

OFFICE LIFE

November 2009 Issue 4

LEED Green for Better Working Environment
綠色建築更佳工作環境

The Office of an Architectural Designer
建築設計師的辦公室

Enterprise 2.0
The New Direction for
Enterprise Operation
企業運作新方向



Cesar Pelli
The Creator of the World's Skyscrapers
構建世界高峰



Work at Pleasure



Contents

A New Look

Whether it is a developing or a developed city, it is forever changing. New landmark and new attraction will appear after a period of time. The impact of a new building very much depends on the skill of the architect! The brand new "Office Life" particularly interviews the world's most renowned architect Cesar Pelli, the designer of both Hong Kong ifc as well as the soon completed Shanghai ifc.

The new landmark not only gives a new look to the city, it also makes a difference to the environment. In "Go Green" section, it tells you how LEED building cares for the environment and provides a better working and living place for all workers. In "Team Spirit", we visit the new Noah's Ark, an ideal place for corporate training; so let's contribute the new energy to our work.

煥然一新

無論是發展中或已發展的城市，總是不停在變化，每隔一段時間就會有新地標出現，帶來煥然一新的面貌。究竟新面貌如何，端看建築師的功力！今期同樣以新姿亮相的《Office Life》特別訪問了世界知名的建築大師Cesar Pelli，香港的國際金融中心以及即將落成的上海國金中心均出自其手筆。

新地標固然為城市帶來新姿采，注入新概念，令環境變得截然不同。今期「Go Green」介紹的LEED綠色建築，以環保概念為大前提，可以為大家創造更理想的工作及生活環境；而「Team Spirit」就會帶大家到訪馬灣挪亞方舟，看看這個適合企業團隊建立培訓的理想新場地，一起為工作注入新動力。



K.W.Lo 盧經緯
General Manager 總經理
Biz Office Leasing



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Editorial & Creative Director
Hammer Tsui
Senior Editor
Carol Chow
English Editor
Margaret Li
Dora Chan

Design

Art Director
Edmond Lai
Designer
Topong To
Monkey Lam

Contributors

Doris Ng
Gary Yeung

Photo

Photographer
Micheal Cheung
Eric Ho

Co-ordinator

Carrilyn Lui
Benedict Koo

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Tel: +852 3109 0490
Email: info@muchcreative.com
Website: www.muchcreative.com

mch
Creative Communication

Cesar Pelli

The Creator of the World's Skyscrapers

“The driving forces for all the skyscrapers I designed throughout the world are the challenges and achievements I got throughout the process. Each one is a search for the sublime and carries its own identity and uniqueness,” said Cesar Pelli.

Awards

- 1991 AIA (American Institute of Architect) listed Pelli among the ten most influential living American architects.
- 1995 AIA Gold Medal which recognizes a lifetime distinguished achievement and outstanding contributions on the theory and practice of architecture.

Other award projects:

The Pacific Design Center in Los Angeles
 The San Bernardino City Hall, California
 The United State Embassy in Tokyo
 Petronas Twin Tower in Kuala Lumpur
 Two International Finance Centre in HK

獎項

- 1991 榮獲美國建築師協會選為當代最具影響力的十大美國建築師之一
- 1995 榮獲美國建築師協會金獎，表揚Cesar Pelli於建築理論及實踐的卓越成就及貢獻

其他得獎項目：

洛杉磯太平洋設計中心
 加州聖貝納迪諾市政廳
 東京美國領事館
 吉隆坡Petronas雙子塔
 香港國際金融中心二期

IFC IS THE TALLEST BUILDING IN THE ISLAND, SITTING AT THE NARROWEST POINT IN THE STRAIT AND IT HAS BECOME A BEAUTIFUL SYMBOL OF HONG KONG.

Eighty-three years old, Cesar Pelli was born in Argentina, where he earned a Diploma in Architecture from the University of Tucuman. He first worked in the office of Eero Saarinen, a Finnish American architecture, serving as Project Designer. Later he immigrated to the United States and became a U.S. citizen in 1964. Pelli's designs are known for their curved facades and metallic elements, designing for some of the world's tallest buildings and other major urban landmarks like Petronas Twin Tower in Kuala Lumpur, NTT Headquarters in Tokyo, World Financial Centre complex in downtown Manhattan, the expansion and renovation of the Museum of Modern Art in New York, and Canary Wharf Tower in London, just to name a few.

Cesar Pelli has received over 100 architectural awards worldwide. In Hong Kong, he has put his signature on the city's skyline with his International Finance Centre (ifc) project, which has won two international awards, the 2004 Intelligent Building of the Year by the Asian Institute of Intelligent Buildings (AIIB), a major independent certification organization for intelligent buildings. It also received the Jeme Tien-Yow Award from the China Civil Engineering Society in 2006, which is regarded as the top award for civil construction in China. Two ifc is the fourth Hong Kong project to win this award.

Two ifc and Shanghai ifc

"I am very proud of ifc Hong Kong ... and probably also ifc Shanghai, when completed in 2010," Pelli said.

According to Pelli, the main differences between Hong Kong ifc and Shanghai ifc are that the Hong Kong ifc is a singular form, the tallest building in the island and at the edge of the water, whereas Shanghai ifc is a complex of forms with two dynamic towers in the middle

of a very dense urban area.

Spirit of Hong Kong

A critical aspect of the Two ifc is that it is at the edge of the water. This has allowed the tower to acquire a civic quality. It is the tallest building in the island, sitting at the narrowest point in the strait and it has become a beautiful symbol of Hong Kong.

"The design of Two ifc is simple, strong and memorable, its obelisk or pylon marking the critical point where the island at the scales of the city meets the harbour; it culminates in a sculptural crown. Its open design brings the sky into the tower top as if celebrating the height of the tower reaching to the sky, partially dematerialising the building form as it reaches its highest point. When lit at night, the tower top is visible from miles away, a welcoming gesture at the gateway to the harbour. Two ifc is a great skyscraper," he said.

As for the surface, the articulation of the curtain wall reinforces the verticality of the design. In plan, the walls are convex and the central section is stepped forward, giving the tower a rounded, bevelled appearance. The vertical window mullions are shaped like airfoils, tracing sharp lines from base to crown. The tower is clad in lightly reflective vision glass and fritted spandrel glass that softens the tower's surface. With specially formulated silver pearl-coloured paint on the aluminium components, the tower glows warmly against the peak and the city. It captures the spirit of Hong Kong, confident and in harmony with the natural beauty of its setting.

When talked about his satisfaction about Two ifc, he said: "The greatest satisfaction was to watch it built and occupied. Buildings only become real when they are used, when people can enjoy all they offer."





“... A BUILDING MUST BE BOTH BACKGROUND AND FOREGROUND. AS A FOREGROUND, IT MUST HAVE SOME EXCEPTIONAL QUALITIES. BUT IT MUST ALSO TRY VERY HARD TO KNIT INTO THE FABRIC...”

- CESAR PELLI

Shanghai ifc

“A blend of minimalism and elegance with state-of-the-art facilities to meet the needs of multi-nationals. It will become a new landmark in Shanghai.”

In 1977, Cesar Pelli founded Cesar Pelli & Associates and later renamed Pelli Clarke Pelli Architects in 2005. After winning an international competition, Pelli Clarke Pelli Architects was invited to design a mixed-use urban development in Shanghai – Shanghai ifc. Yet, the design plans of Shanghai ifc have gone back to the drawing board several times, until they finally settled on to having a duo of towers, which consist of two twin skyscrapers standing at 260 metres and 250 metres respectively. To Pelli, he sees these many changes reflected the variety of marketing combinations that Sun Hung Kai Properties was considering also many suggestions from the Shanghai government. He said: “The changes benefited the design because they allowed the development of a very striking pair of towers, a handsome and dynamic hotel as a slab building and an exciting shopping centre.”

According to Pelli, the site of the ifc Shanghai project is very different from that of the ifc Hong Kong. “In Shanghai the project is in Lujiazui, the core of Pudong, itself the densest area in Shanghai and also known for becoming a rival to Manhattan in the space of only a decade! The site is bounded by Lujiazui Boulevard to the north; the mega-towers of the Pudong to the east; a dense area of low-scale buildings to the south; and major new hotel and retail developments to the west. The area enjoys views of the Huangpu River and the historic Bund district beyond. Under these

surroundings, these buildings will never be seen in isolation but always in the context of other tall buildings, therefore when designing these towers in Lujiazui, they needed to be dynamic and exciting and for sure this is what they will soon be when completed. These two towers are powerful forms that appear as if chiseled out of huge blocks of crystal or stainless steel. They hold there very successfully in the great amalgamations of forms that is Pudong.”

Buildings are Responsible Citizens

Pelli said, a building must be both background and foreground. As a foreground, it must have some exceptional qualities. But it must also try very hard to knit in the fabric.

Pelli is often praised for using a wide variety of materials and designs, seeking new solutions for each location. In his designs, he has avoided formalistic preconceptions, and believes that buildings should be “responsible citizens” and that the aesthetic qualities of a building should grow from the specific characteristics of each project, such as its location, its construction technology and its purpose, thus, he has placed an emphasis on the need for buildings to work within the surrounding city.

Like the Two ifc, its height accentuated by its waterfront site, the entire form visible as it stands apart from the cluster of other skyscrapers, yet with the Central district and Victoria Peak as a backdrop.

Pelli further explained, “besides those important qualities for any building designs, for the very tall towers and skyscrapers, their heights, special cases they have unique responsi-

bilities. Like the Hong Kong two ifc, it expresses my search for the ideal expression of a skyscraper in our times. I believe that critical qualities for a good skyscraper are: A clear vertical axis, the axis mundi that connects heaven and earth. A vertical thrust in its expression, one that carries our eyes upward and makes the tower soar, a sense that the tower is firmly grounded. Finally and the most difficult to achieve is the nobility in the design.”

In Pelli’s view, all large cities are experiencing problems of how to control their growth, how to provide more open green spaces for their citizens, how to manage their automobiles and how to make life in them pleasant and rewarding. In his opinion, the future architecture developments of the best cities should be able to solve these problems creatively.

Thus, when designing the Shanghai ifc, the project’s ground plane is developed as an urban park, extensively landscaped and punctuated with fountains, gardens, and sitting areas, with open courts that integrate with below-grade retail level, various eco-friendly features like an underground car park that will allow over 20% of the site to be covered in greenery, double glazed windows in over 90% of the leasable area to admit daylight but block ultra-violet rays, thereby reducing the consumption of electricity for lights and air-conditioning. Carbon-dioxide detectors will also monitor indoor air quality.

Shanghai ifc has recently received LEED gold pre-certification under the US Green Building Council in recognition of the project’s eco-friendly features. No doubt Shanghai ifc will be another pride of Cesar Pelli when completed in 2010. ♀

**IN SHANGHAI THE THE CORE OF PUDONG, ITSELF THE
DENSEST AREA IN SHANGHAI AND ALSO KNOWN FOR
BECOMING A RIVAL TO MANHATTAN IN THE SPACE OF
ONLY A DECADE!**





Cesar Pelli 構建世界高峰

「我在世界各地建造摩天大樓的原動力，正是來自建築過程中遇到的挑戰及滿足感。每一棟各具個性及特色的大樓，均是我對頂峰的追求。」 Cesar Pelli如是說。

現年83歲的世界知名建築師Cesar Pelli出生於阿根廷，於圖庫曼大學取得建築文憑後，曾於著名芬蘭裔美國籍建築設計師Eero Saarinen的事務所任職項目設計師，及後移民美國，並於1964年入籍美國。Cesar Pelli的設計以運用弧度立面及加入金屬元素見稱，重要作品包括全球最高的建築物及國際城市的地標，如吉隆坡的Petronas雙子塔、東京的NTT總部大樓、紐約世貿中心、紐約現代美術館的翻新及擴建工程，以及倫敦的Canary Wharf Tower等等。

Cesar Pelli於全球獲得過百個建築大獎，他為香港維港沿岸添上的新地標——國際金融中心，曾榮膺兩個國際性獎項，分別為智能大廈獨立認證機構亞洲智能樓宇學會頒發的2004年度智能建築物；以及於2006年獲中國土木工程師學會頒予的詹天佑大獎，此獎項是國家科技部和建設部核准的中國土木工程界最高榮譽，國際金融中心二期是第四個獲此殊榮的本港項目。

香港國金與上海國金

「我以香港的國際金融中心為榮，當上海國金中心於2010年落成時，相信同樣會感到驕傲。」 Cesar Pelli說。

Cesar Pelli指出，香港國際金融中心與上海國金中心的主要分別，在於前者是坐落維港海旁的港島區最高樓宇，可視為獨立式物業；而後者則位處高密度市中心地段的綜合式物業。

體現香港精神

臨海而建的香港國際金融中心二期，矗立於海峽最狹窄點，在地理上佔盡優勢。這座港島最高大樓，現已成為香港著名地標。Cesar Pelli表示：「國際金融中心二期的設計簡潔、穩固而令人難忘，它的巨型尖頂式外形，環抱城市及海港全景，頂部具雕刻美感的皇冠式設計，讓大樓與無邊天際相接。晚上亮燈後，國際金融中心二期頂層建築更儼如維多利亞港旁的火炬，閃爍璀璨，遠遠已經清晰可見。國際金融中心二期是一座偉大的摩天大廈。」

在外牆方面，Cesar Pelli利用玻璃幕牆進一步強調國際金融中心二期的高度。凸面幕牆的中心部位呈前傾狀，令樓宇的外形顯得圓渾而略帶弧度；垂直的窗框由底部貫通皇冠式頂部，對整座大樓的線條起修飾作用。大樓以低反光透明玻璃覆蓋，令外牆更顯柔和，配合特別構造的珍珠灰色鋁質支架，令大樓於四周環境更為突出。高聳的國際金融中心二期體現了香港的精神及自信，並能與四周的自然景色和諧並存。

Cesar Pelli表示建造國際金融中心二期為他大來極大滿足感：「最大的滿足來自看到它落成及啟用。有人享用所有設施，才能成為一座真正的大樓。」



「國際金融中心二期的設計簡潔、穩固而令人難忘，它的巨型尖頂式外形，環抱城市及海港全景，讓大樓與無邊天際相接。」

「結合簡約與優雅，加上頂尖的配套，不但滿足到國際都會的要求，更令上海國金成為上海的新地標。」





上海新地標

「結合簡約與優雅，加上頂尖的配套，不但滿足到國際都會的要求，更令它成為上海的新地標。」 Cesar Pelli說。

1977年，Cesar Pelli創立自家公司Cesar Pelli & Associates，於2005年改名為Pelli Clarke Pelli Architects。贏得多項國際建築大獎的Pelli Clarke Pelli Architects獲邀在上海建造一個綜合式城市發展項目——上海國金中心。項目設計經多方反覆斟酌，最後落實建造兩座高樓，兩座分別高260米及250米的雙子式摩天大樓。

Cesar Pelli指出，許多設計上的改動均由發展商新鴻基地產及上海政府按不同的考慮共同磋商而成，「這些改動有利於整體的設計，令項目發展成兩座矚目的雙子塔、一間亮麗新穎的酒店，以及一個令人興奮的購物商場。」

Cesar Pelli認為，上海國金中心與香港國際金融中心的選址有顯著的區別。「上海國金中心就在浦東的核心地段陸家嘴，本身已是上海密度較高的地區，近十年此區更被認為可與曼克頓一較高下。上海國金中心的北面被陸家嘴大道環抱，東面毗鄰浦東的高樓大廈，南面為高密度的低層樓房，而西面則有新落成的大型酒店及商場項目；此地點更可飽覽黃浦江及對岸江邊歷史建築物的景觀。在這些景物環繞下，上海國金中心絕非獨立存在，而是與四周的高樓大廈並存。因此，設計上必需富有動感及創意，兩座高樓外形雄偉，就像從一塊巨型水晶或鋼鐵中刻鑿而成，成功融合於浦東混雜的環境之中。」

盡好公民責任

「一座大樓必須同時成為前景及背景。作為前景，它應該有特別出眾的條件之餘，又可以融入周邊的環境。」 Cesar Pelli說。

Cesar Pelli一向以靈活運用各種設計與物料，以及能克服個別物業地點限制而備受推崇。他的設計往往避免流於先入為主的形式主義，並認為建築物應該是一個「良好公民」，盡好公民責任。他特別重視建築與所在城市的配合，認為建築物的美感應來自本身的特色，如地點、建築科技及用途等。正如香港的國際金融中心二期坐落的臨海位置，既能突顯它的高度，更使它與周遭的摩天大廈劃清界線，令整個中環及山頂均成為它的背景。

Cesar Pelli解釋：「摩天大樓的高度也肩負特殊的責任。香港的國際金融中心二期是我心目中當代摩天大廈的典範，一座理想的高樓必需有清晰的垂直中軸線，連結起天空與大地。中軸線能令我們的眼光往上望，從而令大樓更為高聳，同時予人根基穩固的感覺。不過我覺得最難的是如何令設計更為高尚。」

Cesar Pelli認為所有大城市都正在面對相同的問題，例如怎麼控制發展過急，如何為市民提供更多綠化空間，怎樣管理汽車，以及如何令生活更愉快更有意義等，他指出，世界最佳城市的未來建築發展項目，理應富有創意地解決以上問題。因此，在設計上海國金中心時，他特別將項目的地面部分發展成景觀優美的公園，並加入噴泉、庭園、休憩座椅等設施；在商場部分更加入開放式大堂。此外，亦加入環保元素：將地下停車場的兩成用地為綠化空間；大樓九成以上的租賃部分採用可天然採光及防紫外線的玻璃窗戶，藉此減少燈光及冷氣系統的耗電量；以及安裝二氧化碳含量感應器，監測室內空氣質素。

上海國金中心最近榮獲美國綠色建築委員會頒發的LEED前期認證「金級」證書，對大樓在推動環境保護的貢獻予以肯定。將於2010年落成的上海國金中心，相信會是Cesar Pelli另一引以為傲的作品。♀

LEED
Green for Better
Working Environment





"GREEN BUILDING HELPS SAVE ENERGY, WATER AND RESOURCES, IT MINIMIZES THE IMPACT ON ECOSYSTEMS AND WATERWAYS AS WELL AS PROVIDES A HEALTHIER ENVIRONMENT TO THE USERS."

No matter you are the boss or worker, 5 days a week, 8 hours per day or maybe even longer; it seems that office is a place where you spend most of your time. Have you ever thought of a better and more comfortable working environment with easy access and convenient transportation, nice views, bright & warm lightings, good ventilation...? But how can we get such an ideal working environment?

Green building is believed to be one of the possible ways to create such an ideal working environment. With the increasing awareness on environmental protection, green building has become the major global trend in architecture. In Hong Kong green buildings like Kowloon Commerce Centre (KCC) have obtained the international certificate of LEED (Leadership in Energy and Environmental Design). Aside from playing a part in environmental protection, it also provides a comfortable and healthy working environment for office workers.

LEED – International Certificate

LEED was set up in 2000 by the U.S. Green Building Council to evaluate the buildings' sustainable development. It is also the standard measurements for the world's green building.

"Green building helps save energy, water and resources. It minimizes the impact on ecosystems and waterways as well as provides a healthier environment to users." Ashley

Katz, the Communication Manager of the U.S. Green Building Council claimed. LEED applies in building design, architecture and operation as its basic measurements; on top of that, it will also consider its contributions to the environmental protection as well as its sustainability to development. There are major areas, namely the sustainable sites, water efficiency, energy saving, environmental materials and resources, indoor environmental quality and the innovative design.

For those who work in the green building, they not only can enjoy a healthier and more comfortable working environment, but also higher efficiency and productivity at work.

Katz said, "LEED certificate improves health, safety and productivity of the users." Green building not only improves air and water quality, it also minimizes the sewages and protects natural resources; these are beneficial to the environment as well as reducing the operation cost of the building which result in economic benefits. ♻️



LEED綠色建築更佳工作環境

無論你是老闆或打工仔，一星期五天，每天總有8小時或更長時間待在公司內，辦公室絕對是家以外逗留得最久的地方，你是否渴望有更好、更舒適的工作環境？交通要方便，景觀要優美，室內光線充足、空調溫度適中……究竟怎樣才可以有理想的工作環境？

創造理想工作環境，綠色建築是其中一個可行的方法。近年隨著環保意識抬頭，綠色建築已成為世界大趨勢，本港部分綠色商業樓宇如九龍貿易中心亦取得國際認可的「能源及環境設計領先認證」（Leadership in Energy and Environmental Design，簡稱LEED），為保護環境盡一分力之餘，亦為置身其中的上班族提供一個更舒適、更健康的工作環境。

LEED國際認證


目前世界各國的各類綠色建築評估標準中，LEED被認為是較為完善、以及較具影響力的一項，並已成為世界各國評定綠色建築的範本。LEED由美國綠色建築委員會（U.S. Green Building Council）於2000年設立，用以評估建築物是否能符合可持續發展性。

「綠色建築節省能源、水源及資源，對環境

造成的影響亦相對較小，可以為用戶提供更健康的環境。」美國綠色建築委員會傳訊經理Ashley Katz表示。LEED以樓宇的設計、建築及運作等各範疇為原則，再考慮對環境保護的貢獻及是否可持續發展等，將建築物加以評分，當中包括六大核心範疇，分別為建築物地點的可持續發展性、節省用水、節省能源、採用物料、室內環境質素及創新設計等。

對於上班族而言，綠色建築除了令他們可享有健康、舒適的工作環境，亦可提高工作及生產效率。

Katz指出：「LEED認證的綠色建築有助改善用戶的健康、安全及生產力。」綠色建築除了可改善空氣及水質、減少廢物及保護天然資源等對環境有益的好處外，更可降低建築物的營運成本，為經濟方面帶來效益。☺



綠色建築節省能源、水源及資源，對環境造成的影響亦相對較小，可以為用戶提供更健康的辦公地方。



First LEED Building in Hong Kong 全港首個LEED商廈

Kowloon Commerce Centre (KCC) is the first commercial building in Hong Kong being awarded with the Gold LEED Pre-Certificate Award. Let's see how KCC fulfills the green building concept requirements and the benefits that the users can enjoy from that.

想知道LEED的評分標準，如何令在綠色建築物上班的員工受惠，不妨以全港首個獲得LEED前期認證「金級」證書的商業建築物九龍貿易中心作為實例，看看它怎樣實踐綠色建築生活的概念。♀

Indoor Environmental Quality

優質室內環境

Usually office workers spend most of their time indoors, thus LEED emphasizes on indoor air quality and its surrounding views.

KCC has installed CO2 content sensor to monitor the indoor CO2 content, so that it is an alert to the system, which draws appropriate fresh air into the building to improve the indoor air quality. Besides, the selection of low emission and volatility building materials can reduce the emission of harmful matters; this can also improve the indoor air quality and eliminate the harmful effect it has on the people who work in the building.



一般上班一族逗留於辦公室內的時間較長，故LEED對綠色建築的室內的空氣質素及景觀非常重視。

九龍貿易中心於室內安裝二氧化碳含量感應器，監測空氣的二氧化碳含量，調動系統引入足夠鮮風量，以提高室內空氣質素。另外，採用低排放及低揮發性的建築物料，亦可減少釋出有害物質，從而提供較優質的室內空氣，並減低對大廈內工作人士的影響。



Water Efficiency

減少用水

LEED requires the buildings applying for this certificate to use water efficiently. Besides, it also encourages the reduction in water sewage.

KCC reuses the water from the air-conditioning system for other usages, in doing so it has reduced the water sewage by 50%.

LEED要求申請認證的建築物能有效地用水，節省使用之外，同時亦要做到減少污水排放。

九龍貿易中心循環使用冷氣系統排水於其他用途，減少污水排放達50%。

Environmental Materials and Resources

環保建築物料

During the construction and operation phases, LEED encourages the selection of sustainable and recyclable products and materials to minimize the use of materials and resources, as well as waste.

During the construction phase of KCC, it used environmental or recyclable materials; using as high as 75% of recyclable building materials like using the pillars from the old buildings, woods with original certificate, paints and carpets with low emission and volatility, and 20% of the building materials were generated from the original materials, this helped reduce the consumption of resources and materials.

建築物施工期間，LEED鼓勵選用循環再用及可再造使用等物料，減低資源消耗及產生大量建築廢料。

九龍貿易中心於建築期間，使用環保或可循環物料，高達75%的建築廢料循環再用，如沿用舊有建築之樁柱、使用具來源認證的木材、低排放及揮發性油漆、地毯等物料，建築物料中有20%從原材料中抽取使用，將資源及原材料的耗用減至最低。





Energy Saving 節省能源

Energy saving is the major concern for environmental protection. LEED encourages through the architectural design, effective monitoring, using efficient appliances and use of renewable and clean sources of energy, efficient lightings and systems to minimize energy consumption.



KCC efficiently uses natural light sources by applying huge curtain walls and 19-metre high glass lobby entrance; which enables the users to enjoy extra natural lights.

In order to increase the energy efficiency, all centralized air-conditioning, elevator systems and all electrical appliances used in KCC are installed according to the energy saving criteria, which has cut down the energy consumption to half. Besides, it has selected low energy consumption electrical appliances to save energy. Tenants can at the same time benefit from this energy cost being reduced to half.

節省能源是環保運動尤其關注的課題，LEED就提倡透過大廈的建築設計、有效的監察、使用節能電器及可再生能源，以及提高電力系統效能等，減省能源的消耗。

九龍貿易中心採用大幅玻璃幕牆及19米高玻璃入口大堂，有效運用天然光源，令使用者能獲享更多天然光線。

為提高能源效益，九龍貿易中心的中央空調、升降機等電力及電器均配備符合環保原則的節能裝置，將大廈的能源使用成本減少一成半。此外，亦揀選耗電量低的電器，盡量從不同方面節省能源。能源使用的成本減少，租戶亦可同時受惠。

Sustainable Development 可持續發展的地點

To fulfill the measurements of LEED, the choice of the building's location has to avoid a site which is undeveloped so as to minimize a building's impact on ecosystems, also it needs to have regionally appropriate landscaping and using environmental friendly transportations, which minimize pollution and heat island effect etc.

KCC is located at Kowloon East with easy access to public transports; very convenient to and from the airport and different ports; together with the railway networks, it is very convenient for people to use various public transports to and from work, it not only helps minimize the usage of petrol, it also minimizes the pollution to the environment by the waste gas emitted from the cars.

Also, KCC has built various garden areas and sky garden, growing green plants and flowers, not only beautifying the environment, but also purifying the air and cooling the heat; this provides a healthy working environment as well as a nice resting space.

就建築物的選址而言，要符合LEED的準則，就要避免選擇未開發的地段，以減低對生態環境的影響，並應該配合周邊景觀，以及鼓勵使用環保交通工具，減少污染及熱島效應等。

九龍貿易中心選址九龍西，交通四通八達，往來機場及各口岸十分便捷；加上鄰近鐵路網絡，方便在此工作的人士使用公共交通工具往返辦公室，除了有助減少車輛燃油耗用外，亦減低車輛排出廢氣所造成的環境污染。

此外，九龍貿易中心分別建設了多個綠化園林地帶及空中花園，茂盛的綠色植物和花卉，既可美化環境，同時亦有助淨化空氣和降低溫度，提供一個健康的工作環境及休憩空間。



Noah's Ark

A Brand New Alternative for Corporate Training

Founded on the spirits for a love of life, family and our precious planet, Noah's Ark seeks to instill positive values and thinking to our society. Besides being an ideal destination for family events, it's a top venue for large-scale institutional seminars and corporate training.



2009 INTERNATIONAL CONFERENCE ON PLANNING FOR LOW CARBON CITIES WAS HELD IN NOAH'S ARK, WHICH WAS ATTENDED BY PROFESSIONALS AND ACADEMICS FROM 11 COUNTRIES ALL OVER THE REGION.



Accessible in just 20 minutes from Central, Noah's Ark is a great hide-away far away from the hustle and bustle of the metropolis yet still within reach of it; it's a perfect corporate training venue for city types who are always on the go.

Overlooking the peaceful panorama of Rambler Channel and Tsing Ma Bridge, Noah's Ark is located at Ma Wan Bay and spreads over 270,000-square-foot. The venue houses a building with five storeys of indoor theme facilities, plus a hotel on top. Offering one-stop services for MICE (Meeting, Incentive, Conference, Events), amenities range from a workshop to a multi-function hall, outdoor stadium and food & beverage outlets.

Noah's Hall

To accommodate the needs of corporate trainings from conferences, seminars to other related activities, Noah's Hall, a sizeable multi-function venue with capacity for 600 people, was built. Equipped with first class lightings and sophisticated stage sets, it is an ideal place for conferences, weddings, and all kinds of large-scale events and gatherings. Recently, the hall hosted the 2009 International Conference on Planning for Low Carbon Cities was held in Noah's Ark, which was attended by professionals and academics from 11 countries all over the region.

Noah's Resort

Spreading over the top floor of the main building, Noah's Resort commands a spectacular

view of the harbor. In all, 43 rooms of various sizes are available in the resort. For a place to relax and chill out, a panorama café is available at the podium. "Through spending time together outside the office, and sharing accommodations, staffs have a chance to build and reinforce their friendships," says Mathew Pine, Noah's Ark's manager.

Noah's Stadium

Equipped with quality lighting and audio fittings, Noah's Stadium, located on the outdoor grounds of Noah's Ark, is a multi-functional sports and activity venue which can accommodate up to 650 people. It's ideal for carnivals, family days, mini concerts to all sorts of outdoor corporate activities.



"Noah's Stadium" is suitable for different kinds of sporting and outdoor activities. 擲亞運動場適合舉辦不同類型的戶外活動。



EVERYONE WILL GO THROUGH LIFE AND DEATH; "ARK LIFE EDUCATION HOUSE" IN NAOH'S ARK IS THE FIRST INNOVATIVE AND INTERACTIVE LIFE EDUCATION CENTRE IN HONG KONG.

Reinforcing Team Cooperation

Boosting an eight-meter high giant swing, a 3D giant ladder as well as a sky-high rope course – all exclusive to Hong Kong – Noah's Adventureland creates excitement for all beyond imagination. To meet the challenge, teamwork is crucial. Being hung up 6-8 meters high above ground is rather daunting – it's the perfect setting for building trusts and reinforcing communications among team members.

Sightseeing Activity

Besides exciting training programs, staff can relax and take in the beautiful landscapes of the Ark. The Ark Garden, is a home to 67 pairs of life-size sculptures of wonderful, rare and endangered animal, and an unique re-enactment of famous bible stories.

Raising Interests in Learning

All amenity designs in the Ark are inspired by the spirits of Noah's Ark which promotes the message of love. Through healthy and educational recreations team building members can nurture their passions in living. Boosting 15 themed galleries designed to foster life education, integrated intelligence, critical thinking and liberal studies, the Treasure House education centre provides the perfect setting for learning through games and interactive communication.

Meanwhile Ark Expo offers a look into the mysteries of nature and information about our environment through state-of-the-art multimedia experiences available through

a 180-degree surround sound theatre, a 4D theatre and valuable exhibits.

Everyone goes through life and death; that's the message behind the Ark Life Education House, the only one of its kind of educational centre in Hong Kong to focus on the learning of life. Through the innovative interactive games available from the centre, from Money Grabbing Machine, A Journey in Coffin, Count Down from 30 to Trouble is Coming, participants are inspired to reflect on life's indispensable elements, as well as to experience the wisdom of life.

Pine mentions that many of the educational games demand its participants to co-operate with some requiring directions or instructions from team members to complete the tasks. The process involved would no doubt strengthen communications among members.

To cater to all necessary needs of various companies and organizations, Noah's Ark have established a service centre to tailor-make group programs for such groups. Activities available include rope course, wild camping, climbing, problem solving, on-board trainings, cooking and social services.

"Love, peace and positive thinking are the spirits behind Noah's Ark. A totally unique learning, training and recreational centre of its kind, the Ark can provide corporate organizations a quality venue and all the professional service and amenities according to their needs," adds Pine.

**"NOAH'S ADVENTURELAND" THE ONE AND ONLY ONE
EIGHT-METRE GIANT SWING, 3D GIANT LADDER IN HONG KONG
BRINGS EXTRAORDINARY EXCITEMENTS AND THRILLS.**

「跨越奇園」設有全港獨有、高八米的巨人鞦韆、
3D巨人梯及高空繩網陣，帶來超乎想像的驚險刺激。

挪亞方舟 企業培訓新選擇

馬灣挪亞方舟以愛生命、愛家庭、愛地球為主題，建立社會正面價值觀，除適合家庭旅遊外，亦是企業培訓及大型專業講座的首選場地。



由中環出發，只需二十分鐘船程，便可到達馬灣挪亞方舟——一個遠離煩囂城市，仿如置身海外，但仍在港內的地方——是最適合分秒必爭的現代人在這裡舉辦員工團隊建立訓練、會議及講座的理想地方。

挪亞方舟坐擁藍巴勒遼闊海景及青馬大橋壯麗景緻，佔地共廿七萬平方呎，五層樓面的戶內設施各有不同主題，頂層更設有挪亞度假酒店，設施包括多功能禮堂、戶外活動場地、餐飲，並為企業會議展覽(MICE——Meeting Incentive Conference Events)提供一站式服務的地點。

挪亞大會堂

企業團隊建立培訓往往需要大型場地進行會議、講座或者進行小組工作坊活動，挪亞方舟設有多個活動室及多功能禮堂，可容納幾十人至六百人，配備專業的燈光和舞台設施，適合舉辦聚會、大型活動、會議，甚至婚禮等。早前由香港規劃師學會主辦的國際級大型研討會「共建低碳都市」亦在此舉行，並邀請了來自十一個國

家或地區的專家及學者參加。

挪亞渡假酒店

位於頂樓的挪亞度假酒店，飽覽廣闊的自然景緻，提供四十三間不同大小之房間，而平台更設有海景咖啡室，為旅客提供理想的休憩地方。挪亞方舟行政經理松國慶指出：「挪亞度假酒店正好讓員工在培訓期間可以一起合宿，透過公司以外的日常相處，發展出更深厚的友誼，加強彼此關係。」

挪亞運動場

挪亞方舟的室外部分建有挪亞運動場，是一個可容納六百五十名觀眾的多功能戶外活動及體育場地，備有音響及燈光設備，適合企業舉辦不同類型的戶外活動，例如嘉年華會、體育比賽或小型音樂會。

提高團隊合作

挪亞方舟的「跨越奇園」，設有全港獨有、高八米的巨人鞦韆、3D巨人梯及高空繩網陣，帶來超乎想像的驚險刺激。要克服挑戰，合作精神就非常重要。參與者站

在離地六至八米高的地方，是一個與隊員建立信任、默契及加強溝通的最佳機會。

自由活動觀光

除了刺激的戶外訓練之外，員工可自由觀賞方舟四周的獨立園林設計。設於挪亞方舟前庭的「方舟花園」，特別展出六十七對栩栩如生的稀有及瀕危動物藝術雕塑，全部均按原大體積塑造，重現聖經故事的記載。

加強教育意義

挪亞方舟的設施均以方舟精神為本，傳遞愛的訊息，參加團隊建立培訓的員工可透過娛樂與教育義意於一身的活動，培養熱愛生命的精神。設有十五個獨特主題展館的「珍愛地球館」，糅合生命教育、多元智能發展及通識教育，員工可參與互動遊戲，感受全方位學習新體驗。而「多媒體博覽館」則利用多媒體概念帶出獨特的感官效果，透過一百八十度環迴影院、4D立體影院，以及珍貴展品，可一窺大自然的奧妙，接收有關愛護地球的訊息。



01

生老病死是人生必經的階段，挪亞方舟的「方舟生命教育館」是全港首間以生命教育為主題的創新互動教育場所，企業員工可藉由一系列獨特、互動及創新的活動，包括「瘋狂搶錢機」、「感棺之旅」、「倒數三十秒」及「大難淋頭」等，對工作及人生有新的領悟，體驗生活智慧。

松國慶強調，這些互動展館提供各種富教育意義的遊戲，部分更要求參與者互相合作、又或向另一方指示才能完成任務，當中的過程，可加強彼此的溝通。

為配合各公司及機構籌辦團隊建立服務，挪亞方舟特別成立臻訓中心提供相關服務安排，活動形式包括繩網陣、野外露營挑戰、山藝、團隊解難任務、海上旅程訓練、原野烹飪以及社會服務學習等。

松國慶表示：「旨在宣揚愛、和諧及社會正面價值觀的挪亞方舟是香港絕無僅有的一項獨特設施，為企業團隊建立培訓提供了高質素的場地、配套及服務。」♀



03



01 This grand and special Noah's Ark construction is a full-sized replica according to the bible. 挪亞方舟根據聖經記載原大體積而建成，建築宏偉獨特。

02 Different sizes and fully furnished multi-function rooms. 多個不同大小的多功能活動室，設備齊全。

03 Noah's Resort offers 43 rooms with various sizes. 挪亞度假酒店提供四十三間不同面積之房間。

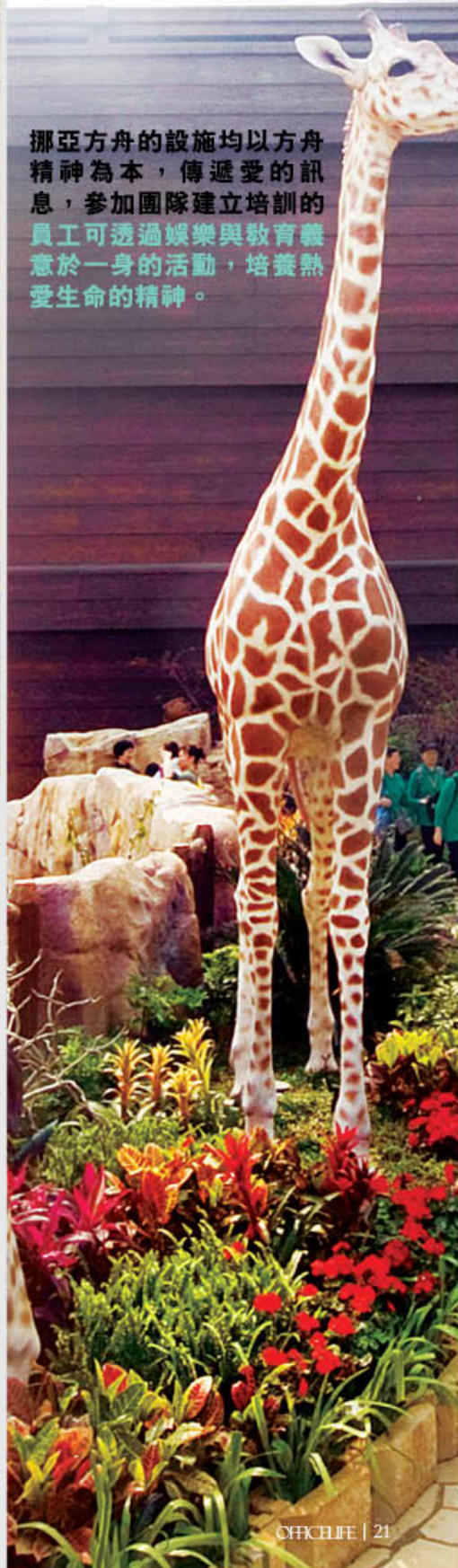
Noah's Ark 挪亞方舟

Address 地址：33 Pak Yan Road, Ma Wan, New Territories, Hong Kong
新界馬灣珀欣路33號

Hotline 熱線：3411 8888

Website 網站：www.noahsark.com.hk

挪亞方舟的設施均以方舟精神為本，傳遞愛的訊息，參加團隊建立培訓的員工可透過娛樂與教育兼意於一身的活動，培養熱愛生命的精神。



Paint Away Your Pressure 畫走工作壓力

Indulge and enjoy yourself in this wonderful world of colours! Paint away all the problems and pressures on the canvas using your creativity and different colours that you want.

Creative Buffet

“What artjamming provides is a creative buffet”, said Betty Cheung, the owner of artjamming, the self-service art studio. Everything in this studio including canvas, painting brushes, oils and paints; even aprons and all other materials required are available. However, there is no instructor or any restriction on the topics, such that customers can fully explore their creativity through the usage of the colours. When you walk into artjamming with empty hands, put away all the work pressures and problems in life, you can draw whatever you like in this four hours session. When you leave, you feel relaxed and content with the art piece that you have created.

Perhaps you have never learnt painting or

拿起畫筆，蘸上顏料，在畫布上任意揮灑，將積壓的煩惱及壓力一筆勾銷，投入色彩世界，盡情樂在其中！

創意自助餐

「artjamming提供創意自助餐。」自助畫室artjamming店主張小姐強調。自助畫室內畫布、畫筆、顏料，甚至圍裙等各種繪畫所需的工具均齊備，唯獨沒有專人指導，也不會限定題材，客人透過色彩自由發揮創意，拋開工作壓力及生活煩惱。兩手空空的走進artjamming，在四個小時的環節內隨興而畫，然後帶著完成的作品及鬆弛的心情，滿足地離去。

即使從未學過繪畫，甚至連需要什麼工具也不甚了了，一旦走進artjamming，只要願意嘗試，亦可享受箇中的樂趣。「客人

you do not even know what utensils you need, once you walk into artjamming, as long as you are willing to try, you will be able to enjoy the fun of it. “It doesn’t matter you know painting or not, just have the courage to try, to investigate, then you will get interested and feel free.” Ms. Cheung said that most of the customers have never learnt painting, but they usually doubt about it at the beginning, but once they tried it, most of them found that it is fun, and whenever they are tired at work, they will think of coming here.

Besides individual customers, artjamming also has group clients to come here for team building, using painting as a medium for interpersonal communication, to build up the trust and strengthen their unity.♀

不懂畫畫其實不要緊，放膽去試，去研究，就會投入，並有一種自由的感覺。」張小姐指大部分客人其實都從未學過繪畫，不過開始時抱著懷疑心態的客人，一經嘗試，都會大呼滿足有趣，更表示每當工作辛苦時，他們就想來畫幅畫。

除了個別客人外，artjamming亦為企業客戶組織Team Building等活動，以繪畫作為人與人之間溝通的媒介，使團隊更易彼此信任，加強團結。♀





1. The studio is bright and spacious which provides a comfortable painting environment.
畫室環境寬敞，光線充足，提供舒適的繪畫地點。
2. The cost depends on the size of canvas; it has 12 different sizes made of cotton or linen.
收費按畫布而定，備有棉及麻兩種質地，各有十二種尺寸可供選擇。
3. All the oils and paints are from Australia, customers can use as much as they need.
顏料均來自澳洲，客人可無限量取用。
4. The studio provides free paper box for customers to take their art piece home.
畫室提供免費的紙盒包裝，讓客人將畫作帶回家。
5. The studio has different kinds of painting utensils and paints for sale.
店內亦有各種畫具及顏料出售。
6. The studio has two storeys. The second floor displays all the art pieces by customers to celebrate the 7th anniversary of artjamming.
畫室共有兩層，二樓掛滿客人慶祝artjamming七周年所畫的作品。

Website 網址：www.artjamming.com



The Office of an Architectural Designer

It's natural to wonder what's hidden inside a designer's own closet, or what a chef cooks for his own dinner parties. Ultimately one is curious about how geniuses put their own philosophies into daily practice. As for an architectural designer, the first real showcase of his private dreams and ideas must be his office. So how would Barrie Ho, one of Hong Kong's most influential masterminds in this field, design and style his office?

HO BELIEVES THE MAIN PURPOSE OF AN ARCHITECT'S OFFICE IS TO EXPRESS THE DESIGN STYLE AND PHILOSOPHIES OF ITS VERY OWNER.



Winding pass the heart of Central, make a turn for Wyndham Street, head uphill and one would find Barry Ho's architectural design office. Once the lift door opens, a calm and sombre space greets the guests with a complete indifference to hustle of bustle of the hectic city below.

A Central Stayer

Ho reckons an office's location is of utmost importance; it's not without reasons why he spotted the fringes of Central. "Few architects open office in Central. But I adore this area. There's a whole street of cafes and art galleries nearby, Fringe Club is right on our doorstep plus all kinds of historical junks and buildings further up, yet all within 3 minutes of walking distance from the heart of Central. I want my clients to feel, when they walk up here from the craziness below, a sense of calm and peacefulness," explains Ho.

From 2003 till now, Ho has won close to 50 major local and international design awards. They include the USA International Design Award 2008, Dubai Cityscape Architectural Award 2008, Asia Pacific Interior Design Award, Hong Kong Designers' Association Award as well as the Perspective Design Recognition Award. His current office is also one of his award-winning projects.

Design Philosophies

Ho believes the main purpose of an architect's office is to express the design style and philosophies of its very owner. The design of the main entrance and the reception area, in

particular, mirror a company's character, its operational practice as well as business philosophies. With this in mind, Ho has adopted a philosophy based on "co-existence abilities within opposites and differences".

"Design-wise, we used a lot of black colours and wood elements, which reflects our company's clear structure. I pay great attention to every staff's workspace; junior staffs sits together within an area, so that whenever a question comes up they can discuss it right away; on the other hand senior staffs have their own space while director-level colleagues have their own rooms," says Ho.

Visitor's Perspectives

Ho's 30-staff office is 4,000 square feet in size. Despite high property prices, Ho lavished his office with space, instead of desks, and more desks, while carving out a large part to make a boutique gallery-like reception, an airy "Hall of Fame", as well as a plush VIP guest room.

"In this business, one must exhibit what it does. Since many projects are colossal in sizes; and drawings need to be placed properly, not too far nor close; that's why space is important," says Ho. Besides, guests visit their office all the time; naturally, it's important to manage their expectations. "I care a lot about the process of our guest visits," admits Ho. That's why the flow, which slowly guide visitors to all the firm's major milestones and achievements, is nothing short of a well-considered deliberation.

“EMPLOYEES ARE, IN FACT, THE BOSSES; IF YOU MISTREAT THEM, WHO’S GOING TO WORK AND MAKE MONEY?” QUIPS BARRY



The lifted platform in the room is actually another storage space for the drafts and sketches.
房間升起的地台，其實是用以儲存圖則。



Limited Space Infinite Creativity

“Making the best use of space in such a costly city is the toughest of challenges,” says the designer, whose office had already faced up to such tests. “Land is in abundance in China, so the buildings there expand horizontally. In Hong Kong, they are reaching the sky, that’s why the raised flooring here is our storage in disguise,” quips Ho.

Ho reckons the worst office design is only focusing on “stereotype”, or one that ignores the needs of its staff or the business nature. The ideal design approach must take into account the practices of the business and its operation as well as staff’s needs and comforts. “Employees are, in fact, the bosses; if you mistreat them, who’s going to work and make money?” quips Barry. That’s why choices of a little room lighting and seating chair are of paramount importance. Many buildings switch off centralized air-conditioning after normal working hours. Ho invested to install their own spare air-conditioning system to sustain a comfortable working environment all the time. Ho said that there was once a bar in the original office plan for staff to re-charge. However, due to continuous business expansion, it has since turned into a little working corner for three.

Container Siheyuan

Talking of impressive offices, Ho immedi-

ately turned our attention the offices of his mentor Dr. Ho Tao, renowned architect and designer of HKSAR’s logo. Ho recalled the offices vividly “He had two classic offices, both are associate of original style with new creativity, yet cost-effective. One stood in Kowloon Tong. Built by 10 or so containers to form a two levels-high siheyuan, with a tree-filled courtyard in the middle. What a marvelous idea! The other stood at North Point’s old pier when it was still in operation. It was another converted office but this one sat literally in the middle of the sea. Dr. Ho also had an office in Shanghai, which converted from an old laboratory with double-height ceiling.”

While it may be tremendously fun and exciting to convert old buildings, Ho points out that given the stringent control in this field, most designs simply cannot be applied. “Who doesn’t want to convert a container, or special heritage houses and buildings? Yet given stringent regulations, many concepts simply cannot be executed. Else, the approval process is far too long. So at the end, all interesting and creative ideas are empty talks,” says Ho. He hopes that, in the near future, he would get more chances to convert old buildings, so that the space itself, as well as their characteristic can be fully extended and flexibly used.

建築設計師的辦公室

時裝設計師的衣著品味，大廚為家人炮製的家常菜，都反映他們如何身體力行貫徹自己的理念。至於一位建築設計師，最能體現自身創作理念的第一作品，當然是他的辦公室。被譽為本港同輩中最具影響力之建築設計師何周禮，究竟又會怎樣設計自己的辦公室？



Right up 右上

A lot of drafts and documents in an architecture firm, therefore part of the lightings compartments are served as filing cabinets

建築事務所有大量圖則、資料及文件需要儲存，故座位上的燈槽部分同時亦是文件櫃。

Left up 左上

The original mini bar table is converted to staff area due to the expansion of the company

辦公室原有的小型吧檯，因公司擴充已變成員工座位。

建築師樓較少在中環開設，但我獨愛這一帶，我希望客戶穿過中環鬧市上到來，會感到寧靜。

穿過中環心臟地帶，轉入雲咸街往山上走，到達何周禮建築設計事務所，電梯門一打開，迎接訪客的，是一個靜謐而深沉空間，與剛才經過的鬧市感覺截然不同。

獨愛中環

何周禮認為辦公室所在的地點非常重要，他的選址是中環的邊緣地帶。「建築師樓較少在中環開設，但我獨愛這一帶，附近一整條街是藝廊及咖啡室，有充滿文化氣息的藝穗會，往前走則有古物古跡，不用三分鐘又可返回中環心臟區。我希望客戶穿過中環鬧市上到來，會感到一份寧靜。」

自2003年至今，何周禮奪得接近五十項國際及本地設計大獎，包括2008年美國國際設計大獎、2008年杜拜Cityscape建築設計大獎、亞太區室內設計大獎、香港設計師協會大獎及《透視》雜誌大獎等，而他的辦公室亦是得獎作品之一。

體現設計哲學

何周禮覺得，建築師辦公室最重要是表現出自己的設計哲學及風格，一間公司的大門及接待處，正正是公司個性、營運哲學及業務性質的鏡子。因此，何周禮建築設計事務所亦貫徹其「同而不和，和而不同」的設計哲學。

「在設計上，採用了大量黑色及木的元素。而此哲學體現在公司本身就是清晰的架構，所以我很著重每個同事的座位，初級的同事會坐在同一個小區，方便他們遇到問題時可以即時討論；而高層同事有各自的隔間室，總監級的同事就有自己的房間。」

重視參觀流程

辦公室佔地約四千平方呎，員工約三十名。在中環寸金尺土的情況下，何周禮不但沒有用盡每一吋地方擺滿辦公桌，反而奢侈地融入了充滿空間感的設計，將部分空間規劃精品式畫廊的接待處、展示項目設計圖的「名人堂」走廊，以及貴賓會客室。

何周禮說：「我很著重客人參觀的流程。」客人由接待處穿過「名人堂」到達貴賓會客室的路程，會看到不同項目圖像及獎座，均是整間公司的精髓所在。「這一行必需將很多作品展示出來，很多項目的模型很大，設計圖也是適當地擺放，觀看時，不能太近，或者太遠，所以需要適當的空間。」每一個細節的安排，均精心之選。

空間有限，創意無限

「如何在香港寸金尺土的地方，做到物盡其用，才是最難之處。」所以，在他的辦公室中，同樣以有限的空間發揮無限的創意。「內地因為地方大，建築物是橫向發展的，在香港只能向上發展，所以這裡地台升起的部分，其實全都是圖櫃等儲物空間。」

何周禮認為最差的辦公室設計是過度追求形式化，完全不配合員工的實際需要或行業性質。他指出理想的辦公室設計，首要考慮公司的運作及營運方式，並要「以員工為本」，考慮員工的舒適度及需要。他說：「其實員工才是老闆，對他們不好還有誰來為公司工作賺錢？」因此他的辦公室雖然空間不大，但從座椅選擇，至照明等各方面，均

著重舒適度。現時很多商廈在辦公時間後均會關上中央冷氣，為了在六時後仍有冷氣供應，他特別安裝一套後備冷氣系統，令員工任何時候均可以在舒適的環境中工作。辦公室的一角原本還設有小型的吧檯，讓員工可以偶爾放鬆一下。不過，何周禮可惜的表示，由於公司規模不斷擴充，現時已變成三個員工座位。

貨櫃四合院

談到印象深刻的辦公室，何周禮立即記起他的師傅何波博士以前的幾個辦公室，覺得設計充滿創意。何波博士是知名的建築設計師，亦是現時香港特區區徽的設計師。何周禮興致勃勃的描述：「他在香港有兩個設計經典的辦公室，既充滿創意又合乎經濟利益的。一個位於九龍塘，用十多個貨櫃箱疊起，組成一個兩層高的四合院，中間種植了樹木，好有趣！另一個則位於在舊北角碼頭的辦公室，在當時仍然運作中的碼頭內改裝而成，感覺完全是在水中央上班。那時他還有一個上海辦公室，用一個實驗室改裝，樓底很高，就像多出一層似的。」

雖然將舊有建築物改建可以得到意想不到的效果，但何周禮指出，香港現時建築物條例限制很大，未能充分發揮設計創意。「誰不想將貨倉或特別的古物古跡改裝？但香港在這方面實在很複雜，並且不容易。鑑於現時建築物條例的限制，很多構思都不能實現，不是條例不容許，就是審批過程太長，變成空談。」他期望將來可以為很多香港古舊樓宇進行改裝，令空間及不同建築類型得以靈活運用。☺

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Enterprise 2.0

The New Direction for Enterprise Operation

Web 2.0 was crowned the one millionth word in the English dictionary. Besides representing a revolutionary breakthrough to the internet world allowing even more networking and sharing of information, the second generation world wide web is constantly spinning up innovative concepts and software used in various contexts. This include "Enterprise 2.0" used in businesses and corporations.

ENTERPRISE 2.0 AS AN UMBRELLA TERM TO COVER ALL WEB 2.0 NETWORKING TYPE PLATFORMS SUCH AS BLOGS AND WIKI PAGES APPLIED IN CORPORATE INTRANETS.



Overthrowing Traditional Communication Systems

Enterprise 2.0 is built on a new structure entirely different from the traditional corporate information technology environments. Through current, popular communication approaches such as blogs, Wiki pages or social sites such as Facebook or Twitter, Enterprise 2.0 has overthrown the mode of traditional internal communications within businesses and corporations.

In tandem with the philosophy of Web2.0, Enterprise 2.0 emphasises end-user is the focal point and everyone is encouraged to express himself to the world through internet. When applying in corporations, Enterprise 2.0 could unveil "tacit knowledge" and thus improve internal communications, productivity and team synergy.

"Tacit knowledge" is a kind of "know-how" being transferred through personal contact and trust, which is not yet codified or articulated.

Say when a staff takes leave suddenly with-

out delegating a colleague to take over his works, then the replacing staff needs to spend time to slowly learn and adapt to new tasks before he can get on tracks. Enterprise 2.0 offers managers to exchange ideas with staff effortlessly and may help codify "tacit knowledge".

Enterprise 2.0 In action

Let's see how Enterprise 2.0 is implemented. Let's look into several simple applications. Most organizations would kick-off the Enterprise 2.0 by establishing a corporate blog. Managerial staff would boardcast their personal blogs onto the corporate intranet, all staff could leave comments and subscribe through RRS (Really Simple Signification). Such blogs can also be open to existing and potential clients to read and leave comments online, which could be a valuable channel for understand customers needs.

Another popular Enterprise 2.0 application is the Wiki system, a collection of open-to-all web pages which lets end-users write and edit its content. Wikipedia is one of the ex-

ample. Wiki systems have become a popular method for managing files and information within corporations. Authorized browsers could edit the content; save it for reference, even chat online without sending emails.

Instant Mobile Information

Immediacy is a major advantage which Enterprise 2.0 offers. With the popularization of WiFi and 3-G, even if these people are outside the office, staff can still instantly access any company information through their mobiles.

Whenever a blog or a Wiki page is updated, RSS subscribers can instantly receive the new information via the RSS reader available in their computer or mobile.

User-friendly and Low-Cost

The use of Enterprise 2.0 makes information sharing between individuals and corporations become simpler and easier. It also costs less. Most Enterprise 2.0 softwares are user-friendly and easy to install, and most them are free.

THE RESEARCH ALSO GAVE A FORECAST THAT BY 2013, ENTERPRISE 2.0 WILL BECOME A US\$ 4.6 BILLION INDUSTRY, MAKING IT EVEN MORE PROFITABLE THAN SOFTWARE PRODUCERS.

Security Issue

Solving issues on security remains to be a priority concern for Enterprise 2.0. Hackers, viruses and malicious software are all major sources of security threats. Wiki pages, which lets staff edits its content anytime, is a major source of leakage of confidential company information. Openness and sharing are what Web 2.0 about, which could not be totally applied on Enterprise 2.0.

When dealing with security and protection issues, one must try to strike a balance to achieve harmony between sharing and openness. Without security, one would risk the leakage of confidential information; how-

ever without sharing, it would go against the original spirit of Enterprise 2.0.

Whenever a social-networking web is allowed to be used in a company, the organization would inevitably be concerned about the time a staff is possibly consuming by getting on it.

To cope with the problem, many companies have blocked access to websites such as MySpace and Facebook. Having said that, once a company finds the balance, it usually realizes the benefits received from adopting such web far outweighs the wasted time. Therefore, the design of a social networking web in corporation should function as a large

intersection that connects all staffs, to raise productivity, but not to damage it.

Currently software manufacturers such as IBM, Microsoft, Oracle and SAP are all launching their new products and platforms focusing on the idea of Enterprise 2.0, proofing the concept have already become part of the corporate strategies among mainstream corporations. According to a research done by Forrester, half of the global corporations would adopt Enterprise 2.0 in their businesses in 2009. The research also gave a forecast that by 2013, Enterprise 2.0 will become a US\$ 4.6 billion industry, making it even more profitable than software producers.

What is Enterprise 2.0?

The concept "Enterprise 2.0" was first introduced in 2006 by Professor Andrew McAfee of Harvard Business School, an information technology expert who studies impacts of IT on businesses. He pointed out that Enterprise 2.0 could help complete intelligent tasks efficiently, raise transparency, improve productivity and encourage collaborative environment. It possess six key characteristics of Web 2.0. He calls them "SLATES", which stands for Search, Links, Authoring, Tags, Extensions and Signals.



Search : 搜尋

Systematic storage of masses amount of data and sorting of by search engines lets end-users find information easily.

將龐大的資料數據有系統地儲存，並透過適當的搜尋引擎，讓使用者能順利找到所需資料。



Links : 連結

Forging the interconnectivity of information into a meaningful system of information ecosystem through popular models of linking and opening up permissions to use and produce internal links.

開放製作內部資訊連結的權力，透過互聯網的連結模式，將資訊互相緊密聯繫，變成一個有意義的資訊生態系統。



Authoring : 發表

Netizens' absolute rights to express and share their personal opinions and perspectives have given rise to the popularization of blogs and Wiki pages.

網誌及Wiki網頁興起，是因為讓網民擁有絕對自主權發表個人觀點，分享看法。



什麼是Enterprise 2.0?

Enterprise 2.0這個概念，最初於2006年由專門研究資訊科技對商業影響的哈佛商學院教授Andrew McAfee提出，他以Enterprise 2.0代表在企業內聯網中使用的網誌及Wiki網頁等Web 2.0科技，並認為可有效執行知識型工作，提高透明度，從而為企業帶來高生產力及高合作性的工作環境。他指出，Enterprise 2.0包含Web 2.0中六大重要特質，並將之名為「SLATES」，即Search、Links、Authoring、Tags、Extensions及Signals。



Tags : 標籤

Liberalize the rights of information classification so that such act is no longer controlled by management minorities but rather shared and defined by end-users.

開放資訊的分類權限，不再由少數系統管理者決定，而是由所有使用者給予定義及分類。



Extensions : 擴充性

When browsing a book for instance, the system automatically recommends similar or related books. Such extension technique can forge information into a much wider and more a massive network, thus improving practicality.

當瀏覽想要的書籍，系統會自動推薦其他相關或類似書籍，這種擴充性技術可令資訊形成龐大的網絡，增加實用性。



Signals : 通知

Subscribe for required news and information through tools such as RSS (Really Simple Syndication) so that new updates can be received promptly and conveniently.

透過RSS「簡易內容匯集」等工具，訂閱所需資訊，資訊一旦更新，即可接收相關通知，方便查看最新內容。

Enterprise 2.0 企業運作新方向

Web 2.0早前被選為第一百萬個英文字，這個網民可以主動分享資訊的互動網絡模式，不但為互聯網世界帶來革命性轉變，更在不同範疇衍生出創新概念，其中包括應用於企業運作的「Enterprise 2.0」。



2009年全球有近半數的企業採用ENTERPRISE 2.0工具軟件， ENTERPRISE 2.0至2013年將成為市值46億美元的行業



顛覆傳統溝通模式

Enterprise 2.0是一種不同於傳統企業資訊科技環境的新架構，它在企業的資訊基礎上，透過網誌、Facebook及Twitter等社交網站，又或Wiki網頁等工具，顛覆了傳統企業內部的溝通，將使用者在互聯網上的溝通模式，轉移至企業內部。

Enterprise 2.0沿用Web 2.0理念，以使用者為中心，強調每一個人都可以在網絡上向全球發聲。無形中，將企業的「內隱知識」公開，提升內部溝通，為企業帶來高生產力及高合作性的工作環境。「內隱知識」有點像傳統的經驗傳承，未被結構化，未經正式儲存。試想想，某員工突然離職，沒有好好正式交接手上的工作，令接手的員工要花好一段時間摸索。Enterprise 2.0讓管理層與員工暢所欲言地交流，從而發掘有待整理的「內隱知識」。

實際應用方案

究竟將Enterprise 2.0實際應用到企業上，又是怎樣一回事？不妨從幾項簡單工具的應用看看實際情況。多數準備投資Enterprise 2.0的公司都以建立企業網誌為起點，例如在企業內聯網上發佈管理層的個人網誌，讓員工可以留言及訂閱RSS（簡易內容匯集）提要。甚至可以考慮將網誌發佈到互聯網上，讓客戶或者潛在客戶查看，通過

客戶留下的意見，了解他們的真正需要。

Wiki也是Enterprise 2.0較常採用的工具，Wiki為開放式網頁，允許所有用戶自由撰寫內容及編輯，維基百科就是最著名的Wiki網頁例子。Wiki現已成為企業管理檔案及資訊的一種流行方案，可供任何能夠瀏覽該頁面的員工編輯內容，亦可同時儲存備份，並在編輯時彼此對話，省去電郵發送檔案的麻煩。

即時流動資訊

Enterprise 2.0的另一好處，是其即時性。隨著Wi-Fi及3G網絡的普及應用，他們可以在公司以外，甚至家中通過流動通訊裝置隨時獲得公司資訊。

如果企業網誌或Wiki作出更新，RSS提要的訂閱者亦可通過電腦或流動電話上的RSS閱讀器馬上得到通知。

使用簡易成本低

Enterprise 2.0的應用，令個人及企業之間的資訊分享、溝通及合作變得更為簡單，同時亦降低成本。Enterprise 2.0的工具大多易於安裝及使用，而且很多可應用於企業方面的服務都是免費的。

首要解決保安問題

不過，Enterprise 2.0工具首要解決的問題

就是保安，互聯網的駭客、病毒及惡意軟件等均是威脅其安全性的主要來源。可供員工隨時編輯的Wiki，亦可能是引致公司機密資料外洩的重要源頭。Web 2.0的特色是共用及開放，但Enterprise 2.0則有所不同。因此，企業應用Enterprise 2.0系統，必須精準地拿捏安全與保護，跟開放與共用之間的平衡。不著重安全性，機密資訊就會有風險；沒有共用，也就偏離了Enterprise 2.0的真正意義。

採用結合社交網站之類概念的工具時，企業最關心的一點是員工可能會在這些網站浪費大量時間。所以很多大公司都在辦公室封鎖了MySpace及Facebook等社交網站。只要企業找到當中的平衡點，這些工具帶來的收益，就足以抵銷員工使用它們所浪費的時間。因此，企業社交網站的設計應該像一個聯繫不同員工的交匯點，用以提高生產力，而非損害生產力。

現時一些主要的軟件生產商，包括IBM、微軟、甲骨文及SAP等都分別發佈了以Enterprise 2.0為中心的產品及平台，Enterprise 2.0顯然已成為一些主流企業的重要部署之一。根據Forrester的研究報告指出，2009年全球有近半數的企業採用Enterprise 2.0工具軟件，更預測Enterprise 2.0至2013年將成為市值46億美元的行業，在主要軟件生產商的盈利中佔有更高的百分比。♀

World's Business Mobile Phone

世界通行商務手機

BlackBerry Tour

Various mobile phone brands have launched different smart phones that are specially designed for business users, but among the most popular brands, BlackBerry is still on the leading edge. Recently BlackBerry announced its newest model "BlackBerry Tour", its major selling point is users can stay seamlessly connected worldwide. Frequent business travelers will have one more choice on smart phones!



Corporate users travel frequently and mobile phone has become their best business partner to help them connect all around the world. Being known as "world phone", BlackBerry Tour supports 3G and 3.5G networks as well as GSM quad-band network abroad; this allows users to stay seamlessly connected wherever they are. Besides providing the basic voice communication, email and internet browsing, Tour has built-in GPS with preload BlackBerry maps which enable easy navigation even overseas.

Business smartphone keeps you rock

BlackBerry Tour is not only a good working partner to business travellers, but also an

entertainment partner to enjoy and relax throughout the trip. Tour has comprehensive multimedia features with built-in music and video players, it can quickly and easily synch with the user's iTunes® music library. In ad-

dition, Tour has 480 x 360 resolution HVGA bright display screen, whether it is for watching video, presenting pictures or web page browsing. Also, it has built-in 3.2 MP camera with flash, variable zoom, autofocus, image stabilization, plus Geo-tagging and video recording functions, which can fulfill the needs for photo taking or video recording during the trip.

Specifications:

Size : 112 x 62 x 14.2mm
 Weigh : 130 g
 System : 3.5G / 3G / GSM quad-band
 Talk Time : 5 hours
 Standby Time : 14 days



眾多手機品牌都分別推出專為商務用戶而設的智能手機，但要數受歡迎的商務手機品牌，始終是BlackBerry佔盡優勢。BlackBerry早前公佈了名為「Tour」的最新機款，以支援全球各地通訊網路為賣點，一眾經常出外公幹的商務用戶又有多一款手機可供選擇了。

商務用戶經常要到海外公幹，作為最佳通訊拍檔的手提電話，當然要適用於不同地域。被稱為「世界手機」的BlackBerry Tour支援3G及3.5G網絡，加上GSM四頻制式，於全球大部分地區均通行無阻。除提供可靠的語音通話與電郵等通訊漫遊服務，用戶更可透過Tour隨時連線上網，方便瀏覽新聞資訊。Tour亦備有GPS衛星導航，配合預載的

BlackBerry地圖，即使身處海外，亦可即時輕鬆定位。

旅途娛樂夥伴

Tour除了是商務用戶工作上的好拍檔之外，亦是用戶在旅途上忙裡偷閒、快速充電的娛樂夥伴。Tour的多媒體功能配套齊備，內置可播放多種格式音樂及影片檔案的播放器，更可與用戶的iTune音樂庫同步。配合480 x 360像素HVGA顯示屏，無論用以欣賞影片及照片，又或瀏覽網頁，均清晰細緻，為經常在旅途上的商務用戶提供工作以外的娛樂選擇。此外，Tour內置320萬像素自動對焦相機，配備防震及Geo-tagging功能，亦可錄影短片，即使在公幹途中需要拍照或攝錄，亦足以應付所需。

規格：

尺寸：112 x 62 x 14.2毫米

重量：130克

制式：3.5G / 3G / GSM四頻

通話時間：5小時

備用時間：14日



**CORPORATE USERS TRAVEL FREQUENTLY
AND MOBILE PHONE IS THEIR BEST BUSINESS
PARTNER TO HELP THEM CONNECT ALL
AROUND THE WORLD.**

Stylish Embellishment

型格點綴

Practicality and durability is mostly sought in office furniture. However, practical does not mean that it is boring. Of course a chair has its own particular purpose and function, but a special designer chair can transform an ordinary office into a spectacular office.

辦公室的傢具大都講求實用，但實用也不一定等如沉悶。正如一把椅子，有著實際的用途。不過，只要選擇張別出心裁的設計師椅，卻能為辦公室添上令人眼前一亮的獨特個性。



FPE Plastic Chair
FPE紅色膠椅
HOMELESS



Kartell Frilly Plastic Chair
Kartell Frilly膠椅
HOMELESS



Indigo U-shape Wooden Chair
with Leather Seat
U形真皮坐墊木椅
Indigo

**PRACTICALITY AND DURABILITY
IS MOSTLY SOUGHT IN OFFICE FURNITURE.
HOWEVER, PRACTICAL DOES NOT MEAN THAT IT IS BORING.**



Left
Indigo Sliding Bookcase
活動式間隔書架
Indigo



Right
Indigo Bookcase Walnut
胡桃木書架
Indigo

Dr. Yes Chair (white)
Dr. Yes 白色椅
HOMELESS



Spoon Chair (orange)
Spoon 白色椅
HOMELESS



Kartell EROS Roller Chair
Kartell EROS 滑輪座椅
HOMELESS



HOMELESS | New Town Plaza 沙田新城市中央廣場
Indigo | New Town Plaza 沙田新城市中央廣場



*"Elegance is how
I'd describe this place.
Everything is so exquisite & graceful..."*



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Bring yourself up to Speed with a Cup of Coffee!

Coffee isn't called the black gold for nothing! Even if you aren't obsessed about it, coffee itself is a tremendously interesting subject. From its origin, its varieties, the different ways of drinking coffee to the copious methods with which you can brew an excellent cup, there is so much more to a cup of coffee than the necessity jolt of caffeine to start the day.





THE BEST WATER TEMPERATURE FOR MAKING COFFEE IS 93°C; HOWEVER, REMEMBER NOT TO BREW IT FOR TOO LONG, OTHERWISE IT WILL TASTE BITTER.

Coffee beans can be categorized into four major varieties: Arabica, Robusta, Liberica and Arabusta. Our daily brew is usually made from coffee beans of either the Arabica or Robusta varieties.

Currently, three quarters of the coffee cultivated worldwide is Arabica coffee. Grown mainly in Central South American countries such as Brazil and Columbia, Arabica coffee trees adore fertile, rainy and sun-filled slopes located 1,000 to 2,000 meters above sea level, where temperature is between 15 to 24 °C. The higher the ground, the better its drainage, and the better the quality of its roasted coffee beans. The beans themselves are quite small, oval with a lightish green color, as well as a curved crack in the middle. It has a strong aroma and is rich in flavor.

On the other hand, Robusta coffee trees are typically grown in tropical climate in much lower grounds at about 200 to 300 meters above sea levels. Mid-Western and Eastern part of Madagascar near Africa, as well as Indonesia in Asia are the main origins. Highly adaptable to the conditions of the tropics, diseases-resistant Robusta trees are easy to grow and are harvested several times a year. Rather round and a touch larger to its Arabica cousin, Robusta beans are brown in color with a straight crack down the middle. Harboring a stronger, more distinct and bitter flavor, the Robusta variety has much higher caffeine content and is therefore used mainly for canned or instant coffee, or in a mix with Arabica coffee.

Brazil, the World Leader in Coffee Production

The Arabica and Robusta coffee consumed by the masses mainly comes from Africa & Arabia. Asia Pacific or Latin America; with the latter topping out the rest as the best-known region for coffee production. Latin America coffee carries a nutty flavor as well as a relatively high acidic level. The best beans are from Brazil, world's number one coffee export country. While products from Africa & Arabia regions carry fruitier flavors – there was a saying that coffee's primary origin is Africa's Ethiopia - coffee from Asia Pacific regions are richer in aroma and body texture.

Premium Coffee

Of all the coffees in the world, the Blue Mountain coffee from Jamaica is the most renowned premium variety. Produced on the western side of the 1,800 meters-high Blue Mountain region in Jamaica, coffee beans from this area are of supreme quality. Given its perfect climate and terroir, coffees from here boost a utopian balance of bitter, sour and sweets notes. However, since the growing area is limited to a mere 6,000 hectares of land, only 40,000 bags of Blue Mountain coffees enter the world market each year. When compared to the 3-million bags produced in Brazil, Blue Mountain coffees are only available in a relatively small quantity; and hence they're a lot pricier.

However, as for the world's most expensive coffee, "Luwak Kopi" (mongoose coffee) is definitely the most expensive coffee in the

world. This coffee is not by cultivation but the coffee beans secreted by the Indonesian luwaks (cats). Usually the Indonesian luwaks will choose the ripest and sweetest fruits from the coffee trees as their food, but the hard coffee beans cannot be totally digested, so they will be secreted out from the body of the luwaks. The coffee beans mixed together with the luwak's saliva, gastric juice and the germs in the intestines, due to the fermentation effect, the flavour of this coffee bean is particularly mellow and pure. Since this coffee bean is rare so the price is even higher than the first class Blue Mountain coffee.

Releasing the Flavors of Coffee

Before coffee beans are made ready for brewing, they must go through several necessary stage of processing such as peeling, fermentation, drying and roasting. The roasting process in particular has a direct affect on the taste of coffees. After slow-roasting the beans at temperature reaching over 200°C, all moisture evaporates leaving behind a surge of bitter, sweet, sour and fragrant aromas. The longer the roasting, the more bitter the flavors, and the darker the beans' color. By contrast a short roast causes lighter color and bitterness, and yet fruitier flavors. The length of roasting should be adjusted to suit the characteristics of the coffee variety since the ideal roasting time is different for each blend. For instance, for beans with fruitier bites and stronger acidity, a short roast is suffice to bring out refreshing notes and textures; however for smoother and more bitter tastes, a longer roast is ideal.

喝杯香濃咖啡，醒醒神！

咖啡，可能是你不可或缺的醒神靈丹。一杯咖啡，由咖啡豆的產地、品種、處理過程，以至不同的咖啡飲品種類等，都大有學問。你對咖啡的認識有多少？

咖啡豆約可分為四大品種，包括阿拉比加、羅巴斯達、利比里加及阿拉布斯達。大家經常飲用的咖啡，主要是阿拉比加及羅巴斯達兩種。

阿拉比加咖啡佔世界咖啡產量約四分之三，主要生產自中南美洲國家，如巴西及哥倫比亞。種植阿拉比加咖啡樹，需要充足的陽光及充沛的雨量，溫度在攝氏15至24度左右；適合種植在海拔約一千至二千米，並且排水良好的肥沃山坡上，海拔愈高，咖啡豆烘焙出來的品質愈好。阿拉比加咖啡豆體積較小，呈綠至淡綠色，形狀橢圓，中間裂紋窄而彎曲，而且香味特殊，味道豐富。

羅巴斯達咖啡適合在海拔二百至三百米的熱帶氣候中生長，原產於非洲附近的馬達加斯加島的中西部及東部，以及亞洲的印尼地區等。羅巴斯達種咖啡樹對熱帶氣候的變化有極強的適應力，更可抵抗病害侵襲，容易栽種，每年可有多次收穫。咖啡豆的外形較圓較大，顏色為褐色，裂紋較直。不過由於味道鮮明而強烈，苦澀味強，含咖啡因濃度高，大多用作即溶咖啡、罐裝咖啡，又或與阿拉比加咖啡混合調配之用。

巴西盛產最多咖啡

現時大家飲用的阿拉比加及羅巴斯達咖啡豆，大多產自三個地區，分別為拉丁美洲、非洲及阿拉伯，以及亞太區。拉丁美洲堪稱最好的咖啡出產地，出產的咖啡帶有果仁味道而酸度較高，其中巴西是世界

第一咖啡出口國；非洲及阿拉伯地區生產的咖啡則蘊含果香，有說非洲的埃塞俄比亞原為咖啡樹的原產地；而亞太區咖啡的特色為口感豐富及有香味濃郁。

極品咖啡

不同產地的咖啡之中，牙買加的藍山咖啡被譽為咖啡中之極品。藍山咖啡為阿拉比加咖啡的一種，產於牙買加西部藍山海拔一千八百米以上的山脈地帶，得天獨厚的地理位置、地質結構及氣候條件，令這裡出產的咖啡豆品質極佳，能將酸、苦、甘、醇等味道完美融合。不過，牙買加藍山種植區只有約六千公頃，每年生產的藍山咖啡僅為四萬袋左右，與咖啡產量最高的巴西每年生產達三千萬袋咖啡相比，藍山咖啡的產量極少，因此價錢昂貴。

不過，要數全球最昂貴的咖啡，非「貓屎咖啡」莫屬。這種咖啡並非單純經由栽種而成的品種，而是由印尼麝香貓排泄出來的咖啡豆製成。印尼麝香貓覓食時，每每挑選咖啡樹中最成熟香甜果實食用，堅硬的咖啡豆不能被消化，會隨著麝香貓的糞便排出。咖啡豆結合麝香貓唾液、胃液及腸道的細菌起發酵作用，味道特別香醇。由於非常稀有，所以價錢比一級的藍山咖啡更為高昂。

釋放咖啡風味

將咖啡豆沖調成飲用的咖啡，中間必需進行去皮、發酵、乾燥及烘焙等加工處理的過程，其中烘焙的工序更是直接影響咖啡味道的關鍵。咖啡豆經過攝氏二百度以上

的烘焙，水分會蒸發，並將蘊藏其中的香味、酸味、甘甜味及苦味釋放出來。未烘焙前的咖啡豆，一般有土腥味，經過烘焙後，就會散發出濃郁香氣。烘焙時間越長，味道會越苦澀，色澤亦越深；烘焙時間較短則相對色澤較淺，苦澀味較輕，但果酸味則較濃。烘焙的時間需配合咖啡豆的特性，每一種咖啡豆都有最適合的烘焙深淺程度，例如果味突出、酸味比較特別的品種宜用短時間的烘焙來突顯清爽的口感；而味道甘醇的咖啡，就可以用長時間的深度烘焙。

沖泡咖啡的最佳水溫是攝氏93度，需注意不要沖泡過久，否則會令咖啡產生苦味。





BEST BREWING TEMPERATURE IS 93 °C. NEVER OVER-BREW YOUR COFFEE OR ELSE A BITTER TASTE WILL ENSUE.

Here's the best way to make a cup of tasty coffee: use only fresh coffee beans with storage limit no longer than a week and grind them just before you drink it. Pay attention to the grinding process; grind the beans too long and you will release too much bitter flavour; grind them too coarse and the brew becomes too light. Best brewing temperature is 93 °C. Never over-brew your coffee or else a bitter taste will ensue.

Different Ways of Brewing Coffee

Filtered, steeped, distilled or pressed: there are many ways of making a cup of coffee. Besides, the coarseness of grinding, brewing length, the steps and tricks involved all depends on different tastes and poses various challenges. Making a good, consistent cup of coffee is no easy task. If you care about your coffee and prefer to make your own quality brew at home, you're far better off getting a good, solid, fully-automated coffee machine.

想沖一杯美味的咖啡，最好用貯存期最長不超過一星期的新鮮咖啡豆，而且在沖泡之前才研磨。磨咖啡豆時也要留意，磨得太幼細，泡出來的咖啡往往會有苦味，而太粗的咖啡粉泡出的咖啡，味道就會比較淡。沖泡咖啡的最佳水溫是攝氏93度，需注意不要沖泡過久，否則會令咖啡產生苦味。

炮製香濃咖啡

沖泡咖啡有多種方法，包括過濾式、虹吸式、蒸餾式、蒸氣加壓式及水滴法等等，所需的咖啡粉粗幼度、時間、沖泡步驟及竅門亦各有不同，個別方法較難掌握，而且要每次沖出的咖啡保持穩定水準，亦絕不容易。假如對咖啡有要求，又想在辦公室或家中歎杯適合自己口味的香濃咖啡，不妨考慮添置一部高質素的全自動咖啡機。

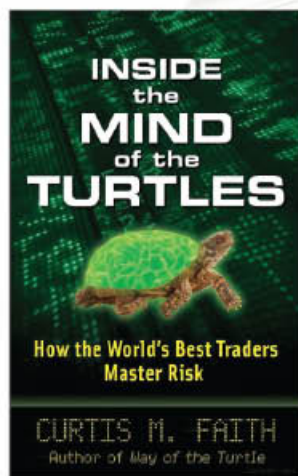
People around the world brew their coffee with different methods and styles. Mix of different portion of coffee, sugar or milk would brew different kind of coffee.

世界各地烹調咖啡的方法各有特色，所使用的咖啡分量，以及添加的糖、奶或配料均有所不同，因此亦形成了不同的咖啡種類。

The most common coffee beverages include:

常見的咖啡種類包括：

- Espresso 意式濃縮咖啡** : Brewed by forcing hot water through finely ground coffee beans at high pressure. The process creates a highly concentrated brew with a layer of creamy, dark golden foam on the surface. For its concentration, it is often the base for other coffee beverages.
由高壓熱水沖泡研磨幼細的咖啡粉末而成。沖製過程中會有一層濃縮暗金黃色的咖啡脂在表面。Espresso 濃度很強，是常用來製成多種其他咖啡飲品的。
- Cappuccino 意大利泡沫咖啡** : Blend with equal portion of Espresso, steamed milk and milk foam.
加入同等份量的Espresso，蒸汽打發的鮮奶和牛奶沫而成。
- American Coffee 美式咖啡** : Brewed by adding hot water into Espresso.
在Espresso中加入適量熱水。
- Latte 牛奶咖啡** : Also known as café au lait. Similar to that of Cappuccino but more milk, the ratio of Espresso, steam milk and milk foam is 1:2:1.
Latte又稱café au lait。與Cappuccino相近，但有更多鮮奶味道。咖啡、熱鮮奶及牛奶泡沫比例為1:2:1
- Mocha 朱古力咖啡** : Blend with Espresso, steam milk and sweet cocoa powder.
加入Espresso，熱鮮奶和甜可可粉而成。
- Caramel Macchiato 焦糖咖啡** : Blended by an inverted process by pouring Espresso into the steam milk and adding vanilla-flavoured syrup on top.
與傳統沖制咖啡方法不同，由Espresso沖入熱鮮奶而成，並在表面加入云呢拿味的焦糖。
- Irish Coffee 愛爾蘭咖啡** : Blend with coffee whisky and thick cream on top.
在咖啡中加入威士忌，上面再加上一層厚厚的忌廉。☞



Inside the Mind of the Turtle

Author: Curtis Faith

Publisher: McGraw-Hill; 1st edition (2009)

"I like risk. I embrace risk." -Turtle trader Curtis Faith

Risk is scary, to be sure, but it's a fundamental aspect of the investing world. Without it, profit would not exist. The trick is to accept, anticipate, manage, and mitigate risk. In other words, master it. In *Way of the Turtle*, Curtis Faith revealed the extraordinarily successful trading system of the now-famous group of investors known as the Turtles. Now, in this highly anticipated follow up to that bestseller, Faith delves deeply into the risk-mastery strategies that made the Turtles the envy of the investing world.

Inside the Mind of the Turtles provides expert insight into how great traders combat the natural but counterproductive response to risk. Faith begins by examining the nature of risk and the human being's natural response to it. Then he outlines proven techniques for seizing control of it. You will learn how to:

- Set your main focus on acquiring gains – not avoiding losses
- Place equal importance on assets already spent and those still on hand
- Judge the quality of decisions based on their inception rather than their outcome
- Avoid drawing conclusions using too little information

(Information provided by ET Press)



為工作排毒 (Detox Your Career)

作者：柏克·霍思福 (Patrick Forsyth)

譯者：孫葦蓮

出版社：天行者出版 (2007)

一池死水的工作就是毒！要上位，能力以外還需要你積極計劃、善用策略。《為工作排毒》10步教你整治工作，撥開障礙與小人，開拓步向成功的階梯，為毫無生氣的事業排毒。

今時今日充滿競爭的商業環境中，主動發展事業是很重要的。如果不分析一下你正在往哪裡走、怎樣才能到達目的地，你肯定會錯過很多能令自己做得更好的機會。

「別以為一切都會一帆風順。永不要停止尋找新機會；把你的事業計劃、以及對事業的管理，看作一個活著的實體，而不是刻在石頭上的文字；然後，將目光放遠些。」柏克·霍思福 (Patrick Forsyth)

英國著名的 Touchstone Training & Consultancy 創辦人柏克·霍思福，他以多年專業市場推廣、管理及傳播技巧訓練顧問身份，跟我們一起探討如何從工作小節上入手，細心觀察帶來極大轉機！10步教你整治工作，撥開障礙與小人，為毫無生氣的事業排毒，開拓步向成功的階梯。

(資料由天窗出版提供)



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