan: October to November
大白柚 10~11 月	Taiwan White Pomelo: October to November
 木瓜 11 月 ~ 翌年 4 月	Papaya: November to April of the following year
食用番茄 12 月 ~ 翌年 2 月	Tomato: December to February of the following year
 棗子 12 月 ~ 翌年 3 月	Jujube: December to March of the following year
 番石榴 12 月 ~ 翌年 1 月	Guava: December to January of the following year
柳丁 12 月 ~ 翌年 1 月	Orange: December to January of the following year
 胡蘿蔔 1~3 月	Carrot: January to March
綠蘆筍 4~10 月	Green Asparagus: April to October
 綠竹筍 5~7 月	Green Bamboo Shoots: May to July
 毛豆 4~6 月、11~12 月	Edamame: April to June, November to December
 牛蒡 9 月 ~ 翌年 3 月	Burdock: September to March of the following year
胡麻 (芝麻) 12 月	Sesame: December
水稻 - 一期水稻 : 6 月 二期水稻 : 11~12 月	Rice - First Crop Rice: June Second Crop Rice: November to December
 蝴蝶蘭 1~12 月	Moth Orchid: January to December
 火鶴花 1~12 月	Hibiscus: January to December
牛奶 1~12 月	Milk: January to December
豬 1~12 月	Pig: January to December
鹿 3~6 月	Deer: March to June
雞 1~12 月	Chicken: January to December
雞蛋 1~12 月	Eggs: January to December
白蝦 6~11 月	White Shrimp: June to November
 臺灣鯛 6~12 月	Taiwanese Sea Bream: June to December
烏魚子 11 月 ~ 翌年 1 月	Mullet Roe: November to January of the following year
文蛤 8~12 月	Orient Clam: August to December
 虱目魚 8~12 月	Milkfish: August to December
牡蠣 9~11 月初	Oyster: September to early November

- 臺南市政府農業局
臺南農產分布及產期 (tainan.gov.tw)



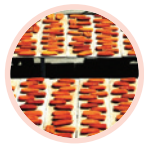
2 美食之都

豐富、平價又美味的臺南小吃說是臺灣一絕也不為過，曾被全球知名旅遊評鑑米其林綠色指南（Michelin Green Guide）列為推薦美食。不論是新鮮清甜的牛肉湯、撒上魚鬆和肉燥的米糕，或者是充滿米香氣的碗粿等，這些在地特有主食與古早味小吃是臺灣飲食文化的根源，也承載了臺南三百多年的歷史記憶。



2 Culinary Capital : A Foodie's Paradise

Rich, affordable, and delicious street food of Tainan is truly a gem in Taiwan. They have been listed as recommended delicacies by the Michelin Green Guide, a world-renowned travel evaluation. Whether it's the fresh, savoury beef soup, sticky rice (migao) topped with fish floss and minced pork, or the fragrant bowl of steamed rice bowl cake (wanguo), these local staples and nostalgic snacks form the cornerstone of Taiwan's culinary culture, carrying with them over three centuries of Tainan's historical memory.



● 擔仔麵 / Danzai Noodles



攝影：黃郁清

● 肉燥飯 / Minced Pork Rice



● 牛肉湯 / Beef Soup



攝影：黃郁清

● 蝦仁飯 / Fried Rice with Shrimp



攝影：黃郁清

● 鱈魚意麵 / Stir-fried Eel Noodles



攝影：黃郁清

● 米糕 / Sticky Rice (Migao)



攝影：黃郁清

● 鍋燒意麵 / Taiwanese Nabeyaki Noodles



攝影：黃郁清

● 蚵仔煎 / Oyster omelet



攝影：黃郁清

● 黑白切 / Heibai slices



攝影：黃郁清

- 豆花 / Tofu Pudding (Douhua)



摄影：黄郁清

- 芒果冰 / Mango Shaved Ice



摄影：黄郁清

- 棺材板 / Coffin Toast



摄影：黄郁清

● 烏魚子 / Mullet Roe



攝影：吳淵源

● 虱目魚料理 / Milkfish Dishes



攝影：黃郁清

● 小卷米粉 / Rice noodles with squid



攝影：黃郁清

- 蝦仁肉圓 / Shrimp bawan



攝影：黃郁清

- 碗粿 / Steamed Rice Bowl Cake (Wanguo)



攝影：劉文晴、吳建翰

- 肉粽 / Sticky Rice Wrapped in Bamboo Leaf (Zongzi)



攝影：黃郁清

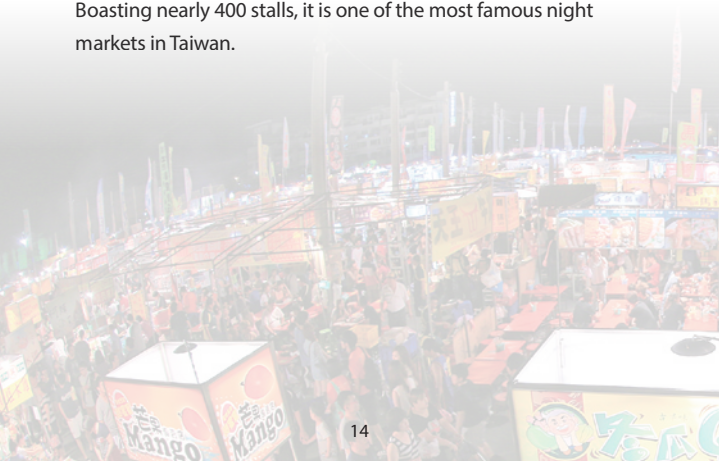
花園夜市

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.





週四、六、日



免門票



臺南市北區海安路三段



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。



Thursday, Saturday, and Sunday



Free



Sec. 3 Hai'an Rd. North Dist



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.



3 古蹟文化與民俗工藝

走進古都臺南，像是踏入一處活歷史，作為臺灣第一處發展的城市，當然也是民生發展的源頭，你能走進全臺首學，驚嘆發揚臺灣教育之地；踏入各大廟宇，探看古今信仰的傳承；漫遊古蹟運河，見證文明故事更迭。在臺南，隨意轉個彎，便與年代久遠的廟宇與古蹟相遇，細數百年的舊城軼事。



3 Heritage culture and Folk Crafts

Stepping into the ancient city of Tainan is like journeying into a living history book. As the first developed city in Taiwan, it is also the source of development of people's livelihood. You can explore the very first school established on the island, marvel at the place where Taiwan's education is promoted. Wander through the grand temples, where ancient and modern faiths intersect and evolve. Stroll along the historic canals and witness the passage of time and find yourself immersed in the ebb and flow of civilization's stories. In Tainan, every turn may lead you to encounter centuries-old temples and historical landmarks, each with its own tale to tell.



攝影：劉威廷、莊秉諭

赤嵌樓


Chihkan Tower



原名普羅民遮城，為華麗的歌山式重簷建築。

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




 08:30~21:30 (休息時間：除夕)

 全票 50 元


 臺南市中西區民族路二段 212 號

 從火車站搭乘 3、5、88、99 公車至赤崁樓站下車。

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

 NT\$50 (Adult)

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

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



攝影：王春友

YouBike
微笑單車
2.0 官方版
下載區



U-Bike APP
App Store



U-Bike APP
Google Play

U-Bike



赤崁樓：赤崁街 9 號 (對側人行道)
Chihkan Tower : No. 9, Chikan St.(Opposite)



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.





星期二 ~ 星期日 09:00~18:00



免門票



臺南市中西區中正路 1 號



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。



Tuesday - Sunday, 09:00-18:00



Free



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



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.

U-Bike



臺灣文學館：友愛街（臺灣文學館後門）

National Museum of Taiwan Literature :

You'ai Stree(National Museum of Taiwan Literature)



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.



 週一 ~ 週日 08:30~17:30 (除夕公休)

 全票 25 元

 臺南市中西區南門路 2 號



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。



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

 NT\$ 25 (Adult)



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



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.

U-Bike



臺灣文學館：友愛街（臺灣文學館後門）

National Museum of Taiwan Literature :

You'ai Stree(National Museum of Taiwan Literature)



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.



 週一 ~ 週日 08:30~17:30


 全票 50 元


 臺南市安平區國勝路 82 號

 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。

 Monday - Sunday, 08:30-17:30

 NT\$50 (Adult)

 No.82,Guosheng Rd.,Anping Dist.

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



U-Bike



西門實小：古堡街 87 號旁

Ximen Experiment Elementary School : No. 87, Gubao St.



安平樹屋

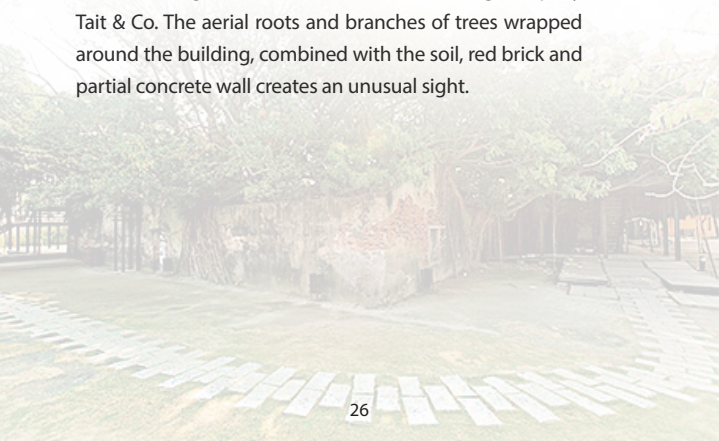
Anping Treehouse



攝影：郭英平


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.




 週一 ~ 週日 08:30~17:30

 全票 50 元


 臺南市安平區古堡街 108 號旁

 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。

 Monday - Sunday, 08:30-17:30

 NT\$ 50 (Adult)

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

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



U-Bike



西門實小：古堡街 87 號旁

Ximen Experiment Elementary School : No. 87, Gubao St.



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."





全日開放



免門票



臺南市安平區延平街



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。



Open all year round



Free



Yanping St., Anping Dist.



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.



U-Bike



西門實小：古堡街 87 號旁

Ximen Experiment Elementary School : No. 87, Gubao St.



億載金城

Eternal Golden Castle





原名二鯤鯨砲台，因「億載金城」匾額得名。


It used to be called Erkunshen Artillery fort.



 週一 ~ 週日 08:30~17:30


 全票 50 元


 臺南市安平區光州路 3 號

 2、88、14、19 公車至億載金城。

 Monday - Sunday, 08:30-17:30

 NT\$50 (Adult)

 NO.3, Guangzhou Rd., Anping Dist.

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



U-Bike



億載金城：光州路與光州五街路口（億載金城侯車亭旁）
Eternal Golden Castle : Guangzhou Rd. & Guangzhou 5th St. Intersection



臺南市知事官邸


*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.



 週一 ~ 週日 11:00-20:00，周二休館。

 免門票


 臺南市東區衛民街 1 號

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

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

 Free

 No.1, Weimin St., East Dist.

 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.



U-Bike



馬雅各青年公園：青年路 360 號（對側人行道）

James Laidlaw Maxwell Qingnian Park:

No. 360, Qingnian Rd. (Opposite)



新化老街

Sinhua 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 80years 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.





全天開放



免門票



臺南市新化區中正路 336~441 號



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。



Open all year round



Free



No. 336-441, Zhongzheng Road, Sinhua District.



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



攝影：張文彥

U-Bike



楊逵文學紀念館：中正路 488 號

新化武德殿：和平街 53 號前

Yang Kui Literature Memorial Museum :

No. 488, Zhongzheng Rd.

Sinhua Wude Temple : No. 53, Heping St.



鹽水橋南老街

Yanshuei 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 Yanshuei area. There are a-hundred-year-old blacksmith shops and historic buildings on the street.





全日開放



免門票



臺南市鹽水區橋南街



新營火車站搭乘公車棕幹線往《橋南里》，步行至月津國小。



Open all year round



Free



Qiaonan St., Yanshuei District.



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



U-Bike



南門路停車場：南門路 47 號西側

Nanmen Rd. Parking Lot : No. 47, Nanmen Rd.(West)



林百貨

Hayashi Department Store



攝影：蘇純賢、劉千瑜

是南臺灣現存最早的百貨公司，當時一至四樓為賣場，四樓部分與五樓為餐廳，所設置的電梯是當時臺南建築的新創舉，更是老臺南人們特有的回憶。

現經整建修復後成為文創商品、復古舊貨的百貨賣場，保留當時的建築特色和歷史印記，是極具臺南特色與歷史的景點。


Hayashi Department Store, the oldest surviving department store in southern Taiwan, originally featured four floors for shopping and a restaurant on the fifth floor. The installation of an elevator was a pioneering architectural move at the time, now cherished as a special memory by Tainan locals.

Today, after extensive restoration, it has been transformed into a department store specializing in cultural and creative products as well as vintage goods, maintaining its original architectural charm and historical significance. It's a must-visit, offering a glimpse into Tainan's rich heritage.

 週一 ~ 週日 11:00~21:00

 免門票


 臺南市中西區忠義路二段 63 號

 搭乘 1、7 號公車於「林百貨 (中正路)」下車；搭乘紅幹線在「林百貨」下車；搭乘藍幹線在「忠義路 (忠義國小)」站下車。

 Monday to Sunday, 11:00 AM to 9:00 PM

 Free

 No. 63, Section 2, Zhongyi Road, West Central District, Tainan City

 Take Bus No. 1 or No. 7 and get off at Hayashi Department Store (Zhongzheng Road) Stop; Take the Red Line and get off at Hayashi Department Store Stop; Take the Blue Line and get off at Zhongyi Road (Zhongyi Elementary School) Stop.



攝影：黃智偉、廖心園

U-Bike



臺灣文學館：友愛街 (臺灣文學館後門)

National Museum of Taiwan Literature :

You'ai Stree(National Museum of Taiwan Literature)



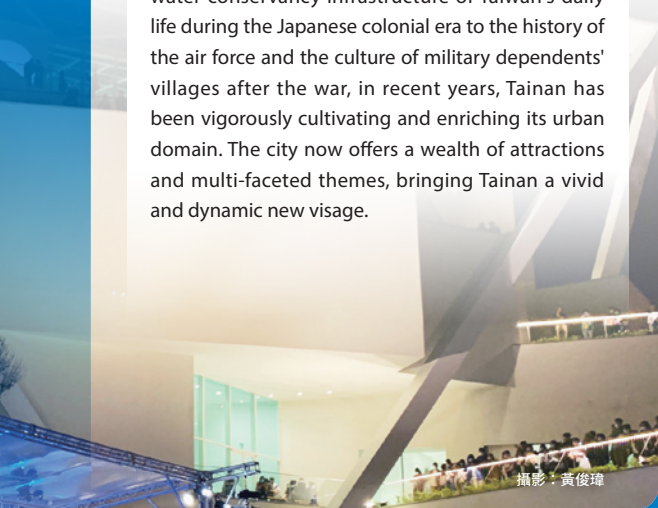
4 漫遊城市博物館

臺南作為文化古都，擁有 400 年的歷史能量，在城市中漫遊，可以感受到豐厚的歷史脈絡與遞嬗，從史前文化左鎮的古人類頭骨開始，到新石器時代的人類文明；在大航海時代，臺南與荷蘭、明鄭的歷史交會；當先人渡過臺灣海峽來到臺南開墾，帶來了不同的福建沿海生活風俗與飲食習慣。臺南作為 17-19 世紀世界經貿文化交流的樞紐與節點，在這個城市遺留下非常豐富的歷史足跡，日治時代的近現代臺灣民生基礎水利建設，到戰後的空軍歷史與眷村文化，近年來的臺南更是大力營造都市場域，豐富城市漫遊景點與多面向的主題，為臺南帶來更多彩多姿的新風貌。



4 Roaming City Museums : Where History Comes Alive

Tainan, as an ancient cultural capital, possesses 400 years of historical vitality. Wandering in the city, one can immerse themselves in the deep, profound historical narratives and transitions. It begins with the prehistoric culture of ancient human skulls in Zuozhen, leading to human civilization in the Neolithic Age. During the Age of Discovery, Tainan's history intertwined with that of the Dutch and Ming-Zheng. As the ancestors crossed the Taiwan Strait to cultivate Tainan, they brought along distinct Fujian coastal customs and dietary habits. Tainan, serving as the hub and node for global economic and cultural exchanges from the 17th to the 19th century, bequeathed this city with a legacy of remarkably rich historical imprints. From the modern water conservancy infrastructure of Taiwan's daily life during the Japanese colonial era to the history of the air force and the culture of military dependents' villages after the war, in recent years, Tainan has been vigorously cultivating and enriching its urban domain. The city now offers a wealth of attractions and multi-faceted themes, bringing Tainan a vivid and dynamic new visage.



攝影：黃俊璋

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.




 週一 ~ 週日 09:30~17:30 (週三休館)

 全票 200 元


 臺南市仁德區文華路二段 66 號

 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。

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

 NT\$ 200 (Adult)

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

 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.



U-Bike



臺南都會公園 (文華路) : 臺南都會公園 (文華路二段)

臺南都會公園 (文賢路) : 奇美博物館文賢路停車場

Metropolitan Park-Wenhua Rd. :

Metropolitan Park (Sec. 2, Wenhua Rd.)

Metropolitan Park-Wenxian Rd. :

Chimei Museum Parking Lot (Wenxian Rd.)



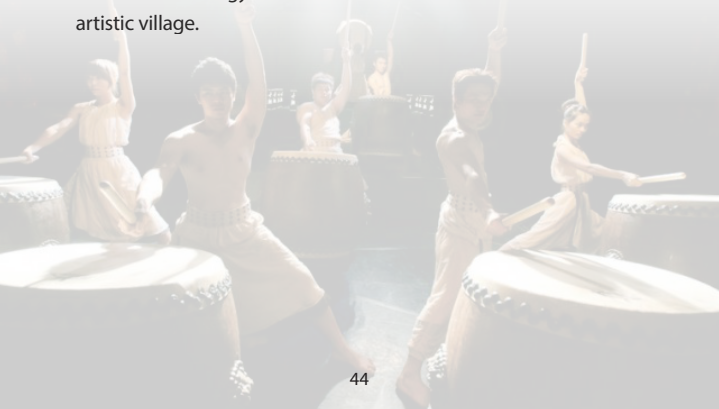
十鼓仁德文創園區

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.



 週一 ~ 週日 09:30~17:00

 全票 449 元


 臺南市仁德區文華路二段 326 號

 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。

 Monday – Sunday, 09:30-17:00

 NT\$ 449 (Adult)

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

 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.



U-Bike



臺南都會公園 (文賢路) : 奇美博物館文賢路停車場
Metropolitan Park-Wenxian Rd. :
 Chimei Museum Parking Lot (Wenxian Rd.)



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.




 週二 ~ 週日 09:00~17:00 (週一休館)

 天文展示館全票 50 元

星象館全票 (2D/3D) 100/130 元

 臺南市大內區曲溪里 34-2 號


 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。

 Tuesday-Sunday, 09:00-17:00 (closed on Mondays)

 NT\$ 50 (Adult) for Astronomy Exhibition Hall;

NT\$ 100/130 for Planetarium (2D/3D Theater)

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

 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.



攝影：陳和祿

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.





09:00~17:30



全票 130 元



臺南市七股區鹽埕里 69 號



火車站搭乘 99 公車開往《臺灣鹽博物館》。



09:00-17:30



NT\$ 130 (Adult)



No.69, Yancheng Vil., Qigu Dist.



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



U-Bike

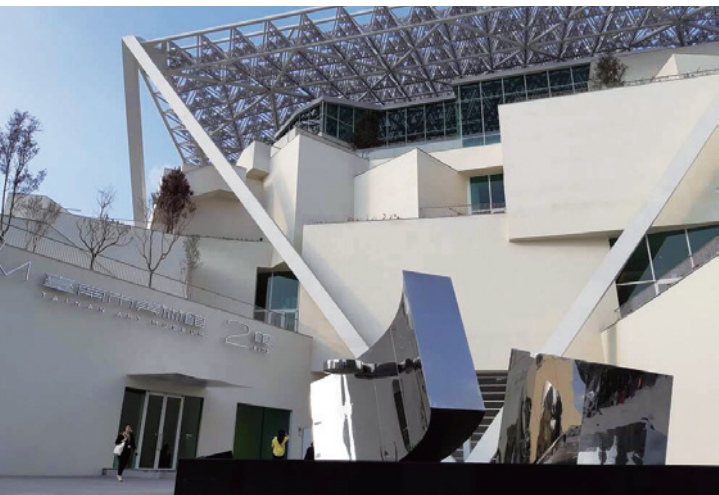


七股遊客中心：七股區鹽埕里鹽埕 69 號
Qigu Tourist Center : No. 69, Yancheng,
Yancheng Village, Qigu Dist.



臺南市美術館 (二館)

Tainan Art Museum building 2



主體建築以具臺南特色鳳凰花轉化為強烈的五角造型，再以垂直堆疊、錯位的方型空間，創造自由彈性的參觀動線。建築空間特色成為近年的臺南的新地標。

Its main building takes the unique Tainan Delonix regia as inspiration, transforming it into a striking pentagonal shape. It incorporates vertically stacked and slightly offset square spaces, allowing for a fluid and flexible viewing experience. The architectural space has become a new landmark in Tainan in recent years.



週二 ~ 週日 10:00~18:00

週一休館 (國定例假日若適逢星期一，照常開放)

週六延長開放至 21:00

國定例假日照常開館，除夕、初一休館



普通票 200 元



臺南市中西區忠義路二段 1 號



搭乘 1、2、6、7、10、11、88、高南 E 08 號、高鐵快捷 H31 公車至民生綠園或孔廟站，步行約 5 分鐘即可到達。



Tuesday to Sunday 10:00 AM - 6:00 PM

-Closed on Mondays (Open as usual on public holidays falling on Mondays)

-Extended hours until 9:00 PM on Saturdays

-Open on public holidays, closed on New Year's Eve and New Year's Day



General, NT\$200



No. 1, Section 2, Zhongyi Road, West Central District, Tainan City



Take bus routes 1, 2, 6, 7, 10, 11, 88, Gaonan E08, or High-Speed Rail H31 to Minsheng Green Park or Confucius Temple Stop, and walk for 5 minutes.



U-Bike



臺南市美術館二館：府前路一段與永福路二段口

Tainan Art Museum (Building 2) :

Sec. 1, Fuqian Rd. & Sec. 2, Yongfu Rd. Intersection

臺南市立圖書館總館


Tainan Public Library



攝影：千享國際


臺南市立圖書館新總館為地下 2 層、地上 6 層建築物，在 2021 年正式開幕，由臺、荷建築師團隊共同打造，採銀級綠建築標準。倒立階梯式立面設計，是大樹意象的展現，由下而上逐層向外出挑，創造出大量遮陰空間；最上層立面格柵的圖騰，取材自臺南老屋窗花紋樣，以現代材料展現舊時代的記憶，連結臺南的歷史與展望。


The Tainan City Public Library is a 6-story building with 2 basement levels. It officially opened in 2021 and was collaboratively designed by Taiwanese and Dutch architects, meeting Silver-level green building standards. The unique facade, resembling an upside-down staircase, draws inspiration from the banyan tree, extending outward layer by layer, providing ample shaded areas. The patterns on the top floor's lattice are reminiscent of the window decorations seen in old Tainan houses, using modern materials to evoke a sense of days gone by, bridging Tainan's history with its future.

 週二至週六：08:30~21:00
週日：08:30~17:30

 免費


 臺南市永康區康橋大道 255 號

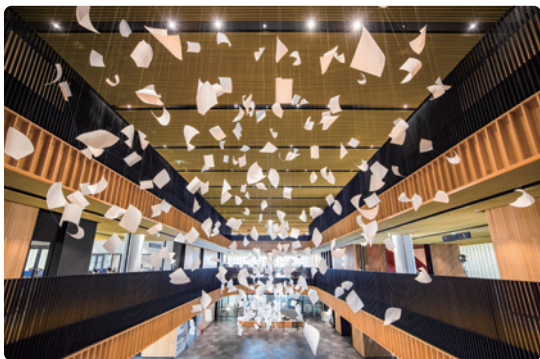
 搭乘公車 901 號及 902 號至「臺南市立圖書館」

 Tuesday to Saturday: 8:30 AM to 9:00 PM
Sunday: 8:30 AM to 5:30 PM

 Free

 No. 255, Kangqiao Boulevard, Yongkang District,
Tainan City

 Take Bus No. 901 or No. 902 to Tainan City Public
Library Stop.



攝影：千享國際

U-Bike



臺南市立圖書館：康橋大道 255 號

Tainan Public Library : No. 255, Kangqiao Blvd.



臺南山上花園水道博物館


Tainan Shan-shang Garden and Old Waterworks Museum



攝影：千享國際


是一處見證大臺南地區水利發展的重要古蹟。廠房退役後卸下光環，蛻變為充滿歷史氛圍的自來水博物館，巴洛克式廠房保存良好，內部保留完善的機件組，都是難得一見的文物資產，參觀這座博物館，能觀察到舊時代重要的民生工程—水利工程的歷史面貌。

The Shan-shang Garden and Old Waterworks Museum stands as a crucial testament to the water development in the Tainan metropolitan area. After retiring from its industrial role, the facility shed its old identity and emerged as a water museum brimming with historical ambience. The impeccably preserved Baroque-style factory, along with its fully intact machinery, are rare cultural assets, offering visitors the opportunity to observe the historical facets of a vital civil engineering project of the bygone era—waterworks.

 週四 ~ 週二 9:30-17:30，16:30 以後停止售票、入園。
週三休館。


 全票 100 元

 臺南市山上區山上里 16 號


 由台南火車站搭乘公車「綠幹線」至
「新化站」下車，再轉搭乘「綠 2」、「
「綠 10」、「綠 11」至「臺南水道博
物館」下車。亦可搭乘山博行假日公
車，詳細請查詢。




假日公車

 Thursday to Tuesday, 9:30 AM - 5:30 PM. Ticket sales
and entry cease after 4:30 PM. Closed on Wednesday.

 Full, NT\$100

 No. 16, Shanshang Village, Shanshang District, Tainan City

 From Tainan Train Station, take the Green Line Bus
to Sinhua Stop, then transfer to Green 2, Green 10,
or Green 11 to Tainan Waterworks Museum Stop.
Alternatively, you can take the Shanbo Express Holiday
Bus. For more details, please visit www.



攝影：千享國際



Holiday Bus

U-Bike



水道博物館：山上區山上里山上 11-8 號
Garden And Old Waterworks Museum :
No. 11-8, Shanshang, Shanshang Dist.



水交社文化園區

Shueijiaoshe Cultural Park



攝影：千享國際

原水交社日式宿舍群區域，曾經是日治時期駐防臺南機場的臺南海軍航空隊，其官兵、眷屬之居所。2004年，成為指定古蹟，為臺南保存眷村文化資產的重要據點。現在的「水交社文化園區」規劃有八大主題館，可在各主題館內觀賞豐富的眷村文化史料。

Shueijiaoshe Cultural Park encompasses the original Japanese-style dormitory complex of Shueijiaoshe. This area once served as the residence for the Tainan Air Group stationed at the Nanjichang during the Japanese colonial period, housing both members of the military and their families. In 2004, it was officially designated as a historical site, solidifying its significance in preserving the cultural heritage of Tainan's military dependents' villages. Today, the park features eight main thematic pavilions, offering visitors a chance to delve into a wealth of historical materials related to the military dependents' village culture.



週三一週日 09:00-12:00；13:00-17:00

週一、週二公休



園區免費參觀，但部分場館門票需額外付費。



臺南市南區興中街 118 號



搭乘公車 18 路 (延駛國民路) 至「水交社文化園區站」，走水交社路右轉水交社一街抵達。

搭乘公車 0 路在「台南高商站 / 家齊高中」下車，步行 8 分鐘。



Wednesday to Sunday,

9:00 AM - 12:00 PM; 1:00 PM - 5:00 PM

Closed on Monday and Tuesday



General admission is free, but additional fees may apply for some specific venues.



No. 118, Xingzhong Street, South District, Tainan City



Take Bus Route 18 (via Guomin Road) to Shueijiaoshe Cultural Park Stop, then walk along Shueijiaoshe Road, turn right onto Shueijiaoshe 1st Street. Take Bus Route 0 and alight at National Tainan Commercial Vocational Senior High School/ Chia-Chi Senior High School. It is an approximately 8-minute walk from there.

U-Bike



水交社文創園區：水交社一街 / 興中街 63 巷口 (西南側)
Shuijiaoshe Cultural Park : Shuijiaoshe 1st St. & Ln. 63,
 Xingzhong St. Intersection(Southwest)




國立臺灣歷史博物館

National Museum of Taiwan History




展示內容著重在臺灣歷史，包括多民族長時間與臺灣自然環境互動的歷史。另外也包括臺灣對外關係、臺灣各族群、以及現代化的臺灣等多項展覽主題。

The National Museum of Taiwan History focuses on showcasing Taiwan's history, highlighting the extensive interaction between diverse ethnicities and natural environment over time. It also features exhibitions on Taiwan's international relations, various ethnic groups within Taiwan, and the modernization of Taiwan.


 星期二至日 09:00~17:00 (最後入場時間為 16:30)
週一休館

 全票 100 元


 臺南市安南區長和路一段 250 號


 永康火車站搭乘 20 號公車，在「國立臺灣歷史博物館」站下車。

臺南火車站搭乘 18 號公車在「國立臺灣歷史博物館 (長和路)」站下車。

 Tuesday to Sunday, 9:00 AM to 5:00 PM
(Last entry at 4:30 PM). Closed on Monday.

 Full, NT\$100

 No. 250, Section 1, Changhe Road, Annan District, Tainan City

 - From Yongkang Railway Station, take Bus No. 20 and alight at National Museum of Taiwan History Station.

- From Tainan Train Station, take Bus No. 18 and alight at National Museum of Taiwan History (Changhe Road) Station.



攝影：江柏逸、譚文傑

U-Bike



臺灣歷史博物館：長和路一段 250 號

National Museum Of Taiwan History :

Sec. 1, Changhe Rd. & Guanqian 1st Rd. Intersection



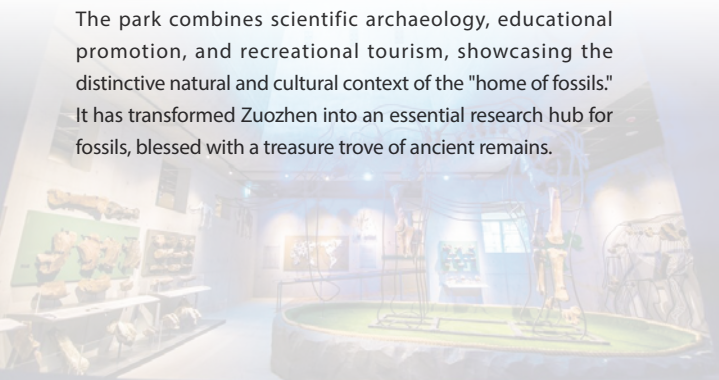
臺南左鎮化石園區


Tainan City Zuozhen Fossil Park



結合科學考古、教育推廣以及觀光休憩功能，呈現「化石的原鄉」獨特的自然與人文脈絡，形塑左鎮成為重要的化石研究基地。是得天獨厚的化石寶庫。


The park combines scientific archaeology, educational promotion, and recreational tourism, showcasing the distinctive natural and cultural context of the "home of fossils." It has transformed Zuozhen into an essential research hub for fossils, blessed with a treasure trove of ancient remains.




 週四至週二，09:00~17:00，16:30 截止入場


 全票 100 元


 臺南市左鎮區榮和里 61-23 號

 由臺南火車站前搭乘綠幹線，至「左鎮化石園區」站下車。

搭乘山博行假日公車於「左鎮化石園區」下車

 Thursday to Tuesday, 9:00 AM - 5:00 PM
(Last entry at 4:30 PM).

 Full, NT\$100

 No. 61-23, Ronghe Village, Zuozen District, Tainan City

 - From Tainan Train Station, take the Green Line to Tainan City Zuozen Fossil Park Station.

- Take the Shanbo Express Holiday Bus and alight at Tainan City Zuozen Fossil Park Station.




樹谷生活科學館

Tree Valley Life Science Museum




樹谷生活科學館是台南最具規模的自然史博物館，也是首座以骨骼標本為主要展示的博物館，裡面有生物、考古、科學為三個主軸，展示館內的恐龍骨骼標本與長毛象的化石標本，也有許多史前的人類化石等展出，可以認識遠古時期到現代的轉變，相當具有教育意義。


The Tree Valley Life Science Museum is Tainan's most expansive natural history museum, as well as the first primarily focused on exhibiting skeletal specimens. Revolving around three main themes: biology, archaeology, and science, the museum displays dinosaur skeletons, mammoth fossils, and a plethora of prehistoric human fossils. It provides a window into the shifts from ancient times to the modern age and holds significant educational value.

 週二 ~ 週日 9:00~17:00，週一及除夕休館

 全票 60 元

 臺南市新市區中心東路 12 號

 新市火車站搭乘綠 3 號公車，至「樹谷活力館」站下車，或於麻豆轉運站搭乘橘 14 號公車至「樹谷生活館」下車。

 Tuesday to Sunday, 9:00 AM - 5:00 PM.
Closed on Monday and Chinese New Year's Eve.

 Full, NT\$60

 No. 12, Zhongxin East Road, Xinying District, Tainan City

 - From Xinying Railway Station, take Bus Route Green 3 to Tree Valley Life Science Museum Station.

- From Madou Bus Station, take Bus Route Orange 14 to Tree Valley Life Science Museum Stop.



U-Bike



霞客湖：南科七路 / 三抱竹路口（東南側）

Xiake Lake :

Nanke 7th Rd. & Sanbaozhu Rd. Intersection (Southeast)



隆田 chacha 文化資產教育園區

Longtian Cha Cha Cultural Heritage Area




以科技、藝術與綠意新生的隆田文化資產教育園區，園區保存「四鐵共構」的產業遺跡，留有鐵軌、地磅室遺構、歷史建築臺鹽隆田儲運站及倉庫群，目前設置多個主題式沉浸劇場、互動式裝置、公共藝術等有趣的文化資產保存教育資源。


The Longtian Cha Cha Culture Heritage Area is a revitalized cultural and educational park in Longtian that combines technology, art, and greenery. The park preserves the industrial legacy of the "Four Railway Constructions," retaining remnants such as railway tracks, weighing stations, and the historic Taiwan Salt Company Longtian Depot and Warehouse Cluster. Presently, it hosts numerous themed immersive theaters, interactive installations, and captivating public art, providing an engaging educational resource centred around cultural heritage.

 週三 ~ 週一 9:00~17:00，週二休館

 全票 100 元


 臺南市官田區新生街 43 號

 搭乘火車至隆田火車站下車，步行 3 分鐘抵達。
搭乘大臺南公車橘 10 線、橘 10-1 線及黃 16 線至「隆田車站」下車。

 Wednesday to Monday, 9:00 AM - 5:00 PM.
Closed on Tuesday.

 Full, NT\$100

 No. 43, Xincheng Street, Guantian District, Tainan City

 - Take a train to Longtian Railway Station and walk for 3 minutes to reach the destination.
- Take Tainan City Bus Orange 10, Orange 10-1, or Yellow 16 to Longtian Station.



U-Bike



隆田車站：中山路一段 1 號

Longtian Sta.: No. 1, Sec.1, Zhongshan Rd.



藍晒圖文創園區

Blueprint Culture and Creative Park



藍晒圖文創園區原為舊司法宿舍群，為活化老舊屋舍、連結老屋再利用之風潮，以「藍晒圖」藝術為園區主軸，並保留修復舊有的日式宿舍，更整合眾多文創品牌，讓園區成為文創產業的新聚落。

The Blueprint Cultural and Creative Park in Tainan was originally a cluster of old judicial dormitories. Embracing the trend of rejuvenating these aged structures and repurposing them, the park centers around "Blueprint Art" as its main theme. It not only preserves and restores the original Japanese-style dormitories but also seamlessly incorporates a diverse range of cultural and creative brands, transforming the park into a hot spot for the cultural and creative industry.



園區全天候開放，店家營業 14:00 ~ 20:00



免門票



臺南市南區西門路一段 689 巷



搭乘 1、2、5、11、18、紅幹線、綠 17、綠 17 區、藍 24 在新光三越新天地站下車，或 10、19 路、H31、藍 23、藍幹線在台南永華站下車。



The park is open all day, while the shops operate from 2:00 PM to 8:00 PM.



Free



Lane 689, Section 1, Ximen Road, South District, Tainan City



Take buses 1, 2, 5, 11, 18, Red Line, Green 17, Green 17 District, or Blue 24 to Shin Kong Mitsukoshi Xinyi New Life Square Stop, or buses 10, 19, H31, Blue 23, or Blue Line to Tainan Yonghua Station.

U-Bike



小西門公園：和意路・永福路一段 233 巷口（東南側）

Xiaoximen Park : Heyi Rd. & Ln. 233, Sec. 1,
Yongfu Rd. Intersection(Southeast)



5 休閒遊憩與生態樂園

臺南幅員遼闊，容納非常豐富的地形地景，使得民眾於周末假日有許多郊遊踏青的好場所，境內更是有一座國家公園——台江國家公園，可觀賞每年來台度冬的候鳥群，特殊的紅樹林地生態和沙岸、鹽地、沼澤等等濕地生態風貌。除了國家公園外，許多經過妥善規劃與設施完善的公園、風景區、農場、渡假村等，也都相繼提供多樣且精彩的休閒活動，彷彿是個大自然的樂園，隨時都可以來一場舒適愜意的悠閒之旅。



5 Recreational Escapes and Ecological Paradises

Tainan spreads wide, offering a diverse terrain for people to explore on weekends and holidays. Nestled within is the national treasure, Taijiang National Park. It's a hot spot for winter migratory bird watching and features distinctive ecosystems like mangroves, wetlands, sandy shores, salt flats, and marshes. Besides the national park, there are thoughtfully planned and well-equipped parks, scenic spots, farms, and resorts, all providing a range of leisure activities. Think of it as nature's paradise, inviting you to embark on a serene and relaxing journey at any time.



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.



全天開放



免門票



安平區四草大橋南端步行約 100M



火車站轉搭 99 號公車至觀夕平台站下車。



Open all year round



Free



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



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



U-Bike



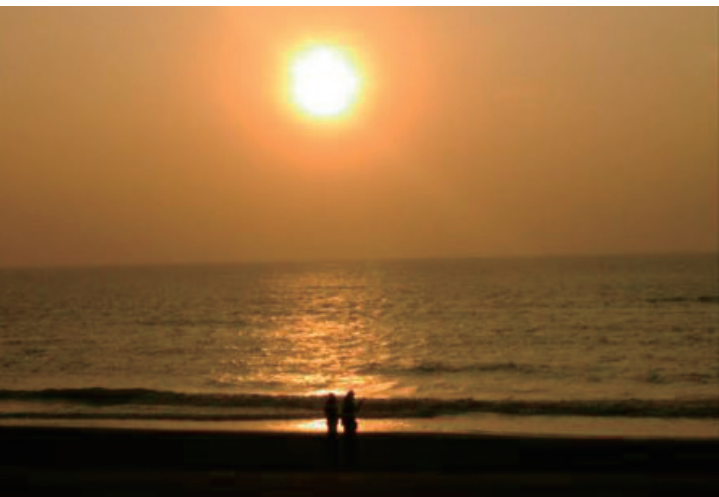
觀夕平台：安港路 202 號東南側

Sunset Platform : No. 202, An'gang Rd.(Southeast)



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.





全天開放



免門票



臺南市南區濱南路 600 號



火車站搭乘 1 公車往省躬國小站下車，再步行至黃金海岸。



Open all year round



Free



No.600, Binnan Rd., South Dist.



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



U-Bike



黃金海岸：黃金海岸遊客中心（南側廣場）

Gold Coast Visitor Center : South Plaza



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.




 週一 ~ 週日 06:30~19:00

 全票 80 元


 臺南市新化區中興路 42 巷 36 號

 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。

 Monday- Sunday, 06:30-19:00

 NT\$ 80 (Adult)

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

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



U-Bike



虎頭埤停車場：中興路 104 巷 96 號西側

Hutoupei Parking Lot :

No. 96, Ln. 104, Zhongxing Rd.(West)



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.





全天開放



免門票



臺南市左鎮區岡林里 31 號



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。



Open all year round



Free



No. 31, Ganglin Village, Zuozhen Dist.



Take Shing Nan Bus bound for Sinhua from Tainan Railway Station. After getting off at Sinhua 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.)





全天開放



免門票



臺南市玉井區竹圍



從善化火車站步行至玉井轉運站，搭公車綠 20-1 往虎頭山。



Open all year round



Free



Zhuwei Village, Yujing Dist.



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



U-Bike



玉井區圖書館：民族路 218 號（較遠）

Yujing Library : No. 218, Minzu Rd.



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” .





3月~10月：06:00~18:00, 11月~2月：06:30~17:30



全票 100 元



臺南市官田區嘉南里 68-2 號



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。



March - October: 06:00-18:00;

November - April: 06:30 -17:30



NT\$ 100 (Adult)



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



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.

U-Bike



六甲國小：中正路 319 號（較遠）

Lioujia Elementary School : No. 319, Zhongzheng Rd.



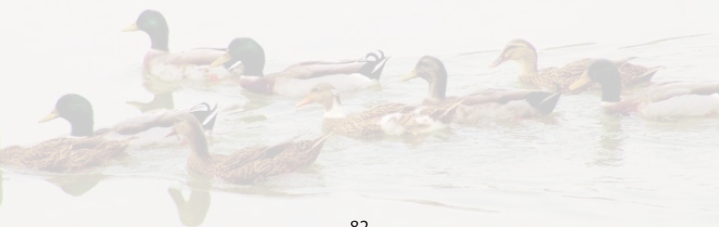
天鵝湖公園

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.





全日開放



免門票



臺南市新營區埤寮里中正路



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。



Open all year round



Free



Zhongzheng Rd., Biliao Village, Sinying District.



Take the train to Sinying. Walk to Sinying 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.



U-Bike



天鵝湖公園：中正路 556-1 號（停車場入口旁）

Swan Lake Park : No. 556-1, Zhongzheng Rd.



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.





週一 ~ 週五 09:00~17:00

週六 ~ 週日 08:00~17:00 (全年無休)



全票 250 元



臺南市大內區二溪里唶子瓦 60 號



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。



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

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



NT\$ 250 (Adult)



No. 60, Erxi Village Qiliwa, Danei Dist.



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.

U-Bike



玉井中華中山：中華路 228 號

Zhonghua Rd. and Zhongshan Rd. Intersection(Yujing) :

No. 228, Chunghua Rd.



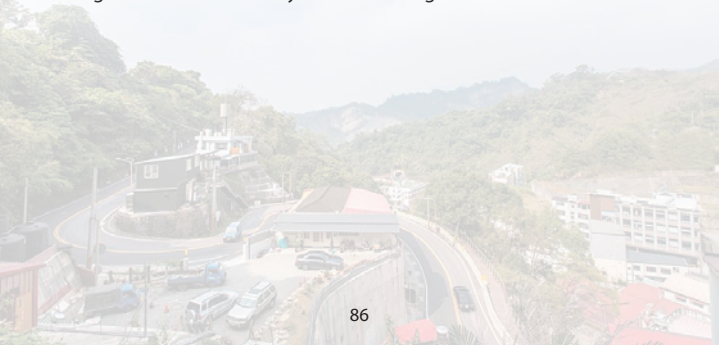
關子嶺溫泉

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.





全天候



免費參觀



臺南市白河區關嶺里 28-3 號



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。



Open all year round



Free



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



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.



U-Bike



白河區圖書館：大德街 1 號（較遠）

Baihe Public Library : No. 1, Dade St.



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。

The old Taiwanese saying, “First, Tainan; second, Lugang; third, Mangka (now Wanhua Dist. in Taipei); fourth, Yuejin” faithfully depicts the prosperity Yanshuei used to enjoy in the old days.



全日開放



免門票



臺南市鹽水區橋南街 4 號



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。



Open all year round



Free



No. 4, Qiaonan St., Yanshuei District.



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



U-Bike



鹽水觀光美食城：康樂路 56 號

南門路停車場：南門路 47 號西側

Yanshuei Food Street : No. 56, Kangle Rd.

Nanmen Rd. : Parking Lot No. 47, Nanmen Rd.(West)



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.





週一 ~ 週日 09:30~18:00



免門票



臺南市北門區永華里井仔腳興安宮旁



火車站前搭乘藍幹線→佳里站，再轉搭乘藍 2 支線
→井仔腳。



Monday - Sunday, 09:30 - 18:00



Free



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



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.



U-Bike



井仔腳瓦盤鹽田：北門區井仔腳 64 號
Jingzaijiao Tile-paved Salt Fields :
No. 64, Jingzijiao, Beimen Dist.



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.





全天開放



免門票



臺南市北門區北門里 200 號



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。



Open all year round



Free



No. 200, Beimen Village, Beimen Dist.



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.



U-Bike



北門遊客中心：北門區北門里 200 號（第一停車場）

Beimen Visitor Center :

No. 200, Beimen, Beimen Village, Beimen Dist.



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.





08:00~17:00，全年開放



全票 150 元



臺南市柳營區旭山里 60 號



新營火車站、嘉義高鐵站皆有『新營客運公車』可搭乘。



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



NT\$ 150 (Adult)



No.60, Xushan Vil. , Liouying District.



Accessible by taking Sinying Bus bound for Jianshanpi Jiangnan Resort at Sinying 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.





全天開放 (08:30~17:00)



免門票



臺南市柳營區神農里新厝 100 號



新營站轉乘市區公車黃 3 至德元埤站即可至園區。



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



Free



No.100, Xincuo.,shennong Vil., Liouying District.



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

U-Bike



柳營車站：建國路 1 號

Liouying Sta : No. 1, Jianguo Rd.



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.



 週一 ~ 週日 09:00~17:00


 全票 480 元


 臺南市學甲區三慶里頂州 75-25 號

 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。

 Monday - Sunday, 09:00-17:00

 NT\$ 480 (Adult)

 No.75-25, Sanqing Vil., Dingzhou, Syuejia District.

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



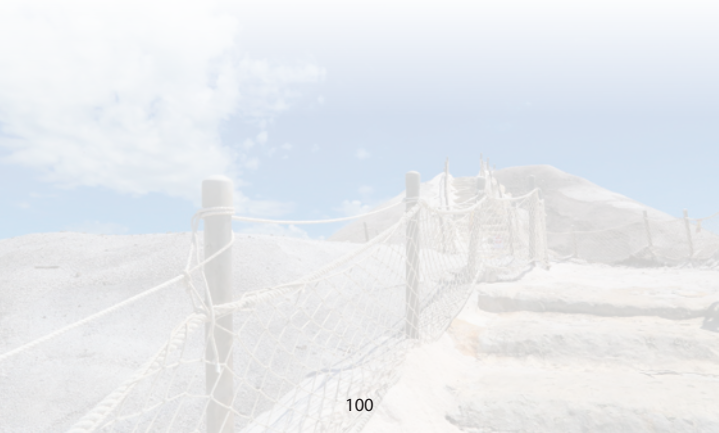
七股鹽山

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.





夏季 (3~10 月) 09:00~18:00

冬季 (11~2 月) 08:30~17:30



50 元



臺南市七股區鹽埕里 66 號



火車站搭乘 99 公車開往七股鹽山。



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

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



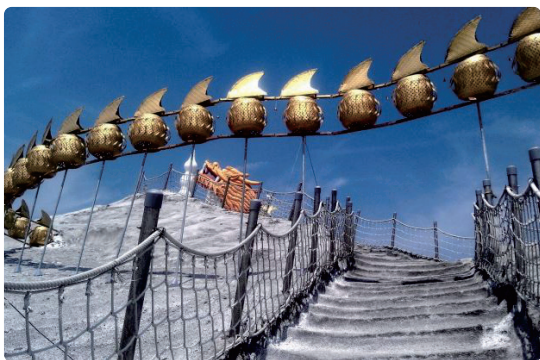
NT\$ 50



No.66, Yancheng, Qigu Dist.



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



U-Bike



七股遊客中心：七股區鹽埕里鹽埕 69 號

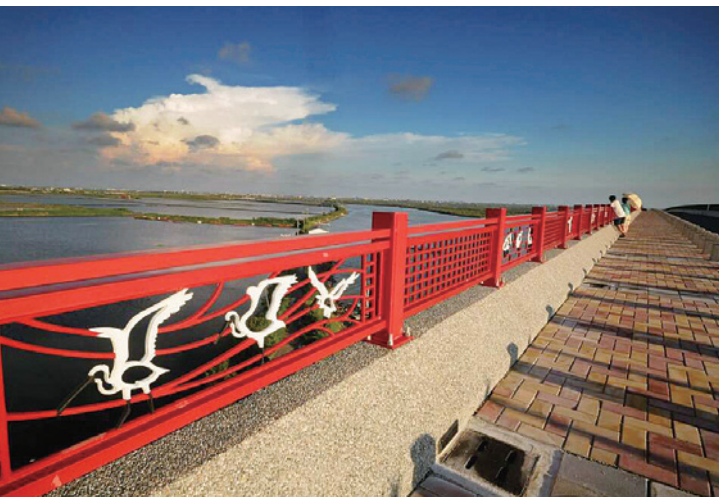
Qigu Tourist Center :

No. 69, Yancheng, Yancheng Village, Qigu Dist.




黑面琵鷺生態保護區

Black-faced Spoonbill Ecology Reserve Area




黑面琵鷺是世界稀少的鳥種，被列為瀕臨滅絕動物保護，每年會從臺灣北方的韓國或中國大陸的東北地區，飛到七股曾文溪口來渡冬。在每年 9 月至 10 月抵臺，一直待到翌年的 3 月至 5 月左右陸續飛離臺灣，這一段時期是七股賞黑面琵鷺的最佳時機。

The Black-faced Spoonbill is classified as an endangered bird species and under protection. Every year, they migrate from northern Taiwan, Korea, or northeastern China to winter at the estuary of the Zengwen River in Qigu. They arrive in Taiwan around September to October and stay until approximately March to May of the following year before gradually departing, making this period of time the best opportunity for bird watching in Qigu.

 每日 9:00~16:30


 免票

 臺南市七股區十份里海埔 47 號


 搭乘台灣好行 99 安平台江線（賞鳥路線）至「黑面琵鷺賞鳥亭」站下
（搭乘前請查詢班次狀況）




99 安平
台江線

 Daily from 9:00 AM to 4:30 PM

 Free

 No. 47, Shifen Li Haipu, Qigu District, Tainan City

 Take the Taiwan Tourist Shuttle Route 99 Anping-Taijiang Route (Bird watching Route) to the Black-faced Spoonbill Bird watching Pavilion Stop (Please check the schedule before boarding) [Please scan the QR Code for Route Information]



99 Anping-
Taijiang
Route



U-Bike



七股遊客中心：七股區鹽埕里鹽埕 69 號

Qigu Tourist Center :

No. 69, Yancheng, Yancheng Village, Qigu Dist.



河樂廣場

The Spring



攝影：千享國際

河樂廣場為原中國城舊址，曾是臺南重要的商圈之一，經拆除後改建為親水公園。

公園內特意保留部分中國城遺構，並規劃拆除回填展示區，讓民眾了解其曾歷經臺南府城最繁華的運河碼頭、中國城的興衰，直至今日蛻變為親水公園，成為一個具有歷史足跡的場所。

"The Spring", formerly Tainan Chinatown, was once an important commercial district. After its demolition, it was redeveloped into a waterfront park.

Within the park, certain remnants of the Chinatown have been carefully preserved. There are also plans to remove and showcase specific areas, allowing the public to gain insight into its history, including its role as the busiest canal wharf of Tainan City, the rise and decline of Tainan Chinatown, and its transformation into a waterfront park today. It has now become a place imbued with historical significance.



週三 ~ 週一 9:00-22:00 週二休息



免門票



臺南市中西區中正路 343 號



搭乘 14 號公車至河樂廣場 (中正路) 下車步行 2 分鐘。



Wednesday to Monday 9:00 AM - 10:00 PM,
Closed on Tuesday



Free



343 Zhongzheng Road, Central West District, Tainan City



Take Bus No. 14 to The Spring (Zhongzheng Road) and
walk for 2 minutes.



攝影：大雄空拍

U-Bike



河樂廣場 (金華路) : 金華路三段 / 中正路口

河樂廣場 (康樂街) : 中正路 347 號旁

The Spring (Jinhua Rd.) :

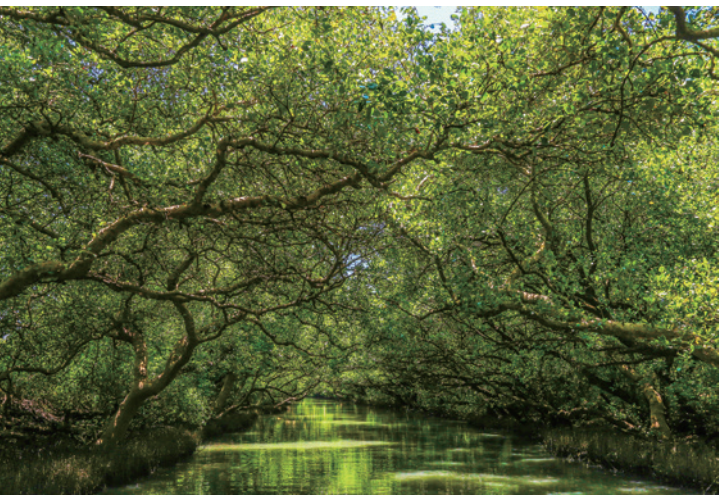
Sec. 3, Jinhua Rd. & Zhongzheng Rd. Intersection

The Spring (Kangle St.) : No. 347, Zhongzheng Rd.



四草綠色隧道

Sicao Green Tunnel



紅樹林生態隧道，搭乘傳統竹筏遊賞沿途豐富的紅樹林生態物種，彈塗魚、招潮蟹生活其中，宛如一個巨大的綠色寶藏。

A mangrove ecological tunnel. Take a traditional bamboo raft tour to view the rich mangrove species. It is where mudskippers and fiddler crabs call home, making it a huge green treasure.



每日 08:00~ 16:00



台江航線：全票 200, 綠色隧道：全票 200



搭乘台南市公車 (10 號路線) 至「四草大眾廟站」
搭乘台灣好行 99 安平台江線至「四草生態文化園區」。



Daily from 08:00~16:00



- Taijiang Route: Full-fare ticket NT\$200

- Green Tunnel: Full-fare ticket NT\$200



- Take Tainan City Bus (Route 10) to Sicao Dazhong Temple Stop

- Take the Taiwan Express 99 Antaijiang Line to "Sicao Ecological Cultural Park"



U-Bike



四草綠色隧道：大眾路 360 號南側

Sicao Mangrove Green Tunnel :

No. 360, Dazhong Rd.(South)



七股瀉湖

Qigu Lagoon



攝影：蘇茂荃

七股瀉湖是當地漁民口中的內海仔，是目前台灣最大的瀉湖。七股瀉湖東邊接七股鹽場，西邊是網仔寮汕，南邊是海埔魚塢，北至青山港，總面積約 **1600** 公頃，由北到南有四個沙洲，生態資源非常豐富。

Qigu Lagoon, often referred to as the "Naihaizai" by local fishermen, is currently the largest lagoon in Taiwan. To the east of Qigu Lagoon lies the Qigu Salt Field, while to the west lies the Wanzailiao Barrier Land. In the south, there are coastal fish farms, and to the north lies the Qingshan Fishing Harbor. This expansive area covers approximately 1600 hectares and is teeming with diverse ecological riches, including four sandbanks running from north to south.



全年開放



免票



120.06513/23.134676



由台南火車站附近或佳里站搭乘興南客運前往七股，或藍 20 在「七股鹽山」下車，並步行前往。



Open year-round



Free



120.06513/23.134676



From Tainan Railway Station or Jiali Station, take Sinan Bus to Qigu. Alternatively, take the Blue 20 bus to "Qigu Salt Mountain" and walk to the destination.



U-Bike



七股遊客中心：七股區鹽埕里鹽埕 69 號

Qigu Tourist Center :

No. 69, Yancheng, Yancheng Village, Qigu Dist.



二寮日出

Erliao Sunrise



攝影：楊俊生

台灣著名的賞日出景點，以擁有壯美的低海拔雲海著名，二寮日出是全臺灣海拔最低的觀日出勝地，被譽為「最接近城市的曙光」。清晨破曉時於高地眺望東方，晨光自中央山脈後浮現。

Erliao Sunrise is the lowest sunrise viewing spot in Taiwan and is known as "the most accessible. Near the dawn of the city". At the break of dawn in the morning, look to the east from the high ground, the morning light comes from the middle Emerged behind the Central Mountain Range.



全天開放



免票



22° 59'43.4" N 120° 24'37.3" E



於台南站下車，轉乘綠幹線到新化轉運站，再轉乘綠 13 支線公車，於「岡林站」下車後轉綠 28 小黃公車在「二寮中山堂」下車步行 1 分鐘。

日出攻略：

1. 大雨過後隔日是二寮日出最易出大景的時候
2. 二寮看日出以 6 至 9 月為佳



All Day



Free



22° 59'43.4"N 120° 24'37.3"E



Get off at Tainan Station, transfer to the Green Line to Sinhua Bus Station, then transfer to Green 13 Bus. Get off at Ganglin Stop, then transfer to the Green 28 minibus. Get off at Erliao Zhongshan Hall and walk for 1 minute.

Sunrise Viewing Tips:

1. The day after a heavy rain is the time when the sunrise in Erliao is most likely to produce spectacular views.
2. The best time to watch the sunrise in Erliao is from June to September.

6 特色祭典與傳統節慶

在臺南悠久的歷史中，不同民族與文化的交會、遷徙、融合，為這片土地帶來了多樣的宗教信仰與文化，除了臺南遍地可見的廟宇之外，不同信仰與節慶更是擁有豐富的特色活動，可能有祈求來年的運命、祈禱收成豐收、驅趕恫嚇惡鬼或不祥，抑或是不同民族的節慶、成年禮等，成為融合了宗教信仰與內在生活的各色禮儀、祭典、節慶活動。在每年的不同時間點，熱鬧的聲音此起彼落，成為臺南生活不可或缺的部分。



6 Special festivals and traditional festivals

In Tainan's long history, the intersection, migration, and integration of different ethnic groups and cultures have brought a variety of religious beliefs and cultures to this land.

In addition to the temples that can be seen all over Tainan, there are also rich traditions of different faiths and festivals.

Special activities may include praying for luck in the coming year, praying for a good harvest, driving away threatening evil spirits or ominous spirits, or festivals and coming-of-age ceremonies of different ethnic groups, etc., which have become various rituals, ceremonies, and festive activities that integrate religious beliefs and inner life.

At different times of the year, lively sounds come and go, becoming an indispensable part of life in Tainan.



攝影：蔡耀嶸


南鯤鯓代天府

Nankunshen Dai Tian 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).

 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)


 免門票


 臺南市北門區鯤江里 976 號

-  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。

 Main hall: 06:00-21:00
Dakun Garden: 08:00-17:00
Lingxiao Grand Hall: 07:30-17:00
(open all year round)

 Free

 No. 976, Kunjiang Lane, Beimen District, Tainan City.

-  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 Sinying Bus bound for Nankunshen from Sinying District. or take Tainan City Bus Brown 1 and get off at Nankunshen.

U-Bike



北門遊客中心：北門區北門里 200 號 (第一停車場)

Beimen Visitor Center :

No. 200, Beimen, Beimen Village, Beimen Dist.



聖母廟國際煙火慶元宵

*International fireworks at Luermen Sheng-Mu
(Mazu) Temple to celebrate Lantern Festival*



每年的元宵節前假日夜晚，聖母廟皆聘請國際高空煙火比賽之歷屆冠軍隊伍，在廟前大廣場舉行超高水準的煙火大會是難得一見精彩表演。

Every year on the holiday night before the Lantern Festival, the Notre Dame Temple hires international high-altitude smokers. The previous champion teams of the fire competition held a super high-level competition in the main square in front of the temple. The fireworks display is a rare and wonderful show.

- 🕒 農曆一月十五日元宵節
- 📄 依主辦單位公告
- 📍 臺南市安南區城安路 160 號

- 🕒 Held on the 15th of the first month of the lunar calendar.
- 📄 According to the announcement of the organizer.
- 📍 No. 160, Cheng'an Rd., Annan Dist., Tainan City



攝影：陳宗宏

安定區蘇厝瘟王祭王船祭

*King Boat Ceremony at Sucuo
neighborhood, Anding District*



攝影：郭英平

臺南市安定區蘇厝里的宗教活動，每三年一次的道教醮典，主要祭祀十二瘟王，為臺灣南部相當著名且歷史悠久的醮典。

The religious event in the Sucuo, Anding District, Tainan City, featuring a Taoist festival held once every three years. It's a famous festival mainly dedicated to the Twelve Plague Deities and has a long history in Tainan.



每三年一次，農曆三月



蘇厝里 456 號長興宮、293-2 真護宮



Held once every three years, in the third month of the lunar calendar.



No. 456, Changxing Temple, Sucuo, Anding District and No. 293-2, Zhenhu Temple



攝影：李水財

府城迓媽祖

Tainan Mazu Festival



「府城迓媽祖」源自清領時期，為臺灣最早的媽祖進香繞境活動。大天后宮媽祖出巡一次，各大官廟常派出陣頭、神轎壯聲勢並祈求閭台平安。

The tradition of receiving Mazu to Tainan dates back to Taiwan under Qing rule period and is Taiwan's oldest Mazu pilgrimage procession. It involves a procession of the Mazu deity from the Tainan Grand Mazu Temple, with major temples sending processions and palanquins to create a grand spectacle and pray for peace and prosperity.



農曆三月二十三日前後



免票



台南大天后宮



Held around the 23rd day of the third lunar month.



Free



Tainan Grand Mazu Temple

麻豆代天府刈香

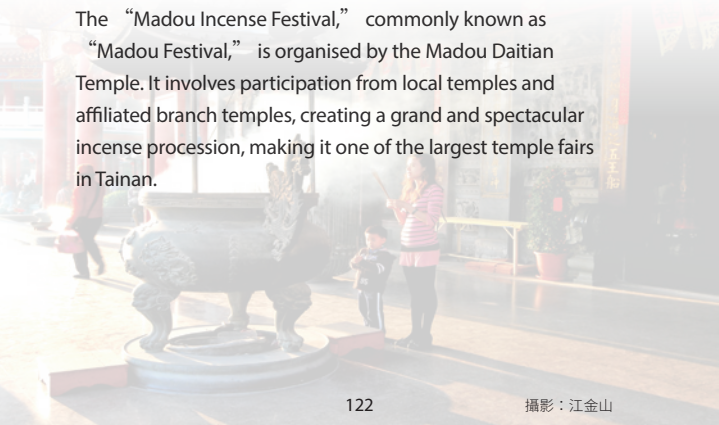
*Madou Incense Offering Procession
(Madu Daittian temple)*



攝影：李哲維

麻豆刈香俗稱「麻豆香」，由麻豆代天府主辦，轄域各庄廟及域外分靈廟共襄盛舉，香陣規模龐大壯觀，堪稱南台大型廟會。

The “Madou Incense Festival,” commonly known as “Madou Festival,” is organised by the Madou Daitian Temple. It involves participation from local temples and affiliated branch temples, creating a grand and spectacular incense procession, making it one of the largest temple fairs in Tainan.



🕒 每三年一次

📍 麻豆代天府

🕒 Once every three years

📍 Madou Daitian Temple



鹽水蜂炮



Yanshuei Beehive Fireworks Festival




攝影：吳清林

為鹽水當地傳統節慶活動，為早期祈求驅除瘟疫、疾病等等不祥災厄的傳統民俗活動，以燃放炮竹、硫磺煙硝震嚇瘟神，亦為臺灣具代表性的民俗活動。

A traditional local festival in Yanshuei, Taiwan. It originated as an early folk custom to ward off plagues, diseases, and other misfortunes. This is done by setting off firecrackers and creating a spectacle with sulfur smoke and saltpetre to scare away deities responsible for illness, plague, and disease in Chinese folk religion. It has become a quintessential folk event in Taiwan.

 於每年元宵節期間舉辦，依活動主辦公布時間為準
 免票

 Held annually during the Lantern Festival. Please refer to the official event organizer's announcement for specifics.

 Free



攝影：黃國洋

U-Bike



鹽水觀光美食城：康樂路 56 號
南門路停車場：南門路 47 號西側

Yanshuei Food Street : No. 56, Kangle Rd.

Nanmen Rd. : Parking Lot No. 47, Nanmen Rd.(West)



西港燒王船

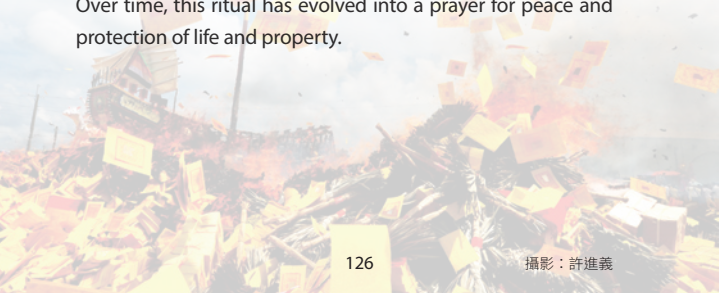
Sigang-The Burning of the King Boat



攝影：范文忠

為臺灣傳統宗教活動，位於曾文溪口的西港村，透過燒王船的儀式，驅逐瘟疫流放大海，演變至今成為祈求平安、保護生命財產安全之意。

A traditional religious event in Taiwan, located in Sigang Village at the mouth of the Zengwen River. It involves a ceremony where a boat, representing a king, is burned to symbolically expel plagues and misfortunes into the sea. Over time, this ritual has evolved into a prayer for peace and protection of life and property.



🕒 逢農曆的丑、辰、未、戌年的農曆三、四月間舉行，依活動主辦公布時間為準

🎫 免票

📍 臺南市西港區慶安路 32 號西港慶安宮

🚆 於臺南火車站(北站)搭乘藍幹線(往佳里)於「西港」站下車並步行 3 分鐘

🕒 Held during March and April during the years of Ox, Dragon, Goat, and Dog according to the lunar calendar. Please refer to the official event organizer's announcement for specifics.

🎫 Free

📍 Sigang Qingan Temple, No. 32, Qing'an Road, Sigang District, Tainan City

🚆 From Tainan Train Station (North Station), take the Blue Line (bound for Jiali) and get off at Sigang stop. It's a 3-minute walk from there.



攝影：李清吉

做十六歲成年禮

Age 16 Ceremony



為傳統的成年禮儀式，而「做十六歲」更是臺南地區獨特的習俗，透過傳統儀式的祭拜、典儀，象徵成為成人之禮，每年舉辦場所可能不同，但已於臺南延續**3-400**年傳統。

A traditional coming of age ceremony is a unique custom in the Tainan region. It marks one's transition into adulthood through traditional rituals and ceremonies. While the venue may vary each year, this tradition has been upheld in Tainan for 300-400 years.



於每年七夕前後可查看各地活動資訊，建議可提前查詢相關活動新聞。

參訪廟宇等宗教地點請尊重宗教信仰的規範及禮節



Information about the event can be checked around the time of the Qixi Festival (Chinese Valentine's Day). It is recommended to look up related information in advance.

When visiting temples and other religious sites, please respect the norms and etiquette of the respective religious beliefs.

月津港燈節


Yuejin Lantern Festival




攝影：黃俊瑋


每年元宵節期間舉行之燈會活動，位於鹽水區月津港。每年藉由不同策展主題，展現光之美與鹽水地景原貌風情，營造與在地結合的光景藝術氛圍。自 2012 年開辦的燈節已成為臺南的年度盛會。


The Yuejin Lantern Festival is an annual lantern event held during the Lantern Festival in the Yuejin Harbor area of Yanshuei District. Each year, it features unique curatorial themes that highlight the interplay of light against the beautiful backdrop of the Yanshuei landscape, creating an artistic ambience of illuminated art integrated with the local surroundings. Since its initiation in 2012, this festival has become a highly anticipated annual grand event in Tainan.

 於每年元宵節期間舉辦，依活動主辦公布時間為準


 免票


 臺南市鹽水區康樂路月津港親水公園

 搭乘火車至新營火車站，於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

 Held annually during the Lantern Festival. Please refer to the official event organizer's announcement for specifics.

 Free

 Yuejin Harbor Water Park, Kangle Road, Yanshuei District, Tainan City

 Take a train to Sinying Railway Station. From there, take the Brown Line or Brown Buses 1, 2, or 3. Get off at Qiaonan Village or Yanshuei Station.

U-Bike



鹽水觀光美食城：康樂路 56 號
南門路停車場：南門路 47 號西側

Yanshuei Food Street : No. 56, Kangle Rd.

Nanmen Rd. : Parking Lot No. 47, Nanmen Rd.(West)



臺灣首府天壇 - 天公廟

*Taiwan's First Temple of Heaven
(Tiangong Temple)*



主祀為神格中最高的玉皇上帝，是台灣唯一官民合建之神廟，也是台灣唯一以牌位代替神像祭祀的神廟，每年農曆的正月初九玉皇大帝誕辰舉辦盛大慶典，吸引眾多民眾前往。廟宇的雕刻與匾額、龍柱皆具有相當高的藝術評價。

Dedicated to the highest deity, Jade Emperor, it is Dedicated to the highest deity, Jade Emperor, it is Taiwan's only temple jointly constructed by both the government and the public. It's also the only temple in Taiwan where worship is done through tablets instead of statues.

Every year, on the 9th day of the first lunar month, a grand celebration is held to commemorate the Jade Emperor's birthday, drawing crowds of devotees. The temple's intricate carvings, plaques, and dragon columns are highly esteemed for their artistic excellence.



每日 06:00~ 21:00



免票



臺南市中西區忠義路二段 84 巷 16 號



搭乘 88 平安線、2 路公車至天壇站即可到達。

參訪廟宇等宗教地點請尊重宗教信仰的規範及禮節



Daily from 6:00 AM to 9:00 PM



Free



No. 16, Lane 84, Section 2, Zhongyi Road, West Central District, Tainan City



Take Bus No. 88 (Pingan Line) or Bus No. 2 to the Tiantan Stop

When visiting temples and other religious sites, please respect the norms and etiquette of the respective religious beliefs.



U-Bike



臺灣文學館：友愛街（臺灣文學館後門）

National Museum of Taiwan Literature :

You'ai Stree(National Museum of Taiwan Literature)



菁寮天主堂

Jingliao Holy Cross Church




建築本體由普立茲克建築獎得主－佛萊德·波姆 (Gottfried Bohm) 在 1966 年設計的菁寮天主堂，在菁寮一片綠色的田野間，天主堂金字塔的外觀特別耀眼，為臺灣相當有特色的宗教建築。

The Jingliao Holy Cross Church, designed by Pritzker Architecture Prize winner Gottfried Bohm in 1966, stands amidst the green fields of Jingliao. Its pyramid-shaped exterior is a striking and eye-catching feature, making it a distinctive religious landmark in Taiwan.


 週六、週日與國定假日 :10:00~16:30 (以預約為主)


 依天主堂規範

 臺南市後壁區菁寮墨林里 294-1 號


 可於後壁火車站、新營火車站、新營轉運站等地點，搭乘公車 (黃 6 或黃 6-1) 往後壁，於「菁寮國小」下車，即可步行至菁寮天主堂。

天主堂入內參觀採預約制，且進入內部不可拍照，也請尊重宗教信仰的規範

 Saturdays, Sundays, and Public Holidays: 10:00 AM - 4:30 PM (by appointment)

 According to the church's regulations

 No. 294-1, Molin Village, Jingliao, Houbi District, Tainan City

 From locations such as Houbi Railway Station, Sinying Railway Station, and Sinying Bus Station, take Bus (Yellow 6 or Yellow 6-1) towards Houbi. Get off at Jingliao Elementary School Stop and walk to Jingliao Holy Cross Church.

Entry is by appointment only. Photography is prohibited inside the church.

When visiting temples and other religious sites, please respect the norms and etiquette of the respective religious beliefs.

U-Bike



無米樂旅遊服務中心：後壁區菁寮里菁寮 75 號

Wumiler Community :

No. 75, Jingliao, Jingliao Village, Houbi Dist.



關子嶺碧雲寺

Huoshan Biyun Temple



攝影：蔡致模

位於關子嶺的火山碧雲寺，原名火山寺，其地點位在關子嶺半山腰，背倚山脈，面向廣闊的嘉南平原，山嵐繚繞，廟宇祭祀融合佛、道與臺灣傳統民間信仰，風景優美且參訪民眾眾多。

Biyun Temple, originally named Huoshan Temple, sits on the volcanic slopes of Guanziling. Nestled against the mountains, it overlooks the expansive Chiayi-Tainan Plain. The temple blends Buddhist, Taoist, and traditional Taiwanese beliefs, offering a picturesque setting that draws a large number of visitors.



每日 5:00~21:00



免票



臺南市白河區仙草里火山 1 號



搭高鐵至嘉義站或搭臺鐵至後壁站下車，轉搭台灣好行 33 關子嶺線（假日行駛）至關子嶺站下車，轉搭大台南公車黃 12-2 關子嶺假日公車（假日行駛）至火山碧雲寺站下車。

參訪廟宇等宗教地點請尊重宗教信仰的規範及禮節



Daily from 5:00 AM to 9:00 PM



Free



No. 1, Huoshan, Xiancao Village, Baihe District, Tainan City



Take the High-Speed Rail to Chiayi Station or take the Taiwan Railways to Houbi Stop. Transfer to Taiwan Tourist Shuttle Route 33 Guanziling Line (operates on holidays) to Guanziling Station, then switch to Tainan City Bus Yellow 12-2 Guanziling Holiday Bus (operates on holidays) to Biyun Temple Stop.

When visiting temples and other religious sites, please respect the norms and etiquette of the respective religious beliefs.

U-Bike



白河區圖書館：大德街 1 號（較遠）
Baihe Public Library : No. 1, Dade St.



1. 府城藝文薈街趣



1 日遊，臺南散步導覽、藝文宗教

以城市博物館為核心，生活環境博物館的概念，由點到線到面，連結古蹟歷史建築、文史景點、地方文化館、歷史街巷、文化園區，所整合散步路線。有國定古蹟台南地方法院、台南市美術館 1 館、2 館等古蹟活化的新興觀光景點，結合鄰近景點八吉境關帝廳、安坑溪、台灣鄉土文學作家葉石濤文學紀念館等等，邀請大家一起散步，享受知性、文藝、古蹟建築的文化饗宴，感受府城古都豐厚文化底蘊，一起見證歷史紋理。

建議路線：

國立臺灣文學館 --> 開山路 3 巷 (原清水寺街) --> 枋溪 --> 清水寺 --> 臺南市美術館 1 館 (原臺南警察署) --> 臺南孔子廟 --> 府中街 --> 窄門 --> 原臺南愛國婦人會館 --> 福安坑 --> 建興國中 (原臺南市政府) --> 國定古蹟臺南地方法院 --> 臺南市美術館 2 館 --> 八吉境道署關帝廳 --> 葉石濤文學紀念館 --> 南門路 / 友愛街口。

1. Tainan City Cultural Walk

One-day, Guided Walking Tour, Arts, Religion

This tour is centred around the museums in the city and the concept of an urban living environment museum. It links together historical landmarks, cultural sites, local museums, historic streets, and cultural districts, creating a seamless walking experience. The itinerary features nationally recognized historical sites such as the Tainan District Court and Tainan Art Museum (Building 1 and 2), both newly revitalized attractions. Furthermore, we'll explore nearby gems like the Guan-Di Temple of Ba-Ji-Jing, Ankeng River, and the Yeh-Shyr-Tau Literary Memorial Museum. Enjoy a cultural feast of intellect, art, and historical architecture, and experience the rich cultural heritage of the ancient capital city together, bearing witness to the intricacies of history.

Recommended Route:

National Museum of Taiwan Literature --> Kaishan Road, Lane 3 (formerly Qingshui Temple Street) --> Fang River --> Qingshui Temple --> Tainan Art Museum Building 1 (formerly Tainan Police Department) --> Tainan Confucius Temple --> Fuzhong Street --> Narrow Door --> Japanese Patriotic Women's Association --> Fu' an Keng --> Jian Sing Junior High School (formerly Tainan City Hall) --> Tainan Judicial Museum (formerly Tainan District Court) --> Tainan Art Museum Building 2 --> Guan-Di Temple of Ba-Ji-Jing --> Yeh-Shyr-Tau Literary Memorial Museum --> Nanmen Road/Youai Street Intersection

2. 安平獅饗曲

台南散步導覽、歷史巡禮

以安平歷史、海港風情及老街聚落景點所規劃。自荷蘭人登陸安平，打造熱蘭遮城開始，經歷荷據、明鄭、清代及日治時期，安平的開埠通商，成為外商薈萃貿易鼎盛港口，繁華盛極一時。



建議路線：

安平旅遊服務中心 --> 安平陳家剖蚵文化場 --> 妙壽宮 --> 安平遊憩碼頭 --> 環港步道 --> 金萬安號王船 --> 臺高灣民居 --> 盧經堂厝 --> 阿督仔劍獅 --> 王雞屎洋樓 --> 西龍殿 --> 原德商東興洋行 --> 安平金小姐雕像 --> 原臺鹽日式宿舍 --> 原熱蘭遮城北牆遺跡 --> 安平蜜餞物產館 --> 安平古堡 --> 延平街古井 --> 延平街 / 古堡街口。

2. Stroll and Feast Around Anping

Guided Walking Tour, History

This tour is designed to take you through the historical and cultural highlights of Anping, known for its rich maritime heritage and old street settlements. Starting from the arrival of the Dutch in Anping and the establishment of Fort Zeelandia, through the eras of Dutch and Ming-Zheng rule, the Qing Dynasty, and the period of Japanese occupation, Anping has transformed into a thriving international trading port, enjoying a period of unparalleled prosperity.

Recommended Route:

Anping Tourist Service Center --> Anping Chen's Oyster Shucking Square --> Miao Shou Temple --> Anping Recreation Wharf --> Harborside Circular Trail --> Jin Wan An "Wang Chuan" Ship --> Tayouan Residence --> Lu Jing Tang Mansion --> Western-style Sword Lion --> Wang Ji-Shi's Western-Style Building --> Xishe Xilong Temple --> Old Julius Mannich Merchant House --> Anping Miss Jin Statue --> Former Dormitory of the Taiwan Salt Industry --> North Wall Ruins of Former Fort Zeelandia --> Anping Museum of Succade --> Anping Old Fort --> Yanping Street Old Well --> Yanping Street/Fort Street Intersection

3. 鹽水月津港漫遊

1 日遊，

臺南散步導覽、藝文宗教

從著橋南老街出發，沿途經過洋樓風味的中正路街景到全世界少有的東方版最後晚餐圖的鹽水天主教堂，讓人一覽鹽水小鎮的歷史風貌。



建議路線：

橋南老街 --> 月津港親水公園 --> 永成戲院 --> 鹽水點心城 --> 八角樓 --> 修德拜亭 --> 鹽水大眾廟 --> 鹽水天主堂 --> 王爺廟 --> 護庇宮

3. Yanshuei Yuejin Harbor Guided Tour

One-day, Guided Walking Tour, Arts, Religion

Setting off from Qiaonan Old Street, this itinerary guides you along the distinctive Western-style architecture of Zhongzheng Road, ultimately culminating at Yanshuei Catholic Church, where you'll have the chance to witness the historical charm of Yanshuei, all while beholding a rare Oriental rendition of the Last Supper, unlike any other in the world.

Recommended Route:

Qiaonan Old Street --> Yuejingang Riverside Park --> Yongcheng Theater --> Yanshuei Tourist Snack Town --> Octagon Building --> Xiude Worship Pavilion --> Yanshuei Dazhong Temple --> Yanshuei Catholic Church --> Wangye Temple --> Hupi Temple

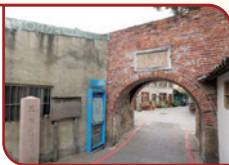
4. 五條港舊城漫遊

1 日遊，

臺南散步導覽、歷史巡禮

從海洋因淤泥堆積而變成的五條港，曾是當年老城區的重要經濟

地帶，有著熱鬧的商業街道、雄偉的宗教建築、流傳至今的做 16 歲等傳統活動，現在跟著導覽員，一起重新感受五條港舊城區的風華，發掘最古老的臺南發展史。



建議路線：

海安路神農街口 --> 水仙宮 --> 景福祠 --> 聚福宮 --> 神農街 --> 金華府 --> 風神廟 --> 西龍殿 --> 接官亭石坊 --> 海安宮 --> 兌悅門 --> 集福宮 --> 老古石街 --> 藥王廟

4. Touring The Old Five Channels

Guided Walking Tour, History

Emerging from marine sedimentation, the Five Channels were once a pivotal economic zone in the historic city centre. They thrived with bustling commercial streets, grand religious structures, and enduring traditions such as the “Age 16 Ceremony” that continue to be passed down to this day. Join our guide to rediscover and experience the splendour and glory of the old district of these channels and the history of Tainan's oldest development.

Recommended Route:

Hai'an Road/Shennong Street Intersection --> Shuixian Temple --> Jingfu Temple --> Jufu Temple --> Shennong Street --> Jinhua Temple --> Wind God Temple --> Xishe Xilong Temple --> Official Reception Pavilion Stone Archway --> Hai'an Temple --> Dui Yue Gate --> Jifu Temple --> Laogushi Street --> Yaowang Temple

5. 七股濱海生態二日遊

自然生態、休閒農漁

第一天

七股鹽山廣達一公頃，皚皚鹽峰高六層樓蔚為奇觀。紅樹林保護

區內有彈塗魚、招潮蟹，國寶級紅樹林生態，是台南沿海特色。黑面琵鷺保護區有各式各樣的珍稀鳥類，9月底至3月更是候鳥聚集的季節，可到賞鳥亭參與生態解說。觀海樓在鹽埕安檢所旁，有三層高瞭望台，可欣賞潟湖美景、湖內蚵架及淺海養殖景觀。

第二天

將軍區馬沙溝，除了傳統漁村景觀外，每日在將軍漁港內更有琳瑯滿目漁獲的拍賣熱鬧景象，美食商場供應新鮮海鮮。北門區三寮灣東隆宮有特殊王爺信仰，蘆竹溝漁港又名北門漁港，是台南縣三大漁港之一，也是最大膠筏漁港。

建議遊程：

第一天

七股鹽山→台灣鹽博物館→七股紅樹林保護區→黑面琵鷺保護區→七股觀海樓→七股潟湖

第二天

將軍漁港→東隆宮王爺信仰文物館→蘆竹溝漁港→北門遊客中心→北門水晶教堂→井仔腳瓦盤鹽田



5. Two-Day Coastal Ecotour in Qigu

Nature, Ecology, Leisure, Aquaculture

Day One:

Qigu Salt Mountain spans over one hectare, gleaming salt peaks towering six stories high, a breathtaking spectacle. The mangrove conservation area hosts diverse wildlife, including mudskippers and fiddler crabs, constituting a nationally treasured coastal ecosystem unique to Tainan's shores. The Black-faced Spoonbill Conservation Area houses a range of rare bird species, with September to March marking the prime season for migratory gatherings and bird watching. The Guanhai Pavilion, beside the salt field inspection station, boasts a three-story observation deck where you can enjoy the scenic views of the lagoon, oyster racks, and shallow-sea aquaculture.

Day Two:

In Mashagou, Jiangjun District, aside from traditional fishing village scenery, there's a lively scene of daily fish auctions within Jiangjun Fishing Port, offering a variety of fresh seafood at the food court. In Beimen District, the Tunglung Temple, located in Sanliaowan, has a unique devotion to a deity. Meanwhile, Luzhugou Fishing Harbor, also known as Beimen Fishing Harbor, ranks among the three major fishing harbours in Tainan County and stands as the largest raft fishing harbour.

Suggested Itinerary:

Day One

Qigu Salt Mountain → Taiwan Salt Museum → Qigu Mangrove Reserve → Black-faced Spoonbill Reserve Area → Qigu Guanhai Pavilion → Qigu Lagoon

Day Two

Jiangjun Fishing Harbor → Tunglung Cultural Center → Luzhugou Fishing Harbor → Beimen Visitor Center → Beimen Crystal Church → Jing Zhai Jiao Tile Paved Salt Fields

6. 新化左鎮自然地景二日遊

歷史巡禮、自然生態

第一天

新化老街，保留豐富的老洋樓，仿巴洛克式的街邊立面，商家多為歷史悠久的老商號。日治時期，新化區曾是繁榮的商業區，有大批洋樓和街屋，交易繁忙。南 168 線公路旁的虎頭埤風景區，有湖泊和環湖步道，適合欣賞美麗景色，提供自然的放鬆時光。虎頭埤東側的新化林場，中興大學的實驗林場，以桃花心木為主，林相優美，能洗淨心靈。

第二天

第二天早上，到二寮觀日亭欣賞壯麗的日出，中央山脈和雲霧的光環令人驚嘆。雖然海拔較低，但能欣賞到令人難忘的日出美景，被攝影愛好者譽為聖地。左鎮區的草山月世界也是必遊之地，由砂岩和頁岩構成，呈現月球表面的景色。在至高點，可觀賞壯觀的日出和多變的雲霧，而春季的刺竹變色是另一個吸引點。月世界的廣闊景觀令人嘆為觀止，適合欣賞日落和夜景。

建議遊程：

第一天

新化老街 (街役場、楊逵文學紀念館、武德殿、郡役所木造宿舍群) → 虎頭埤風景區 → 國立中興大學新化林場

第二天

二寮觀日亭 → 草山月世界 → 308 高地



6. Two-Day Eco-Adventure in Sinhua and Zuozhen

Nature, Ecology, Leisure, Aquaculture

Day One:

Sinhua Old Street, a treasure trove of well-preserved old Western-style buildings featuring fascinating Baroque-style facades. Many of these establishments have deep historical roots as longstanding businesses. Back in the days of Japanese rule, Sinhua District was a busy commercial centre, bustling with trade and adorned with numerous Western-style structures and townhouses. As you travel along National Route 168, you'll come across Hutoupi Reservoir Scenic Area, offering a serene lake and a leisurely lakeside trail, providing the perfect backdrop for soaking in beautiful vistas and unwinding in nature's embrace. Just east of Hutou Pond lies the Sinhua Forest, an experimental forest managed by Chung Hsing University, primarily showcasing the beauty of peach blossom heartwood. The forest's exquisite plant life offers a rejuvenating experience for the soul.

Day Two:

Rise early on the second day and head to Erliao Sunrise Pavilion to behold a breathtaking sunrise. The ethereal glow surrounding the Central Mountain Range and the interplay of clouds create a truly awe-inspiring sight. Despite its relatively low altitude, this location promises an unforgettable sunrise, earning its reputation as a sacred spot among photography enthusiasts. Zuozhen District's Caoshan Moon World is another must-visit destination. Its terrain, composed of sandstone and shale, closely mirrors the surface of the moon. From its highest point, you can marvel at spectacular sunrises and the ever-changing play of clouds and mist. Springtime brings a delightful transformation to the arrow bamboo, adding yet another layer of allure. The sweeping vistas of Moon World are nothing short of mesmerizing, making it an ideal setting for appreciating both sunsets and nightscapes.

Suggested Itinerary:

Day One

Sinhua Old Street (Historical Township Office Restaurant, Yang Kui Literature Memorial Hall, Tainan Wude Hall, County Office Wooden Dormitory Cluster) → Hutoupi Reservoir Scenic Area → NCHU Sinhua Forest Station

Day Two

Erliao Sunrise Pavilion → Caoshan Moon World → 308 Highland

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：

- (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，雇主應予同意。

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. 僱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，僱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。特別休假工資應由僱主照給，事假期間僱主得不給工資。

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 日前進行解約，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 NT\$150,000, 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 146 頁至第 155 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

 報案專線 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





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 (傳真) 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
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



1

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？



2



3

網絡上不是旅行社的人揪團出遊都是不合規的啦！
不知注意不能免除
處罰，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

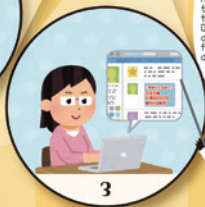


Case 1

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 **不是旅行社** 的人
賣 **國際機票** 和 **代辦**
簽證 都是 **不合法** 的哦！
不知法令不能免除處
罰，小心錢財損失。



3

2

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.



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 insuch 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。



1955



1955hotline



勞動部勞動力發展署

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

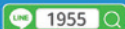


Underground money transfers are risky and illegal. If you need to send money back home, please go through legal channels and use banks to transfer money. Do not trust people offering money transfers that are “fast, have low/zero transaction fees and better exchange rates than banks” or “at-home cash 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
LABOUR FORCE DEVELOPMENT AGENCY, MINISTRY OF LABOUR

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



財團法人
勵智社會福利事業基金會
The Garden of Hope Foundation

廣告

● 性別工作平等法第 11 條：

僱主對受僱者之退休、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

I.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.

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



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、癲癇等。



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
臺南市勞工局局長 王鑫基
關心您的健康 廣告



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.



Tainan Mayor Huang Wei-che
Tainan Labor Affairs Bureau head Wang Hsin-chi

● 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 brining 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.

請勿違法 販售、搬運、 產製私菸私酒，



違者最高處罰新台幣 **600** 萬元!

- 攜帶免稅菸酒入境僅限菸1條、酒1公升，超過即須向海關申報，申報數量最高至菸5條、酒5公升。攜帶菸酒僅可自用，不可販售。違者處新台幣3-50萬元罰鍰。
- 利用網路或電子購物平臺販售菸酒者，處新台幣1-5萬元罰鍰。
- 販售、協助搬運、協助產製私菸私酒者，處新台幣3-100萬元罰鍰，最高處新台幣600萬元罰鍰。
- 發現他人販售、搬運、產製私菸私酒者，可向臺南市政府提出檢舉，檢舉電話：06-2132319，檢舉電子信箱：6372165@mail.tainan.gov.tw

Prohibitions

on the sale,
transportation, and
production of cigarettes and
alcoholic products.



**Violators will face a maximum fine of
NT\$ 6,000,000 !**

- Only 1 carton of duty-free cigarettes and 1 liter of duty-free alcohol are allowed to be brought inbound. Declare them immediately at customs if you exceed the allowed limit. The maximum allowable declaration is 5 cartons of cigarettes and 5 liters of alcohol. Cigarettes and alcohol brought inbound are for personal use only and must not be sold to others. Violators will face a fine ranging from NT\$ 30,000 to NT\$ 500,000.
- Anyone who sells cigarettes and alcohol through the Internet or e-commerce platforms will face a fine ranging from NT\$ 10,000 to NT\$ 50,000.
- Anyone who sells or assists in transporting or producing cigarettes or alcohol will face a fine ranging from NT\$ 30,000 to NT\$ 1,000,000 or up to a maximum of NT\$ 6,000,000.
- If you notice someone selling, transporting, or producing cigarettes or alcohol, report the offense to the Tainan city government at 06-2132319 or email 6372165@mail.tainan.gov.tw.

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。



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



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。



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。



Bicycle

1. Notes Before Riding a Bicycle

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



- (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.

- (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.



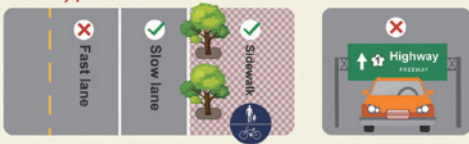
A cyclist must be 18 years or over

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。

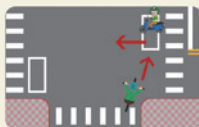


6. 行人穿越道上遇有行人穿越時，無論有無交通指揮人員指揮或號誌指示，均應暫停讓行人先行通過。

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.

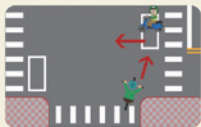


(6) Cyclists must always allow a pedestrian to cross on a pedestrian crossing regardless of whether a traffic officer is directing the traffic or a sign suggesting to do so.

(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).

注意!!



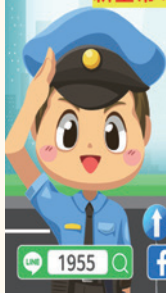
電動自行車已納管 未來需合格掛牌才能上路

- 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

LINE 1955

f 1955hotline



勞動部勞動力發展署
WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR

廣告

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? 速度也會更快喔!



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
MINISTRY OF LABOR DEVELOPMENT AGENCY, REPUBLIC OF CHINA

英文版

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
MINISTRY OF LABOR DEVELOPMENT AGENCY, REPUBLIC OF CHINA

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

STEP 1 加入LINE@移點通
點選綁定畫面



STEP 2

- 1 填寫
個人資料



- 2 點選綁定
送出資訊

STEP 3

出現成功綁定畫面
即可接收專屬訊息



歡迎大家多多使用
1955個人化推播服務

[廣告]

勞動部勞動力發展署 英文版

No missing exclusive data through 3-step binding

STEP 1 join 1955 E-LINE
Click to bind the selected screen



STEP 2

- 1 Fill in personal
information



- 2 Click to select
bind, and send
the message

STEP 3

The successful binding
screen will pop out and you
can receive personalized in-
formation



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

[廣告]

騎乘機車 (微型電動二輪車)



請依標誌規定勿上國道



騎乘機車(微型電動二輪車)請遵守中華民國交通法規並依標誌規定勿上國道(或快速道路);如不慎騎上國道(或快速道路),請停靠外側路肩並站立於護欄外側,通知並靜待國道警察到場協助。

撥打**1968**警政報案系統聯繫,並靜待國道警察到場協助。

Motorcycle Riding

(Mini Electric Two-wheels Vehicle)



Please adhere to the road sign regulations and avoid using the mentioned National Highways.



Please adhere to the traffic regulations of the Republic of China and avoid using the National Highways (or Expressways) with the road signs shown above when riding motorcycles (Mini Electric Two-wheels Vehicles). Should you enter these roads by accident, please pull over onto the road shoulder and stand on the outside of the road barrier. Call and await for assistance from the highway police.

Dial 1968 to contact the National Police Agency for highway police assistance.

微型電動二輪車不可雙載

中

限定一位 拒絕雙載

為了維護騎乘者的安全，
騎乘微型電動二輪車請勿雙載
也別忘記要戴好安全帽唷！

違反以上規定，警察將可針對駕駛處以
罰鍰新臺幣300-600元罰鍰！



11355

11355shortline



勞動部勞動力發展署

勞動部勞動力發展署就業安定基金補助

臺南市政府勞工局

廣告

中

打造行人安全、友善環境，大家一起來

騎乘微型電動二輪車，須禮讓行人優先通行

- 慢** 接近路口減慢速度
- 看** 擺頭左右查看有無人車
- 停** 停車讓斑馬線上的行人先行

若未禮讓行人，可處新臺幣1,200元以下罰鍰



11355

11355shortline



勞動部勞動力發展署

勞動部勞動力發展署就業安定基金補助

臺南市政府勞工局

廣告

Mini electric two-wheel vehicles cannot carry passengers 英

Mini electric two-wheel vehicles seat one person only

In order to ensure road safety, **do not carry passengers on** mini electric two-wheel vehicles and always wear a crash helmet

The police can fine drivers who violate the above regulations **NT\$300 - NT\$600!**



1925 | 1925 hotline | 勞動部勞動力發展署 勞動部勞動力發展署就業安定基金補助 | 臺南市政府勞工局 廣告

英 Let's work together to create a safe and friendly environment for pedestrians

When driving a mini electric two-wheel vehicle always give way to pedestrians

- Slow down** Reduce speed as you approach an intersection
- Look** Look left and right to see if there are any people or vehicles
- Stop** Stop the vehicle and let pedestrians using the zebra crossing go first

Failure to give way to pedestrians can result in a maximum fine of NT\$1,200



1925 | 1925 hotline | 勞動部勞動力發展署 勞動部勞動力發展署就業安定基金補助 | 臺南市政府勞工局 廣告

中文版

維護你我生活品質 深夜請降低音量



提醒切勿於深夜飲酒高歌、喧嘩打鬧或鳴笛
產生噪音，影響深夜安寧。

若嚴重影響公眾安寧，
可依社會秩序維護法第72條，
處新臺幣6,000元以下罰鍰。

勞動部勞動力發展署就業安定基金補助  臺南市政府勞工局 廣告

英文版

Help maintain quality of
life, respect others and
keep the noise down at night



Please refrain from disturbing the peace by getting drunk and rowdy, talking loudly, arguing, or honking your car horn at night.

Serious social order violations can result in a fine of up to NT\$6,000 under Article 72 of the Social Order Maintenance Act.

勞動部勞動力發展署就業安定基金補助  臺南市政府勞工局 廣告

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

後疫情時代 新型態詐騙方式 你不可不知!



! 假網路拍賣(購物)、解除分期付款詐欺(ATM)

因疫情期間電子網購需求升高，犯嫌藉網購進行詐騙，引導民眾以解除分期付款為由，將大量現金轉出，或用假的網站盜取個資等等。網路購物時請保持警覺，勿聽從任意電話操作ATM，也勿於不明網站輸入個資。

! 利用社群網站及網路密集廣告的投資詐欺

投資詐欺藉由金融證券、境外基金、虛擬貨幣或博奕等名義，在社群網站(如Meta臉書)、交友軟體(網站)、通訊軟體(如LINE)。

或網路廣告等管道散布投資資訊，吸引民眾加入特定理財群組後，再鼓吹至假投資網站、虛擬通貨交易平臺進行投資，當被害人投入大量金錢欲出金時，卻要求再匯入保證金，甚至惡性關閉網站或無故失去聯繫，導致民眾血本無歸。

Post-pandemic New scams that you must know!



Online auction scam (shopping) and cancellation of installment payment scam (ATM)

Due to the escalated demand for online shopping during the pandemic, scammers deceive people into canceling their installment payment plans in order to steal a significant amount of cash; or steal personal and other information through fake websites. Do be vigilant during online shopping. Do not trust random phone calls to do transactions at ATMs. Also, do not provide your personal information to unknown websites.

Investment scams on social media platforms and numerous online advertisements

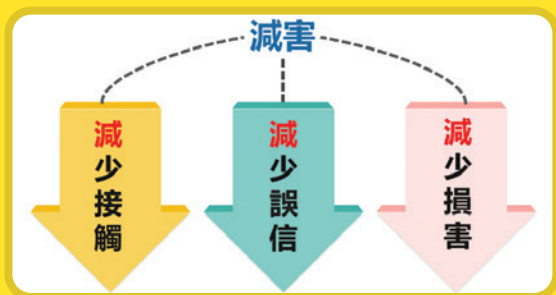
In the guise of security, offshore funds, cryptocurrency, or gambling, scammers distribute investment information via channels like social media platforms (such as Meta's Facebook), dating apps (websites), communication apps (such as LINE), or online advertisements to lure people into designed financial chat groups and persuade them to invest on fake investment websites or cryptocurrency trading platforms. Victims are asked to pay a deposit when they are about to withdraw funds after substantial investments. Scammers will maliciously shut down the website or become unresponsive, leaving victims in immense financial loss.

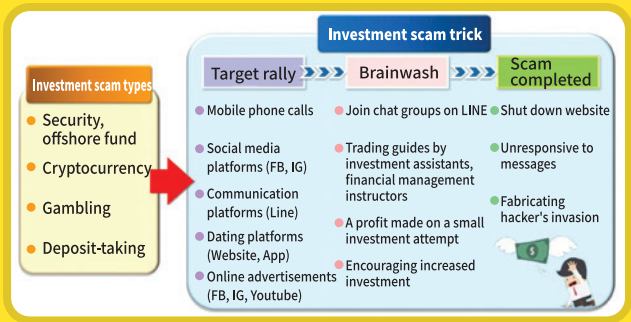


! 假求職結合囚禁人頭帳戶當事人

以求職機會騙取當事人證件或金融帳戶，甚至於去年發生囚禁當事人的個案。

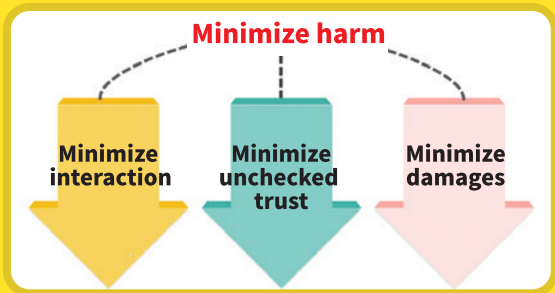
犯嫌以簽約或給付報酬為由，引導被害人至旅館或租屋處，集中拘禁私宅管理、控制測試存摺帳號，以提升金融帳戶之存活時間及匯入贓款額度，並利用被害人兼作車手提款，減少犯罪集團之成本。





Employment scam and captivity of the dummy account holder

Deceiving job seekers to obtain their identity documents or bank accounts. There was a case last year that a job seeker was confined. Scammers use excuses like signing contracts or paying remuneration to lure victims to a hotel or a rented house, where they will be centrally confined. Scammers control and test their savings accounts to extend the lifespan of the bank account and the capacity to receive illegal funds. Besides, they use the victims as an intermediary to withdraw the funds to reduce the cost of criminal organization operations.

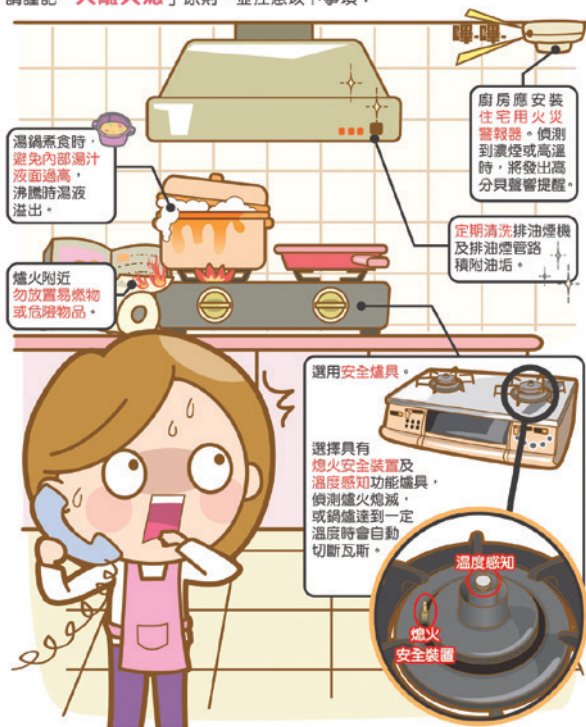




預防住宅火災習慣

爐火烹調習慣

住宅火災近5成起火原因為爐火烹調因素，其中以乾燒及油鍋起火為常發現情形，故居家烹煮別因電話聊天或離開現場，造成食物煮焦釀災，請謹記「**人離火熄**」原則，並注意以下事項：



圖片來源：內政部消防署

圖例

Residential Fire Prevention Habits

Fire cooking habits on cookstove

Nearly 50% of residential fires are caused by cooking factors. Among them, dry burning and oil pan fires are common. Therefore, when cooking at home, do not cause burnt food and disaster caused by chatting on the phone or leaving the scene. Please remember that "people leave and the fire out" principle and pay attention to the following matters.

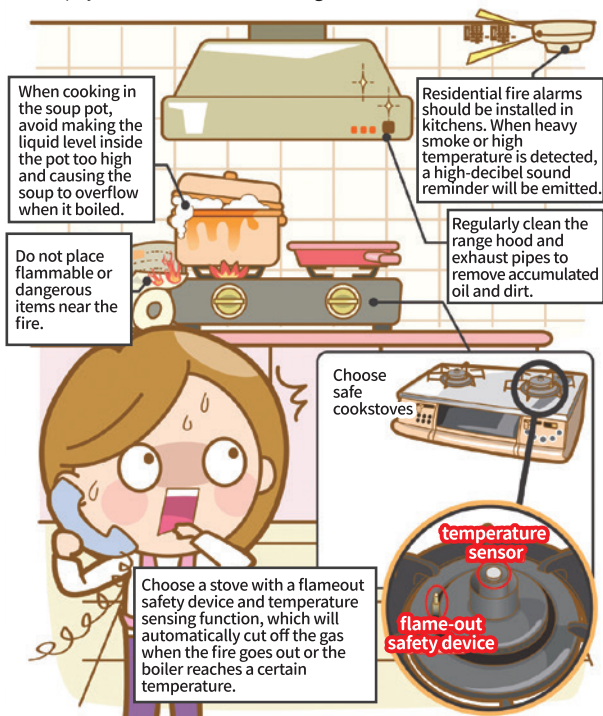


Image: National Fire Agency, MOI

圖四

瓦斯外洩處理 4 準則

1

禁



禁止開關任何電器

2

關



關閉瓦斯桶開關

3

推



輕輕推開門窗
讓空氣流通

4

離



立刻離開現場
大量洩漏時，報警求救

瓦斯大量洩漏或相關問題
可撥打 119 求助

Four precautions to deal with a gas leak

1

Do Not Touch



Do not touch any electronic appliances.

2

Turn off



Turn off the gas valve.

3

Ventilate



Gently open doors and windows for ventilation.

4

Stay away



Leave the place immediately.
Report the leak if it is massive.

Call 119 for assistance if there is an event of massive leakage or further inquiries.

Image:

National Fire Agency, MOI

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 dã
- ◎ 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

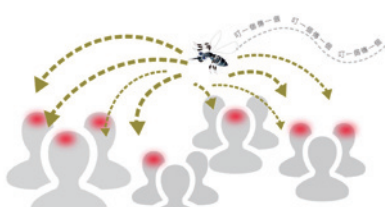
比較喜歡棲息於室外

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!

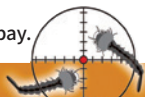
3. 沒有孳生源 沒有病媒蚊

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 保鮮碗盒、紙盒、餅乾盒



04 水缸、浴缸、水坑桶



05 水溝、水篦



06 帆布、塑膠布



07 輪胎



08 洗衣槽、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

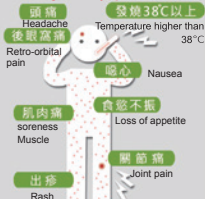


5. 萬一若真有哪個萬一 In case there is such a case

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!

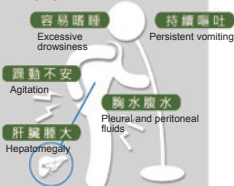
一般症狀

General signs and symptoms



警示徵象

Warning signs



6. 遵醫囑 愛自己待痊癒

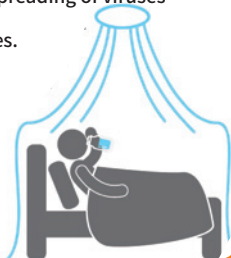
Follow doctor's advice. Take good care of yourself while recovering

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 室內

- 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
- 紗窗
- 蚊帳
- 電蚊拍
- 養大肚魚、孔雀魚



衛生福利部疾病管制署

TAIWAN CDC



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



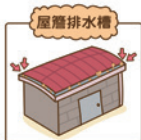
防治病媒蚊

- 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公分積水也能成為孑孓大溫床



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



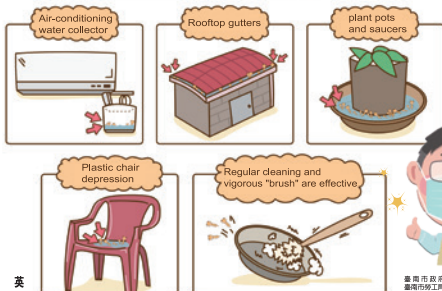
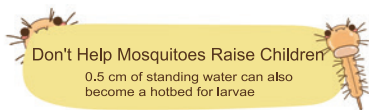
Chikungunya fever



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 關心您的健康
臺南市勞工具 協助您從事安全健康勞動

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，最高可處新臺幣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.

猴痘

M P O X

您需要知道的事

猴痘疫情在許多國家是進行式

- 我國自2022/6/23列猴痘為第二類法定傳染病
- 猴痘是可以預防的，潛伏期約為3-21天，大多數人約2-4週會痊癒，少數人(如孕婦、幼童、長者、嚴重免疫不全者等)感染後發生重症的可能性高
- 確診後可能造成身體極度不適或疼痛
- 雖然猴痘可以影響任何人，傳播途徑包括人傳人(親密接觸或飛沫傳播)或動物傳人，但此波疫情主要傳播途徑為人傳人，親密接觸為主，且多數病例為男性

常見症狀

- 臉部、四肢、生殖器出現不同型態的皮膚病灶
- 發燒、頭痛、精神不清
- 淋巴結腫大(頸部、腋窩、腹股溝等處)
- 肌肉及背部痠痛
- 直腸出現疼痛腫脹
- 小便時疼痛或排尿困難



猴痘傳播途徑

- 人傳人：
 - 密切接觸病患的皮膚病灶處
 - 與病患發生親密接觸之行為(口交、肛交或陰道交)
 - 接觸病患生殖器(陰莖、睾丸、陰唇及陰道)或肛門
 - 與病患進行擁抱、親吻或按摩
 - 接觸到病患呼吸道分泌物、損傷的皮膚或黏膜或被污染物品(包含衣服、床上用品、毛巾等個人物品)
- 飛沫傳播：需在長時間面對面接觸情境下較容易發生
- 母子垂直感染：可經胎盤垂直傳染給胎兒，或於產程中因接觸而傳染
- 人畜共通傳染：直接接觸感染動物的血液、體液、損傷的皮膚或黏膜而被感染或食用受感染的動物肉類

如何保護自己預防感染

- 若您符合猴痘疫苗接種對象，請接種疫苗
- 避免與不特定對象發生親密行為
- 隨時隨地注意自身狀況並檢查是否出現疑似症狀
- 如出現疑似症狀，務必佩戴口罩儘速就醫，並告訴醫師疑似猴痘接觸史、高風險場域的暴露
- 保持良好手部衛生(勤洗手、勿摸眼口鼻)
- 如家中有猴痘病患，請做好居家環境清潔及消毒
- 若前往流行地區，避免與野生動物接觸和生食肉類



猴痘疫苗

- 屬活性減毒非複製型疫苗，由於不會在哺乳類細胞內複製，可視為非活性疫苗，安全性相對高
- 我國建議接種對象包含：
 - ① 與確診猴痘個案曾性接觸之高風險接觸者
 - ② 正疫病專屬之實驗室操作人員
 - ③ 近1年有風險性行為者(例如：多重性伴侶、性交易服務者、於營業場所發生性行為者)；過去曾罹患性病；或性接觸對象有前述任一情形者
 - ④ 照顧猴痘確診個案之醫護或清潔人員、協助採檢人員或執行疫苗接種作業人員
- 接種第1劑猴痘疫苗14天後保護力才能達到4-8成，所以在14天內仍要留意避免風險行為
- 與第1劑間隔28天以上，完成第2劑疫苗接種，則可趨近於9成保護力
- 接種後的副作用包括注射部位疼痛、發紅、腫脹、全身肌肉痠痛等



任何人都可能感染或傳播猴痘，我們共同的敵人是病毒，
只要齊心協力做好預防工作，我們就能一起遏止疫情

MPOX

What you need to know

An outbreak of Mpxv is occurring in many countries

- Taiwan Centers for Disease Control (TCDC) has declared Mpxv as Category II of Notifiable Infectious Disease since June 23 2022.
- Mpxv is preventable. The incubation period of Mpxv is 3-21 days. Most people recover fully in about 2-4 weeks, but some people (for example, pregnant women, young children, elderly people, severely immunocompromised people, etc.), can get seriously ill.
- People with Mpxv might experience **serious discomfort or pain**.
- Anyone can get Mpxv. The transmission of Mpxv includes person-to-person (close contact or respiratory droplets) and animal-to-human. The most common route for transmission of Mpxv during this current outbreak is person-to-person and close contact. Adding to that, most cases are male.

Symptoms of Mpxv often include

- Different types of skin lesions on the face, extremities, and genitals
- Fever, Headache, Mental distress
- Swollen lymph nodes (neck, armpits, groin, etc.)
- Muscle and back pain
- Pain and swelling of the rectum
- Pain or difficulty when urinating.



Transmission routes for Mpxv include:

- **Person-to-person:**
 - Close contact with the patient's skin lesions
 - Intimate sexual contact with a patient, including: oral, anal, or vaginal sex
 - Contact with the patient's genitals (penis, testicles, labia and vagina) or anus
 - Hugging, massaging, or kissing the patient
 - Contact with a patient's respiratory secretions, damaged skin, mucosa, or contaminated objects (including personal belongings such as clothing, bedding, or towel)
 - Respiratory droplet transmission: from prolonged face-to-face contact
 - Mother-to-child transmission: the virus might be transmitted to the fetus directly through the placenta, or through contact during delivery
- **Animal-to-human:**
direct contact with the blood, body fluids, damaged skin, or mucosa of infected animals or having infected animals

How to protect yourself from Mpxv

- If you are eligible for a Mpxv vaccination, please get vaccinated
- Avoid intimate behaviors with multiple or strangers.
- Be aware of your own health condition at all times, check for any symptoms that look like Mpxv
- If Mpxv-like symptoms occur, wear a mask and seek medical assistance as soon as possible. Inform the healthcare provider of your Mpxv contact history or history of exposure at high-risk premises venues.
- Practice good hand hygiene (wash your hands regularly, avoid touching your eyes, nose, and mouth)
- If a member of the household has Mpxv, clean and disinfect the household environment well.
- If you travel to endemic areas, avoid contact with wild animals and eating meat that is not thoroughly cooked



Mpxv vaccine

- The vaccine is produced with live, attenuated orthopoxvirus, Modified Vaccinia Ankara (MVA). Due to the fact that the virus does not replicate in mammal cells, it can be considered as an inactivated vaccine, and is a relatively safe vaccine.
- The recommended targets for vaccination:
 - 1 High risk contacts who have sexual partners diagnosed with Mpxv
 - 2 Work with orthopoxviruses in a laboratory
 - 3 Individuals who have engaged in risky sexual behavior in the past year (such as people with multiple sexual partners, who are sex workers, and those who have engaged sex at commercial venues, etc.); those who have had sexually transmitted diseases; or individuals who have a sexual partner with any of the above risks.
 - 4 Healthcare providers or cleaning personnel caring for Mpxv cases, personnel performing diagnostic tests and vaccinations.
- The effectiveness of the Mpxv vaccine reaches 40% to 80% protection in 14 days after the vaccination. Therefore, it is suggested that people who received vaccination shall avoid high-risk behaviors within 14 days after getting vaccinated.
- The second dose should be given at least more than 4 weeks after the first dose. After the second dose, the effectiveness of the vaccine will reach approximately 90%.
- Pain, redness, and swelling where the shot was given and whole-body muscle soreness are the most common side effects of an Mpxv vaccination.



Anyone can get or spread Mpxv, and our common enemy is the virus.
If we work together on prevention, we can stop the epidemic together.

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

內政部消防署

穿戴救生衣
從優選的活動地點選擇穿著救生衣，訂定保護措施，並隨時掌握環境與船隻狀況，以免發生事故。

評估天氣
如遇颶風、大雨等劇烈變化，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，並聽從救生人員指揮。

避開危險區域
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，應大聲呼救請求支援，並打119向消防局通報，切勿自行貿然下水救援。

戲水安全須知

Water Safety Instructions

National Fire Agency, Ministry of the Interior Advertisement

Water Safety and Protection Network Prepare more to reduce danger.

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

Wear Lifesaving Jacket
Wear lifesaving jackets, splash chocks, and safety helmets during water activities. Stay in control of sea waves at all time to avoid accidents.

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

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

Shout and Call 119
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.

DANGER: DEEP WATER NO SWIMMING

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 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、如看到溪河上游山區烏雲密布，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

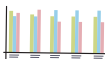
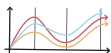
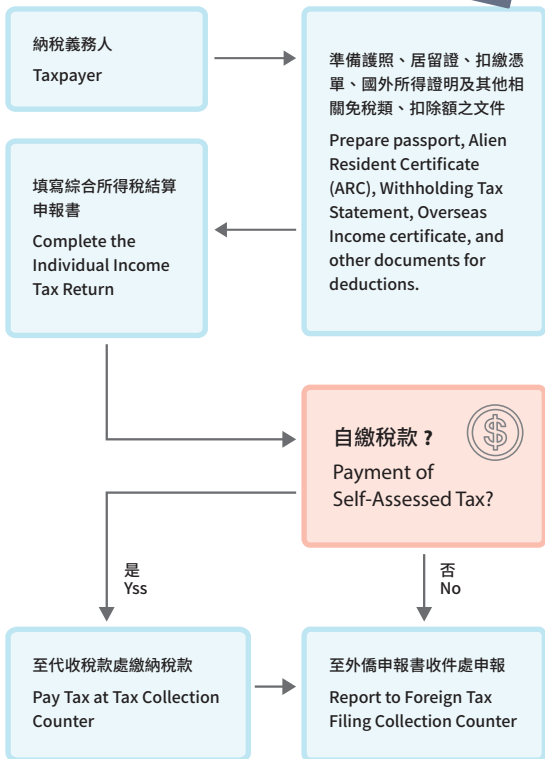
於 5 月 1 日至 5 月 31 日辦理上年度綜合所得稅結算申報後，若審核有退稅，歷年的退稅時程，帳戶退稅是 8 月份，支票退稅是 10 月份，帳戶退稅既快速又便利。

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。

雇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！

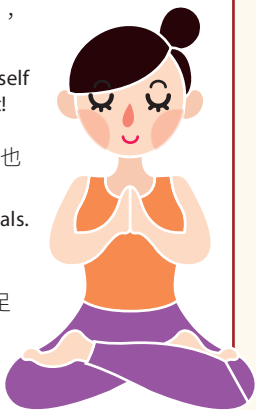
Maintain a simple life, empty yourself
occasionally, and don't bustle about!

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!



臺南市政府衛生局 關心您

Public Health Bureau of Tainan City Government Cares About You.

珍愛生命，你我都是生命守門人！

珍愛生命 安全水域

鄰近水域居民、工作、遊憩活動者，
可以這麼做！

- 發現有人神情失落在水域徘徊時，主動上前關心聊天。
- 緊急救援請立即撥 **110**。
- 緊急狀況暫時解除時，可提供下列專線。
- 提高靠近轄管水域知難度，打斷自殺想法。

多一份關懷 少一樁遺憾
真愛生命 不能沒有您

臺南市政府衛生局 關心您

Cherish our lives as the guardian of life!

Cherish your life, water safety.

**Residents, workers, and
travelers near the water area,
here's what you can do!**

- If you notice someone who looks distraught and wanders near the water, approach and talk to them.
- Call **110** immediately if an emergency happens.
- When the emergency alleviates temporarily, you may provide the helpline stated below.
- Increase the restriction of access to the water to deter suicidal intent.

**Practice more care and harbor fewer regrets.
We should pull our weight in protecting lives.**

Public Health Bureau of
Tainan City Government cares for you.

1

問

TO ASK

主動關懷與積極傾聽

2

應

TO RESPONSE

適當回應與支持陪伴

**主動關心及陪伴、正向鼓勵
可減少當事人被遺棄的感覺!**

3

轉介

TO REFER

資源轉介持續關懷

24小時免費安心專線

1925

衛生局免付費心理諮商服務

06-335-2982

1 To ask: Offer concerns and be a good listener

2 To respond: Be responsive and offer support and companionship.

Show concern and provide companionship. Encouragement can help reduce the feeling of being abandoned

3 To refer: Refer to the resource service for continuous care.

Free and 24-hour helpline

1925

Public Health Bureau
Free Counseling Service

06-335-2982

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 1955

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

臺南中西區府前路一段 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

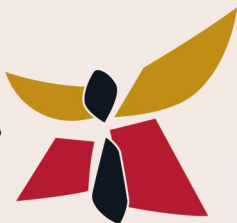
臺南市安平區永華路 2 段 6 號 8 樓
8F, No. 6 Sec 2 Yonghua Rd., Anping Dist., Tainan City.
06-2951052 · 2979935

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

連結臺南的工作 · 文化 · 生活與你
Job · Culture · Life · You

臺南
TAINAN



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

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.
TEL: 886-6-2951052 · 2979935

民治市政中心 Minjihh Municipal Center

臺南市新營區民治路36號7樓

7F, No. 36 Minjihh Rd., Sinying Dist., Tainan City
TEL: 886-6-6326546 · 6373463

本廣告由勞動部勞動力發展署就業安定基金補助
臺南市政府勞工局編印 **廣告**

This advertisement is supported by Employment Stability
Fund of the Ministry of Labor.

Compiled and printed by Labor Affairs Bureau of
Tainan City Government **Ad**

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