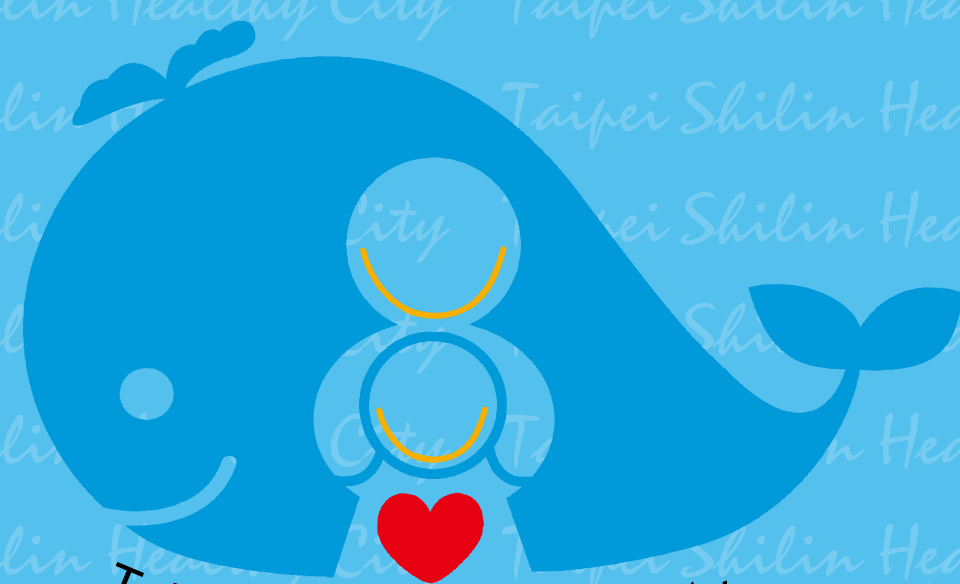


臺北市士林區健康服務中心

Health sans Boundary – A Dynamic and Vibrant City of Shilin



Taipei Shilin Healthy City

臺北市士林健康城市

工本費：新台幣肆百伍拾元。

**TAIPEI** 出版單位：臺北市士林健康促進協會 臺北市士林區公所  
臺北市士林區健康服務中心

中華民國99年11月1版2刷



健康國際化 鯨<sup>Shilin</sup>士林城

Health sans Boundary - A Dynamic  
and Vibrant City of **Shilin**

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臺北市政府自2002年起開始推動「臺北健康城市計畫」，並訂定該年為臺北健康城市元年，近年來，臺北市諸多施政理念，與世界衛生組織倡導的健康城市計畫不謀而合，例如在健康方面推動健康飲食新文化、無菸環境、市民體重控制計畫、社區健康照護網；生態環境方面，推動垃圾費隨袋徵收、2010年垃圾零掩埋、污水下水道接管率大幅提升，及活化淡水河，營造魅力水岸景觀；交通方面，建設捷運網絡，串連大臺北運輸網，倡導多用網路、少用馬路，打造領先國際的臺北健康智慧城市願景。

臺北市士林區為本市12區面積最大之行政區，透過區內居民、社區團體、企業組織、公私部門的攜手合作，士林區種種的努力與成果，於2007年11月加入世界衛生組織亞太地區健康城市聯盟，成功與國際接軌。

士林區的經驗，相信對於長期經營社區工作的夥伴們，彌足珍貴。然而，健康城市的營造工作，需要更多人的投入與支持，希望藉由本特刊的拋磚引玉，使讀者從中獲得啟發，進而投身社區，與我們一起打造「鯨彩士林城」，為臺北市民之健康福祉而努力。

臺北市府 市長 **郝龍斌** 謹識  
2009年12月

*The Taipei City Government launched its “Taipei Healthy City Program” in 2002 and had set that year as the first year of the Taipei Healthy City era. In the recent years, many of the administrative policies of Taipei City had been geared to meet the principles and guidelines of the WHO Healthy Cities Programme. For instance, the health fostering policies include the implementation of the new healthy diet culture, the tobacco-free environment policy, the citizen weight control program, the community health and care network, etc. Ecological and environmental policies include the inclusion of the garbage sanitation fees in the city garbage bag prices, the abolition of landfill garbage dumpsites in 2010, expansion of the wastewater sewage pipeline network range, and the dredging and purification of the Danshui River and construction of the panoramic riverbank scenery. Transportation related policies include the construction of new MRT system networks, linkage of the metropolitan Taipei area transportation network, campaign advocating for the employment of information technology in availing and providing information, communication, and other services, and construction of Taipei’s image as a leading healthy and intelligent global city.*

*The Shilin District of Taipei is the largest of the twelve administrative districts of the city. Through the joint efforts of the district residents, community organizations, business organizations, and private and government agencies, the dedication and accomplishments of the district finally came to fruition. In November of 2007, Shilin was admitted into the WHO Asian-Pacific Region Alliance for Healthy Cities and became an official part of its global network.*

*I believe that the experience of Shilin District shall become a valuable reference to implementers of community affairs and development pursuits. Nevertheless, the work involved in building a healthy city requires the participation and support of many people. I sincerely hope that this journal and its enriching information could provide and motivate readers to take more active participation in community building and join in the concerted effort to build a dynamic and vibrant city Shilin. Let us all join hands for the health and welfare of the good people of Taipei City.*

*Sincerely yours,*

*Hau Lung-bin*

*Taipei City Mayor*

*December 2009*



## Health sans Boundary — A Dynamic and Vibrant City of Shilin

我是土生土長的士林人，抱著回饋鄉里加入士林健康促進協會，協會從95年底籌備到96年4月成立，士林區民熱心參與，有錢出錢有力出力，為士林健康城市與國際接軌揭開成功的第一幕，皇天不負苦心人於同年11月獲得國際認可，成為世界衛生組織亞太地區健康城市聯盟的一員，在此也感謝各位理監事與工作夥伴的付出。

97年3月本人接任理事長一職，無時無刻都想要讓更多人知道士林健康城市。士林是一個新、舊世代，本土與國際融合恰到好處的一個地方，從早晨到黃昏；士林的社子與天母展現不同的活力與美麗，如何讓士林的好讓更多人知道也是許多士林人的使命，當初士林健康城市就是以展現健康活力、休閒生態、福利安全與教育文化等四大主軸規劃，也以此設定本土與國際57項指標。

士林健康城市推動迄今已邁入第三年，從開始協會的發起到現在逐漸的成長與茁壯，如何永續發展也是我們重要的課題，三年是一個說長不長，說短不短的時間，透過《士林健康城市特刊》能让更多人認識與了解士林，更希望大家有空能親身來體驗，未來我們也會秉持士林區「精益求精」的精神致力耕耘社區，讓「健康國際化、鯨彩士林城」的精髓發揚光大、源遠流長。

臺北市士林健康促進協會 理事長

郭明欽

2009年12月

*I am a Taipei citizen born and bred in Shilin. Driven by a desire to give back to my community, I joined the Shilin Health Promotion Association (SHPA). Planning and organizing work of the association started in the year-end of 2006. In April 2007, the association was officially established. Residents of Shilin District avidly participated, contributing what they could do to the program. Their avid participation made it possible for the association to achieve its first success – propelling the healthy city of Shilin into the international healthy city network. Fate never lets a dedicated heart down. In November of 2007, the SHPA received its international accreditation and became an official member of the WHO Alliance for Healthy Cities in the Asian-Pacific Region. I take this opportunity to thank the directors, supervisors, and every person who had joined us in this campaign.*

*I assumed the chairmanship of the SHPA in March 2008, and since then, it had been my vocation to bring the Shilin Healthy City into the awareness of everyone. Shilin is a place where the young and old generations, local and international elements and culture coexist harmoniously. From dawn to dusk, the Shezi and Tianmu communities of Shilin display changing variances of verve and beauty; hence, it has become a mission of many Shilins residents to bring the splendor of Shilin District to the awareness of all. In the early days, the Shilin Healthy City program had been centered on four core aspects of the program: expression of the health and vitality of the district; leisure and ecology; welfare and safety; education and culture. The fifty-seven local and international indices had all been determined through these core aspects.*

*In the three years of its implementation, our most important task had always been to ensure the sustained development of the Shilin Healthy City program from the founding of the SHPA, its gradual development and growth, to its present stable development. Three years may seem to be a long period of time, and yet perhaps not. The Shilin Healthy City Journal allowed more people to know and understand the features of Shilin District. I sincerely hope that you may come to Shilin and personally experience all these. In the future, we shall continue to uphold the spirit of “relentless pursuit of perfection” in cultivating community development in Shilin District, and spread the spirit of an “Health sans Boundary – A Dynamic and Vibrant City of Shilin” to the farthest corner of our reach.*

*sincerely Yours,*

**Kuo Ming-Ching**

*Chairman*

*Shilin Health Promotion Association*

*December 2009*





## Health sans Boundary — A Dynamic and Vibrant City of Shilin

『文風鼎盛，士子如林』是士林區自古早以來最貼切的寫真，而陽明山壯麗的自然景觀、基隆河及淡水河的水鄉風情，襯托出這塊土地豐富多樣的人文特色，更得天獨厚的擁有多處的名勝觀光景點：收藏中華文化五千年精髓的故宮博物院、山景秀麗鳥語花香的陽明山國家公園、見證了多少人間愛情的士林官邸、繁華熱鬧遠近馳名的士林夜市、外籍人士群聚儼然是異國風貌的天母社區和即將成為閃亮明日之星的社子島地區，蘊育了士林獨一無二的國際村風貌。

本區依健康活力、生態休閒、福利安全及教育文化四大領域，持續建構健康城市網絡並整合轄內產、官、學、民等資源，營造社區共識，共同辦理國際文化節活動、路跑活動、區民休閒運動會、登山活動、身心障礙休閒運動會、健走活動、里鄰長CPR講習、健康五蔬果要活就要動、士林名刀展覽、小西園布袋戲展演、新興閣掌中劇等活動，期將士林區打造優質、創新、希望、安全、快樂的健康城市。

未來將推動社子、士林、北投區域輕軌運輸路網規劃、社子島開發、臺北兒童新樂園、臺北藝術中心、士林觀光夜市暨周邊改善計畫等與民眾生活息息相關的公共設施外，亦結合各方人才資源，打造優質公共空間，提供區民休閒活動絕佳場所。

期盼藉由這份健康城市特色刊物的出版，能喚起民眾對社區的認同與關懷，且能帶動更多區民投入促進健康的工作行列，營造士林區優質健康生活環境，成為宜居宜遊的好地方。

臺北市士林區公所 區長

張義芳

2009年12月



*"An Academic Forest Teeming with Scholars" had been the best accolade given to Shilin District since the early days of its founding. The natural scenery of breathtaking Yangmingshan and the refreshing panorama along the banks of the meandering Keelung River and Danshui River give an indication of the rich and diversified cultural features of the place. It is also fortunately endowed with a multitude of famous tourist spots; such as, the National Palace Museum which is home to five thousand years of exquisite Chinese cultural artifacts; the Yangmingshan National Park, the scenic home to a diversity of flora and fauna; the former Shilin Presidential Residence that has stood witness to untold stories of the times; the Shilin Night Market, the bustling favorite of evening shoppers from different parts of the country and world; Tianmu community, the undisputed residential area of most foreign nationals and thus renowned for its exotic atmosphere and lifestyle; and the soon-to-be shining star of the future, the Shezi Island area. These cultural attractions had given Shilin a unique international ambiance and environment.*

*Shilin is continuing with its effort to build a healthy city network possessing the following features: health and vitality, ecology and leisure, welfare and safety, education and culture. The district has integrated the resources of its industries, government agencies, schools, and residents to build a common community consensus. For standing out the unique local features, We had held variety local of activities and programs that stand out in the district, such as international cultural festival activities, marathon activities, community leisure and sports meets, hiking activities, leisure and sports meets for persons with mental and physical disabilities, walking campaigns, CPR seminars for borough heads, the healthy diet and exercise for healthy life activities, the Shilin Blade Show, the Hsiao Hsi Yuan Hand Show, Hsin Hsing Ku Hand-Puppet Theater Show, etc. These programs were aimed to mold Shilin District into an elegant, innovative, hopeful, happy, and safe healthy city.*

*In the future, we plan to realize the construction of a light rail transit network running through the Shezi, Shilin, and Beitou area. In addition to infrastructure projects that would link the Xhizu Island development, the Taipei City New Children's Amusement Park, the Taipei Performing Arts Center, Shilin Tourist Night Market and the peripheral area improvement projects with the daily lives of the people, we also plan to work together with the human resources of every sector in the district for the creation of elegant surroundings, thus providing district residents with the best venues for leisure and sports activities.*

*We hope that through this Healthy City Journal, we could stir a sense of identity and community concern among the district residents, and foster a community initiative to join in health promotion endeavors. Also, we hope to build an elegant and healthy living environment for Shilin District and make Shilin the most ideal place for living and leisure relaxation.*

***Chang I-Fang***

*Director, Shilin District Office*

*December 2009*







城市让生活更美好！士林是一個兼具歷史人文與國際化的社區，亦是臺北市十二個行政區裡著名小型國際村。臺北市士林區於2007年開始大力投入「健康城市」推動，主要以「健康活力」、「休閒生態」、「福利安全」及「教育文化」為主軸，透過公私跨部門合作模式，凝聚社區力量致力打造「健康國際化、鯨彩士林城」的健康城市。同年11月成功加入世界衛生組織亞太地區健康城市聯盟(Alliance for Healthy Cities)，讓世界各國共同見證士林健康城市於健康促進的成就。

健康城市的營造要能強化及擴展社區資源，讓社區民眾彼此互動、互相支持，才能持續創新改善城市物理與社會的環境。為永續經營並與國內外人士、社區營造團體分享士林健康城市的內涵，我們特別出版《健康國際化 鯨彩士林城》雙語特刊，以「健康活力好生活」、「休閒生態展生機」、「福利安全最放心」及「多元文化好厝邊」勾勒士林的過去、現在與未來，期望藉由本書，讓每一位讀者了解士林健康城市的作為，共同打造健康的生活、健康的家園與健康的城市。

臺北市士林區健康服務中心 主任

王美玉 謹識

2009年12月





## Health sans Boundary — A Dynamic and Vibrant City of Shilin

*A city that makes life better for its residents! Shilin is an international community taking pride in its historical and cultural features. It is also known as mini international village in the twelve administrative districts of Taipei City. In 2007, the District of Shilin started a full-force campaign to promote the healthy city concept, a program that pivots around four core concepts: health and vitality, leisure and ecology, welfare and safety, and education and culture. Through the cooperation of private and public sectors of the district, a cohesive bond is being developed among the communities for the construction of a healthy city upholding a policy of “Health sans Boundary — A Dynamic and Vibrant City of Shilin”. In November of the same year, Shilin successfully gained membership into the WHO Asian-Pacific Region Alliance for Healthy Cities, thus acquainting the nations of the world with the accomplishments of the district in building a healthy city for Shilin.*

*Building a healthy city requires the enhancement and the expansion of community resources. Hence it is imperative that community residents should actively take part and support each other in order to sustain the innovative development of the physical and social urban environments. In an effort to foster the sustained development of the district and to enable the public, foreign nationals, and community building organizations to understand our endeavors in building the Shilin Healthy City, we published the Health sans Boundary — A Dynamic and Vibrant City of Shilin bilingual journal and linked the past, present, and future of Shilin District through upholding the beliefs of “healthy and active is better living,” “A natural ecology undestroyed by development,” “proper welfare and safety brings peace of mind,” and “multiculturalism creates a wonderful neighborhood”. We hope to share our experiences and endeavors in realizing the Shilin Healthy City goal through this journal, and hope our readers join us in building a healthy lifestyle, a healthy home, and a healthy city.*

Yours Truly,

**Wang Mai-Yuh**

Director of Shilin District Health Center Taipei City

December 2009





# 擘畫健康城市願景

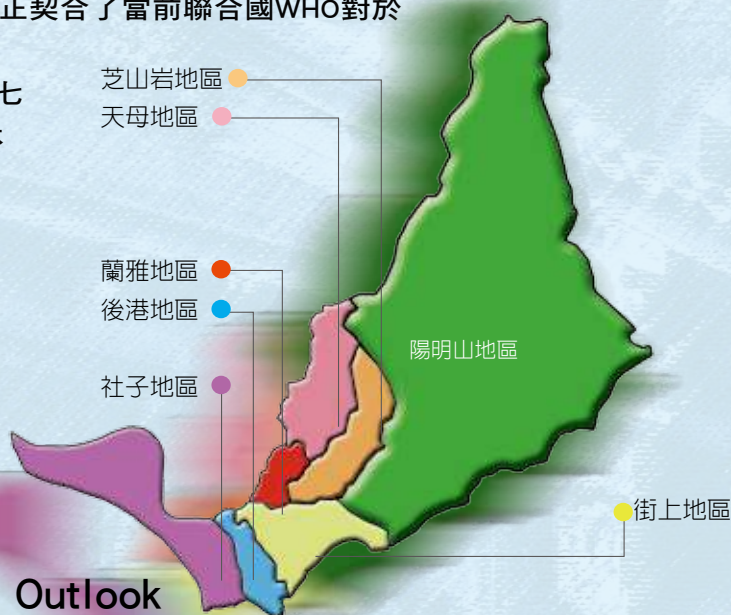
士林，舊名八芝連林，或稱八芝蘭。「八芝連林」(panttsiran)係平埔族群凱達格蘭語「溫泉」之音譯；「八芝連林」，則因該地多林木而得名；後至清朝末年普設私塾、社學、義塾，文風鼎盛，遂以「士子如林」而改稱為「士林」。

在自然環境上，士林得天獨厚，有七星山、大屯山、五指山等三大山系環繞，及淡水河、基隆河、磺溪、雙溪等流貫其間，山明水秀，生機盎然，更吸引無數外國人士於此定居，儼然形成一個國際村。

在文化上，包括匯集華夏文明經典寶藏的國立故宮博物院、將臺灣史追溯到史前的芝山岩文化史蹟、乃至充滿藝文氣息的臺北市立美術館、及最具庶民文化代表的士林夜市等，都讓此區文化燦然可觀。而在整合歷史人文、自然生態、健康促進、社會福利、在地參與的總體營造上，士林區亦斐然有成，而這也正契合了當前聯合國WHO對於健康城市的要求與期待。

目前士林區，依照其特色，共劃分為「七大生活圈」：陽明山生活圈，生態、休閒、大學城；天母生活圈，宜居、宜遊、國際村；蘭雅生活圈，門戶、節點、新地標；芝山生活圈，史蹟、親水、好家園；街上生活圈，古風、產業、好厝邊；後港生活圈，生活、轉運、新產業；社子生活圈，文史、生態、新樂園。

在展望未來之際，WHO健康城市的理念，正足以描繪出未來努力的方針。



## Constructing the Healthy City Outlook

Shilin was formerly called Panttsiran or Pattsiran in the old days. Panttsiran is hot spring in the Ketangalan language of the Pingpu Tribe. Panttsiran was the name given to the place due to its vast forest land. In the latter years of the Qing Dynasty, it was full of home schools, public schools, and private schools; hence, the place earned the monicker “Shi-Zi-Ru-Lin (an academic forest teeming with scholars)” and later renamed as “Shilin”.

In the natural environment, Shilin is surrounded by three majestic mountains, the Qixing Mountain, Datun Mountain, and WuZhi Mountain. With the meandering systems of Danshui River, Keelung River, Huangxi Creek, and Shuangxi Creek complimenting the majestic backdrop, Shilin is a place of exhilarating mountainside and riverside sceneries. Countless of foreigners like to stay here, thus it inevitably developed into an international village.

The cultural assets drawing attraction to the district include the National Palace Museum with abundant of the exquisite Chinese Civilization collections, the prehistoric era of the Zhishanyan cultural relics, the Taipei Fine Arts Museum presenting its modern art and culture, and the Shilin Night Market representing its distinctive folk culture.

Although Shilin district now is divided into seven principal lifestyle circles based on the distinctive features of their localities: (1) Yangmingshan Lifestyle Circle; (2) Tianmu Lifestyle Circle; (3) Lanya Lifestyle Circle; (4) Zhishan Lifestyle Circle; (5) Street Lifestyle Circle; (6) Hougang Lifestyle Circle; (7) Shezi Lifestyle Circle, it has made remarkable accomplishments in consolidating historical culture, natural ecology, health promotion, social welfare, and resident participation. This achievement is congruent to the WHO requirements and expectations for healthy cities.



## 讓城市更美好 健康城市成世界潮流

「健康城市」的概念，初始於80年代的新公共健康運動（New Public Health Movement），以及WHO在世界各國所舉辦之有關健康促進相關研討會的重要概念及宣言，自1986年展開積極行動，成立了健康促進與環境健康相關部門。其特點在於社區所有權（community ownership）與社區參與（community participation）之重要推動策略，重新認識影響健康的多元因子，對社區更寬廣的定義，並以分享的觀點看待社區的價值，及重視每個人的健康和生品質。

其實質意涵，就如健康城市專家Hancock及Duhl教授（1986）對「健康城市」所下之定義：在這個城市生活的居民具有一定的共識，想去改善一切與健康有關的議題，包括政治的、經濟的、文化的、物質的、心理的，而非單指居民的健康達到某一特定水準而已。因此，我們可以將健康城市解讀為「一個能夠不斷創造與改善其物理與城市環境、拓展城市與社區資源，以促進市民相互幫助、享有平等的機會去發揮潛能的社區與城市」。

### The healthy city has become the new worldwide trend for building better cities.

The healthy city concept was an important concept and manifesto that the New Public Health Movement and the World Health Organization had presented in the various health promotion related seminars held in different parts of the world in the early 80's.

According to the definition of healthy city experts Prof. Hancock and Prof. Duhl (1986), healthy city means that residents living in this city would have a definite level of consensus to foster the improvement of health related issues, as well as political, economic, cultural, material, and psychological issues. Their concern would not be limited only to the improvement of a person's physical well-being to a certain extent. Hence, the term healthy city may be interpreted as a community and a city that fosters continuing innovation and the improvement of its physical and urban environment, the expansion of city and community resources, and the promotion of mutual help among its citizens, and where every resident enjoys equal opportunities for realizing their potentials.





## 與國際接軌 士林區正式加入WHO健康城市之列

為「打造一個健康活力、生態休閒、福利安全及教育文化特色的健康士林城。」士林區整合轄內產、官、學、民等資源，營造社區共識，透過跨部門的合作，成立「臺北市士林健康促進協會」，作為資源整合平台，凝聚更多社區認同與力量，並彙整區民營造健康社區行動與成果。於2007年正式申請，並成功加入世界衛生組織WHO亞太地區健康城市聯盟，成功與國際健康城市接軌。

在推動過程中，社區民眾與在地組織團體積極投入，有錢出錢有力出力，並且結合臺北市士林區公所、臺北市士林區健康服務中心，在國立臺灣師範大學鄭惠美教授帶領下，深入社區10個里進行焦點訪談，並辦理健康城市教育培訓工作坊、共識營及健康城市交流座談會，以整合本區居民對健康城市之共同願景，同時提升社區居民健康自主能力。

在此基礎上，結合民眾需求、社區願景、在地專家學者的專業知識與健康城市營造經驗，將未來營造重點，分成「健康活力」、「生態休閒」、「福利安全」及「教育文化」四大領域，並訂定57個健康城市重要指標與策略。

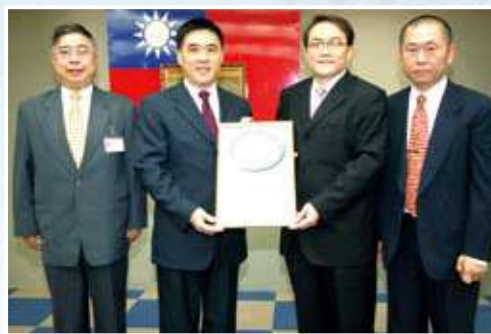
為了永續推動士林健康城市，未來協會將依據「臺北市士林健康城市政策白皮書」逐年分項加以落實，並於2009年結合社區力量，出版「士林健康城市特色刊物」；期望藉此喚起民眾對社區的認同與關懷，攜手未來，共創在地新願景。

### Joining the Global Network - Shilin District Officially Joins in the Ranks of WHO Healthy Cities

Under the purpose of building a healthy city flourishing in health and vitality, ecology and leisure, welfare and safety, education and culture, Shilin District integrated the resources of its industries, government agencies, schools, and residents to build a common community consensus. Inter-agency cooperation within the district saw to the establishment of the Shilin Health Promotion Association of Taipei City, which then served as a resource integration platform that forged a stronger sense of community identification and bond, thus pooling together the community building efforts and achievements of the residents. Shilin filed an application with the WHO Asian-Pacific Region Alliance for Healthy Cities in 2007 and was able to successfully gain membership, thus gaining a place in the international healthy city bandwagon.

Under the leadership of Prof. Cheng Hui-Mei of the National Taiwan Normal University, the Shilin District Office and the Shilin District Health Center of Taipei City organized a group to conduct point interviews within the ten boroughs of the district. Moreover, the group conducted healthy city education and training workshops, consensus development camps, and healthy city open forums to consolidate a consensus among district residents on a common healthy city outlook and to strengthen the health initiatives of community residents. Meanwhile, the fifty-seven significant healthy city indicators and strategies were defined.

For the ongoing implementation of the Shilin healthy city program, the SHPA shall gradually carry out all the tasks defined in the Taipei City Shilin Healthy City White Paper. In 2009, under the concerted efforts of the community, the 1st edition of Taipei Shilin Healthy City was published in the hope of awakening a sense of community identification and concern among its residents, and of calling residents to join in the endeavor to build a new outlook for the district.



市長獻獎-士林區榮獲世衛組織



# 健康國際化 · 鯨彩士林城

為了宣導及型塑士林健康城市理念，士林區特別製作了專屬之logo及slogan。

其中logo的設計發想，係以蔚藍海面背景，「鯨」豚在空中噴出水柱，既興奮又開心的游向大海。「鯨」形似士林區地形圖，展現士林區悠久的歷史文化、豐富的休憩地點，鯨聰穎睿智思緒，主動積極態度，更象徵著鯨益求精、效率卓越及自由與活力精神。中間大人抱著小孩的圖案，表達關心與愛心，用笑容來傳達幸福的感覺。母親呵護孩子的圖像融入鯨魚圖中，象徵著士林有愛、關懷及健康。

而在slogan的意涵上，「健康國際化」，係指士林區已經加入WHO亞太地區健康城市聯盟。「鯨彩士林城」，其中「鯨」象徵士林區地形圖及聰穎睿智思緒；「彩」代表著五彩繽紛，代表全民、多元參與…對鯨迷來說，鯨豚們噴出在空中的白白水柱，蔚藍的海面上，一眼望去那是既興奮又開心的游向大海！於士林區民而言，與鯨的精神相呼應，在在展現出土林區成為健康城市之豐富潛力。

## Health sans Boundary - A Dynamic and Vibrant City of Shilin

Shilin District especially created a logo and slogan for the program to foster the promotion and shaping of the Shilin healthy city concept.

The logo design shows a sky blue sea background with a whale blasting air from its blowhole as it swims excitedly and happily towards the sea. The whale image is actually the shape of the Shilin District territory. The whale is an intelligent animal that possesses a proactive and aggressive attitude. It also symbolizes bold pursuit of perfection, extraordinary efficiency, and a free and dynamic spirit. The adult holding a child at the center of the logo stands for concern and compassion. The smiles on their faces symbolize a sense of contentment. Merging the image of a mother caring for her child within the whale image in a way expresses what one can find in Shilin – love, concern, and good health.

The words in the slogan also have their own symbolic significance. The term “health sans boundary” refers to the membership of Shilin District in the WHO Asian-Pacific Region Alliance for Healthy Cities. As for a dynamic and vibrant city of Shilin, the artistic Chinese character jing (whale) represents the borderlines of Shilin and the intelligence of the thinking mammal. The Chinese character cai (colorful) stands for the colorful community of Shilin. It refers to the people and various sectors participating in the program.

logo



slogan

健康國際化 鯨彩士林城

Health sans Boundary -  
A Dynamic and Vibrant City of Shilin



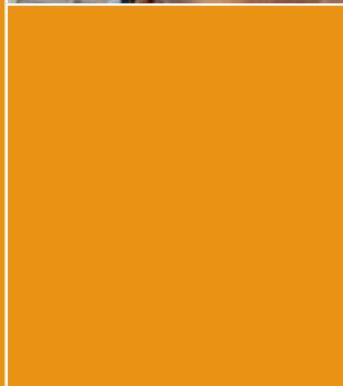


# Good Health Comes from Healthy Living Habits



不論是健康習慣的養成，預防醫學的建立，傳染病的防疫工作，或是老齡化的醫學問題等，都應當與社區緊密結合。

It is imperative that a close coordination with the community should be established in the realization of community issues, such as, cultivation of healthy habits, institution of preventive medicine, infectious disease control efforts, or medical problems such as aging, etc.





# 健康 力好生活







1 槌球比賽  
2 社子單車日活動  
3 社區民眾戶外健走



## 好健康來自日常生活養成

依據近年台灣1111人力銀行調查，臺灣有五成三的員工，每週運動時間不到30分鐘，顯示大家普遍有運動量嚴重不足問題，而這正隱含了高血壓等慢性病之隱憂。所謂，預防勝於治療，大家必然都是知道的，但為何還是難以做到呢？

缺乏動力、便利性不足，往往占了很大原因；也因此，「臺北市士林區健康服務中心」以「從『心』開始，健康服務走進社區」的方式，有計畫的規劃了一系列健康講座及健康操推廣等活動；社區內也積極設置五星級的「士林運動中心」，以及天母棒球場、百齡運動公園、士林岸足球場、士林岸籃球場等多樣化之戶外運動場地。

讓士林區民眾憑藉「就近」、「親切」、「便利」等優勢，在日常生活中，逐步建立起良好的運動習慣。

### Good Health Comes from Healthy Living Habits

According to a recent survey conducted by the Taiwan 1111 Job Bank, around 53% of the employed population in Taiwan spends less than 30 minutes each week on exercise. The survey apparently manifested the serious lack of exercise prevailing in the general employed population and the potential threat of their developing chronic diseases such as hypertension, etc. As it has often been said, prevention is better than cure. This knowledge is known to all yet it seems something quite difficult to realize.

The two major factors behind this problem are often "lack of motivation" and "inconvenience". It is for this very reason that the Shilin District Health Center of Taipei City has launched the "Starting from the heart, bringing health services into the community" program and systematically implemented a series of health orientation seminars and fitness exercise promotion activities. Multipurpose outdoor sports facilities were constructed to cater the community's needs, such as the five-star standard Shilin Sports Center, the Tianmu Baseball Stadium, Bailing Sports Park, and the soccer field and basketball court at the Shilin riverbank area.

The new facilities provided Shilin District residents the convenience of having close, solicitous, and accessible facilities where they may cultivate a good exercise habit in their daily routines.





## 健康『心』社區 職場增『活力』

社區的健康服務工作，核心價值以及成功與否的關鍵都在於「人」，除了醫學專業外，更需從「心」出發；臺北市士林區健康服務中心在推動「健康生活社區化計畫」以「健康飲食」、「要活就要動」為主要推動議題，運用健康講座及健康活動的介入，提昇社區民眾生活品質，共同營造健康的社區。

為服務地域廣大的士林區民眾，臺北市士林區健康服務中心在社區及職場中多處定點辦理健康操活動，方便不同地區的民眾參與。而除了一般民眾，服務對象也擴及到「職場」中的工作者，因為每個人一天中有三分之一的時間在工作場所裡，因此要推動健康的生活型態，職場是切入的重要環節。

臺北市士林區健康服務中心更結合社區內的士林區公所、財團法人新光吳火獅紀念醫院社區健康營造中心、里辦公處等單位，透過「社區聯繫會」、「里鄰長連繫單」積極鼓勵社區團體參與健康促進活動，同時透過相關調查，藉以了解社區實際需求，提供適當協助。

士林區健康服務中心為擴大推廣及宣導社區運動團體及健走教室等相關運動資源，結合地方政府、社區資源以森(生)活圈的理念推廣磺溪堤頂健走步道，讓民眾在兼具舒適、便捷、安全又美觀的支持性環境下，享受運動的樂趣，達到體能促進及健康樂活人生。



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社區營造 健走 健走 健走

健康  
活力  
好生活  
19





2

- 4 3 2 1
- 社區營造  
翠山里—社區營造  
台電公司—健康職場  
台電公司—健康職場



1

## Creating a New, Healthy Community

The key to the community health services, core values, and success lie in its people. Health care should not be a purely medical concern; it should start from the heart. The Shilin District Health Center of Taipei City is currently implementing a “healthy living community program” under the themes of “Health Diet” and “Exercise for your Health.” The center launched a series of health orientation seminars and health fostering activities to upgrade the community residents’ quality of life and to urge residents to work together in building a healthy community.

In order to bring health services within reach of residents of Shilin District, the Taipei City Shilin District Health Center conducted a number of fitness exercise activities in the communities and workplaces of the district, making it convenient for residents in different areas of the district to participate in the program. Moreover, the campaign had allowed the program to benefit not only the residents of Shilin, but also all workers within the workplaces. The center has found the workplace an important link in the success of the program since people spend around a-third of their time in their workplaces everyday; hence, it is imperative to take the healthy lifestyle campaign into workplaces.

The Shilin District Health Center integrated the different resources available within the community, such as, the Taipei City Shilin District Office, Shin Kong Wu Ho-Su Memorial Hospital Community Health Center, and borough offices, and encouraged the aggressive participation of communication organizations by organizing “community acquaintance party” and “borough chief contact sheet”, and at the same time conducted related surveys to understand the actual requirements of the community and deliver the necessary assistance.

To promote community sports groups and other sports-related resources, the Shilin District Health Center has integrated resources of the local government and communities to expand the “healthy life circle” of the public and encourage them to make good use of the trail along the Sulphur Creek (Huangxi). The center hopes to provide an environment that is comfortable, convenient, safe, beautiful, and ideal for people to enjoy various sports and live a healthy lifestyle.



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## 戶外運動場，多元最便利

此外，區內亦不乏設置有各項戶外運動場地，包括：天母棒球場、社子棒球場、百齡運動公園、士林岸橄欖球場、足球場、籃球場、壘球場、社子岸槌球場、網球場、溜冰場及士林後港三腳渡等，便利民眾隨時享有運動休閒的樂趣。

## Versatile and easily accessible outdoor sports and exercise grounds

Furthermore, the district has also constructed a number of different outdoor sports facilities; such as, the Tianmu Baseball Stadium, the Shezi Baseball Stadium, the Bailing Sports Park, the football field, soccer field, basketball court, and softball field at the Shilin riverbank area, the croquet field, tennis court, and skating rink at the Shezi riverbank area, and the Hougang Sanjiaodu Wharf of Shilin. The facilities are aimed to provide the public with open spaces to vent their sports enthusiasm, relax, or fulfill their exercise needs.



2



3

- 1 士林健康城市—舞動花博
- 2 社子國小少棒隊與市長合影
- 3 四甲內龍舟賽

健康  
活力  
好生活  
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## 1 A five-star sports center just near your home

In order to provide community residents with a more accessible and comfortable sports and exercise facility, the District of Shilin District also aggressively planned the construction of a five-star sports center. The Taipei City Shilin Sports Center was officially inaugurated and opened to public in February 2008.

The Taipei City Shilin Sports Center is located at No. 1 Shi-Shang Road. Transportation is convenient and it sits close to Chengde Park and Shilin Night Market. Local residents, office workers, or even shoppers may avail of its sports and leisure facilities. The center also has an interestingly distinctive exterior architecture. The flying roof design, exposed structural beams, and the crisscrossing sun-shading board are quite eye-catching. Inside, the center is equipped with golf practice ground, dance classrooms, heated swimming pools, table tennis room, rock climbing court, professional indoor badminton court, community classrooms, archery field, etc. Usage fees are quite affordable. Its most attractive feature is the heated swimming pool located at the third floor of the center.

The Taipei City Shilin Sports Center is the sixth sports center constructed in Taipei City for the convenience of local residents. The sports center swimming pool is an innovation different from the past practice of installing pools on the basement level. The sports center pool is located on the third floors; hence, people swimming in the pool may simultaneously enjoy the view through the glass panoramic window. The area basks the refreshing atmosphere of the Chengde Park greenery. On a bright sunny day, sunlight glimmering on the ripples of the pool water surface renders swimming the double delight of warmth and visual titillation. Although the pool is often frequented by the community, hygiene is not a problem. A 24-hour circumventing ozone sterilization process and frequent pool water replacement keep pool water crystal clear and safe. On the other hand, in the heated pool section, the center has installed a SPA water therapy pool, steam rooms, and sauna rooms, bringing within reach to residents with luxurious delights at generally affordable prices





1

# 防範於未然 疾病靠邊站

疾病的防治，包括了登革熱、腸病毒等傳染病的防治及宣導，以及搭配學校之預防注射及防疫宣導等，而包括無菸公園的推行，居民共同參與之「蟲蟲特攻隊」總動員等，都能達於疾病的積極預防，而常保健康。

## 提高警覺，建立嚴密監視網

由於現代交通發達，國際間往來頻繁，稍有疏忽，傳染病即可能迅速蔓延開來，如像H1N1（新流感）又是一種新的威脅。因此，傳染病防治的觀念及執行，十分重要；衛生醫療人員需時時提高警覺，建立嚴密的監視網，一旦發生疫情，各崗位上的人員能機動性地配合，才能迅速控制傳染病的流行。

以2009臺北聽障奧運為例，為了讓活動順利舉辦，臺北市政府，包括士林區行政系統等，無不傾全力面對「新流感」疫情威脅。因此，市府在聽奧期間每天為選手測量體溫、隨時監控；臺北市政府衛生局也針對旅館、賽場、志工、醫護站等相關人員，辦理新流感說明及教育訓練。其中，在士林區文化大學體育館的衛生局駐點人員陳菁芬說，有位文化大學老師被檢測出有發燒現象，雖然在校內的行經路線未經過比賽場館，也未與選手們接觸，但安檢人員還是請該名教師及其助理在家隔離休養，幸好事後確認僅為A型流感，但足見現場防疫措施的謹慎性。

此外，平時士林區也都藉助各項衛生教育宣導活動，灌輸民眾正確的傳染病防治觀念，包括腸病毒、登革熱、禽流感、H1N1（新流感）等，以期達到早期預防、早期發現、早期治療之目的。

3



2

- 1 校園預防注射衛生教育宣導
- 2 學校新流感衛生教育宣導
- 3 學校預防注射衛生教育宣導

健康  
活力  
好生活

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## Proper Personal Hygiene Holds Epidemic at Bay

The district aggressively implements disease prevention and control measures to safeguard the health of district residents. Disease control actions taken include control and sanitation campaigns against Dengue Fever, Enterovirus, and other communicable diseases; inoculation and disease prevention orientations in school campuses; implementation of the tobacco-free park policy; a resident mobilization to participate in the district "bug extermination team

## Vigilant health alert - the stringent community monitoring network

In light of the present convenient transportation facilities and frequent international travel of this era, a moment of laxity could allow communicable diseases, such as the latest epidemic threat, H1N1 virus, to spread rapidly in the community. Hence, communicable disease control concepts and the implementation of these concepts have become quite serious matters. Health and medical personnel need to be in high alert at all times, and at the outbreak of an epidemic, personnel may be immediately mobilized and dispatched to ensure the swift treatment and control of the communicable disease.

In the 2009 Summer Deaflympics, in Taipei for instance, in order to ensure that all games may be held without deterrent, the Taipei City Government, including the Shilin District administration system, conducted a full-force preventive campaign against the H1N1 epidemic threat. Hence, during the Deaflympic games period, the city government took daily temperature readings of the athletes and conducted a vigilant health monitoring. The Taipei City Department of Health also provided H1N1 epidemic control education and training to the hotel staff, competition ground crew, volunteer workers, and medical stations. According to Chen Jing-Fen, the resident nurse stationed at the Chinese Culture University Gym in Shilin District by the Department of Health, a Chinese Culture University instructor was detected to have fever. Although the path and routes of the campus did not intersect with the games venue, the health inspection team asked the professor and his assistant to observe home quarantine. Fortunately, tests on the parties indicated influenza A; however, the precautionary actions taken displayed the stringent epidemic control measures being implemented during the games.

Moreover, Shilin District regularly sponsors or assists in the realization of various hygiene related information promotion campaigns to instill the right communicable disease (e.g., enterovirus, Dengue Fever, Avian flu, and H1N1 virus) prevention and control concepts on the people in the hope of making it possible to institute preventive measures early, discover disease outbreak early, and administer treatment early.

2 1  
托兒所腸病毒宣導洗手示範  
校園衛生教育有獎徵答

健康  
活力  
好生活  
25

2







26

3 2 1  
登革熱防疫／蟲蟲特攻隊指導校園防疫小尖兵  
蟲蟲特攻隊於社區病媒蚊密度調查  
蟲蟲特攻隊社區登革熱防疫宣導

## 蟲蟲大作戰，大小尖兵總動員

登革熱防治工作是環境衛生問題，也是全體居民的共同責任，「臺北市士林區健康服務中心」為宣導「沒有孳生源，就沒有病媒蚊；沒有病媒蚊，就沒有登革熱」的觀念，自民國88年起，創立了全國第一支「蟲蟲特攻隊-登革熱防治志工」，希望藉由「蟲蟲特攻隊」於社區內執行登革熱病媒蚊密度調查、孳生源清除及防治宣導等工作，喚醒社區居民的防疫意識與實際行動，使大家都能自動自發的將「清除病媒蚊孳生源」的行動，落實於日常生活中，變成一種習慣，才是登革熱防治的正本清源之法。

平時，除了里長之外，許多社區志工也都持續而默默的為社區服務，除了進行家戶拜訪，請大家隨時留意排除家裡的積水問題；同時也共同協助清除公共空間裡一些容易積水的廢棄容器；在學校中，他們還訓練了一批「蟲蟲大作戰」的小尖兵，一起投入健康環境的維繫。這支全台灣最早的「蟲蟲特攻隊」防禦隊，聲名遠播，甚至連許多中南部的團體，也都專程來此取經。

此一落實「社區健康營造理念」，以及激發「在地人，捍衛家園」的做法，成立至今，績效卓越；「臺北市士林區健康服務中心蟲蟲特攻隊防疫志工」更榮獲行政院衛生署疾病管制局「2008年防疫績優獎」之「非公務類團體獎」！



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## Mobilizing every member of the community in eliminating disease-carrying bugs

Dengue Fever epidemic control work is an environmental sanitation issue and a general responsibility shared by the people. In an effort to promote the concept that “no breeding places means no disease-carrying mosquitoes, and no disease-carrying mosquitoes means no Dengue Fever” among the public, the Shilin District Health Center of Taipei City organized the nation’s first “bug extermination team – Dengue Fever control volunteers” in 1999, under the hope of employing bug extermination teams to penetrate communities and implement control measures; such as, a survey on the density of the Dengue Fever carrier mosquito population, the eradication of mosquito reproduction environments, and implementation of disease control information promotion work. The campaign aimed to awaken epidemic control awareness among the community residents and to mobilize them into action. It aimed to foster self-initiative among the residents to clear away areas where disease-carrying are likely to breed. The cultivation of this action into a hygiene habit is the best way to truly prevent the occurrence of Dengue Fever.

Usually, in addition to the borough chief, many community work volunteers also quietly dedicate time to community service work. They would visit homes and campaign for the clearing of areas where water is likely to pool. At the same time, they assist each other in disposing of abandoned or junk containers where water may accumulate. In schools, they trained a batch of students to become “bug extermination team” members and join them in maintaining a sanitary environment. Being the pioneer epidemic fighting team of Taiwan, “bug extermination team” quickly became famous and many organizations from central and south Taiwan had come to inquire and learn from the team’s experiences.

This implementation of “community health building concepts” and stimulating “local participation in safeguarding the community” action has been ongoing carried out now and has accomplished outstanding results. In 2008, the “bug extermination team epidemic control volunteers” of the Taipei City Shilin District Health Center were awarded the “Non-Government Organization Award” of the 2008 Excellence in Epidemic Control Awards.



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- 1 蟲蟲特攻隊防疫志工
- 2 傳染病防治／托兒所腸病毒宣導
- 3 蟲蟲志工予外賓登革熱防治宣導

健康  
活力  
好生活  
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- 1 無菸公園與菸害防制新法  
／跟小朋友宣導無菸公園
- 2 無菸公園與菸害防制新法  
／文昌國小撿菸蒂活動

1

## 健康城市 清新士林~ 少吸一口菸 公園多一片鮮

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根據世界衛生組織（WHO）指出，「落實無菸環境」與「大幅提高菸價」是促成癮君子戒菸、減少菸品銷耗量及降低青少年吸菸最有效的方式。士林區無菸公園—美崙公園及忠誠公園，從96年開始推動及成立，組織志工巡邏勸導吸菸民眾及撿拾隨意丟棄的菸蒂，維護公園清新及清潔的環境，因應98年1月11日菸害防制法正式實施，本區無菸公園於同年7月11日公告為禁菸場所，並依菸害防制新法於公園的所有出入口建置明顯禁菸標示及在公園易抽菸地點設置禁菸告示牌，讓民眾能清楚認識公園禁菸區的範圍及菸害新法的法條，教育民眾公園即使在戶外也是禁菸場所，民眾也有權力向2手菸說不。







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健康  
活力  
好生活  
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- 1 無菸公園與菸害防制新法／拒菸志工巡邏及勸導
- 2 美崙公園是多功能的休閒空間／臺北市政府觀光傳播局提供
- 3 無菸公園與菸害防制新法／文昌國小檢菸活動
- 4 無菸公園與菸害防制新法／美崙無菸公園建置

## Building a Healthy City: No Smoking in Shilin Parks

According to the World Health Organization (WHO), the most effective ways to help smokers stop smoking and reduce the consumption of tobacco products is to “implement non-smoking environments” and “dramatically increase the price of cigarettes.” Meilun Park and Zhongcheng Park in the Shilin District were designated as non-smoking parks since 2007. Volunteer workers patrolled the parks to prevent people from smoking and littering, maintaining a clean and healthy environment. In light of the official implementation of the Tobacco Hazards Prevention Act on January 11, 2009, announcements were made on July 11 of the same year for smoking to be prohibited in the non-smoking parks in Shilin. In accordance with the new act, no-smoking signs were placed at all entrances of the parks and inside the parks to inform citizens of the new regulations. Citizens should be aware that smoking may also be prohibited in outdoor areas and that they have the right to say “no” to passive smoking.



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# 健康嘉年華

為了響應全民體育運動，鼓勵民眾走出戶外，包括臺北市士林區公所、台北市士林區體育會等單位，都會舉辦相關休閒運動會，同時也會藉助士林國際文化節辦理各式免費健康篩檢活動、健康諮詢與親子園遊會及健康操團隊比賽等，讓運動本身，也可以是一場生動活潑的健康嘉年華。

## 社區運動會，大家一起來

士林區民休閒運動會，於每年初夏辦理，共分趣味競賽及大隊接力兩大項目。

該次運動會除了士林區51里里民及志工團體、晨間團體的熱情參與外，尚有台北市士林區體育會、臺北市士林區戶政事務所、臺北市政府消防局士林中隊、臺電臺北北區營業處、財團法人新光吳火獅紀念醫院、英業達、郭元益食品、中華世界和平超宗派超國家協會、世界和平統一家庭聯合會約2千多人參與此次盛會。

此外，成立於民國63年的「台北市士林區體育會」，也常舉辦相關體育活動及競賽。現有32個單項委員會，近百個晨間團隊，凝聚士林區晨間團隊及全體會員團隊力量，深獲各界讚譽與肯定，也因此在全臺北市體育會的評鑑當中，屢次榮獲全市之冠。

台北市士林運動中心營運之後，台北市士林區體育會也加強結合臺北市士林區公所、臺北市士林區健康服務中心、臺北市士林健康促進協會等單位，舉辦各類型社區健康促進運動，提高士林區民眾之健康福祉。





# Health Carnival

In response to the campaign for regular exercise and motivation of residents to spend more time outdoors, government agencies, such as, the Taipei City Shilin District Office and the Shilin District Athletics Federation organized related leisure and sports programs and meets. Moreover, during the International Culture Festival of Shilin, a variety of free health diagnostics and health consultation services were offered to the public. Family games and fitness exercise team contests were also held since exercise or sport by itself is a kind of dynamic and lively health carnival.

## Let's take part in the community sports programs

The Shilin District Leisure & Sports Meet is held every year at the beginning of summer. The games were divided into two categories, the recreational sports games and the relay races.

This auspicious event had a participation of around 2,000 participants, including the residents and volunteer workers of fifty-one boroughs in Shilin District, the morning exercise group members, as well as the employees of Taipei City Shilin District Athletics Federation, Shilin District Household Registration Office, Taipei City Fire Department Shilin Battalion, Taipower Co. Taipei North Branch, Shin Kong Wu Ho-Su Memorial Hospital, Inventec Corporation, Kuo Yuan Ye Corporation, Interreligious and International Federation for World Peace, and the Family Federation for World Peace and Unification.

Furthermore, the Shilin District Athletics Federation of Taipei City established in 1974 also regularly held physical education related activities and contests. At present the district has around thirty-two individual event committees and almost a hundred morning exercise groups. We are presently endeavoring to consolidate the morning exercise groups and all members in Shilin District, and our efforts had earned the applause and recognition from different sectors. Hence, we were rated the leading federation by the Taipei Municipal Athletics Federation.

After the Taipei City Shilin Sports Center became operational, the Shilin District Athletics Federation of Taipei City also enhanced efforts in consolidating resources of Taipei City Shilin District Office, Shilin District Health Center of Taipei City, Shilin Health Promotion Association of Taipei City and other institutions for the organization of various community health promotion movements for the betterment of the health and welfare of the Shilin District residents.



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1 市長與健康城市志工合影  
2 市長與民同樂  
3 團結力量大社區運動精神佳

健康  
活力  
好生活  
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3







## 為民前鋒-單車親水行

自行車騎乘近年來已蔚為風氣，為了延續臺北市政府「為民前鋒鐵騎隊」精神，士林區公所藉由舉辦本次自行車騎乘活動，讓民眾認識基隆河沿途特色景緻、自然生態及各項公共設施，既可強健身心、舒解壓力又可達到節能減碳之成效。同時加深市民對市政建設-河濱腳踏車道的認識，鼓勵市民從事戶外健康休閒活動，進而喚起民眾共同維護好山好水的環保意識。

## Bicycling for All: Riding along the River

Bicycling has become a new trend in recent years. To continue the Taipei government's efforts to promote "Bicycling for All," the Shilin District Office held this special biking event in the hopes of letting the public learn more about the scenery, ecology, and public facilities along the Keelung River. The event not only helps the public build a healthy body and relieve stresses, but also achieve the carbon reduction targets. At the same time, the district office hopes to raise public awareness of the biking paths along the river and encourage residents to participate in outdoor recreational activities and to become more environmentally-conscious.







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## 士林國際文化節，共享健康園遊會

士林區為推廣優質健康操等健康觀念，運用了與一般民眾最具親合效益之園遊會形式，結合在地各界社會資源，一同辦理健康園遊會。

自94年開始，臺北市士林區公所，於每年10月欒樹花開時，辦理一年一度的「士林國際文化節活動」，此活動結合社區資源，如財團法人新光吳火獅紀念醫院、臺北市士林區健康服務中心、台北市士林區體育會、臺北市士林健康促進協會、郭元益教育基金會、臺北體育學院、台北士林社區大學等單位。每年均有不同主題，98年度以「國際風華·童趣再現」為主題。有精彩國際表演、千人托球挑戰金氏世界紀錄與親子遊戲遊戲攤位開啟與會者的視察與觸覺功能，除此之外，現場提供免費健康篩檢活動、異國美食、宗教文物展示、健康操表演活動及喫餅配茶活動。在吃、喝、玩、樂中融合了文化與健康議題，讓在地，外來客與外藉朋友了解士林。

健康嘉年華，讓運動生活化，更增光彩！

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2010士林國際文化節

健康  
活力  
好生活  
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2 1  
千人托球 日本太鼓

## Shilin International Culture Festival - A Health Carnival

In promotion of the optimum fitness exercise and other health concepts, Shilin District held some carnivals to foster a closer bond among its residents. The district consolidated resources from various sectors for a series of health carnivals.

Starting in 2005, the Taipei City Shilin District Office holds the annual Shilin International Culture Festival every October, the blooming season of the Goldenrain flowers. For the event, the district consolidates resources coming from different community sectors; such as, Shin Kong Wu Ho-Su Memorial Hospital, Shilin District Health Center of Taipei City, Shilin District Athletics Federation of Taipei City, Shilin Health Promotion Association of Taipei City, Kuo Yuan Ye Education Foundation, Taipei Physical Education College, Taipei Shilin Community College and other institutions. The annual event takes on a different theme each year, and in 2009, the theme of the event was "Global Pursuit of Health and Reappearance of Joyous Childhood". The colorful international performances, thousand-person volleyball toss Guinness World Record challenge, and the family fun and games booths opened the senses of the festival visitors to the novel delights and excitement. Festival features also included free health checkups, exotic cuisine, religious cultural exhibits, fitness exercise shows and activities, and serving of cake & tea. Culture and health concepts were incorporated into the food, beverage, games, and amusement of the festival, providing local residents, out-of-town visitors, and foreign tourists in the festival with a better understanding of Shilin.

The Health Carnival turned sports and exercise into a lifestyle feature, adding more vitality to life.

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## 『寶寶爬爬樂』及『幼幼搬搬樂』比賽

士林區健康服務中心於臺北市士林運動中心舉辦「2010健康寶貝·環抱臺北」北區婦幼關懷活動趣味體能競賽。

當天除了『寶寶爬爬樂』及『幼幼搬搬樂』之外還特別安排多項活動，有「市民健康卡」集點，「母乳哺育介紹」、「褓母系統介紹」、「嬰幼兒營養報你知」、「防癌服務區」、「嬰幼兒感覺統合」、「代謝症候群宣導」、「肺炎鏈球菌預防注射宣導」等，並同時安排有獎徵答闖關遊戲。

## “Fun with Crawling Toddlers” and “Infants in Action” Competitions

The Shilin District Health Center held a series of competitions for mothers and their infants titled “2010 Healthy Babies, Hugging Taipei” at the Shilin Sport Center.

In addition to the competitions “Fun with Crawling Toddlers” and “Infants in Action”, there were a number of other events, including the “wellness card” reward-point collection, “Introduction to Breastfeeding,” “Introduction to the Nanny System,” “Nutritional Facts for Infants,” “Cancer Prevention Services,” “Infant Sensory Integration,” “Awareness of Metabolic Syndrome,” “Awareness of Streptococcus Pneumoniae Vaccination,” etc. There were also a number of games with awards and gifts given to the winning contestants.





## *Taking a Break in a Natural Ecology*



Nature has endowed Shilin richly with a beautiful natural ecology, culture, leisure resources complemented by a diversified environment. The moment one steps out of the door, one could immediately bask in the delights of nature and enjoy the vitality and environment formed by Shilin's natural cultural cradle. Moreover, the close and convenient relaxation and leisure areas allow Shilin residents to enjoy the depth and expanse of an environment that fosters their physical and mental well-being.





# 休閒生態展 **生** 機



士林地區得天獨厚，孕育了生態、人文、休閒兼具的多元環境，緩步步出家門，迎面就有自然生態與自然人文的盎然生機與環境陶養，以及親近便利的休閒空間營造，提供當地民眾，「深度」及「廣度」兼具的身心健康環境。





1 七星山／安世中攝影  
2 小油坑／安世中攝影  
3 小油坑景觀／安世中攝影  
陽明山國家公園管理處提供照片



## 自然生態好生機

在自然生態方面，士林區具有國家級的陽明山國家公園；也有一步出家門，就近在眼前的郊山，如芝山岩步道、天母古道等；還有國際級的生態盛會「台北國際賞鳥博覽會」，以及春夏之際的各式蝴蝶季；而作為完整生態教學環境的天溪園，也都在士林區。



### 陽明山國家公園，就是我家後花園

陽明山四季都有好風情。春季2、3月是陽明山國家傳統的花季，時屆，色彩繽紛的各種杜鵑與滿山遍野的緋寒櫻，一掃隆冬的陰霾、單調，而將大地粧點得分外動人。夏季在西南季風的吹拂下，午後偶有雷陣雨，霧雨初晴時，山區常見「虹橋跨立山谷」的景緻，使雨後的陽明山更加亮眼。當秋季來臨的10月，白背芒形成一片隨風搖曳的花海；稍晚，楓紅點綴枝頭，樹葉片片金黃，交織成一幅盛名遠播的「大屯秋色」。冬季時因受東北季風影響，陽明山區經常寒風細雨，低溫高濕，雲霧瀰漫，別具一番景緻；若遇強烈寒流來襲，七星山、竹子山、大屯山一帶偶可見白雪紛飛，成為瑞雪覆蓋的銀白世界。

在地質上，最具特色的就是擁有火山地質地形景觀。以大屯火山群為主體的陽明山國家公園，地質構造多屬安山岩，包括外型特殊的錐狀或鐘狀火山體、爆裂口、火山口和火口湖，在在都構成了這裡獨特的地質景觀。其中七星山為大屯火山群中最高山，約在70萬年前開始噴發，主峰海拔1,120公尺，頂部原有一噴火口，但在火山噴發結束後被侵蝕成七座小山頭，因而得名七星山。這裡擁有絕佳的景觀視野，包括群山、盆地及遠方的台地，都可一覽無遺。

因屬火山地質，陽明山區也有令人稱羨的溫泉資源。噴氣孔與溫泉主要分佈於北投至金山間之「金山斷層」週邊。區內的大油坑、小油坑、馬槽、大磺嘴等地，都可見到強烈的噴氣孔活動；而分佈於園區內的多處溫泉區，更早已遠近馳名。此外，園區內特殊的礦床、岩層、壯觀的瀑布，及呈放射狀向四方奔瀉的溪流，亦成為陽明山國家公園重要的景觀資源。





# Nature and Ecology Unharmful by Development

The natural assets of Shilin District start from the national scenic spot Yangmingshan National Park and the mountainside leisure spots just within the neighborhood; such as the Zhishanyan Trail, Tianmu Trail, etc. Then, there is the international ecology extravaganza, the Taipei International Birdwatching Fair, and the various butterfly seasons that abound during the spring and summer seasons. Moreover, Tianxi Park which provides a complete ecology teaching environment is also located in Shilin District.

## Yangmingshan National Park is just around the corner

Yangmingshan National Park wears a different cloak every season of the year, and each equally breathtaking. Spring season in Yangmingshan National Park comes every February and March. It is also the traditional flower season of the park. The colorful display of different varieties of blooming rhododendrons and the Taiwan cherry blossoms adorn the nooks and mountainsides. The arrival of the summer southwesterly monsoon brings occasional afternoon thunder showers to the park. A "rainbow bridge arching over the valley" brings an extra delight to the natural beauty of Yangmingshan National Park after a rain.

Fall makes its way as October dawns. The silver-grass sway in the mountain breeze like an undulating sea of flowers. As the season deepens, blazing red maple leaves and the warm glimmering golden leaves paint an eye-catching panorama of the mountain in autumn hues. The northeasterly monsoon of winter blow in chilly, fine drizzles and damp cold into Yangmingshan. When the rare icy cold front rolls in, flakes of white snow flitter and fall on the peaks of Qixing Mountain, Zhuizi Mountain, and Datun Mountain, a white snowy blanket crowning the majestic peaks.

The most outstanding geological feature of the area is the volcanic terrain and panorama of the place. the Yangmingshan National Park which is themed around the Datun volcano range has the geological structure of the andesite complete from the conical or bell-shape volcanic edifice, volcanic fissures to the crater and crater lake. It has become a representative geological sight of the district.

Qixing Mountain is the highest peak of the Datun volcano range. It started to erupt around 700,000 years ago. Peak elevation is 1,120 meters above sea level. It makes an excellent vantage point and allows the sightseer to view the expanse of the mountain range, basin, and distant plateaus.

Due to its volcanic terrain, the Yangmingshan area boasts of an enviable hot spring source. Most of the hot spring zones located within the park area have become a familiar name to people living near and far.



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- 1 七星山／邱莉雯攝
- 2 小油坑／安世中攝影
- 3 小油坑／陳育賢攝
- 4 七星山／邱莉雯攝

休閒  
生態  
展示  
生機

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3







2



## 每年春夏到訪，美麗繽紛的蝴蝶季

陽明山地區每屆春、夏季之5月至8月，常見炫麗斑斕的蝶群出現在不同類型的環境，尤其各山頂草原區之青斑蝶類，每當陽光升起，群蝶隨著氣流飛舞，數量繁多有如天上星斗；事實上，陽明山國家公園內記錄到的蝴蝶種類多達一百五十餘種，除了斑蝶類外，引人注目的鳳蝶在本區內亦有多量分佈，而以大鳳蝶、大紅紋鳳蝶、烏鴉鳳蝶和黑鳳蝶較為易見。除了國家公園，在附近社區，就有一條赫赫有名的蝴蝶走廊「劍南蝴蝶步道」，「台灣蝴蝶保育學會」每年都會熱鬧舉辦「劍南蝶舞樂悠遊」蝴蝶季活動；民眾也可自行以漫步方式，欣賞花間飛舞的美麗蝴蝶，配合自導式解說牌，觀察路旁的蝴蝶食草及蜜源植物。

這裡，也見證了地方社區與台灣蝴蝶保育學會進行「棲地復育」的努力過程，讓原本遭到破壞的環境，再度回覆為生態豐富的蝴蝶步道；過程中，除了培訓志工、設置解說牌、引導民眾及附近小學生認識植栽、辦理賞蝶活動，也希望能讓劍南路成為臺北市民休憩及學生自然生態教學的最佳園地。

## A glorious butterfly season celebrates the coming of spring and summer in Yangmingshan

In the spring and summer months of May to August, Yangmingshan is visited by flocks of gorgeous and eye-catching varieties of butterflies fluttering in every nook and cranny of the park. As the rays of the early morning sun peek through the sky, Blue Tiger butterflies would frolic over the grassy plains of the peaks, dancing with the early morning breeze. Their number would put to shy the stars in the sky. In fact, Yangmingshan National Park had once posted a record of containing over 150 varieties of butterflies. In addition to the tiger butterfly varieties, another eye-catcher is the Papilio Butterfly appearing in massive flocks. The more common varieties appearing in the park are the Papilio memnon heronus Fruhstorfer, Byasa polyeuctes termessus, Papilio dialis tatsuta Murayama, and Papilio protenor amaura.

The community in the vicinity of the national park is also home to the famous butterfly lane Jiannan Butterfly Trail. The Butterfly Conservation Society of Taiwan would jubilantly hold the annual Jiannan Butterfly Watching Tour during the butterfly season. People also visit the place for a romantic stroll along the path, slowly enjoying the refreshing delight of frolicking butterflies dancing over the blooms as they follow the guide signs scattered on the trail path. They would sometimes stop to observe butterflies taking their meal on the grass and blooms.

This very place stands witness to the habitat restoration efforts of the local communities and the Butterfly Conservation Society of Taiwan. From the ruined remains of a past environment, a natural verdant butterfly trail had been restored to full beauty. In the course of this transformation, the community trained volunteers, set up trail signs, taught the public and vicinity elementary schoolchildren to identify the different plants in the area, and conducted butterfly watching activities in the hope of turning Jiannan Road into a relaxing leisure destination for Taipei City residents and an ideal garden environment for nature and ecology field lessons.

2 1  
無尾鳳蝶／劉盛興攝影  
在葉子上正在交配的樺斑蝶／吳佩鈞攝影

休閒生態  
展生機 40



1



## 國際級的年度盛事，台北國際賞鳥博覽會

國內生態界的年度國際盛事「台北國際賞鳥博覽會」，在每年的11月第一個週末，於士林區芝山文化生態綠園與北投關渡自然公園盛大辦理，社團法人台北市野鳥學會每年皆響應不同的主題規劃出許多愛護環境、生態保育等相關活動，在兩個活動主場地皆有不同動植物生態面向等著大家一同來發掘。歷年來都有許多國外保育團體熱情共襄盛舉，不但活絡了內容也在鳥類遷徙、

鳥類生態或相關保育措施上，都有值得我們學習效法之處。

為了拉近民眾與鳥類生態的距離，現場有規劃如：鳥類及濕地生態、互動遊戲區；以及小朋友最喜愛的「酷炫人體彩繪」當場可以幫大小朋友們彩繪鳥、蛙、甲蟲…等圖案於身體、臉、或手臂上。其他如「大樹是我家」之遊戲闖關活動，也能在活潑互動中，讓大家體驗森林中的生物感受，掌握森林生態系的脈動。

## An International Extravaganza - Taipei International Birdwatching Fair

“The Taipei International Birdwatching Fair”, an annual international extravaganza of the ecological sector of Taiwan, is opened at the Guandu Nature Park and Zhishan culture and Ecological Garden on the first weekend of every November. The Wild Bird Society of Taipei organizes a number of activities relating to environmental protection and ecological conservation to echo to the varied themes every year. The two activity grounds which display the ecological dimensions of a variety of fauna and flora are now ready for your exploration. The continuous and enthusiastic participation of the foreign conservation groups not only enriches the activity, but also provide valuable experiences in terms of bird migration, bird ecology and other related conservation measures.

In order to foster closer ties between the public and the bird ecology, the bird ecology zone, wetland ecology observation zone, and the interactive game area are opened to the public. Moreover, the fascinating body painting art, a favorite treat of young children, was also opened to the public. Visitors, young and old, have fun painting birds, frogs, and beetles onto their bodies, faces, or arms. The interactive excitement of challenge games, such as, The Tree Is My Home, allowed children to experience what it feels like to be a forest organism, and thus, acquire a better understanding of the elements in the forest ecosystem.



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4 3 2 1  
磯鷸／陳王時攝影  
小白鷺／陳王時攝影  
青足鷸／陳王時攝影  
東方環頸／陳王時攝影  
社團法人台北市野鳥學會／圖片提供

休閒生態  
41  
展生機

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## 寓教於樂的自然生態教室 天溪園

天溪園位於陽明山國家公園東南側，內雙溝溪從中貫穿，充沛活絡的溪水帶來旺盛的自然生機，小流域生態系眾多，也為園區內的動植物提供了多樣化的棲息環境；這片受到保護的祕境森林，兼具亞熱帶、溫帶與山頂、溪谷混合，豐富多層次的特殊環境，是北臺灣低海拔具體而微的生態典型。

這裡也是陽明山國家公園裡的特別景觀區，主要步道全長約 2.8 公里，邊玩邊聽解說的行程，約 2 小時便可走完。步道沿途植物組成複雜、水源豐沛，在這座天然植物園中，與花草蟲魚共存相處，宛如參加一場豐富的生態之饗宴。





## 1 Teaching is Fun at the Nature and Ecology Classroom, Tianxi Park

Tianxi Park sits on the southeast side of Yangmingshan National Park. The vibrant flowing waters of the two creeks coursing through the park brought an abundance of life and mini river ecosystems into the place. It also fostered the development of a diversified habitat environment for the flora and fauna of the park. This protected concealed forest is a unique complex multi-layer ecosystem that has the combined characteristics of the subtropical zone, temperate zone, mountain peak, and valley environments.

This is the special scenic zone of the Yangmingshan National Park. The primary park trail has a length of around 2.8 km. The leisurely guided stroll over the entire trail would take around two hours. The botanical life on both sides of the trail holds a diversity of species. Due to its abundant water source, plants, insects, and fish in this wet natural botanical park coexist harmoniously. A visit into the park is like a peek into a rich and diversified ecosystem.



### 天溪園生態教育中心

地址：至善路3段336巷45號（過聖人橋即可抵達）

電話：2841-4855

開放時間：每日09:00~16:30

（週一休館，遇國定假日順延）

入園申請方式：

1. 上網預約：[www.ymssp.gov.tw/web/system/apply3](http://www.ymssp.gov.tw/web/system/apply3)

2. 現場申請：於上午 10:00 及下午 2:00

由解說員帶隊入園參觀

（上、下午現場登記，人數各以 20 人為限）

### Tianxi Park Ecology Education Center

Address: No. 45, Lane 336, Sec. 3, Zhishan Road, Shilin District, Taipei City (just after crossing the Shengren Bridge)

Tel.: (02) 2841-4855

Visiting hours: From 09:00 a.m. through 4:30 p.m. except Mondays. (If the Monday closing day falls on a holiday, center shall be closed on the following regular day.)

Visitor application procedure:

1. Online booking at [www.ymssp.gov.tw/web/system/apply3](http://www.ymssp.gov.tw/web/system/apply3)
2. Onsite application: A guide will be leading a tour group around the center every 10:00 a.m. and 2:00 p.m.. (Maximum size of the morning and afternoon tour groups is twenty persons, respectively.)

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- 1 遊客以放大鏡觀看葉片紋路
- 2 紅圓翅綠形蟲
- 3 解說人員導引遊客參觀

休閒  
生態  
展示  
機

43





## 自然人文好陶養

在自然人文的社區漫步部分，士林區也擁有規劃完整的自然步道及史蹟公園，其中首推因發現史前遺址而規劃之芝山岩步道，最具代表性。

### 士林八景之一台灣首座史蹟公園

芝山岩是台灣第一個史蹟公園、士林八景之一，以及日據時期臺灣第一座「風景保安林」，海拔僅約52公尺，是個老少咸宜的市郊步道。

芝山岩之所以為二級古蹟，是因為從新石器時代以來，舉凡臺北地區被發掘到的文化層，都可在芝山岩找到。而且還有臺灣考古史上最早被發現的史前遺址，史前時代的「山頂柱洞」、漳泉械鬥時的「西隘門」、日據時代的參拜大道、民國時期的砲台等，七千年來的人類活動史，都在此處鮮活上演著。

### Basking in the Natural Beauty and Cultural Atmosphere

For residents who love to stroll in natural and cultural environment of the community, Shilin District has established thoroughly planned nature trails and a historical park. The most representative among these trails is the Zhishanyan Trail, which route was laid out around the first dig sites where prehistoric artifacts had been unearthed.

### One of the Eight Wonders of Shilin - the first historical park established in Taiwan

Zhishanyan is the first historical park to be established in Taiwan. It is regarded as one of the eight wonders of Shilin and the first “landscape protection forest” of Taiwan during the Japanese Occupation Period. It sits on an elevation around 52 meters above sea level and has become a popular suburban hiking trail accessible to the old and young alike.

Zhishanyan is classified as a second-class relic as the culture layer discovered in the area had been the source of the many Neolithic Age artifacts unearthed in Taipei. It is also the site of the earliest prehistoric relics discovered in the archeological history of Taiwan, for instance, the “post hole on the hill top” of the prehistoric age; the “west defense gate” where the feuds between the settlers from Zhangzhou and Quanzhou took place; the visit and pilgrimage road in Japanese occupation period, batteries constructed in the Republic of China era, etc. These relics had stood witness to the human activities since more than seven thousand years ago.





# 芝山岩

## 芝山文化生態綠園

全國第一座兼具文化與生態的自然公園，它不但是全台唯一一處發現七個文化層的遺跡，也是台北地區唯一現存「芝山岩文化層」的所在。園區位於芝山岩北側，佔地四公頃，由於本身具有地理、歷史、人文、景觀、生態等多方面的獨特性與保存價值，曾為軍情局的管制用地，目前已被臺北市政府列為二級古蹟，並進行相關的管理規劃。

芝山岩豐富的文史與生態教育，目前已被列入國小中年級的校外教學課程行列中，芝山文化生態綠園以「接觸自然」為定位，讓孩子們在親身的接觸中學習與成長。芝山文化生態綠園規劃有生態暖房、台灣野花園、考古探坑教室、得得之家、芝山草堂、電視主播體驗棚、台北古城石頭步道、水生池、芝山岩展示館等九大主題專區。

### 考古探坑教室導覽

平日：採15人為單位，預約登記制。

週六、日及例假日：

上午10：30至11：30，下午03：30至04：30止。

洽詢電話 02-88666258

## Zhishan Cultural and Ecological Garden

The first nature park in the country to combine culture and ecology. It is the only site in Taiwan where relics of seven cultural layers were discovered, and also the location of the present Zhishanyan Culture Layer in the Taipei Area. The park sits on the north side of Zhishanyan. It has an area of four hectares. Due to unique geographical, historical, cultural, scenic, and ecological features and conservation value of the place, it was once declared a restricted zone by the Bureau of Military Intelligence. Presently, the Taipei City Government has classified the park as a second-class relic and has instituted the necessary management plan for the area.

The rich cultural history and ecology educational assets of Zhishanyan have made it a necessary part of the field education itinerary of many elementary and high schools. Through the "close contact with nature" thrust, Zhishan Cultural and Ecological Garden allows schoolchildren to learn and mature through close contacts with the garden elements. The Zhishan Cultural and Ecological Garden attractions are contained in nine theme sections; namely, the ecological green house, the Taiwan wild flower garden, the Archaeology Exhibition Room, Wild Bird Rehabilitation Center, Zhishan Pavilion, a TV newscast experience studio, Taipei Ancient City Stone Trail, aquatic pond, and the Zhishanyan Exhibition Room.

### Archaeology Exhibition Room Guide Service

Weekdays: Advance booking and a minimum of fifteen persons are required to schedule a guided tour.

Saturdays, Sundays, and holidays: 10: 30 a.m. to 11: 30 a.m.; 3:30p.m. to 4:30 p.m

Contact Tel.: 02-88666258



# 自在休閒好時光

士林區市民平時及假日的休閒活動，除了有極具「知性之旅」的生態、人文環境外，也可選擇輕鬆隨意、自在無負擔之休閒活動，包括有位處居家附近的社區公園，如天母公園、士林官邸等；鄰近山區的休閒農園、市民農園等；此外，還可來趟時下最夯，讓人身心皆舒暢開懷的單車行；而想要祭祭五臟廟的，國際馳名的士林夜市，就是最具當地特色的首選囉。





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## A Great Time to Take a Break

For their regular and holiday leisure activities, aside from the perceptual tours around the nature ecology and cultural environments of the district, the residents of Shilin District could also opt for a relaxing and free destinations; such as, the community parks near their homes (Tianmu Park, Former Shilin Presidential Residence, etc.) or the holiday farms and private farms and orchards in the neighboring mountain regions. Moreover, they could also try the hottest pastime of the moment, a leisurely run through the bike trail. Taking some religious time at the temples or doing some shopping at the world famous Shilin Night Market would also be a favorite choice among the residents

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3 2 1  
杜鵑花 綠竹筍 高麗菜

休閒  
生態  
展示  
機  
47





## 觀光休閒農業 度假教學兩相宜

士林區農會於民國71年，首開「觀光農園休閒」之先河，之後陸續推出有觀光柑桔園、觀光蓮霧園、觀光草莓園、觀光百香果園、觀光柚子園、觀光楊梅園、觀光葡萄園、觀光水蜜桃園、觀光菜園，以及陽明山蘭園、觀光花園等。此外，想要親自下田體驗田園之樂，這裡也開放有供民眾體驗耕種實務的市民農園。

如此豐富多元的農業休閒資源，除了提供民眾輕鬆一遊，體驗自然野趣外，還可提供學校作為學童校外教學的教育休閒農園。

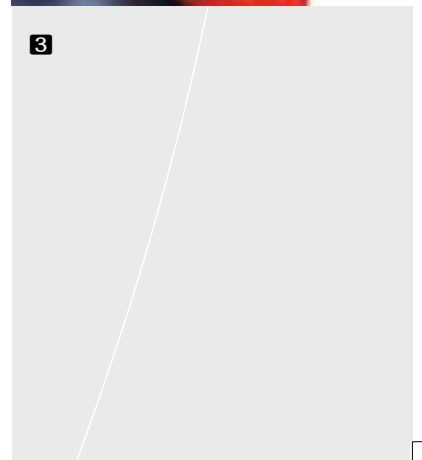




■ Tourist and holiday farms provide the double delight of learning in fun and enjoying a relaxing environment.

In 1982, the Shilin District Farmers Association launched the forerunner of its tourist farm and holiday program, and thereafter, a chain of similar tourist establishments have emerged in the district; such as, tourist tangerine orchard, tourist wax apple orchard, tourist strawberry farm, tourist passion fruit orchard, tourist pomelo orchard, tourist starfruit orchard, tourist vineyard, tourist peach orchard, tourist vegetable garden, the Yangmingshan Orchid Garden, tourist flower bed, etc. Furthermore, those who want to try their hands in farming may also try the farming work experience activities opened to the public in these private farms or orchards.

The diversity of holiday farm resources in the area not only provides the public with a relaxing holiday treat, but also with a chance to experience the untamed pleasures of nature. These holiday farms also provide schools with an excellent background for their field teaching programs.







- 1 士林官邸
  - 2 天母公園
  - 3 士林官邸
  - 4 到天母公園也順遊環境清幽的水管路步道
- 臺北市政府觀光傳播局／圖片提供

## 居家旁的公園 也有自然交響詩

天母公園建於民國63年，鄰近天母社區，這裡的植栽由臺北市府栽種，作為士林與天母地區公園、綠地或道路花卉的供應站。公園週遭，可見榕樹、楓香、鳳凰木等眾多樹木圍繞，宛若一座天然森林，其中巍峨參天的五棵榕樹，還是臺北市文化局列為受保護的樹木呢！

除了樹多之外，位於公園旁的「磺溪」也是這裡的一大特色。源於七星山的磺溪，沿途多經地熱溫泉匯流而下，因水中富含硫磺等礦物，使溪床被染成特殊的金黃色。只見樹影在湍急的溪水中斑斑交錯，豐沛的溪水聲與樹林裡的鳥語交相爭鳴；在居家附近，難得就能一享如此美好的天然交響詩！

而坐落於中山北路5段的士林官邸，鄰近士林社區；原來是園藝管理所的一部份，國民政府遷台後，先總統蔣中正先生的官邸便設於此。1996年後正式對外開放，成為附近住民及遊客們，假日時的另一去處。

官邸由外而內分為外花園、內花園、正房；外花園中有溫室盆栽區（栽培蘭花為主），而旁邊的玫瑰園區（栽培玫瑰為主），每年3到5月的盛開期，更是花團錦簇。官邸內處處鳥語花香，景觀清幽雅靜。



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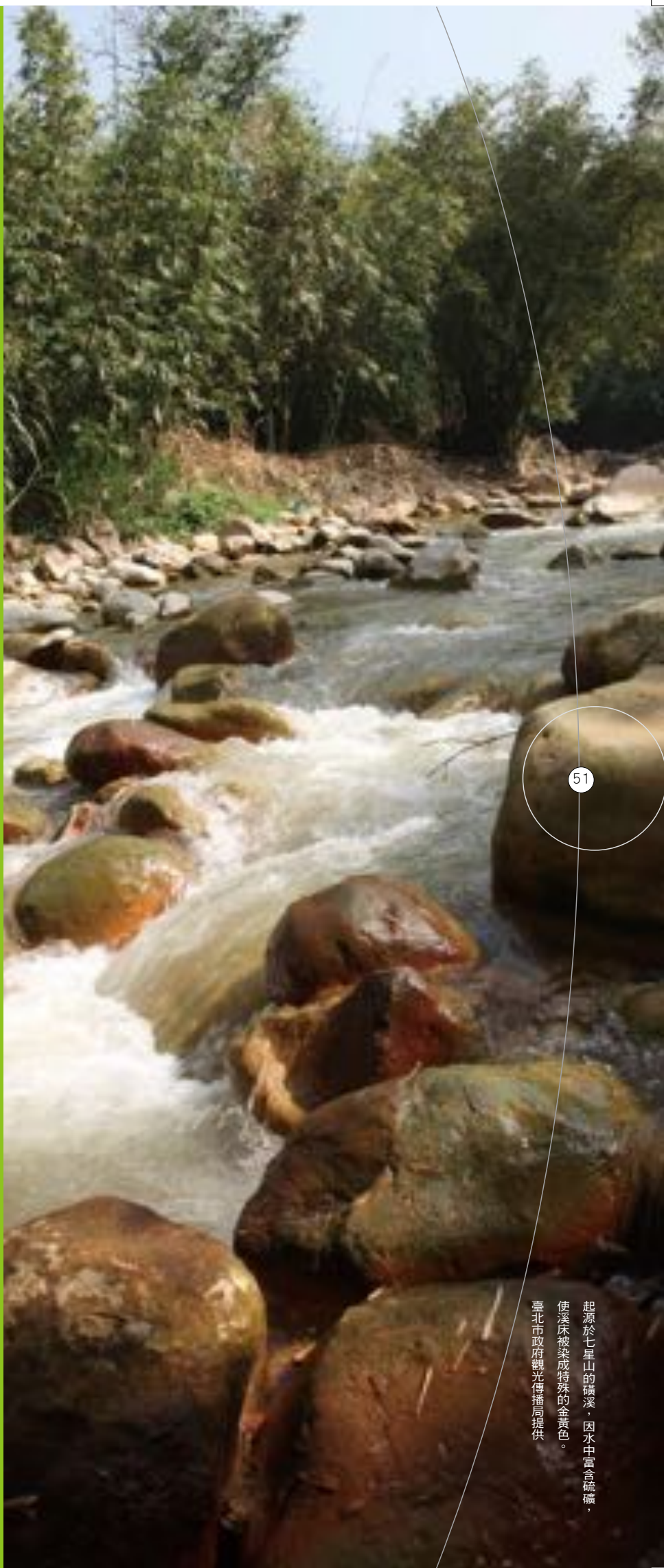
## Nature's Symphonies in Parks within Reach of Neighborhoods

Constructed in 1974, Tianmu Park is located near the Tianmu community. The greenery in the park are planted by the Taipei City Government under the purpose of making the park a supply station of the local parks in the Shilin and Tianmu sub-districts, greenbelts, or roadside greenery. The park is surrounded by an abundance of trees and shrubs, such as, banyan trees, sweet gum, Delonix regia, and others. It is like a natural forest which dominated by five towering banyan trees; these banyans have been placed under protection as vulnerable species by the Taipei City Department of Cultural Affairs.

Another distinctive feature of the park is Huangxi Creek which flows alongside the park. Meandering down from Qixing Mountain, its waters run through and converge with geothermal hot springs, hence the rich sulfur deposits that has given the creek bed its distinctive golden color. Images of trees and shrubs intermingling in the flowing river water, and the gurgling sound of the creek playing a harmonious accompaniment to the jubilant chirping of the forest birds just within reach of neighborhoods provide the rare delight of living within the surround of nature's beauty and symphony.

Moreover, the Former Shilin Presidential Residence which sits at Section 5 of Zhongshan North Road is just in the vicinity of the Shilin community. It used to be under the management of the Horticulture Management Division and the residence of the late Pres. Chiang Kai-shek after the relocation of the Republic Government to Taiwan. Its declassification and opening to public viewing in 1996 turned the area into a new holiday destination for the district residents and local tourists.

The Shilin Presidential Residence is divided into three sections, the inner garden, the outer garden, and the master room. The outer garden has a green house section mainly for the cultivation of orchids and a rose garden beside it. The annual blooming season from March to May fills the garden area with a riot of colors. The residence is an Eden of floral fragrance and jubilant birds, an awesome panorama of the senses.







## 時下最夯的 單車自在行

近來單車運動大為流行，成為國人主要的休閒活動之一，士林區也規劃有多處的自行車遊憩路線。

其中，劍南路因地利之便，讓廣大的單車族趨之若鶩，縱使不是放假的平常日，也可看到許多騎士前來練車。進階的騎士在騎完劍南路之後，還可以從國立故宮博物院前的至善路，直上萬溪產業道路，挑戰臺北的單車經典路線--風櫃嘴。

而景色優美的雙溪河畔，也規劃有「雙溪生活水岸自行車道」。從陽明山國家公園發源的雙溪，流經東吳大學之後，轉往公路北側，河濱綠地公園也由此綿延展開，河濱自行車道順勢闢建於左右兩岸，成為臺北市河川單車路網中，最貼近住宅區且維護得極為完善的短小精緻路徑，引領平日生活繁忙的都市人，找到一條解放疲憊身心的綠色隧道。

### The Hottest Craze in Town - Biking

Biking has become a fashionable sport recently and is fast turning into one of the major leisure activities in the nation. In line with this new developing craze, Shilin District also planned and established leisure bike trails in a number of areas.

One of these trails is established in Jiannan Road due to the geographical convenience of the place. The establishment of the trail resulted in a rapid increase in the local biker population; hence, one can easily spot several bikers practicing on the trail even during weekdays. After completing the Jiannan Road trail more experienced bikers would sometimes pedal through Zhishan Road, just in front of the National Palace Museum and head straight for Wanxi Industrial Road to attempt the challenge of Taipei's classic bike route, the Fengguizui.

The Shuangxi Lifestyle Riverbank Bike Trail is also under planning for the panoramic riverbanks of Shuangxi. Shuangxi River flows down from Yangmingshan National Park, passing through the Soochow University area and then turns towards the north side of the highway. The coastal greenbelt park was also extended from this area. The coastal bike trail extension construction that allowed the trail to reach to the right and left banks of the river is now integrated into the Taipei City riverbank bike trail network. The short and smooth trail closest to the residential neighborhoods is properly maintained; it provides the busy urban denizen a green tunnel through which he or she may relax their physical and emotional tensions of the day.







## 社子島

還有就是「社子島環島自行車道」，也能讓單車族們，來趟生態與歷史人文風情兼俱的社子島之旅。

社子島位於基隆河與淡水河之交匯處，地質為沙洲形態，島上處處可見稻田畦畦、菜園綠茵，展現老農村民風淳樸的美麗景象。島上利用堤頂建設自行車道，社子島沙洲尾端可以看見基隆河與淡水河交匯波濤澎湃的景象，每當夕陽西下，金黃色落日餘暉揮灑在河面上閃閃動人。遠眺大屯山及觀音山綿延天邊的景緻，叫人美不勝收。

Another trail is the Shezi Island cross-island bike trail that provides bikers a good place to enjoy the ecology and the historical culture and traditions of Shezi Island.

Shezi Island sits on the convergence zone of Keelung River and Danshui River with sandbar geology; hence one could easily spot paddy rice fields and vegetable farms on the island. The local scenery carries a strong rural atmosphere. The riverbank dikes on the island were used to construct the bike trails. From the tip of the Shezi Island sandbar, one gets an excellent vantage point on the estuary where the Keelung River and Danshui River converge. The resplendent panorama of the golden sun setting on a blazing sea of water has always enthralled onlookers. Moreover, the distant view of Datun Mountain and Guanyin Mountain from the island is also another awe-inspiring sight to remember.



# Shezi







在清代士林建街時，慈誠宮位於市街中心，其前廟埕即為熱鬧的市集。以慈誠宮為中心規劃的井字型道路大南路、大北路、大東路、大西路，環繞成一個新市集，是臺灣北部最早具都市計畫概念的市街，當時因為臨河的便利交通，來自社子、金山、淡水、基隆、桃園等地的小販，帶著農產、魚貨集結在廟埕上，從天不亮就開始批發的交易，接下來的早市、夜市，讓士林成為繁盛的市場。

## ■ 馳名國際的常民小吃 士林夜市

林夜市裡，各式各樣特色小吃，這裡通通都有；名聲遠播，除了提供臺北人夜生活的好去處外，連老外來到臺北，也一定指名要到此一遊。

此地原是靠近基隆河的渡口，從士林的農產品到鰻鯽、大稻埕的貨物都在這裡交易，1909年設立士林市場，一直發展至今。來這裡的必吃美食，包括了：蚵仔煎、大餅包小餅、生炒花枝、雪花冰、青蛙下蛋、雞排、臭豆腐、生煎包、藥燉排骨等……琳瑯滿目的南北特色小吃，一攤接著一攤，「什麼都賣，什麼都不奇怪！」

除了美食，這裡還有各式各樣新奇好玩的商品，隱身於巷弄裡眾多新潮而有個性的店鋪中，每天吸引大批人潮，形成當地特殊的夜市文化，也為臺北的夜生活，增添味覺與視覺的光鮮色彩。

擁有最多樣化選擇的士林，讓人怎麼也玩不膩！

1

休閒  
生態  
展生機  
54

2

士林夜市九十八年照片  
(臺北市政府觀光傳播局提供)

1

士林夜市歷史照片



2







## Internationally renowned popular snacks are found in the Shilin Night Market.

A wide diversity of snacks and delicacies paraded in the Shilin Night Market had extended its reputation far and wide. It is not only the favorite haunt of the night owls of Taipei, but also a popular destination that foreigner visiting the city would want to miss.

This area used to be near the Keelung River estuary. Transactions of most of the farm produce of Shilin and goods from Wanhua and Dadaocheng are conducted in this market. Shilin market was established in 1909 and the market continued to develop to date. The mouthwatering delicacies that market visitors must taste include the sizzling oyster omelet, pastry in a rice sausage, sautéed fresh squid, crushed ice desserts, milk tea with jelly tapioca pearls, fried chicken breast, stinky tofu, meat buns, and medicinal spare rib broth and other cold delights. Delicacies from the north and south localities of Taiwan are gathered here, and the night market shoppers may buy whatever they want to buy here.

Food is not the only thing sold in the night market. It is also teeming with interesting products. Hidden in the alleys and lanes of the market are many unique hobby and curio shops that draw huge crowds to their doors nightly. They, too, have become a special part of the night market culture, for they have added more than a dash of visual and gustatory delights to the night life in Taipei.

Shilin and the diversity of choices it offers to the public established itself as a fun place that will remain interesting throughout the ages.

### 士林夜市歷史(2)

日據大正初期實施都市改正計畫，士林大南路廟口前闢建為公有市場，士林公有市場大約在西元1910年代落成。當時臺北地區尚有西門町新起街市場、大稻埕市場及南門市場等，如今大多已改建。士林公有市場為年代僅次於西門市場者，且象徵傳統廟口與近代公共市場之結合，具有歷史與民俗之價值。目前被台北市列為市定古蹟，近年封鎖開始修建中。





# *Proper Welfare and Safety Brings Peace of Mind*





# 福利安全最放人

不論是健康習慣的養成，預防醫學的建立，傳染病的防疫工作，或是老齡化的醫學問題等，都應當與社區緊密結合。而「門診量因此降低了」，就是最佳明證。







# 居家最安全

1 忠誠里社區巡守隊  
2 學童安全守護隊

社區裡的安全問題，包括居家及校園，也包括了相關軟硬體設施及心理上之安適感等需求；其他如平時居家之火災宣導及預防，乃至如地震頻繁的台灣，於平時進行防災演練等，都是相關重要課題。

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2



## The safest residential environment

The security problem of the community is a very important concern of the district; that is, from the safety of homes and school campuses, installation of software and hardware security facilities, and sense of security of the residents to the implementation of fire safety orientation and control promotion. In this earthquake prone territory of Taiwan, it has become an important concern of the district to regularly conducted disaster alert and safe evacuation drills.





1

## 至善國中，榮獲國際安全學校認證

臺北市士林區至善國中於97年11月17日經由「世界衛生組織——國際安全學校認證委員會」進行校園實地訪視檢測後，榮獲國際安全學校認證，並於11月18日，在世界衛生組織國際安全學校認證委員與郝市長龍斌的見證下，鍾芷芬校長代表臺北市立至善國民中學與臺北市士林區公所張義芳區長共同簽署承諾書，正式成為國際安全學校的一員，也是我國第一所被認證為安全學校的國中。

此一榮耀，歸功於學校與區內里、鄰長、產、官、學界及民眾，共同用心經營與努力所締造；此一佳例，除了可供社區內其他學校仿效外，也將驅使臺北市，甚至臺灣其他地區學校，響應參與國際安全學校認證之殊榮，共創安全健康的學校環境。

## Zhishan Junior High School gains accreditation as an international safe school.

The World Health Organization - International Safe Schools Committee, after conducting a site inspection and evaluation on the grounds of Zhishan Junior High School in Shilin District, Taipei City decided to issue an international safe school accreditation to Zhishan Junior High School on November 17, 2008. Thereafter, on November 18, in the presence of WHO International Safe Schools Committee member and Taipei City Mayor Hau Lung-bin, school principal Chung Chi-Fen, on behalf of the Taipei Municipal Zhishan Junior High School, and Taipei City Shilin District Office Director Chang Yi-Fang signed the Letter of Commitment, thus making official the membership of Zhishan High School in the international safe schools network and making Zhishan the first junior high school in Taiwan to achieve an international safe school accreditation.

This honor is a glory achieved through the joint cooperation and concerted efforts of the school and the borough and neighborhood leaders, industries, government agencies, academic institutions, and the residents of the district. This remarkable accomplishment may serve as a model on which other schools in the community may pattern their systems, as well as facilitate the participation of other schools in Taipei City and schools in other parts of Taiwan in the international safe school accreditation program, thus providing the country with safe and healthy school environments.



2



1 至善榮獲國際安全學校認證亦是全國第一所安全國中  
2 國際安全學校認證臺灣研討會

福利安全  
最放心  
59







## 天母國小「快樂指數」超過90%

1

校園裡，除了需注重一般相關安全上的防護措施外，由於士林區位處都市，比起鄉下所能提供跑跳嬉鬧的田野環境，較為欠缺可以抒發情緒的管道，因此心理上的支持系統更顯得重要。

「為了提供小朋友一個無憂無慮、健康成長的環境，學校還特別設有三級防治機制的專責輔導單位，有具備心理輔導及社工背景的三、四位專業輔導老師，負責協調處理包括師生衝突、學生衝突、適應問題、家庭問題等。加上級任老師平常下課也都待在教室中，從放學到家長接送前的這一段時間，正是學校的社團活動時間；也因此，臺北市士林區天母國小目前呈現「零中輟」、「零霸凌問題」的優異成果。

除了諮商輔導中心，像是平常生活中，小朋友跌倒了、身體不舒服了，「就會要去給健康中心的愛心媽媽抱一抱」；正是這般細心觀照孩子的每一個需求，所以臺北市士林區天母國小對小朋友進行相關測驗後發現：「小朋友的快樂感，竟然高達93%。」

## Tianmu Elementary School posts a happiness index exceeding 90%.

The school pays serious attention to the safety measures implemented in the campus. Since Shilin District is within an urban area, it could not provide the wide open field spaces for its students to run and frolic as its rural counterparts, since Shilin lacks the channels on which students may let out their moods and tension. Hence, the psychological support system of the school takes on greater importance.

In order to provide schoolchildren with a worry- and anxiety-free environment for growth and development, the school has especially established a professional counseling office with tertiary-prevention mechanism three to four fully experienced professional guidance counselors, with their social work background, attended to and mediated on matters concerning faculty conflicts, student conflicts, adaptation problems, and domestic problems. Moreover, class advisors normally stay within the classroom after dismissal. Social organization activities of the school are scheduled during the interim period then the students are waiting for their parents; hence, the Tianmu Elementary School of Shilin District, Taipei City is able to achieve an exemplary “no drop out” and “no student bullying” record.

In addition to the guidance counseling center, schoolchildren injured in tripping accidents or suffering physical discomforts would go to health center for a hug from a caring mother. Due to this meticulous attention to the physical and emotional needs of the schoolchildren, a related school survey conducted on the schoolchildren attending the Tianmu Elementary School of Shilin District, Taipei City found that the general student population had a high happiness index of 93%.

2 1 藝術人文的陶冶使小朋友的快樂指數高達93%。  
天母國小的社團活動

2







## 社區巡守隊，居家安寧有保障

為了社區的安寧，也為了預防社區治安惡化，由里長、社區發展協會理事長發起，當地熱心民眾共同參與，而積極組織了「社區巡守隊」；每天晚上於一定時間輪流巡邏，守望社區治安，並經常與管區警察會哨。巡守隊促進了社區、政府與警察系統之間的夥伴關係。社區熱心民眾的加入，不只瞭解其居住社區中的各項治安問題，降低犯罪恐懼，也協助處理其他問題，以全面提升社區民眾生活品質為目標。

社區巡守隊的產生，也讓居民從新拾起古代中國鄰里守望相助的觀念，來面對其社區本身的治安問題。有的社區巡守員，更進一步發揮濟助弱勢的精神者，每逢農曆七月普渡，大手筆捐出白米數百斤及日用品，除普渡好兄弟外，更佈施給低收入者或育幼院等慈善機構。

自從社區巡守隊成立後，民眾反應良好，治安平順，部分社區因此至今未發生過刑案。

## Community Watch for a Safe and Sound Home Environment

The borough leader and the chairperson of the community development association jointly launched a community peace and quiet campaign to prevent the deterioration of the community peace and order conditions. Active members of the community organized a community watch unit that regularly patrols the neighborhood during scheduled hours at night. They watch over the community peace and order conditions and maintain regular contact with the local police station. The community watch fostered a partnership between the community and the government and police system. The participation of active community members not only allowed them to understand the various peace and order problems in their residential community, but also caused a drop in the crime apprehension of the community. They assist the community in attending to related problems to ensure a full-scale enhancement of the quality of life in the community.

The birth of the community watch unit also enabled the residents to revive the neighborhood mutual assistance and support concepts practiced in ancient China to resolve present-day peace and order problems of the community. Some community watch guards would even go to the length of aiding or rescuing the weak. Each year, in the seventh month of the lunar calendar, watch guards would generously donate hundreds of kilos of rice and daily consumables to serve as offering to the souls of the dead; these offerings are later distributed among the low-income families and charity child care facilities.

Since the establishment of the community watch unit since its the public feedback had been quite positive. A peaceful and safe neighborhood had given some communities a zero crime rate since the emergence of the watch unit to date.

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1 葫東里社區巡守隊  
2 永福里守望相助隊

福利  
安全  
最放心  
61



2





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2

- 3 教導民眾居家用電安全
- 2 宣導用電安全
- 1 宣導用電安全

福利安全  
最放心  
62

## 消防風水師 免費到府服務

如果市民需要瞭解居家或社區的安全相關問題或是各種災害防救資訊、協助，可以主動申請「消防風水師」免費到府提供服務，申請的方式包括直接赴各地消防分隊申請，或聯絡電話：(02)27297668分機8834申請，或上網到消防局網站申請，網址為：<http://www.tfd.gov.tw/>。



3



## 婦宣媽媽，親切關懷訪視

3

為強化市民正確的防火觀念及應變能力，臺北市政府消防局結合各方資源辦理社區防火宣導園遊會，希望將預防重於救災的觀念深植每一個家庭、社區，以建構整體社區安全防護網。同時，藉助「婦女防火宣導大隊」的婦宣媽媽們，讓防災工作，於日常生活中落實。

婦宣媽媽們從事的防火宣導工作，除了臺北市政府消防局於各個節日所舉辦的大型宣導活動外，平日裡婦宣媽媽們也不分晝夜，每個月皆事先規劃訪視地點，並通知當地里長或鄰長配合深入各個社區從事防火、防災宣導工作，散播防災的種子。同時還特別針對避難逃生弱者、老舊社區加強關懷訪視，提早檢視出潛在的危險因子，讓士林區居民能生活在一個既安全又低災害的生活環境。

自婦宣隊成立以來，士林區火警次數已由94年的46次降為97年25次，成效斐然。

## Fire safety women advocates solicitously promote fire prevention concepts.

In an effort to provide citizens with the right fire safety concepts and proper response action knowledge, the Taipei City Fire Department consolidated the resources of the different sectors of the community to hold a community fire safety promotion fair in the hope of instilling the concept of "prevention is better than rescue" in every home in the community. The fair is aimed to establish a disaster prevention network encompassing the entire community. At the same time, the aid of the Women's Fire Prevention Advocacy Group allowed the fire safety practices to be incorporated into the daily lives of the community.

In addition to participating in the large promotional campaigns organized by the Taipei City Fire Department during festival occasions, the fire safety campaign of the fire safety women advocates also work night and day in planning and visiting different locations each month. They would coordinate with the leaders of boroughs and neighborhoods, and together, go into the community and plant the seeds of fire safety habits by disseminating fire safety and disaster control related information. At the same time, they would see to the improvement of fire escape routes or accesses for the safety of disadvantaged individuals and those in old communities. The early detection of the potential risk factors in the community enhanced the safe living and provided a low-disaster living environment to Shilin District residents.

Since the establishment of the women advocacy group, fire outbreak incidents in Shilin District dropped from 46 incidents in 2005 to 25 incidents in 2008, an apparent manifestation of the efficacy of the system.





## 清潔月、大清掃，除舊佈新迎新年！

響應行政院環境保護署國家清潔週及臺北市清潔月活動，由區公所號召士林區健康服務中心、蟲蟲特攻隊、清潔隊、各里辦公處、環保義工、警察局士林分局、士林國中及天道幼稚園環保小尖兵等，舉辦「清潔月暨國家清潔週擴大誓師活動」，並同時辦理清潔日暨環保義工日宣（勤）導工作。

由區長親自帶領環保義工前往轄區內各街道、社區、堤防及公園，進行清潔及登革熱防治宣導，呼籲民眾提早並徹底做好環境清潔及清除孳生源的工作。

## Clean-Up Month: A Clean Environment for the New Year

In response to the National Clean-Up Week Campaign launched by the Environmental Protection Administration of the Executive Yuan and the Taipei City Taipei Clean-Up Month, the Shilin District Administration Office has launched a "Clean-Up Month and National Clean-Up Week Campaign Promotion Activity" together with the Shilin District Health Center, pest control teams, cleaning squads, various borough offices, environmental protection volunteers, the Shilin District police station, and volunteers from the Shilin Junior High School and Tiandao Kindergarten. The district office has also set a date as a special clean-up day to promote public awareness of environmental protection and volunteer work.

The district chief led the volunteers to various streets, communities, embankments and parks to carry out clean-up work, promote awareness of Dengue Fever, and draw attention to the importance of keeping environments clean and free from breeding sources.

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3 2 1  
清潔月、大清掃  
清潔月、大清掃  
清潔月、大清掃

福利  
安全  
最放心  
63



2



3





# 長者有關懷

福利安全  
最放心  
64

1 獨居長者聯歡會／長者表演  
2 關懷站觀摩  
3 長者服裝走秀

依據臺北市政府主計處統計資料顯示，85年臺北市65歲以上人口數為22萬8,063人，老化指數為41.4%，截至98年2月底，65歲以上人口數成長至34萬2,867人，老化指數成長為93.1%；可見老人長期照護問題其迫切性，需要政府整合公、私立機構與社會力量，以提供妥善照護資源協助個案及個案家屬，進而改善長期照護問題的品質。

## Senior Citizen Care Services

According to the data and statistics of the Taipei City Department of Budget, Accounting and Statistics, in 1996, Taipei City had a senior citizen (65 years and older) population of 228,063 persons and an aging index of 41.4%. Till the end of February 2009, the senior citizen population has risen to 342,867 and the aging index rose to 93.1%. It is apparent that the problem of long-term care provision to senior citizens is gaining urgency and makes it imperative for the government to consolidate private and state institutions, as well as social forces in providing proper care resources to the various patient or senior citizen cases and their families. Moreover, it is also imperative to improve the quality of the long-term care provided.



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## 天使志工，貼心服務到家

臺北市士林區健康服務中心為因應此一問題，設有天使人力銀行志工，以服務失能老人及減輕照顧者的身心壓力；並藉由社區志工的招募、教育訓練、評核與獎勵等措施，促使長期照護服務的品質得以維持，更發揮社區互助的精神。

同時，士林區也設有社區關懷站，至99年10月底止，共計有12個社區關懷據點，居臺北市12區之冠。

社區關懷站，是由熱心的里辦公處及民間團體參與設置，邀請當地民眾擔任志工，提供老人關懷訪視、電話問安諮詢及轉介服務，並視當地需求特性，提供餐飲服務或辦理健康促進活動；期透過在地化之社區照顧，使老人留在原有熟悉的環境中生活，同時也提供家庭照顧成員，適當的休息轉圜空間，以預防因長期照顧而衍伸之緊張關係。

除了「社區關懷站」，或其他如「財團法人臺灣聖公會牧愛堂」等民間組織，也都提供有相關之關懷及協助，包括：專業訪視、機構照顧、居家護理日間照護、陪伴就醫、協助進食送餐、協助洗澡洗衣、協助家事、陪伴購物、電話問安、關懷訪視、健康檢查等。

## Angel Volunteer Workers deliver services to the homes.

In response to this problem, the Taipei City Shilin District Health Center organized the volunteers of Angle Volunteer Service Bank to provide care services to incapacitated senior citizens and reduce the physical and mental burdens of their caregivers. Through the recruitment, education and training, evaluation, and encouragement programs provided to community volunteer workers, the district aims to maintain the quality of long-term care services and bring to fore the spirit of mutual assistance in the community.

Moreover, Shilin District also set up community caring stations. As of October 2010, twelve community caring stations had been established in Shilin, the highest number of stations in the twelve districts of Taipei City.

The community caring stations were established under the participation of dedicated borough offices and citizen groups. Local residents were invited to join the volunteer force needed for the senior citizens care and home service program and the telephone information assistance and referral service program, as well as the meal delivery services and other health promotion activities that may ensue as dictated by local community requirements. The district hoped that through localized community care services, senior citizens would continue to live in the environment with which they have become familiar. The program at the same time provides adequate rest and breathing space to the care-giving family members, thus preventing the burden of long-term care from turning a loving family relationship into a tense relationship.

Aside from the community caring stations, other civic organizations, such as The Church of the Good Shepherd, also provided related care and assistance services to families; e.g., professional home visitation, institutional care, home care and daily care services, hospital visit accompanying service, eating and meal delivery assistance service, bathing and laundry services, domestic chores assistance, shopping accompanying service, telephone care, caring visits, and health examinations, etc.



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長期照護志工居家清潔服務  
社區關懷站／天和長青關懷站

福利  
安全  
最放心  
65







## 溫馨小故事

### 居家看望 傳達比送餐更多的體貼

阿嬤今年已經100歲了，沒有子女，獨居在租來的10坪舊國宅中，10年前我們便開始為她提供送餐服務，雖然這10年當中阿嬤搬了3次家（都是房東要收回房子），但都堅持住在我們的服務範圍內。每次到阿嬤家，阿嬤總是會笑得眼睛眯成一條線出來迎接我，並說「你來了喔，真歡喜看到你！」

約在5年前，阿嬤在家不小心跌斷了腿，不得不在出院後安排住進養老院，但阿嬤想要住在社區中的堅強意志，讓阿嬤奇蹟式地在短短幾個月後便康復回到了社區居住。今年2月她再度跌倒並嚴重燙傷，在醫院住了約1個月，但問她是否考慮到養老院時，她仍堅定的說在家裡住得好好的，不想去機構。

常陪阿嬤就醫的志工去醫院看了阿嬤後，跟我說看到阿嬤的傷口讓她很難過很捨不得，為了讓阿嬤能更快好起來，在阿嬤住院期間及出院後，不但常常煮東西去給阿嬤吃，甚至天天去幫阿嬤換藥，讓阿嬤的傷口能更快痊癒。另外還有2位送餐志工看到阿嬤家橫行霸道的蟑螂，主動地表示想幫阿嬤家消毒。消毒當天，1人負責帶阿嬤外出散步，1人負責消毒，讓阿嬤終於有一個乾淨的住家環境。對於曾經幫助過阿嬤的人，阿嬤都會時常掛念著他們，即使已經離開很久的人，阿嬤也會跟我打聽他們過得好不好，並說他們是上天派來的天使。

也許您覺得「應該把她送到養老院，有人照顧比較安全」；但其實很多長者只要別人的一點點幫助（如送餐、居家服務等），就可以住在自己的家裡（即使是又髒又破的租屋），我們的工作就是在幫助社區中的老人，能夠有自由選擇的權利，讓他們有尊嚴的在社區生活，只要您願意您也可以成為他們生命中的天使喔！





## A heart-warming story

### A Meal Delivery Service Is not Just the Delivery of Food to Homes

The old lady celebrated her hundredth birthday this year. She has no children, and she lives alone in a rented ten-ping old public housing apartment. We started delivering meals to her ten years ago. In the past ten years she had moved three times since her landlord had ended her lease, yet she insisted on moving within the area of our service territory. Every time I enter her house, she would greet me with a happy smile, her eyes almost disappearing into two imperceptible slits, and she would say, "You're here! I'm so glad to see you!"

Around five years ago, the old lady accidentally fell and broke her leg, thus it was necessary to put her in a nursing home after her discharge from the hospital. However, her insistence to stay in our community had been so resolute that her health miraculously recovered in just a few months, and she quickly came back to live in the community. In February this year, she had another tripping accident and suffered serious burn injuries. She was hospitalized for around a month, and when they asked her if she would like to stay in a nursing home, she resolutely refused to go to any institution and insisted that she would do quite well recuperating at home.

The volunteer worker who often accompanied the old lady to the hospital told me that after she had visited her at the hospital and saw her wounds, she felt deeply sad for her. In order to help the old lady get well faster, she would often make something for her and take it to the hospital and later to her home; she even helped the old lady change the dressing of her wound daily so it would heal faster. Moreover, the two other meal delivery volunteers, after seeing cockroaches running around the old lady's place, volunteered to exterminate the pests off her place. On the day they decided to exterminate the cockroaches, one of the volunteers took the old lady out for a stroll; one stayed to do the job, so she may have a clean home environment. The old lady never forgot the people who had helped her, she often talked about them and although those people were no longer in the service, the old lady would ask around about their well-being and life. She often said they were angels the Lord had sent.

Perhaps many would think that it was time someone placed her in a senior citizen's home so there would be people who would take proper care of her. However, the truth is that many senior citizens just need a little help from someone, like delivery of meals, help around the house occasionally, and they could live independently in the comfort of their homes, and it does not matter to them if these homes were shabby or dirty. Our work is to help the senior citizens in the community so they may have the liberty to choose the life they want and continue to live in this community with their dignity intact. As long as one is willing to help, one could be an angel in their lives.





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## 跨出家門，共享生命經驗及溫馨節慶

對於健康狀況良好的長者，社區關懷站則鼓勵他們跨出家門，到社區關懷據點參加各種健康促進活動，並到此結交朋友，延伸生活觸角；因為在這裡所營造之互助與溫暖的環境，可以讓老人家在親切的芬園中，與親人、鄰居、老朋友們一起做活動、互相關心、分享生命的經驗，讓他們的身心更健康。

此外，士林健康服務中心自民國88年歲末，舉辦「千禧跨年之夜」活動後，便使這有意義的活動年年持續至今。近幾年來，在各企業團體協助下舉辦之歲末聯歡會，更深獲長者好評，會中贈送長者新春禮物，亦讓長者在享用健康餐點的同時，能讓長者們在歡樂的氣氛中重享家庭的溫馨，歡度新春佳節。對於長者日益需求的長期照護服務，結合各專業及志工持續提供服務。

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## Spend more time outdoors, and experience the joys of life and festivity of life's celebrations.

As for senior citizens who are in good health, the community caring station would urge them to spend more time outdoors and join the various health promoting activities of the community caring station. The station also encourages them to meet new people and expand the circle of their friends, since the interaction and cozy environment in the station could make any senior citizen feel at home. Here they could take part in activities with their families, neighbors, and old friends, interact and care for each other, and share life experiences so they could maintain physical and mental fitness.

Moreover, since the memorable turn-of-the millennium New Year's Eve celebration of the Taipei City Shilin District Health Center in 1999, the center continued to hold a New Year's Eve countdown celebration each year. The turn-of-the year celebrations of the recent years had enjoyed the sponsorship of business groups and received the positive feedbacks of the community's senior citizens. New Year's gifts were given to senior citizens attending the affairs, at the same time as they enjoyed their repast. Somehow, through the evening's celebration, senior citizens once more bask in the warmth of a family celebration and meet the New Year with fun and festivity. The center also organized experts and volunteers to continuously provide the care services to the senior citizens requiring long-term care assistance.



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承德里社區關懷站  
福港社區關懷站  
福佳社區關懷站

福利  
安全  
最放心  
69



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# 弱勢舞台展光芒

依統計，在14種身心障礙的障別中，「精神障礙者」其成長率為各類之首；在勞動人口（15－64歲）中，身心障礙者的失業率，也以精神障礙者居冠。因此，返回社區就業，成了精神障礙者和家屬的最大期待。為了圓此夢想，士林區共設有「福中職能工作坊（福中坊）」、「草山職能工作坊（草山坊）」及「士林身心照護中心」，讓精神障礙者也能重啟一片自由的天空。

在士林區有一個地方擁有特有文化資產及豐富的親水資源就是社子島，但因地處偏遠，影響居民接受醫療服務的可近性，臺北市立聯合醫院陽明院區為偏遠弱勢的居民定期於社區舉辦免費健康檢查、健康促進活動等，且開闢社子島路線接駁車服務，提供免費之醫療關懷與健康照護。

## Helping the Disabled Start a New Life

According to statistics, among the 14 types of physical and mental disabilities, the number of patients with "mental disorder" is increasing at the fastest rate. Among the labor force (aged 15-64), people with mental disorder also show the highest unemployment rate among those with physical and mental disabilities. Returning to work in one's own community has become one of the greatest hopes for people with mental disorder and their family members. To help them achieve this goal, the "Fuzhong Workshop," "Caoshan Workshop" and "Shilin Physical and Mental Healthcare Center" were established in Shilin District to help people with mental disorder start a new life.

In Shilin District the Shezi Island is well known for its rich cultural heritage and abundant water resources. But due to its remote location the residents on the area have less access to medical services. To provide healthcare services to minorities and residents in remote areas, the Yangming Branch of the Taipei City Hospital regularly provides free check-ups and health promotion events. Moreover, there is a free shuttle bus going between Taipei and Shezi to provide Shezi residents with easy access to medical services.







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## 1 福中坊，落實復健治療於社區生根

臺北市立聯合醫院松德院區（前身為臺北市立療養院）已創立39年，係精神科專科教學醫院及臺北地區精神醫療網核心醫院。近19年來，松德院區為積極開拓「以社區為基礎的精神復健模式」，使社區復健治療能在社區中生根，協助學員在社區中生活及就業，已陸續在臺北市萬華區、大安區、文山區、士林區及內湖區成立7家社區復健中心。目前在文山區有文山坊、內湖區有心湖坊、士林區有草山坊及福中坊等4家公有房舍的社區職能工作坊。

「福中職能工作坊（福中坊）」位於劍潭捷運站附近，為社區性的復健中心，提供臺北縣市精障者相關職能復健、就業輔導、人際調適、用藥諮詢與職前訓練等服務。

## Fuzhong Workshop - Helping Rehabilitation Therapy to Take Roots in the Community

The Songde Branch of Taipei City Hospital (formerly the Taipei City Psychiatric Center) was established 39 years ago as a teaching hospital specializing in psychiatry and the core hospital of the psychiatric hospital network. In the nineteen years that passed, the Songde Branch has aggressively expanded services in an effort to make it possible for community rehabilitation therapy to take root in the community through a mental rehabilitation driven model. The hospital has helped trainees settle and find employment in the community; moreover, it has established seven community rehabilitation centers in the different districts of Taipei City; such as, the Wanhua District, Daan District, Wenshan District, Shilin District, and Neihu District. There are now four state-owned community vocational workshops, namely, the Wenshan Workshop in Wenshan District, the Xinhu Workshop in Neihu District, and the Tsao-Shan Workshop and Fuzhong Workshop in Shilin District.

The Fuzhong Vocational Skills Workshop (Fuzhong Workshop) is located near the Jiantan MRT Station. It is a community level rehabilitation center that provides the vocational skill rehabilitation, employment guidance, social skill adjustment, medication consultation, and pre-employment training related services to individuals with mental disabilities in the Taipei City and Taipei County areas.

- 3 福中坊職場試作
- 2 蘿蔔糕
- 1 福中坊接待處

福利安全  
71  
最放心

### 案例故事

#### 從錯誤中成長 我現在已經是工作助理囉

我是阿茂，來此福中坊約三年了。從打掃訓練開始，學會了很多事情。打掃樓梯，包括送花，包花等我都能夠勝任。老師也教我為人處世的道理及情緒管理，很感謝每位老師細心的教導，現在我晚上雖然偶爾有症狀，但也能與病共存，轉移注意力。

工作能力的提升，是我往前一步的原動力，當老師升我為工作助理時，已經能從陌生的環境之下，去面對各種壓力及挑戰。在工作助理方面，知識和技巧，我也是從生疏及錯誤中成長，有次不小心填錯表格，但游老師沒有罵我，反而鼓勵我，且其他老師也教導我處理公文的方法，並且替我排除人際上的困擾，使我能夠更有效率的工作並發揮跑腿的專長。

希望每位學員也能找到適合的工作，阿茂在此感謝所有老師的陪伴照顧及同學的關懷。





# 草山坊

1 草山職能工作坊環境清幽綠草如茵  
2 草山職能工作坊是培養小烘焙師傅或是化身小園丁庇護工場

福利安全最放心

72

## 1 培育小園丁的新希望

在滿院紅櫻和如茵綠地的院子裡，陣陣的麵包香，正從草山職能工作坊裡溢散出來，一群特殊的同學（精神障礙者），或是化身小烘焙師傅，或是化身小園丁，努力修剪花草。在這裡，他們努力學習，重新獲得重返社會的機會。

位在陽明山山仔后社區裡的草山職能工作坊，於88年元月成立，環境清幽，是一個由精神障礙者所組成的庇護工場，以庭園餐廳及複合式咖啡的型態來服務顧客，特別的是，草山坊還提供了住房服務。自91年起為症狀穩定的精障者開辦餐飲、住房、烤肉、便當外送服務，並提供實務演練，以增進學員工作技能、工作習性、與人互動的機會及培養人際關係等。

## 2 Tsao-Shan Workshop - the new hope for training young gardeners

Within the courtyard of red cherries and verdant surroundings, whiffs of the rich aroma of fresh bread penetrated the Tsao-Shan Workshop. A bunch of special young people (people with mental disabilities) turned into young bakers or young gardeners who were earnestly pruning the shrubbery. Here, they work hard to learn and thus once again, gain an opportunity to be a part of the society.

Located in the Shanzihou community of Yangmingshan is the Tsao-Shan Vocational Skills Workshop. Established in January of 1999 and equipped with an excellent environment, Tsao-Shan Workshop was a shelter founded by a person with mental disability, who aimed to provide customer services in a restaurant or composite café. Another special feature of Tsao-Shan Workshop is that it also provides accommodation related services. Since 2002, the workshop has provided meals, accommodations, and meal delivery services. Drills conducted enhanced the work skills, work habits, and opened new interpersonal opportunities.



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## 愛在社子島，陽明甲你顧牢牢

社子島地處臺北市邊陲，居民中弱勢比例高，里內醫療資源貧乏，部份居民因經濟、交通、行動不便等問題而延誤就醫。自98年開始，聯合醫院陽明院區主動結合士林區健康服務中心及福安、富洲兩里里長至該地區提供醫療關懷、健康照護、健康促進活動，也於99年度開闢社子島路線接駁車服務，提供居民醫療服務便利性，以達早期發現、早期治療，提升居民生活品質，也期待透過健康照護活動加強社子地區居民妥善運用社區健康照護單位資源，並協助養成社區居民自我健康照護觀念及意識，協助建立社子健康社區。

## Better Healthcare Services on the Shezi Island

The Shezi Island area is located on the outskirts of Taipei City. Most of the residents living here are disadvantaged. Medical treatment and resources are lacking in the borough and some residents consequently delay seeking treatment for financial reasons, the inconvenience of transportation or because they suffer from restricted mobility. Starting in 2009, the Yangming Branch of the Taipei City Hospital started actively combining the Shilin District Health Center and the Fuan and Fuzhou borough chiefs with this area to provide medical treatment, health care, health promotion events, and in 2010 opened the Shezi Island route shuttle bus service, which provides residents with convenient medical services to allow early diagnoses and treatments. These efforts aim to improve the quality of life for local residents, and it is hoped that these health care activities may enhance the Shezi resident's usage of the health care organizational resources and aid the community residents in developing good personal health care habits which will subsequently lead to a healthy Shezi community.

- 1 愛在社子島，陽明甲你顧牢牢（一）
- 2 愛在社子島，陽明甲你顧牢牢（二）
- 3 愛在社子島，陽明甲你顧牢牢（三）

福利  
安全  
73  
最放心





# Multiculturalism Creates a Wonderful Neighborhood



談到一個城市所具備歷史文化積墊的厚度，或是在跨國文化所展現的寬度上，士林區都擁有最傲人的展現；更難得的是，透過社區參與及知性教育等過程，在地住民與在地文化間，產生了密不可分的連結與認同。

In matters of the depth of the historical and cultural background a city has accumulated or the breadth of the reach of its multinational culture, Shilin District had indeed achieved quite an astonishing accomplishment. Another community feature worth mentioning is the inseparable bond and sense of identity that had developed between the local residents and local culture in the process of community participation and perceptive education.





多元文化好厝邊







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台灣國際科展競賽情形  
國立科學教育館科教館每年辦理台灣國際科展之頒獎實況  
科教館科學探索體驗館內活動

## 科學人文兼具的文化廣度

在文化多元的廣度上，士林區涵蓋了科學面向，如臺北市立天文科學教育館、國立臺灣科學教育館等；人文面向，如順益原住民博物館、郭元益糕餅博物館等；古蹟面向，如芝山巖古城門、社子史前文化、士林潘宅、劍潭古寺等；藝術面向，如國立故宮博物院、王秀杞雕塑園等；宗教面向，如慈誠宮、神農宮、芝山巖惠濟宮等。

顯示士林區兼具了科學、人文、古蹟、藝術、宗教等，最多元化的文化面向。

### Cultural Diversity Combining Science and Humanities

The magnitude of cultural diversity in Shilin District covers a number of aspects: science, as exemplified by the Taipei Astronomical Museum and National Taiwan Science Education Center; humanities, as exemplified by the Shung Ye Museum of Formosan Aborigines, and Kuo Yuan Ye Museum of Cake and Pastry; historical monuments, as exemplified by the Zhishanyan ancient city gate, Shezi prehistoric culture, Pan's Family House in Shilin, and Jiantan Temple; art, as exemplified by the National Palace Museum, Wang Hsiu Chi Sculpture Park, and religion, as exemplified by the Cicheng Temple, Shennong Temple, Zhishanyan Huiji Temple, etc.

These local features are the visible evidence of the cultural diversity of Shilin District in terms of science, humanities, historical monuments, art, and religion.





## 知性與休閒兼俱的科學主題館

士林區擁有兩座專業級的科學主題館，「臺北市立天文科學教育館」及「國立臺灣科學教育館」。

「臺北市立天文科學教育館」，是目前全國唯一一座以「天文」專業為主題的科學教育館，並擁有目前東南亞最大的「宇宙劇場」（IMAX DOME，全天域電影）及國內唯一一套室內天文教育的「宇宙探險」軌道車。是一座兼具休閒性、娛樂性與教育性等多重特色的現代科學教育館。

只要搭乘天文館的宇宙探險車，就可以經歷情境逼真的外太空冒險，驚險刺激的星際迷航，這列耗資 4.3 億元、全台獨一無二的太空軌道車，屬於迪士尼系統，其模擬太陽系行星和天體打造的奇幻場景，聲光效果超炫，引領來館民眾一同悠遊星海，領略天文之美。

而「國立臺灣科學教育館」也不惶多讓，擁有實驗室、地底世界、4D 虛擬實境劇場、生命科學展示區、地球科學展示區等多項設施，並且時常舉辦特別展覽、專題演講及科學競賽，提供大眾許多豐富的科學知識與樂趣。

為了加強與社區的互動，也積極投入了館內外科學種籽教師研習的辦理，及加強社區與偏鄉地區科教普及的推廣，拉近民眾與科學的距離。

## Science-theme museums catering to the intellectual pursuits and relaxation needs.

There are two professional standard science-themed educational centers in Shilin District, the Taipei Astronomical Museum and the National Taiwan Science Education Center.

Taipei Astronomical Museum is the only science education center in the country that is based on the theme of the science of astronomy. It is equipped with the largest Imax Dome Theater in Southeast Asia and the only indoor space exploration track car in the country that the museum uses for teaching astronomy. This multifaceted, modern science education center is an ideal destination for relaxation, fun and amusement, or scientific education.

Taking the space exploration car of the Astronomical Museum transports one into a realistic outer space background and an exciting and adventurous interstellar adventure. Constructed at a cost of NT\$430 million, this space exploration track is the only one of its kind in the country. It uses the Disney system. The visual effects of the simulated solar system interstellar travel and cosmic view and the fantastic sound effects of the system transport museum visitors into a journey among the stars and a sensory experience of the beauty of the universe.

The National Taiwan Science Education Center (NTSEC) by no means falls behind the sidelines. It is equipped with laboratories, a world beneath the earth's surface, a 4D Virtual Theater, the Life Science Exhibition Hall, and the Earth Science Exhibition Hall. Moreover, NTSEC often hosts special exhibits, keynote speech, and science competitions to bring many delights and interesting information in science within the grasp of the public.

To enhance community interaction, the NTSEC also aggressively trained astronomy seed instructors for the museum and further widen the promotion of scientific education in the community and remote rural areas to narrow the gap between the public and science.



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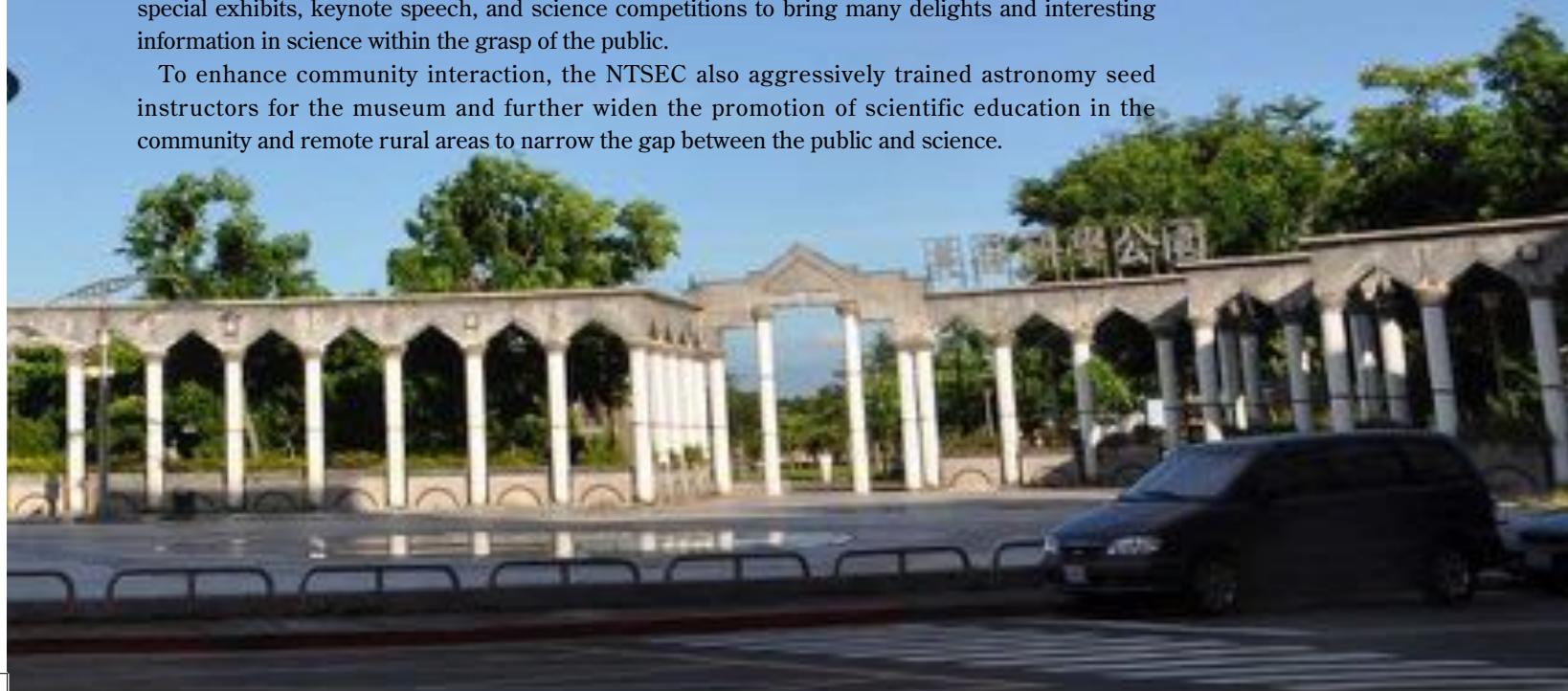


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2 1

國立臺灣科學教育館正面景觀  
科教館科學探索體驗館內活動

多元文化  
好厝邊  
77







2

3



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## 從原住民到現代糕餅博物館的人文巡禮

順益原住民博物館，於1994年正式開館對外開放，是以蒐藏、展示台灣原住民文物的民族學博物館。

順益原住民博物館館藏來源，是以林清富先生所捐贈的文物為基礎，在籌備建館期間，繼續蒐藏相關文化，或自海外購回台灣原住民散落他處文物，並蒙相關人士捐贈，目前典藏品約有1,700餘件。在作為展示、教育、研究及保存原住民文物之餘，也提供當地住民絕佳的人文巡禮。

## A Cultural Tour from the Aborigines Museum to the Modern Cake and Pastry Museum

The Shung Ye Museum of Formosan Aborigines was officially opened to the public in 1994. It is an ethnology museum containing collections and exhibits of Taiwan aboriginal artifacts.

Most of the artifacts in the Shung Ye Museum of Formosan Aborigines archives started from the donated artifacts of Mr. Lin Ching-Fu. During the museum planning and construction stages, the museum continued to collect related cultural artifacts and purchased back some Taiwan aboriginal artifacts located in other parts of the world. Together with the donations of some museum enthusiasts, at present the museum archives hold around 1,700 artifacts. In addition to the display, teaching, research, and preservation of these aboriginal artifacts, the collection also serves as an excellent cultural tour to local residents.



多元  
文化  
好厝邊

78

3 2 1  
順益原住民博物館  
一樓多媒體觸控地圖區  
排灣女子胸飾





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除了鮮明的原住民文化，士林區也有一座當代的糕餅文化展示館「郭元益糕餅博物館」。這是百年餅店世家，為了保存中國糕餅珍貴豐碩的歷史資產，並紀念祖輩對郭元益的全心奉獻，遂於2001年創設台灣第一座糕餅博物館——郭元益糕餅博物館於桃園楊梅幼獅工業區，陳列這一百多年來的歷史演變、世代餅藝、糕餅發展、囍餅演進，並結合人生各個階段及節日慶典、婚俗儀禮與糕餅之間的禮俗介紹，首開中國糕餅文化典藏、展覽之先河。

2002年時，另成立「糕餅博物館——士林館」於士林橋頭之郭元益百年老店原址，融參觀、教學、推廣、實作、啟發等功能，展品陳設更豐富多樣，將糕餅歷史與禮俗的發展做最佳詮釋。除了展示，郭元益糕餅博物館也常常舉辦相關實做活動，提供小朋友現場DIY各式鳳梨酥、餡餅、和果子、手工餅乾等，讓小客人體驗真實版的「辦家家酒」，有趣又酷炫。

In addition to the colorful and attractive indigenous culture, Shilin District also has a modern cake and pastry culture museum, the Kuo Yuan Ye Museum of Cake and Pastry. Kuo Yuan Ye is a century-old pastry maker and in order to preserve the valuable and flourishing Chinese cake and pastry historical assets, and at the same time remember the dedication and contributions of the ancestral pioneers, in 2001, the first ever cake and pastry museum to be constructed in Taiwan was built at the Youth Industrial Park of Yangmei, Taoyuan County. The museum displays over a hundred years of historical development from the traditional pastries, the development of cake and pastry, evolution of the wedding pastries, and the various gift packages and wedding packages developed in line with the traditional holidays and festivals of the people to the introduction of the cake and pastry giving etiquette. This is the premier museum that collects and displays the Chinese cake and pastry culture.

In 2002, the Museum of Cake and Pastry set up a Shilin branch museum in Qiaotou, Shilin which is the original home of the century-old Kuo Yuan Ye store. It is a multipurpose museum that offers viewing, teaching, cultural promotion, hands-on training, and creative inspiration. A wider diversity of items are displayed in this branch museum and provide an excellent interpretation of the cake and pastry history and pastry culture development.



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3 2 1  
大碗公鄉土風味餐  
古早餅模  
六禮

### 郭元益糕餅博物館

採預約制，需先電話報名！

開放時間：09:00 ~ 16:00

（預定參觀日前3日電話預約）

電話：2838-2700

地址：臺北市文林路546號4樓

Kuo Yuan Ye Museum of Cake and Pastry is open by reservation; please call and book a visit in advance. Thank you.

Visiting hours:

09:00 - 16:00 (Phone booking reservations should be made at least three days in advance.)

Tel.: 2838-2700

Address: 4F, No. 546, Wenlin Road, Shilin District, Taipei City



多元文化  
好厝邊  
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## 從巍峨宮廷到常民文化的藝術收藏

在藝術的收藏及展現上，士林區擁有國家級的國立故宮博物院，以及作為常民藝術的王秀杞雕刻公園。

位於台北市外雙溪的國立故宮博物院，於民國54年興建完成後啟用，館內收藏多達65萬件的藝術珍品，從新石器時代的玉器，到中國歷代名家字畫；從商周的青銅器，到清代最精美的琺瑯彩瓷器等，具體體現了中華文明的精華，具有無可比擬和無可替代的文化價值。

除了展覽品豐富以外，故宮還提供中、英、法、德、日、西、韓等七國語言專業導覽，並定期舉辦各類文物研習課程、專題演講及巡迴展出活動，出版130種以上的刊物及專輯，實為世界的文化寶地，也是國外遊客來臺灣旅遊的必訪之地。

## From majestic palace to the common folk cultural art archives

In terms of art collections and exhibits, Shilin District boasts of a national caliber National Palace Museum and a common folk art display ground, the Wang Xiuqi Sculpture Park.

The construction of the National Palace Museum in Waishuangxi of Taipei City was completed in 1965 and the museum was inaugurated soon after. The Palace Museum contains valuable art pieces numbering around 650,000 pieces ranging from the jade artifacts of the Neolithic Age to the Chinese paintings of famous artists in the Chinese art history. Magnificent remnants of Chinese civilization range from the copper artifacts dating back to the Shang and Zhou Dynasties to the exquisite artistic vase and porcelain wares of the Qing Dynasty. These museum collections possess incomparable and irreplaceable cultural values.

To further enrich the visitor's enjoyment of the splendid museum displays, the Palace Museum provides professional guided tours conducted in Chinese, English, French, German, Japanese, Spanish, and Korean. Moreover, the Palace Museum also holds periodic seminars on the various artifacts, orientation lectures, and tour exhibits. It has already published over 130 journals and photo collection albums. This world culture treasure trove has become a not-to-be-omitted destination in the tour itinerary of foreign tourists.



1

- 4 兒童研習
- 3 特展親子活動
- 2 故宮週末夜
- 1 國劇表演

多元文化  
好厝邊  
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3



4





## 王秀杞雕塑園

相較於巍峨宮廷的華麗收藏，王秀杞雕塑園則展現其常民文化的親切感，打破制式大門的設置，供人自由出入參觀。

從雕塑園中可明顯看出，親情和鄉土是王秀杞創作的主题，快樂和純真是他刻刀下人物性格的基調，而人物、田園、風光，都被王秀杞以石雕藝術的形式，栩栩如生地定格、融合在一起。雕塑園中央則是一片綠草地，四周種滿櫻花與雕塑作品，提供當地一個人文藝術散步的好去處。

## Wang Hsiu Chi Sculpture Park

Compared to the splendor and elegant collections of the majestic palace, the Wang Hsiu Chi Sculpture Park depicts the warmth and candid nature of common folk culture. It did away with the traditional large gate architecture and sports a vast open space for the unrestricted viewing of park visitors.

One can easily see the sense of affinity and rural flavor on which the creations of Wang Hsiu Chi in the sculpture park are themed. The figures he created were carved with happiness and innocence imprinted in each stroke. The figures, fields, and hues of Wang Hsiu Chi's stone sculptures harmoniously blend together as vivid as life. A green patch of lawn sits at the center of the sculpture park is surrounded by cheery trees and stone sculptures. It makes an ideal setting for an exploration stroll of arts and humanities.







## 見證士林開發史的宗教信仰

1

芝山古稱「圓山仔」、「獨峙」、「芝蘭山」或「芝蘭堡」，是由來臺移墾的漳州人所命名，漳州人並於西元 1752 年（清乾隆 17 年）在此興建芝山巖惠濟宮，主祀開漳聖王陳元光、文昌帝君與觀音佛祖，芝山巖惠濟宮至今仍是地方上主要的信仰中心，並在民國 68 年被定為三級古蹟。

同樣屬於國家三級古蹟的慈誠宮，則座落於士林夜市旁，位居鬧街中心，門面寬為九開間，宛若三座三開間的建築並排而立，廟貌巍峨莊嚴，美輪美奐，富麗堂皇，主祀天上聖母，香火極為鼎盛，為士林境內百姓的信仰及文化中心。每年農曆 3 月 23 日慈誠宮天上聖母聖誕慶賀典儀之街內遶境與鑽轎腳活動，可說是區內一大盛事。

## Religious edifices that stood witness to the development history of Shilin

Zhishan in the old days was called the Yuanshanzi, Duzhi, Zhilanshan, or Zhilanbao. These were the names given by the Zhangzhou people who had immigrated to Taiwan and settled. In 1752 (17th year of the reign of Emperor Qianlong of Qing Dynasty) the Zhangzhou immigrants built the Zhishanyan Huiji Temple in this area. The temple was mainly constructed to worship Sagely King Kaizhang – Chen Yuanguang, Lord Wen Chang, and the Goddess Kuanyin. To date, the Zhishanyan Huiji Temple is still a principal place of worship in the area. In 1979, it was classified as a third-class relic.

Another third-class national relic is the Cicheng Temple just beside the Shilin Night Market. Located at the heart of a bustling street area, the temple has nine-door wide gate; it is about as wide as three three-door-wide-gate structures standing alongside each other. The temple has a majestic and splendid front. Its architectural style is exquisitely intricate. The temple mainly worships Heavenly Holy Mother statue and it has profuse incense burning, It is the religious and cultural center of the people in the Shilin area. The 23rd day of the third lunar month is the birthday of the Heavenly Holy Mother of Cicheng Temple. The anniversary celebration and street procession ritual with believers crawling under the sedan carrying the Heavenly Holy Mother is a jubilant event celebrated in the district.



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1 三級古蹟慈誠宮全貌  
2 三級古蹟惠濟宮全貌。(臺北市政府觀光傳播局提供)

2







- 1 社子史前文化遺址社子遺址發掘出土之橙紅色泥質陶。
- 2 社子史前文化遺址社子遺址發掘出土較多的貝類。
- 3 社子史前文化遺址社子遺址發掘出粗方格印紋陶。



## 跨越時空與種族藩籬的古蹟見證

作為見證士林開發史及當地宗教信仰中心的惠濟宮及慈誠宮，同時也都屬於珍貴的三級古蹟，此外士林區的古蹟還有芝山岩古城門、社子史前文化、士林潘宅、劍潭古寺等。

芝山岩古城門又稱西隘門，於道光五年（1825）建立，規模雖小但古意盎然。它見證咸豐年間的漳泉械鬥史，當時漳州人與泉州人起衝突，兩方人馬瘋狂械鬥，漳州人因此以芝山岩為營地，藉著護守城門，阻絕了泉州人的侵擾。

除了漢人文化古蹟，芝山岩遺址及圓山遺址都可以證明距今七千年前史前人類曾在此依河生活，「大坌坑文化」、「老崩山文化」、「十三行文化」、「先住民文化」等，都留下了不同時期的史前文化特色。

## A relic transcending time and ethnic groups

Being witnesses to the development history of Shilin and the local religious centers of the district, Huiji Temple and Cicheng Temple were classified as valuable third-class relics. Other valuable relics abounding the district of Shilin include the Zhishanyan ancient city gate, prehistoric culture of Shezi, Pan's Family House in Shilin, and Jiantan Temple.

The Zhishanyan ancient city gate, also known as the West Defensive Gate was constructed in the 5th year of Emperor Daoguang's reign (1825). Although it is a small temple, it is rife with ancient history and elements. It had stood witness to the feuds between the settlers from Zhangzhou and Quanzhou during the reign of the Emperor Xianfong. The conflict between the Zhangzhou immigrants and Quanzhou immigrants had spiraled to a frenzied battle. Them Zhangzhou immigrants set their camps at Zhishanyan and guarded the city gates from there, preventing the invasion of the Quanzhou immigrants.

In addition to the cultural relics of the Han people, the Zhishanyan relics and Yuanshan relics are tangible evidence that prehistoric people had once resided in this river area around 7,000 years ago. The Tapenkeng Culture, Laobengshan Culture, Shih-San-Hang Culture, and Aboriginal Culture relics from the area are the undeniable remains of the prehistoric cultures that existed in the area during the different time periods.





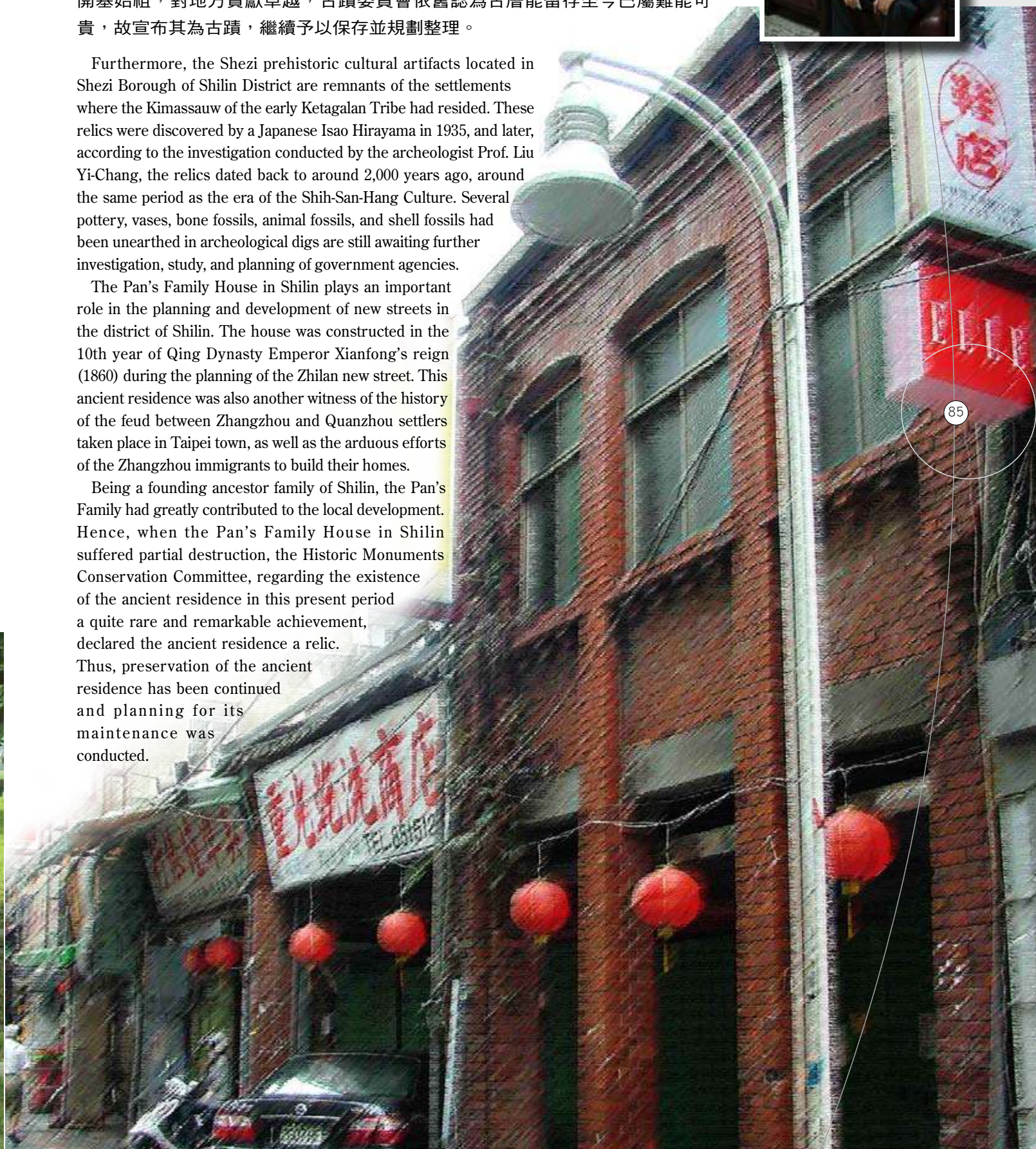
另社子史前文化遺址位於士林區社子里，是早期凱達格蘭族毛少翁社所居住之處，於1935年為日本人平山勳所發現；後據考古學家劉益昌教授調查，此遺址年代大約在二千年前左右，與十三行文化年代相當，曾考古挖掘出一些陶器、瓦罐、骨器、獸器、貝塚等，正待政府單位作更進一步的調查、研究與規劃。

士林潘宅對於士林新市街的規劃、開發扮演舉足輕重的角色，而於清咸豐10年（1860）規劃芝蘭新街時所建；這座老宅院，同時也見證台北城漳泉械鬥期間，漳州籍移民筭路藍縷的墾拓歷程。士林潘宅雖曾部份遭到拆毀，但因潘家為士林開基始祖，對地方貢獻卓越，古蹟委員會依舊認為古厝能留存至今已屬難能可貴，故宣布其為古蹟，繼續予以保存並規劃整理。

Furthermore, the Shezi prehistoric cultural artifacts located in Shezi Borough of Shilin District are remnants of the settlements where the Kimassauw of the early Ketagalan Tribe had resided. These relics were discovered by a Japanese Isao Hirayama in 1935, and later, according to the investigation conducted by the archeologist Prof. Liu Yi-Chang, the relics dated back to around 2,000 years ago, around the same period as the era of the Shih-San-Hang Culture. Several pottery, vases, bone fossils, animal fossils, and shell fossils had been unearthed in archeological digs are still awaiting further investigation, study, and planning of government agencies.

The Pan's Family House in Shilin plays an important role in the planning and development of new streets in the district of Shilin. The house was constructed in the 10th year of Qing Dynasty Emperor Xianfong's reign (1860) during the planning of the Zhilan new street. This ancient residence was also another witness of the history of the feud between Zhangzhou and Quanzhou settlers taken place in Taipei town, as well as the arduous efforts of the Zhangzhou immigrants to build their homes.

Being a founding ancestor family of Shilin, the Pan's Family had greatly contributed to the local development. Hence, when the Pan's Family House in Shilin suffered partial destruction, the Historic Monuments Conservation Committee, regarding the existence of the ancient residence in this present period a quite rare and remarkable achievement, declared the ancient residence a relic. Thus, preservation of the ancient residence has been continued and planning for its maintenance was conducted.







## ” 見證天母田野、豪宅時光歲月” ~三玉宮

天母因日據時代，日人信奉媽祖而創立天母教，又處於三角埔與玉(牛)潮坑地段而得名天母三玉宮，本地區早期居民以務農為業，故眾議恭請神農大帝與福德正神為本宮主神，以示感念醫穀惠濟與神恩庇佑之恩澤。

本區位於陽明山麓，山明水秀，早期石造洋房，改建公寓大廈，現在花園豪宅，百貨超市林立，優質醫療環境，比鄰美日僑校，異國人士薈集，本宮位居天母中心地帶，是宗教信仰，文化社服的中心，見證天母地區淳樸農村蛻變風華品味住商景觀的時光歲月

## Sanyu Temple: Witnessing Tienmu' s Transformation from Agricultural Village to Commercial Hub

During the Japanese occupation era, a large number of Japanese worshipped the goddess Mazu and established the Tienmu Religion. Because the Sanyu Temple is located within the Sanjiaopu and Yu(Niu)-chaokeng area, it became known as the Tienmu Sanyu Temple. Since early residents in the area worked mostly as farmers, they worshipped the deities Emperor Shennong and the God of Land to thank them for the rich harvests and good blessings.

Tienmu is located at the foot of Yangming Mountain and surrounded by beautiful scenery. In the early days most of the bungalows were built from stone but were later transformed into apartment buildings. Now the area is filled with mansions with gardens, shopping malls, supermarkets and medical centers. With the American school and Japanese school in close proximity, the area attracts many foreign residents. Sanyu Temple is located in the central area of Tienmu and has witnessed the numerous changes the area has undergone over the years from a small agricultural village to become a modern, stylish commercial hub.





# 橫跨千萬年的文化縱深

Cultural roots traced back to millions of years of history

在文化多元的歷史縱深上，從千萬年前的海底地層遺跡、數千年前的史前遺跡，數千年來的故宮華夏典藏，一直近三、四百年前的芝山岩惠濟宮、劍潭古寺等，乃至近代的日本神社遺址，以及當代的糕餅博物館等，士林區在在都展現其不凡的價值。

Tracking the history of the cultural diversity of the place, the district of Shilin had displayed quite extraordinarily valuable finds in its efforts, that ranges from the remains trapped in the seabed layer million years ago, the prehistoric remains of thousands of years ago, the Chinese Collections of the Palace Museum, the Zhishanyan Huiji Temple and Jiantan Temple constructed three to four hundred years ago to the recent period Japanese shrine relics and contemporary Museum of Cake and Pastry.

## 在芝山岩，盡覽時光隧道的歷史遺跡

芝山岩史蹟公園，有超過千萬年的海底地層、數千年史前遺跡和三百多年的芝山巖惠濟宮，走在公園的步道上，就像走進時光隧道般，歷史軌跡盡收於眼前。這裡首先見證了臺北盆地的形成，從600萬年前臺灣島造山運動擠出海面，歷經大屯山噴發火山作用、臺北湖的形成與消失，芝山岩下的古老岩層和生物遺跡都被完整保留至今。走在公園的步道上，不時可見海洋生物的遺跡、貝類化石等，就散落在各角落，處處可見臺北地形演變的滄海桑田。

除了蘊藏豐富的歷史與地質資源外，芝山公園更是臺北考古研究的重鎮，也是臺灣首次發現史前遺址的地方。中央研究院劉益昌教授在芝山岩發現七個文化層，各遺址就坐落在公園各角落，如芝山巖惠濟宮北側、西側、南側尖頂及斜坡等處，均可發現新石器時代晚期的植物園文化遺物。

## Going through a time tunnel of historical relics at the Zhishanyan

Zhishanyan Historical Park is the home of a seabed layer dating back to millions of years ago, prehistoric remains dating back to several thousands of years back, and the three-century- hold Zhishanyan Huiji Temple. Walking on the park trails is like going through a time tunnel and watching the remnants and traces of history unfolding right before one's eyes.

This is where the first Taipei basin geographical terrain was first seen. The crust movements of six million years ago had caused the island of Taiwan to rise above the sea, and after the eruption of the Datun Mountain volcano, the terrain where the Taipei Lake used to lie disappeared. The ancient rock layer under Zhishanyan and the biological remains of the area had remained intact and well preserved to this day. Strolling along the park trails, one could occasionally catch a glimpse of some marine organism remains or shell fossils scattered in the corners of the trail. Around the park, one can find traces of the evolutionary changes in Taipei's terrain from blue ocean depths to vast field of green.

Due to the rich historical and geological resources hidden in the earth of Zhishan Park, it has been regarded as the cradle of archeological studies in Taipei. It is also the site where the first prehistoric relics in Taiwan were unearthed. Academia Sinica director, Prof. Liu Yi-Chang discovered seven cultural layers in Zhishanyan, and many relics just sat at the nooks and crannies of the park; for instance on the peaks and slopes sprawling on the north, east, and south side of the Zhishanyan Huiji Temple, it would not be a surprise to find some late Neolithic Age botanical garden cultural remain in the area.

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1 芝山岩入口  
2 芝山公園更是臺北考古研究的重鎮，也是臺灣首次發現史前遺址的地方。

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沿途也可踏尋清代漢人移墾的足跡，像是仙水湧出拯救漳民的仙泉聖跡、克敵保護漳民的洞天岩、為防禦而興建的西隘門，以及位於公園東側、祭祀林爽文事變與分類械鬥義民的同歸所，都見證了百年前先民械鬥的猛烈事跡。

其中，古城門修築於西元 1845 年，至今僅保存下當時的正門西隘門及重建後的北隘門，目前西隘門被定為第三級古蹟。而位於惠濟宮寺廟旁的懷古園，則是由歷年整修遺留的建材改建而成，存放了許多惠濟宮相關的碑文、石柱，如今常見在地民眾在此悠然下棋。由於歷史資源豐富，臺北市文獻會也在此提供免費的志工導覽。



芝山公園內也保存了相當完整的日治時期遺跡，其中建造於西元1929年的芝山岩神社，歷經時代更迭，光復後被改建為紀念情報員戴雨農將軍的雨農閱覽室，閱覽室前樹齡300年的大樟樹聳立見證了歷史的變遷。而位於公園正門口的百二崁階梯，就是當年芝山岩神社的參道，百二崁階梯誠如其名，是條由一百二十多層石階堆起的筆直通道，蓋得又陡又長，更凸顯出神社的尊崇之姿。

Along the trail one could also search for traces of the Han people settlements of the Qing Dynasty, such as, the sacred miracle of the magic spring water that saved the Zhangzhou immigrants, the Dongtianyan that had protected the Zhangzhou immigrants against their enemies, the West Defense Gate that was constructed to defend the city, and the burial ground for the martyrs who sacrificed their lives in Lin Shuang-Wen Event and the ethnic feuds on the east side of the park; these traces are the proof of the bloody battles that the early immigrants had fought hundreds of years ago.

The ancient city gate was repaired in 1845; at present, the only parts that had been preserved are the West Defensive Gate - the front gate of the period, and the reconstructed North Defensive Gate. The West Defensive Gate has now been classified as a third-class relic. On the other hand, the structures in the Huaigu Park located beside the Huiji Temple were constructed from the building materials that had been kept in the many years of repair work on the temple. The area which holds many of the tablets and stone pillars of Huiji Temple has now become a peaceful backdrop for local residents who come to the area to play chess. In view of the rich historical resource of the place, the Taipei City Archives assigned volunteers to provide free guided tours around the park.

Zhishan Park also contains some very well-preserved Japanese Occupation Period remains that were kept intact to this day. One of these relics is the Zhishanyan shrine constructed in 1929. After

the reselection of the times, the shrine was reconstructed into the Yu-Nung Reading Room during the post-war recovery period in commemoration of the intelligence agent Gen. Tai Yu-Nung. The 300-year-old huge camphor tree standing in front of the Reading Room is the living witness to these historical changes. As for the Baierkan Stairway at the entrance of the park, it used to be the stairway that devotees in the past had climbed to reach the Zhishanyan shrine. As it had been named, the stairway is made of over a hundred twenty stone steps piled one after another into a pathway directly rising to the top. The steep and long pathway seemed to emphasize the respected status of the shrine.







## 2010「虎虎生風」新春揮毫贈春聯

為迎接嶄新的虎年來臨，假士林區行政大樓一樓舉辦[新春揮毫贈春聯活動]。邀請名書法家親自揮毫贈春聯，並有剪紙藝術及教學、精采的舞獅及魔術表演，現場民眾反應熱烈，也達到中國傳統文化傳承的意涵。

## Writing Spring Couplets for 2010: Year of the Tiger

To celebrate the arrival of the Year of the Tiger, a special event titled "Writing Spring Couplets for the New Year" was held at the ground floor of the Shilin District Administrative Building. This year, renowned calligraphers were invited to demonstrate writing spring couplets, which were then given out to participants to take home. The event also included the demonstration and teaching of paper art and special performances such as magic shows and the Lion Dance. Participants responded enthusiastically to the event and organizers successfully achieved the goal of passing on the rich traditions of Chinese culture.







## 士林最早的廟-神農宮

神農宮俗稱「舊街廟」，也是廟齡最古老的一座，根據現存清乾隆五十七年（西元1792）『芝蘭廟碑記』得知，神農宮最早可追溯至康熙四十八年（西元1709）的下樹林埔「福德祠」，因乾隆六年（西元1741）河水氾濫而被沖毀，才由地方人士將廟遷建於芝蘭街現址。

本宮古稱「芝蘭廟」，因早期奉祀土地公為主神，故又名「福德廟」。迨至清嘉慶年間，改奉神農大帝（五穀先帝）為主神，故廟名易為「神農宮」。

神農宮於清乾隆、嘉慶、道光、光緒朝以及日治昭和年間，有重修及擴建的記錄，廟內現存古文物有清代古香爐、記有廟誌的清代長生祿位、清乾隆至道光歷朝石碑以及日治時期的石柱等，經政府公告為「臺閩地區歷史建築」。

## The earliest temple built in Shilin - Shennong Temple

Shennong Temple, popularly known as the Old Street Temple, is also an ancient temple architectural piece. According to the Zhilan Temple Records of the 57th year (1792) of Qing Dynasty Emperor Qianlong's reign preserved in the archives today, Shennong Temple may be dated back to as early as the Fude Temple in Xiashulinpu of the 48th year (1709) of Emperor Kangxi's reign. The flood disaster caused by the overflowing river in the 6th year of Emperor Qianlong's reign (1741) had flushed the temple away; hence the locals decided to move the temple to its present location on Zhilan Street.

The temple used to be called the Zhilan Temple. Since the principal deity of the temple was the god of land, it was also named the Fude Temple, right until the reign of Qing Dynasty Emperor Jiaqing, when the temple was rededicated to the worship of Shennong Emperor (i.e., Emperor of Five Grains), hence the name Shennong Temple.

Shennong Temple had existed since the reigns of Qing Dynasty emperors Qianlong, Jiaqing, Daoguang, and Guangxu to the reign of the Japanese emperor Showa in the Japanese Occupation Period. The repair and expansion reconstruction records showed that relics and artifacts contained in the temple include a Qing Dynasty incense burner, the wood-made boards for praying for eternal life in the Qing Dynasty, stone tablets containing historical records running from the reign of Qing Dynasty Emperor Qianlong to Emperor Daoguang, and the stone pillars of the Japanese Occupation Period. The government has now officially declared these relics to be historical monuments of the Taiwan-Fujian Area.

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# 共創文化歷史的在地參與

「社區參與」及「社區互動」是健康城市相當重要的核心精神，士林區除了設有「士林公民會館」，供社區作為活動中心、社教藝文中心、托兒所、勞工就業服務中心等；包括由在地居民發起的「天母水道祭」，以及多所學校與社區間之積極互動，乃至以終身學習、培育公民參與典範的社區大學開辦等，都讓當地居民，在生活中，具體實踐在地參與。

Community participation and community interaction are vital core spirits of the healthy city. The Taipei City Shilin Assembly Hall may be said to be an important social, education, art, and culture center in Shilin District. It often holds drawing, pottery, and calligraphy art exhibits together with school, artists, and institutions or organizations. It is a favorite haunt of local residents. Moreover, local residents also started a local festival, such as the Tian Mu Water Source Festival. Active interaction between local schools and the community had seen to the establishment of the Taipei City Shilin Community College, a classic example of the results of cultivating citizens' participation in community affairs. These accomplishments provide local residents a chance to take part in actual community endeavors.

## 庶民慶典，我們正在創造歷史

「地方慶典」具有重要的在地意義，可以藉由集體參與方式、型塑地方的認同，進而傳衍為在地文化。世界許多城市，像是日本就有不少地方性節慶活動，提供不同宗教、不同政治背景的人，能一同歡慶大家共有的節日。在士林地區、已經舉辦六年的「天母水道祭」，就正在創造屬於自己地方特色的歷史。

## Folk celebrations are vestiges of the history we are creating

Local festival celebrations have important significance to a place, and through collective participation, a sense of identification with the place is developed and later carried on to the culture of the place. Many cities in the world, such as the cities of Japan, have developed their own local festival celebrations where every member of the community, regardless of religious or political affiliation, may participate in the programs. In Shilin, the district has already held the Tian Mu Water Source Festival for six consecutive years. These activities make it possible for Shilin to develop unique experiences that would distinguish its history from the other districts of Taipei.



1 完全由社區居民一手包辦的「天母水道祭」。  
2 2009天母水道祭。  
草山生態文史聯盟提供

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## 天母水道祭

草山水道是日治時期的水道工程典範，更為可貴的是，「它以完整的水道系統概念，將連綿十多公里的古蹟群加以保存。」而更讓當地居民感到驕傲的則是，「它從發現、研究，到推動、指定的過程，完全由社區居民一手包辦。」

在獲指定為古蹟之後，在地居民也深刻體認到一個事實：水資源的議題，還是需要回歸到「教育」這個區塊，才能在生活中加以落實；從2003年的「國際淡水年」開始，每年都盛大舉辦「天母水道祭」。

活動進行時，把個天母街道裝扮得比西門町還要熱鬧；除了依例先到「三玉宮」上香祈福，然後開始一系列的踩街、表演節目、親山健行、水道解說、造訪水源地等活動。

學校的參與，更是整個活動的重頭戲，包括經老師指導後的士東國小及天母國中學學生，親切擔起「小小解說員」。天母國中更因此設立了「水道社」，除了解說服務，這群水道少年還自己設計了專屬的網站及刊物，甚至協助草山聯盟整理水道大事記，其中一位學生還曾代表到香港參加國際性的志工聚會。

除了節慶的歡樂，「天母水道祭」所體現的，更是在地精神，讓大家可以齊心努力，同時不要忘本，要飲水思源，讓故鄉的活水泉源一直不間歇的流動。

## Tian Mu Water Source Festival without fail each year.

The Tsao-Shan Water Supply System is a water resource engineering project of the Japanese Occupation Period, and what makes it so special is that it has a complete water supply system concept. Hence, this bunch of relics extending over ten kilometers in length is being preserved for history. Another source of pride of the local residents is that the entire project, from discovery, study to implementation and specific procedures were all conducted by the community residents themselves.

After the water resource has been declared as a relic, the local residents deeply realized one undeniable fact, that is, the issue of water resource should combine with "education" to realize the water resource protection in the daily life. Since the first International Year of Freshwater in 2003, the district has been holding the Tian Mu Water Source Festival without fail each year.

In the festival period, the streets of Tianmu are decorated so festively it would put shopping areas such as Ximending to pall. One activity is to offer some incense at the Sanyu Temple for blessings, and from there on, a spate of "street stepping" is started, concerts, family hiking activities, water source introduction brief, and visiting water sources in the areas.

School participation is the highlight of the entire program. Students of Shidong Elementary School and Tianmu Junior High School, after receiving directions from their teachers, cordially acted as mini tour guides. In light of this event, Tianmu Junior High School later established its own Water Source Society. The young members of the society not only provided tour guide services, but also designed their own dedicated website and newsletter; they even assisted the Tsao-Shan Ecological, Cultural and Historical Union to compile the water source event records. One of the members of this society later became a student representative in the international volunteer workers convention held in Hong Kong.

Aside from the festival celebrations, the Tian Mu Water Source Festival also displayed a love for the place, allowing every community member to work together for the development of water source and to always remember where our water came from, thus making it possible for clean water to flow from the active springs and water sources of the district.

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### 學校教育 不忘積極回饋社區

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士林區每所學校都極具特色，更難得的是，許多學校更積極與社區互動，開放在地民眾參觀交流。其中位於芝山岩文化之古物出土範圍的「雨農國小」，是不折不扣建在遺址上的小學。學校因此設立了芝山岩文化遺址展示櫥窗於圖書室（今輔導室），包含出土層位模型與遺物的展示解說。

除了積極與學校課程結合，進行如「抱抱芝山岩」等活動，目前校史室也備有探坑模型一組，將考古工作流程做一系列的示範教學並讓學生自己動手操作，有興趣的民眾，也可藉此一窺堂奧。

創校迄今已一百多年的士林國小，則在地方人士的協助之下，利用社區資源成立鄉土教材館、校史館與昆蟲貝殼館，除教學使用之外，同時也回饋社會，開放各界參觀，期使鄉土文化再發出璀璨的光芒。其他如積極推展「學校公園化」的社子國小，也極為體貼的辦理「體驗模擬身心障礙活動」、「描繪社區心靈地圖及步道」等，並辦理各項家長成長團體等。

### Learn from school, give back to the community

Every school in the district of Shilin has its own distinctive features, and many of these schools are aggressively opening their arms to the community, opening their grounds to the use of local residents.

One of these schools is the Yunong Elementary School located within the area of the site where artifacts of the Zhishanyan culture had been unearthed. In short, it is a school that is truly constructed on top of a relic. In light of which the school put up a Zhishanyan cultural artifact display window in its library (guidance counseling office today), complete with a model of the land strata and explanation of the relic displays.

Local features are being incorporated into the school curriculum, such as hugging the Zhishanyan activity and others. At present, the history classroom of the school is equipped with an excavation model set and the different procedures of the archeological exploration venture are demonstrated to the students in sequential order. Students are given some hands-on execution of some procedures. Interested members of the public may also take this opportunity to learn more about archeological exploits.

Since its foundation over a hundred years ago, Shilin Elementary School, under the aid of concerned local citizens, had employed community resources in establishing a Homeland Education Center, gallery of school history, and an insect and shell exhibition hall. These rooms are not only used as teaching aids but also have been opened to public viewing, in the hope that such would allow rural culture to shine brightly.



- 1 芝山岩文化遺址展示櫥窗
- 2 士林國小鄉土教材館
- 3 芝山岩文化遺址
- 4 社子國小學校公園化

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## 終身學習，培育公民參與的典範

社區大學之設立，旨在倡導終身學習、提昇市民人文素養及自我成長機會，並開拓民眾的知識領域，激發市民對社區的關懷，以達活化社區，凝聚社會力，培育公民參與社會事務的能力。

台北士林社區大學於民國88年9月1日正式成立，自成立以來，連續六年獲教育局評鑑為辦學績優的社區大學。

台北士林社區大學除了知識性學習訓練外，並鼓勵學員在利用課餘時間自組社團，將所學的知識與技能發揮於社區、貢獻於社會，營造學習型的社會。

## Lifetime learning and cultivation of civic participation in community

The Community College was established under the aim of promoting lifetime learning and upgrading the humanities background or enhancing opportunities for self-development. The programs opened the mind of the public and stirred a concern for the community. Moreover, these programs activated the community, bonded social energy, and cultivated citizen participation in social affairs.

Taipei City Shilin Community College was officially established in September 1, 1999. Since its establishment, it has won the outstanding community college evaluation of the Department of Education for six consecutive years.

Taipei City Shilin Community College does not limit its focus on intellectual development and training of students, but also urges students to employ after-class hours in organizing social groups and practice the knowledge acquired in class in actual community affairs. Students are urged to contribute to the community and to build a learning society.







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## 攜手美好未來的社區共合國

天母在美軍眷屬、各國使節紛紛進駐後，開始展現異國風味，隨著美國、日本、歐洲學校的相繼遷入，更呈現多國文化交融的特殊景象。與磺溪、雙溪相隔而立的「天母使館」，位在流水潺潺的環境中，帶有幾份優雅和隱密，而附近整齊的街廓、十足異國風的餐廳，則標示出天母的現代與文明。

### An International Community in Tienmu

Tienmu has always been known as a place having a rich variety of cultures ever since many families of U.S. soldiers and foreign diplomats chose to stay in Tienmu. Later, with the establishment of the Taipei American School, Taipei European School, and Taipei Japanese School, the community developed a more unique blend of diverse cultures. Standing parallel to the Huangxi (Sulphur Creek) and Shuangxi (Double Creek), the various embassies are located far away from the main streets of Tienmu. But together with rows of elegant buildings and restaurants selling cuisines from around the world, they clearly display the cultural and modern aspects of the Tienmu area.







## 美國及歐洲學校與社區聯誼

台北美國學校，1949年成立，學生主要是在台北的外國僑民子女、美國在台外交官員子女、美國出生的台灣學生。

台北美國學校每年都會舉辦教師家長聯誼會暨國際美食節，同時開放社區民眾一同加入這一年一度的盛會。當天不僅提供超過20多國的美食、糕點、鬼屋、遊戲、娛樂節目，還有許多驚喜獎項和活動！

同樣的，台北歐洲學校為了促進歐洲文化與本地文化的融合交流，每年也都會舉辦各式活動，包括煙火節、耶誕園遊會、歐洲日慶祝活動和夏日市集等。

其中「耶誕園遊會」是台北歐洲學校年度最盛大的活動，提供融合德、英、法語系等歐洲國家的藝文表演與國際美食，讓當地民眾也可一起感受充滿歐洲濃厚聖誕趣味的盛會。







## The American and European Schools in Taipei and Community Networking

The students of the Taipei American School which was established in 1949 were mainly the children of foreign nationals in Taipei City, children of the American diplomatic officers in Taiwan, and U.S. born children of Taiwanese citizens.

Every year, the Taipei American School would hold a parent-teacher day and an international food fair. In these two occasions, the school opens its gates to the community, inviting them to join in the annual celebrations. Delicacies, snacks, cakes, games, and recreational programs from over twenty nations are presented in the food fest. Moreover, there are usually some surprising events or rewards during the festivals.

Likewise, the Taipei European School fosters an exchange and intermingling of European culture and local culture. Every year, it would organize a series of activities; such as fireworks day, Christmas fairs, Europe Day, and summer market fests.

The highlight of the annual celebrations in the Taipei European School is the Christmas Fair. The fair presents a wide variety of German, British, and French art performance and international cuisine, thus allowing the public to enjoy some of the strong Christmas delights and fun of Europe.







3 2 1  
自然課 烹飪課 2008夏日祭

多元文化  
好厝邊 98

## 日僑學校邀你共享濃濃日本原味

台北日僑學校，學生成員絕大多數為日本僑民。課程內容，主要遵循日本文部省指定教材和教案辦學。

了促進與當地之文化交流，日僑學校除了持續與天母地區的國小、國中有學術活動上的交流課程設計以外，自2007年秋天開始，也對天母社區的居民，規劃了回饋課程，讓當地民眾可以到日僑學校參加「社區免費日語課程」。

基於語言、文化以及安全的維護，日僑學校平日並不對外開放進出；但一年一度的「夏日祭」，卻例外對外開放，歡迎附近民眾一同前來，感受夏末秋初，在台灣的濃濃日本原味。

## Taipei Japanese School invites you to join them in activities with strong Japanese influence.

Majority of the students in the Taipei Japanese School are Japanese. Classes are mostly taught according to the curriculum set by the Ministry of Education of Japan.

In order to foster local cultural exchanges, aside from sharing curriculum designs with the elementary schools and junior high schools in the Tianmu area, starting from Fall of 2007, Taipei Japanese School launched a course benefiting the residents of the Tianmu community. The program will enable local residents to take free Japanese lessons at the Taipei Japanese School.

As for the maintenance of its language, culture, and safety standards, the Taipei Japanese School grounds are off-limits to the public on ordinary days. However in the Summer Festival held once a year, the school opens its gates to the community, inviting community members to join them in celebrating the end of summer and beginning of fall the Japanese way.







## 鄰舍節，厝邊歡喜來辦桌

「國際鄰舍節」發源於1999年的法國巴黎，最後發展為世界性的活動，一年比一年盛大，今年預計全球將有九百萬人在他們居住的城市歡慶鄰舍節。天母也在社區居民的發動下，自2005年開始舉辦，今年（2010）已是第六屆。

鄰舍節的用意很單純，希望藉由每一個家庭分享一道菜的方式，讓原本冷漠的鄰居關係，轉變為可以在生活上彼此幫助的親密朋友。天母地區因為原來就匯聚了國際多元文化，在此舉辦，更具意義。活動當天有人甚至細心準備了鮮花、紅酒，真的就像是參與了一場社區的大型party，大家都好開心。

擁有最多元文化的士林區，因此體現了相互尊重，共創美好未來的新願景。

## International Neighborhood Festival - Family Dishes Sharing

The International Neighborhood Festival started in Paris, France in 1999 and later spread to different parts of the world. Celebrations get grander and grander each year, and this year, it is estimated that around nine million people will be celebrating this festival in their respective neighborhoods. Tianmu, under the initiative of its community residents, started this type of festival in 2005; this year's (2010) celebration was the sixth of a series.

The purpose of the neighborhood festival is simple. It aims to let every family share a dish, so gradually warming the cold relationships between neighbors of a community, turning them to friends mutually helping each other. The Tianmu area is already an internationally multicultural neighborhood, and holding this festival here has given the event greater significance. During the festival, some people would even prepare flowers or wine, as if they were preparing to join a huge and happy community party.

In this highly multicultural district of Shilin, mutual respect is even more evident for the construction of a better tomorrow for the community.





# 展望健康城市未來

芝山岩地區 ●

天母地區 ●

蘭雅地區 ●

後港地區 ●

社子地區 ●

100

士林區不管是在歷史人文、自然生態、健康促進、社會福利、在地參與的總體營造上均成績斐然，在成為世界衛生組織(WHO)亞太地區健康城市聯盟會員後，將持續扮演一個更具效益的資源整合平台，讓士林在健康城市營造上，符合在地需求外，更具有國際視野。並以宏觀的角度分析問題，擬定改進的優先順序，以更具結構性的方式來運作。

舉例來說，因為士林具備了提供台北市民就近遊憩的古蹟、夜市與自然環境條件，因此常有交通壅塞困擾，但如果為了解決交通問題而破壞了城市的環境，就相當得不償失了，因此，朝向「大眾運輸」系統預做規劃，是較為永續的做法。

而因應士林七個次分區，未來都將依其區域特性平衡發展，未來市政規劃藍圖如下：

- 一、打造臺北兒童新樂園，並與臨近國立科學教育館、臺北市立天文館、美崙科學公園串連，讓休閒與教育並重。
- 二、推動社子島開發案，解決社子島防洪問題。
- 三、推動臺北藝術中心建物，提升士林整體藝術環境。
- 四、發展北投士林科技園區，成為知識經濟產業知識庫。
- 五、推動士林觀光夜市暨週邊改善計劃，共創商業繁榮。
- 六、形塑故宮瑰寶大道計畫，促進地區產業、經濟及人文發展。

並且透過持續的城鄉及國際交流，讓士林永續發展，成為一個多元、活力、繁榮、溫馨、安全與國際化的健康城市。





陽明山地區

● 街上地區

## Future Outlook for the Healthy City

The District of Shilin has achieved outstanding accomplishments in its development of history and culture, natural ecology, health promotion, community welfare, and local community participation. Now that Shilin has gained membership into the World Health Organization (WHO) Asian-Pacific Region Alliance of Healthy Cities, it shall continue to play the role of an efficient resource integrating platform that would make development of Shilin's healthy city not only meet local requirements, but also maintain an international perspective. This will enable the district to analyze problems from a macroscopic perspective and set a priority order for improvement measures for a more structured and systematic implementation.

For instance, Shilin is the home of many relics within close and easy access of vacationing Taipei residents, a flourishing night market, and fine natural environmental conditions. These endowments have caused frequent traffic congestion problems in the area. However, if the resolution of this traffic congestion problem would mean the destruction of the local environmental conditions of the district, no solution is actually accomplished. Hence, the more sustainable remedy to the problem is the preplanning of an efficient mass transit system for the district.

In response to the needs of the seven sub-districts of Shilin, all future development projects shall ensure the balanced development of all sub-districts. The blueprint of the future city administration plan contains the following:

1. Construction of the Taipei City New Children's Amusement Park and interlinking the park to the neighboring National Taiwan Science Education Center, Taipei Astronomical Museum, and Meilun Park; thus allowing leisure to go side-by-side with education.
2. Implementation of the Shezi Island Development Project and resolution of the Shezi Island flooding problem.
3. Construction of Taipei Performing Arts Centers to enhance the overall art environment of Shilin District.
4. Development of the Beitou Shilin Technology Park into the knowledge bank of the knowledge economy industry.
5. Implementation of the Shilin Tourist Night Market and peripheral area improvement plan to foster business development of the area.
6. Proposal of plan for the improvement of roads leading to the National Palace Museum to foster the development of the industry, economy, and culture in the area.

Moreover, through continued intercity and international exchanges, we hope to sustain the development of Shilin into a multicultural, vibrant, warm, safe, and internationally-oriented healthy city.



# 臺北市士林健康促進協會簡介

## Profile of the Shilin Health Promotion Association of Taipei City

臺北市倡導健康城市政策，發展安全、生態、繁榮、友善、幸福、文化、便捷、健康、活力及永續之健康城市。為此士林區邀集產、官、學、民等各界領域之熱心人士，於2007年4月發起成立「臺北市士林健康促進協會」，期藉社區力量凝聚社區意識，共同推動士林區成為健康城市。

Taipei City is implementing a healthy city policy to develop itself into a sustainable healthy city where people live within the embrace of nature and are safe, prosperous, friendly, and living happily in a cultural city, easily accessible, and bustling with health and life. For this purpose the Shilin District Office invited the active and concerned members of industries, government agencies, schools, and communities for the establishment of the Shilin Health Promotion Association of Taipei City in April 2007. The program aims to bind community strength together and achieve a community consensus for the promotion of Shilin District into a healthy city.

### 我們的任務Our mission is to:

- ◎ 提昇區民對健康促進及健康城市的認知。  
Raise the health promotion and healthy city understanding of the district residents
- ◎ 增進區民的保健生活技能。  
Enhance the health and living skills of district residents
- ◎ 結合社會資源以引導社區民眾參與健康營造活動。  
Consolidate social resources and guide district residents into participating in health building activities
- ◎ 辦理對健康促進相關議題行動方案。  
Hold health promotion related programs and activities
- ◎ 國內及國際健康城市交流及經驗分享。  
Exchange ideas and share experiences with other domestic and international healthy cities
- ◎ 創新及研發健康福利促進方案。  
Innovate, research, and develop health and welfare fostering programs.



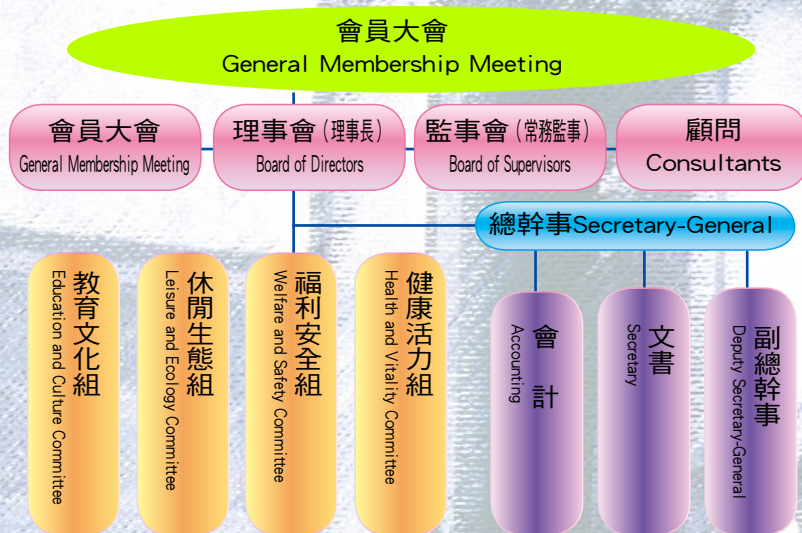
臺北市士林健康促進協會成立大會宣誓



臺北市士林健康促進協會成立大會



### 組織架構Organization Chart





# 臺北市士林區健康服務中心

## Shilin District Health Center of Taipei City

本中心（原士林區衛生所）於94年1月1日起升級為健康服務中心，提供以民眾為導向之健康服務，明確地負起社區民眾健康促進與健康維護之責，同時整合社區內與健康有關的資源，共同建構『優質的預防保健社區網絡』，成為社區民眾健康的管理者。

The Shilin District Health Center (formerly the Taipei City Shilin District Public Health Station) was upgraded to a health center on January 1, 2005. It provided people-oriented health services and truly adhered to its duties to promote the health of district residents and maintain the community health. At the same time, it integrated all health related resources within the district and through a concerted community effort, organized the "optimum health promotion and control community network", thus establishing itself as the health manager of district residents.

### 我們能為您做的事 Services We Offer

#### ◎個案管理組 Case Management Committee

1. 推動社區三高篩檢及異常個案追蹤。  
Provision blood pressure, blood sugar, and blood lipids screening tests to community residents and follow-up of problem cases
2. 家戶健康管理。  
Management of household health conditions;
3. 中老年人保健服務，個案管理、社區健康照護網。  
Health services to middle-aged and senior citizens, special case management, and the community health passport network
4. 志工管理、防災、民防業務。  
Management of volunteer workers, disaster preparedness, and citizen preparedness operations
5. 心理衛生照護。  
Mental health care;
6. 長期照護轉介服務、天使人力銀行派案服務、安養院輔導。  
Long-term care referral services, Angel Volunteer Service Bank dispatching service; supervision of nursing homes
7. 推動慢性疾病防治網：心血管及糖尿病照護網。  
Implementation of the chronic disease prevention network: cardiovascular disease and diabetes care network
8. 優生保健、婦幼衛生、母乳哺育指導、哺乳乳室設置輔導、更年期婦女保健。  
Eugenic health, hygiene for women and children, guidance to breastfeeding mothers, supervision of the breastfeeding room construction matters, health promotion among menopausal age women.

#### ◎服務臺 Service Counter

1. 發放臺北市兒童醫療補助證。  
Distribution of the Taipei City Child Medical Subsidy Certificate
2. 健康諮詢及量血壓服務。  
Health consulting and blood pressure measurement services
3. 保險套申購。  
Condom requisition
4. 單一窗口服務(在宅病故轉介服務、長期照護轉介服務、人力銀行志工申請等)。  
Single-window services (referral service for residents died of diseases at home, long-term care referral service, and application to the volunteer service bank for volunteer work)
5. 線上資料查詢。  
Online data inquiry

#### ◎健康促進組 Health Promotion Committee

1. 社區健康營造、社區及職場健康促進。  
Community health building and community and workplace health promotion;
2. 健康城市推動。  
Implementation of the healthy city program
3. 癌症防治社區篩檢服務。  
Community health checkup service for cancer prevention
4. 兒童青少年保健服務、推動健康學園評鑑。  
Child and youth health promotion service and implementation of the healthy school campus assessment program
5. 0至6歲兒童保健服務(聽力、視力篩檢)。  
Health promotion service for infants from ages 0 to 6 years (hearing and vision tests);
6. 兒童、青少年、中老年口腔保健、推動含氟漱口水宣導、菸害防制。  
Oral health promotion among children, youth, middle-aged and senior citizens – implementation of the campaign to use fluoride mouthwash and prevention of smoking hazards
7. 事故傷害預防訓練、體能檢測、減重活動、生命統計。  
Accident and injury prevention training, physical fitness checkup, weight reduction campaign, and vital statistics
8. 防疫業務。  
Epidemic control matters.



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 北市士林區健康服務中心,民98.12  
 面： 公分  
 中英對照  
 ISBN：978-986-02-2152-7精裝  
 1.衛生政策 2.社區衛生服務 3.臺北市士林區

412.133/101

98025319

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Health sans Boundary - A Dynamic and Vibrant City of Shilin

士林健康城市簡介 A Profile of Taipei Shilin Healthy City

發行單位：臺北市士林健康促進協會

臺北市士林區公所

臺北市士林區健康服務中心

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編輯委員：陳玲蘭、高瑛霞、蕭福生、莊林貴、李學政、宋旭耀

編輯工作群：楊嘉琳、王麗玲、余淑燕、莊惠雯

出版單位：臺北市士林健康促進協會

臺北市士林區公所

臺北市士林區健康服務中心

地址：111臺北市士林區中正路439號

網址：<http://www.shilin-healthy-city-taipei.org.tw/>

電話：02-2881-3039

PUBLISHER/ Kuo Ming-ching Chang I-Fang Wang Mai-Yuh

PUBLISHED BY/ Shilin Health Promotion Association, Taipei City

Shilin District Office, Taipei City

Shilin District Health Center, Taipei City

No.439, ZhongZheng Rd., Shilin District, Taipei 111 ,Taiwan (R.O.C)

編印：大乙傳播事業有限公司

地址：臺北市中正區北平東路16號7樓之2

網址：<http://www.dayi.url.tw>

電話：886-2-2351-3751

傳真：886-2-7725-9835

翻譯：萬大翻譯有限公司

電話：886-2-2311-7077

出版日期：中華民國98年12月初版

中華民國99年11月1版2刷

PRINTED BY

Dayi Media &amp; Communication Corporation, Ltd.

7F-2, No. 16, Beiping E. Rd., Zhongzheng District,

Taipei City 100, Taiwan (R.O.C.)

TEL：886-2-2351-3751

FAX：886-2-7725-9835

Translated by: Wonder Translation Co., Ltd.

TEL: 886-2-2311-7077

DATE PUBLISHED：DEC 2009 First Edition

NOV 2010 First Edition ,Second Print