

OFFICE Life

JULY 2015

躍
動
九
龍
東



Transforming Kowloon East

The revamped issue of *OfficeLife* traces the development and transformation of one of the Hong Kong's commercial districts. After covering Wan Chai North in the last issue, we now bring readers across Victoria Harbour to Kowloon East for a look at the history of Kwun Tong. Our feature story starts with the origins of the district's name and moves on to Kwun Tong's transformation from a barren piece of land into a prosperous community. From an industrial hub, it is now a core commercial district, and a cultural and leisure destination.

Rising above Kwun Tong is Millennium City 1, a grade A commercial complex owned by Sun Hung Kai Properties which, in addition to being a prominent landmark, has also contributed to the district's transformation over the past decade. Each new phase of Millennium City adds to the skyline of Kowloon East, and to a commercial hub outside Central.

We also approached two Kwuntongers from different backgrounds to tell their stories about the community, adding to this new perspective of Kowloon East as this historic district enters a new era.

This issue also covers a diverse range of business and leisure topics, from the development of local data centres and an employee counselling hotline to the worldwide popularity of cycling, the growing trend of veganism and the art of sartorial tailoring, each offering something to enhance your office life.

OfficeLife inspires readers to achieve an ideal work-life balance in our fast-paced city.

全 新版面的《OfficeLife》以香港商業區的成長變化為主題，配合與上班族息息相關的專題故事，為辦公室中的一眾讀者帶來工作間的新資訊和啟發。

繼上期灣仔北專題後，我們今期會穿越維港，踏上對岸的九龍東，深入探討觀塘的今昔轉變。專題故事從觀塘之名開始，追溯歷史中不同朝代的觀塘，細說她從荒蕪走向繁華，又從工業重鎮轉型至核心商業區，乃至當下商業、文化和休閒集於一身，百花齊放。當中，新鴻基地產旗下的甲級商廈創紀之城一期，不但成為觀塘轉型的先鋒地標，更於過去十多年見證觀塘區的轉變，而其後的多座創紀之城亦相繼進駐東九龍，為香港打造中環以外的商業中心。專題中又訪問了兩位不同背景的「觀塘人」，各自訴說其娓娓道來的觀塘故事；讓大家從不同角度重新認識九龍東，繼往開來，開闢未來之路。

今期，《OfficeLife》將繼續為讀者帶來多元化的資訊，諸如本地數據中心的發展、紓緩工作壓力的員工熱線服務、單車遊熱潮、素食趨勢，以及西裝剪裁小貼士等等，可謂天南地北，為辦公室的生活增添趣味。

我們將繼續為「Office Life」注入活力，讓工作生活達至平衡。



K.W.Lo 盧經緯
General Manager
Sun Hung Kai Real Estate Agency Ltd.

Building on a rich history

繼往開來



06



03. **Foreword | 序言**

06. **Feature Story | 專題**
Urban evolution
觀塘變幻時

18. **Hi-Tech | 科技**
Hi-tech gatekeeper
數據智慧工業

24. **Environment | 環境**
No time to waste
廚餘回收 化廢為能

28. **Travel | 旅遊**
Savour the joys of cycling
單車列國馳騁

34. **Culture | 文化**
Let there be light
光影照霓城

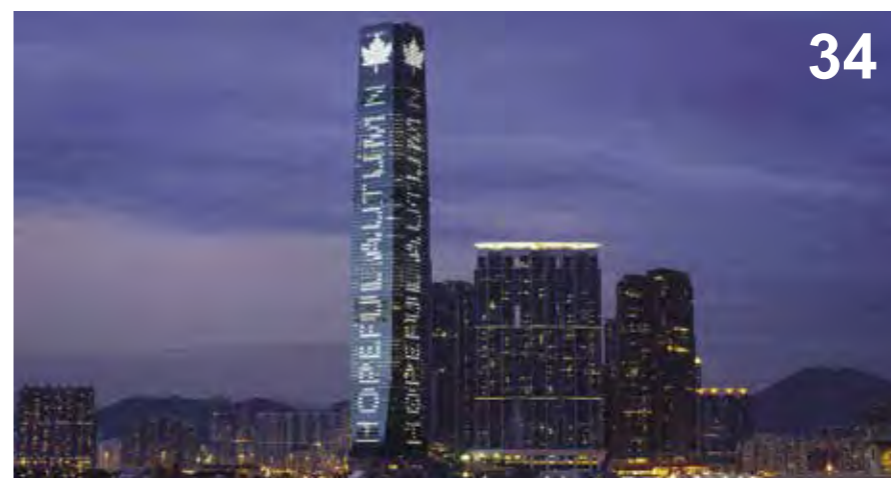
38. **Collection | 收藏**
Mark of a gentleman
紳士氣派

42. **Wellness | 健康**
Deliciously green
綠色素食潮

46. **Social responsibilities | 社會責任**
Help on the line
傾心熱線 心靈同行

48. **Reading | 悅讀**

50. **Infographics | 數樂**



OFFICE Life

Editorial Director Winnie Chung
Editor Tsang Fan
Production Editor Deen Nawaz
Subeditors Mike McGrath, Megan McCoid, Laramie Mok, Vicky Ng, Jo Lee
Art Director Kirk Cheong
Writers Man Chan, Suki Wong, Katherine Lee
Senior Administrator Thomas Chang
Marketing Solutions Karrie Lam, Calvin Chan, Veronica Chiu
Photos South China Morning Post

Published by South China Morning Post Publishers Ltd., 22 Dai Fat Street, Tai Po Industrial Estate, Tai Po, N.T. Hong Kong
Tel: (852) 2680 8888

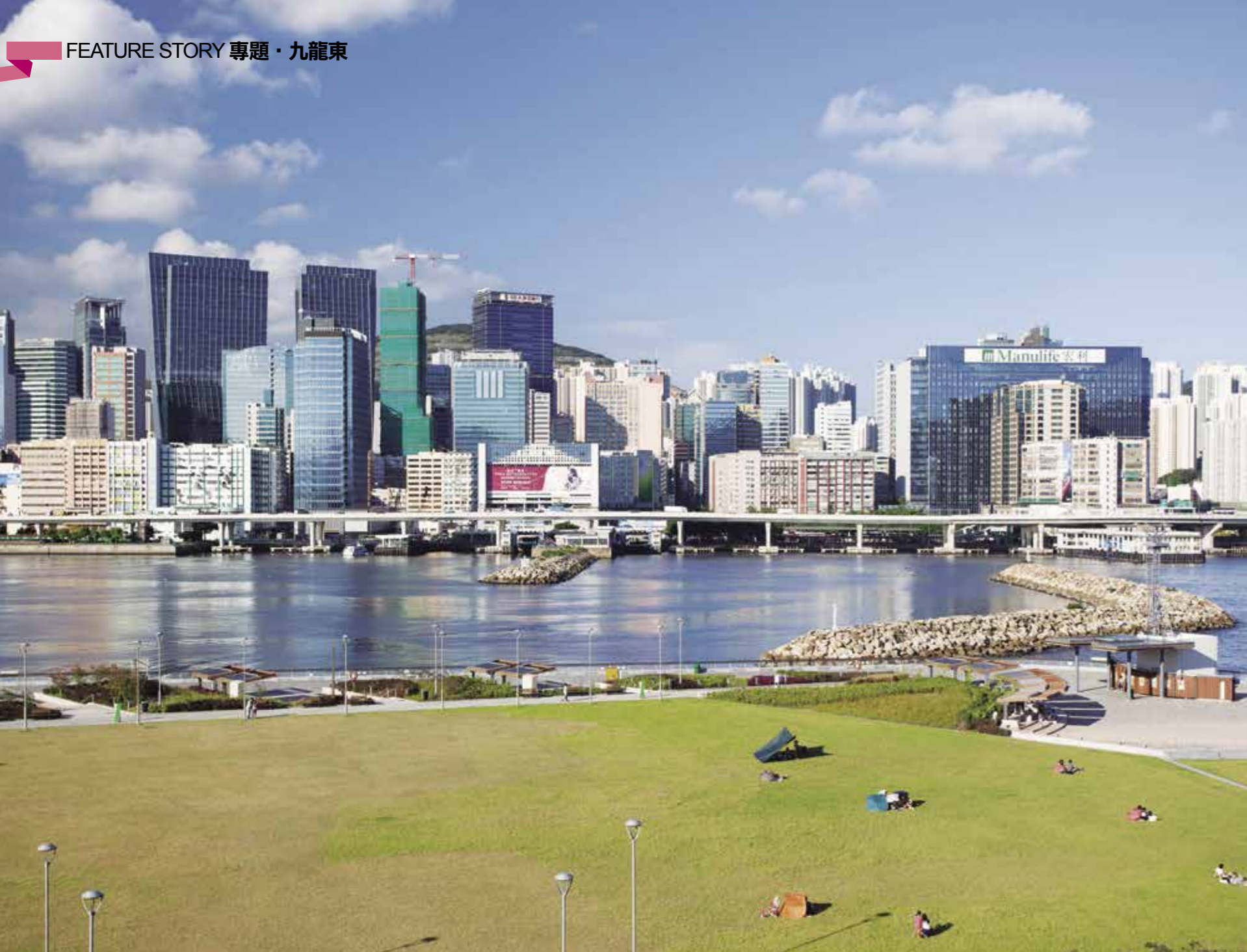
Printed by Best Tri Company Ltd.
Blk C & G, 13/F Sunview Industrial Building
No.3 On Yip Street, Chai Wan, Hong Kong
Tel: (852) 2382 8623

OfficeLife is published by South China Morning Post Publishers Ltd. (SCMPPL) on behalf of Sun Hung Kai Real Estate Agency Ltd. It is copyright © South China Morning Post Publishers Ltd. All rights reserved. All content contained within this magazine is the sole property of SCMPPL. No part may be reproduced in any manner or form whatsoever without the authorisation and written permission of SCMPPL. All editorial inquiries to South China Morning Post Publishers Ltd., Morning Post Centre, 22 Dai Fat Street, Tai Po Industrial Estate, Tai Po, New Territories, Hong Kong



www.shkp-office.com

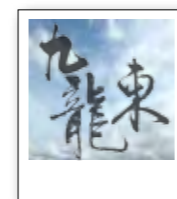
Historical photographs of Kowloon East were supplied by Hong Kong Information Services Department



Urban evolution 觀塘變幻時

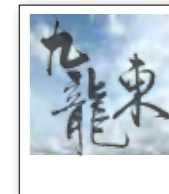
Kwun Tong district in Kowloon East has experienced a long and varied history going back centuries before it developed into a commercial and cultural hub

觀塘位處九龍東，擁有悠久、起伏的歷史；在幾個世紀以前，她尚未發展成今日的商業、文化樞紐



The history of Kwun Tong district would be an epic spanning centuries, as a coastal plain turned from a prominent salt works into a desolate fishing area, only to be revived during post-war reclamation as a burgeoning industrial zone that gradually developed into the commercial hub. The completion of Millennium City added impetus to the district's commercial transformation and dominates the skyline of Kowloon East amid the hillside residences, the long and winding waterfront promenade, and the new cruise terminal.

觀塘的故事很是深厚，恍如一本綿長的編年史。這裏本是官方重地，曾是四大鹽場之一，然後又變成了荒蕪的小漁村，直至戰後填海，工業發展蓬勃，觀塘工業區亦因此而繁盛一時，其後又再一點一點發展成今日的商业據點。創紀之城的落成進一步帶動了觀塘区的商業發展，由港島隔岸遙望，依山而建的住宅、臨海的玻璃幕牆商廈、綿長的海濱長廊、現代化的郵輪碼頭，盡是不同的景象。那南移的海岸線，圈出了新的生活和未來……



Salt of the earth 官府鹽地

To put the history of Kwun Tong into perspective, one must start with its name. Early in the Song dynasty (from AD1127), the district had been an imperial salt works. Its bureaucratic background was reflected in the name, Koon Fu Cheng – government wealth depot – or Koon Tong – government-owned wetland. Government vessels berthed along the coast – now Ngau Tau Kok – were tasked with transporting salt produced by one of Dongguan’s four largest clusters of salt works along the ramparted shore of Kowloon East. But the operations dwindled over time, followed by repeated pirate raids during the Ming dynasty.

In the first year of the reign of Kangxi during the Qing dynasty (1662), local settlements in Koon Tong receded from the coastlines under an imperial order to prevent Zheng Chenggong, a Qing loyalist in Taiwan, from getting support for his mainland expeditions. Although local residents returned to the settlements eight years later, the heyday of the salt works had ended, and the coastal district fell into poverty.

細說觀塘，得由觀塘之名開始。早在南宋（始於1127年）時期，這裏便是官府的曬鹽地，稱為「官富場」，又叫「官塘」。官船停泊在今日牛頭角沿海一帶，鹽工用石頭及泥在海邊築堤，變成鹽田，是東莞四大鹽場之一。北宋時，鹽田一度荒蕪，時至明朝則有海盜為患，到清朝康熙元年（1662年）朝廷又怕沿海居民協助遷到台灣的鄭成功等人，故下令往內遷界50里。雖然八年後又遷回來，但鹽場風光日子已逝，這片沿海之地始終貧瘠荒涼。



From an arid bay to a commercial hub 由荒蕪海灣到現代商業城

In 1953, Hong Kong's colonial government decided to mount a reclamation project in Koon Tong with a view to alleviating an acute shortage of land in the post-war industrial district in Ngau Tau Kok. Since locals did not like the original name of the district, with the Chinese word "Koon" suggesting strong connections with the government, a new name was coined, with the offending word replaced by a homophone, "Kwun".

In 1954, a new industrial area started to take form in the renamed Kwun Tong. Meanwhile, the Kai Liu resettlement estate was built to provide housing. Residents had to cook, clean, use the toilet or wash clothes in public facilities outside their homes, and there were also rooftop schools for elementary education. The settlement has long been torn down – the Tsui Ping Estate now stands on the site.

The demand for housing grew along with the district's population. In response, the government granted land parcels to the Hong Kong Housing Society for the development of workers' abodes. In 1959, the first phase of Garden Estate was inaugurated, followed by the opening of a nearby shopping mall, banks, Chinese restaurants and cinemas, completing a self-contained community and one of Hong Kong's first satellite towns.

The 1970s saw the manufacturing industry take-off in Hong Kong, which added to the district's importance. Garments, plastics and electronic parts were the lifeblood of Hong Kong's economy at the time, with Kwun Tong - home to prestigious operations such as Nanyang Cotton Mill and Wah Kiu Cotton Mill - being the hub of the burgeoning local textile industry.

In 1998, Sun Hung Kai Properties redeveloped the former Kowloon Motor Bus Depot into the first grade A office tower, Millennium City, sowing the seeds of Kwun Tong's next transformation into one of the hippest shopping and entertainment destinations in the city.

直至戰後1953年起，牛頭角一帶的工廠已經飽和，政府決定在觀塘填海，填出新的工業區來。居民不喜歡跟「官」拉上關係，所以改用「觀」塘。1954年，政府把觀塘打造成工業區，並利用填海而來的土地變成新的工業城。同期，政府於秀茂坪一帶興建房屋，在俗稱「雞寮」的徙置區中，居民須於屋外煮食，使用公用浴室、廁所及洗衣服的地方，還有天台學校，及後，該處重建成今日的翠屏邨。而由於區內工人增多，住宅需求亦愈來愈迫切，於是政府撥地予香港房屋協會，並於1959年落成第一期的花園大廈作為工人宿舍。其後，購物中心及多間銀行亦迅速開業，街市、酒樓如明星、天然、國寶、白宮，戲院如銀都、寶聲等，所有日常生活所需均不假外求，是香港早期的衛星城市之一。

及至70年代，香港工業起飛，觀塘佔舉足輕重的地位。當時的製衣、塑膠、電子業正盛，而觀塘更駐有多家有名的紗廠，如華南染布廠、南洋紗廠、華僑紗廠等，見證香港製衣業的全盛期。然而，90年代以後工業北移，許多工廠倒閉或是轉型成貨倉或工貿大廈。1998年新鴻基地產在觀塘道的九巴士廠，重建成這裏第一座甲級商廈創紀之城一期，為觀塘轉型變成潮流新地標播下一顆種子。



Recent history of Kwun Tong

觀塘 大事記

1954

The first phase of reclamation commences with industrial development coming on stream, touching off the radical transformation of the district
展開觀塘第一期填海工程，備建新的工業城，開始了翻天覆地的變化

1960

Demand for housing grows as more factories begin operations in Kwun Tong. The government grants land parcels to the Housing Society for the construction of Garden Estate. Apart from housing for factory workers, the development project near the industrial zone also includes shopping malls. It forms one of Hong Kong's first satellite towns
工廠愈來愈多，住屋需求甚殷，政府撥地給房協建牛頭角花園大廈，成為工廠員工宿舍。同時亦有購物中心，圍繞工業區，成為香港最早期的衛星城市

1970

Ngau Tau Kok Estate and Sau Mau Ping Estate are completed. Block 15 of Lam Tin Estate is decorated with a flying-dragon motif to commemorate the 500th public housing block built by the Public Works Department
藍田邨第15座為當時工務局興建的第500座屋，故外牆畫了飛龍圖案為記

1982

Hong Kong's first district council is established in Kwun Tong under the name Kwun Tong District Board
香港首個區議會於觀塘區正式成立，是為「觀塘區議會」

2000-03

The completion of Millennium City 2 and 3 adds to the array of grade A commercial properties in Kwun Tong
創紀之城第二期及第三期陸續落成，為觀塘區提供更多甲級寫字樓

2007

The Land Development Corporation (now Urban Renewal Authority) begins the Kwun Tong Town Centre Redevelopment Project
土地發展公司(即今市建局)啟動「觀塘重建計劃」

2012

The government announces the "Energising Kowloon East" project, promoting Kwun Tong's transformation from an industrial area into a commercial hub with cultural and creative elements
政府落實「起動九龍東」，讓觀塘工業區走向商業區，同時發展區內藝文元素

1959

The construction of the Kai Liu resettlement estate is completed with 24 blocks, each offering 580 flats
俗稱「雞寮」的徙置區落成，共有24座，每座580個單位

1964

Single- and double-decker ferry services between Kwun Tong and Hong Kong Island begin, with destinations including Shau Kei Wan, Lei Yue Mun and Cha Kwo Ling
觀塘至港島的單層和雙層渡海小輪航線首航，來往筲箕灣、鯉魚門、茶果嶺和觀塘等地

1979

MTR services between Shek Kip Mei and Kwun Tong begin to alleviate pressure on existing public transport
往來觀塘的上班工人日益增多，為疏導人流，第一條連接石硤尾至觀塘的地鐵線正式開通，往後逐漸建延長

1989

The Eastern Harbour Tunnel is completed
東區海底隧道建成

1998

Sun Hung Kai Properties develops the grade A commercial complex Millennium City 1 with a total floor area of 1 million sq ft
新鴻基地產創建面積達一百萬平方呎的甲級商廈創紀之城一期

2005

The large-scale shopping mall apm is launched, followed by the urban redevelopment project
大型商場apm開幕，市區重建計劃亦開始

2010

The first phase of the Kwun Tong Promenade is completed
觀塘海濱長廊第一期完工

2013-14

The first berth of Kai Tak Cruise Terminal becomes operational in June 2013, followed by the second berth in September 2014
啟德郵輪碼頭第一個泊位於六月啟用，第二個泊位亦已於2014年九月投入服務

Commercial facelift

蝶變觀塘

A “gigantic butterfly” landed in Kwun Tong, ushering in the transformation of the district

一隻「巨型蝴蝶」降落觀塘，引發整個觀塘的蛻變



Volunteers lay the floors for new homes in Lower Ngau Tau Kok Estate
牛頭角下邨的居民遷到新居後，為他們鋪上新的地板

In the late 1990s, Kwun Tong was evolving from an industrial city into a commercial hub. Sun Hung Kai Properties took advantage of this trend by redeveloping industrial buildings in its portfolio. Millennium City 1, opened in 1998, was built on the former site of a bus depot. The architectural design resembles a butterfly wing, symbolising the metamorphosis of Kwun Tong. Today, it has become the landmark of the district, alongside apm shopping mall.

Road to prosperity

Irene Wai, general manager at Kai Shing Management Services, oversaw the management services at Millennium City 17 years ago. She recalls the district during that era.

“Kwun Tong at the time was hemmed in by industrial buildings. During the day, delivery carts roamed in the back alleys, but the hustle and bustle was supplanted by lifeless silence at night.”

Kwun Tong in the late '90s was a mixed-use district of industrial, commercial and residential areas, and there was not enough power supply for grade A projects. Sun Hung Kai Properties pioneered the district's modern development by introducing fibre-optic communications, enhanced electricity capacity and auxiliary generators.

The power shortage was just one of many gaps Kwun Tong had to fill on its way to becoming a commercial hub. There were only scattered shopping facilities, let alone

grade-A offices. Before the opening of apm, the district had no large-scale malls. The closest to its kind were public estate arcades and standalone stores. Residents had to go to Kowloon Bay to shop for commodities other than daily necessities.

That changed in 2005, when apm opened its doors. It soon attracted consumers from other districts, especially youngsters. It became the local economic powerhouse, resulting in a flourishing dining scene in the vicinity. “In the past, the streets and the eateries lining them were empty of people after work or during holidays. Now, Kwun Tong boasts a diverse array of dining and shopping options which attracts many visitors on the weekends and at night,” Wai says.

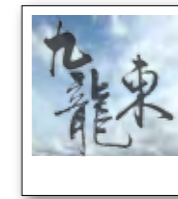
Millennium City is constantly improving its software and hardware. One prominent example is its rooftop garden offered to tenants so that they can unwind. The property is equipped with an environmentally friendly management system for optimal use of air conditioning and maximised energy efficiency. Tenants and restaurants are engaged in waste reduction and food-waste processing programmes. Concierge services are in place, introducing special-interest classes that make use of the club spaces and conference rooms after operating hours. Classes in floral art, badminton, basketball and golf are organised along with sports competitions to help strike a work-life balance for staff.

In tune with the community

Turning a mixed-use district into a commercial hub does not necessarily mean that local residents will be alienated. In the past 17 years, Wai has developed a strong attachment to Kwun Tong. Even on holidays, she and her team stay engaged with the district through volunteer work, paying regular visits to elderly residents and helping with furnishings in public housing, such as Wang Tau Hom Estate, Choi Hung Estate and Shun Tin Estate, under the auspices of her company's engineering team. When Lower Ngau Tau Kok Estate was demolished, many affected households had no money to decorate their new homes. Thanks to the volunteer efforts of the engineering team, these homes have been equipped with lighting and flooring.

Wai recalls an enjoyable experience at Christmas last year, when the volunteer team invited primary students from Kwun Tong schools to share their impressions of the district after a lunch tour at apm. “These are indelible memories – I didn't know I could help the community beyond work,” she says.

In her spare time, she enjoys visiting artistic exhibitions in Kwun Tong's industrial buildings. She considers the district Hong Kong's equivalent of Manhattan in a New York context, with art spaces in redeveloped industrial buildings mixing with the burgeoning commercial community. “I think Kwun Tong is an exception in the planning of a commercial area. The best, community-conscious solution is to complement the ‘Energising Kowloon East’ project with conservation and voluntary work initiatives.”



90年代末，觀塘由工業城市逐漸發展成商業重鎮，當時的新鴻基地產已前瞻性地將工業大廈轉型。創紀之城一期於1998年座立觀塘，取代原有的巴士廠，大廈的造型就猶如一片蝴蝶的翅膀，象徵為觀塘蛻變的蝴蝶。至今，觀塘區的創紀之城連同apm

商場，已成為觀塘地標。

走向繁華

「那時的觀塘，到處都是密密麻麻的工廠大廈。白天走在巷弄裏，送貨的小車來來往往，很是熱鬧。但到了晚上，巷弄裏就靜了下來，跟現在截然不同。」17年前來到觀塘，開始負責創紀之城管理服務，啟勝管理服務有限公司總經理韋韓淑貞 (Irene) 回憶說。

90年代末的觀塘區還只是個工商業住宅區，回首當年，區內的電力供應並不足以應付甲級商廈的需要，而新鴻基地產特別引用中環甲級商廈沿用的光纖通訊，聯絡電力公司加強電力負荷，並設置後備發電：「斷電時，後備電源往往會即時啟動，電燈只會閃了一下，租戶都不覺得曾經斷電過。」

區內的供電量不足，正好意味着當時的觀塘區還站在「商業中心」的起跑線上。莫說甲級商廈，就連商場亦只是一星半點。在apm開業前，觀塘根本沒有大型商場，而只有屋邨商場和地舖，故除了基本生活用品外，居民逛街購物都得跑到九龍灣去。但自2005年apm落成後，帶動了許多人到觀塘消費，並以年輕人尤甚，周遭的飲食業亦見暢旺，「過去，工廠大廈休息和晚上下班後的日子，街道冷清，食肆生意都是淡淡的。現在觀塘區的餐飲食肆多了，購物人潮也帶動了周六日和晚市消費。」

隨時代推進，身為觀塘先鋒的創紀之城在物業的硬件和軟件上都有更好的配套，提高商廈的水平。其中，創紀之城將商廈天台變成天空花園，是讓租客休息「充電」的好地方，又引入環保管理系統，規劃冷氣分配，節約能源；更與商戶和餐廳合作減廢，處理、減少廚餘。此外，管理公司又把禮賓司服務引入寫字樓，工餘時間利用會所或會議室舉辦興趣班，例如母親節教租客插花送媽媽，假日則辦羽毛球、籃球、高爾夫球班，以及球賽讓員工減壓。

與社區並存發展

把工業和住宅區變成商業重鎮，並不代表一定要與社區生活脫節，甚至對立。17年來，Irene對觀塘社區埋下深厚的感情。來到觀塘工作，即使放假的日子，她也曾與同事參加觀塘社區的義工服務。原來，觀塘社區極需要義工，她與不同部門的同事不時會到藍田探訪老人家，又與工程部同事到橫頭磡邨、彩虹邨、順天邨等，為有需要的家庭安裝電燈、拉電線、鋪地板。牛頭角下邨搬遷時，不少家庭因缺錢為新屋裝修而只有石屎地板，全屋也就只有一盞電燈，於是，工程部同事於工餘時便去幫忙安裝電燈、鋪設地板。

Irene回想，2014年的聖誕，他們又曾邀請觀塘數家小學的學生來apm參觀及進餐，並畫下對觀塘的印象，小朋友都很高興，Irene說：「這些都令我非常難忘，想不到工作外還能幫助社區。」閒來她亦會到觀塘工廠，參觀各種獨立藝術家的創意展覽。對她而言，這裏就像紐約曼克頓區一樣，商業飛昇之餘，改建的工廠大廈亦為觀塘加添藝術氣息，與社區共融：「我想，觀塘跟管理其他商業地區很不一樣，若能在《起動九龍東》發展外，保留一些舊大廈的特色，還有義工幫助社區活動，才是最好的發展。」

Kwun Tong has been undergoing a cultural transformation. In addition to the growing commercial infrastructure and artistic exhibitions in large-scale shopping malls, the district has seen its industrial buildings turned into studios for arts, design and sport, and upscale private kitchens. Former Hong Kong cycling team member Christopher Fong is among those who have found a place in Kwun Tong to pursue their passions.

Roam about Kwun Tong

Fong, who is also a former martial arts exponent and boating enthusiast, represented Hong Kong in the China National Youth Cycling Championship when he was 17, bagging a silver and two bronze medals. Three years ago, he founded Hong Kong's first training facility for local cyclists in Kwun Tong, providing coaching services to athletes while promoting the sport on a broader, community-wide level. The coaching team includes the former coach of Olympic bronze medallist Sarah Lee, to coaches from Australia and Canada's national teams, and a triathlon judge.

Cycling is growing in popularity across Hong Kong. Kowloon East has two cycling grounds in Kowloon Bay Park and Kung Lok Road Playground. However, Hong Kong has yet to become a bike-friendly city, with regulatory hurdles and potential dangers in sharing the roads with motor vehicles, which is still a controversial practice.

When training, Fong loves a ride down Tai Mei Tuk and Sai Kung in the New Territories as much as one in downtown Kwun Tong. His cycling team often starts at Tsim Sha Tsui and enters Kwun Tong via Nathan Road, stopping at the Kai Tak Cruise Terminal, where the waterfront panorama, refreshing sea breeze and wide, straight roads make it an ideal place for cycling with friends.

Cycling around town

Fong's connection to Kwun Tong started three years ago, when he entered the design profession in a studio at Hung To Road. His first bike-fitting studio was established in the district a year later. "The rental rate is relatively low in Kwun Tong. It is conveniently located near the Eastern Harbour Tunnel, attracting customers from both sides of the harbour," he says. "Moreover, Kwun Tong is vibrant without severe traffic congestion like Mong Kok. It's a nice district for business."

He describes Kwun Tong as multifaceted, with diverse genres of shops and spaces clustered together. There are a few bike shops in the district, each in a completely different style. Fong remarks that many of his friends rent studios in Kwun Tong, including performers, dancers, independent designers and musicians.

The district offers myriad dining options, including casual fast-food stalls, cha chaan teng (local mixed-style eateries), Chinese restaurants and snack shops. In the morning, Fong visits a tiny eatery in the industrial area for Shanghainese dim sum. For lunch, he goes to cha chaan teng in the vicinity, or the food court at apm. For dinner, he considers more sumptuous choices, such as upstairs oyster bars, pierside wine cellars and fine French restaurants.

It's that mix of old and new that makes Kwun Tong one of Hong Kong's most quintessential urban districts. "We don't need everything to be modern and world-class. Old buildings overseas such as a century-old university campus stand side-by-side with new structures. People pay homage to the history of their hometown through revitalisation projects. Without historical context, it's just not the same place," Fong says.



近年，文化活動亦走進觀塘。除商廈林立、大型商場中的潮流展覽、藝術表演外，不少工廈亦變成藝術工作室，又或是給高級連鎖或私房餐廳進駐。前香港單車隊成員方家進便是進駐工廈的其中一員，把事業和理想合二為一，在觀塘打造自己的單車夢。

單車遊觀塘

前香港單車隊成員方家進(Christopher)曾是香港武術、划艇運動員；17歲就已代表香港出戰全國青年單車錦標賽，兼獲一銀二銅佳績。三年前，Chris在觀塘開了香港首個為運動員而設的訓練場地，為現役運動員作單車技術指導，同時將訓練平民化，推動香港單車文化。除了Chris外，訓練團隊裏還有幾位教練，如陪同李慧詩獲奧運金牌的前教練、澳洲國家隊、加拿大國家隊的教練、還有三項鐵人賽的裁判官等，為客人作出指導。

香港現在有股單車熱，就東九龍而言，就有兩個經由康樂及文化事務處管理的單車場，即九龍灣公園和功樂道遊樂場。可是，香港始終未成為「單車友善」(bike-friendly)的城市，要在城中踩單車總是諸多顧忌，許多地方車多又危險，馬路共用者之間無不存有不少矛盾。

而說到練車，Chris愛到大尾篤、西貢等新界地區；城市的話，則愛觀塘。一伙人由尖沙嘴出發，沿彌敦道經九龍城進入觀塘，然後對着大海踩至郵輪碼頭。郵輪碼頭沿途的馬路開闊，道路又長又直，且海邊清風送爽，是與朋友相聚、練車的不二之選。

千姿百態舊工廈

說起Chris與觀塘的淵源，須從三年前說起。他的第一份工作就在鴻圖道當設計師，兩年前他的第一間Bike Fitting Studio亦同樣落戶觀塘：「觀塘的租金相對便宜，且地理位置好，臨近東區海底隧道，港島區及九龍區的客人都能來。觀塘雖然繁忙，但不及旺角區塞車，的確不錯。」Chris形容觀塘為千姿百態，各式各樣的大廈商店林立，不同風格的單車店亦有數家。說着說着，Chris更發現身邊不少朋友都為「觀塘人」，在工廠大廈裏租設工作室，演藝的、跳舞的，還有許多獨立設計師、音樂人等。

區內食肆更見多彩，平民化的如連鎖式快餐店、各式茶餐廳、酒樓、小食店。早上，Chris會到工廠區街邊一個只得約60呎，專營即製上海窩貼生煎包的小店買早餐；午餐則到區內的茶餐廳或apm美食廣場；晚上更是精彩，樓上舖不但有「蠔吧」，觀塘碼頭附近商舖更有常辦試酒會的酒庫，附近的法式餐廳水準更是不俗，種類非常多樣化。

新舊共融，千姿百態，始終是香港的特色。Chris認為：「不是所有東西都需要現代化國際化，外國不少大學有數百年歷史，但舊建築依然存在，他們尊重歷史，將它們翻新活化。假如沒了這些歷史留下的東西，就不再是同一個城市了。」

Cultural connections 馳騁觀塘

An influx of artists, designers and sports enthusiasts energises the former industrial area

藝術家、設計師和運動愛好者紛紛進駐觀塘，令曾是工業重鎮的觀塘超越所見



The tree-lined thoroughfare next to Kai Tak Cruise Terminal is a quiet seaside road. 郵輪碼頭開闊的大馬路車輛不多，兩旁種滿綠樹，迎着海風很是舒服。



Fly the Flyover
反轉天橋底一號場



Kwun Tong Promenade
觀塘海濱長廊



Industrial Building
區內工業大廈



Kwun Tong Residential
觀塘住宅



Millennium City
創紀之城



Environmental Friendly Linkage System (photomontage)
環保連接系統(電腦模擬圖)



apm Mall
apm商場



Kai Tak Cruise Terminal
啟德郵輪碼頭



Kwun Tong Promenade Amenity Lawn
海濱長廊休憩草坪

Looking to the future

The government is giving Kwun Tong a facelift by replacing the industrial shabbiness with splashes of colourful culture. For example, the "Energising Kowloon East" project taps local graffiti artists and painters from Malaysia and France to decorate the walls of the revitalised back alleys.

Meanwhile, the waterfront portion of the southeastern end of the former Kwun Tong Public Cargo Working Area has been revamped into the Kwun Tong Promenade.

Other plans include converting the King Yip Street nullah into the Tsui Ping River with a riverside promenade, cross-river pedestrian connection and green belt, and transforming the Tsun Yip Street Playground into an Industrial Culture Park spanning 7,000 square metres, slated to open in 2017 as part of industrial heritage conservation efforts.

As far as transport is concerned, an exotic cable-ferry service plan, connecting the former airport runway near the Kai Tak Cruise Terminal and the Kwun Tong industrial area, was tabled by the Kwun Tong District Council in 2013 to

alleviate traffic congestion and provide a tourist attraction. The proposal suggests establishing night markets similar to those found in Taiwan.

A vital factor for Kowloon East being able to attract world-class enterprises is the availability of quality internal and external community connectivity. In response to this need, an elevated monorail system called the Environmentally Friendly Linkage System (EFLS) has been proposed. The Civil Engineering and Development Department completed a two-stage public consultation exercise for EFLS in February 2014 to help with decisions about moving forward on the proposed project.

Throughout its history, Kwun Tong has taken on a wide range of roles, from industrial zone to a multifunctional community laced with grade A offices; from an urban garden to a new tourist attraction. Behind each transformation lies the collective memory of the district and great expectations for its future.

觀塘的現在與未來

正當大眾的目光聚焦於觀塘重建項目之時，整個九龍東其實都在靜靜地起着變化。「起動九龍東」請來馬來西亞、法國及本地藝術家大搞美化塗鴉。至於前觀塘公眾貨物裝卸區東南端的沿海地段，則已經變身為觀塘海濱花園，為「啟德發展計劃」的首個休憩用地項目。

此外，政府還有一系列的優化計劃，如擬議把敬業街明渠活化成為「翠屏河」，建設供市民休憩的河岸步道，並增建跨河行人天橋、河岸步行路及綠化平台；又計劃耗資超過一億，把觀塘駿業街遊樂場其中七千多平方米的用地，改建為工業文化公園，更重要的是，改建會以傳承工業文化為前提，預計於2017年底完工。

至於交通方面，觀塘區議會則於2013年向發展局提交研究報告，倡議於啟德郵輪碼頭一帶建設特色橫水渡航線，連接觀塘工業區及啟德跑道末

端，舒緩觀塘的繁忙交通之餘，亦希望能吸引旅客到觀塘商業區消費。報告中亦提及可仿效台灣的夜市街等，將碼頭一帶發展成旅遊景點。

而為使吸引世界級的企業進駐九龍東，優質的區內和跨區連接服務可謂不可或缺。有見及此，現初步擬議興建高架單軌鐵路——環保連接系統 (Environmentally Friendly Linkage System (EFLS))。土木工程拓展署已於2014年2月就興建EFLS完成了兩個階段的公眾諮詢活動，並正就有關建議制訂EFLS的未來路向。

回首今昔，觀塘由一個工業城市變成甲級寫字樓林立的多功能社區，接下來再蛻變成城市花園，甚至是未來新興的旅遊地標；相信當中包含了不少香港人的集體回憶之餘，也充滿了對美好將來的冀盼。



Hi-tech gatekeeper 數據智慧工業

Local data centre operator maintains a competitive edge in the market by offering third-party services and tight security measures

本地數據中心透過提供第三方服務和嚴密的保安措施，於市場競爭中保持優勢



The proliferation of mobile communication devices in recent years has given rise to network-based services such as cloud services and the Web of Things (WoT). They have contributed to rocketing data usage on a global scale and the resulting boom in data centres that cover services such as data storage, exchange and transmission. And Hong Kong has taken a leading role in this development.

Ranked first in Asia-Pacific

By driving the momentum ahead of their neighbours, Singapore, Taiwan and Hong Kong have succeeded in gaining an edge over their regional competitors in data-centre development. Singapore, for example, is speeding up registration and licensing procedures for new data-centre operations in order to attract overseas investors.

Regarding the international data communications (IDC) market in Beijing, it represents 38 per cent of the mainland market, with expectations of further expansion thanks to the proliferation of data centres around Hebei.

Hong Kong also is providing fertile soil for data-centre development, and it's the reason why the city's leading position in the region remains unchallenged. In the "Data Centres Risk Index", published by Cushman & Wakefield in 2013, Hong Kong ranked sixth globally and first in Asia-Pacific



SUNeVISION is guarded in seven different aspects against distributed denial of service attacks. Both the staff and software operations are under round-the-clock surveillance
 新意網備有七重措施，以禦防黑客利用「DDoS」攻擊，員工及軟件亦會作24小時無間斷監控

thanks to the burgeoning communication market and reasonable pricing. And the city's reliable electricity supply also proves instrumental to the development of data centres.

Demand helps promote data centres

Based in Hong Kong for 15 years, SUNeVision is the first local data-centre operator to provide third-party services. Peter Yan King-shun, managing director and CEO of SUNeVision, credits the bullish business to the highly connected community. "Our mobile devices are sending and receiving a massive volume of data. A large data storage capacity is therefore in need."

As opposed to data transmission in the past, which concerned mainly text-based content, images and video now take up a large part of data volume, especially with the rise of data-intensive mobile TV.

From a corporate perspective, the huge demand for cloud service and WoT also fuels the development of data centres. As the development of an in-house data-processing system requires finding first-rate facilities and professionals, in addition to addressing technical concerns such as cooling and energy-

saving requirements, a third-party data centre offers a simple alternative.

"In the past, companies tended to maintain self-owned data-storage facilities in their office, but recent trends see the advance of third-party data centres, which offer a cost-effective solution to the soaring rentals and frequent technical updates," Yan says.

Global network to boost competitiveness

In addition to data storage, transmission, exchange and management services, SUNeVISION also provides technical support for cloud service, telecommunications and system integration operators and their end users.

"SUNeVISION has a vast client base in the local and mainland telecommunication industry, supporting their network connections at a global level. Another major source of customers comes from large international enterprises," Yan says.

As a third-party service provider, SUNeVISION can capitalise on the enormous demand for cloud service and WoT to forge win-win partnerships.



Hong Kong's data-centre industry has thrived the past few years, thanks to the growing adoption of cloud computing, big data and mobility
 近年，香港數據中心業務發展蓬勃，有賴雲端技術、大數據和流動通訊的大規模應用

近年，流動通訊設備普及、雲端服務和物聯網等網絡服務興起，令全球數據用量急劇飆升，當中牽涉儲存、交換和傳輸數據等服務的數據中心業務，亦因而變得炙手可熱，香港更是直接受惠。

亞太地區名列第一

在亞洲各國當中，新加坡、台灣及香港的數據中心業務可謂早著先機，比鄰地更快迎來機遇。以新加坡為例，該地官方加快批核數據中心申請和發牌的措施，故吸引不少海外投資者進駐。至於北京IDC（國際數據資訊）市場，亦已佔全國的38%，日後該地的數據中心更將向河北轉移，擴張市場網絡。

香港亦有多方面條件適合發展數據中心，即使面對眾多競爭對手，仍可在市場有領導地位。根據國際地產顧問公司高緯環球（Cushman & Wakefield）2013年發表的《數據中心選址低風險指數》，香港在全球數據中心最佳選址的排名中名列第六，於亞太地區更高踞榜首，皆因香港通訊市場蓬勃，收費合理，加上兩家電力公司的供電可靠率均高達99.999%，相當有利數據中心業務的發展。

需求急增 促數據中心發展

於香港紮根15年的新意網（SUNeVision），為本地最早提供第三方服務的數據中心，其執行董事及行政總裁任景信指出，數據中心業務如此蓬勃，每人均有份作出貢獻。「我們手上的流動通訊設備便有大量數據傳送，當中需要龐大的數據儲存量。」從前，數據傳送以文字為主，現在則多了圖片及視訊，特別是流動電視的出現，亦令數據用量大增。

從企業層面來看，雲端服務及物聯網亦有極大需求，促成數據中心進一步急劇發展。此外，假如公司想要沿用自家辦公室處理數據，則必須具備足夠的資金購買一流的設備，以及聘請專業的技術人員，更須考慮平衡製冷和節能等技術難題，故不少公司均會考慮與第三方數據中心合作，任景信補充：「以往有不少公司都將數據儲存於自家辦公室，而使用第三方數據中心則為新興趨勢，省卻了租金高昂和技術更新等問題，符合成本效益。」

With increasing demand comes more data centres with a view to grabbing a share in the market. However, Yan is confident about the outlook for his company. "SUNeVISION is a subsidiary of Sun Hung Kai Properties. Unlike other players in the market, we have no constraint on lease terms. This allows us to offer long-term storage rentals."

Watertight security to snuff out risks

SUNeVISION deploys watertight security measures to give clients complete peace of mind. On the hardware front, the company boasts a nine-level security system, which allows only key-card access to the entrance of the building, lifts and washrooms. There is also 24/7 CCTV monitoring in place to prevent trespassing.

On the software front, SUNeVISION is guarded in seven different aspects against distributed denial of service attacks.

Peter Yan King-shun, managing director and CEO of SUNeVISION, credits the bullish business to the highly connected community

新意網執行董事及行政總裁任景信指出，數據中心業務如此蓬勃，每人均有份作出貢獻

Both the staff and software operations are under round-the-clock surveillance. "We have passed the Threat, Vulnerability and Risk Assessment to ensure minimal risk of vicious attacks," Yan adds.

For example, during the Occupy protests last year, rumours circulated that government and media websites were under threat. Yan recalls that data from those sites were stored under the roof of SUNeVISION. To cope with the possibility of attacks on both sides by rival political factions, SUNeVISION put extra guards in place.

To support the government initiative to revitalise industrial buildings, SUNeVISION changed the building in Fo Tan to be used as data centres, which are slated to open by 2016. In addition, the company has acquired a patch of land in Tseung Kwan O for Hong Kong's first purpose-built data centre. The project is expected to be completed in 2017.

Keeping the power flowing

A data centre consumes up to 10 times the amount of electricity than an ordinary commercial operation. Although Hong Kong has a stable energy supply, data centres have their own generators for emergency use. The premises are often equipped with a back-up system for cooling water supply and reliable air conditioning to ensure that the operations of the data centre go undisturbed.

如何保證電量穩定供應？

數據中心所需電力比一般商廈高出十倍以上；雖然香港供電非常穩定，但數據中心仍須配備發電機，以防萬一。另外，大樓不少裝置均有雙重備份，包括製冷供水供應及穩定冷氣供應，以確保數據中心運作不受任何意外影響。



全球網絡 提升競爭力

新意網不但為客戶提供數據儲存、傳送、交換及管理服務，同時亦為雲端服務、電訊、系統集成等機構供給技術，再由他們提供服務予終端客戶。「新意網的客戶除為大型國際企業外，亦有不少本地及內地電訊商戶，通過與這些客戶聯繫，亦擴大了新意網的國際網絡。」新意網作為第三方服務供應商，更可迎合現今雲端服務和物聯網的龐大需求，達致相輔相成的合作關係。

數據服務需求急劇增加，因此，數據中心服務商亦希望在市場分一杯羹，任景信估計現時跟新意網同級數的本地數據中心約有八至十家，日後亦有增加趨勢，但他直言不擔心面臨威脅：「新意網隸屬於新鴻基地產集團，可擁有自己的土地及建築物，不像其他數據中心有租約期限，所以我們可讓客戶長期租用服務。」

嚴密保安 杜絕風險

為保障客戶數據安全，新意網各個數據中心均有嚴密保安，單就硬件上就有九層保安系統，任何人進入大廈內部、升降機及廁所等均須讀卡，亦有全天候閉路電視監控，阻截破壞者入侵。軟件方面，新意網則有七重措施，以防禦黑客利用「DDoS」攻擊，員工及軟件亦會作24小時無間斷監控。任景信補充：「我們亦已通過安全威脅和漏洞風險評估（TVRA），確保受襲風險減至最低。」

如本港去年的政治事件中，就有人在網上揚言要破壞政府網站，另一陣營也表示要惡意入侵部分傳媒網站還擊；任景信憶述，這些網站的數據均存於新意網，為應付兩派的攻擊，新意網當時立即加強防衛，將影響減至最低。

此外，為響應政府活化工廈的建議，新意網將火炭全幢工廈改為數據中心，並預計於2015至2016年投入服務。此外，他們更競投得本港首幅專門用作興建數據中心的將軍澳地皮，預計將於2017年初啟用。

No time to waste

廚餘回收 化廢為能

Corporations and properties are meeting the government's call to drastically reduce food waste in the city through recycling

不少商企物業紛紛響應政府的號召，透過回收大大減低城中的廚餘



Considering the environmentally-conscious era we live in, what role does a highly-developed city such as Hong Kong play? The Environmental Protection Department (EPD) says that Hong Kong produced 3,600 tonnes of food waste daily in 2011, the same weight as about 250 double-decker buses. The city's daily per capita waste load outweighed that of Shanghai, Singapore, South Korea and Taiwan by 6.3, 1.6, 1.7 and 2.6 times, respectively, while the recycling rate was only 3 per cent. The gap between the amount of waste being disposed of and recycled in Hong Kong is adding pressure to the

limited number of landfills and incinerators, making it urgent that solutions be found.

Charter on waste reduction

In May 2013, the government unveiled the "Hong Kong: Blueprint for Sustainable Use of Resources 2013-2022" report, outlining the institutional target to reduce the food-waste disposal rate to landfills by 40 per cent by the year 2022, which amounts to 500,000 tonnes per year. To this end, the Food Wise Hong Kong Steering Committee was formed to oversee the implementation of its namesake campaign. In

addition to promoting the cause at the community level, with the help of its mascot, "Big Waster", the campaign encourages participation from all industry sectors through the Food Wise Charter and food donations. The Food Wise Eateries campaign was also launched to promote different portion options for restaurant meals as a means of reducing food waste at the source.

Mass waste treatment facilities

Meanwhile, the Food Waste Recycling Partnership Scheme, organised by EPD, invites public and private

The city's daily per capita waste load outweighed that of Shanghai, Singapore, South Korea and Taiwan by 6.3, 1.6, 1.7 and 2.6 times respectively
與上海、新加坡、南韓及台灣比較，香港每日人均廚餘量各分別高出6.3倍、1.6倍、1.7和2.6倍

corporate participants to practise the source-separation of food waste, which is sent to the Kowloon Bay Pilot Composting Plant for recycling. The government is now planning to develop a network of five or six organic waste treatment facilities in phases, with a total daily treatment capacity of 1,300 to 1,500 tonnes. The first phase in Siu Ho Wan on Lantau Island is expected to open in 2016. When fully operational, it can handle 200 tonnes of organic waste per day. The second phase of the project, which involves the development of Shaling facilities in the North District, is slated to be completed in 2016 or 2017. The third phase will be developed in Shek Kong. More plants will begin operating in Hong Kong Island, Kowloon and New Territories East by 2021.

However, achieving a substantial reduction in Hong Kong's food waste calls for efforts not just by the government, but all industry sectors as well. Therefore, many corporations have spearheaded organic waste recycling programmes. One prominent example is the food waste recycling programme championed by Sun Hung Kai Centre. It is a pioneering initiative that turns waste into compost for horticultural use by non-profit organisations and schools. In the first six months after its implementation, the centre's daily waste load plunged from 792 litres to 364.8 litres.

As Hong Kong is a novice in food-waste treatment, the property management of Sun Hung Kai Centre is providing guidance to eateries through seminars and bulletins. Manpower has also been pledged to help with the source-separation of food waste. At present, recycling bins are placed in many restaurants to help with waste separation at the source and support the government's campaign.

Separation through recycling bins

In addition to Sun Hung Kai Centre, other shopping malls and commercial projects managed by Sun Hung Kai Properties are engaged in similar programmes. International Commerce Centre (ICC), for example, collects food waste from office pantries, the restaurants at Sky Dining 101 and outlets in The Ritz-Carlton hotel for treatment in its in-house facilities. The waste is composted for horticulture and organic farming, including projects operated by tenants, schools, commercial partners and non-profit organisations.

ICC also collects ground coffee for ashtrays, or to be used as organic fertiliser. And regular talks are held in order to share the benefits of waste treatment and encourage waste reduction.

Hong Kong is a bustling city packed with commercial buildings, shopping malls and eateries. If all those properties and tenants participate in food-waste recycling programmes, the pressure on the city's landfills will be greatly reduced, and the green goal of turning waste into something beneficial will be achieved.

- 01. Hong Kong produced 3,600 tonnes of food waste daily in 2011
- 02. Tenants of ICC collect food waste from office pantries, restaurants and outlets in the hotel for treatment with its in-house facilities, and produces organic compost
- 03. Organic compost derived from food waste is used for horticulture inside ICC
- 01. 單就2011年，香港每天便丟棄3,600公噸廚餘
- 02. ICC的寫字樓租戶從茶水間、餐廳及酒店收集廚餘，自設廚餘機分解，產出有機肥料
- 03. ICC利用由廚餘分解的有機肥料種植室內盆栽



在 人人高喊減廢的年代，香港這個高度發展城市究竟做出什麼「成績」呢？根據環境局資料顯示，單就2011年，香港每天便丟棄3,600公噸廚餘，相當於每天丟棄重約250輛雙層巴士的廚餘。跟上海、新加坡、南韓及台灣比較，香港每日人均廚餘量各分別高出6.3倍、1.6倍、1.7和2.6倍，但廚餘回收量卻少得可憐，只佔整體廚餘量的3%。龐大數量的廚餘無法轉化為有用資源，令處理廚餘的社會成本、堆填區及焚化設施的負擔成為迫在眉睫的問題。

簽署約章減少浪費

2013年5月，政府發表《香港資源循環藍圖2013-2022》，指出要在2022年或之前，將丟棄於堆填區的廚餘量減少約四成，即每年減少約50萬公噸。為達到目標，政府成立「惜食香港運動」督導委員會，除派出吉祥物「大咗鬼」在社區推廣避免產生及減少廚餘外，同時亦於工商界多加宣傳，鼓勵他們簽署「惜食約章」、推廣捐贈食物的理念，以及推出「惜食食肆」計劃，希望餐飲業界提供餐食份量選擇，從源頭減少廚餘。

回收中心處理龐大廚餘

至於在處理廚餘方面，環境保護署的「廚餘循環再造合作」計劃要求參與的公營及私營機構先將廚餘源頭分類，再由環境保護署把廚餘運送到九龍灣廚餘處理試驗設施，進行循環再造。而政府期望在九年內，設立大約五至六間有機資源回收中心網絡，目標達到每天約1,300至1,500公噸的廚餘總處理量。首家回收中心是北大嶼山小蠔灣的第一期有機資源回收中心，預計在2016年啟用，落成後每天可處理200公噸廚餘；而第二期回收中心則設於北區沙嶺，亦預計於2016至2017竣工。至於第三期有機資源回收中心擬設於石崗，計劃更將於港島、九龍和新界東興地建有機資源回收中心，預計於2021年左右投入服務。

要減少龐大廚餘，單靠政府力量實在不足，須配合工商界支持方可成事。不少企業已開始廚餘回收，如新鴻基中心就有廚餘回收計劃，將收集得來的廚餘轉化為肥料，再送贈非牟利團體及學校以作園藝美化。計劃推行首六個月，廚餘量由每天的792升減至364.8升，令食肆

察覺平日廚餘量之驚人，從而改善浪費問題。誠然，香港對廚餘處理仍屬初哥，因此新鴻基中心的物業管理公司須以講座和通告來指引食肆，以及派員為租戶分類廚餘及非廚餘物。現時不少食肆均有自設回收桶，自行從源頭分類廚餘，令廚餘回收活動更有效率。

商場設回收箱助分類

除新鴻基中心外，新鴻基地產旗下不少商廈及商場亦有廚餘回收計劃。例如環球貿易廣場會從寫字樓租戶的茶水間、Sky Dining 101的餐廳及Ritz-Carlton 酒店收集廚餘，並放在自設的廚餘機中；廚餘經過化解過程後，便可產出肥料，用於種植及有機農場，或分發給有興趣的租戶、學校、商業合作夥伴及慈善團體的有機農場。

此外，環球貿易廣場亦向租戶收集咖啡渣，然後放置於戶外吸煙區的煙灰盅及加工為有機肥料；更會定期舉辦座談會，與租戶分享處理及分解廚餘的裨益，以進一步鼓勵和支持減少廚餘。

本地商廈及商場林立，食肆眾多，如果所有大廈均參與廚餘回收計劃，肯定可大大減少堆填區的廚餘負擔，為社區提供再生資源，達致環保減源的效果。🌱



Savour the joys of cycling 單車列國馳騁

Riding on two wheels is not only a means of transport, it also serves as entertainment for tourists and is a challenging competitive sport. Countries around the world are accommodating cyclists of all types by developing road networks, tours and races

單車不只是代步工具，而是可供遊客遊走景點的媒介和富有挑戰性的比賽運動。多個國家亦着手發展單車網絡、單車遊和單車賽事，從中孕育出不同的單車能手

With the wind at your back, chances are you will feel more energised while pedalling up the road, as opposed to the convenience of driving in an air conditioned car. On a bicycle, you can savour the moving vistas up close, and enjoy complete mobility in narrow alleys. Cycling gives you responsive and flexible manoeuvring without leaving any carbon footprint. In addition, there are various grand-scale international cycling events around the world, consolidating their cities' positions as international tourist destinations while encouraging the locals to engage in this pleasant sport.

Comprehensive road networks

Today, many countries promote cycling as a means of transport for commuters and travellers. London plans to build a network for bikes on top of the existing bike rental facilities. The proposed network encompasses a 29km east-west cycle superhighway. When completed next spring, it will be the longest single cycling route in Europe.

In the Netherlands, the population of 16 million owns a staggering 19 million bicycles, which is equivalent to more than one per person. It is not surprising, then, that the Dutch are believed to have grown up on bikes. The Netherlands boasts a 35,000km network of cycling routes - only 5,000km less than the circumference of the earth - which includes bicycle-only tunnels and bridges. Each route connects to major tourist attractions and accommodation facilities, and is equipped with signs and maps for the convenience of locals and visitors.

In Southeast Asia, countries are starting to place more emphasis on two-wheeled travel. There are Angkor Wat bicycle tours organised by local agencies in Cambodia. Participants ride through jungles and historic relics to visit Bayon Temple, Ta Prohm and Elephant Terrace.

In Thailand, visitors can enjoy Bang Kra Jao, a rare urban oasis in Bangkok, on two wheels.

踩下腳踏，感受身體與惠風擦過的悠閒快感。相比舒適快捷兼備空調的汽車，單車似乎顯得有點純樸簡陋，但這個簡單又環保的代步工具，卻讓人體驗到不一樣的旅程，你大可隨意增減車速，深入狹窄的橫街小巷，近距離地細賞一景一物，而毫不影響環境。而除單車遊外，世界各地更不乏多個大型的單車賽，能提升當地的國際旅遊地位之餘，亦能鼓勵當地市民投入單車運動之中。

完善單車網絡貫穿全國

現時，有不少國家均鼓勵以單車代步，甚至大力推廣單車旅遊，如一向於街頭備有租借單車設施的倫敦，便計劃建造一單車徑網絡，當中包括一條29公里長的東西行單車超級公路（Cycle Superhighways），這將是歐洲最長的獨立單車徑，預計將於明年春天啟用。

至於風車國荷蘭，在1,600萬的人口中就有高達1,900萬輛單車，即平均每人擁有一至兩架單車代步，難怪有人說荷蘭人都是在單車上長大的。荷蘭的單車網絡龐大，全長35,000公里，跟地球四萬公里圓周相比，僅差5,000公里，當中包括單車專用隧道及橋樑等，而每條單車路線全都可與旅遊景點及住宿設施相連接，更不乏完善的路標和地圖作指引，不管是市民還是遊客都能輕鬆上路。

放眼鄰近的東南亞地區，不少國家亦愈來愈重視單車旅遊，例如柬埔寨的吳哥窟便有單車旅行團，帶領遊客穿越森林和歷史廢墟，參觀巴戎寺、塔普倫廟及象台等。在泰國的曼谷，遊客亦可騎單車進入有「曼谷綠肺」之稱的Bang Kra Jao，感受綠油油的自然環境。雖然，香港暫時未有完善的單車網絡，但政府正在新市鎮和新發展區推廣「單車友善環境」，並籌備興建一條60公里長、連接馬鞍山和屯門的單車徑，讓大眾享受騎乘長程單車的樂趣。

01. The Dutch are estimated to have at least 19 million bikes, which is more than one per person

02. In the London Metropolitan Area, it took almost two decades to design and build the London Cycle Network
01. 據估計，荷蘭全國擁有共1,900萬輛單車，每人平均擁有一輛單車或以上
02. 覆蓋整個倫敦城的倫敦單車網耗時20載設計和建成





France 環法國單車賽



Italy 環意大利單車賽



Spain 環西班牙單車賽

Although Hong Kong has yet to develop a comprehensive road network for cyclists, the government is promoting a "bicycle-friendly environment" in new towns. A 60km cycling route stretching across Ma On Shan and Tuen Mun is on the agenda.

Classic tests of endurance

Besides being a means of transport and tourist entertainment, cycling is also a professional sport.

The most prestigious international race is the Tour de France, which was founded in 1903 and traditionally is held in July. Prized for its scale and challenging nature, the annual French event attracts the world's best riders.

In the 23-day competition, contestants face 21 stages and must cycle 3,344km, meaning a 180km ride a day on average. This year's race starts in Utrecht in the Netherlands. The race enters the French territories in the third stage and passes the highest point including L'Alpe d'Huez in the seventh, before the traditional finish along the Champs-Élysées in Paris.

Another large-scale event is the Giro d'Italia, or Tour of Italy. The 3,481km race is usually held in late May or early June.

The Vuelta a España, or Tour of Spain, takes place in September. It is a three-week test of physical strength and stamina spanning a 3,374km course.

The Taiwan KOM Challenge, first organised in 2010, is one of the world's most challenging bicycle races. The sport is promoted nationwide as part of a carbon-reducing campaign. The race starts at sea level, at Chihsingtan in Hualien, and finishes at the peak of Hehuan Mountain. Racers climb to an altitude of 3,275 metres over the 87km distance, which presents an enormous challenge.

Enthusiasts eye HK criterium

In Hong Kong, numerous road cycling, track cycling and mountain bike races are organised by the Cycling Association of Hong Kong.

The Hong Kong Tourism Board is holding its first "Hong Kong Cyclothon" for professionals in October, which will be title-sponsored by the Sun Hung Kai Properties. The International Criterium Championships is a professional leg for elite cyclists around the world. Enthusiasts can pencil themselves in for the 15km race or the 35km Challenge, either as solo competitors or as part of a group. Other categories include the CEO Charity Ride and Family Ride.

三大國際賽事考毅力

踩單車除了是代步、遊覽的好方法外，也是一門專業的競賽運動，世界不少著名的單車賽更是歷史悠久。最為人知曉、規模最大並以高難度見稱的，當然是始於1903年，並於每年七月舉行的環法國單車賽，賽事每年都吸引世界各地頂級的單車隊參加。在23天的比賽裏，參賽者須完成21個賽段共3,344公里的賽程，每個比賽日平均要完成180公里。而2015年第102屆環法賽事，則由荷蘭的Utrecht作起點，並於第三賽段進入法國境內，當中包括標誌性的爬坡點L'Alpe d'Huez等七個高山賽段，終點為巴黎香榭麗舍大道。

另一大型賽事則為每年五至六月舉行的環意大利單車賽，全程3,481公里；而環西班牙單車賽則於每年九月舉行，比賽歷時三星期，全長3,374公里，全都考驗參賽者的體力和毅力。至於素有「自行車王國」美譽的台灣，近年亦積極推廣全民騎單車，以響應節能減碳。其中，自2010年始舉辦的台灣自行車登山王挑戰 (Taiwan KOM Challenge) 被譽為世界十場最艱難的單車賽事之一，參賽者須從海拔為零的花蓮七星潭出發，並於中橫公路最高點合歡山武嶺結賽，該路段為世界少有的長距離連續上坡，須於87公里內爬升至海拔達3,275米，是一眾爬坡好手測試實力的好機會。

香港首辦單車節

反觀香港，歷年來香港單車聯會都有舉辦多項單車競賽，如公路單車賽、場地單車賽和越野單車賽等；值得注意的是，香港旅遊發展局將於今年十月首度舉辦「香港單車節」，並由新鴻基地產冠名及慈善贊助。當中的「國際專業公路繞圈賽」為全球單車精英而設，市民則可報名參加15公里賽事，或以個人及團隊名義參與35公里挑戰賽，同時亦有「總裁慈善單車遊」和「家庭樂」組別供報名參加。

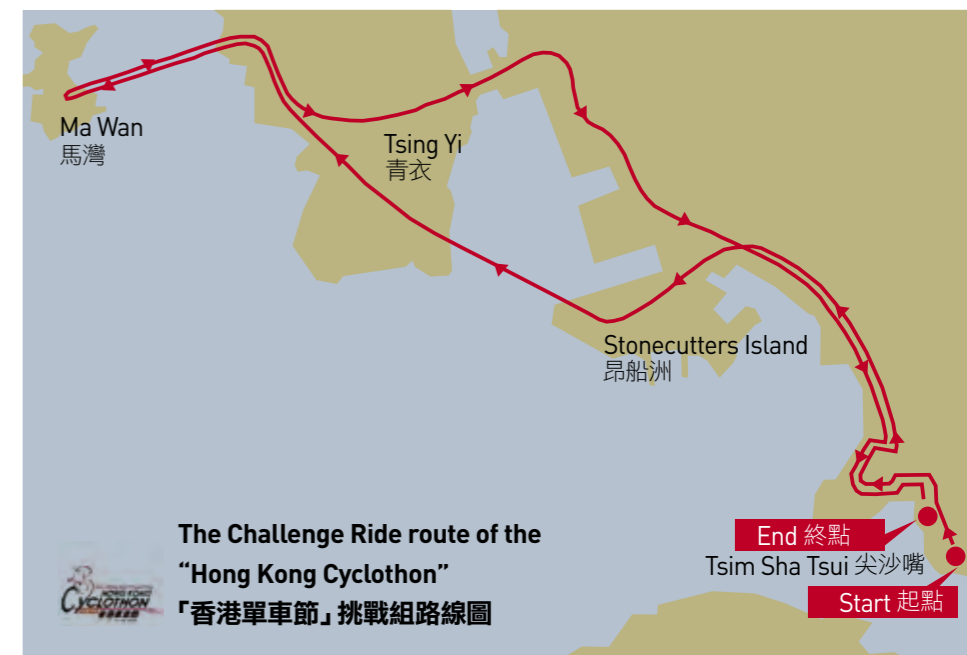
Three international events

三大國際賽事

Tour de France 環法國單車賽
www.letour.fr

Tour of Italy 環意大利單車賽
www.gazzetta.it/Giroditalia/2015/en/

Tour of Spain 環西班牙單車賽
www.lavuelta.com



The Challenge Ride route of the "Hong Kong Cyclothon" 「香港單車節」挑戰組路線圖

Let there be light 光影照霓城

Today, light touches people's lives in the form of lighting and art. The play of light, image and sound lends itself to an opulent performance that delights and dazzles

如今，燈光已不再為實用照明，而已發展成一種藝術，利用光影配合聲音和影像，呈獻出一幕幕亮麗的燈光匯演



The ICC Light and Music Show set a Guinness World Record for the "largest light and sound show on a single building"
「ICC聲光耀維港」列入健力士世界紀錄，成為單棟建築物上最大型的燈光音樂表演

The United Nations Educational, Scientific and Cultural Organisation (Unesco) has proclaimed 2015 as the International Year of Light, with a view to promoting public awareness of the central role of light in the world while celebrating scientists' efforts in the development of light-based technologies.

Multisensory light sculpture

Light can keep darkness at bay. It can also give dynamics and fluidity to a space. Artists across the globe use light as their brush to paint on the canvas, bringing their creative daring to life with ephemeral spectacles.

One of the prominent examples is the annual Vivid Sydney, which transforms the city's monuments into a 3D gallery of grand projections. The centrepiece of the event is the light show on the surface of the Sydney Opera House. For 2014's show, lighting artists projected spectacular luminescent images of snake skin, butterfly wing and space-inspired motifs on the façade of the famous Opera House sails.

Famous for producing light bulbs, Eindhoven, the fifth-largest city in the Netherlands, is a city of light in every sense.

Every November, Eindhoven plays host to the light art festival GLOW. At night, the city is immersed in light thanks to the glowing works of art and light installations lining the streets. This extraordinary programme features cutting-edge illuminations and surround-sound technology. The most prominent spectacle is the light projection on the façade of the cathedral, combining heritage and innovation.

Hong Kong by night from a new angle

Prized for its epic cityscape at night, Hong Kong scales new heights in illumination art thanks to technology. With its 490m height, the 118-floor International Commercial Centre (ICC) is decked out in LED lighting, which contributes to a sophisticated computer-aided sequence of music, light and narrative, engaging every sense in this sumptuous creative expression called the "ICC Light and Music Show" every night.

The man behind the "ICC Light and Music Show" is Hirohito Totsune, the renowned Japanese lighting designer, with Tokyo Skytree among numerous prestigious projects under his belt. The "ICC Light and Music Show" represents another breakthrough for him. Totsune instils Chinese ink wash



01

02



01. The centrepiece of Vivid Sydney is the light show on the surface of the Sydney Opera House

02. The Catharina church in Eindhoven is lit in arty colours during the GLOW light-art festival in Eindhoven

01. 悉尼藝術節的重頭戲之一，為投射於悉尼大劇院上的燈光匯演
02. 在Eindhoven舉行的GLOW光影表演，Catharina教堂充滿了繽紛的藝術色彩



Renowned Japanese lighting designer Hirohito Totsune instils Chinese ink wash elements into the symphony of light
著名日本燈光設計師戶恒浩人把中國水墨元素注入燈光匯演之中

聯 合國教科文組織把2015年定為「國際光之年」(International Year of Light)，希望讓人們了解光於現今世代的重要性，以及表揚歷年科學家對研究光學所作出的貢獻。

繪影繪聲的光雕

光，不但點亮黑夜，別出心裁的光效更為空間增添了靈活性和流動性，各地的藝術家紛紛利用光創作，以光為畫筆，以建築物為畫布，將天馬行空的幻想，化為繽紛的視覺體驗。

以悉尼為例，每年一度的悉尼藝術節 (Vivid Sydney) 均以燈光、音樂和創意為主題，連續多個夜晚，把當地的歌劇院、當代藝術館、海關大樓等，變成立體投影大銀幕，當中的重頭戲為投射在歌劇院外牆上的燈光匯演，2014年藝術節中，設計師分別把蛇皮、蝶翼和以空間為靈感等圖案，投射到歌劇院的風帆建築之上，為悉尼灣增添動感的藝術氣息。

荷蘭第五大城市Eindhoven，因生產燈泡而聞名，而這座擁有「光之城」美譽的城市似乎確實與光密不可分。每年11月，Eindhoven都會舉行GLOW光影表演，入夜後滿街都是發亮的藝術品，建築物接駁上各式各樣的發光裝置，當中蘊含先進的燈光藝術與立體音效，其中最受注目的當然是大教堂外牆的投射光影，將古典與創新共冶一爐。

不一樣的香港夜景

以夜景馳名的香港，在高科技的協助下，將電光幻影的層次進一步往上推。環球貿易廣場 (ICC) 樓高490米，共118層，幕牆裝置了LED照明系統，可配合藝術設計與精密電腦排版，形成結合音樂、故事及幕牆燈光的動畫表演「ICC聲光耀維港」，每晚於維港兩岸上映聲畫匯演。

設計「ICC聲光耀維港」的日籍建築燈光設計師戶恒浩人 (Hirohito Totsune)，代表作為東京晴空塔的燈光創作，而「ICC聲光耀維港」更是他事業上另一大突破。戶恒浩人考慮到香港的傳統特色，將中國水墨畫的概念融入燈光動畫之中，用單色設計配合十種光度不同的LED系統，在大廈幕牆展示柔和的動畫效果，並以大自然為主題，打造出不一樣的香港夜景。為表達香港人愛冒險、兼備勇氣和愛的特質，並同時與維港景致互動，戶恒浩人特別以精準的燈光設計效果配合起躍的音樂，隨之變化出不同強度，象徵了城市充滿活力的脈搏跳動。

弧形外牆添創作難度

創作團隊為了「ICC聲光耀維港」而籌備經年，戶恒浩人雖然經驗豐富，也還是首次在廣達五萬平方米的幕牆上，裝置具備音樂元素的燈光動畫。環球貿易廣場表面呈高身弧形，要在這個平台設計出精確無誤的圖案和動畫，難度極大，戶恒浩人與創作團隊必須製作接近千幅動畫，並以電腦排程控制所有LED燈，當中不能有絲毫差誤。

為令動畫效果變得流暢，電腦系統必須以每秒30格的速度將影像投射至幕牆，這種技術與一般大廈的燈光設計完全不同，稱得上燈光界的典範。「ICC聲光耀維港」更列入健力士世界紀錄，成為單一建築物上最大型燈光音樂表演，由此奠定環球貿易廣場在香港夜景的特殊地位。

elements into the symphony of light to accentuate Hong Kong's cultural heritage. The LED system with 10 degrees of luminosity gives depth to the nature-themed soft monochromatic animation, presenting Hong Kong by night from a new angle.

To tell Hong Kong's story of adventure, courage and love against the magnificent background of Victoria Harbour, the show's meticulous lighting is accompanied by upbeat rhythms that symbolise the pulse of the city.

Precision technology to light up the sky

Despite vast experience, this is a first for Totsune to handle light animation with acoustic elements on a narrow and curvy 50,000-square-metre façade. It is extremely difficult to orchestrate moving images with precision on this type of surface. Nearly a thousand frames are involved in the computer-aided precision lighting programme.

To help with the smooth transition of animated images, the system must project images at 30 frames per second. This involves paramount technology different from ordinary structural decorative lighting. The "ICC Light and Music Show" has set a Guinness World Record for the largest light and sound show on a single building, consolidating the privileged status of ICC in the exquisite panorama of Hong Kong by night.

ICC Light and Music Show
Time: 7.45pm, 9pm daily
Best Places for Viewing: The P3 and P4 public terraces of the IFC Mall, shores of Victoria Harbour along Sheung Wan and Causeway Bay
Website: icclightshow.com.hk

ICC聲光耀維港
時間：每晚7時45分及9時
最佳觀賞地點：中環國際金融中心商場P3及P4平台／上環至銅灣海旁
網址：icclightshow.com.hk

Mark of a gentleman 紳士氣派

Master tailor Frankie Luk created an international reputation from a magical shop in Wan Chai

新鴻基中心地下商場的一個角落，有着一家裁縫店；店面一個大紅蕃茄作記，店裏滿滿的布匹直頂天花板，像《哈利波特》裏的魔杖老店，守候半世紀等待合適的客人。那是在灣仔開店廿年的高級裁縫店——Frankie's Tailor

Frankie Tailor and Boutique is a shop one would never miss in Harbour Road, Wan Chai. Just look for a giant red tomato on the shopfront's façade, on the ground floor corner of Sun Hung Kai Centre. The 300 sq ft premises is packed with floor-to-ceiling stacks of rolled fabric. It's a shop that looks more like the one in a Harry Potter movie, and somewhere among all the tailors' samples and hanging red and black tags sits the business' proprietor, Frankie Luk.

When the shop's door opens, Luk glances up from his watch and smiles. Dapper in a well-fitting waistcoat and a neat moustache, he is a familiar face in Wan Chai, where he has tailored for the past 20 years. Suit and shirtmaking is in his blood, too, for he was born in Hong Kong to a Ningbo family who opened a tailoring business, Suteki (Japanese for "elegance"), in 1977.

Drawn to Wan Chai

In 1984, Luk opened his own business, when he was 27. He says he was drawn to Wan Chai North when he delivered a suit to a Japanese customer's office in Sun Hung Kai Centre.

"Thirty years ago, [this area] was pretty secluded, as the Hong Kong Convention and Exhibition Centre had yet to be built, and Sun Hung Kai Centre was then among the top 10 iconic buildings in Hong Kong," Luk says.

The aspiring entrepreneur snapped up the space, and Luk's business had another head start when a veteran tailor offered to help him. After 37 years in the business, Luk he says he is still learning a craft that is renowned for its long and rigorous apprenticeships.

Professionally created

Some tailors tout their speed and technique to tourists, but their suit-in-a-day finishing can result in unattractive cuts, with machined button-holes and taped fabric of a quality that

is vastly inferior to fine Shanghainese tailoring. Frankie Tailor and Boutique's bespoke suits are all professionally made and can range from HK\$10,000 to HK\$30,000, or even over HK\$100,000. Each suit takes a month to make, and within the disciplines of a strict Shanghainese tailoring tradition that requires the meticulous craft of exquisite garments.

Luk shows how the best bespoke tailors can match their skills to customers' personal requirements. He flips over the



collar of the suit he is working on to reveal the intricacy of his handstitching. Luk then shows how small crescent pads under the sleeves in matching lining material can make a jacket more durable and its wearer more flexible. Fine tailoring can also augment a body shape, he says. Pointing to his own jacket, Luk shows how a bespoke saddle shoulder construction lifts his slightly sloped shoulders, and gives him more presence.

Fabric holds the key

Sartorial craftsmanship is important, but fabric is key to fine tailoring. Suits for winter and spring are usually made of wool and mohair, while those for summer and autumn are usually cotton and linen. Frankie Tailor & Boutique offers five key fabric

Hand-worked buttonholes and hand-sewn collars are the best indications of fine workmanship
手工鎖的鈕門，還有領子的手
工針步最能看出師傅功架

How to recognise a fine suit 如何鑑別高級西裝

1. Fine workmanship: Start with the details, and notice its rounded corners, hand-stitched lines and hand-worked buttonholes. Buttonholes that have been opened by a machine are usually not well-made. Don't forget to look closer to see whether the closed stitches are evenly and carefully finished
2. Exquisite cut: A trendy cut may go out of fashion soon, but time-honoured tailoring remains a statement of class
3. Premium fabrics: Customers can choose from different qualities. Even the most delicate premium fabric may not win the heart of the customer due to its high price and creasing properties
4. Good fit and comfortable: Bespoke tailoring is all about making a well-fit suit for the customer. If the suit does not fit its wearer comfortably, it is useless, no matter how elegant the fabric and cut might be

1. 精緻工藝：從細節看起，特別是小圓角、手縫線、手工鈕門等，要看它鎖得是否平均仔細。以機器造工，多半不好
2. 巧手剪裁：潮流的樣式也許過一年就礙眼了，但經典流麗的剪裁總能顯出品味，歷久不衰
3. 上乘衣料：挑選衣料為個人抉擇，要求因人而異；即使是幼細的上等衣料，但因價錢貴、易起皺等，亦未必合乎客人心意
4. 合身舒適：度身訂造就是要合身，假如衣服不合尺寸，穿起來不舒適，就算用料多好剪裁多優雅都是浪費，不屬於你

labels from Britain: Fintex, Scabal, Holland & Sherry, Dormeuil and Wain Shiell, as well as Loro Piana and Ermenegildo Zegna from Italy.

Cool, crisp linen is perfect for Hong Kong's hotter weather, and although the fabric is easily creased, it embodies distinctive taste.

"You will just have to live with the creases, because they are the characteristics of the fabric," Luk says. Linen from Carnet of Ireland and cotton from Britain's Holland and Sherry and Wain Shiell are among the best choices, he adds. Cotton maintains its shape on shirts' front and back panels, even though the sleeves are crumpled; while Alumo from Switzerland is of top quality, thanks to the high stitch density and smoothness of its texture, Luk explains.

「那個年代講究體面，出入中環，訂造西裝甚是基本。」

蓄着小鬍子，穿着合身小背心的Frankie在香港出生，父母都是寧波人，他們在1977年跟來自上海的老師傅合夥開設裁縫店，店名SUTEKI，日文「素敵」，就是優雅的意思。三百多平方呎的小店裏，滿牆的布料，紅或黑的小吊牌垂吊下來，展示着英殖時代最高，甚至已絕種的高級品味。

80年代的傳奇

1984年，27歲的Frankie自立門戶。那時他送西裝給在新鴻基中心工作的日本客人：「30年前的灣仔比較為僻靜，還未有會展，當時的新鴻基中心已是香港十大代表建築物之一，來往的人都讓你感到這裏是個有質素的商場。」後來，Frankie更遇上立心幫助小伙子創業的老師傅，結果一做就是20多年。Frankie笑說，行裏不成文規定，裁縫最少要花三年學習樓面工作，但他學了37年仍在不斷學習。

慢功出細貨

市面上有許多裁縫店宣揚為旅客製作西裝，以速度與技考見稱。然而，那些說能一天起貨的，手工簡單，衣車打的鈕門、膠帶黏合的布料，跟上海幫相差很遠。跟Frankie訂製高級西裝，價錢由一萬元起，然後三萬、十萬、數十萬元的，手工都是一樣的精緻，需時一個月，務求做足上海幫的所有傳統程序，慢功出細貨。他翻起製作中的西裝那挺拔的衣領，全是滿滿的手工挑針，把朴跟布料縫合。配襯過的絲質內襯、衣袖下一片小半月，令衣袖更結實但活動自如。Frankie說自己的肩膀有點斜，於是裁了一個小馬鞍肩，穿起來精神抖擻，這就是度身訂造的魅力。

功夫以外，衣料決定一切。基本上冬天、春天的西裝就用羊毛以及Mohair；夏、秋則多穿綿麻。店裏出售的英國知名品牌如Fintex、Scabal、Holland & Sherry、Dormeuil及Wain Shiell，還有意大利Loro Piana、Ermenegildo Zegna等的布料。

夏秋兩季穿麻質夠清爽，易皺卻顯品味：「你要接受它的皺紋，那是料子的特性。」愛爾蘭的Carnet麻、英國Holland & Sherry及Wain Shiell的棉，都是首選。恤衫的話以棉為主，即使袖子皺，衣身還是挺服，如針步密度高，衣料滑的瑞士Alumo就是最好。



Cashmere Vicuna from Colombo, Italy. Originally from the vicuna in the Peruvian Andes, it is a 100 per cent authentic wool that can cost several hundred thousand dollars. In 2009, Peru's president Alan Garcia gave pope Benedict XVI a shawl made from this precious fabric
意大利Colombo的Cashmere Vicuna。來自南美秘魯高原的駝馬毛，真正的全駝馬毛布料，要數十萬元起跳，屬國寶級面料，2009年秘魯總統也獻了一件Vicuna圍巾給教宗本篤16世



The Magic Line from Dormeuil in the 1960s is highly crease-resistant to the point that it is still smooth after a few minutes' strong grip. Garments made with this type of fabric remain structured on the arms, body and thighs
60年代Dormeuil的Magic系列。這種布料，即使用力緊握數分鐘亦能自然鬆開而不起皺褶。造出來的衣服，無論袖型、衫身及褲管都時刻畢挺



Slight padding can square the look of gentlemen with sloped shoulders
略翹的肩膊剪裁讓斜膊的人看起來更顯精神

Deliciously green

綠色素食潮

Vegan diets are catching on in Hong Kong, and a top Chinese chef is creating appetising dishes for healthier living

中式廚藝大師炮製出多道色、香、味俱全的素菜，迎合茹素的飲食潮流，打造健康人生

As the world's population grows, the demand for meat increases. Such a trend has worried critics such as Microsoft founder Bill Gates. Back in 2013, he blogged about the substantial contribution of meat consumption to global warming, and said that the meat industry was responsible for over half of the planet's greenhouse gas emissions.

Over the past two decades, the demand for meat products has doubled and this trend will continue as the world's population is expected to grow to 9 billion by 2050.

This has led to the rise of of veganism, which excludes the eating of animal-derived products.

New expectations

The vegan restaurant scene is also growing in Hong Kong. Ricky Kong, Chinese culinary chef at the Royal Plaza Hotel, has noticed the recent vegan frenzy in wedding banquets. Yet, he too acknowledges the importance of balancing health concerns with culinary flair. "It goes without saying that vegan recipes use less salt, sugar and oil in their cooking, but [this] does not necessarily result in a compromise of taste," he explains. "It is important to impart a delicious flavour to vegan dishes in order to 'bust' the myth [that a] vegan diet is monotonous in customers' minds. While meat [is tasty] with little seasoning, vegan dishes take a lot of brains and skill to enhance their flavour [with] different ingredients."

Vegetarian restaurants often whet appetites for vegan cuisine with a creative use of fake meat, a processed ingredient that has the look, colour, bite, and even taste of real livestock products. However, it is wiser to consume less of this as it is, after all, pre-cooked food with largely unknown ingredients and production processes.

Creative vegan dishes whet appetites

To add a splash of culinary flair to vegan dishes, Kong unleashes his creativity on fresh, unprocessed ingredients.

One of his masterful creations is stuffed white turnip with stir-fried diced lotus root and celery. In this recipe, the radishes' centres are gouged out and the remnants are then cut into small pieces. Then the radishes are stuffed with diced carrot, wax apple, dried shiitake mushrooms and pickled mustard green before they are cooked in pumpkin sauce to enrich their light flavour.

Kong is also proud of his marinated wax apple, guava in preserved plum sauce and cabbage roll with vegetable, an edible art piece that is served with chopped pulps and a yellowish explosion of sugar floss. The recipe delights the eyes and the taste buds, and has become another benchmark for vegan dishes, according to Kong. "The veggie diet is not necessarily boring and old-fashioned," he says. "Delicious dish presentations can whet appetites and [they] are therefore worthy of our attention. I [also] marinate the wax apple and pomegranate in the dried plum solution to add substance to the otherwise ordinary flavours of the fruit."

Vegan diet 'extends life'

Many people reject the vegan diet because they are concerned about its potential lack of nutritional balance and impact on their strength. Such doubts have been repudiated by a study published by the School of Public Health, Loma Linda University, outside Los Angeles, in 2013. Vegetarians live eight years longer than meat-eaters, and particularly males, who are expected to outlive their meat-eating counterparts by 9.5 years, the study said, adding that female vegetarians live six years longer.

A vegan diet can replace animal products. Beans such as soya, green soya and green beans provide protein, while green leafy and cruciferous vegetables are rich in calcium. Vegans can also easily consume an adequate amount of B12 vitamin from laver and spiral algae, resulting in a diet that is healthier, and also helps to create a greener world.

Stuffed white turnip with stir-fried diced lotus root and celery by the Royal Plaza Hotel is delicious
帝京酒店的「銀蘿金藕芹香鬆」以多款食材拼配而成，美味可口

Beautifully presented vegetarian dishes, such as marinated wax apple, guava in preserved plum sauce and cabbage roll with vegetable, can whet appetites. 素菜的精美賣相能增進食慾，圖為「蓮霧石榴素菜卷」。



 <p>Celery 西芹 Celery is rich in nutrients such as potassium, calcium, iron, vitamin C, folic acid and dietary fibre. Studies show that the active compounds in celery help to relax blood vessels and sedate the central nervous system. Celery keeps hypertension and artery diseases in check.</p> <p>西芹含豐富的營養素，如鉀、鈣、鐵、維他命 C、葉酸和膳食纖維。有研究發現，西芹中的活性化合物能舒張血管和鎮靜中樞神經系統，具降血壓功效，亦可預防血管病變。</p>	 <p>Wax apple 蓮霧 Wax apple is rich in dietary fibre, carbohydrate, vitamin C, potassium and other nutrients. Its large water content makes wax apple a perfect, low-calorie refresher in the summer. Its crude fibres help to stimulate bowel movement and prevent constipation.</p> <p>蓮霧富含膳食纖維、醣類、維生素 C、鉀等營養素。水分極高的蓮霧，可消暑止渴之餘，熱量亦低；當中的粗纖維，更可促進腸道蠕動，預防便秘。</p>	 <p>Porcini mushrooms 牛肝菌 The exquisite and aromatic porcini mushroom is a precious edible fungus. Porcini mushrooms are rich in protein, carbohydrate, calcium, phosphorus, iron, and other nutrients. With a low fat content, they provide powerful protection against cardiovascular diseases.</p> <p>味濃鮮香的牛肝菌為名貴的食用菌類，是不少高級素食食府均會選用的食材。牛肝菌富含蛋白質、碳水化合物、鈣、磷、鐵等成分，加上脂肪含量低，且具減少心血管疾病之效。</p>	 <p>Tofu 豆腐 Tofu is rich in protein, calcium, and vitamin E, among other nutrients. Its soy protein contains neither cholesterol nor fat. Vitamin E, on the other hand, helps check signs of ageing. Tofu contains soy-lecithin, which is a powerful booster for brain development.</p> <p>豆腐含豐富蛋白質、鈣、維生素E等營養素。當中的大豆蛋白，不含膽固醇和脂肪，有助預防心血管疾病；而維生素E則可防衰老。豆腐中含有大豆卵磷脂，對神經、血管及大腦的生長發育有益。</p>
---	--	---	---

微軟創辦人比爾·蓋茲 (Bill Gates) 於2013年曾在網誌中發表有關全球肉食導致全球暖化一文，當中更指出肉食行業佔全球超過一半的溫室氣體排放量。肉類需求在過往20年足足翻了一整倍，而隨着全球人口增長，估計時至2050年，全球人口將達約90億，屆時對肉類的需求亦將會進一步倍增，其生產過程則須消耗極大量地球資源。有見及此，實行素食將會舒緩糧食不足及能源消耗的問題。

純素食主義者不但不吃肉類，亦不吃任何由動物衍生出來的食品。大眾對保護環境的種種考慮，使純素食主義在大眾飲食潮流中更上一層樓。

食材搭配提升口味

近年，茹素的人愈來愈多，帝京酒店的中式廚藝總監江肇祺直言，近年茹素的客人明顯增多，「滿素全席」的婚宴更比比皆是。江師傅意識到素菜以健康為本，但以烹調的心思技巧打動食客的味蕾亦十分重要：「烹調素菜以少鹽、少糖、少油為主不在話下，但同時亦要兼顧食物的味道，不要讓客人覺得素菜必就是單調乏味。相對地，肉類稍作調味即可，但素菜則更需要透過搭配食材以提升、誘出彼此的味道是廚師需要動腦筋的地方。」

此外，近年亦有不少素菜館引入仿葷素菜，把素食原料加工成與葷菜一樣的外觀，其顏色、口感，甚至口味與葷菜幾可亂真。可是，這類素菜多為加工過的食材，當中之成份、原料未能辨明，故還是少吃為妙。

創意素菜增食慾

為了讓素菜更具特色，江師傅選擇沿用新鮮未經加工的食材作新嘗試。以其炮製的「銀蘿金藕芹香鬆」為例，蘿葡本身味淡，江師傅將其切件挖空，以甘荀、蓮霧、菇粒、梅菜等製成鬆粒灌滿，再伴以南瓜汁，令味道不會過於單一，口感亦更具層次。

至於另一道「蓮霧石榴素菜卷」，則是件可吃的藝術品，在素菜卷的旁邊伴以小粒果肉，還有如煙花般的淡黃糖絲，在還沒有起筷前，就先俘虜了席上客的視覺感官，這也是江師傅炮製素菜的另一原則：「吃素不一定是沉悶守舊的，賣相吸引的食物能挑起食慾，更覺開胃，所以在菜式的陳設方面，亦須多下功夫。另外，我特意用話梅水浸泡蓮霧和石榴，把平平無奇的味道提升至另一層次，要不然它與一個普通的果盤無異。」

素食者更長壽

不少人抗拒戒肉吃素，擔心素菜未能讓身體均衡地吸收各種營養，甚至會導致體力下降，沒精打采。但美國Loma Linda University公共衛生學院於2013年發表的研究報告則推翻了這一說法。研究推論，素食者比雜食者長壽八年，女士平均長壽約六年，男士則更長壽達九年半。

誠然，茹素會容易令人忽略吸收某些肉類中的營養素，但卻不代表不能靠素食來取代吸收。如蛋白質可以透過豆類如黃豆、毛豆、綠豆等作補充；鈣質則可透過深綠色蔬菜和十字花科蔬菜補償；而B12則可以紫菜、螺旋藻等補足。

總而言之，適切地茹素不但對健康有正面的影響；從環保及可持續發展的角度而言，更是個造福人群的飲食概念。🌱

Helping hand 傾心熱線 心靈同行

Sun Hung Kai Properties provides staff with counselling services and psychological support through its 'Hearty Hotline'

新鴻基地產的「傾心熱線」，為旗下員工提供輔導服務和心理支援



Hong Kong is notorious for its fast-paced lifestyle and long working hours, making it difficult for people to spend quality time with family and friends. But neglecting to maintain effective family and social relationships can have a negative effect on one's overall quality of life.

Hotline for emotional wellbeing

Some people may think such negativity recedes over time, and that there is no need to seek help from a third party to improve their emotional state. However, if such problems are not addressed properly, the results can be severe – in some cases leading to a major depressive disorder and other physical or psychological problems. Therefore, to promote the psychological well-being of its staff, Sun Hung Kai Properties

has commissioned Four Dimensions Consulting to run the "Hearty Hotline", a platform where staff members and their family, including spouses and children, can find support through personal counselling and coaching services.

The Hearty Hotline provides 24/7 one-on-one confidential phone-in counselling services covering a wide spectrum of issues. Of all the cases received through the hotline, about a quarter are related to family issues, followed by work and emotional problems, according to Tracy Fung, a clinical psychologist at Four Dimensions Consulting. The hotline also offers access to work-life information on topics such as children's education, elderly homes and overseas domestic helpers.

Follow-up for individual cases

The Hearty Hotline serves as a gateway to full-fledged support for those needing psychological assistance. The hotline counsellors can arrange additional appointments with the appropriate experts as needed, from a clinical psychologist to a marriage counsellor or a social worker.

"Our hotline counsellors are equipped with professional training and an academic background in social work or psychology," Fung says. "Following the call, we sort cases that may need following up by professionals and pass them on accordingly. For example, we have enlisted professional help from clinical psychologists or sought the intervention of marriage counsellors."

If necessary, some cases coming through the Hearty Hotline are passed on to institutions for further evaluation and therapy. "We used to receive calls about difficulties in parenting. After the initial counselling, we have identified concentration problems in the child. The cases were then passed on to the Department of Health for further action," Fung says.

Balancing work and life

As work problems are second only to family issues, the Hearty Hotline also offers one-on-one services by an in-house work-life coach. "The scope of work-life issues is wide. It includes how to cope with changes in working conditions, how to be happier and how to sleep well, as well as maternity coaching for pregnant women and their families," Fung says.

Recognising the importance of timely and proactive counselling services, the Hearty Hotline arranges regular sessions at the workplaces of Sun Hung Kai Properties' staff, allowing them to have a soothing, intimate and reassuring conversation with an individual who can help them to regain a stress-free, work-life balance.

香港生活節奏急速，不少人工作時間長，作息時間不穩，與家人朋友相處的時間更似乎成為了成功的代價。而除了工作外，家庭、社交等方面處理不濟，亦可能會構成負面情緒，生活質素大大下降。

負面情緒 影響身心健康

也許，有不少人認為負面情緒會隨時間消逝，自己亦能解決，毋須尋求外界援助；但其實負面情緒若然得不到恰當處理，後果可能不堪設想，嚴重的甚至會導致憂鬱症，並衍生出更多生理和心理的健康問題。為照顧員工於心靈上的需要，新鴻基地產自2007年1月起，便委託富達盟信顧問有限公司設立「個人諮詢及輔導服務」——「傾心熱線」，為旗下員工及家人（包括配偶和子女）提供傾訴心事、舒壓解困的平台。

「傾心熱線」為24小時的電話熱線服務，讓有需要的新鴻基地產員工和家人，與輔導員一對一傾談，內容會絕對保密。「傾心熱線」的服務範圍多元化，富達盟信顧問有限公司臨床心理學家馮嘉妍指出，在致電尋求援助的人士當中，涉及家庭問題的個案約佔四分之一，其次則是工作問題和情緒及精神困擾。除了尋求輔導外，亦有不少致電人士是為了索取工作生活資訊，如子女升學、尋找老人院、招聘外傭等，「傾心熱線」對此亦不吝提供。

分流跟進個別個案

「傾心熱線」服務其實只是向求助者伸出援手的第一步。熱線輔導員會因應需要，為致電者安排預約服務，讓他們與相關的專業人士，諸如臨床心理學家、婚姻治療師、社工等專業人士面談。馮嘉妍解釋：「熱線輔導員均受過專業訓練，全部都有社工或心理學知識背景。經電話傾談後，我們會把需要跟進的個案進行分流，再由不同領域的專業人士跟進，如有些個案需要約見臨床心理學家進行心理諮詢，而有關夫婦爭執的問題，則交由婚姻治療師處理。」

如有需要的話，「傾心熱線」的專家亦會把個案轉介至有關機構再作評估及治療。馮嘉妍舉例說：「過往亦曾有父母因在教導子女上感到困難而求助於「傾心熱線」，與父母完成初步諮詢後，得知小朋友的問題是基於專注力不足，於是我們便把他轉介至衛生署，以尋求進一步的協助。」

工作生活指導

既然工作問題為僅次於家庭問題的負面情緒來源，「傾心熱線」的團隊亦特別安排工作生活指導教練，提供針對性的一對一指導，馮嘉妍補充：「工作生活的範疇廣泛，如如何面對工作上的轉變、如何可更快樂、提升睡眠質素，以至為員工或家人作好產前產後適應等內容。」

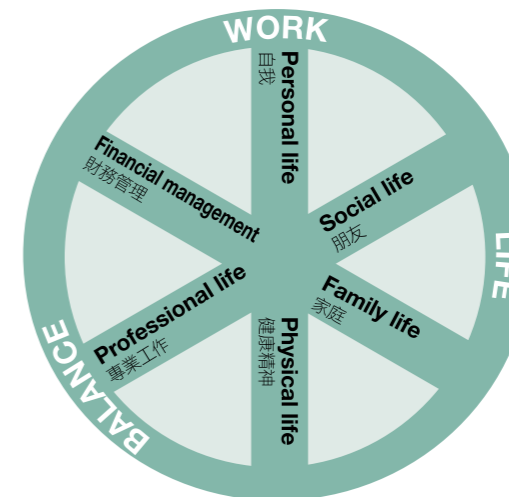
另外，「傾心熱線」亦了解到諮詢及輔導服務要主動伸出援手的重要性，故亦定期安排專業輔導員到新鴻基地產公司，提供駐場諮詢服務，方便公司員工直接找輔導員一對一談心，舒緩生活中的種種憂慮，步向平衡無壓的人生。

The pillars of a balanced life

A balanced life is a happy one. If the scales are tipped, life runs less smoothly, and stress and depression may follow. The ideal balanced lifestyle can be achieved by an understanding of the six pillars of life. They include:

工作生活的平衡

生命就如車輪，要有平衡的轉動才可順利滾動，正如要保持生活中各方的平衡，生活才會愉快。相反，若有一個或多於一個方面失去平衡，壓力和不快便有機會隨之而來。要於工作和生活之間取得平衡，必先要了解生活中六大支柱的發展，包括：

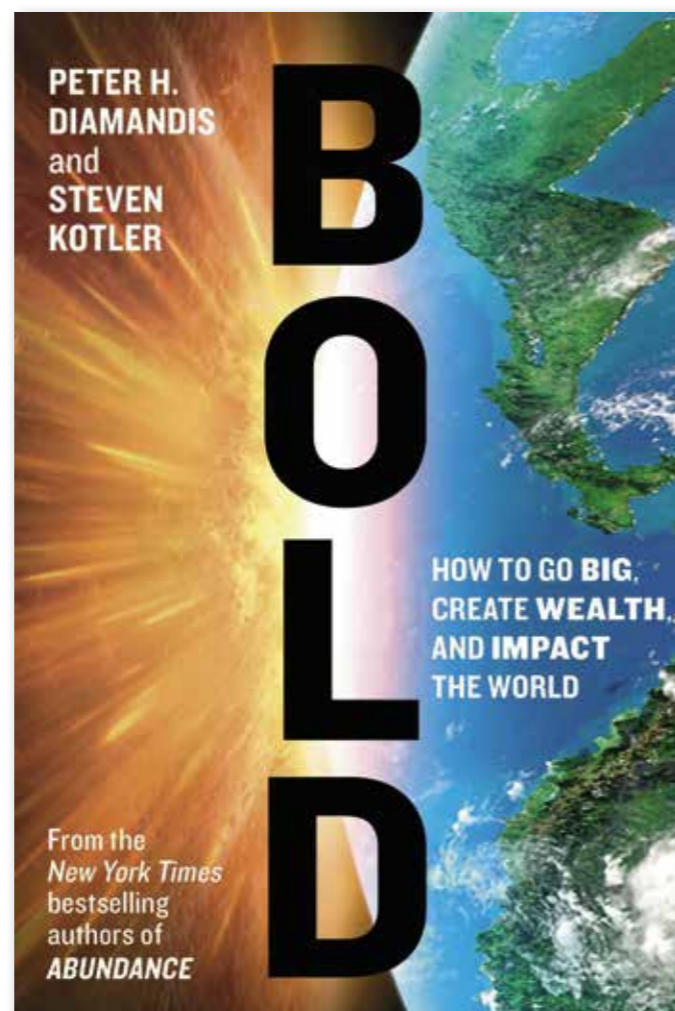


[Source: Four Dimensions Consulting] (資料由富達盟信顧問提供)

Innovation 創新思維

Books inspire innovative wisdom through entrepreneurship, management experience and modern games, in addition to Nasa operations

透過知名企業家的創業及管理精神，甚至是美國太空總署的管理運作及新世代的遊戲，啟發創新智慧



Bold: How to Go Big, Create Wealth and Impact the World

Author 作者: Peter H. Diamandis and Steven Kotler

Publisher 出版社: Simon & Schuster

Published year 出版年份: 2015

Bold unfolds in three parts. Part one focuses on the exponential technologies that are disrupting today's Fortune 500 companies and enabling upstart entrepreneurs to go from "I've got an idea" to "I run a billion-dollar company" faster than ever. The authors provide exceptional insight into the power of 3D printing, artificial intelligence, robotics, networks and sensors, and synthetic biology.

Part two focuses on the Psychology of Bold, drawing on insights from billionaire entrepreneurs Larry Page, Elon Musk, Richard Branson and Jeff Bezos. In addition, Diamandis reveals his entrepreneurial secrets garnered from building 15 companies.

Finally, *Bold* closes with a look at the best practices that allow anyone to leverage today's hyper-connected crowd like never before. Here, the authors teach how to design and use incentive competitions, launch million-dollar crowdfunding campaigns to tap into tens of billions of dollars of capital, and finally how to build communities.

Bold is a manifesto and a manual. It is today's exponential entrepreneur's go-to resource on the use of emerging technologies, thinking at scale, and the awesome power of crowd-powered tools. [Source: amazon.com]

《Bold》共分三個部分，第一部分主要分析現今舉足輕重的指數型科技，如何影響當下《財富》500強企業，以及如何把企業新貴的「一個構思」迅速發展成「一間十億元的公司」。在書中，作者對3D打印技術、人工智能、機器人、網絡、傳感器，以及合成生物學的力量，皆有透徹的洞悉。

書中的第二部分則以億萬富翁Larry Page、Elon Musk、Richard Branson和Jeff Bezos為參照，重點講述這些企業勇士的心理層面。此外，作者Diamandis亦會親身揭示創立15家公司背後的成功秘訣。

最後，書中以多個出色的例子，展示企業如何空前地影響着當今的超級聯通社群。作者會向讀者示範如何部署和善用良性競爭、發動上百萬的網路籌款，以及建立社區群組。

《Bold》不但是則有關勇氣的宣言，同時也是本解說手冊，為時下一眾投身指數型科技的企業家提供實用指南，幫助讀者利用新興技術、打破思想的局限，以及藉助群眾力量的影響力達成目標。(資料來源: amazon.com)

Zero to One: Notes on Startups, or How to Build the Future

Author 作者: Peter Thiel, Blake Masters

Publisher 出版社: Crown Business

Published year 出版年份: 2014

In *Zero to One*, legendary entrepreneur and investor Peter Thiel shows how we can find singular ways to create those new things. Thiel begins with the contrarian premise that we live in an age of technological stagnation, even if we're too distracted by shiny mobile devices to notice. Information technology has improved rapidly, but there is no reason why progress should be limited to computers or Silicon Valley. Progress can be achieved in any industry or area of business. It comes from the most important skill that every leader must master: learning to think for yourself. [Source: amazon.com]

Peter Thiel為傳奇企業家兼投資者，他今次在書中教導讀者如何以獨特的方式來創造新事物。現代人的生活充斥各種智能裝置，款式日新月異；這一切理應是科技發達的象徵，但Thiel卻出奇地唱反調，認為現今是一個技術停滯的時代。雖然資訊科技正在急速發展，但他卻認為高速的發展不應只局限於電腦或矽谷這兩個詞，而應屬於各行各業。至於解決良方就取決於每個領袖都須具備一重要技能——獨立思考。(資料來源: amazon.com)



革新遊戲

Author 作者: Dave Gray戴夫·格雷/Sunni Brown桑妮·布朗/James Macanuff詹姆士·馬肯努夫

Translator 譯者: 褚曉穎

Publisher 出版社: 美商歐萊禮股份有限公司台灣分公司

Published year 出版年份: 2015

This book includes more than 80 games to help you break down barriers, communicate better and generate new ideas, insights and strategies. The authors have identified tools and techniques from some of the world's most innovative professionals, whose teams collaborate and make great things happen. This book is the result: a unique collection of games that encourage engagement and creativity while bringing more structure and clarity to the workplace. [Source: amazon.com]

《革新遊戲》涵蓋超過80個遊戲，幫助讀者打破藩籬、強化溝通，發想新穎的點子、見解和策略。書中的工具和技巧，原本只屬於世界上少數最厲害的創意專家與他們的協力開發團隊。《革新遊戲》彙集了一系列鼓勵參與、創新、打造組織架構，並且讓工作更為清楚明確的遊戲。(資料來源: eslite.com)

For more book reviews, visit the website of the SHKP Reading Club at www.shkpbookclub.com 請登入新閱會網站，參閱更多書評。網址: www.shkpbookclub.com

Innovation the NASA Way: Harnessing the Power of Your Organization for Breakthrough Success

Author 作者: Rod Pyle

Publisher 出版社: Mcgraw-Hill Education Asia

Published year 出版年份: 2014

The most innovative organisation in history, Nasa holds an otherworldly mystique for those of us who look on in awe. But behind every one of Nasa's amazing innovations lie carefully managed operations, just like any other organisation. *Innovation the NASA Way* provides practical, proven lessons that will help you envision the future of your organisation with clarity, meet every challenge with tenacity, and manage innovation with groundbreaking creativity. [Source: amazon.com]

美國太空總署是史上最富革新精神的組織，它超然的神秘感，令我們一眾凡夫俗子驚嘆不已。然而，就像任何其他組織一樣，在每項美國太空總署驚人發明的背後，也具備着周密謹慎的管理運作模式。書中列舉了實用的例證，助讀者清晰地展望未來、不屈不撓地迎接每個挑戰，並以突破性的創造力去作出創新。(資料來源: amazon.com)



落腳矽谷: 一位創業家的貼身觀察

Author 作者: Deborah Perry Piscione 黛博拉·裴瑞·彼頌恩

Translator 譯者: 林東翰

Publisher 出版社: 行人出版社

Published year 出版年份: 2015

When Deborah Perry Piscione moved to Silicon Valley after an illustrious career in politics and media in Washington DC, she was bowled over by the unusual and irresistible charm of the global innovation hub in California, as opposed to its East Coast counterpart. Having spawned three successful businesses in her six-year sojourn in Silicon Valley to date, Perry sums up her observations about the flourishing city from the viewpoint of a seasoned media practitioner. In this brisk examination of the secret behind the Valley's entrepreneurial success, she pinpoints its readiness to support innovative endeavours. [Source: books.com.tw]

政治和媒體紅人Deborah Perry Piscione，一直以為華盛頓是世界中心；自搬到矽谷後，才認識到矽谷舉足輕重且難以抵擋的魅力。定居六年，創辦三家公司；她以媒體人的敏銳，鳥瞰這個讓成功遍遍地開花的城市，描繪出矽谷支持新創企業的生活樣貌。(資料來源: books.com.tw)

Infographics

數樂

16.6%

16.6% of the Fortune 500 board seats are held by women

《財富》500強公司的董事會中有16.6%為女士
<http://goo.gl/O9GIVv>

7 times

The average computer user blinks seven times a minute, less than half the normal rate of 20

使用電腦時，用家平均每分鐘眨眼7次，比正常眨眼次數（20次）少一半以上

<http://goo.gl/qoHscu>

12%

The beneficial effects of plants are that they lower blood pressure, increase employee productivity, and improve reaction time by 12 per cent

植物盆栽能有助減低血壓，提升員工的生產力及反應能力達12%
<http://goo.gl/97HG24>

1/3

From 2025, robots or software will replace humans in one in three jobs

至2025年，人類三分之一的工作將會由機械人或電腦軟件代勞
<http://goo.gl/BtWrtq>

135 degrees

For less strain on your back, sit at a 135-degree angle while you work

向後呈135度角的坐姿能有效減少背部承受的壓力
<http://goo.gl/gv7nx7>

90,000

50%

Multitasking will make your error rate go up 50 per cent and it will take you twice as long to do things

同一時間處理多份工作，會使犯錯機率增加50%，並須多兩倍時間完成工作

<http://goo.gl/MiFQrD>

Over a lifetime, workers spend an average of 90,000 hours on the job

人的一生活平均工作90,000小時
<http://goo.gl/FVmvih>



新鴻基地產
Sun Hung Kai Properties