PRIDoC 2026 | Taiwan Travel & Pre-Departure Guide for IPAC Delegates

November 30 – December 4, 2026
Taoyuan, Taiwan

As you prepare for PRIDoC 2026, please review the following travel information, particularly passport, entry, insurance and customs requirements.

This guide is primarily for delegates travelling from Canada. Requirements may vary depending on your citizenship, passport and itinerary.

1. Passport and Entry Requirements

Passport validity

Canadian passport holders entering Taiwan under the visa-exemption program generally **require a passport valid for at least six months from their arrival date**.

Please check your passport's expiry date now and allow enough time for renewal if needed. You should also have a confirmed return or onward ticket.

Visa requirements

Canadian citizens generally do not require a visa for conference visits of up to 90 days.

Delegates travelling on other passports should confirm their entry requirements. Depending on nationality, Taiwan offers visa-exempt entry, electronic visas (eVisas) and visitor visas.

Official visa information:
https://www.boca.gov.tw/

2. Taiwan Arrival Card — Required Before Travel

Most international visitors must complete the online Taiwan Arrival Card (TWAC) **within seven days before arriving in Taiwan**.

The form is free and must be completed through Taiwan's official immigration website.

Official Taiwan Arrival Card:
https://twac.immigration.gov.tw/

You will generally need:

- Passport information
- Flight and arrival details

- Accommodation address in Taiwan
- Contact information

Save your confirmation email after submitting the form.

Important: Avoid third-party websites that charge fees for completing the arrival card.

We recommend setting a calendar reminder to complete your arrival card before departure.

3. Travel Insurance and Important Documents

We strongly encourage delegates to confirm they have adequate travel insurance. Provincial and territorial health plans may not fully cover medical expenses outside Canada.

Consider coverage for:

- Emergency medical treatment and hospitalization
- Medical evacuation and repatriation
- Trip cancellation or interruption
- Lost or delayed baggage
- Pre-existing medical conditions, where applicable

Keep your insurance policy number and 24-hour emergency assistance contact information easily accessible. Consider sharing these details with a fellow traveller in case of an emergency.

Before departure, save copies of the following documents on your phone and share them with a trusted contact at home:

- Passport identification page
- Flight itinerary and confirmation numbers
- Hotel address and reservation details
- Conference registration confirmation
- Travel insurance policy and emergency number
- Emergency contact information
- Prescription information, if needed

Keep important information available offline in case you lose internet access.

4. Medications and Health Considerations

Taiwan restricts certain medications, including some controlled substances legally prescribed in Canada.

If you take prescription medications:

- Bring enough for your trip, plus a reasonable extra supply where permitted.
- Keep medications in their original labelled packaging.
- Carry prescriptions or a physician's letter identifying your medications.
- Pack essential medications in your carry-on baggage.
- Check restrictions and permit requirements before travelling.

Important: Medications and cannabis-derived products legally available in Canada may be restricted or prohibited in Taiwan.

Some medications require advance authorization.

Taiwan Food and Drug Administration:
https://www.fda.gov.tw/ENG/

Government of Canada travel advice:
https://travel.gc.ca/destinations/taiwan

Review current travel health recommendations before departure.

5. Taiwan Customs and Prohibited Items

Taiwan has strict regulations concerning food, plants, animal products, medicines and other restricted goods.

Food and agricultural products

Avoid bringing the following unless you have confirmed they are permitted:

- Meat products, including dried meat and meat snacks
- Fresh fruits and vegetables
- Plants, seeds and agricultural products
- Restricted animal products

Packaged foods may also be restricted. Undeclared goods can result in significant fines.

Cultural Items, Ceremonial Materials, Gifts and Conference Supplies

Delegates bringing cultural or ceremonial items, traditional medicines, gifts or conference materials should review Taiwan's import requirements before departure.

Items requiring particular attention include:

- Feathers, regalia and animal-derived materials such as hides, fur, bones or claws
- Traditional medicines, dried herbs, roots, seeds and other plant materials
- Wooden items and other natural materials
- Conference displays, samples and materials intended for distribution

Some items may be prohibited or require permits, certificates, declarations or inspection. Feathers and other wildlife products may also be subject to international wildlife protection rules, including CITES.

Cultural or ceremonial use does not automatically exempt an item from import restrictions.

Please confirm requirements before travelling, particularly for meaningful or irreplaceable items. If unsure, contact the appropriate authority with a description or photograph of the item and its materials.

Where to check:

Taiwan Customs Administration — Restricted goods and declarations
https://web.customs.gov.tw/en/

Animal and Plant Health Inspection Agency (APHIA) — Feathers, animal products, plants and quarantine requirements
https://www.aphia.gov.tw/en/

Forestry and Nature Conservation Agency — Protected wildlife and wildlife products
https://www.forest.gov.tw/en/

Taiwan Food and Drug Administration — Traditional medicines and medicinal products
https://www.fda.gov.tw/ENG/

Cash declarations

Travellers must declare currency exceeding applicable thresholds, including:

- More than NT$100,000 in New Taiwan dollars
- More than US$10,000 or the equivalent in foreign currency

Separate restrictions apply to certain other currencies, gold and valuable items.

When in doubt, declare the item or ask customs officials.

Taiwan Customs Administration:
https://web.customs.gov.tw/en/

6. Currency, Banking and Credit Cards

Taiwan's currency is the **New Taiwan Dollar (TWD or NT$)**.

Exchange rates fluctuate. Check the current Canadian dollar exchange rate before travelling.

Currency exchange

Money can be exchanged at:

- International airports
- Banks
- Some major hotels
- Authorized exchange locations

Banks are generally open Monday–Friday, approximately 9:00 a.m.–3:30 p.m.

Credit and debit cards

Visa and Mastercard are widely accepted at hotels and larger businesses. American Express may be less widely accepted.

Debit cards with the PLUS logo: If you don't have a credit card, you may still be able to withdraw New Taiwan Dollars (TWD) using your Canadian debit card. Look for the **PLUS logo** on your card and on the ATM. The PLUS network supports international cash withdrawals, including in Taiwan. Check with your bank before travelling to confirm your card is enabled for international withdrawals.

Smaller shops, restaurants and markets may prefer cash. ATMs are common in banks and convenience stores.

Before leaving Canada:

- Check foreign transaction fees and withdrawal limits.
- Confirm your cards will work internationally.
- Bring more than one payment method.
- Have some local currency available for smaller purchases and transportation.

Tipping

Tipping is generally not expected in Taiwan. Some establishments include a service charge.

7. Mobile Phones, SIM Cards and Internet Access

Check your mobile provider's international roaming fees before departure.

A prepaid SIM card or eSIM may be more affordable.

SIM cards and eSIMs

Tourist plans are available from major providers, including:

- Chunghwa Telecom

- Taiwan Mobile
- Far EasTone

Options may be available at Taoyuan International Airport. A passport may be required when purchasing a local SIM card.

Before departure:

- Confirm your phone is unlocked and supports your chosen SIM or eSIM.
- Compare roaming and prepaid data plans.
- Download offline maps and translation tools.
- Save your hotel address and important contacts.
- Make sure travel documents are accessible without internet access.

Wi-Fi is available in many hotels, restaurants and public spaces.

8. Electricity and Charging Devices

Taiwan generally uses:

- **Voltage:** 110V
- **Frequency:** 60Hz
- **Plug types:** Type A (two-prong) and Type B (three-prong)

These are the same general plug types used in Canada. Most Canadian phone and laptop chargers should work, but check your device's voltage requirements.

Three-prong outlets may be harder to find in some locations. If your charger has three prongs, consider bringing a three-prong-to-two-prong adapter. Note that these adapters do not provide grounding, so they should only be used with devices that can safely operate without it.

Delegates from other countries may need an adapter.

Bring:

- Phone and laptop chargers
- Charging cables
- Portable power bank
- Any required adapters

Important: Power banks and spare lithium batteries generally belong in carry-on baggage, not checked luggage. Confirm your airline's restrictions.

9. Weather and What to Pack

Late November and early December are considered early winter in Taiwan.

Taoyuan and Taipei are generally mild compared with Canada, although evenings may be cooler and rain is possible.

Conference guidance suggests temperatures of approximately **18–24°C**, but conditions can vary.

We recommend packing:

- Comfortable conference clothing
- Light sweaters or layers
- A light jacket
- Comfortable walking shoes
- A compact umbrella or rain jacket
- Clothing or items needed for cultural and conference activities

Check the forecast shortly before departure.

10. Transportation and Getting Around

Many international delegates will arrive through Taiwan Taoyuan International Airport.

Transportation options include airport rail, buses, taxis and prearranged transfers.

Before travelling:

- Confirm your airport and arrival terminal.
- Check travel arrangements between the airport, hotel and conference venue.
- Review transportation instructions from PRIDoC organizers.
- Save your hotel's address and contact details.
- Allow time for immigration, baggage collection and traffic.
- Keep local currency available for transportation.

A local transit card may be useful if you plan to use public transportation.

Confirm any conference transportation arrangements directly with organizers.

11. Emergency Numbers and Personal Safety

Save these emergency numbers before departure.

Emergency services in Taiwan

- **Police:** 110
- **Ambulance and fire:** 119
- **International visitor assistance:** 0800-024-111

English-language assistance may be available, depending on the service.

Medical emergencies

Call 119 for emergencies.

Contact your travel insurance provider as soon as possible. Some medical providers may require payment before reimbursement.

Canadian consular assistance

Review Canada's travel advice and save the current consular emergency contact information.

Government of Canada — Taiwan:
https://travel.gc.ca/destinations/taiwan

Canadian delegates may also wish to register with the Registration of Canadians Abroad service for important travel updates and emergency notifications.

12. PRIDoC 2026 Conference Information

Pacific Region Indigenous Doctors Congress (PRIDoC) 2026

Dates: November 30 – December 4, 2026
Location: Taoyuan, Taiwan
Host: Medical Association of Indigenous Peoples of Taiwan (MAIPT)

For registration, conference arrangements or other event-related questions, contact the PRIDoC 2026 Taiwan Secretariat.

Conference Secretariat

Email: maiptweb@gmail.com
Telephone: +886-911-977175

Service hours: Monday–Friday, 9:00 a.m.–5:30 p.m., Taiwan time.

Watch for official conference updates regarding programming, accommodations and transportation.

13. Final Pre-Departure Checklist

Travel documents

- Check passport expiry date and required validity.
- Confirm visa requirements.
- Save flight and accommodation confirmations.
- Complete the free Taiwan Arrival Card within seven days before arrival.
- Save your arrival card confirmation.

Health and insurance

- Confirm travel medical insurance coverage.
- Save policy details and emergency contacts.
- Check medication restrictions and required permits.
- Pack essential medications in carry-on baggage.
- Review current travel health advisories.

Money and technology

- Confirm cards will work internationally.
- Arrange access to New Taiwan dollars.
- Check roaming rates or arrange an eSIM.
- Pack chargers, power bank and adapters.
- Download offline maps and save important addresses.

Personal preparation

- Review customs restrictions, including cultural and ceremonial items.
- Check the weather forecast.
- Save emergency contact information.
- Share your itinerary and key documents with a trusted contact.
- Review final conference updates.

14. Official Resources

Taiwan Arrival Card
https://twac.immigration.gov.tw/

Taiwan Bureau of Consular Affairs — Visas and Entry Requirements
https://www.boca.gov.tw/

Taiwan National Immigration Agency
https://www.immigration.gov.tw/

Taiwan Customs Administration
https://web.customs.gov.tw/en/

Animal and Plant Health Inspection Agency
https://www.aphia.gov.tw/en/

Taiwan Food and Drug Administration
https://www.fda.gov.tw/ENG/

Government of Canada — Travel Advice for Taiwan
https://travel.gc.ca/destinations/taiwan

PRIDoC 2026 Taiwan Secretariat
maiptweb@gmail.com

Information current as of November 6, 2026. Travel requirements and conference arrangements are subject to change. Delegates are encouraged to confirm details with the appropriate authorities and conference organizers before departure.