



新北市政府勞工局

外勞資訊通

Message For Foreign Workers Of New Taipei City



中英文版

Winter

2015 冬季號

NO. 24



The Exciting 2015 Indonesian Culture Festival

2015印尼文化嘉年華HIGH翻天

- Hope You had a Wonderful Year,
See You Online Next Year
歲末祝福 明年網路見
- Do Not Panic During Earthquakes
地震來了別驚慌
- Shimen: The Scenery of Wind
石門 風之景
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廣告



新北市政府勞工局



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The end of 2015 is drawing near. Throughout the year the New Taipei City Labor Affairs Department has worked hard to serve employers and foreign worker friends. We have hosted many legal consultation and advocacy events, and wonderful leisure cultural events. These events enhanced employers' ability to manage foreign workers, decreased violation cases, helped foreign friends to relieve the stress from working abroad, and enhanced the harmonious relationship between employers and employees.

Starting in 2010 the New Taipei City Labor Affairs Department began publishing the multilingual Message for Foreign Workers of New Taipei City in Vietnamese, English, Indonesian, and Thai. The magazine is crucial for introducing relevant events hosted by the Labor Affairs Department, advocating laws, and promoting the culture and customs of Taiwan. In 2016, Message for Foreign Workers of New Taipei City will no longer be published, but the services and up-to-date event information will still be available on the official New Taipei City Labor Affairs Department website (<http://www.labor.ntpc.gov.tw/>).

A new outlook for a new year, it is our wish that all employers and their families will have a prosperous and happy year. We also hope all foreign worker friends will be successful and have a joyful life in Taiwan.

Commissioner of Labor Affairs Department of New Taipei City

Hsieh, Cheng-Ta



2015年即將接近尾聲，這一年來，新北市政府勞工局為雇主及外勞朋友們盡心竭力的服務，舉辦了多場法令宣導會及精彩的文化休閒活動，提升雇主對外籍勞工自主管理能力，減少違規觸法案件，並協助外勞朋友紓解在異鄉生活的壓力，促進勞資關係和諧。

新北市政府勞工局自2010年開始編印發行【外勞資訊通】越南、英文、印尼及泰國四國語文版雜誌，向雇主及外勞朋友們介紹本局辦理的相關活動、宣導法令知識及臺灣民情。自2016年起，【外勞資訊通】即將停刊，但相關服務及最新活動訊息，仍可至本局網站 (<http://www.labor.ntpc.gov.tw/>) 查詢。

新的一年、新的展望，祝福雇主及您的家人事事順心、如意，並祝福外勞朋友們在臺灣的歲月都能工作順利、開心生活。

新北市勞工局長

謝政達

Q&A for Foreign Household Worker Wage Adjustment Issues

家事類外籍勞工調薪Q&A

Q1: When will employers of foreign household workers start to pay an NT\$17,000 wage?

雇主聘僱的外籍家事類勞工何時以1萬7,000元給薪?

A1: It depends on when employers requested the representative office of the foreign household workers' home country to verify their work contracts. If the review date is after September 1, 2015, then the wage is NT\$17,000; if the verification date is before September 1, 2015, then the wage remains the same.

雇主向各國在臺辦事處申請驗證外籍家事勞工的勞動契約，審核期間為104年9月1日以後者，以1萬7,000元給薪，104年9月1日以前在臺受雇主聘僱的外籍家事勞工則不受影響。

Q2: Why is the wage of foreign household workers being raised to NT\$17,000?

為什麼外籍家事類勞工薪資調整至1萬7,000元?

A2: The monthly wage agreed upon by both employers and workers was set at NT\$15,840, but that amount has not been adjusted for 18 years. Foreign workers' home countries have insisted that the monthly wage of foreign household workers should be NT\$17,500, calculated by deducting NT\$2,500 of accommodation costs from the NT\$20,008 minimum wage. To reach an agreement, the Ministry of Labor continued to communicate with each of the source countries, inviting the Philippines, Thailand, Indonesia, and Vietnam to hold a five-party meeting. Finally, a consensus was reached to adjust the wage of foreign household workers to NT\$17,000, starting on September 1, 2015.

外籍家事類勞工薪資多由勞雇雙方約定新臺幣1萬5,840元，此薪資已有18年未調整。外籍勞工來源國堅持以基本工資新臺幣2萬8元扣除膳宿費用2,500元的1萬7,500元做為家事類勞工薪資。故勞動部不斷與各來源國溝通協調，並邀集印、菲、泰、越召開五邊會議，達成外籍家事類勞工薪資自今年9月1日起調整至新臺幣1萬7,000元的共識。

Q3: Will the wage of foreign household workers be adjusted again in the near future?

後續還會調整外籍家事類勞工薪資嗎?

A3: In order to discuss and decide on a reasonable wage for foreign household workers, Taiwan, the Philippines, Thailand, Indonesia, and Vietnam will establish a wage reviewing procedure for the wages of foreign household workers. Each year in July the Ministry of Labor will refer to the economic development price index and national income data, and then invite the source countries that provide foreign workers to review the wages.

為研訂合理外籍家事類勞工薪資，臺、印、菲、泰、越等五國將建立外籍家事類勞工薪資檢討機制。勞動部將於每年7月參考經濟發展、物價指數、國民所得等數據，邀集外籍勞工來源國，共同檢討家事類勞工薪資。

Q4: If employers already hired foreign household workers before July 1, 2015 with an NT\$17,500 monthly wage, can the employers reduce the wage to NT\$17,000 after September 1, 2015?

雇主若已經於104年7月1日後以新臺幣1萬7,500元引進外籍家事類勞工者，是否可於104年9月1日起約定變更薪資至1萬7,000元？

A4: If foreign household workers who are already working in Taiwan and have already completed the signing of work contracts want to change wage agreement, and the employers agree, both parties must come to a new agreement. However, the content of the new agreement must not be unfavorable for the employees when compared to the Wage Affidavit.

已在臺工作且完成勞動契約簽訂之外籍家事類勞工，如勞雇雙方欲變更薪資，須經由勞雇雙方重新約定，惟與工資切結書相較，不得變更為不利的內容。

Q5: Do employers who hired household workers before September 1, 2015 with the NT\$15,840 monthly wage have to change the wage to NT\$17,000?

雇主於104年9月1日前以新臺幣1萬5,840元引進外籍家事類勞工者，是否須變更薪資為1萬7,000元？

A5: If foreign household workers who are already working in Taiwan and have already completed the signing of work contracts want to change wage agreement and employers agree, both parties must come to a new agreement.

已在臺工作且完成勞動契約簽訂之外籍家事類勞工，如勞雇雙方欲變更薪資數額，須經由勞雇雙方重新約定。

聘僱外勞前 慎選委任的人力仲介公司

大多數聘僱外籍勞工的雇主因不熟悉引進外勞程序、法令，遂透過人力仲介公司引進外籍勞工。新北市勞工局表示，在實務上，如果人力仲介公司沒有善盡受任事務，以致有違反就業服務法或其它法令時，雇主仍需負擔相關責任。勞工局提醒，慎選人力仲介公司是雇主聘僱外勞前最重要且應注意的事項。

勞工局強調，民眾應委任合法人力仲介公司申辦外勞。目前人力仲介公司須向勞動部申請設立許可，取得許可證後才可從事辦理引進外勞事宜。勞動部勞動力發展署每年對全國的人力仲介公司進行服務品質評鑑，民眾可至網站(<http://www.wda.gov.tw/>)查詢所委任的人力仲介公司是否為合法仲介，有無遭處分情形、評鑑分數及等級等相關資料，再依自身實際需求，選擇合適人力仲介公司。

民眾在委任人力仲介公司辦理引進外勞業務時，雙方應簽定書面契約，民眾可參考勞動部訂定的委任契約範本，內容規範契約委任期間、雙方權利義務、收費與退費等事項，可保障民眾權益、減少爭議。

人力仲介公司依規定可向雇主收取招募外勞1個月薪資的登記費及介紹費，另每年可收取新臺幣2,000元的服務費，如人力仲介公司有收取超過標準以外的費用，則違反就業服務法的規定，民眾可檢附相關資料向當地勞工主管機關提出檢舉。雇主應慎選合法優良人力仲介公司以免日後發生糾紛及困擾，如民眾對於僱用外勞之業務有任何問題，也可洽當地勞工主管機關或勞動部勞動力發展署，將有專人為民眾服務。

Foreign Caretakers May Extend Working Period to Fourteen Years

外籍家庭看護工 工作有條件延長至14年

The Legislative Yuan has approved amended articles of the Employment Service Act. The new amended articles state that foreign caretakers who have undergone professional training or self-training, have exceptional performances, and have met specific qualifications and requirements may extend their working period in Taiwan for up to but not exceeding fourteen years. Starting today employers may apply for the extension from the Ministry of Labor. It is estimated that within three years about 2,500 families will benefit from the amendment.

Article 52 of the current Employment Service Act stipulates that foreign caretakers cannot work in Taiwan for more than twelve years. In order to stabilize relationships between employers and employees, reduce training cost, and retain outstanding foreign caretakers, the Act was amended. Additional clauses were put in the Act, allowing foreign caretakers to work within the border of Taiwan for no more than fourteen years if they have undergone professional training or self-training, have exceptional performances, and have met qualifications required by competent authorities in the central government.

Regarding the qualifications necessary for foreign caretakers to extend their stay in Taiwan, the Ministry of Labor has already consulted relevant ministries, scholars, and experts. The evaluation fields include linguistic ability, work skills, education, and outstanding performance. The work extension of foreign caretakers that have accumulated a certain amount of points after evaluation are handled by their respective employers.



立法院通過「就業服務法」修正部分條文，外籍家庭看護工經專業訓練或自力學習，而有特殊表現，符合一定資格、條件者，在臺工作期間累計不得逾14年，自即日起，雇主可向勞動部申請展延。預估實施後3年內將有2,500家庭受惠。

現行就業服務法第52條規定，外籍家庭看護工在臺工作年限不得逾12年，為穩定勞雇關係、節省訓練成本及留用優秀的外籍家庭看護工，通過修正增列外籍家庭看護工經專業訓練或自力學習，而有特殊表現，符合中央主管機關所定之資格條件者，在中華民國境內工作期間累計不得逾14年。

針對外籍家庭看護工續留資格，勞動部已會商相關部會及學者專家，規劃具語言能力、工作技能、學歷及特殊表現等，經評點累計達一定點數的外籍家庭看護工得由雇主申請延長在臺工作期間。



中低收入戶與低收入戶免繳就業安定費

「就業服務法」修正部分條文，聘僱外籍家庭看護工的雇主或被看護者符合社會救助法之低收入戶或中低收入戶，免繳納就業安定費。對於首次聘僱外籍家庭看護工或家庭幫傭的雇主，須參加聘前講習。

現行聘僱外籍家庭看護工雇主每月應繳納就業安定費新臺幣2,000元，以作為促進國民就業服務用途，但符合低收入戶或中低收入戶的雇主得減免繳納就業安定費為600元及1,200元。為進一步減輕低收入戶或中低收入戶等雇主家庭經濟負擔，本次修法通過聘僱外籍家庭看護工雇主或被看護者符合社會救助法之低收入戶或中低收入戶、身心障礙者權益保護法領取生活補助費或依老人福利法領取中低收入戶生活津貼者，其聘僱外籍家庭看護工，免

繳納就業安定費，預估約有2,000戶家庭受惠。

此外，目前雇主聘僱外籍家庭看護工，並未要求須參加講習。本次修法新增規定雇主首次聘僱外籍家庭看護工或家庭幫傭前，須參加聘前講習，讓雇主及家庭瞭解法令規定及可運用的政府資源，協助家庭作好聘僱外國人心理準備。聘前講習若上路後，未來每年約3萬2,000名雇主適用規定，勞動部將規劃辦理相關講習作業，以便利民眾完成申請作業。

「就業服務法」修正部分條文已於104年10月7日經總統公布後3日實施（即104年10月9日），後續將儘速完成相關法規與配套作業。至於雇主聘前講習，則將於總統公布日起6個月內，完成配套措施後實施。

檢舉行蹤不明外勞、非法雇主、仲介 檢舉獎勵金最高7萬元



為鼓勵民眾檢舉違反就業服務法的雇主、仲介及行蹤不明外勞，自104年9月11日提高檢舉獎金至7萬元。希望降低非法聘僱、非法媒介及外勞行蹤不明情形，並保障本國勞工就業權益及社會安定。

針對非法雇主部分，如查獲行蹤不明人數1人發給1萬元；2至4人發給2萬元；5人以上則修正為5至7人發給5萬元；8至10人提高發給6萬元；11人以上提高發給7萬元。另非法媒介部分，如查獲行蹤不明人數1人發給2萬元；2人以上則修正為2至4人發給5萬元；5人以上則提高發給7萬元。又行蹤不明外勞人數，由原每案發

給獎勵金5,000元，修正為以查獲行蹤不明外勞1至3人發給5千元；4至6人提高發給1萬元；7至9人提高發給1萬5,000元；10人以上提高發給2萬元。

根據統計，近3年民眾檢舉並發給獎勵金件數共計2,470件，發給獎勵金總計2,477萬餘元，因此而查獲非法外國人人數計4,822人、非法容留或聘僱行蹤不明外勞工作之雇主共計1,499人，非法仲介計49人。

新北市府勞工局呼籲雇主應合法聘僱外勞，並善盡外勞生活照顧責任，以避免觸法及發生外勞行蹤不明情形。

The Exciting 2015 Indonesian Culture Festival

2015印尼文化嘉年華HIGH翻天

The 2015 Indonesian Culture Festival took place on September 20 at New Taipei City Hall Citizen Plaza. Mayor Chu Li-Luan and Mr. Arief Fadillah, the representative of the Indonesian Economic and Trade Office to Taipei, conducted the turmeric rice blessing ceremony together to pray for peace and prosperity for citizens of both counties. Mayor Chu sliced off the top layer of the traditional Indonesian turmeric rice and offered it to Mr. Arief, signifying that the relationship between the two countries will be everlasting, and also demonstrating the gratefulness of the New Taipei City.

Mayor Chu wore traditional Indonesian costume attending the event. During his opening speech he pointed out that currently there are nearly 40,000 Indonesian workers and new immigrants that reside in New Taipei City. He



2015印尼文化嘉年華活動9月20日在新北市市民廣場登場，朱立倫市長與印尼經濟貿易代表處駐臺代表艾立富（Mr. Arief Fadillah）共同進行黃薑飯祈福儀式，祈求兩國人民國泰民安。朱市長切下印尼傳統黃薑飯的最上層獻給艾立富，代表兩國友誼永駐，並表達新北市的感謝之意。



also stated that Indonesia and Taiwan are good friends and are important trade, economic, and social partners. Many prominent Indonesian politicians have visited New Taipei City, including representatives of the Indonesian People's Consultative Assembly and governors of provinces. Then Mayor Chu gave thanks to all the Indonesian friends that have assisted New Taipei City in the past.

The New Taipei City Labor Affairs Department stated that the 2015 Indonesian Culture Festival was co-hosted by New Taipei City and Indonesian Economic and Trade Office to Taipei. This year an Indonesian dance troupe, popular rock bands, and other performances provided excellent shows. Furthermore, the organizers also worked with non-governmental organizations to provide legal consultation, free hair styling, massages, and health examinations. Raffle drawings were also part of the festival. Visitors flooded the site, and the event was very lively.

朱立倫市長穿著印尼傳統服飾出席活動，並於致詞時表示，目前印尼在新北市的勞工朋友及新住民將近4萬人，印尼是臺灣非常好的朋友，無論在貿易、經濟、社會上都是很重要的夥伴，印尼的國會議員、省長等政要都曾拜訪過新北市，感謝印尼朋友過去對新北市各方面的協助。

勞工局表示，這次印尼文化嘉年華由新北市與駐臺北印尼經濟貿易代表處合辦，除邀請印尼舞蹈團、熱門搖滾樂團等表演多項精彩節目外，還結合多個民間社團等提供法令宣導、免費理燙髮、按摩、健康義檢等服務，並舉辦摸彩活動，現場人山人海，場面很熱鬧。



Shimen: The Scenery of Wind



Shimen District is located on the north coast of Taiwan. Along the coast is gorgeous scenery, attracting numerous visitors on the weekends and holidays, and it is also cyclists' favorite route. Visitors can also take Taipei Metro to Tamsui Station and take a bus to visit the scenic spots along the bus route. The transportation is very convenient.

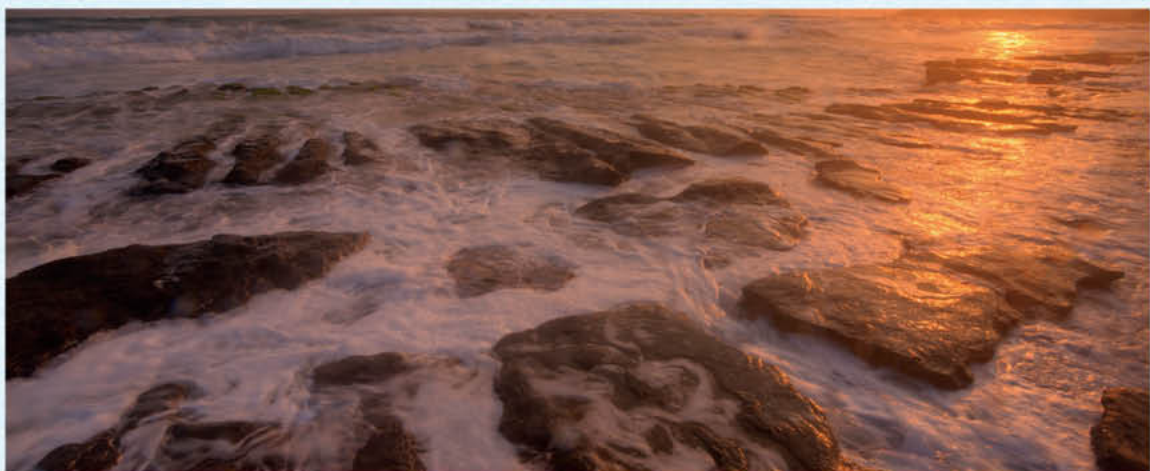
● Laomei Green Reef

Laomei Green Reef is one of the rarest scenic spots in Taiwan. Due to the large quantity of seaweed growing there, the

石門區位於臺灣北海岸，沿線山海風景優美，每逢假日吸引許多民眾開車來玩，也是單車族最愛的路線，民眾亦可搭捷運到淡水捷運站，然後轉搭公車到沿線的景點玩，交通非常方便。

● 老梅石槽

老梅石槽是全臺少見的特殊景觀，因為大片海藻附著在石槽上，整個海岸溝槽上附滿海藻，形成一條又一條的「綠石槽」，整個海岸好像染成鮮綠的色彩。因此又稱「綠石槽海岸」。這麼



reefs of the entire coast line are covered with seaweed, forming rows and rows of green reefs. It is as if the entire coast is colored with vivid green dye. Hence the nickname Green Reef Coast. The beautiful scenery often appears between mid-March to mid-May. During April the reefs are exceptionally splendid, taking away the breath of those who visit.

● Shimen (Stone) Arch

Shimen Arch is a stone arch formed by seawater erosion, and it is a visible landmark that sits next to the road. Because Shimen Arch is over ten meters higher than the sea level, many visitors will walk into the stone arch and play in the water. Around the stone arch is a beautiful beach dotted with seashells and stones, and in the shallow water between the reefs schools of fish and hermit crabs can

美的景色通常出現在3月中旬到5月上旬，特別是4月最美，讓許多遊客為美麗的景致驚嘆不已。

●石門洞

「石門洞」是明顯的地標，就座落在公路旁。這是一個由海水侵蝕而成的石拱門。因為石門洞高出海平面十幾公尺，很多遊客會走進石門駐足戲水。腳下踩著的沙灘還可見貝殼與沙石，海岸淺礁海水間也可見到魚群以及寄居蟹。海岸礁石上附著一片綠海草，有時還可看到當地居民在此採海藻。

●富貴角公園

富貴角公園位於臺灣最北端的突出海岬，在公園中設有步道，步道不長且平緩，可沿途欣賞豐富的海岸特殊景觀，非常適合全家出遊。沿著步道還可到富貴角燈塔、富基漁港、老梅社區等。富貴角燈塔是臺灣最北端的燈塔，黑





be sighted. Green seaweed covers the reef coast line, and sometimes visitors can spot local residents gathering seaweed.

● Fugui Cape Park

Fugui Cape Park is located on the protruding cape to the farthest north point of Taiwan. The park is complimented with short, level trails, allowing visitors to enjoy the rich extraordinary coastal landscape. It is an amazing park for a family trip. Following the trails, visitors will be able to reach Fugui Cape Lighthouse, Fuji Harbor, and Laomei Community. Fugui Cape Lighthouse is the most northern lighthouse of Taiwan. It has a very distinctive black and white stripe exterior design and is the most important landmark of the north coast line. The lighthouse has over 100 years of history; however, currently it is not open to the public.

● Baisha Bay Visitor Center

The visitors center is erected on the beach and has distinguishing features. The visitors



白相間的外型非常顯目，是北海岸最重要的地標。這座燈塔已有超過100年的歷史，目前不能走入燈塔內參觀。

● 北海岸遊客中心

遊客中心矗立於沙灘上，景觀造型很有特色。除了提供飲食、休息等遊客服務，還有介紹北海岸風景及自然生態的影片，可深入了解北海岸豐富的生態景致。

北海岸除了海景，觀音山也是民眾假日登山健行的好去處。這裡有6條健行步道，每一條都有不同的特色，但都設有完善的木棧步道與指引標記，非常安全。



center not only provides food, beverages, and acts as a resting spot for the visitors, but it also plays videos introducing the scenery and the natural ecology of the north coast line. Through the video visitors will be able to gain a deep understanding of the abundant natural scenery of the north coast line.

Besides the ocean view, Guanyinshan also sits on the north coast line, and it is a great place to go during the weekends for a mountain hike. There are a total of six hiking trails, and each trail has distinctive features, complete with wooden walkways and directional signs. It is a safe place to be.

● Shimen International Kite Festival

Shimen District sits on the northernmost part of Taiwan. Because its terrain is open to the sea on one side and closed by the mountain on the other, the strength of the northeast monsoons is especially strong. With the wide open beach of Baisha Bay, Shimen is the most ideal location for flying kites. Every year during September and October Shimen International Kite Festival is held here, and many kite players are attracted here to demonstrate the art of kite flying.

● 石門國際風箏節

石門地處臺灣最北端，因為背山面海的地勢，東北季風特別強勁，再加上白沙灣寬廣的海灘，更是放風箏的理想地點。每年9、10月間會在這裡舉辦國際風箏節，吸引眾多國內外好手在此展示風箏。



Do Not Panic During Earthquakes

地震來了別驚慌



Earthquakes often occur in Taiwan. To protect yourself and the safety of your friends, foreign friends that live in Taiwan should possess basic disaster prevention knowledge. When an earthquake takes place, the most important body parts to protect from injury are the head and neck, and you should immediately take the "duck, cover, and stabilize" actions by hiding underneath a desk/table or at a corner of the wall.

If there is a desk/table nearby, it is best to hide underneath a desk/table (except desk/table with glass surface), hold on to the legs of the desk/table, and protect yourself. If there is no desk/table nearby, keep away from glass, chandeliers, ceiling fans, cupboards, or refrigerators that could easily fall over, and large objects that could possibly move, such as pianos. Keep a low posture and protect your head and neck with your hands.

When squatting at a corner of the wall or next to a bed, be careful of furniture, electrical appliances, lamps, book shelves, racks, etc. If an earthquake happens at night, first turn on the light and be aware what things that could fall so that you may evacuate safely. A flash light should always be ready in case of power failure. Furthermore, do not look up during an earthquake, because it is possible for lights to break, and you could be injured if you are looking up.

臺灣常常發生地震，外勞朋友們在臺灣生活應具備基本的防災知識，以保護自己及同伴的生命安全。地震發生時最重要的是保護頭部、頸部避免受傷，立即採「趴下、掩護、穩住」的動作，躲在桌下或牆角。

如果附近有桌子，盡可能躲在桌下（玻璃桌面的桌子除外），抓穩桌腳，保護自己。附近沒有桌子時，應遠離玻璃窗、吊燈、吊扇、易倒塌的櫥櫃或冰箱及可能移動的鋼琴等物品，保持低姿勢並用雙手保護自己的頭部和頸部。

蹲在牆角或床邊等其他地方避難時，要小心家具、電器、燈具、書櫃或貨架等。地震發生在夜晚時，要先把燈打開、看清楚什麼東西會掉下來，以便安全避難。平時應準備一把手電筒隨手可取，以免停電。另外在地震發生時別往上看！因為日光燈可能會破掉，這個時候如果往上看，很容易被破片刺傷。



資料來源：內政部消防署

- If you are in the restroom, do not leave the restroom in a hurry, because there are more pillars in restrooms, making them safer. However, you must pay attention to the mirror hanging on the wall and items placed on cabinets or shelves that might fall.
- If you are taking a shower, do not rush out of the shower, because of the water and soap. Pay attention to your steps and be careful not to slip when moving.
- If you are in a factory, take preventative measures immediately and follow the factory's emergency procedures-- shut down the machinery power supply, stop the operation of the machinery, and get to the proper position.
- If you are in the kitchen and are using the stove, turn off the methane supply immediately, and hide underneath a table until the earthquake stops. If you cannot turn off the methane supply, hide underneath a table and protect yourself. To prevent injury, do not take a risk and rush to turn off the methane supply.
- If you are in a corridor, do not enter a room. Cover your head, protect your body, lower your position. Pay attention to windows.
- 當你在廁所時，因廁所支柱比較多，比較安全，不要急著離開廁所。但要注意牆上懸掛的鏡子及櫥櫃或置物架上的物品是否會掉落。
- 當你在浴室洗澡時，不要急著跑出浴室，因為浴室有水或是肥皂，在移動的時候要注意腳底下別踩到而滑倒。
- 當你在工廠時，請就地避難，並依據工廠的緊急應變程序，關閉機器電源，停止機器運作，並採取適當姿勢，就地避難。
- 當你在廚房時，如果正在使用爐火，立即隨手關閉瓦斯，就地避難，躲在桌子下，直到地震結束。如果無法順手關閉瓦斯，請先就地避難，躲在桌子下，保護自身安全，不要貿然衝去關火，以免受傷。
- 當你在走廊時，不要強行返回，抱住頭部並且保護身體，蹲低姿勢就地避難，小心窗戶玻璃。

DIY Oven Cuisines

烤箱料理DIY



Barbecuing is one of oldest cooking methods applied by humans. Foods are sterilized by the high heat, maintaining their flavor and nutrients. But how can we have healthy yet delicious foods? When barbecuing food, the wrong method will burn food, and excessive seasoning, beverages, or ingredients that are not fresh may cause stomach discomfort. Therefore, it is important to reduce the amount of seasoning when eating barbecued foods, and the meal should be supplemented with fresh vegetables and fruits. Two simple exotic barbecue dishes are introduced below, and you can make them with just a small oven at home!

● Rosemary Cheese Chicken Quarters (four servings)

【Ingredients】400g chicken quarters, 28g sesame seeds, 180g cheese slices

【Seasoning】Desired amount of rosemary, 1/2 teaspoons of salt

【Procedures】

1. Crosscut chicken quarters and stuff the cuts with cheese slices
2. Apply desired amount of rosemary and salt, and then place the chicken quarters in the oven until they are fully cooked
3. Take out the cooked chicken quarters and sprinkle them with sesame seeds
4. Cheese slices and sesame seeds are high in fat-- those with cardiovascular diseases can remove chicken skin to reduce the amount of fat consumption

燒烤是人類原始的烹調方式之一，食物藉由熱空氣高溫殺菌，同時也可將食材的原味與營養保留。但要如何吃得健康又兼顧美味呢？錯誤的烹飪方式會讓食物燒焦，且過多的調味料、飲品或不夠新鮮的食材，也可能造成腸胃不適，這是烤食物要注意的。所以在吃燒烤類食物時要盡量減少醬料的使用、多補充新鮮蔬菜、水果喔。以下介紹兩道異國風味的簡單烤料理，利用家裡的小烤箱便可以輕鬆完成！

● 迷迭香起司雞腿排 (4人份)

【材料】

雞腿排400公克、芝麻28公克、起司片180公克

【調味料】

迷迭香適量、鹽1/2茶匙

【做法】

1. 將雞腿排橫切放入起司片
2. 雞腿排加入適量迷迭香與鹽，放入烤箱中烤熟
3. 取出烤熟的雞腿排後撒上芝麻
4. 起司片與芝麻油脂高，有心血管疾病的人可先去掉雞皮，以減少油脂攝取量



● Barbecued Shishamo Fish

【Ingredients:】

240g shishamo fish, 20g dried bonito flakes, and 10g lemon.

【Seasoning】

2 tablespoons of soy sauce, 1 tablespoon rice wine, 2 tablespoons of maltose, 100g fish bone, 1 tablespoon sugar, and 200g water.

【Procedures】

1. Cook dried bonito flakes, soy sauce, rice wine, maltose, and fish bone on a slow fire (reduce the ingredients until the mixture is about 100g)
2. Pre-heat the oven to 170 °C, and place the washed shishamo fish in the oven for seven minutes, until the bones are crispy. Take out the fish and brush the sauce on both sides.
3. Place the fish into the oven for another five minutes, then take out the fish to apply the sauce one more, and the fish is ready to eat.

Health reminder: Maltose and sugar will affect blood sugar level, so diabetics should avoid using sugar. Instead use dried bonito flakes to enhance the flavor.



● 醬烤柳葉魚

【材料】

柳葉魚240公克、柴魚片20公克、檸檬10公克。

【調味料】

醬油2湯匙、米酒1湯匙、麥芽糖2湯匙、魚骨100公克、糖1湯匙、水200公克。

【做法】

1. 先將柴魚片、醬油、米酒、麥芽糖、魚骨、糖及水以慢火熬成汁（約熬成100公克）
2. 烤箱預熱至170度，柳葉魚洗淨後放入烤箱烤7分鐘至骨酥，取出將魚兩面塗勻醬汁。
3. 放入烤箱再烤5分鐘，取出柳葉魚後兩面再均勻塗一次醬汁即可。

營養小叮嚀：麥芽糖及糖均會影響血糖，糖尿病患者可以避免使用糖調味，以柴魚片來增加其鮮味即可。

食譜資料來源：新北市政府衛生局



A Great Number of Candidates have Filed Certificates of Candidacy for the 2016 Presidential Election

總統大選 登記者眾

In May next year the presidential election of the Philippines will take place. Many candidates have completed filing their certificates of candidacy to run for president, of which are many strange characters, including a pedicab driver, and a welder. The first candidate to file the certificate of candidacy was the 75-year-old Tindugan. He is running on the platform of establishing a theocracy. The second candidate to complete the registration was Ygonia, who is claiming to be ordained by God to lead the Philippines. Many of the registered candidates are considered to be nuisance candidates, and it is possible that their candidacy may be voided by the Election Committee.

The presidential heavyweights of this election are Mar Roxas of the currently ruling Liberal Party, Senator Grace Poe, who is running independently, and Davao City mayor Rodrigo Duterte.

菲律賓將於明年5月舉行總統大選，完成總統登記手續者眾多，各種奇人異士都有，包括三輪車伕和電焊工。最早完成登記的是丁杜甘，現年75歲，政綱是成立「天國政府」；第2位是伊戈尼亞，聲稱是「獲上帝欽點來領導菲國」，很多人被認為是「鬧場候選人」，可能會被選委會取消競選資格。

本次選舉的重量級總統候選人，包含如執政「自由黨」的羅哈斯、獨立參選的參議員柏吾，納卯市長杜特蒂。



Philippines Ranked Number Two in the Culinary Capitals of the World

世界美食之都 菲律賓名列第2

American Cable News Network (CNN) published the result of a facebook vote for the world's best food. Taiwan won first place with a landslide of 8,242 votes, and the Philippines placed second with 1,528 votes.

The CNN review stated that the Philippines is "blessed with an abundance of seafood, tropical fruits and creative cooks" and that "Filipino food isn't as well known as the other cuisines on this list, but with more than 7,000 islands and a colorful history, this archipelago has some delicious dishes of its own."

美國有線電視新聞網(CNN)今年在臉書上公布世界美食票選結果，臺灣以8242票壓倒性奪冠，菲律賓則以1528票名列第2，晉身世界美食之都。

CNN評論「雖然菲律賓菜不像榜上其他菜餚那麼有名，但擁有7000多座島嶼和繽紛的歷史，這個群島國家有獨特的美食，特別是豐富的海鮮、熱帶水果及具創意的廚師。」

Discontinuation Statement

停刊聲明

In 2010, the New Taipei City Labor Affairs Department began publishing Message for Foreign Workers of New Taipei City for Vietnamese, Filipino, Indonesian, and Thai workers and their employers in the jurisdiction of New Taipei City. Through the publication of this magazine, foreign workers' knowledge of relevant laws and rights while working in Taiwan were enhanced, and the magazine allowed foreign friends to further understand the beautiful culture and customs of Taiwan. On the other hand, the magazine focused on employers by explaining relevant foreign labor policies and laws. The educational magazine explained penalties and prevented and reduced violations from occurring. At the same time the magazine also advocated events hosted by the New Taipei City Labor Affairs Department and enhanced the communication between foreign workers, employers, and the government. Message for Foreign Workers of New Taipei City will cease its publication at the end of 2015. If readers would like to revisit the magazine they can download the published eBooks available on the New Taipei City Labor Affairs Department official website.

Video content of the 2015 issues of Message for Foreign Workers of New Taipei City are also available online:

Spring Issue

Pg. 8 So Easy for Registration at the Hospital
Summer Issue

Pg. 7 2015 Philippine Independence Day Celebration
Fall Issue

Pg. 6 Killing of Cats and Dogs is Prohibited by Law
in Taiwan

Pg. 10 The 8th Foreign Labor Singing Contest

Pg. 12 Southeastern Asian Language Books Available
in the New Taipei City Library Headquarters

新北市政府勞工局自2010年起發行【外勞資訊通】雜誌，針對新北市轄內越南、菲律賓、印尼及泰國四國外籍勞工及其雇主，藉由本刊之編印，一方面提升外籍勞工在臺灣工作權益保障及相關法令知識，並讓外勞朋友更認識美麗的臺灣及風土民情。另一方面針對雇主，宣導相關外勞政策及法令，以刊物教育代替處分，預防並減少違法情事發生。同時宣傳本局辦理的相關活動，透過刊物交流增加外勞、雇主及政府單位三方聯絡互動管道。2016年起本雜誌即將停刊，雇主或外勞朋友們如有需要，可至本局網站下載已發行的電子書 http://www.labor.ntpc.gov.tw/_file/1075/SG/37917/D.html。

以下提供2015年【外勞資訊通】

雜誌相關宣導影片，歡迎讀者上網瀏覽：

1. 春季刊：

P8. 醫院掛號so easy

2. 夏季刊：

P7. 2015菲律賓獨立紀念日暨面具嘉年華節



3. 秋季刊：

P6. 在臺灣禁止宰殺貓狗 避免不慎觸法

P10. 第8屆外勞星光幫大賽

P12. 新北總圖 東南亞藏書免費借



A mosquito bite is a piece of cake?

Don't neglect **dengue hemorrhagic fever**: without timely treatment, **mortality is up to 50%.**

Possible symptoms and high risk groups of dengue hemorrhagic fever



Symptoms:

- Frequent vomiting
- Black-colored stools
- Bleeding from gums
- Drowsiness, breathing difficulty
- Other symptoms: red spots or patches on the skin, bleeding from nose, vomiting blood, severe abdominal pain, mental confusion or seizure, etc.

High risk groups:

- People with chronic illness (e.g., diabetes mellitus, hypertension)
- People with weakened immune systems (e.g., elderly, children)
- People that have been previously infected with different types of dengue viruses

Typical symptoms of dengue fever



How to prevent infection:

- ☑ Empty containers and ornamental fountains or cover them with covers.
- ☑ Clean vases and ornamental fountains weekly.
- ☑ Flatten canvas covers and fill up holes on the ground.

