



Chapter 15

Exercise for All

The completion and opening of the Taipei Arena is an important milestone in the internationalization of Taipei City's athletic facilities and competition events. Moreover, the continued construction and completion of sports centers in the 12 districts represent our efforts in popularizing the "Exercise for all" spirit and making exercise programs available in all communities. Constructing a safe and high-quality sports environment for the public in Taipei and helping them enjoy being healthy and having increased energy is the first step for the public to enjoy happiness.

全民運動

“Exercise” can drive Taipei’s energy. In working towards being a healthy city, the Taipei City Government aims to reduce the number of times each citizen uses his or her health insurance card through the actualization of the “exercise for all” program since exercise helps increase the public’s average life span as well as their quality of life.

I Promotion of Exercise for All

As the saying goes, “individual fitness equals national competitiveness.” The popularity of sports is closely bound up with national and social development. Stepping into the 21st Century, Taiwan is constantly facing all types of challenges and tests; therefore, helping our citizens maintain physical fitness has become increasingly important. According to surveys, most people in Taiwan do not exercise enough, and their physical capabilities and fitness are showing signs of weakening. The main cause behind this is that people lack the habit of regular exercise. To address this issue, the Taipei City Government spares no effort in the promotion of “exercise for all”, with the purpose of making exercise a part of Taipei citizens’ lives, encouraging everyone to enjoy exercise, and making it convenient for everyone to have the opportunity to exercise.

1. Promotion of Daily Exercise

It is universally recognized that participating in sports is a fundamental human right. It is important for us to provide seniors, women, people with disabilities, and people with limited sports capabilities with suitable activities and a comfortable and safe sports environment. These will provide them with ample opportunities for exercise and satisfy their exercise needs. We are also actively assisting sports groups in Taipei in conducting popular sports activities, increasing the number of participants, increasing the number of people who exercise regularly,



2005 Public Recreational Games.



Taipei Riverside Brisk Walking-Guandu Stop.

promoting the development of “exercise for all,” helping the public develop the habit of exercising regularly, improving the public’s fitness level, and facilitating the public’s good health. We aim to use effective strategies, enthusiasm, and practical planning to help the public increase their fitness level and quality of life, internationalize sports yet make it enjoyable to the public in their daily lives, and turn Taipei City into a modern healthy city.

(1) Holding a Series of Exercise & Health Events

Since 2000, Taipei City has been organizing “Sports Season” activities into an annual series of “Exercise & Health” events. The original plan of having 35 different sports with about 50,000

participants has been increased to having 1,154 different sports with about 1.7 million participants in 2005. The number of sporting events has increased by 30 times, whereas the number of potential participants has increased by 34 times, covering people of all genders and ages.

(2) Brisk Walking

Medical studies have shown that walking 5,000 steps per day regularly can eliminate back pain and prevent cardiovascular diseases (CVD). Walking 10,000 steps per day on a regular basis not only increases one’s lung capacity but also stretches muscle. Brisk walking is a very good exercise that not only prevents stroke and CVD but also makes one feel energetic and relieves stress. In order to encourage the public to exercise by the means of walking, we added the brisk-walking event in 2005. Events such as New Year Brisk Walking held on New Year’s Day, Guandu Temple Riverside Brisk Walking on Mar. 30th, Dadaoheng Riverside Park Brisk Walking on June 4th, Dajia Riverside Brisk Walking on Sep. 24th, and Jingmei Riverside Brisk Walking on Oct. 30th have attracted many enthusiastic participants.

(3) 813 Taipei Daytrip Mountain Activities

To build a healthy city and advertise the 20 recreational mountain routes developed by Taipei City, the “813 Taipei Daytrip Mountain Rally Event” was held jointly by the Taipei City Government and La New Co. on Aug. 13th, 2005 simultaneously in Taipei at the Mt. Elephant Nature Trail, the Battleship Rock Nature Trail, and the Chinan Tea Route Nature Trail. More than 16,000 hiking enthusiasts from all over Taiwan participated.

(4) Regional Recreational Activities

20,800 people participated in regional games in all regions in 2005 and 26,625 participated in regional running events. To extend regional recreational sporting and running events, we added regional hiking events that use the following routes: Datong District-Xianji Rock, Zhongshan District-Mt. Jiantan, Beitou District-Battleship Rock, Shilin District-Tianmu Ancient Trail, Neihu District-Dagou River Water Park, Zhongzhen District-Mt. Jiantan, Wanhua District-Tianmu Ancient Trail, Songshan District-Hushan, Nangang District-Mt. Nangang, Xinyi District-Mt. Elephant, Daan District-Dalun Head and Tail Mountain, Wenshan District-Chinan Tea Route. A total of 7,850 people participated.

(5) 2005 Public Recreational Games

The 2005 Public Recreational Games opened at the Taipei Arena, the Taipei Gymnasium, the Taipei Track & Field Stadium, and the Taipei Basketball Stadium on Nov. 19th. The events included:

- A. Fun games: 5,000-meter brisk walking, “Return with a Full Load,” “Chilopod (Link) Brisk Walking,” “Collaboration,” “Dribble with a Ball,” “We are in the Same Boat,” “Close Companion,” and cheerleading squad performances.
- B. Competitive games: 3-on-3 basketball, ping-pong, badminton, tug of war, and a 2,000-meter relay. 7,500 people participated.

2. Holding International Events

We have held more than 20 international sporting events including Asian Junior Judo, East Asia Football (soccer), the Taipei International Marathon, and the Taipei International Dragon Boat Race Championship. These events have facilitated international exchanges, drawn people from around the world closer together, increased the standard of competitive sports, and encouraged the public’s participation.

(1) World Inline Cup 2005

Inline marathon has been popular in Europe and America for many years. In recent years, inline skating has become extremely popular around the globe, and the population of inline skaters in Asia is growing rapidly. One of the stops for the 2005 World Inline Cup was Taipei City, and the event opened on Civil Blvd. at 5:30 A.M. of Apr. 17th (Sunday). The race was divided into 3 events: two competitive events that included a 42-km and a 20-km race, and one 8-km recreational event. 5,000 participants from Taiwan and 17 other nations participated in this event.

(2) The 2005 East Asia Football Championship

The 2005 East Asia Football Championship was held at the Taipei Zhongshan Soccer Stadium between Mar. 5th and 13th. The National Council on Physical Fitness and Sports, the Taipei City Government, and the Chinese Taipei Football Association worked together to promote the event.

Taiwan was originally competing against North Korea, Mongolia, Guam, Macau, and Hong Kong in football for a chance to go to Korea and compete against Japan, Korea, and China to win the prize of US\$1 million. However, the Macau Football Association was disqualified by FIFA and was thus unable to participate. North Korea was crowned the champion, followed by Hong Kong and Chinese Taipei.

(3) The 2005 Taipei International Expressway Marathon

The 2005 Taipei International Expressway Marathon was the only sporting event in Taiwan that took place on the national expressways. The event started from the Wugu-Sijhih overpass on Zhongshan Highway at 6:00 A.M. of Mar. 27th. This event was divided into full course, half course, 10- km, and 5-km group championships. More than



World Inline Cup Taipei 2005.

10,000 runners participated in this grand event under the scorching sun.

The foreign contestants such as the previous year’s champion, Mana from Kenya, Urika from Poland, Hu Hsiu-ying from Inner Mongolia, Jidis from Brazil, David Kariuki from Kenya, and Nichaev from Russia came head to head with Lin Kevin, Taiwan’s legendary marathon runner, and other brilliant runners such as Wu Wen-chien, Jiang Ching-ji, Zheng Zi-jian, and Tsai Ching-chou. This marathon event was the first sporting carnival held in the springtime in 2005. David Kariuki, the Kenyan runner, and Hu Hsiu-ying of Inner Mongolia of China emerged victorious and were the male and female champions of the race. The top three runners were all foreign contestants.

(4) The 2005 Amway Cup World Women Invitational

The 2005 Amway Cup World Women Invitational opened at the Taipei Gymnasium at 9:30 A.M. of May 9th. The 12 invited billiardists were all exceptionally skilled. With her precise breaking and rich experience, Allison Fisher of UK beat Kim Ga-young of Korea who had won her very first championship match by a score of 11:6. Fisher took away her fifth championship cup along with US\$19,200 in prize money.

(5) The 2005 Taipei International Dragon Boat Championship

The 2005 Taipei International Dragon Boat Championship was held in Dajia Riverside Park between June 10th and 12th. 111 teams with 3,100 contestants participated in the Taipei International Dragon Boat Race Championship. Dajia Riverside Park was packed with people from around the world and looked like an international fair. The Taipei Sports Office, the organizer of this event, not only held the International Dragon Boat Race Championship but also had many interesting vendors set up nearby that attracted families to come and have a good time.

To work with the “Joining WHO-Healthy City” policy, the Taipei City Government attempted to construct an atmosphere of “life is beautiful in a healthy Taipei City” in this year’s Dragon Boat Festival by incorporating the 2005 Taipei International Dragon Boat Race Championship. The Keelung River was turned into a lively fair in which the public enjoyed a rich and interesting cultural feast. Through dragon boat racing, the core event of the Dragon Boat Festival, the public not only witnessed an international competition but also understood the sportsmanship in this event as well as the cultural meaning of this festival. During this 3-day event, the teams formed by international elite athletes gave a perfect performance on the Keelung River. Before bidding goodbye, the participants promised to see each other again at the same place and the same time next year.

(6) The 2005 Chinese Taipei Open Table Tennis Tournament

The Chinese Taipei Open Table Tennis Tournament took place in the Taipei Gymnasium on June 16th. Chiang Peng-lung, Chuang Chih-yuan, and Chang Yen-shu, Taiwan’s “3 Musketeers”, who have participated in many international table



2005 Taipei Dragon Boat Race.

tennis tours, felt glad to be back at home. Their common goal was to put on a good performance in front of their fans in Taiwan. Regrettably, Chuang Chih-Yuan lost to Korea's young contender, Jung Woo Lee, 3:4 in the top-4 singles and was unable to compete in the finals, ending Chinese Taipei's competition in this event.

(7) The 2005 Taipei Women's Volley Ball Competition

The 2005 Taipei Women's Volley Ball Competition opened between July 8th and 10th in the gymnasium of the Taipei Physical Education College (White Gymnasium). Participating nations included Brazil, Netherlands, Korea, and Cuba. The gymnasium was full of spectators coming to see the main event of Brazil versus Cuba. Supported by the Taiwanese fans, Brazil changed the tide of the battle and beat



2005 Taipei Women's Volley Ball Competition.

Cuba 3:1, and was crowned the champion at the Taipei stop.

(8) The 2005 Taipei Rowing Regatta Championship

The 2005 Taipei Rowing Regatta Championship was held in Dajia Riverside Park between Sep. 23rd and 25th. Taipei City's purpose of holding this event was to maximize facility usage, develop and increase the standard of water sports, and enrich the public's lives and health. 48 teams participated, and 10 of them were from places such as Canada, Hong Kong, and Naha

(Japan). The total number of contestants and spectators exceeded 8,000—a great deal more than the number for the previous year.

(9) The 2005 Taipei International Ice Sports

The 2005 Asia Short Track Speed Skating Championship, the 2005 Asia Figure Skating Championship, the 2005 Pacific Curling Championship, and the 2005 Asian Cup Ice Hockey Championship were held in the Taipei Arena in November and December of 2005 and were the first figure-skating, short track speed skating, curling, and hockey events included in the Winter Olympics that were hosted by our nation. 14 Olympic nations and regional parties in the Asian Pacific participated. With the Taipei Arena's modern rink facility and Taipei City's critical location in Asia, Taipei City has now become the fourth most important stage for international ice sports following Tokyo, Beijing, and Seoul.

(10) The 6th Asian Junior Judo Championship

The Chinese Taipei Judo Association finally had the chance to hold the Asian Junior Judo Championship that was originally initiated in 2000. The 6th Asian Junior Judo Championship opened in the Taipei Arena on Nov. 12th and 13th with 194 contestants from 22 nations. Chairman



2005 Asia Short Track Speed Skating Championship.

Yoshinori Takeuchi of the Judo Union of Asia hosted the opening ceremony, and Deputy Minister Huang Chi-huang of the National Council on Physical Fitness and Sports and Chairman Huang Da-chou of the Chinese Taipei Olympic Committee also attended the ceremony, showing the importance our nation placed on this grand occasion. Mayor Ma Ying-jeou also attended as the host of the event and welcomed foreign guests and contestants on behalf of Taipei's citizens. After 2 days of fierce competition, Chinese Taipei was ranked 7th with 1 silver and 5 bronze medals.

(11) The 2005 ING Taipei International Marathon

The 2005 ING Taipei International Marathon opened in front of Taipei City Hall on Dec. 18th. Back in 2004, this event attracted 90,000 participants, and that number increased to 100,000 in 2005. The fact that the number of contestants in the female group broke all previous records was exciting news. We added a children's group, a fire fighter and police group, and a "12 districts public welfare" group to attract more participants and spread our love to the communities and minority groups.

Many male and female champion athletes from international marathon cities such as Ottawa, Venice, Istanbul, Madrid, Stockholm, and Prague took part in this event and made it very exciting. The top 10 runners in Taiwan also participated to promote to the event and show the world our athletic capacity. Similar to the prizes in marathons held in the U.S., the grand prize money for setting new records totaled NT\$4.8 million, with NT\$1 million for the female record breaker and NT\$1.33 million for the male record breaker. IC chips were fully utilized for this year's competition group (full course, half course, and 10km). To encourage Taiwanese contestants to do their best, we added an extra NT\$100,000 bonus prize for the Taiwanese male and female champions.

We added a children's group to this event, forming the first children's marathon in the history of Taiwan. More than 1,000 children, including track and field athletes from elementary schools, participated in the 1km mini-marathon. The healthy spirit of road running also went abroad and attracted elementary students from Okinawa, Japan, and the Japanese-Taiwanese Elementary School in Taiwan to participate. These young athletes tested their sportsmanship with their Taiwanese competitors, helping the seed of marathon events to take root.



2005 ING Taipei International Marathon.

(12) The 2005 Taipei International AA Baseball Invitational Tournament

This event was held between Dec. 24th and 27th, and 4 foreign teams from Inazawa and Tokai (Japan), Korea, Hong Kong, and 8 Taiwanese teams participated. The championship game between Xinming of Taoyuan County and Dali of Taipei City was held in the afternoon of the 27th. Xinming took the lead throughout the game with its strong offense and won the championship 8:5. Dali of Taipei City took second place, Guiren of Tainan County won third-place honors, and Xinpu of Taipei County took fourth place. As for individual awards, first place in batting was

awarded to Gao Cheng-hsiang of Xinming, Taoyuan County, and second place was awarded to Guo Tai-yan of the same school. Ting Chang Lin of Guiren, Tainan County, took 3rd place. The pitching award was won by Gao Cheng-hsiang of Xinming, Taoyuan County (ERA 1.39). Hong Jia-liang of Tainan County won the runs-batted-in award (8 RBI's) and the homerun award (1 homerun). Chang Tsang-bin of Xinming, Taoyuan County, won the coaching award. The closing ceremony was held at the Tienmu Baseball Stadium at 4:30 P.M. on the 27th, at which the group and individual awards were given. We thank all the teams for their participation and welcome them to come again next year.

3. Encouraging Seniors' Participation in Sports

An "aging society" is an issue that Taiwan has to face in the 21st Century, and a better fitness level and quality of life are what each of us should pursue. In recent years, we have planned special activities that are suitable for seniors to help them develop good exercise habits and become knowledgeable about exercise and to "live healthily and continue to exercise in the years to come."

- (1) We conducted senior activities including Tai Chi seminars, public fitness tests, on-chair exercise seminars, senior aerobics carnivals, meditation and breathing technique seminars, sports and health seminars, a croquet championship, senior fun games, yoga seminars, Evergreen basketball games, Evergreen croquet, and a Yuanji dance exhibition.
- (2) We have been collaborating with the Senior Foundation since 2001 to hold senior morning exercise activities such as badminton, table tennis, Tai Chi, and aerobics at the Taipei Gymnasium free of charge in order to encourage seniors to participate regularly in free exercise programs and enhance their health.
- (3) Senior citizens can access public exercise facilities for free. We have held exercise studies for seniors, expanded activities for seniors, and provided enthusiastic services to encourage seniors to exercise. We have also assisted in the establishment of senior sports groups in order to increase the population of people who exercise regularly, enhance their health, increase seniors' capacity for independent living, and slow down the growth of the National Health Insurance program costs.
- (4) The 2005 Senior Games opened in the Taipei Arena, the Taipei Gymnasium, the Taipei Track & Field Stadium, the Taipei Tennis Courts, and the swimming pool in the Taipei Physical Education College on Oct. 8th. The 17 competitive events included brisk walking, jogging, swimming, table tennis, badminton, tennis, Chinese chess, the game of go, singing, mahjong, relay-racing, relay-swimming, basketball shooting, wood ball, croquet, basketball, and ground golf. Participants included 682 males and 378 females. The oldest male contestant was the 92-year old Dong Han-wen (basketball), and the oldest female contestant was the 90-year old Wu Chiao-ying (singing).



Senior Games.

4. Emphasizing Women's and Children's Rights

We have expanded activities for women and children and effectively promoted parent-children recreational activities in the hope of encouraging women to exercise, increasing the number of females who exercise regularly, and expanding women's goals in participating in physical activities.

(1) Promoting Women's Sports Studies

We have conducted women's body-shaping exercise programs, health seminars, folk dance seminars, classical Buddha dance, Yuanji dance studies and exhibitions, aquatic aerobics, female self-defense studies, and yoga to provide women with information on sports and health. We also strengthened the promotion of stairway and tea-time exercise and opened up morning/noon/evening exercise classrooms in district sports centers to give working women easy access to physical activities.

(2) Emphasizing Parent-Children Activities

We have worked with sports groups in district sports centers to plan parent-children fun camps and encourage parents and children to participate jointly in exercise programs. We have also reinforced school-based parenting education and conducted "mothers' exercise classes" to encourage women's participation. District sports centers also plan to provide discounted family tickets to encourage women and their families' joint participation. We have assisted in the establishment of a women's sports committee that systematically plans healthy activities for women, and we have also helped private sports groups to establish women's community sports teams to encourage women's participation in community exercise programs.

(3) The 2005 Taipei City Women's Sports & Health Carnival

The 2005 Taipei City Women's Sports & Health Carnival was successfully held at the Taipei Arena, the Taipei Gymnasium, the Taipei Track & Field Stadium, and the Taipei Tennis Courts on Oct. 1st. Competitive events included table tennis, badminton, 3-on-3 basketball, street karaoke, a mini-marathon, an aerobic marathon, and fun games such as stepping on balloons, "collaboration," "close companion," "support the front," and hula-hoops. A total of 7,000 people participated in this event with 1,842 contestants.

5. Care for the Disabled

(1) Friendly Sports Environment

We are providing people with disabilities free access to sports centers and public exercise facilities in Taipei in order to encourage their participation. We have worked with relevant private businesses in opening exercise studies for people with disabilities on such activities as tennis, Frisbee, table tennis, and scuba diving in order to develop their athletic interests and habits. We have also worked with sports and medical groups in conducting health seminars to teach people with disabilities the concepts of health benefits and safety in the exercise programs designed for them.



Women's Games.

We have opened up free exercise classrooms for people with disabilities in district sports centers in order to assist in their life-long learning and develop their athletic interests and habits, and we have also worked with sports and medical groups in conducting health seminars to teach people with disabilities the concepts of health benefits and safety in the exercise programs designed for them. We are encouraging and assisting private organizations in communicating with people with disabilities and raising the standard of exercise programs. The newly constructed public sports centers have incorporated barrier-free facilities that allow people with disabilities to jointly participate with other people.



Public games for people with disabilities.

(2) The 2005 Public Games of People with Disabilities

The 2005 Public Games of People with Disabilities were held at the Taipei Arena, the Taipei Gymnasium, the Taipei Track & Field Stadium, the Taipei Tennis Courts, the New Jiafu Bowling Alley in Junghe, the archery field in Wanfang Senior High School, the International Billiards House, Zhongshan Stadium, the archery field in Dazhi Senior High School, and the swimming pool in Dunhua Junior High School on Nov. 4th and 5th with 2,600 participants. This sporting event has not only provided the disabled with an opportunity to compete but also served as a testing ground for us to select the individuals who will represent Taipei City in the National Games for the Disabled held in Yilan City in March of 2006.

6. Developing the Roots of Physical Education in School

Physical education is an important part of education. A healthy mind can only flourish in a healthy body, and both are needed for a balanced development. Physical education in school allows students to develop good exercise habits, facilitates their physical and mental development, and helps them become responsible citizens capable of meeting the challenges of the 21st Century. Schools are the best places to develop the spirit of “exercise for all” as well as the foundation of increasing the standard of competitive sports. Taipei City’s measures in promoting school physical education are as follows:

(1) Implementation of Public School Swimming Pools

To provide students and the public with an environment for exercise and health, we are actively assisting schools in making their unheated and warm-water swimming pools open to everyone. After many years of effort, swimming pools in 56 out of 85 schools (almost 80% of all existing swimming pools) are now open to the public in mornings and evenings, and on weekends. It is estimated that about 170,000 people are accessing these pools. This effort allows public sports facilities to be fully utilized, gives the public and students access to swimming facilities, increases the public’s participation in sports, helps the public to develop the habit of exercise, and effectively enhances the public’s quality of life.

(2) Implementation of the Project of Sharing Swimming Pool Resources

We started implementing the project of “sharing school swimming pools” in January of 2004. By making the swimming pools in schools and communities open to the public, we can expand the coverage of swimming lessons in schools in Taipei City. Integration of resource groups was completed in May of 2004 and fully enforced in the 2004 academic year. We also announced the “Department of Education -Key Points in Transportation Subsidization for Schools Lacking Swimming Pools” on July 28th, 2005 in order to provide transportation subsidization for schools that lack swimming pools and those students that need to use other schools’ swimming schools, and to increase the efficiency of school-based swimming curriculum and swimming pool usage.

(3) Strengthen Elementary and Junior High School Students’ Swimming Abilities

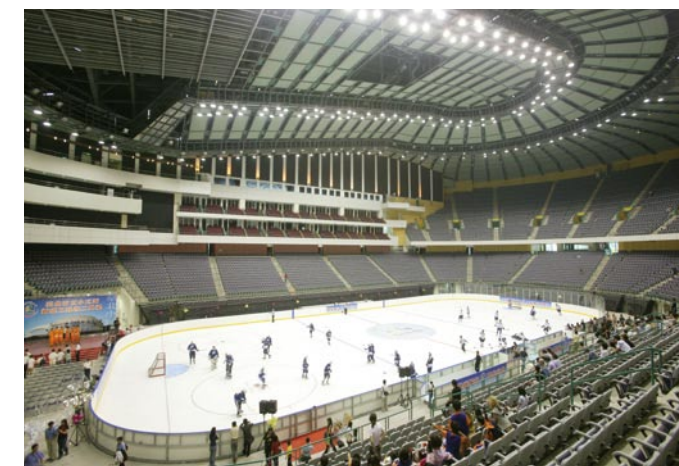
We are actively helping students strengthen their swimming skills. In order to achieve the goal of “having swimming pools everywhere, everyone knows how to swim, and everyone knows how to save other people’s lives as well as one’s own” and having 80% of the elementary/junior high school students pass swimming tests in 2005. Besides the continued implementation of upgrading school swimming pools from cold water to warm water, training swimming instructors, and enforcing the policy of shared swimming pool resources, we are also implementing a trial project of weekend swimming camps in schools that lack swimming pools to provide students of those schools that have trouble accessing shared resources or are located in inconvenient locations with an opportunity to learn how to swim during after-school hours.

(4) Participation in the 39th International Children’s Games

The Chinese Taipei Team participated in the 39th International Children’s Games in Coventry, UK, between July 5th and 16th of 2005. The Deputy Director-General of the Department of Education of the Taipei City Government, Mr. Lin Teng-jiao, led 4 coaches and 20 contestants to participate in events such as track and field, swimming, tennis, and table tennis. They won 8 gold, 3 silver, and 3 bronze medals, breaking the records of the Chinese Taipei Team’s performances in the past 4 years.

(5) Elementary and High School FUTSAL Championship

To promote the activity of campus FUTSAL (“5-man soccer”), the Department of Education has authorized Cheng De Elementary School to conduct the “2005 Taipei City Elementary School Futsal Championship.” This event was held in the gymnasiums in Chengde Elementary School and Yucheng Senior High School between Oct. 21st and 23rd of 2005. 39 schools with 46 teams participated. This competition was conducted using round-robin grouping and consisted of 94 matches, which significantly helped the sport of soccer to become more popular in Taipei City.



World-class skating rink in the Taipei Arena.

II Complete Sports and Recreational Facilities

Advanced nations in the world are investing significant amounts of money and effort in the planning and construction of sports facilities due to the awareness that having sufficient sports facilities not only determines the success of the promotion of sports and exercise, but also helps the sports and tourism industries and local economies prosper. We are meticulously reviewing and constructing sporting events and facilities that are suitable for people of all ages for the purpose of providing the public with healthful activity facilities and enhancing their health as well as the quality of their recreational activities.

1. Construction of Public Sports Facilities

Except for a few districts that have some sports facilities, most of Taipei's districts seriously lack basic recreational and sports facilities. In consideration of the public's actual demand for sports and recreational activities and foreign nations' methods and concepts in health and recreational issues, the Taipei City Government has prepared a white book of the future of sports development in order to ensure the public's right to participate in sports. We are moving forward to actualize the goal of "being able to exercise anywhere and that everyone enjoys exercise" in the wish of enhancing the public's fitness level and their quality of life, and turning Taipei City into a young and energetic "international, high-quality healthy city."

Table 1: Public Sports Centers Currently Under Planning and Construction

NO	Name	Starting Time of Construction	Estimated Time of Completion
1	Zhongzhen District Public Sports Center	9/23/2004	6/2006
2	Nangang District Public Sports Center	1/5/2005	7/2006
3	Wanhua District Public Sports Center	9/2005	12/2006
4	Shilin District Public Sports Center	10/2005	11/2006
5	Neihu District Public Sports Center	4/2006	9/2007
6	Datong District Public Sports Center	5/2006	6/2007
7	Songshan District Public Sports Center	Initial planning and evaluation completed in 2005.	12/2008
8	Daan District Public Sports Center	8/2006	1/2008
9	Wenshan District Public Sports Center	3/2007	8/2008
10	Xinyi District Public Sports Center	Under planning	

2. Official Operation of the Taipei Arena

As Taiwan's capital and primary window on the world, Taipei City's need for sports and recreational facilities is now even more urgent when we consider the internationalization and modernization of cities, and the enhancement of the public's living standard. Taipei City had long been lacking a large-scale gymnasium ever since the Zhunghua Stadium located at Section 4 of Nanjing East Road was damaged in a fire in 1988. Indoor activities had to be held in the Taipei Gymnasium that could only accommodate 3,500 people. This not only significantly hindered the promotion of "exercise for all" but also our nation's chance to host large-scale artistic events, concerts, exhibitions, conferences, and international activities. In order to enhance our citizens' fitness level, enhance their quality of life, and raise our nation's international status, the Taipei City Government made the decision to dismantle the Taipei Municipal Baseball Stadium on March 8th of 2001 and construct a large-scale, multipurpose gymnasium on this site. After 3 years and 10 months of construction, the Taipei Arena, a world-class gymnasium, finally become operational on Dec. 1st, 2005. This world-class comprehensive gymnasium that represents Taipei City increases our chances of hosting large-scale international competitive events. With Taipei Arena's state-of-the-art facilities, we will have more opportunities to host major sports and recreational events in the future. This will attract more people to come and participate in these events and develop a platform for the development of Taipei City's sports industry.

3. Promoting "Exercise for All" and Increasing Facility Usage

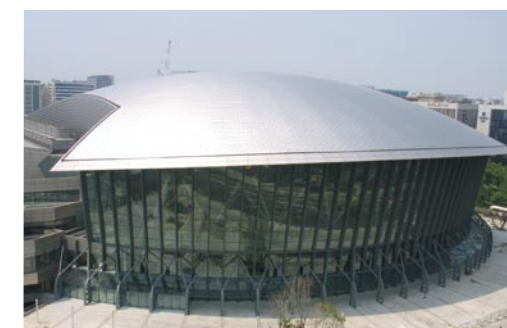
(1) Implementation of Value-Adding Projects for Taipei City's Riverside Sports and Recreational Facilities

The sports grounds that are close to each other are integrated into a special area due to their features, and we are planning to construct sports facilities on riverside lands in order for them to be fully and efficiently utilized and meet the public's demands. The completed tasks in 2005 are as follows:

- Establishment of shower rooms in the Dajia Water Sports Center along the Keelung River.
- Establishment of nighttime lighting for the baseball field and skating field in Riverside Park in the Yingfeng Section of the Keelung River.
- Establishment of a skating field and hockey field in the Meiti Section of the Keelung River.
- Establishment of fences around the softball fields in the Yingfeng and Meiti Sections of the Keelung River.

(2) Further Enhancement of Efficiency of Sports Facility Usage

To prevent sports resources from being left unused, we have formulated relevant regulations and reward measures to help municipal gymnasiums and local public sports facilities improve their soft/hardware and service quality, conduct seminars regarding the planning and design of sports facilities, improve the sports environment established by the government and the quality of dedicated personnel, and enhance the functions of sports facilities. More than 12.5 million people have accessed the sports facilities under the jurisdiction of the Taipei Sports Office. For example, the Taipei Gymnasium has been accessed more than 2 million times, Zhongshan Stadium, Senior Sports Park, Tianmu Sports Park, and Beitou Sports Center have all been accessed about NT\$1 million times, and other facilities about 100,000 times. These facilities provide the public with a high-quality sports environment and ensure their right to participate in sports. In the future, we will continue to add other sports facilities, make sports a part of daily life, and increase the public's participation in athletics in order to improve the health of citizens and provide them with excellent fitness levels and build a society that enjoys life and sports.



External appearance of the Taipei Arena.

Taipei Arena

The Taipei Arena was officially put into operation on Dec. 1st, 2005 and is currently being managed by a private organization. It is located at the intersection of Nanjing East Road and Dunhua North Road in Taipei City, and has excellent geographical and transportation conditions. Its main stadium has 15,000 seats, and its secondary stadium is a world-class indoor skating rink that has 800 seats and 48 VIP rooms that are not seen in other stadiums in Taiwan. Other facilities include gyms, theme restaurants, a food plaza, and shopping streets, turning this stadium into a multifunctional facility that covers sports, art and culture, exhibitions, recreation, and entertainment.

The completion of the Taipei Arena will facilitate the development of industries such as recreation, sports, art and culture, entertainment, exhibitions, and social gathering, making this place a great site for public gatherings on holidays.

III Complete Planning and Direction of Sports Policies

Taipei City's sports policies began with improving the sports facilities that are accessed by the public for their daily recreational purposes and constructing a high-quality sports environment. Besides properly utilizing the existing sports facilities and the Taipei Arena, we will continue to implement the construction of the Taipei Dome Complex, the modification of the Taipei Track and Field Stadium, and the establishment of 12 district sports centers to allow the public better access to sports resources. We will also focus on the public's diverse sports needs and systematically plan a series of health activities to enrich our citizens. Moreover, protecting the minority groups' right to participate in sports (by such means as sports policies focused on seniors, women, and people with disabilities) is also one of our important sports-related tasks.

1. Assisting Civil Sports Groups and Developing Basic Level Sports

The Taipei Sports Office is in charge of guiding the Taipei Municipal Athletics Federation and its affiliated sports associations and committees to conduct more than 100 annual sporting events such as the Zhongzhen and Youth Cup. 711 study groups were held in 2005 with 239,407 participants. These efforts were undertaken to facilitate the development of basic-level sports in Taipei City, increase the sports population, promote "exercise for all," enhance the public's fitness level, ensure the public's fundamental right to participate in sports, achieve the goal of "everyone enjoys sports anywhere and anytime," and make sports a part of the everyone's lives.

2. Developing Sports Programs and Improving Policies

(1) Short-term Objective

We are making relevant plans that are related to the sports industry in order to facilitate the diverse development of sports and create economic value. The Taipei City Government has conducted a study on the sports population in order to create a reference point for the development of comprehensive sports policies and the criteria for a healthy city.

In accordance with the "Taipei City Subsidy for Civic Sports Groups" that was passed in October of 2005, we are currently helping Taipei Municipal Athletics Federation and other sports committees to prepare dedicated projects. We are reviewing sports groups, establishing competitive events and criteria for organizational functions, and assisting sports groups in training athletes. We are also working on performance evaluation, strengthening sports organizations' performance and functions, rewarding outstanding sports groups, strengthening the guidance for sports groups that are not performing well, establishing reward and withdrawal systems, and establishing subsidy mechanisms that are fair, transparent, and rational in order to fully utilize available resources.

We have also organized sports volunteer groups, combined dedicated sports personnel, assisted in sports related tasks such as sports and health instruction and facility management, and have held events to effectively utilize the HR of sports and expand the sports industry's feedback and services toward our society.

We are also actively working on how to rationalize a dedicated coaching system in order to establish an efficient recruitment and evaluation mechanism, complete Taipei City's coaching system, and optimize training performance.

(2) Mid-term Objectives

We will formulate marketing strategies to strengthen the sales of the sports industry and competitive events, motivate the public to participate in sports, reduce medical expenses, and help sports take root throughout Taipei City.

We will also help the Taipei Municipal Athletics Federation hold try-outs, train high performing athletes, participate in international events and promote national sports, and expand the functions of the Taipei Municipal Athletics Federation and other committees.

We will integrate sports and information technology, establish sports oriented websites and information management systems, and provide sports information management systems such as sports event management, information broadcasting, database inquiry, HR database management, and sports training evaluation in order to strengthen the integration process and adjust subsidies.

3. Develop the Roots of Sports Training and Increase Athletes' Capacities

- (1) Determine the sports events that are suitable for Taipei's potential, carefully select sporting events that are to be developed, and fully assist in the training of fundamental sports personnel to strengthen competitiveness.
- (2) Establish athlete training systems in all schools, secure channels of continued education for high-performing students, provide a long-term and secure training environment, and strengthen Taipei's foundation for competitive sports.
- (3) Formulate Taipei's organizational orientation and relevant laws for sports training centers and individual sports training grounds, and classify the responsibilities and functions of training systems to avoid wasting training resources.
- (4) Reinforce research and inspection of banned drug usage, keep track of athlete training and biochemical experiments, utilize the functions of laboratories for research and drug inspection, and fulfill our social responsibilities.

4. Increase the Community Sports' Population

- (1) Establish sports classrooms and health-related activities in community sports centers to help the public acquire accurate sports-related information and develop skills.
- (2) Reinforce the operation and management of sports centers, assist in the establishment of community sports groups and clubs, and increase the population of regular sports participants.
- (3) Formulate group discounts in accessing public sports facilities and encourage the public to participate in sports in an organized, systematic, and regular manner.

5. Provide Clear Channels of Advanced Learning for High-Performing Athletes

We will focus on the sporting events that are highlighted by the Department of Education in its "2008 Win Gold Medals Project" (Tae Kwan Do, archery, marksmanship, weight-lifting, table tennis, badminton, judo, golf, baseball, tennis, track and field, swimming, and gymnastics) and the ones that are deemed as having potential (women's softball). The Department of Education will review and evaluate the physical

education classes that have been established since 1985 to determine whether these classes will continue to be implemented or whether their subsidies will be adjusted. We will formulate the following measures to improve the channels of advanced learning for junior high school students who have special athletic skills:

- (1) Formulate the “Taipei City Assisting High-Performing Student Athletes to Acquire Advanced Learning” to encourage qualified senior/vocational high schools to develop their students with key athletic skills based on their advantages and features, and recruit junior high school graduates who have special athletic skills.
- (2) Invite the senior/vocational high schools that have physical education classes to discuss how to improve the channels of advanced learning for junior high school students who have special athletic skills to ensure smooth channels for training athletes in Taipei City’s grade schools and physical education institutions.
- (3) Modify the standard of sports subsidies and rewards for elementary and junior high schools in Taipei. Moreover, the reward standard for college (and above) students whose registered households are in Taipei will be modified.

In the 21st Century, sports have become a part of the public’s daily life. In global terms, sports are a short cut for us to step onto the international stage. In domestic terms, it is a part of the process of enhancing our citizens’ health. Not only does the government need to invest more resources and manpower in the promotion of sports, but civil entities also need to support, invest in, and manage sports-related affairs. Not only is it a fundamental human right to participate in sports, but the promotion and extension of this right also helps establish a joyful society, ameliorate the problems of youth, improve social security, support minority groups’ development, achieve social justice, enhance national fitness, promote a high quality of life and health, and express the fundamental values of sports.

The Taipei City Government upholds the spirit of constantly seeking innovations and vigorously implementing sports-related policies in the hope of making Taipei more energetic and competitive and the public happier and healthier, exuding the energy and unlimited potential that a modern, international city should possess, and expanding the new prospects of sports in Taipei.