

| People

Fostering Unity and Wellness on Campus

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National Taiwan University is the most highly-respected educational institution in Taiwan, and its vast campus is home to a dedicated community of over 11,000 faculty and staff members. Despite its impressive size, the university is still committed to ensuring that the faculty and staff are not treated merely as human resources-- workers and service people-- but also as individuals with unique needs and aspirations.

"As this is an enormous campus, many of our offices tend to focus on their specific domains, and it's disheartening that we might not know each other well enough," commented Yu-ping Su, CEO of NTU Life Education Center.

In response to the challenges posed by the pandemic, NTU Life Education Center introduced a holistic service model aimed at maintaining the health and fortitude of every member of the NTU family. This comprehensive approach includes the integration of resources across campus and a call to NTU staff to place greater emphasis on their physiological and psychological well-being and interpersonal relationships.

Enabling Self-Care for All

The pandemic necessitated a shift to online lectures, meetings, and operations, sharply diminishing the opportunities for face-to-face interaction among colleagues. Recognizing the adverse effects of such isolation, the NTU Administration tasked the Life Education Center to innovate a holistic care program in 2021 to combat the negative effects of social distancing and maintain the mental health of NTU faculty and staff members.

In developing this program, the Life Education Center collaborated with several key units, including the Personnel Office, the Athletic Department, the Center for the Arts, NTU Farm, the Library, and NTU Museums. The initial step involved compiling a list of courses and activities offered by these units. This streamlined approach allowed more faculty and staff to access existing resources and explore how to use this multitude of courses and activities to improve their personal wellness.

The next step was focused on engaging participants by offering free health check-ups. These check-ups raised the participants' awareness of their health conditions and guided them in making informed choices in their daily activities. The program further encouraged one-on-one health consultations with nutritionists, physicians,



Outdoor walking tours are one of the activities offered by the NTU holistic care program.



A participant shows his outdoor painting.



Participants learning to swing their tennis rackets in a tennis course.

nurses, and physical education instructors each month. This personalized approach facilitated the identification of specific needs, provided constructive advice, and aided in the selection of activities best aligned with individual needs.

Creating a Nurturing Campus Vibe

NTU Life Education Center diligently organized a wide range of workshops and courses tailored to the diverse needs of campus personnel. These offerings encompass a ten-week body training course that includes physical fitness exercises, cardio workouts, and ball sports. Moreover, "Pop-up sports activities" are held during lunch breaks offering participants the chance to explore newfound interests. Additionally, walking tours, sketching sessions, and craft workshops provide relaxing alternatives.

During the past three years, the center has organized over a hundred events, attracting over 16,000 participants. The remarkable response is evident in the high percentage of return participants, as well as the formation of friendships that extend beyond the classroom. Participants often choose to exercise together outside of scheduled courses.

Su expressed great satisfaction with the growing camaraderie among faculty members and reiterated the center's commitment to physical and mental well-being. The program's vision underscores the holistic development of individuals, encompassing not only skills and knowledge but also the cohesion of body and mind. "Whether it be promoting social harmony, helping others find meaning in their lives, goals to pursue, or values to realize, the goal is all the same: to create a happy campus where people live a happy life," concluded Su.



Faculty members learning how to produce edible rice through hands-on activities.