

Envoyage

The Inflight Magazine of
EVA Air

TOHOKU'S STUNNING LANTERN PARADES

ラッセラー！日本東北睡魔祭

AUGUST
2019



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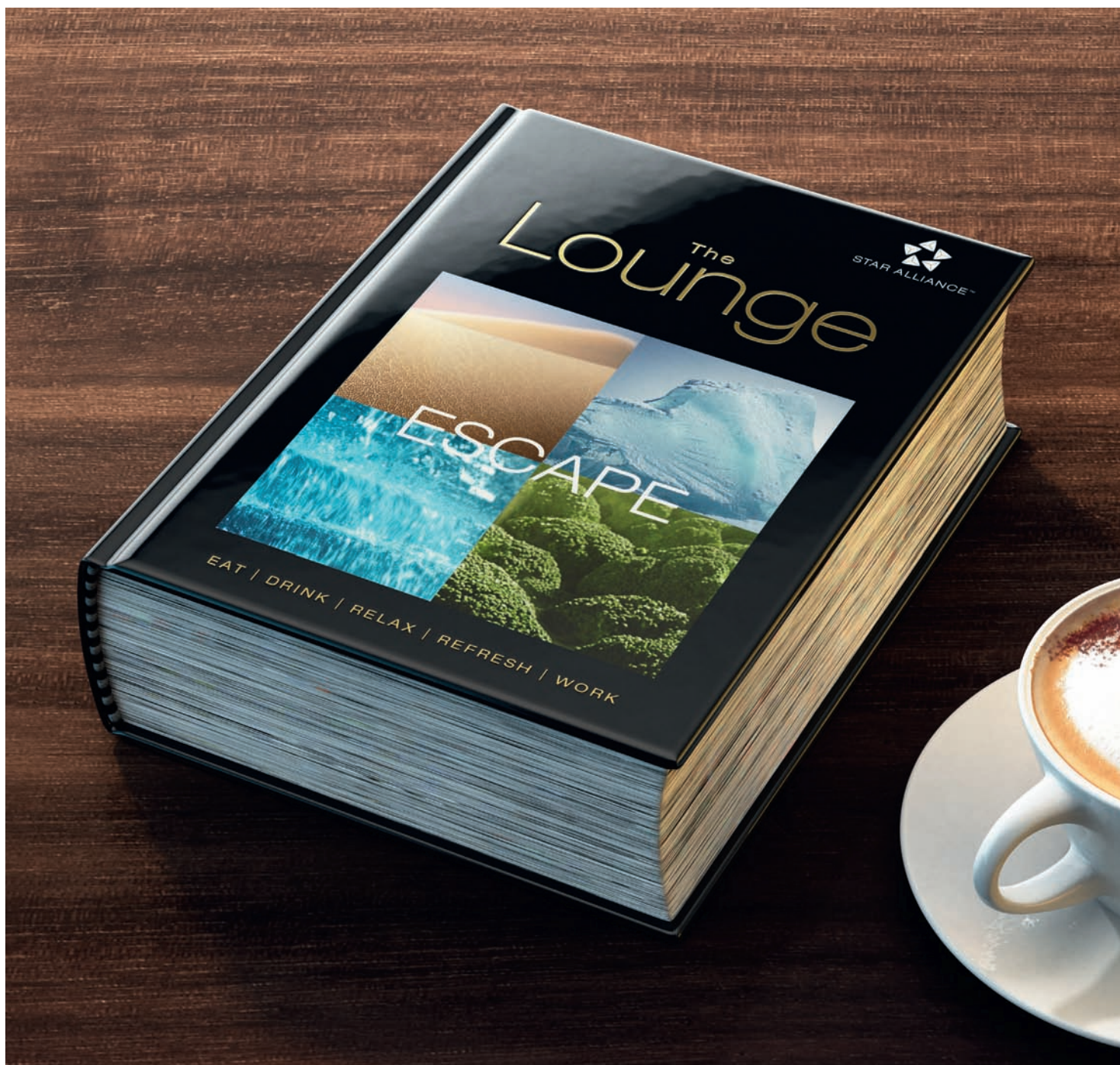


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Clay Sun
President, EVA Air

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。

In mid-July, EVA Air launched new Taipei–Aomori and Taipei–Matsuyama routes to better serve passengers travelling between Taiwan and Northeast Asia. For those in search of a memorable cultural experience this summer, the Nebuta Festival, held in Aomori this month, is hard to beat.

EVA Air will launch a new Taipei–Milan route on February 18 next year. Operated with a Boeing 777-300ER aircraft, the service will offer four direct flights per week to one of the world's most important fashion capitals. Milan also offers convenient access to historic Venice, famous for its masked carnival.

Finally, as temperatures soar in the northern hemisphere, EVA Air has collaborated with three-Michelin-starred Kyoto chef Motokazu Nakamura and Tan-style cuisine master chef Huang Ching-biao to develop summertime seasonal cuisine. Passengers flying with us this month can savor Kyoto-style *unagi kabayaki* (braised eel with soy-flavored sweetened sauce) and the Tan-style dish steamed chicken thigh coated with spicy crushed rice on lotus leaf.

長榮航空於7月中旬開闢台北—青森、台北—松山航線，讓台灣往返東北亞更加便利順暢。本月，歡迎與我們一起飛往青森，參加名聞全球的睡魔祭，享受日本夏日祭典的熱情與在地文化活力。

明年2月18日起，長榮航空將再開闢台北—米蘭航線，以波音777-300ER飛航，每週4班帶您直抵南歐，感受時尚之都的最新潮流，並親炙世界三大嘉年華——威尼斯嘉年華的魅力。

隨著北半球的時序已是炎炎夏季，致力在世界各地發掘美好事物與旅客分享的長榮航空，本月特別邀請京都米其林三星主廚中村元計與百年譚廚傳人黃清標為您設計夏季菜單，推出「蒲燒鰻魚」京懷石料理，以及「譚府荷葉粉蒸雞拼班蘭飯」譚府官宴，邀請您品嘗時令美味，暢意飛往全世界。

en Voyage

AUGUST 2019



Cover Story

38 Tohoku's Stunning Lantern Parades ラッセラー！日本東北睡魔祭

When it comes to summer events in Tohoku, Japan, the first thing that comes to mind for most people is the *nebuta* festivals. In Aomori Prefecture, *nebuta* festivals are held in Aomori City, Hirosaki, and Goshogawara. From the parade floats to the performances, each place features its own unique taste.

提到日本東北的夏日祭典，很多人的第一印象就是「睡魔祭」。青森縣內的青森市、弘前及五所川原在這個月都有舉辦睡魔祭，無論是山車及表演內容都各有特色，建議您親臨現場感受熱鬧氛圍。

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Aomori Nebuta Matsuri / 青森睡魔祭
Photography: Top Photo Group

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透過EVA iPad App可下載enVoyage電子雜誌。

En voyage is French for "traveling."
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AUGUST 2019

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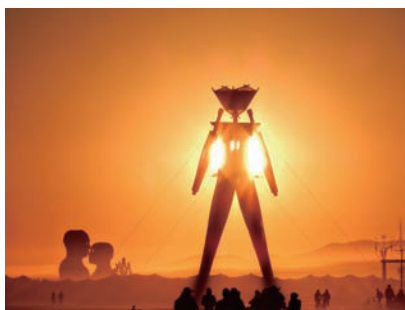
BURNING MAN ·

火人祭

NEVADA, USA / 內華達州, 美國

Outrageous art installations and mutant vehicles fill a temporary city in the desert as revelers ponder this year's theme: metamorphosis.

每年吸引大批狂歡者聚集的火人祭，今年以「蛻變」為主題，更有誇張的裝置藝術和改裝車進駐這個沙漠中的臨時城市。



AUG.

SEPT.

25 >> 02

burningman.org

NOTTING HILL CARNIVAL ·

諾丁崗嘉年華會

LONDON, UK / 倫敦, 英國

Europe's biggest street party celebrates Caribbean culture with a parade, steel drum music, samba dancing, and a carnival queen contest.

被譽為歐洲規模最大的街頭派對，以遊行、鋼鼓音樂、森巴舞與嘉年華會皇后選美競賽，頌揚加勒比海文化。



AUG.

25 >> 26

nhcarnival.org

AWA DANCE FESTIVAL ·

阿波舞祭

TOKUSHIMA, JAPAN / 德島市, 日本

Dancers in traditional costumes chant and sing as they take to the streets, accompanied by lute, taiko drum, flute, and kane bell players.

在三味線、太鼓、篠笛與鉦鼓樂手的伴奏下，穿著傳統服飾的舞者在街頭跳著盆舞，成為夏日德島最受矚目的人文風景。



AUG.

12 >> 15

www.japan.travel/en/spot/203





NAUTICA

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SEPT.

» 03

ECO-RETHINK – NPM X LYM X NTM JOINT EXHIBITION ·

生態想想 —— 故宮×蘭博×台
博聯合特展

theme.npm.edu.tw/exh108/EcoRethink/en/

This exhibition jointly organized by the National Palace Museum, Lanyang Museum, and National Taiwan Museum explores how nature is depicted in art, how mankind and nature coexist, and how nature fights back when we upset the delicate ecological balance.

於蘭陽博物館登場的《生態想想 —— 故宮×蘭博×台博聯合特展》，由國立故宮博物院、國立台灣博物館、宜蘭縣立蘭陽博物館聯合策劃，以生態關懷為主軸，展出故宮與動植物相關新媒體藝術作品，並結合台博館所藏珍貴動物標本及蘭博常民藏品，省思生態保育議題。

AUG.

03 » 08

SEPT.

AUG.

01 » 07

SEPT.

NTCH SUMMER JAZZ FESTIVAL ·

兩廳院夏日爵士派對

edm.npac-ntch.org/2019/2019SummerJazz/

The 2019 NTCH Summer Jazz Festival consists of nearly 50 performances by distinguished musicians from Taiwan, Japan, the US, and other countries. Attendees of these events will be able to enjoy jazz music with free afternoon tea. The 2019 Summer Jazz Outdoor Party will be held in the National Taipei Concert Hall plaza on August 24.

2019夏日爵士派對以「Life is Jazz, Play it Loud」為號召，邀集台灣、日本、美國等地爵士樂好手，呈現近50場演出，而免費的爵士夏午茶、夏日爵士戶外派對也於8月24日登場，歡迎一起走進高質感的爵士生活饗宴。



2019 TAIPEI ARTS FESTIVAL · 台北藝術節

www.artsfestival.taipei



The 2019 Taipei Arts Festival comprises 66 performances by artists from Indonesia, the Philippines, South Korea, Japan, Australia, Singapore, France, Thailand, Germany, Hong Kong, Mainland China, and Taiwan. The event aims to promote networking in the international art community and provoke thought about future social issues.

台北藝術節以「我們（沒）有認同」為主題，邀請10個國家的藝術家及台灣年輕創作者，推出66場精采展演，藉由藝術與社會參與連結，帶出共同體的理念及對未來社會的想像。

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Hello Kitty 樂園

國家AAAA級旅游景區



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的小伙伴们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和她的小伙伴们聚會的友誼廣場；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！

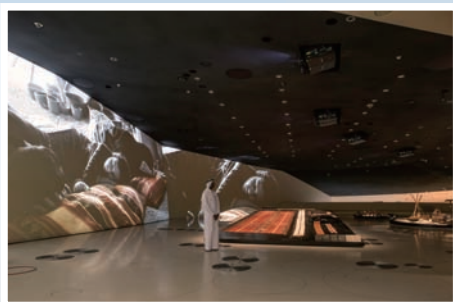


Q: 那麼在住宿方面怎麼辦呀？

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和她的小伙伴们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。





The brainchild of Pritzker Architecture Prize winner Jean Nouvel, the National Museum of Qatar opened in March. The design of the disk-like exhibition venues along a 1.5km trail was inspired by the "desert rose," a crystalline formation found in the Qatari desert. Located on the coast in Doha, the museum takes visitors on a journey through the history of Qatar from Paleolithic times to its rise as a wealthy oil-exporting nation, and onward toward its future.

NATIONAL MUEUM OF QATAR

卡達國家博物館

qm.org.qa

由普立茲獎得主、法國建築大師Jean Nouvel操刀的卡達國家博物館，於3月開館啓用，以當地經年累月風化結晶而成的「沙漠玫瑰」為設計靈感，不同尺寸與弧度的巨型曲面圓盤層疊交錯出建築主體；而長達1.5公里長的展廊與藏品，訴說卡達這個由海洋與沙漠構成的波斯灣國家的發展歷程、生活方式演變與未來願景。



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第58屆威尼斯雙年展主題展「願你生活在有趣的時代」，邀請曾任倫敦Hayward Gallery館長的Ralph Rugoff操刀策劃，探討我們身處的動盪時代。以主場館綠城花園與軍械庫展區，呈現兩場獨立的主題展，透過79位當代藝術家的呈現，揭示現實世界的一體兩面，另有來自不同國家的90個國家館，提供當代文化的多元視角。獲得國家館金獅獎的立陶宛國家館，以「Sun & Sea」為題，引導人們正視氣候變遷的相關議題。

Curated by Ralph Rugoff, former director of the Hayward Gallery in London, the 58th International Art Exhibition covers two main display areas: the Central Pavilion (Giardini) and the Arsenale. Some 79 contemporary artists were invited to illustrate two different sides of the world — placing one in each display area. Meanwhile, the national pavilions present diverse perspectives on local culture. The Pavilion of Lithuania won a Golden Lion Award for its “Sun & Sea” display, depicting bathers on a beach and drawing attention to climate change.



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

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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

Ocean Park in Hong Kong has launched the brand-new Thai restaurant Ginger Grill at Aqua City, featuring the authentic cuisine of northern Thailand. The signature dish is Thai-style Roasted Sunflower Chicken, which is crispy on the outside and tender inside, with lemongrass, pandan leaf, and green pepper stuffing. Thai Style Boat Noodles, which is limited to 150 servings per day, includes ingredients such as pork belly and pork balls. Diners can appreciate the exquisite cooking skills of the chefs as meals are prepared at the open-style grilling station.

香港海洋公園的夢幻水都開設全新泰式餐廳「Ginger Grill爐炭燒」，以泰北鄉間農村的飲食文化做為創作基調，供應道地泰式料理、明火炭燒及以薑入饌的料理。皮脆肉嫩的招牌「泰式燒葵花雞」，上菜時會燃點雞身內的香茅枝、斑蘭葉及青胡椒，令香料氣味四溢，是食客拍照打卡的不二選擇；每日限量供應150碗的正宗「泰式船麵」則是以豬五花、豬肉丸等多種食材入饌。食客還可圍坐於明火炭燒爐邊，觀賞廚師精湛的炭燒手藝。



微醺

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日本秋色・如夢似幻

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—
簡潔摩登
雕琢永恆承諾的鑽石藝術潮流



璀璨的鑽石戒指，往往是佳偶承諾永恆的信物。160餘年來，卡地亞巴黎工作坊內的珠寶師，以一絲不苟的精湛技藝創作出風格大膽而細膩的鑽石婚戒；今年，卡地亞為Solitaire 1895婚戒系列、Cartier Destinée訂婚鑽戒系列賦予更加摩登的風貌，引領鑽石藝術的簡潔風潮。

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1. Marble Table 大理石桌

bocadolobo.com/en/limited-edition/tables-and-desks/pietra-oval

Inspired by Renaissance period sculpture, the Pietra marble table is characterized by an oval top gently lying on robust marble columns.

在兼具實用功能與雕塑造型的雙重考量下，Pietra大理石桌的橢圓形桌面由手工雕刻的實心大理石柱穩固支撐，藉由天然的石材紋理，重現文藝復興時期大理石雕塑的美學質感。

2. Honeycomb Lamp 蜂巢造型燈

slamp.com/en/products/suspension/charlotte-globe-suspension

The new Charlotte Globe suspension light, designed by Doriana & Massimiliano Fuksas, recreates the geometric patterns and elements of honeycomb.

由Doriana & Massimiliano Fuksas設計的Charlotte Globe蜂巢造型燈，將繁複的幾何圖案與蜂巢狀的造型元素，包覆在以Cristalflex®製成、內部結構採用Lentiflex®打造的發光球體內，可漫射光線，為居家空間增添精緻的奢華感。

3. Diamond Sofa 鑽石切割概念造型沙發

eu.louisvuitton.com/eng-e1/products/diamond-sofa-by-marcel-wanders-nvprod1550063v

The Diamond Sofa, designed by Marcel Wanders for Louis Vuitton, is shaped like a diamond with a multifaceted cut. The leather seat is suspended on a cage-like base made of ash wood slats.

由Marcel Wanders為Louis Vuitton家居系列所設計的Diamond Sofa鑽石切割概念造型沙發，以弧面的杉木木板打造創新結構，底座採用盤結結構，搭配奢華的皮革墊襯，展現視覺上的漂浮感。

1



2



3



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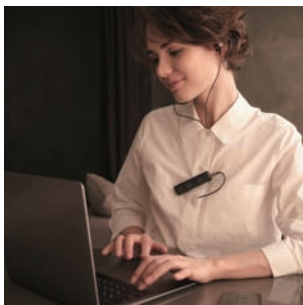
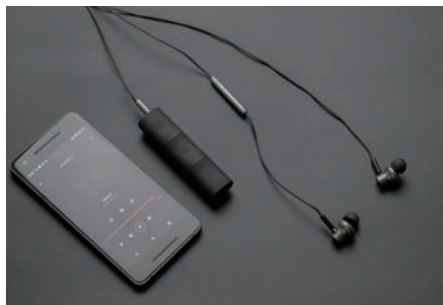
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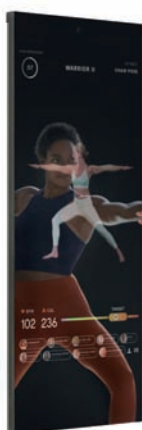




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2



3

1. Whooshi 無線藍芽揚聲系統 *whooshi.me*

The Whooshi Bluetooth amplifier allows users to transmit music wirelessly to their favorite wired headphones. The system has a built-in amplifier and sound processor to improve the listening experience.

搭載藍芽的Whooshi高傳真播放系統，根據使用者的聆聽習慣設定最佳的音頻模式，可透過有線耳機連結智慧型手機、平板電腦或筆記型電腦，也可做為電腦音響播放系統的揚聲器，便於您在行進、運動中享受高品質的音效串流。

2. ElliQ 智慧照護機器人 *elliq.com*

Intuition Robotics' ElliQ is designed with elderly care in mind. The interactive audio control system can play music, remind users when it's time to take medicine, track health metrics, and inform emergency contacts when necessary.

以色列Intuition Robotics研發推出新型態智慧照護機器人ElliQ，透過互動式的語音控制系統，可播放音樂、提醒吃藥時間、追蹤健康狀況等，並在危急時刻即時通知緊急聯絡人。

3. Mirror 智慧健身鏡 *mirror.co*

Mirror is a smart device for home exercise. Equipped with a color display, stereo speakers, camera, and microphone, it offers a full range of online fitness courses from yoga and boxing to weight training and Pilates.

被《時代》雜誌譽為「2018年最棒發明」的Mirror智慧健身鏡，配備LCD面板、立體聲揚聲器、錄像鏡頭與麥克風，提供瑜伽、拳擊、重量訓練、皮拉提斯等健身課程，教練還可在線上即時觀看學員的各項健康指標。

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A TUK-TUK ADVENTURE

騎著嘟嘟車去探險

BY CLAIRE TURRELL / ILLUSTRATIONS BY LYNETTE LIN



O

h my god!" exclaimed the elderly Thai man as he stooped to take a closer look. Leaving behind his group of friends who were all taking some shade under a ramshackle hut, he walked toward the tuk-tuk to make sure his eyes weren't deceiving him. "Wow!" he said again, with a big smile on his face — it really was a white woman driving it.



With my Danish male passenger in the back, we must have looked a real sight as we trundled through small, leafy Thai villages that clung to a hillside in Chiang Mai. We had joined The Tuk Tuk Club convoy for a guided tour through the countryside. You have the option to be chauffeured, but if you have a car or motorbike license, you can drive your own.



Living in Southeast Asia, I often take full advantage of my motorbike license, but a tuk-tuk is neither motorcycle nor car. The steering and speed are controlled via the handlebar, while the clutch, brake, and gear shifter are found in roughly the same place as you would expect to find them in a car. While I got to grips with the controls and crunched my way through the gears, the bespoke 650cc tuk-tuk engine powered us along muddy tracks.

Earlier in the day, during my driving test with The Tuk Tuk Club, things had gone swimmingly. I'd driven my tropical-colored rig around a former basketball court and then swung it in and out of cones. Now with potholes, undulations in the road, and the occasional buffalo making its way down the track, I had to work the gearbox and pump the brakes. I did manage to stall while doing a U-turn, causing my usually cool and calm passenger to panic as we remained stationary across two lanes of oncoming traffic.



Despite near-death experiences, my passenger had to admit that this was still far more fun than a minibus. We could have been cooped up with a dozen other travelers attempting to peer out of a steamed-up window as a temple or village flashed past. Driving the tuk-tuk we sped through the countryside with the wind in our hair and stopped by forest temples and mountaintop meditation caves, and even joined a village festival where elderly villagers fed us bowls of spicy Chiang Mai noodles. Before we returned our tuk-tuk we had the chance to bathe a baby elephant at an elephant sanctuary and enjoyed a trip on a bamboo raft down a river. If there was one lesson that we learnt that day, it was how much fun you can have when you take control of your own adventure.

那位泰國老翁彎腰察看時大聲喊著：「我的天啊！」他離開那群躲在棚架陰影處的朋友，走向嘟嘟車，確認自己的眼睛沒有看錯。「天啊！」他再次大喊，並且笑容滿面——真的是白人女性在騎嘟嘟車。

而我還載著一個來自丹麥的男性乘客，所以當我們穿越坐落於清邁山丘中、綠意盎然的小村莊時，想必非常引人注目。我們加入了嘟嘟車俱樂部車隊，進行一場郊外導覽之旅。您可以選擇當乘客，但如果擁有汽車或機車駕照，就可以自己騎嘟嘟車。

生活在東南亞，我經常能夠使用我的機車駕照，但嘟嘟車不算汽

車也不是機車。方向與速度是透過手把來操控，但離合器、煞車與打檔桿算是位於與汽車相似的位置。當我握緊手把催油並換好檔後，經過改裝的650cc嘟嘟車引擎便載著我們在泥濘的道路前進。

當天稍早，我在嘟嘟車俱樂部試騎時，一切都非常順利。我騎著自己那輛熱帶色彩的測試機車，在一座廢棄的籃球場裡繞圈，並在轉角順利入彎與出彎。現在，面對路面上的凹洞與起伏，以及不時擋路的水牛，我必須經常換檔與煞車。我的確在過U形彎時熄火了，導致我那位平常冷靜、鎮定的乘客陷入恐慌，因為我們就停在對向來車的兩線道上。

儘管經歷瀕死體驗，我的乘客仍必須承認這遠比搭小型巴士好玩多了。如果搭乘小型巴士，我們就得和其他十多名旅客擠在一起，只能從蒙上霧氣的窗戶觀看沿途的廟宇或村莊；而騎著嘟嘟車，我們能在享受微風吹拂髮梢時快速穿越鄉間，造訪林間廟宇和山頂上的冥想洞穴，甚至加入村莊慶典，品嚐老村民招待的清邁辣麵。而在歸還嘟嘟車前，我們還在大象保護區為小象洗澡，並體驗竹筏遊河之旅。我們在那天學到的事情就是：掌控自己的探險之旅便能獲得最大的樂趣！📖

Claire Turrell is an award-winning journalist based in Southeast Asia. Her work has been published in *Harper's Bazaar* and by US News and the BBC.

Claire Turrell是定居東南亞的獲獎記者，她的作品曾在《哈潑時尚》雜誌、美國新聞與BBC發表。

5 OF THE WORLD'S MOST BEAUTIFUL GORGES

探遊全球5大最美峽谷

BY AIMEE WONG

G

orges are steep, narrow valleys that have been formed over millions of years by glacial melting, geological uplift, and river erosion. Not only are they visually stunning, but they contain valuable ancient rocks, plants, and fossils. While some feature brilliant emerald waters, others offer an inspiring variety of flora and fauna, and yet others impress by their sheer magnitude. For the millions of visitors who flock to them every year, these natural wonders provide breathtaking views and abundant opportunities for sightseeing, hiking, biking, and water sports. We take a look at some of the world's most beautiful gorges.

峽谷是經歷數百萬年冰河融化、地質抬升與河流侵蝕所形成的陡峭、狹窄谷地，不僅壯闊地景令人讚嘆，更蘊藏了珍貴的古代岩石、植物與化石，每年吸引數百萬旅人親炙這些壯麗景色，以及在峽谷中進行登山健行、騎乘自行車與水上運動等探險活動。

01

The 130km long, 1,200m deep Columbia River Gorge is part of the largest national scenic area in the US. The gorge cuts through the Cascade mountains, forming part of the border between the states of Washington to the north and Oregon to the south. Located 48km east of Portland, the area contains more than 90 waterfalls, including the 189m-tall Multnomah Falls, a two-drop cascade spanned by the picturesque Benson Bridge, with both wheelchair-accessible observation platforms and hiking trails that run all the way to the top.

Sports enthusiasts will find hiking trails, biking paths, and some of the best windsurfing and kiteboarding conditions in the world. Or head to the town of Hood River for restaurants, shops, theaters, bars, and historic museums, while nearby you can find valleys of orchids, roadside stands selling fresh produce, and premium wineries offering wine-tasting opportunities.

美國

哥倫比亞河峽谷

長130公里、深1千2百公尺的哥倫比亞河峽谷，坐落於美國最大的國家風景區內，峽谷切過喀斯開山脈，形成華盛頓州、奧勒岡州的州界線。位於波特蘭東方48公里的這個區域，境內超過90座瀑布，包括落差達189公尺的馬特諾瑪瀑布，而班森橋橫跨這座兩段式瀑布，並設有觀景平台，以及通往瀑布頂端的登山步道。

除了登山步道與自行車道，這裡還是世界頂尖的風帆衝浪與風箏衝浪勝地，您可以前往胡德河鎮探索那裡的餐廳、商店、劇院、酒吧和歷史博物館，並造訪附近的蘭花谷、販售新鮮農產品的攤販，以及能試飲葡萄酒的頂級酒莊。



EVA AIR FLIES TAIPEI-SEATTLE 10 TIMES A WEEK

長榮航空每週10班從台北飛往西雅圖



FRANCE • *Verdon Gorge*

Nestled in the heart of southeastern France is one of Europe's most beautiful river canyons. Running 25km long, the ravine has been cut 700m deep through the limestone mass by the striking turquoise-colored Verdon River, beginning at the town of Moustiers-Sainte-Marie in the north and running as far south as Castellane and west to the Durance near Manosque. While the entire valley is beautiful, the section between Castellane and Manosque contains the most impressive part of the canyon.

Visitors can hike, drive around the rim, or rent canoes, kayaks, or paddleboats to enjoy the river. It's also a popular site for rock climbing, with more than 1,500 climbing routes on limestone walls that run several hundred meters high. Birdwatching enthusiasts can spot griffon vultures, black vultures, and numerous other eagles — the steep crags of the rockface also provide the perfect home for these large birds of prey. Go early during the summer to beat the crowds.

法國

維頓峽谷

坐落於法國東南部的維頓峽谷，是歐洲最美的河流峽谷之一，青綠色的維頓河侵蝕石灰岩層而形成深7百公尺、長25公里的峽谷，而卡斯泰朗市鎮與馬諾斯克市鎮之間是其最美麗的部分。

旅人可沿著峽谷邊緣健行或開車，或是租獨木舟、小艇、腳踏船漫遊維頓河。這裡是熱門的攀岩勝地，擁有超過1千5百條沿著石灰岩峭壁、高達數百公尺的攀岩路線；賞鳥愛好者可在此見到高山兀鷲、黑美洲鷲與其他老鷹。夏天時，請提早出門以避開人潮。

02



03

MAINLAND CHINA • Wu Gorge (Wushan/Three Gorges)

Wu Gorge, also called the Great Gorge, is the second of the Three Gorges, three adjacent gorges located along the Yangtze River. It is also considered the most beautiful among the three. Stretching 44km from the mouth of the Daning River in Wushan County to Guandukou in Badong County, the gorge is known for its deep valleys and forested mountainside that turns bright red during the autumn months.

Located on both sides of the river, the "Twelve Peaks of Wushan" are 12 unusual mountain peaks that were described in legend as 12 fairy spirits. The most famous of these, the Goddess Peak, resembles a girl looking down at the river from the northern bank and has been the subject of many poems and legends. As one of the few gorges that can be accessed by boat, visitors can experience the sights by taking a cruise down the Yangtze River.

中國大陸

巫峽

又名大峽的巫峽，是長江三峽的第二座峽谷，也被認為是三峽中最美的峽谷，全長44公里，西起巫峽縣大寧河口，東至巴東縣官渡口，以陡峭峽谷與秋季的亮紅色山林聞名於世。

坐落河畔兩側的巫山十二峰，為12座相傳擁有神靈的山峰，其中「神女峰」最為知名，就像一位從北岸俯瞰長江的少女，是許多詩作與傳說故事的主角。巫峽是少數坐船就能抵達的峽谷，旅人可以搭乘順著長江而下的船舶，享受峽谷美景。



JAPAN • Kurobe Gorge

Located in the Northern Japan Alps and considered one of the “three great gorges of Japan,” Kurobe Gorge is a beautiful destination for natural scenic beauty with its steep cliffs, untouched forests, and outdoor hot springs. The most popular time to visit is in the autumn from mid-October to mid-November, when the forested slopes turn a kaleidoscopic blend of bright red and orange.

One of the gorge’s main attractions and the best way to enjoy the scenery is the Kurobe Gorge Railway, a sightseeing train that operates along a 20km stretch between Keyakidaira and Unazuki stations. With a choice between open-air and closed carriages, the 80-minute journey passes through more than 40 tunnels and over 20 bridges, offering amazing views of the gorge below. The train stops at a few stations along the way where visitors can disembark and explore, bathe in the hot springs, or visit a ryokan or museum.

日本

黑部峽谷

黑部峽谷位於日本阿爾卑斯山脈北部，並被譽為「日本三大峽谷」之一，擁有陡峭絕壁、原始森林和戶外溫泉，是欣賞自然之美的勝地。這裡最熱門的旅遊時段是10月中旬到11月中旬，此時，山坡的森林會呈現融合亮紅色與橘色的絢爛秋色。

享受黑部峽谷美景的最佳方式，就是搭乘行駛於樺平站和宇奈月站之間、長20公里的黑部峽谷鐵道觀光火車。火車包含露天與封閉式車廂，並在80分鐘的旅程中穿越超過40座隧道與超過20座橋梁，讓人飽覽令人讚嘆的峽谷景致。火車會在幾個車站暫停，旅人可下車探索山林美景、泡溫泉或者造訪博物館。

04



EVA AIR FLIES TAIPEI-KOMATSU 5 TIMES A WEEK

長榮航空每週5班從台北飛往小松

PHOTOGRAPHY: TOP PHOTO GROUP/GETTY IMAGE DJ



TAIWAN • Taroko Gorge

One of Taiwan's most popular tourist attractions, Taroko Gorge is a 19km-long marble gorge situated near the island's east coast. It boasts a diverse landscape that encompasses coastal cliffs, subtropical forests, and high-elevation subalpine coniferous forests, while rising over 3400m from sea level to some of the tallest peaks in the east of the island. The varied climate zones provide diverse habitats for a wide range of wildlife: Taroko Gorge National Park is home to 144 species of birds, 251 species of butterflies, 34 endemic large mammals, 32 species of reptiles, and 18 species of fish.

Other than the gorge itself, there are plenty of temples, museums, aboriginal settlements, and hiking trails to explore and enjoy. One of the most famous sites, the Eternal Spring Shrine (Changchun Shrine) features a temple and pavilion built into the cliffside, a waterfall flowing out from under the connecting bridge, and a number of nearby trails leading to caves, statues, and towers.

台灣

太魯閣峽谷

坐落於台灣東海岸附近、長19公里的太魯閣峽谷，是台灣最熱門的觀光景點之一，海拔超過3千4百公尺，毗鄰東台灣最高聳的幾座山峰，因此擁有豐富多樣的地景，包括海岸懸崖、副熱帶森林，以及亞高山針葉林。豐富的氣候帶形成適合各種野生動植物的棲地，擁有144種鳥類、251種蝴蝶、34種地方大型哺乳動物、32種爬蟲動物，以及18種魚類。

除了峽谷本身，太魯閣還有許多廟宇、原住民部落和登山健行步道讓旅人探索與遊歷，最著名的景點為長春祠，寺廟與樓閣沿著峭壁而建，一道瀑布從連接的橋梁下方傾瀉而下，而周圍的幾條步道可通往山洞、雕像與塔樓。📍

05



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here's a lot of buzz surrounding flotation therapy at the moment, so we've explored the very best places around the world where you can soak in saltwater in order to relax and revive both mind and body.

FLOATING AWAY

漂浮放鬆

BY HELEN ALEXANDER





One of the decade's hottest wellness trends, flotation pods were first created in the 1950s as part of a science experiment to investigate what happens when the brain is cut off from all external stimuli. However, 20 years later flotation therapy began to be used in the US as a form of alternative healthcare, and the pods moved from the laboratory to wellness centers around the world.

Why are they popular? Floating has been proven to speed up the recovery of muscles and joints after exercising, help restore postural alignment following a long week at work, and improve circulation. But it's not just the body that benefits from being free from the force of gravity. Reduced stress levels, improved sleep, and the release of feel-good endorphins are just a few of the advantages gained from floating that contribute to good mental wellbeing. Many experts believe an hour of floating has the restful effect of several hours of sleep.

So, how does it work? Flotation therapy refers to the practice of entering an enclosed sensory deprivation tank or pod and being partially submerged in skin-temperature water that's blended with therapeutic Epsom salts (magnesium sulfate). It's the addition of salt that enables people to float effortlessly. This means that, while in a tank, people's joints are supported and they have the chance to truly unwind and relax. The pristine-clean water in the tanks undergoes rigorous filtration and ultraviolet treatment, while the salt itself is a natural disinfectant.

Meiso is the first flotation center in Paris. It offers four different flotation experiences as well as an art space and "forest of hammocks" rest area. 巴黎第一家漂浮水療中心Meiso，提供4款漂浮水療課程，並配備舒適的藝術與吊床森林休憩空間。

漂浮水療是時下非常熱門的話題，就讓我們一同探索讓人能在鹽水中放鬆身心的全球最佳漂浮水療中心。

身為近10年最熱門的保健趨勢之一，漂浮水艙早在1950年便已問世，最初用途是科學家用來調查當大腦完全隔絕外在刺激時，會發生什麼狀況。20年後，漂浮水療在美國成為一種另類健康保健療法，水艙也從實驗室移到世界各地的保健中心。

專家認為漂浮一小時的休息效果，等同睡眠好幾個小時。脫離引力束縛的漂浮，能讓身體獲得好處：可加速運動後的肌肉與關節恢復、端正長期工作後的身體姿勢、改善血液循環，更有助減少壓力、改善睡眠、釋放安多酚等。

漂浮水療的運作方式，是進入一個隔絕感官刺激的水槽或水艙，身體部分浸入溶有治療用浴鹽（硫化鎂）的鹽水裡，讓身體輕鬆浮起，關節可獲得支撐，達到真正放鬆。水艙內的純淨水經過嚴格過濾與紫外線殺菌，鹽則是天然消毒劑。



- Connecting to calm -

Flotation therapy is making waves all over the world, but its home has to be Los Angeles, where there's a huge choice of centers. **Pause Float** on Washington Boulevard is one of the most-loved places to step into a pod thanks to the team's focus on mental wellbeing and learning. As you can select the audio that will be played while in the pod, the possibilities are endless. That might mean a coaching session with a wellness instructor or learning a new language — when the mind is undistracted it can make deep, new neural connections.

Not only that, regulars love that the pods on offer at Pause Float are the same ones that top athletes like the New England Patriots and Houston Texans use at their training facilities. And, after a session, guests shower with Seaweed Bath Co. products before sipping tea in the meditation room.

In Hong Kong, pampering products and luxurious surrounds also come into play and offer the perfect antidote to fast-paced urban living. Having first experienced flotation therapy in Thailand, Daphney and Francis left their

jobs in the media to set up **Floax**. Their entrepreneurial endeavor is proving to be hugely popular — especially due to their post-float classes in sound healing and aromatherapy. It's also possible to pick up a jar of Epsom salts for a relaxing bath back home as well as Aomori Hiba wood products from Cul de Sac Japan. The wood is antibacterial, insect-repelling, and relaxing, and can be experienced as an essential oil that's extracted by distillation from trees.

- Tuning into some time out -

Many flotation therapy centers recognize that the time you spend after floating can be just as restorative and reviving as the time you spend in the pod. As the first center to open in Paris, on Boulevard de la Chapelle, **Meiso** is one such place, and it has a sister venue in Lyon.

Once an abandoned building, it's been lovingly bought back to life, and the team describe the two spaces on offer as part of an urban temple of disconnection and introspection. After they have finished floating, guests can choose to get creative in The Mezzanines with pens, pencils, and art equipment or chill out among the "forest of hammocks" in Dojo, which is the

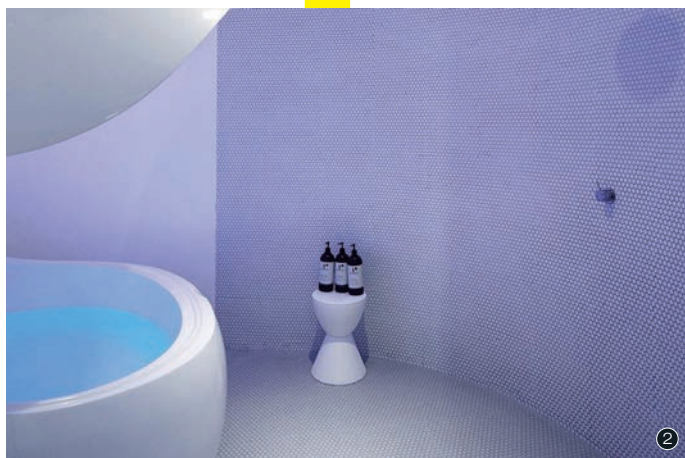
scene for yoga workshops and intimate acoustic performances.

- Soothing your senses -

Beyond Rest in Melbourne, Australia, has a number of locations that are similarly aimed at offering an antidote to the stresses and strains of everyday life. Established by brothers Nick and Ben Dunin, the pair are pioneers on the flotation scene and the pods at Beyond Rest offer a number of features that aren't usually found elsewhere. For example, there's the option to replace the dark interior of the pod for one with color therapy LED spa lamps — guests can choose from a range of vibrant colors to suit their mood, or have them rotate through the spectrum.

Then there's the I-Sopod, where there's no chance of suffering with claustrophobia as it's the largest pod in the world and easy to move around inside. The oversized pod plays Solfeggio tones for the first 10 minutes to help achieve a deep meditative state. The team also created a special float fan that improves the air quality in the tanks and makes breathing much more natural.

① Sensory deprivation allows the nervous system to fully relax. Because the water is supersaturated with Epsom salts, bathers cannot sink, even if they fall asleep / 因在漂浮水療池水中加入了大量浴鹽，沐浴者即使入睡也不會沉入水中，讓神經系統可全然放鬆 ② Spacious I-Sopod tanks at Beyond Rest in Melbourne, Australia / 澳洲墨爾本的Beyond Rest擁有寬敞的I-Sopod水艙 ③ Beyond Rest reception area / Beyond Rest接待室的設計簡約舒適 ④ Pause Float in LA also offers infrared saunas / 洛杉磯的Pause Float配備紅外線二溫暖室



潛入平靜

漂浮水療的故鄉是洛杉磯，位於華盛頓大道的Pause Float為最受歡迎的漂浮水療中心之一。您可選擇艙內播放的音效，內容包括健康教練引導的課程，或學習一種新語言，目的是讓大腦專一，以進行深層、全新的神經連結體驗。Pause Float提供的水艙款式，與新英格蘭愛國者隊和休士頓德州人隊使用的是同一款。完成療程後，可用Seaweed Bath Co.產品沐浴，然後在禪室品茶。

在香港，漂浮水療也搭配精品與豪華環境，共同為繁忙都會生活帶來完美解藥。Floax創辦人Daphney與Francis，在泰國初次體驗漂浮水療後，便辭去媒體工作，致力於漂浮水療事業的經營，他們的創業大獲成功，水療後的聲療與芳療更獲得顧客一致好評。療程後，顧客可購買浴鹽回家享受放鬆泡澡，或是購買日本Cul de Sac公司的青森檜木產品，享受檜木與其香氣帶來的療癒功效。

遠離塵世

巴黎第一家漂浮水療中心Meiso，位於夏貝爾大道，一個遠離塵世，可靜思內省的地方。經營團隊賦予了一棟廢棄建築新生命，提供兩個空間做為遠離塵世的都會殿堂。完成漂浮水療後，顧客可選擇在The Mezzanines空間以筆或藝術工具發揮創意，或在Dojo空間的「吊床森林」徹底放鬆，在返回現實世界前享受遠離喧囂的離世之感。

放鬆感官

澳洲墨爾本的Beyond Rest擁有數家分店，以舒緩日常生活壓力為目標。創辦人Nick與Ben Dunin兄弟是漂浮水療的先驅，提供其他地方罕見的功能：水艙黑色內裝被換成LED變色水療燈，顧客可選擇適合當下心情的色彩，或讓顏色自由轉換。

I-Sopod水艙是目前世界上最大的水艙，得以讓人輕鬆活動，為了幫助顧客進入深層靜思，水艙會在前10分鐘播放Solfeggio音調，團隊還創造漂浮水療的特別通風扇，以改善水艙內的空氣品質，讓呼吸更加順暢。☑



TOHOKU'S STUNNING LANTERN PARADES

ラッセラー！

日本東北睡魔祭

BY VICTO CHIANG

W

hen it comes to summer events in Tōhoku, Japan, the first thing that comes to mind for most people is the *nebuta* festivals. Said to have evolved out of the Chinese Qixi Festival, Tōhoku's *nebuta* festivals took their present shape after having combined with local customs. While early parades were all done on a village-by-village basis, each locale producing their own *nebuta* (colorful lantern parade floats), as the festival has grown in scale, the need for funding has grown as well. Now more and more festivals seek the involvement and support of Japan Self-Defense Forces personnel and private sector organizations, and their notoriety has grown in turn.

提到日本東北的夏日祭典，很多人第一印象絕對是「睡魔祭」（ねぶた祭）。睡魔祭據傳是從中國大陸的「七夕」演變而來，再與當地習俗相互融合後，成為現在的祭典。早期遊行都由鄉里為單位，自費製作遊行山車，但隨著祭典規模愈大，需要的經費愈來愈多，因此陸續有當地自衛隊軍人及民間企業團體的加入及贊助，成為高知名度的祭典。

In Aomori Prefecture, *nebuta* festivals are held in Aomori City, Hirosaki, and Goshogawara. From the parade floats to the performances, each place features its own unique taste.

在青森縣內的青森市、弘前及五所川原都有舉辦睡魔祭，無論山車及表演內容都各有特色，建議您親臨現場感受熱鬧氛圍。

PHOTOGRAPHY: TOP PHOTO GROUP / IMAGE.DJ

No doubt the largest of Aomori Prefecture's nebuta festivals is the Aomori Nebuta Matsuri. Designated in 1980 as an Important Intangible Folk Cultural Property, it is one of Japan's largest festivals, attracting over three million people each year.

Aomori Nebuta Matsuri

青森
睡魔祭

The parade features 20 huge nebuta, each weighing four tons and standing five meters in height. These parade floats are mostly themed after Japanese history, mythology, and *kabuki* (traditional dramas). During the parade, just as stunning as the nebuta is the large lineup of *hayashi* performers, who play alongside *taiko* drummers, as thousands of participants dress up in *haneto*, a costume specific to the festival, enthusiastically dancing and chanting "Rasserā!" Even foreign visitors can take part in the action and join in the parade by renting their own *haneto*.

Located next to Aomori Station, the Wa Rasse Nebuta House is where you can find displays that introduce the Aomori Nebuta Festival, as well as the award-winning floats from the previous year. If you are unable to make it to the festival itself, the center can give you a sense of the sights and sounds of the festival.

談到青森縣規模最大的睡魔祭，當然就是青森市的「青森睡魔祭」（青森ねぶた祭），每年吸引超過3百萬人來訪，成為日本國際性祭典之一，並於1980年登錄為重要民俗文化財。

遊行隊伍裡有超過20輛長9公尺、寬7公尺、高5公尺、重4噸的大型燈籠山車，而山車大多以日本歷史、神話及歌舞伎為主題。除了山車外，還搭配陣容龐大的囃子及太鼓等樂器演奏，還有數以萬計參加者裝扮成「跳人」，一邊吆喝著「ラッセラー」（發音：啦塞啦）、一邊奮力地跳著舞，讓人印象深刻。即使是外國遊客，只要租借祭典服裝，就能隨時進入遊行隊伍中跟著狂歡。

位於青森車站旁邊的「睡魔之家」（ねぶたの家）則停放著前一年獲獎的山車及睡魔祭介紹，如果無法配合祭典時間到訪，也能在這用聽覺及視覺親身感受青森睡魔祭的感動。

AOMORI NEBUTA MATSURI

August 2-3 (7:10-9:00pm) — Joint Parade of Children's Nebuta and Huge Nebuta
August 4-6 (7:10-9:00pm) — Parade of Huge Nebuta
August 7 (1:00-3:00pm) — Parade of Huge Nebuta
August 7 (7:15-9:00pm) — Nebuta Display in Aomori Harbor and Firework Show

青森睡魔祭

8月2日、3日 19:10-21:00：兒童山車、大型山車共同遊行
8月4-6日 19:10-21:00：大型山車遊行
8月7日 13:00-15:00：大型山車遊行；19:15-21:00：青森港山車海上遊行、花火大會

In fact, the Aomori Nebuta Matsuri has its roots in the Hirosaki Neputa Matsuri, which is said to have originally been a farmers' festival held during the dog days of the summer farming season. At first, it was an event to dispel evil spirits, and only later did that story expand to preventing calamities and sending disease down the river and out of the village.

Hirosaki Neputa Matsuri

弘前
睡魔祭

During each festival season, local civic groups and schools come together for a spectacular parade in which upwards of 80 *ohgi-neputa* are paraded behind a huge taiko drum, winding through the streets of downtown Hirosaki. These fan-shaped lantern floats are the most distinctive characteristic of the Hirosaki Neputa Matsuri, but of even more intrigue are the colorful paintings on these lanterns, many of which depict characters from the classical Chinese texts *Records of the Three Kingdoms* and *Water Margin*. From the pre-parade gathering and the parade itself to the final night's ritual burning of the lanterns along the riverside, each aspect of the festival is a marvel to witness.

Located next to Hirosaki Park, the Tsugaru Neputa Village houses a vast collection of materials on the Hirosaki Neputa Festival. With a gallery that features a display of adorable goldfish lanterns among other local neputa-related items, for anyone unable to make it to the festival, this is a great place to visit.

您知道嗎？其實青森睡魔祭的起源來自於「弘前睡魔祭」（弘前ねぶたまつり），據說是當初農民在炎炎夏日進行農務時，想要驅除睡意而舉行的活動，後來衍生成將災厄與疫病隨河川流出村外的說法。

每當祭典舉行期間，由當地市民團體及學校組成壯觀的遊行隊伍，多達80座扇形睡魔燈籠在大型太鼓領頭下，穿梭在弘前市區街道，而扇形的燈籠山車則是弘前睡魔祭最明顯的特徵，但令人更感興趣的是，這些燈籠彩繪多數是以《三國志》與《水滸傳》人物為主題，無論是出發前的集結、遊行過程及最後一天晚上在河邊焚燒燈籠山車的儀式都相當吸睛。

位於弘前公園旁的「津輕藩睡魔村」（津輕藩ねぶた村），也存放不少有關弘前睡魔祭的資料，還能看到相當可愛的金魚燈籠及相關土產，對於無法參加祭典的朋友來說，也是建議到訪的觀光景點。

HIROSAKI NEPUTA MATSURI

August 1-2 (6:30-10:00pm) — Competition & Neputa Parade
August 3-6 (6:30-10:00pm) — Neputa Parade
August 7 (9:30-11:30am) — Neputa Parade
August 7 (5:00-8:30pm) — Neputa Burning

弘前睡魔祭

8月1、2日 18:30-22:00：評審審查暨山車共同遊行
8月3-6日 18:30-22:00：山車共同遊行
8月7日 09:30-11:30：山車共同遊行；17:00-20:30：焚燒山車

In addition to those in Hirosaki and Aomori City, another highly recommended event is the Goshogawara Tachineputa Festival, which takes its name from the one-of-a-kind *tachineputa* made for the parade by local people. The most eye-catching aspect of the festival is the

massive size of the three tachineputa, standing 23 meters high and weighing 19 tons. Once these parade floats are hauled out of the Tachineputa Museum, the visual experience is shocking to say the least, and their unveiling brings the Goshogawara Tachineputa Festival to its climax.

As the three huge tachineputa are housed in the Tachineputa Museum, you can still stand in awe of their seven-story height even after the festival. The Tachineputa Museum is also a place where you can take a closer look at what goes into making the tachineputa and learn more about the festival's history.

除了青森市跟弘前以外，五所川原市也有睡魔祭可以參加，依照燈籠山車特徵而取名為「立睡魔祭」（五所川原立佞武多祭り），為當地民衆發起的中小型燈籠山車遊行。不過最受到矚目的是3座高達23公尺、重約19噸的巨型立體燈籠山車，當它們從「立睡魔館」（立佞武多の館）由人力拖拉出來時，視覺震撼相當強烈，也讓整個五所川原立睡魔祭達到最高潮。

這3座巨型立體燈籠山車在非祭典期間主要停放在立睡魔館中保存，除了能在非祭典期間感受高達7層樓的震撼，還能知道立睡魔祭的歷史及進行相關體驗。📺

Goshogawara Tachineputa Festival

五所川原
立睡魔祭



EVA AIR FLIES TAIPEI-AOMORI TWICE A WEEK

長榮航空每週2班從台北飛往青森

GOSHOGAWARA TACHINEPUTA FESTIVAL
August 4-8 (7:00-9:00pm) — Parade of Floats

五所川原立睡魔祭
8月4-8日19:00-21:00：山車共同遊行





Take a Walk after Raining / 〈雨後，散步的人〉 • Oil painting / 油畫 • 227x182 cm • 2006

ADORNING WALLS: THE ART OF CHEN CHING-JUNG

About the Artist —



Chen Ching-jung draws inspiration for his frescoes and mosaics from music and literature. A solo exhibition of his work is currently taking place at Muzeul Țării Crișurilor, in the Romanian city of Oradea.

陳景容以文學和音樂豐沛其創作養分，以濕壁畫與馬賽克嵌畫展現崇高和諧之美。其作品除了獲梵蒂岡美術館典藏，近日更於European Music Open音樂節中舉辦個展《The Silence of My Interior》。

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ashed in the heart-cleansing melodies of music, before one's eyes a pure light softly glints — the large-scale mosaic art installation *Blessings of Mary and Jesus* by Taiwanese artist Chen Ching-Jung. It is the grand opening of the fourth European Music Open, a festival held at the most important museum the city of Oradea, in western Romania, the Muzeul Țării Crișurilor. Running concurrently with the festival is Chen's solo exhibition, *The Silence of My Interior*.

悠揚的樂音洗滌人心，眼前靜靜地閃耀聖潔光采的，是陳景容的大型馬賽克嵌畫〈馬利亞與耶穌的祝福〉。這是羅馬尼亞西部大城奧拉迪亞為第4屆 European Music Open 音樂節所舉辦的盛大開幕式，地點在全城最重要的博物館 Muzeul Țării Crișurilor，與音樂節同時開幕的，是台灣藝術家陳景容的個展《The Silence of My Interior》。

- A Quiet Force -

Born in 1934, Chen charted his own course as an artist, sharply diverging from his contemporaries. He cut through the surrounding noise of the time to focus on cultivating his own soil, on peaceful introspection of the soul. As an artist, Chen is brimming with talent, always hardworking, and full of creative energy. In the 1960s, he went to study mural painting in Japan, where he immersed himself in the techniques of fresco and large-scale mosaic art. For Chen, "What murals emphasize is the creation of a space on the wall that viewers are able to enter into. Rather than pose conflict, they present the calm and profound." This solemnity and strength, which Chen honed in his mural works, can also be found in his oil paintings and sketches.

Chen graduated in 1967 and returned to Taiwan, where he would balance his energies between creating and teaching. His education in the discipline of mural painting undoubtedly served to enrich the terrain of the local art scene and fill the gaps of knowledge about early forms of European art in Taiwan. At the same time, Chen continued to create new work, refining his distinct brand of symbolism with a classical tranquility. Music and literature were not only his passions, they provided nourishment for his art. Not only did he have a decades-long habit of listening to music while working, his love for Japanese literature could be seen echoing in the faint, grief-stricken sections of his paintings.

提煉人間的 崇高之美

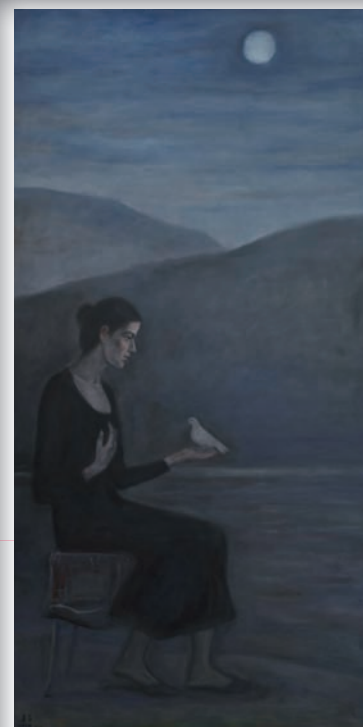
陳景容

BY ISABELLE KUO (一沙貝)

靜寂的力量

生於1934年，陳景容走出和同時代藝術家很不一樣的道路，在眾聲喧嘩中專注耕耘一方寧靜內斂的心靈沃土。他才華洋溢、創作力豐沛且勤勞用功，1960年代於日本求學期間投入壁畫的研習，透過工法繁複的濕壁畫與馬賽克嵌畫，陳景容追尋崇高和諧之美、淬鍊內省的寧靜力量，並且練就了創作大型作品所必備的布局與構圖掌握力。「壁畫強調在牆面創造一個能夠讓觀者進入的空間，不喧嘩，卻沉靜而深遠。」陳景容如此說道，而他的油畫與素描亦具有這道從壁畫提煉而來的靜穆力量。

Spiritual Conversation / 〈少女與小鳥的對話〉 • Oil painting / 油畫 • 97x195 cm • 2016





The Holy Family / 〈聖家畫〉 • Mosaic / 馬賈克畫 • 2003

- A Beautiful Endowment -

Many of Chen's large-scale works have been installed in public spaces, where over the years they have accompanied no small number of persons through the ups and downs of life. For example, 1987 was when Chen went to Taiwan's National



The Withered Tree and Nude / 〈枯樹與裸女〉 • Lithograph / 石版畫 • 43.5x60 cm • 1981

Concert Hall in Taipei and worked with the concert hall to complete the fresco *Joy to the World*, which was followed by the mosaic *Compassion* at the Hualien

Mennonite Christian Hospital, then the mosaic *Blessings of Jesus* at the Taitung Christian Hospital. There is profound meaning in these works' various subjects and themes, all coming from a place of altruism and imbued with such significance to stand the test of time.

To this day, Chen still adheres to the classical techniques of mosaic art. He uses terracotta and ceramic tile, marble from Taitung and Hualien, Italian-made glass, and carefully selected stone from a dozen different countries. He crafts the stones by hand, one at a time, cutting each piece to the right shape and size, gradually arranging them before finally setting them with a specially made mosaic glue. It is this persistence that has contributed to one of Chen's achievements, which many still delight in talking about: His 2003 mosaic work *The Holy Family* joined the Vatican Museum's collection in 2005. Together with his wife, Chen went to the Vatican to present the work to Pope John Paul II and even received a papal blessing.

The exhibition at Oradea features

works chosen by director of Muzeul Țării Crișurilor Dr. Aurel Chiriac, who personally visited Chen's Paris studio to select works that emphasize the artist's sketches of his inner world. In these works, taciturn scenes of elegant figures, tranquil landscapes, bright moons, and lithe birds invoke meditation on the progressive changes that have taken place from ancient to modern times, and on the celebration and sorrow that surrounds life and death. After the exhibition closes later this month, *Blessings of Maria and Jesus* will become an important work in the museum's collection.

1967年自日本畢業歸國之後，陳景容創作與教學並重，他在壁畫領域的學養，無疑填補了台灣對於歐洲早期藝術形式的知識空缺，豐富了此地的藝術養分與厚度，他本身亦創作不斷，融合古典式的莊嚴寧靜與超現實的象徵氛圍而自成一格。文學和音樂是他的兩大興趣，更是養分來源，畫作中那股淡淡的哀愁，呼應其鍾愛的日本文學，而邊聽音樂邊作畫，更是數十年不變

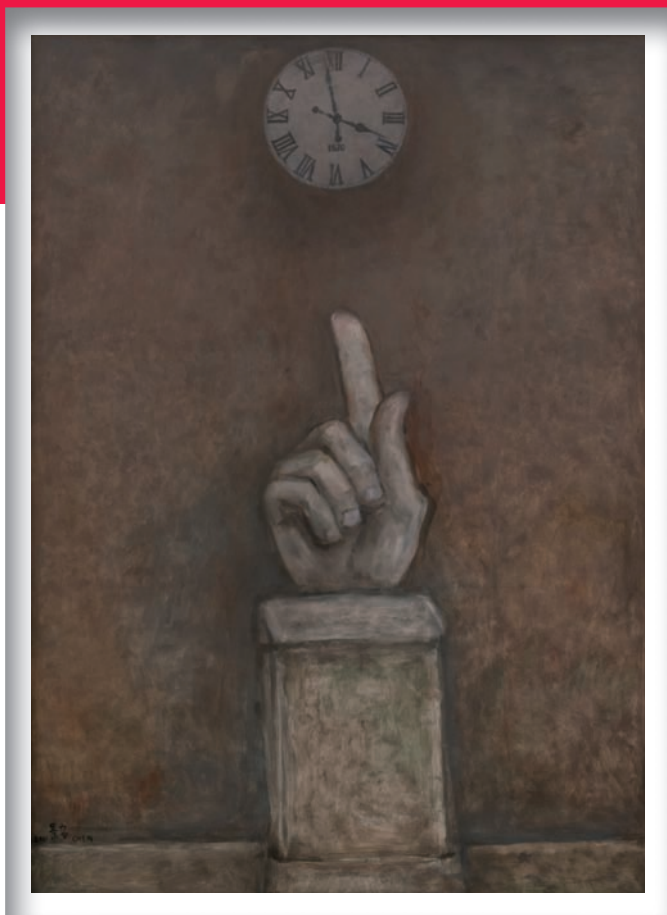
的習慣。他作畫不拍照片，堅持以畫筆留下所見之景：「寫生的過程讓我對眼前的景象會有所取捨，而不是服從在相片之下。」他說，「畫作是一種提煉的結果。」

美好的流傳

陳景容有多件大型作品長期設置於公共空間，伴隨許多人走過生命的起伏哀榮，例如1987年即繪製於國家音樂廳內並與這座國家級音樂殿堂共同落成的濕壁畫〈樂滿人間〉、花蓮門諾醫院的馬賽克嵌畫〈醫身醫心·視病猶親〉及台東基督教醫院的馬賽克嵌畫〈耶穌的祝福〉，題材多樣而意義深遠，皆為氣度恢宏、禁得起時間考驗的雋永之作。

時至今日，陳景容依舊堅持以古典技法製作馬賽克嵌畫，他採用陶磚、瓷磚與台東、花蓮的大理石，也使用產自義大利的玻璃，以及來自十餘個國家精挑細選的石材，一顆一顆以手工將石塊鑿成適合的大小形狀，漸次排列，最後以特別熬製的漿糊細細黏貼成畫。如此的堅持成就了陳景容另一件令人津津樂道的事蹟，他創作於2003年的馬賽克嵌畫〈聖家畫〉，在2005年獲得梵蒂岡美術館的典藏，陳景容攜夫人遠赴梵蒂岡獻畫予當時的教宗若望保祿二世，更獲得教宗親自祝福。

這次在奧拉迪亞展出的作品，由Muzeul Țării Crișurilor館長Dr. Aurel Chiriac親自到陳景容的巴黎畫室選件，作品偏重於內心世界的描寫。陳景容筆下優雅的人物、寂靜的風景、皎潔的月與纖細的鳥，在緘默之中喚起關於古今時空遞嬗、生死哀榮的沉思。展出之後將入藏美術館的重點作品〈馬利亞與耶穌的祝福〉則承襲了歐洲中世紀宗教畫古拙聖潔的風格，而藉由各色石材細膩鋪陳出豐富的色彩層次，展現更為生動的肢體表情。聖者的光環除了金黃之外還綴以紅、藍、綠、白，形成耀眼閃爍的視覺效果，在Muzeul Țării Crișurilor華美的巴洛克式建築裡，靜靜地散發靈性之光。📖



It's Not my Time / 《時不予我》 • Oil painting / 油畫，100x140 cm



Kilian Schönberger is a photographer who grew up in south Germany. His landscapes have a surreal atmosphere reminiscent of legends and fairy tales.

從小成長於德國南部的景觀攝影師Kilian Schönberger，拍攝結合自然之美與神祕傳奇想像的照片，呈現自然與想像之間的連結。

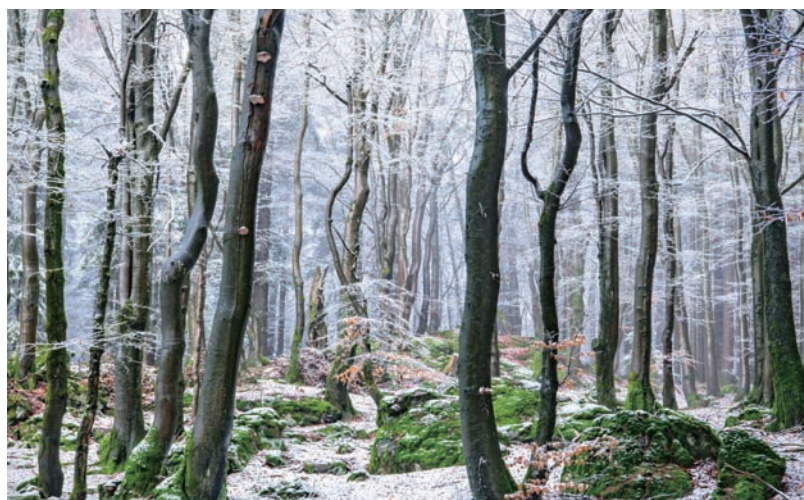
A TRIP TO THE LAND OF GRIMMS' FAIRY TALES

宛若格林童話的地景之旅

BY CHARLES LU (呂岸)

PHOTOS / KILIAN SCHÖNBERGER · INSTAGRAM@KILIANSCHOENBERGER
kilianschoenberger.de

From the glorious sunlight of summertime to the frost and snow of winter, landscape photographer Kilian Schönberger's spectacular collection of images reveals scenes steeped in the tranquility and wisdom that comes from a deep, spiritual place.



Such is Schönberger's mission: "From Norway, Iceland, the Alps, and Scotland, to Patagonia, New Zealand, and Siberia, photography is my work and my life. To capture the photos, I always trek through difficult terrain. My goal is to find with my own two eyes, unique from others, a beauty that regular people wouldn't otherwise see."

Growing up in an isolated town in southern Germany, Schönberger connected with nature from an early age. Schönberger's fascination with the wonder of woodlands and mountains stems from his interest in fairy tales and legends. In his photographic work, he seeks to couple the beauty of nature with the mystery of legend: "My photos show the connection between nature and our imagination in a special way. They are not just documentary — more like an invitation to discover the beauty of nature."

It could be in a magazine, the view from the window of a moving train, or a single frame from a scene of a film —

wherever Schönberger looks, he finds inspiration.

Woodlands, mountains, and fog are three constant motifs that appear in Schönberger's images, mirroring the fictional scenery of *Grimms' Fairy Tales* and 19th-century landscape painter Caspar David Friedrich's paintings. Schönberger describes how these natural scenes are reproduced in his work: "Fog is for me the same as the white canvas for an artist: the white space where I can compose the elements of the picture. When there is fog, that's when I experience the most profound happiness in my life."

夏沐日光、冬覆霜雪，在景觀攝影師Kilian Schönberger鏡頭下的大地圖像，洋溢著源自萬物靈魂深處的寧靜與睿智。Schönberger表示：「從挪威、冰島、阿爾卑斯山、蘇格蘭、巴塔哥尼亞、紐西蘭到西伯利亞，攝影是我的工作和生活，目

標是要藉由這雙與眾不同的眼睛，發現常人看不見的美。」

從小自然風光相伴的經歷，成為Kilian Schönberger景觀攝影的基礎；大學修讀地理的他，發現攝影是捕捉地理景觀最為便捷的方式，於是決定全心投入自然景觀的拍攝。而透過童話與傳說，Schönberger著迷於森林與高山景觀。「我的照片不僅是影像的紀錄，更像是探索自然之美的邀約。」

就Schönberger而言，一本雜誌、火車車窗外的景色、電影中的瞬間畫面……，一切都可能是靈感的來源。而霧、森林與山，往往是組成Schönberger影像作品的3個元素，他認為自己所拍攝的照片是《格林童話》與19世紀德國浪漫主義風景畫家Caspar David Friedrich畫中世界寄情自然的情境再現。「對我來說，『霧』就像是藝術家的畫布，可以讓我疊加更多的元素。霧起之時，就是我人生中最美好的時刻。」



A CENTURY OF PROGRESS: WHITTARD OF CHELSEA

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British brand Whittard was founded by tea trader Walter Whittard in 1886 in London. Walter proudly displayed bulk imported tea leaves and exotic coffees and cocoa powder in his store, a mesmerizing sight for Victorian-era visitors. The philosophy of “buying only the best” has been passed down throughout Whittard’s more than a century of history.



品味英國百年茶香

BY VIANNE YEH (葉穎霓)

PHOTOGRAPHY: WHITTARD OF CHELSEA



- An era of innovation -

In 1890, Walter relocated his specialty shop to Mincing Lane, London's tea-trading center at the time. He marketed his tea at the nearby law courts, calling it "The Barrister's Refresher." In the 1930s, during the height of the Great Depression, he attempted to cheer people up with his "Opportunity Blend." This tradition of innovation and adherence to the highest standards continues to the current day, and the Whittard range now encompasses beloved classics as well as inspirational new blends.

- Whittard in Taiwan -

Though its brand is steeped in history, Whittard moves with the times and engages with the world. The brand opened its first boutique store in 2019 at Breeze Nanshan in Taipei. The store sells loose teas, tea bags, instant teas, chocolate powder, cups, and other tea wares. Whittard also opened the Whittard Tea Bar in Mitsui Outlet Park at Taichung Port and Gloria Outlets in Taoyuan, selling over 20 types of hot and cold tea, coffee, chocolate drinks, and cakes.

Sensing a deep love for tea in Taiwan, Whittard launched a range of limited-edition teas, including Coconut Oolong, Dragonfruit Oolong, and Tea Party Oolong.

Loyal fans of Taiwan oolong tea can enjoy Whittard's unique take on this classic brew.

英國百年茶葉品牌Whittard，為創始人Walter Whittard於1886年在倫敦創立，以「只買最好」的哲學，展開Whittard的百年歷史。1886年同時也是英國茶葉貿易最繁盛的年度之一，兩年後，英國從印度進口的茶葉量迅速增長至8千6百萬英鎊。當時，Whittard小小專賣店鐵罐裡的散裝茶葉、充滿異國風情的咖啡罐及紙袋裝的可可粉，無一不刺激著人們的視覺和嗅覺。

1890年，一個勇於創新的年代

1890年代，Walter先生將Whittard專賣店搬到倫敦著名茶街——Mincing Lane，其為倫敦商業拍賣中心，也是屬於Whittard的茶葉舞台。隨著新世紀的到來，當英國人品嘗司康餅及三明治時，都會搭配「Whittard Original Blend——精選原創特調」；在Mincing Lane的商人及律師，為「Barrister's Refresher——律師精力特調」聞名而來；1930年代經濟大蕭條時，Walter先生以「Opportunity

Blend——機會特調」鼓勵大家，期待帶給人們希望。

百年來，Whittard開創了一個百分之百正統英國文化的茶葉品牌，並以尋找世界上最好的茶葉為核心。在這個傳統基礎上，Whittard也勇於嘗試新泡製方法，開創出高品質的口感，包括各式經典調和茶、創新調配風味茶，以及來自全球各地的精選單品茶。

2019年涉足海外，在台灣開設海外第一間專賣店

Whittard雖為百年老品牌，但設計與時俱進，加入現代風格，並在台灣的微風南山開設第一間海外專賣店。專賣店以乾貨為主，包括散茶、茶包、即溶茶、巧克力粉、茶具與杯具等；三井Outlet Park台中港門市、桃園華泰門市更設有Tea Bar，販售20多款冷熱茶飲、咖啡、巧克力飲品及蛋糕。

Whittard的英國團隊也到台灣考察，發現台灣烏龍茶具獨特的奶香及花香，非常適合與熱帶風味水果搭配，讓烏龍茶的口味更富有層次，因此推出台灣限定的調和茶：仲夏椰香烏龍茶、火龍果烏龍茶及熱帶水果烏龍茶，讓喜歡台灣烏龍茶的忠實顧客享受Whittard賦予烏龍茶的新生命。☑



A COASTAL ESCAPE

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北台灣海岸之旅

BY ANTHONY SHARPE

Walking around Taipei's city center, surrounded by towering office and apartment blocks, and gazing at the thickly forested mountains beyond, it's easy to forget how close to the coast the city lies. At the northwest extent of New Taipei City, where the Tamsui River flows into the Taiwan Strait, Tamsui and Bali are beloved by locals (perhaps a little too much you might think, if you've ever visited on a weekend).





But the north and northeastern coasts, beyond the mist-shrouded peaks of Yangmingshan, offer charms aplenty for those seeking something a little different from (and, dare we say it, quieter than) Tamsui. Joining the coast just north of Keelung, you'll find the small but attractive crescent of white sand that is Dawulun Beach. Situated next to a fishing harbor, the beach is popular with locals on weekends, but on weekdays is almost deserted, and you'll have the clear, turquoise-blue waters all to yourself. There are no convenience stores near the beach, so come prepared, and bear in mind that during the week you'll be lucky to find one of the handful of restaurants and vendors along the adjacent road open.

① Fist Rock on the Wanli coast / 萬里拳頭石 ② Paragliding at Wanli / 萬里的高崖跳傘 ③ Dawulun Beach / 大武崙漁港與情人沙灘 ④ Shimen Wedding Square / 石門婚紗廣場 ⑤ Dong-ao Port / 萬里的東澳漁港

走在滿是商辦大廈與公寓的台北市中心，搭配遠方林木蓊鬱的山頭，我們很容易忘記這座城市其實離海不遠。其實，在新北市西北角流入台灣海峽的淡水河，其出海口的淡水和八里就深受當地人喜愛（若曾在週末造訪這裡，您可能還會覺得當地人或許太喜歡這裡了）。

不過，若想要尋找不同於淡水的恬靜氛圍，北海岸與東北角更是別具風情。在基隆北面的海岸，有一個小巧別致的白沙月牙灣：大武崙情人海灘，坐落於漁港旁，是當地人週末的熱門遊憩景點，但平日這裡幾乎空無一人，所以能獨自享受清澈的青綠色海水。海灘附近沒有便利商店，請準備好所需物品再前往，而且平日得非常幸運才能找到正在營業的餐廳與攤販。

從大武崙沿著海岸向北，經過萬里海灘的大彎並通過金山後，您會見到一條筆直道路，路旁有幾家不錯的海景餐廳和咖啡廳，還有供應咖啡的餐車。繼續向前約7公里可抵達石門風力發電站，這座風電廠擁有6座高達68.5公尺的風力發電機，葉片直

From Dawulun, head north up the coast, past the great curve of Wanli Beach and through Jinshan, on the far side of which you'll find a long, straight stretch of road dotted with some decent restaurants and cafés facing the ocean and trucks that serve coffee beside the road.

About 7km beyond that, turn off the coastal road to explore the Shimen Wind Power Station, a wind farm comprising six gigantic turbines. These gentle giants stand 68.5m in height, with the diameter of their blades measuring a staggering 47m, and generate clean, renewable energy from the prevailing winds. You can park near the turbines and walk around beneath them — it's humbling to stand beneath these enormous, elegant structures, and almost eerie to hear the great blades whirling round and round, so try to visit when there aren't too many people around. The views along the coast are spectacular too, particularly from the little gazebo set up beside at the northernmost turbine.

Only a couple of kilometers further north along the coast takes you to the northernmost point of Taiwan (only 385km from its southernmost point, as the crow flies). The spot is marked by Fugui Cape Lighthouse, accessible from the parking lot via a pretty path flanked with lush vegetation and ventifacts (coastal rocks that have been polished smooth by wind-blasted sand over the years). The original lighthouse was built in 1897 by the Japanese, using iron shipped over from Japan, but it was rebuilt using concrete in 1962. You can walk around the grounds from 9am-6pm.

From the lighthouse it's a short walk through the gardens of Fugui Cape Park to Laomei Maze, a circular brick labyrinth sitting on a flat rise with a view of the nearby radar station. Though it might be tough to get lost in this maze as an adult — the walls are only about 1.5m high — it's ideal for smaller kids (not to mention Instagram fanatics). Just to the east of the maze lies Laomei Green Reef, a 700m-long volcanic reef that reaches into the ocean like many long, spindly fingers and is famed for its transformation every year around April and May, when oceanic algae grows all over the reef, turning it a vibrant shade of green.

From there it's a short trip southwest to Baishawan Beach, the most popular beach on this part of the coast. Though the name means "white sand bay," the sand here is kind of yellow, though certainly closer to white on the color spectrum than beaches on the east coast. There are tents available for rent, as well as surfboards, although the surf here is of the strictly beginner variety.

There are a couple of restaurants behind the beach, but if you're hungry you're better off heading down the coast to Qianshuiwan in Sanzhi District, where you'll find OIA Art Café, a curious twist on the animal café vibe — instead of cats lazing about wishing patrons would leave them alone, a pair of rambunctious white alpacas roam the restaurant! You can grab carrots from the bar to feed them (and pose for your selfie) but they'll chew on just about anything, including jackets, chairs, menus, and hair. There are also goats and alpacas out back, and a platform with ocean views.

For those seeking a tamer dining or drinking experience, head down the road to any of the restaurants, cafés, and bars that line the beach. Many of these have breathtaking views of the ocean, especially at dusk when the sun sinks to the horizon — the perfect way to end a day of exploration and adventure.

徑達47公尺，並利用盛行風生產乾淨的再生能源。將車子停在風力發電機附近後，可走到發電機下方，站在這些龐大、優雅的結構底下，聽著巨型葉片一圈一圈轉動所發出的聲響，讓人感到自己渺小不已。沿岸景觀也非常壯觀，尤其是在最北側風力發電機旁小涼亭內遠眺的景致，令人讚嘆。

沿著海岸往北方開幾公里，便會抵達台灣最北端（離最南端的直線距離僅385公里）——富貴角燈塔。這座燈塔最初是由日本人在1897年以鋼鐵建造而成，1962年以混凝土改建。您可於上午9點到下午6點之間參觀燈塔周圍的場地。





現充滿生命力的綠色。

從這裡朝西南方前進，很快就會抵達白沙灣海灘。儘管名字是「白沙灣」，但這裡的沙子有點偏黃，不過相較於東海岸的沙灘，這些沙子在色譜上絕對更接近白色。在這裡能租到帳篷和衝浪板，不過海浪只適合衝浪初學者。

海灘後方有幾家餐廳，但如果您餓了，建議沿著海岸線南下到三芝區的淺水灣，您會遇到OIA伊亞藝術咖啡館，在那裡可從吧台拿胡蘿蔔餵食兩隻活潑的白色羊駝，牠們會咀嚼所有東西，包括外套、椅子、菜單與頭髮。咖啡館後方也有山羊和羊駝，以及一座海景平台。

您也可沿著道路繼續南下到海灘旁的任何一家餐廳、咖啡館與酒吧。這裡擁有令人屏息的海景，尤其是黃昏時分，太陽沒入海平面的美景，為一天的探險行程劃下完美的句點。☑

從燈塔走幾步路便可穿過富貴角公園，到達老梅迷宮，雖然對成年人來說，這座牆高僅1.5公尺的迷宮很難讓人迷路，但對小一點的孩子們（更別說自拍迷）來說，這裡棒極了！迷宮東邊是老梅綠石槽，長7百公尺的火山礁石像多根細長的手指伸入海洋，而這裡最著名的景色就是每年4到5月，礁石上長滿海藻，呈

1 Young Door Coffee Shop, Jinshan / 位於金山海邊的洋荳子咖啡屋 2 Shimen International Kite Festival / 每年在石門白沙灣登場的新北市北海岸國際風箏節 3 Baishawan Beach / 白沙灣衝浪 4 Shimen Wind Power Station / 石門風力發電站 5 Laomei Maze / 老梅迷宮 6 Laomei Green Reef / 老梅綠石槽


MUNG BEAN SOUP

A Sweet Treat to Beat the Summer Heat

暑い台湾の夏を乗り切る
ひんやりデザート
緑豆湯

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

In Taiwan, there's a common saying to describe an everyday trifle: "It's no bigger than a mung bean." These beans, also called green beans, are widely used in Taiwanese cooking. Mung beans soaked in water will grow into mung bean sprouts — a good source of nutrition. Mung beans can be used to make *dongfen* (mung bean vermicelli, or glass noodles), a popular dish served either hot or cold. And ground into a paste, mung beans can be found in such famous Taiwanese desserts as *ludou sha* (mung bean pudding), *ludou peng* (mung bean pastries), and *ludou gao* (mung bean cakes).



夏にいただく緑豆といえば、何ととっても緑豆湯（ぜんざい）だろう。水に浸けた緑豆を火にかけ沸騰したら砂糖を加え粗熱を取る、作り方は至ってシンプルだ。

A traditional summer treat is *ludou tang* (sweet mung bean soup). Cooking the dish is simple: After rinsing the mung beans, they are boiled and then sugar is added. It's that easy — which is why *ludou tang* is such a common homemade dessert in Taiwan. You'd be hard-pressed to find a Taiwanese person who doesn't have fond memories of sharing a big bowl of the stuff with their family.

Through the lens of Chinese medicine, mung beans are thought to be cooling in nature. Taiwanese people tend to place importance on the connection between the 24 solar terms and what they eat. For example, while hot adzuki bean soup might be great for wintertime, chilled sweet mung bean soup is best in midsummer. That's why *ludou tang* is considered a kind of miracle cure for heat exhaustion.

The major mung bean production areas in Taiwan are Chiayi and Tainan. I paid a visit to a shop in Puzi, Chiayi, run by Wu Wen-Tsung, a local confectioner. According to Wu, the mung beans in Taiwan are far superior to imported varieties. "They're softer, more flavorful, and especially good for cooking soup, when you'll notice their distinctly fresh smell," Wu said.

Since Taiwan joined the World Trade Organization (WTO) in 2002, domestic mung beans have faced increased competition from cheaper imports. However, many older farmers continue to grow the beans, harvesting the crop by hand.

Next time you find yourself in the sweltering heat of a Taiwan summer, keep an eye open for sweet mung bean soup. If you do come across this traditional Taiwanese sweet treat, I urge you to give it a try.

台湾の人がよく使う表現に「ゴマとか緑豆くらいの話」という言い回しがある。取るに足らない瑣末なこと、という意味だ。それほど小さな緑豆だが、一方で台湾の人にとって大事な食べ物でもある。

緑豆もやしはタンパク質やビタミンが豊富で、栄養バランスとして麺などに添えられる。緑豆が原料のはるさめはみんなが大好きな食材だし、緑豆のこしあんを使った緑豆椪（まんじゅう）、緑豆糕（らくがん）などは台湾を代表する昔ながらの菓子だ。

しかし、夏にいただく緑豆といえば、何ととっても緑豆湯（ぜんざい）だろう。水に浸けた緑豆を火にかけ沸騰したら砂糖を加え粗熱を取る、作り方は至ってシンプルだ。誰でも手軽に作れるから、ほとんどの台湾の人は大鍋いっぱいの緑豆湯を一家で囲んで食べた夏の日の思い出があるだろう。夏の味そのものといってもいい。

漢方医によれば、緑豆は体内の暑気を払う「清涼退火」の効能があるという。季節に合わせ食べ物で体調を整える台湾の人々は、冷え込む冬にアツアツの小豆ぜんざいを、暑い夏に冷やした緑豆湯を食べる。だから緑豆湯は「消暑聖品（暑気払いの救世主）」と呼ばれ、夏になると自然に食べたくなるのだ。

台湾で流通する緑豆はほとんど東南アジアからの輸入で、国内では嘉義と台南が主な生産地だ。台湾は2002年の世界貿易機関（WTO）加盟後、輸入自由化で農産物の価格競争が激化し、手摘みで手間のかかる緑豆の生産量も激減した。しかし、農家の努力もあってまだ緑豆の栽培は続けられている。

嘉義県朴子の菓子店「台菓子」を営む呉文琮さんは、地元産の緑豆にこだわるひとり。「収穫期は年2回、ツヤツヤした海外産と違って台湾産はほろほろなめらかな口当たりで、独特のさわやかな香りが緑豆湯にもってこい」と語る。

暑い夏の台湾で、さわやかな緑色のぜんざいを見かけたらぜひ、この昔ながらの甘味で体力回復をお試しあれ。☑



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About Tchaikovsky 關於柴夫斯基



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All-New Cabin Experiences 當月客艙新體驗

Japanese people traditionally consume eel on the day of the ox closest to midsummer, believing the dish will help fight fatigue caused by the summer heat. In 2019, this day falls on July 27. EVA Air worked with Michelin three-starred chef Motokazu Nakamura of Kyoto to design a nutritious eel dish for passengers on flights to Osaka and Tokyo (Narita). The main dish this month is braised eel with soy-flavored sweetened sauce (*unagi kabayaki*) served with refreshing sansho pepper. The seasonal appetizer (*zensai hassun*) includes tender pumpkin tofu, while the sashimi course is squid, surf clam, ark shell, cucumber, and taro served with vinegared sesame seed sauce.

日本人在每年的「土用の丑の日」這天，都會食用鰻魚以補充元氣。2019年的「土用の丑の日」為7月27日，因此長榮航空於8月特別邀請來自京都的米其林三星主廚中村元計，為自台北飛往大阪、東京（成田）的皇璽桂冠艙／桂冠艙／商務艙旅客，設計以鰻魚為主題的京料理元氣菜單，細心烹調的「蒲燒鰻魚」佐上風味清新的山椒，濃郁而爽口，搭配前菜的Q嫩「南瓜豆腐」及充滿海味的「什錦海鮮佐胡麻醋醬」，歡迎與我們一同享受夏日時令美味。

A TASTE OF SEASONAL EEL 機上京料理 以夏季鰻魚陪您應時氣



TAN'S SUMMER BANQUET 譚府夏季盛宴

EVA Air has collaborated with Tan-style cuisine master chef Huang Ching-biao to design the inflight menu for Royal Laurel Class passengers flying from Taipei to New York, Los Angeles and San Francisco.



The appetizer is Tan's Assorted Treasure Juliennes Platter. This dish contains shredded chicken and duck, prepared using a sophisticated cutting technique, on top of shredded abalone and jellyfish, with added fruit to enhance its aesthetic appeal. The dish is finished with Tan's sour and sweet plum sauce and crispy fried shredded spring roll wrapper.

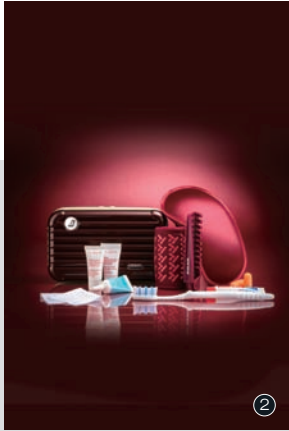
The main dish is aromatic Tan's Steamed Chicken Thigh Coated with Spicy Crushed Rice on Lotus Leaf Served with Pandan Flavoured Rice, which is served with Tan's Doubled Boiled Pork Spare Ribs with Cordyceps Militaris. The dining experience ends with Tan's Duet Wild and Purple Yam Cake with Blueberry Sauce, a refreshing dessert made with white and purple yam. These ingredients are said to help ensure a healthy stomach, spleen, and lungs and guard against cough. Light, healthful, and packed with exotic flavors, the dishes make for a perfect summer inflight banquet.

長榮航空邀請百年譚廚傳人黃清標大師，為台北飛往紐約、洛杉磯、舊金山正餐航線的皇璽桂冠艙旅客設計夏季菜單。

前菜「譚府錦繡玉鴛鴦」以精湛刀工，將雞、鴨切絲成鴛鴦，織鋪在鮑魚絲和海蜇絲上，再以水果絲增添色彩，佐配獨家酸甜梅醬和酥炸的春捲絲，為旅客開胃食慾；湯品為甘潤的「蟲草花燉排骨湯」；主菜為香氣逼人的「譚府荷葉粉蒸雞拼班蘭飯」，最後為健脾益胃、潤肺止咳的紫色和白色淮山製成的甜品「雙色淮山糕佐藍莓醬」，清爽滿足您的夏季脾胃。



①



②



③

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④

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⑤

① Creative dessert "Cocco Mango" / 創意甜點「夏日風情」 ② Overnight kit / 過夜包 ③ Fresh mixed juice with cold-pressed psidium guava / 冷壓鮮榨紅心芭樂綜合果汁 ④ Krug Champagne / 庫克香檳 ⑤ Pajamas / 機上舒眠睡衣



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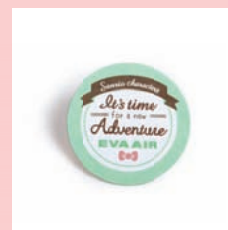
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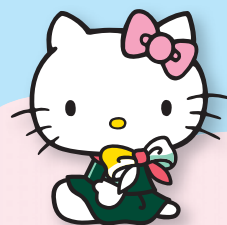
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Themed inflight service items
服務用品



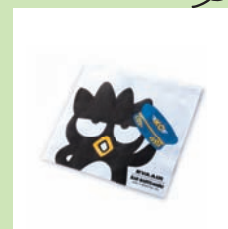
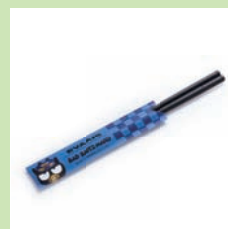
...



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



EARN MORE MILES AND ENJOY EASIER AWARD UPGRADES

善用哩程 跟著長榮航空來趟美好之旅

Thank you for supporting EVA Air for the past 30 years. Infinity MileageLands has two great promotions to make your travel more rewarding. You can now earn even more miles every time you fly, and enjoy award upgrades for a lower mileage deduction.

PROMOTION 1: BOOK NOW AND EARN UP TO 3,900 ADDITIONAL MILES

You could earn up to 3,900 extra award miles and status miles. This offer applies to EVA/UNI Air scheduled international flights with eligible ticket classes (A/G class is included) from Sept. 1, 2019 to Nov. 30, 2019. The miles count toward card tier renewal and can be redeemed for upgrades and award tickets.

PROMOTION 2: SAVE UP TO 50% ON AWARD UPGRADES WITH EVA AIR

Infinity MileageLands members travelling with EVA/UNI Air on scheduled international flights with eligible Premium Economy Class tickets from Sept. 1, 2019 to Nov. 30, 2019 can purchase an award upgrade for up to 50% less mileage.

You must register to enjoy these benefits. For more information, please visit the EVA Air website (www.evaair.com) and navigate to Infinity MileageLands → Member Exclusive Special Offer.

感謝您的支持與愛護，陪伴長榮航空翱翔天際30年。在這炎炎夏日，「無限萬哩遊」感恩有您以哩回饋，再次推出多種哩程優惠活動，讓您用少少的哩程，創造美好的旅程回憶。趕快把握機會，安排您的下一趟旅程吧！

優惠1：感謝有你，以哩回饋，最優加贈3,900哩！

凡2019年7月19日到11月30日於長榮航空「感謝有你，以哩回饋」活動網頁註冊，並符合優惠活動資格，於2019年9月1日至11月30日搭乘長榮航空／立榮航空飛航之國際線航班，即可獲贈額外獎勵哩程及卡籍哩程，促銷及團體票價（A/G艙）也適用，讓您輕鬆累積更多哩程，晉升續卡更容易！

優惠2：感恩回饋，升等最優5折起！

2019年7月19日起到11月30日止，凡搭乘2019年9月1日至11月30日由長榮航空／立榮航空營運之國際線航線的乘客，只要持有有效機票艙等，在長榮航空「感恩回饋」活動網頁註冊，即能以優惠折扣標準兌換豪華經濟艙位升等。升等最優5折起，最低只要3,000哩，讓您用較少的哩程輕鬆享受更舒適的搭機環境！

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



Promotion 1
優惠一



Promotion 2
優惠二



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
加入會員



Member New Benefits
會員酬賓新禮遇

FLYING CLOUD AND HER NAVIGATOR 飛雲號與她的領航員

EVA Arts
長榮海事博物館
典選

In 1854, the clipper *Flying Cloud* made the passage from New York to San Francisco in only 89 days and 8 hours, setting a new world record. The feat was all the more remarkable because the navigator was a woman. Eleanor Creesy was celebrated for her contribution to women's empowerment in an era when females were rarely seen working at sea. *Flying Cloud* is among many models of sailing ships on display at the Evergreen Maritime Museum in Taipei.

人氣漫畫《航海王》裡的領航員娜美，擅長繪製海圖、精通天文氣象；而現實世界裡，19世紀中葉也曾出現這樣一位人物，她是美國快速帆船「飛雲號」的領航員——艾莉諾·克雷西。

快速帆船在蒸汽輪出現前可謂海上霸主，流線船身、空心船艙、高桅多帆的特徵，有效提高了航速，乘風破浪宛若遊龍，其中鋒頭最健的當屬「飛雲號」，從紐約到舊金山只需89天又8小時。艾莉諾·克雷西則憑藉其出色能力與淵博知識，突破了航海工作的性別藩籬，成為「飛雲號」締造輝煌紀錄的幕後功臣。長榮海事博物館展示包含「飛雲號」等多艘帆船模型，搭配專業導覽員解說，讓您對帆船歷史有更深刻的了解。

Flying Cloud
Wood / Copper
94 × 22 × 66 CM
Collection of the Evergreen Maritime Museum

飛雲號模型
模型材質：木、銅
模型尺寸：94 × 22 × 66 公分
長榮海事博物館典藏



PHOTOGRAPHY: EVERGREEN MARITIME MUSEUM



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

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

EVA AIR'S COMPREHENSIVE ONLINE SERVICES

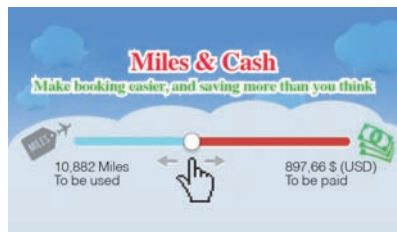
長榮航空多元網路服務

www.evaair.com

網路購票

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

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



Download EVA Air/UNI Air Flight Timetables

歡迎下載長榮／立榮航空國際線時刻表

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

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

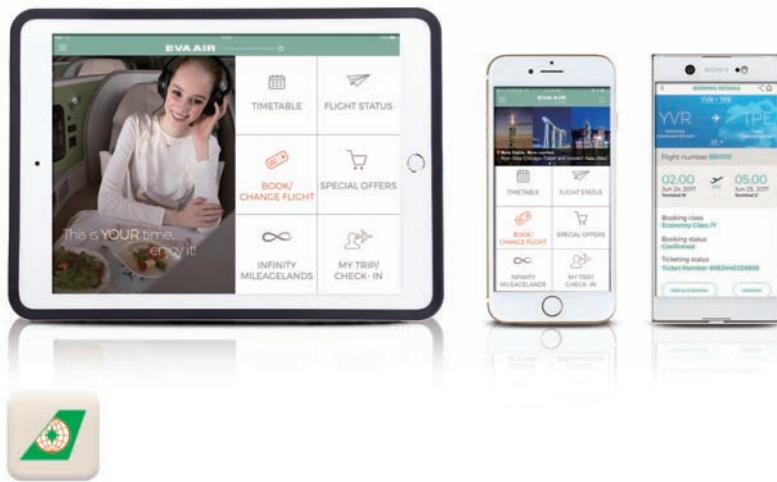
歡迎掃描QR Code，立即線上查詢／下載長榮航空與立榮航空國際線預定時刻表。

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



Mobile Apps

隨時掌握行程與購物訊息



- EVA MOBILE -

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



Download on the
App Store
or
GET IT ON
Google Play
iPhone / iPad
iOS 9.0 or later
Android
4.4 or later



- EVA SKY SHOP -

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



- 長榮樂e購 -

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

Social Media

社群網站



Search
EVA Airways Corp. / EVA Air US

搜尋：

EVA Airways Corp. 長榮航空

Instagram :
@evaairways

LinkedIn :
EVA Airways Corp.

请搜寻「长荣航空」

Pre-Order Duty Free 機上免稅品預購享優惠

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

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



Pre-Order Inflight Meals 網路選餐



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

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

Inflight Wireless Internet 機上無線網路

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

1. Seek help from our service partner's customer service staff by sending an email to hotspot@telekom.de.
2. Call our service partner's customer service center at +86-10-59240082 (international toll number) or 00801863151 (Taiwan toll-free number, English only) for assistance.

長榮航空於波音787、777-300ER與A330-300全艙等提供機上Wi-Fi。付費使用後，您將以電子郵件方式收到帳單。本公司之機上無線網路功能由合作廠商提供服務，若有任何問題，您可利用下列任一方式尋求協助：

1. 透過電子郵件 hotspot@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：

開啟您行動裝置的無線網路Wi-Fi功能並選擇「EVA-WiFi」。接著開啟瀏覽器，並輸入 www.evawifi.com 進入歡迎頁面。

Data Plan 販售方案	Inflight Pricing 機上購買
Lite Messaging Plan 30MB 輕量通訊方案 30MB	US\$4.95 4.95美金
Standard Plan 100MB 標準方案 100MB	US\$14.95 14.95美金
Business Plan 300MB 商務方案 300MB	US\$29.95 29.95美金

* Lite Messaging Plan has a speed limit of 100 kb/s and is not suitable for web browsing or media streaming.

* 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

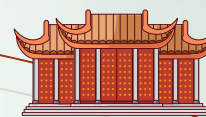
Passengers with RIMOWA electronically tagged luggage will be able to complete the check-in procedure from 48 until 1.5 hours before scheduled departure by using the EVA Mobile App. Afterward, simply hand over your luggage to personnel at the online check-in counter. To find out more about destinations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



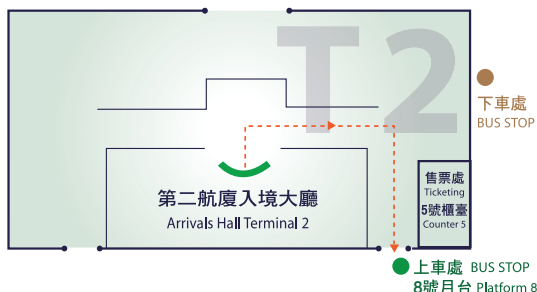
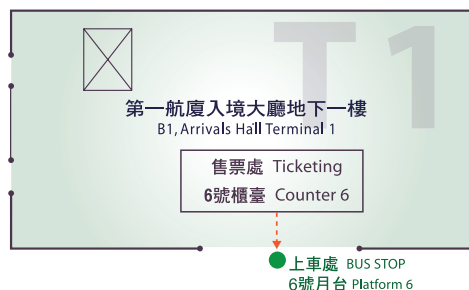
台北市內 → 桃園國際機場
Taipei City to Taoyuan International Airport
每日05:00 a.m.至04:45 p.m.

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, P.R.C., and select international locations. The cabin crew will advise passengers if it is necessary to turn off small PEDs according local regulation.
- Small devices may be held in hand or placed in seat pocket (not left unsecured around the seat). Laptops or devices weighing more than 1.0 kg must be stowed in approved stowage location in the overhead compartment or under the seat in front of passenger during taxi, take-off and landing.
- When the aircraft is flying at altitudes above 10,000 feet:
 - On international flights, laptops or devices weighing more than 1.0 kg may be used. Transmitting devices must be adjusted to non-cellular or "Airplane/Flight mode" with Wi-Fi turned off.
 - On domestic flights, laptops or devices weighing more than 1.0 kg must be stowed in an approved stowage location in the overhead compartment or under the seat in front of passenger during flight.
- Wi-Fi and SMS roaming services are provided on certain aircraft equipped with GCS (Global Communication Suite). For details about when and how to use the service shall refer to entertainment system information on these flights or listen to the inflight announcements.
- The following devices must remain off at all times during flight: electronic cigarettes, citizen's band radios and walkie-talkies, remote controllers and wireless electronic devices such as radio-controlled toys, and any other electronic device that may interfere with aircraft equipment including flight navigation and telecommunication systems.
- Bluetooth devices can be used during all phases of flight.
- Hearing aids and pacemakers may be operated without restriction.
- Passengers may carry Medical-Portable Electronic Devices (M-PEDs), such as Portable Oxygen Concentrators (POCs), Ventilators, Suction Units, and Ambulatory Infusion Pumps. However, these M-PEDs should not exceed carry-on baggage dimensions and weight limits.
 - The passenger who would require medical attention and/or special equipment to maintain their health during the flight shall follow EVA General Conditions of Carriage to apply and obtain the medical clearance at least 48 hours prior to the flight.
 - Please note that inflight electrical power is not guaranteed to be available or operative on all flights and every seat. In the event that power supply is necessary for your portable electronic devices, you should bring a sufficient number of fully charged batteries (to power the device for 150% of the expected maximum flight duration) which are in compliance with ICAO instructions. Spare batteries must be individually protected to prevent short circuit or damage and carried in carry-on baggage only.
 - EVA AIR is not liable for any injury or harm to the passenger caused by a passenger attempting to use the power supplies for medical portable electronic devices by the failure of onboard power supplies or any other reasons in connection therewith. Passengers use power supplies at their own risk.
- Other regulations:
 - Using personal device for voice communication is prohibited from door closure until the aircraft has landed and cleared the runway. All devices must be used muted or used with a headset at all times.
 - The flight crew may request that all devices (excluding Portable Oxygen Concentrators accepted by company) be fully turned off in certain circumstances, such as for poor visibility landings or to reduce interference with aircraft equipment.

SAFETY MEASURES

For your personal safety, please return to your seat and fasten your seatbelt whenever the "fasten seatbelt" sign is illuminated. During takeoff and landing, return your table and seat back to their original upright positions. During landing, please do not stand up or leave your seat until the plane has come to a complete standstill and the fasten seatbelt sign has been switched off. Because turbulence is often unpredictable, we strongly recommend that you keep your seatbelt fastened at all times while seated. Carry-on baggage should comply with the carry-on baggage dimensions and weight limit. It must be stowed by yourself in the overhead bin or under the seat in front of you.

For safety reasons, dangerous articles such as these listed below are not permitted aboard the aircraft:

- Deeply refrigerated, flammable, non-flammable and poisonous gases; oxygen tanks; paint in spray cans; insecticides.
- Corrosives (such as mercury which may be contained in thermometers), acids, alkalis and wet-cell batteries.
- Explosives, munitions, fireworks and flares.
- Flammable liquids such as lighter fuel, paints and thinners; flammable and easily ignitable solids such as matches; substances liable to spontaneous combustion; and substances which on contact with water emit flammable gases.
- Radioactive materials.
- Briefcases and security-type attaché cases with installed alarm devices; or those that incorporate lithium batteries and/or pyrotechnic materials.
- Oxidizing materials such as bleaches and peroxides.
- Poisonous and infectious substances such as insecticides, weed killers and live virus materials.
- Other dangerous articles such as magnetized materials and offensive or irritating materials.

Interfering with flight deck crew and cabin crew during the course of their duties is an offense.

NO SMOKING

In accordance with ROC law, EVA Air has banned smoking on all flights.

ALCOHOLIC BEVERAGE SERVICE

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

REGULATIONS CONCERNING ABUSIVE AND UNRULY BEHAVIOR

CAA Regulation Article 119-2

A fine from NT\$30,000 to NT\$150,000 will apply to anyone found smoking in any lavatory on board an aircraft.

A fine from NT\$10,000 to NT\$50,000 will apply to anyone in the following circumstances:

- Failure to comply with any instruction given by the pilot-in-command for the purpose of maintaining order and safety on board an aircraft.
- Disrupting order on board an aircraft following consumption of alcoholic beverages or alcohol-containing medicines.
- Smoking outside a lavatory on board an aircraft.
- Tampering with any smoke detector or interfering with safety devices without authorization.

Note: Above behaviors will be fined by Aviation Police Bureau.

ONBOARD PHONE AND FAX

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

REFRIGERATED ITEMS

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

● 電子用品使用規定

提醒您，使用電子用品可能因不同機型或飛航地區而有不同的限制，請留意空服人員的廣播及機上安全示範影片之說明。

根據中華民國民用航空法規定，任何人不得使用足以干擾航機導航及通訊設備之用品，違反規定者，得處5年以下有期徒刑、拘役或新台幣15萬元以下罰金，情節嚴重者，最高可處無期徒刑。乘客自關閉艙門並經航空器上工作人員宣布限制使用起至開啓艙門止，須遵守下列規定：

- 全程開啟使用手機、平板、電子書，或重量在一公斤（含）以下之「小型隨身電子用品」。關閉艙門起至航機落地脫離跑道止，所有傳輸類電子用品必須關閉語音通話或轉換成「飛航模式」並關閉Wi-Fi功能。當航機於中華民國境外飛航時，使用隨身電子用品須遵守當地相關規定，空服人員於必要時將通知乘客配合當地禁用電子用品之相關規定。
- 航機滑行、起飛及降落階段，乘客須將小型隨身電子用品固定持穩、收妥或置於前方座椅袋內。筆記型電腦或重量在一公斤以上之電子用品須妥善置於規定之隨身行李置放處（座位下方或上方行李置物櫃）。
- 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「飛航模式」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。
- 全程禁用以下電子用品：電子菸、個人無線電收發報機、各類遙控發射器（如電動玩具遙控器等）、其它任何可能干擾航機裝備包含導航、通訊等之電子用品。
- 蓝牙耳机裝置於航機全程皆可使用。
- 助聽器及心律調整器之使用時機不受限制。
- 乘客可自備攜帶式之醫療電子用品於機上使用，如可攜式之氧氣設備、呼吸器、抽痰器、攜帶型輸液泵等。上述裝備需符合隨身行李尺寸、重量的規定。
 - 乘客如於飛行過程中需要使用醫療器材，請依照逐條條款規定，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且須個別包裝妥當以避免短路或損壞。
 - 長榮航空對於乘客因使用機上電源插座造成可攜式電子醫療器材故障、電源無法使用或其他相關連原因致受傷或傷害者，不負任何損害賠償責任，乘客若欲使用機內電源，應自行承擔所有風險。
- 其它規定：
 - 關閉艙門起至航機落地脫離跑道前，禁止以個人電子用品進行語音通話，所有個人電子用品必須設定為靜音或使用耳機。
 - 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冰機），例如於低能見度落地，或避免航機導航或通訊等系統遭受干擾。

● 安全

飛機飛行中，為了您的安全，請注意「繫緊安全帶」的信號燈，當燈號亮起時請繫上安全帶，當飛機起飛或降落時，請您暫時將小桌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，我們建議您就坐時請繫上安全帶繫上。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、瀝水用氣瓶、噴漆、殺蟲劑等。
- 腐蝕物（劑）：如強酸、強鹼、水銀、鋅酸電池等。
- 爆炸物：各類槍械彈藥、煙火、爆竹、照明彈等。
- 易燃品：如汽油柴油等燃料油、火柴、油漆、點火器及相關可燃固體等。
- 放射物品
- 具防盜裝置之公事包或小型手提箱。
- 氧化物品：例如漂白劑（水、粉）、工業用雙氧水等。
- 毒物（劑）及傳染物：如殺蟲劑、除草劑、過濃性病毒活體等。
- 其它違禁品：如磁化物品（磁鐵）、具攻擊或刺激之物品（如：刀劍棍棒類、弓箭、防身噴霧器、電擊棒等）

此外，為了您的安全，請遵守機組員的指示，干擾飛行組員與空服人員執行任務屬違法行為。

● 禁菸

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

● 機艙內酒精飲品

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

● 航機上不當行為之規範

民用航空法第一百九條之二，於航空器艙內吸菸者，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。
 - 於航空器所附外之區域吸菸。
 - 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等信用卡付費。搭乘A330與B777客機的乘客，當您使用座位旁邊的衛星電話時，則請於撥號後按「OK」鍵即可。此外，由於信用卡確認至通話時間約需30秒（不超過1分鐘），還請您耐心等候。若對於機上衛星電話有任何疑問與建議，敬請e-mail至ARINC Customer Support : apd@arinc.com。

● 攜帶冷藏物品須知

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

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



NORTH PACIFIC OCEAN

長榮航空長程飛航路線圖

UNI AIR SHORT-HAUL ROUTE MAP

立榮航空近程飛航路線圖

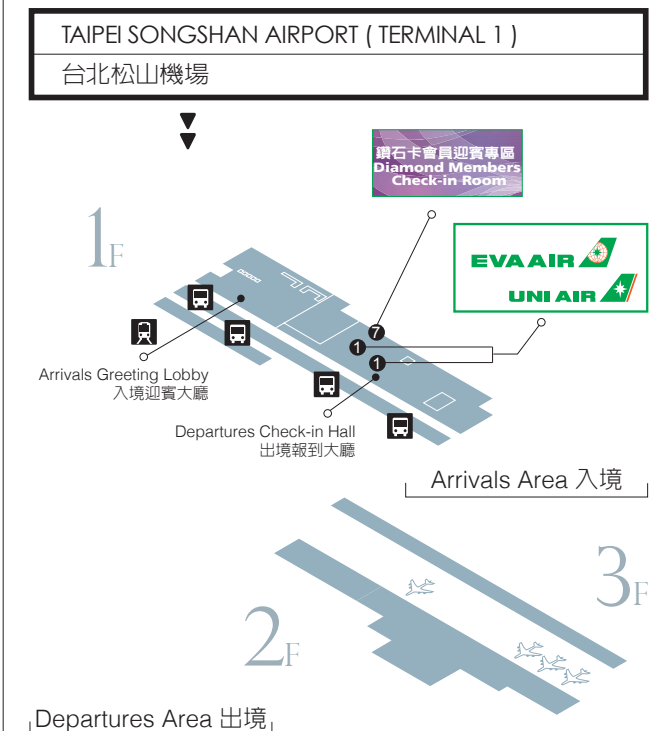
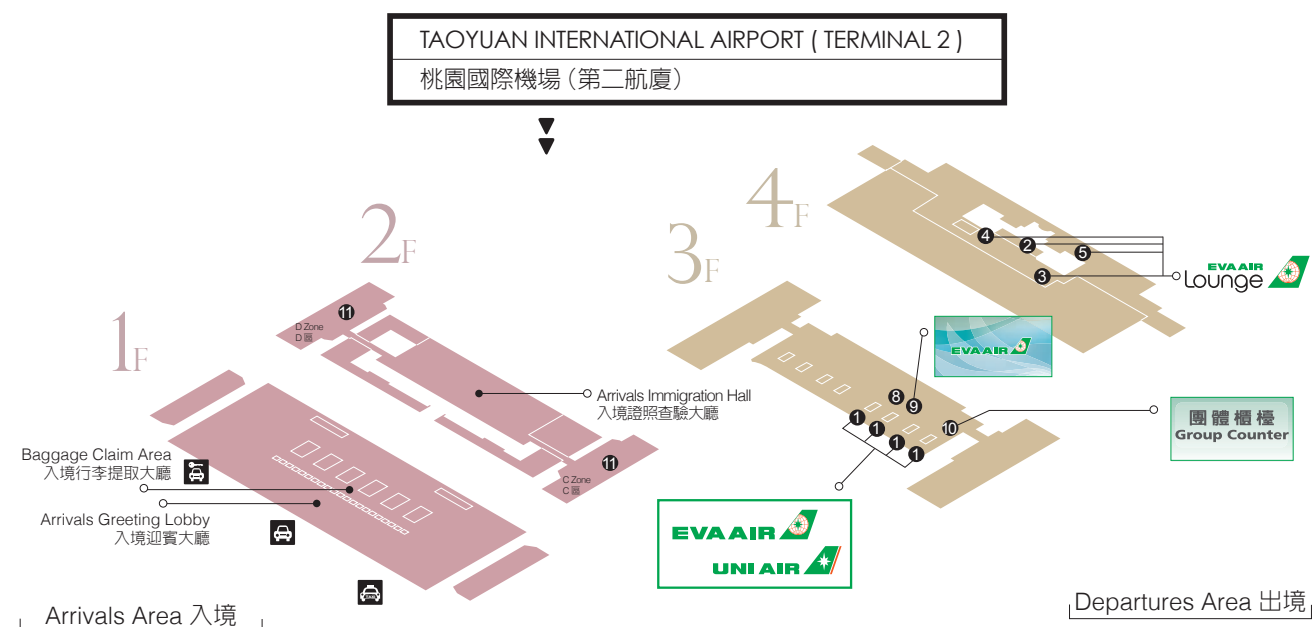


For information on Asia short-haul flights, please visit UNI Air's official website at www.uniair.com.tw or consult the UNI Mobile App, a 7-11 ibon kiosk, or a FamilyMart FamiPort kiosk. 欲搭乘近程線班機之旅客，請至立榮航空全球資訊網、立榮航空App、超商查詢、訂購。

Taking Flight /

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



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

 BUS
  MRT OR TRAIN
  TAXI

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
				400-820-5890
				852-28109251
				853-28726866
NORTHEAST ASIA 東北亞地區				
Fukuoka 福岡	4 km	 15 min. (JPY 1500)  10 min. (JPY 250)	 10 min. (JPY 1,380)	81-92-4737220
Komatsu 小松	4 km	 12 min. (JPY 260)	 10 min. (JPY 1,700)	81-761-226286
Okinawa 沖縄	6 km	 16 min. (JPY 300)	 10 min. (JPY 2,000)	81-98-8521517
Osaka 大阪	51.4 km	 60 min. (JPY 1,500)  50 min. (JPY 2,470)	 60 min. (JPY 18,000)	81-72-4568007
Sapporo 札幌	45 km	 80 min. (JPY 1,030)  37 min. (JPY 1,070)	 60 min. (JPY 12,000)	81-123-451112
Sendai 仙台	9 km	 25 min. (JPY 650)	 40 min. (JPY 6,500)	81-22-3831831
Seoul (Gimpo) 首爾 (金浦)	25 km	 60-80 min. (KRW 1,400-2,500)  45 min. (KRW 1,000-1,300)	 40-60 min. (KRW 16,000-30,000)	82-2-26667461
Seoul (Incheon) 首爾 (仁川)	55 km	 90 min. (KRW 9,000-14,000)  43-58 min. (KRW 4,250-8,000)	 80 min. (KRW 80,000-90,000)	82-2-26667401
Tokyo (Haneda) 東京 (羽田)	14 km	 45-55 min. (JPY 720-930)  20-35 min. (JPY 410-600)	 30-45 min. (JPY 4,570-6,500)	81-3-57083720
Tokyo (Narita) 東京 (成田)	78 km	 90 min. (JPY 3,000)  62 min. (JPY 2,940)	 50 min. (JPY 20,690)	81-476-346320~3
				81-3-57982811
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)		62-361-9359773/9368405
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
				65-62261533
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
				61-7-38605555
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
				1-800-6951188/1-604-2146608
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
				43-1-710989812-13

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

Fleet Facts 機隊介紹

787-10

342 Passengers

No. of aircraft 架數: 2
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

252 Passengers

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



A321-200

184 Passengers

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



777F

Cargo

No. of aircraft 架數: 5



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



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