長榮大學 113 年暑假期間學生活動安全注意事項(摘錄)

2024 Summer Vacation Student Safety Reminders (Extract)

暑假將至,為維護本校同學健康及安全,學校就下列事項加強提醒,以避免各位同學涉足不良場所或從事無安全規劃之工作,肇生意外事件:

Summer vacation is approaching. To safeguard the health and safety of all students, the following safety precautions are reinforced. These precautions are intended to prevent students from going to improper places and from engaging in work without safety plans, which could cause accidents:

一、 詐騙防制:

Fraud Prevention:

依據內政部警政署統計,當今最常發生的詐騙態樣為假投資詐騙,請學生謹記「防詐騙三不三要」原則:

(一)三不:

- 1. 不聽:來源不明資訊。
- 2. 不加: 陌生投資群組。
- 3. 不用:保證獲利 APP、投資平台。

(二)三要:

- 要警覺:對任何鼓吹加入投資群組、勸誘買股投資訊息提高警覺。
- 2. 要查證:向合法期貨商、合法投信投顧業者、合法證券商或165反 詐騙專線查證。
- 3. 要報警:向治安單位或檢調單位檢舉(或撥 165 反詐騙專線)。





















二、交通安全: Traffic Safety:

- (一)暑假期間學生增加使用交通工具的機率,<u>特別提醒學生騎乘機車、微型電動二輪車、自行車等一定要注意安全,駕駛期間應遵守交通規則</u> 減速慢行,切勿酒後駕車、疲勞及危險駕駛,以策安全。
- (I) Statistics from the Ministry of Education's Campus Security Report Center show, traffic accidents outside the school

grounds are the chief reasons for accidental student injury and death. During Summer vacation, students are more likely to use vehicles to participate in activities or work parttime. That's why we strongly remind you to pay attention to your own safety when riding scooters, e-bikes, or bicycles. Follow the traffic rules, and don't go too fast. Never drive drunk, never drive when fatigued, and never drive dangerously. Keep yourself and others safe!

- (二)請學校宣導年滿18 歲學生可參與交通部機車駕訓補助計畫之相關資訊,透過正規的機車教育訓練,建立正確騎乘觀念,減少交通意外事故,並善用「機車危險感知教育平臺」,提升防禦駕駛能力,養成安全駕駛習慣。
- (II) If you are at least 18, we encourage you to participate in the Ministry of Transportation and Communications' scooter training subsidy program. Formal scooter education will help you form correct driving concepts, and reduce traffic accidents. Also, take advantage of the Chinese-language Motorcycle Hazard Perception Education Platform https://hpt.thb.gov.tw/ to improve your defensive driving abilities and form safe driving habits.
- (三)為維護學生於暑假從事校外教學活動安全,請依據教育部 112年 10 月 16 日臺教學(五)字第 1122805080A 號令修正「學校辦理校外教學活動租用車輛應行注意事項」辦理,相關大客車資訊可至交通部公路局網站監理服務查詢;另落實交通安全教育,請學校連結交通部道安委員會「168 交通安全入口網站」下載交通安全相關注意事項,供學校師生參考運用,以確保乘車及交通安全。
- (III)To stay safe when you do extracurricular activities during the Summer vacation, make sure to apply for tour buses in accordance with the Guidelines for Schools Renting Vehicles for Extracurricular Activities, amended on December 24, 2021 in accordance with Ministry of Education Official Letter Tai-Jiao-Xue-(Wu)-Zi-No. 1100165890A. Information related to tour buses is placed on the motor vehicle driver information service website of the Ministry of Transportation and Communications' Directorate General of Highways. For more traffic safety education, go to the 168 Road Traffic Safety Portal Site https://168.motc.gov.tw/ of the MOTC's Road Safety Committee. There, you can download notices related to traffic safety and help make riding and traffic safer.

- (四)請運用交通部交通安全教育守則及教育部編訂之「學校推動交通安全教育參考指引」加強宣導: Be aware of the following traffic safety precautions:
 - 1. 自行車、機車與微型電動二輪車安全:無論駕駛任一交通載具, 不可附載坐人、人車共道,請禮讓行人優先通行,依規定兩段式 左(右)轉、行駛時,不得爭先、爭道、並行競駛或以其他危險方式 駕駛,遵守行車秩序規範,大型車轉彎半徑大並有視覺死角,避 免過於靠近行駛於大型車前或併行,以維護生命安全。

Safety of bicycles, motorcycles and micro-electric two-wheelers: No matter what kind of transportation vehicle you drive, you are not allowed to carry people or vehicles on the same road. Please give priority to pedestrians and follow the regulations when turning left (right) or driving in two stages. You are not allowed to compete for the lead, fight for the lane, drive side by side, or drive in other dangerous ways. You must abide by the driving order regulations. Large vehicles have a large turning radius and have visual blind spots. Avoid driving too close in front of or parallel to large vehicles to protect life safety.

2. 防範無照駕駛違規:提醒學生,在未合法考取駕照前應勿以身試 法,鋌而走險,無照駕駛不僅違規觸法,更甚者可能傷及他人與 自己身體或生命。

Prevent driving violations without a license: Students are reminded not to test the law or take risks before legally obtaining a driver's license. Driving without a license is not only illegal and illegal, but may even cause harm to others, your own body or life.

三、工讀安全: III. Part-time Job Safety:

學生可參考勞動部「職場高手秘笈」,遵循三要準備、七不原則一「要確定、要存疑、要告知」、「不繳錢、不購買、不簽約、證件不離身、不非法工作、不飲用、不辦卡」,如果發生受騙或誤入求職陷阱,致勞動權益受損,可撥打當地勞工局電話,請求專人協助救濟權利;另雇主若於工讀報到索取個人證件用以填報資料,須注意是否註明該證件僅供投保、報稅或其他雙方約定用途之用。上開秘笈已置於勞動部官網(https://www.mol.gov.tw/)業務專區/勞動關係/勞動教育專區可供運用。During Summer vacation, refer to the Chinese-language Secrets of the Workplace Masters labor right education brochure issued by Ministry of Labor. Remember to abide by the principle of the

"three dos, and seven don' ts". The Three Dos: Do confirm employer information; do maintain suspicion; and do inform friends and family about any interviews. The Seven Don'ts: Don't pay any kind of fee for employment; don't purchase anything that a potential employer tries to sell you; don't sign any unclear contracts or agreement; don't give others your ID documents; don't work illegally; don't accept food or drink given to you by a potential employer; and don't apply for a credit card as part of a job application. If your labor rights are harmed because you are the victim of fraud, or fall into an employment trap, call your local labor bureau, and ask the people there to help you restore your rights. You can find Secrets of the Workplace Masters on the Chinese version of the Ministry of Labor's website (https://www.mol.gov.tw/), at 業務專區 (Labor Themes)/勞動關係 (Labor Relations)/勞動教育專區(Labor Education on the RICH Workplace Experience Zone), and (https://rich.yda.gov.tw) of the Ministry of Education's Youth Development Administration, in the Workplace Rights section.

四、活動安全: IV. Event Security:

同學於暑假期間往往會從事大量的休閒活動,依活動場地的不同, 區分為室內活動及戶外活動:

Students often engage in a lot of leisure activities during the summer vacation, which can be divided into indoor activities and outdoor activities according to different

venues:

(一)室內活動:從事室內活動時,首先應選擇安全無疑慮之場所並熟悉 逃生路線及逃生設備,學校應提醒學生熟悉相關消防(逃生)器材操 作,如滅火器、緩降機等,並以保護自身安全為原則。其次,應告誡 同學避免涉足不正當場所,以免產生人身安全問題。

Indoor activities:Indoor activities include libraries, movie theaters, department stores, KTV, MTV, indoor concerts, indoor group activities, etc. When engaging in such activities, you should first choose a safe place and be familiar with escape routes and escape equipment. The school should remind Students are familiar with the operation of relevant fire-fighting (escape) equipment, such as fire extinguishers, descent machines, etc., and the principle of protecting their own safety can ensure the safety of students when engaging in indoor activities. Secondly, students should be warned to avoid getting involved in improper places, so as to avoid personal safety problems.

(二)戶外活動:暑假期間<u>從事登山或山野教育活動,皆應審慎作風險評</u> 估與安全管理,有充分準備再出發:

Anyone who engages in mountaineering or mountain education activities during the summer vacation should carefully conduct risk assessment and safety management, and be fully prepared before setting off:

- 1. 登山前應充分瞭解登山的潛在風險,擬定詳實的登山計畫書,投保相關保險、查詢天候、場域、鄰近救援與醫護資訊等,請攜帶適合的糧食、飲水、登山衣著及裝備通訊設備等,另請注意登山路線有無入山、入園申請之相關規定。
 Before climbing, you should fully understand the potential risks of climbing, draw up a detailed climbing plan, take out relevant insurance, and check weather, site, nearby rescue and medical information, etc. Please bring it with you Appropriate food, drinking water, mountaineering clothing and communication equipment, etc. Please also pay attention to whether there are any relevant regulations on mountaineering and park entry applications on the mountaineering route.
- 2. 暑假期間辦理 2 天 1 夜以上之戶外活動,應通報學校相關業管單位, 並協助至教育部「校安中心網頁」,填報「各級學校戶 外活動登錄 系統」,俾利學校掌握學生戶外活動安全。

For outdoor activities of more than 2 days and 1 night during the summer vacation, the relevant school management unit should be notified, and assistance should be provided to the Ministry of Education's "School Safety Center Website" to fill in the "School Outdoor Activities Login System at All Levels" to facilitate the school's understanding of students Safe for outdoor activities.

從事水域活動應注意「防溺 10 招」及正確救人之「救溺 5 步」:

When engaging in water activities, you should pay attention to the "10 Tips to Prevent Drowning" and the "5 Steps to Save People from Drowning":

- 1. 防溺 10 招(五不五要):不長時、不疲累、不跳水、不落單、不嬉鬧、要合法、要暖身、要注意、要冷靜、要小心。
 - 10 tips to prevent drowning (five don'ts and five essentials): Don't stay in the water for too long, don't get tired, don't dive, don't be left alone, don't play around, be legal, be warm-up, be careful, be calm, and be

careful.

2. 救溺 5 步: 叫叫伸拋划、救溺先自保。

Five steps to rescue a person from drowning: Call, stretch, throw and paddle. To save someone from drowning, save yourself first.

- (1)叫:大聲呼救。
- (2)叫:呼叫 119、118、110、112。
- (3)伸:利用延伸物(竹竿、樹枝等)。
- (4) 抛: 抛送漂浮物 (球、繩、瓶等)。
- (5)划:利用大型浮具划過去(船、救生圈、浮木、救生浮標等)。
- (1) Call: shout for help.
- (2) Call: call 119, 118, 110, 112. (3) Extension: Use extensions (bamboo poles, branches, etc.). (4) Throw: Throw floating objects (balls, ropes, bottles, etc.).
- (5) Rowing: Use large buoyancy devices (boats, lifebuoys, driftwood, lifebuoys, etc.) to row across.



五、藥物濫用防制: V. Prevention and control of drug abuse:

(一)新興毒品可能透過通訊軟體販賣、利用短影音APP 附加QR 碼提供貨品,請提醒家長留意學生,對於各式通訊軟體上奇怪的暗語及販售高於平常市價金額的物品都要提高警覺,避免學生涉入網路販毒

(相關資訊請參考教育部防制學生藥物濫用資源網站 http://enc.moe.edu.tw/)。

Emerging drugs may be sold through communication software, and short-video APPs are used to add QR codes to provide goods. Please remind parents to pay attention to students, and be vigilant against strange code words on various communication software and items sold at higher than usual market prices, to prevent students from getting involved in online drug trafficking; also note that marijuana and "Salvia divinorum" (Salvia divinorum) are listed as secondand third-level drugs in Taiwan respectively. Do not buy or use them to avoid legal violations (for related information, please refer to The department's student drug abuse prevention resource website http://enc.moe.edu.tw/).

(二)倘學生不幸誤觸毒品,請提醒家長與學校師長聯繫尋求協助,瞭解青年學子使用毒品的情境及原因,對症下藥根除這些問題,共同輔導並提供適性、多元學習方案,避免學生中輟或休、轉、退學離校,以協助走出對毒品的依賴性。相關求助諮詢專線為各縣市家庭教育中心(諮詢專線:412-8185)或毒品危害防制中心(諮詢專線:0800-770-885)。

If a student unfortunately touches drugs by mistake, please remind parents to contact the school teachers for help. The encouragement and support of the school and family members are the best backing. Understand the circumstances and reasons for young students using drugs, prescribe the right medicine to eradicate these problems, and provide joint counseling And provide adaptive and multi-learning programs to prevent students from dropping out or taking breaks, transferring, and dropping out of school to help them get out of drug dependence. Relevant hotlines for help are education family centers in counties and cities (consultation line: 412-8185) or drug hazard prevention centers (consultation line: 0800-770-885), to help young students stay away from poison.









六、校園及人身安全: VI. Campus and Personal Safety:

學生若於校內外遭遇陌生人或發現可疑人物,應立即通知師長或快速跑至人 潮較多地方或最近便利商店,大聲喊叫吸引其他人的注意,尋求協助。請各 級學校提醒校外賃居學生尤須注意門戶安全及可疑份子,並配合防疫指引事 項,避免不必要外出;另行經偏僻昏暗巷道時,應小心不明人士跟蹤尾隨, 並隨身攜帶個人自保物品如哨子等,以備不時之需。

If you encounter a stranger or discover a suspicious person, either on campus or outside the school grounds, you must immediately notify a teacher or rapidly run to a well-populated place or convenience store. Shout loudly to attract other people's attention, and seek help. We remind you, if you rent an off-campus apartment, to particularly pay attention to your housing safety and suspicious persons nearby. Also, to comply with the COVID-19 guidelines, refrain from going out unnecessarily. When you go through remote or dim paths/lanes/alleys, be cautious and make sure no one is stalking or following you. Always carry a personal protective item, such as a whistle, with you.









七、網路賭博防制:

VII. Online Gambling Prevention:

學校應提醒老師及家長共同主動關心學生校內、外的言行,並加強對學生的關懷與輔導,如發現學生有異常情事,即積極介入處置與輔導,避免因網路誘惑而落入陷阱或衍生其他偏差行為;若發現學生涉及網路賭博情事,應通知學校依據本部校安通報作業要點即時通報與介入輔導,並由學校截取畫面及網址,提供教育主管機關通知警政單位查處,或向「iWIN網路內容防護機構」提出反應,以防止學生接觸有害身心之網路內容,共同保護莘莘學子,營造純淨的學習環境。

We remind teachers and parents to actively care about students' words and deeds, both at school and off campus. Show care for your students and give them assistance. If you discover student misbehavior, actively deal with the problem, and give the student counseling to prevent them from falling into a trap or misbehaving due to temptations from the internet. If you discover that a student is involved in online gambling, notify the school of the issue; the school will promptly report it, and carry out counseling in accordance with the Ministry of Education's Guidelines for Campus Security Reporting. Additionally, the school will take a screenshot and provide the illegitimate website to the competent authority for education, to then report to the police administration for investigation, or report it to the iWIN Institute of Watch Internet Network to prevent students from checking websites with content that is harmful to their bodies and minds. Let us protect our students, and create a pure learning environment.

八、 犯罪預防:請學校提醒同學切勿從事違法活動如:

VIII. Crime Prevention:

如飆車、竊盜、販賣違法光碟軟體、參加犯罪組織活動或從事性交易(援交)等。另近年來逐漸增多的電腦網路違法事件如:非法散布謠言影響公共安寧、違法上傳不當影片、入侵他人網站竊取或篡改資料等,請各級學校加強學生網路使用認知素養並尊重個人隱私權益,以免誤蹈法網。

We remind you not to get involved in illegal activities such as street-racing, theft, selling illegal discs or software, joining criminal organizations, getting involved in the sex trade (sexual trafficking), and so on. There has been a gradual increase in illegal incidents online for the past few years, such as unlawfully spreading rumors that affect the public peace, illegally uploading illegitimate films, and invading others' websites to steal or tamper their information. Therefore, we want to fortify your knowledge and

literacy in using the Internet, teach you to respect others' privacy and rights, and avoid violating the law.

九、校園傳染疾病及師生健康:

(一)宣導傳染病防治措施

- 1. COVID-19、流感等呼吸道傳染病:請維持個人衛生好習慣、勤洗手,如有發燒或呼吸道症狀、出入人潮擁擠且無法保持社交距離或通風不良之場合時,建議配戴口罩。
- 2. 腸胃炎等腸道傳染病:夏季為腸道傳染病流行期,在外用餐應注 意個人及環境衛生,用肥皂或洗手乳洗手,不生飲、不生食,與 他人共食時應使用公筷母匙。
- 3. 流行性結膜炎:外出戲水需注意雙手清潔,選擇乾淨戲水場所,並 避免以手揉眼、共用毛巾。
- (1) Promote measures to prevent and control infectious diseases
- 1. Respiratory infectious diseases such as COVID-19 and influenza: Please maintain good personal hygiene habits and wash hands frequently. It is recommended to wear a mask if you have fever or respiratory symptoms, enter or leave crowded places where social distance cannot be maintained or there is poor ventilation.
- 2. Gastroenteritis and other intestinal infectious diseases: Summer is the epidemic period for intestinal infectious diseases. When eating out, you should pay attention to personal and environmental hygiene, wash your hands with soap or hand soap, do not drink or eat raw food, and use public hand hygiene when eating with others. Chopsticks and spoon.
 - 3. Epidemic conjunctivitis: Pay attention to clean hands when going out to play in the water, choose a clean water play place, and avoid rubbing your eyes with your hands and sharing towels.
- (二)登革熱防治措施:如出現發燒、頭痛、後眼窩痛、肌肉關節痛、出疹等症狀,應儘速就醫,就醫時應告知醫師旅遊史及居住史,若發現確診病例,應落實校安通報作業,以利掌握校園疫情發展。有關蚊媒傳染病及防疫等相關資訊,請逕至衛生福利部疾病管制署全球資訊網(http://www.cdc.gov.tw)查詢或下載運用。

Dengue fever prevention and treatment measures: If symptoms such as fever, headache, retroorbital pain, muscle and joint

pain, rash, etc. occur, seek medical treatment as soon as possible. When seeking medical treatment, the doctor should be informed of travel and residence history. If confirmed cases are found, school security reporting operations should be implemented, in order to control the development of the campus epidemic. For information on mosquito-borne infectious diseases and epidemic prevention, please go to the Global Information Network of the Department of Disease Control and Prevention of the Ministry of Health and Welfare (http://www.cdc.gov.tw) to inquire or download for use.

- (三) 預防熱傷害:衛生福利部製作預防熱傷害衛教宣導單張、懶人包及專文等資料供宣導熱傷害之認識與緊急處置時使用,相關資訊請逕至該部國民健康署網站「預防熱傷害衛教專區」參閱,網址: https://www.hpa.gov.tw/Pages/List.aspx?nodeid=440。 Prevention of heat injuries: The Ministry of Health and Welfare produces health education leaflets, lazy bags, and special articles on the prevention of heat injuries for use in promoting awareness and emergency treatment of heat injuries. For relevant information, please go to the website of the Ministry of National Health. Please refer to "Thermal Injury Prevention Health Education Zone" at: https://www.hpa.gov.tw/Pages/List.aspx?nodeid=440.
- (四)視力保健:避免暑假期間學生因長時間近距離用眼及長時間使用 3C、看電視等情況,造成學生近視或近視度數持續增加,請學校利用 家長聯繫函及親師座談等方式,提醒家長署假期期間應多帶孩子到戶外活動,並掌握「3010120」秘訣,用眼 30 分鐘、休息 10 分鐘、每天戶外活動 120 分鐘以上,以延緩孩子近視度數增加。 Vision care: To prevent students from using their eyes at close range for a long time, using 3C, or watching TV for a long time during the summer vacation, which may cause myopia or myopia to continue to increase. Schools are requested to use parent contact letters and parent-teacher discussions to remind parents to sign the During the holidays, you should take your children to outdoor activities more and master the "3010120" secret: use your eyes for 30 minutes and rest for 10 minutes

120 minutes and more outdoor activities every day to delay the increase of myopia in children.

- (四) **菸檳防制:**請學校運用各式集會向學生加強菸害防制教育宣導,並利用家長聯繫函及親師座談等方式,提醒家長暑假期間多陪伴孩子,關心孩子金錢花費及交友狀況,別讓孩子落入菸品及檳榔致命的吸引力中,影響自身的健康。
 - Smoking prevention: Schools are requested to use various assemblies to strengthen education and publicity on tobacco hazards prevention to students, and use parent contact letters and parent—teacher discussions to remind parents to spend more time with their children during the summer vacation, and to pay attention to their children's money expenses and friendship status. Don't let your children fall into the deadly attraction of tobacco and betel nut, which will affect their own health.
- (六)避免食品中毒事件:儘速於 2 小時內食用完畢;若未馬上食用,應予以適當保溫,應避免長時間置於細菌快速繁殖之危險溫度帶(7℃-60℃),且不置於地面、病媒出沒或髒污等地方。請學校師生暑假期間可至行政院食品安全辦公室食品安全資訊網(https://www.ey.gov.tw/ofs/)隨時關注食安相關議題。
 To avoid food poisoning incidents: finish eating as soon as possible within 2 hours; if not eaten immediately, keep it warm properly and avoid prolonged exposure to dangerous temperature zones where bacteria can multiply rapidly (7℃-60℃), and do not place it on the ground, in vectorinfested or dirty places. School teachers and students are requested to visit the Executive Yuan Food Safety Office Food Safety Information Network (https://www.ey.gov.tw/ofs/) to pay attention to food safety related issues at any time during the summer vacation.

十、自殺防治:Suicide Prevention:

(一)暑假前再次宣導正確求助觀念與求助流程,使學生瞭解可獲得協助之資源,以透過主動求助過程獲得解決問題;持續追蹤自我傷害高危險學生,並適時提供協助,以積極促進與維護學生身心健康。

Propagate the correct concept of help-seeking and help-seeking process again before the summer vacation, so that students can understand the resources available for help

resources to obtain problem-solving through the active help-seeking process; continue to track students at high risk of self-injury, And provide timely assistance to actively promote and maintain students' physical and mental health.

(二) 提醒家長提高敏感度,可鼓勵家長參閱教育部製作「該怎麼預防青少年 自殺-家長篇」(https://reurl.cc/7k3opy),視需要可聯繫學校協助轉 介,或適時向當地衛生局或自殺防治中心尋求協助,或可運用衛生福利部 安心專線 1925 或1995,24 小時免費諮詢服務。

Parents are reminded to increase their sensitivity. Parents can be encouraged to refer to the "How to Prevent Youth Suicide-Parents" produced by the Ministry of Education (https://reurl.cc/7k3opy). If necessary, they can contact the school for assistance in referral, or contact the school in a timely manner. To seek assistance from the local health bureau or suicide prevention center, you may use the Ministry of Health and Welfare's safety hotline 1925 or 1995, which provides 24-hour free consultation services.

十一、辨別掠奪性研討會

(一)大專校院學生暑假期間參加國際研討會,請注意辨別研討會性質,避免 學術研究成果及財產損失,並應注意人身安全。

College students participating in international seminars during the summer vacation should be careful to identify the nature of the seminar, avoid academic research results and property losses, and pay attention to personal safety.

(二)如何防範掠奪性期刊及研討會?記得報名前透過「主辦與贊助單位」、「議程與籌備委員會、議程委員會」、「研討會論文集」等面向,利用檢核表逐一檢視進行確認,如不慎報名,記得不付出版費,不簽署著作權同意書、要求撤回撤銷論文、不付撤回撤銷費用,未來同篇論文投稿亦應記得揭露。

How to protect against predatory journals and seminars? Remember to use the checklist to check and confirm one by one through the "Organizers and Sponsors", "Agenda and Preparatory Committee, Agenda Committee", "Seminar Proceedings", etc. before registering. If you register accidentally, remember not to pay

the publishing fee If you do not sign the copyright consent form, request the retraction of the paper, or pay the retraction fee, you should also remember to disclose it if you submit the same paper in the future.

(三)教育部已於臺灣學術倫理教育資源中心網站建立「留意掠奪性期刊及會議」議題教材包(https://ethics.moe.edu.tw/packagepost/detail/1/),請多加利用。 The Ministry of Education has established a teaching package on the topic "Beware of Predatory Journals and Conferences" on the Taiwan Academic Ethics Education Resource Center website (https://ethics.moe.edu.tw/packagepost/detail/1/). Please make use of it..

十二、學生發生意外事件之通報與聯繫管道:

Report and Contact Lines for Student Accidents:

本校校安中心專線電話: (06) 2785-2119, 0911-677072

Campus Security Report Center phone no.: (06) 2785-2119

大 潭 派 出 所:(06) 278-1450 Datan Police Station: (06) 278-1450

防 詐 騙 專 線:165 Anti-fraud Hotline: 165