# en Voyage

The Inflight Magazine of EVA Air

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MAY
2019

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Clay Sun
President, EVA Air

•

孫嘉明

長榮航空公司總經理
孫嘉明

# Welcome Aboard

*Thank You for Choosing to Fly with EVA Air.*

歡迎登機，長榮航空由衷感謝您的搭乘。

It's our pleasure to share with you some great news: TripAdvisor, the world-renowned travel site, named EVA Air as a winner in its annual Travelers' Choice Awards for Airlines. EVA Air earned third place in the Top-10 World's Best Airlines, as well as top spots for Best Business Class and Premium Economy Class in Asia. The organization also ranked EVA Air among Asia's Best Major Airlines. This marks EVA Air's third year in a row as a Travelers' Choice Awards recipient. We remain committed to our founding spirit of safety without compromise, unrivalled service quality, and constant innovation.

This month EVA Air and chef Motokazu Nakamura unveil an all-new Kyo-kaiseki menu for the spring season. Motokazu Nakamura is the proprietor of historic three-Michelin-starred Kyoto restaurant Nakamura. These seasonal dishes are available in Royal Laurel Class, Premium Laurel Class, and Business Class on flights from Taipei to Tokyo (Narita) and Osaka. We also invited Tan-style cuisine master chef Huang Ching-biao to create new dishes based on the legendary Tan Family Feast.

Finally we are proud to announce a new addition to our drinks service. VDS 100% mixed carrot and fruit juice is a healthy choice for a balanced diet and the perfect inflight refreshment.

我們很高興能與您分享，長榮航空於日前全球知名旅遊網站TripAdvisor所公布的Travelers' Choice最佳航空大獎中，榮獲「全球十大最佳航空公司」第三名、「亞洲地區最佳航空公司」、「亞洲區最佳商務艙」與「亞洲區最佳豪華經濟艙」等殊榮，很榮幸能連續3年獲得此網站肯定，我們亦將秉持初心，持續堅守飛航安全與精進服務品質，推出更多創意服務，豐富精采您的飛行旅程。

本月，長榮航空持續與知名大師合作，繽紛您的機上時光：與亞洲廚界教父——黃清標推出全新百年譚府官宴菜色，並與米其林三星主廚——中村元計合作，在台北往返東京（成田）、大阪的皇璽桂冠艙 / 桂冠艙 / 商務艙推出5月限定的中村京懷石料理。此外我們亦供應「VDS活力東勢100%胡蘿蔔綜合蔬果汁」，讓您的機上餐飲更加均衡健康。

# en Voyage

**MAY** 2019

## *Cover Story*


*22* Five Secluded Beaches and Bays
全球5大幽靜海灘和海灣


From Europe to Asia and as far south as Australia, we round up some of the world's most alluring beaches, each an unspoiled paradise thanks to its isolated location.

從歐洲、亞洲到澳洲，海灘與海灣是許多人的度假天堂。此次推薦您全球5大海灘與海灣，帶您遠離塵囂，欣賞迷人景致、親近原始生態。

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Tai Tzu Ying

# Keep Your Passion in the Journey

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amazing things follow and the world beckons.

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# en Voyage

*En voyage* is French for "traveling."
源自法文En Voyage，意思為「旅行中」。

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Palawan, Philippines ／ 菲律賓巴拉望
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透過EVA iPad App，可下載enVoyage電子雜誌。


EDITORIAL
Publisher ＜發行人＞／ Clay Sun 孫嘉明
Editor-in-Chief ＜總編輯＞／ Daphne Tsai 蔡佳蒨
Executive Editor ＜編審＞／ Michael Chiou 邱彥康
English Editor ＜英文編輯＞／ Matthew Jones 馬泰崇
Chinese Editor ＜中文編輯＞／ Lydia Liao 廖純芳
Japanese Editor ＜日文編輯＞／ Tanaka Miho 田中美帆
Art Director ＜專業設計＞／ Sabrina Wang 王愛徵
Photographers ＜專業攝影＞／ Wang Chuen-tang 王椿堂、Lewis Tsai 蔡建裕

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長榮國際股份有限公司文化事業本部編印

10423 台北市民生東路二段166號6樓
6F, 166, Sec. 2, Minsheng E. Rd., Taipei, 10423, Taiwan
Tel: 886-2-25001226 Fax: 886-2-25001598
E-mail: envoyage@evergreen.com.tw

**ADVERTISING HOTLINE ＜廣告熱線＞／ 886-2-25001207**
Sales Supervisor ＜業務總監＞／ Eric Chiu 邱崇禹

EVA AIRWAYS CORP. 長榮航空股份有限公司
376, Sec.1, Hsin-nan Rd., Luchu District, Taoyuan City, 33801, Taiwan
33801 桃園市蘆竹區新南路一段376號 Tel: 886-3-3515151
**Web Site: www.evaair.com**

**WORLDWIDE SUPERVISOR**
EVA Airways Corporation Digital And Information Planning Dept.
長榮航空股份有限公司 — 資訊策略規劃部
15F, 376, Sec.1, Hsin-nan Rd., Luchu District,
Taoyuan City, 33801, Taiwan
Tel: 886-3-3516706 Fax: 886-3-3510023 E-mail: imd@evaair.com



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ADVERTISING REPRESENTATIVES

**TAIWAN** EVERGREEN INTERNATIONAL CORPORATION
長榮國際股份有限公司
6F, 166, Sec. 2, Minsheng E. Rd, Taipei, 10423, Taiwan
Tel: 886-2-25001171 Fax: 886-2-25001598
E-mail: pattychen@evergreen.com.tw

**HONG KONG / MACAU** DCM MARKETING
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625 Broadway, 3rd Floor, New York, NY 10012, USA
Tel: 1-(212) 268-3344 E-mail: francesco.lascari@husonmedia.com

**FRANCE & SWITZERLAND & GERMANY** IMM INTERNATIONAL
80, rue Montmartre, 75002 Paris, FRANCE
Tel: 33-01 40 13 79 01 E-mail:n.devos@imm-france.com

**UK** IMM UK
81, Chancery Lane,WC2A 1DD London, UK
Tel: +44 203 968 6036 E-mail: s.money@imm-international.com



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Over 2 million people gather to watch marching bands, flower cars, and 30,000 elaborately dressed participants make their way through the streets of this southern Japanese city.

日本最大規模祭典，活動期間會舉行大規模的打鼓隊、花車遊行，吸引逾200萬人觀看，讓整個城市充斥熱鬧氛圍。

MAY

03 » 04

*www.japan.travel/en/spot/1972*

## CHEUNG CHAU BUN FESTIVAL · 長洲太平清醮

HONG KONG , MAINLAND CHINA ／ 香港，中國大陸

Youths scramble up bamboo towers to collect buns in this yearly event to celebrate deliverance of tiny Cheung Chau island from a disease epidemic in the 18th century.

又稱為「包山節」，搶包山比賽時人們爭相爬上竹塔收集包子，以取得保闔家平安之意。

MAY

09 » 13

*www.discoverhongkong.com/eng/see-do/events-festivals/chinese-festivals/cheung-chau-bun-festival.jsp*

## CARNAVAL SAN FRANCISCO · 舊金山狂歡節

CALIFORNIA , USA ／ 加州，美國

A Caribbean- and Latin-themed street parade heads up a busy schedule of free concerts and dance performances in the city's Mission District.

一場以加勒比海和拉丁為主題的街頭遊行，包含多場免費音樂會和舞蹈表演，在這個城市的Mission區熱鬧登場。

MAY

25 » 26

*www.carnavalsanfrancisco.org*

PHOTOGRAPHY: GETTY IMAGES / TOP PHOTO GROUP / IMAGE DJ

台北藝術中心　世界級劇院地標

# 點亮璀璨圓山，國際地標當窗景

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MAY JUN.

# 04 » 30

## PINGTUNG BLUEFIN TUNA CULTURAL FESTIVAL · 屏東黑鮪魚文化觀光季

*www.i-pingtung.com*

The Pingtung Bluefin Tuna Cultural Festival celebrates the southern county's natural marine and agricultural resources. The festival includes guided tours and markets selling foodstuffs and cultural and creative products.

東港是台灣黑鮪魚主要捕獲地，屏東黑鮪魚文化觀光季，結合自然景觀資源、農漁特產文化，推廣「觀光休閒、文化創意、輕鬆慢活、生態保育」兼具「幸福屏東」的觀光旅遊樂趣。

MAY

# 04 » 05

## GUANYIN MOUNTAIN RAPTOR FESTIVAL · 觀音．觀鷹

*www.northguan-nsa.gov.tw*

To view the raptor migration in northern Taiwan there's no better place than Guanyin Mountain, a forested hill overlooking the Tamsui River estuary. The festival includes lectures on raptor ecology, cultural tours, and a farmers' market.

觀音山是北部地區觀察猛禽遷徙的絕佳景點，「觀音．觀鷹」活動有猛禽生態講座及解說、觀音山文史導覽、農夫市集等系列活動，帶領民眾探索自然生態、享受山林美景。

MAY

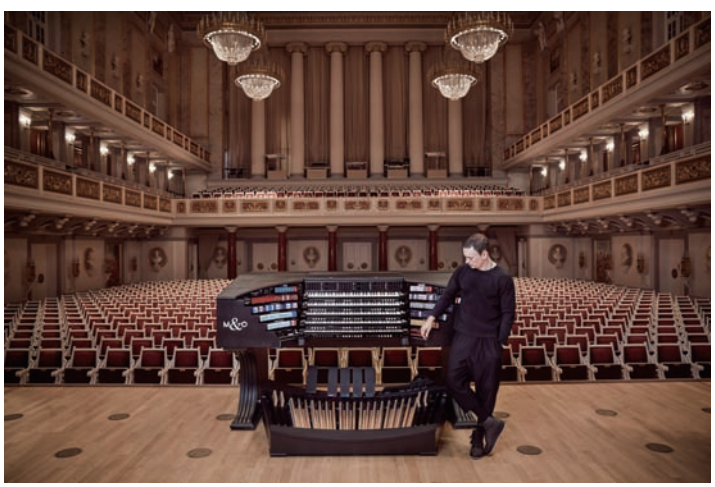
# 24

## STAR ORGANIST — CAMERON CARPENTER TAIWAN DEBUT · 管風琴巨星顛覆管風琴

*www.npac-weiwuying.org*

The National Kaohsiung Center for the Arts, known locally as Weiwuying, is home to one of the largest pipe organs in Asia. Classically trained American organist Cameron Carpenter, renowned for his eclectic and highly creative performances, makes his Taiwan debut this month.

全台灣最大的文化中心 —— 衛武營國家藝術文化中心，設有台灣規模最大管風琴，並邀請管風琴巨星卡麥隆．卡本特蒞臨演出。卡麥隆．卡本特出身古典，將以驚人絕技、無限創意，偕同衛武營顛覆管風琴的形象。



PHOTOGRAPHY: NATIONAL KAOHSIUNG CENTER FOR THE ARTS / GETTY IMAGES / TOP PHOTO GROUP

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Koé Donuts Kyoto is an all-new take on the donut shop, presented by Koé, a lifestyle brand from Okayama, Japan. Located in Kyoto, near Kawaramachi and Gion-Shijō station on the Keihan Main Line, the shop was designed by internationally acclaimed architect Kengo Kuma, who decorated the space with woven baskets made of bamboo from the bamboo forest in Kyoto's Arashiyama district. Using natural and organic ingredients sourced from Japan, Koé Donuts Kyoto offers as many as 42 different flavors, which range from white miso and Tamba black soybean to hōjicha and Uji matcha.

# KOÉ DONUTS KYOTO

## KOÉ DONUTS KYOTO 京都人氣甜甜圈店

donuts.koe.com

來自日本岡山的生活風格品牌Koé，於鄰近京都河原町及祇園4條的新京極通，開設Koé Donuts Kyoto全新型態甜甜圈店，邀請國際知名建築師隈研吾操刀設計，並以京都嵐山竹子編織而成的竹籃裝飾店內空間。Koé Donuts Kyoto選用日本原產的天然有機食材，推出宇治抹茶、丹波黑豆、焙茶、白味噌等多達42種口味的甜甜圈。

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Whittard of Chelsea, a British brand founded in 1886, has always taken an uncompromising attitude toward the quality of its tea leaves. All ingredients in its traditional single-origin teas and flavorful, innovative blends are selected by professional tea masters. The Tea Discoveries range for Mother's Day consists of English rose tea, English breakfast tea, Earl Grey, and Mango & Bergamot presented in metal caddies decorated with flowery patterns. What better way could there be to celebrate Mother's Day than sharing a brew with Mom?

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www.whittard.co.uk

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Whittard
CHELSEA 1886

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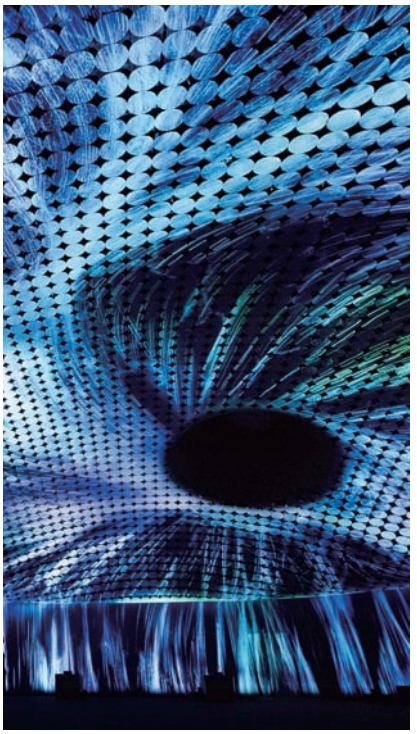
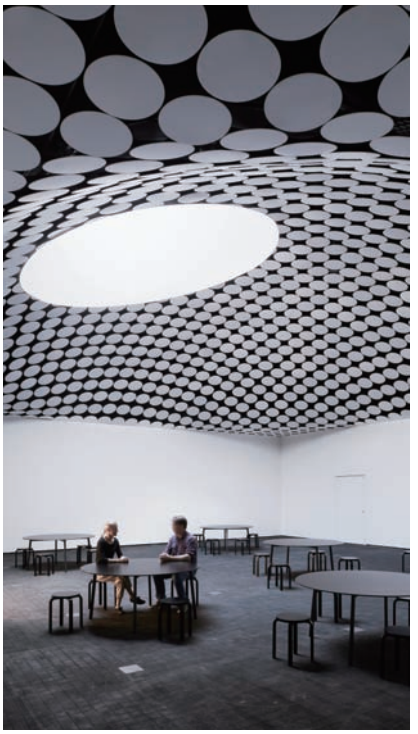
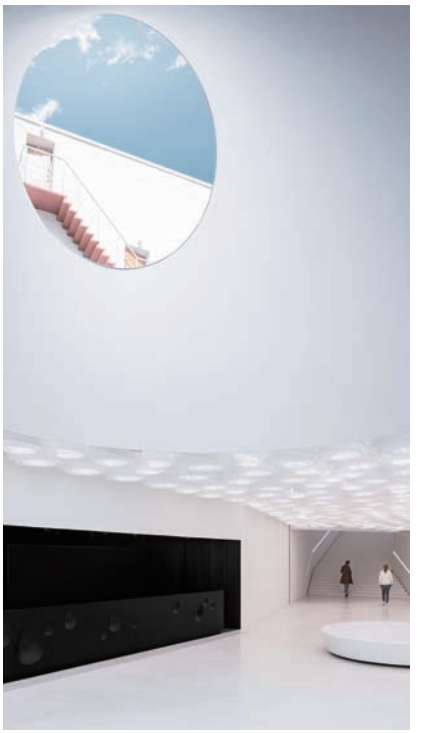
微風南山 1F / 三井 台中港店 1F

TEXT: JOY WU TEL: +358 (0) 9 6844 4633 ADD: AMOS REX (LASIPALATSI), MANNERHEIMINTIE 22-24, 00100 HELSINKI







# AMOS REX — HELSINKI'S UNDERGROUND ART MUSEUM

## AMOS REX 赫爾辛基地下美術館

amosrex.fi/en

Amos Rex is an underground art museum designed by JKMM Architects, the same firm behind the Finnish pavilion at the Shanghai World Expo. An extension of the 1930s landmark Lasipalatsi (literally "glass palace") building, the construction took five years to complete at a cost of 50 million euros. With dome-like skylights of different heights that protrude into Lasipalatsi Square, the structure has a soft, undulating ceiling with a view that merges into the park above. It has become a must-see attraction for visitors and a playground for the people of Helsinki.

由打造上海世界博覽會芬蘭館的芬蘭JKMM建築事務所操刀打造，耗資5千萬歐元，歷時5年完工，美術館空間全為地下建築。建築體是1930年代地標「玻璃宮」的延伸，高聳天窗營造出柔和起伏地形，融入城市公園意象，玻璃宮廣場上猶如自地表冒出的5座高低、大小不一的穹頂，吸引人們來此朝聖，成為赫爾辛基市民的遊樂場。

Erwin Olaf is the Dutch royal family's official photographer and designer of the Dutch euro coins featuring King Willem-Alexander. In the collection of the Rijksmuseum, the Dutch national museum, are 500 core works spanning 20 years of his career. As an artist whose oeuvre is rooted in centuries of Dutch history and artistic tradition, Erwin Olaf has earned his place as the Netherlands' most influential contemporary photographer. Showcasing 50 of Erwin Olaf's major works from the past 15 years, the Shanghai Center of Photography presents the solo exhibition Evan Olaf: Parallel.

誰是Erwin Olaf？他曾為荷蘭皇室拍攝官方肖像，並為國王威廉・亞歷山大設計歐元硬幣，20年創作生涯中500件重要作品更被荷蘭國立博物館納為館藏。Olaf的作品扎根於數百年來的荷蘭歷史與藝術傳統，堪稱荷蘭當代最具影響力的攝影師。上海攝影藝術中心舉辦《平行：埃文・奧拉夫》展覽，呈現近15年創作生涯中的50件重要作品。

# ERWIN OLAF: PARALLEL

上海攝影藝術中心
《平行：埃文・奧拉夫》展覽

scop.org.cn

TEXT: CHIN CHEN PHOTO: ERWIN OLAF TEL: +86 21 6428 9516 ADD: NO. 2555-1, LONGTENG AVENUE, XUHUI, SHANGHAI（上海市徐匯區龍騰大道2555號－1）

**1.** Coleccionista Bookcase
Coleccionista Bookcase創意書櫃

*bocadolobo.com/en/limited-edition/cabinets-and-bookcases/coleccionista/index.php*

A flexible, multipurpose storage unit, the fascinating Coleccionista bookcase incorporates gold leaf, studio glass, ceramics, and fine woodwork.

此書櫃結合精細木工、鑲嵌、玻璃雕塑、金箔塗漆等繁複工法，具有靈活多元收納系統，如同品味收藏家的靈感百寶箱，也是居家生活空間的藝術性裝置作品。

**2.** Armchair with Sakura Fabric
Sakura Armchair櫻花布紋扶手椅

*hugueschevalier.com*

Fashion designer Jean Paul Gaultier and French furniture brand Hugues Chevalier teamed up to launch a limited-edition armchair with a classic sakura pattern reminiscent of ornate tapestries.

時裝設計師Jean Paul Gaultier與法國家具品牌Hugues Chevalier，聯手推出之春日櫻花限定款經典座椅，緹花面料引人聯想華美掛毯，櫻花盛開圖案宛若春神翩然降臨人間。

**3.** Reykjavik Bluetooth Speaker
雷克雅維克造型藍牙音響

*vifa.dk/products-not-menu/reykjavik*

Reykjavik, named after the capital of Iceland, is a portable speaker made by Vifa. This Bluetooth speaker is shaped like a luxury handbag, its design taking inspiration from pebbles eroded by glaciers.

逾八十多年的丹麥音響大廠Vifa，以冰島首都雷克雅維克為名，推出便於攜帶的造型藍牙音響。自冰河沖刷的鵝卵石擷取靈感，造型猶如時尚手袋，質量輕盈。

TEXT: CECELIA LIU

**1.**

**2.**

**3.**

1.

2.

3.

**1.** Rylo 360° Mini Camera
RYLO 360度微型相機

*rylo.com*

This camera is equipped with dual 208° wide-angle lenses able to capture 4K/30fps video and 6K panoramas. The built-in software offers image stabilization and subject tracking.

由Alex Karpenko與Chris Cunningham創辦的RYLO推出，配備208度廣角雙鏡頭，可拍攝4K 360度視頻和6K全景，運動狀態下穩定拍攝，自動定向功能可即時鎖定被攝主體。

**2.** HP Elite Presenter Mouse
HP Elite Presenter無線簡報滑鼠

*www8.hp.com/us/en/products/oas/product-detail.html?oid=17872528*

Winner of a German Red Dot Design Award, the HP Elite Presenter Mouse incorporates the functions of a mouse and laser pointer in one device.

獲得德國紅點設計獎，遙控器造型便於使用者輕鬆操控簡報內容，旋轉機身後便是簡易的滑鼠，內建虛擬雷射指示器，可供簡報時凸顯內容用。

**3.** Ujet Foldable Electric Scooter
Ujet折疊式電動車

*ujet.com*

Made of magnesium alloy and carbon fiber, the Ujet electric scooter folds up for carrying convenience. The control system is voice- or touch-activated and can connect to Bluetooth, GPS, Wi-Fi, and 3G networks.

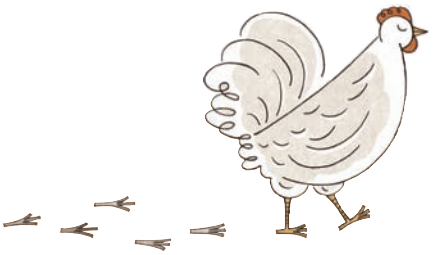
採用鎂合金、碳纖維車架與中空車輪，易於折疊攜帶，具節能、一般、運動3種騎乘模式，透過藍牙、GPS、Wi-Fi、3G連結，儀表板透過語音或觸控操作，可遠端定位及上鎖。

TEXT: JASON HUANG

# THE HO CHI MINH CITY CHICKEN EMERGENCY

## 胡志明市母雞緊急事件

BY DAVE FOX ／ ILLUSTRATIONS BY I YING YEH



It began as a modest expedition — a not-too-strenuous trek through my Ho Chi Minh City neighborhood on a mission to find a sandwich.

Not just any sandwich, mind you. The Vietnamese *bánh mì* has become famous on the world culinary scene as possibly the most mind-blowingly tasty sandwich on Planet Earth.

Literally translated, bánh mì just means "bread," but the English-speaking world has altered the term to include the entire sandwich — with a filling of your choice, a thin smear of pâté, pickled carrots and radishes, fresh cilantro, and tiny red chilies that tingle your skull.

I arrived at my local bánh mì takeaway place and ordered. I then started home to gobble my lunch. I was feeling proud. My expedition was going so well.

But then, I saw her.

She was a plump, white-feathered chicken on a mission of her own. She was strutting down the road with fiery determination in her beak. Where was she going? I needed to find out.

I could tell this chicken was special. Most chickens would never dare wander the streets alone in a city whose motorbike traffic is more famous than its sandwiches. But this bird was walking with a fearless swagger.

She reminded me of Henrietta, the heroine in one of my favorite childhood novels. *The Hoboken Chicken Emergency* by Daniel Pinkwater tells the tale of Henrietta, a 266-pound (121kg) chicken who runs wild in Hoboken, New Jersey. Everybody in Hoboken notices Henrietta. She becomes famous.

The chicken I was now pursuing was not as giant as Henrietta, but her elegant posture made me wonder if she too was famous. I needed to find out.

I was unsure of the respectful way to address a Vietnamese poultry celebrity. I decided Em Gà — "Miss Chicken" — would suffice. I sped up to get closer.

"Excuse me, Em Gà," I said. "I'm sorry to disturb you, but it's rare to see a chicken so bold as you. Might I ask what adventure you are on?"

Em Gà turned to face me. She eyed me up and down. She clucked at me with disdain and strolled away.

I understood. Celebrities don't like attention, but I was star-struck.

"Please, Em Gà," I called, trailing behind her. "I mean you no harm! It's just that you and I seem to be on important missions at the same place and time. Perhaps we could be a team!"

She looked at me again with furious eyes. She flailed her wings and a cloud of feathers filled the air. She began clucking horrible things at me.

I don't speak Chicken, mind you, but no translation was needed. I could tell from Em Gà's body language she did not like me. I couldn't understand why, but what could I do? Feeling dejected, I returned home to complete my mission alone.

As I sat down to eat my lunch, a wave of horror washed over me. Suddenly, it all made sense.

I had approached Em Gà while holding a *bánh mì gà* — a chicken sandwich. I vowed next time to go for tofu.

一切始於一次普通的探險 —— 任務是從我在胡志明市居住的社區徒步走0.3公里買個三明治。

那不是普通的三明治！越南「bánh mì」可能是地球上最令人驚奇的美味三明治。照字面翻譯，「bánh mì」只是「麵包」，但英語世界將它改為三明治，源自於它包覆著多變的餡料，如薄薄一層肉醬、醃胡蘿蔔與小蘿蔔、新鮮芫荽，以及會讓人辣到頭皮發麻的小紅辣椒。

我抵達常去的「bánh mì」外賣商店並點餐，然後拿著午餐返家。我為自己感到驕傲，因為探險進行得非常順利。但接著，我見到牠。牠是一隻豐滿的白色羽毛母雞，牠趾高氣揚的走在路上，從雞喙散發著滿滿的決心。

牠要去何方？我得找出答案。

我知道這隻雞很特別，大多數雞絕對不敢在這座機車交通狀況比三明治更出名的城市街道單獨閒逛。牠讓我想起海莉耶塔，我最愛的童話故事書之一的女主角，Daniel Pinkwater的《霍伯肯母雞緊急事件》講述海莉耶塔這隻重達266磅的母雞在紐澤西州霍伯肯亂竄的故事，每一個人都注意到牠。

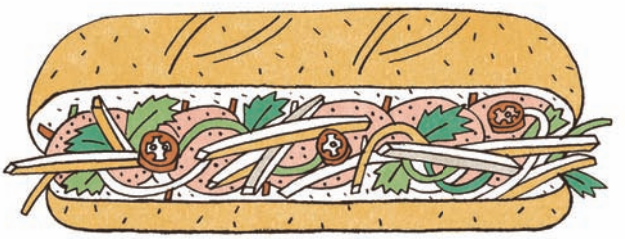
我現在追蹤的這隻母雞不像海莉耶塔那樣龐大，牠的優雅姿態讓我好奇牠是不是也很有名。該怎麼尊稱一隻越南家禽明星？「Em Gà，雞小姐」是我認為可以接受的稱呼。我加速趕上牠。

我向牠說：「不好意思，『Em Gà』。很少見到像妳這麼勇敢的雞，可以請問一下妳在進行什麼探險？」Em Gà轉頭望向我，目光對著我上下打量，藐視的向我咯咯叫，然後漫步走開。

我懂了，明星不喜歡引起注意。我跟在牠後頭喊著：「拜託了，『Em Gà』，我不會傷害妳！只是妳我似乎在同一時間、同一地點進行重要的任務，或許我們能成為搭檔！」

牠用憤怒的眼神再次看著我，拍著翅膀，空氣裡充滿白色羽毛。牠開始用咯咯叫聲責罵我，我知道牠不喜歡我，我不懂為什麼，但我又能怎麼辦？我垂頭喪氣的返家。

當我坐下享用午餐時，感受到一股顫慄。突然之間，我想通了。我剛剛面對Em Gà時，手上拿著「bánh mì gà，雞肉三明治」，我發誓下次餡料要選豆腐！



Dave Fox teaches travel and humor writing courses online and works as a writing and life coach for people leading international lives. To learn more, visit *globejotting.com*.

Dave Fox在網路上教導旅遊及幽默寫作，並擔任寫作及國際生活相關指導。想要了解更多他的資訊，請到*globejotting.com*。

# FIVE SECLUDED BEACHES AND BAYS

## 全球5大幽靜海灘和海灣

BY REBECCA TAY

There's nothing quite like finding a slice of sand to call your own — a place where you can squint down the beach and not see another soul for miles. On a secluded beach or bay like this, breathing in the salty air feels more refreshing, the sand feels softer and finer under your feet, and the water is clearer and a more vibrant shade of turquoise than anywhere else on earth. Whether you're a snorkeling aficionado or prefer to sunbathe all day, here are five serene seaside destinations to call your own.

沒有什麼比一整片的沙灘更能讓人感覺坐擁自己的世界，置身在這樣幽靜環境，空氣散發著海水鹹味，腳下是柔軟、細緻的沙子，綠松石海水色調比地球上任何地方都更鮮明。無論是浮潛愛好者還是想做一整天日光浴， 5個幽靜濱海勝地讓您靜享自己的一方天地。

PHOTOGRAPHY: GETTY IMAGES

# 01

## GREECE • *Shipwreck Cove, Ionian Islands*

Shipwreck Cove has plenty of alternative monikers, all of which speak to a different version of its past. On the one hand, there's its Greek name: Navagio Beach on Zakynthos, the name of the son of a legendary chief in Greek mythology. Then, there's Smugglers Cove, named after the October 1980 incident in which a ship called the MV *Panagiotis* ran aground during a particularly bad storm, forcing its captain and crew to abandon the freighter. Rumor has it the ship had contraband goods; today, it still rests buried in the limestone gravel of the beach and is a popular photo backdrop. The beach is surrounded by towering cliffs, making it entirely inaccessible by foot. Instead, take a boat from Porto Vromi to the south, Volimes to the north, or the island's capital, Zakynthos. Better yet, charter your own skipper and slowly explore the crystalline waters of the Ionian Sea — it's the best way to take in everything from the caves carved into the cliffs and the rock arches along the western shore to the lighthouse village of Keri on the south side of the island and the wide, sandy beaches along the north and eastern shores.

希臘_
愛奧尼亞群島_
沉船灣有各種別名，每個都有屬於自己的故事：其中之一是希臘語中的「扎金索斯的Navagio海灘」，扎金索斯是希臘神話中傳奇酋長的兒子之名；另一個名稱為「走私者灣」，以1980年10月事件命名，起源於名為MV Panagiotis船隻在惡劣風暴中擱淺，謠傳船上載有違禁品。如今，這艘船半掩埋於海灘石灰石礫中，四周被高聳懸崖環繞，必須乘船才可抵達。可從Porto Vromi向南行或從Volimes向北行，或從首府Zakynthos出發。最好是自己租船，請船長帶您探索愛奧尼亞海的澄澈水域，一路從西海岸懸崖的蝕刻洞穴和岩石拱門行至島嶼南部Keri燈塔村。

# 02

## THAILAND • *Monkey Beach, Ko Phi Phi*

As you might expect from its name, Monkey Beach — also known as Yong Gasem Bay or Ao Ling — on the larger of the two main Phi Phi islands, is home to hundreds of cute, gray monkeys. The island itself is a small cove accessible only by boat or kayak from Loh Dalam beach on Phi Phi Don. Do bring some bananas, but be warned that the monkeys can get quite aggressive. Then, once you've finished feeding the curious creatures, get in your kayak and venture out on the water to explore the other small coves around the island: there's excellent snorkeling and plenty of secluded bays hidden from the rocky peaks that mark the island — and the camera lenses of tourists.

泰國
大皮皮島
猴子海灘（也稱為Yong Gasem Bay或Ao Ling），是位於皮皮群島兩個主要島嶼中較大的島嶼，是數百隻可愛灰猴的家園。島嶼本身是一個小海灣，只能乘坐小船或小艇從皮皮島的Loh Dalam海灘進入。午後時分水流可能因觀光快艇而變得相當波濤洶湧。在早上或接近傍晚時可以在平靜水面從事半小時划槳，享受靜謐氛圍的猴子海灘。造訪時可帶上一些香蕉，餵食完這群好奇的小動物後回到小艇，可探索島上其他的小海灣，您會發現一些絕佳的浮潛地點，還有許多幽靜的海灣隱藏在岩峰之間。

EVA AIR FLIES TAIPEI-BANGKOK 48 TIMES A WEEK 長榮航空每週48班從台北飛往曼谷

## AUSTRALIA • *Lord Howe Island*

Look at a map of the southern hemisphere and you'll spot some little dots in the Tasman Sea between Australia and New Zealand. Lord Howe Island is one of those dots — a crescent-shaped one, to be precise, that's accessible by plane from Brisbane, Port Macquarie, and Sydney. A remnant of volcanic activity, Lord Howe Island is actually part of a group of 28 islands, islets, and rocks, which together are a UNESCO World Heritage Site. Like many other island ecosystems, Lord Howe Island boasts plants and animals found nowhere else in the world: 202 different bird species have been recorded, as well as 490 types of fish and 80 species of coral. Around 70 percent of the island is untouched and there are 11 beaches along the west coast, including a semi-enclosed, sheltered, coral reef lagoon with bright-white sand that's as inviting as it is beautiful and pristine.

澳洲
豪勳爵島
豪勳爵島坐落在澳洲和紐西蘭之間的塔斯曼海，呈現新月形。是火山活動遺跡，為28座島嶼、小島和岩石群一部分，獲聯合國教科文組織列為全球重要自然景觀世界遺產。擁有世界上其他地方都沒有的動植物：202種鳥類、490種魚類和80種珊瑚，是世界上最南端的珊瑚礁所在。陸地上也有值得探索的地方：70%島嶼保留原始自然景觀，西海岸有11個海灘，包括一個半封閉性的區域及有遮蔽的珊瑚礁潟湖。

PHOTOGRAPHY: TOP PHOTO GROUP / GETTY IMAGES

03

## TURKEY • *Kelebekler Vadisi*

# 04

Its name translates to Butterfly Valley in English, and Kelebekler Vadisi is exactly that: home to approximately 105 diverse butterfly species. Located in southwestern Turkey, one side of the valley is dominated by a 1,975m mountain while the other side features a wide sandy beach. Visiting the valley is a rustic adventure: construction is prohibited by law, with only pop-up structures such as tents and simple wooden bungalows allowed. During the summer, a small restaurant and bar offer food and drinks for the 200 visitors that camp in the valley daily, using it as a base to enjoy the variety of adventures offered in the area, from canyoning and hiking through fields of olive, orange, pomegranate, and peach trees to scuba diving and other ecotourism activities.

土耳其
蝴蝶谷
蝴蝶谷名副其實，棲息著大約105種不同蝴蝶。蝴蝶谷位於土耳其西南部，一側是座1,975公尺的山脈，另一側擁抱土耳其蔚藍海岸的廣闊沙灘。法律禁止此處設立建築結構，只允許帳篷和簡單小木屋。夏季有家小餐館和酒吧，為露營的200名遊客提供食物和飲料。該地區可從事各種冒險活動，包括溪降運動、水肺潛水及徒步穿越橄欖、柳橙、石榴和桃樹田等。

EVA AIR FLIES TAIPEI-ISTANBUL 6 TIMES A WEEK THROUGH A CODESHARE WITH TURKISH AIRLINES 長榮航空與土耳其航空聯營每週6班從台北飛往伊斯坦堡

## PHILIPPINES • *Hidden Beach, Palawan*

# 05

Discovering hidden treasures at Hidden Beach in Palawan, the largest province in the Philippines in terms of area, isn't difficult — though finding the beach itself can prove challenging, given its location between two huge, jagged stones that simply jut out of the water. What looks like a dead end from the water is actually an illusion, so keep pressing forward on your boat between the two rocks and eventually you'll be rewarded with a bone-white, fine sand beach. Surprisingly, the cove offers quite a lot of shade, making it a popular destination for island hoppers looking for a lunch stopover spot. Work up an appetite by taking a dip in the water — there are coral heads, plenty of angelfish, sea slugs, and other small creatures to admire.

PHOTOGRAPHY: TOP PHOTO GROUP / GETTY IMAGES / IMAGE DJ

**菲律賓**
**巴拉望**

前往菲律賓面積最大的省分巴拉望，可探索位於嶙峋崢嶸巨岩之間的隱密海灘。航行於水面時會產生一種前無去路的錯覺，最終將穿越岩石間的空隙，一片潔白的沙灘就展露眼前。令人驚奇的是海灣有相當多的遮蔭處，使其成為跳島遊旅客享用午餐的熱門中途停留點。想促進食慾可潛入水中暢遊，飽覽珊瑚丘、成群的神仙魚與海蛞蝓，和其他值得一看的海底動物。

# LADY AGNES

*The Impossible Landing*

## Lady Agnes: 一場不可能的降落任務

BY HUIAN HO（何蕙安）
PHOTOS ／ USER "WOLKENKRATZER" ON WIKIPEDIA、JOHANNA SCHULZE

Parked on the lawn is a red and white Ilyushin IL-62 (DDR-SEG) aircraft, the East German flag painted on its empennage. Twenty meters away is a building akin to a large greenhouse that serves as an airport of sorts. In the open area between these two fixtures are several coffee tables and bright-red chairs, casually placed so that "passengers" can take a seat and sip a cup of coffee with a slice of cake, or even enjoy a beer with a bockwurst.

Huian Ho lives in Berlin and is a keen observer of trends and a writer of mystery novels. To learn more, visit *huian.weebly.com*.
何蕙安，現居柏林，專注於社會觀察與推理小說寫作。想了解更多資訊，請到*huian.weebly.com*。

After its arrival in Stölln in 1989, Lady Agnes was opened to the public. It has since attracted over 600,000 visitors. In recent years, the site has been improved to offer more comprehensive facilities ／ 1989年成功降落於東德小鎮Stölln，Lady Agnes於後規畫對外開放參觀，迄今吸引60萬人造訪。周遭地貌與時俱進，以提供遊客更完善的遊憩空間

The aircraft arrived here in the German town of Stölln on October 23, 1989, the eve of the fall of the Berlin Wall. Hundreds of people turned out to watch Heinz-Dieter Kallbach, a veteran pilot with East German national airline Interflug, land the Ilyushin IL-62 on a 860m temporary runway. It was a remarkable achievement because the Russian-made long-haul passenger plane had a recommended landing runway length of 2,500m.

The plane was a gift from Interflug, which was looking for a way to commemorate Otto Lilienthal, one of the pioneers of glider flight, who lost his life near Stölln in 1896.

For Kallbach to pull off the feat, he ordered removal of the IL-62s seats and uninstalled any equipment that would not be needed for the final flight, reducing the aircraft's weight by eight tons.

After the plane landed and the dust had settled, Kallbach and his colleagues could be seen through the windows exuberantly waving at the crowd of onlookers. On the side of the fuselage was written the aircraft's new name: Lady Agnes, in honor of Otto Lilienthal's wife.

You can step aboard this historic aircraft to see firsthand how East German planes looked during the communist period. Walking toward the cockpit, one can even catch a glimpse of where Kallbach sat on that groundbreaking day three decades ago.

Lady Agnes is now an official wedding registry, no different in function than a local government office, except that you can tie the knot while your guests and relatives look on from their seats in the cabin.

Stölln is a small town with a deep and intimate connection to aviation. When visiting, you can take to the air in a glider or if you prefer to keep your feet on the ground, explore Lady Agnes and listen to locals tell the fascinating story of Otto Lilienthal.

機尾編號DDR-SEG的紅白飛機停在草坪上，尾翼上畫著東德國旗。20公尺外有點像大型溫室的透明屋是「東德航空機場」，幾張咖啡桌與亮紅色的椅子悠閒的擺在機場與飛機之間的空地上，「乘客」可以坐在這邊享用咖啡、蛋糕、啤酒或水煮柏克香腸。

1989年10月23日，就在柏林圍牆倒塌的前夕，位在東德的小鎮Stölln締造了一個驚天動地的創舉：在上百人的注目下，東德航空的機長卡爾巴哈成功將需要至少2,500公尺降落距離的俄製伊留申62長程客機，降落在Stölln只有860公尺的簡易跑道上。

為了紀念德國航空學先驅李林達爾在當地完成史上第一次滑翔飛行試驗，德意志民主共和國國際航空（東德航空）將已服役26年的伊留申62送給了這個有近600年歷史的小鎮。這本來是美事一樁，但當地沒有機場，小鎮舉全鎮之力，砍掉數公頃的樹林、整地，好不容易才打造了860公尺的跑道。

另一方面，有近30年飛行經驗的卡爾巴哈也絞盡腦汁，用遍了各種方式：把所有不必要的設備儀器與座椅拆除，減輕8噸的飛機重量；透過一系列駕駛操縱的調整，盡可能在降落時降低速度與增加阻力。

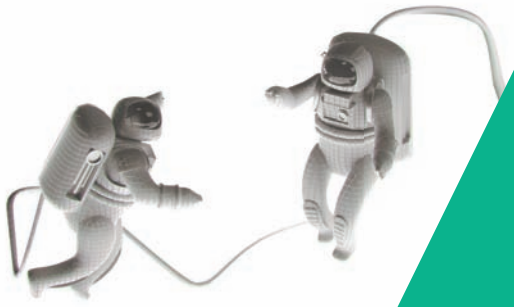
最後成功在李林達爾百年前完成人類首次滑翔飛行的同樣地點，再度寫下航空界的歷史。

在飛機降落揚起的巨大塵霧散去後，卡爾巴哈與同事興奮的從機窗伸出手與圍觀的民眾揮舞，現場爆出如雷的歡呼聲。這架飛機也有了新的名字：Lady Agnes，來自於李林達爾的妻子Agnes Lilienthal。新名字也被漆在機身上。

Lady Agnes如今做為展示間對外開放，迄今已吸引超過60萬人造訪。遊客可以在機底一探飛機內部結構，或是登上這台歷史性的俄羅斯製飛機，體驗共產時期東德航空機內的風采，或可走近駕駛艙，一窺29年前卡爾巴哈機長創造傳奇之處。

更有意思的是，人們現在也可以選擇在Lady Agnes的座艙內舉行公證婚禮，如同法定的市政廳。唯一不同的是，參與的新人親友是坐在飛機座椅上。如今已有850對伴侶選擇在此登記結婚。

Stölln成為一個熱愛飛行的小鎮。以李林達爾與Lady Agnes的成就為榮的居民，在當地大力推廣滑翔機飛行運動，不遺餘力的向世界述說著這些在航空史中閃閃發亮的故事。



數位藝術新星席捲新加坡

BY DANA TER

# 4 DIGITAL ARTISTS TO LOOK OUT FOR IN SINGAPORE

Despite its association with ultra-modernity, digital and new media has only just started to take off in Singapore, where a mindset that valued painting and other traditional media — because such artworks presumably require technical mastery and are one-of-a-kind — once prevailed. But a young generation of artists is pushing the boundaries of art, employing everything from video to virtual reality, to produce works that are just as meaningful and unique. Here are four such artists leading the digital art movement.

PHOTOGRAPHY: SARAH CHOO JING

與超現代性密切連結的數位媒體和新媒體，甫在普遍重視繪畫與其他傳統媒體的新加坡嶄露頭角。年輕一代的藝術家不斷突破藝術發展界限，運用影片、虛擬實境等技術，創作具有意義且與衆不同的作品。

## / 1 / Sarah Choo Jing /

**- Sarah Choo Jing -**

Sarah Choo Jing's multimedia art explores the relationship, or lack of relationship, between people. In her installation work *Accelerated Intimacy*, Choo, who has exhibited in London and Paris, brings together strangers inhabiting hotel rooms across different times and places through video, performance, and audience interaction. The idea came to her while sitting on a hotel bed in Geylang, Singapore's so-called red light district, when she heard a couple fight and the woman step out onto the balcony to sob. "I asked if she was okay and she reassured me that she was," Choo says. "It's a romantic notion, sharing a bond for a few hours then when morning comes, we're strangers again." The resulting dimly-lit installation is a haunting patchwork of passion and loneliness. "At night, more of humanity is revealed," says Choo on her minimal use of lighting.

▪ *www.sarahchoojing.com*

朱婧

朱婧的多媒體藝術探索了人際關係及人際疏離的情況。她在倫敦和巴黎展出的最新裝置藝術作品《Accelerated Intimacy》，利用影片、表演和觀眾互動的方式，可以看到陌生房客們在不同時空的旅館中互動的情況。這個創作靈感源自她坐在新加坡紅燈區芽籠某處的旅館床上，聽到情侶爭吵，並見到女子走到陽台上哭泣。朱婧說：「我問她是否還好，她說沒事。這是一個浪漫的概念，兩人纏綿幾小時，一早又是陌路。」燈光昏暗的裝置藝術，交織著激情與寂寞，縈繞在人們的心頭。朱婧將亮度降到最低，「一入夜，人性便赤裸裸的呈現在眼前」。

## / ② / André Wee /

**- André Wee -**

André Wee has always loved art and robots since his mother drew him a Power Rangers card for his birthday. Nowadays, the Rhode Island School of Design graduate, who's worked with Apple, GoodStuph, and MeshMinds, creates elaborate virtual reality renderings of life-like robots and fanciful, futuristic cityscapes, meticulously sculpting them using Oculus VR gear. "There's this traditional mindset in Singapore," Wee explains, "that if something is done by a gadget, it's not art since it can be reproduced." He admits to having a similar outlook, but this changed when he started doodling in chats with friends on the now-defunct MSN Messenger. "Digital art isn't just copy and paste," Wee says. "With VR, it's about experiencing what's in the artist's mind." Wee has exhibited his augmented reality works at Singapore's ArtScience Museum.

▪ *andre-wee.com*

André Wee

André Wee在母親為他的生日卡片畫上「金剛戰士」起，便開始喜歡藝術和機器人。畢業於羅德島設計學院，且曾與Apple、GoodStuph及MeshMinds 合作的André Wee，利用虛擬實境技術與 Oculus VR 裝置，精心創作出細膩逼真的機器人，和具有未來奇幻效果的城市景觀。Wee表示：「新加坡人一般覺得如果是使用數位配備進行創作，由於這些作品具有可複製性，便不能算是藝術。」他承認自己以前也這麼認為，但當他在MSN Messenger上跟朋友聊天時，隨手亂畫著圖案，這種想法發生了變化。Wee說：「數位藝術不只是複製、貼上而已，透過 VR 技術，藝術讓觀看者得以體驗藝術家的想法。」今年3月，Wee 在新加坡的藝術科學博物館展出了他的擴增實境作品。

## / ③ / Guo Yixiu /

**- Guo Yixiu -**

"I like to play with things," Guo Yixiu says of her colorful giant-sized collages made with digital prints of photos she takes of found objects. Though her works, especially *An Attachment to the Ideal* and *Cactus Queen*, might appear earthy, flowers and plants are actually made of cut-up digital prints of laundry nets, pens, scissors, rubber gloves, boxer shorts, and other mundane items, something which is telling of consumerism in Singapore. Lately, Guo has been leaving more "digital errors" in her work. In *Moon River*, rainbow puddles and squiggles from her computer editing are evident, creating an effect that's both melodic and jarring. "With digital art, viewers might think that the artist's hand is absent," says Guo, whose work has also been exhibited at the Singapore Biennale. "I'm trying to show a more emotional way of doing digital art."

▪ *www.guoyixiu.com*

郭奕秀

郭奕秀在談到她以拾取物拍攝的數位列印照片，所創作的彩色巨型拼貼畫作時，表示：「我喜歡運用各種東西。」她的作品，尤其是《An Attachment to the Ideal》和《Cactus Queen》，可能看起來不起眼，但畫作裡的那些花朵和植物其實是使用洗衣袋、筆、剪刀、橡膠手套、四角內褲和其他平凡物品的數位列印照片，經過切割拼接而成，郭奕秀利用創作來描繪新加坡的消費主義。最近，郭奕秀在作品中留下了更多的「數位瑕疵」。在《Moon River》這幅作品裡，清晰可見她在用電腦編輯時混合顏色和歪扭的痕跡，產生出律動和衝突感。郭奕秀說：「觀眾們覺得藝術家是不存在數位藝術裡的，所以我想要透過更有感情的方式創作數位藝術。」她的作品也在新加坡雙年展中展出。

## / 4 / Lee Xin Li /

**- Lee Xin Li -**

This trained architect finds time to draw on his iPad Pro the people he sees, usually heads down and tapping on their smartphone screens, while on his daily commute. Lee Xin Li is best known, however, for his detailed digital maps of different Singapore neighborhoods that have filled entire museum and gallery rooms, including Singapore City Gallery and Singapore Art Museum. The idea of maps came to Lee while he was traveling through Europe and keeping an illustrated travel journal of sites he visited. When applying the same method to Singapore neighborhoods, though, he found himself infusing memories from his and other people's own personal histories in between buildings. "Subconsciously, certain landmarks are bigger or livelier because of the sentimental value they hold," Lee says.

▪ *leexinli.com*

李欣立

這位訓練有素的建築師常在日常通勤時，在iPad Pro畫下他看到的人，這些人都是低著頭在滑手機。李欣立為新加坡各地製作精細的數位地圖，讓他聲名大噪，新加坡城市規畫展覽館和新加坡美術館等多間博物館和畫廊都有展出他的作品。李欣立曾在歐洲旅行，並在遊記中為參觀過的景點留下插畫，也讓他萌生製作地圖的想法。只不過在他為新加坡各地製作畫作時，發現自己會注入對於不同建築物的回憶。李欣立說：「這些地標在我們的潛意識裡都有著自己的價值，會覺得它們變得更龐大或更鮮明。」

PHOTOGRAPHY: ANDRÉ WEE / GUO YIXIU / LEE XIN LI

EVA AIR FLIES TAIPEI-SINGAPORE 28 TIMES A WEEK 長榮航空每天28班從台北飛往新加坡

Born into the family that has operated a wholesale nursery in Japan for over 150 years, Seijun Nishihata has a strong connection with the world of plants. In 2015, *Nikkei Business* named him among the top 10 people who will change the world. In the world of botany, he is making waves as an explorer.

# SORA BOTANICAL GARDEN PROJECT

Kobe International House – 2015 Kobe, Japan

## 緑之綻　天空植物園

BY KEN LIN（林路）
PHOTOS ／ SORA BOTANICAL GARDEN PROJECT INC.
from-sora.com

Although his family has deep roots in the horticultural industry, Seijun says he was not interested in plants at all until the age of 21, when he first laid eyes on a giant pitcher plant. He discovered the carnivorous plant growing at an altitude of 4,000m on a Malaysian mountain. The hunt for unique and interesting species of flora has defined his life ever since.

"My journeys in search of plants give me inspiration," said Seijun. He has collected and cultivated over 3,000 rare

plants from a variety of environments and displays some of them on the roof of Kobe International House in Kobe City. His plants also appear in suite No. 61 at Kobe's Peanuts Hotel.

The botanical world may be a silent one, but Seijun is determined to give it a voice, allowing plants to tell their own colorful stories.

西畠清順，名列2015年《日經商業週刊》「十大改變世界人物」之一，他身為日本百年花藝老舖「花宇」第五代繼承人，在植物的世界裡，絕非偶然的過客。

「植物蘊含的潛能，遠遠超乎我的預期。」西畠清順家族從事植物交易事業超過150年。21歲時他前往東南亞探險，在海拔4千公尺高山親眼看見世界上最大食肉型植物「豬籠草」，有鑑於植物所展現之巨大力量，開展追尋植物全球之旅。

「由植物所組成的旅程與一切經歷，為我帶來靈感與啓發。」在西畠清順的「天空植物園」裡，生長著近三千多株來自各種氣候與環境的稀有植物，生機盎然。他的植物專屬「天空之城」工作室，設計神戶國際會館屋頂花園、史努比旅店的61號套房植栽，讓東京博物館、蔦屋書店與自然綠意緊密合而為一，西畠清順同時還出版了《幻奇植物園》（Sora-mimi Shokubutuen），並為兒童開辦公益課程，親自授課，講解植物相關知識。

植物的世界或許靜默無言，但西畠清順所講述的植物故事卻如此生動有趣，當您關注身邊一草一木時，何不在心中搭建起一座充滿各式想像的奇幻植物園？

**About the Artist —**

Seijun Nishihata is one of Japan's most celebrated master gardeners and landscape experts. He was born into a family that has operated a wholesale nursery in Japan for over 150 years, and *Nikkei Business* named him among the top 10 people who will change the world.

西畠清順為日本知名花藝師，也是景觀設計家。他名列2015年《日經商業週刊》「十大改變世界人物」之一，為日本百年花藝老舖「花宇」第五代繼承人。

FISH IN THE FOREST TOOTH TOOTH x SORA BOTANICAL GARDEN Project – 2017 Kobe, Japan

HOUSE VISION 2 2016 TOKYO EXHIBITION

Gardens by the Bay Blossom Beats – 2016 Singapore

Peanuts Hotel – 2018 Kobe, Japan

Har gow and shumai ／ 蝦餃和燒賣

# THE WORLD OF DIM SUM DINING

## 港式飲茶的世界

BY AIMEE WONG

A mainstay of Cantonese cuisine, *dim sum* is a quintessential dining experience on any trip to Hong Kong, but it's also popular in Taiwan and everywhere in the world with a sizable Cantonese diaspora. Also called *yum cha* in Cantonese or *diǎnxīn* in Mandarin, dim sum involves drinking Chinese tea (yum cha literally means "drink tea") and eating an assortment of delectable, bite-sized meat, seafood, and vegetable dishes that are served in small portions like Spanish tapas.



EVA AIR FLIES TAIPEI-HONG KONG 88 TIMES A WEEK 長榮航空每週88班從台北飛往香港

In Hong Kong, and most cities and towns in Guangdong province, restaurants serve dim sum from as early as five in the morning until mid-afternoon, although many modern restaurants now also offer dinner and take-out service. Because the portion sizes are small, yum cha is a perfect choice for small groups, as diners can try a variety of dishes without breaking the bank.

**- Customs -**

Traditional dim sum restaurants feature servers pushing metal carts piled high with steamer baskets and plates of dumplings and fried food. Diners keep an eye out for the carts and flag down the ones they want, and then the servers take one of the steamers or plates from their cart and serve it on the table, marking the table's menu card with the order. While the practice can still be found in some places, most modern dim sum restaurants now feature paper menus where diners can check off the number and type of items they want, which are then served a la carte. Some newer restaurants even offer a conveyor-belt format, similar to modern sushi restaurants.

To begin the meal, you'll be offered your choice of loose-leaf tea in a pot; common offerings include jasmine, green, oolong, pu-erh, and chrysanthemum teas. When your pot is empty, uncover the lid and balance it on top or on the side, signaling to the servers to refill it with hot water. Then when you want to thank the servers, tap your index finger and middle fingers together on the table twice, which symbolizes the gesture of bowing to someone in appreciation.

**- Here are some delicious dim sum dishes to try -**

- Har gow (xiā jiǎo): traditional Cantonese shrimp dumplings with glistening, translucent wrappers made of wheat and tapioca starch, filled with fresh shrimp and steamed until the shrimp is pink and crisp.

Chinese tea ／ 中式茶飲

Phoenix claws ／ 鳳爪

- Shumai (shāomài): short, cylindrical dumplings with wheat wrappers overflowing with ground pork, shrimp, and just the right amount of minced black mushroom and water chestnuts.
- Cheong fun (chángfěn): slippery, silky sheets of rice noodles wrapped around various fillings such as barbeque pork, shrimp, beef, or youtiao (savory deep-fried crullers)
- Char siu bao (chāshāo bāo): fluffy white steamed wheat buns stuffed with diced sweet and savory barbeque pork the perfect crisp on the outside.
- Fuhng jáau (fèngzhuǎ): Literally called "phoenix claws," these may look intimidating, but they're really just chicken feet with the claws removed that have been fried, marinated with black beans and chilies, and then steamed until soft.

Char siu bao ／ 叉燒包

港式飲茶，可說是粵菜的一大特色，廣東話為Yum Cha（意思是「喝茶」），或普通話為「點心」，內容包括中式茶飲和各式各樣美味、一口大小的肉類、海鮮和蔬食佳肴，如西班牙小菜Tapas以小份量供應，是小團體的完美選擇，食客可以嘗遍各種美食，不用擔心荷包失血。

在香港和廣東大多數城鎮餐廳，港式飲茶是從早上5點供餐到下午時分，雖然許多現代餐廳也在晚餐供應港式飲茶，甚至還有外賣服務。在傳統港式飲茶餐廳，服務人員會推著金屬製小餐車，上面堆滿一籃籃蒸籠，盛裝餃子與油炸物小碟。用餐者留意小餐車動線，並記下他們想要的美食，接著服務人員會從餐車取出放在用餐者桌上，並標記於點餐單上，如今某些餐館仍採用此做法。但，大多數現代港式飲茶餐廳都提供菜單，用餐者可以查看他們想要的點心數量和類型，然後點菜；一些較新式的餐廳，甚至設有類似現代壽司店的迴轉枱。

開始用餐前，餐廳會為您提供一壺浸泡著茶葉的茶飲，常見的選擇包括茉莉花茶、綠茶、烏龍茶、普洱茶和菊花茶。茶喝完揭開壺蓋，置於茶壺上或茶壺旁向服務人員示意，服務人員就會前來再次注入熱水。如果想要向服務人員表示謝意，以食指和中指在桌面敲兩下，此手勢象徵著向所讚賞的人鞠躬。

港式點心樣式多，您一定得嘗嘗的美味包含：蝦餃，填滿鮮蝦內餡，外皮柔韌有嚼勁；燒賣，獨特柱形餃子，盛裝在小蒸籠中供應；腸粉，柔軟Q滑的米粉外皮內包裹著各種餡料；叉燒包，內餡塞滿又甜又鹹的烤豬肉；蘿蔔糕，口感柔軟，配上富有嚼勁的蝦、火腿或中式香腸；鳳爪，又稱「鳳凰腳」，是雞腳經過黑豆和辣椒醃漬，再油炸、蒸至軟熟的料理。飽餐一頓後，別忘了再點一份蛋塔，這個料理有著香醇甜美的奶黃內餡，酥香脆的外皮，當做一餐結尾再適合不過了。

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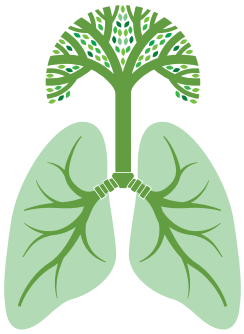

# TREE MEDICINE

## 樹療

BY SELENA HOY

'm crammed into a rush-hour train, trying to get home from work in downtown Tokyo. Everyone around me looks tired and tense, and when I'm finally disgorged from the train, frazzled and sweaty, I'm even more stressed than when I left the office.

All this tension and rush has a negative impact on our collective physical and mental wellbeing. Chronic stress can exacerbate physical conditions like cardiovascular disease and gastrointestinal conditions. And according to the World Health Organization, one in five adolescents has a mental disorder, and more than 350 million people around the world suffer from depression.

But many believe that one health balm is at our fingertips: the great outdoors. There's even a term for it in Japanese: *shinrinyoku*, or "forest bathing." Dr. Qing Li, a doctor at Tokyo Nippon Medical School and a forest-medicine researcher, explains in his book *Forest Bathing: How Trees Can Help You Find Health and Happiness* that "*Shinrin* in Japanese means 'forest' and *yoku* means 'bath.' So shinrin-yoku means bathing in the forest atmosphere, or taking in the forest through our senses."

It sounds mystical, but the premise is actually simple: spend time surrounded by nature, especially heavily wooded areas. The health benefits have been measured. "Forest therapy ... is backed by scientific evidence. While enjoying forests, we aim to maintain mental and physical health and promote health and prevent diseases," says Myra Suzuki, secretary general for Forest Therapy Society, an organization in Japan dedicated to bringing forest bathing to the public through awareness, research, and establishment of forest therapy "bases."

"[Forest therapy] boosts the immune system with an increase in the count of the body's natural killer (NK) cells, and alleviates stress," explains Suzuki. NK cells are a type of white blood cell that helps fight cancer and viruses. One experiment showed an increase of NK activity of 27 percent after a day of shinrinyoku. Further, forest bathing can reduce stress hormones, decrease pulse rate and blood pressure, and increase anticancer protein production.

So, how do you actually do shinrinyoku? The Forest Therapy Society website encourages people to choose a site that matches their physical needs, engage all five senses, and take it slow. Suzuki says, "It's good for those who are mentally tired to spend a leisurely

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period in the forest; for those who lack daily exercise, it's more satisfying to walk a long road than a very short one." Li recommends staying in nature for at least two hours, though he says that effects can be felt in as little as 20 minutes.

The Forest Therapy Society has designated 63 forests across Japan as official forest therapy sites, including the Nishizawa Valley in Yamanashi, a site with rhododendrons and multiple waterfalls; and the subtropical Kunigami Forest in Okinawa, featuring bamboo and birdwatching.

My favorite place is the wooded mountains of Miyagi Prefecture. Once in the forest, the pace slackens. I realize, breathing in, that I haven't used the full capacity of my lungs in weeks, maybe months. I spend the days with bad cellphone reception, getting from here to there with my feet on the dirt. I notice mushrooms growing under shady trees, hear birds chattering in the bushes, and occasionally spot a bear. And when I get back to Tokyo, I'm mellow and refreshed. I smile at strangers, and my commuting rage has evaporated. At least for a few days.

我擠進尖峰時刻的列車，努力從東京市區的公司返家，下車後，感覺自己甚至比離開辦公室時還身心俱疲。這些緊張與匆忙對我們的身心健康產生負面影響。

許多人相信健康靈藥就在我們觸手可及的地方：戶外。日文有個術語：shinrinyoku，亦即「森林浴」。日本醫科大學醫師暨森林醫學研究者李卿博士在其著作《森林浴：樹木如何幫助你找到健康與快樂》表示：「『shinrin』代表『森林』，『yoku』代表沐浴，『shinrin-yoku』代表沐浴在森林環境中，亦即透過我們的感官感受森林。」

聽起來很奧妙，但做法其實很簡單：花點時間置身大自然中，尤其是樹木茂密的地方。日本森林療法協會祕書長Myra Suzuki表示：「森林療法可增加人體的自然殺手（NK）細胞並舒緩壓力，進而提升免疫系統。」NK細胞是一種幫助對抗癌症及病毒的白血球細胞，一項實驗顯示，接受一天的森林浴後，NK細胞的活動量會增加27%。此外，森林浴能減少壓力荷爾蒙、降低脈搏率和血壓，並提升抗癌蛋白質的生成。

森林療法協會鼓勵人們選擇符合身體需求的地點，然後運用五感慢慢的感受。Suzuki表示：「森林對精神疲憊的人有眾多好處，而對缺少日常運動的人而言，走一段長路或許比一段很短的路更有成就感。」李卿博士也推薦在大自然至少待兩個小時，儘管他說只要20分鐘就能感受到效果。森林療法協會已指定日本63座森林為正式的森林療法地點，包括充滿杜鵑花與多個瀑布的山梨西澤溪谷，以及擁有竹林並能賞鳥的副熱帶沖繩國頭森林。

我最喜歡宮城縣的山林。一旦進入森林，整個步調就慢下來，我一邊呼吸，一邊赤足在泥土上走來走去；回到東京後，感到全身的放鬆與煥然一新，可以持續快樂的生活下去。

# A GREEN ISLAND GETAWAY

## 綠島度假

BY JOE HENLEY

Though geographically small and off the usual tourist beat, Taiwan's Green Island offers visitors a host of intrigue in its crystal clear waters, compelling hilltop views, and history as both an aboriginal settlement and site of a notorious prison. To get there, though, you're going to have to suffer a bit.

綠島雖然面積小，但清澈的海水、動人的山丘景色及原住民聚落遺址，提供遊客許多值得一探的魅力。

Getting from Taitung, the nearest city on Taiwan's main island, to Nanliao Harbor on Green Island takes about an hour via ferry. That each passenger is presented with a clear plastic bag on boarding (for the very real possibility that the turbulent waves will cause them to lose their lunch) should be an indication as to just how smooth the journey will be.

But the short sea voyage is well worth any potential sickness. On landing at Nanliao, the island's guest house, hostel, and boutique hotel owners await to take their guests to their accommodations. Many of them offer electric scooter rentals (often included in the price of a room, or available for a reasonable fee), and via scooter is indeed the best way to take in Green Island's bucolic splendor.

從台東到綠島南寮漁港，乘坐渡輪約需一小時。登陸南寮漁港後，島上的旅店、旅館和精品酒店招待人員會接待客人到住處。騎乘摩托車是欣賞綠島風光最佳方式，悠閒環全島繞行約40分鐘，沿途可看到不少著名景點。

❶ Many of the rock formations along the coast of Green Island are given fanciful names, such the Pekinese Dog (left) and Sleeping Beauty (right) ／ 綠島沿岸的嶙峋奇岩，大部分都被賦予充滿想像的名字，如哈巴狗（左圖）和睡美人（右圖） ❷ Best viewed from the shore, Green Island sunsets are often spectacular ／ 綠島落日一向壯麗，從海岸欣賞可享絕佳視野

PHOTOGRAPHY: GETTY IMAGES

Getting around the whole of the island (there is just one road) takes around 40 minutes at a leisurely pace. With stops at some of the many sights to see along the way, however, one could easily spend the better part of a day driving, stopping, hopping off, and getting back on again.

A good first stop is Sleeping Beauty Rock, near the Zhaori Hot Spring. There you can ascend a rising green pasture (tended by some of the island's resident goats) which leads to a narrow peak. From the crest there is a view of the island's southern outcropping and "Capsize Cape," which takes the brunt of the rollicking waves that crash against the rocks, launching salt spray high into the air.

On the island's eastern side is the Little Great Wall, so named for its resemblance to its much larger counterpart in Mainland China. Walk along the wall to yet another vantage point of the seemingly endless sea beyond. Not far from the wall is an abandoned aboriginal village, Youzihu, where crumbling stone houses (charmingly ominous in the dusky hours) overlook a secluded bay.

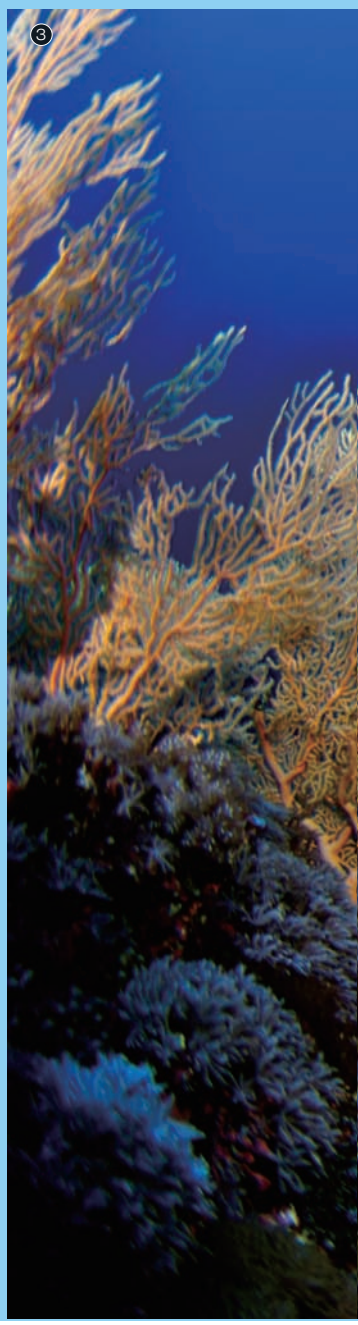
For hiking enthusiasts, there is Guo Shan Trail, a path villagers once used to cross over the mountains from Nanliao Port to the small settlement of Zhongliao on the opposite side. A steep set of stairs leads up to a dirt path along the mountain spine; sika deer and tiny muntjac have taken over the flat pastures in the hills once populated by grazing cattle belonging to local farmers.

What many come to Green Island for, though, is snorkeling and scuba diving. There are many dive resorts and training centers around the island, with some offering scuba courses in English as well as Mandarin. The schools nearest Nanliao Harbor begin their classes in the morning, just south of the port, students wading into the shallows from the shore to learn in the safety of the calmer waters. Another launch point for classes is Horseshoe Bridge, where a set of stairs and a stone walkway lead to a partly sheltered bay.

For those who wish to forego classes and just dive right in, Daibasha, a white sand beach not far from Horseshoe Bridge, is a popular spot for snorkeling. The rocky outcroppings in sight of the beach are popular with local fishermen and also offer a shortcut to the clear waters and coral. The corals are colorful, and there are various species of tropical fish swimming languidly among them.

Whether it's history, hiking, scuba diving or snorkeling you're after, Green Island has what you're looking for. It's an island getaway that's quick and easy (ferry ride notwithstanding, and flights are available from Taitung for the squeamish). The locals are friendly and eager to help tourists with any part of their stay (need to know if it's safe to snorkel in any particular spot? Just ask a fisherman on shore). And the island's quiet nights and (in low season) empty stretches of road make it easy to forget a bustling main island of 23 million people is just an hour away.

❶ Zhaori Hot Spring is one of only a few saltwater hot springs in the world ／ 朝日溫泉為世界罕見的海底溫泉 ❷ Sika deer can be found roaming wild across the island ／ 遊覽綠島可輕易發現野放的梅花鹿 ❸ With a rich underwater ecology thanks to its location in the Kuroshio Current, Green Island offers arguably the best diving in Taiwan ／ 綠島可說是台灣最佳潛水地，擁有豐富海洋生態全因位於黑潮帶



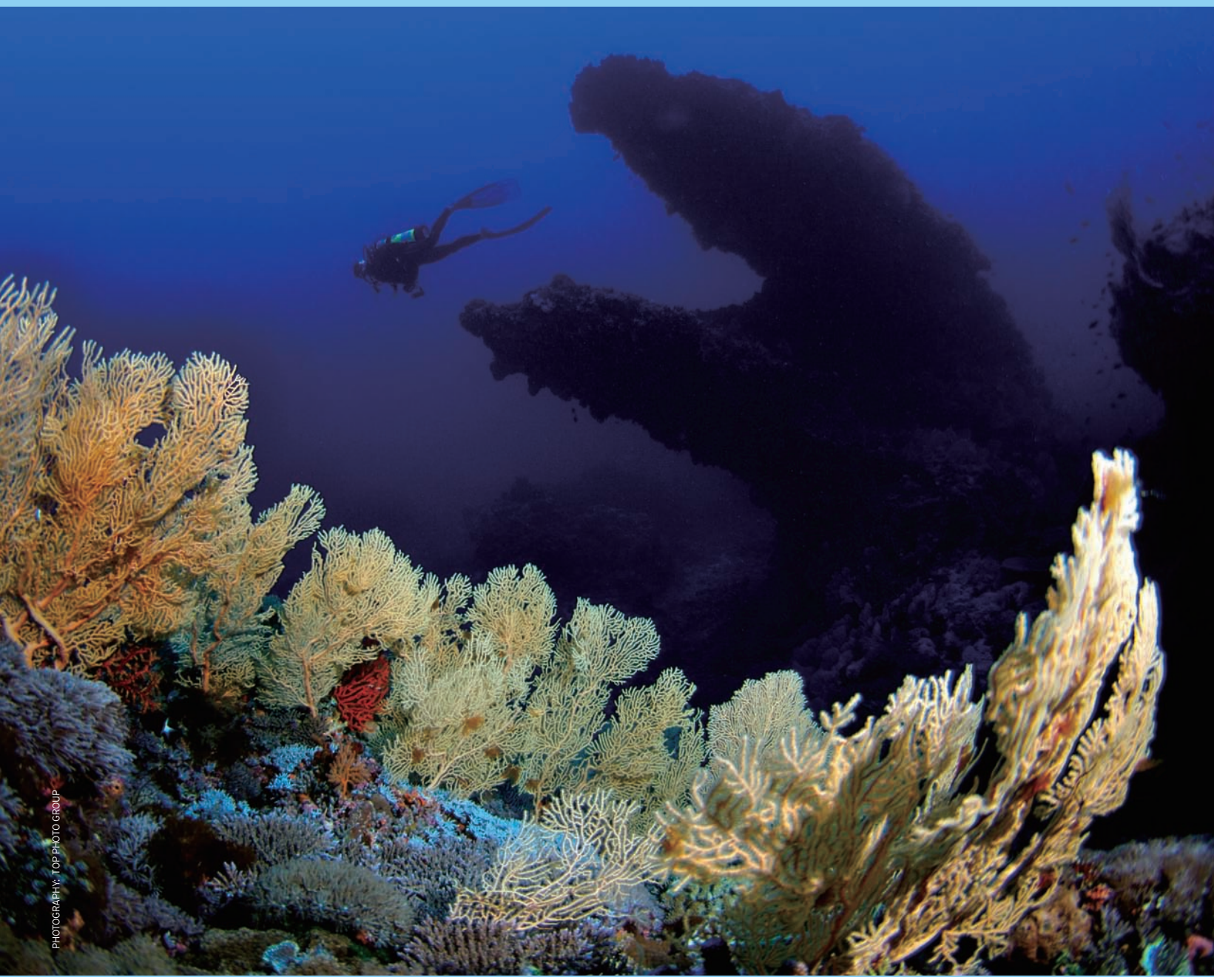
靠近朝日溫泉的第一站是睡美人岩，可在那裡爬上翠綠牧場，前往狹窄山峰，從山頂可觀看島上南部露頭和「傾覆海角」，壯麗的浪濤一波波衝擊岩石。

島的東邊是小長城，沿著城牆可遠眺無邊無際的大海。離城牆不遠處是廢棄的原住民村落 —— 柚子湖，搖搖欲墜的石屋俯瞰著一片僻靜海灣。

喜愛健行的人可嘗試「過山古道」，從南寮漁港穿越山脈到中寮聚落，如今梅花鹿和山羌已占領此處山丘。

島上有許多潛水度假村和培訓中心，有些提供同時以英語和中文教授的潛水課程。離南寮港最近的潛水學校位在港口南邊，可從岸邊涉水穿越淺灘學習；另一個潛點是馬蹄橋，距離馬蹄橋不遠的大白沙，是浮潛熱門地點，也是欣賞清澈海水和珊瑚的捷徑。

無論是歷史、健行、水肺潛水還是浮潛，綠島都能滿足您的需求。島上寧靜的夜晚和空曠的街道，讓人忘卻一個擁有2,300萬人口的繁華本島，距離此處僅一個小時路程。



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# LYCHEES: THE PRECIOUS FRUIT OF THE SOUTH

## 初夏の訪れ告げるライチ 南国の貴きフルーツ

BY LOOKY KAO（高彩雯）
TRANSLATION BY TSUMURA AOI（津村葵）

Lychees were first mentioned in Tang-era poetry, where they are described as being a favorite of Yang Guifei, one of the Four Beauties of Ancient China. According to folklore, to satisfy her desires, Emperor Xuanzong sent swift horses to carry the fruit from Guangzhou in the south to the ancient capital of Chang'an (today's Xi'an).

The cultivation of lychees in Taiwan dates back to the 17th century. It is known that immigrants from Mainland China brought seedlings with them across the Taiwan Strait. During Taiwan's period under Japanese rule, lychees were produced mainly in the northwest and south of the island. Today, a wide variety of the fruits are cultivated.

Sweet and juicy, lychees are said to benefit health and beautify the skin thanks to their high vitamin C content. The dragon lychee has thin skin and a small seed, and is known for its sweet taste. The best time to sample this variety is from mid-May to mid-June.

PHOTOGRAPHY: GETTY IMAGES / TOP PHOTO GROUP

I visited Xu Lunzhao, who cultivates lychees in Kaohsiung City's Dashu District. A third-generation lychee farmer, he told me that when the skin of a dragon lychee appears to have a slightly blue hue, that is the perfect time to eat it.

Dashu is a hilly area whose soil is dominated by red clay. Lychee trees, which reach head height, thrive here, but the soil is made even more fertile by adding a mulch of dead leaves and cow's milk. Farmers are increasingly shying away from pesticides and turning to organic methods, such as shielding growing fruit from pests with nets.

Once picked, lychees must be consumed within a week. Just as Emperor Xuanzong sought to send them to Yang Guifei in great haste, so today the fruit is rushed to market to preserve its freshness and flavor. However, fruit that is not eaten immediately can be used to produce other products, such as natural, additive-free jam. Mr. Xu has worked with Taihu Brewing to develop a craft beer flavored with lychees. The beer is produced using only squeezed juice, malt, yeast, and water. Just as wine captures the flavor of the region where the grapes are grown, so too lychee beer is imbued with the essence of Taiwan's best agricultural practices. If you visit Taiwan at the beginning of summer but just missed the lychee season, don't fret: treat yourself to a bottle of lychee beer and enjoy the sweet taste of summer.

フルーツ界の貴婦人、ライチ。荔枝（れいし）とも呼ばれ、楊貴妃の好んだ様子を詠んだ唐詩が今に伝わる。それによれば、彼女のために皇帝は今の広東省一帯から長安の都まで駿馬を走らせたという。ライチは妃によほど愛されたのだろう。

台湾でのライチ栽培は17世紀に遡る。当時、中国からの移民が台湾開拓を進め、少数の苗が持ち込まれた。日本統治時代には主に北西部や中南部で生産され、現在は数多くの品種がある。

甘くみずみずしいライチはビタミンCなどの栄養たっぷりで、美容にもよいと言われる。このところ人気のある「玉荷包（ドラゴンライチ）」は、薄い皮に種が小さく、甘みの強い品種だ。最盛期は5月中旬から6月中旬で、甘やかに美しく夏の訪れを奏でる。

高雄市大樹区でライチを栽培する生産者の許倫肇さんを訪ねた。ライチ農家三代目の許さんによると「玉荷包なら、皮に少し青みがかったものがちょうど食べごろ」だそうだ。

大樹地区は丘陵地帯で赤土が多く、ちょうど人の背丈くらいのライチが山いっぱいに植えられている。樹木を覆う土は枯葉が自然の肥やしとなっていて、果実が熟する１カ月前には、独自に開発した牛乳由来の酵素を肥料として用いる。農薬の使用量は年々減り、消費者により安全な作物を届けようとネットハウスの導入も検討中だ。

ライチの食べごろはわずか１週間。皇帝が特急で楊貴妃に届けたのもうなずける。収穫期が極めて短い上に、鮮度が命であるため、農家も無添加のジャムを作るなど有効利用に知恵を絞る。許さんも「台虎精釀ビール」と提携して、ライチを使ったクラフトビールを開発、ライチの絞り汁に麦芽、酵母、水だけを加えたビールはライチの甘い香りが引き立つ。「ライチはワインと同じ、その土地の独自の味わいが楽しめる」という。初夏の台湾でぜひ新鮮なライチを、あいにく時期を逃したならライチビールを１杯どうぞ。

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# THE ALLURE OF AOMORI

*One of Three New Summer Destinations*

## 迷人青森

夏旅遊　新三航點之一

BY LUCY CHAO（趙如璽）

Aomori prefecture in Japan is famous for its delicious apples. Among its top sights are the spectacular waterfalls along the Oirase River, vast forests, and views of the Tsugaru Strait, Sea of Japan, and Pacific Ocean. Aomori city features stunning architecture, including the A-shaped ASPAM tourist center, a local landmark.

EVA Air will launch direct twice-weekly Taipei–Aomori service on July 17, followed by twice-weekly Taipei–Matsuyama service on July 18. A new daily Taipei–Nagoya service will be inaugurated on June 6.

說到日本青森，立刻讓人想到美味的蘋果。青森擁有廣大森林與富饒大地，奧入瀨溪流匯集出壯觀瀑布，當地蘋果、大蒜日本產量第一，夏季的睡魔祭更是引人入勝。城市景觀也讓人驚豔，青森觀光物產館ASPAM的三角形建築物，為青森地標。長榮航空自7月17日起開航台北—青森航線，每週兩班。台北—名古屋亦將於6月6日開航，每週7班；台北—松山於7月18日開航，每週兩班。

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使用信用卡；若以會員身分登入，會員帳戶內之哩程可折抵部分購買金額。

搭機時，預購商品將由專人送到你的面前。

## 預購須知

長榮及立榮航空由桃園、松山、高雄及台中機場出發之國際航班：出發前15天~24小時。
國外航點出發之國際航班（歐洲、美加、澳洲、曼谷）：出發前15天~72小時。
國外航點出發之國際航班（除歐洲、美加、澳洲、曼谷）：出發前15天~48小時。
購物結帳步驟請參考「長榮航空機上免稅品預購網」購物須知→購物步驟。

免稅預購網

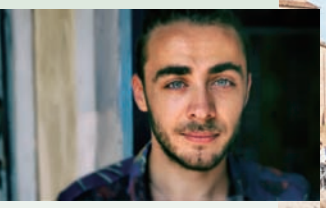
免稅預購APP下載

長榮交響樂團
EVERGREEN SYMPHONY ORCHESTRA

# 挪威森林 VS. 羅馬之松

2019 06/07

Fri. 19:30 國家音樂廳



鋼琴 / 丹尼爾・齊奧巴奴
Piano / Daniel Ciobanu

指揮 / 葛諾・舒馬富斯
Conductor / Gernot Schmalfuss

葛利格：《皮爾金》組曲第一號，作品46
Grieg: Peer Gynt Suite for orchestra No. 1, op. 46

葛利格：鋼琴協奏曲
Grieg: Piano Concerto in A minor, Op. 16
鋼琴：丹尼爾・齊奧巴奴 / Piano: Daniel Ciobanu

雷史畢基：羅馬之泉
Respighi: Fountains of Rome

雷史畢基：羅馬之松
Respighi: The Pines of Rome

音樂會導聆訊息
時間：6月7日(五)18:40
地點：國家音樂廳1樓大廳
導聆人：蔡永凱
注意事項：18:30開1、4號門，開放觀眾入場。

主辦單位：財團法人張榮發基金會 CHANG YUNG-FA FOUNDATION 長榮交響樂團 張榮發基金會

贊助單位：長榮海運股份有限公司 EVERGREEN MARINE CORP. (TAIWAN) LTD. EVA AIR 長榮航空 A STAR ALLIANCE MEMBER 長榮鋼鐵股份有限公司 EVERGREEN STEEL CORPORATION

售 票 處：年代售票系統02-23419898、全家FamiPort、7-11i-Bon、萊爾富Lite-ET機器或全省售票端點購買　票價：500 / 800 / 1000 / 1200 / 1500
注意事項：本團保留演出異動之權利（本場次為錄影場次）　洽詢電話：02-23516799

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本機機長暨全體服務人員很榮幸能為您提供最好的服務，祝您有個輕鬆愉快的旅程。如您需要服務，請按鈕通知我們。

Welcome Aboard /

# A PRIVILEGE TO SERVE YOU
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長榮剪影

# EXCELLENCE BEYOND COMPARE

*Celebrating the 30th Anniversary of EVA Air*

## 精彩30 永續飛翔

長榮航空歡慶成立30週年

In commemoration of EVA Air's 30th anniversary, a celebration was held on April 3 at its headquarters in Nankan, Taoyuan. Executives of affiliated companies celebrated the special moment together with colleagues of EVA Air.
長榮航空於4月3日在桃園南崁總公司舉辦成立30週年慶祝酒會，航空系統公司高級主管與員工共同歡慶這珍貴的一刻。

In commemoration of the 30th anniversary of EVA Air, a special event was held on April 3 at EVA Air's headquarters in Nankan, Taoyuan. Hosted by Chairman Steve Lin, nearly 600 people gathered for the celebration, with colleagues who have been at EVA Air for over 30 years, senior managers, employee representatives, department heads, and executives of affiliated companies in attendance.

The celebration centered around the theme of "Excellence Beyond Compare" with the logo for EVA Air's 30th anniversary projected for all to see. The logo design couples the outline of a plane with its empennage to symbolize EVA Air's continued forward momentum and founding ideals. The numbers "3" and "0" are styled like the moon and the sun to represent the airline's 24-hour operations and non-stop service. It is an image that paints a vivid picture of the collective power behind EVA Air's 30 years of excellence, our steadfast pursuit of ever greater heights, and our corporate vision of sustained flight through ever vaster skies.

The celebration opened with the Taipei Philharmonic Theater, who took to the stage dressed in EVA Air service uniforms. The troupe performed renditions of "Yueqin," "My Thankful Heart" and "My Future Is Not a Dream" — three classics that had everyone in the audience singing along. This set the warm, spirited tone for the screening of the EVA Air 30th anniversary videos that followed. In the two anniversary videos, it was clear how EVA Air has grown over the course of 30 years as well as how senior staff have been working with newer recruits to pass on the company's founding ideals. EVA Air personnel around the world contributed humorous and heartfelt snippets to the videos.

At the Evergreen Marine 20th anniversary reception party, in 1988, when the late Evergreen Group Founder and Chairman Dr. Y.F. Chang announced his intention to establish an international airline, he did so with the resolve to extend Evergreen's unwavering commitment to safe and quality transportation services from the seas to the skies. Over 30 years have passed since EVA Airways was formally registered

長榮航空成立30週年，特別於4月3日在桃園南崁總公司舉辦員工慶祝活動，由董事長林寶水主持，邀集近600位公司各部門主管、員工代表、服務滿30年同仁及航空系統公司高級主管參與。

慶祝活動以「精彩30 永續飛翔」為主題，會場上投射著由尾翼與飛機的剪影圖像組合而成的30週年Logo，象徵成立的初心與持續向前的動力；日與月巧妙營造3與0，代表航空日夜不停歇的運轉與服務，充分傳遞長榮航空集衆人之力創造30年的精彩，一路持續追求卓越，在空中永續飛翔的企業願景。

活動開場邀請「愛樂劇工廠」穿著航空各職類制服，快閃唱出〈月琴〉、〈我的未來不是夢〉及〈感恩的心〉3首曲目，台上、台下一起歡樂合

PHOTOGRAPHY: EVA / EIC

on April 7, 1989, but the company has held firm to Dr. Chang's founding philosophy: "not aspiring to be the world's biggest airline, but aiming to be the world's safest, with the highest quality of service." We have continued to strive for excellence, pioneering new heights in aviation while our history of safe flights and quality service has continually received recognition around the world.

EVA Air is indebted to the support and investment we have received in the past 30 years from all of our employees and collaborating partners, and we are grateful to the many passengers who have traveled with us around the world. In upholding the Evergreen Group's business philosophy of creating profit, caring for personnel, and giving back to society, our focus at EVA Air is on sustained growth and constant innovation. Our hope is to continue flying with you, our service on course toward perfection.

唱，讓氣氛熱鬧而溫馨，並播映長榮航空30週年影片與集團員工慶賀影片。週年影片除了描述長榮航空30年來的發展歷程，亦邀請資深與新一代員工對話，傳遞長榮航空「傳承初心」的理念。集結全球員工祝福巧思的慶賀影片，則展現了無限創意，讓現場歡笑聲不斷。

1988年長榮集團創辦人暨總裁 張榮發先生在長榮海運成立20週年的酒會上，決心將長榮一貫堅持安全與品質並重的運輸服務，從海洋延伸至天空，宣布成立國際航空公司，1989年4月7日正式成立長榮航空。30年來，長榮航空厚守張總裁「不求成為全世界最大，但期許成為全球飛航安全與服務品質最佳的航空公司」成立初衷，持續努力，開創許多廣受好評的航空新頁，亦在飛航安全、服務品質上持續受到全球肯定。

長榮航空感謝全體員工、合作夥伴30年來的支持與付出，也謝謝全球旅客的參與及陪伴，長榮航空將秉持長榮集團「創造利潤、照顧員工、回饋社會」的經營理念，穩定成長、不斷創新，持續為您提供更完美的飛航服務。

PHOTOGRAPHY: EVA / EIC

# EVA AIR SCOOPS MORE TRIPADVISOR TRAVELERS' CHOICE AWARDS

*Wins in four categories, including Top-10 World's Best Airlines*

## 長榮航空三度榮獲TripAdvisor Travelers' Choice Awards評選
全球十大最佳航空公司第三名等四大獎項肯定

Trip Advisor, the world's largest travel site, has revealed EVA Air as a winner in four categories of its third annual Travelers' Choice Awards for Airlines, including third place in the Top-10 World's Best Airlines. The airline also earned rankings in Travelers' Choice Major Airlines in Asia and top spots for Best Business and Premium Economy Classes in Asia. This marks EVA Air's third year in a row as a Travelers' Choice Award recipient and as the only winner among Taiwan-based airlines.

EVA Air earned its global and regional rankings by consistently focusing on quality service and safety, as it has done for the past 30 years.

TripAdvisor recognized 57 airlines from eight regions with 92 total awards after analyzing the quantity and quality of reviews and ratings posted by flyers over a 12-month period. Regions include Europe, North America, Latin America, the Middle East, Africa and the Indian Ocean, the Caribbean, Asia and the South Pacific, and Oceania.

TripAdvisor is home to a global community of more than 490 million average monthly unique visitors with over 750 million reviews and opinions covering the world's largest selection of accommodations, attractions, restaurants, and airlines. All the 2019 Travelers' Choice award-winning airlines are listed at *www.tripadvisor.com/TravelersChoice-Airlines*.

全球知名TripAdvisor旅遊網站於4月2日公布Travelers' Choice最佳航空大獎，長榮航空再次獲得全球旅客肯定，拿下「全球十大最佳航空公司」第三名，較去年進步兩個名次，及「亞洲地區最佳航空公司」、「亞洲區最佳商務艙」與「亞洲區最佳豪華經濟艙」等4個獎項，成績亮麗。

今年的Travelers' Choice最佳航空大獎，統計自過去12個月之全球旅客搭機體驗評分及意見，共有57家來自歐洲、北美洲、拉丁美洲、加勒比海、中東、非洲／印度洋、亞洲、太平洋／大洋洲等8個地區之航空公司脫穎而出，角逐今年共92個獎項，由於該樣本數來自全球各地旅客的實際體驗，具有相當的公信力。

TripAdvisor旅遊網站平均每月有超過4.9億名不重複訪客造訪，已累積超過7.5億則評論和意見，網站中設有飯店、景點、餐廳及航空公司等主題，自2017年首次舉辦最佳航空大獎評選，長榮航空已連續3年登上獲獎名單，也是台灣唯一獲得Travelers' Choice肯定之航空公司。

All-New Cabin Experiences
當月客艙新體驗

# A NEW DINING EXPERIENCE BASED ON THE CENTURY-OLD TAN FAMILY FEAST
# 百年譚府官宴 隆重呈獻新滋味

EVA Air has once again teamed up with Tan-style cuisine master chef Huang Ching-biao, to create a new dish based on the century-old Tan family feast for passengers in Royal Laurel Class flying from Taipei to New York, Los Angeles, and San Francisco.

Tan's Red Yeast Sauce Boiled Pork Ribs and Bamboo Leaves is one of the signature dishes served in a traditional Tan-style banquet. This dish is prepared with fatty pork ribs, carrot, radish, aniseed, dried citrus, bamboo leaves, tomato, rice, crystal sugar, and red yeast. Red yeast has many health benefits, including lowering blood lipid levels. The pork ribs are cooked over a low heat for two hours to ensure they are soft and tender. This dish is memorable for its bamboo-leaf aroma, tart tomato taste, and scarlet color from the red yeast.

This main dish is served alongside Tan's Golden Chicken Soup with Top Shell Slice, prepared through a long, complicated cooking process; Tan's Shaoxing Wine Flavored Chicken Roll and Shrimps as an appetizer; and soft, smooth Sesame, Sundry Longan and Red Date Cake.

長榮航空持續與亞洲廚界教父 —— 黃清標合作，將於本月隆重呈獻譚府官宴新菜色。

「譚府粽香紅麴腩排」乃譚府宴名菜之一，採用特選豬的三層腩排部位燒製，肉質醇厚、瘦中帶肥，燒製時以紅白蘿蔔、八角、陳皮、降血脂的紅麴米、竹葉及番茄，加上冰糖慢火燜燒兩小時直至肉質軟嫩。腩排經燜煮後染上竹葉香氣和番茄的酸甜，紅麴並增添了腩排鮮紅色澤，滿足視覺、嗅覺，讓人食慾大開。菜色搭配以繁複工序聞名的黃燜金湯為湯底製作的「譚府螺鮑金湯」、「紹興香雞拼鮮蝦」前菜及鬆軟順口的「桂圓紅棗泥糕」。即日起，搭乘皇璽桂冠艙自台北飛往紐約、洛杉磯、舊金山正餐航線的乘客，都能品嘗到譚府官宴的經典味道。

PHOTOGRAPHY: EIC

# EVA AIR AND NAKAMURA PRESENT A SPRING FEAST OF KYO-KAISEKI CUISINE
# 中村京懷石料理 呈現春天鮮滋味

EVA Air works with Chef Motokazu Nakamura of Nakamura, a three-Michelin-starred restaurant in Kyoto, to bring Kyo-Kaiseki cuisine to Royal Laurel Class, Premium Laurel Class, and Business Class passengers on Taipei–Tokyo (Narita) and Taipei–Osaka flights. The spring-themed main dish for May is Sansho Flavored Char-Grilled Salmon with Egg Omelette and Green Chili, while the *hassun* and side dishes include Jumbo Prawn Sushi; Dried Bean Curd in Jelly; Asparagus Served with Kinzan Temple Mustard Miso Sauce; Octopus, Char-Grilled Scallop and Cucumber Topped with Plum and Bonito Jelly; and Bamboo Shoot and Bean Curd Flavored Steamed Rice. The dessert is Houjicha Flavored Bavarois with Passion Fruit Sorbet.

長榮航空與來自京都的米其林三星餐廳主廚中村元計合作，為從台北搭乘皇璽桂冠艙 / 桂冠艙 / 商務艙飛往東京（成田）、大阪的旅客設計京懷石料理套餐，本月推出「鮭魚山椒燒 玉子燒」，並在八寸中搭配「明蝦壽司」、「高野豆腐柴魚風味凍」、「綠蘆筍佐金山寺辛子味噌」、「章魚柔煮及鮮貝霜燒佐春梅鰹魚凍」等充滿季節風味的料理；而御飯為「春筍豆皮炊飯」、甜品為「焙茶風味芭芭露亞佐百香果雪酪」，邀請您一起品嘗充滿春天氣息的京懷石滋味。

# VDS 100% MIXED CARROT AND FRUIT JUICE: A HEALTHY DRINK TO ENHANCE YOUR VOYAGE
# 100%胡蘿蔔綜合蔬果汁 伴您機上時光健康滿點

We care about the health of our passengers. That's why we are serving VDS 100% mixed carrot and fruit juice in Royal Laurel Class, Premium Laurel Class, and Business Class on all flights.

The ingredients include the concentrated juice of white grapes, oranges, pineapples, and lemons plus carrot juice extracted from a sweet, crispy variety of Japanese carrot grown in Dongshi in Taiwan. The preparation process ensures that all the valuable dietary fiber remains in the drink.

The carrots are grown organically with strict quality control at every step of the process, from soil care and planting to disease and pest control, harvesting, and cleaning. Consumers can rest assured that production is traceable and that the entire process is ISO22000 and HACCP certified. We believe that sustainable agricultural practices inevitably lead to better products. The carrot juice served by EVA Air maintains its true flavor without the use of preservatives and sweeteners.

We hope you enjoy your VDS 100% mixed carrot and fruit juice and that your flight will be even more memorable.

長榮航空與旅客的健康相伴，於各航線皇璽桂冠艙 / 桂冠艙 / 商務艙供應特選的「VDS活力東勢100%胡蘿蔔綜合蔬果汁」。

「VDS活力東勢100%胡蘿蔔綜合蔬果汁」特選日本品種、帶有水果脆甜的胡蘿蔔，經由全胡蘿蔔榨取，保留天然膳食纖維，搭配白葡萄、柳橙、鳳梨、檸檬濃縮原汁，一口飲下，胡蘿蔔清甜中散發水果清香，健康滿分。

有別於傳統農耕，VDS活力東勢用「愛家人」的心種植，以科學化概念，從育苗、種植、施肥與病蟲害防治、採收清洗等，全程掌控品質，並透過生產履歷、全產品線檢驗，讓每一口都是安心保證。此外，創新思考深耕出產品獨特性，用心挑選食材、關心環境永續，全系列胡蘿蔔汁不含防腐劑及甜味劑，保留食材真滋味，榮獲ISO22000、HACCP認證。

長榮航空特選健康飲品「VDS活力東勢100%胡蘿蔔綜合蔬果汁」，伴您機上時光健康、美妙，活力滿點。

# EVA Air Themed Jets
# 長榮航空彩繪機家族客艙服務

EVA Air and UNI Air operate a total of eight themed jets: the Friendship Bows Jet, Celebration Flight, Joyful Dream Jet, Hand-in-Hand Jet, Shining Star Jet, Gudetama Comfort Flight Jet, Bad Badtz-Maru Travel Fun Jet, and Bad Badtz-Maru Cool Holiday Plane.

長榮航空與日本三麗鷗聯手打造的吸睛彩繪機，包括友誼機、派對機、夢想機、牽手機、星空機，與蛋黃哥慵懶機、酷企鵝郊遊機；立榮航空也推出酷企鵝渡假機，以夢幻、可愛的機上服務、備品與專屬商品，邀請您體驗歡樂飛行旅程。

## FRIENDSHIP BOWS / 友誼機

## SANRIO FAMILY HAND IN HAND / 牽手機

## CELEBRATION FLIGHT / 派對機

## SHINING STAR / 星空機

## JOYFUL DREAM / 夢想機

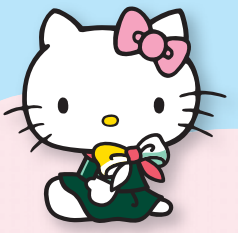
Themed inflight service items
服務用品

Items shown represent just a fraction of each aircraft's selection. Passengers are invited to personally experience the themed cabins.
更多可愛的服務用品，請登機體驗。

PHOTOGRAPHY: EIC / EVA

*INFO*

Please visit *www.evakitty.com/en/* for the latest EVA Air Themed Jets news, current timetables and available tour packages.
想要了解長榮航空彩繪機家族的相關動態與最新旅遊產品，請上專屬網站 *www.evakitty.com*。



## COMFORT FLIGHT/ 慵懶機

Themed inflight service items
服務用品

## BAD BADTZ-MARU TRAVEL FUN/ 郊遊機

Themed inflight service items
服務用品

UNI AIR

## BAD BADTZ-MARU COOL HOLIDAY/ 渡假機

Infinity MileageLands News
無限萬哩遊新訊

# CELEBRATE 30 YEARS WITH EVA AND EARN UP TO 2,000 EXTRA AWARD MILES

## 30有您揪甘心，長榮送哩好開心！最高可得2,000哩！讓您歡喜出國去！

To celebrate the 30th anniversary of EVA Air, Infinity MileageLands is offering up to 2,000 extra award miles when you make a booking. This offer applies to EVA/UNI Air scheduled international flights with eligible ticket classes (G class is included). Not only do the miles qualify for higher card tier status, but you can also redeem the miles for award tickets, upgrade awards, or other services and products. Register and book now!

For details of the offer, please visit the EVA Air website (www.evaair.com) "Infinity MileageLands" → "Member Exclusive Special Offer" → "Special Promotion-Mileage Accrual".

長榮航空歡慶成立30週年，「無限萬哩遊」送給您好哩！最高可得2,000哩！

活動期間於長榮航空官網進行註冊，符合本優惠活動資格者，搭乘長榮航空 / 立榮航空飛航之國際線航班可獲贈額外獎勵哩程及卡籍哩程，團體票價（G艙）也適用，讓您更快速成為高卡籍會員，或是達到艙位升等、酬賓機票及其他酬賓獎項的兌換門檻。立刻至長榮航空網頁購票，得哩開心出國去！

詳細活動規則與條款，請上長榮航空網站（www.evaair.com）「無限萬哩遊」→「會員獨享哩程優惠專區」→「哩程累計優惠活動」查詢。

INFINITY MILEAGELANDS

To become a member, please visit the Infinity MileageLands area of www.evaair.com. Join Infinity MileageLands online and you'll earn 500 bonus miles immediately; after you supply additional information such as your passport number and address, you'll earn an extra 500 bonus miles.

歡迎您加入「無限萬哩遊」會員，您可透過長榮航空全球資訊網www.evaair.com「無限萬哩遊」專區，即刻申請入會。網站入會即贈500哩，填寫會員資訊再贈500哩。

Join Now
加入會員

Event Page
活動頁面

PHOTOGRAPHY: TOP PHOTO GROUP

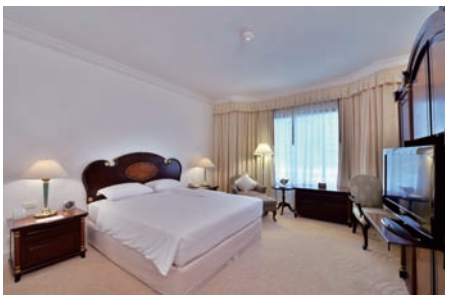
# EVERGREEN LAUREL HOTEL (BANGKOK) FUN ON WHEELS: TUK-TUKS IN THAILAND
# 長榮桂冠酒店（曼谷） TUK TUK嘟嘟車 泰有趣

Hotel News
長榮國際連鎖酒店
新訊

A distinctively shaped vehicle unique to Thailand, serving as a one-person taxi, the tuk-tuk is a mode of transportation that never fails to leave a deep impression on visitors.

For a short trip, at least when the traffic isn't too heavy, taking a tuk-tuk to get around is the perfect way to experience Thailand like a local while also getting a great view of the streets.

The Evergarden Chinese Restaurant at the Evergreen Laurel Hotel (Bangkok) offers a variety of gourmet Chinese cuisine, from Taiwanese-style roast duck to Cantonese-style hot pot rice dishes, which come with your choice of sausage, seafood, and more. It's a different Thai taste that we hope you'll enjoy.



**EVERGREEN LAUREL HOTEL (BANGKOK)**

**TRADITIONAL THAI DRESSING PACKAGE** (until Dec. 31, 2019)

- Deluxe Rooms from THB 2,999 per person per night.
- Free Wi-Fi throughout the hotel.
- Free tuk-tuk service each hour from 9am–5pm (from the hotel to Lumphini MRT station, Sala Daeng BTS station, and Chong Nonsi BTS station).
- Free souvenir photo with tuk-tuk (Thai dress is available).
- 20% discount on food and beverages served in the hotel.
- 20% discount on laundry service.
- For more information about this package, please see our official website.

泰國有種特殊的交通工具，讓去過的人都印象深刻，那就是街頭上的另類計程車 —— 嘟嘟車。嘟嘟車有著特殊造型，載著遊客東鑽西跑，適合短程旅行、交通不擁擠時刻，也是想要欣賞沿街風景、體驗在地交通方式的最佳工具。

除了體驗當地文化，長榮桂冠酒店（曼谷）長園中餐廳也推出新的味覺饗宴：台式烤鴨套餐、臘腸煲飯和海鮮煲飯等粵式砂鍋煲，邀您一起品嘗不一樣的泰味！

**長榮桂冠酒店（曼谷）**

**【泰有趣】住房專案**（即日起至2019/12/31）

- 豪華客房每人每晚泰銖2,999起。
- 館內Wi-Fi免費使用。
- 9:00~17:00每小時一班免費嘟嘟車接駁（飯店到MRT Lumphini station, BTS Sala Daeng station和Chong Nonsi station）。
- 免費嘟嘟車紀念照拍攝（提供傳統泰服）。
- 本專案房客可享館內餐飲及洗衣8折優惠。
- 更多訂房優惠，請瀏覽官網訊息。

Online booking
線上訂房

PHOTOGRAPHY: EVERGREEN INTERNATIONAL HOTELS / TOP PHOTO GROUP

# EVA AIR'S COMPREHENSIVE ONLINE SERVICES

# 長榮航空多元網路服務

## www.evaair.com
## 網路購票

You can book your tickets through the EVA Air website. Our "Miles and Cash" function lets you choose the number of miles you wish to count toward your ticket purchase.

長榮航空網路購票全年無休，並提供彈性哩程折抵部分票價功能「Miles & Cash」，讓您彈性運用會員哩程。

## Download EVA Air/UNI Air Flight Timetables
## 歡迎下載長榮／立榮航空國際線時刻表

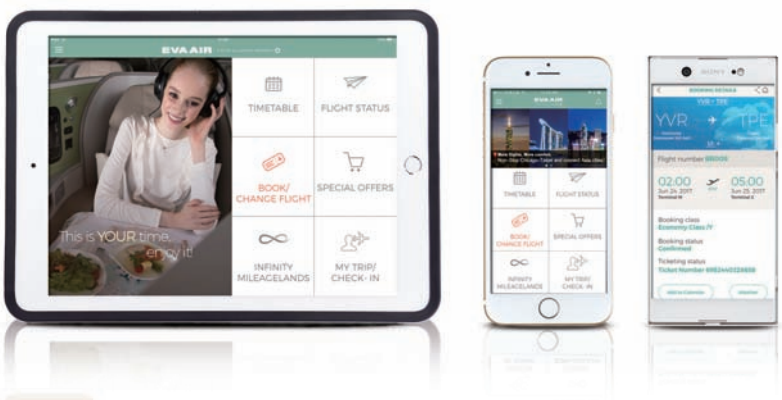
The information provided in the PDF timetable is based on predetermined flight schedules.

Actual flight schedules and aircraft types are subject to change without notice. To obtain the latest schedule of a specific flight, please use the "Online Search" function.

歡迎掃描QR Code，立即線上查詢／下載長榮航空與立榮航空國際線預定時刻表。

PDF時刻表內提供的資訊為預定的時刻表，時刻表或機型可能有所變更，恕不另行通知。有關最新的時刻表資訊，請透過「線上查詢」確認。

## Mobile Apps
## 隨時掌握行程與購物訊息




- EVA MOBILE -

● Check-in / 報到 ● Book / Change a flight / 購票 / 改票 ● SMS flight updates / 班機簡訊服務 ● And more / 更多

App Store iPhone / iPad iOS 9.0 or later
Google Play Android 4.4 or later

- EVA SKY SHOP -

● Pre-order duty free / 預購免稅品
● Delivery to your seat / 機上取貨

- 長榮樂e購 -

● Shop online / 線上購物
● Home delivery（Taiwan address only）/ 宅配送府（限台灣地址）

## Social Media
## 社群網站

Search
EVA Airways Corp. / EVA Air US

搜尋：
EVA Airways Corp. 長榮航空

Instagram :
@evaairways

LinkedIn :
EVA Airways Corp.

请搜寻「长荣航空」

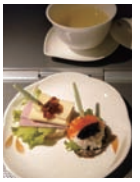
PHOTOGRAPHY: EVA

## Pre-Order Duty Free
## 機上免稅品預購享優惠

Pre-order inflight duty-free products through EVA Air's website or app before your flight and enjoy greater convenience and special discounts.

搭機前透過長榮航空網站、App進行機上免稅品預購，除了享機上提貨之便利，亦可享有免稅品優惠。

## Pre-Order Inflight Meals
## 網路選餐



EVA Air Royal Laurel / Premium Laurel / Business Class passengers and UNI Air Business Class passengers can pre-order exclusive (not available on the menu) inflight meals through the airlines' respective websites and mobile apps.

凡搭乘長榮航空皇璽桂冠艙 / 桂冠艙 / 商務艙、立榮航空商務艙的旅客，均可透過長榮航空網站、EVA Mobile App預先選餐，部分航線更提供獨享餐，歡迎上網預訂！

## Inflight Wireless Internet
## 機上無線網路

EVA Air offers inflight Wi-Fi in all cabin classes onboard 787, 777-300ER and A330-300 aircraft. A receipt will automatically be sent to you by email after your purchase. If you have any questions about billing or the service, you may:

1. Seek help from our service partner's customer service staff by sending an email to hotspot@t-systems.com.
2. Call our service partner's customer service center at +86-10-5924-0082 (international toll number) or 00801863151 (Taiwan toll-free number) for assistance.

長榮航空於787、777-300ER與A330-300全艙等提供機上Wi-Fi。付費使用後，您將以電子郵件方式收到帳單。本公司之機上無線網路功能由合作廠商提供服務，若有任何問題，您可利用下列任一種方式尋求協助：

1. 透過電子郵件hotspot@t-systems.com向合作廠商的客服人員取得協助。
2. 撥打客服專線+86-10-59240082（全球付費電話）或00801863151（台灣地區免付費電話）向合作廠商的客服人員取得協助。

Instruction to Connect:
Enable Wi-Fi on your device and connect to "EVA-WiFi", then launch the web browser and access *www.evawifi.com*.

**簡易上網步驟：**
開啓您行動裝置的無線網路Wi-Fi功能並選擇「EVA-WiFi」。接著開啓瀏覽器，並輸入*www.evawifi.com*進入歡迎頁面。

| Data Plan 販售方案 | Inflight Pricing 機上購買 |
|---|---|
| 30MB Data Plan<br>30MB 上網用量 | US$4.95<br>4.95美金 |
| 100MB Data Plan<br>100MB 上網用量 | US$14.95<br>14.95美金 |
| 300MB Data Plan<br>300MB 上網用量 | US$29.95<br>29.95美金 |

* 30MB is a Lite Messaging Plan which has a speed limit of 100 kb/s and it is not suitable for web browsing or media streaming.
* 30MB上網用量屬於輕量通訊方案，具有100 kb/s之傳輸速度限制，不適合瀏覽網頁或線上影音串流。

## Inflight Mobile SMS and Data Roaming Service
## 機上手機簡訊及數據漫遊服務

Mobile SMS and data roaming are available on selected 777 aircraft, allowing you to connect to a partner telecom provider to send SMS text messages and enjoy special internet roaming rates.

Your phone will automatically connect to the AeroMobile network after disabling airplane mode. You may start to use the service after receiving a welcome text message from AeroMobile.

Important Notice

- This service is provided by AeroMobile through partner mobile operators only. Please check with your home mobile operator for AeroMobile service availability and rates.
- To avoid incurring unexpected data transmitting charges, please make sure that data roaming is disabled in your phone's settings.
- You may start using the roaming service by disabling airplane mode after the flight has reached 20,000 feet.
- SMS and data roaming will not be available above certain regions, such as the Polar Regions and the United States.
- As courtesy to other passengers, please ensure your mobile is set to vibrate or silent mode. Voice calls are currently not allowed.
- If you have any questions about service or billing, please contact your home mobile operator directly.

長榮航空於部分777機隊全艙等提供機上手機SMS簡訊與數據漫遊服務，您可利用此服務享有國際合作電信公司的優惠漫遊方案。

關閉飛航模式後，您的手機將會搜尋訊號連至AeroMobile。連上後您會收到一個來自AeroMobile的歡迎簡訊，即刻起您便可收發漫遊簡訊與使用數據漫遊服務。

注意事項

- 本服務由AeroMobile所提供，若想確認您的手機是否可以使用國際漫遊上網或發送簡訊，請逕行向所簽約之電信公司查詢是否與AeroMobile合作。
- 為避免產生數據傳輸費用，請確認您手機之數據漫遊設定已經關閉。
- 簡訊與數據漫遊服務提供在飛行高度20,000英尺以上，並在您確認手機的飛航模式是關閉之後，即可開始使用。
- 飛行途中行經極區及美國無法提供手機簡訊與數據漫遊服務。
- 為了保持安寧的客艙環境，請將手機轉為震動或靜音模式。語音通話服務功能目前未開放。
- 若您對收費有任何的問題，請您直接聯絡手機簽約的電信公司。

# ONLINE CHECK-IN AND BAGGAGE SERVICES

# 報到與行李託運服務

## Checking In
## 報到服務

From 48 to 1.5 hours before your flight, you can check in through the EVA Air website or EVA Mobile App. After checking in online, you only need to drop your bags at the baggage check counter when you arrive. You can also check in at EVA Air's counters or self-check-in kiosks at the airport. From now on, check-in for all EVA Air/UNI Air self-operated flights departing from Taoyuan International Airport will close 60 minutes prior to departure time.

班機起飛前48至1.5小時，透過長榮航空官網、EVA Mobile App進行報到，並於機場的專屬櫃檯辦理行李託運，就能快速報到，節省旅程時間。若沒有辦法使用官網與EVA Mobile App，請到機場櫃檯或自助報到服務Kiosk報到。即日起，於桃園機場出發的「長榮航空 / 立榮航空自營航班」報到截止時間將更改為航班表訂起飛時間前60分鐘。

## Baggage Drop
## 託運行李

Please make sure that the tags on your luggage show the same destination as your ticket and that your baggage receipt shows the correct baggage claim code and number of baggage items.

在地勤人員為您的行李掛上行李條後，請務必確認行李條上目的地與您的班機行程相符，而且手上託運行李收據「數量」及「號碼」與您的託運行李一致。

Claim Ticket
託運行李收據

## Passengers with RIMOWA Electronically Tagged Luggage
## RIMOWA電子標籤旅行箱報到與託運服務

Passengers with RIMOWA electronically tagged luggage will be able to complete the check-in procedure from 48 until 1.5 hours before scheduled departure by using the EVA Mobile App. Afterward, simply hand over your luggage to personnel at the online check-in counter. To find out more about destinations where you can check in electronically tagged luggage, please visit www.evaair.com or refer to the EVA Mobile App.

凡使用RIMOWA電子標籤旅行箱的旅客，於班機起飛前48至1.5小時，只要透過EVA Mobile App便可劃位及報到，再將行李交付機場網路報到櫃檯，即可完成出國報到手續。可使用RIMOWA電子標籤旅行箱託運服務的機場，請參考www.evaair.com，或是EVA Mobile App。

PHOTOGRAPHY: EVA

EVERGREEN

# sky LIMOUSINE

connecting bus services

TAOYUAN INTERNATIONAL AIRPORT—TAIPEI CITY

桃園國際機場
Taoyuan International Airport

行天宮
Xingtian Temple

## 台北市內 Taipei City

## 桃園國際機場 Taoyuan International Airport

**每隔20至30分鐘一班車**
**Buses depart every 20 to 30 minutes**

捷運南京復興站(兄弟飯店)
MRT Nanjing Fuxing Station

長榮桂冠酒店
Evergreen Laurel Hotel

SOGO百貨
SOGO Department Store

查看路線圖

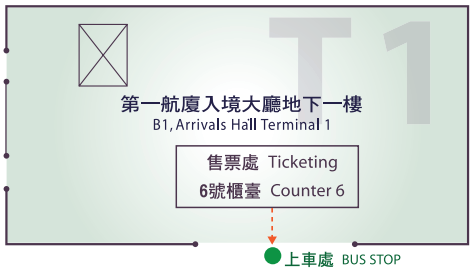
## 路線編號 5201

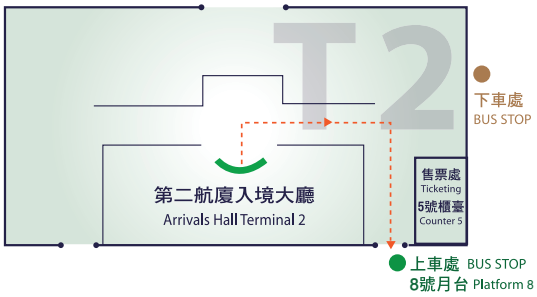
### 台北市內 → 桃園國際機場
Taipei City to Taoyuan International Airport
每日05:00 a.m.至 04:45 p.m.

### 桃園國際機場 → 台北市內
Taoyuan International Airport to Taipei City
每日06:15 a.m.至 00:30 a.m.

桃園國際機場 Taoyuan International Airport
捷運行天宮站(行天宮) MRT Xingtian Temple Station
民生松江路口 Minsheng Songjiang Rd. Intersection
興安華城(復興北路口) Xingan Residence
台北科技大學(捷運忠孝新生站) National Taipei University of Technology
捷運忠孝復興站(SOGO百貨) MRT Zhong Xiao Fuxing Station
復興南路(微風廣場) Fuxing S. Rd.
捷運南京復興站(兄弟飯店) MRT Nanjing Fuxing Station
長安東路二段(長榮桂冠酒店) Sec.2 Chang-an E. Rd.
松江長春路口(六福客棧) Songjiang Changchun Rd. Intersection
松江新村(松江路民權東路口) Songjiang Village
桃園國際機場 Taoyuan International Airport

## 桃園國際機場乘車站 Bus Stop / Taoyuan International Airport




## 長榮巴士提供租車服務：國內旅遊、機場接送

- 44座及42座豪華歐洲氣墊遊覽車。
- 20座豪華日本原裝遊覽車
- 8座及7座德國福斯商旅車

—— 歡迎多加利用 ——

長榮國際儲運股份有限公司
EVERGREEN INTERNATIONAL STORAGE & TRANSPORT CORP.

服務專線：03-3570498　網址：www.evergreen-eitc.com.tw

# Essential Information 機上須知

*For your safety and comfort, please take a moment to read the rules and regulations that apply during your international flight with EVA Air.*

為了您的安全與舒適，請閱讀並遵守以下航安規定。

*REGULATIONS GOVERNING THE USE OF ELECTRONIC DEVICES*
Please be reminded that the usage of electronic devices may have different restriction by aircraft or destination. Passengers are recommended to pay attention to cabin crew's announcement and safety demonstration.
The Civil Aviation Act of the ROC stipulates that no passenger shall use any device that may interfere with aircraft navigation and communication systems. Any person who violates the Act shall be subject to imprisonment of up to five years or a fine of up to NT$150,000. For offenses leading to a serious or deadly outcome, the law allows for a punishment of life imprisonment. All passengers must observe the following rules, which apply from the time the cabin doors are closed until the time the doors are reopened. An announcement will be made informing passengers to this effect.
1 Small PEDs (Portable Electronic Devices) such as smart phones, tablets, e-readers or devices with 1.0 kg below may remain on during all phases of flight. Transmitting devices must be switched to non-cellular or "Airplane/Flight mode" with Wi-Fi turned off from door closure until the plane has landed and cleared the runway. This policy applies to flights operating within Taiwan, R.O.C. and select international locations. The cabin crew will advise passengers if it is necessary to turn off small PEDs according local regulation.
2 Small devices may be held in hand or placed in seat pocket (not left unsecured around the seat). Laptops or devices weighing more than 1.0 kg must be stowed in approved stowage location in the overhead compartment or under the seat in front of passenger during taxi, take-off and landing.
3 When the aircraft is flying at altitudes above 10,000 feet:
•On international flights, laptops or devices weighing more than 1.0 kg may be used. Transmitting devices must be adjusted to non-cellular or "Airplane/Flight mode" with Wi-Fi turned off.
•On domestic flights, laptops or devices weighing more than 1.0 kg must be stowed in an approved stowage location (in the overhead compartment or under the seat in front of passenger) during flight.
4 Wi-Fi and SMS roaming services are provided on certain aircraft equipped with GCS (Global Communication Suite). For details about when and how to use the service shall refer to entertainment system information on these flights or listen to the inflight announcements.
5 The following devices must remain off at all times during flight: electronic cigarettes, citizen's band radios and walkie-talkies, remote controllers and wireless electronic devices such as radio-controlled toys; and any other electronic device that may interfere with aircraft equipment including flight navigation and telecommunication systems.
6 Bluetooth devices can be used during all phases of flight.
7 Hearing aids and pacemakers may be operated without restriction.
8 Passengers may carry Medical-Portable Electronic Devices (M-PEDs), such as Portable Oxygen Concentrators (POCs), Ventilators, Suction Units, and Ambulatory Infusion Pumps. However, these M-PEDs should not exceed carry-on baggage dimensions and weight limits.
• The passenger who would require medical attention and/or special equipment to maintain their health during the flight shall follow EVA General Conditions of Carriage to apply and obtain the medical clearance at least 48 hours prior to the flight.
• Please note that inflight electrical power is not guaranteed to be available or operative on all flights and every seat. In the event that power supply is necessary for your portable electronic devices, you should bring a sufficient number of fully charged batteries (to power the device for 150% of the expected maximum flight duration) which are in compliance with ICAO instructions. Spare batteries must be individually protected to prevent short circuit or damage and carried in carry-on baggage only.
• EVA AIR is not liable for any injury or harm to the passenger caused by a passenger attempting to use the power supplies for medical portable electronic devices by the failure of onboard power supplies or any other reasons in connection therewith. Passengers use power supplies at their own risk.
9 Other regulations:
• Using personal device for voice communication is prohibited from door closure until the aircraft has landed and cleared the runway. All devices must be used muted or used with a headset at all times.
• The flight crew may request that all devices (excluding Portable Oxygen Concentrators accepted by company) be fully turned off in certain circumstances, such as for poor visibility landings or to reduce interference with aircraft equipment.

*SAFETY MEASURES*
For your personal safety, please return to your seat and fasten your seatbelt whenever the "fasten seatbelt" sign is illuminated. During takeoff and landing, return your table and seat back to their original upright positions. During landing, please do not stand up or leave your seat until the plane has come to a complete standstill and the fasten seatbelt sign has been switched off. Because turbulence is often unpredictable, we strongly recommend that you keep your seatbelt fastened at all times while seated. Carry-on baggage should comply with the carry-on baggage dimensions and weight limit. It must be stowed by yourself in the overhead bin or under the seat in front of you.
For safety reasons, dangerous articles such as these listed below are not permitted aboard the aircraft:
1 Deeply refrigerated, flammable, non-flammable and poisonous gases; oxygen tanks; paint in spray cans; insecticides.
2 Corrosives (such as mercury which may be contained in thermometers), acids, alkalis and wet-cell batteries.
3 Explosives, munitions, fireworks and flares.
4 Flammable liquids such as lighter fuel, paints and thinners; flammable and easily ignitable solids such as matches; substances liable to spontaneous combustion; and substances which on contact with water emit flammable gases.
5 Radioactive materials.
6 Briefcases and security-type attaché cases with installed alarm devices; or those that incorporate lithium batteries and/or pyrotechnic materials.
7 Oxidizing materials such as bleaches and peroxides.
8 Poisonous and infectious substances such as insecticides, weed killers and live virus materials.
9 Other dangerous articles such as magnetized materials and offensive or irritating materials.
Interfering with flight deck crew and cabin crew during the course of their duties is an offense.

*NO SMOKING*
In accordance with ROC law, EVA Air has banned smoking on all flights.

*ALCOHOLIC BEVERAGE SERVICE*
Passengers are not allowed to consume their own alcoholic drinks, including those purchased on board. All passengers may enjoy our complimentary drinks service. EVA Air reserves the right to deny serving alcohol to intoxicated passengers.

*REGULATIONS CONCERNING ABUSIVE AND UNRULY BEHAVIOR*
CAA Regulation Article 119-2
A fine from NT$30,000 to NT$150,000 will apply to anyone found smoking in any lavatory on board an aircraft.
A fine from NT$10,000 to NT$50,000 will apply to anyone in the following circumstances:
1 Failure to comply with any instruction given by the pilot-in-command for the purpose of maintaining order and safety on board an aircraft.
2 Disrupting order on board an aircraft following consumption of alcoholic beverages or alcohol-containing medicines.
3 Smoking outside a lavatory on board an aircraft.
4 Tampering with any smoke detector or interfering with safety devices without authorization.
Note: Above behaviors will be fined by Aviation Police Bureau.

*ONBOARD PHONE AND FAX*
Worldwide telephone communication is available on every EVA Air B777 and A330 aircraft. Payment can be made by credit card (American Express, Diners Club, JCB, MasterCard, VISA and other major cards are all accepted). Simply dial the number on the handset and press "OK" to connect the call. Please be patient while credit card information is being processed, as this can take 30 to 60 seconds to complete. If you have a comment or complaint about our inflight telecommunications services or you wish to apply for a refund, please contact ARINC Customer Support : *apd@arinc.com*.

*REFRIGERATED ITEMS*
Due to limited refrigeration space on board, EVA Airways is unable to provide a chiller service for personal items such as food, drinks, medication, and breast milk. If you bring refrigerated items on board, please follow the advice given on EVA Airways' official website.

**● 電子用品使用規定**
提醒您，使用電子用品可能因不同機型或飛航地區而有不同的限制，請留意空服人員的廣播及機上安全示範影片之說明。
根據中華民國民用航空法規定，任何人不得使用足以干擾航機導航及通訊設備之用品，違反規定者，得處5年以下有期徒刑、拘役或新台幣15萬元以下罰金，情節嚴重者，最高可處無期徒刑。乘客自關閉艙門並經航空器上工作人員宣布限制使用起至開啓艙門止，須遵守下列規定：
1 全程開放使用手機、平板、電子書，或重量在一公斤（含）以下之「小型隨身電子用品」。關閉艙門起至航機落地脫離跑道止，所有傳輸類電子用品必須關閉語音通話或轉換成「飛航模式」並關閉Wi-Fi功能。當航機於中華民國境外飛航時，使用隨身電子用品須遵守當地相關規定，空服人員於必要時將通知乘客配合當地禁用電子用品之相關規定。
2 航機滑行、起飛及降落階段，乘客須將小型隨身電子用品固定持穩、收妥或置於前方座椅袋內。筆記型電腦或重量在一公斤以上之電子用品須妥善置於規定之隨身行李置放處（座位下方或上方行李置物櫃）。
3 當飛行高度高於10,000呎以上時：
Ⅰ國際線，乘客得使用筆記型電腦，或重量在一公斤以上之電子用品。傳輸類電子用品必須關閉語音通話或轉換成「飛航模式」並關閉Wi-Fi功能。
Ⅱ國內線，筆記型電腦或重量在一公斤以上之電子用品須全程妥善置於規定之隨身行李置放處（座位下方或上方行李置物櫃）。
4 配置全球通訊系統GCS（Global Communication Suite）之航機，會提供乘客使用Wi-Fi或手機簡訊漫遊等服務，使用時機及相關規定於客艙娛樂系統顯示或請您配合空服人員指示。
5 全程禁用以下電子用品：電子菸、個人無線電收發報機、各類遙控發射器（如電動玩具遙控器等）、其它任何可能干擾航機裝備包含導航、通訊等之電子用品。
6 藍牙裝置於飛航全程皆可使用。
7 助聽器及心律調整器之使用時機不受限制。
8 乘客可自備攜帶式之醫療電子用品於機上使用，如可攜式之氧氣設備、呼吸器、抽痰器、攜帶型輸液泵等。上述裝備需符合隨身行李尺寸、重量的規定。
Ⅰ乘客如於飛行過程中需要使用醫療器材，請依照運送條款規定，建議於搭機前48小時向本公司申請。
Ⅱ長榮航空無法保證所有客機及機上座位都設有電源插座或所有機上插座都能正常運作，如您的個人器材有使用電源的需求，請您務必自備足夠數量(航程時間之150%容量的電池)且符合國際民用航空組織(ICAO)規範的電池作為備用。備用電池必須放置在隨身行李且須個別包裝妥當以避免短路或損壞。
Ⅲ長榮航空對於乘客因使用機上電源插座造成可攜式電子醫療器材故障、電源無法使用或其他相關連原因致受傷或傷害者，不負任何損害賠償責任，乘客若欲使用機內電源，應自行承擔所有風險。
9 其它規定:
Ⅰ關閉艙門起至航機落地脫離跑道前，禁止以個人電子用品進行語音通話，所有個人電子用品必須設定為靜音或使用耳機。
Ⅱ機長得隨時視狀況停止乘客使用個人電子用品（不包含公司已同意收受之可攜式製氧機），例如於低能見度落地，或避免航機導航或通訊等系統遭受干擾。

**● 安全**
飛機飛行中，為了您的安全，請注意「繫緊安全帶」的信號燈，當燈號亮起時請繫上安全帶，當飛機起飛或降落時，請您暫時將小桌子收起並將您的椅背豎直，而隨身攜帶的手提行李，必須符合隨身行李規範，並請自行放置在客艙行李櫃內或是前面的座位下。此外，由於亂流經常難以預期，我們建議您就坐時隨時將安全帶繫上。
基於飛航安全，行李內不得攜帶如下所列之危險物品：
1 壓縮氣體：如罐裝瓦斯、潛水用氧氣瓶、噴漆、殺蟲劑等。
2 腐蝕物（劑）：如強酸、強鹼、水銀、鉛酸電池等。
3 爆裂物：各類槍械彈藥、煙火、爆竹、照明彈等。
4 易燃品：如汽柴油等燃料油、火柴、油漆、點火器及相關可燃固體等。
5 放射物品。
6 具防盜裝置之公事包或小型手提箱。
7 氧化物品：例如漂白劑（水、粉）、工業用雙氧水等。
8 毒物（劑）及傳染物：如殺蟲劑、除草劑、濾過性病毒活體等。
9 其他違禁品：如磁化物類（磁鐵）、具攻擊或刺激之物品（如：刀劍棍棒類、弓箭、防身噴霧器、電擊棒等）。
此外，為了您的安全，請遵守機組員的指示，干擾飛行組員與空服人員執行任務屬違法行為。

**● 禁菸**
根據中華民國菸害防治法規，為了維護機艙之空氣品質及飛航安全，長榮航空所有班機全面禁菸，敬請合作。

**● 機艙內酒精飲品**
乘客於機上不得飲用自行攜帶或於機艙內購買之酒精飲品，我們將會為機上乘客提供免費飲品，並保留不再提供飲酒過量之乘客酒精飲料的權利。

**● 航機上不當行為之規範**
民用航空法第一百十九條之二，於航空器廁所內吸菸者，處新台幣3萬元以上、15萬元以下罰鍰。於航空器上有下列情事之一者，處新台幣1萬元以上、5萬元以下罰鍰：
1 不遵守機長為維護航空器上秩序及安全之指示。
2 使用含酒精飲料或藥物，致危害航空器上秩序。
3 於航空器廁所外之區域吸菸。
4 擅自阻絕偵菸器或無故操作其他安全裝置。
以上行為由航空警察局處罰之。

**● 衛星通訊服務**
本公司在B777與A330客機上備有衛星電話供您使用，並接受American Express、Diners Club、JCB、Master Card以及VISA等信用卡刷卡付費。搭乘A330與B777客機的乘客，當您使用座位旁邊的衛星電話時，則請於撥號後按「OK」鍵即可。此外，由於信用卡確認至通話時間約需30秒（不超過1分鐘），還請您耐心等候。若對於機上衛星電話有任何疑問與建議，敬請e-mail至ARINC Customer Support : apd@arinc.com。

**● 攜帶冷藏物品須知**
基於航機冷藏存放空間限制，長榮航空在航機上不為旅客冷藏任何物品，包括食品、飲品、藥品、母乳等。若您須攜帶冷藏物品搭機，請您至長榮航空官網查閱詳細資訊。

| | While doors are open before departure 起飛前艙門尚未關閉 | During takeoff or when aircraft is climbing at altitudes below 10,000 feet 艙門關閉後至起飛15分鐘，飛行高度約10,000呎 | During cruise 飛行中 | During landing or when aircraft is descending at altitudes below 10,000 feet 執行降落前安全檢查，飛行高度約10,000呎 | After landing, before doors are reopened 落地後，開門前 |
|---|---|---|---|---|---|
| | ○ | ○ | ○ | ○ | ○ |
| | ○ | × | ○ | × | × |
| | ○ | × | × | × | ○ After the plane has landed and cleared the runway 落地後脫離跑道 |

○ Permitted 可以使用

× Not Permitted 禁止使用

## INFLIGHT HEALTHCARE 搭機健康須知

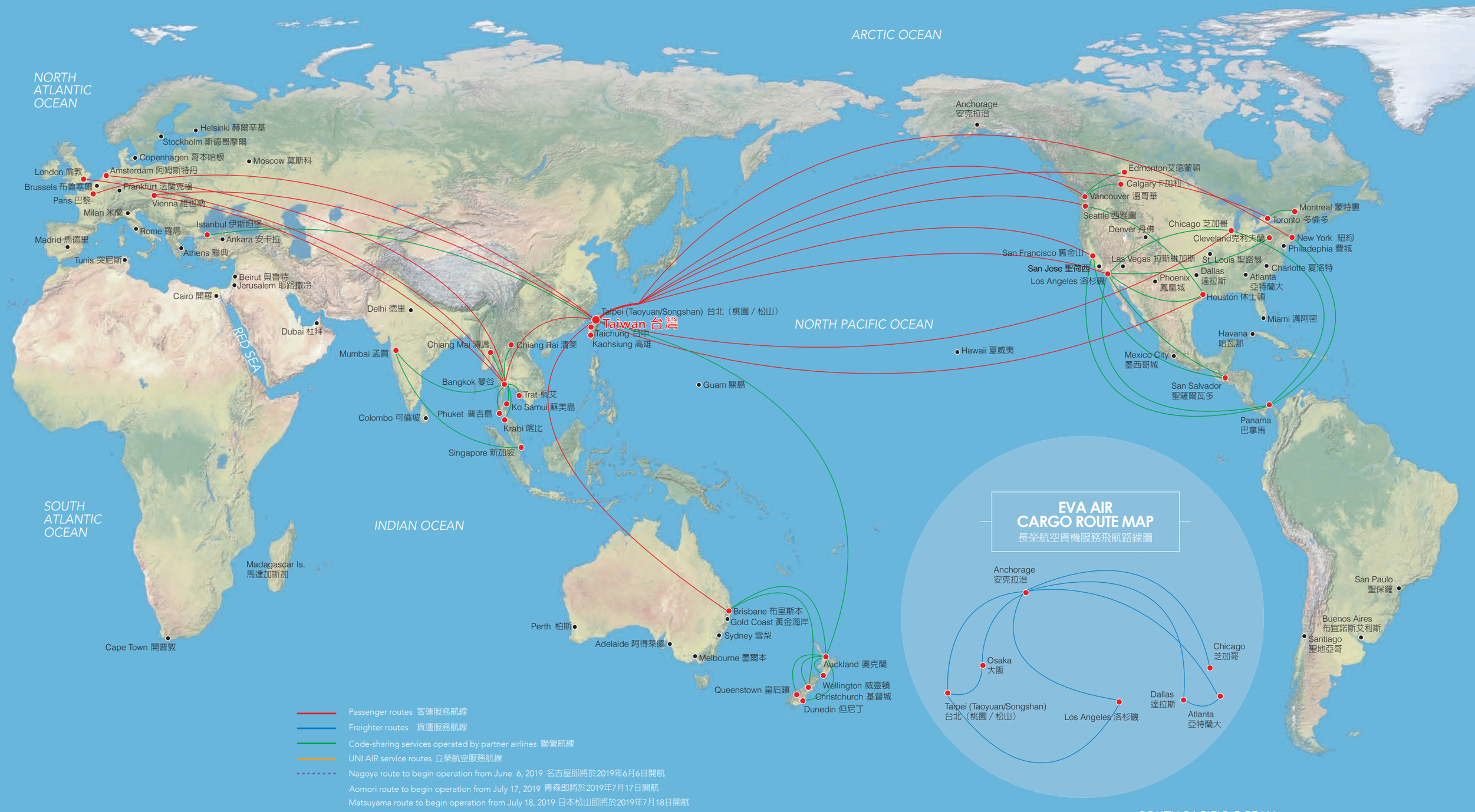
*DEEP VEIN THROMBOSIS (DVT)*
Prolonged leg immobility can cause blood clots to form within the deep veins of the legs. Warning signs are pain and tenderness in the leg muscles and redness and swelling of the skin. If the blood clot moves to the lungs, breathing difficulties can occur. To avoid Deep Vein Thrombosis, we suggest taking the following precautions:

1. Drink water and fruit juice frequently. Avoid smoking, alcohol and caffeinated drinks during your journey.
2. Wear loose-fitting clothing.
3. Try our suggested simple leg exercises during your flight.
4. If you think you may be at risk, consult your physician before beginning your journey.
5. A professional medical kit is available, and all flight attendants are trained in basic first aid. If you feel any discomfort during the flight, please inform your cabin attendant.

**深部靜脈血栓**
長時間踏坐在狹窄空間，容易使得下肢血液難以順暢流動，導致腿部深部靜脈血栓症產生。如要避免，以下是搭機時的一些建議：
· 多喝水及果汁，避免抽菸、喝酒及含咖啡因飲料。
· 穿較寬鬆的衣服。
· 做適合機上的舒展活動，尤其是腿部肌肉的運動。
· 高危險群旅客，宜在搭機前聽取醫生的建議。
· 本班機備有醫護專用急救箱，隨機之空服人員都接受過基本急救訓練，倘若您感覺不適，請盡速告知空服人員。

# EVA / UNI AIR ASIA AREA ROUTE MAP
## 長榮 / 立榮航空亞洲區域飛航路線圖

# EVA AIR LONG - HAUL ROUTE MAP
長榮航空長程飛航路線圖




## EVA AIR CARGO ROUTE MAP
長榮航空貨機服務飛航路線圖




- Passenger routes 客運服務航線
- Freighter routes 貨運服務航線
- Code-sharing services operated by partner airlines 聯營航線
- UNI AIR service routes 立榮航空服務航線
- Nagoya route to begin operation from June 6, 2019 名古屋即將於2019年6月6日開航
- Aomori route to begin operation from July 17, 2019 青森即將於2019年7月17日開航
- Matsuyama route to begin operation from July 18, 2019 日本松山即將於2019年7月18日開航

The information in these pages is for general reference only.
For further details, please refer to *www.evaair.com*
航線資料僅供參考，如需最新資訊請上網查詢。

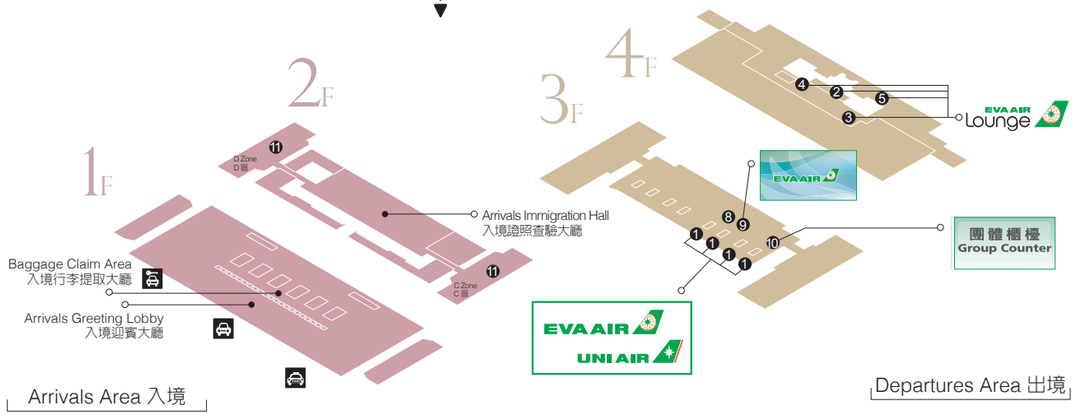
# UNI AIR SHORT-HAUL ROUTE MAP
## 立榮航空近程飛航路線圖

For information on Asia short-haul flights, please visit UNI Air's official website at *www.uniair.com.tw* or consult the UNI Mobile App, a 7-11 ibon kiosk, or a FamilyMart FamiPort kiosk.
欲搭乘近程線班機之旅客，請至立榮航空全球資訊網、立榮航空App、超商查詢、訂購。

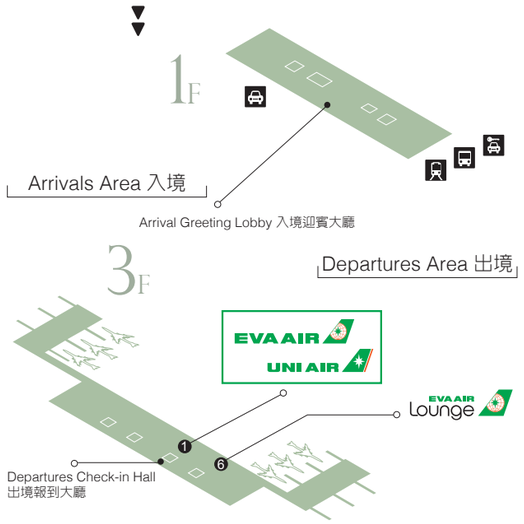


## EVA AIR SERVICES AT TAIWAN'S AIRPORTS
## 長榮航空於台灣各機場服務平面圖

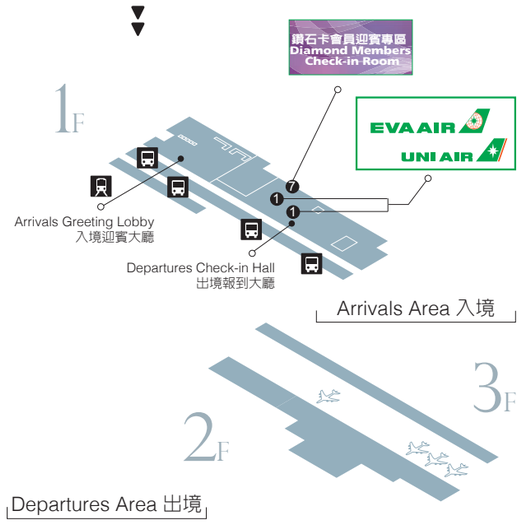
### TAOYUAN INTERNATIONAL AIRPORT ( TERMINAL 2 )
### 桃園國際機場（第二航廈）




### KAOHSIUNG INTERNATIONAL AIRPORT
### 高雄國際航空站




### TAIPEI SONGSHAN AIRPORT ( TERMINAL 1 )
### 台北松山機場




❶ EVA Air Check-in Counter 長榮航空報到櫃檯
❷ The Garden VIP Lounge 長榮The Garden貴賓室
❸ The Star VIP Lounge 長榮The Star貴賓室
❹ The Infinity VIP Lounge 長榮The Infinity貴賓室
❺ The Club VIP Lounge 長榮The Club貴賓室
❻ EVA Air Lounge 長榮航空貴賓室
❼ Diamond Members Check-in Lounge 鑽石卡會員迎賓專區
❽ Hello Kitty Check-in Kiosks Hello Kitty彩繪機專屬快速報到服務
❾ EVA Air Ticketing Counter 長榮航空票務櫃檯
❿ EVA Air Group Check-in Counter 長榮航空團體報到櫃檯
⓫ EVA Air Transfer Counter 長榮航空轉機櫃檯

Bangkok Airport Information
曼谷機場轉機資訊

BUS MRT OR TRAIN TAXI

# EVA Air Overseas Destinations 長榮航空國際航點機場資訊

| Airport 機場 | Distance to Downtown 市中心距離 | Times & Fares 交通時間及費用 | | Airport Office EVA機場電話 | Reservations 訂位電話 |
|---|---|---|---|---|---|
| **HK / MACAU / MAINLAND CHINA 港、澳、中國大陸地區** | | | | | |
| Beijing 北京 | 23 km | 60 min. (RMB 16)<br>15 min. (RMB 25) | 30 min. (RMB 70-110) | 86-10-64530452 | 400-820-5890 |
| Guangzhou 廣州 | 28 km | 60-90 min. (RMB 13-32)<br>45-55 min. (RMB12-13) | 40-50 min. (RMB 100-120) | 86-20-36070640 | |
| Hangzhou 杭州 | 27 km | 45-90 min. (RMB 20) | | 86-571-86974441 | |
| Shanghai (Hongqiao) 上海（虹橋） | 15 km | 90 min. (RMB 12)<br>50 min. (RMB 5) | 50 min. (RMB 50-60) | 86-21-22352196 | |
| Shanghai (Pudong) 上海（浦東） | 45 km | 50-90 min. (RMB 16-30)<br>8 min. (RMB 50) | | 86-21-68352946 | |
| Shenzhen 深圳 | 32 km | 30 min. (RMB 15) | 40 min. (RMB 140) | 86-755-23459322 | 400-820-5890 |
| Hong Kong 香港 | 37.5 km | 46 min. (HKD 33)<br>20 min. (HKD 100) | 40-60 min. (HKD 285-350) | 852-27698218 | 852-28109251 |
| Macau 澳門 | 8 km | 30 min. (MOP 4.2) | 15-20 min. (MOP 70-80) | 853-28861330 | 853-28726866 |
| **NORTHEAST ASIA 東北亞地區** | | | | | |
| Fukuoka 福岡 | 4 km | 15 min. (JPY 1500)<br>10 min. (JPY 250) | 10 min. (JPY 1,380) | 81-92-4737220 | 81-92-4155811 |
| Komatsu 小松 | 4 km | 12 min. (JPY 260) | 10 min. (JPY 1,700) | 81-761-226286 | 81-3-5798-2811 |
| Okinawa 沖繩 | 6 km | 16 min. (JPY 300) | 10 min. (JPY 2,000) | 81-98-8521517 | 81-98-8521500 |
| Osaka 大阪 | 51.4 km | 60 min. (JPY 1,500)<br>50 min. (JPY 2,470) | 60 min. (JPY 18,000) | 81-72-4568007 | 81-6-63773011 |
| Sapporo 札幌 | 45 km | 80 min. (JPY 1,030)<br>37 min. (JPY 1,070) | 60 min. (JPY 12,000) | 81-123-451112 | 81-123-452511 |
| Sendai 仙台 | 9 km | 25 min. (JPY 650) | 40 min. (JPY 6,500) | 81-22-3831831 | 81-570-666-737 |
| Seoul (Gimpo) 首爾（金浦） | 25 km | 60-80 min. (KRW 1,400-2,500)<br>45 min. (KRW 1,000-1,300) | 40-60 min. (KRW 16,000-30,000) | 82-2-26667461 | 82-2-7560015 |
| Seoul (Incheon) 首爾（仁川） | 55 km | 90 min. (KRW 9,000-14,000)<br>43-58 min. (KRW 4,250-8,000) | 80 min. (KRW 80,000-90,000) | 82-2-26667401 | 82-2-7560015 |
| Tokyo (Haneda) 東京（羽田） | 14 km | 45-55 min. (JPY 720-930)<br>20-35 min. (JPY 410-600) | 30-45 min. (JPY 4,570-6,500) | 81-3-57083720 | 81-3-57982811 |
| Tokyo (Narita) 東京（成田） | 78 km | 90 min. (JPY 3,000)<br>62 min. (JPY 2,940) | 50 min. (JPY 20,690) | 81-476-346320~3 | 81-3-57982811 |
| **SOUTHEAST ASIA 東南亞地區** | | | | | |
| Bangkok 曼谷 | 32 km | 90 min. (THB150)<br>20 min. (THB90) | 30-60 min. (THB300-400) | 66-2-1342521-25 | 66-2-2696288 |
| Cebu 宿霧 | 12 km | 20-60 min. (PHP 25) | 40-120 min. (PHP 200) | 63-32-232-3395 | 63-32-3677981 |
| Denpasar 峇里島 | 2~3 km | 10-15 min. (USD5-10) (To KUTA Shopping Center) | | 62-361-9357295 | 62-361-9359773/9368405 |
| Hanoi 河內 | 40 km | 90 min.(VND 5,000) | 45 min. (VND 300,000) | 84-24-35876566 | 84-4-39361600-02 |
| Ho Chi Minh City 胡志明市 | 8-9 km | 45-60 min. (VND 150,000-200,000) | | 84-28-38445211 | 84-28-38224488 |
| Jakarta 雅加達 | 30 km | 60-90 min. (IDR 200,000-250,000) | | 62-21-5501465 | 62-21-5205363 |
| Kuala Lumpur 吉隆坡 | 70 km | 60 min. (MYR 10)<br>28 min. (MYR 35) | 45 min. (MYR 75) | 60-3-87766223 | 62-3-21622981 |
| Manila 馬尼拉 | 10 km | 45-90 min.(PHP500) | | 63-2-8796250 | 63-2-8643800 |
| Phnom Penh 金邊 | 7 km | 20-30 min. (USD 15) | | 855-23-862801 | 855-23-210303/219911 |
| Singapore 新加坡 | 20 km | 60 min. (SGD 2)<br>35 min. (SGD 2) | 20-30 min. (SGD 18-38) | 65-65430103 | 65-62261533 |
| **AUSTRALIA 澳洲地區** | | | | | |
| Brisbane 布里斯本 | 16 km | 60-120 min. (AUD 7-10)<br>30 min. (AUD 18) | 30 min. (AUD 40-60) | 61-7-31141120 | 61-7-38605555 |
| **NORTH AMERICA 北美洲地區** | | | | | |
| Chicago 芝加哥 | 32 km | 30-60 min. (USD 32)<br>40 min. (USD 2.25-5) | 30-60 min. (USD 40-50) | 1-847-780-1068 | 1-800-6951188<br>1-847-2619900 |
| Houston 休士頓 | 36 km | 75-90 min. (USD 1.25) | 30-40 min. (USD 55) | 1-281-230-7218 | 1-800-6951188/1-281-2090022 |
| Los Angeles 洛杉磯 | 24 km | 40-60 min. (USD 7-16) | 30-40 min. (USD 45-50) | 1-310-6469812 | 1-800-6951188/1-310-3626600 |
| New York 紐約 | 24 km | 45-70 min. (USD 15-27) | 40-60 min. (USD 51.5) | 1-718-751-1998 | 1-800-6951188/1-201-6264030 |
| San Francisco 舊金山 | 30 km | 40 min. (USD 8-9) | 30 min. (USD 46-66) | 1-650-3606800 | 1-800-6951188/1-650-5791818 |
| Seattle 西雅圖 | 19 km | 36 min. (USD 2.5) | 15 min. (USD 32) | 1-206-2426868 | 1-800-6951188/1-206-2428888 |
| Toronto 多倫多 | 28 km | 50 min. (CAD 26.95+13%Tax) | 30 min. (CAD 30-65) | 1-416-7765085 | 1-800-6951188/1-416-5988808 |
| Vancouver 溫哥華 | 12 km | 25 min. (CAD 7.5-8.75) | 26 min. (CAD 38) | 1-604-3033338 | 1-800-6951188/1-604-2146608 |
| **EUROPE 歐洲地區** | | | | | |
| Amsterdam 阿姆斯特丹 | 10 km | 30 min. (EUR 5)<br>20 min. (EUR 4.2) | 15 min. (EUR 50) | 31-20-4466279 | 31-20-5759166 |
| London 倫敦 | 24 km | 15 min. (GBP 22) | 40 min. (GBP 45-70) | 44-20-87457779 | 44-20-73808300 |
| Paris 巴黎 | 23 km | 45-60 min. (EUR 9.4) 30 min. | 45-60 min. (EUR 50-60) | 33-1-48164725 | 33-1-41439111-3 |
| Vienna 維也納 | 16 km | 25 min. (EUR 8)<br>16 min. (EUR 12) | 20-25 min. (EUR 40) | 43-1-700739800 | 43-1-710989812-13 |

Information is for reference only. Travel times may vary due to road conditions. 以上資料僅供參考。根據不同的交通狀況，所需要的時間有可能大幅增加。

# Fleet Facts
# 機隊介紹

## 787-9
304 Passengers

No. of aircraft 架數: 3
Classes 艙等: 2 (C:26/Y:278)
Seat pitch 各艙等椅距: 76"/31"~32"

## 777-300ER
323 / 333 / 353 Passengers

No. of aircraft 架數: 33 (323-12架，333-11架，353-10架)
Classes 艙等: 3 (C:38, 39/PE:64,56/Y:221,238,258)
Seat pitch 各艙等椅距: 2m/38"/32"~33"

## A330-300
309 Passengers

No. of aircraft 架數: 9
Classes 艙等: 2 (C:30/Y:279)
Seat pitch 各艙等椅距: 60"~62"/31"~32"

## A330-200
252 Passengers

No. of aircraft 架數: 3
Classes 艙等: 2 (C:24/Y:228)
Seat pitch 各艙等椅距: 61"/33"

## A321-200
184 Passengers

No. of aircraft 架數: 24
Classes 艙等: 2 (C:8/Y:176)
Seat pitch 各艙等椅距: 45"/31"~32"

## 747-400F
Cargo

No. of aircraft 架數: 1

## 777F
Cargo

No. of aircraft 架數: 4

**C:** Royal Laurel Class 皇璽桂冠艙 / Premium Laurel Class 桂冠艙 / Business Class 商務艙 **PE:** Premium Economy Class 豪華經濟艙 **Y:** Economy Class 經濟艙

# 看得見的用心

## 立榮航空感謝金翔獎雙冠肯定

2018年民用航空運輸業營運與服務評鑑金翔獎
第7次榮獲國內定期航線組第1名
並榮獲國際及兩岸航線組第1名

您的支持成就我們的榮耀，立榮航空感謝有您！

UNI AIR 立榮航空

# 國泰世華長榮航空聯名卡

## 用哩看見不一樣的人生風景

新戶首刷滿額最高

**50,000 哩**

消費最優

**NT$10=1 哩**

- 機場接送最優免費一年6次
- 長榮航空官網購票最優9折
- 機場貴賓室最優免費使用不限次數
- 生日尊榮贈哩最高100%

注意事項：1.以上活動期間皆為108/1/1至108/12/31止。2.【首刷哩】(1)108/12/31前申辦本聯名卡並繳交全額年費者，即享首刷好哩！刷達首刷回饋門檻後，指定卡別之新戶再消費享滿額回饋哩遇。核卡60日內，極致無限卡正卡人消費滿NT$5萬最高共享5萬哩/無限卡正卡人消費滿NT$1萬最高共享6千哩/極致御璽卡正卡人消費滿NT$3千享1,500哩/御璽卡正卡人消費滿NT$1千享500哩。(2)首刷哩活動限108/12/31前核卡者參加，滿額哩活動限未曾成功核發本聯名卡正卡，且於108/1/1至108/12/31期間核發國泰世華長榮航空聯名極致無限卡或無限卡正卡人參加，每戶僅限回饋乙次。3.以上活動皆有條件限制，各項活動適用卡別與完整活動內容與限制請詳閱本行官網。4.活動期間內倘因不可歸責於本行之事由，本行得變更或終止活動，並依本行官網公告為準。

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