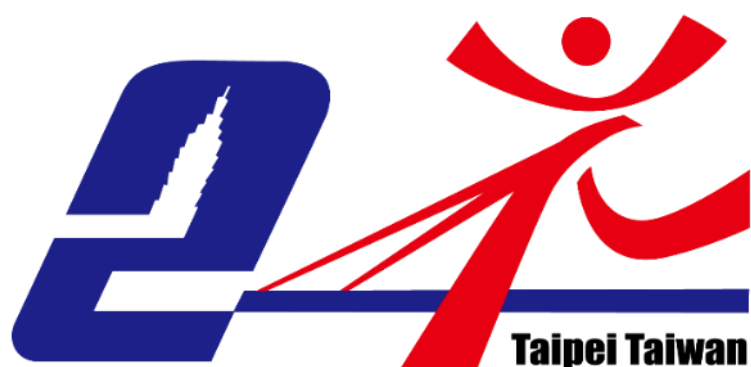


# 2023 WMA 24H World Championships

within the

## IAU 24H World Championships

### WMA General Information Sheet



Taipei City, Chinese Taipei

December 1-2, 2023



Version 2023-08-24

please check <https://bit.ly/Taipei-24H-WorldChampionships> for an eventually updated version.

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## 1 WELCOME MESSAGES

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Welcome to the World Masters 24h Championships which are embedded in the IAU 24h World Championships 2023. The International Association of Ultrarunners (IAU), World Masters Athletics (WMA) and Chinese Taipei Association of Ultrarunners (CTAU) are inviting you to participate in the Masters Championships 2023 held in Taipei City, Taiwan December 1-2.

Since 2001 the championships were held in Europe. In 2006 Taipei was the first Asian city to host the event. We look forward to the return to Taiwan.

These championships are a win-win situation for the athletes and both World Organizations: IAU, responsible for the Ultra running competitions in the world, and WMA, responsible for world masters' competitions in athletics are offering to the athletes the opportunity of competing in 5 years age groups on an international level.

Together with WMA Non-Stadia Competition Director Archie Jenkins representing WMA at these championships I thank IAU, represented by President Nadeem Khan and General Secretary Hilary Walker, for successful cooperation for many years.

On behalf of the athletes, we sincerely thank our hosts, Chinese Taipei Association of Ultrarunners represented by President Frank Fon-Chu, KUO and International contact Samantha Ying-Hsiu, WANG with their whole team for making it happen. Thank you for the great support you give to all athletes all the time and in so many ways.

I wish to all athletes and guests that you enjoy athletics, friendship and new experiences in the Ultra running family! Let us celebrate together these special days.

On behalf of the WMA Council,



*Margit JUNGSMANN*  
**President of World Masters Athletics**

It is my pleasure to welcome you to the IAU 24 Hour World Championships in Chinese Taipei. This region happens to be at the heart of Asian 24 Hour ultrarunning. This will be quite evident during the entire weekend of these championships.

The event is one of our major championships on the calendar. This year's event promises to be extra special as these are the first 24hr world championships since we returned post-Covid. The event also brings personal memories for me as I ran in my first 24 Hour World Championships in Chinese Taipei in 2006.

The Local Organizing Committee (LOC) under the direction of Frank Kuo and with the collaboration of the Chinese Taipei Association of Ultrarunners (CTAU) have organized several IAU championships in the past with very successful results. The LOC are the organizers of the world renewed Soochow International Ultramarathon.

I had the opportunity to visit Taipei last year to meet the local authorities and visit the championships facilities. The support of the government officials, the experience of the organizers, and the true enthusiasm of the ultrarunning community was very evident throughout the entire trip.

This also happens to be the first time that World Masters Athletics (WMA) is joining us on the 24 hour World Championships. This is a great opportunity for our athletes in the 24 Hour event to enjoy another layer of championships at the same event.

I would like to wish each one of you the very best as you embark on a truly remarkable journey of representing your respective countries at the highest level of this discipline of ultrarunning.

I look forward to seeing you in Chinese Taipei!



*Nadeem KHAN*

**President of International Association of Ultrarunners**

On behalf of local organizing committee, I would like to invite the elite ultrarunners from over the world to take part in 2023 WMA 24H World Championship which will be held at Taipei, Taiwan on December 1.

I introduced the ultrarunning sport to Taiwan 25 years ago. I started to organize a 100K race on the highway in 1998. Since 1999, the Soochow 24 H race was held almost every year, the race has been organized for 20 years and become one of the prestigious 24h races in the world. Many world records, continental records and country records were established in the race. Many committee members are involved in the organizing of the coming World Championship race.

Taiwan is famous of its innovation of semiconductors and biotechnologies, but the sustainable development for sports is also valued. We, the Chinese Taipei Association of Ultrarunners, regulated the Carbon Foot Print- Category Product Rule: running events which has been approved by the Department of Environment Protection of government in 2022, since then we can calculate the quantity of CO<sub>2</sub>e we produced in a running race. Then we can conduct the reduce activity based on it or even neutralize it by buying enough Carbon credits. The participants can experience the 6R (Reduce, reuse, recycle, remind, refuse and replace) actions and the green technologies of Taiwan during the race. We realize everyone is responsible of the earth ecology even though Taiwan is not a member of United Nations.

The impact of pandemic is not over yet in many aspects. But we can celebrate the survival and stand up again. Let us have a big Ultrarunners reunion in December!



*Frank KUO* 郭豐州  
**President of Chinese Taipei Association of Ultrarunners**

## 2 WORLD MASTERS ATHLETICS (WMA)

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### **WMA Council**

E-mail: [admin@world-masters-athletics.com](mailto:admin@world-masters-athletics.com)

Website: <https://world-masters-athletics.org/>

#### **President**

**Margit JUNGSMANN (GER)**

E-mail: [margit-jungsmann@web.de](mailto:margit-jungsmann@web.de)

#### **Executive Vice President**

**Lynne SCHICKERT (AUS)**

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#### **Treasurer**

**Jean THOMAS (FRA)**

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#### **World Athletics Representative**

**Antti PIHLAKOSKI (FIN)**

E-mail: [antti.pihlakoski@sul.fi](mailto:antti.pihlakoski@sul.fi)

#### **Secretary**

**Juan ORDONEZ (MEX)**

E-mail: [secretary@world-masters-athletics.org](mailto:secretary@world-masters-athletics.org)

### 3 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

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#### **IAU Council**

Postal Address: 6-8, Quai Antoine 1er, BP 359, MC 98007 Monaco Cedex

E-mail: [info@iau-ultramarathon.org](mailto:info@iau-ultramarathon.org)

Website: [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

#### **President**

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#### **IAU Area Representatives**

##### **Africa Representative**

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##### **Europe Representative**

**Gregorio ZUCCHINALI (ITA)**

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## 4 LOCAL ORGANISING COMMITTEE (LOC)

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### **Chinese Taipei Association of Ultrarunners (CTAU)**

Postal Address: 2F-7, No.91, Sec.2, Changsha St., Wan-hua Dist., Taipei City, Taiwan

Tel: +886-2-2383-2646

E-mail: [ctau.runner@gmail.com](mailto:ctau.runner@gmail.com)

Website: [www.ctau.org.tw](http://www.ctau.org.tw)

#### **President / Protocol Director**

**Frank FON-CHU, KUO**

E-mail: [frank.kuo.run@gmail.com](mailto:frank.kuo.run@gmail.com)

#### **Race Director**

**Sufar RONG-FA, SU**

E-mail: [sufar.ctau@gmail.com](mailto:sufar.ctau@gmail.com)

#### **International Contact**

**Samantha YING-HSIU, WANG**

E-mail: [yhwang.ctau@gmail.com](mailto:yhwang.ctau@gmail.com)

#### **Accommodation & Transport Director**

**Emmy YANN-LING, TU**

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#### **Medical Director**

**Dr. WEI-FENG, KAO**

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#### **Treasurer**

**SHU-HUEI, WU**

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#### **Sustainable Development Consultant**

**Ph.D. Vincent WEN-HUEI, HUANG**

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#### **Human Resource Director**

**YAO-MING, TU**

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## 5 GENERAL RACE INFORMATION

**Race Date** December 1-2, 2023

**Start Time** 10:00 Taiwan Standard Time (GMT+8), December 1, 2023

**Finish Time** 10:00 Taiwan Standard Time (GMT+8), December 2, 2023

**Race Venue** Dajia Riverside Park, Taipei City, Taiwan.

<https://goo.gl/maps/Q2BgpiyNslHjtoGu8>

\*The venue is near the River Evacuation Gate 10 (Lin An Tai Historical House).

**The Course** The race course is located in the riverside park. It is 2 KM per lap with flat asphalt pavement. The course is officially measured by an A grade AIMS measurer and all performances will therefore be recognized by IAU.

**Competitions** I. IAU 24H World Championships (check the GIS announced by IAU.)

II. WMA 24H World Championships (check page 9.)

III. Open Race (check the GIS announced by IAU.)

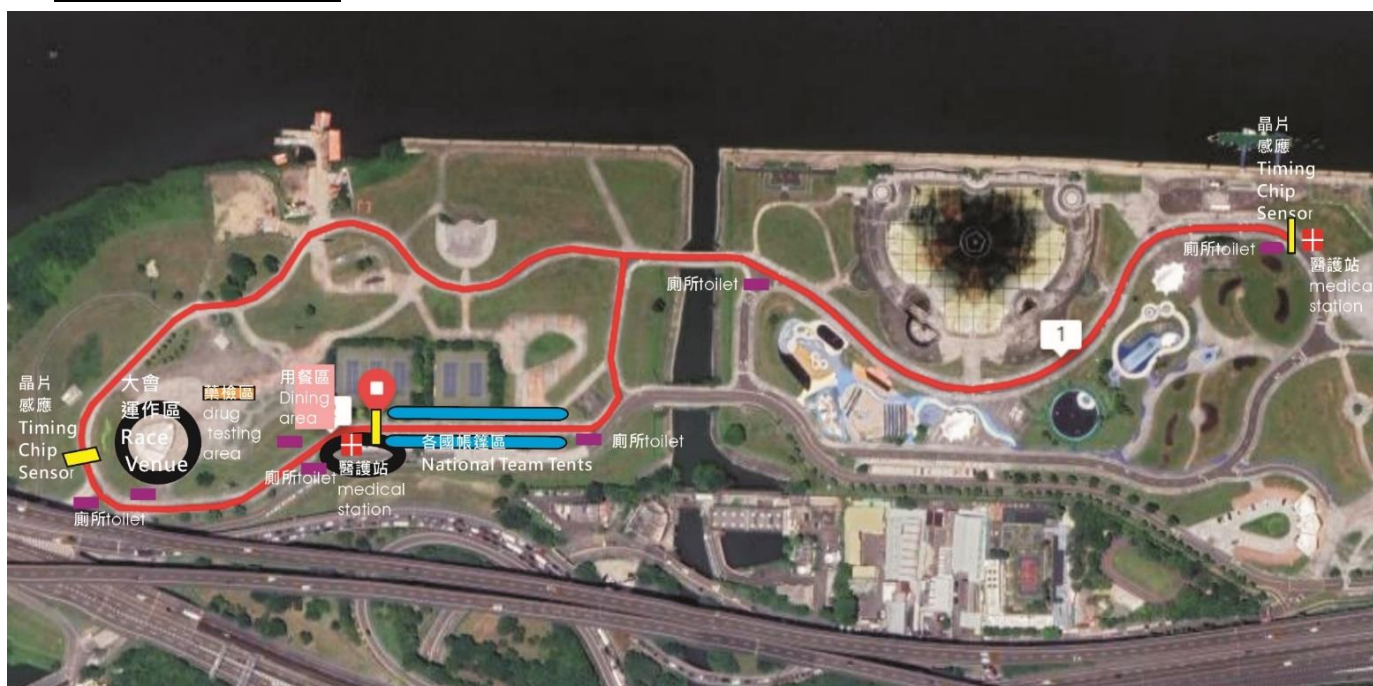
**Aid Station** WMA tents will be located at the end of the National Team tent.

**(Refreshment)** LOC Aid Station will be located near at the team tent on both sides of the route.

LOC Aid Station will contain: Local Taiwan hot dishes, Fresh Fruits, Bread, Sandwich, Biscuits, Chocolate, Coffee, Tea, Water, Energy Drink, Colas...

\*Athletes are obliged to carry and use their own reusable cup; there are no separate cups at the aid stations.

### MAP OF THE COURSE



## 6 WMA 24H WORLD CHAMPIONSHIPS

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### **Competition**

**WMA World 24H Championships' competition is in age-groups, with no teams.**

### **Eligibility**

Athletes wishing to enter the WMA event must be at least age 35 or above on the first day of the event which is December 1, 2023. The age criteria apply to both men and women to qualify for the Master Championships.

Athlete must be a member of their countries Masters Athletics Member Organization to compete in the WMA 24H World Championships. The National Member Organization will be asked to verify athlete's membership, otherwise the athlete is not eligible. Athletes can't change country affiliation unless they have followed WMA rules.

### **Uniform**

In WMA Championships, all athletes MUST wear a competition top that is officially approved by their National Masters Member. It is mandatory to wear such an approved national uniform clearly identifying the country that he/she represents. The WMA Technical Delegate can disqualify participants from the Championships if something other than the approved national competition top is worn. A club singlet is not acceptable.

All advertising on the uniforms of the athletes during the competition and the awards will be in accordance with the rules C7.2 of the WA and WMA regarding the size and content.

### **Award**

Age groups start at 35-39 and upwards. The WMA Championship 24h awards medals for placing 1 to 3 individuals in the WMA's official five-year age groups. WMA medals for Individual 5-year age awards of every age group will be given out to men and women based on age position at the end of the event. There will be no Team Award.

Award for WMA championships will be given out later in the evening right after the IAU championship award ceremony. Award winners are to appear in country uniforms as photos will be taken. Athletes are not to bring country flags onto the podium.

### **Award Ceremony of the Championships**

Time: 18:00-19:00 December 2, 2023

Place: Chientan Youth Activity Center – Dining Hall

## 7 ENTRIES

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Each Masters athlete must enter the competition by register on the website before midnight **October 16, 2023 – 24:00 Taiwan Standard Time (GMT+8)**

Registration Website(Updated on August 18): <https://www.simplyregister.net/register/?e=124644>

Athletes wishing to take part in the WMA World Championship need to ensure that they observe the WMA entry procedure, including payment of the appropriate **entry fee USD\$155**.

The WMA will check with their National Member Organization to verify athlete's membership after the registration, otherwise the athlete is not eligible.

Athletes who are already entered in the IAU Championships as part of a national delegations and who wish to be eligible for placing in the WMA Championships must in addition also register on the above website before midnight **October 16, 2023 – 24:00 Taiwan Standard Time (GMT+8)**; and pay the extra **entry fee USD\$155**.

The team leader of National Delegation should: mark this athlete in the WMA column in the IAU FEF; and inform the LOC to check this online registration in the FEF email.

## 8 CENTRAL OFFICE & RACE VENUE

### Central Office

#### **Chientan Youth Activity Center**

Add: No.16, Sec. 4, Zhongshan N. Rd., Zhongshan Dist., Taipei 104, Taiwan

<https://goo.gl/maps/7XvsH3beubqcCuDV9>

This will be the central office of LOC and the ceremony venue during the championships. The Chientan Youth Activity Center is near by the Jiantan station(R15) on the Red line MRT. Walk from Exit 2 for approximately 5-10 minutes.



### Race Venue

**Dajia Riverside Park** <https://goo.gl/maps/Q2BgpiyNsLhJtoGu8>

This will be the race venue during the championships. The venue is near the River Evacuation Gate 10 (Lin An Tai Historical House). There are beverage vending machines (pay with cash coins) and public toilets in Riverside Park.

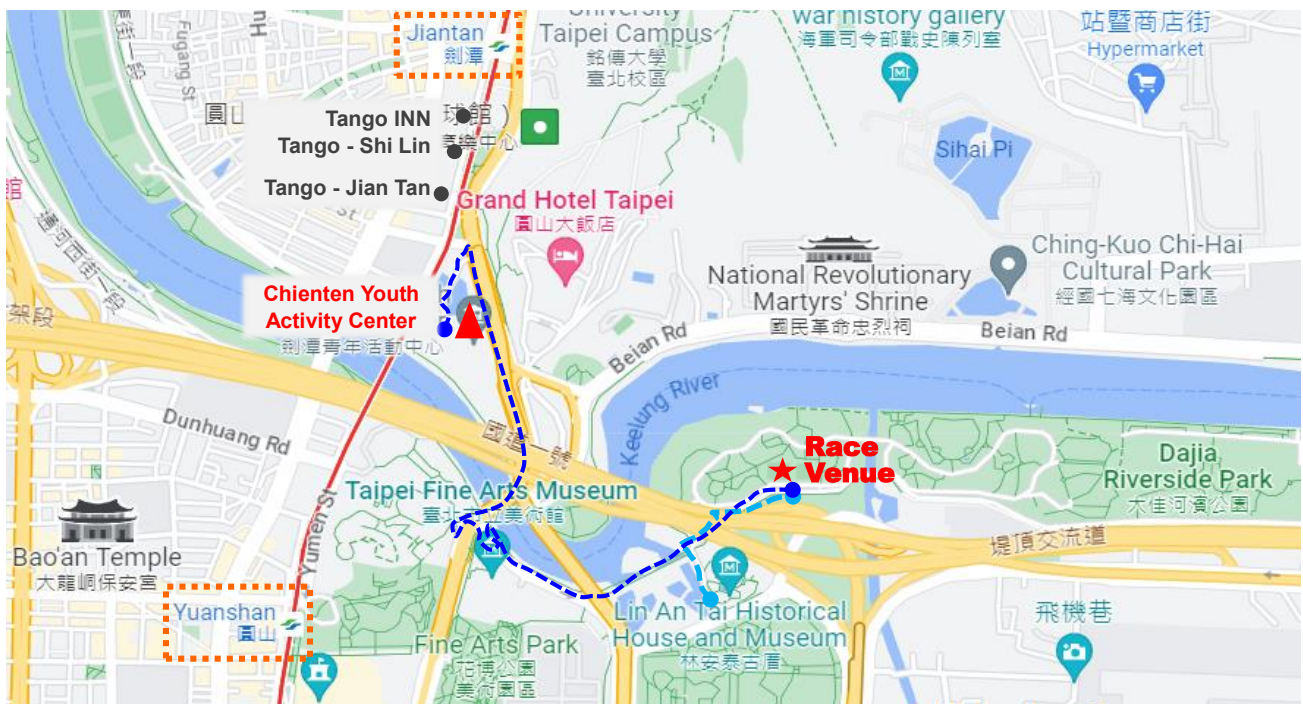


### **Chientan Youth Activity Center to Race Venue**

The center is about 2 km to the race venue. Team can have a course inspection or training by walking.

<https://ridewithgps.com/routes/43456638>

Starting from the front gate of Chientan Youth Activity Center, turn right and go along the road on the right-hand sidewalk. → Cross the Zhongshan Bridge, and there is a stair at the end of the bridge. → Go down the stair and follow the guide signs, then enter the riverside by another stair. → After entering the riverside, go straight along the riverside route to reach the venue.



## 9 ACCREDITATION & TECHNICAL MEETING

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Throughout the event, the central office of the LOC will be located at the **Chientan Youth Activity Center**, the accreditation procedure will also be organized at there.

### **Accreditation Time & Place**

To proceed the accreditation procedure and pick up the registration pack, WMA championships participants please present the passport.

#### **Overseas runners:**

Registration Pack can be pick-up as follows:

November 30, 2023, 13:30-15:30 at the conference room at the Chientan Center.

December 1, 2023, 08:00-09:00 at the race venue service tent.

#### **Domestic runners:**

Registration Pack will be sent out a week before the race date to the register domestic address. Those who register after October 16, 2023 will have to pick-up the pack at the race venue service tent on December 1, 2023 from 08:00-09:00

### **Registration Pack**

The registration pack will be prepared in advance of the event, based on the information provided by the athletes. The registration pack will include an accreditation card, 4 bib numbers, pins, timing IC chip, and other information and souvenir the LOC will provide.

### **Accreditation Card**

The accreditation card which must be worn at all times and should be clearly visible (off-competition). LOC staff will control certain areas exit. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints. Duplicate cards can be obtained where proof of identity can be established at a charge of USD\$30.

### **Bibs & Timing Chips**

There are 4 bib numbers and 2 systems of timing chips provided. The first timing chip is on the back of bib number tags. The second chip should be tied on the shoe or strap to the ankle, and this chip should be returned after the race at the certificate pick-up area with a deposit refunded. The bibs will have the race number and the age group on it, that must be visible on the back by each athlete to identify their age group at all time during the race.

### **Additional Accreditation**

If registered athletes will have accompanying official or supporting personnel, the athletes must inform the LOC by email (athlete name, additional person's name, gender) no later than September 30, 2023 – 24:00 TST (GMT+8). One athlete can only apply one additional accreditation.

### **Technical Meeting**

**Time & Place:** Thursday, November 30, between 14:00-15:00, Chientan Center's Conference Room. The Meeting is for IAU and WMA championships, and will be conducted in English.

## 10 SUSTAINABLE DEVELOPMENT IN WORLD CHAMPIONSHIPS

The LOC of 24h World Championship has set out to establish a new model for the world championship, pledging to deliver this more responsible and sustainable event.

### Sustainability Ambition

The LOC will focus on implementing two indexes of the SDGs of the United Nations, SDG 12 - Responsible consumption and production and SDG 13 - Climate actions. During the period of organizing world championship, we will adopt 6R policy which are Reduce, Reuse, Recycle, Remind, Refuse, and Replace. The actions are for the benefit of reducing the Carbon footprints and reducing the using of plastic products.

### Green Partners

**We invite all the participants as our Green partners. You can bring a worn running shirt (made in polyester) with you and put it into the recycle box on site.** The Taiwan local textile company will recycle your running shirt and produce some new t-shirts for next championship. We also recommend you to bring and use your own toiletries and flip-flops, to avoid small packaged toiletries waste and dispense with disposable bathing slippers.

The participants will have the chance to experience more green technologies in the race. Such as the power source on site is the hydrogen power provider instead of diesel fuel generator. However, we need your cooperation as well, please bring your own water cup, then we can reduce a huge amount of paper water cups. Let's have a green race together!



## 11 WEATHER CONDITIONS

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Athletes need to be prepared for all types of weather conditions and should take into account the possibility of rain.

### Average weather conditions during the last 5 years in Taipei:

December 1-2	Temperature			Precipitation	Humidity	Wind Speed
	Average (°C)	Max (°C)	Min (°C)	Average (mm)	Average (%)	Average (m/s)
<b>2022</b>	16.6	24.8	8.3	90.5	82	5.8
<b>2021</b>	18.3	27.2	12.3	54.0	77	5.9
<b>2020</b>	18.1	26.4	7.6	145.0	88	7.9
<b>2019</b>	19.7	29.5	11.6	136.2	77	7.9
<b>2018</b>	19.5	30.5	12.3	54.4	75	7.7

For more information, please visit Central Weather Bureau website: <https://www.cwb.gov.tw/eng/>

## 12 VISA

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### Please visit the website for visa detail and information.

Bureau of Consular Affairs, Ministry of Foreign Affairs, TAIWAN

<https://www.boca.gov.tw/np-137-2.html>

**Passports must be valid for at least 6 months**, and visitors must have a confirmed return air/sea ticket or air/sea ticket or a visa for the next destination, and a confirmed seat reservation for departure flight.

Taiwan allows visa-exempt entry for visitors intending to stay for short periods of time for certain passport holders. Categories include tourism, visiting friends or relatives, business, attending exhibitions, fact-finding, social visits, and international exchanges.

Visitors who are not eligible for visa-exempt entry may be eligible for entry via a different scheme by way of approved third country visas or may be eligible for online e-visa application. Others are required to apply for a visa at a diplomatic mission abroad. For more information, please check the above link.



## 13 TRAVEL & TRANSPORTATION

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### Taipei is served by two airports:

#### Taiwan Taoyuan International Airport (TPE)

This is the main airport in Taiwan. Its majority served for most of the international flights. Buses or MRT to Taipei and the HSR shuttle bus direction can be found inside the terminals.

<https://www.taoyuan-airport.com/?lang=en>

The TPE airport is located 40km away from accommodation and the venue. The road distance can be covered in about 1 hours by driving.

#### Taipei Songshan Airport (TSA)

This airport is in Taipei city. It scheduled flights serving domestically in Taiwan, and to some cities in East Asia. MRT Station (BR13) and Taxi can be found outside the terminals.

<https://www.tsa.gov.tw/?culture=2>

The TSA airport is located 7km away from accommodation and the venue. The road distance can be covered in about 20 mins by driving.

### **China Airlines – Best Fare** (Updated on August 24)

China Airlines brings people together every day, all around the world. The global route network of China Airlines and its cooperating partner offers optimal connection and combination options, so you will benefit from a quick flight to Taiwan.



If you choose to take China Airlines, you can receive the best fare by entering the **Corporate ID: TW052053** while booking the flight ticket on the following website. You will reach the booking platform via this link: <https://www.china-airlines.com/> and select the country / region of your departure. The best fares in your country / region will automatically be displayed when you search, and varying at different flight locations.

### **Local Transportation**

Taipei is a city of public transport. You can find more detail information of public transportation through following link: <https://www.travel.taipei/en/information/trafficlist>

The LOC will organize the transportation for the athletes staying in the official accommodation, from and to the race venue for the competition on the race day: 2-3 hours before start, and 1-1.5 hours after finish. The final schedule will be announced at the technical meeting.

During the race, there will be a shuttle service between the venue and the accommodation.

<b>Race Venue → Chientan Youth Activity Center</b>		
<b>Time</b>	<b>December 1, 2023 Friday</b>	13:00, 15:00, 17:00, 19:00, 21:00, 23:00
	<b>December 2, 2023 Saturday</b>	05:00, 07:00, 09:00, 11:00
<b>Chientan Youth Activity Center → Race Venue</b>		
<b>Time</b>	<b>December 1, 2023 Friday</b>	14:00, 16:00, 18:00, 20:00, 22:00
	<b>December 2, 2023 Saturday</b>	06:00, 08:00, 10:00

## 14 ACCOMMODATION

There are a variety of other accommodations available in Taipei. Please refer to the following links <https://taiwanstay.net.tw/> or use the booking apps like Booking.com, Agoda, or others.

The race venue is at the riverside park; it's about 1.5-2K from the MRT station (R14, O10, O9), you can easily find the accommodation in that area.



## 15 MEDICAL & INSURANCE

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### **Physiotherapy Services**

Physiotherapists will be at the competition venue during the race. There will be an open area at the venue for medical treatments. The service time will be announced on site.

### **Medical**

The safety and welfare of competitors is of paramount importance to the Medical Team. In accordance with rule 53.1 of the WA Competition Rules, each Federation agrees to submit the following information surrounding its runners:

- a. Any medical history and/or pathology – in particular those which may increase their risk during exercise.
- b. The regular use of treatments and medicines in the 15 days leading up to the race.
- c. All requests form of use of medicines subject to a Therapeutic Usage Exemption (TUE).
- d. Accept to answer any request the Medical Team may make based on the information submitted in order to discuss the runner`s ability or not to participate in the competition.
- e. Accept that, under rule 144 of the WA Competition Rules, the Medical Team decision on participation before or during the race is final.
- f. Any RTPCR/Vaccination Report will be as stipulated by the local government.

### **Doping Controls**

For certain medical conditions, athletes may apply for a Therapeutic Use Exemption (TUE) for the use of prohibited substances and methods under the World Anti-Doping Code (WADC). The procedure is regulated for all athletes worldwide in the International Standard for Therapeutic Use Exemptions (ISTUE). WORLD MASTERS ATHLETICS offers you as an athlete wishing to compete the following service to obtain a TUE if needed:

Please submit the completed form to the WMA TUE Coordinator- Carole Filer:  
[wmatuesec@gmail.com](mailto:wmatuesec@gmail.com) and keep a copy of the form for your records.

If there are further questions arising from this Form or regarding the relevant procedures for standard applications for TUEs on an international level, please also contact Carole Filer by above email.

Please acknowledge that it might take some time before you receive the official document (TUE). It is advisable to ask ahead of time for the specifics of the procedure and how much time it will take to receive the TUE document. You need to hand in a copy of the TUE with your registration at the championship. Furthermore, you should have a copy of your passport and TUE available on race day in case of a doping control.

If you use substances or take medications, even if they are not on WADA's current Prohibited List, the following applies: Please declare all your substances and medications on the doping control form during a doping control.

**Doping Sanctions:** <https://world-masters-athletics.com/sanctioned-athletes-2/>

## **Insurance**

The LOC provide public liability insurance and medical cover for the race on site. Participants or Member Federation are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from 2023 WMA 24H World Championships and during the event itself. Please take necessary steps to fulfil these requirements well in advance.

A person who registers on the website or submits the entry form with the team means that he/she agrees and consents to accept medical treatment from the LOC or their medical personnel in the event. In the event of any emergency medical treatment or services provided to the person requiring the payment of fees, he/she agrees to pay these fees upon request.

## 16 HOST INFORMATION



### TAIWAN

<b>Location:</b>	East Asia
<b>Capital:</b>	Taipei
<b>Area:</b>	Taiwan: 36,000 km <sup>2</sup> Taipei: 271 km <sup>2</sup>
<b>Population:</b>	Taiwan: 23,361,084 Taipei: 2,501,988
<b>Language:</b>	Taiwanese, Traditional Chinese, English
<b>Currency:</b>	New Taiwan Dollar (NTD\$)
<b>Local Time:</b>	GMT+8 / UTC+8
<b>Electricity:</b>	110V, socket Type A & Type B
<b>Business Hours:</b>	Office: Weekdays 09:00-18:00 General Stores: Almost open daily 10:00/11:00-21:00/22:00 Convenience Stores: Open daily, 24 hours a day (some open at 07:00~23:00)
<b>Useful Phone Numbers:</b>	Emergency Numbers Police (Free Service):-: 110 Emergency Numbers Fire, Ambulance (Free Service): 119 24-Hour Toll-Free Travel Information Hotline: 0800-011-765

## Tourist Attraction

Taipei is the capital city of Taiwan. Taipei is a place that foreigners can get around easily. Taipei is home to various world-famous architectural or cultural landmarks which include Taipei 101, Chiang Kai-shek Memorial Hall, Dalongdong Baoan Temple, Hsing Tian Kong, Lungshan Temple of Manka, National Palace Museum, Presidential Office Building, Taipei Guest House, Ximending, and several night markets dispersing over the city. Its natural features such as Maokong, Yangmingshan, and Beitou hot springs are also well known to international visitors.



## Travel in Taipei

<https://www.travel.taipei/en>

## Money Issues

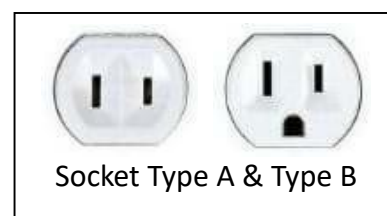
The currency of Taiwan is the new Taiwan Dollar (NTD\$). Foreign currencies can be exchanged at airport, government-designated banks and some hotels front desk. Receipts are given when currency is exchanged, and must be presented in order to exchange unused NT dollars before departure.

Cash is more widely accepted in the street snack bars; and the credit cards are accepted in the shops or restaurants. Most of local stores do not receive Traveler's Check, therefore travelers who have Traveler's Check, please exchange for NT dollars.

Hotels and restaurants in Taiwan often charge a 10% service fee included. Even though tipping is not mandatory, the service staff greatly appreciate if you tip them for their good service.

## Electricity

Taiwan uses electric current of 110 volts at 60 cycles, appliances from Europe, Australia or South-East Asia will need an adaptor or transformer. Many buildings have sockets with 220 volts especially for the use of air conditioners.



## Getting Around

To get around in the city, you can take advantage of the bus or MRT system. Get a copy of the local tour guide or bus / MRT book, it can tell how to get where you want to go. If you are planning on traveling for longer distance, the High-speed Railway or railroad system should be handy.

## Bus/MRT/Taxi

The MRT system is popular in Taipei, and they are neat and convenient. You can easily transfer between MRT and buses to most scenic spots.

There is lots of Taxi in Taipei city; there is a fixed price system by distance. Uber service is popular as well in Taipei.

