

# Oen Voyage

The Inflight Magazine of  
EVA Air

ENJOY A SUMMER  
EXCURSION IN NAGOYA

從名古屋出發  
享受日本豔夏之旅

JUNE  
2019



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Clay Sun  
President, EVA Air

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。

As we enter June, the colors of summertime return to the Northern Hemisphere, with June 7 marking the start of the Dragon Boat Festival. On behalf of all of us at EVA Air, I wish the best for every traveler this holiday and hope for happiness and peace in every home.

Beginning June 6, EVA Air opens a new door for travelers to explore the beauty of Chubu, Japan, with Boeing 787 daily service between Taipei and Nagoya. We will also launch a new Taipei-Aomori route on July 17 and a Taipei-Matsuyama route on July 18, with both services offering two flights per week.

We are also pleased to announce that EVA Air's onboard amenity kits, developed in partnership with major brands from around the globe, received a number of accolades at the recent World Travel Catering & Onboard Services EXPO (WTCE) in Germany. This year our amenity kits were awarded Best Onboard Amenities in Business Class and Premium Economy Class, with our eco blankets awarded Best for Onboard Textiles in Economy Class. As we look to the future, we will continue to strive to bring you an experience in flight that goes above and beyond expectations.

時序進入6月，北半球的豔夏即將到來。本月7日適逢端午節，謹代表長榮航空全體同仁，祝福各位旅客佳節愉快，闔家平安。

自6月6日起，長榮航空開闢台北—名古屋航線，以波音787飛航，每天一班，歡迎您與我們一同微笑展開美好的日本中部之旅。7月17日起，則將新增台北—青森航線，每週兩班；7月18日起，開闢台北—松山航線，每週兩班。

與此同時，我們很榮幸與您分享，長榮航空與全球各大時尚品牌合作推出的過夜包，於日前榮獲德國國際旅遊餐飲和機上服務用品博覽會（WTCE）最佳商務艙過夜包、最佳豪華經濟艙過夜包等獎項，環保毛毯也獲得最佳經濟艙紡織品的肯定。展望未來，我們將繼續努力，帶給您超越期待的飛行體驗。



# en Voyage

JUNE 2019



\*A kind reminder from EVA Air: Alcoholic beverages are for adults only\*  
\*長榮航空提醒您，未成年請勿飲酒。\*

## Cover Story

### 32 Enjoy a Summer Excursion in Nagoya 從名古屋出發 享受日本豔夏之旅

Restaurants serving eel, fried pork chop, and fried chicken wings; Nagoya Castle; the Atsuta Shrine; and theme parks. These are just some of the attractions in the Japanese city of Nagoya. We begin our summer tour in downtown Nagoya, head south, and end at the coast.

到名古屋，除了傳統自由行大啖鰻魚飯、味噌豬排與炸雞翅，以及拜訪名古屋城、熱田神社及各式主題樂園外，資深旅人還會怎麼玩？不如從名古屋一路往南玩向大海，享受日本豔夏！

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Asami Kojo, Famous view of Nagoya / 朝見春城・《花園町提灯祭 新板名古屋名所図会の内》

Photography: Top Photo Group

A digital version of enVoyage is available for viewing on the iPad.  
透過EVA iPad App，可下載enVoyage電子雜誌。

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

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## / June

### MEDIEVAL FESTIVAL · 中世紀節

PROVINS, FRANCE / 普羅萬，法國

Held in a small town about an hour from Paris, this raucous event celebrates the Middle Ages with an exuberant main parade, banquets, and historical reenactments.

熱鬧的中世紀節在距離巴黎一小時車程的普羅萬小鎮舉行，以盛大的主題遊行、宴會與歷史重現表演頌揚中世紀。



### HOLLAND FESTIVAL · 荷蘭節

AMSTERDAM, THE NETHERLANDS / 阿姆斯特丹，荷蘭

Held since 1947, the Holland Festival offers a broad scope of international performing arts with a mix of stage acts and musicians from many different cultures.

從1947年開始舉辦的荷蘭節，集合各種文化的舞台表演與音樂家，展現豐富多元的國際表演藝術。



### BALI ARTS FESTIVAL · 峇里藝術節

BALI, INDONESIA / 峇里島，印尼

A month-long celebration of Balinese music, dance, arts, and crafts is hosted at the Taman Werdhi Budaya Arts Centre and Bali Arts Centre.

在Taman Werdhi Budaya藝術中心與峇里藝術中心舉辦的峇里藝術節，內容涵蓋峇里音樂、舞蹈、藝術及工藝。



JUN.

15 » 16

[provins-medieval.com/en/](http://provins-medieval.com/en/)

MAY

JUN.

29 » 23

[www.hollandfestival.nl/en/](http://www.hollandfestival.nl/en/)

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16 » 14

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JUN.

07 » 09

## TAIPEI DRAGON BOAT FESTIVAL

水岸台北端午嘉年華

[dragonboat.taipei](http://dragonboat.taipei)

Dajia Riverside Park comes alive each year during the Taipei Dragon Boat Festival. The annual three-day event features a dragon-boat racing championship, a dragon-boat paddling camp, a creative costume contest, the perennially popular egg-balancing competition, and a creative goods market.

水岸台北端午嘉年華於台北市大佳河濱公園登場，包含龍舟錦標賽、龍舟體驗營、COS創意變裝競賽、高空立蛋挑戰賽等，以及大型彩蛋裝置藝術、陸上盪槳池體驗、流浪方舟創意市集，邀您一起共度端午佳節。

JUN.

NOV.

21 » 30

MAY

SEP.

04 » 01

## SUNSHOWER: CONTEMPORARY ART FROM SOUTHEAST ASIA 1980S TO NOW

太陽雨：1980年代至今的東南亞當代藝術

[sunshower.kmfa.gov.tw](http://sunshower.kmfa.gov.tw)

Sunshower is a contemporary art exhibition showcasing the ethnic, economic, cultural, political, and historical issues that drive Southeast Asian art. Running until September 1 at Kaohsiung Museum of Fine Arts, the exhibition features 122 works by contemporary artists from ASEAN member countries.

由高雄市立美術館與東京森美術館共同策辦，精選122組件來自東南亞國家協會成員國的當代藝術家作品，呈現各國之民族、政治、經濟、文化、歷史等多面向議題，捕捉東南亞當代藝術發展的動態與多樣性。



## TAIWAN EAST COAST LAND ARTS FESTIVAL

東海岸大地藝術節

[www.teclandart.tw](http://www.teclandart.tw)

The Taiwan East Coast Land Arts Festival returns in 2019 to highlight the unique musicality and timelessness of life on the east coast of the island. The festival features local artist-in-residence programs, a series of seaside concerts, and cultural and creative markets.

2019東海岸大地藝術節活動以「潮間共生——潮騷之歌」為題，沿著東海岸舉行藝術家駐地創作、月光·海音樂會、開放藝術工作室及創藝市集，再現東海岸生活中深受海洋潮汐牽引而蘊生的獨特音樂性和時間感。



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# COMPLEX CRAFTSMANSHIP MEETS UNASSUMING BEAUTY

以繁複工藝展現簡約美感的現代珠寶潮流

How can classic, elegant jewelry be trend-setting? Clash de Cartier, the new collection from Cartier, offers the perfect answer. Clash de Cartier keeps the brand's traditions of complex, geometric patterns and fine craftsmanship. The sharp-looking features are in fact soft to the touch, with studs firmly held in place but free to move. Bold and eye-catching, the collection is as dramatic as it is desirable.

古典優雅的珠寶該如何引領時尚潮流？卡地亞全新CLASH DE CARTIER系列，提供了完美的答案。CLASH DE CARTIER系列承襲幾何設計傳統，以卡地亞經典的繁複工藝帶出純粹的線條，在工匠的巧思下，飾釘穩固鑲嵌但活動自如，展現兼具渾圓豐韻與張力十足的現代珠寶樣貌。





# UNDER: DEEP-SEA DINING

歐洲第一間水下餐廳

under.no



Designed by architectural firm Snøhetta, Under is Europe's first underwater restaurant and the newest destination for Nordic cuisine. Opened in Lindesnes, Norway, the 34m-long building is half submerged in the sea, its dining area sitting on the seabed 5m underwater. From the wildly popular Norwegian restaurant Måltid, the restaurant's Danish head chef, Nicolai Ellitsgaard, is known for harvesting local food from the wild and using sustainable local ingredients.

由Snøhetta建築事務所規劃設計的歐洲第一家水下餐廳Under，近期於挪威里訥斯訥斯揭幕，成為北歐美食最新地標。長達34公尺的建築一半沉入海中，底部位於5公尺深的海床上。來自挪威超高人氣餐廳Måltid的丹麥籍廚師Nicolai Ellitsgaard擔任Under餐廳主廚，選用永續生態的當地野生食材，為賓客創造難忘的美食體驗。







## REFINED AFTERNOON TEA

—  
清香濃郁的  
夏日午茶

Established in 1886, British company Whittard of Chelsea specializes in memorable and refreshing teas like Darjeeling, made from the springtime “second flush” harvest, and the brand’s signature Afternoon Tea, a refined blend of Chinese black tea, oolong, and green tea. Both brews are perfect accompaniments to a summertime afternoon snack, whether a traditional Western-style fruit cake or seasonal *zongzi* (rice dumpling).



1886年創立的英國茶Whittard of Chelsea，其由紅茶、綠茶及烏龍茶混合成基底茶的英式調和下午茶，以及夏摘大吉嶺紅茶，清香濃郁，佐以傳統蛋糕或是符合時令的粽子，都是滿足夏日午後的清新滋味。





# MARKET HALL FULHAM

倫敦美食市集

[markethalls.co.uk/market/fulham](http://markethalls.co.uk/market/fulham)



EVA AIR FLIES TAIPEI-LONDON DAILY

長榮航空每週7班從台北飛往倫敦

Market Hall Fulham is a West London food hall housed in a former Edwardian Underground station in Fulham Broadway. Originally designed in the 1880s, the building's restoration was led by architectural firm FaulknerBrowns assisted by the Market Halls group. The space has attracted an array of kitchens, coffee shops, and pubs. From Fanny's Kebabs, Hotbox, Press Coffee, and Made of Dough, to Love Churros, Ahi Poke, The Bar, and Super Tacos, Market Hall Fulham has become a hub for London dining.

位於西倫敦的Market Hall Fulham室內美食市集，由FaulknerBrowns建築事務所將興建於1880年代的愛德華風格Fulham Broadway車站售票大廳翻修改建而成，幕後推手正是帶動倫敦社區活化風潮的Market Halls集團。翻修後的空間保留原始建築的特色元素，吸引各式美食餐廳、咖啡館與餐酒吧進駐，包括Fanny's Kebabs、Hotbox、Press Coffee、Made of Dough、Love Churros、Ahi Poke、The Bar、Super Tacos，成為倫敦美食的當紅據點。







## SINGAPORE CHANGI AIRPORT'S NEW JEWEL

Jewel Changi Airport (Jewel) is a new development project recently unveiled by Singapore's Changi Airport. Inspired by the vision of Singapore as a garden city, the complex was designed by world-renowned architect Moshe Safdie. Located on Jewel's topmost level, the Canopy Park is a 14,000 sq.m space featuring play attractions, themed gardens and dining outlets in climate-controlled comfort. Visitors can enjoy views of the majestic HSBC Rain Vortex, the world's tallest indoor waterfall, located at the heart of Jewel, and stroll along the Shiseido Forest

### 新加坡樟宜機場 「星耀樟宜」揭幕

[jewelchangiairport.com](http://jewelchangiairport.com)



EVA AIR FLIES TAIPEI-SINGAPORE 14 TIMES A WEEK

長榮航空每週14班從台北飛往新加坡

Valley's nature trails while surrounded by stunning greenery.

新加坡樟宜機場啟動全新「星耀樟宜」項目，以新加坡花園城市的概念做為設計靈感，由國際知名建築師Moshe Safdie規劃設計。位於星耀樟宜頂層的星空花園，占地1萬4千平方公尺，設有遊樂設備、主題公園與餐飲場所。旅人可以欣賞位於星耀樟宜中心地帶的壯觀「匯豐銀行雨漩渦」，這是世界上最高的室內瀑布，也可沿著「資生堂森林谷」的自然小徑漫步，周圍環繞著迷人的綠地。





# THE TALE OF GENJI: A JAPANESE CLASSIC ILLUMINATED

紐約大都會博物館《源氏物語》特展

[metmuseum.org/exhibitions/listings/2019/tales-of-genji](http://metmuseum.org/exhibitions/listings/2019/tales-of-genji)



Noh Costume (Karaori) with Pattern of Cypress Fans and Yûgao Blossoms  
Japan, Edo period (1615–1868), 18th–early 19th century

*The Tale of Genji* is a classic novel written by Murasaki Shikibu, a Japanese woman who lived in the early 11th century. The Tale of Genji: A Japanese Classic Illuminated, hosted by the Metropolitan Museum of Art in New York, is the first exhibition of its scale in Europe or the Americas to focus on this East Asian literary classic. The exhibition runs through June 16.

由女作家紫式部創作於11世紀初的《源氏物語》，是世界上最長的長篇小說，影響了日本文學、文化與藝術的審美觀點。紐約大都會博物館舉辦《源氏物語：日本經典的啟發》特展，展品包括繪畫、漆器與浮世繪等逾120件珍貴典藏，是歐美首度聚焦於東洋文學經典的大型藝術展，展期至6月16日。



EVA AIR FLIES TAIPEI-NEW YORK DAILY

長榮航空每週7班從台北飛往紐約



Matsuoka Eikyû, *The Princesses at Uji* (宇治の宮の姫君たち), Japan, Taishō period (1912–1926), 1912. Lent by Himeji City Museum of Art. Photo Courtesy Himeji City Museum of Art



Ogata Kenzan, *Tea Bowl with Yûgao Design*, Japan, Edo period (1615–1868), 18th century. Lent by Museum Yamato Bunkakan. Photo: Courtesy Museum Yamato Bunkakan



### 1. Oblomow Sofa & Armchair Collection 襪墊沙發椅

[clanmilano.house](http://clanmilano.house)

Clan Milano's Oblomow Bauhaus-inspired collection features elliptical padded modules that complement the sofa and armchair design.

呼應包浩斯「設計應為日常生活服務」的理念，結合沙發與扶手椅的Oblomow系列，以橢圓造型的襪墊模組組合而成，符合人體工學舒適坐臥的需求，是Clan Milano於2019年米蘭家具展發表的新作。

### 2. Salt & Pepper Portable Lamp 便攜式隨行燈

[tobiasgrau.com/en/product/salt-pepper](http://tobiasgrau.com/en/product/salt-pepper)

The Salt & Pepper portable lamp, created by German design studio Tobias Grau GmbH, is a 21st-century candle. The touch-sensitive head of the lamp makes it easy to adjust the brightness.

Salt & Pepper便攜式隨行燈以「21世紀的蠟燭」概念打造而成，為觸控感應的燈具，便於輕鬆調整亮度。獨家warmDIM技術，可進一步根據亮度自動調節色溫。

### 3. Liquid Paint Technology Cabinets 流體彩繪技術櫥櫃

[moroso.it/diesel-collection](http://moroso.it/diesel-collection)

In collaboration with the Diesel fashion label, Moroso presents the Perf collection of cabinets featuring patterns scanned from jacquard fabrics.

由時尚品牌Diesel與Moroso合作的Perf系列櫥櫃，運用創新的液態塗料技術，在櫥櫃表面呈現緹花織物的圖案，讓藝術創作與日用家具合而為一。

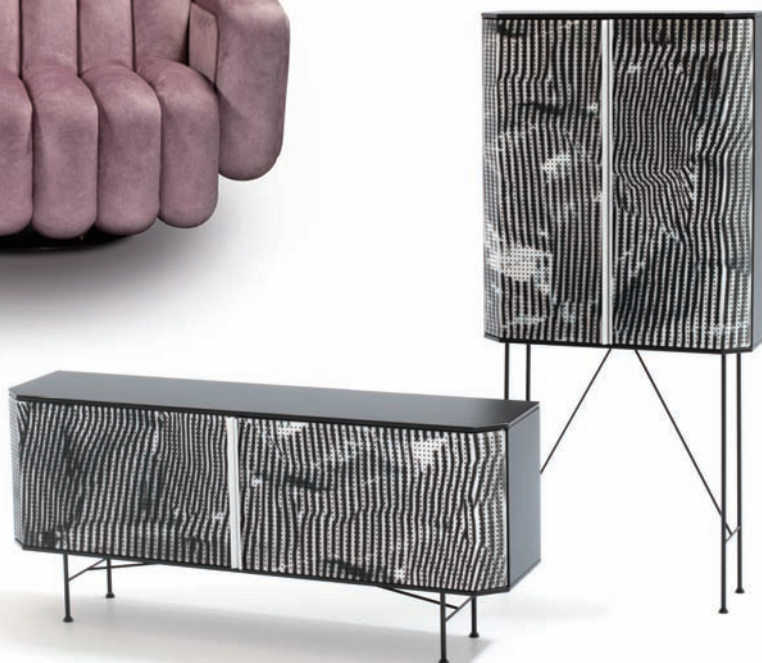
1.



2.



3.





### 1. Insta360 Pro Multifunctional Camera 多功能攝影機

[insta360.com/product/insta360-pro2](http://insta360.com/product/insta360-pro2)

The Insta360 Pro 2 comes equipped with six lenses, able to capture ultra-high-resolution spherical panoramic images and sound for producing 3D VR video. Users can easily monitor the camera feed and adjust parameters.

Insta360 Pro推出第二代攝影鏡頭，內置6個鏡頭，可360度全景捕捉畫面，拍攝超高解析度圖像、製作3D與VR影片，並可外接360度專業收音設備。

### 2. Thim Smart Ring for Sleep 智能助眠戒指

[thim.io](http://thim.io)

Thim is a Bluetooth-enabled smart ring that helps improve quality of sleep. Thim features both a “power nap” and “sleep re-training” mode, which wakes up the user at the ideal stage of the sleep cycle.

THIM智能助眠戒指內建「睡眠訓練」與「小睡片刻」兩種使用模式，讓人體的生理機制學習快速入睡的方法，改善現代人常見的失眠問題。

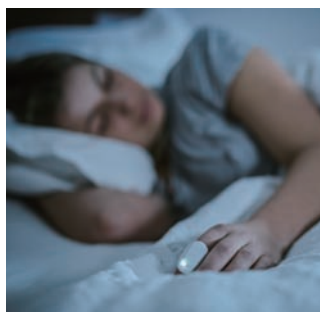
### 3. Portable Touchscreen Monitor 可攜式觸控螢幕

[vinpok.com/products/vinpok-split-best-on-the-go-touch-screen-monitor](http://vinpok.com/products/vinpok-split-best-on-the-go-touch-screen-monitor)

Vinpok Split is a portable touchscreen that works with laptop computers and Android smartphones alike. Weighing only 1.4lbs (approx. 626g), the 15.6-inch monitor is the ultimate tool for when you work remotely.

Vinpok Split可攜式觸控螢幕，與筆電或Android手機相容。重量僅1.4磅（約625.9公克）的15.6吋螢幕，是行動辦公的絕佳利器。

1.



2.



3.



# AROUND THE WORLD WITH COFFEE

品玩世界各地咖啡文化

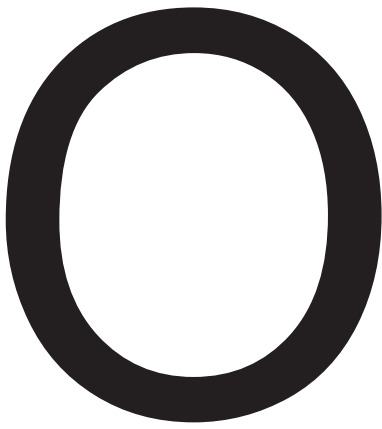
BY KRISTIN WINET / ILLUSTRATIONS BY LYNETTE LIN



Kristin Winet is an award-winning travel writer, blogger, and photographer. Her work has been featured both online and in print and covers culture, cuisine, accommodations, and experiential travel. Check her out at [www.kristinwinet.com](http://www.kristinwinet.com).

Kristin Winet為深獲獎項肯定的旅遊作家、部落客與攝影師，擅長文化、美食、旅店與旅遊等主題，作品分布於網站與印刷物中。個人網站：[www.kristinwinet.com](http://www.kristinwinet.com)。





ver the years, I've done my fair share of travels, and I've met a lot of coffee drinkers. This means I'm no stranger to the stereotypes about coffee-drinking Americans. That drip stuff? Ugh. We're basically drinking coffee-flavored water, right?

This month, I'm here to set the record straight. Not all of us love the watery drip coffee Americans are accused of worshipping.

In fact, as I write this, I'm sitting in a local Colombian-owned coffee shop in my neighborhood, sipping a sugar-free vanilla latte with a heart swirled into the milk. I specifically come here because the coffee — and the coffee shop itself, actually — is imported directly from Colombia, the country where I learned firsthand that shots of espresso could be taken without diluting the entire thing in a glass of milk and sugar. The coffee here, which is thick and viscous, is made by pouring the ground beans into these gorgeous hourglass-shaped pour-over coffeemakers. It's basically the perfect beverage for keeping me buzzing during afternoon writing sessions.

I should begin, I think, by stating that I didn't grow up loving coffee. As a kid, I would retch at the smell of roasting coffee beans (it kind of reminded me of steaming dirt). It wasn't until I started traveling in my early twenties — and

realizing that our wonderful world caffeinates in so many curious ways — that I learned to love coffee. It offered insight into the daily rituals of people in ways that nothing else could: not breakfasts, not naptimes, not happy hours. It was *coffee*.

During my college years in Spain, I followed the lead of my Spanish roommates in the dorm and ordered *bonbón*, a shot of steaming espresso with sweet condensed milk, every morning from the café. A year later, working in Malta, I discovered the beauty of having a thick, frothy cappuccino in the late afternoons while watching the Mediterranean Sea from my balcony. A year after that, I visited my first coffee farms in the hills outside Medellín and ordered sweet espresso (no milk, no sugar, just the good stuff) from local vendors while I waited for the bus to take me to my teaching job. I returned from these voyages with a new love for coffee, simply because it had been such an indelible part of the way I'd lived there.



While on a press trip in the chaotic streets of Bangkok, I watched a man dance as he brewed *oleang* in a sock-shaped cloth filter and then poured it, delicately, over giant cubes of cloudy ice. In Little Havana in Miami, I succumbed to ordering a *café Cubano* from an outdoor kiosk while watching serious-faced Cuban men play dominoes in the park. And in Tel Aviv, I sat at a café on a busy side street and gulped down the thickest, darkest, creamiest coffee I've ever had, learning that Middle Eastern coffee — and maybe all coffee in general — should be, as the locals say, "black as hell, strong as death, and sweet as love."

在過去無數次的旅行中，我認識了許多咖啡人，因此我知道大家對於美國人喝咖啡的刻板印象——滴漏式咖啡？好啦！那基本上就是咖啡調味水吧？我要在此澄清，不是所有美國人都喜愛滴漏式咖啡。

事實上，當我寫這篇文章時，正坐在家裡附近一間哥倫比亞人經營的咖啡廳，喝著有愛心拉花的無糖香草拿鐵咖啡。我會特地到這裡喝咖啡，是因為這裡的咖啡（或許咖啡廳本身也是）直接從哥倫比亞進口，而我就是在哥倫比亞這個國家學習到，濃縮咖啡可以不加牛奶和糖就能直接品飲。這裡的咖啡香濃醇厚，為將咖啡豆倒入豪華的沙漏形手沖咖啡機製作而成，是讓我在午後寫作時保持完美工作效率的飲品。

我並非從小就喜歡咖啡。小時候，烘咖啡豆的味道會讓我反胃，那讓我聯想到用熨斗燙泥土，直到我在20歲出頭開始旅行，並理解這個世界擁有各種喝咖啡的方式後，才學會愛上咖啡。咖啡讓人深入了解人們的日常儀式，這是其他東西做不到的事情。

當我在西班牙讀大學時，每天早上，我會跟著西班牙室友到咖啡廳點杯 *bonbón* —— 加入煉乳的熱濃縮咖啡；一年後，我在馬爾他工作，領略了午後一邊從陽台看著地中海，一邊喝杯香醇多泡的卡布奇諾的美妙；再一年後，我在麥德林市郊山丘首次造訪咖啡園，並在等候前往教書地點的公車時，向當地小販點了一杯香甜的濃縮咖啡（不加牛奶、不加糖，只有美味的咖

啡）。經歷這些旅程後，我對咖啡有了新的熱愛，因為它曾是我在那些地方難忘的生活要素。

而在曼谷的混亂街頭採訪時，我看到一個男人一邊跳舞、一邊泡「泰式冰咖啡」：他將水倒入襪子形狀的濾布，然後慢慢讓咖啡滴到冒著寒氣的巨大冰管裡。在邁阿密的小哈瓦那，我看著一臉嚴肅的古巴男人在公園玩骨牌，因為他們都在喝「古巴咖啡」，所以我也跟著在一個戶外小攤買了杯古巴咖啡。在特拉維夫，我坐在繁忙街道上的咖啡廳喝下這輩子味道最濃、顏色最深與奶味最重的咖啡，並了解中東咖啡應該（也許所有咖啡都應該）如當地人所說：「顏色像地獄般深沉、味道像死亡般濃厚，而且如愛情般甜美。」☑



# CELEBRATING THE SUMMER SOLSTICE AT STONEHENGE

巨石陣夏至慶典

BY CHRIS YANG (楊思勤)

S

tonehenge is a UNESCO World Heritage Site and the UK's most famous prehistoric landmark. The monument sits amid rolling grassland at Amesbury, about 120km west of London. Most historians believe it was built in the Neolithic era between 2,500 BC and 2,000 BC. The monument was constructed in several phases, with features precisely arranged according to the path of the sun. It is not known exactly why Stonehenge was erected, or by whom.

英國最神祕的古文明遺跡，非聯合國世界遺產之一的巨石陣莫屬，其位於倫敦西南方120公里外、埃姆斯伯里的草地上。大多歷史學家相信巨石陣建於公元前2,500年到公元前2,000年之間晚期的石器時代。石陣的修建分階段完成，位置還曾依據太陽運行軌跡而被重新排列過，以力求精準。但其建造緣由、由誰而建，以及建築工法，至今仍是不解之謎。

PHOTOGRAPHY: GETTY IMAGES / TOP PHOTO GROUP





Stonehenge is a stone circle with a diameter of nearly 100m. It is believed that many of the stones were quarried in Wales and transported to Amesbury. How ancient people brought these monoliths weighing from 4 to 30 tons such a long distance remains another mystery.

Most archaeologists agree that Stonehenge was probably an important site for religious rituals. Because the stones are positioned to predict the summer solstice, the site is effectively an astronomical observatory. On this, the longest day of a year, the sun rises precisely above the outlying heel stone when viewed from the altar stone, which lies at the center of the stone circle.

The annual summer solstice celebration is a rare opportunity provided by English Heritage for the public to have unrestricted access to Stonehenge. Most of the time, visitors are only allowed to walk around Stonehenge from a distant perimeter. Therefore, the annual festival is a must-attend for enthusiasts of prehistoric culture. Many visitors believe that observing the sunrise here during the summer solstice will bring peace, healing and blessings.

This year, the Stonehenge summer solstice celebration will be held on June 21. Around 20,000 visitors will be permitted to attend the event. With the arrival of mild summer nights, many revelers choose to stay at adjacent camping sites.



巨石陣的結構由環狀立石組成，石陣的直徑將近100公尺。據了解，這些石頭來自於英國西南的威爾斯。但路途遙遠，古代人如何將這些最少4噸、最重30噸的重石運送至此，又是另一個謎團。

歷年來，考古學家和科學家們認為巨石陣可能是古時宗教儀式舉行的要地點，也可能用來觀測和記錄天象，因為石頭上似乎有記錄太陽和月亮週期的刻痕。每年的夏至，也就是一年中日照最長的這天，人們聚集於此一睹日出曙光從中央的「祭壇石」延伸到「史勞特石」和「席爾石」之間的平台，再完美穿過祭壇石的拱門射出光芒，令人驚嘆。

每年的夏至慶典也是英國古蹟署少數開放巨石陣供大眾近距離接觸的機會。平日參訪都必須在圍繩之外遠觀，因此每年的夏至慶典讓不少古文明愛好者趨之若鶩。許多人相信在這一天迎接第一道曙光能帶來平和、療癒和祝福。

今年的巨石陣夏至慶典將於6月21日舉行，官方預計開放兩萬名遊客前往歡慶，也有不少旅人選擇前一夜下榻在附近的露營區，享受美好的英倫夏天。🌞



EVA AIR FLIES TAIPEI-LONDON DAILY

長榮航空每週7班從台北飛往倫敦





# FIVE WONDERFUL WINE DESTINATIONS



Even for serious foodies, booking a vacation based purely on a wine region is less common than simply tacking a winery tour or day trip onto an existing trip. Why not buck the trend and choose your next destination for the grapes you can taste once you're there? The best part is, it's bound to be both a fun-filled and relaxing trip — that perfect mix of adventure and rejuvenation that so many of us strive for (and struggle to achieve) on holiday. From old-world vintages to new varietals, here are five notable wine regions to check out.

即使是老饕，也很少直接以葡萄酒產區為旅遊目的地，往往僅在旅程中安插一段鄰近的酒莊之旅或是一日遊。下次旅遊，不如選擇一個喜歡的葡萄酒產區，安排一趟悠閒與充滿歡樂的酒鄉深度之旅，讓您從假期開始就沉醉在產區內的各式佳釀中，享受度假所追求的探險樂趣，重拾面對生活的能量！



# 沉醉全球5大葡萄酒鄉

BY REBECCA TAY

\*A kind reminder from EVA Air: Alcoholic beverages are for adults only\*

\*長榮航空提醒您，未成年請勿飲酒。\*

## 01

### FRANCE • Champagne

France is famous for many things, and wine (including the sparkling variety) is near the top of that list. While choices abound when it comes to planning a wine-tasting vacation in France — Bordeaux, Burgundy, and the Loire Valley spring to mind — you can't go wrong with a Champagne tour, either. The main dilemma? How to fit in visits to all the main brands and some of the smaller, lesser-known estates, too. From Ruinart, Veuve Clicquot, and Moët & Chandon (home to the largest cellars in the region) to Bollinger, Dom Pérignon, and Perrier-Jouët (all of which are invitation-only, so start working your connections early), it's a tough decision, and that's not even considering niche brands such as the vastly underrated Charles Heidsieck and the family-owned Billecart-Salmon, which produces a brilliant brut rosé. Our tip? Stick to a maximum of three per day (and preferably two), as you'll want time to explore the grounds, have an unforgettable meal, and inevitably, raid the shop.

#### 法國 香檳區

法國有許多東西聞名於世，而葡萄酒（包括有氣泡的那種）在這份清單中幾乎名列前茅。規劃法國葡萄酒之旅有許多選項，如波爾多、勃艮地與羅亞爾河谷，而去香檳區絕對不會出錯！不過，規劃行程的主要難題是在旅程中塞進所有主要品牌及一些小型酒莊，從Ruinart、Veuve Clicquot與擁有香檳區最大酒窖的Moët & Chandon，到Bollinger、Dom Pérignon與只接待受邀貴賓的Perrier-Jouët，而且這還沒算進一些利基品牌，如Charles Heidsieck及生產傑出粉紅香檳的Billecart-Salmon。建議您每天造訪兩家酒莊，因為您得留些時間去探索庭園、享用美饌，以及不可避免的大採購。



EVA AIR FLIES TAIPEI-PARIS DAILY

長榮航空每週7班從台北飛往巴黎



# 02

## MAINLAND CHINA ·

### Ningxia Province

In Ningxia province, an hour from the region's capital, Yinchuan, near Helan Mountain, lies Silver Heights Vineyard. Founded in 2005 by Gao Lin and his daughter, Gao Yuan (also known as Emma), the winery was the result of a premonition the elder Gao had about the region's future in the wine industry. He started planting French cabernet sauvignon vines, then sent Emma to France, where she studied oenology. Eventually, Silver Heights was founded and today, the entire Ningxia region is, indeed, fast becoming known for its reputable wines. Emma's Reserve, a 100% cabernet sauvignon, was given a rating of 91 by wine critic Robert Parker. Even more noteworthy? It's aged for 24 months and only 1,000 magnums are released, each costing more than US\$500 — so do visit, and be sure to save room in your luggage if you plan to bring some home with you.



### 中國大陸 寧夏

距離寧夏省首府銀川一小時車程、坐落在賀蘭山附近的銀色高地酒莊，為高林與女兒高源在2005年所創辦。高林認為，葡萄酒產業是當地的未來，因此開始種植法國卡本內蘇維翁葡萄，而高源在法國學習釀酒後，更在波爾多地區的幾家酒莊實習。如今，寧夏的確以備受好評的葡萄酒而聞名。而高源珍藏的100%卡本內蘇維翁葡萄酒，獲得葡萄酒評論家Robert Parker的91分評價，陳年24個月，僅有1千瓶大瓶裝。



EVA / UNI AIR FLIES TAIPEI-XIAN TWICE A WEEK

長榮／立榮航空每週2班從台北飛往西安





# 03

ITALY • *Tuscany*

One of the best things about going to Italy for any reason is the opportunity to eat Italian food — lots of it. Pair that with a vineyard tour or two and you've got the makings of a holiday made in heaven. Our suggestion? Fly into Florence, spend a day or two exploring the town (and its food scene), then head into the Tuscan hills, home to world-class, world-famous wines such as Chianti Classico, Brunello di Montalcino, and more. Consider staying at Barone Ricasoli, the second oldest wine estate in the world and often credited as the birthplace of chianti as we know it today. The 900-year-old Brolio Castle is a stunning backdrop to experience tastings or enjoy a gourmet dinner; overnight guests stay at a private house on the estate.

## 義大利 托斯卡尼

無論因哪種理由造訪義大利，最棒的就是有機會品嚐豐盛的義大利料理，再搭配一或兩趟酒莊之旅，您就會像在天堂度假一樣。建議您飛到佛羅倫斯，花一或兩天探索該城鎮與美食，然後前往托斯卡尼丘陵區——Chianti Classico與Brunello di Montalcino等造訪世界知名葡萄酒的故鄉。您可住在Barone Ricasoli，它是世界第二古老的葡萄酒莊，並被認為是Chianti葡萄酒的發源地，而有9百年歷史的Brolio城堡，是在這裡品酒或享受美味晚餐的絕佳背景。







## USA • Napa Valley, California

There's no shortage of wineries in California, with more than 3,600 in the state at last count. Napa, Mendocino, Lake, and Sonoma Counties contain the bulk of these, and any wine lover will know at least a few notable winemakers in the region. Not sure where to start planning your trip? If you have a grape preference, you might be keen to know that the calcium-rich soil in the southern part of Napa Valley is perfect for pinot noir grapes, while more volcanic soil, such as that found in Lake County, is better for cabernet grapes. If that's not much help, or you're a newbie to wine tourism, Napa Valley is the most famous of the valleys and offers a huge amount of choice, with more than 30 grape varieties planted in the area. For something grand, visit the Robert Mondavi Winery in Oakville or Sterling Vineyards in Calistoga. The former is a sprawling estate with incredible California Mission-style architecture and a comprehensive tour program, while the latter offers sweeping, panoramic views of the valley thanks to its perch high above the town.



EVA AIR FLIES TAIPEI-L.A. THREE TIMES A DAY

長榮航空每週21班從台北飛往洛杉磯

# 04

### 美國 加州納帕谷

加州有超過3千6百座的酒莊，其中多數位於納帕、門多西諾、萊克與索諾瑪郡；納帕谷南部富含鈣的土壤適合黑皮諾葡萄，而萊克郡的火山灰土壤則比較適合卡本內葡萄。納帕種植超過30個葡萄品種，若想體驗壯麗景致，請造訪Oakville的Robert Mondavi酒莊或Calistoga的Sterling酒莊；前者擁有加州傳道風格建築及包羅萬象的觀光行程，後者坐落在制高點，擁有俯瞰整個河谷的全景視野。







## SPAIN • *Rioja*

You've probably been to Barcelona, and you might have been to Ibiza — but if you haven't been to Rioja, put it at the top of your list for your next trip to Spain. The country's foremost winemaking region, the place to go is Marqués de Riscal thanks to its incredible reserve wines, which are made from grapes from tempranillo vines planted in the best clay-limestone soil in the 1970s. But that's not all: despite being one of the oldest wineries in the region, it's also known for its oh-so-contemporary, very-recognizable Frank Gehry hotel, featuring the architect's signature, wave-like titanium cladding. Stay in one of the 43 luxury rooms or suites, which sit in two wings connected by a suspended footbridge; be sure to also visit Spa Vinotherapie Caudalie, which offers a comprehensive menu of treatments, all based on the antioxidant properties of wine. Of course, a visit to the winery itself is also possible, and tastings include iberico ham, idiazábal cheese, and chorizo riojano — delicious!

# 05

### 西班牙 里奧哈

里奧哈是西班牙最重要的葡萄酒產區，Marqués de Riscal酒莊是必遊之地，因其以1970年代種植於最佳石灰石黏土的田帕尼優葡萄，釀造出珍釀葡萄酒。其除了是該地最古老的酒莊，還以Frank Gehry設計的飯店聞名於世；Frank Gehry的特色波浪式鈦金屬牆板映照出葡萄酒的色澤，水療中心提供各種療程，展現葡萄酒的抗氧化特性。當然，還可品嚐伊比利亞火腿、伊迪阿扎巴爾起司與里奧哈香腸——全都美味極了！🍷







# ENJOY A SUMMER EXCURSION IN NAGOYA

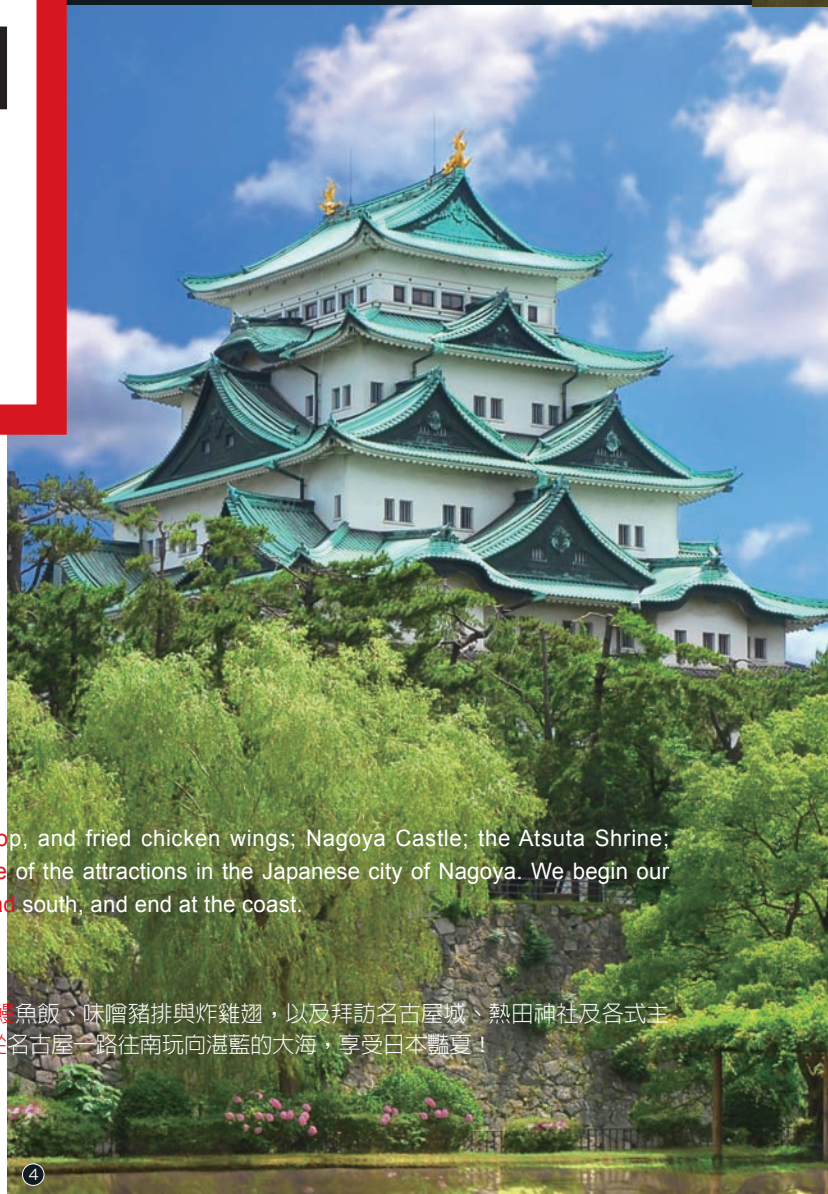
從名古屋出發  
享受日本豔夏之旅

BY ALSTON HSU (許傑)

R

restaurants serving eel, fried pork chop, and fried chicken wings; Nagoya Castle; the Atsuta Shrine; and theme parks. These are just some of the attractions in the Japanese city of Nagoya. We begin our summer tour in downtown Nagoya, head south, and end at the coast.

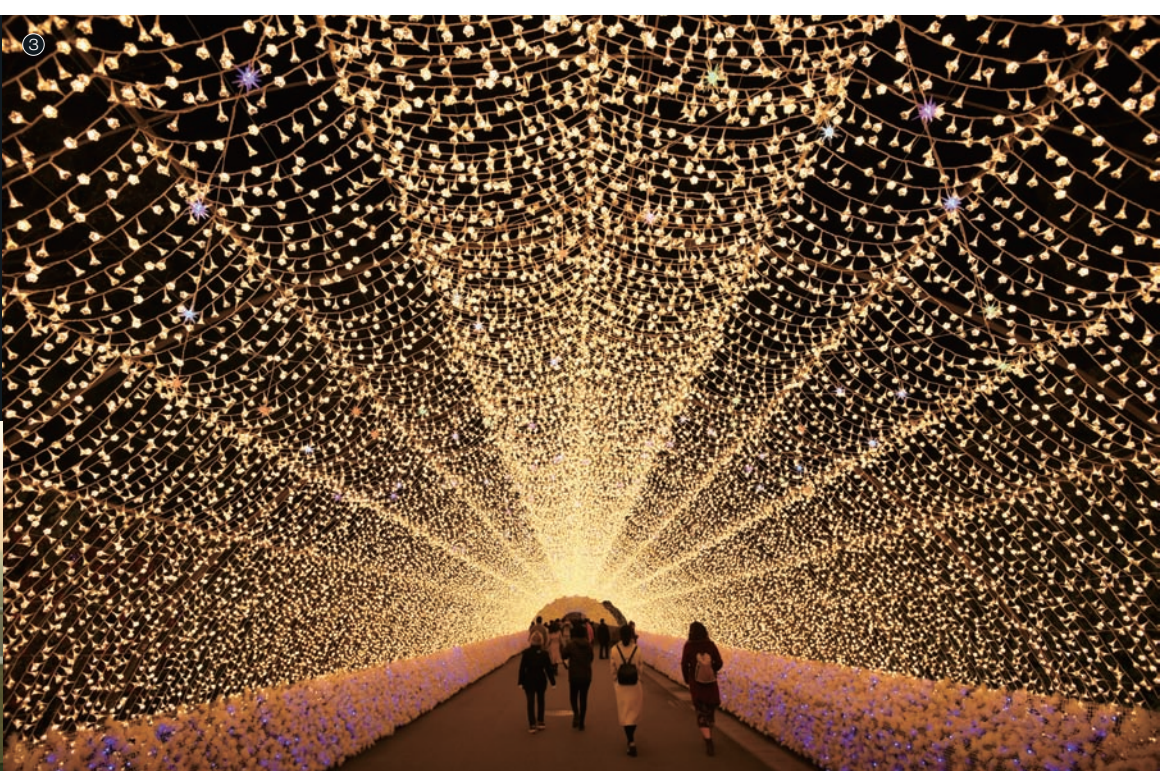
到名古屋，除了傳統自由行安排的大啖鰻魚飯、味噌豬排與炸雞翅，以及拜訪名古屋城、熱田神社及各式主題樂園外，資深旅人還會怎麼玩？不如從名古屋一路往南玩向湛藍的大海，享受日本豔夏！







2



3



PHOTOGRAPHY: ALSTON HSU / GETTY IMAGES / TOP PHOTO GROUP / IMAGE DJ

### - Super Passport Mawaryanse -

Super Passport Mawaryanse is a discount package recommended by Kintetsu Railway to those who want to spend a weekend in Mie prefecture. It includes a round-trip express train ticket from Nagoya (with reserved seat), shuttle bus tickets in certain areas of the prefecture, and tickets to 20 tourist destinations in Ise, Toba, Shima, and other places. The package costs just JPY9,800 and is a great deal if you are planning to visit five or more destinations during your tour.

① Row of shops at Kotaijingu (Naiku), Ise Grand Shrine / 伊勢神宮内宮前商店街 ② Ago Bay / 英虞湾 ③ Illuminations at Nabana no Sato / 名花之里夜間燈飾展 ④ Nagoya Castle / 名古屋城 ⑤ Seafood set meal at Toba Ichibangai / 鳥羽一番街の「海女磯桶定食」







### - Nabana no Sato -

Covering an area of around 230,000 sq.m, this huge flower park is a riot of color year-round. Top attractions include the Begonia Garden and Flower Garden of the Andes, while the observatory offers a 360-degree elevated view. There are cafes, a beer garden, and various restaurants offering Japanese, Chinese, and international food. During the winter, the park is magnificently illuminated in the evenings.

### - Visit Shima Marineland, an aquarium featuring ocean sunfish -

Ago Bay in the city of Shima is famous for its marine ecology. Shima Marineland displays a wide variety of sea life, from turtles and penguins to sunfish and Ise lobsters. It is the only aquarium in Japan that has a tank big enough for sunfish, making these giants of the sea a top tourist draw. A ring-shaped tank displaying about 2,500 marine animals covering 50 species, including sharks and yellowtails, offers a stunning, panoramic view of the fish gliding through the water.

### - Board a Spanish galleon to visit a pearl farm -

Ago Bay is dotted with over 60 islets — a scene similar to Nagasaki's 99 islands and Matsushima Bay in Sendai. Visitors to Ago Bay can take a cruise on a Spanish galleon, which offers great views of the islets during its 50-minute voyages. The ship stops at a pearl farm for 10 minutes to give passengers the chance to observe the process of culturing pearls.

### - Visiting Ise Grand Shrine -

Ise Grand Shrine was at one time an important place of pilgrimage. The complex consists of about 125 buildings surrounding the Inner Shrine (Naikū), dedicated to the sun god Amaterasu, and Outer Shrine (Gekū), which is dedicated to Toyouke-Ōmikami, the god of agriculture and industry.

### - Pray for marital bliss at Meoto Iwa -

Meoto Iwa (the Wedded Rocks) in Toba Bay are two rocks connected by a rice-straw rope, which represents divinely ordained romance. Many couples visit here to pray for continued love and a



① Spanish galleon in Ago Bay / 賢島  
西班牙周遊船 ② Nabana no Sato /  
花漾繽紛的名花之里



happy marriage. The larger of the two rocks represents the husband, while the smaller represents the wife. Between May and July the area is known for its incredible sunrises over the sea.

**隱藏版票券，20種觀光設施免費玩**  
隱藏版的「近鐵超級護照：伊勢・鳥羽・志摩スーパーパスポート “まわりゃんせ”」是近鐵推薦給日本人週休假期前往三重地區的隱藏版優惠票券，包含往返名古屋一次的特急電車對號座乘車券、三重縣部分地區的交通巴士及伊勢、

鳥羽、志摩等地20個著名的觀光景點、設施的入場券，總票價只要9,800日圓，任意選擇5個景點就非常划算！

#### 銀河般的燈海：名花之里

每年10月到隔年5月，位於名古屋近郊的名花之里（なばなの里）舉辦日本最大的夜間燈飾展，以光之隧道、光之雲海、光之大河、光之聖誕樹組成壯闊的燈海，是名古屋近郊熱門的夜間景點。其餘時間的名花之里以「花」聞名，春季園區廣開梅花、櫻花、垂櫻、桃花，並舉辦「花木節」，夏季則是繡球花、菖蒲接棒，秋天則有大麗花、大波

斯菊等花卉盛開，四大溫室中最受人歡迎的是「秋海棠花園」，裡面種植了來自世界各地約一萬多種的海棠給遊客欣賞。

#### 療癒系翻車魚水族館：志摩海洋公園

志摩地區的英虞灣蘊含豐富的海洋生態，志摩海洋公園（志摩マリンランド）則是將這些生態都集結起來展示與介紹，有海龜、企鵝、翻車魚、伊勢龍蝦等海洋生物，志摩水族館更是日本唯一有翻車魚（又稱為曼波魚）大水槽的水族館。備受歡迎的還有「環遊水槽」，展示水中的佼佼者如鯊魚、鰻魚等，大約50種、2千





### - Toba Ichibangai: A Seafood Paradise -

Toba Ichibangai is the largest shopping center in Toba City. The three-floor building houses 28 stores, which sell a variety of local specialties from pearls to regional foodstuffs. This is a shopping paradise for both Japanese and foreign visitors, who can enjoy tax-free local specialties of Mie Prefecture. Served in a wooden basket, a seafood meal including Toba Bay grilled fish, sea urchins, sashimi, oysters, and lobster, is highly recommended.

### - Toba Aquarium: a highly popular aquarium in Japan -

Toba Aquarium is the most famous tourist destination of Toba City and one of Japan's top aquariums. It is divided into 12 zones that reproduce different biomes, such as river and ocean ecosystems, and houses more than 20,000 aquatic animals covering 850 species, among them penguins, sea lions, otters, and capybaras. Visitors can tour the aquarium's grounds in any manner they please, as there is no fixed route. The total length of the display area is about 1.5km.

### - Isshobin: A place to savor Matsusaka beef -

Matsusaka beef, with its melt-in-your-mouth tenderness and delicious fat, is considered to be the finest in Japan. Isshobin is the most famous Japanese barbecue restaurant chain with over a dozen restaurants in different cities, including Ise, Matsusaka, and Nagoya. The only Isshobin restaurant in downtown Nagoya is located in LACHIC next to Hisaya Ōdori Park.

### - Fantastic shopping experience at Chubu Centrair International Airport, Nagoya -

Enjoy your time in Chubu Centrair International Airport before boarding your plane. It's like a big department store, offering everything from clothes shopping to coffee and local and international dining options. For those who didn't have time for gift shopping while touring, this is the ideal place to splurge, with gift shops packed with specialty items from every part of Mie prefecture.

5百隻，並以超高速率在水槽裡往同方向巡遊，當您站在水槽中心點時，360度的環遊水槽讓人好像置身水中風暴，嘆為觀止！

### 復古遊船出海看珍珠佃：賢島西班牙周遊船

鳥羽灣與英虞灣奠定了三重縣海洋產業的基礎，而英虞灣有60多座小島，場景彷彿長崎九十九島、仙台的松島，旅人可搭乘特別造型的西班牙周遊船出海，在航程的50分鐘內感受海風的溫柔輕撫，中途更會在珍珠養殖場停留10分鐘，讓旅人認識三重珍珠養殖的過程，觀賞珍珠農「種珍珠」入核的工作示範，因為很少有機會了解珍珠入核的過程，對旅人來說是非常罕見的見學體驗。

### 日本人一生一定要參拜一次：伊勢神宮

神宮是許多神社集結的總稱。過去交通不便，許多先民很難出遠門，不過只要能夠出遠門就會想去「伊勢神宮」，是日本百姓一生中最想去的地方。伊勢神宮占地廣大，分為內、外兩宮，由125座神社共同構成，是日本最高等級的神社，奉祀日本皇室祖先神、天皇及對於大和平定有非常功績的特定神祇，分為祭祀天照大御神的「內宮」及祭祀豐受大御神的「外宮」。神宮境內部分禁止攝影。

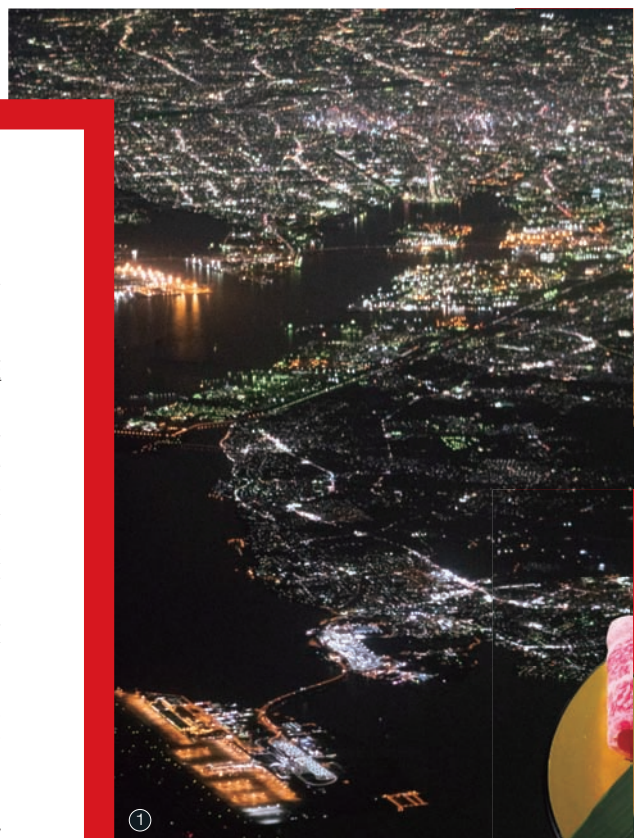
### 祈求愛情圓滿：鳥羽夫妻岩

鳥羽灣上有兩顆岩石以巨大的草繩緊緊相繫，就像是夫妻間的紅線，許多情侶或夫妻檔也會前來夫妻岩這裡參拜，祈求感情圓滿與金玉良緣，是鳥羽著名的夫妻岩。男岩高達9公尺，女岩則為4公尺，坐落在二見浦上，是鳥羽著名的看日出勝地。官方網站上指出，每年5月至7月，只要天氣晴朗，都可以看見太陽從夫妻岩之間升起的難得景色。

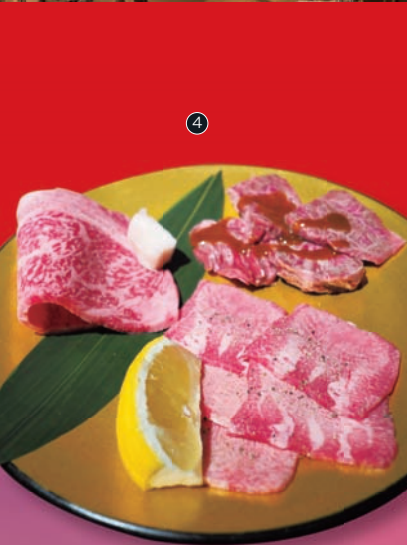


EVA AIR FLIES TAIPEI-NAGOYA DAILY

長榮航空每週7班從台北飛往名古屋







#### 海味滿喫一條街：鳥羽一番街

鳥羽一番街是鳥羽市最大的購物中心，號稱「鳥羽第一大道」。館內集結當地特產、珍珠、特色料理專門店等，走一圈就可以購買到三重當地的特產，現場更提供免稅優惠。特別推薦的是街中食堂販售的「海女磯桶定食」，利用海女捕撈的木桶盛裝鳥羽灣中盛產的各式海鮮，有扇貝、烤魚、海膽、生魚片、牡蠣，甚至龍蝦等漁產，光是視覺就讓人覺得好過癮。

#### 日本超人氣水族館：鳥羽水族館

鳥羽水族館是日本超人氣水族館，館中以12個區域展示、重現了海洋、河川等水生動物的環境，飼養超過850種、兩萬隻以上的海洋與河川中的生物，有企鵝、海獅、水獺、水豚等超人氣明星動物，每年吸引超過5千萬人次入場參觀，名列日本最多入館者的水族館。特別的是，這裡沒有固定的觀賞路線，1.5公里的通道讓旅人可以自由規劃喜歡的路線參觀。

#### 松阪牛名店：一升燒肉

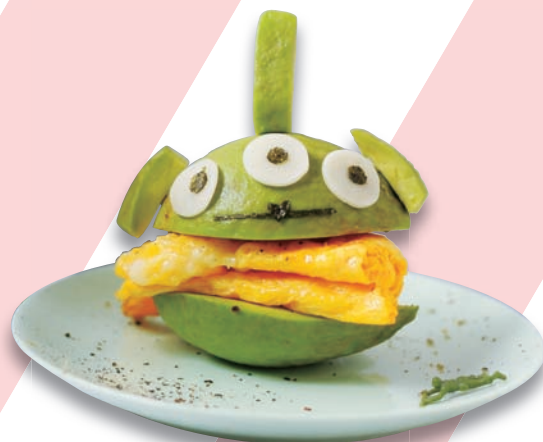
松阪牛因為油花分布，造就入口即化的口感，極致風味被譽為「肉的藝術品」，是最高等級牛肉。來到名古屋，最有名的松阪牛燒肉店就屬「一升燒肉」（一升びん）。一升燒肉是日本中部最有名的燒肉店，從伊勢市、松阪市、名古屋總共有十多家分店，名古屋市區內唯一分店就在久屋大通公園旁邊的「LACHIC」中。

#### 好買好吃：名古屋中部國際機場

最後，登機前別忘了好好逛一下名古屋中部國際機場。中部國際機場像是一間大型百貨，集結了許多日系品牌服飾店、連鎖咖啡廳、中式、西式餐廳、名古屋及周邊城市限定的土特產，若少買了什麼伴手禮，這裡應有盡有，讓您在離開日本前的最後一刻，也會荷包大失守。👉

① Night view of Chubu Centrair International Airport and Nagoya City / 中部國際機場與名古屋夜景 ② Chubu Centrair International Airport is a great place to shop and taste local cuisine / 好買好逛的中部國際機場 ③ Toba Aquarium / 鳥羽水族館 ④ Matsusaka beef in Isshobin / 旅人可在一升燒肉品嚐松阪牛滋味 ⑤ Ise Grand Shrine / 伊勢神宮 ⑥ Meoto Iwa / 夫妻岩





# KAWAII SERVED ON A PLATE



萌料理來襲

BY DANA TER

dorable grinning Minions, frowny three-eyed aliens, and affable floppy-eared Pikachus — these are just a few staple meals that kawaii food blogger KitB prepares each morning for her social media before sitting down to eat her creations. “We have to eat breakfast anyway, so might as well make it a little more entertaining, right?” says the smiling, bob-haired KitB, whose real name is Kitty Chan and preferred choice of apparel is an oversized, buttoned-down dress.





"KitB was my nickname when I was in school," the self-professed foodie explains. Born and raised in Hong Kong, she now splits her time between Hong Kong and Taipei. She stuck with the nickname throughout adulthood, believing it would make her stand out as bold and whimsy in the food-blogging world. Though she cooks regularly these days, KitB says she was not much of a kitchenhand growing up. "I only made real simple food. My favorite breakfast as a kid was chocolate milk and a peanut butter sandwich!"

In an era where impeccable Instagram shots of picnic spreads and room service breakfast have become the norm, KitB has found her niche in something more relatable — showing viewers how to prepare simple, healthy breakfasts for themselves and their children. "A lot of my audience are mothers looking for inspiration to make breakfast for their children, but also people who just love cute things."

For now, her blog, along with her Facebook, Instagram and YouTube channel remain passion projects, though she charges for food brands to advertise and link videos to her social media sites. A vegetarian herself, all the meals KitB shares online are also vegetarian and preparation steps are easy to follow.

On her YouTube channel, KitB fries eggs and chops up avocados and vegetables into little pieces, using cute utensils such as donut cutters and star-shaped molds to make everything from Taiwanese egg crepe and onigiri to Western-style omelets and pancakes. On top of which she adds eyes, noses, mouths, ears and whiskers, created from cherry tomatoes, mushrooms, seaweed flakes and other ingredients — always accompanied by a cheerful soundtrack playing in the background.



Some of her breakfast creations are inspired by popular cartoons such as Elmo, Keroppi, and Garfield, while others, including goofy sea animals and pudgy critters, come from her own imagination. One of her favorite activities is preparing seasonal breakfasts — ghouls and goblins for Halloween, Spongebob sporting a Santa hat for Christmas, and squishy, pig-shaped treats for Chinese New Year's Year of the Pig. As KitB likes to say: "I serve happiness on a plate!"

For inspiration to create your own cute breakfast, visit [www.facebook.com/breakfastland](http://www.facebook.com/breakfastland).



小小兵、三眼外星人，以及皮卡丘——這些只是萌料理部落客KitB每天早上為自己的社群媒體準備的幾款基本料理。頂著鮑伯頭的KitB笑說：「反正我們得吃早餐，所以何不讓早餐更有趣一點？」

「KitB是我在學校的綽號。」原名陳凱蓉、在香港出生與長大的她，目前一半的時間住在香港，一半的時間住在台北。在這個完美無瑕的Instagram野餐照片、飯店式豐盛早餐成為教條的時代，KitB利用「平易近人」找到利基——展示為自己和孩子們準備的簡單、健康早餐。「我的觀眾大多是想要為孩子尋找早餐靈感的媽媽，以及單純喜歡可愛事物的人。」

由於KitB吃素，所以她分享的所有料理都是素食，而且簡單易學。在KitB的YouTube頻道上，她煎蛋並將酪梨和蔬菜切丁，利用甜甜圈切模與星形模具等器皿製作料理，包括台式蛋餅、飯糰，以及西式炒蛋與鬆餅。她會在這些料理加上用番茄、薑菇、海苔香鬆與其他食材製作的眼睛、鼻子、嘴巴、耳朵與鬍鬚，並配上令人精神鼓舞的背景音樂。

她的一些早餐創作是從卡通人物汲取靈感，例如艾蒙、大眼蛙與加菲貓；另一些則源自她自己的想像力，包括傻氣的海洋動物與矮胖的生物。KitB最喜歡準備節慶早餐——萬聖節的鬼怪、耶誕節穿著耶誕老公公帽子的海綿寶寶，以及豬年的小豬形狀軟糖。正如KitB所說：「我在餐盤上提供歡樂！」

想要尋找創造萌早餐的靈感，請造訪[www.facebook.com/breakfastland](http://www.facebook.com/breakfastland)。📺





# THE ICONOGRAPHY OF PIERRE ET GILLES



Pierre & Gilles, *Chanson d'automne* (Dita Von Teese), Acrylic on photograph  
ink-jet printed on canvas and framed, 186.5x134cm, 2017



#### About the Artist —



Since 1976, Pierre Commo and Gilles Blanchard (Pierre et Gilles) have made waves in the art world with their portraiture combining photographic images and painting.

法國藝術家雙人組Pierre Commo與Gilles Blanchard，簡稱Pierre et Gilles，自1976年來，他們創造了一個「繪畫與攝影相遇的世界」，以「非凡的當代肖像藝術」聞名於世。

## 如花開綻的名人肖像

BY VINCENT LEE (李文能)

PHOTOS / PIERRE ET GILLES、GALERIE TEMPLON  
[templon.com/new/artist.php?la=en&artist\\_id=290](http://templon.com/new/artist.php?la=en&artist_id=290)  
[facebook.com/PierreetGillesPageOfficielle](https://facebook.com/PierreetGillesPageOfficielle)



Pierre et Gilles, Souvenir (Isabelle Huppert), Acrylic on photograph ink-jet printed on canvas and framed, 114x162cm, 2016

# P

ierre Commo and Gilles Blanchard, known as Pierre et Gilles, are two French artists famous for their images that mix reality and fantasy. They specialize in portraits of celebrities including famous artists, movie stars, and fashion designers.

法國藝術家雙人組Pierre et Gilles所構築的影像世界融合纏綿綺麗的夢幻場景，從藝術界到當代影劇與時尚圈的名人，都曾華麗上鏡。這對搭檔早在1976年就已聲名鵲起，在各大美術館舉辦展覽，樹立獨特鮮明的影像風格。

Pierre et Gilles embarked on their careers by taking photos for music magazines like *Rock & Folk* and *Interview* magazine, founded by Andy Warhol. In 1976, the duo met at the inauguration of a Kenzo boutique in Paris.

Both born in western France in the 1950s, they decided to pursue their dream

從為《Rock & Folk》等音樂雜誌拍攝照片到為Andy Warhol的《Interview》雜誌拍攝人物肖像起家，Pierre Commo與Gilles Blanchard兩人結識於1976年高田賢三巴黎旗艦店的開幕聚會，同樣出生於1950年代法國西部，兩人因彼此相似的童年回憶、生命經歷和



together because they shared similar childhood memories, life experiences, and passions. During the course of their partnership over 40 years, they have worked extensively with stars like Madonna, Isabelle Huppert, Catherine Deneuve, Iggy Pop, Kylie Minogue, Naomi Campbell, and Tilda Swinton, as well as fashion designers Karl Lagerfeld, Jean-Paul Gaultier, and Marc Jacobs.

The creative works of Pierre et Gilles combine photography, manual photo retouching, and airbrush art. Pierre is the man behind the lens and Gilles adds his unique aesthetic adornments to the final image. Through collaboration over the years, they have perfected their method, with works like those capturing Mick Jagger and Andy Warhol, leading them to achieve legendary status in art circles.

The duo held their first personal exhibition in Paris in 1983. After major publicity following winning the Grand Prix de Photographie award in 1993, the duo organized their first retrospective at Maison Européenne de la Photographie in 1996. In recent years, they have been invited by major international galleries and museums to hold exhibitions of their work. Last year, Galerie Templon in Paris displayed their newest works focusing on contemporary entertainment industry icons.

Pierre et Gilles incorporate a variety of visual styles into their works, taking inspiration from such diverse genres as Renaissance and Baroque art, Bollywood, religious wish cards, and silent-era film.

興趣，決定一起逐夢。逾40年的創作生涯，兩人合作過的明星與名人，包括Madonna、Isabelle Huppert、Catherine Deneuve、Iggy Pop、Kylie Minogue、Naomi Campbell、Tilda Swinton，與時尚設計師Karl Lagerfeld、Jean-Paul Gaultier、Marc Jacobs等不計其數。

Pierre et Gilles的創作結合攝影、影像後製與噴槍彩繪，將

影像轉印於畫布之上，進行精細的手工二次創作。兩人之間的工作分配：曾在日內瓦攻讀攝影的Pierre負責拍攝肖像，完成後交由具備油畫與拼貼專業的Gilles進行加工上色。這樣的做法其實並非預設，而是源自某次無心插柳的「弄拙成巧」，Gilles以畫筆為Pierre沖印效果欠佳的肖像作品潤色背景，意外發現攝影揉合繪畫的魅力，此後便以Mick Jagger、Andy Warhol等名人肖像的攝影繪畫，奠定他們在藝術與流行文化圈的地位。

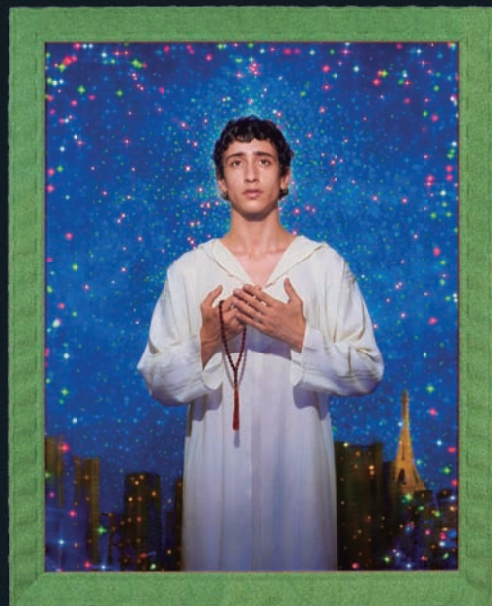
1983年兩人在巴黎舉行個展，1993年獲得巴黎市攝影大獎加持，更於1996年首度在歐洲攝影之家舉辦回顧展；進入21世紀，紐約下東區New Museum of Contemporary Art、上海當代美術館、巴黎國立網球場美術館、布魯塞爾Musée d'Ixelles與法國MuMa等眾多國際級美術館都曾舉

辦Pierre et Gilles的大型回顧展，而巴黎Galerie Templon也展出兩人近期邀請影藝名人演繹的新作。

#### 華麗絕倫的影像裝飾風格

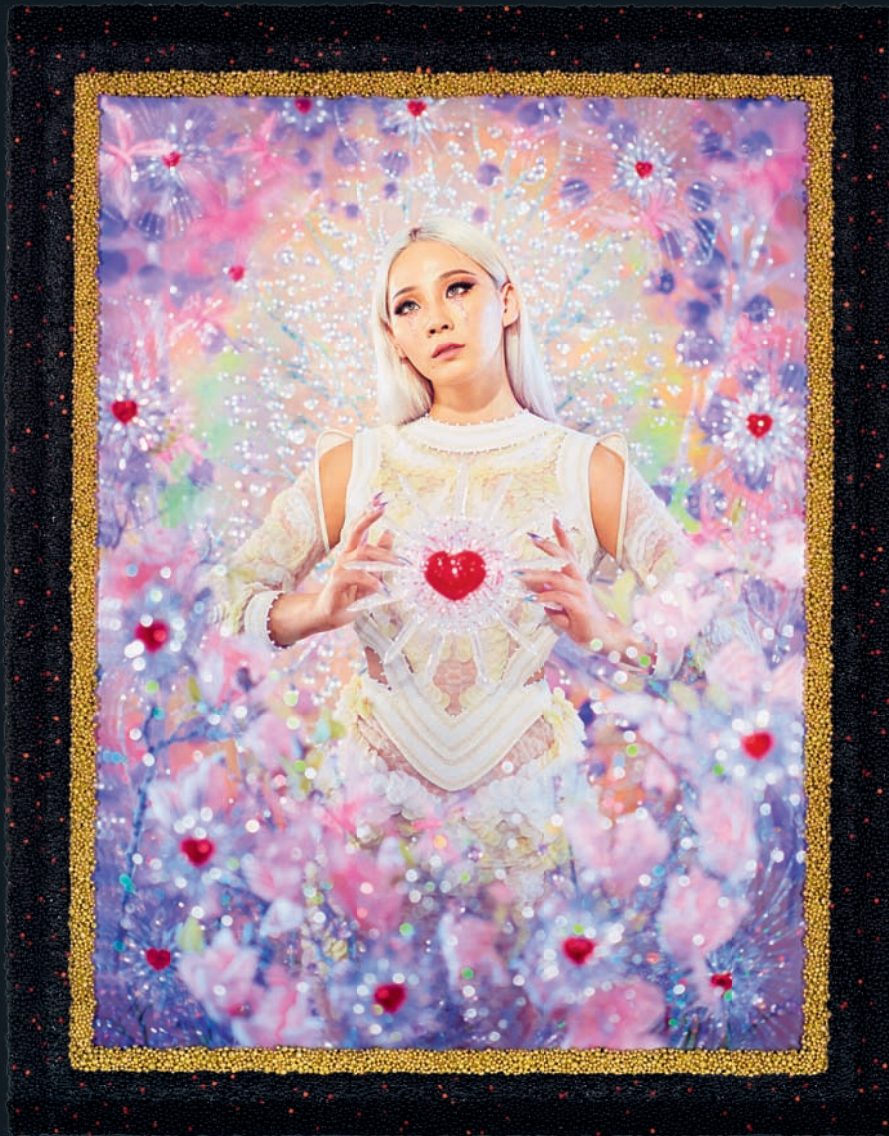
Pierre et Gilles之所以成名，是因為他們締造了原創性十足的肖像拍攝風格，藉由虛構的主題、古典油畫般的藝術技法、奢華的場景等，引人著迷。不僅各界名流常常擔綱作品中的主角，流行文化更是創作的核心元素，而那股裝腔作勢的高度人工風格，融合了來自西方古典藝術傳統、印度寶萊塢電影與宗教圖像等各種不同視覺文化的影響，例如文藝復興與巴洛克的繪畫風格、商業攝影、宗教信仰祈福卡、妝感濃厚的默片電影等。

錯置的時空、超現實的影像世界，極盡誇張的想像力與華麗絕倫的裝飾風格，造就出他們自成一格的、離奇卻別致的藝術世界。📷



Pierre & Gilles, *La prière du soir, Al-icha (Saïd Oulali)*, Acrylic on photograph ink-jet printed on canvas and framed, 163.5x131.5cm, 2017





Pierre & Gilles, Coeur magique (Chaelin CL), Acrylic on photograph ink-jet printed on canvas and framed, 149x116cm, 2016

05



Pierre & Gilles, Loving You, Hommage à Michael Jackson, Acrylic on photograph ink-jet printed on canvas and framed, 127x100cm, 2017



Pierre & Gilles, Fujiyama mon amour (Sylvie Vartan), Acrylic on photograph ink-jet printed on canvas and framed, 139.5x106.5cm, 2017



Pierre & Gilles, The Strip (Shy'm), Acrylic on photograph ink-jet printed on canvas and framed, 139.5x105cm, 2017



# THE RIVERS THAT SHAPED TAIPEI

溯遊台北河流

BY STEVEN CROOK

M

any of the world's most important cities developed alongside rivers, and Taipei is no exception. Three centuries ago, the ships that sailed between Taiwan and the Chinese mainland were nimble enough to make their way several kilometers upstream. These shallow-draft vessels brought migrants to Taiwan, and carried tea and other commodities to markets overseas.

世界許多主要城市都發展於河畔，台北也不例外。3百年前，在台灣與中國大陸之間航行的船隻能靈活的往河川上游航行數公里，這些淺水船帶著移民到台灣，並載著茶葉與其他商品到海外市場。



The oldest neighborhoods in Taiwan's capital are Wanhua and Dadaocheng. The former was already a busy entrepôt when its most famous landmark, Longshan Temple, was founded in 1738. Back then, Wanhua was known as Mangka — a place name probably derived from an indigenous Austronesian term for a canoe. It is known that members of the now-extinct Ketagalan tribe paddled downstream to barter vegetables and charcoal for cloth, needles, and other manufactured goods.

Wanhua is near the confluence of the Xindian Creek and Dahan River, at which point the waterway becomes known as the Tamsui River. In the middle of the 19th century, Wanhua was prosperous but not peaceful. After clashes between migrants who hailed from different counties in Mainland China's Fujian province, several clans pulled up stakes and relocated to Twatutia, 4km downstream and these days better known as Dadaocheng.

This newer riverside community soon overtook Wanhua, thanks to strong international demand for Taiwanese oolong tea, and it continued to thrive during the 1895-1945 period of Japanese colonial rule.

Since World War II, however, the city's center of gravity has shifted away from its waterways — and Taipei now tries to keep its rivers at arm's length. Flood barriers protect densely populated neighborhoods from what very quickly become dangerous torrents each time a typhoon brings half a meter (or even more) of rain to north Taiwan.



Brightly lit along their banks, the Keelung and Tamsui rivers flow through Taipei City. The two waterways join just before reaching the sea / 流貫台北市區的基隆河與淡水河在入海前交匯

Inundation wasn't the only threat to riverside communities. Until the 1960s, when the authorities began regulating the flow of mountain creeks with dams and weirs, raging post-typhoon rivers invariably carried huge amounts of sediment. And there were times when changes to the riparian landscape must have seemed like a punishment from the gods.

Xinzhuang, now part of New Taipei City, lies a few kilometers west of Wanhua on the Dahan River. In the 18th century it was said, "A thousand sails can be seen fluttering at Xinzhuang, and a thousand lights shine in its markets." By 1767, however, silting had raised the river's bed, rendering the waterfront inaccessible.

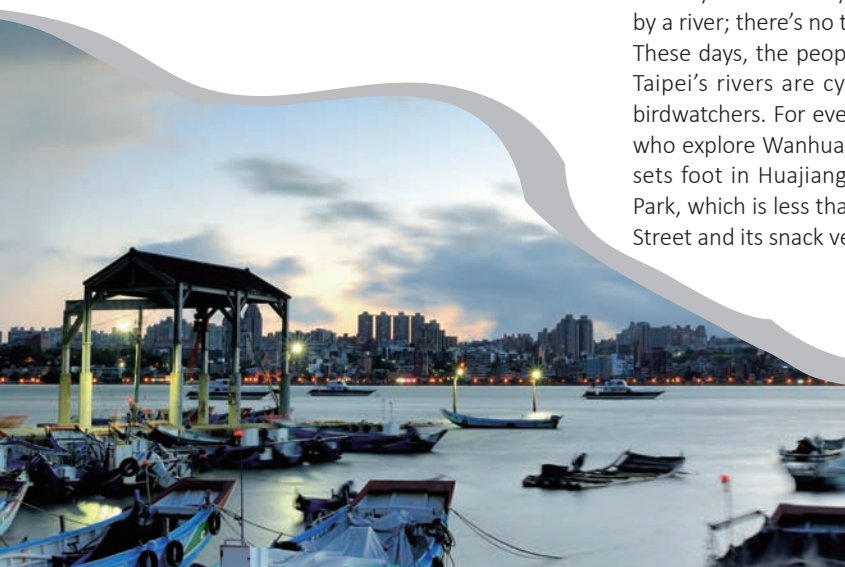
Unlike Londoners or Parisians, citizens of Taipei don't see a particular waterway as being central to their city's identity. Nor do they orient themselves by a river; there's no talk of a "Left Bank." These days, the people who get close to Taipei's rivers are cyclists, joggers, and birdwatchers. For every hundred tourists who explore Wanhua, no more than one sets foot in Huajiang Wild Duck Nature Park, which is less than 500m from Huaxi Street and its snack vendors.

萬華與大稻埕是台北最早形成的社區，前者在其著名地標「龍山寺」於1738年創立時，就已經是個繁忙熱鬧的轉口港。當時，萬華名為艋舺——這個地名可能源自原住民南島語系語言中的獨木舟一詞。現在已消失的凱達格蘭族人會划著船到下游，以蔬菜和木炭交換衣服、針與其他大量製造的貨物。

萬華鄰近新店溪與大漢溪的匯合處，匯合後的河流被稱為淡水河。在19世紀中葉，萬華非常繁榮，但並不平靜。來自中國大陸福建省不同縣市的移民發生多次衝突，因此數個宗族遷離這裡，搬到下游4公里處的Twatutia，亦即現今的大稻埕。因為國際市場對台灣烏龍茶的需求強勁，所以大稻埕這個較新的河畔社區迅速取代萬華，並且在1895至1945年的日本殖民統治時期持續興盛發展。

然而，自第二次世界大戰起，台北市的發展重心就從河道轉移，而且台北現在仍致力於與河流保持距離，一道道防水閘門保護著人口密集的社區，因為每當颱風為台灣北部帶來5百釐米（或甚至更多）的雨量時，這些河流會迅速變成危險的奔流。

淹水並非河畔社區的唯一威脅。在利用水庫與水壩調節山區溪流的1960年代前，颱風過後暴漲的溪





The park offers much more than ducks. Here, you're likely to spot sacred ibises, little ringed plovers, common greenshanks, and other splendid avians.

Located 12km downriver from Huajiang Wild Duck Nature Park, where the Keelung River flows into the Tamsui River, Guandu Nature Park is internationally recognized as an Important Bird and Biodiversity Area. The park's swampy creeks and brackish ponds are near enough to the ocean to be influenced by tides.

In addition to the 229 bird species that have been recorded here, there are hundreds of different animals and insects. Even without binoculars, you'll spot fiddler crabs, mudskippers, and lizards like the unique-to-Taiwan Swinhoe's japalure. The mangroves that grow here are some of the most northerly in the world.

Hardcore cyclists are drawn to Taiwan's vertiginous mountains, but ordinary mortals will likely prefer Taipei's bike trails. These connect riverside parks

and nature preserves while keeping bikes well away from urban traffic. If you pedal from the Museum of Drinking Water (a sublime baroque structure dating from 1908), past Wanhua and toward the mouth of the Tamsui River, you'll be on bike-only paths at least three quarters of the time.

One place where Taipei folks do get close to water is Dajia Riverside Park, on the south bank of the Keelung River. It also happens to be the main venue of the annual Dragon Boat Festival, when rowing teams from Taiwan and overseas battle for trophies.

The festival, held on the fifth day of the fifth month of the ancient Chinese lunisolar calendar, was originally a commemoration of one man's patriotism. More than 2,300 years ago, Qu Yuan was a loyal official of one of the kingdoms into which China was then divided.



## T H E R I V E R S





Distraught when enemies captured the capital, he ended his life by jumping into a river.

The tradition of dragon-boat racing celebrates his friends' desperate rescue attempts, while the custom at this time of year of eating *zongzi* (sticky rice dumplings filled with pork, mushrooms and peanuts, and wrapped in bamboo leaves) recalls the rice balls they hurled into the river, so the great man wouldn't suffer the indignity of having his remains eaten by fish.

The 2019 Dragon Boat Festival falls on June 7. For details of race times and locations, drop by any visitor information center in the Taipei area.

水夾帶著大量沙石，這些淤積物數次大幅改變河畔地景。現在隸屬新北市的新莊，位於萬華西方數公里的大漢

溪畔，在18世紀中葉，人們常說：「千帆林立新莊港，市肆聚千家燈火。」然而，到了1767年，淤泥已將河床抬高到船隻無法航行。

不同於倫敦人與巴黎人，台北人沒有將哪一條特定的河流視為該城市特色的中心，也不會用一條河說明城市的地理位置；這裡沒有「左岸」這種說法。如今，只有騎自行車、跑步與賞鳥的人會接近台北的河川。到萬華的觀光客中，每一百名只有不到一名會去華江雁鴨自然公園，而那裡其實僅距離華西街與其小吃攤販不到5百公尺。

華江雁鴨自然公園不只有雁鴨，在這裡，您很可能會看到罕見的朱鷺亞科、小環頸鴿、常見的青足鵲，以及其他美麗的鳥類。

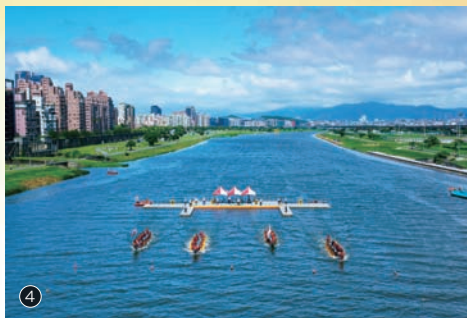
從華江雁鴨自然公園往下游12公里、位於基隆河匯入淡水河處的關渡自然公園，是獲得國際認可的重要野鳥及生物多樣性棲地，公園內的

沼澤溪流與鹹水池塘因鄰近海洋而受到潮汐影響。除了留下紀錄的229種鳥類，這裡還有數百種不同動物與昆蟲；即使沒有望遠鏡，您也能見到招潮蟹、彈塗魚，以及台灣特有的斯文豪式攀蜥等蜥蜴。此外，這裡的紅樹林是世界最北的紅樹林之一。

單車客會愛上台灣蜿蜒的山路，而一般人則比較偏好台北的自行車道。這些車道連結河濱公園和自然保護區，且不會與市區中的人車爭道。若您從自來水博物館出發，經過萬華並騎到淡水河口，其中四分之三以上的路程會是在自行車專用道上。

位於基隆河南岸的大佳河濱公園是在台北較容易親近河流的地方，那裡也是一年一度端午嘉年華的主要場地，來自台灣與海外各地的龍舟隊伍會在此爭奪冠軍。2019年端午嘉年華為6月7日，競賽時間與地點詳情請洽台北地區任何一間旅遊服務中心。📍

① Birdwatching cabins at Guandu Nature Park help minimize visitor impact on the wildlife / 關渡自然公園的賞鳥小屋，降低了人類活動對自然生態的影響 ② Black-winged stilts are among the many wading birds that can be seen at Guandu Nature Park / 高蹺鴉是關渡自然公園內眾多的水鳥種類之一 ③ The Museum of Drinking Water is an old water pumping station dating back to the Japanese colonial era / 自來水博物館前身為日治時期設立的水源地唧筒室 ④ Dragon-boat races take place on the Keelung River every June / 每年端午節都會在大佳河濱公園舉辦龍舟競賽 ⑤ Dedicated cycling paths line Taipei's rivers / 台北市與新北市的河濱自行車道沿著河岸綿延數百公里



T H A T S H A P E D T A I P E I







D

onggang Township in Pingtung County is one of the preeminent fishing ports in southern Taiwan. Approximately 14km to its southwest lies Liugu Island. This captivating isle may be located close to the main island of Taiwan, but it has the aura of a secret hideaway. Knowing almost nothing about it, I visited the island to experience it for myself.

After 30 minutes on a swaying ferry departing from Donggang Township, I arrive at Liugu Island, the blue sea giving way to white sandy beaches in front of me. The island is small — a mere 12km in circumference. It was formed from an uplifted coral reef, and is known for its beautiful coastline. It offers a plethora of marine activities, including snorkeling and diving.



Scattered around the island are a large number of fantastic-looking rocks that have been shaped by wave erosion. The island's most enduring symbol is Vase Rock. This 9m-high piece of coral limestone stands just off the shore, where many people collect shellfish and crabs at low tide.

The island features a great variety of caves. The north side's Beauty Cave and the south's Black Dwarf Cave are both quite famous. Black Dwarf Cave may be small, but there is a section of it that is completely dark, an experience that many visitors find thrilling. A legend describes the cave as a refuge for slaves brought over from Indonesia during the Dutch Formosa period, when the Netherlands occupied and ruled Taiwan.

The island's green sea turtles have received a good deal of attention in recent years. There are ongoing volunteer activities to clean up the water, and since 2013 use of nets has been prohibited within three nautical miles of the coast, a first for Taiwan. Thanks to these efforts, the current population of green sea turtles in the area is said to have reached around 300.

Happily, the chance of encountering a green sea turtle is quite high. Even just watching from the shore one can occasionally catch sight of a turtle poking its head up above the surface of the water. What's more, during high tide some turtles can be seen swimming close to the shore. There are a number of spots on the island where green sea turtles can be observed, among them the aforementioned Vase Rock and Beauty Cave.

Liugu Island may be small, but it is full of charms that simply cannot be experienced elsewhere. Though a day trip from Kaohsiung is indeed possible, I recommend spending overnight at Donggang to ensure that your time on the island is as relaxing as possible.

奇岩とウミガメ。魅力あふれる島  
小琉球

BY KATAKURA MARI (片倉真理)

# LIUQIU ISLAND





気軽に遊びに行けるリゾート地として人気が高まっている小琉球。

PHOTOGRAPHY: TOP PHOTO GROUP / IMAGE TAIWAN / ALLEN LEE

屏東県の東港は台湾南部屈指の漁業都市。ここから西南に約14キロ離れた位置にあるのが小琉球（琉球嶼）だ。台湾本島には近いが、秘島ムードも色濃く漂う魅惑の島。今回は知られざる小琉球の魅力を紹介したい。

東港からフェリーに揺られること約30分、青い海と白い砂浜が広がる小琉球に到着する。1周12キロという小さな島だが、台湾では唯一、隆起サンゴ礁で形成されており、海岸線の美しさで知られる。シュノーケ

リングやダイビングなどのマリンスポーツも盛んだ。

島内には波浪浸食によって形成された奇岩がいくつも点在する。中でも、島のシンボルになっているのが「花瓶岩」だ。高さ9メートルのサンゴ石灰岩は、戦前は「きのこ岩」と呼ばれていたという。この付近は遠浅が広がり、磯遊びする人たちが絶えない。

島には洞窟の類も多い。北には「美人洞」、南には「烏鬼洞」という名の付いた名所がある。烏鬼洞は

小さな洞窟だが、途中に真っ暗な箇所があり、ちょっとしたスリルを味わえる。ここにはオランダ統治時代にインドネシアから連れてこられた奴隷が逃げ込んだという伝説も残っている。

近年注目されているのはアオウミガメ（緑蠟龜）だ。島では地元の有志が海中の廃棄物を拾う活動を続けてきたほか、2013年には台湾で初めて3カイリ以内での漁網の使用が禁止された。こうした努力により、現在は300匹近いアオウミガメが棲息するといわれている。

嬉しいことに、アオウミガメに遭遇できる確率が高い。潜らずとも、岸边から眺めているだけで、ぶかっとな海面に顔を出す姿を目撃できる。さらに満潮時であれば岸の近くまで泳いでくることも多い。先述の花瓶岩や美人洞をはじめ、島内にはいくつかのアオウミガメ観察スポットが存在する。

小さいながらも、他の土地では体験できない魅力が詰まった小琉球。高雄からの日帰りも可能だが、できれば民宿などに一泊して、のんびりと滞在してみたい。📍



2019  
長榮

交響音樂營

7.4-7.14

指揮 / 莊文貞老師



獨奏家 / (甄選決定)

詳細音樂營資訊請參考招生簡章與課程表  
請上樂團網站 <http://www.evergreensymphony.org>



報名對象：16歲以上，非音樂科系(畢業)之學生及社會人士

報名期間：即日起至2019年6月14日止

報名方式：網路線上報名 <https://goo.gl/EtucpC>

聯絡電話：(02)2351-6799 ext 6304 游先生

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

贊助單位：Neolus Music Corp.  
博凱·六么·譜集



2019長榮交響音樂營



指定錄影：GAS 甘泉國際事業有限公司





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Welcome Aboard /

## A PRIVILEGE TO SERVE YOU

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EVA News  
長榮剪影



EVA AIR RECEIVES FIVE AWARDS FOR INFLIGHT AMENITY KITS  
長榮航空機上過夜包獲頒5項大獎





Launched in partnership with renowned brands from around the world, EVA Air's inflight amenity kits have not only received praise from travelers, but received accolades at the World Travel Catering & Onboard Services EXPO (WTCE) in Hamburg, Germany, as well. At the recent WTCE, EVA Air received five of the industry's "Oscars" for onboard service.

In the PAX International Readership Awards presented by Canadian travel trade publication *PAX International*, EVA Air won Best Economy Class Amenity Kit—Asia for our collaboration with Sport b., while our venture with Furla was recognized by world-renowned magazine *TravelPlus* in the Premium Economy Class category of the TravelPlus Airline Amenity Bag Awards. In the Onboard Hospitality Awards, two of our amenity kits, launched in partnership with Georg Jensen and Salvatore Ferragamo, respectively, made EVA Air the joint winner of Best Onboard Amenities — Business Class, and our partnership with Sport b. won Best Onboard Amenities — Premium Economy. The UK travel industry magazine *Onboard Hospitality* also feted EVA Air's ecoTHREAD™ blankets, made of 100% recycled plastic bottles, with the Best for Onboard Textiles — Economy Class award.

Each year *Onboard Hospitality* invites its readership to vote in the airline hospitality awards, with finalists selected by a judging panel of industry professionals. *PAX International* hosts the PAX International Readership Awards, which recognizes winners in different categories for various onboard facilities and amenities. For the annual TravelPlus Airline Amenity Bag Awards, *TravelPlus* similarly selects winners based on a public vote, focusing on the evaluation of inflight amenity kits.

As EVA Air strives to continually innovate and improve, we consider these international awards as recognition of our successful efforts. From airline safety and service quality to onboard facilities and inflight amenities, EVA Air remains committed to excellence in every facet, and we are determined to surpass travelers' expectations.

長榮航空與世界各大知名品牌合作推出的機上過夜包廣受旅客喜愛，日前於德國漢堡舉行的國際旅遊餐飲和機上服務用品博覽會（WTCE），一舉榮獲5大獎項，此博覽會素有服務用品奧斯卡之稱。

此次長榮航空獲得的獎項為英國運輸業雜誌《Onboard Hospitality》所頒發的「最佳商務艙過夜包（Georg Jensen）」、「最佳商務艙過夜包（Salvatore Ferragamo）」、「最佳豪華經濟艙過夜包（Sport b.）」，與加拿大專業航空雜誌《PAX International》頒發的「最佳亞洲經濟艙過夜包（Sport b.）」，以及全球知名雜誌《TravelPlus》頒發的「最佳豪華經濟艙過夜包（FURLA）」。

此外，長榮航空與澳洲創意機構Buzz合作，以100%塑料瓶回收製成的ecoTHREAD™環保毛毯，也獲得《Onboard Hospitality》頒發的「最佳經濟艙紡織品」。

《Onboard Hospitality》為英國運輸業雜誌，每年均邀請產業界讀者、專業評審，共同評選各航空公司的機上服務並給予獎牌肯定；《PAX International》專業航空雜誌每年舉辦PAX International Readership Awards選出機艙內各項設施及用品的優勝者。《TravelPlus》雜誌則每年舉辦TravelPlus Airline Amenity Bag Awards，專精於推廣與評鑑航空公司的過夜包，廣邀民衆票選年度各類最佳過夜包獎得主。

長榮航空不斷求新求變，提供給旅客創新且優質的服務。每年屢獲飛航安全、整體服務、艙等設備等各領域之國際大獎，皆是對長榮航空的肯定。未來長榮航空也會持續提升服務品質，帶給旅客超越期待的飛行體驗。





All-New Cabin  
Experiences  
當月客艙新體驗

EVA Air has teamed up with Kyoto restaurant Nakamura, a Michelin 3-starred establishment since 2011, to offer Kyo-ryori *kaiseki* cuisine (Kyoto-style haute dining) in Royal Laurel Class, Premium Laurel Class, and Business Class on flights from Taipei to Tokyo (Narita) and Osaka (Kansai).

Chef Motokazu Nakamura is a master of bringing out the subtle tastes and textures of seasonal Japanese cuisine. For June, the main course is *yakitori* (grilled chicken) topped with Nakamura's own secret sauce, served with fresh vegetables seasoned with Japanese sansho pepper. Accompanying this is a savory Japanese mushroom-flavored *kuruma-fu* (wheat gluten cake), as well as a *hassun* (seasonal course) featuring the Japanese delicacy *sugata sushi* made with jumbo prawn. In the Kyo-ryori style, the meal comes with Nakamura's signature white miso soup. For dessert, Ryuoan tea shop's own *hojicha* (roasted tea) flavored bavares and passion fruit sorbet round out this fine array of Kyoto delights.

長榮航空與連續9年榮獲米其林三星榮耀、來自京都中村京料理餐廳的主廚中村元計合作，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。揉粹和食精華於無形的中村主廚，本季特別在八寸中以明蝦展現日本的「姿壽司」特色。6月的主菜為「秘製烤雞串佐山椒粉」，刷上中村主廚特製醬汁的烤雞串搭配著濃濃薑菇香氣的車麩煮一起享用，別具巧思；再加上中村京料理的招牌白味噌湯，與以柳櫻園焙茶所製成的甜點「焙茶風味芭芭露亞佐百香果雪酪」，完美展現典雅醇香的京都風味。



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ENJOY THE SWEET TASTE OF  
ITALIAN PANETTONE

雲端上的義式節慶風味 潘妮多尼麵包

In Italy, eating *panettone* (literally "large cake") is a holiday tradition that some say dates back to the 15th century. The legend goes that this sweet bread was first invented by an Italian nobleman named Ughetto degli Atellani, who was working at a bakery in Milan and enamored with the baker's beautiful daughter. Today panettone is a sturdy, sweet treat filled with raisins and dried fruits.

EVA Air is pleased to welcome renowned catering group Osteria by Angie, which has specially prepared panettone for our economy-class passengers. Available on flights from Hong Kong to Taipei (with the exception of BR828/852/856), we hope you enjoy the authentic taste of this Italian treat — either the candied-fruit classic or a crowd-pleasing chocolate variation.

潘妮多尼麵包原文為義大利語Panettone，是義大利傳統的節慶麵包，內含葡萄乾與果乾，為1400年代的米蘭貴族Ughetto degli Atellani為了追求麵包師傅Toni的女兒發明，口感扎實香甜。

長榮航空邀請台北知名的Osteria by Angie餐飲集團，為自香港飛往台北航班的經濟艙旅客（除BR828 / 852 / 856航班外），特別製作潘妮多尼麵包經典的果乾口味，以及大家都喜愛的巧克力口味，歡迎與我們一同體驗最道地的義式風味。





①



②



③

Regular  
Passenger Cabin  
Service  
客艙服務



④

\*A kind reminder from EVA Air: Alcoholic beverages are for adults only\*

\*長榮航空提醒您，未成年請勿飲酒。\*



⑤

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① Creative dessert "Bianca" / 創意甜點「太極天使」 ② Pajamas / 機上舒眠睡衣 ③ Cold-pressed fresh mango and mixed fruit juice / 冷壓鮮榨芒果綜合果汁 ④ Krug Champagne / 庫克香檳 ⑤ Overnight kit / 過夜包



ROYAL Laurel

—— 皇璽桂冠艙 ——



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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



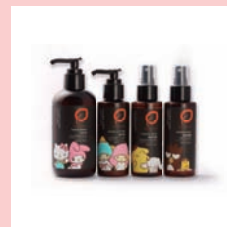
SHINING STAR / 星空機



JOYFUL DREAM / 夢想機



Themed inflight service items  
服務用品

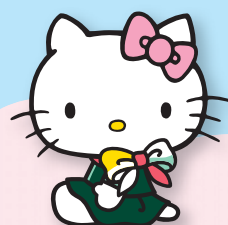


Items shown represent just a fraction of each aircraft's selection. Passengers are invited to personally experience the themed cabins.  
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# INFO

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## COMFORT FLIGHT / 慵懶機



Themed inflight service items  
服務用品



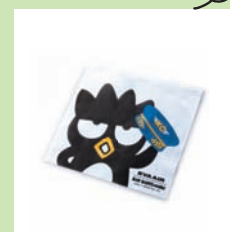
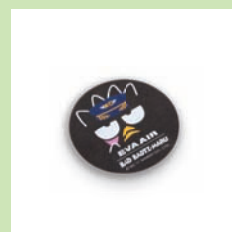
...



## 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  
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無限萬哩遊新訊

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award  
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獎項**



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## WILLIAM LIONEL WYLLIE AT TOWER HOUSE 塔房上的海洋畫家 —— 威廉懷利

EVA Arts  
長榮海事博物館  
典選

William Lionel Wyllie, an English maritime painter, lived at Tower House in Portsmouth from 1904 to 1911. It was an ideal place for an artist to observe the comings and goings of Royal Navy ships. In *Fallen Glory*, a crippled battleship is being towed into port. Tower House can be seen on the far left of the painting. This and other works by Wyllie are on display at the Evergreen Maritime Museum in Taipei.

對一個畫家來說，擁有好的作畫角度是夢寐以求的事。由於樸資茅斯港的索倫特海峽最能清楚看見英國王室海上閱兵英姿，英國海洋畫家威廉懷利特別在1904至1911年間搬進英國皇家海軍基地的塔房居住。

樸資茅斯港自古即是英國皇家海軍的基地，懷利的畫筆屢屢幫海軍畫出英國艦隊出航的雄威，因此受軍方待之以禮。在長榮海事博物館展出的懷利作品中，有一幅畫作即是他巧妙的把塔房藏在畫中，歡迎大家前往參觀並找出該塔房。



Fallen Glory: a battleship under tow  
William Lionel Wyllie (1851-1931)  
Oil on canvas  
167 × 71 CM

殞落的光榮：被拖行中的戰艦  
威廉懷利 (1851-1931)  
油彩、畫布  
167 × 71 CM  
長榮海事博物館典藏

PHOTOGRAPHY: EVERGREEN MARITIME MUSEUM



Evergreen Maritime Museum, Chang Yung-Fa Foundation  
財團法人張榮發基金會 長榮海事博物館

No. 11, Zhongshan S. Rd., Taipei City 10048, Taiwan  
10048 台北市中正區中山南路11號  
+886-2-23516699 ext.6113  
[www.evergreenmuseum.org.tw](http://www.evergreenmuseum.org.tw)

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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。



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- 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)

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社群網站



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EVA Airways Corp.

请搜寻「长荣航空」



## 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 Boeing 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-service@telekom.de](mailto:hotspot-service@telekom.de).
2. Call our service partner's customer service center at +86-10-5924-0082 (international toll number) or 00801863151 (Taiwan toll-free number, English only) for assistance.

長榮航空於波音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，您可利用下列任一方式尋求協助：

1. 透過電子郵件[hotspot-service@telekom.de](mailto:hotspot-service@telekom.de)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，僅提供英文語音服務）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](http://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](http://www.evawifi.com)進入歡迎頁面。

Data Plan 販售方案	Inflight Pricing 機上購買
30MB Data Plan 30MB 上網用量	US\$4.95 4.95美金
100MB Data Plan 100MB 上網用量	US\$14.95 14.95美金
300MB Data Plan 300MB 上網用量	US\$29.95 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](http://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](http://www.evaair.com)，或是EVA Mobile App。





# sky LIMOUSINE

connecting bus services

TAOYUAN INTERNATIONAL AIRPORT—TAIPEI CITY



EVERGREEN



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



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.

路線編號  
5201

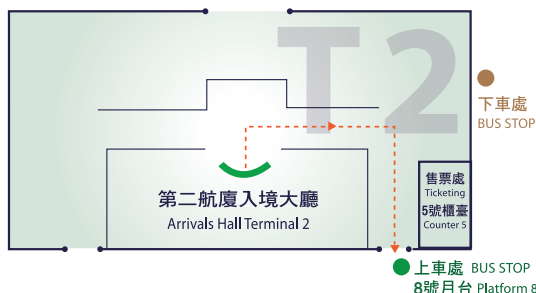
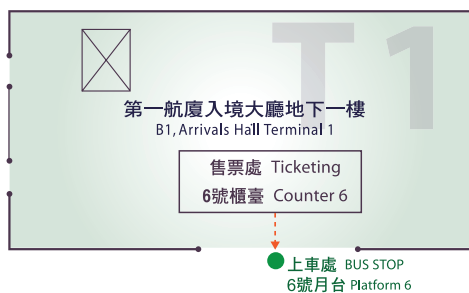
桃園國際機場 → 台北市內

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

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- 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.

- 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.
- 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.
- 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.
- 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.
- 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.
- Bluetooth devices can be used during all phases of flight.
- Hearing aids and pacemakers may be operated without restriction.
- 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.
- 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:

- Deeply refrigerated, flammable, non-flammable and poisonous gases; oxygen tanks; paint in spray cans; insecticides.
- Corrosives (such as mercury which may be contained in thermometers), acids, alkalis and wet-cell batteries.
- Explosives, munitions, fireworks and flares.
- 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.
- Radioactive materials.
- Briefcases and security-type attaché cases with installed alarm devices; or those that incorporate lithium batteries and/or pyrotechnic materials.
- Oxidizing materials such as bleaches and peroxides.
- Poisonous and infectious substances such as insecticides, weed killers and live virus materials.
- 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:

- Failure to comply with any instruction given by the pilot-in-command for the purpose of maintaining order and safety on board an aircraft.
- Disrupting order on board an aircraft following consumption of alcoholic beverages or alcohol-containing medicines.
- Smoking outside a lavatory on board an aircraft.
- 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](mailto: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飛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。乘客自開關門起至飛航落地後經航空器上工作人員宣布限制使用起至開關門止，須遵守下列規定：

- 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」。關閉螢幕起至飛航落地後脫離跑道止，所有傳輸類電子用品必須關閉語音通話或轉變成「飛機模式」並關閉Wi-Fi功能。當飛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。
- 飛機滑行、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）。
- 當飛行高度高於10,000呎以上時：
  - 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變成「飛機模式」並關閉Wi-Fi功能。
  - 國內線，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）。
- 配置全球通訊系統GCS (Global Communication Suite) 之飛機，會提供乘客使用Wi-Fi或手機網路漫遊等服務，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。
- 全程禁用以下電子用品：電子菸、個人無線電收發機、各類遙控發射器（如電動玩具遙控器等）、其它任何可能干擾飛機裝備包含導航、通訊等之電子用品。
- 藍牙裝置於飛航全程皆可使用。
- 助聽器及心律調整器之使用時機不受限制。
- 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。上述設備需符合隨身行李尺寸、重量的規定。
  - 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。
  - 長榮航空無法保證所有客機及機上座位均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內須個別包裝妥當以避免短路或損壞。
  - 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。
- 其它規定：
  - 關閉艙門起至飛航落地後脫離跑道前，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。
  - 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，或避免飛機導航及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，當信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，並請自行放置於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：

- 壓縮氣體：如罐裝瓦斯、潛水用氧氣瓶、喷漆、殺蟲劑等。
- 腐蝕物（劑）：如強酸、強鹼、水銀、鉛酸電池等。
- 爆裂物：各類槍械彈藥、煙火、爆竹、照明彈等。
- 易燃品：如汽油柴油等燃料油、火柴、油漆、點火器及相關可燃固體等。
- 放射物品。
- 具防盜裝置之公事包或小型手提箱。
- 氧化物品：例如漂白劑（水、粉）、工業用雙氧水等。
- 毒物（劑）及傳染物：如殺蟲劑、除草劑、過性病毒活體等。
- 其他違禁品：如磁化物品（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，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

民用航空法第一百九條之二，於航空器艙內所吸菸者，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：

- 不遵守機長為維護航空器上秩序及安全之指示。
- 使用含酒精飲料或藥物，致危害航空器上秩序。
- 於航空器艙外之區域吸菸。
- 擅自阻撓偵察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，由於信用卡確認通話時間約需30秒（不超過1分鐘），還請您耐心等待。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](mailto:apd@arinc.com)。

### ● 攜帶冷藏物品須知

基於飛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詢詳細資訊。



<p>○ Permitted 可以使用</p> <p>✗ Not Permitted 禁止使用</p>					
	○	○	○	○	○
	○	○	○	○	○
	○	✗	○	✗	✗
	○	✗	✗	✗	○

## 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

長時間蹲坐在狹窄空間，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。

Arm stretches  
手臂伸展



Drink lots of water  
多喝水



Gentle neck twists  
轉動脖子



Slow foot circles  
轉動腳踝



Calf massage  
輕敲小腿按摩



Knee lifts  
膝蓋舉起



# EVA / UNI AIR ASIA AREA ROUTE MAP

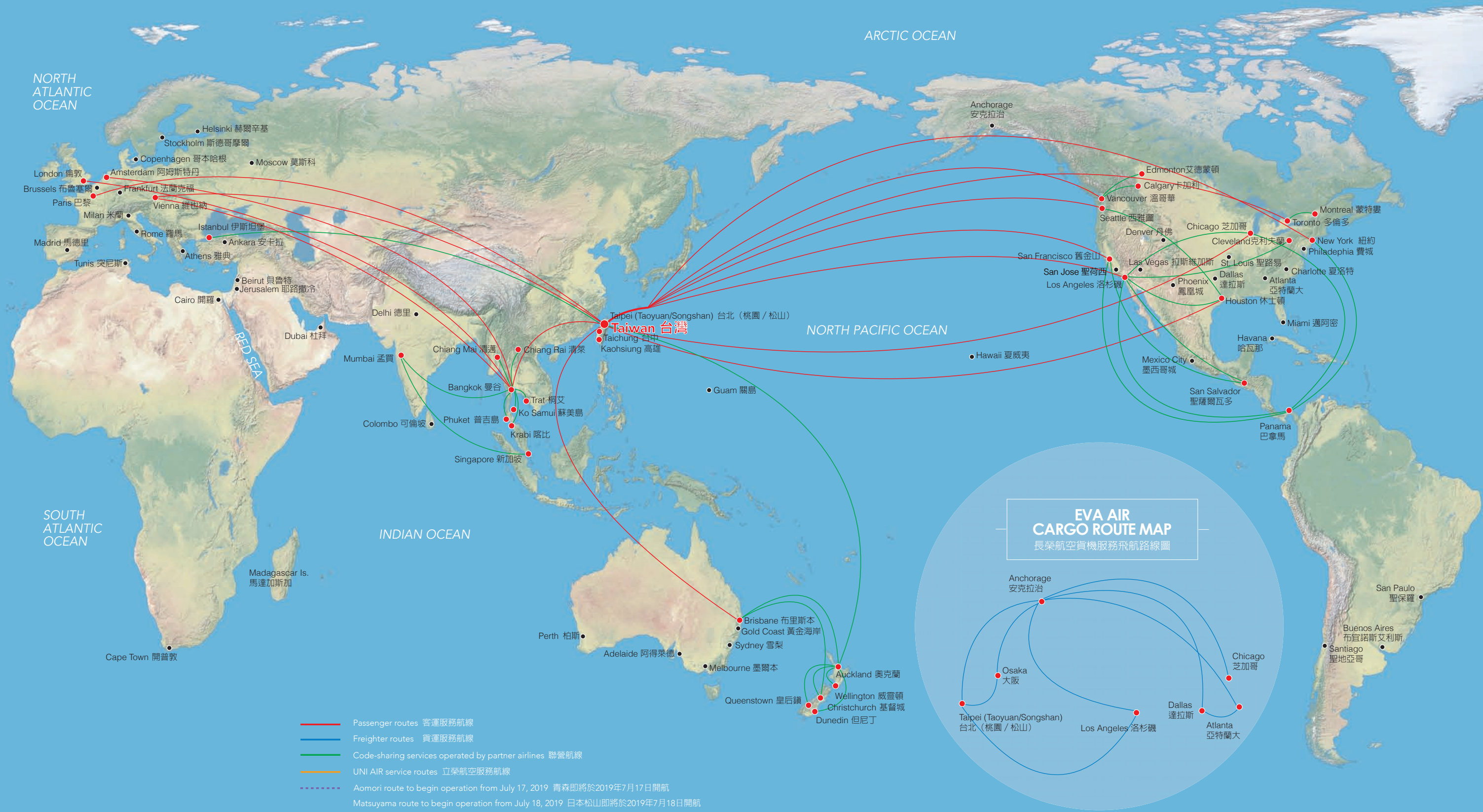
長榮 / 立榮航空亞洲區域飛航路線圖





# EVA AIR LONG - HAUL ROUTE MAP

長榮航空長程飛航路線圖



The information in these pages is for general reference only.  
For further details, please refer to [www.evaair.com](http://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

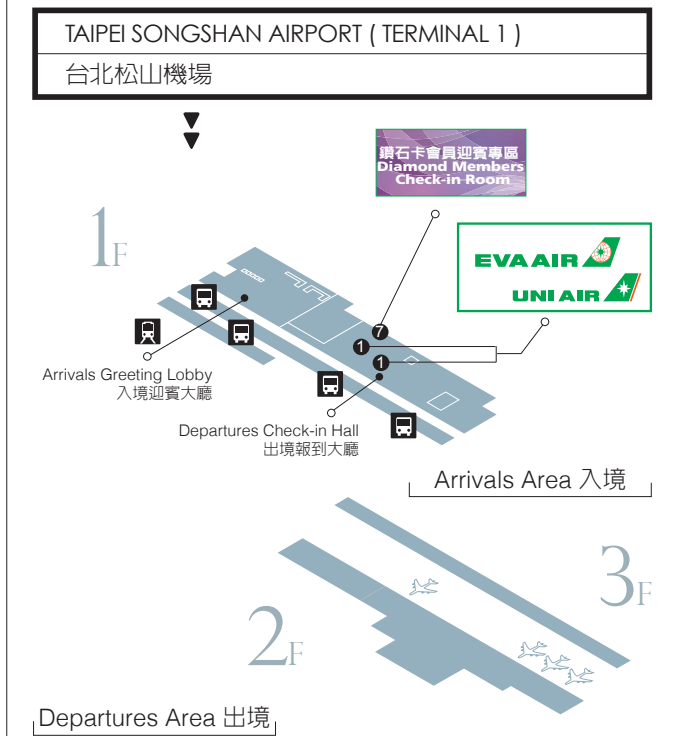
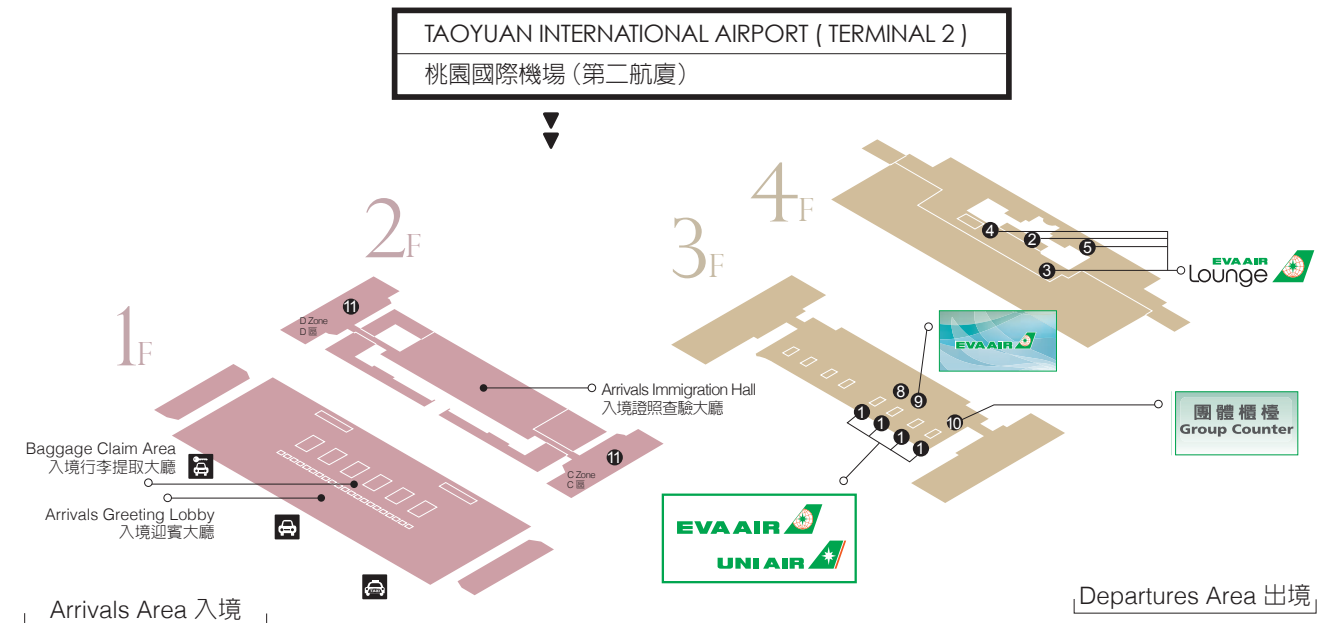


For information on Asia short-haul flights, please visit UNI Air's official website at [www.uniair.com.tw](http://www.uniair.com.tw) or consult the UNI Mobile App, a 7-11 ibon kiosk, or a FamilyMart FamiPort kiosk. 欲搭乘近程線班機之旅客，請至立榮航空全球資訊網、立榮航空App、超商查詢、訂購。

Taking Flight /

## EVA AIR SERVICES AT TAIWAN'S AIRPORTS

長榮航空於台灣各機場服務平面圖



- 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





## 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) 15 min. (RMB 25)	30 min. (RMB 70-110)	86-10-64530452
Guangzhou 廣州	28 km	60-90 min. (RMB 13-32) 45-55 min. (RMB 12-13)	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) 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) 8 min. (RMB 50)	86-21-68352946	
Shenzhen 深圳	32 km	30 min. (RMB 15)	40 min. (RMB 140)	86-755-23459322
Hong Kong 香港	37.5 km	46 min. (HKD 33) 20 min. (HKD 100)	40-60 min. (HKD 285-350)	852-27698218
Macau 澳門	8 km	30 min. (MOP 4.2)	15-20 min. (MOP 70-80)	853-28861330
NORTHEAST ASIA 東北亞地區				
Fukuoka 福岡	4 km	15 min. (JPY 1500) 10 min. (JPY 250)	10 min. (JPY 1,380)	81-92-4737220
Komatsu 小松	4 km	12 min. (JPY 260)	10 min. (JPY 1,700)	81-761-226286
Okinawa 沖縄	6 km	16 min. (JPY 300)	10 min. (JPY 2,000)	81-98-8521517
Osaka 大阪	51.4 km	60 min. (JPY 1,500) 50 min. (JPY 2,470)	60 min. (JPY 18,000)	81-72-4568007
Sapporo 札幌	45 km	80 min. (JPY 1,030) 37 min. (JPY 1,070)	60 min. (JPY 12,000)	81-123-451112
Sendai 仙台	9 km	25 min. (JPY 650)	40 min. (JPY 6,500)	81-22-3831831
Seoul (Gimpo) 首爾 (金浦)	25 km	60-80 min. (KRW 1,400-2,500) 45 min. (KRW 1,000-1,300)	40-60 min. (KRW 16,000-30,000)	82-2-26667461
Seoul (Incheon) 首爾 (仁川)	55 km	90 min. (KRW 9,000-14,000) 43-58 min. (KRW 4,250-8,000)	80 min. (KRW 80,000-90,000)	82-2-26667401
Tokyo (Haneda) 東京 (羽田)	14 km	45-55 min. (JPY 720-930) 20-35 min. (JPY 410-600)	30-45 min. (JPY 4,570-6,500)	81-3-57083720
Tokyo (Narita) 東京 (成田)	78 km	90 min. (JPY 3,000) 62 min. (JPY 2,940)	50 min. (JPY 20,690)	81-476-346320~3
SOUTHEAST ASIA 東南亞地區				
Bangkok 曼谷	32 km	90 min. (THB150) 20 min. (THB90)	30-60 min. (THB300-400)	66-2-1342521-25
Cebu 宿霧	12 km	20-60 min. (PHP 25)	40-120 min. (PHP 200)	63-32-232-3395
Denpasar 峇里島	2~3 km	10-15 min. (USD5-10) (To KUTA Shopping Center)	40-120 min. (PHP 200)	62-361-9357295
Hanoi 河內	40 km	90 min. (VND 5,000)	45 min. (VND 300,000)	84-24-35876566
Ho Chi Minh City 胡志明市	8-9 km	45-60 min. (VND 150,000-200,000)	45 min. (VND 300,000)	84-24-39361600-02
Jakarta 雅加達	30 km	60-90 min. (IDR 200,000-250,000)	45 min. (MYR 75)	84-28-38445211
Kuala Lumpur 吉隆坡	70 km	60 min. (MYR 10) 28 min. (MYR 35)	45 min. (MYR 75)	62-21-5501465
Manila 馬尼拉	10 km	45-90 min. (PHP500)	45 min. (MYR 75)	60-3-87766223
Phnom Penh 金邊	7 km	20-30 min. (USD 15)	45 min. (MYR 75)	60-3-87766223
Singapore 新加坡	20 km	60 min. (SGD 2) 35 min. (SGD 2)	20-30 min. (SGD 18-38)	63-2-8796250
AUSTRALIA 澳洲地區				
Brisbane 布里斯本	16 km	60-120 min. (AUD 7-10) 30 min. (AUD 18)	30 min. (AUD 40-60)	63-2-8796250
NORTH AMERICA 北美洲地區				
Chicago 芝加哥	32 km	30-60 min. (USD 32) 40 min. (USD 2.25-5)	30-60 min. (USD 40-50)	63-2-8796250
Houston 休士頓	36 km	75-90 min. (USD 1.25)	30-40 min. (USD 55)	1-847-780-1068
Los Angeles 洛杉磯	24 km	40-60 min. (USD 7-16)	30-40 min. (USD 45-50)	1-800-6951188
New York 紐約	24 km	45-70 min. (USD 15-27)	40-60 min. (USD 51.5)	1-310-6469812
San Francisco 舊金山	30 km	40 min. (USD 8-9)	30 min. (USD 46-66)	1-310-6469812
Seattle 西雅圖	19 km	36 min. (USD 2.5)	15 min. (USD 32)	1-650-3606800
Toronto 多倫多	28 km	50 min. (CAD 26.95+13%Tax)	30 min. (CAD 30-65)	1-206-2426888
Vancouver 溫哥華	12 km	25 min. (CAD 7.5-8.75)	26 min. (CAD 38)	1-416-7765085
EUROPE 歐洲地區				
Amsterdam 阿姆斯特丹	10 km	30 min. (EUR 5) 20 min. (EUR 4.2)	15 min. (EUR 50)	1-604-3033338
London 倫敦	24 km	15 min. (GBP 22)	40 min. (GBP 45-70)	1-604-3033338
Paris 巴黎	23 km	45-60 min. (EUR 9.4)  30 min.	45-60 min. (EUR 50-60)	31-20-4466279
Vienna 維也納	16 km	25 min. (EUR 8) 16 min. (EUR 12)	20-25 min. (EUR 40)	31-20-5759166

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: 4  
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: 5



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



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# 國泰世華長榮航空聯名卡

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消費最優

**NT\$10=1** 哩

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- 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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