

The Guidebook for Tibetan
in Taiwan



在台藏人資源手冊

ཅུ་ཅུ་ཤེ་ཕན་བོད་
མི་ཚོ་དོན་ལག་དེབ།

Stand on our own feet

ཅུ་ཅུ་ཤེ་ཕན་བོད་མི་ཚོ་དོན་ལག་དེབ།



ཤེ་ཕན་བོད་

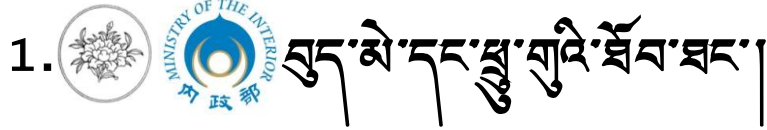
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1. ལུང་མེ་དང་སྐུ་གུའི་ཐོབ་ཐང་།

Women and Children ~ 婦女及兒童

Q1: Where can I find the hospital in Tao-Yuan or in Taipei?

在桃園或台北哪裡可以找到醫院？

Hospital		Address	Ph. no.
衛生署桃園醫院	Tao Yuan General Hospital	桃園市中山路 1492 號	03-3699721
衛生署台北醫院	Taipei General Hospital	新北市新莊區思源路 127 號	02-22765566
敏盛醫院經國院區	Min-Sheng General Hospital	桃園市經國路 168 號	03-3179599
聖保祿醫院	Saint Paul's Hospital	桃園市建新街 123 號	03-3613141
恩主宮醫院	En Chu Kong hospital	新北市三峽區復興路 39 號	02-26723456
林口長庚醫院	Lin Kou Chang Gung Memorial Hospital	桃園縣龜山鄉復興街 5 號	03-3281200
台大醫院	National Taiwan University Hospital	台北市中正區中山南路 7 號	02-23123456
榮民總醫院	Taipei Veterans General Hospital	台北市北投區石牌路二段 201 號	02-28712121
聯合醫院和平婦幼院區	Taipei City Hospital Children Branch	臺北市福州街 12 號	02-23916470
聯合醫院仁愛院區	Taipei City Hospital Ren-ai Branch	臺北市大安區仁愛路四段 10 號	02-27093600
聯合醫院和平醫院	Taipei City Hospital Heping Branch	台北市中華路二段 33 號	02-23889595

Q2: Can I ask important information regarding pregnant mother, infant baby? 關於孕婦及新生兒的相關訊息可以從哪裡取得?

A: You can receive information from general hospital and social department from respective government office in your area. 您可以在各地婦產科醫院及健康服務中心(衛生所)取得相關資訊。

Q3: Where can I get social aid for my infant baby?

家裡有孕婦或新生兒可以申請什麼樣的補助?該去哪裡申請?

A: You can visit to your domicile area household Registration office or can contact government social welfare department and consult for the infant baby aid program and its allowances 您可至戶籍所在地的戶政單位或社會科(處)詢問,發放金額與規定各鄉鎮公所皆不同。

City govt		Allowances	Contact information
Taipei	生育獎勵 育兒津貼	20000 NTD. On birth per baby. 2500 NTD per month. Children under 5 years old 生育獎勵：每胎兩萬元。育兒津貼：五歲以下孩童，每月 2500 元	Respective Domicile area office. Department of Social Welfare TaipeiCity. Dial 1999 citizen hotline services 02-2720-8889
New Taipei city	生育獎勵	Taipei county 20000 NTD on birth. 生育獎勵：每胎兩萬元	Respective Domicile area office. Department of Social Welfare. New Taipei City. 02-29603456
Tao Yuan City	生育獎勵	Allowances range from 3000 ~12000 NTD 津貼金額為 3000 ~12000 元不等	Tao Yuan Social Welfare Bureau. 03-3322101#6410

Q4: It's important to take vaccination for baby and is it free?

打預防針很重要嗎?它是免費的嗎?

A: Yes, it is very important to take vaccination in health center in area municipal office or you can also take vaccination in hospital.

幫新生兒打預防針是很重要的，避免幼兒因疾病傳染而早逝。你可以到當地的健康服務中心(衛生所)或者是到各個醫院去施打。預防針大多數是免費的，但你也可以自己花錢施打更多的預防針。

Q5: To enroll newborn baby to household registration book what documents we must submit? 新生兒入戶籍需要準備哪些文件?

A: Parents ID, household registration certificate and birth certificate. 父母身分證、戶籍謄本與出生證明。

Q6: Can I keep Tibetan traditional name for children?

我可以幫小孩取西藏名字嗎?

A: Of course, under article law Tibetan don't have sir name and they can used their Tibetan name. 當然可以。可依「內政部 86 年 06 月 22 日台(86)內戶字第 8601664 號函釋意旨：藏俗稱名不稱姓」辦理。

Q7: How much I have to pay for the delivery process in hospital?

在醫院生產需要多少錢?

A: If you have NHI during your pregnancy, you don't need to pay much for natural birth but if you went by dissection than u might have to pay little more. 自然產健保給付後，只須負擔一萬元以下。自願性剖腹生產費用約三萬元左右，若是非自願性剖腹則健保會給付。

Q8: If I have labor insurance and employment insurance, during my pregnancy what allowance I can enjoy?

如果我有勞保與就保，當我懷孕時我可以享有哪些福利

勞保與就保四大好孕 4 privileges for pregnant mother having labor insurance and employment insurance		
1	產假 Maternity leave	8 週 (56 天)。薪水照領。 You can take 56 days maternity leave and still can have same salary.
2	生育給付 Birth encouragement allowance	依過去半年的平均薪資，給付 1 個月的薪資。(需懷孕時有投保) You can apply for birth encouragement allowance and this might be pay by calculating your average salary of 6months.
3	育嬰留職停薪津貼 Mother's rights on her job	就業保險年資合計滿 1 年以上，子女滿 3 歲前，依性別工作平等法之規定，辦理育嬰留職停薪。可領半年補助 (過去半年平均薪資之 60%) Having paid insurance more than a year and before children reaching 3years old, according to labor insurance law u have rights to take long-term leave and to keep your job.
4	陪產假 paternity leave	受僱者於其配偶分娩時，雇主應給予陪產假三日。陪產假期間工資照給。 You can have 3days leave to give company to your wife and baby.

Q9: How can I find nanny for my children?

我可以去哪裡找褓姆?一天的費用大概多少錢?

A: You can consult local government social department and it is best to have license nanny. If the nanny works 12hrs a day with average 8days off days can pay the fees approximately ranging from 10000~20000 NTD. 您可向各縣市政府社會局詢問，最好聘請領有執照的褓姆，照顧才有保障。費用約每月10000~20000元(每日12小時、約休八天)

Q10: When I should apply for the Taiwanese ID for the newborn baby? 我什麼時候可以幫新生兒申請台灣的身分證?

A: Generally you can apply your child's ID on his 14 birthday or if for emergency purpose and needed parent can go direct to your domicile area office to apply for the child's ID.

原則上年滿十四歲才需申請身分證。若有須要亦可提早申請，可持父母(法定代理人)的身分證件，至戶政事務所辦理。

Q11: When I should apply the National Health Insurance IC card for my children? 我何時可以為孩子申請健保卡?

A: Newborns May Access NHI Medical Services with Parents' NHI IC Cards up to 60 Days after Birth. It's very important to BNHI will Urges Parents of Newborns to Complete Household Registration and NHI Enrollment as Soon as Possible.

如果新生兒在出生未滿一個月內生病，可以使用媽媽的健保卡看病，若已辦好戶口，急需使用健保卡，也可以直接到各分局服務窗口辦理，只要三十分鐘就能取卡喔!也可使用郵寄申請，約須七個工作天。

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9/14 台北市政府社會局 函請 貴局協助辦理

台北市政府社會局 函請 貴局協助辦理

台北市政府社會局 函請 貴局協助辦理

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2. རྟེན་ལོན།
Education ~ 教育



Q1: Where I can study Tibetan language and culture in Taiwan?

在台灣我可以去哪裡學習西藏語言與文化？

A: Regarding Tibetan and culture studies you can consult

Mongolian and Tibetan commission : 02-2356-6442

Also contact Dalai Lama Tibetan office: 02-2736-0366.

可詢問蒙藏委員會藏事處，電話為 02-2356-6442

也可以詢問達賴喇嘛宗教基金會，電話 02-2736-0366.

Q3: Any place that the children at the age of 7~12 can send and

get extra activity or tutoring after school?

七至十二歲的孩童於課後，可以去哪裡參加課外活動或家教呢？

A: Please consult school administration for extra after class

tuition and also participate after school child care center.

可以先詢問學校是否有舉辦課後輔導，同時也可以自費參加校外的安親班。

Q2: Do Tibetan can apply for the ethnical Tibetan certificate From MTAC and can I received certificate taking Tibetan class organized by MTAC? 在台藏胞仍可向申請西藏族籍證明嗎？當我參加 MTAC 的西藏課程，我可以拿到證書嗎？
A: 藏胞參與高中學測、大學指考可申請加分

	Procedure 流程	Documents 所需文件	Venue 主管單位
Step 1 步驟一	Apply ethnic Tibetan certificate from MTAC. 申請族籍證明	Application form. ID of applicant. Household registration. 2.passport size photos. 申請表、身分證、戶籍謄本、照片兩張	Mongolian and Tibetan commission. 蒙藏委員會 台北市中正區徐州路 5 號 4 樓 02- 2356-6450
Step 2 步驟二	Tibetan class organized by Mongolian and cultural center 參加蒙藏文化中心的藏文班	Ethnic Tibetan certificate Application forms 族籍證明申請表	Mongolian and Tibetan culture center. 台北市青田街八巷三號 02-23514280
Step 3 步驟三	Participate for Tibetan exam held by National Cheng Chi university and MTAC 參加政治大學與蒙藏會合辦之語言鑑定	Application form ID of applicant Highest level of school certificate 2 passport photos 申請表、最高學歷證書、照片兩張	National Cheng Chi university 台北市文山區指南路二段 64 號 02-29393091
Step 4 步驟四	Get certificate and mark sheet. 取得證書	For Tibetan who participates in Tibetan exams held by National Cheng Chi university can add 25% during entrance exams.	

Q4: Can I get tuition allowances or education aid from government? 我可以從任何政府部門得到學費津貼或社會補助嗎？

A: You can check MTAC website for education scholarship and allowance. You can also take education loan from government bank. 您可上蒙藏委員會的網頁了解相關獎學金的補助辦法，若有須要亦可向公家銀行申請助學貸款。

Q5: What are the documents needed and the procedures for my children who have Taiwan ID but studied his pre-school in abroad and wanted to join school in Taiwan? 我的子女擁有台灣身分證，但是在印度就讀中學，現在想在台灣念國中，應該準備什麼文件，申請流程為何呢？

A: You can consult to your domicile area office with your overseas school documents and birth certificate attested from nearest Taiwan embassy. We suggest parent should think carefully before shifting children learning environment to another country and beside language plays essential role in bringing children academic life. 您可以向戶籍所在地的公立學校提出申請。因為中文學習須要長時間養成，故不建議讓孩子國中才在台灣就學，應該提早計畫，最好讓孩子小學時就能在台灣念書。

Q6: How much school fees for junior high school to senior high school in Taiwan? 在台灣從國中到高中，學費是多少呢？

A: Public junior school fees 1500 per semester and public high school 10000 NTD average per semester.
公立國中每學期約一千元左右，公立高中則在一萬元左右。

Education office in local government.		
台北市政府教育局 Taipei City Government, Department of Education	臺北市信義區市府路1 號	1999 citizen hotline
新北市政府教育局 New Taipei City Government, Department of Education.	新北市板橋區中山路1 段 161 號 21 樓	1999 02-29603456
桃園縣政府教育局 Educational Bureau Taoyuan County Government	桃園縣桃園縣府路 1 號 14-15 樓	03-332-2101
台北市新移民婦女暨家 庭中心 Taipei New Immigration Women and Family Service Center	臺北市大同區迪化街 一段 21 號 7 樓	02-2558-0133
桃園縣新移民學習中心 Taoyuan County Immigration Learning Center	桃園縣平鎮市龍南路 315 號	03-450-6279, 450-1450#222
台北市家庭教育中心 Family Education Center, Taipei City government	臺北市中山區吉林路 110 號 5 樓	02-25419690# 20
新北市家庭教育中心 Family Education Center, New Taipei city government	新北市板橋區僑中 一街 1-1 號 (大觀 國中教研中心 4 樓)	02-2272-488 1
桃園縣家庭教育中心 Family Education Center Taoyuan County Government	桃園縣桃園市莒光街1 號	03-3323885

Q7: Which school that my spouse or new immigrant can attain Chinese cultural classes in Taiwan?

在台灣有哪些學校可以讓我的配偶或新移民學習中國文化?

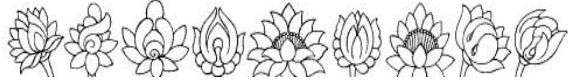
A: You can consult different local education office from your area as followings

您可詢問各縣市的教育局(處)、家庭教育中心、國中小學補習學校、新移民學習中心、社區大學。依各縣市及各單位業務辦理與經費的不同，其所舉辦或提供的服務也不盡相同，建議可撥電話詢問或親自前往了解。

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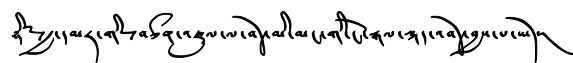
3.  **མཐོག་ནང་རོགས་རམ།**

Medication ~ 醫療

Q1: Where, when and how to apply national health insurance card?

Bureau of National Health Insurance 行政院衛生署中央健康保險局 (健保局)		
BNHI main Office	台北市大安區 10634 信義路三段 140 號 健保諮詢服務專線: 0800-030598	
Where?	Taipei	臺北市公園路 15-1 號 5-9 樓 02-2523-2388
	Taoyuan	桃園縣桃園市介壽路 11-4 號 03-4339111
	Zhong li	桃園縣中壢市中山東路三段 525 號 03-4339111
When ?	Foreigners and new immigrant who reside Taiwan after 4 th month continuously. 外國人和新移民須居住滿四個月始可申請。有一定僱主之受僱者則不在此限。	
How ?	With your passport, ARC or ID go direct to office or you can apply through postal office. 持護照、居留證或身分證直接向健保局申請	

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Q2 : What are the main policies of BNHI and is it compulsory to join BNHI program ? 參加全民健康保險可享有什麼權利？

A: The BNHI is our main health insurance policy which eliminate the financial barriers to seek medical services. The fact that we can't predicts the accidental and severe illness. If you join BNHI, this policy insures your health care medication and also enjoys the medical facilities. There fore it is our privilege to join BNHI program and compulsory to join BNHI program.

發生疾病、傷害、生育事故時，由保險醫事服務機構提供門診、住院及藥品等醫療服務。享有預防保健給付，包括兒童牙齒預防保健、及成人健康檢查。因情況緊急，須立即就醫而未帶健保卡者，其醫療費用可依規定申請核退。

Q3: Why national health insurance policy is compulsory?

全民健康保險為何要採行強制投保方式辦理？

A: The BNHI health program in current era act as a mutual aid social insurance policy which provides a wide range of medical facilities from infant to old citizen, poor to rich person with the aim to bring happiness and to ascend the living standard of all citizen. The BNHI executive Yuan believe with the strength and responsible of every citizen, we can make Taiwan a better place to live.

全民健康保險是屬於一種社會互助、危險分擔的社會保險制度。若不採行強制投保方式，而採行任意投保方式辦理，則難免會發生逆選擇現象，那就是風險及需求較高，負擔能力較弱的人，多想透過參加保險，而獲得幫助與保障，其結果就很容易形成弱體保險，使保險業務難以正常經營，保險制度也難以健全發展。社會互助更能發揮作用，才必須採行強制投保方式經營辦理。

Q4: What are the penalty and punishment if we don't pay the NHI IC bills on time? 如果我們不繳納健保費會有什麼罰則呢？被保險人不按期繳納保險費，權益會受到什麼影響？

A: The NHI being compulsory and basic health policy, we have duties to fulfill the basic requirements to pay NHI bills on time. If you don't pay the NHI bills that means you don't have health insurance, for example under certain circumstances you might feel very unease if you face medical emergency situation. Unless you exit from Taiwan forever, NHI Bills are as compulsory to pay by law and NHI fees are calculated as u reside legally in Taiwan. 須自費就醫，若想恢復健保就醫，則必須繳納積欠的健保費用。（可申請分期繳納）

Q5: How much I have to pay for NHI IC card per month?

每個月的健保費是多少呢？

A: NHI card payment depends on your salary, lowest payment is 244 NTD and if you are 6th category means jobless has to pay average arrange of 600~700 NTD.

有工作者依投保薪資而有不同，最低 244 元。若無工作投保（第六類）每月約六百至七百元。

Q6: How much it cost to take general health check up in Taiwan hospital? 在台灣的醫院，一般健康檢查須要多少錢？

A: Health check up in Taiwan hospital depends on checkup list and mostly health check are done without NHI IC card health checkup is quit expensive, fees ranging from 500~20,000 NTD.

約 500 元到幾萬元皆有，須視不同檢查項目而定。

Q7: What are the free health check-up activities organize by Bureau of National Health Insurance (BNHI)? 健保局提供哪些免費的健康檢查？

A: Bureau of National Health Insurance (BNHI) or with NHI card u can get free health check up.

檢查項目	對象
口腔癌檢查 Mouth cancer	滿 30 歲以上，有(曾)嚼檳榔或抽煙民眾，兩年一次免費檢查
大腸癌糞便檢查 Large intestine checkup.	滿 50-69 歲，兩年一次免費檢查
婦女抹片檢查 Cancer check for womb	滿 30 歲以上婦女，一年一次免費檢查
成人健檢 Adult free health check up.	滿 40 歲以上，三年一次免費檢查 滿 65 歲以上，一年一次免費檢查

Q7: What are the free health check-up activities organize by Bureau of National Health Insurance (BNHI)?

A: Bureau of National Health Insurance (BNHI) or with NHI card u can get free health check up.

健保局提供哪些免費的健康檢查？

Q7: Please give us feedback vision that how we should see doctor in big hospital? 在大醫院回診流程

A: The procedures are as follow:

Step 1 掛號	Step 2 看醫生	Step 3 拿繳費單	Step 4 領取藥
Registration	Visiting doctor	Doctor's prescription	Taking medicine
It can be done by computer, phone call and by visiting direct to hospital. First take no. for the registration.	Regarding your illness you can go direct to clinical department or you can ask help from information desk for the direction.	Nurse might ask you to stay out side for while and than handle medical prescription and bills.	By looking at the numbers on the bill u can collect the medicine.
Please bring your ID, health insurance card.	You can speak English with most of doctors.	Go to registration area or billing area and pay the fees.	If u still has a doubt consuming medicine, you can consult pharmacies.

Q8: Recently I felt serious chest pain, severe cough and noticed blood-tinged sputum. What department in the hospital I should be consulting? 最近我感到胸痛、咳得厲害且發現痰中有血，我應該到醫院掛何科別呢？

A: Please take hospital admission to Division of Chest and please bring your identification and NHI card. 請先去醫院掛胸腔科。

Q9: If I am a Tuberculosis (TB) patient, how much money I have to pay for the medication? 如果我得到肺結核，醫療費用是多少？
A: In Taiwan Tuberculosis consider as transmitted severe disease and within BNHI policy patient don't need to pay for his medicine fees. 肺結核為法定傳染病，健保局會補助醫療費用，無須擔心。

Q10: If you are hepatitis B patient after how long you have to take sonar and blood check for liver function? 如果我是 B 型肝炎的患者，應該多久作一次超音波與肝功能血液檢查呢？
A: best suggestion is to take twice a year specific check on liver condition. 高危險群健檢需 3~6 個月追蹤一次。

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4. ཚག་ལས་ཁྲུབ་སྒྲུབ།

就業 - Employment

Q1: Where can I apply work permit card?

我可以在哪裡申請工作證？

A: Labor ministry in Taipei.

行政院勞工委員會職業訓練局

台北市延平北路 2 段 83 號 服務電話：02-8590-2567

Q2: Do all Tibetan needs to apply for work permit?

在台的那些藏胞需要辦理工作證？

Which type of ARC need to apply for work permit?	
Need to apply 需申請	Not needed 無須申請
ARC with Stateless status	TARC with Overseas status
ARC with working visa	Spouse of ROC citizen
居留證上之國籍為「無國籍」	居留證上之國籍為外國籍，配偶為台灣人
* 是否須申請工作證乃依居留證上之身分而定	

Q3: How many hours of work per week is illegal?

每週工作幾小時是違法的？

A: Any job can't be exceeding 48hrs per week.

每週工作時間應不以超過四十八小時為限，但某些職業別則不在此限。

Q4: What is the minimum wage of Taiwan labor policy?

依勞基法規定最低基本工資為何？

A: Minimum wage in Taiwan are 103 NTD /hour, 18780 NTD / month. 2012 年開始最低基本工資為 18780 元，基本時薪則每小時 103 元。

Q5: What is labor insurance? 什麼是勞工保險（勞保）？

A: Remember if I have legal job, I must join labor insurance to protect yourself.

工作時參加勞工保險，萬一發生意外事件時，就可得到保障。保險費用由僱主與政府協助繳納，自己只須要繳納一部份。勞工保險局電話：02-2396-1266

Q6: How can I apply for the labor insurance?我如何申請加入勞保呢？

A: Your employer will assist you to apply labor insurance.

不用擔心，依規定僱主須主動幫你申請勞保。若公司規模很小，則可自行加入工會投保。

Q7: What percentage of labor insurance that I have to pay?

我需負擔的勞保費用比率為何？

The percentage of labor insurance payment 勞保負擔比率		
由公司投保		
Company	Individual	Government
70%	20%	10%
職業工會加保的勞工 Labor union insurance		
Government		Individual
60%		40%

Q10: What is National Pension?什麼是「國民年金」?

A: The nationals who are above 25 years old and less than 65 years old and do not participate in Labor insurance, Farmer's health insurance, Government employees' insurance and Insurance for Military Personnel. The benefit items include "Old-age Pension", "Disability Pension", "Survivors' Pension" and "Funeral Grant". National Pension Insurance also integrates Old-Age Citizens' Welfare Allowance and Old-Age Indigenes' Welfare Allowance. The purpose of this insurance is to provide basic economic security and stable living to citizens and their survivors who could not get proper protection from related social insurance in their old age or when they are disabled, and to build a complete social safety net to fulfill the idea of caring for all the people in the nation.

「國民年金」是我國於 97 年 10 月 1 日開辦的社會保險制度，主要納保對象是年滿 25 歲、未滿 65 歲，在國內設有戶籍，且沒有參加勞保、農保、公教保、軍保的國民。國民年金提供「老年年金」、「身心障礙年金」、「遺屬年金」三大年金給付保障，及「生育給付」、「喪葬給付」二種一次性給付保障。被保險人只要按時繳納保險費，在生育、遭遇重度以上身心障礙或死亡事故，以及年滿 65 歲時，就可以依規定請領相關年金給付或一次性給付，以保障本人或其遺屬的基本經濟生活。

Q11: Where can I seek job opportunities and job training program?

我可以去哪裡找工作或參加職業訓練呢?

A: You can consult job opportunities and vocational training program at employment service center in your local area.

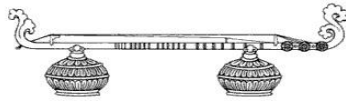
如果你有找工作的需求、失業的困擾，可以就近至就業服務站辦理求職登記。或者你想增進工作能力，也可以參加相關的職業訓練。有些職業訓練會提供生活津貼，補貼生活基本開銷。

Office	Address	Ph. no.
行政院勞工委員會職業訓練局 Bureau of Employment and Vocational Training	台北市延平北路 2 段 83 號	02-85902567
行政院勞工委員會職業訓練局.桃園就業服務站 BEVT – Taoyuan city	桃園市南華街 92 號	03-3333005
行政院勞工委員會職業訓練局.中壢就業服務站 BEVT – Zhongli city	中壢市新興路 182 號	03-4681106
台北市政府勞工局 Department of Labor-Taipei city	臺北市信義區市府路 1 號 5 樓	市話直撥 1999 外縣市請撥: 02-27208889
台北市政府勞工局 職業訓練中心 Vocational Training –Taipei city	臺北市士林區士東路 301 號	02-2872-1940
新北市政府 勞工局 Labor Affairs Department-New Taipei City	新北市板橋區中山路一段 161 號 7 樓	市話直撥 1999 外縣市請撥: 02-29603456
新北市政府就業服務中心 Employment Service Center of New Taipei City	新北市板橋區縣民大道 2 段 7 號 5 樓東側	02-8969-2166
桃園縣勞動及人力資源局 Labor and Human Resources Bureau	桃園市縣府路 1 號 3、4 樓	03-3322101

Q12: What documents need to take apply for bank account?

申請銀行帳戶時需要哪些文件?

- A: 1. Passport 護照
- 2. ARC 居留證
- 3. Personal stamp 私人印章
- 4. Working permit 工作證或公司工作證



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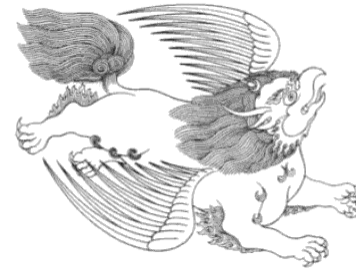
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Q4: How does foreigner apply for visa to stay in Taiwan?

如何外國人申請中華民國簽證，以及需要準備哪些基本文件？

A	Authorized Authority 主管單位 : Bureau of Consular Affairs, MOFA
B	Regulations 規定 : Statute of Foreign Passport Visa and the Enforcement Rules thereof.
C	Procedures of Application 申請程序 : Application should be made to R.O.C. embassy or representatives abroad.
D	Required Documents 必備文件 :
1	Applicant's passport, valid for at least 6 months without remark of "Going to the Republic of China is not allowed". 護照正本及影本，效期 6 個月以上且須有空白頁
2	Application form, available without charge from R.O.C. embassies. Applicants should sign the form in person to confirm what he/she declares is true. The form should be affixed with two 2" photos taken within the recent 6 months. 簽證申請表，外籍人士須親自簽名確認。表格可自本局網站下載，或向駐外館處簽證櫃檯索取。6 個月內 2 吋彩色照片，2 章被警請以素色（建議白色）為底色
3	An outbound airline ticket or verifiable proof of purchase of steamship ticket 機票、電子機票或旅行社證明
4	Documents verifying the purpose of visit. 行程表
5	Other relevant documents. 其他視個案要求提供之文件

Q5: When to apply for visitor visa extension? How long is

extension up to? 何時可辦理停留簽證的延期？可延期多久？

A: The application for visitor visa extension shall be submitted within 15 days prior to the due validity of visit and each extension may not exceed the validity permitted by the original visa. A total sum of visit may not exceed 6 months or 180 days.

停留簽證延期申請應在原簽證有效期到期日前十五日提出申請。所持簽證之停留期限倘為60天且未加註限制駐記，可於停留期限屆滿前向停留地之內政部入出國及移民署各縣（市）服務站申請展延，每次最長得延期60天，以2次為限。

Q6: What procedures should foreign nationals take to stay in Taiwan once they are granted ROC resident visas? 外國籍人士取得中華民國的居留簽證以後，還要辦理什麼手續才能在台灣居住？

A: 1. Foreign nationals who have entered Taiwan on resident visas are required to apply for an Alien Resident Certificate (ARC) and a Re-entry Permit at local service centers of the National Immigration Agency within 15 days starting from the next day of their arrival.

2. Foreign nationals who have entered Taiwan on other visas and have filed applications for resident visas should also apply for ARC within 15 days after the issuance of resident visas.

3. All the verified and attest documents for resident visa is also needed to submit during your ARC application.

外籍人士持居留簽證進入中華民國以後，應該在入境次日起十五日以內，向居住地所屬之內政部入出國及移民署各縣（市）服務站

申請外僑居留證(ARC)及重入國許可(Re-entry Permit)。原先進入

中華民國不是以居留簽證入境，入境以後在我國內申請而改獲居

留簽證者，必須在獲發居留簽證簽發日起十五日以內申請外僑居

留證。

Q7: How do foreign spouses apply for visa for residence in Taiwan? 外籍配偶如何申請在台灣居留簽證?

A	Authorized Authority 主管單位 : Bureau of Consular Affairs, MOFA.
B	Regulation 規定 : Statute of Foreign Passport Visa and the Enforcement Rules thereof.
C	Procedures of Application 申請程序 : Application should be made to ROC embassies or representatives abroad or, after entering Taiwan with the stay visa, made to Bureau of Consular Affairs, MOFA or its branch offices.
D	Required Documents 必備文件 :
1	Applicant's passport, valid for at least 6 months without remark of "Going to the Republic of China is not allowed". 護照正本及影本，效期 6 個月以上且須有空白頁
2	Application form, available from R.O.C. embassies. The applicant should sign the form in person to confirm what he/she declares is true. The form should be affixed with two 2" photos taken within the recent 6 months. 簽證申請表，外籍人士須親自簽名確認。表格可自本局網站下載，或向駐外館處簽證櫃檯索取。6 個月內 2 吋彩色照片，2 章被警請以素色（建議白色）為底色
3	One transcript of R.O.C. domiciliary register issued within the recent 3 months with marriage registration, the nationality and foreign name of spouse recorded in it. 最近三個月內的中華民國戶籍謄本，內容需載有婚姻登記、國籍與外籍配偶姓名
4	One original photocopy of certificate of marriage registration issued by the government of applicant's country, (Certified by a R.O.C. embassy). (If applicant's home country does not have marriage registration system, the certificate of marriage should be delivered.) 一份由申請者母國政府所簽署的婚姻登記證明正本

5	Certificate of clean hands record or police clearance certificate, (certified by a R.O.C. embassy or representative) 無犯罪紀錄文件
6	Certificate of passing health examination (valid for 3 months), (the hospital must be the one designated by Department of Health, Executive Yuan for foreigner's health examination) or the certificate of health examination issued by an approved hospital in foreign country and certified by a R.O.C. embassy or representative). 體檢表（須至衛生署指定醫院進行檢查）
7	Fee for residence visa 簽證費用

6/10 日期及地點: 中華民國駐外館處
 中華民國駐外館處 簽證櫃檯
 中華民國駐外館處 簽證櫃檯

Q8: How do foreign spouses apply for extension of Alien

Residence Certificate? 外籍配偶如何延期居留時間?

A	Authorized Authority 主管單位: Foreign Affair Division, NIA(national immigration agency)
B	Regulations 規定 : Entry/Exit and Immigration Law and the Enforcement Rules thereof ,and Regulations for Governing Stay, Residence and Permanent Residence of Foreigners.
C	Procedures of Application 申請程序 : Application should be made to Foreign Affair Division (Section), Police Bureau of Municipal or County (City) Government in the place of stay.
D	Required Documents 必備文件:
	1 One copy of application form 申請表格影本一份
	2 Passport 護照
	3 Residence visa 居留簽證
	4 Transcript of spouse's domiciliary register (issued within the recent 3 months with record of marriage registration) 配偶的戶籍謄本 (最近三個月內，並註記有結婚登記)
	5 Two 1" front, hatless, bust photo, taken recently and health certificate from government hospital within 3 months. 兩張一吋正面、不戴帽的半身照，三個月內公立醫院開立之健康檢查證明
	6 Fee for certificate (NT\$1,000 for one-year validity) 證件費(一年期為 1,000 元)
	Notes :
	1 Foreigners entering Taiwan with residence visa should apply for Alien Resident Certificate within 15 days after the day following entry. 外國人持居留簽證入境台灣後，應於入國 15 天內申請居留證
	2 Who applies for reissuing residence visa in this country should apply for Alien Resident Certificate within 15 days after the day following reinsurance of residence visa. 已取得居留簽證後，15 天內應辦理外僑居留證
	3 Who needs continuous residence should apply to the national immigration agency for extension within 15 days before expiration of Alien Resident Certificate. 延期居住者應於外僑居留證到期 15 天前至內政部出入國及移民署申請延展

Q9: Can foreign spouses continue to reside in case of death of

Taiwan citizen spouse or divorce? 當我持居留證時配偶死亡

或離婚，是否能繼續居留？

A	Authorized Authority 主管單位 : Foreign Affair Division, NIA(national immigration agency)
B	Regulations 規定 : Article 29 of Entry/Exit and Immigration Law and Article 11 of Regulations for Governing Stay, Residence and Permanent Residence of Foreigners
C	Procedures of Application 申請程序 : Application should be made to the Foreign Affair Division (Section) of the Police Bureau in the place of residence (stay).
D	Notes :
	1 In case of death of the Taiwan citizen spouse, his/her foreign spouse may apply for continuing to reside in Taiwan by law no matter whether they have children. However, the residence certificate can be withdrawn if any danger to public interest is found. 當中華民國籍配偶死亡，他/她的外籍配偶即使沒有小孩，仍可繼續居留。然而若被發現有任何危害公共的企圖，其居留證會被撤回。
	2 The foreign spouse who is divorced loses the reason for residence, therefore, he/she may not reside any more in principle, but for the sake of taking care of child (children), he/she may be allowed to continue to reside based on the reason of "other need for residence". 若外籍配偶因離婚而喪失依親居留，則他/她原則上將無法繼續居留，但若為了照顧小孩，他/她可用「其他需求」的理由來繼續居留
	3 In principle, legal problems would not be the reason for continuing to reside after divorce; however, the residence may be extended depending on the need of individual case. 原則上，離婚後的法律問題將不構成繼續居留的理由，然而在有個別需求的案例上可延長居留期間

Q10: How to apply Passports for newborn infants?

如何幫新生兒申請護照？

Newborn infants must have passports made in their own names.

The following documents and fee are needed to apply for their passports:

1. A completed passport application form
2. A certified birth certificate (which must be authenticated by BOCA or ROC Overseas Missions)
3. The parents' marriage certificate
4. The ROC passport of one of the two parents
5. Two identical passport photos of the baby (45x35 mm or 1.77x1.38 inches, color)
6. A fee of US \$36 or the equivalent in the local currency
7. Other relevant certificates that may be required by BOCA or ROC Overseas Missions For more information, please contact BOCA in Taipei, or ROC Overseas Missions.

請持孩童出生證明（須經駐外館處驗證）、父親或母親的中華民國護照、父母的結婚證書或載有結婚登記之戶籍謄本正本、護照用照片二張、普通護照申請書，另加上駐外館處依各地區需要而自行規定之文件，同時繳納護照申辦費用，即可申請。

Q11: What documents needed to apply for the Taiwan citizenship

for my spouse and children? 為了與我的配偶、子女團聚我該

如何申請簽證以及身分證？

Applying for naturalization to acquire R.O.C. nationality				
		Important tips	Procedure / qualification	Documents
1	Children 小孩	Application form for naturalization. 歸化申請表	Application forms submit to Population Administration Office. MOI will approve.	Birth certificate, 出生證明
		All the documents of child endorse, attested and certified by a local government. 所有文件皆須經由地方政府認證		Parent marital certificate, 父母結婚證明
		Child should be under 18yrs. 小孩需在 18 歲以下		Health certificate, 健康檢查證明
2	Spouse 配偶	Application form for naturalization. 歸化申請表	Application forms submit to Population Administration Office.	DNA certificate, DNA 證明
		Original copy and Chinese translation copy of the document evidencing loss of original nationality or non-nationality, certified		Financial bank record. 銀行金融紀錄
				Legal marital status 合法婚姻狀態
				Financial certificate 資產證明
				health certificate. 健康檢查證明

	by a Application form for naturalization or representative (Chinese translation copy may certified by a notary) 放棄原國籍或無國籍的原文及中文翻譯文件影本，皆須經由認證（中文翻譯文件須公證）	stration Office. MOI will approved	183days per year in 3yrs 3 年內居住滿 183 天 Already underwent pre-naturalization process. 已經歷準歸化程序
		All the documents ought to be translated from native language to English and has to be notary and has to be sign and stamped by respective government high official departments and most important is to get endorsement and official Taiwan stamp.	
	Valid Alien Resident Certificate or Alien Permanent Residence Certificate 有效的外僑居留證或永久居留證		

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Q12: What are the documents needed for renew a Passport?

更換新的護照需要準備的資料

Types / 類別	Documents / 準備文件	Fees / 申辦天數/ 費用
一般人民 General citizen	1.身分證正本及正、反面影本各乙份 2.白底彩色照片二張 3.父或母或監護人之身分證正本及正、反面影本各乙份（註1） 4.舊護照	每本新台幣 1600 元 工作天數（自繳費之次半日起算）：一般件為 4 個工作天；遺失補發為 5 個工作天。
取得國籍尚未設籍定居 ROC Nationality yet register Citizenship	1.白底彩色照片二張 2.居留證件正本及影本 3.具有我國籍之證明文件(如: 中華民國國籍一覽表) 4.舊護照	每本新台幣 1600 元 工作天數（自繳費之次半日起算）：一般件為 4 個工作天；遺失補發為 5 個工作天。
在台無戶籍 ROC nationality with no household registration	1.白底彩色照片二張 2.具有我國籍之證明文件 3.舊護照	每本新台幣 1600 元 工作天數（自繳費之次半日起算）：一般件為 4 個工作天；遺失補發為 5 個工作天。

Q13: What can I do if I lose my passport?

如果我遺失護照該怎麼辦?

A: Please declare your case to the Foreign Affairs Division

Terminal 1 : 03-398-2242、398-2534 ;

Terminal 2 : 03-398-3519

If you lose your passport at the Taiwan Tao Yuan Int'l Airport, please dial Foreign Affairs Police Bureau in Taipei : 02-2381-7475

若遺失於機場，請向入出國及移民署特殊勤務隊報案。

(第一航廈 03-3982242 、 03-3982534 ；第二航廈 03-3983519)。

若遺失於機場以外的地方，請向台北市的外事警察局報案

(02-2381-7475)

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འགྲིམ་འགྲུལ་ལམ་གྱི་སྲིམས་ལུགས།

Traffic rules ~ 交通

Q1: What are the punishments of driving with alcohol?

在台灣酒後駕車有什麼刑罰?

A: In Taiwan driving with alcohol is prohibited and will be seriously punished. According to your alcohol level your traffic violation fine differs and fines are ranging from 15,000 ~ 60,000 NTD. Under some serious violation laws your license will be revoke, even by law you are not allow to drive in your lifetime.

酒後駕車在台灣有很重的法律刑責與罰款，會依照酒精濃度的不同處以新台幣 15,000 至 60,000 元不等，嚴重者甚至會吊銷其駕照並終生不得再考領駕照。



འཇུག་ལྟར་གྲུལ་ལམ་གྱི་སྲིམས་ལུགས་ལྟར་

འཇུག་ལྟར་གྲུལ་ལམ་གྱི་སྲིམས་ལུགས་ལྟར་

Q2: what are the general punishments of traffic violation?

常見違規駕駛的罰則

違反事件 Traffic violation Condition	法定罰鍰 額度 (新臺 幣:元) 或其他處 罰 Fines	統一裁罰基準(新臺幣:元)				備 註
		期限 內繳 納	逾期 30 天 內	逾期 30 以 上, 60 天以 內	逾期 60 天 以上	
無照駕駛 汽、機車 Driving without license.	6000~ 12000	6000	6600	7800	9000	並當場禁止 其駕駛。 未滿十八歲 之人，汽車 駕駛人及其 法定代理 人，應同時 施以道路交 通安全講 習。 Person under 18yrs is prohibited for driving and his legal guidance also needs to take traffic class.
持輕型機車 駕照騎重型 機車 driving heavy motorbike with light motor license.	1800~ 3600	1800	1900	2100	2300	禁止駕駛。 Prohibited for driving

駕駛執照逾期仍駕車。 Driving with expired license and motor document.	1800~3600	1800	1900	2100	2300	禁止駕駛，駕駛執照應扣繳 Prohibited for driving, revoke license.
允許無駕駛執照之人，駕駛其車輛。 Lending motorbike to person who doesn't have license.	吊扣其駕駛執照三個月	吊扣其駕駛執照三個月	吊扣其駕駛執照三個月	吊扣其駕駛執照三個月	吊扣其駕駛執照三個月	

Q3: What are the traffic license schedule and the test venue?

駕照考試時間及地點?

A: Monday to Friday (8:00 ~ 17:00) license test , health checkup, pick up for new motor plates(12:00 ~ 13:00) 週一至週五，8:00~17:00，考、檢驗、新領牌業務中午 (12:00-13:00) 不受理

Motor vehicles offices	Address	Phone no.
台北區監理所 Shulin	新北市樹林區中正路 248 巷 7 號	02-26884366
板橋監理站 Banqiao	新北市中和區中山路 3 段 116 號	02-22227835
桃園監理站 Taoyuan	桃園市介壽路 416 號	03-3664222
中壢監理站 Zhongli	桃園縣中壢市延平路 394 號	03-4253990
臺北市監理處北區分處 Taipei	臺北市士林區承德路 5 段 80 號	02-27630155

Q4: Is there an English-language driver's license test for aliens in the ROC? 中華民國有設計給外籍人士的英文駕照考試嗎?

A: Yes, the MVO provides an English-language driver's license tests for aliens. You can also check motor vehicles office website and search in through English medium for trail English written test.有，監理所有提供英文的駕照考試給外籍人士。詳細內容請洽各監理站。

Q5: What are the requirements for aliens wishing to take the driver's license test, and what documents should they prepare?

外國人考照注意事項

外國人考照注意事項 Documents needed for license test.		
A 必備文件		
1	身分證明文件 (檢附經許可停留或居留 1 年以上之證明。)	Personal identification documents or ARC with a term of more than 1 year.
2	本人最近 6 個月內拍攝之 1 吋光面素色背景脫帽五官清晰正面半身照片 3 張，並不得使用合成照片。	3(1-inch) color photos with a plain background taken within the past 6 months.
3	.經體格檢查合格之駕駛執照登記書一份。	health certificate from hospital appointed by the motor vehicle authorities.
4	報名費新台幣 250 元、通過考驗領取駕照須繳駕照費 200 元。	Admission fees 250NTD, if you passed the test and you have to pay 200NTD for the license certificate.
B 注意事項		
1	須年滿 18 歲。	Applicant should be above 18years old.
2	已領有汽車駕照者，得駕駛輕型機車。	If you have driving license you don't need to give written test for motor license test.
3	筆試及路試均合格才可核發駕照。	Both written and practical test must pass.
4	報考輕型機車駕照(50C.C.以下)	You don't need to give practical test for 50C.C

	者免考路試。	motorbike test.
5	持有效汽車或輕型機車駕照報考普通重型機車駕照(排氣量:逾 50C.C.且在 250C.C.以下)者可免筆試。	You don't need to give written test if you have driving license for car or you already passed the 50C.C motorbike test
6	筆試或路試不及格者 7 天後才能重新報考。	After a week you can again join the license test if you are failed in any of written and practical test.
7	體格檢查結果及筆試成績 1 年內有效。	Health certificate and written passed test in valid up to 1 year
8	駕照有效期限依其經許可或居留證明之有效期限核發之。	Validity of any license for alien resident depends on his/her ARC validity period.

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Q6: When do I need to check my bike exhaust pipe?

什麼時候需要檢查機車排氣管?該到哪裡檢查?

Traffic laws for motor vehicles and its management.		
	English	Chinese
規定 Laws	1. Motor's exhaust pipe check must be done once after 3 years of new production.	1.依規定新車出廠滿三年即需要接受排氣檢驗。
	2. Driving motorbikes should be check once a year.	2.使用中機車出廠滿三年每年應接受排氣檢驗一次。
	3.the best timing to underwent exhaust pipe check will be a month before your	3.排氣定檢之檢驗期限為行車執照之原發照月份前一個月至次月間。例如:原發照月份為 3 月之機車，檢驗期限自 2 月 1 日起至 4 月底止。
	4. If test is not passed than retest is necessary after one month	4.定期檢驗不合格之機車，應於一個月內修復並申請複驗。
檢驗地點 venue	Whole Taiwan has Motor's exhaust pipe check station.	全國各地都有經環保署認可委託之定檢站，建議可撥電話(機車定檢補助審查小組 02-85124402) 詢問離您最近的定檢站。
罰則 : punish ments		未依規定實施機車排氣定檢處或路邊稽查機車排氣不合格時，將依規定處以 1,500~6,000 元不等的罰鍰。

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Handwritten cursive script (likely Burmese)
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Q3 : How I should consult services for domestic violence and sexual abuse? 如果遭遇到家庭暴力或性侵害該怎麼求助呢？

A：如果您是當事人或親友，您可以透過下列的方式向防治中心尋求協助：

7 important steps during domestic violence and Sexual harassment situation			
1	Emergency medical free services	Dial 119	24hrs services
2	Contact woman protection hotline	Dial 113	24 hrs service
3	Contact police emergency no.	Dial 110	24 hrs service
4	Taipei hotline free service	1999	24 hrs service
5	臺北市家庭暴力暨性侵害防治中心 Taipei City Domestic Violence and Sexual Harassment Center	Direct contact or visit office. 02-2396-1996	臺北市新生南路 1 段 54 巷 5 弄 2 號
6	桃園縣家庭暴力暨性侵害防治中心 Tao-yuan city Domestic Violence and Sexual Harassment Center	Direct contact or visit office. 03-332-2111	桃園市縣府路 51 號 6 樓
7	You can visit nearest police station or hospital for help	Local	Area

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NGOs ~ 非政府組織團體

NGOs related with Tibetan

組織名稱	地址	電話
急難救助		
財團法人中華民國佛教慈濟慈善事業基金會(台北分會)Tzu Chi Foundation	台北市忠孝東路三段 217 巷 7 弄 35 號	02-2776-0111
台北家扶中心 Taiwan fund for children and families-Taipei branch	台北市樂利路 91 號 1 樓	02-27362085
桃園家扶中心 Taiwan fund for children and families-Tao Yuan branch	桃園市中山北路 92 號	03-4562195
權利爭取		
台灣人權促進會 Taiwan Association for Human Rights	台北市天祥路 61 巷 22 號 2 樓	02-2596-9525
台灣國際勞工協會 Taiwan International Workers' Association	台北市中山區德惠街 3 巷 10 號 1 樓	02-25956858
西藏相關團體		
印度台北協會 India-Taipei Association	臺北市基隆路一段 333 號	02-2757-6112 02-2757-6113
達賴喇嘛西藏宗教基金會	臺北市基隆路二段 189 號十樓之 4/5	02-2736-0366

Tibet Religious Foundation of HH. Dalai Lama 在台藏人福利協會 Taiwan Tibetan Welfare Association		
外籍配偶		
賽珍珠基金會 Taipei Pearl S. Buck Foundation	台北市中山區長春路232號4樓	02-2504-8088
善牧基金會 Good shepherd Social Welfare Services	台北市中正區中山北路一段2號11樓	02-2381-5402
伊甸社會福利基金會新移民家庭成長中心 Eden Social Welfare Foundation	台北市松山區光復北路60巷19-6號B1	02-2577-7663
中華民國基督教女青年會協會 The YWCA of Taiwan	台北市中正區青島西路7號10樓	02-2314-0408
南洋臺灣姊妹會 TASAT	台北市中山區龍江路264號3樓	02-2515-9943
臺灣婦女展業協會 Taiwan Women's Development Association	新北市淡水區中山北路一段35號2樓	02-2620-6117
心理輔導		
台北市社區心理衛生中心 Taipei community mental health center	電話諮詢服務	02-3393-6779
新北市社區心理衛生中心 New Taipei city community mental health center	電話諮詢服務	02-22572623
桃園縣社區心理衛生中心 Tao Yuan city community mental health center	電話諮詢服務	03-3325880

安心專線	24小時免費諮詢服務	0800-788-955
婦幼保護專線 Women protection hotline	24小時免付費婦幼電話諮詢服務	直撥 113
生命線協會 Life protection association	24小時電話協談服務	直撥 1995
張老師基金會 Zhang lao shi foundation	電話諮詢服務	直撥 1980
男性關懷專線 Men care hotline	男性家庭困擾諮詢服務	0800-013-999
外籍配偶諮詢專線 Foreign spouse hotline	外籍配偶諮詢服務	0800-088-885
人本教育文教基金會 The humanistic education foundation	親職教育、校園申訴諮詢專線	02-23670151#111
佛教觀音線協會 Buddhist compassion association	電話諮詢服務	02-27687733

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生活 ~ Life

地圖~Maps

1. Taipei MRT map 台北捷運路線圖



2. Taiwan map



City and County Reorganization

Old Name	New Name
Taipei County 台北縣	New Taipei City 新北市
Tai Chung County 台中縣	Taichung City 台中市
Tainan County 台南縣	Tainan City 台南市
Kaohsiung County 高雄縣	Kaohsiung City 高雄市

Tibetan Restaurants 西藏餐廳

Restaurant	Phone no.	Address
Samdon Tibetan Restaurant 藏味館	02-23620211	台北市浦城街 13 巷 18-1 號
Taoyuan Norling Restaurant 諾嶺藏式餐廳	03-3636124	桃園市桃鶯路 294 號。
Dhoe kham Tibetan Restaurant 西藏美食	03-3645321	桃園市金門二街 271 號
Little Tibet Restaurant 小西藏餐廳	04-24522452	台中市西屯區慶和街 2 號
Exotic Masala House 南印度料理餐廳	02-23620901	台北市大安區浦城街 13 巷 19 號 1 樓

Tibetan artifact shops 西藏文物店

Tibetan shop	Phone no.	Address
Shambala Arts center 香巴拉	02-29319265	台北市羅斯福路 5 段 189 號 1F
Phurba arts enterprise 普巴佛教文物企業社	02-26873771	新北市樹林區中山路 1 段 220 號
Potala Arts Co. Ltd. 波達拉藝品有限公司	02-17416906	台北市大安路 1 段 51 巷 4 號 2F
Tashi Deleck		
Zambala 藏巴拉佛教文物	2-2100-1919	台北市民生東路 2 段 104 號。
Mandala 顯密曼達拉佛教文物	27771626	台北市八德路二段 326 號 1 樓
Tibetan Vajra Arts	02-25911168	台北市重慶北路 3 段 145 號
Chuanda Tibetan shop 全德佛教精品有限公司	87879050	台北市光復南路 49 號
Tibet Gallery 西藏古董	02-28832521	台北市士林區至善路 2 段 133 號

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