



國立宜蘭大學

National Ilan University NIU



國立宜蘭大學境外生手冊

National Ilan University Overseas Student Handbook



I. 宿舍 Dormitory

1. 宿舍簡介 Dorm Introduction

宜蘭大學宿舍為男舍「時化學舍」及女舍「礪金學舍」及「滋蘭學舍」為四人房。每間房間均有冷氣機及無線網路。宿舍內有公共衛浴、聯誼廳、電視及晾衣間。

All international students will be provided with on-campus dormitory-style housing. Every room is equipped with 4 beds (2 bunk beds). Furniture for every student includes a desk with drawers, a book lamp, a bookshelf, a wardrobe and a bed, and also with air conditioning and internet access. The dorm facilities also include shower and sink, lounge, TV and clothes drying room.

2. 住宿規定 Dorm Regulation

- a. 宿舍進出皆須刷門禁卡，請勿將門禁卡轉借他人使用。

Please use a safety-card for entrance and close the door without extra effort to control in and out. And safety card is for personal use only.

- b. 禁止大功率電器用品於寢室內使用，包含電視、電鍋、電湯匙、電茶壺、電磁爐、微波爐、烤麵包機等大功率之電器，亦不得私接電源，及瓦斯器具等。

Prohibited, dangerous, or unsanitary articles, as well as articles that block access to other persons' belongings are prohibited. This includes televisions, karaoke machines, video games, irons, electric pots, electric stoves, kettles, and so on.

- c. 舍全面禁煙，宿舍內不得爭吵、鬥毆、酗酒或涉及金錢賭博。不得攜帶違禁品進入宿舍。

It is prohibited to smoking, fight, argue, drink alcohol, gamble, or otherwise cause a disturbance in the dormitory.

- d. 不得帶非住宿生進入宿舍，如有訪客請至辦公室登記，異性訪客得於會客處所接待，不得進入寢室，嚴禁私自帶外賓至學生宿舍過夜。

Visitors are only permitted to stay in the lounge on the 1st floor unless specifically authorized by the university. All visitors, family members or friends are not allowed to stay overnight in the dormitory.

- e. 寢室冷氣供應採「使用者付費」原則。

Air conditioning in the dormitory will be provided for a fee.

- f. 離校前同學們應查核寢室財產無誤並打掃清潔後，再遷出宿舍

Students should cleaned their rooms, and it has been ascertained that nothing is missing, students may move out.

- g. 禁止飼養寵物。

Pets are not allowed.

- h. 24:00 後關寢室大燈。

Lamp will off at 24:00.

- i. 24:00~07:00 不得淋浴及洗滌衣物。如因特殊情況經核備者，女生可至礪金一樓夜間盥洗室，男生可至一樓 C 區淋浴。

Not allowed to take showers and wash clothes from 24:00~07:00. For special cases, girls may proceed to the night shower area on first floor of the Li-Jing building. Boys may proceed to the shower area at 1C.

3. 住宿費用 Dormitory Fee

每學期每人住宿費用為 NT9,500 元（費用以公告為主且不含寒暑假）。

On-Campus Accommodation : NT\$9,500 per semester (fee is subject to change and not including summer and winter vacation).

男女生宿舍各有 2 名管理員。

Each dormitory has 2 managers.

II. 醫療 Medical Service

1. 健康中心 Health Center

健康中心位於體育館二樓，提供緊急傷病處理與醫療諮詢服務。

診療時間

內科 星期一~四 早上 10:00~12:00 下午 2:00~4:00

中醫 星期五 早上 10:00~12:00

Health center is located at the Gymnasium, 2nd floor.

Service Hour

General Medicine :Monday to Thursday
10:00am~12:00pm; 2:00pm~4:00pm

Traditional Chinese Medicine :Friday 10:00am~12:00pm

2. 諮商中心 Student Counseling Center

諮商中心位於體育館三樓，提供全校學生心理輔導及諮詢服務。

Student Counseling Center is located at the Gymnasium, 3rd floor.

III. 聯絡窗口 Contact Information

1. 緊急醫療連絡電話 Emergency Telephone

宜蘭縣警察局 Yilan County Police Bureau	03-9325147
宜蘭市警察分局 Yilan Precinct Police Bureau	03-9355385
宜蘭縣消防局 Yilan County Fire Bureau	03-9322225
陽明大學附屬醫院 Yang-Ming Uni. Hospital	03-9543131
博愛醫院 Lotung Poh-Ai Hospital	03-9325192

2. 宜蘭大學聯絡電話 NIU Telephone

國際事務中心	
劉玢 助理(交換生、外籍生) Ms. Vanessa Liu – Assistant (Inbound Exchange Student & Foreign Students)	03-9317073
謝錦煌 輔導員(僑生、陸生) Mr. Chin-Huang Hsien – Counselor (Overseas Chinese Students & Mainland Chinese)	03-9317153
校安中心 Campus Emergency Telephone	03-9364006
駐衛警服務電話 NIU Stationed Guard	03-9317555
男宿 Male Dormitory	03-9317155
女宿 Female Dormitory	03-9317157

IV. 生活須知 Living in TW

1. 氣候 Climate

宜蘭縣是多雨的地區；根據中央氣象局宜蘭氣象站統計，宜蘭縣是屬副熱帶季風氣候區，平均一年有兩百多天是下雨天，因此雖然全縣的蓄水量並不高，但卻在全省水資源最不匱乏的地區(相信應該沒有人聽過宜蘭有因乾旱而限水的吧...)；主要雨季有颱風期、梅雨期、東北季風期。

宜蘭平均溫度為 22°C，全年個月上下溫差約 10 度左右，氣溫相當溫和，最熱的月份是七月，平均溫度為 28.1°C；最冷月份是一月，平均溫度是 15.8°C；最熱與最冷月平均差為 12.3°C。

A lot of rain is mentioned as a feature of the climate of Yilan. In Taiwan, it is called “竹風蘭雨” meaning they are a wind in Hsinchu and wind in Yilan. It becomes the weather which often remained unsettled over several months at the time of the monsoon from the northeast of winter especially.

Summer temperature :25~32□

Winter temperature :15~22□

Typhoon Season :June to September, sometimes in May and October

2. 電壓 Voltage

110V , 60Hz



3. 換匯 Currency Exchange

- a. 建議同學們在抵達台灣機場時，可先行在機場換匯

Currency exchange is available at the airport, and we recommended students can exchange money to NT dollars while arriving Taiwan.

- b. 臺幣 Taiwan Currency

New Taiwan Dollar (NTD)

Coins : 50, 20, 10, 5 and 1 NTD

Bills : 2000, 1000, 500, 200 and 100 NTD

- c. 匯率 Exchange rate

USD : NTD = about 1 : 32

4. 生活費概算 Living Cost

在宜蘭生活費大約一個月 8 千至 1 萬元上下。

Living expenses range from NTD8,000 to NTD10,000 per month.

5. 交通資訊 Transportation Information

a. 火車：往臺北或花蓮各約 1 小時 30 分車程。

Train : takes about 1.5 hours to Taipei or Hualien

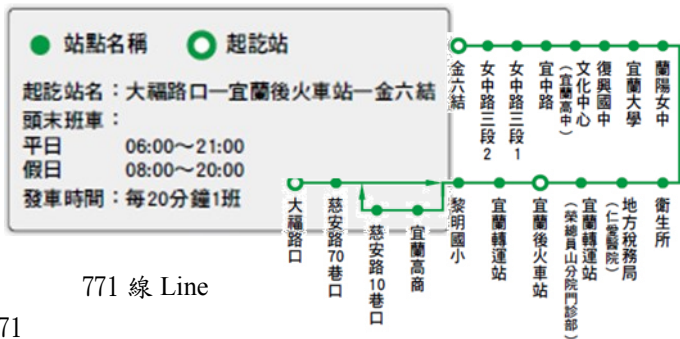
b. 公車：往臺北約 50 分車程。

Bus : about 50 minutes to Taipei.

c. 學校搭乘公車至火車站及轉運站，詳細資訊請見「宜蘭大學公車資訊」。

Transportation to Yilan Transfer Station or train station from school , please check the details on “bus information” below.

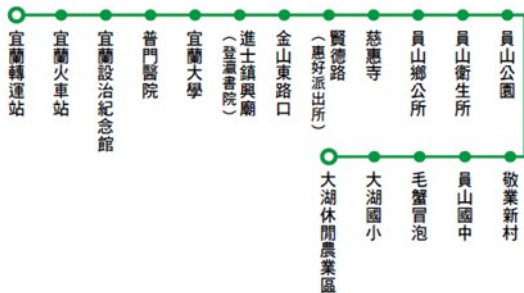
d. 公車資訊 Bus information



771 線 Line

751 線 Line 751

● 站點名稱	○ 起訖站
起訖站名：宜蘭轉運站—大湖休閒農業區	
頭末班車：09:00~18:00	
發車時間：	
宜蘭轉運站發車：	
平日	09:00、10:30、12:00、13:30、 15:00、16:30、18:00
假日	09:00、09:40、10:30、11:20、 12:10、13:00、13:50、14:40、 15:30、16:20、17:10、18:00
大湖休閒農業區發車：	
平日	09:35、11:05、12:35、14:05、 15:35、17:05、18:35
假日	09:35、10:15、11:05、11:55、 12:45、13:35、14:25、15:15、 16:05、16:55、17:45、18:35



V. 校園安全維護及學生特殊事件處理

Campus security and handling of relating student cases

本校設有 24 小時校安執勤專線，協助學生處理緊急意外事件，電話：03-9364006

Our campus is equipped with a 24-hour servicing security hotline to assist students in handling emergencies or accidents. The hotline number is 03-9364006

VII. 交通事故理原則 Principles of handling traffic accidents

a. 立即停車，冷靜處理：

Stop the vehicle immediately and remain calm:

車禍發生時應立即停車，應保持冷靜切勿慌張，即使輕微碰撞亦應下車處理或致歉，並檢視雙方人員及車輛損傷狀況。

In the occurrence of a traffic accident, immediately stop the vehicle and remain calm. Even if the damage is minor, get off the vehicle to take care of it or apologize. Inspect both parties and the situation of both vehicles.

b. 保留現場，以利采證：

Remain on site for ease in collecting evidence:

為了保障自身權益，可將現場以手機照相存證，切勿為了維持交通順暢或搶救傷患而將車輛移至路邊或離開現場。

To protect your rights, take photos of the accident site as evidence. Do not move your vehicle from the original accident site at all cost.

c. 人員傷亡，送醫急救：

Occurrence of injury or fatality, send for immediate help:

發生人員傷亡時，速打 119 請求消防單位派救護車前來送醫急救。

勿使用肇事車輛移送傷患，若患者受傷嚴重在救護車未到達前，視情況可先做緊急措施，交通不便地區可求助路過車輛或附近居民支持。

In the occurrence of injury, , call 119 to get firefighters to send forward ambulances. Do not use the vehicle involved in the accident to transport the injured. While the ambulance has not arrived, it is alright to perform emergency first aid if the injury is serious. In places with no convenient transport, you may ask for help from passing vehicles or neighboring people.

d. 報警處理，確認姓名：

Report to the police and confirm names:

立即撥打 110 報警處理，核對車禍現場圖、筆錄，檢查無誤才確認簽名，並瞭解處理員警姓名、隸屬單位。

Immediately call 110 to contact the police to handle the situation. Carefully inspect the photos of the scene and notes recorded. Sign your name only if all is correct. Take note of the name and department of police officer in charge.

車禍現場圖及音訊筆錄為事後肇事責任歸屬、訴訟及申請保險理賠之重要參考依據，不可不慎。

Photos of the scene as well as audio and written recordings are essential in making insurance reports.

e. 尋找現場，目擊證人：

Find eye witnesses:

尋找現場目擊證人，留下聯絡方式或記下其車號，以作為未來必要時之佐證人。

Find eye witnesses and leave contact information or record other vehicle number plates to act as witnesses in times of need.

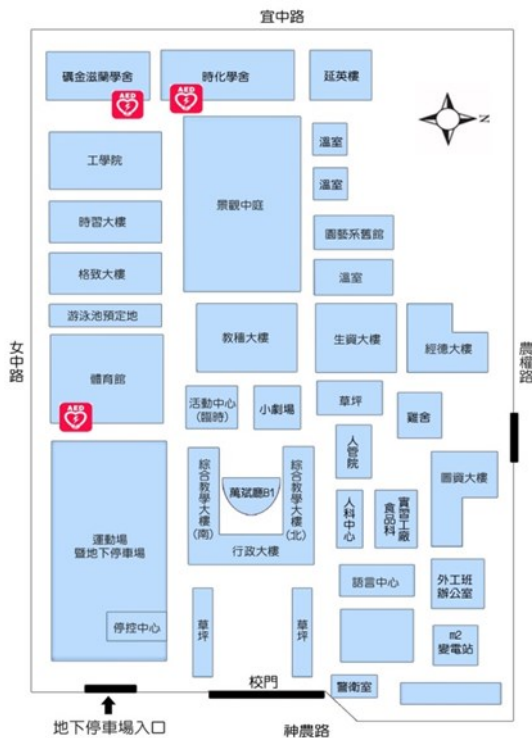
f. 保險報案，申請理賠：

Report to the police and apply for insurance claim:

車禍事故發生時，除自願負責損失外，請勿私下與對方和解致喪失保險理賠請求權。

Do not settle insurance matters on your own.

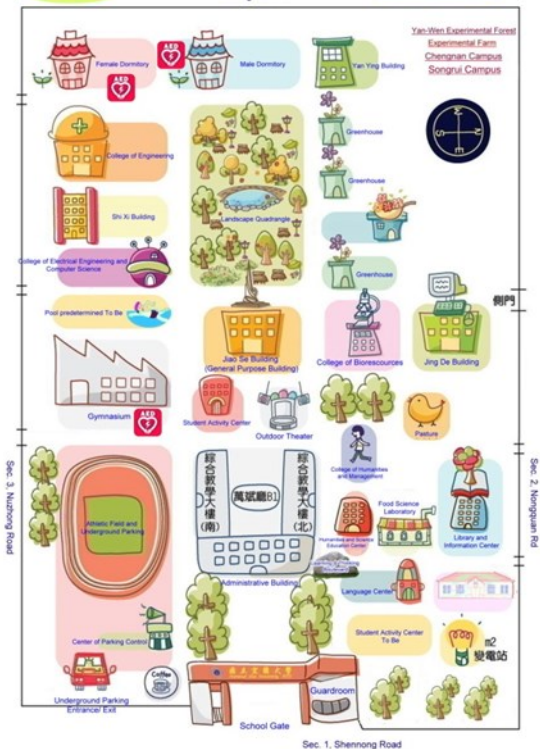
VIII. 校園地圖 School Map



正體中文

Yizhong Rd

satellite image



研修生應注意事項

Note for exchange & self-financed students

I. 報到 Registration

1. 報到須知(入台前) Preparation

A. 抵達台灣前 Before Arriving Taiwan :

本校國際志工將會提供連絡資訊，以便後續提供生活諮詢，請各位同學們不吝與志工們連繫。

The contact information of volunteers and students will be mutually given for the convenience of contacting. Volunteers are available all the way to help students adapt to their new life in NIU. Therefore, feel free to consult them when faced with any problems.

B. 航班資訊回覆 Flight Information Reply :

我們需要統整各位抵達台灣的日期及時間，以便安排宿舍床位及接機相關事宜。

Students have to e-mail flight information to sjh@niu.edu.tw **before July 20th** in order for us to arrange airport pick-up and dormitory.

C. 接機服務 Airport Pick-up :

本中心將提供接機服務，請同學們於指定日期及時間抵達機場，我們將派員及車輛前往接機。

OIA will arrange airport pick-up in the appointed date and time.

2. 報到須知(入台後) Admission

A. 抵達台灣後 After Arriving Taiwan

請各位同學抵達宜大後，志工們會帶領你們至宿舍辦理入住並購買日常用品。

Once arriving NIU, the volunteer will take you directly to the dorm for check-in first and purchase daily essentials.

B. 繳費 Fee-paying

根據兩校交流合約規定繳交或免繳學雜費。

Tuition and fees' will be based on the regulation of the agreement between your university and NIU.

所有的學生們一概需要繳納宿舍費新台幣 9,500 元，請至出納組以現金繳費，恕不接受刷卡。

All students need to go Cashier Division (Administrative Building 2nd floor) and pay off the dormitory fee NT9,500 dollars by cash.

大陸地區學生將另收取新台幣 615 元入台證代辦費。

本校要求學生們於抵台後購買醫療保險。保險費用為新台幣 2,500/學期(新台幣 500 元/月)。

You are required to purchase medical insurance for the studying in Taiwan. Medical insurance will be NT2,500/semester(NT500/month).

本中心將會協助辦理手機預付卡。

We will help students to buy cellphone prepaid card.

II. 課程 Course

1. 修課規定 Course Regulation

- A. 若原屬學校無最低修課要求，大學部學生按本校規定至少選修 2 門課程，且其中 1 門須為系上的專業課程，而外籍學生則另需必修一門華語課程。

For undergraduate student, at least two courses are required and one of these two must belong to your own department. Overseas students need to take one Chinese course.

- B. 學生可跨學院、系所、年級選課，僅需授課老師簽名同意即可。

With the agreement and signature from the instructor, students can choose any course across departments, grades and colleges.

即使在原學校已修滿畢業學分，於本校研修期間仍需依上述規定選修課程。

Even though you have completed all the required credits in your own school, you have to follow the course regulation above when studying in NIU.

如未完成任何學分，將不頒發修業證明。

Please be advised, students will not receive the certificate if he or she has not gain any credit at NIU .

2. 選課須知 Course Selection

請至教務處線上選課系統選課。若有任何課程及選課相關問題，請直接與系所聯繫。

Please complete courses on-line system If you have any other further questions related to course, please ask your own department.