

Chapter 15 Sports for All

Taipei City has all along valued the promotion and popularization of sports for all, and some of the concrete actions already taken have consisted of the implementation of physical education in schools, the improvement of various sports facilities, and the constructions of public sports centers, making sports and leisure activities part of the community development goal. Also, a variety of public welfare preferential policies are in place to ensure the interests and access of women, the elderly, and the physically and mentally disabled to various sports facilities. Apart from the above, the general public is encouraged to participate in organized health-related events. By hosting large-scale international competitions, Taipei's citizenry is invited to jointly market metropolitan Taipei, and share in its glory.



Public Sports Centers in Zhongshan, Beitou, Zhongzheng, Nangang and Wanhua are now in full operation, a move that promises to make sports and recreational activities in Taipei City more community-oriented and popular. Advanced sports facilities in the Taipei Arena provide a quality venue to the City for organizing large-scale sports and performance events. Through “Sports for All” promotional activities and campaigns, the public is encouraged to pursue mental and physical fitness and well-being, a regimen that can improve the quality of life for all and help to attain the ultimate goal of building a “Healthy City.”

Part 1 Promoting Exercise for All

The program of “Sports for All” has become an international movement that in practice encompasses the participation of 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 efforts 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 promote the public’s participation and encourage all citizens to get into the habit of regular exercise. Through visionary strategy, proactive measures and thorough planning processes, we aim to assist the public in improving their health, fitness and quality of life. By making sports in Taipei City popular, cosmopolitan and a part of everyday life, we can build a modern healthy city.

1. Hosting the Exercise and Health Campaign

“The Taipei City Exercise and Health Campaign” is aimed at enhancing the quality of public sports and leisure activities. Based on the spirit of “Regardless of Seasons,” and “continual Exercise,” the City Government intends to organize events that are suitable to all age groups and exercise preference groups by incorporating technical know-how and manpower from the private sector. The campaign features eleven major categories, including key tournaments (such as the International Tour de Taiwan, the Taipei International Expressway Marathon, the Taipei Slow-Pitch Baseball Tournament, the World Deaf Swimming Championships, the Taipei International Dragon Boat Race Championships, the Taipei Senior Games, and the National Orphanage Sports Meet), campus sports, sports education, sports for all people, seminars, training programs, education and entertainment for children and adolescents, folk sports, special sports, sports and health lectures and other demonstration performances. To complement the opening and commission of the Zhongshan, Beitou, and other sports centers, a wide range of recreational and health workshops are scheduled to be held there. The Taipei Sports Office also prints a variety of event booklets for the public to access all kinds of sports activities messages so as to promote and popularize these events.



Brisk Walking campaign along Riverside Park in Taipei City

2. Brisk Walking

Medical studies have shown that walking 5,000 steps every day helps to 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 prevention of stroke and cardiovascular diseases, the increase of energy and relief of stress. To encourage the public to take up walking everyday as a form of exercise, the promotion of brisk walking continued in 2007 to include city office workers, senior citizens and entire families. On May 26, June 30, July 28 and September 15, a brisk walking campaign took place along Dadaocheng Wharf, Guandu Natural Park, Daonan Riverside Park and Dajia Riverside Park, respectively. These events attracted over 7,600 participants.

3. Mountain Hiking Day Activities

Hiking is a great form of exercise and offers a chance to enjoy the beauty and charm of mountain views. The Taipei City Government has in recent years repaired and built 20 mountain hiking trails in hopes of promoting mountain hiking fitness. On October 13, 2007, the Citizens' Mountain Hiking Day kicked off along the Tianmu Historic Trail, Sianjhi Rock Trail and Mount Tiger. On that day Mayor Hau Lung-bin joined the hike along Sianjhi Rock Trail to experience the delight of mountain climbing. The event attracted 3,000 hikers.



Mayor Hau Lung-bin shakes hands with mountain climbers along Sianjhi Rock Trail

4. District Recreational Games and Road Runs

To promote physical and mental fitness, the Taipei City Government organizes annually a number of road runs for its citizenry, and in 2007 these included “The New Year’s Day Flag-Raising and Road Run,” “The 2007 Taipei International Expressway Marathon,” “The 5th Supau Cup Road Run Tournament,” “The Flag-Raising and Road Run Event,” “The 2007 Samsung Energy Road Run Event,” “The 19th Mass Mutual Mercuries Qiaofu Cup Road Run,” “The 14th Terry Fox Run”, and “The Maokong Hiking and Brisk Walk Mountain-Climbing Event,” all of which allowed members of the public to develop a regular exercise regime.



The 14th Terry Fox Run

5. Women’s Games

The “2007 Taipei Women’s Sports Carnival” was held on May 19 that highlighted original dance competitions as its main theme, including the Flamenco, Belly Dancing, Cheerleading Squads, Aerobics dancing and Hip-hop dancing. Also included in the repertoire were a Dance Fair, a Leisure-and-Fun Hall, Lady’s Blog, Scented Teahouse and Health Checks. The event attracted about 3,000 attendees.

6. Senior Games

The “2007 Taipei Senior Games” were held on November 17, an event that was filled with delightful fun and games. Competition categories included Mahjong, Badminton, Table Tennis, Karaoke, Hoop Shooting, Wii games, Golf, Ground Golf and Croquet. Free health checks were also provided. The event drew more than 1,000 participants. Assistance was also provided to establish Senior Sports Groups with free access to the Taipei Gymnasium to engage in badminton and table tennis events.



The 2007 Senior Games took on a leisurely flair

7. Taipei 100 Cycle Tour

The Taipei City Government has made every effort in recent years to promote cycling. To advertise Taipei County’s cycling paths and riverside scenery, stage 1 of the “Taipei 100 Cycle Tour” was held on September 8, 2007. The tour started at the Dajia Riverside Park in Taipei City and ended at the Guandu Nature Park. Stage 2 was held on November 25 and started from the Riverside Park in Gongguan and ended at Dadaocheng Wharf. Each of the events attracted over 8,000 cyclists.



The 2007 Taipei 100 Cycle Tour



The 2007 Taipei International Dragon Boat Cultural Festival: Racing towards the finish line

8. Handicapped Games

The “2007 Handicapped Games” were held from November 2 through 4, at the Taipei Gymnasium, the Taipei Municipal Dunhua Junior High School, Taipei Municipal Datong High School, and the Tianmu Tennis Courts. Competition categories included: (1)Competitive Categories: Basketball, Track and Field, Swimming, Table Tennis, Badminton, Goalball for the Blind, Tennis, Archery, Wheelchair Billiards, Shooting and Bowling. (2)Fun Games featured: Hoop Shooting, Special Olympics ball games, and Petanque that attracted over 600 disabled individuals (competitors) from around various administrative districts in Taipei. All competitors made all-out attempts to win in order to earn the right to represent Taipei City at the “2008 National Paralympics”. The “Handicapped Citizen Sports Seminars” were also organized and included wheelchair tennis workshops, as was the Handicapped Table Tennis Promotion Camp which provided citizens with disabilities a chance to get some exercise.

9. Counseling for Community Sports Organizations to Promote the Grassroots Development of Sports

To encourage the public’s participation in exercise activities and assist private organizations, the Taipei Municipal Athletics Federation together with sport associations for individual sports jointly held a number of sports activities for the purpose of selecting and developing sports competitors and improving competitive level of community athletes. Various community sports centers also offer quality sports venues and facilities that encourage public participation, increase fitness levels, and maximize the use of facilities and venue effectiveness.

10. Taipei International Dragon Boat Race Championships

Dragon boat races are the centerpiece of the Dragon Boat Festival. To increase holiday festiveness, and promote the Festival’s historic significance, the City Government has incorporated other sports tournaments, concerts, fairs and folk activities into the Dragon Boat Championships. The events include the

River Worship Service, Boat Races and Folk Activities. At the Worship Service, prayers for blessings are offered for the good of the Race, and historic heritage is passed down. The “Taipei Dragon Boat Festival” attracts many firms and high school students as teams from other countries and Taiwan compete against each other. Also, delightful fairgrounds, booths and performances are held inside Riverside Park, allowing residents to gain an insight into the essence of dragon boat racing and the rich cultural heritage. The event vividly brings Taipei’s metropolitan vitality and dynamics into play. In 2007, a total of 136 teams registered for the championships, representing nearly 50,000 contestants.

Part 2 Hosting International Events to Strengthen Sports Exchanges

Over 20 international sports events were hosted, including the AFC Asian Cup and the Taipei International Expressway Marathon. These served to promote international sports exchanges, encouraged friendships among countries, improved the technical standards of sports and drew the interest of the public as both participants and audience.

1. International Tour de Taiwan – Taipei Stage

The 2007 tournament was held on March 24, with both the starting point and the destination at Shifu Road, on the roads around the Taipei City Government. Other tournaments included the “Citizen Elite Challenge” and the “International Tour de Taiwan”. The hosting of the competition combined sports with tourism with nearly 100 riders from member nations from around the world, including Japan, Northern Ireland, Indonesia, Poland, the United States, Hong Kong, Thailand, Holland, Slovakia and Germany. In all, around 1,000 individuals took part in the event. Before the start of the official competition, the Citizen Elite Challenge was held to allow the participation of local residents. Hosting the Tour de Taiwan helped to boost the standards of cycling in Taipei City and showcase the city’s culture and scenery. International broadcasting coverage also helped to increase Taipei City’s visibility on the world stage and its international status.

2. Taipei International Expressway Marathon

On March 25, 2007 at 6AM the marathon kicked off around Wugu and Xizhi Viaducts on the Sun Yat-sen Freeway. On the day, the categories on offer were full marathon, half-marathon, 10km and 5km group championships. The “Taipei International Expressway Marathon” is the only competition in Taiwan held on an expressway. 4 foreign runners who have traveled from afar to participate in the marathon included countries from Kenya, Russia and Zimbabwe.



International Tour de Taiwan

Abel Chimukoko from Zimbabwe won the Championship and Micheal Ngaseke from Zimbabwe won the second place. Tseng Yi-tsai from Taiwan won the third place. Women's division: Irene Mogaka from Kenya and Semiletova Nadezda from Russia won the Championship and the second place. Halfway marathon: the women's division, the Championship won by the 16 years old Miss Wu Ming from Taiwan; the men's division, Championship won by Cheng Tzu-chien from Taiwan.

3. The Taipei International Judo Open

Judo is a competitive sport and a self-defense martial art that merits increasing popularity. It is a sport defined by weight division. In terms of competitiveness, it is one of the key international events in which Taiwan can challenge for gold medals. The organization of international tournaments, in addition to refining Judo competitors' technical skills and provide them with valuable experience, can also attract residents to take part in the sport and contribute to the Sports for All Campaign. "The 2nd Taipei International Judo Open" was held from August 1 through 8 in 2007 at the Fencing Hall on the 4th floor of the Taipei Gymnasium. 120 athletes from 12 graced the tournament. Taiwan won 7 gold , 13 silver and 15 bronze medals.

4. Taipei Women's Volleyball Competition

Held from August 17 through 19, 2007 at the Hsinchuang Stadium, the competition aimed to advance women's professional volleyball standards, encourage exchange between outstanding volleyball teams, and expand the volleyball market. The Federation Internationale de Volleyball first launched the Women's Volleyball World Championship in 1993, and has successfully run the tournament for 15 years. The 2007 competition was attended by 4 countries: Italy, Brazil, the Dominican Republic, and Chinese Taipei. Italy won the championship, Brazil took second place, and the Dominican Republic garnered third place.

5. Taipei Rowing Championships

The "2007 Taipei Rowing Championships" were held at the Dajia Riverside Park on the afternoon of September 15. A total of 34 teams registered for the 3-day competition, including foreign teams from Hong Kong and various school units. The event was a combination of tournament and leisure and was held in accord with the objective of international metropolitan sports development. By means of this international sports event, the City hopes to further engage its citizens in coming to appreciate the benefits of sports, and to make rowing and kayaking one of the most distinctive water activities in Taipei City.



2007 Taipei Rowing Championships and Brisk Walking at the Riverside Opening Ceremony

6. International Skating Union Junior Grand Prix of Figure Skating

The "International Skating Union Junior Grand Prix of Figure Skating" was held at the Taipei Arena between July 18 through 22, 2007. This was the first time that the Taipei Arena had hosted a skating championship. A total of twelve Olympic member nations and regional associations from Asia and the Asia-Pacific region entered the Grand Prix competition. With the opening of the Taipei Arena, Taipei now offers modern skating facilities and a central geographic location in Asia. The holding of the international figure

skating competition saw Taipei City joining the ranks of Asia's top international competitive skating cities alongside Tokyo, Beijing and Seoul.

7. ING Taipei International Marathon

By setting a new record of 100,000 participants, this event is now considered the world's largest city marathon. In terms of community participation it has even surpassed the world-renowned New York Marathon. This year's competitive categories included the Full Marathon, the Half Marathon, Road Run, Police and Firefighters, the 12 Administrative Districts, Children and the Fun Run. A Warm-up Competition was held before the official tournament and it drew even more runners to sign up for the event. The "2007 ING Taipei International Marathon" warm-up kicked off at the Taipei Municipal Datong High School on November 4, 2007. The Primary School Relay and the Celebrity Relay kicked off on December 16 at Civic Boulevard, and was attended by a record-breaking number of 110,000 individuals.

8. Baseball World Cup and 2007 Taipei International AA Baseball Invitational Tournament

These international events were held amid much fanfare from November 16 through 18, 2007 at the Tianmu Baseball Stadium, Hsinchuang Stadium, Taichung Intercontinental Baseball Stadium and Taipei Physical Education College Ballpark. A total of 16 teams competed in the tournament, including overseas teams from Japan, South Korea, Holland, Australia, Italy, Germany, Russia, the United States, Canada, Mexico, Cuba, Venezuela, Panama, Thailand, and Chinese Taipei, with a total of 500 players. After 33 years, the United States finally won the title, with Cuba taking second place, Japan third, and Holland, South Korea, and Australia in 4th, 5th, and 6th places, respectively. Also the "2007 Taipei International AA Baseball Invitational Tournament" was held from December 23 through 26 at the Tianmu Baseball Stadium, Xinsheng Stadium and the Shezi Island Ballpark in Taipei. Five international teams, including

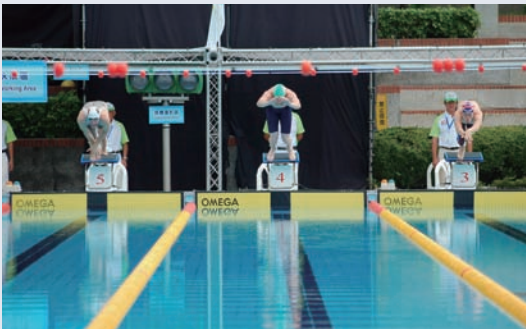


2007 ING Taipei International Marathon

those from Japan's Nagoya, Japan's Gifu, Japan's Aichi-ken, South Korea's Seoul, Hong Kong and 11 local Taiwanese teams joined the competition. Kaohsiung Wufu Junior High School won the championship, Taipei Municipal Chongqing Junior High School won the second place, and Japan's Aichi-ken took home third-place honors.

9. Taipei International Deaflympics Swimming Championships

From August 11 through 16, 2007, the Swimming Championships were held at the National Taiwan Sport University. The competition featured a total of 38 categories, with 174 swimmers winning awards. The number of medals won by each country is as follows: Ukraine (22), Russia, (20), Germany (17), Belarus (14), Sweden (8), the United States (5), Ireland (5), and Chinese Taipei (3). World records were broken by 8 swimmers in 6 events.



The 2007 Taipei International Deaflympics Swimming Championships



The 2007 Taipei International Deaflympics Swimming Championships

10. Chinese Taipei Open Table Tennis Tournament

A total of 177 athletes from 26 nations competed in the "2007 Chinese Taipei Open Table Tennis Tournament" held from August 23 through 26. Top players from around the world tried to best each other to prep for the 2008 Beijing Olympics. It was Taipei's 3rd year hosting the Chinese Taipei Open, and the number of participants set a record high, featuring the most competitive lineup ever. German table tennis player Timo Boll was ranked 4th and Belarussian Vladimir Samsonov was ranked 5th in the men's singles category; Wu Sang-eun, Ju Se-hyuk, and Olympic gold medalist Ryu Seung-min from South Korea were among the favorites of table tennis fans. The audience thronged the Stadium to enjoy the matches, and International Table Tennis Federation manager Mr. Raul Calin lavishly praised Taipei's efforts in organizing the games.

11. Sports and Cultural Exchange with Japan's Yokohama

Yokohama City in 2007 was invited to Taipei City for a goodwill sports exchange event. Citizens of Yokohama recommended the Minister of Sports Revival, Sunagawa Tadao, to be the chief of the group. He led the High School Women's National Basketball Team of the Yokohama Sports Exchange Corps to visit Taiwan from November 23 through 26. The visiting team held friendly games with basketball teams from Jinou Girls High School and the Taipei First Girls High School on the 24 and 25, and visited the National Palace Museum and various tourist spots in Taipei.

12. Mainland China Sports Exchange

School superintendent of the Sichuan Education Hall, Liu Dong as chief of the Sichuan Province

Sports Exchange Visiting Party, headed the national badminton team to Taiwan from October 11 through 17, 2007. The team engaged in games with women's badminton teams from Taipei Municipal Songshan High School and Datong High School. The Chinese visitors toured the Nangang Sports Center, Taipei Gymnasium and other public sports facilities. The group also visited Yilan and Hualian. On October 29, the Department of Education of the City Government sent Educational Inspector Fang Zhen-kun to head a team to visit Shanghai, China. Coaches representing individual events such as swimming, tennis, boxing and judo, the chief and several administrators observed Shanghai's training methods, and enjoyed exchange activities on coaching. The team returned to Taiwan on November 4.

Part 3 Delivering Holistic Education through School Physical Education

Physical education is a crucial part of education. 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 foster an awareness of Sports for All and step up the nation's sporting prowess. Therefore strengthening campus sports is constructive to the attainment of a holistic education.

1. National Athletic Games Participation

The "2007 National Athletic Games" were held from October 20 through 25 in Tainan City. 457 athletes represented Taipei in track and field, swimming, and gymnastics in a total of 32 events. Taipei City's athletes won 31 gold medals, 37 silver medals and 31 bronze medals, ranking 5th among all counties and cities. The number of gold medals won grew from 25 in 2006 to 31 in 2007, and the increase was credited to Taipei City's efforts to encourage the development of sports at the grassroots level. The City's limited resources were utilized wisely in key event development and training. In the future, training will be coordinated with lessons taught in physical education classes on campus to create a consistent training system for Taipei City's competitive sports pyramid, and serve as a specific guiding principle for improving the City's sporting competitiveness.

2. Actively Fostering Sports Professionals and Talents

Annual seminars and training sessions for professionals in various sports events held in schools will be in place to enhance their professionalism and expertise. For example, the "Middle and Primary Schools PE Directions Colloquia", "Swimming Coach Qualification Training Sessions and Workshops", and "Lifeguard Safety Lectures" and others are to be held at the Taipei Teachers In-Service Education Center. As of December 2007, out of 1,259 PE teachers in-service, 725 were certified swimming coaches, 481 were qualified lifeguards, and 436 had both certifications. Currently the number of certificated swimming coaches has grown to more than 500 after several years of training programs, which can effectively boost the quality of swimming lessons on campus and ensure water sports safety.

3. Paving the Way for Outstanding Athletes to Advance Academically

Taipei has outlined "Implementation Principles of Taipei City's Long-Term Training for Outstanding Sports Talents in Middle and Primary Schools", "Physical Education Classes Establishment Principles in Taipei City's Public and Private High Schools", and "Assistance Guidelines for the Advancement of Outstanding Students in Physical Education." To pave the way for outstanding athletes to advance academically, since 2005, special projects have been designed specifically for athletes in training. By 2007,

66 schools installed PE classes to focus on sports such as track and field, basketball, swimming, volleyball, a total of 32 individual sports.

4. The Expansion of Various Municipal Individual Sports Events

To popularize campus sports events, the “Taipei City Physical Education Development Project” was charted. It has mapped out different interscholastic and inter-class sports events to urge schools to actively participate in a wide range of sports matches. In 2007, a total of 55 sports events were held in conjunction with the “Taipei City Physical Education Development Project” under the school grouping category. Additionally, a myriad of sports tournaments, such as the Municipal Teacher and Student Cup Individual Event, the Taipei City Joint Sports Games for Junior High and Elementary Schools, the Taipei City Joint Aerobics Championships for Secondary and Primary Schools, the Taipei City Elementary Schools Divisional Sports Meets and the Taipei City Elementary School Happy and Safe Baseball Championships are now organized around the year and have yielded great results. These activities have proven extraordinarily helpful in building an exercise climate and practice development among students.

5. Encouraging Schools Participation in Various National Sports Meets

The Taipei City Government has laid out “The Taipei City Government Subsidy/Budget Application and Verification Principles for Schools of Various Levels in Participating in National Sports Competitions.” Funds are earmarked to subsidize and encourage schools to form teams to take part in national competitions. For example, the “2007 National Education Cup Tennis Championships”, and the “National AA Championships” were organized. “The 2007 National Joint Sports Games for Middle Schools” were held from April 21 through 26 in Tainan County. 1,031 athletes and 324 staff members represented Taipei, who went on to win 49 gold, 38 silver and 37 bronze medals, with Taipei ranked number 2 among all counties and cities. Nine athletes in Track and Field, Swimming and Archery set new records for their events. Taipei Municipal Chengyuan High School and junior high school athletes from Taipei Municipal Nangang High School were given the Sportsmanship and Life Education Trophies.

6. Enhancing Swimming Pool Utilization Effectiveness by Improving Software and Hardware Facilities

In 2002, Taipei City began rebuilding cold-water pools into warm-water pools in schools. As of December 2007, 37 schools were granted permission to build pools and have completed construction of them. Currently there are 283 schools in Taipei City, and 112 schools are equipped with swimming pools (114): the swimming pool installation rate is 39.6%, with 94 warm-water and 20 cold-water swimming pools. In other words, there is one swimming pool for each 2.5 schools, making Taipei City Taiwan’s leading region when it comes to swimming pools. In regard to software facility improvement, a swimming assessment test on graduating students was held; plus the sharing of swimming pools, swimming training on the weekends, and summer swimming camps have all been designed to enhance students’ swimming performances. To improve the effectiveness of the use of swimming facilities, the City Government has actively encouraged the private sector to partake in the operation and management of school sporting facilities. Presently, Taipei Municipal Neihu High School, Huajiang High School, Shuangyuan Junior High School, Longmen Junior High School, Boai Elementary School, Lanzhou Junior High School, Laosong Elementary School, Fulin Elementary School, Guandu Elementary School, Binjiang Elementary School, Wenlin Elementary School, Ximen Elementary School, Xinmin Junior High School, Xinyi Junior High School, Hulu Elementary School and Renai Junior High School have completed necessary commission tasks, a move that ensures a triple-win situation: for schools, proprietors, and the private sector.

7. The Establishment of Campus Sports Clubs

According to a study entitled “The 2006 Health and Fitness Research Project Report” by the Graduate Institute of Exercise and Sports Science of the Taipei Physical Education College on the general conditions among sports clubs among various schools, a total of 144 campuses have established sports clubs at elementary schools in Taipei City (153 public and private establishments) in 70 categories. Every school on average has 7 sports clubs and the ratio of student participation in clubs figures at 13.8%. 94% of elementary schools in Taipei provide facilities for sports clubs. Among the City’s middle schools (86 public and private), 85 have set up sports clubs in 55 categories. Each middle school on average has 8 sports clubs, and the ratio of student participation in club activities is reported at 20.1%. 99 middle schools in Taipei are furnished with sports clubs. Among Taipei’s vocational and high schools (67 public and private schools), 65 have set up sports clubs in 62 categories. Each campus on average has 8 clubs, and student participation stands at 14.7%. Overall, 97% of Taipei’s high schools are home to sports clubs.

8. The Implementation of School Physical Fitness Examinations

In conjunction with the policies of the Ministry of Education, the Taipei City Government’s Department of Education holds regular fitness examinations for students in schools under the junior high school level. Relevant information is uploaded to the “Ministry of Education Fitness Data Uploading Management System”; and in 2007, the department began working with the Ministry of Education to promote the “Health and Sports Web Passport Program”, to increase the utilization by students and parents of this information. Additionally, fitness-related seminars are outlined and planned to ensure that school representatives in charge of the system are familiar with operating the uploading management system and the Health and Sports Web Passport. Improvement projects will be refined and delineated to put into effect this fitness enhancement practice.

Part 4 Comprehensive Sports and Recreational Facilities

Advanced nations have always placed great emphasis on policies that serve to improve the quality of sports, recreation and life as well as individual fitness. The development of a sports policy not only involves the promotion of sporting events. It is even more important to encourage the habit of involvement in sports and recreational activities among the general public. With the development of sports and recreational activities as the goal, it is crucial to build a sound infrastructure as sports venues to increase overall physical fitness awareness. Therefore, one of the government’s most important tasks is the provision of a full range of sports and recreational facilities.

1. Constructing Public Sports Facilities

Wanhua Sports Center was inaugurated on May 26, 2007. It is equipped with a solar power PV system that operates on solar cells, a power conditioner (including an inverter with direct/alternating currents, a system controller and a system protection device) that can be integrated into the structure. Also the installation of a power auxiliary system can regulate



Shilin Sports Center was completed by yearend 2007



Wanhua Sports Center opening ceremony: Mayor Hau Lung-bin poses with children

power generation capacity according to sunlight levels. The device can supplement power shortages at times of peak use (the united model). These fuel-independent, waste-free, pollution-free, and power efficient systems are environmentally functional and poised to become the mainstream facility in future architectural designs. Facilities now offer an even wider range of the latest sporting facilities such as archery ranges, driving ranges and martial arts classrooms. The center has received the Green Mark for architecture. The use of natural lighting and an advanced air-conditioning system are applications of green design and create a comfortable environment.

Excess water from the swimming pool and hydrotherapy spa is recycled as well, ensuring full utilization of water and energy resources. The operations of the Zhongshan, Beitou, Zhongzheng, Nangang and Wanhua sports centers are now all contracted out to the private sector. The goal is to inject the vitality of private enterprise into these centers with the public and private sector working together to achieve policy objectives. An additional six sports centers and gymnasiums are currently under construction. Of these, the remediation construction of the gymnasium was undertaken due to the decrepit state of the original building. It has been torn down and preparations for the “2009 Taipei International Deaflympics”, include renovation of the track and field facilities, the warm-up facility, and the overall establishment. The progress of the construction of these sports centers is shown below:

Figure 1 : The Planning and Construction of Sports Centers

Number	Name	Start of Construction	Slated Completion
1	Shilin Sports Center	October 20, 2005	December 2007
2	Neihu Sports Center	March 1, 2006	April 2008
3	Datong Sports Center	May 2, 2006	June 2008
4	Xinyi Sports Center	May 2, 2006	September 2008
5	Wenshan Sports Center	August 1, 2007	December 2009
6	Daan Sports Center	May 21, 2007	June 2009
7	Gymnasium Remediation	May 23, 2007	December 2008



Fitness equipment and other innovative facilities at the sports centers



Sports Centers make exercise activities more accessible to the public

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

This project involves creating special purpose zones based on the nature of nearby sports facilities and integrating them within the riverside setting to build all-purpose facilities that meet the public's needs in the most complete and effective manner. Progress in 2007 included:

- (1) Construction of an activity center warehouse and shower stalls for the Dajia section of the Keelung River.
- (2) Night-time lighting system for the baseball fields, softball fields and skating rinks at the Yingfong section of the Riverside Park.
- (3) Construction of a skating rink at the Meiti section of the Keelung River.
- (4) Setting up of removable netting for the Yingfong softball field and Meiti softball field along the Keelung River.

3. Enhancing the Effective Utilization of Sporting Facilities

To prevent the under-utilization of sporting facilities, the City Government has been promoting service quality upgrades to the software/hardware of city gymnasiums and local sporting facilities, which serves to ameliorate service quality. We have also organized sports facility planning and designed lectures to help improve the environment of the city's sporting facilities, the professionalism of facility staff and the functionality of the equipment. To make more effective use of the site, the Taipei Track and Field Stadium was demolished and a new one was built. In 2007, facilities operated by the Taipei Sports Office were used by a total of 1.23 million individuals. The people of Taipei can enjoy a quality recreational and sports environment. The construction of sporting facilities will continue to make exercise a part of everyday life and increase citizen participation in sports.



New fitness equipment at the sports centers awaits tryouts

Sports and exercise now play an increasingly important role in developed nations with governments investing a great deal of manpower and resources in their promotion and development. The private sector has also actively participated in these efforts. Taipei City's sports policy starts by focusing on 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, the Zhongshan, Beitou, Zhongzheng, Nangang and Wanhua Sports Centers, the city is also proceeding with plans to build the Taipei Dome, the Taipei Track and Field Stadium and other district public sports centers. It is the city's long-term goal to provide its residents with even better access to exercise resources in the future. For the varied exercise requirements of the local residents, the city is also systematically organizing a series of health-related events. Since the Taipei City Government established the Sports Office in 2004, we have worked tirelessly to enhance the sports administration to help residents develop sports organizations. These measures have enabled them to participate in sporting activities in a systematic and disciplined manner, increasing 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 a more energetic community and our residents happier and healthier. This will increase the vitality of Taipei City and its potential as a modern, dynamic and international metropolis.