

# 鹿林天文台生活注意事項

\*第一次來請先參考影片：大愛電視～發現節目【高山之眼--鹿林天文台】

<https://www.youtube.com/watch?v=1Fmt0oFaUvA>

\*鹿林天文台天氣預報

<https://www.cwb.gov.tw/V8/C/L/StarView/StarView.html?PID=F017>

## 一般

1. 請遵守玉山國家公園之相關規定，維護自然環境。
2. 山區就醫困難，如有身體不適症狀，請勿上山。個人特殊身體狀況（如高血壓、心臟病、氣喘、高山症…等）請事先告知駐站同仁，並請務必攜帶個人用藥。
3. 高山地區水、電等各項資源有限，請盡量節約使用。
4. 高山地區天乾物燥且水源不足，為預防火災發生，室內外嚴禁煙火；吸煙請在室外特定區域，煙蒂務必確定已熄滅並勿隨手拋棄。

## [食]

1. 天文台住宿含三餐（第一天晚餐至最後一天早餐，不包含最後一天午餐），其中早餐請自助 DIY（餐廳有奶粉、麥片、吐司、果醬等）。
2. 杯子、碗筷、飲用水、吹風機等天文台都有，不須自備餐具！
3. 素食者或有特殊飲食禁忌（如國外訪客）請務必自行準備一些食物。
4. 使用廚房請隨手關門，避免油煙四溢。炊煮時切勿離開現場，並開抽油煙機及排風機。使用完畢請清理乾淨。
5. 力行垃圾分類及減量，避免使用免洗餐具。

## [衣]

1. 夏天晚上 10-20 度 C，**冬季山區夜晚低溫(0~5 度 C)**，請備妥禦寒衣物(羽毛衣尤佳)、帽子、厚襪子（毛襪）、護唇膏、個人藥品。

## [住]

1. **請自備毛巾及牙刷牙膏**。天文台供應沐浴乳、洗髮精等。
2. 上午(12:00 前)為觀測人員休息時間，請保持住宿區安靜。晚上 12 點～早上 9 點請勿使用洗衣機及烘乾機，以免擾人睡眠。
3. 睡眠時使用電毯請開在最小(1)位置，以免過熱。電暖器不得插延長線，以免電線走火！
4. 電暖器、電毯、電燈等不用時請隨手關閉。
5. 可觀測夜嚴禁室外燈光並避免戶外活動，入夜後請拉上窗簾、門簾遮蔽室內燈光，以免影響觀測進行

## [戶外活動]

1. 各觀測站於夜間觀測中若需開燈進行作業，請關閉圓頂為之。如需打開圓頂工作，請通知其他觀測站人員，並使用最小燈光照明或紅色燈光，且避免燈光朝向天空。
2. 天文台附近為玉山國家公園遊憩區，如至附近步道/林道遊憩，請結伴同行，攜帶通訊設備及雨具，並告知駐站人員或領隊，以策安全，**回程請注意天黑時間**。
3. 玉山登山步道為管制區，非經申請不可私自進入，以免受罰。

[鹿林天文台附近路線圖](#) (請參考玉山國家公園塔塔加地區遊憩圖)

## Precautions of living in Lulin Observatory

### Information

For the first time visitors, please watch the video.

[大愛電視～發現節目【高山之眼 -- 鹿林天文台】](#)

The weather forecast website for Lulin

[鹿林天文台 - 觀星 | 交通部中央氣象署 \(cwa.gov.tw\)](#)

### General

1. The observatory is located in Yushan National Park. Please follow the regulations of the national park.
2. Please be aware of the altitude (2862 m) of the observatory. If you have any syndromes or discomfort, please inform the on-site staffs first, and prepare your own personal medication.
3. Cherish resources. (eg: water, electricity)
4. Smoking or open fire are prohibited

### Food

1. **Observatory accommodation includes three meals.** However, you will have to DIY the breakfast. The restaurant provides items such as powdered milk, cereal, toast, jam, etc.
2. No need to bring your own dishes.
3. Vegetarians or those with dietary restrictions, please make sure to prepare some food for yourselves.
4. Avoid using disposable utensils

### Clothing

1. In summer, nighttime temperatures range from 10 to 20 degrees Celsius, while in winter, nighttime temperatures drop to 0-5 degrees Celsius. **Please prepare warm clothing.**

### Housing

1. **Please bring your own towels and toothbrush with toothpaste.** Observatory will provide body wash, shampoo, etc.
2. Please keep the accommodation area quiet.
3. Please use electrical appliances with caution and avoid electrical wire fires.
4. On nights available for observation, it is strictly prohibited to have outdoor lighting and outdoor activities. After nightfall, please close the curtains and blinds to shield indoor lighting in order to avoid interfering with the observation.

### Outdoor activity

1. The hiking trails in Yushan National Park are restricted areas, and unauthorized access is not allowed.
2. The area near the observatory is within the Yushan National Park recreational zone. If you plan to hike on nearby trails/forest roads, please go in groups, bring communication devices and rain gear, and inform the on-site staff or your group leader for safety precautions. **Please also be aware of the evening hours when returning.**
3. If it is necessary for any observatory station to turn on lights during nighttime observations, please close the dome. If you need to open the dome for work, please inform other observatory personnel and use minimal or red lighting while avoiding light directed toward the sky.