



# 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:

Cheerful, refreshing, invigorating: a perfect cup of tea is a gift born of nature. Stepping into the season of renewal, there is always something new and wondrous to be discovered. In 2018, let's join together in celebration of all that brings prosperity and joy into our lives.

歡欣快活、精神爽利：一杯好茶，是大自然賜贈的禮物。踏進萬象更新的季節，往往有無數新奇的事物等待着我們去發現。祝願大家在2018年裏，豐盛美滿、繁榮興旺。

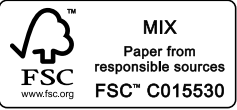
**Dress Circle, January 2018**  
Published by South China Morning Post Publishers Ltd.,  
22 Dai Fat Street, Tai Po Industrial Estate, Tai Po, N.T.  
Hong Kong  
Tel: (852) 2680 8888

Printed by  
Best Tri Printing Co., Ltd.  
Block C and G, 13/F Sunview Industrail Building,  
No 3 On Yip Street, Chai Wan, Hong Kong

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## Flavourful festive feasting

Many families are choosing to eat and share locally and ethically-sourced food, which is helping to empower the rural communities that produced it.

In a field of golden rice under the bluest Harbin sky, guests tuck into a luxury feast of locally sourced, sustainably produced ingredients. Their gourmet lunch was prepared under Shangri-La Hotels and Resorts' Rooted in Nature sustainability project – an initiative which helps the planet, sustains local communities, and demonstrates to consumers how conscientious eating can go hand-in-hand with fine dining.

The open-air event in nature's dining room makes a change from the extravagant restaurant décor to which these guests are more accustomed. But on this day, it's an eminently appropriate setting for the positive food messages Rooted in Nature espouses.

Around the world, there's a growing consumer preference to eat locally sourced, chemical-free food, brought to city tables in ways that are gentler on the environment, kinder to animals, and empower the rural communities who produce it.

This has given rise to the sustainable food movement – a concept the Shangri-La brand embraces wholeheartedly through Rooted in Nature, an initiative on its long-running journey to operate more responsibly.

Under its guidelines, ingredients on menus at participating Shangri-La venues must either be locally-grown or chemical-free; free-range, ethically-reared or sustainably sourced; organic or fair trade-certified. So no threatened or endangered species would appear on your plate. Local economies are supported. Healthy eating habits are encouraged. And community awareness is heightened.

Nowhere are the far-reaching positive outcomes more amply evident than in the food bowls of rural China – among them, Wuchang in Hubei province, renowned for its fragrant, high-quality golden rice; and Suzhou, known as much for producing nutritious seasonal produce as for its delicious seafood from Tai Hu Lake.

As a Shang Palace executive chef explains, "the elegance of a dish depends on the freshness of the ingredients." To demonstrate, diners at the Harvest Lunch in the field event, co-hosted by Shangri-La Hotel, Harbin and Songbei Shangri-La, Harbin, were first invited by the farmers to taste their rice, which is freshly cooked and has an authentic sweet flavour.

Then followed a series of dishes featuring luxurious ingredients such as abalone and marinated pork, cooked in the field by hotel chefs and presented with five-star service.





Through this rare interaction with the growers, guests and attending media saw sustainable food in a new light: not only are Rooted in Nature dishes high class, and high on nutrition and flavour, they also play a role on preserving vital agriculture industries.

Shangri-La Hotel, Suzhou had identified the rich soil and fresh mountain air of Xishan, Suzhou as an ideal place to establish a vegetable garden in partnership with local farmers.

Sourcing from this plot and the nearby lake forms the basis of the hotel's Farm to Table concept. Through this innovative approach, guests are provided not only healthy food with a unique taste, but also a special experience. For how many restaurants can offer seasonal specialities obtained directly from the grower?

When it comes to food production, surely nature knows best. But the positive impact of sustainable choices are far more reaching than merely delighting diners.

By supplying to an international hotel, farmers involved in the Rooted in Nature project earn a good living – enough to send their children away to the city for education – and may participate in training. They also take pride in knowing that their products are valued by the chefs and patrons.

High-profile coverage of initiatives under the project gives rural communities hope that the next generation may see a future in sustainable agriculture – that they may one day return to work the land, and earn an income from it.

## 風味歡宴

不少家庭選擇食用、分享由鄉郊地區生產，兼且符合道德原則之本地食物，從而幫助有關社群維持生計。

哈爾濱的蔚藍天空下有一片金黃大米稻田，盛宴中的賓客大快朵頤，享用本土出產及來自可持續來源的食物。席上賓客所品嘗的美味午膳均由香格里拉酒店集團「自然天成」可持續美食計劃的廚師所準備，旨在協助拯救地球，支援本土社區，並向消費者展示環保飲食與高級美饌的結合。

在大自然環抱下到戶外進餐，與這幫賓客慣常光顧的豪華餐廳感覺格外不同。可是，在這一天，一切卻絕不突兀，反而恰如其分地展現出「自然天成」可持續美食計劃的正面飲食宗旨。

全球愈來愈多消費者選擇本土出產及無化學添加食物，期待食材以環保、善待動物的人道方式處理，並能支援偏遠地區農民持續生產。

有見及此，香格里拉酒店集團誠意推行「自然天成」可持續美食計劃，以負責任的長遠營運方案實踐可持續食材的理念。

依據計劃的指引，香格里拉酒店集團旗下參與計劃的食肆，菜單上的食材必須為本土出產或無化學添加，以人道方式散養、飼養或來自可持續來源，而且必須是有機食材或經認證的公平貿易產品。由此可確保賓客的餐碟上不會出現瀕危物種，並有助支援本土經濟，鼓勵食客培養健康飲食習慣，提高社區的環保意識。

計劃帶來廣泛深遠的正面影響，尤以中國農村地區受益匪淺。當中包括生產芳香優質黃金大米的湖北省武昌市，及以生產營養豐富時令農產品和太湖鮮美海產而聞名的蘇州。

香宮行政總廚解釋道：「一道菜的風姿來自食材的鮮味。」以表其實，哈爾濱香格里拉大酒店和哈爾濱松北香格里拉大酒店合辦活動「豐收的盛宴」，農民率先端上新鮮煮成的米飯，讓席上客品嘗香甜真味。

然後，一道道用上珍貴及新鮮食材的豐盛菜餚逐一上桌，如鮑魚、醃製豬肉等，而且皆由酒店大廚於田野間烹調，並以五星級服務招待賓客。

賓客和出席的傳媒能透過是次難能可貴的機會，與農民直接交流，讓他們對可持續食材另眼相看，了解到「自然天成」可持續美食計劃下的菜色不但食材高級、營養豐富及美味可口，更有助保育農業命脈。

蘇州香格里拉大酒店看中蘇州西山的肥沃土壤及新鮮空氣，與當地農民合作興建菜園。

這一片菜場和鄰近湖泊所出產的食材，成就了酒店「食在源頭」的美食概念。憑藉此創新理念，賓客不但能品嘗到風味獨特的健康菜式，更獲得一次特別的體驗。試問有多少餐廳能直接從漁農手中取得時令特色食材？



說到生產糧食，任誰也比不上大自然的力量，但挑選可持續食材的好處，遠比單單取悅食客來得更影響深遠。

參與「自然天成」可持續美食計劃的農民向國際級酒店提供食材以維持生計，這除了讓他們有能力把家中小孩送到城市裏上學外，農民亦能接受相關培訓，而且眼其農產品得到大廚及顧客的重視，他們必引以為傲。

計劃下的一連串活動吸引廣泛報導，為鄉村帶來希望，開拓可持續農業的前路，吸引下一代回來以農維生，以賺取可觀收入。



### Shangri-La Hotels and Resorts' initiative

The overarching aim of Shangri-La Hotels and Resorts' Rooted in Nature initiative is to guard local food traditions, and raise awareness about the food we consume.

The project was launched in 2014 and by end of 2016, nearly 4,000 Rooted in Nature dishes were being offered at 98 Shangri-La Hotels worldwide.

In February 2016, Island Shangri-La, Hong Kong and Kowloon Shangri-La, Hong Kong became the first two hotels in Hong Kong to achieve Marine Stewardship Council (MSC) and Aquaculture Stewardship Council (ASC) Chain of Custody certifications. Sustainable seafood awareness campaigns have followed in key cities in China, including Shanghai, Beijing, Qingdao and Shenzhen.

### 香格里拉酒店集團「自然天成」可持續美食計劃

香格里拉酒店集團的「自然天成」可持續美食計劃的首要目標是為了捍衛本土飲食傳統，以及提升大眾對日常食物的關注。

「自然天成」計劃始於2014年，直至2016年年底，於全球98家香格里拉大酒店提供近4,000道菜餚，全均符合計劃之標準。

2016年2月，港島香格里拉大酒店及九龍香格里拉大酒店成為香港首兩間酒店獲得海洋管理委員會及水產養殖管理委員會的產銷監管鏈認證。及後，集團亦陸續於上海、北京、青島及深圳等中國重點城市推行可持續海產關注運動。



Diners at the Harvest Lunch in the field event were first invited by the farmers to taste their rice, which is freshly cooked and has an authentic sweet flavour. 「豐收的盛宴」活動上，農民率先端上新鮮煮成的米飯，讓席上客品嘗香甜真味。





# Keys to happiness

Humans are highly social beings.  
We thrive in the company of friends and  
enjoy sharing experiences with others.





With Kerry On, fitness activities arranged for members come in many forms. Members can choose the exercise best suited to themselves. Kerry On為會員安排的健身活動多元豐富，會員可隨心選擇最合適自己的運動形式。

#### Exclusive Kerry On membership offer 尊享Kerry On會員驚喜



To become a Kerry On member, register at the concierge at Jing An Kerry Centre or Kerry Parkside in Shanghai, or simply scan the QR code with a mainland China mobile number. Sign up before June 30, 2018 to get your welcome gift at the malls.

只須親臨上海靜安嘉里中心或上海浦東嘉里城之客服台，又或以國內手機號掃描二維碼，即可成為Kerry On尊貴會員。於2018年6月30日前成功登記，即可於上述地點領取精美禮物包乙份。



In researching the pursuit of happiness, British author Ruth Whippman concluded that it's our social connections and personal relationships that will truly make us happy. Being engaged in meaningful activity allows us to meet some of our most basic needs, such as socialisation, a sense of purpose outside of working life – and the joy of play.

When those interactions include healthy activities that help us look and feel well, develop new hobbies or benefit the wider society, we'll want to participate more and more.

It's harder to make new friends with similar interests now that everyone's working long hours, and technology occupies much of our spare time. But a new initiative makes it easier in the metropolitan hubs of vibrant Shanghai.

Rolled out initially at Jing An Kerry Centre and Kerry Parkside in Shanghai, Kerry On sets out to build communities of people with shared values. It does so by bringing likeminded people together to enjoy social get-togethers, develop healthy living habits, and participate in fun outdoor activities. All residents, shoppers, office workers and other users of these integrated, mixed-used developments are welcome to participate.

Building on the hardware already provided in the city's two sophisticated malls, both focused on lifestyle experiences, the initiative adds the human layer we all crave. It forges new connections in a populous city where people of diverse interests can associate with others who have a similar international outlook.

So if you want to chill out after work, there might be a friendly meet-up organised in Kerry Parkside's casual craft brewery. Rather than dining alone, perhaps join a share table at one of Jing An Kerry Centre's signature restaurants, where great company is paired with fine food and wine.

In the spirit of togetherness, selected tenants have come on board to curate memorable experiences for Kerry On members. Popular active wear brand Lululemon, for instance, tunes in to its customers' preferences by offering yoga and stretching classes. These prove to be well attended in a community for whom wellness and green living are important.

Fitness activities arranged for members come in many forms: from the free-spirited dance fun of Zumba, to the disciplined workout of bootcamp. With Kerry On, you choose the exercise best suited to you. This might also



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



include an outdoor hike to nearby countryside – an activity so much more enjoyable when in the company of friends.

News of a recent hike spread through the online channels of the programme's social media. And judging by the positive feedback, such activities indeed tap into the millennials' interests.

Responding to members' desire to keep in shape through healthy eating, informative sessions on dietary advice have been scheduled. Organic cooking classes feed their appetite to live and eat greener.

To nourish one's spiritual side, meditation workshops that help to clear the mind and energise participants are proving popular, too.

In another benefit to Kerry On membership, personal shopping experiences are targeted to individuals' interests. If you want to be among the first to preview an upcoming collection from a favourite luxury brand, for example, this is your exclusive entree.

Inspire your creativity by learning a new art or craft skill, and see what can be made by your own hands. There are also opportunities to give to others, with organisations such as a local children's hospital benefiting from Kerry On fundraising events.

Members grow personally and socially thanks to this

initiative, while at the same time, tenants at the two malls also stand to gain.

In an era where more people are tempted to shop online, research shows that consumers still crave real-life experiences. To gain their loyalty, brands must extend themselves beyond the product offering alone. An appealing physical presence is a good start, but the successful retailers are those that resonate with shoppers' emotions.

Through closer engagement with their customer, participating brands get to understand them better. This allows retailers to fine tune and personalise their service delivery, again for mutual benefit. Leveraging mobile technology, brands can email invitations directly, and promote special offers through WeChat. The convenience of scanning a QR code to reply streamlines the acceptance process.

Tenants are finding that the Kerry On initiative expands their customer relationships beyond the commercial transaction. An enjoyable in-store experience further piques their interest in a brand, and deepens the relationship even more.

If you have a sense of curiosity, you will always find something interesting on offer. If you want to live well, enjoying an active and healthy social life with newfound friends who have much in common, Kerry On is a great place to start.



Kerry On brings likeminded people together to enjoy social get-togethers, develop healthy living habits, and participate in fun outdoor activities. Kerry On把一群志同道合的人串聯起來，一同享受社交活動，並養成健康的生活習慣及一起參與有趣的戶外活動。

## 快樂之匙

人類都過着群體的生活。與朋友結伴而行，分享難忘時刻，我們的生活因此變得多姿多彩。

英國作家魯斯·惠普曼（Ruth Whippman）進行人類追求快樂的相關研究時，發現真正令我們快樂的是社交及人際關係。參與有意義的活動可滿足我們一些最基本的需求，例如社交體驗、工作以外的人生目標，以及玩樂所帶來的喜悅。

這些健康的社交活動讓我們有機會與人相處交流，身心因此而變得健康之餘，人們也有機會發掘新的興趣，甚至回饋社會，最終，我們也會更加渴望參與這些活動。現代人工時過長，空餘時間都花在科技產品上，實在很難結交志趣相投的朋友，但在上海這個多姿多彩的國際大都會，以下的新概念讓一切變得簡單。

Kerry On初步於上海靜安嘉里中心及浦東嘉里城推行，把一群志同道合的人串聯起來，聚集成一個群體，一同享受社交活動，並養成健康的生活習慣及一起參與有趣的戶外活動。整個綜合發展項目的用家，包括住戶、顧客及上班族等均可加入Kerry On社群。

上海城中兩個融入休閒體驗的商場皆配備完善設施，同時結合Kerry On，滿足我們與人連繫的渴望。在這個人口密集的城市，興趣各異的人能在此與擁有相同國際視野的人互相交流，建立全新人脈。

如果你下班後想放鬆一下，浦東嘉里城的手工釀製啤酒坊可能正舉辦一場輕鬆的聚會。與其獨自吃飯，倒不如到靜安嘉里中心的特色餐廳來個拼桌飯聚，與飯友分享美酒佳餚。

本着團結合作精神，不少特選商戶均加入計劃，協力為會員製造難忘的經歷。例如知名運動服飾品牌Lululemon會根據顧客的喜好，舉辦瑜伽及拉筋舒展班。在重視健康及綠色生活的社群中，這些課堂大受歡迎。

Kerry On為會員安排的健身活動多元豐富，從即興奔放的森巴舞會，以至講求紀律的健身訓練營，會員可隨心選擇最合適的運動形式，當中亦包括近郊戶外遠足，如果有朋友陪伴定必變得更有趣。

Kerry On的網上社交平台近日瘋傳一則遠足活動的消息，參與者反

應正面，足見這些活動成功投其所好，引起千禧世代的興趣。

有見會員希望透過健康飲食保持健美體態，Kerry On隨即安排了相關的教學課程，另外還包括有機食品烹飪班，滿足會員尋求健康環保飲食及生活方式的需求。至於有助陶冶性情的冥想班亦廣受歡迎，讓參加者寧神靜氣，感覺精力充沛。

Kerry On會員的另一禮遇還有針對個人喜好度身訂造的購物體驗。如果你想搶先預覽心儀品牌來季的最新系列，成為Kerry On會員便能享此獨家的優先資訊。

作為會員，你可選擇學習一門新的藝術或者手工藝，發揮創意，看看自己雙手能做出怎樣的藝術品。如果想回饋他人，Kerry On亦有舉辦籌款活動，資助當地兒童醫院。


參加活動的會員，在個人身心及社交發展方面獲益良多，而兩間商場的商戶同樣得到回報。

時移世易，現今愈來愈多人在網上購物，但有研究指出，消費者仍然喜歡到實體店購物。為了吸引更多忠實顧客，品牌不單推出多元化的產品，更於其他方面着手。改善門面外觀是個好開始，但要成功就必須了解顧客想法，引起他們的共鳴。

參與Kerry On的品牌與顧客拉近距離，變得更了解對方。零售商可藉此調整服務，更貼近顧客需要，達致雙贏局面。拜流動通訊科技所賜，品牌能以電郵直接發送邀請函，並以微信推廣優惠。要回覆只須掃描二維碼，操作簡單方便，大大提高彼此溝通的效率。對商戶而言，Kerry On令他們與顧客之間不再單單是消費交易的關係，一次愉快的親身購物體驗，進一步提升顧客對品牌的興趣，建立更深厚的感情。

如果你充滿好奇心，定必找到很多令你躍躍欲試的有趣活動。如果你想提高生活質素，享受健康社交生活，結識志同道合的新朋友，不妨加入Kerry On展開新生活。





# Living large in good company

The most successful among us often find homes on prestigious estates where they can relax in the company of other high achievers.

**I**n good company, intellectuals find fulfilment. The great sage Confucius taught this long ago. “If I am walking with two other men, each of them will serve as my teacher,” he observed. And among those companions, choose wisely, he advised.

For those in the upper echelons of society, that means surrounding oneself with the best of everything. It explains why the most successful among us tend to congregate in close quarters, anchoring their families in an elite neighbourhood among peers of equal status sharing similar perspectives and values.

What might this view from the top look like?

As your limousine ascends the private road leading to an enclave of luxury houses, a breeze rustles the leaves in an avenue of trees.

Behind stands a green mountain, solid and firm. And in front, an open view, stretching into the distance – holding the promise of bright new prospects right there on the horizon.

The rewards of the future may yet to be realised, but here the foundation has been laid. Immersed in a close-knit intellectual community, ideas are nurtured, and talents thrive. Young minds, in particular, will gain from a grounding among such positive influences in their life.



Scarcity of land available for residential development in Hong Kong makes the space and privacy of owning a house a privilege in its own right. Afforded by only a select few, it means playing freely in a garden of one's own. With room to move, and space to breathe. And being privy to nature's glory as the play of light changes: from the orange glow of a new day's sunrise, to the pink palette of an enveloping dusk. By day, marvel at the graceful drifting of clouds; at night, gaze at stars twinkling in the moonlight.

Stroll perhaps among fragrant flower beds to enjoy a swim in a lavish pool, or work out in the gym. Feel all your senses come alive in this place where wellbeing blossoms.

As residents enjoying clubhouse benefits, join friends and colleagues for a restaurant meal in a private dining room. All the elements for an enriching lifestyle are right here on your doorstep.

In this neighbourhood of high achievers, prestigious international schools offer a choice of high-quality education – all in the immediate vicinity. Nearby, the coastal stretch of

Castle Peak Bay, with its beautiful beaches and water sports. And behind, hiking and cycling trails in the Tai Lam mountains, a scenic green backdrop supporting your home life with its strength.

Nearby is access to the upcoming Hong Kong-Zhuhai-Macau Bridge, an efficient China gateway poised to put the economic might of the Western Pearl River Delta within a three-hour commuting radius of Hong Kong.

The prospects that will bring are becoming closer, when the Hong Kong section, connecting with Guangdong, opens.

CEOs and business owners living in the new prestigious residential estates of So Kwun Wat will be closest to the Tuen Mun – Chek Lap Kok Link of this new transportation megastructure, and within a fast commute of Hong Kong International Airport.

Understandably, upper classes with their sights set on promising future horizons would want to relocate, or buy a second home, in this prestigious locale where high achievers are drawn to converge, but independent houses are few.



In this neighbourhood of high achievers, prestigious international schools offer a choice of high-quality education – all in the immediate vicinity. 卓著國際學校座落這個上流社區之中，為居民提供優質教育，且近在咫尺。

## 地靈人傑 匯賢聚英

不少成功人士均會擇居於優秀顯貴之處，在那兒，他們可以與其他志同道合之士一同享受人生。

正所謂近朱者赤，近聖者賢。其實聖賢孔子早已教授此道理。子曰：「三人行，必有我師焉。」而與何人結伴同行，孔子提醒要明智挑選。

對上流社會人士而言，聖賢的說話提醒了他們要與最好的人和事為伍。如此解釋了成功人士為何總喜歡自成一角，一家搬進高級社區，與階層、理念及價值觀相近的社會精英為鄰。

這種居高臨下的感覺又是如何？

想像一下你的豪華轎車沿着私人道路，一路向上駛向豪宅地段，陣陣微風吹得林蔭大道旁的樹葉沙沙作響。

背面青山巍峨挺拔，前方開揚景觀延綿千里，一片明媚風光近在眼前。

未來的回報固然須要耐心等待，但基礎已然穩固。這個關係緊密、地靈人傑的社區，孕育出無比創意，人才輩出。年輕才俊尤其獲益良多，皆因近朱者赤。

香港土地供不應求，住宅發展項目不足，希望擁有自己的居所及享受私人生活實屬難事，亦只有少數人能負擔得起。他們能在自家的花園自由玩樂，有足夠地方伸展活動，擁有私人空間放鬆心情，並能獨享大自然的美麗，欣賞新一天的日出光芒，以至黃昏紅霞的

光影變化。白天為雲彩飄移而讚嘆不已，晚間在月光下對着閃爍星光目不轉睛。

在這裏，你可在芳香四溢的花園中漫步，在豪華特大泳池中暢泳，又或者到健身房做運動，盡情釋放活力，改善身心健康。

住客除了可享用各項會所設施，更可與朋友同事於住戶專享的餐室一同進餐，足不出戶就能享受豐盛人生。

卓著國際學校座落這個上流社區之中，為居民提供優質教育，且近在咫尺。鄰近的青山灣海岸除了有水清沙幼的沙灘，更提供不少水上活動。背面的大欖郊野公園山徑適合行山遠足或踏單車，讓居家生活融入這片青山綠水中。

屋苑毗鄰即將啟用的港珠澳大橋。大橋有效連接香港與中國內地國家道路網，三小時車程可達珠三角西部，提高經濟效益，居民很快便可受惠於大橋香港段開通後所帶來的便利。

而身為企業總裁或東主，居於這個屯門掃管笏全新尊尚住宅項目當然亦受惠不少，皆因屋苑鄰近屯門至赤鱗角道路網，大大縮短往返香港國際機場所需的通勤時間。

可想而知，有遠見的富裕階層絕對喜歡選擇這個名流集中的尊貴地段，移居至此或購入絕無僅有的洋房作為第二個家。





# City of success transcends time

Everyone knows the thrill of anticipation. The night before Christmas, as a child. The eve of one's wedding, or milestone birthday. The day your promotion, worked towards so diligently, finally comes to fruition.

City-wide, across Shenyang, anticipation is in the air. Throughout its history, this former Manchu capital (and capital of Liaoning Province) has been adroitly responsive to the changing economic times, its citizens adept at keeping their hands on the wheel, and an eye on the horizon.

Foreseeing China's industrialisation, Shenyang positioned itself as a manufacturing heartland as early as the 1930s, for decades churning out cars, planes, heavy machinery and more to feed a developing nation's insatiable appetite.

As China began turning towards a cleaner, greener, smarter future, Shenyang was ahead of the curve again, shifting its economic focus from traditional "rust belt" industries to more service-oriented and sustainable sectors. By 2010, virtually all traces of the old, polluting factories had been removed – in their place, a modernised Shenyang ripe for urban renewal.

Now, the city is in change mode again – and its people know it. They can see the horizon; and feel that something exciting is soon to happen.





Shenyang, as the former Manchu capital, positioned itself as a manufacturing heartland as early as the 1930s. 瀋陽為前清初首都，早於1930年代便以工業重鎮自居。

In Shenyang today, citizens enjoy a high standard of living never experienced by previous generations. This follows Shenyang's recent transformation from manufacturing giant to high-end powerhouse, which has brought many international companies to anchor a presence in the city.

Steadily growing incomes have spawned an ever-expanding consumer class – the largest in northeast China.

With good jobs and quality homes, all that's missing is a modern community hub as a focal point for the good life in Shenyang. That dream will be fulfilled with the upcoming Shenyang Kerry Parkside, and the prospect of lifestyle-enriching experiences its mall will offer.

When families come to explore the first lifestyle hub purposely created for the new middle class, the industrial features of the mall's inspired design may remind of Shenyang's proud heritage – and that the toil of generations past has laid the foundation for Shenyang today.

The mall will stand as testament to just how far the city has progressed. Positioned as a place for families and leisure, Shenyang Kerry Parkside will provide a multitude of cultural and shopping experiences, catering to all ages.

Joy and wonder is anticipated with surprises at every turn. With so many choices on offer along with entertainment, this surely shall be the place the community comes to meet and



When China turned towards a cleaner, greener, smarter future, Shenyang was again quick to adapt. 當中國逐步轉型，推行更環保潔淨及高科技的發展模式，瀋陽都能隨即跟上時代的步伐。

socialise, to dine and to shop, to celebrate – and to take home unforgettable memories of quality time spent together.

With fresh new brands to delight the moms, scope for kids to unleash their creativity and engaging opportunities designed for dads, the whole family will want to stay and play.

Like the village square of old, a large central plaza is the place where everyone gathers. A canopy on the top floor allows natural light to penetrate, gently illuminating the space where a fashion show or exhibition might be held, or festive traditions upheld. Imagine, here, a mall alive with happy locals enjoying their leisure time.

A statue fashioned as a mechanical time machine aligns with the project's design theme. Seeing this artistic installation on their journey through this experiential mall, families may also come to appreciate how Shenyang's "golden era" transcends time – from a proud industrial past, to a bright modern future.

As time goes on, the family selfie taken at this eye-catching installation may serve as a reminder that good fortune these young families enjoy today is so different from the hardships of the past.

How different, indeed, will the quality of life be for all in Shenyang when this smart, digitally-advanced, creatively appointed and expertly managed mall opens for business in 2018.



## 卓越之都 恆久之城

每個人都明白期待的心情：孩童時期等待聖誕節的來臨，又或是婚禮前夕，還有大壽前的心情也如是。到了升職那天，之前付出的努力終於有所回報。

在遼寧省省會瀋陽市，滿城期待之心表露無遺。在過去的歷史中，這個前清初首都每當面對經濟改革，都靈活迅速應對。瀋陽市的居民都駕輕就熟，抓緊當下，放眼未來。

瀋陽市在中國工業發展進程中表現出先見之明，早於1930年代開始，數十年來以工業重鎮自居，大量生產汽車、飛機及重機械等，為求滿足這個發展中國家源源不絕的需求。

當中國開始逐步轉型，推行更環保潔淨及高科技的發展模式，瀋陽再次抓緊先機，改變經濟發展重心，從傳統的夕陽工業，轉移至服務行業及可持續發展的界別。直至2010年，所有製造污染的老舊工廠幾乎銷聲匿跡，取而代之的是現代化城市重建項目。

如今瀋陽亦正值改革之秋，民眾亦看出端倪，蓄勢待發，期待驚喜降臨。

時至今日，瀋陽的居民都已超越前人，享受更高質的生活。如此有賴近年瀋陽的改革，當地製造業從高產量轉型生產高質素產品，吸引眾多國際企業進駐當地。民眾的收入水平穩步上升，消費者階層持續增加，人數為中國東北之冠。

安居樂業過後，瀋陽缺乏的是一個現代社區總匯，匯聚城中優質生活體驗，而即將落成的瀋陽嘉里城正好能提供充實豐富的生活體驗。

甫踏入這個專為新一代中產階層打造的首個生活時尚中心，新商場的工業風格設計隨即令人緬懷瀋陽引以為傲的歷史，感激前人所付出的汗水，為瀋陽市奠定發展的基礎。

瀋陽嘉里城落成後，正正能彰顯時代進步的成果。商場目標打造成當地家庭的休閒娛樂勝地，並提供一系列文化及購物體驗，迎合不同年齡階層的口味。

商場內驚喜處處，歡笑聲及驚嘆聲此起彼落。商店餐廳選擇眾多，配合各式各樣的娛樂體驗，瀋陽嘉里城定能成為城中熱點，吸引當地居民到此聯誼社交，用餐購物，歡聚慶祝，留下難忘回憶。

媽媽可入手全新年輕品牌，小朋友可參與活動發揮創意，爸爸當然亦可找到有趣的娛樂，一家大小必定樂而忘返。

商場中心的大型庭園就像舊時的村落廣場，讓眾人聚首一堂。頂層天幕透射自然光，柔和光線照亮整個空間，讓時裝秀、展覽又或是傳統節日活動順利舉行。試想像一下，屆時當地人都到此歡度休閒時光，整個商場定必充滿活力。

一座雕塑化身成一部時光機，跟商場的設計主題不謀而合。與家人一同遊逛這個商場的時候，看到這座巨型藝術裝置就如親身體會瀋陽如何跨越時空，從風光的工業名城，發展至前途一片光明的現代城市，延續其「黃金時代」。

即使時光飛逝，一家人在此搶眼奪目的裝置前拍攝的自拍照將繼續提點着這些年輕現代家庭，突顯他們現在擁有的幸福生活，與前人辛勞的日子形成對比。

而當這個裝潢獨特創新及管理完善的數碼化商場於2018年開幕時，瀋陽人的生活將會迥然不同。



Visitors can enjoy a memorable shopping experience at Shenyang Kerry Parkside. 遊客可於瀋陽嘉里城體驗難忘的購物之旅。

### Shenyang Kerry Centre

The new Shenyang Kerry Centre is a flagship mixed-used development located along the central business district's "Golden Corridor". Completed in phases, it will incorporate residential blocks in Arcadia Court and Arcadia Height, 1.8 million sq ft of grade A offices in the two towers of Enterprise Square, a 441-room Shangri-La Hotel, Shenyang and Shenyang Kerry Parkside, which is 1.35 million sq ft shopping mall.

Phase I of the development has been completed. Phase II is under construction, while Phase III is now at the planning stage.

#### 瀋陽嘉里中心

全新的瀋陽嘉里中心是多功能旗艦綜合發展項目，位處商務區中心的「金廊」大道上。不同項目將分階段落成，包括瀋陽雅頤居及雅頤大苑住宅物業、兩棟佔地共180萬平方呎的甲級寫字樓企業廣場、提供441間客房的瀋陽香格里拉大酒店，以及佔地135萬平方呎的購物中心——瀋陽嘉里城。

項目第一期已竣工，第二期正在施工，而第三期則在規劃階段。





# Ideas inspire a greener workplace

As Kerry Properties' recent Green at Work Contest shows, small changes implemented collaboratively can help significantly with reducing your organisation's carbon footprint.

Creative thinking is a powerful tool – especially as a team approach. A workplace where colleagues gather each day makes the perfect platform for environmental collaboration, and in the case of Kerry Properties' recent Green at Work Contest, shows how small ideas can lead to big changes when everybody pulls together. The office offers so many opportunities to reduce our environmental footprint. If you've responsibly shut down your workstation when you left the office the day before, you've already helped: a computer left on overnight for a year creates enough carbon dioxide emissions to fill a double-decker bus.

You might also put your mobile on charge. If you've left the power cord plugged in while not in use, it still draws energy. While the impact of a single phone cable might seem insignificant, multiply that by 5.5 million – the government's estimate of the number of smartphones currently being used in Hong Kong – to see the difference.

Next, you might head to the office pantry. Perhaps there's a coffee machine installed there. Yours is just one cup – but single-serve pods are the most wasteful form of coffee, and an environmental menace. Apart from their excess packaging, the pods themselves are mostly non-recyclable – so billions of them end up in a landfill every year.

Such a simple morning routine, played out in offices everywhere, illustrates how, without even realising it, the

things we do on a daily basis can have a profound effect on the environment. But just as their aggregate impact adds up, so too do the small steps taken to make a positive difference.

And because most of us spend so much time at work – on average in Hong Kong, at least 50 hours – making a concerted effort to recycle responsibly and reduce our carbon footprint is as important in the office as it is at home.

The best people to drive that change are employees themselves: the staff who lead by example in their daily habits and, through those actions, put environmental awareness front of mind.

In that spirit, Kerry Properties initiated the Green at Work Contest, inviting staff and tenants across the Group's retail and commercial developments in Hong Kong to submit tips for greening their workplace. The initiative resulted in around 700 submissions, bringing to light a wide range of inspiring ideas. Some of the best addressed one of our most pressing environmental challenges – namely, the scourge of the single-use plastic bag.

The competition's overall winner is a diving coach who sees firsthand the damage plastic bags cause to the marine environment. His solution is clever, but simple.

Everyone needs an umbrella in Hong Kong, but instead of reaching for the proffered plastic bag when entering a building, carry your own home-made alternative. Simply cut



Leave a bowl of coffee grounds in the fridge or freezer to absorb food odour  
把咖啡渣放在雪櫃或冰格，  
有助吸走食物異味







Bell-shaped coffee pods also make lovely DIY ornaments  
鈴鐺形狀的咖啡膠囊可變成可愛精緻的裝飾



the base from a plastic bottle, and you have a re-useable, environmentally-friendly drip catcher that won't leak like the plastic bag does.

More ideas showed various ways to upcycle those single-use coffee pods. Mixing spent coffee grounds into a paste with coconut or olive oil and a few drops of essential oil makes an excellent facial exfoliant. Add them to your favourite conditioner to promote smooth, shiny hair, or use as a body scrub to help reduce the appearance of cellulite. In the kitchen, leave a bowl of coffee grounds in the fridge or freezer overnight to absorb food odour.

Then for the pods themselves, dedicated pod recycling programmes are now available in Hong Kong. Coming up to the festive season, those bell-shaped coffee pods also make lovely DIY Christmas ornaments. Simply wash them thoroughly, and decorate as desired to trim the tree, or make a wreath.

Don't throw away used tea bags, either. Another tip from the contest explained how old tea bags, mixed with hot water, are an effective degreaser for food containers (making them reusable, too), and can also clean the stains off coffee mugs. Keep citrus fruit peelings for re-use as a non-toxic, natural enzyme cleaner.

Keep that used memo notepad on hand for re-use, too – its sticky side is handy for cleaning the computer keyboard.

The Green at Work Contest encouraged everyone, across all sectors, to join in the spirit and be environmentally friendly together. As the ideas it generated show, actions that make a positive difference can be interesting, and rewarding. All it takes is every green leader to make the first move.



Old tea bags are an effective degreaser for food containers  
舊茶包可有效去除食物容器上的油脂



## 創意職場環保術

從嘉里建設最近的「創綠意・贏大獎」活動可見，細微的改變可以大大減低辦公室的碳足印。

創意思維的力量強大，尤以團體合作時更為顯著。同事平日上班聚首的工作場所正好提供一個合作平台，讓眾人為環保出力。而嘉里建設近日舉行的「創綠意・贏大獎」比賽則展示了團結的力量，看似微不足道的點子都能帶來重大的改變。

其實在辦公室有很多方法可以減少碳足跡。如果你在離開辦公室前負責任地關掉電腦，那麼已經對環境有幫助，因為電腦長開過夜不關，持續一年所排放的二氧化碳已足以填滿一輛雙層巴士。

你亦可能會為手機充電。可是，即使你在插上充電線的同時沒有在使用手機，這樣亦會消耗能源。雖然單單一條電話充電線所造成的影響看似微不足道，但若如政府統計調查所指出，單是香港現時已有550萬人擁有智能手機，情況便大有不同。

下一步，你可能會到辦公室的茶水間。有些茶水間設有咖啡機，而你只需要一杯咖啡，但膠囊咖啡其實是最浪費的，更對環境帶來嚴重負擔。除了因為過量包裝，大部分膠囊更是不可回收再造，所以每年都有過億膠囊被送到堆填區。

如此平常的活動幾乎每個辦公室都會發生，這正正說明了，我們日常的瑣碎事，對環境都會造成重大影響，而我們可能根本沒有察覺到。既然壞習慣的破壞力會日積月累，那麼小小的改善措施對環境的正面影響同樣能積少成多。

我們大多數的時間都在上班（以香港為例，平均每人每星期至少花上50小時），故此不但在家中，在辦公室亦應齊心協力，做好分類回收及減少二氧化碳排放。

而最有效的方法就是從員工做起。員工以身作則，透過良好的日常習慣，事事以環保為先。

嘉里建設秉持同樣的環保理念，發起「創綠意・贏大獎」比賽，邀請旗下香港商業和零售發展項目的員工及商戶參與，獻上多個綠化工作環境的環保小貼士。

比賽共收到約七百份作品，帶來源源不絕的好點子。其中不少佳作均針對我們現時最迫切的環境污染問題，就是遺棄膠袋所帶來的禍害。

比賽總冠軍由一名潛水教練贏得，他曾親身目睹膠袋對海洋環境造成的嚴重破壞，而其解決方法十分聰明，絕不繁複。

在香港居住，雨傘是必需品。當每次走進室內時，與其去領取派發的雨傘膠袋，倒不如帶自家製作的小幫手。做法很簡單，只要把膠瓶的底部剪走，就能造出可循環再用的環保防滴水傘套，而且不像膠袋般容易破洞漏水。

除此之外，亦有不少點子提出善用咖啡渣。例如在咖啡渣中加入椰子油或橄欖油，以及數滴精油，然後攪拌成糊狀，臉部磨砂膏便大功告成。護髮素加入咖啡渣一同使用，能柔順秀髮，又或把咖啡渣當作身體磨砂，可減淡橙皮紋。在廚房，可把一碗咖啡渣徹夜放置在雪櫃或冰格，有助吸走食物異味。

而至於咖啡膠囊本身，膠囊回收計劃已開始在香港實施。此外，佳節將至，那些鈴鐺形狀的咖啡膠囊可變成可愛精緻的聖誕裝飾。做法只須把膠囊清洗乾淨，然後隨個人喜好，自製聖誕樹裝飾或製成花環。

用完的茶包切勿丟掉，有參賽者分享，把舊茶包加入熱水中，可有效去除食物容器上的油脂，令容器光潔如新並可重用，此方法同樣亦可用作清潔咖啡杯的污漬。柑橘的果皮則是天然無毒的酵素清潔劑。

另外，用過的記事便利貼亦可保留，其背面的黏貼功能可以用來清潔電腦鍵盤。

「創綠意・贏大獎」比賽旨在鼓勵各界人士提高環保意識，加入環保行列。比賽中各人分享創新點子，證明其實節約亦可樂在其中，而且成效顯著。這全賴各位環保先鋒身先士卒，邁出綠色第一步。



# Lifestyle hub's progressive encore

A mega-milestone was celebrated in Hong Kong when MegaBox came to Kowloon East. A decade on, the community's favourite lifestyle hub keeps getting better.







Upon its launch in 2007, MegaBox was already progressive, introducing to Hong Kong the city's first international-sized ice rink, the first IMAX theatre, and the first example of "big box" retailing. With more than 1.1 million sq ft of shopping, dining, entertainment and event spaces seamlessly integrated, MegaBox set a new benchmark in family leisure and soon became the community's go-to lifestyle hub.

Announcing its presence with a distinctive red circular facade, visible even from across the harbour, MegaBox stood as a symbol of the advances to follow.

Kowloon East had by then been earmarked as the "new" CBD of Hong Kong, with an international cruise terminal, Grade A offices, and substantial leisure and cultural facilities planned within a green overlay.

New office construction has attracted businesses from Hong Kong Island, and given rise to quality housing developments. In the near future, this former industrial area will provide more than 80 million sq ft floor area for commercial use, arranged over three land lots with a total area of more than 32 million sq ft, offered by the Kwun Tong Town Centre Redevelopment Project and Kwun Tong Action Area.

Over the decade, MegaBox itself has been continuously improving, adding value to the community it serves through an evolving array of unique shopping and entertainment. Festive celebrations are eagerly anticipated, and well attended.

Continuous upgrading of the facilities and environment in the mall bring a stream of new experiences to the visitors,

and in its 10th anniversary year, a highlight was the unveiling of a brand new UA cinema complex.

The luxurious makeover of UA, which has been entertaining patrons at MegaBox since its inception, introduces Oscars Club, an intimate cinema ideal for corporate events or a romantic "date night". As the lights slowly dim, couples can cuddle up in a comfy double seat, pull up a rug and, with snacks to share, settle down to enjoy a film.

It feels so cosy, you could imagine a surprise marriage proposal being projected on that silver screen.

Next door, the latest action blockbuster booms larger than life on a giant IMAX screen. Audiences gasp and grip their seats, moving in sync with the thrilling sights and sounds as technology transports them into a fantasy world.

Two very different venues; two very different movie experiences. These are just a taste of the interactive line-up now showing at UA Cinemas in MegaBox, its brand new format creating entertainment with a "WOW" factor catering to all movie tastes and genres.

This progressive makeover of Hong Kong's favourite cinemas highlighted a decade in which MegaBox itself has been dynamically adapting to the changes all around.

As the full potential of Kowloon East is progressively revealed, MegaBox will keep evolving to match the pace of change. Ever at the vanguard, the mall will continue to delight with new experiences, and surprise with fresh encounters for the community to enjoy day or night, year-round.

## 悠閒樞紐 時刻前行

十年前，MegaBox進駐九龍東，迎來本地一個重要里程碑。十年過後，這個備受社區歡迎的休閒娛樂樞紐一直與時並進。

MegaBox於2007年開幕時已十分進取，首次引進全港首個符合國際賽標準的溜冰場、首個IMAX影院，以及開創全新一站式商場購物概念。MegaBox擁有逾110萬平方尺的購物、餐飲、娛樂及活動場地，把家庭休閒活動推向另一層次，迅速成為社區休閒娛樂熱點。

MegaBox矚目獨特的鮮紅色外牆和圓形巨窗鶴立雞群，在維港對岸也能看到，正好代表着其先見之明。

九龍東不但已確立其作為香港全新中心商務區的地位，還有國際郵輪碼頭、甲級寫字樓，以及可持續發展的環保設施，結合綠化環境，作社區休閒及文化共賞之用。

新辦公室興建工程吸引不少原本在港島的商企進駐，並促成優質房屋發展項目。在不久的將來，這個前工業區將提供額外超過8,000萬平方呎建築面積，以作商業用途，分佈在觀塘市中心重建項目及觀塘行動區中，合共超過3,200萬平方呎的三幅地皮上。

過去十年，MegaBox一直前進不懈，提供一系列獨一無二的購物及娛樂體驗，為社區增添魅力。十周年節慶活動自然獲各界熱切期待，一同共襄盛舉。

MegaBox一直致力提升其設施及環境質素，為訪客提供一系列新鮮體驗，而十周年活動的焦點之一便是全新UA影院開幕。

UA影院自商場開幕之初便為訪客提供視聽娛樂享受，適逢MegaBox十周年紀念，影院經歷大型豪華翻修工程，引進適合晚上歡度二人世界或舉辦企業活動的全新情侶影院

Oscars Club。當燈光漸漸暗去，情侶可在舒適的雙人座上相擁而坐，蓋着毯子保暖，一邊分享零食，一邊看電影。

氣氛極之浪漫愜意，甚至會教人聯想到求婚的畫面隨時會出現在熒幕之上。

隔壁的影院播放着最新的大製作動作電影，激烈畫面投放在巨型的IMAX熒幕上，顯得格外生動。驚嘆連連的觀眾抓緊椅子扶手，因為D-BOX震動椅會跟隨電影畫面聲效同步震動，帶領觀眾進入另一個虛擬奇幻的世界。

兩個不同主題的影院，提供兩種截然不同的電影體驗，但MegaBox UA戲院的驚喜又豈止於此。風格煥然一新的戲院配備一系列全新設施，營造震撼的娛樂新體驗，迎合各路電影迷的口味。

這個備受歡迎的電影院經過大型翻新，與商場一樣，十年來一直與時並進。

九龍東正逐步發揮其潛藏實力，MegaBox亦會繼續求變求新，配合改變的步伐。作為區內先鋒，MegaBox將繼續帶來嶄新體驗，以及各式驚喜新鮮事物，讓社區大眾無時無刻都能享受休閒時光。





# Caring spirit tossed together

Always mindful of holistically caring for its workforce and society, Kerry Properties combined a healthy salad lunch, served to staff by department heads, for a good cause.

**W**ith restaurants everywhere in Hong Kong, it's tempting to grab a quick bite on the run, but dietitians warn that such convenience comes at a price. Knowing as we now do that takeaway food may be high in salt and fat, low on nutrition and of a portion size greater than we actually need, more people are looking for a healthier alternative.

A mindfully prepared salad bowl ticks all nutritional boxes.

That rainbow of fresh ingredients beautifully assembled is an appetising way to eat more vegetables as recommended for optimal health and disease prevention. According to the Behavioural Risk Factor Survey April 2016, 79.2 per cent of Hong Kong's working age population consume less than the World Health Organisation guidelines of five servings of fruit and/or vegetables per day.

In a recent region-wide survey, 34 per cent of Hong Kong professionals stated they eat at their desk four to five times a week – a habit health professionals warn contributes to a sedentary lifestyle, and because our focus is not on the food, can lead us to eat too much.

These days, more office workers try to bring a healthy lunch from home, but in the office pantry, food safety is also a concern. Correct storage in a refrigerator which is regularly cleaned, and kept at the right temperature, is essential. Knowing how food changes from a frozen state, to being re-heated in a microwave, or how long cooked rice can be safely kept, will also keep your home-brought fresh and safe.

So a healthy salad lunch is the order of the day. Imagine your manager or department head serves the healthy salad lunch to you, instead of café wait staff. The Green Salad Day recently held at Kerry Properties' Hong Kong headquarters was an initiative organised by the Corporate Social Responsibility and Community Sub-committee under the Kerry Properties Sustainability Steering Committee.

It was agreed that, since working people employed in professional jobs can afford a healthy lunch every day, wouldn't it be nice for colleagues to come together and devote one lunchtime to benefit others who are not so fortunate?







So it was decided that the Green Salad Day, held at Kerry Centre, Quarry Bay in November, would not only promote healthy eating at work, but also care for others through a charitable contribution.

The shared lunch would be a salad bowl. Leafy greens are some of nature's superfoods, packed with fibre, vitamins and minerals, with so many varieties of ingredients to choose from.

To engage staff, department heads are asked to serve meals to team members. Participating in activities together is one of the best ways for colleagues of all levels in a company to get to know each other and boost the group dynamic.

In exchange, workers were encouraged to donate their meal coupons – a staff benefit redeemable at nearby restaurants – which Kerry Properties would donate the monetary amount to the charity Feeding Hong Kong.

From the fresh and colourful selection, over 100 workmates had fun creating their own healthy and delicious salad bowl, with optional dressings and a side of bread. Conversation flowed as the staff made their choices and later, many commented on how much they enjoyed the relaxed nature of a shared meal in the usually more formal workplace setting.

With disposable food containers posing a monumental environmental challenge for Hong Kong, staff were encouraged to act greener by bringing their own bowl and cutlery. Biodegradable food containers and cutlery were provided for those who did not.

The feedback was overwhelmingly positive. Department heads said that they too enjoyed the rare opportunity to serve colleagues, and the fun experience of mixing ingredients to be “salad chef” for a day.

From all viewpoints, everyone involved benefited. Kerry Properties' staff and management joined as equals, united for a good cause. The enjoyment of such a delicious light lunch may inspire more healthy daily meal choices.

The outcomes achieved fit the company's group-wide sustainability commitments on many levels.



Kerry Properties' department heads made the salad and served it to their employees during the Green Salad Day event.

嘉里建設的部門主管在「Green Salad Day」親手為同事製作美味沙律。

## 愛心大雜燴

嘉里建設處處關心員工及社區的需要，推出健康沙律午膳，並由部門主管招待下屬，為慈善盡心盡力。

香港食肆隨處可見，忙碌的時候可以隨意吃一頓快餐，但有營養學者警告，貪圖方便最終可能要付上代價。我們都知道外賣食物高鹽高脂，營養不足，而且份量一般多於我們日常所需，所以愈來愈多人都希望有更健康的選擇。

而一盒悉心準備的沙律就能滿足所有營養需要。

色彩繽紛的新鮮食材組合在一起，開胃的賣相令人食指大動，吸引我們進食更多蔬菜，對保持健康及預防疾病大有幫助。可是，根據衛生署2016年4月行為風險因素調查指出，香港有79.2%的工作年齡人口，每天攝取低於世界衛生組織指引建議的五份蔬果。

不少人喜歡留在公司午飯，既能與同事交流之餘，別的好處亦多不勝數。根據近期公佈的區域統計調查顯示，34%香港專業人士於一星期內有四至五次會留在自己的辦公桌吃飯，但有醫療健康專家卻警告，這樣不但會養成久坐的習慣，吃飯時把專注力放到其他事情上，更會讓我們過量進食。

今時今日，愈來愈多上班族會攜帶家裏準備的健康飯盒，但辦公室茶水間的食物安全又是另一須要考慮的問題。正確使用冰箱保存食物十分重要，冰箱必須定期清洗，並維持正確溫度，還要了解冷凍食物放到微波爐翻熱時出現的變化，以及熟飯的保存時限，這樣才可以保持家常飯盒新鮮，安心食用。

因此，健康沙律午膳變得愈來愈受歡迎。試想像一下，給你端上健康沙律午膳的不是咖啡廳侍應，而是你的經理或部門主管，那會是怎樣的體驗？

嘉里建設香港總部近日舉辦了「Green Salad Day」，由可持續發展督導委員會的企業社會責任及社區小組委員會負責統籌。



在職人士固然能負擔每天享有一頓健康午餐，那麼各位同事聚在一起，一同貢獻一頓午餐的時間，幫助社會上沒那麼幸運的人，又何嘗不是一件好事？

故此，於11月在鰂魚涌嘉里中心舉辦的「Green Salad Day」，不但宣揚辦公室健康飲食文化，同時透過慈善捐獻活動惠及他人。

大家一同分享的午膳就是沙律。綠色蔬菜是天然的超級食物，蘊含豐富纖維、維他命和礦物質，種類繁多，為沙律餐提供眾多選擇。

為了令員工更投入，活動嘗試推翻傳統階級觀念，由部門主管招待下屬。一同參與活動的好處就是可以讓公司不同職級的同事互相了解，增進團隊精神。

受惠同事可利用自己的員工福利作回饋，捐出膳食券，然後嘉里建設會把現金總額捐贈予慈善組織樂餉社。

活動提供一系列新鮮蔬菜，讓過百名同事親自選擇自己的營養沙律，並自由配搭不同的醬汁和麵包。員工在挑選的過程中有說有笑，及後很多員工回應表示，即使在拘泥刻板的職場，仍能共享午餐的輕鬆氣氛，實在難得。

即棄餐具嚴重威脅香港環境，故此活動鼓勵員工實踐環保，自備餐具，同時亦向有需要同事提供可生物降解食具。

這次活動的迴響十分正面，部門主管表示機會難得，樂意服務下屬，同時亦十分享受自己親自「下廚」，混合不同食材。

從各方面看來，人人皆能得益。嘉里建設的員工及管理人員上下一心，為慈善不遺餘力。大家一同享用美味而又輕盈的午餐，這樣的經驗可鼓勵大家吃得更健康。

無疑，是次的活動成果多方面彰顯了公司的可持續發展目標。

## About Feeding Hong Kong

Feeding Hong Kong is a Hong Kong registered charity with a mission to fight hunger in the city and reduce the amount of quality food being sent to landfill.

Each day, it collects high quality food that would otherwise be thrown away. After sorting and storing, the food then redistributed to a network of welfare organisations who in turn feed thousands of people in need.

### 關於樂餉社

樂餉社為香港註冊慈善機構，致力解決香港的饑餓問題，目標為減少高質食物被送到垃圾堆填區。

樂餉社每日會收集原本會被丟棄的剩餘高質食物，把食物分類及儲存，再重新分配給不同的慈善機構，惠及數以千計的有需要人士。







# Collectors focus on opulent opticals

Spectacles are a matter of necessity for many people. They can also make a fashion statement and are considered an art form by collectors.

Indomitable style icon Iris Apfel is one of the best-dressed women in the world. Still turning heads well into her 90s, the woman who famously believes that, when it comes to attire, “more is more, and less is a bore”, has one statement piece she wouldn’t leave home without: her oversized glasses.

Spectacles are, for the majority of wearers, a matter of necessity. But as Apfel so beautifully demonstrates, they can also be an art form. Her signature style calls for a round frame, worn in every colour.

Explaining her collection of “strange-looking” frames, many of them flea market finds, Apfel believes that, “if you’re going to wear glasses, wear glasses”. “And I like the big ones,” she adds.

Strange-looking frames have defined the history of eyeglasses, and sparked the interest of collectors. In this niche but growing market, high-end collectors are known to have hundreds of rare and unusual vintage glasses.

Italian craftsmen are credited with perfecting frames made from bone, metal, and leather – materials still highly prized among eyeglass collectors today – in the late 13th century.

Several hundred years later, Chinese artisans had a hand in the development of glasses as we know them today. When European missionaries began arriving in China wearing rigid-rimmed glasses, the locals there improved on the design by making the frames easy to adjust.

Enhancing their collectable appeal, glasses through the ages became a mark of status. The single-lens monocle was associated with the aristocracy; and a pince-nez the mark of a

gentleman. In high society, well-to-do ladies would attach a gold chain to their delicate rimless reading glasses, and attend balls with opulently decorated small binoculars that would later be known as opera glasses.

Universally, the presence of eyeglasses was taken to suggest that the wearer was well-read. That perception persists today, according to research conducted in the UK which found that job-seekers are more likely to land a position if they wear glasses to the interview.

It wasn’t until the 1950s that glasses became a fashion statement, with starlets, celebrities and dignitaries alike defined by their signature frames. Collectors have been known to amass vintage, retro and popular glasses in their hundreds, but perhaps none quite as passionately as the British entertainer Sir Elton John once revealed that he owns 250,000 pairs.

For collectors, the rarer the item, the more precious it is. In 2016, a pair of John Lennon’s signature round, wire-rim glasses, missing both lenses and housed in a felt-lined leather case, sold at a Sotheby’s auction in New York for US\$43,750.

A set of 18th to 19th century Chinese spectacles featuring the folding frame mechanism was listed at a Christie’s auction in London among the scientific instruments and engineering works of art, while a collection of decorative, gilded eyewear, as worn by 19th century aristocracy, sold for £2,280.

Some collectors, like Iris Apfel, delight in their flea market finds. Others indulge in bespoke pairs crafted from extravagant materials, such as 18ct gold, diamond-encrusted

frames, or exquisite wooden frames carved from an ancient log – the rarest known made from 48,000-year-old New Zealand swamp Kauri.

High-end collectors appreciate the patience and skill it takes to transform valuable timber species into exquisite luxury eyewear of velvety texture and shimmering colour, as seen at Glasstique boutique in Jing An Kerry Centre, Shanghai.

Leather and stone can also be transformed into beautiful frames in an artisan’s hands, while one designer made the lenses out of real gemstones, inspired by Nero, the Roman emperor, who apparently used emeralds to protect his eyes while watching gladiator matches.

For collector Claude Samuel, the son of a luxury eyewear designer whose historical collection has been exhibited at Israel’s Design Museum Holon, the thrill is in the narrative. He explains that every pair of glasses is another link on the chain that tells the “story” of the invention of glasses from its inception to the present.

Collectors aside, how many of us have old pairs of



A pair of John Lennon's signature round, wire-rim glasses, missing both lenses, sold at a Sotheby's auction in New York for US\$43,750.

約翰·列儂的簽名圓形線圈無鏡片眼鏡，在紐約蘇富比拍賣行以43,750美元售出。

eyeglasses stashed away in drawers? We may not need them anymore, but there are millions who do. According to the World Health Organisation, some 733 million adults and children worldwide suffer from problems with their vision simply because they lack basic eye care education or the resources to pay for the right treatment. Especially among children, poor vision negatively affects their ability to learn in school, and compromises their future quality of life.

In Hong Kong, there are various ways to live greener by donating corrective vision glasses to non-

profit organisations.

For example, Hong Kong Polytechnic University holds an annual collection where unwanted but usable eyeglasses are screened and refurbished by the School of Optometry for redistribution to others in need.

Looking to the future, we’re told that technology-enabled smart glasses will let us see the world as never before. But can Artificial Intelligence transform a look, and be a stamp of individuality for all to see? One of the greatest advocates of spectacle-wearing puts it this way: “You must in life know who you are, and then you’ll be happy,” says Iris Apfel. “It takes a lot of work, but it really pays off.”



A collection of decorative 19th-Century gold/gilded eyewear. (Photo: Christie's Images)  
19世紀的純金或鍍金裝飾眼鏡套件。  
(相片由佳士得提供)



It wasn't until the 1950s that glasses became a fashion statement, with starlets, celebrities and dignitaries alike defined by their signature frames.



Iris Apfel so beautifully demonstrates, spectacles can also be an art form.  
Iris Apfel完美示範了眼鏡也可以是一種藝術。



## 華麗眼鏡 藏家之選

對不少人來說，眼鏡是個必需品，然而對收藏家而言，它們更可以是一種藝術。

眼鏡對大部分佩戴者而言只是改善視力的配件。可是，Iris Apfel卻完美示範了眼鏡也是一種藝術，其經典風格就是不同顏色的圓框眼鏡。

說到她所珍藏的「奇形怪狀」眼鏡，當中很多都是在跳蚤市場尋到的寶物，她相信：「如果你要戴眼鏡，就切切實實大膽地戴上。」她還說：「我就是喜歡大眼鏡。」

奇形怪狀的眼鏡框一直以來在眼鏡的歷史中扮演著重要角色，不少收藏家亦對它們懷有深厚的興趣。在這個獨特而日益壯大的市場，奢侈品收藏家動輒收藏數以百計的罕見舊式古董眼鏡。

13世紀末的意大利工匠喜歡使用骨頭、金屬及皮革來製作精巧的眼鏡框，至今仍備受收藏家推崇。

數百年後，中國工匠開始涉足眼鏡製作。就如我們現今所認知般，當時歐洲傳教士陸續來到中國，他們佩戴著硬框眼鏡，當地人便改進設計，令眼鏡框更容易調較。

自古以來，眼鏡一直都是身分地位的象徵，收藏價值亦因而大大提升。「單片鏡」令人聯想起貴族，「夾鼻眼鏡」是紳士的標誌。上流社會的貴婦會為精緻的無框老花眼鏡配上金鏈，參加舞會時，她們會帶上裝飾華麗的小型雙筒望遠鏡，後人稱之為「歌劇望遠鏡」。

在一般人眼中，戴眼鏡的人感覺好像十分博學，而此刻板印象至今如一。英國一項研究發現，求職者面試時如果戴上眼鏡會更容易獲得取錄。

直至50年代，眼鏡才變成流行時尚單品。明星、名人及顯貴皆以特色眼鏡打造個人形象。有著名收藏家搜羅了成千上萬的古董、復古及木眼鏡，但相信沒幾位能比得上英國歌手艾爾頓·約翰（Sir Elton John）對眼鏡的熱愛程度，他曾透露自己擁有25萬副眼鏡。

對收藏者來說，愈是稀有的物品愈是珍貴。2016年，約翰·列儂（John Lennon）的一對簽名圓形線圈無鏡片眼鏡，連氈絨皮套，在紐約蘇富比拍賣行以43,750美元售出。

一套18至19世紀中國折疊框架眼鏡被倫敦佳士得拍賣行列入科學儀器和工程藝術品中。同時，另一系列19世紀由當時貴族佩戴的裝飾性鍍金眼鏡的售價為2,280英鎊。

部分收藏家跟Iris Apfel一樣，喜歡到跳蚤市場尋寶。有些人則喜歡以名貴物料打造的訂製眼鏡，例如18K黃金或鑲鑽眼鏡框，又或是用上古木雕刻而成的精緻致木框。迄今為止，最為珍罕的木眼鏡用上48,000年樹齡的紐西蘭沼澤貝殼杉打造而成。

把珍貴的木頭打造成光滑亮麗的名貴眼鏡，變得跟上海靜安嘉里中心格拉斯緹店面所展示的商品一樣精緻，背後所需的耐性及技術令奢侈品收藏家為之讚頌。

皮革及石頭等物料，落入工匠手中，都能變成一副副美麗絕倫的眼鏡。有設計師更以羅馬帝國皇帝尼祿為靈感，仿效他觀看鬥獸比賽時以翡翠保護雙眼的事蹟，用上真實的寶石來製作眼鏡。

收藏家Claude Samuel的父親為奢華眼鏡之設計師，而他們那些甚具歷史意義的眼鏡藏品更被珍藏於以色列霍隆設計博物館之內。對Claude Samuel而言，收藏的趣味來自作品的故事。他解釋，每一副眼鏡都是重重鎖鏈的其中一環，訴說著從古至今眼鏡的整個創作發展歷程。

先不說收藏家，我們的抽屜裏到底藏了多少副舊眼鏡？我們可能不再需要這些眼鏡，但地球上仍有成千上萬的人需要它們。根據世界衛生組織的資料，全球約有七億三千三百萬名成年人及小孩飽受視力問題的困擾，而原因只是因為他們缺乏基本眼部護理知識，或缺乏金錢支付治療費用。其中對小孩的影響尤其嚴重，視力差會影響在校上課的學習能力，並降低未來的生活質素。

在香港，我們可以選擇不同的環保節約方法，包括向非牟利機構捐贈矯正視力的眼鏡，既能行善，亦能響應環保。

以香港理工大學為例，學校的眼科視光學院每年會舉辦眼鏡回收行動，把能循環再用的廢棄舊眼鏡進行篩選及清潔後，再轉贈有需要人士。

展望未來，我們知道科技化的智能眼鏡，可讓我們以前所未有的方式，看見不一樣的世界。可是，人工智能到底能否轉換成另一個模樣，變成一個所有人都能看見的實體？眼鏡的忠實擁躉Iris Apfel如此說：「人生在世，你必須了解自己是誰，這樣你便會快樂。雖然過程得花上很多努力，但絕對值回票價。」





## Blissful infusion

Tea seems to have a variety of health benefits - and it can fetch high prices. Tea leaves from the Tibetan plateau, such as pu'er, are among the most sought after by aficionados.

The simple act of sipping tea – which so many of us enjoy every day – can also be one of the simplest ways to achieve a calming state of mindfulness. Within a few hours of Hong Kong, it's possible to heighten the positive benefits of tea meditation by taking a luxury tour to the home of precious pu'er, and be immersed in the ritual of how it all began.

Leaving city stress behind, the journey takes you to China's Yunnan province, the birthplace of pu'er – a land of sculpted rice terraces, verdant tea plantations and magnificent mountains. Here in the fields, mindfulness comes naturally in the beauty of the surroundings, and aroma of the tea. As they relax, visitors also learn how, if not for the nuances of nature, the most highly prized tea in the world might never have come to be.

Worth its weight in gold – and sometimes more expensive – a cake of vintage pu'er tea sold for a world records HK\$13 million in 2014. And what, do you think, the humble porters who carried the first batch high up to the Tibetan plateau a thousand years ago would have made of that?

It began as a trade exchange. The mountain people of Lhasa wanted to drink tea, but at their high altitude, could not grow their own. Below them, the farmers of pu'er County, in China's Yunnan province, could grow tea – but they wanted the strong,

agile mountain ponies that the Tibetan tribes owned.

So foot carriers laden with tightly packed pu'er tea were dispatched along a winding, narrow, mountainous track that would later become known as the Tea Horse Trail, so the deal could be done. But the journey took months, and in that time, rain and mist, hot sun and cold winds activated microorganisms in the tea which would change its characteristics. A natural fermentation process ensued, mellowing the astringent, bitter taste of the young tea to a smoother, fruitier flavour for which pu'er is renowned.

This fermentation also created a tea which was said to aid digestion and provide some important nutrients otherwise lacking in certain local diets. Thus, consumption of pu'er, originally very affordable, grew in popularity across China.

Over time, connoisseurs began warehousing the tea – sometimes for decades – so that its flavour became more and more complex. Hence, vintage pu'er – likened in its aging to fine wine – is about the most sought-after tea there is. Its production is highly regulated to ensure quality and authenticity, and only tea that comes from Yunnan province can bear the pu'er name.

Today, aficionados can learn about the essence of pu'er tea, without the hardships endured in ancient times. On a luxury tea tour to Yunnan, you could, should you choose, walk a section of the Tea Horse Trail to meet the villagers who still produce tea



– or be chauffeured there in a luxury limousine. Once there, learn about how the tea is picked, steamed and pressed into cakes – an intricate production process involving many, many steps.

Some tours let visitors joining in the early-morning picking, working as the sun's first rays brighten the fields of green, then take the leaves back to the factory to participate in the processing. Tours also cover the intricate preparation, serving and supping of the drink, the ritual an art from in itself.

Pu'er is a complex tea which basically falls into two distinct types: shou (ripened or black), and sheng (raw or green). Preferences in regard to age and style are largely a matter of individual taste. However, the health benefits are universal: pu'er in all its varieties is believed to help lower cholesterol, ward off illness, reduce stress, and help promote sleep.

Genuine pu'er tea is so precious that some even buy it for investment, collecting and trading it much like vintage wine. Hence, some rare teas have fetched enormous sums at auction.

Like the grapes which produce wine, no particular vintage is regarded as the most valuable. While as a general rule, the most highly valued pu'er teas are plucked before Qing Ming, or Tomb-Sweeping Day, when there is less moisture in the leaves so the tea retains more nutrients, climactic conditions in the field can affect both the quality and taste of the tea, and these vary on an annual basis.

Storage conditions, too, can determine the ultimate outcome. Akin to successfully aging wine, tea should be stored in controlled conditions ensuring sufficient air circulation, stable temperature and humidity levels.

While pu'er is the highest-profile brew China has ever produced, appreciation of tea across the whole varietal spectrum is a growing phenomenon worldwide.

Surely no beverage can be as versatile and satisfying as the humble cup of tea.

We drink green tea in summer to cool the body, and black tea in winter to warm us up. We sip to de-stress, and to heal. We pour to comfort, and to socialise. For millions the world over, tea is their first companion of the morning, and their last at night. You might have partaken since childhood, but it's as adults that aficionados really come to appreciate tea.

In Traditional Chinese Medicine, where it has featured for thousands of years, tea is considered the most beneficial of all herbs and the only one that can be consumed daily. Numerous modern-day scientific studies confirm its health benefits.

Tea is also used in cooking. In Chinese style, traditional recipes call for oolong leaves to stuff steamed fish, lapsang souchong for smoked duck, and black tea to make marbled eggs (cha ye dan). But Western chefs have embraced it, too, with dishes such as healthy green tea smoothies, chicken soup with jasmine, and tea-rubbed roasted and barbecued meats making it on to restaurant menus.

Tea's cultural significance is recognised today, with modern Chinese couples still incorporating traditional tea ceremonies in their wedding.

Socially in Hong Kong, groups of people with a shared interest in tea meet up to taste and discuss its nuances, many signing up to deepen their knowledge through courses offered by tea masters.

Perhaps the best reason to drink tea today is to slow down the pace of a busy life. For as noted by Chinese proverb on the futility of hurrying, “a hasty man drinks his tea with a fork”.



## 人間滋味

一直以來，茶都對健康有百利而無一害，而它的價錢也屢創新高，而源自青藏高原的茶葉如普洱，更是一眾茶迷的心水之選。

不少人每天都享受着茗茶之樂，雖然呷一口茶看似簡單，卻是讓我們身心歸於平靜的簡單方式。而要到訪普洱之鄉並不是難事，只要參加豪華旅遊團從香港出發，不消數個小時便可沉浸在茶香之中，讓茶禪之效提升至另一個更高層次。

離開城市的煩囂，旅程將帶你到普洱的發源地——中國雲南省。那兒滿是梯田，還有一個個碧綠茶園，以及壯麗群山。身處田野間，看着美麗的景色，嗅着陣陣的茶香，心境自然平靜。訪客放鬆身心的同時，亦能感受大自然的奧妙，體會到這片土地如何孕育出世上最備受追捧的茶葉。

茶葉的價值能媲美黃金，甚至茶比金貴。2014年，一餅陳年普洱茶葉以破世界紀錄的1,300萬港元天价售出。而回溯一千年前，那些運送首批茶葉上青藏高原的卑微搬運工又是為了甚麼呢？

茶葉的故事源自以物易物的商機。拉薩高原的人想喝茶，但高海拔地區無法種植茶葉。而遠在南方，普洱之鄉中國雲南省的農民懂得種茶，剛巧他們須要居住高原的西藏遊牧民族所擁有的一種東西，那就是強壯敏捷的西藏馬。

搬運工背負着裝滿普洱茶葉的包裹，走在迂迴曲折的山路才能完成交易，這就是後世所稱的茶馬古道。送運路途遙遠，往往耗時數月，而在運送過程中，風吹雨打，烈日當空，不同天氣刺激茶葉中的微生物並改變其特性，然後發酵，把幼嫩茶葉的苦澀味道變成普洱的甘醇果香。

此發酵過程亦令茶葉具備幫助消化的功效，更為部分當地菜式提供所缺乏的重要營養成分。加上普洱原本價格相宜，因此喝茶文化在中國日漸盛行。

經年累月，鑑賞家開始存放茶葉，令茶味更濃醇，有時候一放便數十年。道理就像是陳年佳釀，陳年普洱成為最備受追捧的茶葉。其製作過程經嚴密監控，以確保品質，保留原味，其中只有雲南出產的茶葉才能擔當得起普洱這個美名。

現今的茶迷不必如古人般勞其筋骨，就能輕鬆領略普洱的精粹。到訪雲南的豪華尋茶之旅中，其中不容錯過的是步行走上一小段茶馬古道，或乘坐豪華轎車，探訪仍保留製茶傳統的村民。然後學習如何採茶、蒸茶及壓茶餅等錯綜複雜的製茶工序。

部分旅遊團讓訪客在晨曦照耀着茶田的清晨時分採茶，然後把茶葉送到工場加工製茶。行程亦包括品茶這門藝術，親嘗備茶、沏茶及品茶等繁複工序。

普洱複雜多樣，基本有兩大類別，分別是熟茶及生茶。至於陳年多久及選擇哪一款茶為佳，完全取決於個人口味，但對身體的益處都是一樣的。各式各樣的普洱據了解可有助降低膽固醇，能強身健體抵禦疾病，緩和壓力，以及寧神安睡。

真正的普洱極為珍罕，甚至有人會視之為投資工具，像葡萄陳釀一般用來收藏買賣，故此部分普洱珍品在拍賣會上能拍出驚人高價。

普洱茶跟釀酒葡萄一樣，沒有最為珍貴的特定年分。但一般而言，最名貴的普洱是製自清明節前採摘的茶葉，因為茶葉水份較少，故此可保留更多養分。茶園的氣候條件也會影響質素及茶味，故此每年的出產都因天氣影響而有所不同。

貯藏狀況也會影響最終產品質素。就如紅酒陳釀過程，茶葉必須儲存在小心監控的環境，確保空氣流通，氣溫及濕度保持穩定。

普洱是中國最響負盛名的名茶，而品茶文化亦逐漸於世界各地盛行。沒甚麼飲料比一杯清茶更千變萬化。

夏天喝綠茶清熱，冬天品紅茶暖身。喝茶能降壓療病，沏茶以寧神交友。對於全球數以百萬計的人而言，茶是開始也是結束一天的良伴。可能你從小便開始喝茶，但真的要留待長大後才懂得茗茶。

傳統中藥採用茶葉已有過千年的歷史，被視為所有草本植物中最有益處的，亦是唯一可每天服用的，眾多現代科學研究已證實其療效。

茶葉亦可入饌。傳統中菜有烏龍茶葉釀蒸魚、立山小種燻鴨，以及茶葉蛋。茶葉亦同樣得到西廚的青睞，西式餐廳菜單常見的有健康綠茶奶昔、茉莉雞湯，以及茶腌烤肉等。

現今茶葉的文化價值備受肯定，時至今日，中國仍有不少新人保留中式婚禮的敬茶儀式。在香港，志趣相投的茶友會舉辦茶聚，聚首品茶一番，更有不少人報讀泡茶大師舉辦的課堂，加深對茶的認識。

身處繁忙都市，現代人喝茶大都是為了減慢生活步伐。正所謂欲速則不達，不慌不忙才不至於亂擺「烏龍」。





# Going with the flow

The thrilling sport of canyoning offers adventurers a chance to see a different side of Hong Kong while challenging themselves both physically and mentally.

To city-dwellers, nature brings beauty, solace, scenic views – and, occasionally, heart-pumping adrenaline. All are wrapped up in the thrilling sport of canyoning, where adventurers can see a different side of Hong Kong whilst challenging themselves both physically and mentally. High up in the mountainous terrain of the New Territories, waterfalls cascade into crystal streams. Rock faces feel tactile, sun-warmed in the palm of your hand. A tangle of forest ferns towers skywards.

To reach such a height in a city building, you might have taken a high-speed elevator – here it's been a slow and steady climb along an uncharted course, traversing streams, scrub and gullies up a sinuous mountain trail.

Anyone can view Hong Kong through the usual urban lens. But those prepared to venture deep into the wild will discover a side of the city unbeknown to most. It's seeing nature from a different perspective – and the personal achievement of even getting there – that attracts adventure-seekers to the adrenaline-inducing sport of canyoning.

The sport is growing in popularity across Southeast Asia, Europe and America, but participants say that, as a canyoning destination, Hong Kong's geographical advantages are unbeatable. The beautiful scenery waiting so accessibly just outside the city make this a must-try for locals as well as visitors.

For a full-day or half-day, you'll be swapping high rises for mountains high, watches for waterfalls, and the noise of the city for the call of nature – and seeing a side of Hong Kong most people probably never knew existed.

Canyoning will challenge you to venture deep into ravines, up cliff faces and through dense forests using a variety of techniques such as hiking, scrambling, climbing, jumping, abseiling and swimming. You simply can't access these places any other way.

Some trails are relatively short – others will engage you for hours. Much of Hong Kong's most rugged terrain is only 30 minutes from the city's heart, in the New Territories' wilderness.

As your guide leads the way and the marked paths behind, the sound of water trickling gradually becomes louder, building as you climb to a raging torrent. Heading towards the source, the anticipation builds until suddenly you reach the summit – and gaze upon a cascading waterfall plunging into a crystal clear pool. Everyone dives in for an exhilarating dip, and whoops of joy ring out. The climbers agree that they truly feel alive – and an awesome sense of achievement. These are people who go for it in life: they challenge themselves, and they grow.

This adrenaline-packed sport is not for the faint-hearted. But it is suitable for novices with a reasonable degree of fitness. Some trails are quite nearby; others further off the beaten track. Hong Kong has a number of experienced coaches who can offer introductory instruction before an expedition, provide the necessary gear, and keep you safe along the way.

For the participant, loose-fitting, long-sleeved shirts and long pants are the basic requirement. Canyoning tour operators should usually supply safety gear such as helmets, harnesses and buoyancy aids, with climbing shoes – recommended to provide a strong grip on rugged terrain – available for rental.

There's surely no more thrilling way than a canyon adventure to get so close to nature's wonders, so easily accessible from the city.

Canyoning in Hong Kong is both an adventure and an opportunity. You might well find that it tests your limits – and at the same time, lets you reach a new personal milestone.





## 綠野仙蹤

刺激的溪降體驗讓挑戰者有機會看見香港鮮為人知的一面，同時也是鍛煉身心的好機會。

對於城市人而言，大自然既擁有動人景色，亦能撫慰心靈，偶爾更帶來心跳加速的體驗。刺激無比的溪降運動便能把這些好處盡收其中，冒險家在挑戰個人體能和心理質素的同時，更可發掘香港不為人知的一面。身處新界的多山地帶，居高臨下觀看瀑布傾瀉而下，匯聚成清澈溪流，讓掌心感覺被陽光曬暖、質感堅實的天然岩壁，仰望雨林蔽類植物高聳入雲。

置身在城中要爬升到這個高度，你可能會選擇乘搭高速升降機，但在這裏你可以沉着氣慢慢沿着無人涉足的路線向上爬，越過溪澗，穿越草叢，開闢出一條蜿蜒山徑。

任何人都可以體會到香港尋常都市的一面，但一旦決定深入叢林探險，便會發現香港不為人知的一面。而發掘大自然另一面貌，以及完成歷程所得到的個人滿足感，正正吸引了熱愛探險的人挑戰刺激無比的溪降運動。

溪降運動在東南亞、歐洲及美國日漸盛行，但有參加者表示香港憑藉其地理優勢，成為溪降運動勝地實在是無可比擬。從市區前往擁有絕美風景的郊外十分輕鬆便利，故此成為本地人及遊客不容錯失的活動。

在一天或半天時間內，眼前高樓都換成高山，時刻看着手錶變成觀賞瀑布水流，煩囂鬧市的噪音轉化為大自然的聲音，體會香港鮮為人知的一面。

進行溪降運動，攀岩時除了須要手腳並行，還不時須要跳躍、游繩及游泳，才能深入溝壑，爬上崖壁，穿越茂密樹林。

部分山徑路程較短，其他長的則須要花上數小時完成。香港大部分崎嶇陡峭之地都位處新界郊外，只距離市中心30分鐘車程。

跟隨領隊沿着標示的方向走，潺潺流水的聲音愈來愈大，直至爬到一條洶湧的急流，向着水的源頭走去時，心情變得十分期待，然後瞥眼間便到達頂峰，瀑布傾瀉入水潭的畫面隨即映入眼簾。眾人紛紛跳入水中，心情興奮並歡呼喝采。參加者都覺得整個人充滿朝氣活力，成功感滿溢。他們都是勇於嘗試和敢於接受挑戰的人，整個過程令他們獲益良多。

這種刺激無比的運動實在是膽小者不宜，但具備一定體能的新手卻不妨一試。部分山徑位置便利，另外亦有一些比較人跡罕至的。香港有不少經驗豐富的教練，會在探險前為參加者提供初步訓練，及必須的裝備以及沿途確保眾人安全。

參加者需要穿着寬鬆的長袖上衣和長褲。一般舉辦溪降運動的組織會提供安全裝備，如頭盔、安全帶和救生衣，以及出租抓力特強、適合崎嶇地段使用的爬山鞋子。

沒甚麼比溪谷探險更刺激，更能接近大自然美景，而且大多山徑都鄰近市區，十分便利。

香港溪降運動除了是一場冒險之旅，更是一個機會，讓你挑戰自己的極限，突破自我，創下人生的里程碑。





Just as the best seats in the house are called the dress circle, so too is the best of the Kerry spirit embodied in this magazine, similarly and appropriately titled *Dress Circle*. Our concern for the environment, our reverence for heritage and the glories of the past, our affection for culture, our appreciation of the finer things in life, our corporate adventures – all contribute topics towards the making of this fine magazine. *Dress Circle* is our commitment and our gift to you. We hope you enjoy it.

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