

TAIPEI MICE NEWS

INDUSTRY NEWS

MINDFULNESS IN MICE: ELEVATING EVENT EXPERIENCES



In the fast-paced world of Meetings, Incentives, Conferences, and Exhibitions (MICE), a new trend is emerging in Taipei – the integration of mindfulness and spiritual practices into event schedules. This innovative approach not only enhances participant satisfaction but also fosters a stronger sense of connection among attendees.

BALANCING BUSINESS WITH INNER PEACE



Taipei's MICE industry is pioneering a holistic approach to event planning, recognizing the importance of mental well-being alongside professional development. Here are some unique experiences being incorporated into corporate events:

Zen Meditation at Dharma Drum Mountain

The serene Dharma Drum Mountain offers corporate groups a chance to experience traditional Chan meditation. These sessions, lasting from 30 minutes to half a day, provide a peaceful respite from intense conference schedules.



Mindful Drumming with U-Theatre

U-Theatre's renowned Zen Drumming Camps are now available in condensed formats for corporate events. These sessions combine physical activity with mindfulness, perfect for team-building and stress relief.



Wellness Breaks in Luxury Hotels

Taipei's high-end hotels are incorporating quick wellness activities into event itineraries. From 15-minute guided breathing exercises to short yoga sessions between meetings, these breaks help attendees refocus and recharge.



Event organizers report increased engagement and positive feedback from participants who experience these mindfulness activities. By balancing intense business discussions with moments of reflection, Taipei is setting a new standard in the MICE industry, ensuring that visitors leave not only with valuable business connections but also with a sense of inner peace and rejuvenation.

Photo: Eurotran Expo Service Co.,Ltd (2024 IELA Congress And Partnering Event)
Chih-Nan Temple (Satoyama Taipei 2023)

"CYCLING AROUND TAIPEI" CHALLENGE

Since its launch in July 2022, the **"Cycling Circle Trip Taipei Riverside Bike Challenge Certification"** has seen increasing participation from cycling enthusiasts. In recognition of the enthusiastic support from the community, the much-coveted completion badges featuring the distinctive "Taipei Gorgeous Manhole Cover" design will now be issued in an increased quantity of 2,000 each month, enabling more participants to secure these unique accolades. [more...](#)



2024 TAIPEI FASHION WEEK

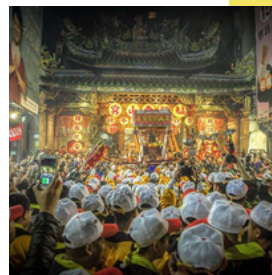
The 2024 Taipei Fashion Week will take place from September 27th to October 30th! This year marks the 140th anniversary of the founding of Taipei, and the theme is "DRESS CODE: TAIPEI". The event invites the public to both reflect on and create their own vision of Taipei through fashion. [more...](#)

EVENT CALENDAR



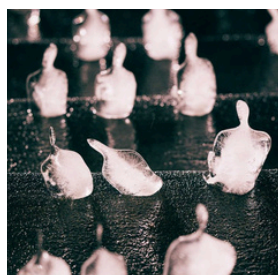
2024 Taipei Fashion Week

📅 Sep. 27 - Oct. 30
📍 Xinyi Dist./
Dadaocheng



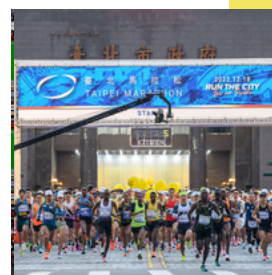
Monga Qingshan Temple Midnight Patrol & Pilgrimage

📅 Nov. 20 - Nov. 22
📍 Qingshan Temple



2024 Nuit Blanche Taipei

📅 Nov. 2 - Nov. 3
📍 Daan Forest Park



2024 Taipei Marathon

📅 Dec. 15
📍 Taipei City Hall
Citizen Plaza

For more event info