

Dear Friends,  
Welcome to Taiwan

Time to  
Travel

Asian Medical Students Exchange Program






Dear Friends from AMSA family,

This is greeting from Taiwan to our dearest future guest :) Although we may not know each other yet, it is our honor to be your guide in the beauty island Formosa. And it is also our pleasure to show you the vibrancy backdrop of Taiwan, the enthusiasm of Taiwanese, the in-depth tradition of Asia, and the professionalism plus advancement of our medicine.

Hereby, we assure you that our Local committee will give you the best experience of AMSEP, with all their efforts, unlimited passion and warmest hospitality. Moreover, members in AMSA Taiwan are eager to be outgoing delegates, and join the AMSEP of your country. By sharing academic knowledge and establishing long-term friendships, delegates from different countries will create tight bonds and build intimate connections with one another.

It is the beginning of a great journey. It is always our fortune to introduce you how great this country is. We look forward to meet you in Taiwan.

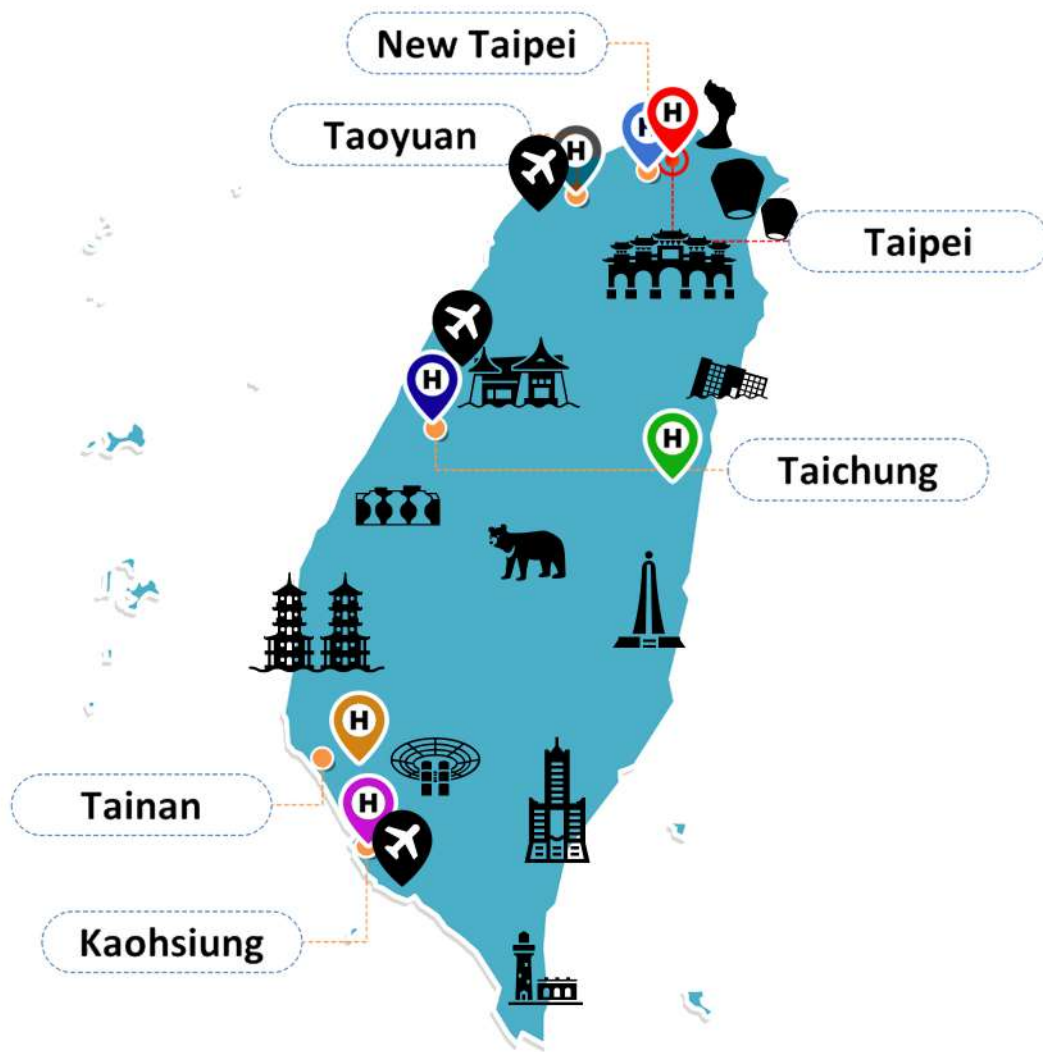
By that time, we shall share our dreams in future medicine, and for sure with a cup of bubble milk tea. 

All the best,

Director of AMSEP, AMSA Taiwan

*Formosa*





-  National Taiwan University (NTU)  
National Yang Ming University (NYMU)  
Taipei Medical University (TMU)  
National Defense Medical Center (NDMC)
-  Chang Gung University (CGU)
-  Mackay Medical College (MMC)  
Fu Jen Catholic University (FJU)
-  China Medical University (CMU)  
Chung Shan Medical University (CSMU)
-  Tzu Chi University (TCU)
-  National Cheng Kung University (NCKU)
-  Kao Hsiung University (KSU)
-  Airports





Taipei City, is the capital and a special municipality of Taiwan. Located in north of Taiwan, Taipei is the political, economic, and cultural center of Taiwan and one of the Taipei is home to various world-famous architectural or cultural landmarks major hubs.

*Bon Voyage*



**臺北**  
NORTH

*Enjoy the Discovering*





Located in the Taichung Basin, the city was named under Japanese rule. Originally composed of several scattered hamlets, the city of Taichung was planned and developed by the Japanese. It was called "the Kyoto of Formosa" in Japanese era because of its calm and beauty.



*I love travel*



*Explore more*



Chocolate. Ice cream



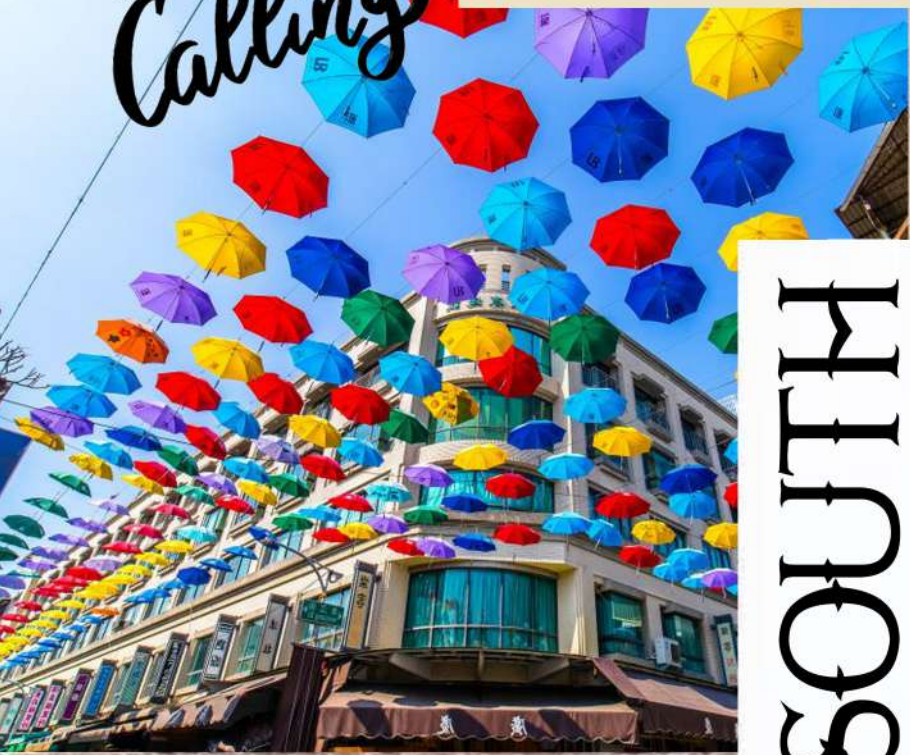
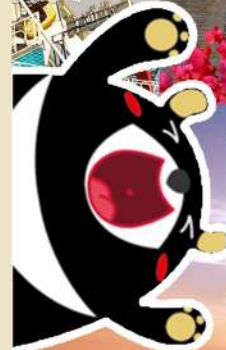
*take me on a Road trip*







Adventure  
is  
Calling



Kaohsiung is a city in south of Taiwan. Since founding in the 17th century, Kaohsiung has grown from a small trading village into the economic centre of southern Taiwan, with key industries like manufacture, steel-making, oil refining, freight transport and ship-building. Kaohsiung now is gearing towards tourism, touting its history and nature.

SOUTH

KAOSHUNG



Let's go  
TRAVEL



Hereby, we present you an example of how AMSEP in Taiwan would look like. The schedule will include academic components, social cultural elements, as well as hospital visit, sightseeing and certainly tasty food in night markets.

AMSEP in Taiwan most likely contain all local transportation expenses (except transport from airport to hostel), 2 meals per day and entrance fee of tourism spots.

However, you are reminded that the arrangement may vary among schools. You are highly advised to communicate with your partner LCs for more information.

July 12 to 18 11 week

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

How is AMSEP in Taiwan?

For all the travelers who have a free spirit.



I ♥ Taiwan



ホワイデー

15 Thu



16 Fri



\* Set off the Kingkong Lantern

17 Sat

18 Sun

One Day more Count down to AMSEP Taiwan...



Flight arrive Taiwan @ TaoYuan Airport meet up @ 4:30 pm, go hostel leave luggage first meal & opening ceremony

Parasitism Lab Trip to Tamshui Old Street

Hospital tour  
Bike tour

Dinner & Beer plus icecream at harbour or subway to hostel

Ximengding shopping tour

Visit Museum of Medical Humanities

Dinner at Ningxia Night Market (Yummy food!)

Chinese medicine workshop

REAL needles!

Basic chinese medicine: acupuncture experience lab made mint ointment Chinese herbs lecture

visit Taipei 101 hotpot dinner

Minimally invasive surgical suture tutorial  
Dessert after dinner

visit Minimally Invasive Surgery Training Centre

Trip to JiuFeng :)

Lunch at Shifen railway station  
Shwinandong or Golden Waterfall  
fly the sky lantern in JiuFeng

Observation of surgery  
Visit National Palace Museum by 7pm

Chinese calligraphy class  
Pineapple cake DIY in Kuo Yuan Ye Museum

Closing ceremony

Flight leaving Taiwan by 7pm

time to say goodbye :)







## Hospital Visit

upon the hospital visit, we may offer minimally invasive surgery training session, general surgery observation and clinical model training classes. Besides, we may also offer VR anatomy lecture or a general visit of Chinese medicine clinic in Taiwan.





## Social culture activities

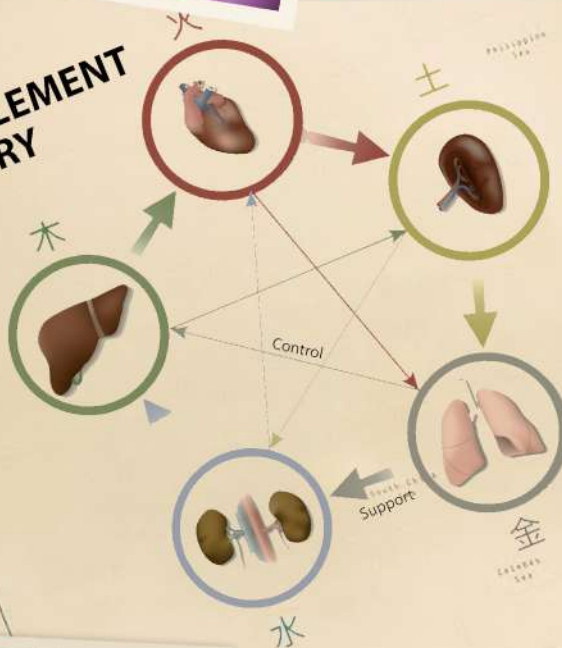
you may have chance to experience the traditional culture of Taiwan, including flying a sky lantern, dressing traditional costume and tasting the local Taiwan cuisine. you may even be able to learn how to make a pineapple cake or writing chinese calligraphy!







## FIVE ELEMENT THEORY



## Chinese Medicine Experience

Use of Traditional Chinese medicine (TCM), an important category of complementary and alternative medicine (CAM), has increased substantially in Western countries during the past decade. Use of TCM is also widespread in the Chinese population. In Taiwan, you may have a chance to experience acupuncture, manufacture of TCM ointment and packing your own TCM recipe.



# Community Service



AMSEP in Taiwan provides various types of community service opportunity, which allow our foreign friends to experience Taiwan culture and make local impact meanwhile. Through the services like visiting elder houses, cleaning beaches, hosting minority group and public health education on street, we believe our delegates will understand Taiwan in a different perspective, and together we make precious memory by contributing the society. More information, please refer to the local committee in different schools.

less  
TALK  
more  
ACTION





**Taiwan local cuisine**  
Arguments about Taiwan's best food risk ruining relationships and lifelong friendships. Food: it's serious, it's respected, it's all excellent when you travel to Taiwan. The island's food is a mash-up of the cuisine of the Min Nan, Teochew and Hokkien Chinese communities, along with Japanese cooking techniques. It's a culinary love-in with diversely delicious offspring.







**Taiwanese night markets** street markets in Taiwan that operate in urban or suburban areas between sunset and sunrise. Most night markets operate daily and feature a mixture of individual stalls selling clothing, consumer goods, snacks or fast food), and specialty drinks.

*Let us treat you bubble milk tea :)*





## Hostel Culture in Taiwan

Unfortunately, only **Chang Gung University** and **Mackey Medical College** can provide dormitory as accommodation for our foreign delegates. However, there are a lot of hostels around in Taiwan, and we will arrange the best hostel for our delegates. It also means that our delegates will be able to have a taste of Taiwan local hostel culture, and experience the hospitality of local Taiwanese. Hostels in Taipei generally offer a wide range of services such as complimentary breakfast and free or very cheap self-service laundry. And they usually feature various style and provide travellers advices and recommendation to visit the city. 🏠







## Transportation

Metro supports the City's all-round development for better living, working, recreation, and transportation. Besides, TRA is both traditional and modern, with long history and is the only island-wide railway. Furthermore, Taiwan High Speed Rail (THSR) is the high-speed railway of Taiwan. With all these transportation, Taiwan becomes more friendly to foreign visitors to travel.

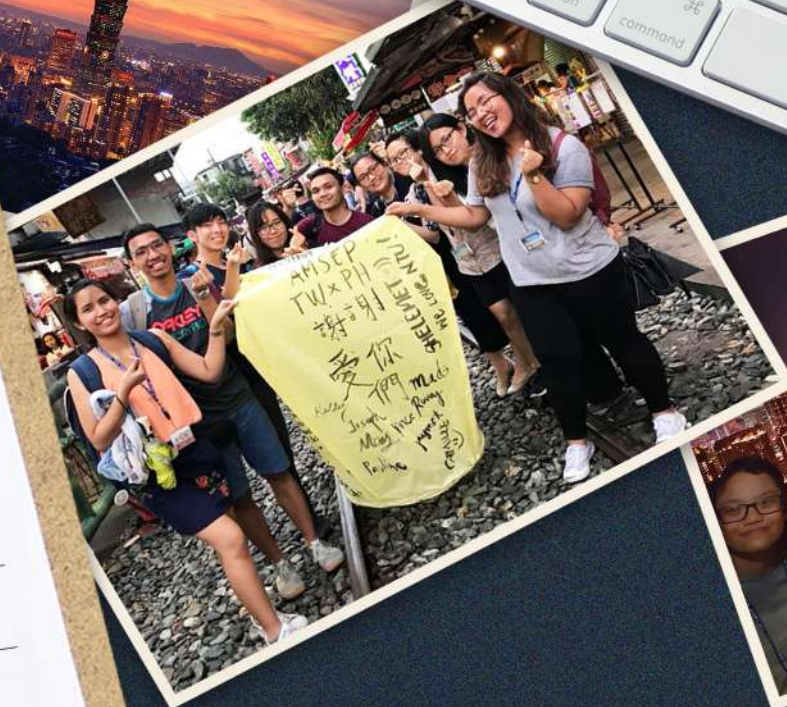


# 90 days Visa-Exempt Entry

90 days	Andorra, <b>Australia</b> (effective till December 31, 2020), Austria, Belgium, Bulgaria, Canada, Chile, Croatia, Cyprus, Czech Republic, Denmark, Estonia, <u>Eswatini</u> , Finland, France, Germany, Greece, Guatemala, Haiti, Honduras, Hungary, Iceland, Ireland, Israel, Italy, <b>Japan</b> , <b>Republic of Korea</b> , Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Marshall Island, Monaco, Netherlands, New Zealand, Nicaragua, North Macedonia (effective till March 31, 2025), Norway, Palau, Paraguay, Poland, Portugal, Romania, San Marino, Slovakia, Slovenia, Spain, Sweden, Switzerland, Tuvalu, <b>the United Kingdom</b> , the United States of America, and Vatican City State
30 days	Belize, Dominican Republic, <b>Malaysia</b> , Nauru, St. Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, <b>Singapore</b>
21 days	Russia (effective till July 31, 2021)
14 days	The kingdom of <b>Thailand</b> (effective till July 31, 2021), Brunei (effective till July 31, 2021), <b>Philippines</b> (effective till July 31, 2021)

## Countries eligible for e-Visa

When relevant criteria are met	Bahrain, Burkina Faso, Colombia, Dominica, Ecuador, Kiribati, Kuwait, Mauritius, Montenegro, Oman, Panama, Peru, Qatar, Saudi Arabia, Solomon Islands, Turkey, United Arab Emirates, Kosovo and Bosnia-Herzegovina
Tourist groups	Cambodia, <b>India</b> , <b>Indonesia</b> , Laos, Myanmar, and <b>Vietnam</b>



Dear friends from AMSA, we understand your concerns over the visa to entry Taiwan. Hereby, we list all the visa access published on the official website of Bureau of Consular Affairs, Ministry of Foreign Affairs of Taiwan. And yet, you are reminded to check the visa-exempt status via the link:  
<https://www.boca.gov.tw/lp-149-2.html>





Photo credits:  
AMSA Taiwan  
Tourism Bureau, Republic of China (Taiwan)

Hereby we promised to provide the best hospitality of Taiwan to our dear friends in AMSA :)  
For any information, please do not hesitate but contact us via [amseptaiwan@gmail.com](mailto:amseptaiwan@gmail.com)  
our Director of AMSEP will always be there to answer your enquires.  
You may also find us on <http://www.amsataiwan.com/>  
or follow us on Facebook and Twitter.

We look forward to meet you up in Taiwan!



amseptaiwan





*We look forward to  
meeting you up in Taiwan*

