

AMSEP Taiwan
Tzu Chi University
2014

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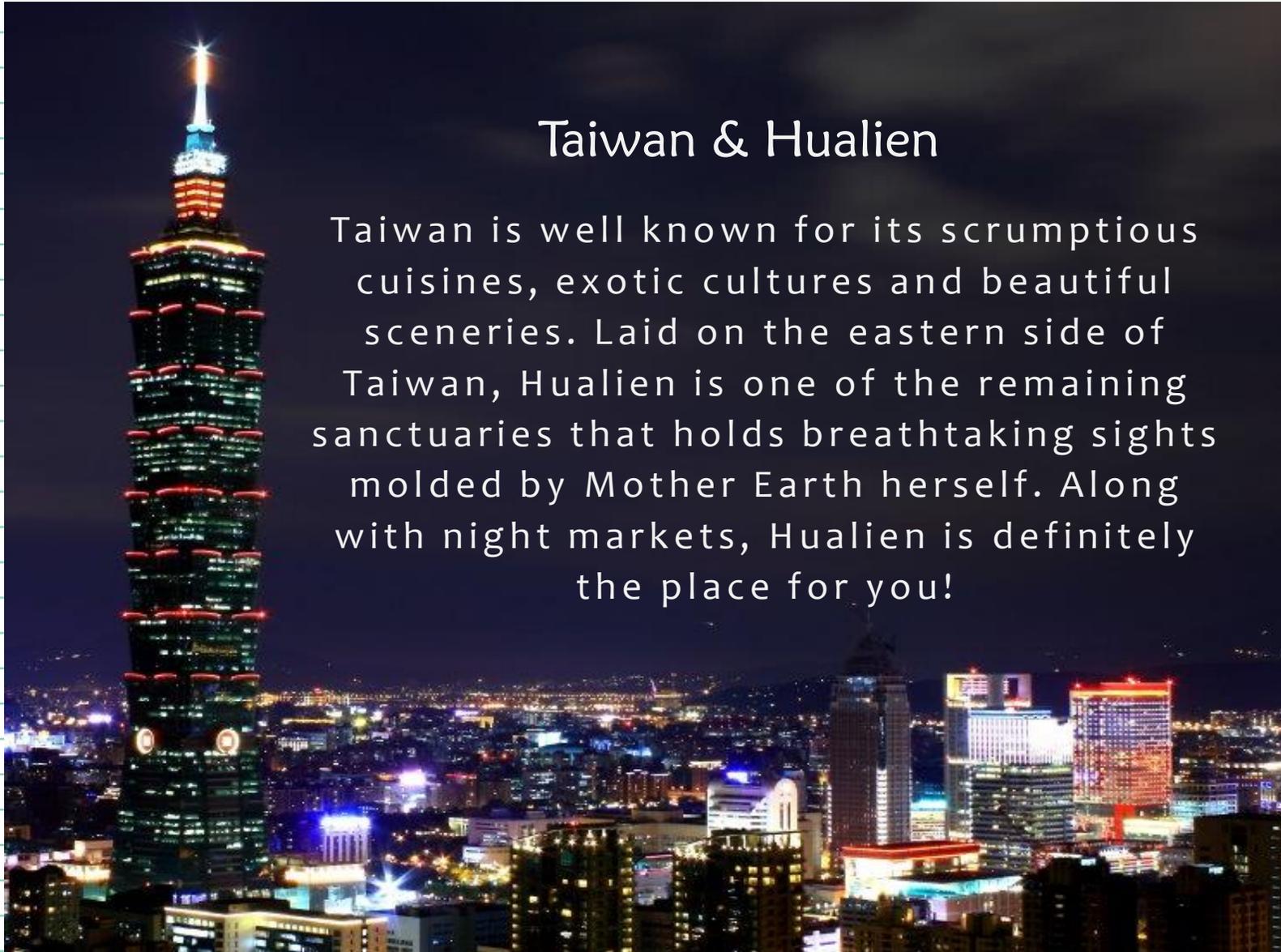
ABOUT AMSEP

ASIAN MEDICAL STUDENTS' EXCHANGE PROGRAM

The purpose of AMSEP is to create more opportunities for Asian medical students to communicate with each other. Our program features two major parts: the first, Academic Activities (including Chinese medicine, hospital visit, etc.) and the second, Cultural Experiencing (including Taroko Sightseeing, tea ceremony, etc.) We can't wait to meet you in Taiwan!



OVERALL INTRODUCTION



Taiwan & Hualien

Taiwan is well known for its scrumptious cuisines, exotic cultures and beautiful sceneries. Laid on the eastern side of Taiwan, Hualien is one of the remaining sanctuaries that holds breathtaking sights molded by Mother Earth herself. Along with night markets, Hualien is definitely the place for you!

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About Taiwan

(a) Weather

Taiwan experiences tropical and subtropical weather, with an average temperature of 22 °C. In Hualien, rain is quite frequent and temperature varies much from day to night.

(b) Language

Taiwan is a multilingual country. The official language is Mandarin Chinese and dialects such as “Min-nan” and “Hakka” are also widely used. For the ease of tourists, there are many infrastructures with English instructions as well.

(c) Time

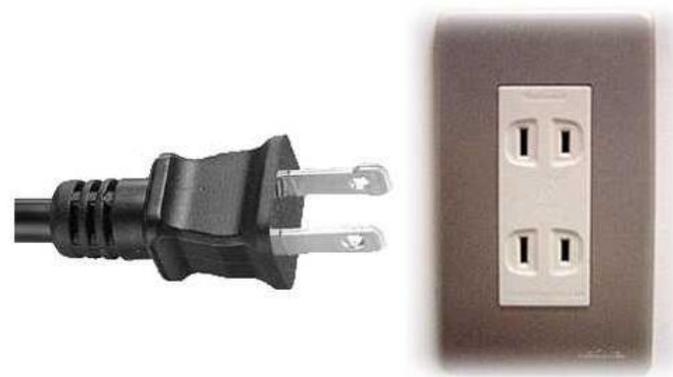
Time in Taiwan is eight hours ahead of Greenwich Mean Time. Time of Thailand is one hour behind Taiwan.

(d) Currency

The Taiwanese unit of currency is New Taiwan Dollar(NTD). (1NTD= approximately 1THB). It is recommended that you exchange your currency in your country or at the airport.

(e) Electric system

The electric voltage in Taiwan is 110V, 60Hz. The type of electrical outlet used in Taiwan is shown below. Remember to bring suitable adapter if need be.



Tzu Chi University



In 1966, Dharma Master Cheng Yen founded Tzu Chi. During that time, the east coast of Taiwan, where Dharma Master Cheng Yen first settled, was undeveloped and impoverished. Therefore, she has set structured missions (charitable services, medical care, moral development and humanity activities) to improve the condition. In order to improve medical care and train our own doctors to support the Hospital of Tzu Chi, Tzu Chi University was established initially as Tzu Chi College of Medicine in 1994 in the Eastern region of Taiwan. Its existence also raises the level of local health awareness and education. By now, University of Tzu Chi is transforming into a full fledge University with 4 faculties. With the motto of "Kindness, compassion, joy, and unselfish giving", Tzu Chi University strives to follow those codes of conduct and integrates them into the students' university curriculum and teaching.



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SCHEDULE

	1 st day	2 nd day	3 rd day	4 th day	5 th day	6 th day	7 th day	8 th day				
06:00								Transfer +Departure				
08:00	Arrival+	Lecture1	Lecture2	Transfer	Sightseeing --- Taroko National Park	Transfer	Transfer					
09:00	Transfer	Anatomy	Chinese Medicine									
10:00												
11:00		Rafting	Lunch	Lunch								
12:00												
13:00									Lunch	MSC	Tea Ceremony	Lunch
14:00	Transfer to	Visit	Hospital Visit	Rafting					Lunch	Sightseeing --- QiXing Lake	Sightseeing --- Tamsui	Transfer
15:00	Hualien											
16:00												
17:00	Ice breaking	Dinner/ City Tour	Culture	Transfer				Transfer	Transfer by ferry/ Bali-Left-Bank	Transfer	Shilin Night Market	
18:00	Dinner/											

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HIGHLIGHT: ACADEMIC

A. Chinese Medicine

Chinese medicine is comprised of herbal medicine, acupuncture, naprapathy, and some natural ointments. It's been more and more important these years due to the side effects of Western medicine. Nowadays, people start to combine both of their advantages. At the lecture, you will learn acupuncture and make your own special ointment.

B. Lecture 1: Medical Status of Taiwan

As modern technology develops, easier access to medical knowledge has brought law problems to the doctors of today. For fear of irrational accusations, departments that stand the slightest chance of medical disputes are becoming medical student's favorite. Unequal distribution of medical resources is another problem we cannot neglect. To bring us back on the right track, constructive solutions are to be found.

HIGHLIGHT: SOCIAL AND CULTURE



A. Experience of Taiwan Culture:

Have you ever dreamed of a market that encompasses every single aspect of Taiwan's culture? At the end of tonight, we guarantee you do. Night markets offer a wide variety of authentic Taiwanese food, drink and products, playing an important part in the lives of Taiwanese people. On the other hand, we provide DIY program about calligraphy, lantern, martial arts and spring roll for you to experience more about our culture.

B. Sightseeing

(a) Rafting

Feeling adventurous?

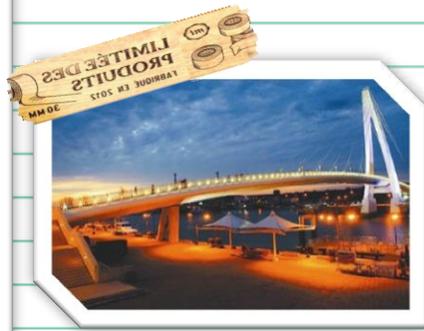
If so, rafting is something that you shouldn't miss.



Speeding through narrow gorges and winding rivers of Eastern Taiwan raises the epinephrine of the most experienced veterans. Along with beautiful riverside sceneries, this event can not be missed by young adventurers with a thirst for sport.

(b) Tamsui

Tamsui is definitely the place for you should you want a taste of mouth-watering Chinese cuisines. Situated at the river mouth, sun down at Tamsui is also a glorious sight which is perfect for romantic dating, sightseeing or even just a casual pro-dinner stroll.



(c) Jioufen

Jioufen is a mountain area which is rich in its history. The name of Jioufen ("nine portions" in Chinese) came from the nine families living here during Qing Dynasty. Having experienced the gold rush, and gone into decline afterwards, Jioufen revived and a tourist boom shaped the town as a tourist attraction.



(d) National Dr. Sun Yat-sen Memorial Hall

To commemorate the national founding father Dr. Sun Yat-Sen's unparalleled morality, revolutionary conducts and to excel Dr. Sun Yat-Sen's doctrine, the Republic government had in 1964 begun drafting the building of National Dr. Sun Yat-sen Memorial Hall, which not only served to provide a place of remembrance for all to emulate the national founding father, but also encompassed the functions of cultural and artistic education, leisurely recreation and academic research.



(e) **Shilin Night Market**-- the largest and most famous night market in Taipei

Shilin Night Market is the one of the largest night markets in Taipei. Built in 1899, the market is famous for various snacks and eatery such as fried chicken steak, pearl milk tea, stinky tofu, fried buns and Shilin sausage. Because it's close to many schools, students are it's main customer group. Goods are sold at less expensive prices, and there are special areas for accessories, clothing, photo shops and pet shops,etc..

(f) **Ximending** --the source of Taiwan's fashion, subculture, and Japanese culture

Ximending is the mecca for youth culture. From tattoo street to Wannian Plaza accessory shops, cosplay to street dancing, Ximending offers a venue for Taiwan's youths wearing the latest fashions to express themselves. Moreover, Taiwan's pop stars come here for promotional events. It's a place to know the local subculture of Taiwan.



C. Tea Ceremony

A tea ceremony is a ritualized form of making tea. Much more than a drink, tea ceremony is a form of art. It is understood and practiced to foster harmony in humanity, discipline the mind, promote harmony with nature, quiet the heart, and attain the purity of enlightenment.



To explore more beauty in Taiwan,
please contact your AMSEP officer to join our
AMSEP!

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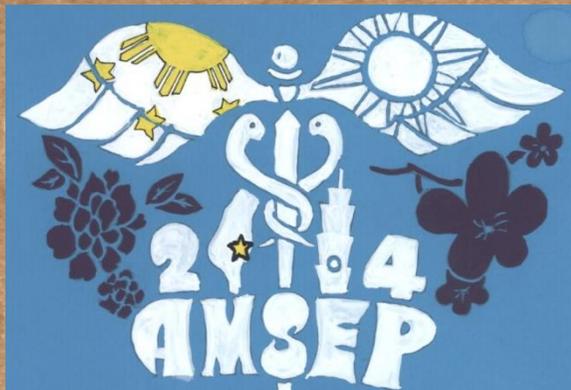
Highlights

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WELCOME