

Taiwan's Hot Springs

ESL Reading Worksheet — Level F | tahricteaches.com



Taiwan is blessed with over one hundred natural hot springs, making it one of the best places in Asia to enjoy these **therapeutic** waters. The island sits on the Pacific Ring of Fire where **volcanic** activity heats underground water to create hot springs. The Japanese developed many hot spring resorts during their time in Taiwan, and this bathing culture remains popular today. People from all over Asia travel to Taiwan specifically to experience its famous hot spring **destinations**. From mountain valleys to coastal areas, hot springs can be found in almost every part of the island.

Hot springs offer many health **benefits** that have been known for thousands of years. The warm, mineral-rich water helps relax tired muscles and reduce stress. Some springs contain special **minerals** like sulfur that can help heal skin problems. Soaking in hot water improves blood **circulation** and can help people sleep better at night. Many visitors feel refreshed and energized after spending time in these natural pools. Doctors sometimes recommend hot spring therapy for patients with certain medical conditions.

Beitou, located just thirty minutes from downtown Taipei, is Taiwan's most famous hot spring **district**. The area has dozens of hotels and public bathhouses where visitors can enjoy the steaming waters. Beitou is known for its green sulfur springs, which have a distinctive color and strong smell. The Hot Spring Museum teaches visitors about the history and science of the local springs. A beautiful thermal valley called Hell Valley shows where the hot water bubbles up from underground.

Taiwan has several different types of hot springs, each with unique **characteristics**. Carbonate springs produce water rich in minerals that feels silky on the skin. Mud springs in Guanziling are famous for their unusual gray mud that visitors cover themselves with. Some hot springs are cool enough for extended soaking while others are extremely hot. The **variety** of springs means visitors can choose the perfect experience for their preferences.

Visiting hot springs in Taiwan follows certain **etiquette** rules that guests should know. Most places require visitors to shower completely before entering the pools. Some traditional bathhouses require people to bathe without clothing, while others allow swimsuits. Many hotels offer private rooms for families who prefer more **privacy**. Whether enjoying public baths or private pools, hot springs provide a wonderful way to relax and experience traditional Taiwanese culture.

A. Vocabulary

- | | |
|-------------------------|--|
| 1. therapeutic ____ | a. an area of a city or region |
| 2. volcanic ____ | b. having healing or health benefits |
| 3. destinations ____ | c. places people travel to visit |
| 4. benefits ____ | d. related to volcanoes and their activity |
| 5. minerals ____ | e. rules for polite behavior |
| 6. circulation ____ | f. movement of blood in the body |
| 7. district ____ | g. many different types of things |
| 8. characteristics ____ | h. good things gained from something |
| 9. variety ____ | i. qualities that make something unique |
| 10. etiquette ____ | j. natural substances found in earth |

B. True or False

- | | | |
|--|--|---|
| 1. Taiwan has over 100 natural hot springs. _____ | 2. The Japanese closed all hot spring resorts. _____ | 3. Hot springs help relax tired muscles. _____ |
| 4. Beitou is far from Taipei city center. _____ | 5. Some springs contain healing sulfur minerals. _____ | 6. All Taiwan hot springs are the same type. _____ |
| 7. Visitors must shower before entering pools. _____ | 8. Guanziling is famous for its mud springs. _____ | 9. Hot springs can improve blood circulation. _____ |

C. Fill in the Blanks

Word Bank: therapeutic, volcanic, benefits, minerals, circulation, variety, etiquette

- Taiwan's hot springs are known for their _____ healing properties.
- The island's _____ activity heats underground water naturally.
- Hot springs offer many health _____ that help people feel better.
- Soaking in hot water improves blood _____ throughout the body.
- Visitors should learn the proper _____ rules before entering bathhouses.

D. Comprehension Questions

- Why does Taiwan have so many natural hot springs?
- What health benefits can hot springs provide?
- Where is Beitou located and what is it famous for?
- What makes Guanziling hot springs unique?
- What must visitors do before entering hot spring pools?

E. Discussion Questions

- Have you ever visited a hot spring? What was the experience like?
- Would you prefer a public bathhouse or private hot spring? Why?
- Why do you think bathing culture is so important in some Asian countries?

Answer Key

A. Vocabulary: 1-b, 2-d, 3-c, 4-h, 5-j, 6-f, 7-a, 8-i, 9-g, 10-e

B. True/False: 1-T, 2-F, 3-T, 4-F, 5-T, 6-F, 7-T, 8-T, 9-T

C. Fill Blanks: 1-therapeutic, 2-volcanic, 3-benefits, 4-circulation, 5-etiquette

D. Comprehension: 1. Because Taiwan sits on the Pacific Ring of Fire with volcanic activity; 2. Relaxes muscles, reduces stress, heals skin, improves circulation, helps sleep; 3. 30 minutes from Taipei, famous for green sulfur springs; 4. They have unusual gray mud that visitors cover themselves with; 5. Shower completely before entering