

(NTUOIA- International Students Division, Survival information during an earthquake, April 3, 2024)

---The Chinese version follows the English version---

Dear Student,

Greetings from OIA! As many of you observed this morning, earthquakes can be quite sudden and vary in intensity. It has come to our attention that earthquakes may be an unfamiliar occurrence for some, and we would like to check with you and bridge the knowledge gap with this email.

Taiwan is an island with a wide offering of natural sights and wonders, but it also has its share of natural phenomena. Taiwan's location near the junction of two tectonic plates makes it prone to earthquakes. While the government tries to provide prompt notifications of severe conditions, earthquakes are difficult to predict.

When earthquakes occur, you should follow these three general steps to protect yourself.

1. Drop where you are, onto your hands and knees, to prevent being knocked off balance.
2. Cover your head and neck with one arm and hand and move to find shelter.
3. Hold On until the shaking stops.

More in-depth information on what to do during earthquake can be found on Earthquake Country Alliance website: <https://www.earthquakecountry.org/step5/>; and in their Earthquake Safety Video Series on YouTube: <https://www.youtube.com/playlist?list=PLs1gMujRSBY2t7JB4VS-AymFwN-6Lvg20> (中文防震知識影片: <https://www.youtube.com/watch?v=gWsAfe52EM>).

Immediately following an earthquake, please observe and assess your surroundings for any danger before moving from where you sheltered. In addition, earthquakes often occur in a series, so be prepared that an earthquake may be followed by additional ones of varying intensity. Do not visit mountains or go to hiking trails within a couple of days after earthquakes, as earthquakes increase the chance of falling objects. While earthquakes are common in Taiwan and Taiwanese people may seem unconcerned, please remain vigilant and prioritize your safety.

You should also prepare an emergency/survival kit that you can grab-and-go in case of natural disasters like earthquakes and typhoons. Please refer to the following website for recommendations of what to include in your emergency kit.

English: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>
中文: https://www.tfdp.com.tw/cht/index.php?code=list&flag=detail&ids=83&article_id=203

The Taipei City Disaster Preparedness Booklet provides information and instruction for different natural disasters, including earthquakes, typhoons, and fires.

English: https://www.eoc.gov.taipei/En_DisasterManual/mobile/index.html#p=1
中文: <https://eoc.gov.taipei/News.aspx?n=7CD10BF131EB542E&sms=096C2D68608DDA90>

Please check the weather forecasts and take note of weather advisories and warnings, especially before any travels. You should be aware of typhoons, which may occur well into November, as the wind and rainfall may cause landslides and road blockages. The Central Weather Bureau is helpful in providing weather information.

English: <https://www.cwb.gov.tw/eng/>

中文: <https://www.cwb.gov.tw/V8/C/>

Please stay safe as you explore all that Taiwan has to offer.

同學您好：

相信今天你們都感受到地震的發生，來信想確認你們一切安好！我們也了解有些人可能過去從來沒有碰到地震，因此希望能提供一些關於地震的資訊和知識，讓你們在臺灣求學的過程能更安全及安心。

臺灣是一個擁有豐富自然景觀的島嶼，但也因介於板塊交界處，容易發生地震。雖然政府希望能即時通知，但地震很難預測。

當地震搖晃很大時，您可以遵循以下三個步驟來保護自己：

1. 跪在原地，雙手放膝蓋上，以防止失去平衡
2. 用一隻手臂和一隻手護住頭和脖子，然後移動尋找避難所
3. 到搖晃停止

地震期間應該怎麼做？可以參考以下連結：

<https://www.earthquakecountry.org/step5/> (英文)

<https://www.youtube.com/playlist?list=PLs1gMujRSBY2t7JB4VS-AymFwN-6Lvg20> (英文)

<https://www.youtube.com/watch?v=gWsSAfe52EM> (中文)

地震發生後，請立即觀察並評估周圍環境是否存在危險，然後再從避難地撤離。此外，比較強的地震通常會伴隨餘震，因此請做好準備。地震後的幾天內不要去山區或徒步旅行，因為地震會增加物體墜落的機會。

臺灣經常發生地震，因此可能您週遭的臺灣人不以為意，但您還是應該保持警覺並優先考慮您的安全。很多人會準備一個應急/生存工具包，以便在發生地震和颱風等自然災害時隨身攜帶。可以參考以下網站關於應急包的建議：

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html> (英文)

https://www.tfdp.com.tw/cht/index.php?code=list&flag=detail&ids=83&article_id=203 (中文)

臺北市防災手冊也提供關於不同自然災害的資訊，內容包括地震、颱風和火災。

https://www.eoc.gov.taipei/En_DisasterManual/mobile/index.html#p=1 (英文)

<https://eoc.gov.taipei/News.aspx?n=7CD10BF131EB542E&sms=096C2D68608DDA90> (中文)

您在臺灣各地旅行之前，建議先查看天氣預報並留意天氣預報和特殊警告。除了地震外，颱風可能從夏天一直持續到每年 11 月，颱風會因強風和降雨導致山壁滑坡和道路堵塞，因此颱風期間請盡量避免前往山區活動。

中央氣象局可以提供天氣或是地震等資訊，連結如下：

<https://www.cwb.gov.tw/eng/> (英文)

<https://www.cwb.gov.tw/V8/C/> (中文)

我們希望您在校求學，以及在臺灣各地旅遊時，都能保持安全。