



臺北市政府 體育局

Department of Sports.
Taipei City Government

107年刊

Annual Report 2018



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臺北市政府體育局 107 年刊

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| 封面故事 Cover Story |

智慧場館讓您省時又省力！

User-friendly Sports Venues

全國首創運動場館智慧化電力及門禁控制系統

Taiwan's First Energy Management System for Sports Venues with Access Control

本局繼 107 年 6 月啟用的場地線上租借系統

Venue Booking System，讓民眾可線上預約場地租借之後，於 108 年更結合目前科技發展趨勢及環保理念，透過將場地租借系統結合租借時段，進行能源控管，達到節能減碳、節省行政流程及巡查人力。此外，更推出全國首創運

動場館智慧化電力及門禁控制系統，以提高智慧化管理效率，目前先以臺北體育館做為試辦場館，爾後將再推廣至其他場館。

108 年 1 月 2 日起於臺北體育館正式上線！智慧場館將提供三大有感特色功能：

1. 手機直接查詢租借及線上繳費，簡單方便一

指搞定！

2. 全空間 720 度環景導覽，設施設備一清二楚！
3. 專屬 QR CODE 連結場館門禁燈光系統，不用鑰匙輕鬆開門、不按開關自動照明！

After Taipei City's venue booking system officially came online in June 2018, more has been done to keep up with technology development and environmental protection in 2019. The venue booking system keeps track of the time a venue is occupied to control electrical power at the venue for energy efficiency and carbon reduction, and this also reduces manpower and administrative work. Besides, the launch of an energy management system (EMS) with venue access control, the first of its kind in the nation, increases management effectiveness. Taipei Gymnasium is the first to try out the upgraded system, as more will follow.

As a user-friendly venue starting on January 2, 2019, Taipei Gymnasium offers three unique functions:

1. Venue booking and payment are only “fingers away” through mobile phones
2. 720-degree 3D Panoramic View shows venues and their equipment in full view
3. User is given a QR code that controls the selected facility's access and lighting. No more keys and button-pushing



新版場地租借系統上線！ Upgraded Venue Booking System

以往民眾於舊系統申請租借場地流程繁複，步驟流程如下：

1. 須列印紙本並郵寄申請書
2. 再以電話查詢是否申請成功
3. 申請成功後須至特定銀行繳交費用
4. 使用完場地後須等待退還保證金

以上流程不僅曠日廢時，從申請租借到退還保證金的全程作業約需 48 日，且過多紙本作業，浪費資源且不效益。

The city's venue booking used to be a lengthy process as follows:

1. Print and mail out the application form to book a venue
2. Make the call to confirm reception of application
3. After the application is approved, pay at designated banks
4. Wait for deposit refund after using the venue

The above takes about 48 days to complete, with unnecessary paperwork far from being cost-effective.

新版場地租借系統提供民眾，本局自轄場地租借單一窗口的線上服務，民眾舉辦活動尋找場地，不再需要寄送申請書或逐一詢問各場地設施設備尺寸大小，只要上網輸入行政區、運動項目、租借起迄日期等關鍵字，馬上就會篩選

出符合需求的場地。

The new online venue booking system is one window for all services. To book the city-owned sports venues, users are no longer required to send out application forms or make inquiries about the venue (e.g. size, equipment). Instead, the new system allows instant search for your venue according to districts, types of sport and date/period via the internet.

歷經近 1 年的規劃，系統目前涵蓋本局所有自轄場地約 200 餘面，將原本繁複的場地租借流程，藉由整合查詢功能，提供一系列完整及便利的服務。往後民眾從網路申請租借場地後，不必列印及郵寄申請書、使用電話查詢是否申

請成功，也不必再到特定銀行繳交費用，或擔心場地使用完畢後還需耗費時日才能退還保證金。現在只要在電腦或手機上行動版網頁，即可完成場地租借大小事，包含尋找場地、預約場地、認識場地、線上繳費等。

After nearly a year of planning and work, the venue booking system now covers over 200 sports venues and facilities owned by the Department of Sports. This new method offers a series of comprehensive, convenient services by integrating user inquiries and replaces the previous time-consuming process. With internet connection, we make venue searching, inquiring, booking and payment only “fingers away” .

以往民眾透過場館名稱無法得知場館交通位置、附屬空間、現場設施設備、場地容量或尺寸是否符合活動需求，常需要投入大量的時間成本到現場勘查確認，才能找到理想的場地。現在這些資訊新系統上都已涵蓋，民眾只要一鍵搜尋或透過超連結方式，就可以清楚瞭解各場館實體環景狀況及附屬設施內容，連結 Google 地圖定位所在位置，可即時導航提供到達指定場館之最佳建議路線與預估到達時間，尋找場館位置快速便捷。

Users could not get additional venue information (e.g. location, affiliated space, equipment, size and maximum capacity) to determine if it were the right sports facility without making personal trips to visit the venue. Now, all the information is available online. With a few clicks on the screen or through hyperlinks, the venue booking system provides users with panoramic viewing of the city's sports venues and their equipment. Also, Google Maps points out the venue location and how to get there with recommended routes and estimated time of arrival for real-time convenience.

此外，透過 720 度環景拍攝，設置正確的地標與超連結，使體育場館環境設施跳脫以往靜態圖文說明形式，投射於 Google 地圖，同時整合場館的實體 720 度環景資訊，增進民眾可及性及利用率。

Unlike the traditional use of photos with captions, the system's 3D Panorama offers more venue information for user convenience. In the meantime, Google Map presents nearby landmarks and hyperlinks that help users quickly locate our sports venues.

簡化場地租借流程及打造智慧化運動城市

Simplified Venue Booking Creates User-Friendliness

本局為簡化場地租借流程及打造智慧化運動城市，已配合資訊系統優化作業，並結合智慧化電力控制系統 (EMS)，透過將場地租借系統結合 EMS，實施內容詳如下列說明：

To simplify the venue booking process and make Taipei a smart, athletic city, the Department of Sports has incorporated EMS into the online venue booking for our information system optimization as follows:



場地租借系統操作介面
The venue booking system—User interface



1. 場地租借系統優化：此系統以智慧化、便民化及人性化之理念進行設計，將原本繁複的場地租借流程，藉由整合查詢功能，提供一系列完整及便利的服務，說明如下：

(1) E化申請流程：以電腦或行動載具登入系統，一次完成場地搜尋、預約場地、認識場地、線上繳費等。

(2) 場館環境導覽：新系統可瞭解各場館實體環景狀況及附屬設施內容，連結 Google 地圖定位所在位置，可即時導航提供到達指定場館之最佳建議路線與預估到達時間，提升可及性。

(3) 提供多元繳費管道：新系統提供民眾可透過

電信業者、ATM、悠遊卡等支付費用，同時引進信用卡付款方式，並取得 PCI DSS (支付卡產業資料安全標準) 認證，保障持卡人資料及交易安全。

A. Upgraded venue booking system: The smart and user-friendly system creates more convenience. The previous booking procedures are reduced to one window for all services by integrating user inquiries as follows:

(1) E-application: Log in the venue booking system through a computer or mobile device for venue search and booking, information about the venue and online payment all at the same time.

(2) 3D panorama of venues: The system provides online panoramic viewing of a selected venue and its equipment, with location, best route to get there and estimated time of arrival pinpointed by Google Map.

(3) Multiple payment methods: The system accepts payments made through telecommunication service providers, ATM, EasyCard, in addition to online credit card payment. The Payment Card Industry Data Security Standard (PCI DSS) has been made use of to ensure credit card holders' information security when making online transactions.

2. Energy Management System (EMS): 本局於 108 年 1 月 2 日起擇定於所轄臺北體育館為試辦場館，民眾可先由「場地租借系統」預

約場館及時間，繳費成功後將自動產生一組 QR Code，租借單位透過行動載具現場掃瞄 QR Code，即可開啟門禁及選擇預設借用之燈光模式，依租借時數自動提供燈光及空間，租借開始前及結束後會有 15 分鐘緩衝時間，如遇賽事延長須臨時增加借用時間，可另洽管理中控室辦理，不僅落實使用者付費原則，更能有效節省人力及能源。

B. Energy Management System (EMS): Taipei Gymnasium is the city's first sports venue to test the upgrades. First, users log in the venue booking system to book venues and make payments. Then, a QR code can be downloaded to the user's mobile device. After the QR code scan, the user gains access to the sports facility and the pre-



selected lighting according to the number of hours booked. Additional 15-minute preparation time is allowed before and after using the venue. The user may be able to extend time of using the venue by contacting the management office. Based on the user-pays principle, Taipei Gymnasium activates the upgraded system on January 2, 2019 as it effectively reduces manpower and use of energy.

資訊系統優化作業及結合智慧化電力控制系統 (EMS)

Information System Optimization with EMS

經本局辦理資訊系統優化作業及結合智慧化電力控制系統 (EMS)，執行成效說明如下：

1. 內部成效

(1) 節省工作流程日數：舊系統租借流程約處理時間約需 48 日，新流程處理時間僅約需 4 日，可節省 94% 工作流程日數。

(2) 節省場地申請用紙量：預估每月至少可節省

用紙量約 1,404 張。

2. 外部成效

(1) 智慧化便民系統：申請者以電腦或行動載具登入系統，一指完成租借程序，電腦使用率為 50%、行動裝置 46.7%、平板電腦 3.3%。

(2) 服務能量：已申請會員人數達 2,860 位、瀏覽人次為 48,759 人次，已服務 6,734 筆訂單。

The following is an implementation summary of information system optimization with EMS for venue booking:

1. Internal benefits

(1) Reduce processing time: The entire venue booking procedure previously required 48 days to complete while the new method only takes about four days, a 94% reduction in processing time.

(2) Reduce paper used for application processing: Minimum 1,404 pieces of paper can be reduced on a monthly basis.

2. External benefits

(1) A user-friendly system: Simply log in the system to book venues. Note that 50% of our users use computers to book venues, while 46.7% use mobile devices and 3.3% use digital tablets.

(2) Service capacity: The system currently has 2,860 members and 48,759 website visitors, with 6,734 bookings successfully completed.

智慧化電力 控制系統 Energy Management System

臺北體育館為本
局首座導入EMS系
統之自轄場館，
於108年1月2日
正式啟用。



編輯小語

Editor's Message

臺北市為全國知識與經濟發展領先的城市，運動與城市的結合也已逐漸受到重視，成為一種生活文化。隨著市民健康意識提升，運動不再只專屬於特定族群，不論在運動場館修建、活動規劃，均考量多元族群的運動需求，廣為辦理全民休閒運動，積極朝向落實培養市民運動習慣，提升規律運動人口之目標努力前進，打造本市成為永續宜居的健康活力城市。

Taipei City, a well-developed urban area in terms of knowledge and economy, combines itself with sport and exercise, and this has gained increasing importance and become part of the city's living culture. As we pay more attention to health benefits, sport and exercise are no longer limited to certain people. Taipei is committed to actualizing "Make exercise a habit" by building or renovating sports venues and facilities and organizing activities for all population groups. To be one of the most sustainable and livable cities in the world, it is our goal to increase the number of Taipei citizens who exercise regularly.

為了持續深化推動本市運動政策，提升市民服務的品質，本局肩負為市民創造愉快的運動經驗、為本市培育健康卓越人才，以「健康市

民」、「卓越競技」與「運動城市」為使命，打造「成為宜居永續城市」為願景，透過健全成熟的發展策略與周密計畫，致力營造友善與優質的運動環境，建構全民運動文化，並以提升運動發展品質為基礎，更求精進追求卓越。

To promote the city's sports objectives and provide better services to citizens, the Department of Sports undertakes tasks to make sports a positive experience for our citizens and foster healthy talent at the same time. Based on "Healthy citizens", "Unmatched athletics" and "An athletic city", the Department aims to develop Taipei into one of the most sustainable and livable cities in the world. With well-thought-out plans and strategies, we endeavor to build a friendly, ideal sports environment, promote "Sports for all" and achieve excellence through further sports development.

本年度本局改善場館租借系統流程，便利申請者使用行動載具進行註冊、場館預約租借等作業程序，提供繳費資料查詢及報表統計分析等功能。現已提供民眾 webATM、實體 ATM 及線上刷卡等多元繳費管道繳費，大幅提升市民便利性及行政效率，未來將分階段施行運動場

地照明設備使用者付費機制，透過自動化系統感應、整合線上租借系統或導入悠遊卡等支付方式，將有助於減少天候不佳或無人使用時夜間照明啟動時間，以降低能源消耗及節省公帑，並達到臺北智慧城市策略地圖之核心目標。

The Department has improved the venue booking process by offering the use of mobile devices for user registration and login, venue booking, payment inquiry, as well as for the management's booking analysis. Now, payments can be made through ATM, webATM and online credit card payment for enhanced user convenience and management efficiency. Steps will be taken to implement a venue lighting mechanism based on the user-pays principle. The mechanism incorporates features such as automatic sensors, the online venue booking system or EasyCard payment to avoid unnecessary lighting when venues are not occupied at night or due to bad weather conditions. It reduces energy consumption and saves taxpayers'money, accomplishing core values of our strategic map for a smart Taipei.

本年度本市於「2018 雅加達－巨港亞運會」奪得 6 金 5 銀 25 銅的耀眼成績；全民運動會獲得 41 金 31 銀 33 銅，並以總積分 107.5 分榮獲行政院長獎的殊榮，本屆成績金牌數相較上屆 105 年全民運增加 20 面，總積分名次為第 2 名。臺北市籍選手在 2018 亞洲運動會及全民運動會成績優異，奠基于本局長期以來建

立對基層競技運動選手訓練、獎勵及輔導機制，並藉由舉辦各項國際運動賽事、推動運動產業發展、辦理城市運動交流及提供更優質的運動場館設施服務，鼓勵全民參與運動。未來，我們將持續秉持承擔責任及接受挑戰之態度，追求精進卓越，持續深耕努力，打造本市成為國際卓越運動城市，並展現城市蓬勃朝氣與活力，落實運動成為本市市民生活中的重要一環，打造城市優質的運動文化。

Taipei has brought home 6 gold, 5 silver and 25 bronze from Asian Games Jakarta Palembang 2018, and 41 gold, 31 silver and 33 bronze from 2018 Citizens Sports Games with a total score of 107.5. The remarkable sports performance helps Taipei rank second place in 2018 Citizens Sports Games while earning the city's additional Premier's Award and 20 more gold medals compared to our medal count in 2016. The Department of Sports takes credit for the fruitful results because we provide mechanisms of training, reward and guidance to our young athletes with long-standing devotion, in addition to our effort to encourage "Sports for all" by organizing international sports events, making exchanges with other cities, boosting the sports industry development and improving the city's sports venues and services. The Department will continue to undertake tasks and challenges for greater excellence by making Taipei an athletic city of vitality and sport part of our life and culture.

沿革 History

1956 11.07

2004 08.07

2012 08.10

臺北市立體育場

Nov. 7, 1956 Taipei Municipal Stadium

為促進臺北市運動發展，1956 年成立「臺北市立體育場」，早期多由臺北體專校長兼任，直至 1998 年由臺北市政府教育局派員擔任專任場長。

To promote sports in the city, Taipei Municipal Stadium was built in 1956. Management of the stadium used to be part of the duties of the presidents of Taipei Municipal Sports College until 1988 when the city's Department of Education took over and designated a full-time manager for the stadium.

臺北市體育處

Aug. 7, 2004 Taipei Sports Office

伴隨國人對運動與休閒日益重視，改制為「臺北市體育處」，隸屬臺北市政府教育局所轄之二級機關。

Due to an increasing public focus on recreation and sport, Taipei Sports Office was established as a secondary government agency affiliated with the Department of Education.

臺北市政府體育局

Aug. 10, 2012 Department of Sports, Taipei City Government

為持續深化與推動臺北市體育政策健全發展，升格改制為「臺北市政府體育局」，引領潮流帶動體育發展。

To further promote and improve the city's sports objectives and development, Taipei Sports Office was restructured and upgraded to Department of Sports.



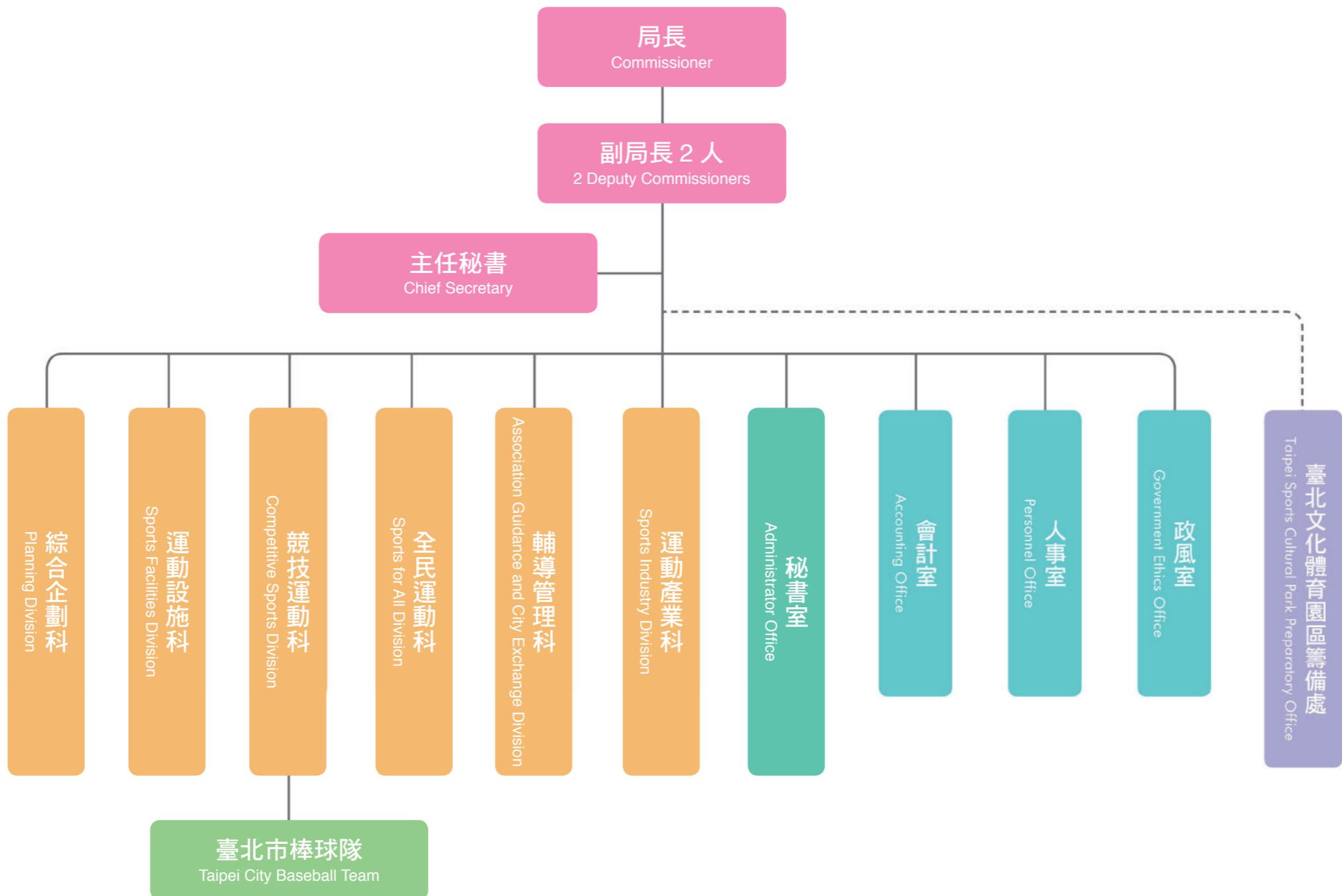
組織架構圖

Organization Structure

隸屬於臺北市政府，為一級機關，置局長 1 人、副局長 2 人、主任秘書 1 人，下設 6 科 4 室，組織架構圖如下：

The Department of Sports is one of the primary government agencies of Taipei City Government. There are one commissioner, two deputy commissioners, one chief secretary, six divisions and four offices in the Department

臺北市政府體育局組織架構圖
Department of Sports—Organization Structure



| 開創與展望 Finding New Prospects |

107 年智慧場館整合線上服務，打造樂活臺北運動生活城

User-Friendly Venues with Online Integrated Services for Better Living

臺北市政府體育局策略地圖

Strategic Map of the Department

使命 健康市民、卓越競技、運動城市		願景 成為宜居永續城市		核心價值 誠信正義、透明開放、創新卓越、 提升效能	
策略 主題	提高規律 運動人口 A	強化競技 運動實力 B	推升運動 產業效能 C	優化 運動場館 D	深化國際 運動交流 E
策略 目標	● AC1 打造運動城市（府 FC4.1） ● AC2 提升志願服務風氣 ● AC3 嘗營造友善安全運動環境	● BCI 培育基層運動選手（府 CP8.1） ● BC2 提升選手競技實力（府 CP8.2）	● CCI 提升運動中心顧客滿意度	● DC1 提升運動場館使用人數（府 FP5.1） ● DC2 提升運動場館申借便利度	● ECI 強化國際運動交流
	● AP1 辦理本市全民體育運動相關活動 ● AP2 辦理本市水域活動推展 ● AP3 辦理本市特殊族群體育運動推展 ● AP4 輔導民間體育團體辦理體育活動	● BP1 健全人才各級培訓體系 ● BP2 補助及獎勵績優運動選手與教練 ● BP3 完備運動科學及運動照護（府 CP8.3、CP8.4） ● BP4 補助競技運動體育團體訓練比賽及活動	● CP1 提升運動場館委外經營效益 ● CP2 辦理運動中心營運績效評鑑	● DP1 辦理運動場館暨園區及河濱運動場地管理維護 ● DP2 辦理轄管運動場區整建工程	● EP1 辦理國外城市運動交流參訪團事務 ● EP2 舉辦國際運動賽事，主辦城市盃國際運動賽事（府 CC4.1）
	● AL1 落實職能培訓	● BL1 落實職能培訓	● CL1 落實職能培訓	● DL1 落實職能培訓	● EL1 落實職能培訓
	● AF1 提升公務預算編列執行效能	● BF1 提升公務預算編列執行效能	● CF1 提升公務預算編列執行效能	● DF1 提升公務預算編列執行效能	● EF1 提升公務預算編列執行效能

本局自 101 年升格成立，基於對城市運動發展及市民生活幸福感的重視，致力推動各項運動事務不遺餘力。為了持續深化推動本市運動政策，提升市民服務品質，我們肩負為市民創造愉快的運動經驗、為本市培育健康卓越人才之重任，本局以「健康市民」、「卓越競技」、「運動城市」為使命，打造「成為宜居永續城市」為願景，並以「誠信正義」、「透明開放」、「創新卓越」、「提升效能」為核心價值，承接府級策略地圖之「發展多元文化」、「打造優質教育」策略主題，規劃本局策略地圖（詳如圖 2）與平衡計分卡，並以「提高規律運動人口」、「強化競技運動實力」、「推升運動產業效能」、「優化運動場館」、「深化國際運動交流」五大策略主題，架構本局重大施政方針，訂定各項關鍵績效指標 (KPI)，強化治理效能，邁向卓越。

Since our upgrade in 2012, the Department of Sports has put an emphasis on Taipei's sports development and how it is related to the happiness of our citizens by undertaking various sports-related tasks. To take the city's sports objectives a step further and provide citizens with better services, the Department strives to make sport and exercise a positive experience for the public and foster healthy talent for the city. "Healthy citizens", "Unmatched athletics" and

"An athletic city" are our goals based on which the Department aims to develop Taipei into one of the most sustainable and livable cities in the world. The Department produces a strategic map (See Fig. 2) and a balanced scorecard according to "Integrity & Justice", "Transparency & Openness", "Innovative Excellence" and "More efficiency" as core values, as well as strategic objectives concerning the development of cultural diversity and good education. To boost efficacy of governance and strive toward excellence, the Department stipulates important measures and key performance indicators on the basis of "Increase sport population", "Enhance athletic competitiveness", "Increase sports industry efficacy", "Improve sports venues and facilities" and "Further international sports exchange".



| 體育風雲 Our Achievements |

運動生活風格，全民動起來

Sports for All" as Lifestyle



一、建立路跑審查機制，優化路跑活動

Review Mechanisms That Optimize Road Running

因應路跑活動蔚為風潮，為提升本市路跑活動品質及場次管制，本局自 104 年度起創新實施「臺北市路跑活動執行審核計畫」，全國首創

路跑活動總量管制措施，將路線範疇分為 A、B、C、D 四類型路線，設定各級別每月、每年度辦理場次上限，藉此降低路跑活動過度集中

於特定區域，減輕對活動周邊市區道路交通的衝擊與居民日常生活的干擾。明確規範各級各路線申辦的統一收件期程及表件等，採定期召開審查會議方式，建立審核把關機制，以優化路跑活動品質。本計畫實施以前，103 年路跑

活動共計 72 場，實施本計畫管制路跑活動場次後，104 年路跑活動精減至 44 場、105 年 43 場、106 年 29 場及 107 年 27 場，達到有效控管、落實審核機制及優化路跑品質。

The popularity of road running is surging. To improve road running and control road running events in Taipei City, the Department of Sports launched a review program in 2015, the first of its kind in the nation, for the city's road running activities. In the program, measures are implemented to divide running routes into four types: A, B, C and D, and a maximum number of events that can be held monthly as well as annually for each road running category. The program has effectively reduced road running's negative impacts on traffic and nearby residential areas as the activity is no longer "jam-packed" at certain places. A review mechanism has also been established as part of the program to optimize road running in Taipei. Meetings are held regularly to review applications concerning routes of all running categories that should be submitted before a specified deadline. Prior to the launch of the program, 72 road running events were held in 2014. The number saw a decrease after implementation of the program: only 44 events were organized in 2015, 43 in 2016, 29 in 2017 and 27 in 2018, which shows the fruitful results of the review program and a significantly improved road running environment.



二、推展都會特色運動，滿足市民運動需求

Urban Sports for Citizens

(一) 「2018 水岸臺北端午嘉年華」

2018 Taipei Dragon Boat Festival

本賽事結合端午節慶，自 107 年 5 月起於基隆河大佳河濱公園辦理「水岸臺北 2018 端午嘉年華」系列活動，內容包含「龍舟體驗活動」、「舵手研習營」、「龍舟點睛暨祭江大典」等。



臺北市國際龍舟錦標賽於 6 月 16 日至 18 日辦理，總計 224 支隊伍共約 6,000 名選手報名參加，活動吸引觀眾超過 7 萬人次。

The 2018 Taipei Dragon Boat Festival was launched alongside the Keelung River at Dajia Riverside Park in May 2018. A series of festival activities included “Experiencing dragon boats”, “Dragon boat helmsman training” and “The dragon boat eye-dotting & offerings at the riverside ceremony”. A dragon boat race as part of the festival was also held from June 16 to 18, with 6,000 paddlers in 224 teams competing for first place. This year's festival has attracted over 70,000 visits.

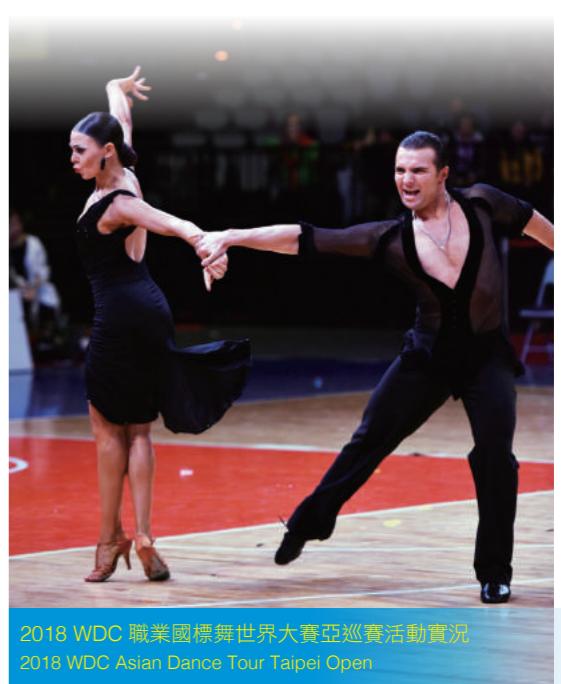
(二) 「2018WDC 職業國標舞世界大賽亞巡賽」

2018 WDC Asian Dance Tour Taipei Open

本賽事為全臺唯一由 WDC 世界舞蹈總會認證的世界積分賽，107 年 2 月 28 日於臺北小巨蛋舉辦。主辦單位特邀 30 個國家超過 400 位各國頂尖好手前來參賽，為臺北市民帶來高水準及精彩的國際大賽。活動在本局及社團法人中華民國國際運動舞蹈發展協會之努力下順利完成。

World Dance Council (WDC) Asian Dance Tour Taipei Open is the only WDC-recognized world ranking tournament in Taiwan. On February 28, the 2018 annual took place at Taipei Arena where over 400 top competitors from 30 countries gathered and Taipei citizens were able to be part of

this splendid event. Under the Department's full cooperation with Taiwan International Sport Dance Development Association, the 2018 WDC Asian Dance Tour Taipei Open ended on a high note.



(三) 「2018 WDC 世界盃舞王爭霸賽」 2018 WDC World Cup Open to the World

本賽事由本局及台灣體育運動舞蹈發展協會共同主辦，由 WDC 世界舞蹈總會授權認證賽事，競賽項目共分為國際公開職業組、亞洲公開職業組、國際職業新星組、國際大專組、國際青少年組等，共有來自歐洲、亞洲、美洲等各大洲 30 個國家，共 420 對 840 位好手參賽，觀眾高達約 1 萬人次。

The WDC-authorized dance tournament was organized by the Department of Sports in partnership with Taiwan Dancesport Development Association. The tournament was divided into WDC Open International

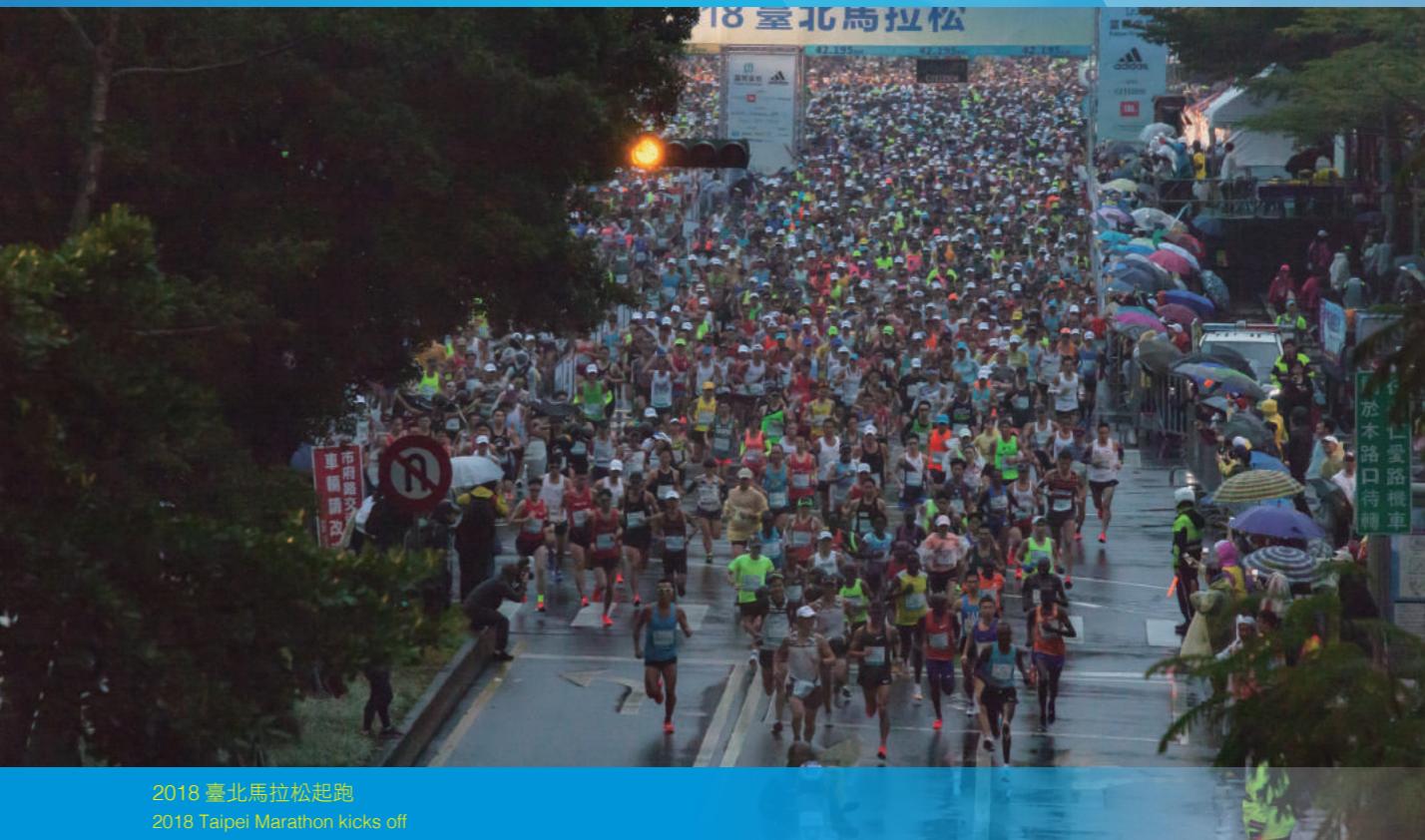
Professional, Asian Professional Open, International Young Professional, International College and International Junior, drawing 840 competitors in 420 dance pairs from 30 countries in different parts of the world and around 10,000 spectators.



2018 CTC 世界盃國際標準舞公開賽活動實況
2018 CTC Cup Ballroom Dance Championship



2018 WDC 世界盃舞王爭霸賽活動實況
2018 WDC World Cup Open to the World



2018 臺北馬拉松起跑
2018 Taipei Marathon kicks off

(四) 「2018 CTC 世界盃國際標準舞公開賽」 2018 CTC Cup Ballroom Dance Championship

本賽事 107 年 7 月 7 日於臺北小巨蛋舉辦，由教育部體育署指導，並由本局及社團法人中華民國全民舞蹈運動協會首次共同主辦，為提升臺灣國標舞的水平與能見度，與國際間進行文化交流，本賽事共有 37 國、25 位外國評審、1,130 位選手參賽，觀眾高達約 1 萬人次。

With assistance provided by the Sports Administration, Ministry of Education, the 2018 CTC Cup Ballroom Dance Championship was jointly orchestrated by the Department of Sports and Chinese

National Dance Board Association on July 7 at Taipei Arena. 1,130 competitors and 25 foreign judges from 37 countries in addition to approximately 10,000 spectators gathered for the dance event, and this enhanced Taiwan's visibility by increasing our standard of ballroom dancing and cultural exchange with the international community.

(五) 「2018 臺北馬拉松」 2018 Taipei Marathon

本賽事於 107 年 12 月 9 日舉行，分為全馬組及半馬組，參加人數總計約 2 萬 7,000 人，活動吸引超過 60 個國家地區優秀跑者報名參加。

賽道獲國際馬拉松暨長跑協會（AIMS）丈量認證，並向中華民國田徑協會提出國內成績認證申請，保障菁英選手成績，另延續古城門巡禮路線，帶領跑者用雙腳體驗臺北市的古城遺韻與現代感交織的多元文化。

The 2018 Taipei Marathon on December 9 was divided into half-marathons and full-marathons, attracting a total of 27,000



全民瘋運動 -WOMAN 動起來活動來賓合影
Guests of "Crazy for Sport—Women and Parent-Child Activities"

runners from over 60 countries and regions. The courses were measured and certified by Association of International Marathons and Distant Races (AIMS), and results were recognized by Chinese Taipei Athletics Association to elite runners' benefit. This year's race, again, includes old city gates in the running route, allowing runners to experience the city's old and modern sides in one route.

（六）辦理女性及親子相關運動知能課程，提升運動參與

Women and Parent-Child Sports Seminars That Increase Sports Involvement

本活動配合體育署「國民體育日」及推廣女性參與運動計畫，規劃多元體育運動知能系列講座，辦理運動研習講座以增加市民運動知能，



全民瘋運動 -WOMAN 動起來活動參加人員合影
Participants of "Crazy for Sport—Women and Parent-Child Activities"



107 年臺北市社區體適能促進計畫活動實況
2018 Taipei Physical Fitness Promotion—An exercise class

活動項目包含「親子好動課程」、「女性體適能加值方案」以及「運動嘉年華」等。自 107 年 4 月至 9 月份進行，共計辦理 40 場活動、約 1,000 餘人共襄盛舉，達到推展全民及女性運動的目標。

The sports seminars are offered by the Department in accordance with Sports Administration's promotion for National Sports Day and projects that are intended to increase women's participation in sport and exercise. The seminars encourage "Sports for all" and women's sports by offering parent-child exercise classes, female physical fitness programs and sports carnivals. 40 seminars were held between April and September 2018, with more than 1,000 participants.



107 年臺北市社區體適能促進計畫 (樂齡組)
活動實況
2018 Taipei Physical Fitness Promotion for seniors above 65

（七）辦理 107 年臺北市社區體適能促進計畫 2018 Taipei Physical Fitness Promotion

本計畫藉由體適能檢測，提升臺北市市民對自我體適能的認知與重視，進而產生運動動機，養成規律運動習慣，並透過定期體適能檢測追蹤自己的運動效益。目標對象為 23-64 歲民眾（一般組）及 65 歲以上銀髮族（樂活組），

分別設置 2 個月「體適能促進課程」結合知能傳遞，並設立檢測站，以定時定點或定期巡迴概念推動，融入企業、公益等團體的服務方案，提升產業支持意願，藉由大學服務、醫學專業、體育署體適能人力的整合，配合臺北市所屬場館，以檢測、定期運動課程及認知促進的 3 項指標，做為臺北市推動市民體適能的重要實務支持體系，提升市民健康規律的良好效能，並有效推展全民運動。107 年本計畫體適能檢測站參與人數共 1,256 人，促進課程參與人數共 510 人。

Taipei City works to raise public awareness

of physical fitness and its importance by offering physical fitness tests, creating incentives for regular sport and exercise. The tests are intended to help us keep track of how sport and exercise have improved our physical fitness. The city also provides two-month physical fitness classes for people between the ages of 23-64 and seniors above 65. Physical fitness test stations have been established, too. The tests and classes are available at certain hours and locations, and tours can be held on a regular basis. They are also incorporated into services provided by corporations and public interest groups as a way to gain industry support. In addition to the physical fitness tests, regular exercise classes and awareness promotion, the city's progress



in physical fitness that helps achieve “Regular sport and exercise for all” is fully supported by colleges and universities, medical science, human resources provided by the Sports Administration and coordination of the city's sports venues and facilities. 1,256 people took the tests and 510 people enrolled in the classes in 2018.

（八）活化河岸運動種類，促進水域運動風氣 Encourage Riverside Activities and Water Sports

本局為推展臺北市民眾及青少年夏日期間親水休閒活動，於 107 年 7 月 7 日至 8 月 12 日辦理「2018 年親水體驗活動-瘋狂一下玩水趣」，每週六、日在臺北市大佳河濱公園大直橋下舉行，規劃專業教練群及完善安全救護措施，

提供民眾於安心安全環境中體驗多元化水上運動，包含「雙人獨木舟」、「SUP 立槳式浪板」、「龍舟」、「竹筏」及「海洋獨木舟」等適合全家大小的水上休閒體驗活動，活動共計吸引超過 6,000 人次參與。

The Department of Sports organized “Crazy Summer Water Fun” under Dazhi Bridge at Taipei Dajia Riverside Park every weekend from July 7 to August 12, 2018 for the summer recreation of Taipei citizens and youngsters. Expert coaches and safety measures were available to ensure a safe water sports environment for over 6,000 participants in a number of great family water activities, such as two-person canoeing and stand up paddle boarding (SUP), in addition to dragon boats, bamboo rafts and seayaks.

三、整合各類族群運動發展，打造城市多元運動形象

Sports for All Creates Taipei's Diversified Sports Image

(一) 推展活躍樂齡計畫，完善銀髮族樂齡運動圈

Exercise Programs That Promote Senior Fitness

本局於 106 年開始辦理為期 3 年的活躍樂齡運動推廣計畫，獲得長輩喜愛，107 年已達成原定 3 年之計畫目標，計辦理多達 1,618 場運動指導，總服務人次高達 4 萬 2,494 人次，為臺北市政府提出「活躍老化 · 臺北樂齡運動圈」美好願景之重要推手。



活躍樂齡計畫以「安全性、趣味性、持續性」為 3 大核心要素，並運用 5 大貼心思維，提升本市銀髮族規律運動人口，未來也將持續推動樂齡族群的運動發展，期許運動深入鄰里之中，亦即落實「我家隔壁就是健身房」的理念，讓長輩能輕易進入樂齡運動環境。

The Department of Sports launched a three-year exercise promotion program for seniors in 2017, and it was well-received by senior participants. Goals set for the three-year program had already been accomplished by 2018, with as many as 1,618 exercise classes tailor-made for 42,494 participants. The very satisfying result serves as an important catalyst for promoting senior fitness through sport and



exercise as one of the city's objectives.

The program implementation is based on safety, persistence and fun. Five considerations are taken into account to increase the number of our elderly who exercise regularly. The Department will continue to support the development of senior fitness that reaches across every community of the city, making exercise so easy for seniors that "Next door fitness" is a fact instead of a goal.

(二) 組訓參加 107 年全國身心障礙國民運動會

2018 National Disabled Games

本賽事為 2 年舉辦 1 次，本屆 107 年 5 月 24 日至 27 日於嘉義市點燃戰火；本屆本市共派出代表隊選手 277 人，參賽項目包括田徑、游

泳、射箭、射擊、各項球類及特奧項目等運動競賽共 14 項，選手們勇奪 208 金 109 銀 65 銅，並有游泳、田徑、射擊等 70 項賽事項目打破大會及全國紀錄，總成績排名第一，成功完成七連霸佳績。

Organized every two years, National Disabled Games was held in Chiayi City this year from May 24 to 27. Taipei City sent 277 athletes to compete in 14 sports, including track and field, swimming, archery, shooting, various ball games and Special Olympics focus. Our athletes won 208 gold, 109 silver and 65 bronze. Moreover, the city broke the records of National Disabled Games and also our national records by winning across 70 sports (e.g. swimming, track and field, shooting) and placing first seven times in a row at the National Disabled Games.

(三) 組訓參加 107 年全民運動會

2018 Citizens Sports Games

本賽事為 2 年舉辦 1 次，本屆 107 年 9 月 29 至 10 月 4 日於苗栗舉行，為備戰此賽會，本市選拔出代表隊選手計 626 位、隊職員 127 位，參賽競賽種類包括健力、拔河、輕艇水球、滑輪溜冰、沙灘手球、傳統體育、創意球類、槌球及沙灘角力等 26 項，本市代表隊共獲 41 金 31 銀 33 銅，並以總積分 107.5 分榮獲行政院院長獎。

The Citizens Sports Games are held every two years in Taiwan. Accompanied by 127 staff members, Taipei City's 626 athletes participated in the 2018 Citizens Sports Games held in Miaoli from September 29



107 全民運動會躲避球實況
2018 Citizens Sports Games—Dodgeball game

to October 4 contesting in 26 sports (e.g. powerlifting, tug of war, canoe polo, roller sports, beach handball, traditional sports, creative ball games, gateball, beach wrestling). Taipei City's medal count included 41 gold, 31 silver and 33 bronze; with a total score of 107.5, the city was granted the Premier's Award for the exceptional sports achievement.



107 全民運動會代表隊選手合影
Our athletes at 2018 Citizens Sports Games



銀髮族運動會皮拉提斯球大會操
Taipei Sports Day for Seniors—Pilates ball workout

(四) 2018 臺北市銀髮族運動會

2018 Taipei Sports Day for Seniors

本賽事 107 年 10 月 21 日於臺北體育館、臺北田徑場盛大舉辦，今年將運動處方融入遊戲競賽中，競賽種類包含團體趣味競賽、三代同樂趣味競賽、200 公尺、400 公尺、12 分鐘跑走競賽等。因應人口老化趨勢，近年積極擴大推廣銀髮樂齡運動，此次本局結合民政局與 12 區公所帶領 326 支隊伍，總共超過 1,000 位長者共襄盛舉，為了讓參加運動會的長輩能獲得多元資訊，在趣味競賽會場周邊設有各種不同的樂齡活動攤位，包括體適能檢測、健康諮詢、簡易身體活動能力測量及提供運動處方等，希望透過此次的活動鼓勵更多銀髮族朋友走出戶外，實踐「時時運動、處處運動」，養成規律運動習慣，運動融入日常生活，讓臺北市成為一個永續樂齡的健康友善城市。

2018 Taipei Sports Day for Seniors held on October 21 at Taipei Gymnasium and Taipei Stadium is incorporated with exercise prescriptions and offers group competitions, extended family games, as well as 200-meter, 400-meter and 12-minute track events. To cope with the issue of population ageing, the city has proactively implemented exercise programs that promote senior fitness in recent years. The Department of Sports, the Department of Civil Affairs and the city's 12 district offices together sent over 1,000 senior participants in 326 teams to the 2018 Taipei Sports Day for Seniors. Note that stalls surrounding the competition venue offered physical fitness tests, healthcare Q&A, basic physical activity tests and exercise prescriptions to the participants. We hope to take this opportunity to encourage regular outdoor exercise for the elderly at all times and all places, making sport part of our life in the healthy, age-friendly Taipei.

（五）107 年臺北市身心障礙市民休閒運動會 2018 Taipei Sport and Recreation Day for the Disabled

本賽事 107 年 10 月 14 日於臺北體育館活力展開，本屆活動主題是「勤運動礙無蹤」，除了為參賽者量身設計了圈圈相套、眼明手快、丟丟銅、頂上功夫及穩如泰山等五項趣味競賽，現場還設有互動體驗區，輔具展示與小農攤位，共吸引近 700 人熱情參與！透過趣味活動，讓身心障礙者與家屬及照顧者放鬆筋骨、活絡身心。



2018 Taipei Sport and Recreation Day for the Disabled kicked off on October 14 at Taipei Gymnasium with “Sport overcomes impairments” as theme of the event. Five interesting games (i.e. a ring-toss relay, Quick of Eye and Deft of Hand, a throwing relay, a ball-balancing relay and a table tennis ball transporting relay) were designed for relaxation of the nearly 700 contestants and their families or caretakers in addition to experiential sport activities, the display of assistive devices and a nice little farmer's market.



極限運動體驗育樂營課程實況
Class at Taipei Extreme Sports Camp

（六）辦理國際極限運動賽事及育樂營，推展青少年運動

Extreme Sports Events and Youth Camps

本活動為推廣極限運動，提升該運動人口，並倡導青少年暑假期間正當體育休閒活動，本局已連續第 8 年辦理極限運動體驗育樂營。107 年開課班級包含滑板、極限直排輪及 BMX 極限單車入門、中階班，共 21 梯次，308 人報名參加，深獲學員及家長支持。希望藉由本育樂營的舉辦、推廣，以發掘、培訓新生代優秀極限運動人才，也使更多人能體驗極限運動的魅力，豐富青少年暑期體育活動的多元選擇，並培養運動的習慣及興趣。

今年首次主辦「107 年臺北國際青年極限運動大賽」，9 月 15 至 16 日於本市極限運動訓練中心舉行，吸引了國內外等 154 位好手參賽，包含來自捷克、美國、香港、巴西、日本、韓國、泰國、紐西蘭及我國等 9 個國家參加。此外，今年首次增設兒童指導教練獎，創國內極限運動賽事先例，鼓勵極限運動教練投入基層種子選手培訓，以感謝教練們長期辛苦的付出與貢獻，觀賽人數約 900 人次。

Organized annually to promote extreme sports as part of teenagers' sport and recreation in the summer, the Taipei Extreme Sports Camp held for the eighth consecutive year by the

Department offered 21 well-received classes in 2018, with a total of 308 participants. These were beginner's and intermediate classes for extreme skateboarding and inline skating, as well as freestyle BMX. To make sport a habit and a hobby, the Department takes this opportunity to select and provide training to promising athletes through the camp as an alternative summer activity that extends the experience of extreme sports to more people.

As the first-time host city of Extreme Sports Championship 2018 in Taipei from September 15 to 16, Taipei invited 154 extreme sports athletes from USA, the Czech Republic, Hong Kong, Brazil, Japan, South Korea, Thailand, New Zealand and Taiwan to join the competition. The Children's Coach Award for

extreme sports is this year's new award and the first of its kind in Taiwan that caters for those coaching with the children's group. The award is our acknowledgement for their long-term efforts. Around 900 spectators showed up at Extreme Sports Championship 2018 in Taipei.

（七）辦理「運動 i 臺灣」系列活動，養成各類族群運動習慣

iSport Events for All—Sport as Habit

本局配合教育部體育署推動「運動 i 臺灣」計畫，以「自發、樂活、愛運動」為主軸，以引領國人運動風氣。本局依照計畫內容，持續推動「運動文化扎根」、「運動知識增廣」、「運動



運動 i 臺灣系列課程實況
Exercise class as part of iSport Events

動種子傳遞」及「運動城市推廣」四大專案之各類活動，辦理活動內容包含地方特色運動，如臺北馬拉松、國民體育日多元體育活動、婦女及銀髮族競爭型計畫、運動熱區、單車運動、身心障礙者運動、臺北市慢速壘球及籃球社區聯誼賽等系列活動；水域活動則有水岸臺北 2018 端午嘉年華、親水體驗活動、水域自救等。107 年共計辦理 11 項專案、57 場相關活動，計有超過 10 萬人參與活動，整體提升臺北市全民運動風氣。

Orchestrated by the Sports Administration, the iSport project emphasizes spontaneity, better living and a love of sport in order to increase sports participation. To support the project, the

Department of Sports continues to organize activities based on four major programs—“Developing sports culture”, “Furthering sports knowledge”, “Passing on seeds of sports” and “Developing an athletic city”. Various program activities consist of sports with local characteristics; for example, Taipei Marathon, National Sports Day activities, competition-based projects for women and seniors, sports hot zones, 2018 Taipei Dragon Boat Festival, water activities, self-rescue skills in the water, cycling, sports for the disabled, Taipei slow pitch softball and community basketball games. To increase sporting involvement by Taipei citizens, the Department has implemented 11 programs and 57 sport-related events or activities throughout 2018, reaching over 100,000 participants.

四、輔導本市運動團體致力推展各項體育活動

Assistance in Organization of Sports Activities

本局為提升本市規律運動人口，打造優質城市運動文化，致力輔導及強化臺北市民間體育團體辦理各項多元體育運動，鼓勵民眾踴躍參與，透過結合民間體育團體能量及地方資源，攜手辦理全市性及各區性體育活動。而 107 年共計辦理 509 場，參加人次約有 29 萬 2,903 人次（如表 1）。希冀透過每年辦理多元化之體育活動，給予本市民眾多重之運動參與機會，養成市民規律運動習慣，帶動全市運動風氣，提升運動

人口比例，使本市成為一個活力健康城市。

To increase the number of citizens who exercise regularly and make sport and exercise part of our urban culture, the Department is committed to providing assistance and guidance to Taipei's private sports organizations for holding diversified activities that encourage sporting involvement. With local resources and cooperation of the organizations, 509 municipal and regional sports activities were jointly held in 2018, with a total of 292,903 participants (See Table 1). By organizing a variety of sports activities that encourage our citizens' participation, the Department hopes to create incentives for regular sport and exercise which increase our sport population for a healthy, dynamic Taipei.

表 1：107 年輔導臺北市運動團體推展各項體育活動成果

Table 1：Assistance to organizations in Taipei for holding sports events in 2018

類別 Category	場次 Number of Events	補助金額（元） Amount of Subsidy (NTD)	活動參與人次 Number of Participants
12 區體育會辦理體育活動 Sports activities held by sports associations in 12 districts	234	6,282,700	6,282,700
本市青年盃、中正盃活動 Taipei City Youth Cup and Taipei City Zhong Zheng Cup events and activities	126	10,156,900	99,189
本市其他競技類體育活動 Other athletic activities in Taipei	62	9,493,078	44,856
本市其他全民類體育活動 Sports-for-all activities in Taipei	87	5,599,125	53,032
合計 Total	509	31,531,803	292,903



柯市長與 107 年表揚運動團體及有功人員合影
Mayor Ko and award recipients at 2018 Taipei Sports Contribution Commendation Ceremony

五、辦理臺北市 107 年運動有功團體及人員表揚大會

2018 Taipei Sports Contribution Commendation Ceremony

本頒獎典禮 107 年 9 月 13 日於臺北市中山堂光復廳辦理完成，甫在 2018 雅加達 - 巨港亞運中奪牌的 44 位臺北市選手也受邀獲獎。其中，柯市長更親自出席頒獎以肯定得獎者之貢

獻與成就，感謝他們為運動發展所做的努力。

今年度表揚獎項包括傑出運動選手、優秀運動教練、績優團體及人員、運動推手獎以及終身成就獎等五大獎項，獲獎者共計 73 位。當日計有 68 位得獎者（含代表）出席領獎，現場觀禮人數約 200 人，工作人員 25 人，臺灣大使團志工 19 人及本局到場觀禮者計 9 人，總

計 321 人。

The 2018 Taipei Sports Contribution Commendation Ceremony commenced on September 13 at Guangfu Auditorium of Taipei Zhongshan Hall. Taipei City Mayor Wen-je Ko presented awards to groups and individuals and acknowledged their achievements and contributions, including the 44 medal-winning Taipei athletes in Asian Games Jakarta Palembang 2018.

The 73 award recipients include outstanding athletes, coaches, sports catalysts, groups and individuals, in addition to lifetime achievement awards. A total of 321 people attended the commendation ceremony: 68 out of the 73 award recipients (or their representatives), 200 ceremony participants, 25 staff members, 19 volunteers and nine members of the Department of Sports as guests.



臺北市興富發棒球隊公益活動
Taipei Baseball Team hold a charity event

一、健全各級人才培訓體系 Training Athletes at Various Levels

(一) 培訓學校優秀潛力選手，提升學校競技水準

Training of Promising Athletes Increases School Competitiveness in Sports

(二) 強化基層競技運動選手訓練站訓練成效 Improved Young Athletes Training Stations

107 年臺北市共設置 351 個基層競技運動選手訓練站 (如表 2)，分布於所屬各級學校，以及

臺北市體育總會之單項協會，建立各級運動人才培訓體系。為使運動選手享有完善的訓練設備，依各基層訓練站實際需求，補助各站學校購置合適之器材設備，並改善訓練環境，以提升競爭實力爭取最佳成績。107 年共核定 47 校及 2 協會購置器材設備，改善 34 校訓練環境。此外，為使培訓選手與不同國家、地區的選手進行交流，透過辦理國外移地訓練參賽及聘請外籍教練教導，學習不同的訓練方式，並觀摩各地區選手的優點。107 年核定補助 57

站次辦理國外移地訓練參賽，7 站聘請外籍教練；為強化各訓練站教練人力，107 年核定補助 1 站外聘教練。

There are 351 training stations for young athletes in Taipei as of 2018 (See Table 2). To train athletes of different age groups, the training stations are located at schools of all levels in the city and sports associations affiliated with Taipei Municipal Athletics Federation. To increase athletic performance, the Department of Sports offers subsidies for improvement of the schools' training environment and equipment upgrades as required. 47 schools and two sports

associations received the subsidies to purchase new equipment and 34 schools improved their training environments in 2018. Furthermore, the Department provides opportunities through which our athletes are able to acquire better technique and more experiences by practicing with athletes from different regions and countries (i.e. overseas training and competitions, hiring foreign trainers and coaches). This year, 57 training stations were subsidized for overseas training and competitions, and seven training stations hired foreign coaches. Subsidies were also given to one training station for the employment of additional coaches.



本局劉副局長訪視本市基層競技運動選手訓練站
Deputy Commissioner Liu of the Department visiting one of the young athletes training stations

表 2：107 年基層運動選手訓練站設站情形

Table 2 : Young Athletes Training Stations in 2018

各級學校 Schools of all levels	項目 Item	內容 Content	備註 Note	
	運動種類 Number of sports	37 種 37		
	核定站數 Number of training stations	351 站 351		
	田徑 (1) track and field (1)	45	跆拳道 (18) taekwondo (18)	17
	游泳 (2) swimming (2)	37	划船 (19) rowing (19)	3
	跳水 (3) diving (3)	1	輕艇 (20) flatwater racing (20)	3
	水球 (4) water polo (4)	1	滑輪溜冰 (21) roller sports (21)	8
	體操 (5) gymnastics (5)	7	自由車 (22) cycling (22)	2
	羽球 (6) badminton (6)	17	女子壘球 (23) softball (23)	7
	網球 (7) tennis (7)	9	籃球 (24) basketball (24)	16

各級學校 Schools of all levels	各種類站數 Number of training stations for each sport	角力 (12) wrestling (12)	9	鐵人三項 (29) triathlon (29)	2
	柔道 (13) Judo (13)	14	藤球 (30) sepak takraw (30)	1	
	擊劍 (14) fencing (14)	10	保齡球 (31) bowling (31)	1	
	武術 (15) wushu (15)	7	韻律體操 (32) rhythmic gymnastics (32)	1	
	舉重 (16) weightlifting (16)	5	棒球 (33) baseball (33)	16	
	空手道 (17) Karate (17)	14			
	大學 : 1 校 /23 站 /294 人 23 stations at one university with 294 athletes	高中 : 29 校 /84 站 /1,624 人 84 stations at 29 high schools with 1,624 athletes			
	國中 : 49 校 /112 站 /2,381 人 112 stations at 49 junior high schools with 2,381 athletes	國小 : 72 校 /117 站 / 3,304 人 117 stations at 72 elementary schools with 3,304 athletes			
	143 校 / 336 站 (完全中學分開計算) 336 stations at 114 schools (excluding six-year high schools)				
	設站校數 / 設站數 Number of training stations at schools				
協會及 運動中心 Sports associations & sports centers	運動種類 Number of sports	項目 Item	內容 Content	備註 Note	射擊 2 站、角力、擊劍、武術、跆 拳道、滑輪溜冰、手球、保齡球、 壁球、卡巴迪、高爾夫球、鐵人三 項、桌球、滑冰 shooting (two stations),wrestling, fencing, wushu, taekwondo, roller sports, handball, bowling, squash, Kabadi, golf, triathlon, table tennis, figure skating
	核定站數 / 人數 Number of training stations/athletes	14 種 14	15 站 / 327 人 15 stations / 327 athletes	協會 15 站 15 stations at sports associations	
	學校 336 站，協會 15 站，共計 351 站，7,930 人 336 stations at schools + 15stations at sports associations (Total 351training stations with 7,930 athletes)				

二、完備運動科學及運動照護 Optimized Sports Science and Athletic Training

鑑於科學輔助運動訓練之趨勢，本局自 101 年起推動臺北市競技運動訓練暨科學中心計畫迄今，藉由運動科學輔助的方式，貫徹選材、育才、成材的科學化觀念，逐年建構臺北市選手身體素質資料庫。

The new wave of sports training aided by science is already upon us. The Department of Sports established The Taipei Sports Training and Science Center in 2012. By combining sports and science, the city is able to optimize the selection and training of athletes in a scientific way and, at the same time, build a database that keeps records of athletes' physical fitness.

（一）競技運動訓練暨科學中心： Taipei Sports Training and Science Center:

係為提供本市運動選手系統性、科學性、長期性及階段性的訓練計畫，減少運動傷害，下設 10 項專業組別，107 年累計服務 9,777 人次。

To reduce sports injuries, Taipei City has plans to provide long-term, science-based training to our athletes systematically and step by step through The Taipei Sports Training and Science Center. The center has

ten subdivisions which have offered services to a total of 9,777 individuals throughout 2018.

（二）運動傷害防護支援運動訓練計畫： Athletic Training Support:

107 年以提升防護站功能為執行重點，編制 16 站 4 室 1 所，107 年累計服務 8 萬 6,451 人次。6 月 30 日辦理首屆運動科學中心論壇，本市共計 113 位教練參與。

Our focus of 2018 is to improve the city's



2018 年首屆臺北運動科學論壇
The 1st Taipei Sports Science Forum commences in 2018

athletic training stations. There are 16 athletic training stations, four athletic training rooms and one physical therapy clinic which together have offered assistance to a total of 86,451 individuals this year. It is worth mentioning that the 1st Taipei Sports Science Forum was held on June 30, with 113 coaches from Taipei City participating in the forum.

（三）選手心理強化訓練營： Mental Training Camps for Athletes:

共舉辦 4 梯次，其中 10 月 19 日陽明高中場次共 36 位選手參與；10 月 24 日麗山高中場次

共 33 位選手參與；10 月 25 日南港高工場次共 44 位選手參與；11 月 2 日大同高中場次共 33 位選手參與。

The mental training camp held at Taipei Municipal Yangming High school on October 19 enrolled 36 athletes, the training camp at Taipei Municipal Lishan High School on October 24 enrolled 33 athletes, Taipei Municipal Nangang Vocational High School's training camp on October 25 enrolled 44 athletes and the training camp at Taipei Municipal Datong High School on November 2 enrolled 33.

三、建置競技運動人才資料庫

Athletes Database

本局為利本市各基層訓練站之教練瞭解選手競技運動表現，作為選才、輔導與訓練之依據，自 103 年起積極建置本市績優運動選手之競技體能資料庫。107 年已完成 9,166 筆之運動人才體能資料庫，並建構包括本市重點奪牌運動種類績優選手之體能資料常模，且依國中組、高中組、社會組及菁英組進行資料分組。

The Department of Sports has established a database for keeping profiles and competition results of the city's promising



athletes since 2014. The database serves as a coach reference for selection and training of athletes at the city's young athletes training stations. The database has so far established as many as 9,166 pieces of data categorized into junior high school, senior high school, working class and athletic elite, including the data for athletes of the city's key medal-winning sports and the norm of their skill-related physical fitness.



sports administration and event management. The Department held 14 important sports competitions in 2018 (See Table 3), totaling over 200,000 entrants and spectators. Our commitment helps Taiwanese athletes become better and take their game to the next level while promoting the city and its tourism.

四、持續舉辦頂級國際運動賽事

Unbroken Commitment to International Sports Events

本局為增加國際運動交流，透過辦理各項國際運動賽事提升選手實力，培養體育行政及賽會管理人才，107 年計辦理 14 場重要國際運動賽事（如表 3），觀、參賽人次逾 20 萬，除提供我國選手更高水準的競技挑戰外，同時推展臺北市觀光與城市行銷。

To boost international sports exchange, the Department organizes international sports events which enhance our athletic competitiveness,

1. 2018 WTA Taiwan Open 臺灣公開賽
2018 WTA Taiwan Open
2. 亞洲盃男排賽中華隊隊呼
The 6th AVC Cup for Men—Chinese Taipei team cheer
3. 2019 FIBA 世界盃籃球錦標賽亞洲區資格賽 - 中華臺北對菲律賓
FIBA Basketball World Cup 2019 Asian Qualifiers—Chinese Taipei vs. Philippines
4. 2018 臺北青少年桌球公開賽頒獎典禮
Awards Presentation at 2018 Chinese Taipei Junior & Cadet Open, Taipei (TPE)
5. 2018 品勢世錦賽跆拳道—男女團選手合影
Athletes at Taipei 2018 World Taekwondo Poomsae Championships



表 3：107 年重要國際運動賽事辦理情形

Table 3 : Our Important Sports Events in 2018

項次 Item	賽事名稱 Sports Event	舉辦時間 Date	亮點說明 Description				
1	2018 年 ISU 四大洲花式滑冰錦標賽 ISU Four Continents Championships 2018	1 月 22 至 27 日 Jan. 22 to 27	<p>本賽事由國際滑冰總會授權辦理，係僅次於冬季奧運及世界花式滑冰錦標賽之國際滑冰賽事。本賽事邀請美國、加拿大、中國、日本及韓國等 16 個國家菁英選手，我國知名滑冰選手曹志禕、湯銘恩及林仁語也於本次賽會中出賽，活動 4 天計吸引 3 萬 7,683 人次進場觀賽。</p> <p>ISU Four Continents Championships 2018 was authorized by International Skating Union (ISU), second only to the Winter Olympics and the World Figure Skating Championships events. Excellent figure skating athletes from 16 countries (e.g. USA, Canada, China, Japan, South Korea) were invited to compete in the 4-day event, including Zhi-yi Cao, Ming-en Tang and Ren-yu Lin from Taiwan. ISU Four Continents Championships 2018 attracted 37,683 spectators.</p>	4	2018 三太子國際男子網球挑戰賽 2018 Santaizi ATP Challenger	4 月 7 日至 15 日 Apr. 7 to 15	我國男子網球選手近年來實力大幅提升，在國際賽事獲獎無數，為提供我國男子好手以及世界精英在臺切磋球技機會，特舉辦男子職業挑戰賽事。我國知名優秀選手亦參與此盛會，使臺灣球迷有機會在國內親眼目睹高水準的網球競賽。
2	臺灣公開賽 2018 WTA Taiwan Open	1 月 27 日至 2 月 4 日 Jan. 27 to Feb. 4	<p>本賽事於臺北和平籃球館舉辦，超過 40 位世界級頂尖好手共襄盛舉，為臺灣舉辦之國際女子網球等級最高賽事，同時以「讓世界看見臺灣」為主軸，透過國際轉播，提高本市於國際宣傳曝光率，讓臺灣躍上國際舞臺，賽事吸引約 2 萬 8,000 位觀眾入場觀賽。</p> <p>2018 WTA Taiwan Open, the most important women's basketball game in Taiwan, was held at Taipei Heping Basketball Gymnasium with participation of over 40 top-level players from around the world. With a focus on "Let the world see Taiwan" and international broadcast, Taipei, the capital city of Taiwan, successfully increased its international exposure and publicity. The event drew around 28,000 spectators.</p>	5	2019 FIBA 世界盃籃球錦標賽亞洲區資格賽 FIBA Basketball World Cup 2019 Asian Qualifiers	6 月 29 日至 7 月 2 日 Jun. 29 to Jul. 2	本賽事為我國中華男子籃球代表隊主場賽事，為因應國際籃球總會 (FIBA) 實行主客場制。分別於 6 月 29 日及 7 月 2 日假臺北和平籃球館迎戰菲律賓隊及日本隊，由本局與中華民國籃球協會共同主辦。
3	2018 國際自由車環臺賽 - 臺北站 2018 Tour de Taiwan – Taipei City	3 月 11 日 Mar. 11	<p>本賽事為國際自由車總會 (UCI) 評定為 1 級 (2.1) 之頂級國際賽事，於 3 月 11 日臺北站盛大展開，國際知名選手皆獲邀來臺參賽，有來自七大洲五大洲、共計 20 支國內外職業車隊，近 200 位菁英職業選手來臺競輪。今年再度進行網路全程直播賽事，收視涵蓋 50 幾個國家的歐洲體育臺，以 20 種語言播出國際自由車環臺賽精華，透過最環保的雙輪轉動，讓全世界看見臺灣之美。</p> <p>As a UCI 2.1 race, Tour de Taiwan is currently the largest cycling event in Taiwan. The 2018 Tour de Taiwan-Taipei City kicked off on March 11 with nearly 200 best cyclists in 20 teams from here and abroad racing for first place. The live video broadcasting technology applied again this year enabled viewers to witness the entire cycling event livestreamed on YouTube. Eurosport also covered the best part of the race in 20 languages for more than 50 countries. Through the most eco-friendly sport, the 2018 Tour de Taiwan gives the world an insight to the country and its beauty.</p>	6	2018 亞洲柔道公開賽 Asian Judo Open M & W Taipei 2018	7 月 5 日至 10 日 Jul. 5 to 10	本賽事於臺北體育館辦理，為亞洲柔道總會授權中華民國柔道總會辦理之我國最高等級柔道賽事。總計來自 30 國、193 位選手來臺參賽，吸引觀眾 5,000 人次。
				7	2018 亞洲盃射箭賽第三站暨世界排名賽 2018 Asian Cup World Ranking Tournament Stage 3	7 月 8 日至 12 日 Jul. 8 to 12	本賽事於臺北田徑場辦理，係經亞洲射箭總會授權認證並具有有效積分之重點賽事，總計來自 13 國、187 名選手及隊職員參賽，觀賽人數約 300 人次。

8	2018 年台中銀行第 6 屆亞洲盃男子排球賽 The 6th AVC Cup for Men in 2018	8 月 5 日至 15 日 Aug. 5 to 15	<p>本賽事於臺北市立大學天母校區體育館辦理，為亞洲排球聯合會制式二年一次正式排球賽，係世界錦標賽亞洲區資格賽及世界各國排名積分賽，為亞洲各國重視之正式錦標賽，且為亞洲區排球水準最高、陣容最齊全之賽事。</p> <p>The 6th AVC Cup for Men in 2018 is an official Asian Volleyball Confederation (AVC) volleyball tournament. Organized every two years as the top volleyball competition in Asia, the results are recognized by the world rankings. As important as it is considered by Asian countries, the tournament also serves as the Asian qualification for FIVB Volleyball World Championship. The 6th AVC Cup for Men in 2018 was held at the gymnasium of University of Taipei Tianmu Campus.</p>
9	2018 年第 10 屆 BFA U12 亞洲少棒錦標賽 The 10th 2018 X BFA U12 Baseball Championship	8 月 13 日至 19 日 Aug. 13 to 19	<p>本賽事於本市青年公園棒球場及新生公園棒球場辦理，共計有日本、韓國、中國、中國香港、菲律賓、印尼、巴基斯坦及中華臺北共 8 支隊伍參加。賽事邁入第 10 屆，提供中華小將於國際舞臺相互競技機會。</p> <p>The 10th 2018 X BFA U12 Baseball Championship at Youth Park and Xinsheng Park Baseball Fields invited baseball teams from Japan, Indonesia, China, South Korea, the Philippines, Hong Kong, Pakistan and Chinese Taipei. The baseball event offers our young baseball players a unique opportunity to compete on the world stage.</p>
10	2018 年臺北青少年桌球公開賽 2018 Chinese Taipei Junior & Cadet Open, Taipei (TPE)	8 月 22 日至 26 日 Aug. 22 to 26	<p>本賽事於臺北體育館辦理，為國際桌球總會認定之黃金級青少年公開賽。賽事吸引亞洲、歐洲、北美洲共 12 國約 160 位選手參賽，透過本賽事吸引優秀選手來臺參賽，更加提升我國青少年選手桌球水準。</p> <p>As ITTF Golden Series Junior Circuit, 2018 Chinese Taipei Junior & Cadet Open, Taipei (TPE) held at Taipei Gymnasium attracted 160 great athletes from 12 countries in Asia, Europe and North America. The tournament helped refine our junior athletes' skills and techniques.</p>
11	2018 年第 8 屆興富發盃海峽兩岸城市棒球交流賽 The 8th Highwealth Construction Strait Cup Baseball Matchup for Cross-strait Cities 2018	9 月 17 日至 23 日 Sep. 17 to 23	<p>本賽事於本市天母棒球場、青年公園棒球場及新莊棒球場辦理，分為成棒組與少棒組，兩組各由中國 4 隊及我國 4 隊組成，共計 16 支隊伍參加。賽事屬例行舉辦之兩岸體育交流活動，有助提升雙方棒球競技實力。體育局所屬本市棒球隊亦代表臺北市參賽，最終本市代表隊獲得冠軍，將獎盃留在臺灣。</p> <p>The matchup which took place at Taipei Tianmu Baseball Stadium, the Youth Park baseball field and Xinzhuang Baseball Stadium was divided into little league and adult league, each attracting four Chinese Taipei teams and four Chinese teams for a total of 16 teams. The matchup is organized on a regular basis for cross-strait cities and helps to refine the skills and techniques of all participating teams. The Department's baseball team representing Taipei at the matchup successfully kept the champion trophy at home.</p>
12	2018 年中華台北羽球公開賽 Yonex Chinese Taipei Open 2018	10 月 2 日至 7 日 Oct. 2 to 7	<p>本賽事於臺北小巨蛋辦理，為世界羽球聯盟授權中華民國羽球協會辦理之我國最高等級羽球賽事，吸引觀眾達 2 萬 9,047 人次。</p> <p>Authorized by Badminton World Federation, Chinese Taipei Badminton Association is the organizer of Yonex Chinese Taipei Open which is Taiwan's top-level badminton event. The 2018 tournament received 29,047 spectators.</p>
13	2018 年臺北海碩國際女子網球挑戰賽 2018 OEC Taipei WTA Ladies Open	11 月 11 日至 18 日 Nov. 11 to 18	<p>本賽事由本局與中華民國網球協會共同舉辦，今年已邁入第 12 屆，觀賽總人次達 6 萬 2,885 人。</p> <p>This year's tournament is the 12th annual organized by the Department of Sports and Chinese Taipei Tennis Association, with a total of 62,885 spectators.</p>
14	2018 第 11 屆世界跆拳道品勢錦標賽 The 11th Taipei 2018 World Taekwondo Poomsae Championships	11 月 15 日至 18 日 Nov. 15 to 18	<p>本賽事於臺北市立大學 - 天母校區體育館辦理，由本局與中華民國跆拳道協會共同舉辦，共計 59 個國家，約 1,500 位隊員及選手參賽。</p> <p>Co-organized by the Department of Sports and Chinese Taipei Taekwondo Association, the event took place at the gymnasium of University of Taipei Tianmu Campus with approximately 1,500 athletes and staff members from 59 countries.</p>



五、臺北市棒球隊組訓

Taipei Baseball Team

7月份舉辦少棒夏令營，8月10日於天母棒球場舉辦社會關懷公益活動。本市棒球隊雖傷兵眾多，仍眾志成城，堅持到底最終勇奪「2018年第8屆興富發盃海峽兩岸城市棒球交流賽」冠軍。本市棒球隊自98年成立至今，已培育20餘位球員進入中華職棒，近期代訓球員歐書

誠入選今年中華職棒富邦悍將隊，球隊投手林宇祥代表國家參加「2018年第18屆雅加達-巨港亞洲運動會」，獲得銅牌榮銜。期待本市棒球隊培育更多優秀球員邁向職棒或更高殿堂，為國爭光。

The Department held little league summer camps in July and a charity event at Taipei Tianmu Baseball Stadium on August 10 of this year. Taipei Baseball Team had its

share of frustrations at the 8th Highwealth Construction Strait Cup Baseball Matchup for Cross-strait Cities 2018 but with great unity, the team finally won the championship. Since its establishment in 2009, Taipei Baseball Team has fostered more than 20 players who have entered Chinese Professional Baseball League (CPBL). Recent examples include Shucheng Ou, a substitute services draftee trained by Taipei Baseball Team, has

been selected to join Fubon Guardians as part of CPBL, and Yu-xiang Lin, the Taipei Baseball Team pitcher representing Chinese Taipei at the 18th Asian Games Jakarta Palembang 2018 has brought home the bronze medal. Taipei Baseball Team will continue to coach exceptional players and help them take their game to CPBL or the next level for the glory of Taiwan.



| 體育風雲 Our Achievements |

優質運動環境，運動不設限

Full Commitment to Optimal Sports Environments



天母棒球場
Taipei Tianmu Baseball Stadium

一、強化運動場館設施服務

Improved Sports Venues and Services

改善場館租借系統流程，便利申請者使用手機等行動裝置進行註冊、登入、場館預約租借、繳費等作業程序，提供繳費資料查詢及報表統計分析等功能。並與金融機構簽訂第三方支付契約，引進信用卡付款方式，提供民眾多元繳費管道，大幅提升市民便利性及行政效率。



臺北市政府體育局新版場地租借系統
The Department of Sports' new venue booking system

The upgraded venue booking system offers a variety of convenient services, such as using mobile devices for user registration and login, venue booking, online payment, payment inquiry, as well as for the management's booking analysis. There are more ways to make payments. A third-party payment processor and online credit card payment are available to substantially boost user convenience and management efficiency.

(一) 自營運動場館場地租借系統升級

Upgraded Venue Booking System

本局提供民眾可透過「行政區、場館名稱或是運動項目」等方式搜尋適合的場地，並提供場地現況照片、開放時間、面積及容留人數等資料。新版場地租借系統新增 720 度環景功能，有效節省民眾場地會勘時間，提供更詳細的場

地資訊。

線上審核流程「從租借到退費」僅需要 4 天，大幅節省民眾等待的時間。於第三方支付服務方面，針對許多民眾擔心透過線上 ATM 及信用卡繳費衍生的資安問題，也已取得 PCI DSS 認證，保障持卡人資料及交易安全。

今年臺北體育館結合智慧化電力控制系統，讓場地管理更往智慧化邁向一步。民眾完成租借後可取得一組 QRcode，將連結場館門禁及燈光系統，民眾透過掃描，系統會判斷是否符合門禁開放時段及所屬權限，並依租借時數提供能源，由租借者自行感應開關門並自動選擇燈光模式，無須再透過場館管理者，不僅落實使用者付費原則，更能有效節省人力及能源。

The Department's new venue booking system allows online search for city-owned sports venues and facilities according to districts, venue names or types of sport. The user-friendly system also provides pictures of the venues and information on opening hours, venue sizes and maximum capacity. Note that the 720-degree 3D Panoramic View that comes with the system enables online viewing of selected venues for additional information and saves time-consuming personal trips.

The online venue booking process, from the initial booking to deposit refund, only takes



智慧化控制系統
Energy management system—the QR code scan

four days to complete, thereby saving a lot of time. As to the third-party payment processor as part of the system, the Payment Card Industry Data Security Standard (PCI DSS) has been made use of to ensure information security that previously concerned many people when making online transactions with ATM cards or credit cards.

Taipei Gymnasium introduced EMS in 2018 for enhanced management of venues and facilities. It provides the user with a QR code after venue booking is completed. The QR code controls the selected facility's access and lighting. After the QR code scan, the system reads the user's access validity and is able to determine whether the time of scan is during the venue's opening hours. Electrical power is automatically provided to venue users according to the number of hours booked. Users can enter or leave Taipei Gymnasium and use their pre-selected lighting without the help of staff. Based on the user-pays principle, EMS effectively reduces manpower and use of energy.

(二) 本局轄管場地增修、更新工程

Venues and Facilities Renovation

本局於 107 年進行場地照明設備增修工程、新生公園棒球場整修工程、臺北體育館維護修繕工程、天母運動園區整修工程、大佳河濱公園盪槳池新建、臺北田徑暖身場景觀廁所新建工程、道南及華中 7 人制足球場新建工程。提供民眾更完善的運動場地，優化運動環境的品質，將舊有場地及設備進行整修及汰換，提供更舒適的運動環境。

To provide comfortable and well-equipped sporting environments for the public, renovations and lighting equipment upgrades had been carried out for a number of the city's venues and facilities in 2018. Examples are Xinsheng Park Baseball Field and Tianmu Sports Area renovations, the Taipei Gymnasium maintenance project,



1. 大佳河濱公園盪槳池
Dragon Boat Paddle Pool at Dajia Riverside Park
2. 新生公園棒球場
Xinsheng Park Baseball Field

construction of a new dragon boat paddle pool at Dajia Riverside Park, new restrooms at Taipei Stadium's warm-up field, and the construction of seven-a-side football pitches at Daonan and Huazhong Riverside Parks.

(三) 新建 7 人制足球場運動場地

Construction of Seven-a-Side Football Pitches

本局於道南河濱公園及華中河濱公園新建 7 人制足球場，推廣足球運動，優化民眾運動場地環境。另新增兒童用法式滾球場，滾球沒有體型身材的限制，入門容易且球具攜帶方便。透過設置兒童專用場地從小養成市民規律運動習慣，更成為市民休閒遊憩的好去處。

The Department of Sports has recently completed the construction of seven-a-side football pitches at Daonan and Huazhong Riverside Parks for promotion of the sport and better public sporting environments.



(四) 新建大佳河濱公園盪槳池

Dragon Boat Paddle Pool at Dajia Riverside Park

本局於大佳河濱公園大直橋下設置可供 20 人同步使用之龍舟設備，盪槳池採細粒抿石子和不鏽鋼止滑設計，增進安全和舒適度。此外，增設兩處照明設施，供輕艇及龍舟運動訓練使用。

The Department's construction of a dragon boat paddle pool under Dazhi Bridge at Dajia Riverside Park can accommodate up to 20 paddlers. The anti-slip design of the paddle pool uses stainless steel and close lightly pebble surface for more comfort and safety. Additional lighting equipment has been installed at two places for the training of flatwater racing and dragon boat races.

二、提供各類運動場地認養申請，活化場館效能

Sponsor a Venue

本局為追求更高的運動產業效能，所屬運動場館及河濱場地以認養、委託管理或委外經營 (OT) 方式促進場地活化，結合民間資源、靈活運用公務人力、減少財政負擔、有效提升服務民眾之效率與品質，透過運動結合政府與民眾，培養彼此合作夥伴關係，以達成臺北市運動產業發展之目標。

整合臺北市運動場館，啟動 2 階段整合作業：

第 1 階段，以棒壘球、足球、泳池及網球場為主，完成整合工務局水利處及公園處所屬 69 面場地為主。第 2 階段於 2017 年臺北世界大學運動會賽後啟動，陸續接收剩餘運動場地，並結合場地租借資訊系統提供民眾借用。

To create an effective, functional sports industry, the Department of Sports welcomes venue sponsorship and applies operation-transfer (OT) models to our sports venues, facilities and riverside fields. The Department makes good use of private resources and manpower of the civil service to alleviate financial burden on government, and this also improves the quality of public service. It is through sport that the city builds a closer relationship and even partnership with the general public for the development of Taipei's sports industry.

A two-phase project has been implemented for integrating resources of the city's sports venues and facilities. Phase 1 focused on venues for baseball, softball and football, in addition to swimming pools and tennis courts. Recourses of 69 sports venues belonging to Hydraulic Engineering Office and Park and Street Lights Office of Public Works Department were integrated at this stage. Phase 2 was initiated after Taipei 2017 Universiade, and the Department of Sports took over the rest of the venues and created the venue booking system for the public.