



University : National Chin-Yi University of Technology  
Country : Taiwan  
Web Address : www.ncut.edu.tw

### [SDGs 3] Good Health and Wellbeing

**[3.3.2] Does your university as a body deliver outreach programmes and projects in the local community (which can include student volunteering programmes) to improve or promote health & wellbeing including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and wellbeing related topics?**

### **NCUT Outreach Programmes to Promote Health and Well-Being**

#### **1. Smoke-Free Campus Initiative (2023–Present)**

In alignment with the amendment to Taiwan’s Tobacco Harm Prevention Act, which prohibits smoking on university campuses, National Chin-Yi University of Technology (NCUT) officially became a smoke-free campus on March 1, 2023.

The Student Affairs Office held a preparatory meeting on February 15, 2023, to remove designated smoking areas and coordinate enforcement. Announcements were published on the university website, and formal letters were issued urging all faculty, staff, and students to report any violations.

To support smoking cessation, NCUT provides:

- On-campus consultation through the Health Protection Section, the Department of Continuing Education, and the Environmental Safety Center.
- Access to Taiwan’s national Quit-Smoking Hotline (0800-636-363).
- Referrals to medical and public health institutions for cessation programs.

This initiative demonstrates NCUT’s long-term commitment to cultivating a clean, safe, and healthy learning environment, fostering both physical and mental well-being across campus.

#### **2. “Hand in Hand: Anti-Drug Awareness Camp”**

NCUT organized a two-day Anti-Drug Awareness Camp at Long-Cyuan Elementary School in Longjing District, led by the Echinacea Volunteer Service Club and the National Defense Martial Arts Club, with participation from:

- Longjin High School Dance Club
- Longjing Junior High School Scout Club
- Long-Cyuan Elementary School students

Over 120 students participated in a series of creative, educational activities including:

- Anti-drug performances, health exercises, and drug prevention challenge games
- Outdoor adventure games and “Elite Seedling” workshops that combined fun with learning



The event successfully promoted drug refusal education, raising awareness of the dangers of substance abuse while fostering a drug-free culture through interactive, community-based learning.

### 3. “Anti-Drug Seedling: Hand-in-Hand Defense Youth Camp”

To further strengthen youth drug prevention awareness, NCUT and Longquan Elementary School in Taichung co-hosted the Anti-Drug Seedling Camp from May 10–11, 2023.

The camp began with dance performances by Longquan’s Dance Club and NCUT’s Echinacea Volunteer Club, followed by a rich program of:

- National defense and anti-drug education
- Team-based challenge games and obstacle courses
- Paintball target competitions to build decision-making and focus

These activities enhanced students’ understanding of drug identification, self-protection, and teamwork, helping participants develop confidence, discipline, and civic responsibility.

### 4. Smoke- and Drug-Free Campus Initiative

In accordance with Taiwan’s Tobacco Harm Prevention Act, NCUT declared the entire campus smoke-free beginning March 1 2023. The Student Affairs Office led an awareness campaign through meetings, web announcements, and letters to students and staff. Counseling resources and a quit-smoking hotline (0800-636-363) were made available, reinforcing NCUT’s commitment to a healthy and safe environment.

Additionally, NCUT’s Echinacea Volunteer Service Club and the National Defense Martial Arts Club co-organized the *Hand in Hand: Anti-Drug Awareness Camp* at Long-Cyuan Elementary School. Over 120 students participated in interactive prevention activities—dance performances, obstacle courses, and “Elite Seedlings” workshops—enhancing youth awareness of substance abuse prevention.

### 5. Anti-Drug Seedling: Hand-in-Hand Defense Youth Camp

To strengthen drug awareness among young people, NCUT partnered with Longquan Elementary School in Taichung to host the *Anti-Drug Seedling Camp* (May 10–11 2023). The program combined national defense, self-protection training, teamwork games, and paintball competitions to teach decision-making and resilience in a safe, structured setting.

### 6. Psychological Counseling Volunteer Organization

This student-led organization works under NCUT’s Counseling Center to promote **mental-health literacy**, peer-to-peer counseling, and emotional support networks. Its motto, “*Those who help others will always find help themselves,*” reflects NCUT’s humanistic approach to well-being and psychological resilience.



## 7. Tzu Ching Club

Affiliated with the Tzu Chi Foundation, this club promotes environmental awareness, vegetarianism, and compassionate service. Activities include recycling, beach clean-ups, and welfare assistance, reinforcing healthy lifestyles and sustainable living.

## 8. Echinacea Volunteer Service Club

Beyond anti-drug education, the Echinacea Club coordinates mountain and beach clean-ups, youth leadership camps, and care visits to disadvantaged groups. Participation in these events fulfills NCUT's service-learning requirement (24 hours) while fostering civic engagement and teamwork.

## 9. Goodwill Service Group

This group provides training in international etiquette, communication, and event hosting, serving at official ceremonies and community events. Courses on personal grooming, public speaking, and mental composure enhance members' self-confidence and social well-being.

## 10. Chongren Youth Volunteer Service Club

An inter-university network promoting emotional health, friendship, and peer support, organizing birthday celebrations, pre-exam gatherings, and counseling events to build an atmosphere of joy and solidarity across campuses.

## 11. International Volunteer Service Club

Founded in 2008, the club follows the motto *"Education to alleviate poverty starts with you and me."* It conducts both domestic and overseas service programs, notably in Cambodia, along with primary-school outreach, animal protection, and youth development camps. These experiences cultivate empathy, cross-cultural understanding, and global health awareness.

## 12. Diligent Volunteer Club

Operating under the philosophy *"We are one family,"* the club organizes **Children's Character Camps** for disadvantaged primary students, promoting moral education, mental growth, and a caring spirit among university volunteers.

## 13. Toy Picture Book Service Club

Members visit hospitals, nursing homes, and social-welfare centers, using storytelling, games, and creative play to support the elderly and children. A recent visit to National Military Taichung General Hospital's nursing home emphasized companionship and intergenerational care—key dimensions of well-being.

## Institutional Impact

NCUT has over 12,000 faculty, staff, and students participating in more than 80 student organizations, including 12 officially recognized service clubs that collectively hold over 80 sustainability-related and health-promotion activities annually.

These initiatives align directly with UN SDG 3 (Good Health and Well-Being) by:

- Creating a smoke-, drug-, and stress-free campus
- Promoting physical and mental wellness through sports, volunteering, and environmental action
- Extending health education and services to local schools, hospitals, and communities.



The Ministry of Education has introduced the “Third Age University Pilot Program” this year, encouraging individuals aged 55 and above to pursue lifelong learning, foster self-growth, and continue contributing to society. National Chin-Yi University of Technology (NCUT) is participating for the first time, with the Department of Health Industry Technology and Management and the Department of Business Administration jointly enrolling students to provide a cross-disciplinary learning platform.

The Health Industry Department has launched the “Active Aging Program in Exercise and Health Management,” covering elderly care, exercise guidance, nutrition, and health management. This program equips learners with practical skills applicable in community health promotion, institutional services, and personal health management, while also opening opportunities for career transition, employment, or entrepreneurship.

### Psychological Counseling Volunteer Organization

The **Psychological Counseling Volunteer Organization** at NCUT is dedicated to fostering psychological knowledge, counseling skills, self-growth, and the ability to assist others. This organization aims to support the university's counseling center by promoting mental health awareness and building a strong bridge of communication between students and the institution. Through peer counseling efforts, the group works to provide emotional support and implement effective counseling among peers.

The guiding principle of the organization is rooted in the belief that "those who help others will always find help themselves," reflecting a commitment to creating a compassionate and supportive environment for the entire student body.



### Tzu Ching Club

The **Tzu Ching Club** at NCUT is a volunteer-driven student club inspired by the principles of the Tzu Chi Foundation. Its members are passionate about protecting the environment, promoting sustainable living, and giving back to the community. Activities include **sorting recyclables at environmental protection stations, assisting people in need, and encouraging others to adopt a vegetarian lifestyle for health and environmental benefits.**

The club also organizes events such as beach cleanups, orientation camps, and year-end blessing ceremonies. In all activities, students are mentored by senior Tzu Chi members and volunteers, creating a supportive network of like-minded individuals from across Taiwan. The association fosters a strong sense of community, kindness, and environmental responsibility, and warmly invites new members to join its mission of service and sustainability.



### Echinacea Volunteer Service Club

Welcome to Echinacea! As a new member, our senior members will guide you through an exciting journey. If you have dreams of making a positive impact, this is the place for you.

College is a fresh start, and beyond joining clubs that match your interests, you can also participate in service clubs that offer service hours. Our club organizes activities like beach cleaning, mountain cleaning, and camp team events. Each activity you participate in will help you accumulate service hours.

You might wonder, why are these hours important? Well, every student needs to complete service hours as part of the graduation requirement. How many, you ask? The graduation threshold is 24 hours. But don't worry! Our club makes it easy. By participating in our activities, you can complete all 24 hours during your freshman year, eliminating the stress of fulfilling this requirement later on. Isn't that great?

Here's a glimpse of the activities organized by Echinacea Club:

1. **Mountain Cleaning Activities:** This event allows students to contribute to the preservation of nature by cleaning up mountains and forests. It's a great way to connect with nature while giving back to the environment.
2. **Camp Team Activities:** These events focus on teamwork through engaging games and interactive activities. Students learn valuable skills in cooperation, problem-solving, and interpersonal communication.
3. **Care Journey:** In this meaningful event, students reach out to support disadvantaged communities, encouraging empathy and social responsibility. It also serves as a reminder to avoid negative behaviors and inspire positive change.

Join us in making a difference and fulfilling your service hours in a fun, impactful way!

# 紫錐花專刊

紫錐花志工服務社  
112學年度第2學期校外活動  
幹部訓練  
歡迎同學們  
加入我們紫錐花  
反毒運動的行列哦！

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**染毒四徵兆**  
請關心您的家人

**作息改變**  
精神萎靡亢奮、持續不睡、晝夜不靜、近一週就是2、3天

**行為異常**  
逃課、逃家、賭博、經常上網所、莫名掉東西

**情緒不穩**  
脾氣暴躁、喜怒哀樂、躁動不安、沮喪、多疑

**特殊物品**  
可疑白色粉末、特殊吸食器、奇特香菸製品

## 路邊違停狂抖！20歲男毒癮發作 警一開門人瘋俱獲

信義分局與興街派出所員警日前執行巡邏勤務時，見一輛白色轎車違停路邊，因此立即上前調查，不料員警才剛靠近，就聞到20歲呂姓男子身上散發出濃濃的毒品味道，而呂男整個身體還不斷顫抖，讓警方驚覺有異，當即在駕駛座旁起獲摺有毒品粉末吸管。

據信義分局指出，上月19日晚間10時許，興興街派出所副所長劉錦華、警員黃章柏及李博涵等3員執行巡邏勤務時，先是在松平路上發現一輛違停的白色轎車，員警見狀也立即上前盤查；不料才剛靠近，便馬上聞到呂姓駕駛身上散發出濃厚毒品氣味，加上呂男身體不斷顫抖，讓員警瞬間驚覺有異。

隨後，員警從車窗上望進去也在車輪中央扶手處，看到疑似摺有毒品吸管一支，呂姓男子眼見人證物證確在，才坦承會違停在路邊，就是為了吸食毒品，沒想到因此吸引警方上門。經初步檢驗該毒品粉末吸管，呈第三級毒品其他命陽性反應（毛重0.68公克）。警方詢後依違反《毒品危害防制條例》移請裁罰，並持續向上溯源，追查毒品來源以淨化治安。

信義分局呼籲，吸毒危害一生，民眾切勿因一時好奇以身試法，如發現住家周邊可疑人士販賣或施用毒品等行為，應即向警方報案，以利及時查緝並逐漸肅清毒源；警方將持續加強取締毒品人口，防範涉及其他不法犯罪，以維治安平穩。



## Goodwill Service Group

At the Goodwill Service Group, we believe that the purpose of life is to serve others. With a positive attitude, a sincere heart, and a confident smile, we strive to assist everyone. Our group actively supports major events and celebrations at the school, taking on the role of reception and service to ensure that every guest feels welcomed and cared for.

Members of our group receive a variety of professional training sessions, including international etiquette and interpersonal communication skills, which are invaluable for future success. We offer courses on personal grooming, beauty, hair, and makeup to cultivate an elegant and dignified appearance. Additionally, we provide training in public speaking and adaptability, enabling our members to gain confidence and apply these skills in everyday life.

Through club activities, members will not only gain professional knowledge in event planning and management but will also have the opportunity to expand their social circles and develop connections through interactions with students from other schools. Joining the Goodwill Service Group is not just about service—it's about personal growth, broadening your horizons, and building a strong foundation for your future.



### Chongren Youth Volunteer Service Club

The **Chongren Youth Volunteer Service Club** is a dynamic inter-school organization that brings together volunteer students from various colleges and universities across central Taiwan. Our club thrives on a collaborative spirit, where experienced seniors and enthusiastic juniors unite to serve and build meaningful connections.

We organize a wide array of activities, from birthday celebrations and warm welcome events to group outings and support sessions for students before exams. These initiatives foster a nurturing and joyful atmosphere, making the Chongren Youth Volunteer Service Club a place filled with love, happiness, and camaraderie.

If you're a spirited individual with a passion for service, we warmly invite you to join our vibrant community. Your energy and dedication will be a wonderful addition, helping us continue to spread positivity and support throughout our campuses!



### The International Volunteer Service Club

Since its establishment in 2008, the International Volunteer Service Club has been dedicated to the motto, "Education to alleviate poverty starts with you and me." Our members prioritize people and are committed to upholding the values of service and love. Our efforts are divided into two key areas: domestic and international services. Domestically, we emphasize diversity and a broad range of activities, while internationally, we focus on long-term, in-depth volunteer services, particularly in Cambodia, where members experience and engage with different local cultures.

One of our signature activities is the overseas volunteer camp, but we also regularly organize domestic projects such as the Ministry of Education's primary and secondary school projects, one-day theme camps, animal protection camps, and three-day winter and summer camps. Additionally, we occasionally organize special events like the "Around the Island Service". These initiatives promote more diverse service opportunities, bringing together innovative ideas and offering activities that are fresh and impactful.

Our goal is to ensure that the International Volunteer Service Club reaches every remote corner of the world. We warmly welcome individuals eager to serve society, gain new knowledge, and join this passionate family, as we continue to move forward and offer help wherever it's needed.



### Diligent Volunteer Club

The **Diligent Volunteer Club** originated from our school's commitment to engaging college students in volunteer service activities. One of our core initiatives is the **Children's Character Camp**, where volunteers are mobilized to support the academic and character development of disadvantaged primary school children in nearby communities.

Our guiding philosophy, "We are one family," reflects our belief that while serving others, volunteers themselves benefit from spiritual growth and care. This holistic approach ensures the long-term development of volunteers, fostering not only academic excellence but also a deep

sense of compassion and responsibility for society.

The club aims to cultivate future leaders who are both skilled and empathetic, while building a culture rooted in **"diligence in cultivating the heart."** Through our service, we strive to create lasting impact in the lives of both the children we assist and the volunteers themselves.



### Toy picture book service club

The core mission of this club is to harness the power of toys, picture books, storytelling, and games as tools to instill joy, inspire love and empathy, and foster a spirit of service. Our dedicated volunteers devote their free time to visiting hospitals and social welfare agencies, where they provide support to the elderly and children.

Through the art of storytelling and interactive games, our volunteers aim to spread happiness and share positive messages, bringing warmth and comfort to both adults and children alike. Our goal is to create a meaningful impact by infusing moments of joy and compassion into the lives of those we serve.

Volunteers from our service club recently visited the nursing home affiliated with the National Military Taichung General Hospital to carry out compassionate service activities. The primary objective was to provide care and companionship to the elderly residents in the long-term care facilities associated with the hospital.

During this visit, our volunteers engaged in various activities, including storytelling and games, to interact with the elderly residents. Through these interactions, our volunteers managed to convey a sense of youthfulness and vitality to the seniors and fostered a warm and welcoming atmosphere.

Our ultimate aspiration with this initiative is to help students appreciate the significance of

companionship and caring for the elderly. We also hope that these interactions provide the elderly residents with a pleasant and memorable half-day experience filled with companionship and warmth.



NCUT's volunteer community assisted Taichung Municipal Taichung Special Education School for The Hearing impaired in organizing the 63rd anniversary



NCUT's Volunteer Club Making environmentally friendly enzymes



Actively involve in local climate change education and strengthen the link with the international community

**Description:**

NCUT, with around 12,000 students, faculty, and staff, hosts a vibrant campus community that includes 80 student clubs. These clubs cover a wide range of interests, from research, entertainment, and sports to service-oriented activities, with 12 clubs dedicated specifically to service.

As the concept of sustainability from the United Nations gains traction on campus, these 12 service clubs, along with many other student groups, actively engage in activities that promote environmental care, community support, and education. In line with NCUT's focus on sustainability, more than 80 sustainability-related activities are organized by students each year. These initiatives emphasize the importance of fostering a sustainable future and building a socially responsible campus community.

**These student-led organizations actively engage in a plethora of activities aimed at raising awareness about environmental concerns and promoting a keen interest in various facets of sustainable development among our students.**



1. Psychological Counseling Volunteer Organization
2. Tzu Ching Club
3. Echinacea Volunteer Club
4. Goodwill Service Group
5. Chongren Youth Club
6. International Volunteer Club
7. Diligent Volunteer Club
8. NCUT Dormitory Association
9. Chinyi Luofu Group
10. Toy picture book service club
11. Bee family Recreational Guidance Association
12. Aboriginal Culture Research Club