

# Survival Guide for Exchange students



**NTUB Taiwan** 







Dear Exchange Student,

We are happy that you have chosen to study here at NTUB in Taipei. Hopefully, you're as excited as we are! We hope that your time here will be filled with joy and lots of great memories.

We have created this survival guide just for you to make your stay as smooth and pleasant as possible. If you have any other questions, please don't hesitate to contact us via email, Facebook, or Instagram.

Wishing you a pleasant read!

OIA Team



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## . Welcome to Taipei!

Taipei is where tradition meets modern life. Walk through ancient temples filled with incense, then step into neon-lit streets buzzing with energy. Whether you're into history, city life, or both, Taipei has something for you!

Need a break from the city? Just a short trip away, you'll find hot springs hidden in lush mountains, perfect for relaxing. The city is also full of parks and hiking trails, giving you plenty of ways to enjoy nature.

And of course, the food! Taipei is famous for its incredible cuisine. Try delicious dishes at world-class restaurants or visit the lively night markets for tasty street food.

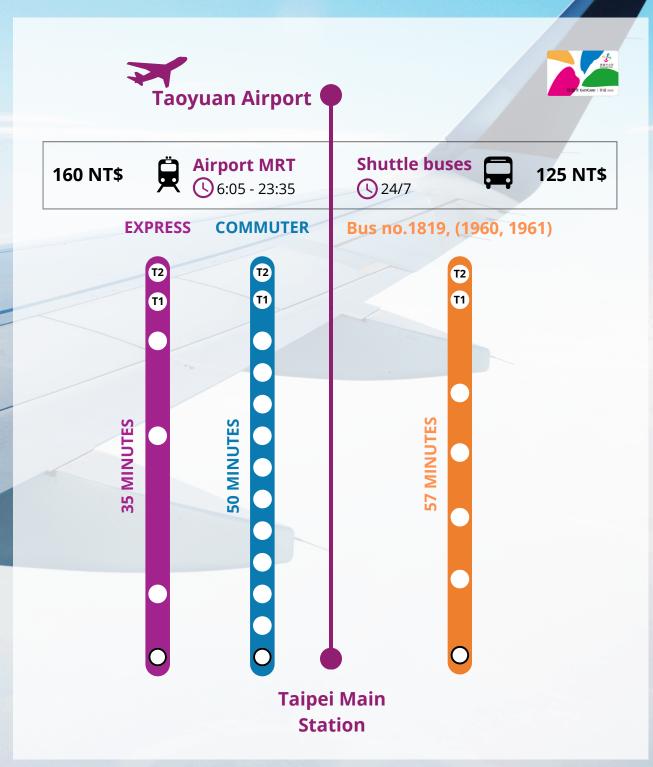
There's always something to see, eat, and explore in Taipei. Get ready for an unforgettable experience!







# From the Airport



<sup>•</sup> we highly recommend the MRT



## **Visa Information**

	Visitor Visa (6M)	Resident Visa (1Y)
Extension	Before the expiration date, you need to extend your visitor Visa at National Immigration Agency	Resident Visa holders are required to apply for Alien Resident Certificates (ARC) at National Immigration Agency no later than 15 days after arrival
Documents for Extension	1. An Application form 2. Passport with visitor Visa 3. Enrollment certificate and official documents by NTUB 4. Copy of the passport, Visa, and student ID card	1. An Application form 2. Two passport-size photos 3. Passport and Resident Visa(Original and 1 photocopy) 4. Admission letter and student ID (Original and 1 photocopy)
Fees	NT\$ 300	NT\$ 1,000
Working Days	Same-day pickup	10 working days

#### **Visitor Visa Types**

- Single-entry Visa
  You can enter only once.
  If you leave the country, you need to apply for a new visa to return.
- Multiple-entry Visa
   You can enter and leave multiple times.
   Each time you re-enter, the stay period will reset based on immigration rules.

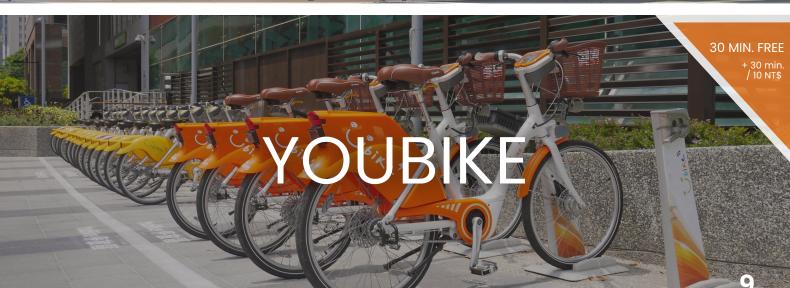




## Travel around Taipei









## **Travel around Taiwan**





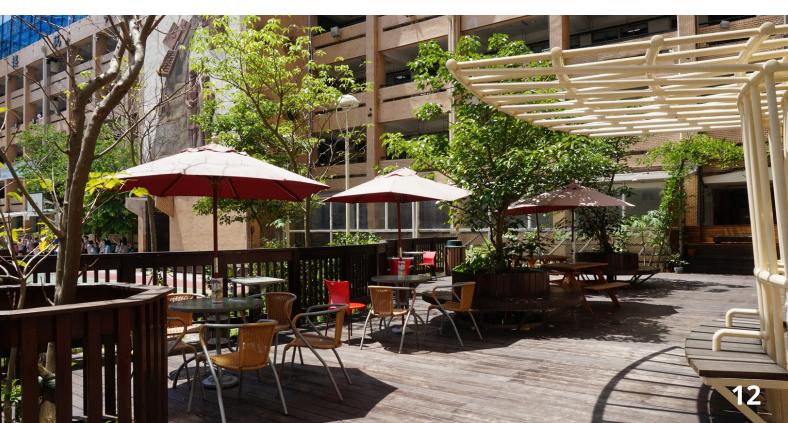






### Taipei Campus Location







## Taipei Campus

### **Transportation**



No.321, Sec. 1, Ji-nan Rd., Taipei City 10051, Taiwan (R.O.C.)



886-2-3322-2777

MRT: Shandao Temple Station (Exits 4 & 5) on Ban-Nan (Blue) Line

HSR (High-Speed Rail):15-20 mins walk from Taipei Station

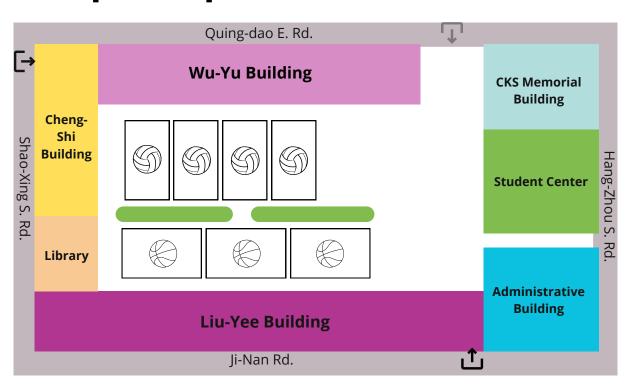
#### **Bus:**

253, 297, 222 (NTUB stop)

208, 211, 265, 295, 615, 671 (National Audit Office stop)

202, 205, 212, 232, 257, 262, 276, 299, 605, 22 (Taipei ChengGong High School stop)

### **Campus Map**





### Taipei Campus

### **Dormitory Accommodation**

Applications for **shared** dormitories can be made when filling out the online application form.

- No. 26 38. Gongzhuan Rd., Zhonghe Dist., New Taipei City, Taiwan.
- (\$) From NT\$3,800 to NT\$6,000 per month + deposit
- 40 60 minutes by MRT to NTUB Taipei Campus
- (i) Partially furnished: bed frame, desk, chair, closet, and bookcase.
  - Rent includes: Included water and wifi bills, but excludes electricity.
  - NOT provided: mattress and bedding.
  - Four people pre room/ Two people pre room







### Self-arranged Accommodation

Taipei City is a very popular international travel destination, so it's not too hard to find a place to live. However, it may take some time and effort to find something that matches your preferences. We urge you to start looking for accommodation **2-3 months before you arrive** in Taipei.

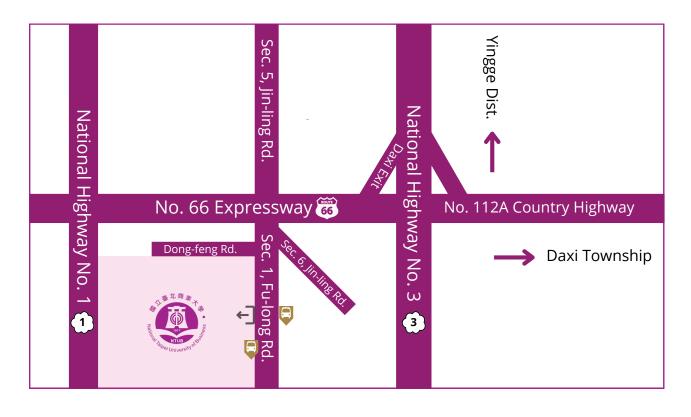
A reasonable monthly rental price in Taipei ranges from NT\$12,000 to NT\$25,000

You may try these websites for finding rental accommodation in Taipei (not affiliated with NTUB):

- https://myroomabroad.com/
- https://www.airbnb.com.tw/
- https://zh.taipeihostel.com/



### Taoyuan Campus Location







### Taoyuan Campus

## **Transportation**



No.100, Sec. 1, Fu-long Rd., Taoyuan City 32462, Taiwan (R.O.C.)



886-3-450-6333

#### **Bus:**

- **1. Taoyuan Bus Company, Ltd.:** Take the TaoyuanBus Company **no. 115 Zhongli Ping-dong** Road bus from Zhongli Main Bus Station (situated in front of the Train Station and next to the Mc- Donalds), and disembark at the Dongshi Elementary School stop.
- **2. Hsinchu Bus Company, Ltd.:** Take the Hsinchu Bus Company **no. 5645 Zhongli Huangnitang**, and disembark at the Pingdongshi Bridge stop.





### Student clubs



Baseball Club

Taekwondo Club

**POP Dance Club** 





- Certain clubs may be guided by professional instructors, so participation might involve a club fee to cover instruction and materials.
- The list of student clubs may very each semester.



### Personal Safety Information

Taiwan consistently ranks among the safest countries in the world. Even so, it's wise to follow a few common-sense precautions to protect yourself and reduce the risk of victimization. Please review the guidelines below:

#### Occupancy

- Never allow strangers to enter your home.
- Do not visit motels or hotels with strangers.
- Watch out for strangers loitering near private property, at building entrances, or in staircases.
- When returning home, take out your keys ASAP and watch out for suspicious persons following.

#### Campus

- Do not arrive at school alone too early or leave campus too late; never stay in rooms alone on campus.
- Keep personal belongings nearby; never take your eyes off them.
- Inform the Campus Security Center immediately if you see anyone suspicious.

#### **Alcohol**

- Legal drinking age in Taiwan is 18 years old.
- According to the law, a blood alcohol concentration (BAC) of 0.15mg/l in the breath of a driver (or 0.03% in blood test) is illegal.



### Personal Safety Information

#### Sexual Harassment

- There is zero tolerance for sexual harassment in Taiwan.
- The Gender Equity Education Act states the purpose of the act:" to promote substantive gender equality, eliminate gender discrimination, uphold human dignity, and improve and establish education resources and environment of gender equality,"
- When handling sexual harassment-related cases, the school shall report
   According to relevant laws, and turn the case into its gender equity education
   committee.
- Identities of all involved parties shall be kept confidential.
- The victim shall be informed of rights, and provided with protection.

#### **Smoking**

- Legal smoking age in Taiwan: 20 years old.
- Smoking is prohibited in all areas of National Taipei University of Business,including dormitories.

#### Drug

 According to the law, it is prohibited for any person to import, manufacture, transport, distribute, use, or possess narcotics, including but not limited to opium, marijuana, cocaine, amphetamine, pentazocine, and methadone. Any person who violates the above rule may be subject to capital punishment or life imprisonment.

#### **NTUB Campus Security Center**

**Location** First floor of Wu-Yu building

Office phone number 02-2321-2219 (24 hour hotline)



## **Medical Care & Insurance**

#### Insurance

- Exchange students must purchase health and accident insurance for the entire duration of their stay in Taiwan. We strongly recommend purchasing an insurance plan worth a minimum of NT\$2,000,000 (approx. US\$66,000).
- Students staying for an academic year who receive an Alien Resident Certificate (ARC) are required to enroll in Taiwan's National Health Insurance (NHI) system. This publicly funded health insurance program ensures that all Taiwan residents have access to affordable and comprehensive medical care.
- Please note that students eligible for NHI must still purchase private insurance prior to arrival in Taiwan to cover the period before their NHI coverage begins.

#### Costs

- For students without an NHI card, a typical consultation at a clinic for a common illness costs between NT\$500 and NT\$1,500, depending on the clinic. Hospitals may charge more. Additional charges will apply for tests, medications, and treatments.
- In general, hospitals are more expensive than local clinics for the same services.





## **Medical Care & Insurance**

#### Where to seek Medical Assistance

#### Clinics

Non-emergency medical care is widely accessible and affordable at local clinics throughout Taiwan. These clinics may offer general family medicine or specialize in fields such as ENT (ear, nose, and throat), pediatrics, obstetrics/gynecology, dentistry, and others.

For those interested in Traditional Chinese Medicine (TCM), specialized TCM clinics are also widely available.

#### Hospitals

Hospitals are recommended for emergencies, serious conditions, surgeries, and detailed examinations. Near NTUB's Taipei campus, **National Taiwan University Hospital** offers comprehensive care and some English-language assistance. A bit farther away, **Taiwan Adventist Hospital** features an International Health Center and an International Priority Health Center, both of which offer services in English and Japanese tailored to expatriates and foreign visitors.





### **Culture Ambassadors**

National Taipei University of Business (NTUB) has a team of students who volunteer as culture ambassadors. They actively promote cultural exchange, represent the university in international settings, and help foster a welcoming environment for international visitors and exchange students. Through events, workshops, and personal interaction, these students showcase Taiwan's rich heritage while building bridges with diverse communities worldwide. Their dedication reflects the spirit of NTUB — inclusive, dynamic, and globally minded.







## **Taiwan**

## **Public Holidays**

- New Year's Day (January 1)
- ★Lunar New Year Holiday (Jan/Feb)
- Peace Memorial Day (February 28)
- Children's Day (April 4)
- ★Tomb Sweeping Day (Apr)
- Labor Day (May 1)

- ★Dragon Boat Festival (May/Jun)
- ★Mid-Autumn Festival (Sep/Oct)
- Teacher's Day (September 28)
- National Day (October 10)
- Taiwan Restoration Day (October 25)
- Constitution Day (December 25)

These public holidays follow the lunar calendar, so their dates change every year.





## **Taiwan**

### Food Taiwan is a foodie wonderland. Some foods not to miss:



















## **Taiwan**

## Emergency services phone numbers

- Emergency medical services and fire 119 response
- 110 Police office
- 113 Domestic violence or sexual assault
- 112 **Emergency rescue**
- 165 Anti Fraud Service
- Citizen service 1999

### **Useful Apps**







High Speed Rail



**Shared Bikes** 



MRT



Google maps



Google Translator





## T&T

### Read before departure

- Taiwanese AC power standard is 110V, and the types of sockets is as shown in the following picture.
- All students are required to purchase insurance that covers accident and medical insurance during their stay.
- Before the semester starts, NTUB organizes an orientation day for exchange students.
- You will receive a student card on the orientation day. An Easycard is incorporated into the card.
- In Taiwan, you still need a cash for many purchases.
- In the MRT, you cannot eat or drink!
- Many people choose not to drink tap water. Water dispensers are widely available, including on campus, so please remember to bring your own bottle.
- According to tobacco regulations, you can't smoke indoors.
- Garbage must be disposed of in prepaid bags, which you can buy in various sizes at convenience stores.



# **T&T**Mandarin basics



Hello - Nihão (Nee how)

Thank you - Xièxiè (Shieh-Shieh)

You're welcome - Bù kègì (Boo kuh-chi)

My name is... - Wǒ jiào... (Wuh jeow...)

I'm sorry - Duibugi

How much? - Duō Shǎo? (Dwuh Shauw?)

I don't understand - Wo bù dong (Wuh boo dong)

Yes - Shi (Sheh)

No - Bù shì (Bu-sheh)

Goodbye - Zaijian (Zhai-jian)



# What to pack



