

## Chapter 15

# Sports for All

*The popularization of “Sports for All” begins with physical education in schools. Through the construction of sports facilities and centers, exercise can be made more accessible to citizens. The policy of building local public sports centers represents community acceptance of sports and recreation. Supporting community service initiatives provide improved access to women, the elderly and the handicapped. Apart from the above, citizens are encouraged to participate in organized health-related events. By hosting large-scale international competitions, Taipei is expanding its horizons to encompass the rest of the world.*



## Chapter 15 | Sports for All

*The commissioning of the Taipei Arena symbolized Taipei's ascent onto the international stage in sports facilities and competitive sports. At the same time, the construction and commissioning of Citizen Sports Centers in the Zhongshan, Beitou, Zhongzheng and NanKang administrative regions in succession indicate community acceptance of the "Sports for All" concept. These centers create a safe and high-quality sporting environment for all residents of Taipei City. For Taipei's residents, the benefits in health and fitness fulfill two of the basic conditions for happiness.*

*Sports are a driving force behind progress in Taipei. It is the goal of Taipei City to build a "Healthy City". By realizing the "Exercise for All" concept in every aspect of the city, citizen health can be improved, reducing the demand for National Health Insurance. This will result in improved average life spans and quality of life for all citizens.*

---

### Part 1 Promoting Exercise for All

As the saying goes, "Individual fitness equals national competitiveness". The popularity of sports is therefore an indicator of a nation's or society's vitality. With the coming of the 21st Century, Taiwanese society is now faced with all kinds of trials and challenges. This makes the task of maintaining the physical and mental health of the Taiwanese population increasingly important. Research shows that the Taiwanese people as a whole do not exercise enough. The fact that the Taiwanese people are not in the habit of exercising regularly has to led a downward trend in their health and fitness. The Taipei City Government has therefore made the promotion of "Sports for All" one of its key policies. In the future, the government hopes that sports can become a part of Taipei City residents' everyday life with everyone enjoying sports and places to exercise everywhere.

#### 1. Expanding Life Sports and Increasing Citizen Participation

The implementation of Sports for All is now an international trend. In practice, it involves senior citizens, women, the handicapped and the less athletically inclined. Providing everyone with the appropriate types of exercise along with a safe and comfortable exercise environment to satisfy physical and mental fitness needs is an important task for the Taipei City Government in its effort to encourage the development of sports at the grassroots level. The government is therefore actively advising Taipei City's sports organizations on hosting recreational Sports for All activities to expand citizen participation and encourage citizens to get into the habit of regular exercise. Through a visionary strategy, taking proactive measures and thorough planning, we will help improve the health, fitness and quality of life for citizens. By making sports in Taipei City popular, international and a part of everyday life, we can build a modern healthy city.



● ING Taipei International Marathon

### (1) Hosting of the Exercise and Health Campaign

In 2000, Taipei City revamped the “Sports Season” event planning and upgraded it to become the “Exercise and Health Campaign.” Starting with 35 sporting events a year with around 50,000 participants, by 2006 the campaign had grown to cover 1,259 events and 2.32 million people. The number of events and participants has not only grown by leaps and bounds over the years but so has the variety, with activities to suit people of all genders and ages. With the opening of sports centers in Zhongshan, Beitou, Zhongzheng and Nangang as part of Taipei City Government’s community service policy, these centers have hosted a wide range of recreational and health workshops. These help to bring sports and recreation to the community by providing better and more accessible services. The result is not only an increase in quantity but also an increase in the quality of service across the board.

### (2) Brisk Walking

Medical studies have shown that walking 5,000 steps every day helps eliminate back pain and prevent cardiovascular diseases. Walking 10,000 steps every day not only increases cardiovascular fitness but also stretches the muscles. Brisk walking is an excellent exercise that offers many benefits, including the prevention of strokes and cardiovascular diseases, the improvement of energy levels and relief of stress. To encourage the public to take up walking on a daily basis as a form of exercise, the promotion of brisk walking will continue in 2006 with city office workers, senior citizens and families all encouraged to join in.

In 2006 Taipei City’s riverside brisk walking campaign adopted the theme of “Million Walker Club—10,000 Steps a Day Keeps the Doctor Away”. During the campaign, brisk walking events were held along the Xindian River (Dadaocheng Riverside Park) on May 20th, along the Danshui River (Guandu Riverside Natural Park) on June 24th, in the Daan Forest Park on August 12th, along the Keelung River (Dajia Riverside Park) on September 23rd and along the Jingmei River (Daonan Riverside Park) on November 4th. These events attracted many enthusiastic participants.

### (3) Citizens’ Mountain Hiking Day Activities

In 2006 the Taipei Citizens’ Mountain Hiking Day was held on September 9th at twelve of Taipei City’s mountain hiking trails. This year the 12 routes were: Jhongyi Mountain, Jyunjiianyan, Tianmu Historic Trail, Pingding Ancient Chanal, Jiantan Mountain, Zhongyong Mountain, Liyu Mountain, Bailusih Mountain, Mingjyu Mountain, Kangle Mountain, Lishan Bridge Mountain, Tiger Mountain, Elephant Mountain, Sianjhi Rock and the Jhinan Temple Maokong mountain trails. The enthusiastic response saw a total of 20,000 people take to the 12 mountain trails for the Mountain Hiking Day.

### (4) District Recreational Games and Road Runs

Taipei City began organizing the “Health and Vitality, Energizing Taipei” series of road runs in 2000. In 2001 citizens’ recreational games were held in each district and in 2002 the city began holding the “Public Recreational Games” once every two years to promote the grassroots development of sports. In 2006 a total of 21,000 people participated in the district games while 18,500 people participated in the district road runs.

### (5) 2006 Public Recreational Games

On July 8th the public recreational games open to citizens and the city’s public servants were held at the Taipei Arena, Taipei Gymnasium, Taipei Track & Field Stadium, the Taipei Tennis Court as well as the Taipei Physical Education College’s swimming pool and outdoor basketball courts.

The competition categories included: A. Public Service Fun Games: “Basketball Hoop Shooting”, “9-Square Baseball Pitch” and “9-Square Soccer Goal Shooting” demonstrations. B. Fun Games: “Hula Hoops”, “Ten-people Eleven-legs”, “Wheel of Time Rolling”, “Men and Women’s Tandem Skipping Relay” and “Basketball Hoop Shooting”. C. Competitive Games: 50 people plus cheerleading squads, 3-on-3 basketball, tennis, badminton, table tennis and swimming. The event attracted 7,500 competitors and in total over 11,000 people participated.

#### (6) Women’s Games

The 2006 Taipei Women’s Sports Carnival was held on May 6th with the Taipei Gymnasium, Taipei Track & Field Stadium and Taipei Tennis Court as its venues. Well-known women in Taiwan such as the China Youth Corps’ chairwoman Li Jhong-qui, the great female athlete Ji Jheng and world target shooting champion Ms. Lin Yi-jiyun were invited to attend the opening ceremony. The popular entertainer Tian Sin was also invited to be the event’s spokesperson.

The opening ceremony featured all kinds of exciting performances, such as spokesperson Tian Sin’s aerobics, community mothers’ Yuanji and Round Dances, kindergarten children’s cute fitness exercise routines, young people’s energetic street dancing and cheerleading performances.

The competition categories included competitive sports such as badminton, tennis and 3-on-3 basketball. French bowling, T-ball, 9-square games and specially designed family challenges were also featured to help parents and children bond together. Exercise and health pavilions were set up on the day to provide women with many kinds of health-related information. A total of 8,000 people were involved in the performances, the competitions and the games.

#### (7) Senior Games

The 2006 Taipei Senior Games were held on October 21st with the Taipei Gymnasium, Taipei Track & Field Stadium, Taipei Tennis Courts and the Taipei Physical Education College Swimming Pool as its venues. Competition categories included: A. Competitive Categories: Triathlon, Jogging, Brisk Walking, Swimming, Table Tennis, Badminton, Tennis, Basketball, Cricket, Croquet and Ground Golf. B. Recreational Categories: Singing, Chinese Chess, Mahjong and Photography. A total of 3,028 people competed and around 10,000 people were involved in the event.

#### (8) Taipei 100 Cycle Tour

To provide the residents of Taipei County with a recreational lifestyle and promote City-County cooperation, the Taipei City Government has been actively promoting cycling. To expand awareness of Taipei County’s cycling paths and riverside scenery, the “Taipei 100 Cycle Tour” was held on August 19th 2006. Starting at the Dajia Riverside Park in Taipei City and finishing at the Danshui MRT Station, the route brought together the cycling paths in Taipei City and Taipei County. On that day around 6,000 people from Taipei City and Taipei County participated in the ride.

#### (9) Handicapped Citizens’ Games

The 2006 Handicapped Citizens’ Games were held from September 29th to 30th with the



● Taipei 100 Cycle Tour

Taipei Gymnasium, Taipei Track & Field Stadium, Taipei Physical Education College Gymnasium and the Taipei Municipal Dun-hua Junior High School Swimming Pool as its venues. Competition categories included: A. Competitive Categories: Swimming, Track & Field, Table Tennis, Badminton and Basketball. B. Fun Games: Basketball Hoop Shooting, “Obstacle Course”, “Facial Messages”, “The Sweeps”, “Joy from Above”, “Happy Bumping”, “Emergency Firefighters”, “Ribbon Ball Relays”, “Mutual Cooperation”, “Dribbling”, “Frisbee Throwing” and “Step by Step”. Competition Divisions: Physically Handicapped, Mentally Handicapped, Hearing Handicapped, Visually Handicapped and Facially Injured. 1000 competitors participated in the Games and a total of 1,300 people were involved.



● Riverside Cycling Path

#### (10) Counseling for Community Sports Organizations to Promote the Grassroots Development of Sports

The Taipei Sports Office provides counseling to community groups, the Taipei Municipal Athletic Federation and the sport associations for individual sports. Combining government and community resources to organize a wide range of activities helps the development of sports in the community and for all city residents. Assistance to the sports groups has expanded the sporting population and increased the proportion of citizens involved in regular exercise. This has proven to be effective in encouraging Taipei City residents to take up exercising. Apart from the above, the Taipei Sports Office is also actively involved in the counseling of sports clubs and fitness centers to resolve consumer disputes, as these are a part of the City Government’s responsibility and mission. Sports funding has also been increased each year to encourage residents to exercise. We have also worked with community groups and drawn upon social resources to organize national sporting events. This promotes interaction and friendship between the county and city sports fraternity.

## 2. Hosting of International Events

Over 20 international sports events were hosted in 2006, including the AFC Asian Cup, the International Dragon Boat Championships 2006 Taipei and the Taipei International Marathon. These promoted international sports exchanges, fostered friendship among countries, improved the technical standards of sports and drew the interest of residents as both participants and audience.

### (1) Tour de Taiwan—Taipei Stage

The 7th stage of the Tour de Taiwan was held on March 11th, 2006 on the roads around the Taipei City Government. The hosting of the competition combined sports with tourism as nearly 100 riders from 18 teams participating whose member nations came from around the world, such as Japan, Northern Ireland, Indonesia, Poland, the United States, Hong Kong, Thailand, the Netherlands, Slovakia and Germany. In all, around 1000 people were involved in the event. Before the start of the official competition the Celebrity Race and the Citizen Elite Challenge were also held

so residents could participate. The hosting of the Tour de Taiwan helped to boost the standards of cycling in Taipei City and display the city's culture and scenery. Broadcasting by the international media also helped to increase Taipei City's visibility and international status.

### (2) The NIKE International Taipei Expressway Marathon

On March 19th, 2006 at 6a.m. the marathon kicked off at five sections of the Sun Yat-sen Freeway and Sijhih Viaduct. Nearly 10,000 competitors braved the sun to enjoy the thrill of road running. On that day, the categories open to competitors were the marathon, half-marathon, and the 10km and 5km group championships. The International Taipei Expressway Marathon is the only competition in Taiwan held on an expressway. The sight of nearly ten thousand competitors showing up just after dawn on the 19th was impressive to behold.

Foreign runners participating in the marathon included defending champion Mana from Kenya, Urika from Poland, Hu Xiu-ying from Inner Mongolia, Jidis from Brazil, Kariuki from Kenya and Nechaev from Russia. They were up against Taiwan's own international ultra-marathon legend Kevin Lin as well as top Taiwanese marathon runners Wu Wun-cian, Jiang Cing-ji, Jheng Zih-jian and Cai Cing-jhou. Together they launched Taipei's first marathon carnival in the new spring. In the end, foreign runners took the top three places in both the men and the women's divisions. Turbo Tumo Tuko from Ethiopia won the men's marathon and Hu Xiu-ying from China won the women's marathon.

### (3) AFC Asian Cup Group B Qualifying Matches

The qualifiers were held on March 1st, August 16th and October 11th at the Taipei Zhongshan Soccer Stadium and the Taipei Track & Field Stadium. As the matches involved top Asian soccer nations playing in Taiwan, the Sports Affair Council, Executive Yuan, the Taipei City Government and the Chinese Taipei Football Association all worked closely together to promote the event.

Group B nations included Taiwan, Syria, Korea and Iran, all competing for a place at the AFC Asian Cup finals. Though Taiwan ended up in last place in its group, the matches showed that Taiwan has come a long way in the sport of soccer in recent years. The coaches of other national teams also congratulated the performance of Taiwanese players after the matches.

### (4) Amway WPA World Women's 9-Ball Championships

Held from March 1st to 5th, 2006 at the Taipei Gymnasium, the event saw a total of 48 international players compete in a dazzling show of pool shooting skills. In a very close match,



● Chow Wah-kin was invited to participate in Taipei 100 Cycle Tour ● Taipei 100 Cycle Tour—Warm Up Activities

Korea's Kim Ga-young demonstrated outstanding precision to defeat Liu Sin-mei from Taiwan by a score of 11 to 8 to win the championship.

#### (5)The Taipei International Dragon Boat Championships

The Taipei Dragon Boat Festival was held May 26th to 28th, 2006 at the Dajia Riverside Park. A total of 136 teams registered for the championships, representing 5,000 contestants. During the festival the Dajia Riverside Park became a mini world expo with people gathered there from all around the world. Apart from the international dragon boat races, various and varied carnival stalls were also set up, drawing entire families to come watch the races and relax by the river.

In concert with the "Joining WHO Healthy City Policy" to create an environment where "Life is Beautiful in Healthy Taipei", the 2006 International Dragon Boat Championship was expanded to turn the Keelung River into one big fun fair where residents could also enjoy a rich cultural banquet. The dragon boat races provided the highlight of the Dragon Boat Festival. In watching teams from all around the world compete against each other, Taipei's residents gained an insight into the essence of dragon boat racing and the cultural heritage behind the Dragon Boat Festival. During the 3-day event the teams formed by elite international athletes gave a perfect performance on the Keelung River. As the event drew to a close, all the participants bid reluctant farewells and promised to meet here again by the river in 2007.

#### (6)Chinese Taipei Open Table Tennis Tournament

A total of 164 athletes from 20 nations competed in the 2006 Chinese Taipei Open Table Tennis Tournament held June 8th to 11th, 2006. Though Taiwanese players did not fare well during the hard-fought tournament their perseverance against the odds was still worthy of applause. In organizing this competitive event Taipei City hopes that the people of Taipei City become interested in table tennis as a sport and encourage the trend of sports for all.

#### (7)Taipei Women's Volleyball Competition

Held August 25th to 27th, 2006 at the Taipei Physical Education College Gymnasium, the competition invited 4 of the world's top 12 teams to play in Taiwan. Coming from Italy, Cuba, Azerbaijan and Thailand, the teams totaled over a hundred people including players and supporting staff. Practically every match played to sell-out crowds and the Cuba team won the crown for the Taipei stage.

#### (8)Taipei Rowing Championships

The 2006 Taipei Rowing Championships was held at the Dajia Riverside Park September 22th to 24th. In holding the rowing championships, Taipei City hoped to make the most of the existing infrastructure through the promotion of water sports, increasing sporting standards and improving the health of residents. A total of 40 teams registered for



● ING Taipei International Marathon

the competition, including 6 foreign teams from Australia, China's Nanjing City and Hong Kong, among others. The total number of participants including competitors and the audience exceeded 8,000 people.

#### (9) The International Skating Union Junior Grand Prix of Figure Skating

The ISU Junior Grand Prix of Figure Skating was held at the Taipei Arena between October 12th to 24th, 2006. This was the first time that the Taipei Arena had hosted a skating sport championship. A total of 7 Olympic member nations and regional associations from Asia and the Asia-Pacific region participated in the Grand Prix. With the opening of the Taipei Arena in 2005, Taipei now offers modern skating facilities and a central geographic location in Asia. The holding of the international figure skating competition has allowed Taipei City to join the ranks of Asia's top international competitive skating cities alongside Tokyo, Beijing and Seoul.

#### (10) ING Taipei International Marathon

By setting a new record of 110,000 participants, this event has now come to be the world's largest city marathon. In terms of community participation it has even surpassed the world-renowned New York Marathon. This year's competition categories included the Full Marathon, Half-Marathon, Road Run, Police and Firefighters, the 12 Administrative Districts, Children and the Fun Run. The Children's category was also expanded to include a range of fun activities and public welfare initiatives. Other activities organized on the day included the Fun Marathon Game Zone, drawing competition and photography competition. The mayor's bonus prizes were awarded to record breakers.



● ING Taipei International Marathon continues to set new records in the number of entries

The number of registered competitors in 2006 marked an increase of 5000 from 2005 with a total of 21,100 people registered in the competitive categories. These were broken down into 2,100 for the full marathon, 6,500 for the half-marathon and 12,500 for the 9km division. As for foreign contestants, a total of 10 foreign runners (4 women, 6 men) were invited. The best personal record came from Luke Kibet of Kenya with a time of 2 hours 11 minutes and 5 minutes. The very competitive performance put in by the marathon champions from around the world made this a very exciting race to watch.

#### (11) Taipei International AA Baseball Invitational Tournament

The tournament was held from December 24th to 27th, 2006. A total of 16 teams competed in the tournament, including overseas teams (Japan's Nagoya, Japan's Gifu, South Korea, Hong Kong and 11 local Taiwanese teams. The final championship game was held in the afternoon of the 27th with Taoyuan County's Sinming Junior High School pitted against Taipei City's Dali Junior High School. Strong batting from Sinming saw them take the tournament with a 5-4 win. The top four places went to the following teams in the following order: Sinming Junior High School from Taoyuan County, Dali Junior High School from Taipei City, Daren Junior High School from Kaohsiung County and Ciaotou Junior High School of Kaohsiung County. For individual player awards, the batting award went to Syu Ji-hong. The pitching award went to Gao Yao-yo. The runs-batted-in award went to Syu Ji-hong again with Huang Sheng-wun taking home the homerun award. Chang Cang-bin of Taoyuan County's Sinming Junior High School received the coaching award.

### 3. Delivering Holistic Education Through School Physical Education

Physical education is an important part of education. The goal of holistic education can only be achieved with a sound mind in a healthy body. Physical education at school can cultivate the habit of exercising among students, resulting in balanced physical and mental development. There is no doubt that physical education at school is the best place to build new citizens ready for the challenges of the 21st Century and it is also the best place to build up our nation's sporting prowess. Taipei City's major initiatives for the promotion of school sports include the following:

#### (1) Promotion of Swimming at the Elementary and Junior High School Level

In 2005 the number of Taipei City schools at all levels that had a swimming education program in place exceeded 98%. In schools with a swimming pool the implementation rate reached 100% while schools without a swimming pool managed a 95% implementation rate as well. This makes Taipei City Taiwan's leading region when it comes to the implementation of swimming programs. Each and every year Taiwan's elementary and junior high schools carry out a swimming assessment test on graduating students between March and June. In 2005 the swimming assessment test was carried



● Swimming education is an important initiative being promoted at Taipei City's elementary and junior high schools

out at 93.17% of schools. The 2006 swimming assessment test results showed a pass rate of 81.28% for elementary schools, 67.79% for junior high schools and 54.07% for the senior high and vocational schools. The overall pass rate was 67.94%, once again the best in Taiwan. Other initiatives such as swimming pool resource sharing, summer swimming camps and swimming instructor training programs have all delivered excellent results.

### (2) Promoting International Sporting Exchange Activities

To popularize Taiwan's folk sports and promote international exchanges, Taipei City organizes the Taipei City Youth Folk Sports Delegation every year to visit our sister cities across the world. The visits and performances not only serve as a channel to our overseas compatriots and a gesture of goodwill to our neighbors but also promote cultural and educational exchanges between Taiwan and other countries. From July 11th to 24th, 2006 the delegation traveled to Guatemala, San Jose, El Salvador, Los Angeles and San Francisco where they gave local performances. Taipei City also organizes teams for the International Children's Games. The Taipei City Department of Education organized the first exchange team in 2001 and to increase Taipei City's international visibility, volunteered in 2002 to become the host city of the International Children's Games. In 2006 the Games were held at Bangkok in Taiwan, where Taipei City won 6 gold, 1 silver and 2 bronze medals. This was quite an outstanding performance that saw us place 5th out of the 83 participating cities.

### (3) Promotion of Five-a-side Football

Apart from organizing the 2004 Futsal World Cup and setting up a soccer education website, Taipei City has also actively encouraged schools to set up five-a-side soccer classes, arrange for inter-school soccer matches and teachers' workshops. Futsal education and competitions have also been stepped up to include winter, summer and 2-day soccer fun camps. A survey was conducted on September 20th, 2006 covering soccer teams based on after-school clubs and talent classes. From the schools' responses, there were 129 soccer teams from among 42 elementary schools and 32 soccer teams from among 15 junior high/senior high/vocational schools. These results showed that soccer is now a fashionable new sport on school campuses.

## Part 2 Comprehensive Sports and Recreational Facilities

The governments of advanced nations such as those of Europe, the United States and Japan, have always placed great emphasis on policies that have served to improve the quality of sports, recreation and life as well as individual fitness. The development of a sports policy does not involve just the promotion and subsidization of sporting events. It is even more important to encourage individuals to develop the habit of involving themselves in sports and recreational activities. With the healthy lifestyle of all citizens as its goal, the government is developing policies that enable the sports and exercise industries to provide a greater range of social benefits. To create a sports and recreational industry that is up to such a task requires the construction of a sound infrastructure. In this role gymnasiums can be considered the bastion of the Sports for All concept; therefore, it has been one of the government's missions to provide sufficient sports and recreational facilities for the public. The design of the sports facilities must take into account the variety of sporting formats and the age range of users. This will provide the public with health-supporting facilities by helping to make the promotion of sports more comprehensive and by satisfying the various sporting needs of the public.

## 1. Construction of Public Sports Facilities

To “Build a Healthy City”, cultivate in citizens the habit of life-long exercise, and realize the objectives of “Exercise anywhere” and “Everyone loves to exercise”, Taipei’s 12 administrative regions are now progressively planning and building sports centers. These provide citizens with sports and recreational facilities in their own neighborhood. By becoming a part of their everyday lives and promoting regular exercise, this effort will accomplish the goal of “Sports for All”. To emphasize the uniqueness of each district, the management at each sports center is also introducing features of their district’s environment and culture to the facility in order to create a sports and recreational space that truly belongs to the local community.

The Zhongshan and Beitou Sports Centers are now running smoothly and continuing to draw increasing numbers of the local sporting populations to stimulate neighborhood sports and recreational



● Exterior of the Nangang Sports Center



● Flamenco Dance Performance for the 2006 Anniversary of Zhongshan Sports Center



● The archery range of the Nangang Sports Center



● Exterior of the Zhongzheng Sports Center

activities. The Zhongzheng and Nangang Sports Centers were opened on October 7th and December 1st, 2006, respectively. The two facilities offer an even wider range of the latest sporting facilities such as a scuba diving pool, an archery range, and golf and martial arts classrooms. The two centers have also received the Green Mark for architecture. The use of natural lighting and an advanced air-conditioning system are an application of green design and create a comfortable environment. Excess water from the swimming pool and the hydrotherapy spa is recycled, ensuring full utilization of water and energy resources. The operations of the Zhongshan, Beitou, Zhongzheng and Nangang Sports Centers are now all contracted out to the private sector. The goal is to inject the vitality of the private enterprise into these centers with the public and private sectors working together to achieve policy objectives. There are also a eight more sports centers currently under construction. Their progress is as shown below:

### Taipei's Sports Centers

Number	Name	Start of Construction	Planned Completion Date
1	Wanhua Sports Center	September 1st 2005	January 2007
2	Shilin Sports Center	October 20th 2005	April 2007
3	Neihu Sports Center	March 1st 2006	December 2007
4	Datong Sports Center	April 19th 2006	January 2008
5	Xinyi Sports Center	March 2nd 2005	July 2008
6	Wenshan Sports Center	November 14th 2006	September 2008
7	Songshan Sports Center	November 28th 2006	October 2008
8	Daan Sports Center	December 18th 2006	June 2008



● Badminton court in the sports center

● The second generation new equipment in the sports center

## 2. Implementing the Taipei City Riverside Sporting and Recreational Facilities Value-Adding Project

Special purpose zones have been created based on the nature of nearby sporting facilities and they have been integrated with the riverside to build all-purpose facilities that meet the public's needs in the most complete and effective manner. Progress in 2006:

- (1) Construction of an activity center warehouse and showers for the Dajia section of the Keelung River.
- (2) Night-time lighting system for the baseball fields, softball fields and skating rinks at the Yingfeng section of the Keelung River.
- (3) Construction of a skating rink at the Meiti section of the Keelung River.
- (4) The setting up of removable netting for the Yingfeng softball field and Meiti softball field on the Keelung River.

## 3. Enhancing the Effective Utilization of Sporting Facilities

To prevent sporting resources from going unused, relevant regulations and incentives have been defined to encourage service quality upgrades to the software/hardware of city gymnasiums and local sporting facilities. We also organize sports facility planning and design lectures to help improve the environment of the city's sporting facilities, the professionalism of facility staff and the functional quality of the equipment. To make more effective use of the site, the Taipei Track & Field Stadium was demolished and rebuilt. For 2006, facilities operated by the Taipei Sports Office were used a total of 12.35 million times. Of these 680,000 were from the Taipei Arena and over 1.31 million from the Taipei Gymnasium. The newly built Zhongzheng Sports Center has been in use for just 3 months and it has already attracted 290,000 visitors. The Nangang Sports Center, after just one month of operation, was used by 33,000 visitors. High quality sports and recreational facilities are also available to the general public at the Zhongshan Soccer Stadium, Pailing Sport Park, Tianmu Sport Park, the Beitou Sports Center and Zhongshan Sports Center. The construction of sporting facilities will continue in the future to make exercise a part of everyday life and increase the public's participation in sports. Through the nurturing of physical and mental health, we hope to create a fit society where exercise and lifestyle go hand in hand.



● The Nangang Sports Center and the local community

Sports and exercise now play an increasingly significant role in developed nations with governments all investing a great deal of manpower and resources in their development. Together with active private-sector participation these efforts have made them an important part of everyday life. By promoting awareness and the taking up of exercise, the public can enjoy improved lifestyles and fitness. Taipei City's sports policy starts by looking at the sports and recreational facilities and environments in the everyday lives of its citizens. Apart from making effective use of existing sports facilities such as the Taipei Arena as well as the Zhongshan, Beitou, Zhongzheng and Nangang Sports Centers, the city is also proceeding with plans to build the Taipei Dome, the Taipei Track & Field Stadium and other district public sports centers. It is the city's goal to provide its citizens with even better access to exercise resources in the future. For the varied exercise requirements among the public as a whole, the city is also systematically organizing a series of health-



● An indoor golf range inside the sports center



● Fitness Class—Yoga



- Taipei Arena is a multi-purpose venue

related events. Since the Taipei City Government established the Sports Office in 2004 we have worked effectively in sports administration to help residents develop sports organizations. These have enabled citizens to participate in sports in a systematic and regular manner, increasing, at the same time, the overall sporting population. We have also worked to protect the rights of disadvantaged groups by devising a range of benefits for seniors, women and the handicapped. By upholding a spirit of constant innovation and vigorously implementing sports-related policies, we hope to make Taipei City more energetic and vibrant, and our residents happier and healthier. This will generate the vitality and potential that a modern international city should possess.



- Mascot of the 21st Summer Deaflympics Taipei 2009 – Flying Frog