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University of Taipei and Taipei Veterans General Hospital Celebrate Signing of Cooperation Agreement

In 2019, the University of Taipei (UT) signed a memorandum of cooperation with Taipei Veterans General Hospital (TVGH) for the first time, and over the past four years, we have established a good cooperative relationship. To enhance mutual exchanges, UT and TVGH held a signing ceremony for the renewal of the cooperation agreement with TVGH on January 4, 2023.

The new agreement will facilitate exchanges between the medical and educational sectors by incorporating several key terms. These terms include providing internship opportunities for UT students; two parties may jointly appoint teaching, research, and technical personnel; UT provides opportunities for TVGH personnel to receive further training; TVGH personnel may be appointed to relevant work as concurrent UT faculty members, while UT may appoint TVGH personnel as part-time teachers or technical specialists.

President Chiu of UT hopes that the extension of the MOU will facilitate joint academic research, increase the number of papers published in reputable journals, and enhance the international visibility of both institutions.



Online Signing Ceremony of University of Taipei and Nagoya City University



On February 21, 2023, the University of Taipei (UT) held an online ceremony for the signing of Memorandum of Student Exchange and Academic Exchange Agreement with Nagoya City University (NCU) in Japan, bringing the total number of UT's partner institutions to 162. The signing ceremony was a major milestone in rekindling international exchange activities after the COVID-19 pandemic.

NCU was founded in 1884 as a women's medical college. It has since established the Faculty of Pharmaceutical Sciences, Faculty of Economics, School of Humanities and Social Sciences, School of Design and Architecture, and School of Nursing. UT shares a similar history with NCU. Both have been under the city government, collaborate frequently with the city government, and possess rich academic resources. Both universities are also very similar in terms of the number of students, scale of operation, and academic performance.

The agreement was signed through video conference. Both parties look forward to more opportunities for cultural and academic exchanges as well as faculty and student exchanges.

International Schweitzer Program of University of Taipei

In 2021, the University of Taipei (UT) was granted the Ministry of Education's subsidy for normal universities to organize the International Schweitzer Program. On January 28, 2023, Professor Liang-Ping Jian from the Department of Education led 16 students of teacher education to conduct a two-week teaching program at Huaxing Elementary School in Chiang Rai, Northern Thailand as part of the program.

UT students of teacher education held various courses to improve the Chinese language proficiency of local students and promote international cultural exchange. At the same time, they honed their teaching skills and commitment to providing education for all without discrimination. The team designed fun and diverse Chinese and Taiwanese cultural courses, such as introducing holidays like Lantern Festival and Mid-Autumn Festival, guiding the elementary students to make DIY fragrance sachets, writing Spring Festival couplets and flying sky lanterns. In Chinese conversation classes, the team modified existing dialogs in the textbooks so that students can play different roles, thereby practicing their Chinese speaking and building their confidence. Under fun and interesting instructions given by UT students of teacher education, children in Huaxing Elementary School participated enthusiastically in these courses and activities. Seeing their innocence and enthusiasm was truly gratifying. A student of teacher education, Yi-Ai Liu, said, "I felt so proud and honored to see them grow and improve every day. It gave me a taste of what it's like to be a teacher. After returning to Taiwan, I am more certain than ever that I want to pursue teaching as a career. I hope

that every day in the future, when I teach, I can bring a smile to my students. I hope I can find even more passion and love for teaching."

The principal of Huaxing Elementary said that although it's hard to improve the students' Chinese proficiency substantially in a matter of two short weeks, the adaptive teaching provided by UT students of teacher education not only made the elementary students more focused, the diverse courses also made them more motivated to learn. Speaking on this program, Yu-Tzu Yeh, another student of teacher education, said, "The International Schweitzer Program is a great opportunity to put what we learned in school to practice. Day by day, we prepared for lessons, and then discussed and adjusted our teaching approaches with fellow team members. Gradually, we got better as we found more appropriate teaching methods and got a better grip on the teaching pace. Throughout the process, we could really see their improvement and growth, and feel the power and effect of education."

'Life influences life,' a saying that seems to be the title of every educator's story, summarized another student of teacher education, Yi-Liang Lu. He also mentioned that, "In terms of life, teaching experience, and personal global perspective, the International Schweitzer Program has given me various stimulation and growth. I will carry this passion with me as I continue to pursue my dream of becoming an educator to bring good fortune to every child." With funds provided by the Ministry of Education, various training courses, and teaching and accommodations assistance provided by Huaxing Elementary School, the International Schweitzer Program came to a successful end.



|| Taiwan Lantern Festival in Taipei

The Taiwan Lantern Festival returned to Taipei after 23 long years. For the first time ever, the event was designed as an “urban-style Lantern Festival” held in the densely populated heart of the city. The official theme of the festival was “Light Up the Future.” Organizers planned four major lantern display zones, as well as smaller lantern-display zones across all 12 administrative districts of the city, making the Lantern Festival and the cityscape seamlessly integrated. The displays zones were connected by MRT. A variety of artworks were spread amongst high-rise buildings with lights fleeting in between the city alleys. This festival symbolized lighting up the city with hope, leading us to a brighter future.

The University of Taipei (UT) is honored to be invited by the Taipei City Government to participate in a series of performances at the festival. During the Lantern Festival parade, an exciting performance of UT lion dance troupe and an invigorating drum performance made the street atmosphere all the more stunning. At the same time, students from UT Hot Music Club, singers from UT Best Voice singing competition, as well as students from UT Pop Dance Club, the Department of Music, and Guitar Club all participated in the event, adding a youthful spirit to the performance. Additionally, some of the entries that outshone the rest in the festival were crafted by UT alumni.

|| New Starting of 2023 Concert

The UT Big Band was invited to perform in the “New Starting of 2023” concert held as part of the Taiwan Lantern Festival on February 8, 2023. The performers comprised music students, UT alumni, and professional teachers.

The name of the concert denoted the first performance of the “new” year, symbolizing “new” beginnings and breakthroughs. During the performance, the band played many classic jazz pieces and music of different styles. The audience grooved to the music as the melodies added a warm sense of carefree spirit to the lantern festival.



Friendly Companion

In my impression, light is an existence that splays gently on my back, my hair, and the tips of my fingers. It is a gentle touch and a comforting companion. Back when I lived at home, I was often reminded to turn off the lights. But maybe, leaving the lights on was actually a sign of me craving for the company of light. So, I have been left with a bag of warm memories for me to nestle in, my friend.

- Wei-Ling Lai



Wei-Ling Lai, an alumna of the master's program of the Department of Visual Arts at UT, was invited to participate in this grand event. Her work "Friendly Companion" is an interactive composite media installation. The installation radiated a steady, peaceful and warm light that took comforting shape of soft spheres with no sharp edges, all but a supple touch. Visitors could come close to the installation, lean against it, touch or even embrace it to feel the warmth that it conveyed.

For the artist, light is like a warm companion that soothes the loneliness she experienced as a child. The artist talked about how "Friendly Companion" was displayed in the 2018 Free Art Fair at Songshan Cultural Park, inviting the public to experience what it feels like to embrace light. Now, she was honored and grateful to be invited to participate in the Taiwan Lantern Festival, recreating this warmth through the "art in shops" approach. Even though the festival has ended, light remains in our everyday life, serving as a companion for us all.

This collaboration between UT and the Taipei City Government has been an unforgettable art experience for faculty, students and alumni who took part, as well as a wonderful memory for Taipei citizens.



Academic Research - Exercise, Cellular Aging, and Longevity

Professor Chia-Hua Kuo and graduate students from the Institute of Sports Sciences at the University of Taipei (UT) analyzed the muscles of a group of young people and found that the intensity of exercise, rather than total calorie consumption, is the key to rejuvenating human muscles. These findings are published in two academic journals, *Aging* and *Sports Medicine*.

All participants in this study were young people who lacked exercise (approximately 26 years of age). Before the subjects exercised, the number of senescent stem cells in their muscles varied immensely. Furthermore, fat cells were already found in the muscles of some of the subjects who lacked exercise. Next, the subjects were divided into two groups to conduct two types of exercises that burn the same amount of calories. One group of subjects did moderate-intensity cycling for ten minutes; the other group of subjects also did ten minutes of exercise, but in 20-second sprints with 40-second breaks in between, repeating approximately for ten times. The researchers extracted 0.05cc of muscle tissue from the subjects 24 hours after they exercised to analyze the senescent stem cells in their muscles.

After three weeks, the two groups switched exercises, that is, the group that did consistent moderate-intensity exercise switched places with the group that did high-intensity exercise in intervals. The experiment was repeated once more. This way, every subject got to experience two types of exercise, and their conditions after each type of exercise were compared. The results show that a ten-minute high-intensity exercise in intervals which only requires 80 calories is enough to significantly rejuvenate muscles. However, consistent moderate-intensity exercise that burn the same amount of calories had no effect in rejuvenating muscles. The effect of high-intensity exercise in removing senescent cells is most prominent in muscles with more senescent cells. Muscles with fewer senescent cells are not affected by exercise, which is similar to the mechanism of survival of the fittest.

The findings of this study explain how exercise, which appears to be an injury-causing challenge, actually rejuvenates the body. This study is the first



in the world to find that a very short period of high-intensity exercise can quickly produce a rejuvenating effect on the human body. It provides a convenient way for people to fit exercise into their busy modern lifestyles. Over the past few years, papers of faculty and students of the Institute of Sports Sciences on human muscle cellular aging has made the top 5% of the Almetric Attention Score in 2018.

Taipei Art and Poetry Tour

The Center for Innovative Research and Practice on Smart Aging at UT organized a literature tour this year end. The event incorporated the UN's SDG1 (no poverty), SDG4 (quality education), and SDG17 (partnerships for the goals). It also invited Ms. Hui-Qian Gu, a poet, to join this mini sightseeing tour to visit Taipei's cultural and historical sites.

The book club visited four places around UT for this walking and reading tour—from the old Songlin Bookstore on Guling Street and Taipei Tianhou Temple (Hongfa Temple) in Ximending to the Evergreen Maritime Museum and the Nanmen Branch of National Taiwan Museum.

Elderly students who participated in the event showed their carefully crafted works and took turns sharing their thoughts about the experience on stage. Each student shared their thoughts about the things they saw along the way. The event came to a successful end amid a joyful atmosphere.



University of Taipei Sports Performance

The annual Sports Performance is one of the most important and indispensable events of the University of Taipei (UT). Although many events were suspended during the COVID-19 pandemic, UT still proactively organized this event to maintain the university's tradition of athletic performance, while undertaking proper epidemic prevention measures.

Each year, the Sports Performance aims to exhibit a combination of power and beauty. It seeks to expand the trend of both literacy in humanities, and sports and leisure, incorporating cultural heritage into different ideas. Meanwhile, the College of Kinesiology, Department of Physical Education and Department of Dance integrate sports with artistic creativity to create different combinations and variations to elevate sport into different forms of sports performance.

The entire event, from arrangement and rehearsal, to the final presentation, were all done with a concerted effort of the university's faculty and students. All in all, the event not only brought all faculty and students closer together, but also fostered a humanistic and caring learning environment characterized by leisure, art, health and harmony, as well as a high-quality culture of sports and art. A video entitled "2022 Excellent Athletes in International Competitions" commending the university's athletes was also produced and screened before the performance, echoing the university's goal of becoming an "Incubator for Gold Medalists".



The Sports Performance this year included more performative element such as dragon and lion dance, street dance, acrobatic dance, ballroom dance, rope jumping and diabolo, and other dance performances. Furthermore, the event also incorporated competitive sports performances, of which, track and field, judo, and hockey teams performed for the very first time. Meanwhile, the Department of Aquatic Sports also took the stage after a long hiatus. The Sports Performance allows the audience to spectate the alternative beauty of sports.

Annual Exhibition of Department of Visual Arts

Underpinned by a foundation of rich resources, the Department of Visual Arts planned a series of courses in four major fields—visual art creation, creative media application, art theory, and art project execution—to enhance the academic ability of students. To help students cultivate an aesthetic taste and creativity, as well as broadening the horizon of faculty and students, the Department of Visual Arts organizes various lectures with diverse topics, including keynote speeches, practical experience sharing, and expert lectures. Furthermore, the department also organizes frequent exchanges with domestic and foreign art schools to provide students with more learning opportunities.

In particular, the annual department exhibition is an essential event of the Department of Visual Arts. The Department of Visual Arts Exhibition for this academic year was held at Zhongzheng Hall and the Art Gallery of the Bo-Ai Campus from November 11 to December 15, 2022. The exhibition was divided into five categories: painting, digital media, graphic art, applied art, and three-dimensional art (including sculpture and mixed media). Students of the Department of Visual Art, from freshmen to seniors, could all sign up to take part in the exhibition. The diverse categories encouraged students to use their imaginations and show their ideas through art, in the hope to inspire visitors and add some joy to their busy lives.



For the award ceremony at the closing of the exhibition, Professor Shu-Min Hsu, Dean of the College of Humanities and Arts, and Professor Ching-Yueh Tseng, Dean of the Department of Visual Arts, were invited to present the awards and encourage students to keep working hard and innovate. The annual department exhibition came to a successful end as the lively award ceremony concluded.

【 Ministry of Education - Taipei City Student Music Competition 】



Yi-Hong Huang of the Department of Music representing UT in national competition won first place in tuba solo.



Hsun Liang of the Department of Music representing UT in national competition won first place in oboe solo.



Hui-Yun Hsiao of the Department of Music representing UT in national competition won first place in French horn solo.



Yu-Han Huang of the Department of Music representing UT in national competition won first place in trumpet solo.



Mai-Si Hsu of the Department of Music representing UT in national competition won first place in bassoon solo.

【 2023 National Association Cup Rowing Championships 】



Chi-Hung Li, Kuan-Ju Lai, Yu-Cheng Huan, and Hong-Hsuan Chen of the Department of Aquatic Sports won first place in men's coxless four.



Chi-Hung Li and Kuan-Ju Lai of the Department of Aquatic Sports won first place in men's lightweight double sculls.

【 2023 SUP Festival RCAT 】



Ting-Feng Chou of the Department of Aquatic Sports won second place in the three-kilometer division for men under the age of 23.



【 Environmental Protection Agency Youth Leader Competition - Product Design 】



Chien-Hua Lai and An-Ting Li of the Department of Learning and Materials Design won silver prize in the college and university division with their illustrated desktop calendar "Disappearance of Clean Water."

【 2022 National Cheerleading Championships 】



Hsin-Hui Ou and Kun-Chang Hsieh of the Department of Sports Performing Arts won second place in jazz duo category of acro dance, college and adult division.

【 2022 National Trampoline Championships 】



Ling-Ming Huang of the Department of Sports Performing Arts won second place in men's college open division.

【 11th National Board Game Design Competition 】



Chien-Hua Lai, Yi-Ling Li, En-Jou Lan, and Chia-Chen Yang of the Department of Learning and Materials Design won second place in the college and university division with their entry "Ethical Governing in Taoyuan."



【 2022 Taipei City Mayor Cup Lion Dance Championships 】



The lion dance team of the Department of Martial Arts won first place in the lion dance division.

Bo-Ai Campus: No. 1, Aiguo W. Rd., Zhongzheng Dist., Taipei City 100234, Taiwan

TEL : 02-2311-3040

Tian-Mu Campus: No. 101, Sec. 2, Zhongcheng Rd., Shilin Dist., Taipei City 111036, Taiwan

TEL : 02-2871-8288

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Editor: Office of International Affairs

Contact: Office of Secretariat

Website: <https://www.utapei.edu.tw/>

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