



DressCircle

A K E R R Y P R O P E R T I E S P U B L I C A T I O N

臻善譜





Cover image:

It's only a small thing, the ring-pull from cans. But the high-grade aluminium they're made of can be upcycled in new and meaningful ways - as eco-fashion handbags and clothing, medical aids, and more. Everything can be reused, if we give it a chance. May the energy of summer inspire us all to refresh and renew a greener daily lifestyle.

縱然它只是一個毫不起眼的罐子拉環，當中的優質鋁材卻可以循環再造，成為全新、別具意義的物品，比如環保時裝的手袋、衣裳，還有醫療輔助用品等等。其實，只要我們願意花上一點心思，所有物品均可多次重用。就讓夏日的活力激發我們的靈感，增添一抹新鮮、新穎的色彩，走上更環保的生活道路。

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Editorial Director Winnie Chung
Editor Joven Mak
Production Editor Deen Nawaz
Writer Peta Tomlinson
Subeditor Laramie Mok
Translators Candace Mok
Art Director Jimmy Wang
Assistant Administrative Supervisor Thomas Chang
Account Management Karrie Lam, Kenny Wong,
Frank Leung, Nikki To
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Kerry Properties Editorial Team
Michelle Lam, Wing Yau, Agnes Cheung, Amelia Ho, Jowin Lam
5/F, Kerry Centre
683 King's Road
Quarry Bay, Hong Kong
Tel: (852) 2967 2200





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Inspiring ideas re-utilise resources

In Hong Kong, the growing momentum of an innovative venture philanthropic organisation is improving lives in local communities, and working to reduce the wider global impact of environmental degradation.

Social Ventures Hong Kong (SVhk) is a venture philanthropic organisation established to nurture social start-ups which address Hong Kong's urban challenges of our time. A diverse portfolio of incubated ventures under the SVhk umbrella encompasses issues from disability and elderly services, to affordable housing, animal welfare, and a range of climate change initiatives.

Hong Kong's first venture philanthropic fund nurtures promising start-ups from ideas generation towards sustainable business solutions. As explained by Francis Ngai, SVhk's founder and CEO, social start-ups deemed to have high impact for effecting positive change in our world are supported by way of financial investment and strategic business support.

"We take a holistic approach to funding ventures, working collectively with the community and likeminded investors and, wherever possible, utilising existing resources," Ngai says. "Thinking through issues together clarifies how, through innovation, social problems can be sustainably resolved."

Concern for others is at the heart of the organisation's philanthropic mission. Services provided by its social start-ups touch all age groups, initiating intergenerational home visits and support for elderly citizens living alone, for instance, and inspiring children from grassroots families to grow with happiness. Among the environmental objectives, preserving the planet's precious water and food resources is key.

Extending its vision to the corporate community, the business consultancy arm of SVhk talks to companies about how to integrate social and environmental care into their core strategy – thereby meeting their sustainability and business agendas simultaneously. As its work gains traction, and meaningful enterprises are incubated, Hong Kong's social conscience gains strength.

One example of an idea actioned is BottLess, a social enterprise offering convenient and sustainable

alternatives to the use of disposable plastic. Up to 2,000 tonnes of plastic is discarded in our city every day, and the treatment of that which is recycled is both labour-intensive and inefficient. Apart from the obvious burden on landfills, the manufacturing process is itself wasteful: it takes 3 litres of fresh water to produce 1 litre of bottled water.

The BottLess solution is to provide convenient and accessible alternatives to buying one-time-use plastic bottled drinks across Hong Kong. For example, BottLess partnered with an outdoor gear shop on L7 of MegaBox in East Kowloon to install a filtered water dispenser for all patrons to fill their own bottles with clean and distilled water on the spot, or buy a bio-degradable bottle at the designated BottLess Corner if they do not have a bottle with them.

Disposable bottles account for only one part of the environmental impact of our throwaway society – packaging is another. In response, BottLess also distributes biodegradable and compostable food containers made from bamboo, and cutlery from plant-based starch. As part of their sustainability efforts, Foo Ka Chinese Restaurant and Congee & Noodle Shop in Quarry Bay use these eco-friendly products in their food service.

Both restaurant outlets are also 'greening' their menus to offer more vegetarian choices, with special offers on Mondays. These initiatives are aligned with the intent of Green Monday, a Hong Kong-based movement promoting plant-based lifestyles, which is one of SVhk's early success stories.

In support of Green Monday, which is now a worldwide platform, the residential clubhouse at Dragons Range offers a vegetarian menu every Monday and Wednesday, including recipes using plant-based protein meat substitutes, and almond milk. By recreating the colour, taste, aroma and texture of beef, chicken and fish, these beautifully plated, nutrient-rich dishes capture the sensory experience we all crave in food, making its consumption all the more satisfying.



Congee & Noodle Shop in Quarry Bay is also ‘greening’ its menu to offer more vegetarian choices, with special offers on Monday. 粥麵館推行綠色飲食，為顧客提供更多素食選擇，星期一更有「綠惜精選」優惠。

Aware of the environmental impact food – especially meat consumption – has on our planet, Green Monday’s co-founders are committed vegetarians. But they don’t expect everyone else to be. It’s not about advocating eliminating meat from diets, explains David Yeung, CEO and co-founder. But as more restaurants come on board offering appetising, plant-based menu items, and householders learn how to prepare meat-free meals at home, society as a whole takes ‘baby steps’ towards change.

Mr Yeung outlines why such measures are important. “Eating vegetarian meals even once a week will help to reduce carbon emissions on a global scale,” he says. Food is an entry point to engage people and change their behaviour, but this is just the start of the conversation, he adds. The Green Monday approach encompasses a more holistic change towards a greener lifestyle overall.

Thanks to innovation in food technology, we don’t need meat to live strong any more: a modern vegetarian meal packs enough protein to fuel even marathon runners, and sustain us happily in our daily lives.

Also, going without meat doesn’t mean giving up good food. As David Yeung explains, high quality plant-based meat substitutes satisfy on both a physical and emotional level. Using plant-based meat substitutes, home cooks can still prepare family favourites, only in healthier, greener versions. A minced beef-like product, for instance, is a tasty alternative for yu heung kei zi (魚香茄子), a spicy Cantonese eggplant claypot dish that is usually made of pork.

A diet consisting mainly of vegetables and plant-based protein, with occasional consumption of animal flesh, is a viable way for people to cut down on meat and their carbon emissions. As awareness spreads, David Yeung believes that greener eating will be one of the biggest food trends of 2017.

智慧概念 巧用資源

一項由香港慈善創投機構牽頭倡議的計劃，正在改善本地社區的生活，致力減低全球環境惡化的影響。

香港社會創投基金（SVhk）為慈善創投機構，旨在扶掖初創社會企業，回應香港迫切的社會問題。由SVhk培育的社企橫跨不同界別，針對殘疾、長者服務、可負擔房屋、動物權益及氣候變化等議題。

SVhk專門孕育具發展潛力的初創社企，於各階段提供支援，包括構思概念以至草擬可持續商業計劃。SVhk創辦人暨行政總裁魏華星指出，該機構以提供資金及策略性商業支援的方式，扶助能夠造福全球的初創社企。

魏華星解釋：「我們為社企提供全方位支援，與社區和志同道合的投資者通力合作，盡量善用手頭上的資源。我們共同探討不同議題，試圖以創新方式長遠解決社會問題。」

慈善創投機構以關懷為本，旗下初創社企提供的服務涵蓋所有年齡層，如上門探訪獨居長者並提供協助，以及鼓勵基層家庭的小孩快樂成長等。在環保議題上，機構認為保育地球的珍貴食水及糧食資源至關重要。

SVhk將機構宗旨推廣至旗下社企，其業務顧問部門建議企業如何將社區及環保工作融入核心策略，從而兼顧公司的可持續發展及業務方針。隨着機構的慈善工作取得成果，別具意義的社企相繼出台，香港人將更注重社會責任。

其中一個付諸實行的公益意念是「BottLess」，目標是透過提供便利環保的「走塑」替代品，取代即棄塑膠產品。香港每天棄置高達二千噸塑膠，塑膠回收工作亦須耗費大量人力物力。樽裝水不但直接增加堆填區的壓力，其生產過程本身已造成浪費：製造一公升樽裝水要用上三公升乾淨食水。

BottLess旨在提供便利的「走塑」替代品予香港市民，鼓勵減少購買即棄膠樽飲品。BottLess曾與一間位於東九龍MegaBox L7的戶外用品店合作，設置一部過濾飲水機，

供顧客即場為自攜水樽裝滿乾淨的蒸餾水，未有自備水樽的顧客亦可於指定的BottLess Corner購買可生物降解的水樽。

香港是個習慣使用即棄產品的社會，即棄膠樽只是我們破壞環境的一例，另一元兇是包裝。有見及此，BottLess提倡使用可生物分解及可堆肥的竹製食物盒及植物澱粉製餐具。位於鰂魚涌的富嘉閣和粥麵館亦支持可持續發展，餐飲服務均選用這些環保產品。

此外，兩間餐廳均推行綠色飲食，為顧客提供更多素食選擇，星期一更有「綠惜精選」優惠，以呼應香港社企Green Monday的呼籲。這間推廣素食文化及綠色生活的企業，是SVhk早期支持及成功培育的社企之一。

為支持Green Monday的全球活動「無綠不歡星期一」，玖瓏山的私人住宅會所逢星期一、三提供素食菜單，食譜採用取代肉類的植物蛋白質及杏仁奶等食材。菜式擺盤精緻、營養豐富，重現牛肉、雞肉和魚肉的色、香、味和口感，滿足我們品嘗美食時追求的感官享受。

由於意識到糧食消耗（尤其是肉類）對地球環境的影響，Green Monday兩位創辦人均是素食者，但他們並不指望所有人效法。行政總裁兼創辦人之一的楊大偉指出，機構並非提倡完全摒棄肉食，只是隨着愈來愈多餐廳提供美味素食，加上市民懂得烹調無肉菜式，社會整體可踏出一小步，逐少改變飲食習慣。

楊大偉總結這些措施為何如此重要時說：「即使每人一週只吃一頓素食，已經可以大幅減碳。」他補充道，飲食是令人們參與綠色環保，改變生活習慣的第一步，但環保信息仍須推廣至更廣闊的層面，Green Monday就從多方面宣揚可持續的生活方式。

食品技術革新，令我們亦毋須再進食肉類亦能強健體魄：一頓現代素食的蛋白質，能提供足夠能量予馬拉松跑手，亦滿足到一般人的日常營養所需。

而且不吃肉類並不代表我們要放棄美食。楊大偉解釋，優質素肉可同時滿足心理和生理需要。即使以植物製的素肉入饌，我們仍可煮出家人喜歡，而且更加健康環保的菜式，譬如以免疫素牛肉取代魚香茄子的免疫豬肉。

若想減少食肉及碳排放，日常飲食不妨以蔬菜和植物蛋白質為主，間中加入少量肉類。楊大偉認為隨着環保意識提高，綠色飲食將是2017年一大飲食趨勢。



Let's shake off the outdated notion that vegetarian food is dull and lacklustre. Foo Ka Chinese Restaurant offers good examples. 綠色飲食不一定枯燥乏味，富嘉閣的食物就是一例。

Social Ventures Hong Kong

Social Ventures Hong Kong (SVhk) was founded in 2007 as an innovator of social change. Though a business model aiming to invent, inspire and incubate, and with the support of likeminded backers and community collaborators, Hong Kong’s first venture philanthropic fund has successfully incubated 12 social ventures to date, and supported a number of others.

香港社會創投基金

香港社會創投基金（簡稱SVhk）於2007年成立，為推動社會創新發展的先鋒組織。當中的商業模式志在創建、啟發和培育不同社區項目，再加上與擁有相近理念的支持者和社區夥伴合作，這個香港的首個企業慈善基金迄今已孕育出12個社企，並對其他不同機構予以支持。



Innovating for workplace wellness

Over the course of their working life, a person may spend more than 90,000 hours in the office. To reduce the risk of stress-related illness, and keep staff in top physical and mental shape, it pays to cultivate a green workplace culture.



Research by Bond University, a leading Australian university in Queensland, concluded that the human benefits of a green workplace “are massive.” Employees in green workplace environments consider themselves to be happier and healthier than employees in non-green workplace environments, the study found. Some research goes one step further, claiming that green office buildings not only contribute to higher satisfaction levels amongst occupants, but also contribute to better health. A World Green Building Council report concurs that greener and healthier workspaces have a positive impact. Terri Wills, CEO of the World Green Building Council, says: “While our earlier work presented the overwhelming evidence between office design and improved health and wellbeing of workers, this report breaks new ground by demonstrating tangible action businesses are taking to improve their workspaces. The results are clear – putting both health and wellbeing, and the environment, at the heart of buildings is a no brainer.”

Simple steps may start with improving air quality, increasing natural light and introducing greenery.

Encouraging staff to be mindful of their everyday actions – such as reducing paper usage, banning bottled water, unplugging electrical devices when not in use and thoughtful disposal of food waste – can empower workers to contribute to their own wellbeing, and an organisation’s sustainability agenda. And since greener habits practised at work might flow on to people’s home environment, green awareness filters deeper across society.

Local sustainability specialist Joseph Chan, Head of Sustainability at Hong Kong Polytechnic University (PolyU), concedes that from the confines of an office, it may be harder to see a connection with broader environmental issues. “However, the truth is that we all have a responsibility to ensure that our everyday decisions and operations bring as little as possible adverse impact to the broader environment,” he says.



As an educational institution, PolyU believes that education effects change. “We believe that participation in a sustainable office environment will have positive effects on the individual, who can easily apply similar practices to their home as well,” Chan says.

Kerry Properties agrees that a collective effort motivates others to improve. In keeping with its company-wide vision to build for a greener future, the Group has devised the Green at Work Contest, an innovative campaign launched this summer across the Group’s retail and commercial developments in Hong Kong with the aim to raise environmental awareness and encourage sustainable practices by motivating merchants and staff at their own workplace.

This represents a fresh approach to spreading a sense of green among other corporates. By seeing their own employees join a collective effort at the shopping mall or office where they work, companies may be further educated and motivated to improve their own environmental efforts. The concept is expected to generate many inspiring ideas which could be easily implemented as daily workplace practice.

Grand prize winners will enjoy unique encounters at Ocean Park Hong Kong. The opportunity to meet dolphins and dine at Neptune’s Restaurant, sitting beside a huge wall of glass as

sharks and other fish glide by in their underwater home, are experiences so rarely attainable, at any price.

Among other unique animal encounters throughout the year, see up close koalas from Australia, pandas from China, and observe the delightful antics of a penguin colony at Polar Adventure.

Memories to last a lifetime can be kept in the winners’ hearts. By sharing their smart green tips and spreading environmental awareness through the workforce and society, all participants in the campaign have helped to change individuals’ behaviour and conserve nature as a result.

This very special Ocean Park experience helps deepen the green roots in visitors’ hearts, just as the Green at Work Contest does in gathering the collective minds of people who love nature. As a catalyst for ongoing improvement, a great response from all tenants should help spread the green message far and wide, and the green initiatives it will spark can become part of routine workplace culture, reinforced every day.

For we all have an important role to play. Regardless of whether one’s workplace is a big corner office, or a small but important back office, changes can be made which add up to a big difference.

創新綠意 健康工作

人生平均工作時間可高逾九萬小時，若要令員工身心健康愉快，減少工作壓力引起的疾病，並提高工作效率，便須培養綠色工作文化。

澳洲昆士蘭邦德大學的一項研究結果顯示，在綠色環境中工作能讓人獲益良多。研究發現在綠色環境工作的僱員較非綠色工作環境的僱員更健康快樂。部分研究進一步指出，綠色辦公大樓不僅大大提高上班族的滿足指數，還令他們體魄強健。世界綠色建築委員會認同更環保和健康的工作環境對僱員有正面影響。

世界綠色建築委員會行政總裁Terri Wills說：「我們早期的研究雖足以證明辦公室設計有助改善僱員身心健康，但澳洲的研究報告破天荒顯示具體可行的綠色方案，有助提高工作環境質素。結論顯而易見——將身心健康和綠色環境融入建築物是件毫不費勁之事。」

簡單可行的方法可從改善空氣質素、增加自然採光及多栽種綠色植物着手。

公司須鼓勵僱員注意日常行為習慣，如減少耗用紙張、禁絕瓶裝水、拔掉閒置電器的插頭及妥善棄置廚餘等，都能令員工為自己的健康和公司的可持續發展出一分力。由工作環境開始實踐綠色生活習慣，或有助將之融入日常起居生活之中，讓環保意識傳遍整個社會。

本地可持續發展專家陳慶麟是香港理工大學（下稱理大）可持續發展處主管，他承認受辦公室的環境所限，人們難以看到綠色工作間與宏觀環境議題的關係。他說：「然而，我們都有切實的責任管理辦公室的日常決策和運作，確保兩者對環境的負面影響減至最低。」

理大貴為教育機構，自然深信教育造就改變的力量。陳慶麟說：「我們相信，建立可持續發展的辦公室環境對個人生活帶有正面影響，令人們更容易在家中應用相近的綠色生活方式。」

嘉里建設認同集體行動有效驅使其他人改進。為秉持公司的環保理念，創造美好將來，嘉里建設於夏日舉辦嶄新比賽「創綠意・贏大獎」（Green at Work Contest），並在集團旗下的香港商業和零售發展項目推行，旨在提高商戶及其員工的環境保護意識，鼓勵他們培養可持續的生活習慣。

比賽的破格思維有助向其他公司宣揚綠色生活理念。讓購物商場或辦公室的員工一同加入綠色生活行列，從而樹立環保榜樣，有效教育並推動公司改善環保工作。

集團旗下物業的商戶和其員工亦一同參與這個別具意義的綠色競賽，獻上多個環保點子，帶來很多啟發人心的辦公室環保小貼士，並一一在日常工作中輕鬆實行。

冠軍得獎者可享受一趟獨一無二的海洋公園之旅，有機會近距離跟海豚會面，並在海龍王餐廳中用膳。坐在龐大玻璃幕牆旁，欣賞鯊魚和其他魚類在水底的泳姿，更是無價體驗。勝出者更可觀賞澳洲樹熊及中國大熊貓，在冰極天地細看企鵝大軍可愛趣怪的舉動。

在海洋公園的珍貴回憶定能讓得獎者畢生難忘。參加者亦能透過在公司實踐並與社會大眾分享精明環保小貼士，推廣環保意識，鼓勵大家改變個人生活習慣，保護自然環境。

這趟海洋公園非凡之旅，將綠色生活概念植根訪客心中，而「創綠意・贏大獎」則號召一眾愛護大自然的人士，合力響應環保。商戶對比賽反應熱烈，為持續進行的環保改善工作注入強心針，把綠色生活意念廣傳開去，燃起環保星火，並於未來融入日常工作之中，成為公司文化的一部分。

我們都是環保大軍的重要一員。不論是寬敞開揚的辦公室或是細小精悍的後勤辦公室，每個小改變都能聚沙成塔，促進環保發展。

Grand prize winners of Green at Work Contest will enjoy unique encounters at Ocean Park Hong Kong. 「創綠意・贏大獎」的冠軍得獎者可享受獨一無二的海洋公園之旅。



Stylish life
shines through

In the prime inner-urban hub of Hong Kong, where the pace of international business and commerce beats at breathtaking speed, there exists an oasis of peace and tranquility.



On the one hand, you have Causeway Bay, a microcosm of Hong Kong's legendary shopping scene with its luxury malls and designer boutiques; as well as Admiralty/Central, a multinational corporate heartland and the home to various international embassies.

On the other hand, there is Happy Valley, a green retreat blissfully sheltered from the congestion all around. Happy Valley is home to those who wish to ratchet down the noise and haste, and to do so within the luxury of the sort of home for which this district is renowned. The rich, the famous, and upwardly mobile alike are all drawn to this neighbourly community of cosmopolitan professionals.

Residents stroll through the pedestrian-friendly streetscape, some in active wear on their way to the jogging trail or various sporting clubs; others dressed to meet friends at one of local restaurants or wine bars.

The harmonious fusion of cultures and lifestyle pursuits



In addition to elegant surroundings on Shan Kwong Road, various community facilities and dining options will fulfill all your daily needs. 山光道環境優美，各類社區設施及食肆均對能夠滿足你對生活的需求。



which makes up the fabric of Happy Valley is also evident in its eclectic architecture. Buildings span the design gamut from ornate Chinese renaissance to minimalist modern, from traditional low-rise walk-ups to swank new residential towers.

One of the latest arrivals on this tightly-held residential scene adds another architectural masterstroke to the mix.

The chic, urban loft-inspired apartment building, Resiglow, on Shan Kwong Road could be equally at home in downtown Manhattan, where the idea of loft living was first explored by some young New York artists who were dissatisfied with life in an exquisite apartment.

Their preference for open floor plans which maximise air flow and natural light, and inspire creativity through visually-connected spaces, established a new standard in sophisticated city living. Architects began adopting a loft aesthetic in leading world cities, sparking a global trend. In



Happy Valley, a 29-storey tower, statuesque in steel and glass, provided the perfect blank canvas for a New York-style loft reimagined in Hong Kong.

Hip young professionals looking to make their mark in the world appreciate the building's clean, uncluttered design language, stylish in a palette of black and white with tactile, textural finishes.

The industrial-chic façade has individual balconies that are more than just window-dressing. These are physical extensions to each apartment's living room. This design allows residents to take full advantage of natural ventilation and open views to bring the outdoors in.

As architect David Hoggard explains, the additional outdoor space differentiates the building from other developments where residents may find themselves shut off from the environment.

An architectural triumph is the innovative glass lift which animates the building at its core. Illuminated at night, its design takes on a shooting star effect as the lift goes up and down, blazing a trail of silver against the classic black and white façade.

For a relaxing start to the morning, residents might drop in to the clubhouse, sipping coffee as they scroll their

Live the life in luxury home, for lease in Happy Valley

smartphone to plan the day ahead — a visit to the country, perhaps, if it's a well-earned day off — or check the tasks to be ticked off the day's to-do list.

Early risers might have already completed their exercise regimen. They feel refreshed and alive, ready for anything — the tailored fitness programme created for each individual's specific goals is clearly bearing results.

Even if it's a work day, residents aren't rushing. The short commute to the office from their centrally-located apartments allows for maximum time at home. And on the way back, at day's end, they may pop in to the neighbourhood supermarket or deli to pick up some gourmet supplies.



Back at the clubhouse, it's chill-out time. With glass of wine in hand and music playlist playing in the background, residents feel on top of the world in their 32nd floor eyrie, fortunate indeed to call such an environment home.

In the lobby's garden, a sense of serenity envelops. One's thoughts may drift to a similar feeling at The High Line Park in Manhattan, New York City's iconic transformation of an old railway station into an urban park.

As they settle into the relaxed sense of community that coming home to their clubhouse brings, thoughts might turn to the evening ahead. Perhaps, tonight, a twilight BBQ on the terrace. Walk the dog to meet friends at one of the al fresco night spots. Or entertain at home, in the clubhouse function space.

The ambience of a chic, urban lifestyle becomes even clearer in the personal spaces. Residents will find the space and privacy they desire in a floorplan of only two flats per side. Generously proportioned at 698 or 619 sq ft, each offers a master and guest bedroom, plus for those who desire it, the option of an ensuite.

Young professionals and entrepreneurs who surely enjoy living here could then slip into something comfortable from the clothes arranged in their fitted wardrobes, turn on some relaxing mood music, then, before stepping out onto their balcony to star-gaze and take in the night air, pour themselves a drink in the kitchen equipped with European-branded appliances.

But some may wish to express their individuality in even more salubrious surroundings. In that case, the building's two penthouses reach the upper echelons of all that the good life can offer. Impressively expansive at over 1,249 sq ft plus an additional outdoor living area, the three-bedroom penthouses with ensuites leave nothing for the high-achieving, cosmopolitan community to desire.

All these elements of a sophisticated urban lifestyle come together within an easy, short walk of local shops, cafes, restaurants, supermarkets and tram stops.

You might expect such an offering in modern-day Manhattan – but you can find it here in Happy Valley, the chic green heart of urban Hong Kong. A city home that puts 'life' and 'style' into living awaits your inspection now.



高雅品味 點亮生活

香港最尊貴的核心都會地段，一方面有蓬勃發展的國際企業和商務活動，另一方面卻存在着一片寧靜祥和的「城市綠洲」。

香港擁有銅鑼灣這個著名購物樂園，各大豪華商場和設計師名店林立；同時具備中環、金鐘等國際商業中心地帶，匯聚跨國企業總部，而各國大使館亦座落於此。

但在繁囂鬧市之外仍有謐靜樂土——跑馬地。區內坐享大片林蔭，與周遭的擠擁隔絕，是遠離喧鬧的理想家園，造就該區豪宅處處，吸引富商名人和城中新貴安居樂業，與一眾專業人士為鄰。

住客在寬闊的街道上漫步，有人穿着運動服前往緩跑徑或健身會所；有人悉心打扮，到區內的食肆或酒吧與好友相聚。

跑馬地將各種文化與生活方式和諧融合，奠定其社區風貌。這種特質更見區內包羅萬有的建築設計上，包括華麗的中國文藝復興風格以至現代的極簡主義；傳統的低密度平房以至新式豪華住宅大廈等。

跑馬地住宅樓盤素來供不應求，而近期新盤當中，更見區內又一大師級傑作。

時尚都市閣樓式公寓Resiglow位於山光道，媲美於曼哈頓市中心的設計公寓。閣樓公寓的理念始自紐約藝術家，他們不甘活在狹小的居所中，遂興起將商廈閣樓改裝成寬敞住宅的念頭。

閣樓式公寓主張開放式家居設計，大大增加空氣流通和自然採光效果，以視覺連繫空間，發揮無窮創意，為雅致的城市生活創立新標準。建築師將閣樓公寓的美學概念應用至全球各大城市，掀起世界熱潮。跑馬地這幢29層高的住宅以精鋼和玻璃建造，氣派不凡，讓品味過人之士，在香港重新演繹紐約式閣樓公寓的生活風尚。

希望闖出名堂的新一代專業人士，自當鍾情其簡潔俐落的設計風格，黑白主色配合各種素材和質感，別具時尚氣息。

建築物的外牆採取時尚工業風的設計，獨立陽台點綴其中，不僅是門面裝飾，更可延伸各單位客廳的空間感。這個設計讓住客能充分利用自然氣流通風，並且把室外的景致帶到室內。

建築師David Hoggard解釋，發展商採用陽台設計來增加室外的空間，摒棄一般住宅物業的侷促感覺，令該發展項目更加別具風格。

Resiglow的開放式空間設計，配以個人化會所設施和花園平台，為住客提供非凡品味生活。

嶄新的玻璃升降機令大樓從內而外散發活力，是建築界的另一傑作。升降機在夜幕下閃閃生輝，恍如往復不斷的璀璨流星，在大樓的經典黑白外牆上，劃出銀光閃閃的星光軌跡。

Resiglow, stylish in a palette of black and white with tactile and textural finishes, presents a clean, uncluttered design language.

Resiglow的設計風格簡潔俐落，另以黑白主色配合各種素材和質感，別具時尚氣息。



悠閒的清早，住客可到會所呷一口咖啡，以智能手機敲定日程。如果碰巧是偷得浮生的假期，就計劃到郊外遠足；如果是工作天，就計劃一下當天須要完成的工作。

早起的鳥兒或許已揮灑運動汗水，感覺煥然一新，為新一天準備就緒。按個別目標度身訂造的健身課程，想必已發揮效用了。

即使是工作天，住客都不慌不忙。辦公室與位處市中心的公寓相距甚近，通勤時間減少，讓住客有更多時間享受家居生活。下班回家時，他們可以走進鄰近的超級市場購買食材。

回到會所便是輕鬆享受的時刻。住客品嘗美酒，細聽柔和音樂，在32樓的隱世天地，猶如身處世界之巔，能夠在此處築起家園，實在萬般幸運。

至於大堂的平台花園則有着一種寧靜致遠的氛圍，教人聯想起曼哈頓的「空中公園」。後者乃由舊鐵路站改建成都市公園，是紐約市著名地標。

住客來到會所，安享休閒輕鬆的社區環境，心裏油然計劃着晚上的精彩活動。或許今晚在平台來一場黃昏燒烤會；或是帶着小狗與摯友在露天餐館聚餐；又或在會所空間盡情享樂，感覺賓至如歸。

私人空間更是瀰漫着時尚的都會生活氣息。一梯四伙的單位佔地698或619平方呎，空間寬敞，私隱度高。各單位備有主人房及客房，亦可選配主人套房。

渴望定居這裏的年輕專業人士和企業家，可從整齊的衣櫃內信手拈來舒適的服飾。一邊欣賞輕鬆愉快的音樂，一邊走進配備歐洲名牌廚具的廚房裏，為自己斟一杯美酒，再踏出陽台欣賞夜幕下的星光，呼吸一口寧靜舒爽的空氣。

或許有些人希望在更舒適恬靜的環境中展現個性，那大樓頂層的兩個豪華複式單位，定必滿足他們對優質生活的要求。單位佔地逾1,249平方呎，空間遼闊，另設戶外起居空間，頂層三房豪華單位連套房，完全切合都會名士的尊貴需要。

這些多姿多彩的都會生活元素，與區內商店、咖啡室、食肆、超級市場及電車站只相距數步之遙。

你可能以為此等豪華生活只在現今的曼哈頓方能享受，但其實它就藏身在香港鬧市中的綠洲——跑馬地。這個將「生活」與「時尚」合而為一的都會家居，正待你盡情探索。

Splash out this summer

Summery weather brings out the best of the Hong Kong countryside. A short distance from the city, a fresh breeze in verdant forests blows gently beneath blue skies. Warm days are an ideal time to get outside into the sunshine, and splash in the clear waters of the lake at Little Egret Nature Park.

This season, the fun of Hong Kong's favourite aqua playground incorporates the thrilling sport of cable wakeboarding – now so easily accessible for everyone to enjoy. Gaining popularity around the world, cable wakeboarding is an exciting combination of surfing, snowboarding, skating and water skiing all in one. As the rider glides over the water, a feeling akin to flying elicits whoops of sheer delight.

Before the advent of cable parks made it so easy and affordable to play, wakeboarding behind a boat was a time-consuming and costly sport. You had to have access to a boat, enough spare time to spend a day out on the water, and not mind that fuel-guzzling motor boats are not exactly environmentally-friendly. And that's without considering that you really do need flat water, like a lake.

The lake within the peaceful green oasis of a nature park in Tai Po Kau Village provided the ideal venue for a team of wakeboarding enthusiasts who got together to make the sport accessible to all. As a tidal lake, its water is flushed clean daily. It's always calm, whatever the weather. And the park is so easy to get to, being conveniently located between Tai Po Market and University MTR stations.

The park's high-tech set-up puts the sport of wakeboarding within reach of more people in Hong Kong, with a facility to serve both the large number of existing enthusiasts, and enabling newcomers to get started. Its operators include an experienced

cable park designer who has installed systems internationally including training facilities used by world champions.

Cable wakeboarding, where the rider holds onto a rope being pulled by an electrically-driven cable – instead of being towed behind a boat – is preferred for a number of reasons. It's safer: there are not the risks associated with being out in the open sea, and injuries are rare. Nervous beginners have more confidence, because they are always close to shore, and the operator can adjust the system to a speed they are comfortable with, even to below walking pace.

You don't even need to know how to swim, as a comfortable ski vest worn at all times keeps even non-swimmers comfortably buoyant in the water.

Practising the sport is more affordable at a cable park – so enthusiasts can enjoy doing it more often. With no boat wash to erode the banks, and no motor using fuel, it appeals to environmental sensibilities. And because the electric-powered system is silent, there are no noisy motors or generators to disturb the park's peaceful ambience – nor any unpleasant fumes.

Apart from convenience, safety, environmental and cost considerations, cable wakeboarding is accessible to all in another meaningful way. The team behind Hong Kong's new park has taught newbies from toddlers to senior citizens, as well as people with disabilities.

Most people are up and riding within the first 10 minutes of trying, and reach a competent level within an hour. The operator





on the shore keeps a keen eye on the rider, and tailors the experience according to their competence.

With practice comes the skill to perform daring tricks which is what this sport is really all about. The mastery to jump, flip, invert and roll, flying through the air with the greatest of ease, brings a rush of pure adrenaline.

With this new avenue for relaxing outdoor play, Hong Kong's corporate community also gains an innovative new avenue for company incentives and team-building activities.

In addition to cable wakeboarding, a day of corporate bonding and networking in the great outdoors might include nature tours or interactive workshops offered concurrently at the site. The hosts and their happy guests can then mingle over refreshments in the Little Egret Restaurant's large-scale dining room, on its breezy verandas, or enjoy a BBQ on the al fresco terrace. Adaptable to so many occasions, the venue and its various elements can cater amply to events of every kind.

Though riders go one at a time, it's actually a team sport. A two-hour booking is usually shared by four people, who take it in turns so that everyone stays fresh. It's so visually exciting from the sidelines, that even non-riders come to watch as well. An aqua park has also opened, bringing another dimension to the facility, introducing water-based fun for all.

With summer in full swing, what are you waiting for? Blue skies and sunshine, fresh air and clean water make Hong Kong's fun-filled aqua playground the best place to chill with friends, and then return home feeling refreshed and invigorated.

All that's needed to get started is to book a session: gear for beginners, including wetsuits, life vests, helmets and boards, are all provided.

And what a way for young men and women to develop those six-pack abs! Wakeboarding is a highly physical activity which gives full body exercise, while you're just out there having fun.



Instead of being towed behind a boat, the rider of cable wakeboarding holds onto a rope being pulled by an electrically-driven cable. 鋼索滑水的玩家須手持電動繩索，而非由船隻拖曳。

夏日水中樂

炎炎夏季最能展現香港郊區的魅力。毗鄰鬧市的郊區，在蔚藍的天空下，沁涼的清風吹拂蒼翠茂密的樹林。風和日麗的日子最好出走戶外，享受和煦陽光，躍進白鷺湖互動中心清澈的湖水之中。

今個夏季，香港水上遊樂勝地引入緊張刺激的鋼索滑水，讓更多人一嘗滑水的趣味。

鋼索滑水正掀起全球熱潮。這項運動集衝浪、單板滑雪、溜冰及滑水於一身，玩家在水面上滑行時，恍如拍翼飛翔，帶來無窮樂趣。

鋼索滑水玩法簡單，所費無幾。相比之下，在這項運動面世前，傳統水上滑板所花的時間和金錢遠遠為多。首先，你必須覓得船隻，並預留整天時間出海，即使你不介意船隻的耗油引擎並不環保，也必須找到靜如湖泊的水面。

湖泊位處大埔滘村白鷺湖互動中心的綠洲內，環境幽靜，亦為一眾滑水迷提供理想地點，讓大眾更容易接觸到這項水上運動。由於是潮汐湖的關係，水質格外清澈。湖面在任何天氣下均平靜無波。中心位處港鐵大埔墟站與大學站之間，交通十分方便。

中心的高科技設備令香港更多市民得以接觸水上滑板運動，讓廣大滑水迷和新手也能共享箇中樂趣。設施由專業團隊營運，包括一位經驗豐富的鋼索滑水樂園設計師，他曾在全球各地安裝滑水系統，當中之不乏世界冠軍使用的訓練設施。

選擇鋼索的原因眾多，其一是安全考慮。鋼索滑水的玩家須手持電動繩索，而非由船隻拖曳。由於鋼索水上滑板毋須在大海進行，大大減低受傷機會。因為靠岸距離較近，加上操作員可配合玩家的舒適程度，將系統的速度調節至低於步速，令緊張的新手更有信心駕馭。

玩家可穿着舒適的滑水背心，因此不諳水性亦能輕易浮於水面，根本毋須懂得游泳。

滑水迷可以實惠的價錢，在鋼索滑水樂園盡情練習。這裏沒有人會在岸邊清洗船隻污染堤岸，也沒有耗用燃油的摩打，對環境亦無傷害。系統以電力驅動，十分寧靜，免卻摩打或發動機的噪音破壞中心的恬靜氣氛，更沒有難聞的機油氣味。

鋼索滑水樂園從多方面作出考量，如方便程度、安全、環保及成

本等，從而讓大眾更容易接觸此項運動。可是，樂園的服務對象卻不止於此——背後團隊曾教授不同年齡的滑水新手，包括幼兒、長者，甚至傷健人士，做到真正滿足不同人士的需要。

人們大多只需十分鐘便能學會在水中站立起來，不消一小時更已可「乘風破浪」。岸上操作員會密切留意玩家的情況，並根據他們的能力打造專屬的滑水體驗。

學員熟習技巧後，便可放膽玩盡各款花式，真正感受滑水運動的樂趣。精通跳躍、翻騰、轉體及翻筋斗等花式動作，呼吸無拘無束的自由空氣，令腎上腺素急升。

這個樂園為大眾提供放鬆身心的戶外新景點，香港企業也可藉此提升員工士氣，舉辦各種活動建立團隊精神，為公司帶來新氣象。

公司團體不單可大玩鋼索滑水，還可在園內參與生態導賞團或互動工作坊，盡享戶外活動，同時拉近公司員工之間的距離，建立良好關係。活動主辦單位與其參加者可走進小白鷺餐廳的室內，於寬敞的大廳中大快朵頤，或在迴廊雅座感受陣陣微風，或於戶外燒烤場共享樂趣。餐廳配備多種設施，適合舉行不同活動，完全滿足各類型活動之所需。

雖說鋼索滑水是一人運動，事實上卻講求團體合作。兩小時預約活動通常可由四人輪流分享，令每人都能盡興。從旁觀看亦十分刺激，不滑水的也會來湊熱鬧。園區的水上樂園現已開幕，為原有的設施增添更豐富、多采的元素，讓眾人樂享水上活動。

正值仲夏，你還在等甚麼？天朗氣清、空氣清新、水源清澈……造就這裏成為快樂滿瀉的香港水上樂園，是與好友同樂的好去處，令人煥然一新，活力充沛。園內提供新手裝備，包括滑水衣、救生衣、頭盔及滑板，你只須預約時間即可盡享滑水樂趣。

這可說是年輕男女鍛鍊身體的最佳運動。滑水是體力消耗甚高的全身運動，讓你享受滑水快感之時，同時鍛鍊身體肌肉。

Aquatic Fun in Summer

CORE Aqua Park is located at Lake Egret Nature Park, Tai Po Kau Village, within walking distance of the Tai Po Kau Nature Reserve. It's an oasis of woodlands and wildlife, much of this natural habitat, incorporating a clean, clear lake for aqua play and now cable wakeboarding. Features including the Museum of Ethnology, the Little Egret Restaurant and BBQ garden equip Lake Egret Nature Park to host a variety of activities and programmes, including parties, meetings and events.

消暑水上樂

CORE Aqua Park位於大埔滘村的白鷺湖互動中心，大埔滘自然護理區僅數步之遙。中心是城內的綠洲，林蔭處處，野生物種豐富。在優美的自然環境中，更有清澈見底的湖水，讓人投入水上活動之中，現在更增設鋼索滑水運動。此外，中心設有人類民俗館、小白鷺餐廳和燒烤花園，方便舉辦多姿多彩的活動和課程，包括派對、聚會和活動。



Please scan the QR code for a taste of Hong Kong's new wakeboarding action. 請掃描QR碼，體驗香港嶄新的滑水運動。



Metropolitan modernity in chic Shanghai

The Jing An Kerry Centre functions as a vibrant hub, connecting the city's retail, business and tourism districts, and providing a special space for individual expression and creativity.





The interactive installations created a magical world with the vibrant and illuminated virtual flowers.
互動裝置透過色彩瑰麗的虛擬幻彩花朵，營造出夢幻的花世界。

Can you imagine such an experience in the middle of the city? Thanks to the creative talents of celebrated digital artist Miguel Chevalier, a virtual field of eye-popping spring flowers carpeted an expanse of Jing An Kerry Centre to welcome the arrival of the spring/summer season.

The artist known for his love of nature created poetry in motion with his hand-picked floral display, titled LOVE IN BLOOM. A water lily here, an orchid there, peach blossoms in abundance – three interactive installations of Dream Gardens, Digital Water Lilies and Trans-Nature all appeared randomly in bursts of vibrant, illuminated hues, spreading delight and injecting an energy which embodies the essence of Shanghai.

Patrons arriving to shop, dine or socialise were delighted to find their favourite lifestyle destination transformed into a floral wonderland. But then again, it was hardly surprising. Discovering the unexpected is inherent throughout the ever-changing dynamic of Kerry Properties' signature flagship.

Upon its arrival on Nanjing Road West in Jingan district, Jing An Kerry Centre debuted as the much-anticipated 'missing link' in one of the city's busiest commercial, business and tourism districts. Such a rare site presented itself as a canvas for intelligent contemporary design – a

shopping mall which would be fun and chic, a Grade-A office tower, the plush Jing An Shangri-La, West Shanghai and premium serviced residences. Through the combined talents of an international team, these concepts for an upscale new city hub in the cosmopolitan heart of Shanghai were gradually brought to life.

Its original design and subsequent expansion has curated an experience not to be found anywhere else in the city. What treasures may be discovered within open-air walkways meandering among the interesting shops and eateries? How inspiring is the glazed galleria, soaring four storeys high? Sculpted gardens appear here and there, permeating a sense of calm. And then, a cultural infusion – for cocooned within this modern masterpiece is the preserved house where Mao Zedong lived in the 1920s.

Curating this project on such a pedestrian-friendly scale has proven to be an ideal fit for the social side of Shanghai, where entrepreneurs and trendy professionals rub shoulders with high-end tourists, where socialising over dinner and drinks is a highlight of the day, and culture and creativity thrive. Knowing that in the fashion stakes, this worldly young crowd is also looking for more than just the biggest names and labels, the tenant mix offers the individuality they crave. Almost half of the stores are devoted to fashion and accessories, many of these brands only launching in

Shanghai once Kerry Centre provided their ideal platform.

While Jing An Kerry Centre functions as a vibrant commercial hub, patrons can also find engaging experiences to escape from city life. At Lululemon, the Canadian athletic apparel brand's first shop in Mainland China, you can be as heart-pumpingly physical or restfully mindful, as you like. Here, shoppers can participate in in-store events such as calming yoga classes, or energy-boosting bootcamp and trackmill held jointly with centre management.

Or take time out with the family to relax at the harmonious Madeleine Café. It's run by a French family who previously supplied high-end restaurants, and are now baking their famous, home-style cakes and pastries for Jing An Kerry Centre's appreciative clientele. Madeleine combines premium imported ingredients with local products under a perfectly mastered know-how. All pastries are produced daily, and breads baked all day long, in order to ensure freshness.

After a day out, the evening beckons. The Shanghai social scene comes alive once the sun goes down, and here, friends meet for an al fresco meal as they soak in uptown action, or loved ones whisper to each other in intimate indoor restaurants.

Among the specialty restaurants, Mediterranean-inspired Calypso Restaurant & Lounge offers the best of both, its tall glass panels retracting in the warmer months to allow for dining under the stars. Dine in, sampling top drops from the wine label "Genius Table" with tips from the restaurant's

sommelier, or grab a pizza or gelato from the take-out window. With food and beverage establishments a strong feature of the tenant mix, patrons may graze from a feast of F&B options laid out across a diverse culinary landscape.

Special by day; spectacular by night. Jing An Kerry Centre is exquisitely tailored to the subtleties sought by the urbane community of China's most vibrant international city, and since its arrival, it has become the talk of the town. With scope for some many possibilities, one can only imagine what other surprises this exciting destination may hold, or be planning, for the future.





華燈璀璨 時尚上海

靜安嘉里中心就恍如一個充滿活力的城市樞紐，連接城中的零售、商業和旅遊地域，更提供獨特的創作空間，讓人發揮所想。

你能想像在市中心看到這片景象嗎？著名數位藝術家Miguel Chevalier發揮天馬行空的創意，令靜安嘉里中心綻開一片壯觀的虛擬春花，迎接春夏到臨。

大自然一向是Chevalier熱愛的題材，由他親自創作的《春覺·綻放》（LOVE IN BLOOM）呈現出詩意盎然、繁花似錦的花園。這邊冒出一朵睡蓮，那裏一株蘭花盛開，桃花隨處恣意綻放。三大互動裝置以「夢幻花園」（Dream Gardens）、「映像睡蓮」（Digital Water Lilies）及「魔力自然」（Trans-Nature）為主題，投射出花團錦簇的幻彩，繽紛景致賞心悅目，展現上海活力繽紛的一面。

前來購物、用餐或聯誼的顧客滿心驚喜地發現他們經常造訪的消閒場所，竟搖身一變成萬紫千紅的花花世界。但話說回來，這也是「意料中事」，畢竟嘉里建設麾下的這個旗艦物業，向來均善於為顧客帶來一浪接一浪的驚喜。

靜安嘉里中心萬眾期待，於上海靜安區的南京西路華麗登場，令上海其中一個最繁忙的零售、商業及旅遊區的配套更臻完善。這個獨特選址宛如呈現當代智能設計的畫布，畫筆一揮，增添型格玩味的購物中心、甲級商業大廈、豪華的靜安香格里拉大酒店及高尚服務式住宅。在優秀的國際團隊通力合作下，上海的心臟地帶孕育出一個高級

都會樞紐。

靜安嘉里中心的初始設計及擴建部分打造出獨一無二的體驗。沿着開揚蜿蜒的行人道漫步，前往靜待發掘的時尚名店和星級食府。四層高的大型玻璃拱廊令人嘆為觀止。購物中心隨處可見經精心修剪的花園，瀰漫着寧靜祥和的氣氛。毗鄰的毛澤東1920年代故居，為這棟現代建築增添文化氣息。

靜安嘉里中心方便行人穿梭往來，成為上海理想的社交場合。在此，企業家和時尚的專業人士與高端旅客擦肩而過；夜幕低垂之際，人們在此展開一天中最精彩的活動，開懷聚餐交際，小酌一杯；文化和創意百花齊放。

嘉里中心深諳在時裝國度裏，放眼世界的年輕客群並不滿足於國際名牌，多元化的品牌組合定必讓他們找到渴望呈現的個人風格。中心近半店鋪售賣時裝及配飾，而大部分品牌皆因嘉里中心提供了理想平台，才正式落戶上海。

雖說靜安嘉里中心是一個發展蓬勃的商業樞紐，顧客亦可在此逃離紛繁的城市生活。

置身加拿大運動品牌Lululemon落戶中國大陸的第一間專門店，你既可大汗淋漓地運動，亦可尋找心靈靜土。顧客可參與品牌跟管理中



Jing An Kerry Centre offers patrons a wide range of food and beverage options and a series of vibrant experiences.

除了芸芸的餐飲選擇，顧客還可在靜安嘉里中心參加各種活動。

心合辦的各種活動，如令人放鬆的瑜珈班或提升能量的修身運動，或純粹在跑步機上跑步。

你亦可與家人到氣氛自在舒適的Madeleine Café偷閒片刻。咖啡廳由曾為高級餐廳供應甜點的法國家庭經營，他們烘焙的自家製糕點絕對能滿足顧客挑剔的口味。Madeleine運用精湛的烘焙技巧，糅合優質的進口及地道食材，每天製作蛋糕甜點，麵包一天出爐數次，確保顧客品嘗到新鮮滋味。

夜幕降臨，各人紛紛投入夜色的懷抱。夕陽西下，上海多姿多彩的夜生活開始活躍起來。一眾好友回家之前相聚於露天餐廳共進晚餐，一對對情侶在氣氛親密的室內餐廳喁喁細語。

芸芸星級食府之中，地中海餐廳Calypso Restaurant & Lounge提供戶外餐飲空間，和暖天氣時收起玻璃幕牆，讓食客於星空之下享受佳餚。室內進餐的顧客可到特設的「佳品桌」，在餐廳侍酒師的推薦下品味多種佳釀，亦可選擇在外賣窗口買一塊薄餅或外帶意大利雪糕。餐廳一向是購物中心重要的一環，顧客可從包羅萬有的餐飲選擇中，享受匯聚美酒佳餚的饗宴。

白天驚喜處處，晚上精彩迷人。經精心打造的靜安嘉里中心座落中國最活力充沛的國際城市，滿足上海都市一族所有需求，自開幕以來便成為城中熱話。購物中心仍有極大的發展空間，蘊藏無數驚喜靜候顧客發掘，在未來亦會為顧客製造更多驚喜。

About Jing An Kerry Centre

Jing An Kerry Centre is a chic, energetic lifestyle mall created to allow for individual expression in the heart of Shanghai.

Located at the transport hub between Nanjing Road West and Changde Road, this 3.74 million sq ft. landmark mixed-use development encompasses a retail mall, Grade-A office tower, the 508-room Jing An Shangri-La, West Shanghai, a 133-unit serviced apartment block plus extensive carparking.

A retail mix arranged with the contemporary consumer in mind has a strong emphasis on lifestyle. Fashion brands comprise a vast selection, complemented by beauty and personal care, entertainment and leisure. The diverse F&B element extends to an international supermarket.

The first truly integrated development in Jingan district embodies the spirit of innovation – reflecting the lifestyles of the community it serves.

靜安嘉里中心

靜安嘉里中心位於上海的心臟地帶，是一座時尚型格、活力充沛的購物中心，為顧客提供一站式體驗。

這個大型綜合發展項目座落於南京西路與常德路的交通樞紐，佔地374萬平方呎，分別由商場、甲級辦公大樓、靜安香格里拉大酒店、服務式公寓及佔地廣闊的停車場組成。當中，靜安香格里拉大酒店共提供客房508間，服務式公寓則設133個單位。

以當下顧客為本的購物中心強調時尚魅力，店鋪類別多樣化：時裝品牌、個人及生活化商店、休閒娛樂設施、食肆及大型連鎖超市。

靜安區首個綜合發展項目不但體現創新精神，亦反映上海的生活態度。



Living in the moment

Ancient Chinese philosopher, Zhuangzi, cherished moments of mindfulness. 'And if water in stillness possesses such clarity, how much more must pure spirit?' he pondered.



How to find mindful time in a world so assaulted by noise? Apart from the constant cacophony of machines pervading every aspect of our lives, there's an inner voice that won't be silenced, keeping busy minds in overdrive with its persistent chatter.

This is not a new phenomenon: psychologists say that the human brain has always been hard-wired to be constantly thinking ahead. It is, after all, how in ancient times the fittest of the species managed to survive.

However, with so many pressures already to deal with in the modern world, too much introspection on what might happen, or going over the past, might be making us ill. The prevalence of stress-induced mood disorders and insomnia in society suggests so. This is when we could all benefit from taking a deep breath, and re-learning how to be quiet.

And within the mental space that quiet time opens up, our brains slow down enough to drift gently towards more focus and clarity. Then, we have achieved a state of peaceful, calming mindfulness.

Various studies, spearheaded by the pioneering work of Dr Jon Kabat-Zinn, a professor of medicine emeritus at the University of Massachusetts in the 1970s, have led to mindfulness being clinically prescribed as a treatment for anxiety and depression. Mindfulness is defined as living more 'in the moment' – the premise being that if we are aware of where we are and what we're doing, we won't be overly reactive or overwhelmed by what's going on around us. The practice of meditative therapies to achieve mindfulness has been around for thousands of years, but is currently undergoing resurgence.

Many corporations adopt mindfulness training in staff care programmes with a view to improving leadership skills and collaboration in the workplace, and nurturing individuals' health and wellbeing.

Community-based classes in yoga and meditation enjoy a huge following, and hospitals are introducing art and music therapies for patients as part of their treatment programme.

Mindfulness comes in many forms. It's achieved through the practice of meditation – where one sits completely still, clears their minds of outside thoughts and visualises their "happy place", which could be a mountain, or a beach, or anywhere peaceful.

The easiest way to meditate is to simply focus on your breath. It's always there with you, so let your breathing serve as a reminder to notice your surroundings, become aware of your senses and your bodily sensations, and bring your focus into the present. To help relieve stress, shift your attention to the soles of your feet. Move your toes slowly, feeling the weave of your socks and the curve of your arch.

A simple exercise in mindfulness can be done anywhere – even in the office. Simply take a few minutes to close your eyes and focus on what is around you. Engaging all the senses, start with the scents you notice – aromas from the restaurant downstairs, perhaps, or the fragrance from a vase of flowers. Mentally list the different sounds you can hear—the air conditioning system, traffic in distance, the hum of your computer.

Then open your eyes and note all the things you see – a particular item on your desk, the faces of those around you, even the lines on your hand. Finally, list all the things your senses have revealed which, in your clarified mental state, you can now appreciate: the way a beam of sunlight hits the building across the street, perhaps, or the sight of a colleague's smile.

This simple exercise should take you to a place of mental quiet that eases anxiety and makes one feel truly alive.

But being still doesn't come easily to everyone, and that's okay, says Professor Rainbow Ho, director of the Centre on Behavioural Health at the University of Hong Kong. She specialises in movement therapy, whereby a calming state of mindfulness can be achieved while you're doing something else: like walking, or dancing, or even routine tasks.

The activity can be anything: it's paying attention to what you're doing right now that matters, she explains.

For instance, say you are making a cup of tea. Don't do this in a rush, but allow yourself some time. Look at the tea leaves; notice their colour. Touch the cup; feel its cool surface. Be mindful of the rising water temperature, then watch how it fills the cup. Finally, taste the tea, and drink it slowly.

When you're out walking, slow down the pace. Be aware of the heel-to-toe rhythm as each foot makes contact with the ground. Breathe naturally and deeply, stepping lightly as you go. If your thoughts should start to wander, gently guide your awareness back to the present moment, back to the walking.

In your everyday activities, observe your surroundings without judgment. In doing so, your awareness moves away from the internal chatter and back to the present moment.

Eliminating distractions may seem hard at first. Thoughts invade our minds uninvited, reminding us of the next appointment, or what we could be doing instead. But blocking thoughts entirely is not the point of a mindfulness exercise – nor is it even possible. Dr Kabat-Zinn points out that stopping the brain from thinking is like stopping the ocean waves. Be kind to yourself on this point, recognising that not everyone can easily achieve a state of meditation – but you can learn to manage.



A simple meditation should take you to a 'happy place' of mental quiet. 透過冥想走進思想空靈的境界，把四周化為心中的烏托邦。

活在當下

莊子珍惜寧靜的時刻，有曰：「水靜猶明，而況精神！」

如何從繁囂不休的俗世尋求片刻靜謐呢？除了日常生活充斥各種機器的雜音，腦內的聲音更是喋喋不休，令心境無法平靜。

這個現象並非新鮮事：心理學家指出，人類的大腦總會不其然地思考。畢竟這是古代人類的生存之道。

然而，現代人承受着無數壓力，擔心未來可能發生的事，又或留戀過去——這一切都可能使我們生病，包括由壓力引發的情緒失調和失眠。是時候讓我們深呼吸，重新學習如何安靜下來，並從中獲益。

靜默敞開精神空間的大門，讓大腦放慢，引領思路歸於清晰集中，從而達致平和安穩的專注心境。

由麻省大學（University of Massachusetts）醫藥系榮譽教授Jon Kabat-Zinn博士於70年代牽頭進行的多項研究顯示，經臨床證實鍛鍊專注力能有效治療焦慮和抑鬱。所謂專注即「活在當下」，假設我們專注身處之地，所為之事，便不會對周遭發生的事情反應過敏或深受打擊。透過冥想達成靜觀的做法已有數千年歷史。時至今日，這種療法再度掀起熱潮。

多間企業把專注力訓練融入僱員保健計劃之中，旨在提升員工的領導才能，加強工作間的團隊合作精神，調理個人身心健康。

社區舉辦的瑜珈和冥想課程廣納大批參加者，醫院亦為病人引入藝術和音樂治療元素。

專注力存在不同形式，可透過冥想修成。冥想讓人靜坐不動，清空外界無關痛癢的思緒，想像心中的烏托邦，那裏可以是深山幽谷、細沙海灘或任何空靈恬靜之處。

最簡單的冥想方法莫過於專注呼吸節奏。呼吸與你常在，因此要從呼吸中提醒自己留意周遭事物，了解自己的身心感知，專注當下所有。

要有效舒緩壓力，必須集中注意力於足底。慢慢移動足趾，感受襪子的布料紋理和足弓的曲線。

一個簡易的專注力練習甚至可以在辦公室等地隨時進行。只消數分

鐘，閉起雙眼，集中感受四周環境和事物。打開所有感官認知，從氣味開始，感受樓下餐廳的香氣，或是花束散發的香味。

在腦內列出聽到的各種聲音：空調系統、遠處的交通及電腦的嗡嗡雜聲。

張開眼睛，留意所見事物——工作桌上的特定物件、周遭的面孔，甚或是雙手的掌紋。最後列出思緒澄明時感受到的所有事物，讓你逐一細味，欣賞太陽光線落在對街大廈的美態，或是同事和藹可親的笑容。

這個簡單的練習帶你走進思想空靈的境界，緩解焦慮，享受真正活着的感覺。

香港大學行為健康教研中心總監何天虹認為，靜止不動對一般人來說絕非易事，即使做不到也沒有問題。這位行為療法專家，讓你投入各種活動，如步行、舞蹈甚或日常重複工作，繼而達致靜觀的平和境界。

她解釋：「任何一種活動都可鍛鍊專注力。最重要還是集中體驗當下事物。」

舉例說，假如你正在泡茶，請不要匆忙了事，好好享受那刻時光。細心觀察茶葉，察看其顏色，觸摸茶杯，感受冰冷的表面。留意水溫上升的感覺，看着茶湯如何注滿茶杯。最後，慢慢呷一口，品味茶香。

若你身處街外，試試放慢腳步，留意雙腳由接觸地面開始，從腳踵至趾頭的節奏。自然深呼吸，每步輕鬆自在。如果開始魂遊太虛，可逐漸把注意力回歸當下步行的時刻。

日常生活中，你可仔細觀察周遭事物而不作批判。這樣可把專注力從腦內的雜音中抽離，重回當下懷抱。

起初要集中注意力看似十分困難。各種思緒肆意侵擾大腦，提醒我們下個會議時間，或是會議後的去處。可是，全然摒棄所有思緒絕非靜觀練習的真義，而且並不可行。Kabat-Zinn博士指，停止大腦思考就如停止海浪移動。因此，對自己好一點，了解身心，明白雖然不是每人都可馬上修成冥想狀態，但仍可慢慢學習。



Isles of smiles

Fiji is a land of long sunsets, wide sandy beaches and endless azure sea. But the first thing you notice is the smiles.



The Fijian archipelago encompasses one of the most extensive coral reef systems in the world, and is teeming with marine species.
斐濟列島坐擁世界最龐大的珊瑚礁生態系統，蘊含豐富多樣的海洋物種。

As visitors arrive, barefooted, twinkle-eyed children will run up to meet you, beaming their happy greeting. It's written as 'bula', but pronounced more slowly – boo-laa! – the sound a soothing balm. And always accompanied by the broadest of grins. The word feels so good, just to say it, that you'll soon be joining in the custom, sharing its goodwill message with everyone you meet. Welcome to Fiji: the isle of smiles – the place, visitors attest, where happiness finds you.

Tourists fly in from around the world to holiday in Fiji, a luxury destination of exotic beauty and charm. And while the attractions of this unspoilt South Pacific archipelago are clear, the slower, gentle pace of 'island time' is what many regulars yearn for as they return year after year, only a direct flight from Hong Kong away.

Upon settling into your resort, a pristine marine environment awaits thrill-seekers and leisure lovers alike. Those wishing to combine a luxury holiday with an adventure experience – the hot new trend in high-end vacations – can partake in an ocean swim marathon, or dive with sharks at feeding time on a heart-thumping reef safari.

You can paddle from the shore in the warm, clear waters lapping at the beach encircling your island home, or splash in one of the crystal clear blue lagoons for which the region is famous.

Your beach, by the way, is likely accessed via a sandy path winding between fragrant hibiscus and frangipani trees starting just outside your door. And those hammocks slung between

shady coconut palms look perfect for an afternoon nap.

The Fijian archipelago encompasses one of the most extensive coral reef systems in the world, and is teeming with marine species which inhabit it. Swimming and snorkeling in waters which are warmer than 27 degrees celsius most months of the year, you'll see tropical fish of extraordinary colour and variety, marvel at giant clams, perhaps eyeball a turtle gracefully gliding by – all the while being mesmerised by an enchanting coral garden.

Venturing beyond your idyllic Coral Coast, a blissful day of blue-water sailing, a sun-drenched escape to a deserted island, a jet-boat river exploration or an adrenaline-pumping game fishing charter are always on offer for those who long to get further out on the water.

Whilst enjoying Fiji's amazing biodiversity, holiday makers can also be involved in its conservation. Shangri-La Marine Education Centre of Shangri-La's Fijian Resort and Spa, part of Shangri-La's Reef Care Project, was established at the resort to raise awareness and focus on the relationship between terrestrial and marine environments, and how human activities on land impact the ecology of the ocean. The Centre is open to local students, hotel guests and visiting academics alike. Through hands-on marine conservation activities such as coral planting and fish house building – creating artificial reefs as habitat – participants become personally involved with propagating and reviving the fragile coral reef ecosystem.

Visitors to the resort have also chosen a hospitality provider



which supports the community in which it operates. Shangri-La's Fijian Resort and Spa has a long-standing guardianship project in place with several beneficiaries, including the Sigatoka School for special education. Earlier this year, following the latest round of fundraising, the school was handed the keys for a newly renovated kitchen and sewing room.

Through their luxury holiday at a resort which cares for its environment and gives back to the local community, visitors also take home much more than just pretty photos. They leave knowing they have helped to sustain Fiji's exceptional marine environment for generations to come.





微笑之島

斐濟坐擁延綿不絕的夕陽美景、廣闊無垠的細軟沙灘及一望無際的蔚藍海洋。然而，旅客抵埗後首先看到的是一張張笑靨。

遊客甫踏足斐濟即雙眼閃亮，因為當地小朋友赤着腳蜂擁而至，歡天喜地跟他們打招呼。斐濟語的「你好」寫作「bula」，發音為「boo-laah！」，說時節奏較緩慢，語調悅耳動聽，並往往伴以親切可愛的笑容。這句「bula」令你頓覺身心舒泰，隨便說出口，便可入鄉隨俗，把這份福氣感染身邊每一個人。歡迎來到微笑之島斐濟，在這片旅客眾口交譽的樂土，讓幸福找上你。

世界各地的旅客紛紛飛到這個充滿異國風情的奢華勝地，暢遊一番。這個南太平洋群島蔚為人間淨土，從香港啟程，只消坐上直航機即可體驗優哉游哉的慢活人生，年復年叫眾多過着忙碌生活的人趨之若鶩。



在香格里拉斐濟度假酒店安頓後，純樸天然的海洋環境正待追尋刺激或休閒度假的旅客一一探索。希望同時體驗豪華享受和冒險旅程的你，如想投入這股奢華旅遊的熱潮，可參加海泳馬拉松，或是島礁潛水之旅，在餵食時間與鯊魚一同暢泳，定必使你心跳加速。

和暖的海水清澈見底，朵朵浪花拍打圍繞度假酒店的沙灘。你可從岸邊划向這片湛藍，或是躍進當地馳名的藍潟湖盡情暢泳。

順道一提，你的度假酒店門外通常有芳香馥郁的木槿和雞蛋花樹沿細沙小徑夾道而立，引領你通往私人沙灘。懸掛在椰子樹蔭下的吊床更是午睡的絕世好地方。

斐濟列島坐擁世界最龐大的珊瑚礁生態系統，是豐富多樣的物種棲息地。當地一年有多個月的水溫維持攝氏27度以上，你可在那裏暢泳或浮潛，欣賞各種各樣色彩斑斕獨特的熱帶魚，觀看讓人驚嘆的巨蚌，還有海龜優雅游過，讓你頃刻迷上這個引人入勝的珊瑚大觀園。

渴望深入探索斐濟大海的你，可隨時越過珊瑚海岸（Coral Coast）的世外桃源展開探險之旅。在藍海裏盡享揚帆的樂趣；或是走到風光明媚的無人島，登上快艇到河流尋幽探秘，甚至一嘗新奇有趣的海釣滋味。

度假人士除了可探索斐濟豐富的生物多樣性外，亦可參與環境保育的工作。香格里拉海洋教育中心（Shangri-La Marine Education Centre）設於度假酒店內，是香格里拉關愛珊瑚項目（Shangri-La's Reef Care Project）的一部分，旨在提高人們的保育意識，並關注海陸環境的自然關係，研究人類陸上活動如何影響海洋生態。教育中心開放予當地學生、酒店賓客及來訪學者等人士參觀。透過種植珊瑚及興建漁屋等親力親為的海洋保育活動，創造人工珊瑚礁的棲息地方，參加者能親身參與珊瑚繁殖工作，令脆弱的珊瑚礁生態系統重現生機。

香格里拉斐濟度假酒店更致力支持當地社區工作，多年來推行的守護計劃行之有效，令多間機構因此受惠，包括Sigatoka School特殊學校。最近，酒店於年初進行經費籌募，為學校翻新了廚房及縫紉室。

度假酒店對環境保育工作不遺餘力，更積極回饋社會，令住客能享受一個豪華假期，而且收穫更不止於美麗的照片。因他們離開斐濟時，意識到自己曾協助保護斐濟獨一無二的海洋環境，為下一代出一分力。

About Shangri-La's Fijian Resort and Spa, Yanuca Island

Shangri-La's Fijian Resort and Spa is located on Fiji's Coral Coast, a 50-minute drive from Nadi International Airport. Set on a 109-acre private island connected to the mainland by a causeway, the resort has natural white sandy beaches and a large natural lagoon forming a protected bay in front of the main swimming and watersports beaches.

All 442, new-look guest rooms have lagoon or Pacific Ocean views, while suites have large private balconies directly facing the water. The resort offers a wide range of dining options with five restaurants and bars, along with one of the most extensive sporting and recreation facilities in Fiji.

At the resort, young guests will be well cared for and entertained while parents spend some quality together on a luxurious, pampered holiday.

香格里拉斐濟度假酒店

度假酒店座落斐濟珊瑚海岸，離楠迪國際機場50分鐘車程。度假酒店位處佔地109公頃的私人島嶼上，設有公路連接內陸地區，坐擁自然白暫的沙灘，大片天然環礁湖一覽無遺，位處於水上活動頻繁的沙灘前，形成天然受保護的海灣。

度假酒店全部442間客房均可飽覽環礁湖或太平洋景致，套房擁有面向海洋的大型私人陽台。其五星級食肆及酒吧提供各種餐飲選擇，更備有斐濟最多元化的運動及文娛康樂設施。

度假酒店悉心照料年紀尚輕的賓客，提供豐富的玩樂設施，讓父母悠閒享受豪華舒適的優質假期。

Upcycling gives new life to fashion

In the most fashion-conscious circles, green is the new black.

Environmentally aware fashionistas are pushing back against the carbon-heavy practices of traditional garment-making, by choosing to wear their (ever greener) hearts of their sleeves.

Happily, corporate style-setters have joined the chorus, both through more sustainable manufacturing processes, and innovative eco-business start-ups.

Sustainable fashion has grown in status since it became clear just what a heavy environmental price is paid for the clothes we wear. For instance, there's resource depletion: it takes more than 20,000 litres of water to produce enough cotton to make a single T-shirt and a pair of jeans. And the risk to public and ecosystem health: agricultural chemicals used to grow crops for clothing may be harmful to workers in the field, and the waterways that receive run-off from farms.

Further down the supply chain, up to 20 per cent of all textiles manufactured for clothing actually end up in landfill, having either been damaged during manufacture, or simply rejected by the buyer. Garment-making is in itself a wasteful process: another 15 per cent of accepted fabric gets discarded on the cutting room floor.

Then, at the consumer stage, home wardrobes may be overflowing with more garments than anyone needs, some perhaps worn only once. But there are better uses for all of these offcuts or unwanted textiles.

Eco-conscious fashionistas can extend the lifespan of their luxury clothes and accessories by on-selling them to others.

As savvy fashionistas are discovering, second-hand boutiques and web sites can be a first-class shopping experience. Within the treasure troves of the pre-loved, perhaps you'll find that one-of-a-kind, or hard to find garment that defines your individuality. Let repurposing unleash your inner creativity. The seller makes some cash, and the environment is the overall winner.

Renting an outfit can also make smart sense for a special occasion, without the environmental cost of buying a garment which may only be worn once. Consider it as also as an





The annual EcoChic Design Award, organised by Redress, encourages emerging young design talents to focus on sustainable couture. Redress舉辦的年度「衣酷適再生時尚設計」比賽，致力啟發新晉時裝設計師打造可持續高級時裝。

opportunity to experiment beyond your everyday dressing style.

Clothing rental businesses are booming in leading world cities, and Hong Kong is no exception. If a socialite wants a designer gown for a special occasion, she can hire one in Hong Kong – so the wearer is seen in it only once, while promoting sustainable fashion.

Informal clothes swapping groups are emerging. This is a fun way for friends to ‘shop’ by mixing and matching their used garments, shoes and accessories with likeminded others.

A social enterprise based in Central employs older tailors aged around 50 to 70, who make bespoke suits for gentlemen in the traditional way, and collects their old suits for recycling.

Its social goals also support people overcoming addictions to rehabilitate back into society.

More of Hong Kong’s well-heeled are also increasingly donating their unwanted clothes to charities. This helps to de-clutter their wardrobes, but also does good for others and the environment.

Hong Kong-led innovations in sustainable fashion are awash with opportunities to shop greener and upcycle, via Hong Kong-led innovations in sustainable fashion. And Redress, an environmental NGO working to reduce waste in the fashion industry, is looking to high-end labels to lead the way.

Its founder, Christina Dean, says the rise of lower-quality, cheaply-produced fast fashion has exacerbated the garment

industry’s environmental impact. Ethics of the manufacturing process aside, consumers may be tempted to buy something just because it’s cheap, but then it gets disposed of sooner because it’s not meant to last.

In a city where affluent consumers have the aspiration – and the means – to wear luxury clothes, Redress is increasingly partnering with luxury brands “because they are the trend-setters, representing aspiration and value.” “We also believe that upcycling of beautiful fabric waste is very suitable for the high end market,” Christina Dean adds.

A new breed of high-tech start-ups and eco-conscious designers are also stepping up to provide fashion shoppers with greener choices. Those consumers then become part of the circular economy, Dean explains. They want to look gorgeous, and to do so with less of an environmental impact. The annual EcoChic Design Award, organised by Redress for the zero or low-waste collections of emerging young design talents, puts a spotlight on sustainable couture. All of these initiatives help fashionable consumers to feel good about looking good.

More on-trend fashionistas today are including second-hand luxury products as a wardrobe must-have. By stepping out in pre-loved designer labels, they’re keeping high quality garments in the fashion loop, instead of going to landfill. All who do so are ultimately contributing towards tailoring a more sustainable fashion industry for the future.



升級再造 時裝復生

時裝界近年揚起環保新旗幟。

關注環保的時尚達人透過環保時裝表態，反對造成大量碳排放的傳統製衣技術。

各大型時裝品牌亦從善如流，加入環保行列，推行更能配合可持續發展的製衣過程，並與創新的環保初創企業合作。

自從人們清楚知道時尚背後須付出龐大的環保代價後，可持續時裝愈來愈受重視。製衣耗用天然資源，單單製作一件T恤及一條牛仔褲，便需要超過二萬公升的水去生產足夠的棉花。製衣亦損害公眾和生態環境的健康，當種植那些製衣所需要的農作物時，當中會使用到可能對農莊工人有害的化學農藥，鄰近農莊的河流亦可能受到污染。

而在製衣生產線的另一端，逾兩成的製衣紡織原料最終會被送往堆填區，它們要不是在製作過程中損壞，就是不能取悅買家。製衣本身就是一個造成浪費的過程：裁剪過程亦令其餘一成半的可用布料遭丟棄。

從消費者層面而言，人們的衣櫃可能堆滿遠超所需的服飾，部分衣服更可能只穿過一次。不過，我們其實可以善加利用這些剩布或者舊衣。熱心環保的時尚愛好者可以將奢華服飾轉售他人，以延長服飾的壽命。

愈來愈多時尚達人發覺二手服裝店和網站均可提供一流的購物體驗。置身於充滿曾是別人心頭好的藏寶庫中，你或許會找到專屬於你的那一件獨特衣飾。不妨為舊衣服賦予新意義，釋放內心天馬行空的創造力。這樣一來賣家有錢進帳，大自然亦成為最大贏家。

租用衣服出席特別場合亦是一個聰明的方法，免卻因購買一件只穿一次的衣服而對環境造成污染。你亦可視租衣服為一個讓你嘗試暫別日常穿衣風格的機會。

租衣服務在先進城市大行其道，香港亦是其中一員。假設一位社會名媛需要晚裝出席特別場合，她在香港就能租借得到，這樣既不會發生

重複穿同一件衣服的情況，同時更可推廣可持續時裝。

非正式的交流衣服群組亦逐漸冒起。志同道合的時尚顧客可以將大家的舊衣服、鞋履和配飾混搭，享受另類的「購物」樂趣。

一間位於中環的社會企業聘請年屆50至70歲的裁縫老師傅，以傳統方式為男士量身訂造西裝，並回收及改造他們的舊西裝。公司亦有聘用戒毒人士跟資深師傅學藝，目標是支援他們重投社會。

同時，香港愈來愈多名媛將舊衣服捐贈予慈善機構，這不但可以清理他們的衣櫃，對其他人和環境亦是一項善舉。

香港致力革新可持續時裝，不乏售賣環保和升級再造服飾的品牌。非牟利環保機構Redress以減少時裝業的浪費為使命，指望由高級時裝品牌擔當環保先鋒。

創辦人Christina Dean說，隨着廉價低質的速食時裝興起，加劇了製衣業對環境造成的傷害。撇開製衣過程的道德問題，顧客或許會純粹因為價格便宜而購買衣服，但很快又會將它丟棄，皆因這些衣服本來就不耐穿。在香港這個富裕顧客有意亦有能力穿着高級服飾的城市，Redress積極與奢華品牌合作。Dean說：「因為這些品牌引領潮流，是地位和價值的象徵。我們亦認為將漂亮剩布升級再造的做法，十分適合高端市場。」

高科技初創企業和注重環保的新晉時裝設計師亦為環保出一分力，為顧客提供更環保的服裝。Dean解釋，這些顧客自然成為循環經濟的一部分，他們一方面希望自己衣着亮麗，另一方面又想減少對環境造成傷害。Redress舉辦的年度「衣酷適再生時尚設計」比賽，致力啟發新晉時裝設計師，以最少浪費為前題，設計可持續高級時裝，從而令潮人顧客內外兼美。

今時今日，愈來愈多緊貼潮流的時尚達人視二手奢華產品為衣櫃的必備品。他們透過捐獻或出售自己曾經喜歡的名牌服裝，令優質服飾繼續在時裝界流轉，而非棄置於堆填區，此舉有助建構一個更加可持續發展的時裝界。



Tree whisperers

If the treasured old trees of Hong Kong could talk to each other, what do you think they might have to say?

The ancient Chinese banyan tree outside the Island Shangri-la hotel in Hong Kong. 港島香格里拉大酒店門外的古細葉榕。

One tree, an ancient Burmese maple, has stood in Central for over 170 years, bearing witness to the entire history of Hong Kong.

A mighty maple at Lai Chi Wo remains as a legacy of one of the most prosperous Hakka walled-villages in the New Territories. And the Wishing Tree in Tai Po harbours the hopes of generations of residents who have confided their dreams in its branches.

The idea that trees might indeed have the ability to communicate with each other doesn't seem so fanciful, now that a Canadian scientist has released the findings of her lifelong work studying trees.

The research of Dr Suzanne Simard, of the University of British Columbia, shows that trees are much more than the tall trunks and leafy canopies we so admire above the earth's surface – that their underground root system is in fact a world of infinite biological pathways that connect trees, and allow them to communicate.

It's all to do with the fungi that forms within the soil, whereby trees can share their nutrients with others that need them more. Fungal networks don't just operate between related trees, but also between trees of different species in the same native community, Dr Simard asserts.

Her research further explains why Hong Kong's trees are indeed the roots of our city. They beautify, provide shade, attract birds, purify air and are steeped in cultural significance. It is fitting then that collectively, Hongkongers appreciate the role of trees and are mindful of the need to preserve them.

Within its compact geographical environs, Hong Kong nurtures more than 700 tree species, representing 30 per cent of all tree species in China. According to official records, some 10.6 million trees have been planted in the past decade, among a total of some 86.8 million botanical plantings.

For all that new growth, it is the older, mature trees which are best equipped to clean the air, since the bigger they grow, the more carbon old trees absorb from the atmosphere. They're also more valuable for biodiversity than younger trees, providing habitats for nesting birds in their gnarled branches and hollowed trunks.

But Dr Simard's research goes further. She asserts that elder trees - fondly known as mother trees - are also the wisest. Via their underground communication system, matriarchs of the forest take on the role of nurturing the young seedlings that have established themselves within their network, and will send their excess carbon through the root system to increase their chances of survival.

"They even reduce their own root competition to make elbow room for their kids," Dr Simard explains. "When mother trees are injured or dying, they also send messages of wisdom on to the next generation of seedlings."



The banyan tree in Yau Ma Tei Community Centre Rest Garden has witnessed a transformation over the ages. 油麻地社區中心休憩花園的細葉榕見證着這一帶的變遷。

This news makes preserving the mother trees of Hong Kong – the repositories of genes and nurturers of networks – all the more urgent.

An official Register of Old and Valuable Trees lists some 500 trees of particular importance. They come in different tree species and forms, but share a certain criteria. All must be of large size, a precious or rare species, particularly old (such as over 100 years), have outstanding form, or be of cultural, historical or memorable significance.

Trees on the register may be seen across Hong Kong – from the Hollow Tree at Lai Chi Wo, a mighty maple standing more than 21m high, and 1.7m in diameter, to the ancient Burmese rosewood outside the Central Government Offices. Regarded as a roadside treasure, this tree has stood for over 170 years, bearing witness to the entire history of Hong Kong.

Generations of local inhabitants have gathered at the feng shui banyan tree in Yau Ma Tei Community Centre Rest Garden, to chit-chat beneath its shady branches. The revered Tree House of Kam Tin, a gnarled old banyan of some 150 years, is steeped in legend: it is believed to have grown beside the site of a long-ago emperor's home, its stems and roots entangling the wall and the door, and this is what gave the tree its name.

In the Hong Kong Zoological and Botanical Gardens, an ancient-looking thitmin has a 12m leafy crown atop its sturdy trunk, delighting park visitors for around 130 years. On the register for its outstanding form, the thitmin is a beautifully-shaped species whose fine-textured wood has long been used for making furniture and musical instruments.

The planting and preservation of forests has long been acknowledged to be an effective and environmentally-friendly means for slowing climate-model-predicted CO2-induced global warming. Old trees absorb carbon faster, and also can store more carbon than their younger counterparts. Young trees, on the other hand, are the future – not only in established forests, but for greening our urban environments.

For the first time in history, the number of people living in cities will soon outstrip those in the countryside. So as parks and trees become an even more vital component of urban life, it is up to present-day custodians to respect trees and protect them for the future.

At official and community level, efforts to preserve Hong Kong precious trees continue to gather momentum. A new country park has recently been announced, at Robin's Nest in Sha Tau Kok, and a new conservation strategy is forming for the threatened incense tree.

Citizens can help in many ways. The bigger picture includes only buying timber items such as furniture and flooring which is Forest Stewardship Council approved, reducing the volume of printing and packaging, and choosing recycled paper where possible.

When you're out and about, be mindful not to break a branch or disturb the soil, which can impact a tree's health. By all means participate in community tree plantings, to encourage new growth and help green our city for the future. But also remember to honour the matriarchs, the true keepers of our urban forest.



樹木細語

假如香港的珍貴老樹懂得和同伴說話，你認為它們會說些甚麼？

有一棵紫檀樹，佇立在中環超過170載，見證着香港特別行政區的古往今昔。而扎根荔枝窩的一棵秋楓樹，則成為新界最大客家圍村中的寶貴遺產，還有大埔的許願樹，歷代居民總愛對它傾吐內心的期盼，因此，樹丫上滿載着人們的夢想。

然而，說樹木有與外界溝通的能力，這卻並非天馬行空之事。最近，加拿大的一位科學家則分享了她的畢生以來研究樹木的結果。

我們所認識的樹木，不外乎擁有高大的樹幹和綠葉豐茂的樹冠，毅然聳立在大地之上。可是，英屬哥倫比亞大學Suzanne Simard博士的研究指出，樹木不單如此，其埋在地下的樹根系統，其實是個無窮無盡的生態「樹聯網」，是樹與樹之間的橋道，這些樹根甚至賦予它們與外界溝通的能力。

這一切都歸因於泥土中的真菌，某些樹木或許需要較多的養分，而真菌則發揮其作用，讓樹木能和同伴分享自己的養分。Simard博士更指出，真菌網絡並非只在同類樹木之間發揮作用，在同一個區域中不同品種的樹亦能受惠。

在研究之中，她進一步闡釋了為甚麼香港的樹木的的確確是我城的根之所在。它們美化環境、讓人們有庇蔭之處，又吸引鳥兒棲息，更會淨化空氣，甚至富含文化底蘊。難怪香港的大眾市民都珍賞樹木所扮演的角色，並意識到保護它們的重要性。

雖然香港地方狹小，卻孕育樹木種類超過七百種，佔中國擁有樹木品種總數的三成。根據官方紀錄，過去十年裏栽種的植物總數為8,680萬株，而單就樹木而言，數量達約1,060萬棵。

儘管新栽的樹木繁多，但最能淨化空氣的，始終是較老較成熟的大樹，皆因樹木的體積愈大，就能吸走愈多大氣層中的碳含量。而就生物多樣性而言，這些年長的樹木亦較年輕的新樹更為珍貴，因為它們具枝節的樹丫和中空的樹幹，都是鳥兒築巢棲身的好地方。

Simard博士的研究不止於此，她指出，被稱為母樹的年長大樹，通常也是最具智慧的一群。這些樹林中的「女族長」，會透過樹木於地下的溝通網絡，孕育那些存活在同一範圍中的年幼植物，同時，亦會透過樹根網絡把自己多出的碳養分傳送開來，從而提升年幼樹木的生存率。



Hong Kong's trees can beautify, attract birds and even purify the air. 樹木不但美化環境，更能吸引鳥兒棲息和淨化空氣。

Simard博士解釋：「它們甚至會犧牲自己樹根的伸展範圍，以為『孩子』製造足夠的活動空間。母樹受傷或瀕臨死亡時，它們亦會向後代的幼苗發出滿有智慧的訊號。」

母樹是基因的寶庫，樹木養分的孕育者，而這項研究結果則喚起了保衛香港母樹的急切性。

在政府的古樹名木冊名單之中，約有五百棵樹入冊成為珍貴樹木。它們各為不同的樹木品種，但卻有着特定的入選準則——體積大、珍貴或稀有樹木品種、古樹（例如樹齡超過一百年）、具有文化、歷史或重要紀念意義的樹木，又或是樹形出眾的樹木。

我們大可於香港各地找到入選古樹名木冊的大樹蹤影，當中包括荔枝窩的空心樹，它為大型的秋楓樹，高21米，直徑為1.7米。此外，還有中區政府合署門外的紫檀，它被視為路邊的寶藏，屹立那兒超過170年，見證着香港特別行政區多年來的歷史。

一代又一代的本地居民，也曾經在油麻地社區中心休憩花園的細葉榕下相聚，在這棵風水樹的樹蔭下閒聊。至於錦田的樹屋亦同樣深受愛戴，這顆超過150年的巨大老榕樹是城中的傳奇老樹——相傳在很久以前，此樹旁邊為皇帝的住處，因此其樹莖和樹根均圍繞着門和牆盤旋交錯，最後變成樹屋的樣子。

在香港動植物公園之中，有一棵百日青樹冠大約12米，它古樸蒼勁，在過往的130年來為公園的遊客帶來歡樂。百日青之所以列入名冊之中，皆因它的樹形優美，紋理筆直，是自古以來製作家具、樂器等上的上乘之選。

根據氣候模型的預測，二氧化碳排放導致全球暖化，而植樹和保護森林中的樹木，則是舒緩此問題的有效又環保方式。老樹能以更快的速度吸收碳，同時亦較年輕的樹木儲存更多的碳量。與此同時，年輕的樹木亦是我們的將來，它們不但是樹林的成員，亦綠化了我們的都市環境。

居住在城市中的人口會史無前例地愈來愈多，遠遠超出郊區的人數。因此，公園和樹木成為都市生活中更為不可或缺的一部分，為了將來，當下的城市守護者必須尊重這些樹木，愛惜它們。

至於就政府、社區的層面而言，保護香港珍貴樹木的想法持續推展。最近，政府在沙頭角紅花嶺擬定郊野公園，亦就瀕危的土沉香制訂新的保護策略。

其實作為市民亦可以很多不同的方式去保護城中的大小樹木。長遠來說，我們一方面可以選購獲森林管理委員會許可的木材作家具、地板之用，另一方面則可減少印刷和包裝數量，以及盡可能地使用可循環再造紙張。

假如要到戶外閒遊，緊記不要折毀樹枝和擾動泥土，皆因這些行為均會影響樹木的正常生長。為了將來有更美好的居住環境，我們應多參與社區中的植樹活動，多孕育新樹，綠化城市。最後，我們應對每一顆年長的大樹心存感激，因為它們才是城中樹木的真正守護者。



Smart-home synchronicity

The evening's commute is hot and clammy – you long to get home. There, the indoor air will be cool and fresh ... you've organised that, with a tap of a finger.

Murmur which music you feel like listening to, and it will be playing upon your arrival. The curtains are drawn; the lighting restfully subdued. Your private sanctuary is exactly how you like it, thanks to the internet of things (IoT).

Smart home technologies have come of age in 2017, headlined by voice-enabled virtual assistance. Having overcome the glitches of earlier incarnations, next generation domestic helpers are equipped to perform tasks adroitly – even interpreting and anticipating your wants and needs – despite not “living” in your actual home, but far away in some virtual cloud.

The frustrating word error rate of earlier voice-enabled platforms has been largely overcome now. And because they are always connected, these Artificially Intelligent (AI) helpers are programmed to keep getting smarter as time goes on.

So, what can this technology do?

There's the handy capability to effortlessly stream music. Say you've been listening to jazz, and then feel like some meditation musak – just ask.

Then something hits you that you need to remember, but don't want to spoil a relaxing mood by going for a pen and paper. Not to worry – just dictate a new to-do list.

Can't find where you left your phone? Your virtual assistant will track it down. In sync with your smart home appliances, it can also adjust the heating/cooling thermostat, adjust lights to the desired mood setting, turn on the oven, or brew your coffee.

The home security function can identify who's coming and going, and when – and let you know remotely if an unknown person is at the door. If you're linked to a ride-sharing app, it can also hail you a lift.

Cars of the future will “talk” to your home as well. So as you're driving home, and maybe feeling peckish, your AI car can identify a nearby restaurant, pay for your order, and have it delivered to your home – where your pre-programmed smart home devices have everything just how you like it.

The two main players vying for a place in your IoT-enabled household are Alexa, the voice-operated “personal assistant” from Amazon's Echo, and Google Home. But some voice-enabled devices have been invented right here on local shores.

A Beijing company is producing a Chinese equivalent to the market-leading US-made devices. Just like its English-speaking counterparts, it provides news, weather, and stock updates, but delivers them in Mandarin or Cantonese. The device also answers questions, manages schedules, provides directions, and plays music and audiobooks.

An in-home robot – a Hong Kong invention – has 3D vision and active perception enabling it to identify members of the household. With its voice programming feature, the robot is able to converse and take instructions from users. It can be commanded to switch on the TV, and if the home phone rings and no-one picks up, the robot will go and look for someone to alert them.



Sooner or later, your home could be feasibly functioning as an automated personal assistant which is coherent and dutiful. 在不久的將來，整間屋有可能搖身一變為機械化私人助理，為你打點一切。

Another Hong Kong invention was launched this year and was one of the first voice communication/smart home management systems developed for the Asian market. It not only serves as a gateway for Internet-enabled household devices but also supports HD voice calls, network phonebooks and remote control functionality for home monitoring systems. Connectivity with other smart technologies such as lighting and motion sensors gives householders home management control remotely, via their mobile phones.

In 2016, 80 million smart home devices were reportedly delivered worldwide – a large proportion of which have voice-enabled technology. So, just like having a helper in every room, your whole home could soon be feasibly functioning as one united, coherent and dutiful automated personal assistant.



智能家居 連結生活

傍晚下班時分，天氣潮濕炎熱，你歸心似箭。只要你回到家中，一股涼爽清新的空氣便會撲面而來……全因你在彈指之間已安排好一切。

輕聲說出你想聽的音樂，旋律在你踏入家門一刻便自動揚起；窗簾已然拉起；燈光調校至柔和昏暗——全因物聯網（IoT），令你的安樂窩恰如你心目中的理想家居。

智能家居科技在2017年已趨成熟，各大媒體紛紛介紹虛擬語音助理。新一代電子家務助理已解決早期版本的小毛病，能夠靈敏地執行任務，儘管它們並非「居住」於你的真實家居，而是處於遙遠的虛擬雲端世界，卻可以理解 and 預測你的需要。

早期語音識別平台偏高的文字差錯率現已大幅改善。由於人工智能助理全天候連線，程式設定令它們不斷學習、改進。

那麼，到底智能家居技術可以做到些甚麼呢？智能家居技術其中一項方便的功能，便是讓你輕鬆串流播放音樂。譬如在你播放着爵士樂，但突然想聽冥想音樂時，只須說出指令即可。

然後你驀地想起一樁要事，打算將它記下來，但又不想四處找尋紙筆，破壞此刻輕鬆的心情。不用擔心，只須召喚智能助理幫你記下待辦事項即可。

忘了手機放在哪裏？你的虛擬助理會追蹤出它的位置。系統與智能家電同步，能夠調節冷暖恆溫器；將燈光調校至舒適狀態；啟動焗爐，或者為你沖泡咖啡。家居安全系統能夠偵察誰人何時進出你的家，如果有陌生人在你家門前，系統亦會通知身處遠方的你。如果你已連接至共乘應用程式，智能助理亦可為你預約汽車服務。

未來的汽車亦將會與你的家「對話」。假設你在駕車回家途中覺得有點餓，你的人工智能汽車可以識別鄰近的餐廳，幫你付錢再將外賣送到家裏——一個由預設智能家電打造、完全符合你心意的家。

在智能家居爭一席地的兩大巨擘，分別為亞馬遜Echo系列的語音「私人助手」Alexa，以及智能家居助理Google Home。不過，市面亦有一些本地研發的語音辨識裝置。

北京一間公司現正研發同類系統，以普通話或廣東話提供新聞、天氣和股票更新等資料，亦能回答問題、處理行程表、指引方向、播放音樂和備有有聲書功能。

香港研發的家居智能機械人擁有3D立體鏡頭及感知功能，有效辨識家中成員。機械人的語音編程系統令它能夠與用戶溝通並接收指令。用家可指使機械人打開電視，如果家居電話響起卻無人接聽，機械人會主動知會在家的家庭成員。

另一個今年面世的港產發明，為其中一個專為亞洲市場而設的語音溝通/智能家居管理系統。它不但可控制連接網絡的家電，亦支援高清視像通話、網絡電話簿及遙距控制家居監控系統。系統亦與燈光和移動感應器等其他家居智能技術連接，讓屋主能夠以手機遙距管理家電。

2016年，全球賣出共八千萬部智能家居系統，大部分內置語音辨識技術。在不久的將來，整間屋有可能搖身一變為統一盡責的機械化私人助理，彷彿每間房都有一位助手，為你打點一切。

