

en Voyage

The Inflight Magazine of
EVA Air

AOMORI AND MATSUYAMA : TWO NEW JAPANESE DESTINATIONS

直飛日本青森與松山
親近質樸純淨的世外桃源

JULY
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。

EVA Air's founding ideals were that the airline was to never compromise on safety and always deliver the highest quality of service. Thirty years later, our commitments remain the same. For the fourth year in a row, EVA Air was ranked a 5-Star Airline by world-renowned airline ratings organization SKYTRAX. In its annual awards, SKYTRAX named EVA Air the World's Best Airline for Cabin Cleanliness and World's Best for Economy Class Catering. We were also named among the World's Top 10 Airlines, and picked up seven other important awards.

We would like to thank our passengers, personnel on the ground and in the air, and our business partners for all your encouragement and support. We owe our 5-star status to you, but our efforts do not end here. We will continue to raise the bar for service quality and improve every aspect of the EVA Air experience.

This month EVA Air adds two new routes to Japan. Our Taipei–Aomori route launches on July 17 and our Taipei–Matsuyama begins on July 18, both offering two flights per week. The new destinations mean more choices and convenience for our passengers headed to and from Northeast Asia.

長榮航空自成立以來，即以成為飛航安全與服務品質最佳的航空公司為目標，30年來，不斷創新突破，陪伴所有旅客安心舒適飛往全世界。本月，很榮幸能與您分享，我們第四度榮獲全球知名航空服務調查機構SKYTRAX的五星級航空公司認證，同時也獲得「全球最佳客艙清潔」及「最佳經濟艙機上餐飲」雙項冠軍的肯定，並持續入選為「全球10大最佳航空公司」等10項殊榮。

我們將此榮耀獻給全球旅客，以及全體空地勤同仁及合作夥伴。由於您的鼓勵與支持，讓我們努力維持五星級航空的服務，更期許不斷超越自我，從最微末的細節開始著手，為您打造最貼心、細緻的美好飛行體驗。

本月，長榮航空增加兩條日本航線，包括7月17日起開闢台北—青森航線，每週兩班，以及7月18日起開闢台北—松山航線，每週兩班，陪您便利往返東北亞，串聯全世界。

en Voyage

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Cover Story

30 Aomori and Matsuyama: Two New Japanese Destinations 直飛日本青森與松山 親近質樸純淨的世外桃源

On July 17, EVA Air launches service to Aomori. The following day, a new Matsuyama service begins. Both places offer relaxed and inspiring getaways.

長榮航空的台北—青森與台北—松山航線自7月中旬起飛，陪伴資深旅人便捷享受日本純淨的青山綠水、親切悠閒的民風與古樸的歷史韻味。

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深度旅日
新增航點

2019
長榮航空
新航線



名古屋 6/6

名古屋城

名古屋櫻花季

松山白鷺傳說

松山 7/18

松山少爺列車

青森白神山地

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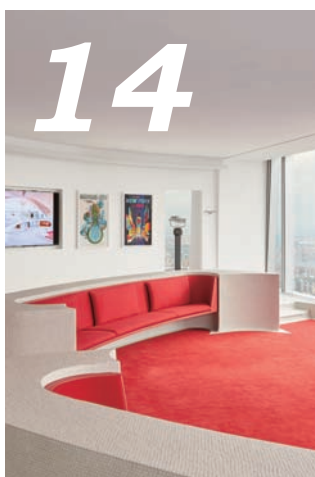
en Voyage

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

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Matsuyama, Japan / 日本松山市
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透過EVA iPad App，可下載enVoyage電子雜誌。

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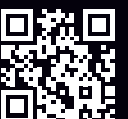
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/ July

CANDLE FESTIVAL ·

泰國蠟燭節

UBON RATCHATHANI, THAILAND / 烏汶, 泰國

To mark the beginning of Buddhist Lent, enormous beeswax candles are carved with characters from Buddhist folklore and paraded around the town.

為了慶祝守夏節，泰國藝術家與工匠以佛教故事為主題，在蠟燭上雕刻令人驚豔的作品，並舉行燭雕遊行。



JUL.

12 » 17

www.tourismthailand.org/Events-and-Festivals/Ubun-Ratchathani-Candle-Festival-5307

MUD FESTIVAL ·

韓國泥漿節

BORYEONG, SOUTH KOREA / 保寧, 南韓

Held near Boryeong Beach, this no-holds-barred family festival includes mud baths, mud fights, concerts, food fairs, parades, and firework shows.

在保寧沙灘登場的泥漿節，以泥巴浴、泥巴戰、演唱會、美食展、遊行及煙火秀，傳達泥巴的養顏功效。



JUL.

19 » 28

boryeongmudfestival.com

CALGARY STAMPEDE ·

加拿大牛仔節

ALBERTA, CANADA / 亞伯達省, 加拿大

Billing itself as the "The Greatest Outdoor Show on Earth," this event features rodeos, a parade, concerts, chuckwagon racing, and First Nations exhibitions.

被譽為世上最棒室外秀的加拿大卡加利牛仔節，活動包括牛仔競技、遊行、舞台表演、馬車比賽及展覽，精采絕倫。



JUL.

05 » 14

www.calgarystampede.com





NAUTICA

NAUTICA-TAIWAN.COM.TW



JUN.

SEP.

22 » 01

SUMMER THEATRE FESTIVAL · 夏至藝術節

summertheatrefestival.tnc.gov.tw

The 2019 Summer Theatre Festival consists of 50 music, dance, drama, circus and children's theater shows in Yunlin, Jiayi, and Tainan. A mobile theater will take place on the 40-minute train ride from Douliu to Xinying.

2019夏至藝術節以音樂、舞蹈、戲劇、馬戲團、親子劇等50場節目，串聯雲林縣、嘉義縣市、台南市等4座縣市。如「移動劇場」即是利用斗六到新營的40分鐘火車車程中，結合沿途風景進行戲劇、舞蹈、音樂演出，精采可期。

JUN.

AUG.

29 » 12

JUN.

SEP.

06 » 08

THE BEAUTY OF INTERCHANGE: SELECTIONS FROM JAPAN'S KOBE CITY MUSEUM · 交融之美——神戶市立博物館精品展

交融之美——神戶市立博物館精品展

south.npm.gov.tw



The Beauty of Interchange: Selections from Japan's Kobe City Museum takes place at the Southern Branch of the National Palace Museum in Jiayi. The 180 masterpieces on show illustrate cultural interchanges between East and West from the 16th to 19th centuries.

《交融之美——神戶市立博物館精品展》為故宮南院與神戶市立博物館共同合作，以180件精品呈現16至19世紀東、西方文明交流的故事，探討東亞海域的文化交流，及台灣在此期間所扮演的角色。

TAIWAN INTERNATIONAL HOT-AIR BALLOON FESTIVAL · 台灣國際熱氣球嘉年華

台灣國際熱氣球嘉年華

balloontaiwan.taitung.gov.tw



The annual Taiwan International Balloon Festival takes place at Luye Plateau in Taitung County. In addition to tethered balloon flights, there are concerts, balloon illuminations, and sunrise light and sound shows.

在台東鹿野登場的台灣國際熱氣球嘉年華，今年以「幸福長九(久)·夢想童樂園」為主題，打造充滿幸福、童趣的熱氣球派對及日出光雕音樂會，熱氣球結合銀河星空及日出光雕，讓台東的天空更加美麗。

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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。
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Hello Kitty 樂園

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你是否幻想過與Hello Kitty一起享用下午茶？你是否期待過跟Hello Kitty的小伙伴們一起來一場狂歡派對？那麼恭喜你收到他們的邀請，一起來玩轉「杭州Hello Kitty樂園」！



Q: 這座Hello Kitty樂園在哪裡呀？

A: 這座Hello Kitty Park（凱蒂貓家園）位於安吉縣城東，是中國首座Hello Kitty主題樂園！也是首個海外家園！通過上海銀潤控股（集團）與日本三麗鷗株式會社以品牌合作的方式精心打造，融合了中、日、美、歐等各方面優秀的創意、規劃和設計資源。所以心動不如行動，來一場說走就走的旅行吧！



Q: 這個Hello Kitty樂園裏有什麼好玩的地點呢？

A: 樂園園區由六大區域組成，有Hello Kitty和她的小伙伴們聚會的友誼廣場；如果你喜歡大眼蛙，可以去他的歡樂港灣；如果你喜歡Melody，可以光臨她主場的音之村；如果你喜歡淘氣猴，可以去探索他的精靈森林；還有行俠仗義酷企鵝駐紮的蒸氣王國；最後當然少不了主人Hello Kitty的家—凱蒂貓小院。六種不同的風格，總有一款合你胃口！



Q: 那麼在住宿方面怎麼辦呀？

A: 這個問題大可放心，園區內配套有兩間主題式酒店，享有五星級酒店的設備，夢幻又宏偉的城堡外觀；以及華麗又精緻的室內裝潢。讓你置身於童話之中，度過公主般的夢幻之夜！

這個粉色系的Hello Kitty樂園是多少人的童年夢想？每個人心中都住着一個孩子。在這裡，Hello Kitty和她的小伙伴們歡迎任何年齡層的孩子大駕光臨，一起手牽手走進這個夢幻世界。





JFK INTERNATIONAL AIRPORT TERMINAL 5 HOTEL



TWA Flight Center, which was a shoot location for the film *Catch Me If You Can*, was designed by Finnish-American architect Eero Saarinen. Completed in 1962, it became an iconic landmark and symbolized the heyday of the US aviation industry. Beyer Blinder Belle and Lubrano Ciavarra Architects renovated the structure into a 512-room hotel with a red and white interior by Stonehill Taylor. The retro-futuristic TWA Hotel has a 16,000 sq.m lobby, an infinity pool on the roof, and features Paris Café, helmed by Michelin-starred chef Jean-Georges.

紐約甘迺迪國際機場
第五航廈旅店

twahotel.com



EVA AIR FLIES TAIPEI-NEW YORK DAILY

長榮航空每週7班從台北飛往紐約

電影《神鬼交鋒》的取鏡場景TWA Flight Center，是由Eero Saarinen操刀設計、1962年啓用的美國環球航空專用航廈，不僅是名聞全球的地標建築，更象徵美國航空業輝煌的全盛時期。2019年，在Beyer Blinder Belle與Lubrano Ciavarra Architects兩家建築師事務所執掌建築硬體結構、Stonehill Taylor擔任室內設計的分工下，它以TWA Hotel機場旅店的樣貌重現世人眼前。旅店大廳空間以紅白配色的未來科技感做為基調，配置512間客房，同時設有米其林星級主廚Jean-Georges主理的Paris Café餐廳與頂樓的無邊際泳池。



TSZ SHAN MONASTERY BUDDHIST ART MUSEUM

慈山寺
佛教藝術博物館

tszshanmuseum.org

Tsz Shan Monastery Buddhist Art Museum is Hong Kong's first academic research lab and museum solely dedicated to exhibiting Buddhist art. Home to 100 Buddha statues and 43 hand-copied Dunhuang sutras, the museum's relics follow the three major Buddhist traditions (Chinese Han Buddhism, Tibetan Buddhism, and Mahayana Buddhism). The museum opened on May 1.

由李嘉誠基金會捐助興建、香港唯一一間以佛教藝術為展覽主題的博物館及學術研究基地「慈山寺佛教藝術博物館」，於5月1日起免費開放大眾預約參觀。館內共有佛菩薩藏品1百尊，並輪流展出43卷敦煌手抄經，展現佛教3大傳承（漢傳、藏傳、南傳），訴說佛法與不同文化融合的故事。



EVA AIR FLIES TAIPEI-HONG KONG 60 TIMES A WEEK

長榮航空每週60班從台北飛往香港





FRUITY ICED TEAS FOR SUMMERTIME

夏日果香冰茶

www.whittard.co.uk

In 1886, Walter Whittard opened the first Whittard of Chelsea store in London. Over 130 years of tradition and innovation have made Whittard, known for its loose-leaf teas, creative hot chocolate, and instant teas and coffees, a highly respected brand that's a part of English life.

Whittard's instant teas come in a range of enticing flavors, including lychee and mango, mango and passionfruit, Turkish apple, and lemon and lime. Served on ice, these instant teas make for a refreshing summer treat.

1886年Walter Whittard在倫敦開了第一家Whittard of Chelsea，至今結合了130多年的傳統與創新，從經典的英式早餐茶到創意的熱巧克力，以及獨特的即溶茶和咖啡，奠定了Whittard在英國人生活中的地位。尤其隨沖隨飲的即溶茶粉，充滿濃濃的水果香氣，如荔枝芒果、芒果百香果、土耳其蘋果、檸檬萊姆等風味，再加入自己喜愛的水果，成為夏日最濃厚甜美的果香冰茶。



FRINGE COFFEE PARIS

攝影藝廊咖啡館
fringecoffeeparis.com

位於瑪黑區的Fringe Coffee是巴黎文青最愛的休閒據點。咖啡館主人Jeff Hargrove是專業攝影師出身，曾出版《巴黎咖啡革命》專書。Fringe Coffee不但是供應單品咖啡、茶、巧克力飲品與健康蔬食的咖啡館，也是攝影愛好者的作品展覽空間。若您想要嘗鮮，不妨嘗試主人精選的台灣烏龍茶、珍珠奶茶與珍珠烏龍茶。



EVA AIR FLIES TAIPEI-PARIS DAILY
長榮航空每週7班從台北飛往巴黎

Nestled in the Marais district, Fringe Coffee is a favorite hangout among the hip crowd in Paris. The café is owned by professional photographer Jeff Hargrove, who also published the book *Paris Coffee Revolution*. Beyond the coffee, tea, chocolate drinks, and healthy vegetarian food on the menu, Fringe Coffee also has an exhibition space dedicated to photography. If you have the chance to visit, be sure to try the Hargrove's own select Taiwanese oolong tea, tapioca pearl milk tea, or tapioca oolong tea.

1. Woven Coffee Table 編織咖啡桌

dayidweeksstudio.com/furniture/waaw-low-table/

Designed by David Weeks Studio in New York, the Waaw collection of coffee tables are made by M'Afrique Atelier in Dakar of Senegal. The table tops are woven from polyester cord.

紐約David Weeks Studio設計、在塞內加爾達卡M'Afrique Atelier製作的Waaw系列編織咖啡桌，以金屬編織而成，並使用達卡市場常見的尼龍繩進行防鏽處理，傳統結構與材料確保了室內與戶外使用的靈活性。

2. Meshmatics Chandelier 網狀結構吊燈

shop-nl.moooi.com/products/meshmatics-chandelier

Shaped like a dandelion, Meshmatics Chandelier is a lamp designed by Dutch designer Rick Tegelaar for Moooi. The sophisticated three-layered mesh structure reflects and diffuses light.

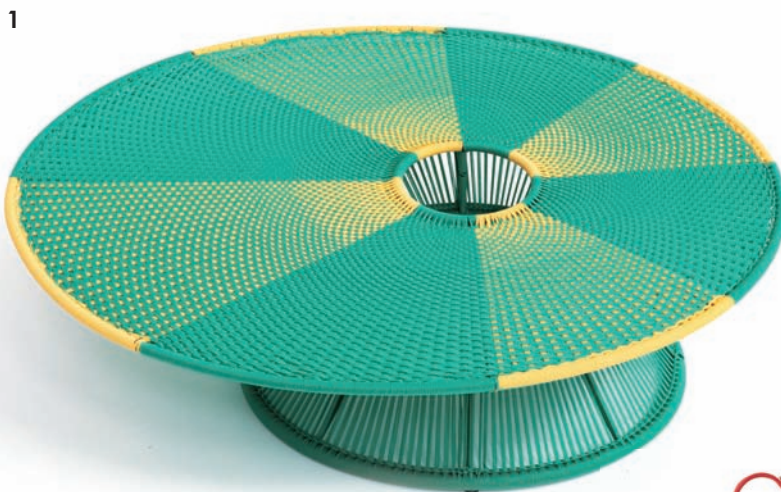
由荷蘭設計師Rick Tegelaar為Moooi設計的網狀結構吊燈，如同飄飛於微風中的蒲公英，精緻的漸變3層網狀結構，漫射出柔和的光線，展現照明燈具輕巧優雅的美感。

3. Multi-base Chair 多元功能學習椅

arper.com/ww/en/products/collections/cila-go_2

A modular chair with a swing-out table and storage space, Cila Go, designed by Spanish studio Lievore Altherr, offers expanded possibilities for the learning environment.

出自西班牙Lievore Altherr設計工作室的Cila Go多元功能學習椅，可視使用需求將座椅變化為凳子、椅子或扶手椅，椅子配置了可延伸的桌板，使桌面便於操作使用筆記型電腦、平板電腦，底座則設有貯物空間。



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1. Card Phone
薄型手機

www.nttdocomo.co.jp/product/feature_phone/ky01l/

The Kyocera KY-01L is an ultra-thin cellphone with a 2.8-inch e-paper display and a resolution of 600x480. It is 5.3mm thick and weighs 47 grams. The award-winning device even has a built-in web browser.

榮獲德國iF金獎的京瓷KY-01L卡片式手機，是採用電子紙螢幕設計的薄型手機，螢幕為2.8吋、解析度600X480像素，厚度只有5.3公釐，重47公克。手機內建瀏覽器等滿足商務人士使用需求的基本功能。

2. Outdoor Home Security
智慧居家安全系統

shop.ring.com/products/video-doorbell-2

Smart home security company Ring has launched Video Doorbell 2, the second generation of its smart doorbell, featuring 1080p HD video, infrared vision, two-way audio, and motion detection.

專精於家庭智慧安全監控系統的Ring，推出第二代智慧錄影門鈴Video Doorbell 2，具有1080p的高解析度影像畫質、夜間清晰模式，以及雙向音頻與運動檢測模式，可透過Wi-Fi與行動裝置連結。

3. Innovative Entertainment System
操作遊戲組

first-flight.sony.com/pj/toio

Toio is an interactive entertainment system launched by Sony. The kit consists of a control module, two small, wheeled robots, and two ring-shaped controllers. Users can create their own mobile toys from Lego blocks or paper.

Sony推出的Toio是一個創新的娛樂系統，由控制模組、兩個方塊型機器人和兩個環形控制器等構成，使用者可運用樂高積木、紙張或其他媒材，創作出自己的玩具。

TEXT: VIC LIU

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3



LEARNING TEXAN

學著當個道地德州人

BY KEVIN PILLEY / ILLUSTRATIONS BY LYNETTE LIN



Welshman Kevin Pilley is a former professional cricketer who became chief staff writer of *PUNCH* humor magazine. His work appears worldwide.

Welshman Kevin Pilley為前板球球員，後來成為《PUNCH》雜誌主筆，作品散見於世界各地。

“The mirror doesn’t lie,” said the sales assistant. She had taken my head size and steered me into a cattleman’s crease.

I’d considered a Carlsbad, a Bullrider, and a Baden Powell four-pinch “lemonsqueezer.”

At my feet lay the debris of our joint deliberations. Rejects included the Black Hawk, the Santa Fe in mushroom,

the Hollywood Drive in cordova, and the Corral in silver strand.

I looked at myself from under my

four-inch brim, trying to see James Dean rather than J.R., whose famous cowboy hat is now in Washington DC's Smithsonian Museum.

I heard it coming.



「鏡子不會說謊。」店員這麼說。她量了我的頭圍，然後帶我去看牛仔帽。我考慮選Carlsbad、Bullrider和Baden Powell的「檸檬榨汁器」帽。

我的腳邊放滿了我們一致認為不適合的帽子。我看著四吋帽簷下的自己，希望看到的是James Dean，而不是J.R.，他那頂超有名的牛仔帽現在就放在華盛頓特區的史密森尼博物館。

我覺得快找到了。「你看起來真好看。」

紐澤西人John Batterson Stetson於1906年過世，他是專為喬治·華盛頓製作帽子的帽商之子。J.B.在狩獵和淘金盛行的年代發明了前衛的Boss of the Plains牛仔帽，並在1865年成立經典的男性品牌。

第一頂Stetson出品的帽子在科羅拉多州的申特羅城售出。到了1920年，費城的Stetson工廠一年

“You look a real dude.”

New Jerseyite John Batterson Stetson, who died in 1906, was the son of a milliner who made hats for George Washington. J.B. invented the pioneering Boss of the Plains cowboy hat while hunting and gold prospecting. He founded the iconic dude brand in 1865.

The first Stetson-branded hat was sold in Central City, Colorado. By 1920, Philadelphia's Stetson factory was turning out three million hats a year.

Nothing remains of the plant, which closed in 1971. But Stetsons are still made in Garland, Texas, 30 minutes from downtown Dallas. The name is still a byword for quality American headwear and required wearing for rodeos.

Dallas is full of Westernwear shops. Cavender's, Pink's, and Shepler's (dating back to 1899) are the oldest. They're the place to learn to speak Texan.

Texans have their own language. If they're not talking about their herds, they're talking about their hats.

In the factory's Garland outlet store another certified outfitter raved about hand-tolled snip toes, stacked heels, and single-welt leather soles with lemonwood pegs and brass nails.

“At 330 bucks you get a wide, square toe and crackle vamp.”

I was still not sure about the core

生產的帽子高達3百萬頂。工廠在1971年關閉，不過Stetson的帽子還在距德州達拉斯30分鐘車程的加蘭持續生產。這個名字仍是優質美國帽的代名詞，也是牛仔競技時不可或缺的行頭。

達拉斯街上到處都能看到賣西部風格單品的商店，其中歷史最為悠久的是Cavender's、Pink's及Shepler's。這些地方都是學習德州方言的好去處。德州人有自己的語言，他們不是在談自己的牲畜，就是在談自己的帽子。

在加蘭暢貨中心內，另一家深受好評的服飾店店員極力吹捧手工長筒皮靴、疊跟鞋，以及附檸檬木鞋釘和銅釘的單嵌線皮革鞋底。

「只要 330 美元，就能獲得方正鞋頭和碎紋鞋面。」

我不太確定這麼硬派的全美式風格適不適合我。為我服務的店員請我感覺一下緞面內襯，並展示可以幫我

all-American lifestyle look.

My designated saleslady invited me to feel the satin lining and showed me the bow which would help me put the thing on the right way round.

“Actually, it's not a bow,” she said “It's a skull and crossbones motif going back to the days when hat makers used toxic mercury and used to suffer from uncontrollable convulsions.”

Sensing my skepticism she added, “The best hats come from the best beaver.”

Around me were racks of 10-gallons. The name probably came from the Spanish *galón* (a kind of hat braid) or *galán* (fine).

We settled on a Silverbelly Tom Mix named after the first cowboy movie star.

“The turn-up at the ears means your hat won't interfere when you're using a lasso,” said the assistant, moving quickly to the till. She rung up the sale.

Passing me my hatbox, she gave me another premium corporate smile and some after-sales advice.

“Pick it up by the brim. Don't use it as a canteen. Look after your Stetson and it'll look after you. Baby talc now and then.”

She walked me to the door, opened it, and said, “Wear it in good health!”

“And enjoy your next hoedown.”

正確穿上這東西的那把弓。

「其實那不是弓。」她表示。「而是由骷髏圖轉化而來的設計，因為過去的製帽商使用有毒水銀，經常會不由自主的抽搐。」

似乎感受到我的疑慮，她又接著說：「海狸皮製的帽子是最好的。」

我最後選擇以第一位牛仔電影明星為名的Silverbelly Tom Mix。「雙耳上翻的設計代表帽子不會影響你使用套索。」將帽盒遞給我時，她露出另一個非常燦爛的公式化微笑，並提供一些後續保養的忠告。

「從帽簷拿起帽子，不要把它當成水壺。顧好你的Stetson，它就會顧好你。請不時用爽身粉保養一下。」她送我到門邊，打開門，然後開口說：「戴上光鮮亮麗的帽子！」

「然後享受你的下一場土風舞會。」

SINGAPORE'S INDEPENDENT BOOKSTORES



獨立書店

新加坡的另類城市風景

BY JAMIE HUANG (黃巧慧)
PHOTOS / JAMIE HUANG, SEAN LEE

W

hen it comes to Singapore, there are many travelers whose main takeaway seems to stop at the hyper-modern urban skyline. In recent years, however, Singapore's relentless change has also seen the cropping up of more deeply rooted cultural and creative spaces that have been reshaping the cityscape. This list covers but a few independent bookstores, both old and new, that have been keeping Singapore fresh and providing a place for local communities to gather.

許多旅人對於新加坡的印象，或許還停留在五光十色、高度現代化的國際都會，然而近幾年新加坡不斷轉變，許多深耕文化與創意的空間接連出現，在當地構築出有別以往的人文景致。幾間經營得有聲有色的獨立書店即為一例，這些小而美的書店有些早已存在，有些則誕生於近期，各自在不同的特色下耕耘，成為當地人喜愛的聚會新地點，若是鍾愛探究城市記憶的旅人，更推薦尋路探訪。值得一提的是，這些獨立書店皆坐落於人文色彩濃厚的地區，造訪時不妨順道探索鄰近街區。

Grassroots Book Room is an independent bookstore that specializes in Chinese-language publications and plays a central role in Singapore's publishing scene. The shop can be found in a row of traditional Nanyang-style storefronts on the historically significant Bukit Pasoh Road. There's a special section for local English-language publications, too. If you're hoping to learn more about literature, history, and the sociocultural landscape of Singapore, Malaysia, and the greater Southeast Asia region, it's a great place to explore, buy a book, and read at your leisure in the store's popular café.

Located in the heart of Tiong Bahru, **BooksActually** is an independent bookstore that has become quite a big name in Singapore's creative scene. The shop specializes in English-language publications and features a display of beautifully designed books, most of which are independently published by the shop's own press. Accompanying this is a selection of literary trinkets, also put out by the shop. The idea is to use the shelves and the space to provide a platform for local creators to showcase their work and for the public to connect with local creative culture.

Although only opened last year, **The Moon** is a space in Singapore's bustling Chinatown that has already received many positive reviews. The shop's selection of books aims to address the historical gender imbalance and racial disparity that exists in English-language publishing, so the selection process pays special attention to the diversity of the backgrounds of the authors. More than half of the publications on the shelves are written by women, and most cover topics such as migration, ethnic minorities, climate change, and other international social issues.



BooksActually

在新加坡華語文化出版圈具指標意義的華文獨立書店「草根書室」，位於承載著新加坡重要歷史記憶的武吉巴梳路，路上一整排的南洋傳統店屋建築，草根書室就在其中一間店屋裡。向來致力推廣華文閱讀的草根書室，架上書籍類別相當豐富，包括由新馬、中港與台灣出版的哲思、藝術、華文現代文學、西方和日本翻譯文學及兒童繪本等，並有部分具當地特色的英文選書籍。若想多了解星馬與南洋地區的文學、歷史及社會文化，很適合在此駐足，買本書在書室內廣受好評的咖啡店細細閱讀。



Grassroots Book Room / 草根書室



位在中峇魯的英文獨立書店「BooksActually」，在當地文化創意圈中頗具名氣，展示販售設計精美的書籍與自家推出的創意小物，而大多數書籍是書店為當地作家們獨立出版的作品，為這些作品提供一個面世的平台。

甫於去年開店的「The Moon」則位在熱鬧的牛車水，開業不久已獲得不少好評。為解決英語出版物中長期以來性別與種族的失衡，The Moon特別注重作家的背景多樣性，店內過半著作出自女性作家，書籍主題也多所關注國際社會議題，如移民、少數族裔、氣候變遷等。為了讓每位愛書人都能享有閱讀的權利，三樓的活動空間還設有公共借閱圖書區，每週五、六店內更經營至午夜，讓愛讀書的人不怕沒地方去。☑



FIVE THEMED EXPERIENTIAL VACATIONS

全球5大主題式體驗之旅

BY REBECCA TAY



W

What better way to experience a new destination than by becoming completely immersed in everything about it — the food, the sounds, the smells, the sights, and, of course, the people? Whether it's to shake up your regular holiday formula or because you just love adventure, there's something for everyone. From food- and wine-based holidays in France to volunteering at an animal sanctuary in Thailand, here are five incredible themed, experiential vacations to put on your bucket list — or start planning now.

想要體驗一個新景點，沒有比澈底融入當地生活更好的方式了——品嚐美食、傾聽萬籟、感受氣味、欣賞風景，以及與當地人交流。本文介紹5個主題式體驗之旅，包括帶您到法國品嚐美酒佳肴、到泰國成為動物保護區的志工，歡迎跟我們一起規劃行程！



UNITED STATES • Wyoming

01

If you've ever wondered what life as a cowboy might be like, visit a dude ranch in Wyoming and you won't have to just imagine it — you can experience it for yourself. Anyone who's afraid of horses (or moderately uncomfortable riding one) need not apply: at a proper working cattle ranch such as Focus Ranch on the border of Colorado and Wyoming, Klondike Ranch in the Bighorn Mountains, or Triangle C Ranch near Jackson Hole, most of your day will be spent on horseback. Whether you're helping ranchers herd animals, learning about cattle production, or checking the fences in the far reaches of the ranch, it's a unique, back-to-nature experience — and not one you'll likely forget. Many dude ranches are nestled in mountains where you can relax and go fishing in crystal-clear streams, explore historic American West trails, or sleep under the stars on campout days; more luxurious ranches even offer spa facilities so you can soothe your muscles after long days riding. Giddy-up!

美國 懷俄明州

如果想了解牛仔的生活，可以到懷俄明州的休閒牧場親自體驗。在正常運作的牧場中，如科羅拉多州和懷俄明州交界的Focus牧場、比格霍恩山脈的Klondike牧場，或是Jackson Hole附近的Triangle C牧場，您大多數的時間都會在馬背上度過，無論是幫忙放牧牲畜、學習幫牲畜生產，或是檢查牧場外圍的籬笆，都會是重回大自然懷抱的獨特體驗。這些休閒牧場都坐落在群山中，讓您可以放鬆身心地在溪流邊釣魚、探索西部時代的古道，或是在星光照耀下入睡。更豪華一點的牧場甚至還會提供溫泉，鬆弛您騎了一整天馬後的緊繃肌肉。駕駕！



EVA AIR FLIES TO MAJOR US CITIES DAILY

長榮航空每週71班從台北飛往美國各大城市



FRANCE • Bordeaux, Burgundy, and the Loire Valley

Step back in time and immerse yourself in a true agricultural experience by helping out with the harvest in France. A word of warning: this does not generally make for a relaxing vacation, but is definitely an educational, memorable one. Pick everything from mustard seeds and peaches to apples, kiwis, and other fruit all year round; alternatively, if you're an oenophile, head to one of the key winemaking regions (there are apparently 750,000 hectares of vineyards in France) between August and mid-November and you can become a *vendangeur* – the French term for those who help cut vines and pick the grapes used specifically for wine.

02

法國

波爾多、勃艮地及羅亞爾河谷

到法國幫忙農家採收，彷彿回到過去，重溫真正的農業社會。提醒您，這不是一段輕鬆的旅程，但令人難忘。您可以採收各種作物如芥菜籽、桃子、蘋果、奇異果及其他當季水果；也可以在8月到11月中旬前往各大釀酒區（總面積約75萬公頃）幫忙剪除葡萄藤、採收釀酒葡萄。



EVA AIR FLIES TAIPEI-PARIS DAILY

長榮航空每週7班從台北飛往巴黎



03

MONGOLIA • Ulaanbaatar

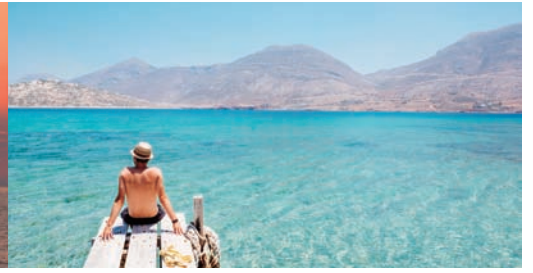
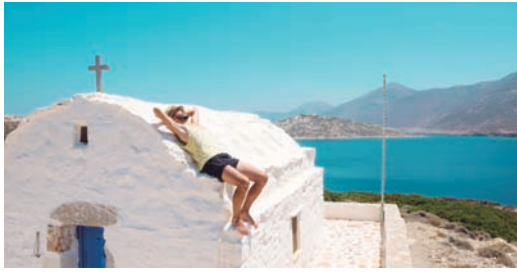
Want to escape 21st-century life and experience life as a nomad? We can't think of a better place to do this than in Mongolia, where you can join companies such as National Geographic Expeditions on a horseback adventure. Start in Ulaanbaatar, where you can immerse yourself in Mongolian culture and cuisine, before traveling west, stopping in small towns, visiting the ruins of Karakoram (where Genghis Khan and his son established the Mongolian empire in the 13th century), and exploring the Erdene Zhu Buddhist monastery. Visit and stay in a traditional yurt to experience, first hand, the nomadic way of life, then spend a few days on a horse trek, exploring the mountains and walking, fishing, and camping with nomads.

蒙古 烏蘭巴托

想要體驗游牧生活嗎？沒有比蒙古更適合的地點了！在那裡，您可以加入國家地理探險隊等企業的行列，展開一段馬背上的冒險。首先到烏蘭巴托，體驗蒙古文化與料理；再往西走，造訪喀喇崑崙山脈上的遺跡（13世紀成吉思汗與他的兒子在此建立蒙古帝國），並探索額爾德尼召佛寺（又名光顯寺）。住宿在蒙古包中，體驗游牧民族的生活方式，然後展開為期幾天的騎馬之旅，進入山區探險、健行、釣魚，以及拜訪牧民。

PHOTOGRAPHY: TOP PHOTO GROUP / GETTY IMAGES / IMAGE DJ





04

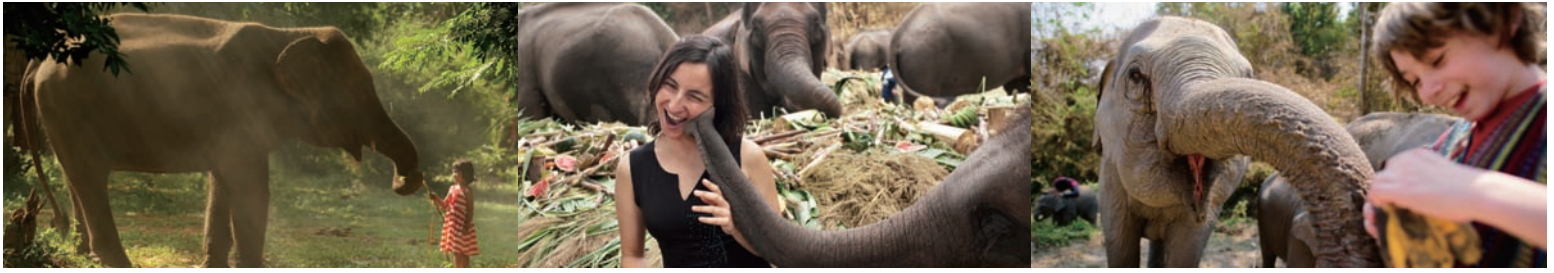
GREECE • *Cyclades Islands, Aegean Sea*

There's a time and a place for a luxurious holiday aboard a yacht — and then there are sailing adventures where you can get much more involved. Due to the engaging nature of the latter, these trips are often, therefore, more rewarding. Forget just being transported from place to place; now, there are companies that specialize in taking you and a handful of friends (usually a maximum of eight) to unforgettable places while teaching you to help out on the boat: raising and dropping the anchor, throwing ropes at port, and helping moor the boat. In between chores, there's plenty of sightseeing to do on the islands, and you'll want to squeeze in some sunshine-filled R 'n' R, too.

希臘 基克拉哲斯群島、愛琴海

在遊艇上度過一段豪華假期並且出海冒險，會讓您更有投入感；由於出航時很多事都要自己來，因此這些旅程通常會讓您更有收穫。告別傳統的觀光行程，現在，有些公司可以帶您和三五好友（通常最多8人）前往令人難忘的祕境，同時教導並鼓勵您幫忙船上的工作，如收錨和拋錨、在港口拋擲繫繩、協助遊艇停泊。在協助航行之餘，您可以飽覽群島風光，也可以找時間做日光浴，休息放鬆一番。





THAILAND • Koh Samui, Chiang Mai, Sukhothai, and Phuket

05

Elephant sanctuaries have come under fire in recent years for actually harming the lives of the great creatures, but with a bit of research into ethical tourism, you can still engage with the animals — and have an incredible holiday at the same time. Places such as the Elephant Nature Park and Burm & Emily's Elephant Sanctuary act as retirement homes for rescued elephants, while Boon Lott's Elephant Sanctuary, Elephant Valley, Samui Elephant Haven, and Mahouts Elephant Foundation allow you to observe, prepare food for, feed, and walk alongside elephants in accordance with strict, ethical animal welfare standards.

泰國

蘇梅島、清邁、素可泰和普吉

近年來，大象保護區因其危害了大象的生命而飽受抨擊，但在研究過倫理觀光後，您還是有機會與這些動物接觸。Elephant Nature Park（大象自然公園）、Burm & Emily's Elephant Sanctuary 等地是獲救大象可以安享晚年的家園，而在 Boon Lott's Elephant Sanctuary、Elephant Valley、Samui Elephant Haven 及 Mahouts Elephant Foundation，則可在遵守嚴格倫理動物福利標準的前提下觀察大象、準備食物和餵食，以及與大象一起散步。📍

PHOTOGRAPHY: TOP PHOTO GROUP / GETTY IMAGES



EVA AIR FLIES TAIPEI-BANGKOK 28 TIMES A WEEK, AND
TAIPEI-CHIANG MAI DAILY

長榮航空每週28班從台北飛往曼谷，每週7班飛往清邁

A O M O R I A N D

Two New Japanese Destinations

J

apan is the starting point for no small number of self-guided travelers, partly because the country has something to offer everyone. On July 17, EVA Air launches service to Aomori. The following day, a new Matsuyama service begins. Both places offer relaxed and inspiring getaways.

日本，是不少人開始自助旅行的啓蒙地，因為它幾乎能同時滿足大家的需求。長榮航空於7月17日、7月18日開航的青森、愛媛松山航線，有別於繁忙都會的日式悠閒風情，滿足資深旅人的視覺、觸覺及味覺感受。

直飛日本青森與松山

親近質樸純淨的世外桃源

BY VICTO CHIANG

M A T S U Y A M A

Aomori and Ehime prefectures are famous for apples and oranges, respectively, and the two destinations are indeed very different in nature. But in fact, they also have a lot of similarities — from historic castles and sightseeing trains to *onsen* and cuisine.

談到青森跟愛媛，通常會讓人聯想到蘋果與柑橘，但這兩個地方其實還有許多相似的地方，無論古城、觀光列車、溫泉及美食，都讓人忍不住駐足欣賞與享受這段時光。



“

Aomori, Tohoku Region

Delving into the Secluded and Serene

東北青森
奥之細道探幽

”



PHOTOGRAPHY: MICHAEL LEE / GETTY IMAGES



- Hirosaki Castle -

Located in Hirosaki Park, Hirosaki Castle is a four-century-old historic site that contains one of Japan's 12 extant *tenshu* (a type of castle tower), the only *tenshu* in the Tōhoku region. For this reason, the Japanese government has designated the castle's structures as National Important Cultural Properties and the park as a National Historic Site. Hirosaki Park is famous for its beautiful scenery and its year-round festivities — from *sakura* (cherry blossoms) in spring and festivals in summer, to maple leaves in autumn, and winter snow — attracting over two million visitors each year thanks to the perennially popular Snow Lantern Festival in February and the Cherry Blossom Festival in April. With the exception of the Botanical Garden, Honmaru, and Kita no Kuruwa areas, the rest of the site is free and open to the public. If you get the chance to visit during the Cherry Blossom Festival, you can row down the river in a rental boat while you take in the beautiful scenery.

- Oirase Keiryu -

Oirase Keiryu is a mountain stream that flows from Nenokuchi at Lake Towada to Yakeyama, stretching nearly 14km. As Towada-Hachimantai National Park encompasses the length of the stream, the surrounding area is strictly maintained with designated trails for people to walk on. From the Ashura no Nagare rapids and the Kujukushima micro islets to the Kumoi no Taki and Choshi Otaki waterfalls, the area has no shortage of captivating scenery, which make Oirase Keiryu a site of pilgrimage for photographers throughout the year. Some of the best times to visit are in February for the frozen waterfalls, in June for the sea of green, and in late October for the autumn leaves. Each season brings its own unique beauty.

- Tohoku Emotion -

Tohoku Emotion is a sightseeing train that operates on weekends and holidays between Hachinohe and Kuji — a coastal line with breathtaking ocean views. For morning departures from Hachinohe, passengers are served a deluxe lunch that comes with an appetizer and dessert. For afternoon departures from Kuji, passengers are served a dessert buffet along with afternoon tea. As a fine-dining restaurant train, the biggest selling point is that passengers are able to sit back in ornately designed cars and relax as they enjoy locally sourced cuisine — all the while admiring the majestic Pacific. On certain sections of the route, you might even see local residents waving traditional *tairyō-bata* (a type of fisherman's flag), cheering on the train as it passes by.

弘前城

位於弘前公園內的弘前城有4百年歷史，也是日本現存12座天守之一，更是東北唯一一座，因此日本政府將弘前城列為重要文化財，展示歷史文物。弘前公園無論春櫻、夏祭、秋楓和冬雪都有美麗景色跟活動，每年吸引超過兩百萬人到訪，尤其2月雪燈祭及4月櫻花祭更讓人著迷不已。整座公園除弘前城本丸、北の郭及植物園需收費外，其餘地區免費開放參觀，而西邊護城河在櫻花祭期間旅人可租借遊覽小船，一邊划船一邊賞櫻。

奧入瀨溪

奧入瀨溪是條從十和田湖「子ノ口」延伸到「焼山」總長近14公里的河流，由於位在十和田八幡平國立公園內，因此管理限制較嚴格，溪流邊有健行步道提供旅人行走，沿途景色美麗，「阿修羅の流れ」、「九十九島」、「雲井の滝」及「銚子大滝」是吸引旅人拍照留念的亮點，同時也有不少攝影愛好者前來朝聖，無論是2月的冰瀑、6月的新綠及10月底的秋楓都是推薦來訪奧入瀨溪流的最佳時節，不同季節可以欣賞不同的美。

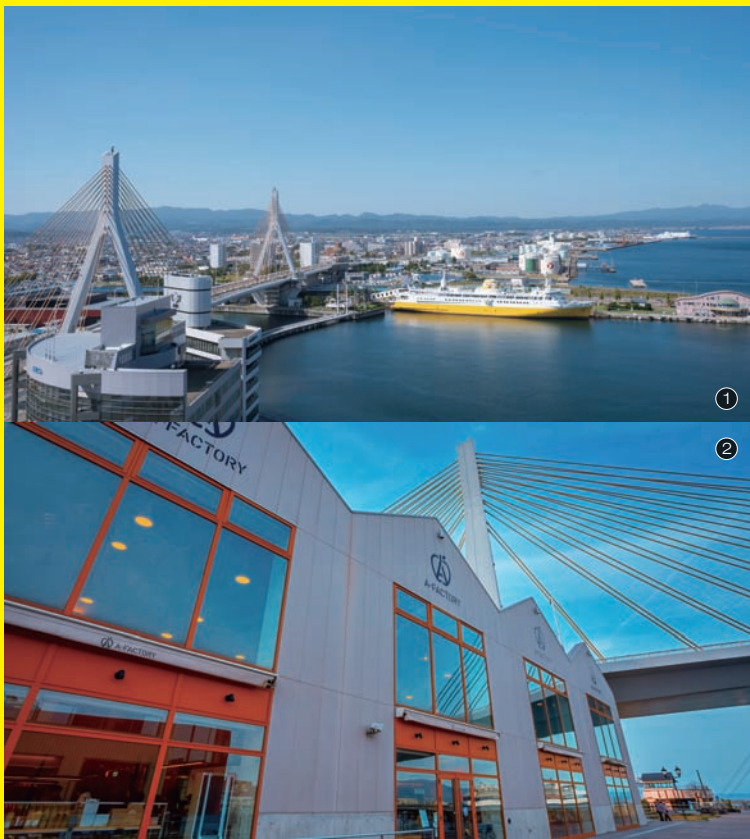
TOHOKU EMOTION

沿著海岸線、行駛於八戶和久慈間的「TOHOKU EMOTION」是一列假日限定、能看到漂亮海景的觀光列車，車廂外觀或內部裝潢相當吸睛。上午從八戶出發後提供的豪華午間套餐，從前菜到甜點都相當精緻，下午從久慈出發後提供的甜點下午茶，最大賣點為採用在地生產的食材，讓乘客能夠放鬆心情，一邊享受美食一邊欣賞壯闊太平洋景色，特定路段還能看到當地住民搖著大漁旗歡迎列車經過。

酸湯溫泉（酸ヶ湯溫泉）

位於八甲田山下的酸湯溫泉（酸ヶ湯溫泉）擁有超過3百年的歷史，泉水為乳白色硫磺泉，跟群馬四万溫泉、日光湯元溫泉並列為最早成為日本政府指定的國民保養溫泉地。酸湯溫泉最為人所知的應該就是曾創下「千人混浴風呂」驚人紀錄，在約80坪的空間裡有熱湯、四分六分湯、冷的湯及湯籠等提供大家選擇使用，在「千人混浴風呂」加持下，也讓酸湯溫泉成為日本東北地區名湯之一，如果不敢混浴又想好好享受溫泉的，這邊也有男女分開的「玉の湯」。

① The Aomori Nebuta festival is held in early August / 每年8月舉辦的青森睡魔祭為日本東北三大祭典之一 ② Oirase Keiryu / 奧入瀨溪 ③ Lounge Mori no Shinwa in Oirase Keiryu Hotel / 奧入瀨溪流飯店景觀大廳「森之神話」 ④ Interior of the Tohoku Emotion sightseeing train / TOHOKU EMOTION觀光列車內部座位 ⑤ Aomori is famous for its apples / 青森為世界知名的蘋果產地 ⑥ Hirosaki Castle / 弘前城



- Sukayu Onsen -

Sukayu Onsen is a hot spring with 300 years of history located at the base of the Hakkōda Mountains. Along with Shima Onsen in Gunma and Yumoto Onsen in Nikko, the bathhouse was among the first to be designated as a People's Recreation Spa by the Japanese government. And it remains well-known today thanks to its record-sized *sen-nin-buro* (thousand-person bath). Featuring sulfurous spring water of a milky-white color, the *onsen* includes hot water, warm water, and cold water baths, as well as hot shower baths, all of which are gender-neutral. If that makes you feel shy, however, there's no need to worry — smaller, gender-separated facilities are available as well.

- A-Factory -

Only a two-minute walk from the JR Aomori Station, A-Factory is a must-visit space in the city center. The factory, housed in a white building with a clean and well-lit interior, is filled with over 100 kinds of apple-infused goods and Aomori specialty items. There is a dining area with food made using local ingredients from Aomori prefecture, and you can also observe the on-site production of the factory's own cider. If you want to give it a try, upstairs you can buy a cider-tasting

card and sample the different varieties available. And since local products can all be purchased tax-free, it is the perfect shopping spot for travelers.

- Hasshoku Center -

If there were a list of places that are definitely not to miss in Aomori, the Hasshoku Center in Hachinohe is certainly one of them. The conveniently located space combines a traditional market, specialty goods shops, and a dining area — nearly 60 different vendors selling everything from meats to fruits, dry goods, and seafood, all at decent prices. Choices in the dining area include *kaitenzushi* (conveyor-belt sushi), *donburi* (rice bowl dishes), and hot *bento* (set meals). Or you can buy fresh ingredients from one of the stalls and grill it yourself on a *shichirin* (charcoal stove).

A-FACTORY

從JR青森站徒步2分鐘就能到達、宛如工廠般的白色建築，是到青森市區一定會逛的「A-Factory」。乾淨明亮的空間內，展售超過百種的蘋果製品及青森土產，讓人眼花撩亂，一旁也有使用青森縣產食材製

作餐點的美食區。在這除了能看到蘋果酒的釀製過程及設備，喜歡品酒的朋友也能在二樓購買蘋果酒試飲卡，總共有8~10種酒可嘗試。在此購買的土產都能直接辦理退稅，讓旅客能吃得快樂、買得開心。

八食中心（八食センター）

如果說青森有什麼地方一定要逛逛，位於八戶且交通方便的八食中心（八食センター）絕對是必訪清單之一。這裡結合傳統市場、土產品店及新鮮美食等3個區域，在將近60個攤位裡，無論肉類、水果、乾貨及海產通通都有且價格划算，美食區則有迴轉壽司、丼飯及熟食便當可選擇，是能嘗試多種美食的好地方。在攤位購買好的食材還可以拿到「七厘村」親自燒烤，建議安排中餐或半天時間，在此大快朵頤。

① A view of Hokkaido from Aomori Port / 從青森港可以遠眺北海道 ② Apple-infused goods and Aomori specialty items at A-Factory / 展售蘋果製品與青森土產的A-Factory ③ Hasshoku Center combines a traditional market, specialty goods shop, and dining area / 八食中心結合傳統市場、土產品店與美食



EVA AIR FLIES TAIPEI-AOMORI TWICE A WEEK

長榮航空每週2班從台北飛往青森

- Matsuyama Castle -

Matsuyama Castle, also known as Iyo Matsuyama Castle, sits on top of a 132m hill at the center of Matsuyama City. It is the largest castle in Shikoku and has over 400 years of history. Despite the damage caused by fires over the ages, the castle complex is well preserved. At the center is a *tenshu*. Matsuyama Castle holds the distinction of being one of the few castles directly accessible by cable car. And the commanding views are absolutely stunning. Every year tourists flock here in April during *sakura* season.

松山城

又稱為「伊予松山城」的松山城，位於松山市中心一座132公尺的小山上，是四國最大的城池，且擁有超過4百年的歷史，雖然歷經火災及保存不易影響，但仍舊留有許多建築，因此被列入日本指定重要文化財產及12座天守之一，更是少數能直接搭纜車上山的城池，居高臨下的視野相當奇巧美麗，每當4月賞櫻時節也吸引不少人前來觀光。

“

Matsuyama, Ehime Prefecture

Wandering the Old Onsen Town

愛媛松山
溫泉老城漫遊

”





- Lyonada Monogatari -

Lyonada Monogatari is a sightseeing train that operates on weekends and holidays between Lyonada, Iyo-Ozu, and Matsuyama Station. On the to-do lists of many travelers to Shikoku, the train makes for quite a sight as it runs along the tracks. One of the cars is a golden orange color to represent citrus fruits, while the other is a madder red to represent the setting sun. Depending on the departure time, four different kinds of meals are prepared for passengers to try — all of which are exquisite and use local ingredients that vary with each season. Passengers are also treated to picturesque sea views as the train makes special stops at places like Shimonada, where passengers alight and

take photographs, or at Gorō, where the Tanuki Station Master joins local residents to welcome passengers as the train pulls in.

- Dogo Onsen -

With a history stretching back three millennia, Dogo Onsen is one of the three oldest hot springs in Japan, and the bathhouse is a landmark in its own right. The architecture that stands today was completed in 1894, although it has since undergone a number of renovations during the Meiji, Showa, and Heisei eras. When you walk inside, it will feel like you are moving through a labyrinth. The place exudes an air of antiquity that always has people reaching for their cameras. And with the bathhouse still open regularly for

business, the onsen has been designated a National Important Cultural Property of Japan. Adjacent to the main bathhouse, you can find the Asuka no Yu annex, and nearby there is the Botchan Karakuri Clock and the Botchan Ressha. If you want a leisurely soak here, your best choice is to spend the night.

- Ehime Egao no Kanko Bussankan -

Located off of Matsuyama City's main street, Ehime Egao no Kanko Bussankan is a space run by the Ehime Local Promotion Association. It is only a two-minute walk from Matsuyama Castle's cable car station, so it is easy to plan a visit to both places in one go. As for the Kanko Bussankan, the main focus is on Ehime specialty goods and tourist information. On the shelves you can find everything from citrus juices to Imabari towels and local sake. Many of the products made in the likeness of a half-tangerine-half-dog named Mikyan, which is Ehime's mascot. The most unique thing here, however, has to be the drinking fountain that pours out citrus juice instead of water. If you buy a paper cup from the counter, you can see how much fun it is for yourself.

- Tameshi (Sea Bream on Rice) -

A dish with roots unique to Ehime, *tameshi* (sea bream on rice) is definitely a country-style meal worth going for. While different regions all have different varieties, the two most popular are Hojo *tameshi* from the Chuyo region and Uwajima *tameshi* from the Nanyo



region. But no matter how drastically their preparation methods might vary, the sea bream used is consistently fresh. For the Hojo dish, the whole fish is cooked together with *kombu* (kelp) on rice, while for the Uwajima dish, sea bream *sashimi* (sliced raw) is mixed into a sesame sauce with raw egg and scallions, which is then set over rice. Both varieties have their own distinct character, and both are delicious.

伊予灘物語（伊予灘ものがたり）

假日限定的伊予灘物語（伊予灘ものがたり）列車行駛於松山站、伊予大洲及八幡浜間，是不少來訪四國的旅人行程口袋名單。車廂外觀分別是代表夕陽的紅色及柑橘的金

色，因此行駛在軌道上時很吸睛。隨著發車時間不同而有4種不同餐點能選擇，採自在地的食材隨著季節替換，相當美味。沿途風景如畫，列車會特別在「下灘」停車，讓乘客下車拍照留念，在「五郎」還有狸貓站長跟住民站在鐵道旁向列車揮手。

道後溫泉

擁有3千年歷史的道後溫泉是日本3大古湯之一，而本館更是具有地標上的意義。現有建築是1894年重新建造完成，歷經明治、昭和及平成

數次增建、改建，在館內行走像是在立體迷宮裡移動，古色古香的外觀總讓人駐足欣賞拍照，而內部的澡堂仍正常營業，因此也被列為日本重要文化財。周邊還有別館飛鳥乃的湯泉、少爺列車（坊っちゃん

列車）、少爺機械鐘（坊っちゃんカラクリ時計）、道後商店街可以參觀，建議在這裡住一晚，親身感受悠閒氛圍。

愛媛觀光物產館（えひめ愛顔の観光物産館）

由愛媛觀光物產協會營運的「愛媛觀光物產館」位於大街道旁，距離松山城纜車站徒步只要兩分鐘，因此安排行程時能跟松山城排在一起，這裡最主要功能是販賣愛媛縣當地土產及提供旅遊情報資訊，架上商品從柑橘果汁、今治毛巾到地酒等都有，還能看到許多愛媛吉祥物柑橘犬（みきゃん）周邊商品。最特別的是這裡有個相當特別的水龍頭，打開時流出來的不是水而是柑橘果汁，跟櫃檯購買紙杯就能體驗轉開水龍頭、看柑橘汁流出來的樂趣。

鯛魚飯（鯛めし）

愛媛是鯛魚著名產地，因此一定要嘗試的鄉土料理就是鯛魚飯（鯛めし），隨著地區不同也分成中子的「北条鯛めし」及南子的「宇和島鯛めし」，無論料理方式跟食用方式都完全不同，但唯一能確定的，就是這些拿來料理的鯛魚都很新鮮。「北条鯛めし」是在米飯上鋪上昆布及整尾鯛魚，然後使用土鍋進行炊煮；「宇和島鯛めし」則是將鯛魚生魚片放入有生蛋、蔥及芝麻的醬汁中攪拌後，淋上白飯食用，無論哪種吃法都相當美味。☑



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①② Dogo Onsen / 道後溫泉 ③ Taimeshi, a famous regional dish of Ehime prefecture / 鯛魚飯為愛媛縣知名的鄉土料理 ④ Interior of Iyonada Monogatari sightseeing train / 伊予灘物語列車內部陳設 ⑤ Ehime Egao no Kanko Bussankan / 愛媛觀光物產館 ⑥ Botchan Karakuri Clock in Dogo Onse / 道後溫泉的少爺機械鐘



THE SEASONS OF CHANGE

Kyoto's Kaiseki Cuisine

品嘗四季更迭

京都懷石料理

BY GEORGE KOUTSAKIS



Japanese *kaiseki* grows with the seasons, and is defined by them.

Seeking balance, *kaiseki* chefs prepare fresh, in-season ingredients served in a sequence of small dishes, one after another. This is called *shun* in Japanese, and means utilizing ingredients at their freshest. Each plate is carefully selected, taking both appearance and flavor into account, in order to complement the previous and following dish in the sequence. Simplicity is at the forefront, as each dish must showcase the ingredients' natural beauty.

Looking at flavor synergy, the courses created by the chef are meant to highlight

the season in which they are served. At the height of spring, colorful dishes will burst with fresh and delicate flavors. For summer, fall, and winter, a great *kaiseki* course will deliver the associated tastes and textures. While *kaiseki* can be enjoyed across Japan, Kyoto is known as one of the main hubs for a truly authentic *kaiseki* experience.

Speaking to Motokazu Nakamura, owner of the tiny, three-Michelin-starred Nakamura restaurant in Kyoto, it's clear that *kaiseki* isn't only a type of cuisine, but also a form of art. The ingredients, flavor

arrangement, and cuisine come as second nature for Nakamura. His 200-year-old restaurant has been passed down through the generations, with him now acting as its fourth head. After learning from his family as a child, Nakamura moved on to develop his approach to traditional cooking while training at the head temple of Rinzaï Zen Buddhism in Kyoto.

Nakamura partnered with EVA Air four years ago, taking on a project that would challenge everything he knew about Japanese *kaiseki* cuisine. He was tasked with recreating Japan's famed

About Motokazu Nakamura —



Chef Motokazu Nakamura is the sixth-generation owner of Nakamura, a three-Michelin-starred Kyoto restaurant.

中村元計主廚為連續9年榮獲米其林三星的京都餐廳「京料理中村」主廚，也是第六代傳人。

story,” Nakamura said. “I really wanted to include certain dishes on the menu, but after endless experimentation, I found that it just wasn’t possible. In mere hours, colors change and flavors lose balance. *Katsuoishi* flakes lose their light texture, and the color changes. Certain types of fish become darker and dry. On the other hand, shellfish and some vegetables become more flavorful over time. It was a long journey of discovery and experimentation.”

Today Nakamura often visits Taiwan to develop the menu, while chefs from the

日本的懷石料理，隨四季成長，由四季定義。

懷石料理的廚師尋求平衡，準備新鮮當季食材製作成精緻料理，按順序一道道端上桌。這在日文中稱為「旬」，意指把握食材的「鮮」。每一道料理都是精挑細選，色香味俱全，以便與前後兩道料理相輔相成。手法一切從簡，因為每道料理都必須呈現食材的天然之美。

在整體味道方面，廚師製作的料理應切合當時季節。春暖花開之時，料理就必須色彩繽紛，味道



cuisine for passengers on flights from Taiwan to Kyoto and Tokyo. Kaiseki, which is served fresh, as a real-time restaurant experience, was about to take flight, literally. Beyond the challenge of using local Taiwanese ingredients, quite different to those sourced around Kyoto, there was an even more difficult issue to tackle.

“The most difficult part of creating a kaiseki course to consume on a flight is timing. In my restaurant, courses are served in real time. But eating it hours after being prepared, that’s a different

EVA Air team are regularly sent to train at his prestigious restaurant. Consultants fly regularly to check up on the quality of the meals, as Nakamura’s stellar reputation means that each dish must adhere to the highest standards. The courses served onboard receive stellar reviews from customers. The presentation, flavors, and balance all capture the culture of kaiseki, changing with the seasons and presenting Japan at its best.

While a reflection of traditional Japan, kaiseki has also entered the modern world as a highly nutritious,

新鮮而細膩；至於夏季、秋季和冬季，出色的懷石料理也會傳達相應的味道。儘管全日本都吃得到懷石料理，但想要品嚐最正宗的懷石料理，京都都是眾人公認的好去處。

京都米其林三星餐廳「京料理中村」主廚中村元計表示，懷石料理不僅是一種料理，更是一種藝術。食材、調味和料理已經是中村主廚的第二天性；這間兩百年老店傳承多代，傳到他已經是第六代。小時候從家人那裡習得廚藝後，中村主廚

healthy type of cuisine. Nakamura plans to experiment further with lower-calorie options in his kaiseki courses.

"I want to create new dishes, and explore different ways of using *dashi*, the soup and stock in Japanese cuisine known for its health benefits and low calorie count. At the moment, there are only 700 to 900 calories in one full kaiseki course I create. I want to further explore and promote this to the world, how a full course of fish, vegetables, and other dishes can provide all the associated health benefits with a fraction of the calories. For me the satisfaction that kaiseki's simplistic approach can provide is the real beauty of Japanese cuisine, and that's what I want to build on."

進一步鑽研傳統料理，同時也在京都天龍寺參禪修行。

中村主廚自4年前起與長榮航空合作，展開顛覆他對日本懷石料理所知一切的企畫。他身負重任，要為台灣飛往大阪和東京的旅客重現日本知名料理，突破了懷石料理「新鮮上菜，即時品味」的宗旨。除了使用與京都當地截然不同的台灣當地食材這個挑戰外，還有一個需要克服的大難題：「製作在飛機上享用的懷石料理，最大困難點在於時間。在我的餐廳中，料理都是即時上菜。但在料理製作後數小時才享用，那就不同了。」中村主廚表示，「我真的很想將某幾道菜放入菜單，但經過無數次實驗後我發現那真的行不通。才過幾小時色澤

精髓，隨著季節變動，盡顯日本精神。

懷石料理除了反映傳統日本文化外，也因其營養、健康的特色而登上現代舞台。中村主廚計劃進行下一步的實驗，將低卡路里的菜色加入他的懷石料理中。

「我想要設計新的菜色，探索不同的『高湯』。目前，我的一套懷石料理熱量只有7百到9百大卡。我想進一步探索，並讓全世界都知道以魚類、蔬菜及其他菜色搭配而成的全套料理，如何以極低熱量提供無數有益健康的好處。對我而言，懷石料理的極簡精神所能帶來的滿足感，就是真正的日本料理之美，那也是我想要發揚光大的事物。」

中村主廚目前與京都大學合



Nakamura currently works with Kyoto University, consults around the world, and continues to run his family restaurant. All this, while redefining and enforcing a symbol of his country, the craft of kaiseki.

就變了，味道也失去平衡。柴魚片不再香脆，顏色也變了。有些魚料理變得黯然失色，味如嚼蠟；另一方面，貝類和某些蔬菜則會隨著時間變得更有風味。那是一場充滿發現與實驗的漫長旅程。」

如今，中村主廚經常來台灣開發菜單，而長榮航空也會定期派主廚去中村的餐廳受訓。顧問會定期搭乘飛機檢查餐點品質，因為「京料理 中村」是米其林三星餐廳，因此供應的每一道料理都必須符合最高標準，乘客也會以星級料理的標準檢視機上的餐點。外形、味道、平衡都要體現懷石料理的

作，到世界各地當顧問，並繼續經營繼承的餐廳。與此同時，也重新定義並堅守日本的象徵之一：懷石料理之藝。☑



EVA Air passengers can try Motokazu Nakamura's seasonal kaiseki cuisine in Royal Laurel/Premium Laurel/Business Class on flights from Taipei to Tokyo (Narita) and Osaka.

搭乘長榮航空皇璽桂冠/桂冠/商務艙從台北飛往東京(成田)、大阪的旅客，都能品嚐中村元計的京懷石料理。



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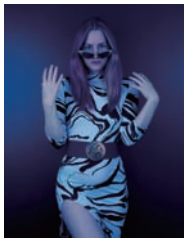


Christy Lee Rogers is a photographer from Kailua, Hawaii, who was recently named Open Photographer of the Year in the 2019 Sony World Photography Awards for a photograph from her Muses collection. In her work, Rogers brings to the surface the extraordinary feeling of tranquility and wonder that can only be found underwater.

來自夏威夷的女性攝影家Christy Lee Rogers，以《Muses》系列作品榮獲2019年索尼世界攝影大獎。受到身為衝浪運動員的父親影響，她從小對「水」就有極為深刻的迷戀，藉由一系列水中影像作品，她渴望傳達出隱於水平面之下的異常寧靜奇妙感受，那是一個如泡沫幻影般的夢想之所，而最重要的，是顯影出地球上那神祕、不可思議的美好境界的想法，那不僅僅是出於您我的想像，而是相當真實的存在。

UNDERWATER PHOTOGRAPHY MEETS BAROQUE PAINTING

About the Artist —



Best known for her underwater images, Christy Lee Rogers is a photographer whose art explores the delicate "theater of the body" aesthetic she pioneered.

攝影家Christy Lee Rogers以「水」來探索藝術，藉由水中人物肢體動作、服裝色彩與造型的微妙演繹，創造了精緻唯美的「身體劇場」。



- The Water's Theater of the Senses -

While Rogers' art comes laced with her love for old folklore and Greek mythology, much of her inspiration comes from her appreciation of other artists: Michelangelo, Peter Paul Rubens, Caravaggio, and even Banksy, whose practice strikes at the conventions of the contemporary art world with a superhero level of irreverence.

As a key component and source of life, water is as miraculous as it is all-encompassing. And as an artistic medium, Rogers embraced it over a decade ago when she began creating images befitting the mythological world of the ancient Greek gods. Rogers became absorbed with her new-found medium's emotive connotations, as well as the mystical manner in which it could refract light. Over time, her work grew akin to the

Baroque paintings of Old Masters such as Titian, Rubens, Caravaggio, Vermeer, and Delacroix. It is in this vein that Rogers has pioneered a delicate aesthetic through her experiments with light — a “theater of the body,” which captures the limbs, motions, clothes, colors, and subtleties of her submerged subjects.

身為一名攝影師，Christy可以透過手上的工具，創造出她所能想像到的畫面。「我的創作受到人性的美麗與瘋狂所啟發。我通常藉由閱讀、聽音樂、觀察生活周遭的世界來獲得靈感。那就像是一趟精神之旅。我在2003年開始對水感到迷戀，就像發現一個祕密，能夠透過

媲美古典油畫的 水中攝影創作

BY NICHOLAS LU (盧輝)
PHOTOS / CHRISTY LEE ROGERS · ART LABOR GALLERY
christyleerogers.com

Christy Lee Rogers, *Love Live*, Giclée print on Canson Museum Rag, face-mounting, H 114.2 x 295 cm, 2018





Christy Lee Rogers, *Alive*, Giclée print on Canson Museum Rag, face-mounting, H 91.5 x 122 cm, 2018



- The Emotive Creation of *Muses* -

Rogers' newest collection, *Muses*, is a reflection on human beauty and vulnerability, but also a continuation of her previous work.

She describes how, when she was taking this series of underwater photographs at a pool in Hawaii, each scene found its own sense of rhythm in the tangling of colors and bodies, the contrasts of shadow and light:

"My perspective from outside the water, looking in and using the surface of a pool as a canvas, allows for beautiful natural effects like the refraction of light and soft bubbles and imperfections. These imperfections are what drive the whole

process, and through these flaws, I find freedom and harmony," she said.

水與鏡頭施展魔法一般。我不知道它會將我帶向何方，但是我的每一次拍攝都會產生一些新的挑戰或想法。」

水的感官劇場

Christy除了將自己熱愛的古老民

間傳說與希臘神話故事融入創作當中，她也受到許多藝術家的啟發：米開朗基羅藉由創作尋求崇高真理的詩意情懷，提醒著她宇宙是如此巨大、神奇而無法解釋；魯本斯和卡拉瓦喬的畫作，是超越完美的感官劇場，畫中充滿了由色彩、光線律動交織而成的戲劇性；班克西則是顛覆當代藝術世界規則的超級英雄……。

在超過10年的創作生涯中，Christy將水視為藝術探索的媒介，她的影像作品猶如古希臘神話的眾神故事，運用當代實驗攝影詮釋水的包容與力量，以及人屬於水的一部分的奇妙與喜悅。她之所以選



擇水做為主題，不僅因為水所帶來的感性聯想，也因為它能在光線的折射之下，映射出古典油畫大師提香、魯本斯、卡拉瓦喬、維梅爾與德拉克洛瓦筆下幽微神祕的光影效果。藉由水中人物肢體動作、服裝色彩與造型的微妙演繹，在宛若光學實驗的影像創造過程中，Christy 創造了精緻唯美的「身體劇場」。

繆斯的感性創造

Christy 最新的《Muses》系列作品，展現了關於人性的美麗與脆弱。「我的所有創作意圖，始於表達超越現實所見的奇妙與靜謐感受的欲望，並為觀眾創造一個避難

所，一個與混亂的世界有所區隔、可以安全地做夢之處。」當她在夏威夷的攝影棚進行水下拍攝時，色彩、人體的疊合、光明與黑暗的對比，締造了每個場景中的律動感。「我從水面上觀察，將水池做為畫布，可以產生美麗的自然效果，例如光線的折射、輕柔的氣泡，以及一些視覺上的瑕疵。這些不盡完美的細節，主導了整個創作的過程，

透過這些缺陷，我發現了自由與和諧。」

「人類的感官承載力如此有限，但憑藉著影像與想像力，我們還能創造出什麼？我用一年的時間進行《Muses》系列的創作，其中包含了無數美好與心痛的時刻，所有歷程都在畫面中完整呈現。每件影像作品的標題都是另一個願望。」



Christy Lee Rogers, *Love Sounds and Marks*, Giclée print on Canson Museum Rag, face-mounting, H 91.5 x 114.3 cm, 2018

About the Artist —



After leaving New York and putting down roots in the countryside, Erin Gleeson paints, cooks, and takes photos of it all for her blog and cookbooks.

從一個穿梭於紐約街頭的攝影師，到成為隱居鄉間，將繪畫、烹飪與攝影結合的美食部落客，Erin Gleeson開創出風格化的影像食譜，以美食感受大自然的脈動。



Clementine Cocktails are an easy-to-prepare party punch / 小柑橘雞尾酒為容易準備的潘趣酒



林間盛宴 餐桌上的悠森學

BY JUDE PAN (潘德銘)

PHOTOS / ERIN GLEESON

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THE FOREST FEAST

A Down-to-Earth Dining Experience

S

hooting for the *New York Times* dining section, Erin Gleeson established herself as a top food photographer. However, in the summer of 2011, she packed her things and said goodbye to the city. Giving up a glamorous lifestyle and frequent visits to Michelin-starred restaurants, she moved to a small town in northern California. There, in a cabin surrounded by redwood trees, she settled into a slower pace, a life in tune with nature.

「森林中的盛宴」是發生在Erin Gleeson身上的真實故事。從一個穿梭於大都會紐約街頭的攝影師，到隱居鄉間，將繪畫、烹飪與攝影結合的美食部落客，居家生活裡的紅杉林喚醒了Gleeson對於鄉野的種種美好記憶，她想起了赤腳踩在父母果園裡剛剛犁過的鬆軟土地上的那份溫暖，而記憶裡童年具體的感官細節，構成了您我對一個地方的特殊印象與理解，這也是都會生活難以經歷的獨特體驗。



① Erin Gleeson in her cabin kitchen in California / Erin在她加州小屋的廚房內準備餐食 ② Erin setting up for a dinner party at the cabin / Erin正在為小屋晚宴擺設餐桌

Gleeson has a strong admiration for the godmother of the slow food movement, Alice Waters, who is a longtime proponent of healthy eating and has worked to promote organic farming in California. In her local area, Gleeson has become a subscriber of community-supported agriculture (the CSA model), a program that sends in-season produce directly from farms to nearby consumers. As a lover of the culinary arts, Gleeson approaches the dining table like an artist, crafting recipes with a pictorial style.

“The farm-direct ingredients are what give me inspiration for recipes. I always start with the richest, most colorful ingredients. And from there, the flavors come forward like magic. My process is very simple. I’ll make food in the kitchen, and then I’ll take the dish outside to photograph it. For most food photography, you would need to mobilize a whole crew, but I usually just do it by myself in the backyard,” she explained.

For Gleeson, the best part about this creative process is the arrangement and presentation of the food. “I like picking out

the plates and utensils, setting the dishes next to candles and flowers, and bringing it all together in a beautiful scene,” she said.

In her food photography, Gleeson often incorporates handwritten notes and watercolor paintings. She shares this work on her blog, *The Forest Feast*, which documents rural cuisine and contains vignettes of her daily life, such as walks among the redwood trees. Her first book, *The Forest Feast*, published in 2014, was lauded by *Bon Appétit*, *Saveur*, and a host of other major food magazines. The book quickly made its way onto the *New York Times* Best Seller list.

While travel had always provided creative inspiration, that became especially true when exploring with her two- and four-year-old sons. “We always go on trips together, sharing in the new experience, and through their eyes seeing just how beautiful the world is,” she said.

Gleeson’s most recent book is a collection of southern European recipes, *The Forest Feast Mediterranean*, which will be published in September this year.



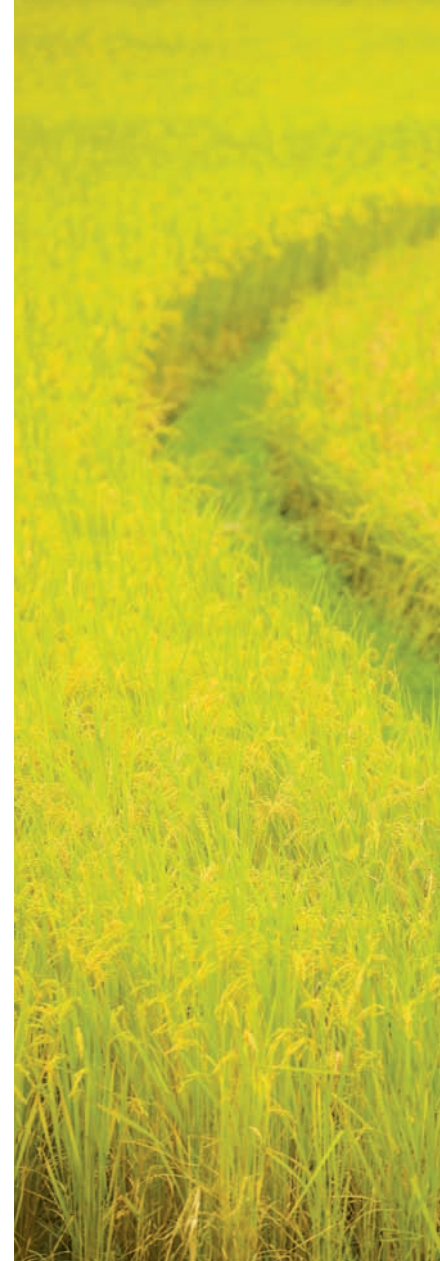
身為知名的美食攝影師，Erin Gleeson與《紐約時報》的美食專欄建立了長期的合作關係。2011年夏天，這名經常出入米其林餐廳的時髦紐約客，與先生共同遷居加州小鎮，遠離大都會的繁忙節奏，放慢步調感受大自然的脈動。

Gleeson相當欣賞帶動加州有機農業風潮的「慢食教母」Alice Waters為促進健康飲食所做的一切，她也加入了當地的社區支持型農業（Community Supported Agriculture，簡稱CSA），週週都能收到最為新鮮的時令蔬果。熱愛廚藝的Gleeson，在餐桌上大展創意，創作風格化的影像食譜，「農場送來的食材，啟發了我的食譜靈感。我總是從那些最為豐富多彩的食材開始，由此揮灑美味的魔法。我的作業流程非常簡單：我會在廚房做飯，然後將盤子端到外頭拍照。多數的食物拍攝需要動員一整個工作團隊，但我通常是獨自一人在後院工作。」

在創作的過程中，Gleeson最喜歡的是食物的造型與擺盤，「我喜歡選擇餐盤與銀器，藉由蠟燭與鮮花的配置，來營造美麗的畫面」。她將手寫文字與水彩插畫融入美食攝影作品中，並設立了以「The Forest Feast」為名的部落格，在優游於森林間的日常生活裡，記錄鄉村美食與生活點滴，Gleeson的作品不僅呈現家常料理樸實的質感，更散發出泥土的芬芳，吸引無數粉絲點閱追蹤。2014年，她的首部個人食譜影像作品《The Forest Feast》集結出版，不僅獲得《Bon Appétit》、《Saveur》等眾多美食權威雜誌的肯定，更榮登當年《紐約時報》年度暢銷排行榜。

旅行為Gleeson打開了創作的視野，特別是當她與2歲和4歲的兒子共同上路時，「我們總是一起出遊，共享全新的旅遊體驗，透過他們的雙眼，世界是如此美好」。近期Gleeson剛完成了一本地中海食譜《The Forest Feast Mediterranean》，即將於今年9月出版。📖





C

TRAVERSING TAIWAN'S EAST RIFT VALLEY

Cutting a swath through the interior of Taiwan's stunning east coast, the East Rift Valley floor is a patchwork quilt of farmland buttressed on either side by the lush walls of the Central and Coastal mountain ranges. The townships that dot the valley are snapshots of rural life in the island nation, where things move at a far slower pace than they do in the cities.



穿越台灣花東縱谷

BY JOE HENLEY

Here the people seem to value neighborly relations, spending time in the great outdoors, and being able to see the stars in the clear night sky, unobstructed by the glare of city lights.

Located around the midpoint of the valley, which stretches from the eastern entrance of Taroko Gorge in Hualien in the north to Taitung City in the south, Ruisui and Yuli, a pair of neighboring

townships, are places where the pace, culture, and working ways of Taiwan's farming communities can be soaked up like ample southern sunshine.

Established in 1969 as a papaya plantation, Rareseed Ranch in Ruisui's Wuhe Village is now a dairy farm — a rare sight indeed in Taiwan's landscape, where space is at a premium and even small-scale cattle operations have few places to squeeze in.

Rareseed is home to some 300 head of Holstein Friesian cattle, along with a lone ostrich roaming in its own private pen. The cows provide the milk (around 20 liters per head per day) that goes into the ice cream, cheese, nougat, custard, and bread products sold on site at the ranch, and guests are encouraged to feed the animals at the pasture fence.

Just across the river from the ranch is the Grand Cosmos Resort, a sprawling

花東縱谷平原緊鄰台灣東海岸，南北穿越台灣，在蔚鬱高聳的中央山脈和海岸山脈的護衛下孕育無數良田。走進點綴於縱谷之中的小鎮便可看到鄉村生活即景，比起都市，這裡的生活步調要慢上許多。與大自然和諧共存的在地人，經常從事戶外活動，而且由於光害少，常能欣賞滿天的星斗。

花東縱谷北起花蓮太魯閣峽谷的東部入口，南抵台東市，瑞穗和玉里這兩座相鄰的鄉鎮就坐落於縱谷中段。在這裡不僅可以享受溫暖的陽光，也能體驗台灣農村的步調、文化及工作方式。

瑞穗鄉舞鶴村的瑞穗牧場設立於1969年，原先為木瓜種植場，如今則是乳製品農場。這在台灣十分罕見，由於地狹人稠、土地資源寶貴，因此就連經營小規模的畜牧場都顯得十分奢侈。瑞穗牧場共畜養約3百頭荷蘭乳牛，還有在專屬柵欄裡漫步的駝鳥。每頭乳牛每天約生產20公升

development that stands as a tower of urban decadence amid the valley's rustic charms. Guests can enjoy luxurious rooms complete with hot spring baths, or book a private villa, each with its own secluded backyard swimming pool.

Not far from Rareseed and the Grand Cosmos is Ji Lin Tea Plantation, a farm that has been passed down in the Peng family for four generations. Ji Lin's specialty is "big leaf oolong" tea, a variety known for its naturally sweet, honey-like flavor.

The source of big leaf oolong's sweetness is a combination of the leaves' natural properties and some assistance from a certain kind of leafhopper that feeds on them. The leafhoppers munch on the leaves when they are still at an early stage of development. The leaves stop growing, and the sweet notes they produce at that stage are locked in. All the varieties of tea grown at Ji Lin are organic, as are the two kinds of coffee beans grown, picked, and roasted on site.

Carrying on to Yuli Township down the 193, a road often traveled by local cyclists in the know when it comes to the best in eastern Taiwan's verdant valley scenery, there is another slice of rural Taiwanese life waiting to be discovered — Dongfeng Leisure Agricultural Area. Here visitors can try their hand at turning locally-made eggs, butter, flour, and pomelo into delicious scones under the guidance of the farm's expert bakers. For those who like a bit of liquid refreshment, a crisp, fine wheat ale is also made on the premises.

The 193 isn't the only highlight for cycling enthusiasts in Yuli. The township is also home to the Yufu Bikeway. Bikes can be rented in Yuli for very reasonable rates. Cyclists take the roughly 10km-long bikeway extending from Yuli Railway Station in the town center to Dongli. The path follows an abandoned railway line, meandering lazily among rice paddies, wheat fields, and the mirror-like surfaces of irrigation ponds.

From the seat of a bike, tourists gain a glimpse of the area that stands as Taiwan's largest rice granary, a place where for generations men and women of the land have grown the crops that in the years before the country's industrial boom were the backbone of the economy. The bikeway also crosses

the Xiuguluan River and the fault line between the Eurasian and Philippine Sea Plates, traversing a former railway bridge that had to be abandoned due to the land slowly shifting below, stretching the bridge along with the riverbed.

There is a slowness and a stillness here that can only be experienced by putting oneself squarely in the present moment. And there is perhaps no better place to experience this rare peace of mind than this valley hideaway on Taiwan's beautiful eastern coast.

的牛奶，都被用來製作牧場現場販售的冰淇淋、鮮乳酪、牛軋糖、乳牛派和饅頭等商品，也鼓勵旅人餵食動物。

穿過牧場的河流後，便可抵達瑞穗春天國際觀光酒店。住客可以享受內附溫泉浴池的豪華客房，或是配備獨立泳池的私人別墅。

在瑞穗牧場和瑞穗春天國際觀光酒店附近還有彭姓家族四代經營的吉林茶園。吉林茶園的特產是蜜香紅茶，這種茶以其自然甘甜、蜜香風味而聞名。蜜香紅茶的甜味源



自於茶葉的天然特質，及以茶葉為食的茶小綠葉蟬相輔相成。茶小綠葉蟬的初齡幼蟲會啃食茶葉，導致茶葉停止成長，並將該階段產生的甜味鎖在裡面。吉林茶園以有機方式種植每一種茶，也種植兩種有機咖啡豆，並在揀選後現場烘焙。

若想欣賞綠意盎然的花東縱谷，內行的當地單車好手都會推薦193縣道。沿著縣道繼續前往玉里鎮，即可探索台灣鄉村生活的另一塊拼圖——東豐休閒農業區。來到這裡，旅人可以在專業烘焙師的指

導下，利用雞蛋、奶油、麵粉、柚子等當地食材，親手製作美味的司康，這裡也供應爽口的小麥啤酒。

在玉里，193縣道並不是唯一一條讓單車好手津津樂道的路線；玉里同樣也是玉富自行車道的所在地。旅人可在玉里以合理價格租到自行車，從玉里火車站出發，一路騎到東里，全長約10公里。自行車道沿著舊鐵道延伸，兩側滿是稻田、麥田，以及表面光滑如鏡的灌溉埤塘。這條自行車道也越過秀姑巒溪，以及歐亞板塊與菲律賓海

板塊之間的斷層線，途中還會經過一座以前供火車行走的鐵橋。由於下方地層緩慢移動，沿河床方向拉扯鐵橋，最終才停用。

只有讓自己活在當下，才能體會這裡的悠閒與寧靜；想要體驗這種心平氣和的感受，或許再也沒有比毗鄰台灣美麗東海岸的世外桃源更合適的地方了。📍

① Daylilies are cultivated in Fuli Township. The immature flowers are used in local cuisine / 位於富里的六十石山金針花美景，金針花也是當地料理的食材之一 ② The 10km-long Yufu Bikeway follows a disused railway line through the East Rift Valley / 由舊鐵道改建的玉富自行車道，長達10公里，也是世界唯一同時跨越歐亞大陸與菲律賓板塊的自行車道 ③ Rafting is a great way to explore the Xiuguluan River / 泛舟是體驗秀姑巒溪的最佳方式



CIRCUMNAVIGATING TAIWAN BY BIKE

サイクリングシーズンと
台湾 1 周

BY KENJI SUGATA (菅田賢二)



In Taiwan, summer only really starts once the rainy season ends in May. Taiwanese summers are hot. This heat leads to a relaxed day-to-day rhythm, conducive to napping. The country has been in the grip of a cycling boom since the mid-20th century, and it's a rite of passage among serious cycling enthusiasts to complete a round-the-island tour. During such a trip, riders will experience visions of clear skies, green mountains, blue sea, and endless miles of road ahead of them.

The island of Taiwan can be divided into the built-up west, with its cities, and the scenic east, with its picturesque countryside. The trip can be ridden either

clockwise or counterclockwise. The northeast winds calm down in summer, so riding counterclockwise next to the sea is likely a good choice during this

season. Signs indicating "Taiwan Cycling Route No.1" have been placed along the recommended route, so there's no worry about getting lost.

The size of the island of Taiwan is around the same as Kyushu (one of the main Japanese islands). The trip winds up being approximately 1,000 km. A rider who cycles regularly and is able to handle longer distances should be able to complete the entire tour in seven days. With each passing kilometer, you gain confidence in your legs. The trials you face along the way lead to a true sense of accomplishment. As you enjoy the wonderful sights, such as views from the mountaintops, you'll appreciate the true size of the island, and feel a sense of accomplishment that you completed the journey using your own two legs.

The western side's towns and cities are each blessed with their own regional gourmet cuisine — one aspect of travel that everyone looks forward to. It's also fun to go out and sample how each area feels at night. For the east coast, fresh seafood cuisine is recommended. In the Huadong Valley, be sure to sample the delicious rice and vegetables, as well as the cuisine of the indigenous people there.

When strangers pass one another on the road, they can be heard offering words of support, with children sometimes being the ones to encourage adults. Completing a round-Taiwan trip is proof of truly understanding the island. It is a unique chance for visitors to experience the kindness of the Taiwanese people at a deeper level.

台湾では、5月の雨期が終わると本格的夏のシーズンが始まる。とにかく台湾の夏は暑い。暑いので生活リズムがゆったりで、昼寝する人も多い。2000年代後半から自転車ブームが起きた台湾では、自転車で島1周する「環島」が親しまれている。環島で目の前にするのは青い空、緑の山、青い海、そして、果てしなく続く道だ。

台湾という島は、西側は都市部開発地帯、東側は風光明媚で自然豊かなエリアに分けられる。自転車による環島では、これを時計回りが反時計回りで走る。北東の風のおさまる夏は常に海側を走る反時計回りがいいだろう。幹線道路には、台湾を周るサイクリスト用に「環台一號線」と書かれた標識が記され、迷うことはない。

台湾は島全体が日本の九州ほどの大きさで、距離にして約1000キロ。普段から自転車に乗っていて、長距



離でも大丈夫なら、7日間もあれば走り切ることができる。1日1日、距離を重ねるごとに自分の脚に自信がついていくのが感じられるだろう。途中、山を越えて苦勞して頂上に達した時の達成感、そこから見た風景の素晴らしさ——その距離を自分の足で走ると、島の大きさがリアルに感じられる。

旅の楽しみの食事は、西側の各都市ではご当地グルメを堪能し、夜市をのぞくのも楽しい。東海岸なら地元的新鲜な海鮮料理を、山側の花東縦谷ならおいしい米や野菜、そして原住民料理を勧めたい。

そして、道で誰かとすれ違うと、子どもから大人まで「がんばれ！」と声援を送ってくれる。環島がこの島で浸透している証でもある。台湾人たちの優しさをより一層感じるられるのも、自転車の旅だからこそといい。

旅行には、いろいろな旅の仕方がある。自転車による台湾1周もその一つ。普通の旅に飽きたら台湾1周自転車旅はどうだろう。自転車ならではの醍醐味を知ることができるはずだ。📌



仲夏夜之夢

國家音樂廳

08 / 31
Sat. 19:30

孟德爾頌：《仲夏夜之夢》四個樂章
Mendelssohn: 4 movements of "Midsummer Dream"

理查·史特勞斯：雙簧管協奏曲
R. Strauss: Oboe Concerto in D major
雙簧管：蔡采璇 / Oboe: Chai-hsuan Tsai

法朗克：D小調交響曲
César Franck: Symphony in D Minor

音樂會導聆訊息

時間：8月31日18:40

地點：國家音樂廳 1樓大廳

導聆人：林仁彬老師

注意事項：18:30開 1、4號門開放觀眾入場。

指揮 / 葛諾·舒馬富斯
Conductor / Gernot Schmalfluss

雙簧管 / 蔡采璇
Oboe / Chai-hsuan Tsai



主辦單位：財團法人張榮發基金會 長榮交響樂團

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EVA News

長榮剪影



EVA AIR NAMED A SKYTRAX 5-STAR AIRLINE FOR FOURTH YEAR IN A ROW 10 Awards Include 6th Among World's Best Airlines

長榮航空連續4年獲SKYTRAX五星級航空榮譽
並榮獲全球10大最佳航空等10項榮耀



SKYTRAX revealed its 2019 World Airline Awards at the Paris Air Show on June 18 with EVA Air scooping no less than 10 awards. EVA Air was ranked by SKYTRAX as a 5-Star Airline for the fourth year in a row, and won double top spots for World's Best Airline Cabin Cleanliness and Best Economy Class Onboard Catering. The carrier was ranked sixth among the World's Top 10 Airlines.

EVA Air has upheld SKYTRAX 5-Star Airline standards by continually improving services in the air and on the ground. And it has steadily upgraded software and hardware to optimize the overall passenger experience. EVA has paid close attention to every aspect of its operations, including small details such as cleanliness in every corner of every aircraft cabin. Travelers responding to this year's worldwide SKYTRAX survey let it be known that they notice this kind of attention to detail by singling out EVA for Best Airline Cabin Cleanliness.

"We are grateful for all of the support from passengers around the world," said EVA President Clay Sun. "Our goal is not only to provide an airline experience that meets 5-Star standards but also to challenge ourselves and elevate our products by attending to details and providing the most caring and exquisite services. We aim to make every journey with EVA Air a delightful experience for every passenger."

SKYTRAX conducted its annual airline survey online, by phone, and using questionnaires between September 2018 and May 2019. More than 20 million travelers in over 100 countries responded to the questions and offered comments on 49 airport and onboard service areas.



知名航空服務調查機構SKYTRAX公司於6月18日在法國巴黎航空展舉行「2019年全球航空公司大獎」頒獎典禮，長榮航空再次獲得五星級航空公司的認證，同時也獲得「全球最佳客艙清潔」及「全球最佳經濟艙機上餐飲」雙項冠軍，與「全球10大最佳航空公司」第六名等10項殊榮。

長榮航空自2016年開始，已連續4年獲得五星級航空的肯定，為了維持此項榮譽，除了不斷提升空、地勤等一線人員的服務方式，同時也持續更新軟硬體設備，讓整體服務品質更加優化，並將服務的精神落實每一個細微的環節，包括機艙內的清潔度也都一樣重視，因此今年也再度獲得「全球最佳客艙清潔」的殊榮。

長榮航空在機上餐點極盡巧思，豪華經濟艙、經濟艙的餐點，以結合當地特色食材及家鄉味的概念，透過食材色彩的搭配，並依照乘客之生理時鐘，不斷創造多元的餐點內容，包括長程航線早餐提供的清粥小菜、日本航線夏季的日式冷便當都受到相當的好評，因此今年也首次拿下「全球最佳經濟艙機上餐飲」的肯定。

長榮航空總經理孫嘉明表示：「感謝全世界旅客對長榮航空的支持，我們的目標不僅是要維持五星級航空的服務，更期許不斷超越自我，從最微小的細節開始著手，帶給旅客最貼心、細緻的服務感受，為旅客每一趟的飛行留下深刻美好的印象。」

SKYTRAX為全球航空業權威調查機構，每年皆舉辦「全球航空公司大獎」，以乘客滿意度為依據進行服務調查，極具公信力，深獲航空、旅遊業界之認同與重視，也是經常搭機旅客的重要參考指標。今年的評比期間為2018年9月至今年5月，透過網路、電訪與問卷等方式，針對3百家航空公司及機場進行調查，受訪旅客超過2千萬名，涵蓋超過百個國家、評鑑各家航空公司從機場到機艙的49個服務項目。

長榮航空對於飛安的堅持與服務品質的執著，不斷榮獲全球各項評比高度肯定，除了此次SKYTRAX頒發眾多獎項外，今年也獲得TripAdvisor評選為「全球10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」、「亞洲區最佳豪華經濟艙」，並連續多年獲得AirlineRatings.com評選為「全球20大最安全航空公司」。



EVA AIR'S RANKINGS IN THE SKYTRAX 2019 WORLD AIRLINE AWARDS

長榮航空2019年「SKYTRAX全球航空公司大獎」得獎獎項及排名

AWARD CATEGORY		EVA AIR'S RANKING FOR 2019
得獎獎項		長榮航空2019年排名
World's Top 10 Airlines	全球10大最佳航空公司	No. 6
World's Best Airline Cabin Cleanliness	全球最佳客艙清潔	No. 1
World's Best Economy Class Catering	全球最佳經濟艙機上餐飲	No. 1
World's Best Airport Services	全球最佳機場服務	No. 4
Best Airlines in Asia	亞洲最佳航空公司	No. 4
Best Business Class Comfort Amenities	最佳商務艙服務用品	No. 4
World's Best Airline Cabin Crew	全球最佳空服人員	No. 5
Best Airline Staff in Asia	亞洲最佳航空服務人員	No. 6
Best Economy Class Airline Seats	最佳經濟艙座椅	No. 7
World's Best Economy Class Airlines	全球最佳經濟艙航空公司	No. 10

All-New Cabin
Experiences
當月客艙新體驗



SUNNYHILLS APPLE PASTRIES: A SWEET TREAT ON YOUR FLIGHT TO AOMORI

歡慶開航
微熱山丘蘋果酥陪您回味青森蘋果香

To celebrate the launch of EVA Air's new Taipei-Aomori route, Taiwanese dessert shop SunnyHills has prepared apple pastries for all passengers departing from Aomori to Taipei. Available from July 17 until the end of September, we hope this inflight treat gives you a taste for what awaits on the ground in Aomori.

Mount Iwaki, also known as Tsugaru Fuji, is located just north of Hirosaki in Aoyama prefecture. The area's mild weather makes it the perfect place for growing apples. The Fuji variety apples grown here are known around the world for their crispness, sweetness, and slightly astringent taste.

SunnyHills' toasted puff pastries are made using Japanese flour, free-range eggs, Flécharde butter from France, and preservative-free Fuji apple jam. It is a simple and delicious treat that preserves the distinct taste and aroma of apples grown in Aomori.

This exclusive treat is usually only available through the SunnyHills website or from select Japanese stores.

為了歡慶台北—青森航線開闢，自7月17日起至9月底止，凡搭乘長榮航空自青森飛往台北的全艙等旅客，都能享受台灣知名甜點品牌「微熱山丘」的日本限定蘋果酥，讓您再次回味青森在地蘋果香。

青森縣的弘前地區被稱為「津輕富士」，天氣涼爽、降雨量少，適合蘋果生長。在這裡生長的紅玉蘋果，香氣濃郁、口感清脆，爽口中帶一點酸；而經過成丁、凝縮熬煮的深紅色蘋果醬，更保有青森紅玉蘋果的酸甜及脆口。一如微熱山丘對美味的堅持，沒有任何人工香料與化學添加物，以法國 Flecharde 發酵奶油、健康飼養的雞蛋及日本麵粉等精選的原料製作酥皮，並將紅玉蘋果醬包覆於其中，烘烤出質樸、美味的蘋果酥。目前僅在微熱山丘東京門市及官網日本地區限定銷售。

THE TASTE OF SUMMER: COCCO MANGO 品嘗豔夏甜蜜滋味「夏日風情」



From July, EVA Air will serve an exclusive summer dessert by “dessert magician” Andrea Bonaffini, chef of Taipei’s Yellow Lemon patisserie. These delectable pastries are available in Royal Laurel Class and Premium Laurel Class on flights from Taipei to Brisbane, Paris, and Vienna.

Bonaffini developed Cocco Mango through careful experimentation with flavors and textures. He uses mango, his favorite tropical fruit, as the centerpiece, and coconut, representing summer, in a supporting role. The result is a refreshing treat with a rich, seductive flavor that will be the highlight of any long-haul flight.

7月起，長榮航空邀請台北知名甜點店Yellow Lemon有「藝術甜點魔法大師」稱號的主廚Andrea Bonaffini，為搭乘皇璽桂冠艙／桂冠艙自台北飛往巴黎、維也納、布里斯本的旅客推出夏季專屬甜點。經過數次實驗與嘗試後，主廚Andrea以他最喜愛的芒果為主軸，以及最能代表夏天的椰子為輔，創作出輕盈、涼爽的「夏日風情」甜點，風味豐富，邀您在雲端與我們一同享受沁涼的甜蜜滋味。

CHILDREN’S INFLIGHT KITS FOR THE 2019 SUMMER VACATION 2019年暑期兒童玩具包可愛登機

Young passengers flying with EVA Air over the vacation travel season and departing from Taiwan will receive cute and colorful children’s kits consisting of paper aircraft models and interesting puzzles. The items will help keep kids entertained during flight and over the summer holiday. (Available while stocks last).

因應暑假的到來，凡搭乘長榮航空自台灣出發的小朋友，都有機會體驗繽紛可愛的暑期兒童包；今年的內容包括飛機模型、機艙模擬組及彩繪拼圖，精緻可愛，豐富小朋友的暑期旅程！（數量有限，發完為止）



FRESH MIXED JUICE WITH COLD-PRESSED PSIDIUM GUAVA 冷壓鮮榨紅心芭樂綜合果汁



From July 1, EVA Air will serve a new welcome drink, Fresh Mixed Juice with Cold-pressed Psidium Guava, to passengers in Royal Laurel Class, Premium Laurel Class, and Business Class on certain routes. The juice is made using premium local psidium guavas, which are high in carotenoids and lycopene; fragrant golden diamond pineapples; dragon fruits; and apples. The result is a sweet and uniquely-flavored beverage that is a refreshing pick-me-up during flight.

自7月1日起，凡搭乘皇璽桂冠艙／桂冠艙／商務艙部分航線旅客，可享受新款迎賓飲料——冷壓鮮榨紅心芭樂綜合果汁。精選純在「冷壓鮮榨紅心芭樂綜合果汁」，採用台灣在地的紅心芭樂，類胡蘿蔔素與茄紅素含量高，搭配香氣獨特的金鑽鳳梨，並在以紅龍果與蘋果，滋味香甜濃郁，歡迎品嘗飲用。

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



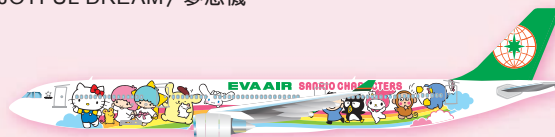
CELEBRATION FLIGHT / 派對機



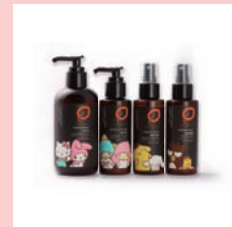
SHINING STAR / 星空機



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。

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

鐘樓怪人
20th ANNIVERSARY
2019 TAIPEI
經典法文音樂劇
NOTRE DAME
DE PARIS

EVA AIR VIP NIGHT —
20TH ANNIVERSARY NOTRE DAME DE
PARIS WORLD TOUR
長榮航空貴賓之夜 《鐘樓怪人》20周年世界巡演

Having been performed over 5,000 times around the globe, the beloved French musical Notre Dame de Paris has earned legendary status in the world of the performing arts. For the 20th anniversary of the musical's world tour, Taipei had the honor of staging the first performance of the year. On June 6, to recognize the enduring support of EVA Air's Infinity MileageLands members and business partners, the EVA Air VIP Night — 20th Anniversary Notre Dame de Paris World Tour event was held to share with you the artful beauty of this classic spectacle.

For the 20th anniversary performance, richly decorated stage sets were designed to recreate the ambience of medieval Europe. The widely adored Daniel Lavoie, who played priest Frolo in the original 1998 production, was invited to Taiwan to reprise his role. The moving performance was blessed by many gifted actors and dancers, who entwined their impassioned performances with the heart of the lead — Quasimodo, whose final, mournful ballad at the bell tower compelled the theater into rapturous applause. At the curtain call, the audience joined the cast in singing "Le Temps des Cathédrales" — the perfect coda for this exquisite evening.

名聞全球的經典法文音樂劇《鐘樓怪人》自1998年首演起，在世界巡演超過5千場，被視為國際藝文界的傳奇，並自今年起展開20周年世界巡演，台北榮膺為首站。為了感謝無限萬哩遊鑽石卡貴賓與合作夥伴長期以來的支持，長榮航空特別於6月6日舉辦「長榮航空貴賓之夜——《鐘樓怪人》20周年世界巡演」，再次與您分享美好的經典藝文饗宴。

20周年世界巡演的《鐘樓怪人》特別在台北打造豪華的歐規大型舞台，首次為台灣觀眾呈現全本全景內容，並邀請飾演1998年原版副主教的國寶級音樂劇演員Daniel Lavoie來台演出。只見演員與舞者精湛的演繹出主角內心的糾結與深刻的情感，尤其鐘樓怪人柯西莫多最後悲慟的歌聲，讓人動容，掌聲不斷。謝幕時全場觀眾更同聲應和著〈大教堂時代〉，為當晚的貴賓之夜畫下完美的句點。



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 award miles immediately; after you supply additional information such as your passport number and address, you'll earn an extra 500 award 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
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EVERGREEN LAUREL HOTEL (PARIS): A ROMANTIC SUMMER HOLIDAY TRIP

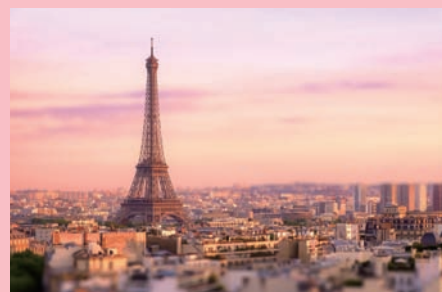
長榮桂冠酒店(巴黎) 暑假浪漫旅行去

Hotel News
長榮國際連鎖酒店
新訊

On July 14, or Bastille Day, a military parade takes place on Avenue des Champs-Élysées, as the public gathers to witness the grandeur and might of the French armed forces. Come nightfall, a fireworks display lights up the sky around the Eiffel Tower. The festivities mark the highlight of the French summer season. Stay at the Evergreen Laurel Hotel (Paris) this summer and enjoy the best the French capital has to offer.

EVERGREEN LAUREL HOTEL (PARIS) SPECIAL ACCOMMODATION PACKAGES (2019/7/12-8/26)

- Weekend Only (Friday–Sunday Nights)
 - Superior Room (Single Bed) — from €112 per room, per night (includes breakfast for one)
 - Superior Room (Twin Bed) — from €119 per room, per night (includes breakfast for two)
- Free Wi-Fi throughout the hotel
- Room rates listed are subject to a city tax of €2.88 per person, per night
- These special rates cannot be combined with other promotions or offers
- For detailed information, please refer to our website



Online booking
線上訂房

氣候溫暖的夏日巴黎，是個動靜皆宜的浪漫之都。而7月14日對法國來說，是個特別的日子——國慶日，透過香榭麗舍大道上的閱兵典禮，讓參加的民眾一同見證法國國軍的雄壯威武；夜晚，當絢爛的煙火劃過天際時，一場豐富的視覺饗宴正式開始，點綴了艾菲爾鐵塔的夜空，陪伴旅人度過浪漫夏夜。熱情的夏日之行，長榮桂冠酒店（巴黎）邀您一起同遊巴黎。

長榮桂冠酒店（巴黎）

夏日週末住房專案（2019/7/12-8/26）

- 週末限定（週五至週日入住）
 - 高級客房（單床）每房每晚112歐元起（贈送1客早餐）
 - 高級客房（雙床）每房每晚119歐元起（贈送2客早餐）
- 全館免費Wi-Fi使用
- 上述房價須另加收城市稅每人每晚2.88歐元
- 上述優惠價格恕無法與其他優惠併用
- 更多訂房資訊，請洽官網查詢



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.

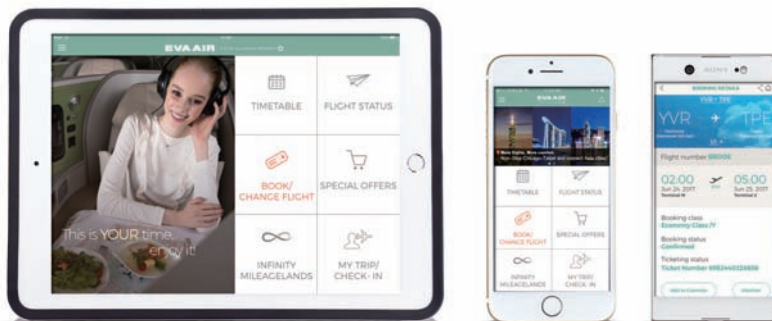
歡迎掃描QR Code，立即線上查詢/下載長榮航空與立榮航空國際線預定時刻表。

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

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- 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



- 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)

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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 hotspotservice@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 hotspotservice@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.

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 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 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。





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

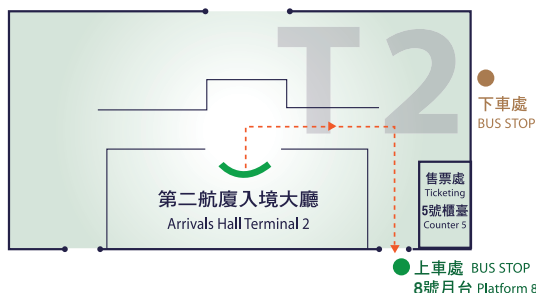
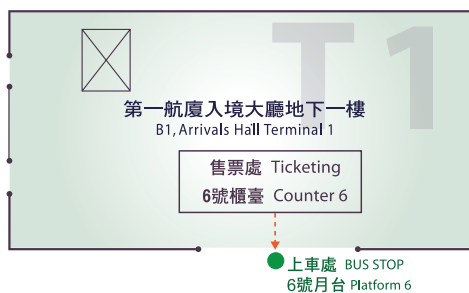
桃園國際機場 → 台北市內

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

- 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 —

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 stored 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 stored 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.

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：

- 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」。關閉艙門起至飛機落地脫離跑道止，所有傳輸類電子用品必須關閉語音通話或轉換成「飛機模式」並關閉Wi-Fi功能。當飛機於中華民國境內飛航時，使用隨身電子用品須遵守當地相關規定，並避免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）。
 - 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）。
- 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換成「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。
 - 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）。
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 - 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）。
- 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換成「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）。
- 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、重量之規定。
 - 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自備包裝妥當，以免免短路或損壞。
 - 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。
- 其他規定：
 - 關閉艙門起至飛機落地脫離跑道前，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。
 - 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、噴漆、殺菌劑等。
- 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、煤油、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：如殺菌劑、除草劑、液體性病毒液體等。
- 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，於航空器艙門內吸菸者，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：







- 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。
 - 於航空器艙門外之區域吸菸。
 - 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。

● 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提供旅客冷藏任何物品，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。

	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
  	○	○	○	○	○
	○	○	○	○	○
	○	×	○	×	×
	○	×	×	×	○

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。
- 高危族群旅客，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



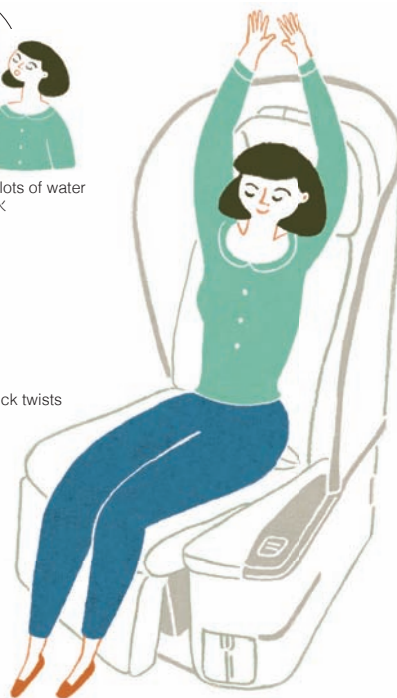
Slow foot circles
轉動腳踝



Calf massage
輕敲小腿按摩



Knee lifts
膝蓋舉起



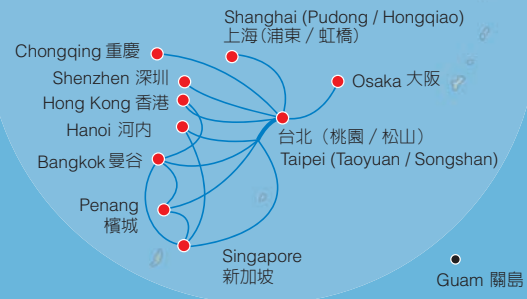
EVA / UNI AIR ASIA AREA ROUTE MAP

長榮 / 立榮航空亞洲區域飛航路線圖



EVA AIR ASIA AREA CARGO ROUTE MAP

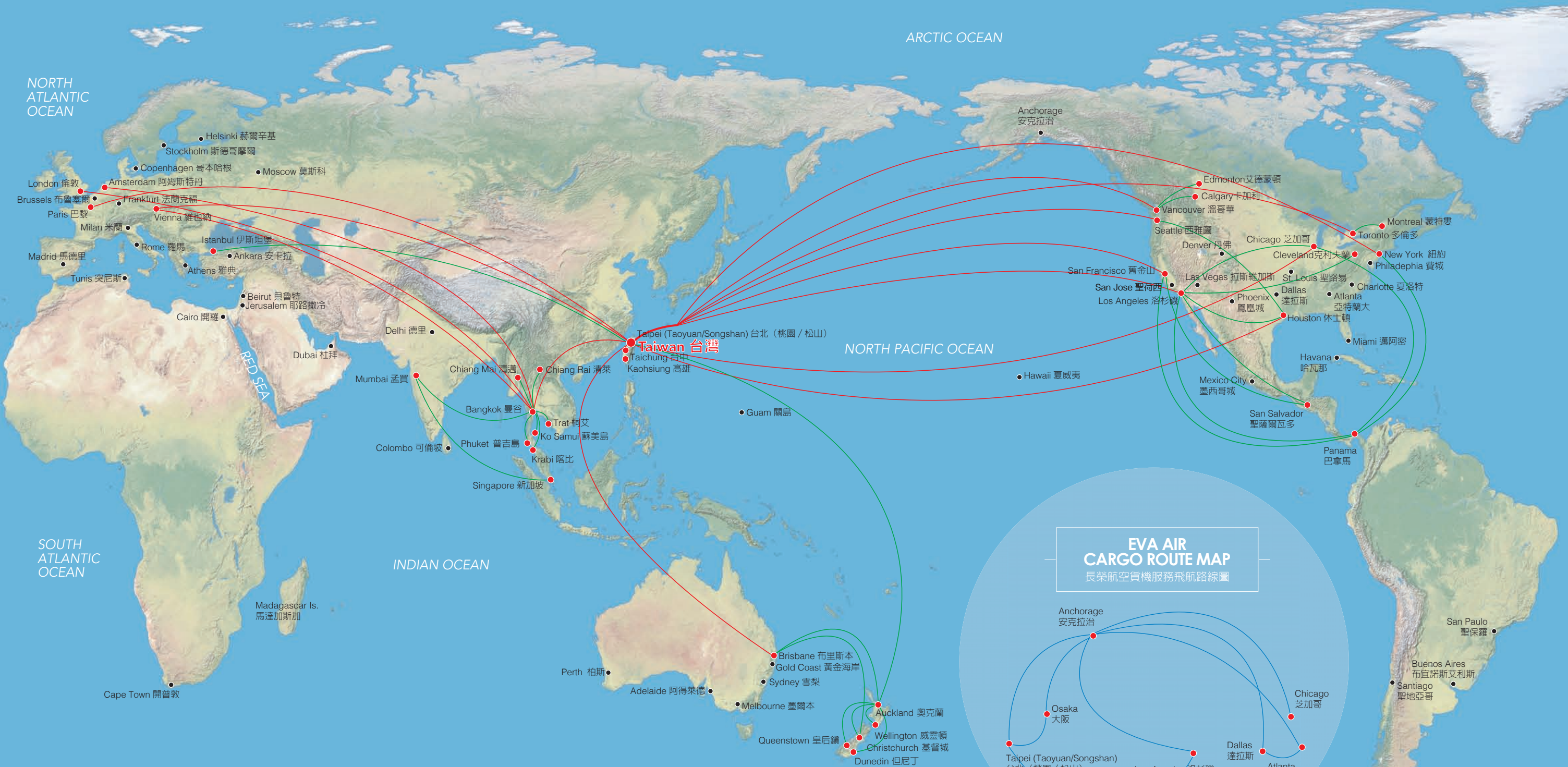
長榮航空亞洲區域貨機服務飛航路線圖



NORTH PACIFIC OCEAN

EVA AIR LONG-HAUL ROUTE MAP

長榮航空長程飛航路線圖



- 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

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。

EVA AIR CARGO ROUTE MAP

長榮航空貨機服務飛航路線圖



SOUTH PACIFIC OCEAN

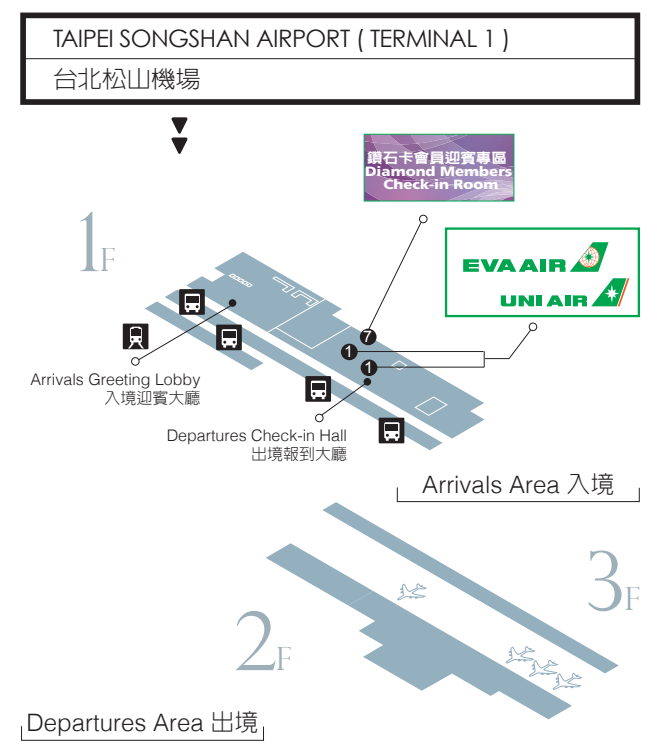
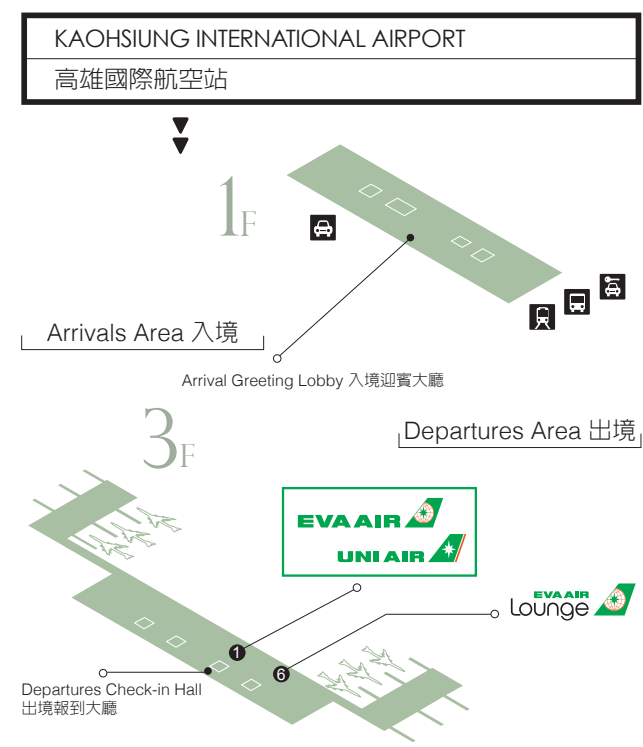
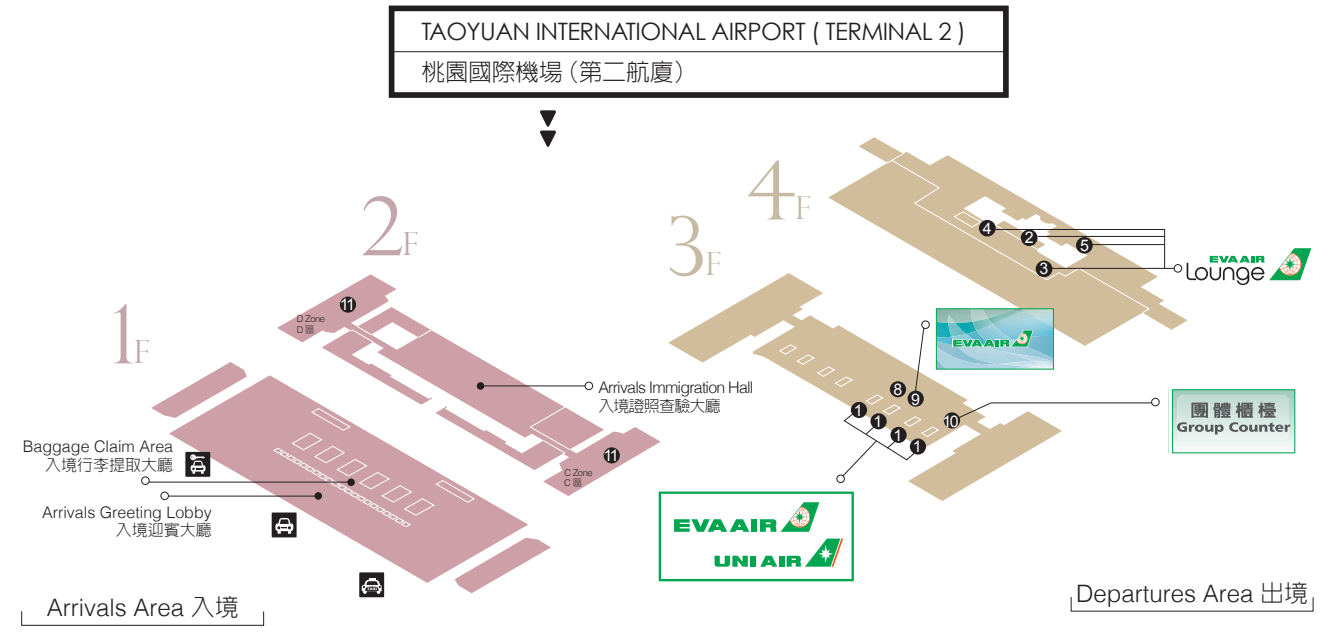
UNI AIR SHORT-HAUL ROUTE MAP

立榮航空近程飛航路線圖



EVA AIR SERVICES AT TAIWAN'S AIRPORTS

長榮航空於台灣各機場服務平面圖







































































































- 1 EVA Air Check-in Counter 長榮航空報到櫃檯
- 2 The Garden VIP Lounge 長榮The Garden貴賓室
- 3 The Star VIP Lounge 長榮The Star貴賓室
- 4 The Infinity VIP Lounge 長榮The Infinity貴賓室
- 5 The Club VIP Lounge 長榮The Club貴賓室
- 6 EVA Air Lounge 長榮航空貴賓室
- 7 Diamond Members Check-in Lounge 鑽石卡會員迎賓專區
- 8 Hello Kitty Check-in Kiosks Hello Kitty彩繪機專屬快速報到服務
- 9 EVA Air Ticketing Counter 長榮航空票務櫃檯
- 10 EVA Air Group Check-in Counter 長榮航空團體報到櫃檯
- 11 EVA Air Transfer Counter 長榮航空轉機櫃檯

Bangkok Airport
Information
曼谷機場
轉機資訊

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 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 沖繩	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)		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)		84-28-38445211
Jakarta 雅加達	30 km	 60-90 min. (IDR 200,000-250,000)		62-21-5501465
Kuala Lumpur 吉隆坡	70 km	 60 min. (MYR 10)  28 min. (MYR 35)	 45 min. (MYR 75)	60-3-87766223
Manila 馬尼拉	10 km	 45-90 min. (PHP500)		63-2-8796250
Phnom Penh 金邊	7 km	 20-30 min. (USD 15)		855-23-862801
Singapore 新加坡	20 km	 60 min. (SGD 2)  35 min. (SGD 2)	 20-30 min. (SGD 18-38)	65-65430103
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)	61-7-31141120
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)	1-847-780-1068
Houston 休士頓	36 km	 75-90 min. (USD 1.25)	 30-40 min. (USD 55)	1-281-230-7218
Los Angeles 洛杉磯	24 km	 40-60 min. (USD 7-16)	 30-40 min. (USD 45-50)	1-310-6469812
New York 紐約	24 km	 45-70 min. (USD 15-27)	 40-60 min. (USD 51.5)	1-718-751-1998
San Francisco 舊金山	30 km	 40 min. (USD 8-9)	 30 min. (USD 46-66)	1-650-3606800
Seattle 西雅圖	19 km	 36 min. (USD 2.5)	 15 min. (USD 32)	1-206-2426868
Toronto 多倫多	28 km	 50 min. (CAD 26.95+13%Tax)	 30 min. (CAD 30-65)	1-416-7765085
Vancouver 溫哥華	12 km	 25 min. (CAD 7.5-8.75)	 26 min. (CAD 38)	1-604-3033338
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)	31-20-4466279
London 倫敦	24 km	 15 min. (GBP 22)	 40 min. (GBP 45-70)	44-20-87457779
Paris 巴黎	23 km	 45-60 min. (EUR 9.4)  30 min.	 45-60 min. (EUR 50-60)	33-1-48164725
Vienna 維也納	16 km	 25 min. (EUR 8)  16 min. (EUR 12)	 20-25 min. (EUR 40)	43-1-700739800

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

787-10

342 Passengers

No. of aircraft 架數: 1
Classes 艙等: 2 (C:34/Y:308)
Seat pitch 各艙等椅距: 76"/31"~32"



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

184 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"



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

新天堂樂園
paradiso

15秒的奇幻之旅 孩子們的遊樂園

購買立榮假期花蓮商品

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驚奇的海洋之旅·與鯨豚們的近距離接觸
花蓮賞鯨輕旅行

DPKG1114 \$2,999起

租車假期·輕鬆FUN漫遊花東
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立榮航空



立榮假期
UNI Holidays

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台北總公司 (02) 7725-0800 轉 4 國內旅遊
台中分公司 (04) 2313-2006

金門分公司 (082) 372-121
行程售價依立榮假期官網標示為準





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！刷達首刷回購門檻後，指定卡別之新戶再消費享滿額回購哩遇。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，每戶僅限回購乙次。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。

謹慎理財 信用無價

信用卡暨預借現金之各級別循環信用年利率為6.75%~15% (依本行信用評分制度定期評估，循環利率之基準日為104年9月1日)。預借現金手續費：預借現金金額乘以3%加上新臺幣150元或美元5元，其他相關費用係依本行網站公告。
 客服專線：(02) 2383-1000 | www.cathayholdings.com/bank



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