

**CYCLING CAMP—EXPLORE TAIWAN**  
**Ride for helping Disadvantaged Youth**  
**3<sup>rd</sup> July - 24<sup>th</sup> July 2014**



**Sponsored by**  
**Rotary International D3480 & D3500**  
**Department of Education, Taipei City**

# Rotary International District 3480 and 3500

## Explore Taiwan Cycling Camp 2014 & Short Term Exchange

Theme of Camp	“Ride for helping Disadvantaged Youth” Raising fund at NT\$1 on every Kilometer ridden to help disadvantaged youth for better learning environment.
Home Stay (STE)	Thursday, 3rd ~ Saturday, 5 <sup>th</sup> July 2014 and Wednesday, 16 <sup>th</sup> ~ 24 <sup>th</sup> July 2014
Cycling	Sunday, 6 <sup>th</sup> ~Wednesday, 16 <sup>th</sup> July 2014
Host Country	Taiwan, Republic of China
Sponsor District	D-3480 and D-3500
Contact Address	RI D-3480 Youth Exchange Committee Office 4F, No.67, Pao-Ching Road., Taipei 100, Taiwan Tel: +886-2-2370-3322; +886-2-2370-0055 Fax: +886-2-2370-7776 E-mail: r3480yep@ms78.hinet.net
Session and Achievement	Duration of the camp is to be 21 days in total including home stay. The participants will stay with host families for the first 3 days after arrival and the last 7 days after biking. The participants for the biking journey will travel around Taiwan for 11 days and 10 nights to discover the beauty of Taiwan, (Formosa, the beautiful island), including 9 days on bike and two days for touring (relax on Beach in Kenting and Rafting in Hualien).
Important Dates for Applicants	<p>25<sup>th</sup> April 2014 Deadline for applications</p> <p>5<sup>th</sup> May 2014 Announcement of acceptance or rejection</p> <p>30<sup>th</sup> May 2014 Deadline for receipt of personal and flight information</p> <p>3<sup>rd</sup> ~5<sup>th</sup> July 2014 Warm-up and stay with host families</p> <p>6<sup>th</sup> ~16<sup>th</sup> July 2014 Cycling</p> <p>17<sup>th</sup>~24<sup>th</sup> July 2014 Cool-down, stay with host families and enjoy family life in Northern Taiwan</p>



Costs	US\$800.00 per person
Bike System	To be provided by Giant Manufacturing Co. Ltd. (A well-known bike manufacturer)
Route:	Taipei→ Hsinchu→ Wuchi (Taichung)→ Chiayi → Kaohsiung→ Kending (Pingtung)→Sihjongchi→Chihpen (Taitung)→ Juisui(Hualien)→ Changbin→ by train to Lodong (Yilan)→ Xindian MRT Station (Taipei)
Insurance	The participants must be insured covering illness, accident and third party damages in accordance with Rotary International recommendations for Short Term Youth Exchange Program (STEP). Your insurance-coverage must be in accordance with RI recommendations, e.g. US\$ 500,000.00 for illness and accident, US\$ 100,000.00 for emergency repatriation, and US\$ 10,000.00 for death remains.
Clothing and Equipment	The equipment or clothing should orientate itself to following activities: <b>Cycling, bathing, recreation, a small rucksack for biking and rainwear.</b> <b>All participants have to bring their own cycling gears, such as gloves, sun glasses, cycling suits and changes, shoes, sun protection cream and other items for cycling use</b> A free-rent FCR27 variable-speed bike with helmet is to be offered by Giant Manufacturing Co. Ltd. Plus free gift of a short sleeves professional biking top and a water bottle.
Arrival/Departure	<b>To arrive at Taiwan C.K.S Airport (Taiwan Taoyuan International Airport) on/before Thursday, 3<sup>rd</sup> July 2014 but no later than Saturday, 5<sup>th</sup> July and to depart on Thursday, 24<sup>th</sup> July 2014.</b>
Pick up / Drop off at Airport	By Designated Host family
Age of Participant	18 to 25, no gender restrictions
Participant's requirement	Up to 20 participants; no more than 2 participants from each country, on first come first served basis. However the camp will be subject to cancellation if total number of applicants is less than 15. <b>Important Note:</b> Please do not apply for the event if you have the following illness! Epilepsy, heart disease, hypertension (high blood pressure), or physical problems for cycling.

## Explore Taiwan Cycling Camp Route Schedule\*

Days	Date	Biking Dist. in KM	Daily Start and End	Lunch	Dinner
6-16/7 Biking round the Beautiful Island					
Day1	6/7	100	Taipei (Tataocheng) →Hsinchu	Shihmen Restaurant	Local Cuisine
Day2	7/7	100	Hsinchu→Wuchi (Taichung)	Pizza at Giant Co., Tachia	Dinner at Hotel
Day3	8/7	100	Wuchi (Taichung)→Chiayi	Siluo Local cuisine and Chinese bowl rice cake	Chiayi turkey dishes
Day4	9/7	125	Chiayi→Kaohsiung	McDonald	Hotel Chinese cuisine
Day5	10/7	105	Kaohsiung→Kentung (Pingtung)	Local Chinese Light Lunch	Kending Night Market (at your own expenses)
Day6	11/7	23	Kending→Sihjongsii <a href="#">South Bay Beach water sports</a>	Light lunch at beach	Hotel Chinese cuisine
Day7	12/7	108	Sihjongsii→Chipen (Taitung) <a href="#">Enjoy hot spring</a>	Shungwu Seafood Restaurants	Hotel Chinese cuisine
Day8	13/7	125	Chihpen→Juisui (Hualien)	Chishang Lunch Box	Hotel Chinese cuisine
Day9	14/7	10	Juisui→Changbin (Hualien)	Lunch Box	Sea Food Restaurant
Day10	15/7	80	Changbin→Lodong (Hualien→Yilan by train)	Railway Lunch Box	Chinese cuisine (Also London Night Market)
Day11	16/7	80	Lodong → Xindian MRT Station (Taipei)	Lunch Box	ETA 15:00
16 <sup>th</sup> –23 <sup>rd</sup> July will be hosted by individual family, further visit places of interesting and enjoy wonderful cuisine in northern Taiwan					
24 <sup>th</sup> July 2014 Leaving Taipei for home					
* Subject to change with notice					

# General Information of Taiwan

Area : 36,000 square kilometers

Population : 23 millions

Languages :

Mandarin / Taiwanese

Hakka and Indigenous

Languages

Religion : Buddhism / Taoism

Christianity / Mormonism

Hinduism and Islam

Electricity : 110 Voltages





## INTRODUCTION OF TAIWAN

Taiwan's total land area is only about 36,000 square kilometers; it is shaped like a tobacco leaf that is narrow at both ends. It lays off the southeastern coast of the mainland Asia, across the Taiwan Strait from Mainland China--an unmatched island on the western edge of the Pacific Ocean. To the north lies Japan; to the south is the Philippine. Many airlines fly to Taiwan, helping make it the perfect travel destination.

Taiwan lies on the western edge of the Pacific "rim of fire," and continuous tectonic movements have created majestic peaks, rolling hills and plains, basins, coastlines, and other wonders. Taiwan sees climates of many types: tropical, sub-tropical, and temperate, providing clear differentiation between the different seasons. There are about 18,400 species of wildlife on the island, with more than 20% belonging to rare or endangered species; among these are the land-locked salmon, Taiwan mountain goats, Formosan rock monkey, Formosan black bear, blue magpie, Mikado pheasant, Hsuehshan grass lizard, and many more.

The government has established 7 national parks and 13 national





scenic areas to preserve Taiwan's best natural ecological environment and cultural sites.

Take a hike in the splendor and sheer heights of the cliffs at Taroko Gorge; take a ride on the Alishan forest railway - one of only three mountain railways in the world--and experience the breathtaking sunrise and sea of clouds; hike up to the summit of Northeast Asia's highest peak, Jade Mountain.

You can also soak up the sun in Kending, Asia's version of Hawaii; stand at the edge of Sun Moon Lake; traipse through the East Rift Valley; or visit the offshore islands of Kinmen and Penghu. It's fun in capital letters as well as an awesome journey of natural discovery!

Take a cycling Round The Island of Taiwan is most exciting and challenging leisure activity during summer in Taiwan, you will traveling through most of the beautiful scenery spots island wide, visiting various tribes, experiencing different cultures, taking various foods, enjoying sun





shining and a lot more. We will cruise from north to south and from west to east, and try to cover the place of interesting in Taiwan as many as possible for you to bring back a life long memory.

You should not miss the culture aspects here in Taiwan either. The integration of Hakka, Taiwanese (Ming-Nan), indigenous -- has led to variety of Taiwanese culture. Whether it is religion, architecture, language, living habits, or food, it's just one big exciting melting pot! Food is the best representative of this cultural mixing and matching.

Aside from cuisine from different parts of the Mainland China such as Zhejiang, Hunan, Guangdong, Yunnan, Shanghai, Beijing, Sichuan, and others, there is also the local Taiwanese cuisine as well as the local delicacies of each area.

The Island of Taiwan is unique in geographical features and landforms. We are able to reach seashore or mountains of 1,500 meters altitude in an hour drive. So why not apply for the Tour of Round the Island of Taiwan



Cycling Camp in Summer 2014. Come to explore the Beautiful Island Formosa on Bike. En route we are riding through three national parks out of the seven mentioned, they are Taijiang National Park, Kending National Park and Taroko National Park.

The duration of Camp will be lasting for three weeks, cycling trip takes 11 days in total, however one day each at Southern tip (Kending beach) and East Coast (Taroko Gorge-Hua Lien) will have no cycling but offer campers extra time enjoying suntan on white sand beach, seeing more the nature beauty of gorge and admiring the power of rain force as well as stream.

Besides cycling you will stay with host family in Taipei city or northern Island for ten (10) days, three days before cycling and seven days after. All participants will have ample time to experience convenience of local public transportation, such as subway, bus and taxi at reasonable fare; you can almost go anywhere without transportation problem. Enjoy hospitality and enthusiasm of people on the island. Visiting different night market tasting various cuisines and doing shopping.





# 2014 Explore Taiwan Cycling Camp Organizing Office

## 2014-2015 District Governor

District 3480	District 3500
DG Naomi/LIN, Luan-Fong	DG Rock /CHEN, Chuan-Shiung

## Youth Exchange Committee Chair 2014~15

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## Youth Exchange Committee Chair 2013-2014

District	District 3480	District 3500
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## Cycling Camp Coordinators

	Coordinator
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Ms. Roxanne/OUYANG, Li-chen  
 Secretary

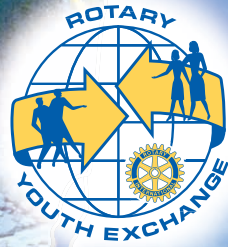
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**TAIWAN**  
*Touch Your Heart*