

# en Voyage

The Inflight Magazine of  
EVA Air

## Explore Turkey

遨遊土耳其

MARCH  
2016

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# Welcome Aboard

Spring is a season for growth. This month, EVA Air launches two new services, expanding our network in Europe and Asia. Beginning March 5, our new Taoyuan-Istanbul service consists of four weekly flights and is operated with a Boeing 777-300ER aircraft. On March 27, our new Taoyuan-Cebu service will begin, offering daily flights operated with an Airbus A321-200 aircraft.

EVA Air is also participating in the 2016 Taiwan Lantern Festival, which runs from February 22 to March 6. The “Evergreen Land” display area has a Turkey theme, with lanterns modeled on Hagia Sophia, Cappadocia, Pamukkale, Sultan Ahmed Mosque, and the Trojan Horse. We welcome you to explore Turkey with us.

Austin Cheng  
President, EVA Air

## 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。

在春暖花開的3月，長榮航空即將開闢2個新航點，以更便捷安全的飛航服務帶領旅客探索體驗更多的世界之美。

3月5日開航的桃園—伊斯坦堡航線，以波音777-300ER機型提供每週4班的直航服務；3月27日開航的桃園—宿霧航線，則是以空中巴士A321-200機型提供每週7班的服務。我們也特別在2月22日~3月6日假桃園舉行的2016台灣燈會活動現場，以土耳其特色景點為主題，精心規劃了「長榮燈會特展——Evergreen Land歡樂航空城」，邀請大家感受聖索菲亞大教堂、卡帕多奇亞、棉堡、藍色清真寺與特洛伊木馬的奇特魅力。

長榮航空公司總經理  
鄭傳義

# en Voyage

March

2016



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## COVER STORY

### Istanbul through the Ages

古城新貌 穿越時空的伊斯坦堡遊蹤

54

Divided by the Bosphorus, Istanbul stands on the border of Europe and Asia. The Turkish city offers visitors a distinct blend of East and West through its immersive arts, cultural, and dining scene.

被博斯普魯斯海峽切分為二的伊斯坦堡，不僅橫跨歐亞，也連結著過往與現代。這座歷史悠久的古城如今搭上全球化列車，豐富多彩的歷史文化則成了摩登變身的絕佳基礎，除了聖索菲亞大教堂等知名景點，市區中林立的藝廊、美術館與美味餐廳，蓬勃的藝文活動與新派飲食文化的崛起，莫不讓心靈與感官獲得無上滿足。

舞蹈是我的夢想  
乘著夢想飛翔  
感謝長榮航空和星空聯盟  
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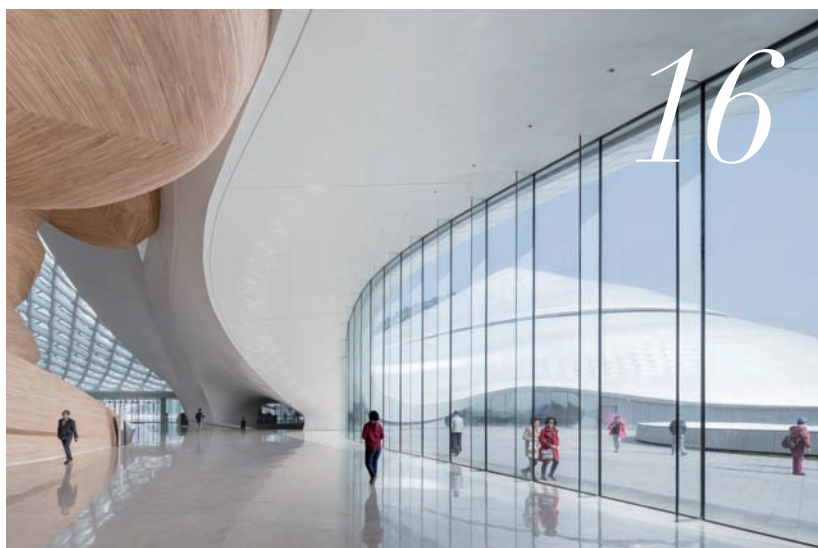
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Turkey, beyond mysterious.

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MARCH 2016

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Evergreen International Corp.

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Hot air balloon fly over Cappadocia Turkey  
搭乘熱氣球翱翔於土耳其卡帕多奇亞的上空  
Photo: Top Photo Group

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

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THROUGHOUT INDIA AND NEPAL

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**HOLI**  
印度灑紅節

For this Indian spring festival, revelers gather in the streets to color each other with dry powder of every conceivable hue. 每年於印度教曆12月月圓舉行的灑紅節，人們會在街頭互相投擲彩色粉末與潑灑彩色的水，以慶祝春天的到來。

[www.holifestival.org](http://www.holifestival.org)



BALI, INDONESIA

MAR. 29 - APR. 3

**BALI SPIRIT FESTIVAL**  
印尼峇里島性靈瑜珈音樂節

A celebration of yoga, dance, and world music, the Bali Spirit Festival comprises classes and workshops as well as concerts featuring local and international artists.

每年在峇里島烏布舉辦的性靈瑜珈音樂節，為結合瑜珈、冥想音樂與冥想舞蹈的活動，來自世界各地的專業人員都會聚集在此表演與潛修。

[www.balispiritfestival.com](http://www.balispiritfestival.com)



DUBLIN, IRELAND

MAR. 17 - 20

**ST PATRICK'S FESTIVAL**  
愛爾蘭聖派翠克節

Held to celebrate St. Patrick's Day, this festival includes a parade, a funfair, concerts, ceilidhs, and a treasure hunt spanning the city's historic sites.

聖派翠克節為愛爾蘭每年最大的節慶，人們換上各式綠色裝扮參加化妝遊行、音樂會、同樂會等活動，更飲用綠色的啤酒，以紀念聖派翠克主教。

[www.stpatricksfestival.ie](http://www.stpatricksfestival.ie)



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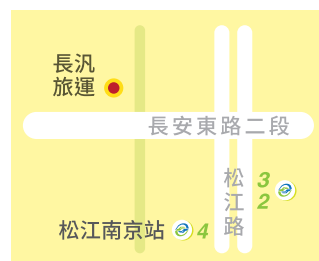
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## YILAN GREEN EXPO

2016宜蘭綠色博覽會

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26

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15

The Yilan Green Expo takes place at Wulaokeng Scenic Area near Suao, Yilan County. This year's event focuses on the production of healthy, organic foods. Displays introduce green concepts such as clean living and environmental conservation. There are also theatrical and musical performances plus workshops for cooking and dyeing.

宜蘭綠色博覽會於宜蘭武荖坑風景區舉辦，以「糧心」為主題，運用層次豐富的藝術創作、互動體驗，探討地球家園、自然保種、找回糧心、綠色生活、山林學堂等5大面向，更有影像、音樂、料理、染藝、戲劇等創作活動。

[www.greenexpo.e-land.gov.tw](http://www.greenexpo.e-land.gov.tw)



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# Tsutaya Electrics

## 散發書香的蔦屋家電

Tsutaya Electrics has recently opened at the popular Futako Tamagawa Rise in Tokyo. The two-story space features a unique “Book Street” display, in which books are divided into categories such as food, clothing, housing, and transportation, and displayed with related cooking, fashion, beauty, wellness, and housekeeping appliances, as well as audiovisual products.

TSUTAYA蔦屋書店曾獲選為「全球20間最美書店之一」，近期於東京二子玉川開設複合式商場「蔦屋家電」，獨創「書街」的陳列方式，並依據食、衣、住、行的圖書分類，連結食器、美容、居家健康等各式電器與影音產品，顛覆人們對於家電商場的刻板印象。





# Blenheim Restaurant

## 紐約客的綠食之選



Not every restaurant in New York is chasing Michelin stars. Blenheim Restaurant's mission, for example, is to promote farm-to-table cuisine. Headed by Morten Sohlberg and Min Ye, the restaurant in West Village, New York, serves up products from Blenheim Hill Farm in the Catskills. Its dishes incorporate red meat, poultry, honey, butter, and other organic ingredients in a menu that changes with the seasons.

回歸鄉園農場的「餐桌返璞歸真」計畫，是時髦紐約客近來熱衷的美食風潮，以推廣農糧永續發展的Blenheim Hill Farm便是這股潮流的推手，由Morten Sohlberg與Min Ye共同經營的曼哈頓西村Blenheim Restaurant，家禽家畜、蜂蜜、奶油等食材皆取用於自家農場，菜單內容視農場作物而定，整體空間營造也將田園風格融入舒適的用餐環境。



# Harbin Opera House

## 吟頌冰雪與風的北國雪峰 哈爾濱大劇院

Located on the north bank of the Songhua River, the Harbin Opera House blends into the surrounding wetlands. The structure was designed by MAD Architects and features glass-curtain walls and a roof of smoothly curving aluminum panels. The soaring lobby leads to a wood-paneled theater seating 1,600 and a smaller theater seating 400.

哈爾濱大劇院以流體般的建築外觀成為哈爾濱文化島上的焦點，共有可容納1千6百與4百個座位的兩座劇場，平滑的鋁板構成弧線造型，大廳挑高的玻璃帷幕、拱型架構的窗格引入明亮天光，可透視戶外景致，營造出以樂音與大地交響共鳴的文化地標。



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A STAR ALLIANCE MEMBER

Danish designer Reinier de Jong thinks of furniture as functional sculptures. The REK modular bookcase features zigzag-shaped parts that slide seamlessly in and out to accommodate a growing book collection.

丹麥設計師Reinier de Jong將家具視為功能性雕塑，出自其手的「REK」模組收納書架，精密計算鋸齒型態的無縫密合架構，便於使用者依據藏書數量與書籍開本的大小，加以組裝調整。

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

## REK 模組收納書架



Inspired by the movie *Inception*, Stelios Mousarris' Wave City coffee table is a wood-and-steel structure produced using 3D printing technology.

來自塞普勒斯的Stelios Mousarris，由電影《全面啓動》擷取靈感，運用木材、鋼鐵材料，並透過3D列印技術打造「Wave City」咖啡桌，生動再現了電影中摩天大樓與道路縱橫交錯、打破地心引力法則的上下翻折場景。

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



## Wave City 咖啡桌

## MIITO 高效節能加熱棒

Miito is an innovative product by design duo Nils Chudy and Jasmina Grase. To heat liquids, the rod is immersed in a non-ferrous container. The induction base heats the rod, which then quickly heats the liquid.

由Nils Chudy與Jasmina Grase合組的工作室 Chudy and Grase 所設計的高效節能加熱裝置「Miito」，由一根磁棒與感應式底座組成，使用時只需將磁棒放入加熱液體的容器裡，感應線圈與磁棒之間就會產生電磁作用而迅速加熱。

miito.com



TEXT / ALICIA HUANG



## LaCie Chromé 高速傳輸外接式硬碟

Chromé is a desktop storage solution by LaCie in collaboration with Porsche Design. Housed in an aluminum enclosure with a chrome finish, the device offers up to 1 TB of storage.

法國LaCie與Porsche Design合作推出以鋁製外殼搭配鍍鉻拋光鏡面打造而成的「Chromé」外接式硬碟，配備1T的容量，提供940MB/s的高速資料傳輸效率。傾斜而立的硬碟，有助於機體散熱，更是辦公空間令人賞心悅目的藝術品。


www.lacie.com

## Eora 3D Scanner 掌上型3D列印掃描器

Developed by Rahul Koduri and Asfand Khan, the Eora 3D Scanner offers high-resolution 3D scanning of objects up to 1m away, transmitting the data wirelessly to a mobile device.

Rahul Koduri與Asfand Khan所研發的便攜型高解析度3D列印掃描器「Eora」，可透過藍芽與智慧型手機連接，並以專屬的藍芽轉盤，於物體表面進行環繞掃描，進而在智慧型手機上重建物體的立體模型。

eora3d.com



**MITSUBISHI  
ELECTRIC**  
*Changes for the Better*



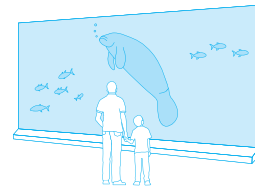
**三菱電機值得信賴**

## 海牛說， 他已經回不去普通的水了

海牛被認為是人魚的雛形。不知是否真有關係，總之這孩子超愛乾淨。所以，我們也很注重水質！透徹的水質，乾淨到連我們都覺得這真的是好水。海牛一定覺得更舒適吧？看看這表情，多幸福的樣子！越來越接近人魚的美貌了，不是嗎？

海洋哺乳動物飼養員 27歲  
日本三重縣鳥羽水族館

鳥羽水族館 淨水處理臭氧機



Ozonizer 臭氧機

臭氧機可透過臭氧的功效，淨化水質並去除水中細菌、異味與濁物，使它成為可再使用的乾淨之水。

**三菱電機的水處理事業**

[www.MitsubishiElectric.com](http://www.MitsubishiElectric.com)

# The Lowdown



As soon as the DJ passed out the sombreros and had everyone line-dancing around the cabin, my erstwhile boyfriend decided that this was not going to be the night he proposed to me. What he'd imagined would be a romantic ferry ride down the moonlit Savannah River turned out to be an awful lot like an awkward high-school dance. Confounded by how badly he had miscalculated the atmosphere of our river-cruise dinner, he let me, his blissfully unaware fiancée-to-be, don a beaded sombrero, dance around and eat fresh shrimp, and drink a lot of complimentary wine.

Though sailing down the Savannah River this way was certainly entertaining, I was pretty sure that further river cruises were not going to be part of my lifelong travel bucket list.

Somewhere over the past few years, however, river cruising went from being a cheesy way to score cheap drinks, eat a lot of buffet food, and dance to all the songs you swore you'd never let anybody play at your wedding (chicken dance, anyone?) to being one of the world's most unstoppable travel trends. The numbers speak for themselves: *The Telegraph* recently reported that not only have already-popular routes like the Danube seen a 41

percent increase in bookings over the past year, but less frequented waterways in Russia and China have experienced immense increases as well. When I first read this, I had to wonder: What was all the fuss about?

With just a little investigating, I discovered that river cruises do everything a ship with a, well, *bulkier* profile can't do: small-group immersive experiences, entrance into hard-to-reach ports of call, and cruising days packed with cooking lessons, language classes, and history lectures. This is, of course, in addition to delectable gourmet restaurants, intimate staterooms, an emphasis on casual wear (leave those cocktail dresses and high heels at

搭乘客輪順著河流緩緩前行，船上的美食、甲板上的陽光、熱鬧一整晚的娛樂活動，以及在船泊岸時，下船深入當地人的生活中，悠閒的步調成為最適合老年人的旅行方式。

# on River Cruising

揭開河輪之旅的面紗

BY KRISTIN WINET ILLUSTRATIONS BY I YING YEH

home!) and the fact that you're sharing a vessel with fewer than 300 other people.

Being part of a small village trying to squeeze through one set of doors at the same time is, thankfully, nobody's nightmare. On river cruises, you just stroll right out.

So, though I'd never put it on my bucket list, when my mom and I caught wind that Russia had jumped aboard the river-cruise trend, we decided to find out for ourselves what all the buzz was about. We booked the trip, packed entirely too many pairs of shoes, and headed straight for St. Petersburg. Then, after cramming the entire imperial capital into three days, we set sail on our fourth evening, just as the sun grew deep and orange in the eerie "white nights" sky. That evening, sipping wine on the upper deck under the sun and stars, dining on pretty finger-food items, and having lovely conversations with well-traveled folks from all over the world, it occurred to me: there were no sombreros, no bad jokes, and no men in Hawaiian shirts. Maybe *this* what cruising was all about.

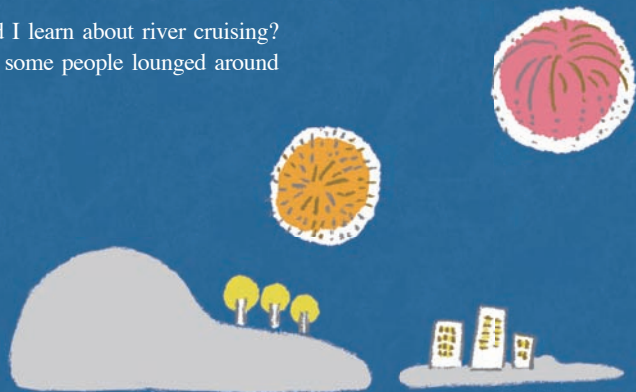
Of course, that was the exact moment when the previously inconspicuous jazz singer turned up the speakers, flipped on the strobe light, put on his best Elvis impression, and got everyone boogying on the dance floor. What I soon realized, thinking back to my line-dancing days in Savannah, was that I was having such a blast on this fancy boat because of these two extremes: museums and castles by day, crooning lounge singers and bingo parties by night.

So what did I learn about river cruising? Well, while some people lounged around

on the sundeck, read novels, and sipped cappuccinos, we drank homemade moonshine at a grandma's house in Uglich, learned the Russian alphabet by heart, sipped scrumptious borscht in Red Square, got hopelessly lost wandering around Moscow, and visited so many palaces and castles that, by the end of our trip, we decided we didn't need to see another Romanov home, ever. And, as the youngest person on the boat by about 40 years, I would do it all over again in a single heartbeat, even under the watchful eye of an Elvis impersonator or the infectious sounds of the chicken dance. 🍷

#### 1 KRISTIN WINET

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



Rebecca Tay is a fashion writer and editor based in London, UK. She was formerly an editor at Canada's largest fashion magazine and her work has appeared in numerous publications all over the world.

# Best Face Forward

## 2016春季時尚彩妝



### Essentials for Your Spring Beauty Makeover

過了一個冬天，在讓肌膚恢復水潤後，化上乾淨清爽的底妝，再以玫瑰色光澤的唇蜜修飾唇色，並以眼線與眼影打造出宛如好萊塢漂亮寶貝——布魯克雪德絲的飽滿額頭，展現今年最in的甜美春妝。

BY REBECCA TAY



1 Welcome the new season with a fresh-faced beauty look: dewy skin, a slick of lipgloss, and a swipe of mascara are your spring beauty essentials.



2 The Sheer Vivid Tinted Moisturizer by Ilia is the perfect base for all your spring makeup looks. Bonus points for the fact that it contains SPF20 ([IliaBeauty.com](http://IliaBeauty.com)).

The start of a new season calls for a new wardrobe — but also a new beauty regimen! Now's the time to toss out old, clumpy, crumbly, and cakey products and say hello to spring with a cosmetics bag full of exciting new goodies. Whether it's the sunkissed look you love or a glamorous update for a big night out, here's your cheat sheet to this season's key beauty looks and must-have products.

#### PREP PROPERLY

A facial is a true beauty indulgence, but after a season of central heating and harsh winter air, it's one worth taking. A deep clean, exfoliating treatment, and moisture-packed mask will work wonders on your skin, sloughing off dead winter skin cells and prepping it for the season ahead. Besides looking refreshed and relaxed, a good facial often means your makeup will go on more smoothly and evenly.

- 3 The bestselling Curling Mascara by the late celebrity makeup artist Kevyn Aucoin ([KevynAucoin.com](http://KevynAucoin.com)) features a revolutionary formula that shrinks to your eyelashes, curling them gently.

### SO FRESH AND SO CLEAN

It may seem obvious, but spring is all about a new lease on life and a sense of renewal and positive energy. When it comes to makeup, this means ditching anything too dark and edgy. Forget kohl-rimmed eyes and opt for clean liquid liner and a glossy coat of mascara instead. The fresh, unmade-up makeup look is clean, youthful, and universally flattering — what’s not to love? A tinted moisturizer and an illuminator highlight healthy skin; finish with a small swipe of pink blush on the apples of your cheeks.

- 5 Add a touch of natural color to your cheeks with Burberry’s “Warm Glow” bronzers, available in a range of hues ([Burberry.com](http://Burberry.com)). Swipe it lightly over the tops of your cheekbones with the Illuminator Brush by Anastasia Beverly Hills ([AnastasiaBeverlyHills.com](http://AnastasiaBeverlyHills.com)).



- 4 The Paint Wash Liquid Color gloss by Laura Mercier ([LauraMercier.com](http://LauraMercier.com)) in “Coral Reef” is the perfect, bright hue for everyday wear.

### POP OF COLOR

Like a trench coat, perfect-fit skinny jeans, a white button-up blouse, and black, pointed-toe pumps, a red lipstick is a must in every wardrobe. Choose a hue that suits your skin tone and occasion: a fire-truck red channels your inner power woman, while a slightly darker, vampy maroon is a more dramatic choice. Looking for something for everyday use? Try a rose-colored liquid gloss: the shine factor shows you put the effort in, while the subtle hue comes across as both friendly and approachable. Top tip: to give your lip color even more dimension (not to mention versatility), don’t be afraid to layer up your gloss over lipstick that’s one or two shades darker or lighter.

- 6 Keep your makeup and tools organized and neat with this trio of neon cosmetics bags by American designer Diane von Furstenberg ([DVF.com](http://DVF.com)).



### DON'T FORGET YOUR DIGITS

The uptick in decorative nail trends means that in the last decade, our digits have been “cured” under UV light, shaped into “squarovals” and, more recently, filed to a sharp, oh-so-90s point. Whatever your nail style, don’t forget that your beauty look extends to your hands and be sure to keep things neat and manicured. Color-wise this season, anything goes — but never underestimate the classics: think red, ballerina pink, plum, deep purple, or navy.

### HIGH BROW

There’s no denying it: Brooke Shields is a timeless beauty icon, thanks in part to her luscious brown locks and signature thick, face-defining eyebrows. Fill in or create luscious brows of your own using an eye pencil and eye shadow; go one shade darker than your natural hair if you really love the strong-brow look. **Q**



# Shanghai: Tastes of China and the World

上海：融合中式與世界的美味之地

BY XIN-YI WONG

上海為中國大陸人口最多的城市，同時也是金融與運輸的重要樞紐，料理吸取江蘇、浙江等菜系的精髓，稱為滬菜，小籠包、紅燒肉、獅子頭都是著名的菜色；而身為國際大都會，近年上海菜也融合了西方料理的特色，推出許多創意又美味的料理，令人食指大動。



With a population of over 24 million, Shanghai is China's most populous city and a center of finance and transportation. One of the nation's most popular styles of Chinese cooking, Shanghai cuisine is strongly influenced by surrounding provinces Jiangsu and Zhejiang. Also known as *Hu* cuisine, it involves the use of braising, stewing, steaming, deep-frying, and baking to prepare food. Many dishes are flavored with sugar and soy sauce, or enhanced with preserved vegetables and salted meats. We take a look at some of Shanghai's must-eat foods and restaurants.

### XIAOLONG BAO

Named for the *xiaolong*, or the small bamboo steaming baskets in which they are traditionally prepared, the Shanghai style of *xiaolong bao* was invented in Nanxiang, in a suburb of Shanghai, at the Nanxiang Bun Shop, located in the famous Yuyuan Garden. It's commonly enjoyed throughout the day as a type of dimsum or snack. The steamed buns are usually filled with ground pork and gelled pork aspic, which melts into liquid during steaming, creating a soup-filled dumpling. Xiaolong bao are traditionally accompanied with a clear soup and served directly in their steaming baskets along with ginger slivers and Zhenjiang vinegar for dipping.

A similar variation, *shengjian bao* is a ubiquitous breakfast dish in Shanghai. However, the braiding is thicker and doughier thanks to a bit of added yeast. Filled with ground pork and gelatin, the buns are then sprinkled with sesame seeds and chopped green onions and pan-fried in a shallow, oiled pan — resulting in a crispy-bottomed bun with a succulent pork filling.

#### >Nanxiang Bun Shop, Yuyuan Garden

Established around 1900, the Nanxiang Bun Shop was founded by the original inventor of Nanxiang-style xiaolong bao.  
218 Anren St, Huangpu, Shanghai

### RED BRAISED PORK

According to legend, Mao Zedong's favorite dish was red braised pork, and it is so well-known for this that many restaurants call their offering "The Mao Family's red-braised pork." Today this classic Chinese home-cooked dish is popularly featured as a flavor of instant noodles. The traditional recipe is prepared using pork belly with a larger proportion of fat to lean meat, cooked together with rice wine, soy sauce, garlic, ginger, and spices until the meat and fat are extremely soft and tender. The resulting taste is both sweet and salty, with a texture that melts in the mouth, and best served with steamed rice. Many regions have their own variety with different ingredients and cooking methods. While in Taiwan "red braised pork" refers to a version that includes deep-fried pork, in Shanghai the dish includes tofu skin that is braised and seasoned along with the meat.

### LION'S HEAD

A part of Shanghai's local cuisine since migrants brought it to Shanghai in the mid-19th century, "lion's head" are a type of large (approximately 7–10cm in diameter) pork meatball that are



stewed or braised with vegetables. The unique name comes from the meatball's shape, which is said to resemble the head of a lion with the vegetables serving as its mane. The meatballs are made with a mixture of lean and fatty pork, scallions, ginger, tofu, and eggs, with chopped water chestnuts giving them a bit of a crisp texture. They can be cooked plain, stewed or steamed with napa cabbage and vermicelli, or they can be braised in a deep, brown sauce with cabbage, bamboo shoots, or tofu.

#### >Xindalu China Kitchen

Located on the lobby level of Hyatt On The Bund in the historic Shiliupu area, Xindalu China Kitchen offers authentic regional Chinese cuisine, including pyramid-style braised pork and lion's head.  
<http://www.shanghai.bund.hyatt.com/en/hotel/dining/Xindalu%E2%80%9393ChinaKitchen.html>

### WESTERN AND FUSION DINING

#### Jade on 36

Located on the 36th level of the Grand Tower of the Pudong Shangri-La East Shanghai, the aptly named Jade on 36 offers a selection of European–Asian fusion cuisine with a family-style concept amid breathtaking views of Shanghai and the Bund. The chef's creations combine Eastern and Western elements, such as the Jade on 36 Garden, a salad made with edible soil and vegetables arranged to look like a plant garden.

<http://www.shangri-la.com/shanghai/pudongshangrila/dining/restaurants/jade-on-36/>

#### Table No. 1

Experience contemporary European cuisine in an elegant, casual setting at Jason Atherton's Table No. 1 on the ground floor of The Waterhouse at South Bund. If you can't decide what to order, the restaurant offers an eight-course sharing menu for the whole table. Or opt for one of the signature dishes, such as the raw Fin de Claire oysters, or the charcoal roasted wagyu brisket with shaved onion and house pickle. For those with a sweet tooth, the feta cheesecake with spiced filo pastry, orange sauce, granola, and dates can't be missed. 🍷

<http://tableno-1.com/>

# 48 Hours in Houston

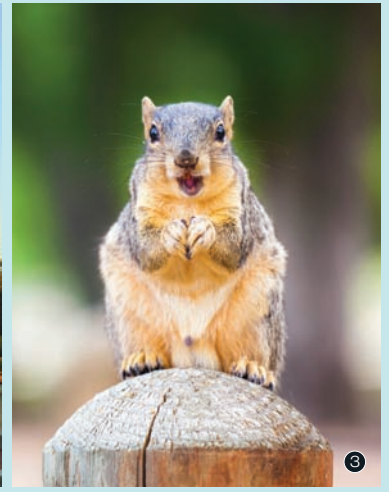
48小時玩休斯頓

BY AIMEE WONG

休士頓為美國南部最大城，除了高度發展的國際經貿、科技、科學與醫藥等成就外，博物館、畫廊、劇院與購物中心也很盛行，讓旅人玩得充實又愉快。



①



1 Sunset over Houston. 2 Sam Houston Monument, Hermann Park. 3 Tame squirrels in Hermann Park.  
1 日落時的休士頓天際線。2 赫曼公園的Sam Houston雕像。3 赫曼公園內溫和的松鼠。

The largest city in the Southern United States, Houston is a global metropolis with strong links to business, international trade, science, technology, and medicine, but it's also a premier arts and culture mecca full of exclusive museums, art galleries, and shopping destinations. We look at how to make the most of your time in Houston.

DAY ONE / Morning

08:30

### HERMANN PARK AND HOUSTON ZOO

To start off your lone-star adventure, head to Hermann Park, one of Houston's most popular public parks, for paddle boats, playscapes, art installations, walking paths, a Japanese garden, and plenty of birds and wildlife. Be sure to snap a photo with the famous bronze Sam Houston sculpture, crafted in the likeness of the city's namesake, a former leader of the Texas Revolution, president of the Republic of Texas, US senator, and governor of Texas. Try to park near the conservancy entrance so you can take the train (a replica of the C.P. Huntington steam locomotive) around the park and get on and off at different points of interest. Or hop on a B-cycle, public bicycles with docking stations all over the city that are free for the first hour, then US\$2 for every additional 30 minutes. ([www.hermannpark.org](http://www.hermannpark.org))

Located within the park, the Houston Zoo is a great option for families with kids. Popular attractions include the petting zoo, giraffe feeding, and a glass tunnel through the piranha tank that visitors can crawl through to experience the underwater world. There's also a water play park for children, several well-shaded playground areas with benches for parents, and an African village complete with masks, huts, drums, and interactive activities. For lunch, head to one of the cafes in the park or pack your own sandwiches and snacks for the perfect picnic. ([www.houstonzoo.org](http://www.houstonzoo.org))



# Destination Focus

DAY ONE / Afternoon

14:00

## THE MENIL COLLECTION AND MUSEUM OF FINE ARTS, HOUSTON

One of the largest private art collections in the US, the Menil Collection includes more than 17,000 paintings, sculptures, photographs, drawings, prints, books, and decorative objects. You'll find surrealist pieces by Max Ernst, René Magritte, and Salvador Dali; pop art and contemporary art by Andy Warhol, Jackson Pollock, and Mark Rothko; works of tribal, byzantine, and medieval art; and antiquities. The campus also includes the Cy Twombly Pavilion, which features nine galleries of the American artist's work, as well as the Byzantine Fresco Chapel and Rothko Chapel. Best of all, the collection is open to the public and admission is free. ([www.menil.org](http://www.menil.org))

One of the largest museums in the country, the Museum of Fine Arts, Houston boasts a permanent collection of about 64,000 works displayed in 270,000ft<sup>2</sup> of exhibition space, making it the largest and most diverse collection in the Southwest. The museum's collection is well furnished with works of French Impressionism, Italian Renaissance painting, African and pre-Columbian gold, and American and European decorative arts, painting, and sculpture. Other features include Texas paintings and African-American art. ([www.mfah.org](http://www.mfah.org))

1 Miller Outdoor Theater. 2, 3 Wortham Theater.  
1 米勒露天劇院。2, 3 華頓劇院中心。



## MILLER OUTDOOR THEATER OR HOUSTON GRAND OPERA

Located on 7.5 acres of land in Hermann Park, Miller Outdoor Theater offers free performances of Shakespeare, musical theater, jazz, ballet, classical music, and classic films in a covered seating area from March through November. The theater building provides seating for 1,705 patrons plus an 80,000ft<sup>2</sup> sloping lawn that can accommodate 4,500 additional people. Bring your own blankets or lawn chairs for a fun night of family-friendly entertainment. Check out the website for a schedule of events. ([milleroutdoortheatre.com](http://milleroutdoortheatre.com))

Or, for a more upscale option, why not try a night at the opera? One of the country's premier opera companies, the internationally renowned Houston Grand Opera (HGO) is celebrating its 60th anniversary this year. The HGO serves over five million people a year, presenting six to eight productions each season. The company has staged 43 world premieres and six American premieres, in addition to winning two Grammy Awards, two Emmy Awards, and a Tony Award, and is the only opera company in the world to have received all three awards. See the website for the schedule of performances. ([www.houstongrandopera.org](http://www.houstongrandopera.org))

DAY ONE / Evening

21:15



PHOTOGRAPHY: MILLER OUTDOOR THEATER / VISIT HOUSTON



DAY TWO / Morning  
**09:45**



## SPACE CENTER HOUSTON

The official visitor center of the National Aeronautics and Space Administration (NASA) center for human spaceflight activities, Space Center Houston is a must-see destination for any traveler to Houston. The center includes an amazing assortment of space artifacts and equipment, including capsules from Mercury 9 and Gemini 5, an Apollo 17 command module, and a Lunar Rover vehicle trainer. You can't miss the on-ground tram tour, which takes visitors on a tour of the Lyndon B. Johnson Space Center, the historic Mission Control, and the Rocket Park, featuring Saturn 5 — the tallest, heaviest, and most powerful rocket to date, and the only one able to transport human beings beyond low Earth orbit. There's lots of activities for guests of all ages, including a climbing wall, play area, and various educational films about the space race, the daily life of an astronaut, and what we have learned from the space telescopes and Mars rovers. You can touch a real moon rock, meet a real astronaut, or tune in to the audio tour, which features the voices of astronauts and other aerospace experts. Discounted tickets can be purchased online. ([www.spacecenter.org](http://www.spacecenter.org))

1 Houston Space Center campus. 2 Spacesuit display area, Houston Space Center.

1 休士頓太空中心園區。2 休士頓太空中心的太空衣展示區。



DAY TWO / Afternoon

15:00

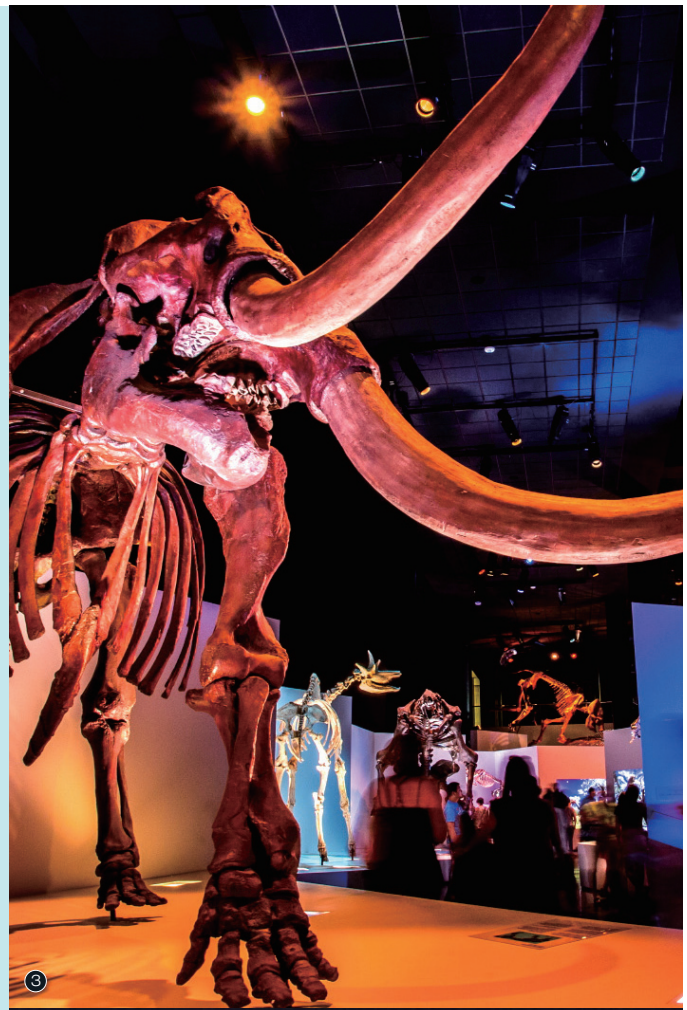
## HOUSTON MUSEUM OF NATURAL SCIENCE

Located along the north side of Hermann Park, you'll find the Houston Museum of Natural Science, known for its numerous special and guest exhibits. It's one of the most popular museums in the US, attracting over two million visitors a year. Can't-miss exhibits include the Cullen Hall of Gems & Minerals, home to some of the rarest and most beautiful objects in the mineral kingdom, among them a stunning blue topaz crystal weighing more than 2,000 carats and the Ausrox Gold Nugget, an enormous, nearly 750-pound natural gold nugget. Also be sure to stop by the Cockrell Butterfly Center, a simulated rainforest habitat housed in a three-story glass building filled with tropical plants, hundreds of species of butterflies, and a 50-foot indoor waterfall. The Burke Baker Planetarium and 394-seat Wortham IMAX Theatre offer exclusive science-themed programming. ([hmns.org](http://hmns.org))

If you start to get the munchies, skip the McDonald's at the museum and head one block north to the locally-owned Bodegas Taco Shop for some authentic casual Tex-Mex tacos, burritos, salsas, and margaritas. ([www.bodegastacoshop.com](http://www.bodegastacoshop.com))

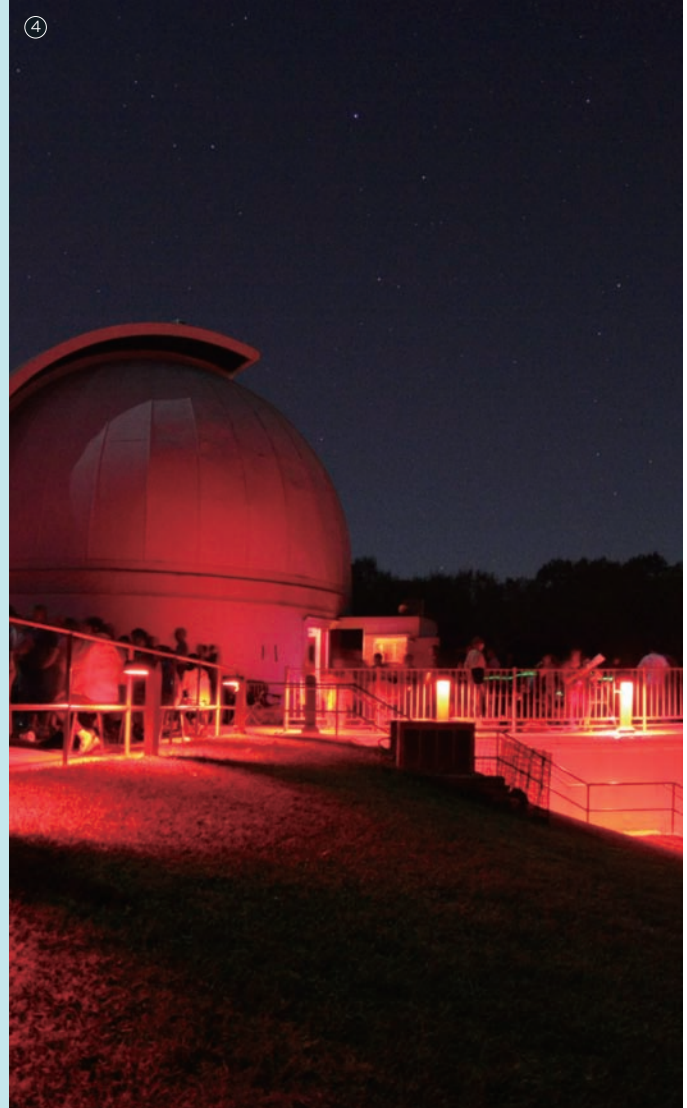
3 Morian Hall of Paleontology, Houston Museum of Natural Science. 4 George Observatory, Houston Museum of Natural Science.

3 休士頓自然歷史博物館的古生物館。4 休士頓自然歷史博物館的天文觀測站。



3

4





DAY TWO / Evening

19:30

## THE GALLERIA

Located at the corner of Westheimer Road and Post Oak Boulevard between two of the city's most elite neighborhoods, River Oaks and Memorial, the Houston Galleria is the largest mall in Texas and the most popular attraction in the Greater Houston area with an annual 35 million visitors. The massive three million square-foot complex includes 400 shops and restaurants, two high-rise hotels, a video arcade, two swimming pools, a children's play area, international banks, and beauty salons. A jogging track on the roof around the atrium provides a view of the 20,000-square-foot public ice-skating facility on the lower level of the mall.

For dinner, stop by one of the more than 50 restaurants at The Galleria, with options ranging from fine dining at The Oceanaire Seafood Room and Del Frisco's Double Eagle Steakhouse to casual favorites like the Rain Forest Café and The Cheesecake Factory. With shops and brands for all tastes and price ranges, it's the perfect place to do some last-minute shopping before you leave — from upscale Prada and Valentino to mid-market Tory Burch and affordable Zara. It's no wonder the Houston Galleria has been ranked one of the world's best shopping malls by Forbes. ([www.simon.com/mall/the-galleria](http://www.simon.com/mall/the-galleria))

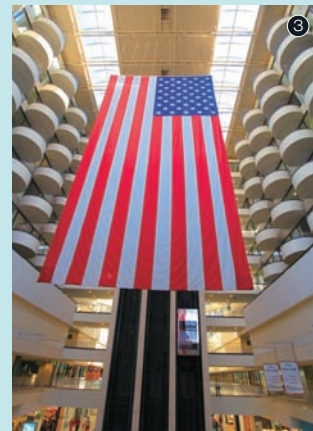
EVA AIR FLIES TAIPEI - HOUSTON FOUR TIMES A WEEK

1 Gerald D. Hines Waterwall Park.

2-3 Houston Galleria.

1 水牆公園。2-3 休士頓廣場。

PHOTOGRAPHY: VISIT HOUSTON / TOP PHOTO GROUP / IMAGE DU



# Yilan: 宜蘭 比鄰台北的桃花源

## The County Next Door

BY JOSHUA SAMUEL BROWN

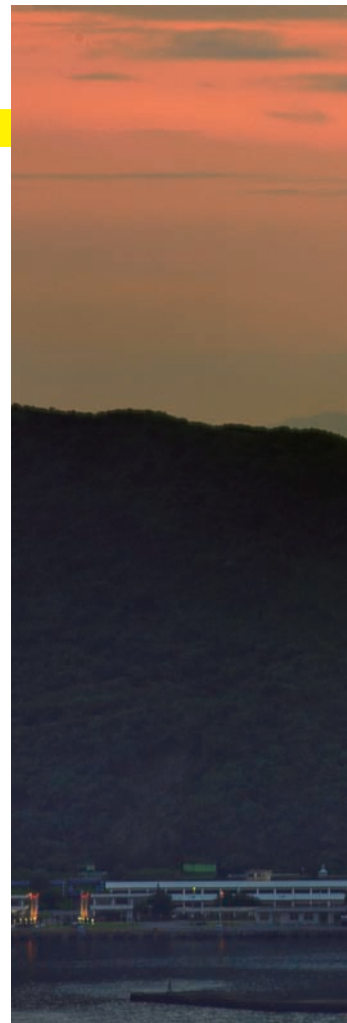
宜蘭擁有讓人放鬆身心的溫泉、恬靜的田園風光、宜人的山海景致，以及道地的台灣美食小吃，只要40分鐘的車程，就能擁抱純淨而廣闊的大自然，成為台北人週末度假的桃花源。



Most travelers consider New Taipei City's eastern neighbor a place for going *through* rather than *to*, but Yilan deserves more than just a passing glance out of a train window. For one thing, Jiaoxi is the only town in Taiwan where you can simultaneously wait for a train and soak your feet in natural hot-spring water. The town has another distinction: it's the only place in Yilan considered a serious tourist hotspot, leaving the rest of the county virtually untrammled and open for exploration by independent travelers.

Great hot springs abound in Taiwan. Cold springs, however, are harder to come by, and the town of Suao has built a cottage industry around the mineral cold springs that bubble up from the town's underground aquifer. Suao isn't the only place in Yilan where you'll find deliciously swimmable cold springs. Water, clean and packed with healthy minerals (courtesy of the same system of aquifers), is one of Yilan's key features.

Another is agriculture, which has led to the fairly new phenomena of agritourism. Yilan boasts several leisure farms, each of which consists of a cluster of farm-based businesses that supplement agricultural income with tourism revenue.





Located just east of Yilan city, the Jhentoushan Agricultural Leisure Area (JALA) is one such agritourism collective. Consisting of a multitude of attractions spread out over several kilometers of rice paddies and former farmland, JALA offers visitors the chance to visit farmhouses-turned-teahouses (such as Jung Lung Jai, where traditional Taiwanese teas are served alongside more modern dishes like stone-oven-baked pizza); Wang Long Tang (“dragon-watching pond”), an artificial lake with a lightning-bolt shaped bridge leading to a central viewing pavilion; and the highly quirky Bo’s Farm—the Living Zen College, where thousands of carnivorous plants attract visitors.

Yilan offers non-agrarian-based cultural pursuits as well. While it doesn’t draw the crowds of the National Palace Museum, Yilan City’s Taiwan Theater Museum is definitely worth a visit. Dedicated to the preservation and promotion of Taiwanese opera, puppetry (of both the string and glove variety), and other traditional Taiwanese performing arts, the three-story museum is filled with sets, puppets, costumes, and other items spanning several generations of Taiwan’s theater scenes. Admission is free and visitors can try on one of the traditional opera costumes from the museum’s vast collection.

Travelers seeking to throw some spiritual edification into the mix can head to the seaside town of Nanfang’ao to petition the goddess Matsu. Temples to the goddess of all things nautical are abundant in Taiwan, but the five-story Nanfang’ao Matsu Temple ranks as the nation’s most important thanks to the presence of five ancient Matsu statues residing within. Discovered 30 years ago by the coast guard in the hold of a Mainland Chinese smuggling ship, the Matsu statues were brought — for their own safety, of course — to the temple in Nanfang’ao, which has since become a magnet for worshippers from both sides of the Taiwan Strait seeking favor with nautical spirits.

Yilan is famed for its cold and hot springs, agritourism, and cultural attractions.

宜蘭以其冷泉與溫泉、農業旅遊與傳統藝文活動聞名。



Flavor is an excellent excuse to visit Yilan. The county offers unique opportunities for culinary exploration. Regarded by many as one of Taiwan's finest restaurants, Yilan City's famed Du Hsiao Yue specializes in decadent eastern Taiwanese specialties like savory bacon-wrapped scallions, cherry-marinated duck served with caviar sauce, and a rich (almost too rich) cake made from a mix of chicken breast, pork, and seafood. As one might expect from a restaurant whose menu includes sauces made with caviar, a meal at Du Hsiao Yue can put a sizable dent in a budget traveler's wallet.

Less pricey — and more down to earth — is Old Mama's Homemade Soy Sauce, located in a renovated traditional-style farmhouse in Yuanshan township. Roasted chicken, Old Mama's signature dish, is a rural Taiwan standard, but what makes this a chicken to remember is its superb flavor and texture. The cooking process takes place quickly in the high heat of barrel-shaped metal ovens in the restaurant's front courtyard, producing a crispy skin while sealing in the bird's succulent juices.

Of course, no culinary crawl of Yilan would be complete without an evening visit to Luodong Night Market. Though not

the most famous of Taiwan's many nocturnal outdoor eating areas, Luodong is among the liveliest, and on some nights the streets making up the market can become more crowded than any other place in the county. Seafood plays heavily in the market's walking feast, and the grilled oysters and deep-fried squid of Luodong are some of Taiwan's finest. One Luodong specialty is a fist-sized dumpling packed with vegetables, shrimp, oysters, and eggs before being deep fried. It's a delicacy against which any conscientious cardiologist would advise.

But if you've overindulged, fear not. You'll easily find ways to work off the calories. Like the rest of Taiwan, Yilan has made great strides to become cycle-friendly, boasting 77km of dedicated cycling paths stretching between the mountains to the west and the sea to the east. The 13.5km-long Seaside Cycling Road, which links Zhulan Bird Watching Area and Dingliao Ecological Park, offers plenty of opportunities to spy on nature, while the 10.5km-long Lanyang River Path has great views of nearby Turtle Island, the closest thing the county has to a geographical icon.

If the riding, hiking, feasting, and cultural exploration of Yilan leaves you a bit footsore, finding relief isn't difficult. Head to the train station in Jiaoxi, take off your shoes and soak your feet alongside locals in the hot-spring fountain by the station's front exit. Let a few northbound trains pass, because there's no reason to rush back to bustling Taipei. After all, you're right next door. ☑



After a day of walking or biking, take time to relax and sample the county's culinary delights.

在經過一天的健行或是自行車騎乘後，以當地的美食小吃為旅行劃上完美的句點。





### Family Travel in Yilan

Traveling with kids? Yilan County offers a plethora of family activities.

**FANG YUE TEA GARDEN** offers lessons in traditional tea-cake preparation. Proprietress Hong Hsou Ing promises that all her charges will learn the ancient art and leave with a box filled with 15 handmade cakes presentable enough for gifting (or eating on the train).

**SAN FU LEISURE FARM** offers daily tours through its extensive jungle paths on which children and adults alike can get up close and personal with the myriad butterflies, spiders, and frogs that call the area home. Stick around long enough and you'll catch a performance by the farm's trained (and talented) parrots.

Located in the Jhentoushan Agricultural Leisure Area, the **AGRIOZ MUSEUM OF CANDIED FRUITS** offers educational tours, complete with courses in DIY jam and candied fruit making.

Though hot-spring resorts normally aren't thought of as being kid friendly, Jiaoxi's **ART SPA HOTEL** is definitely an exception. In addition to the usual hot-spring massage pools, the spa features a huge nautical jungle gym and a three-story-high hot-spring-fed waterslide, all open to guests and non-guests alike.



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# Healthy Reasons to Indulge in Wine



## 紅酒的益處

由於紅酒中富含葡萄多酚與白藜蘆醇，能降低心血管疾病與膽固醇、刺激腦部活動、增加血液循環等功效，每天適量飲用，將有助於維護健康。

BY XIN-YI WONG

※長榮航空提醒您，飲酒請勿過量。

“Wine is fit for man in a wonderful way, providing it is taken with good sense by the sick as well as the healthy.” These words, spoken by Ancient Greek physician Hippocrates (the “Father of Western Medicine”) still ring true today. Records from ancient Sumeria and Egypt dating back to 2200BC contained recipes for wine-based medicines. Historically wine was administered as a form of medicine, recommended for lethargy and diarrhea, as well as being used as an antiseptic for wounds and a base for other medicines to be mixed into for easier consumption. We look at some of the many health benefits to be gained from imbibing.

## Drinking wine can also help protect your memory.



### A RICH SOURCE OF NUTRIENTS

Early research in polyphenols, a type of micronutrient present in wine, have shown promising results against diabetes, arthritis, osteoporosis, cancer, and stroke, as well as anti-aging benefits that can help to combat some of the effects of an unhealthy lifestyle. Perhaps the most well-known among the polyphenols in wine is resveratrol, which comes from the seeds and skins of grapes. According to Harvard Medical School biologist David Sinclair, resveratrol activates enzymes that are part of vital processes such as circadian rhythm and DNA repair, protecting against aging. For the biggest polyphenol punch, choose a red wine, which is fermented together with grape skins and therefore contains higher amounts of resveratrol than white wine.

### HEART HEALTHY

Various studies have shown moderate alcohol consumption dilates arteries and increases blood flow, reducing the formation of blood clots and the risk of heart disease. Not only that, but drinking wine increases the amount of high-density lipoprotein (HDL) cholesterol, or the “good” cholesterol, while helping to prevent artery damage caused by high levels of low-density lipoprotein (LDL), or the “bad” cholesterol. The Institute for Research in Extramural Medicine found that 275 men and women who imbibed the equivalent of a glass or two of wine each day had higher levels of HDL and lower levels of LDL.

### GIVE YOUR BRAIN A BOOST

Drinking wine can also help protect your memory. Women in their 70s who consumed one or more drink a day received considerably higher scores on memory quizzes than those who


had less than one drink or did not drink at all. Recent research has shown that resveratrol may help slow the onset of dementia in those with mild to moderate Alzheimer’s, as well as affecting the underlying processes that cause the disease.

### SIP THE POUNDS AWAY

Contrary to popular belief, alcohol does not have to derail your weight-loss plans. In a recent study, women who drank a small to moderate amount of alcohol (approximately 1.5 to 3 drinks a day) over a 12-year span gained less weight and were less likely to become overweight than non-drinkers. Not only has wine been shown to be more successful at guarding against weight gain than beer or liquor, but it’s a much better choice than sweetened cocktails, which can be packed with sugar and syrups.

Red and white wine have around the same amount of calories (white wine has slightly less, 121 versus 125 per five-ounce glass), but red wine contains less natural sugar (0.9g as compared to 1.4g in white) and greater amounts of iron, magnesium, phosphorous, potassium, choline, lutein, and zeaxanthin.

### HOW MUCH TO DRINK

Despite the promising nature of the beneficial effects of wine on health, these benefits only apply to moderate levels of consumption. The amount of wine suggested as a “moderate” amount varies somewhat depending on the organization or individual making the suggestion. Additionally the healthy consumption level is linked to age, body mass, gender, and genetics, as well as whether or not food or other drugs have been consumed. 

# Relaxing Family Trip in **Saga**

## 佐賀，歡樂孝親遊最首選



日本佐賀是帶著長輩同樂的首選之地，不論是四季變化的美景或是豐富的佳餚美饌皆令人驚喜連連。做為 TVBS 食尚玩家的兩大主持人，莎莎與愷樂總是工作滿檔，但是也選擇佐賀帶著爸媽一起出國遊玩，錄製了歡笑連連的精采旅程。在展開新一年的同時，歡樂無限的孝親之旅就從佐賀出發吧！

Text / April Photo / J&T CONTENTS (株)



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這裡有讓人彷彿品嚐到天堂的佐賀牛、五月的嫣紅杜鵑、動人心魂的紫藤花海，以及壯闊又神祕的虹之松原，無論哪一處盡是宜人又舒適的大自然，而具有活膚美肌療效的嬉野溫泉更是來到佐賀不可或缺的回春行程，在食尚玩家的節目中，莎莎與愷樂兩人連伴手禮也沒忘了安排，餽贈爸媽今年適逢 400 週年的有田燒，讓他們在親友前面子十足，一起跟著莎莎、愷樂的腳步來玩轉佐賀！

- 01 滿山遍野綻放著或粉或紫的杜鵑花，好一幅豔陽五月春。
- 02 活潑又吸睛的卡通造型熱氣球，總能讓小朋友驚喜連連。
- 03 湖水倒映著紅楓御船山，讓人沈迷於歲月靜好之中。
- 04 竹圍籬旁是颯颯作響的森林，泡湯同時還有自然交響樂。
- 05 傳說只要摸過這尊白鯰魚神像，就能獲得白皙無瑕美肌。

- 01 御船山樂園中滿山遍野的花朵爭奇鬥艷，美不勝收。
- 02 武雄溫泉樓門氣派非凡，已被指定為國家重要文化財。
- 03 武雄溫泉可緩解筋骨痠痛，最適合帶辛苦的爸媽來洗去疲憊、徹底放鬆。
- 04 武雄市圖書館充分運用木造設計的挑高空間，瀟灑著無比舒適的氛圍。
- 05 嬉野溫泉公眾浴場的橘紅色屋頂十分顯眼。

### 春花爛漫的山水天地

當年由武雄領主鍋島茂義耗時 3 年光陰建造、廣達 15 萬坪的御船山樂園，背倚著 210 公尺高的御船山，襯托著整座池泉回遊式庭園像是中國山水畫筆下的人間仙境，不過最美的一段時光該算是每年繁花如海的春季，可以陪伴著長輩信步漫遊在 20 萬株爭奇鬥艷的杜鵑花花叢間，或者坐在棚架下深吸一口隨著微風散發香氣陣陣的九尺藤簾幕，而 5000 株如煙花綻放的櫻花彷彿絕美的朝霞嵐霧，最後走累時，不妨來到池畔僅在春秋兩季開放的御茶屋歇歇腳。

### 適合家族全員的美肌湯

號稱日本三大美肌湯的嬉野溫泉，起源早於 8 世紀，柔潤滑順的泉質屬於碳酸氫鈉泉，具有非常好的美容滋潤功效，效果直逼基礎化妝水，因此嬉野溫泉又被稱之為美肌湯，如此具有神奇回春功效的溫泉，也成為招待爸媽來到佐賀的最佳禮物。想讓爸媽重拾青春活力，千萬別忘了來到名聞遐邇的豐玉姬神社，據說只要摸一摸供奉在此處，做為海神之女使徒的白色鯰魚神像，皮膚就能像豐玉姬一樣白皙幼嫩。

緊鄰在嬉野一旁的武雄，同樣是擁有 1300 年歷史的溫泉鄉，弱鹼性泉質對舒緩筋骨痠痛、神經痛具有療效，據說知名武將宮本武藏也曾在武雄溫泉留下足跡，而以海底龍宮為靈感，由出身佐賀縣的建築師辰野金吾發想設計，帶有鮮豔朱紅色且氣派非凡的平安樓門，則堪稱是武雄當地最有特色的地標，也是被指定的國家重要文化財。此外，集閱讀、咖啡以及音樂等多樣元素於一身的武雄市圖書館，讓閱讀變成一種時尚享受，在開館後的半年時間裡便已突破 50 萬人造訪，幾乎 4 成以上的人都是專程過來體驗書香世界，是座不論待多久都不會感到無聊的圖書館。

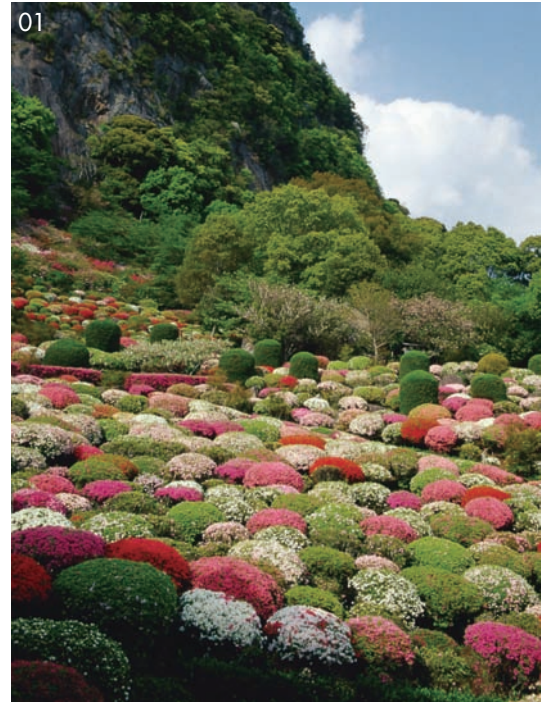


Photo by Nacasa & Partners



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### 體驗黑松林的神奇氣息

泡完美肌湯舒緩筋骨後，可帶著爸媽前往唐津登上鏡山展望台，眺望眼前 400 年前奉藩主之命種植而成的防風林，沿著遼闊唐津海灣綿延長達 5 公里遠，百萬棵黑松樹盤據範圍宛如一抹圓弧彩虹而獲得了虹之松原的美稱，來到這片神祕松林呼吸芬多精散步兼養生，肯定能獲得爸媽的一致好評。居高臨下的唐津城天守閣，則是享受另一種處虹之松原美景的絕佳去處，來自唐津海灣的海風不僅讓人倍感心曠神怡，春天降臨時的古城還是座可欣賞吉野櫻、藤花的美麗公園。

### 400 年來獨家伴手禮

其他縣市不會有、佐賀專有的獨家觀光賣點，就是讓歐美觀光遊客都驚豔的有田燒，據稱起源自 17 世紀，從朝鮮而來的陶工成功燒製出日本第一個瓷器，而展開了有田燒的歷史。質地堅韌卻晶透亮白的有田燒，依照樣式、技術手法呈現出多樣優雅造型，不論是華麗彩繪還是簡約單色都是眾多婆婆媽媽收藏的寶貝，每年 4 月底、5 月初以及 11 月中旬登場的有田燒市集，都吸引超過百萬人湧入，6 公里長攤販市集，加上今年恰逢有田燒誕生 400 週年，不僅有機會目睹極品有田燒，挑選百年紀念系列回家珍藏，也可當作體面伴手禮贈送給親朋好友，順便滿足一下購物欲。



04

- 01 唐津城居高臨下，每逢春天被吉野櫻圍繞，是賞櫻的好去處。
- 02 虹之松原可看見百萬棵黑松樹宛如一抹圓弧彩虹，登高一望令人心曠神怡。
- 03 綿延數公里的有田燒市集，成為愛好者心目中的尋寶聖地。
- 04 質地輕薄、釉彩雅致皆是有田燒迷人之處。



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指揮：葛諾·舒馬富斯  
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倫敦異軍突起的異國料理

TEXT / 楊思勤 (CHRIS YANG)

PHOTOS / BAO · CEVICHE SOHO · PALOMAR

## Tasting the World in London

A cosmopolitan city unlike any other, London has always offered a wide range of ethnic dining. In recent years, Londoners have been exploring an ever wider range of foods, and can now chow down on such exotic snacks as *ceviche* from Peru, *malabi* from Jerusalem, and *gua bao* from Taiwan.



倫敦身為全球大都會，各種各族在此定居，自然也有許多不同國家的料理興起。近幾年來，倫敦人的美食版圖不斷擴大，並且越來越勇於嘗試不同的菜肴。

近幾年秘魯餐廳在倫敦可說如雨後春筍，其中不乏米其林星級餐廳。秘魯菜肴集合香辣濃郁、鹹甜交錯、酸鮮爽口等滋味，最著名的是涼菜「ceviche」，以柑橘類水果將海鮮消毒並醃漬熟成，佐以紅洋蔥、香菜、辣椒，甚至醬油和芝麻醬等調味，位於蘇活區的Ceviche Soho即提供一系列不同口味的ceviche。



以「現代耶路撒冷料理」為主的餐廳Palomar，去年甫開幕便受到矚目。原本定居各地的猶太人在二戰後帶著不同的文化回到以色列，呈現令人目不暇給的現代以色列美食。除了融合世界各地飲食特色的以色列料理，Palomar最受歡迎的人氣甜點「malabi」為乳香與玫瑰香氣滿溢的柔軟奶酪，椰子蛋白霜和小紅莓果醬搭配酥皮絲kataifi，讓人允指回味。

被知名雜誌《TimeOut》評選為2015年倫敦年度菜肴第一名的Bao，為台式刈包專賣店，日日大排長龍，除了有創意刈包口味如脆皮炸雞、香酥蘿蔔和孜然羊肩，也重新詮釋「老菜色」，涼拌蒜香茄子到了Bao變成剝碎的西式purée風格，佐酥脆的炸雲吞皮；雞肉飯則顯覆傳統白色雞絲樣貌，以特別的火雞醬汁烹煮，飽滿白飯上的炸油蔥和生蛋黃增添濃郁風味。☑





台灣桃園機場  
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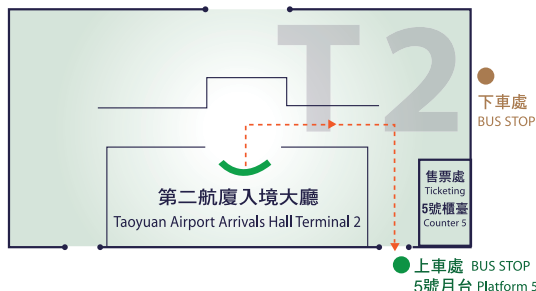
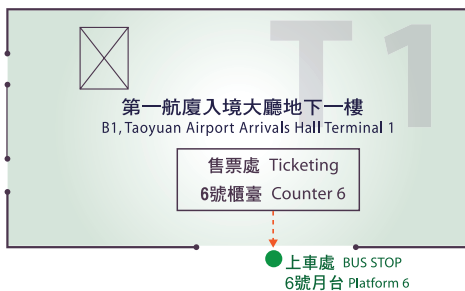
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**Onefinestay enables travelers to stay at distinctive and upmarket homes while the owners are away on holiday. The company also provides related services such as food delivery, local maps, and Wi-Fi access. Since 2011, Onefinestay has helped travelers stay at more than 1,000 high-end homes in Paris, London, and New York.**



## 我的巴黎之家

TEXT / SZU-CHIN YANG  
PHOTOS / ONEFINESTAY

# Onefinestay



Offering short-term luxury home rentals in New York, Los Angeles, London, and Paris, Onefinestay represents a brand-new concept in holiday accommodation.

提供高級房子短租服務的Onefinestay代表一個全新的旅宿理念，房子無論地段、裝潢、建築都必須獨特，讓旅人體驗屋主的品味，同時享受家的舒適。

小時候出國，總是很期待當地的飯店。不管去哪裡，只要看到燈火通明的接待大廳、乾淨透澈的游泳池和準時提供的自助早餐便令人滿足。但是，這樣的心境已開始慢慢轉變；我們不再希望和他人有相同的旅遊經驗。在這個高度個人化的社會中，我們期盼在同一個城市中能創造屬於自己的驚喜，打造獨一無二的故事和回憶。

因此，許多人開始嘗試民宿、借住沙發或是交換住宿，藉此能在「在地人」的家中生活，去他們常去的餐廳用餐，在他們巷口的小商店購置雜貨，藉由這些活動更貼近當地生活，自己探索城市的脈動和文化。只是，直接與屋主或房東交涉的過程可能會碰到不甚流暢的時候；就算是利用Airbnb這樣的平台，其評等系統仍是以群眾評分為主，缺乏統一性的評估機制。既想脫離飯店的環境，但又想保留飯店給予的便利和協助，似乎很難找到兩全其美的出路。

不過，這個期望在2009年有了轉機。一位名叫Greg

Marsh的空中飛人，在某夜出差結束後回到倫敦，路上看見奢華的梅菲爾區一幢幢美麗的建築。這些房子不論在建築設計或是藝術品的收藏都相當精湛，卻因為少了人的居住，無人欣賞和享受，顯得孤單。這些房子的主人可能和Greg一樣，整個月都在外出差，或許也總是住在沒有靈魂的旅館中。Greg忽然有了靈感，何不在屋主外遊的時候，讓其他遠道而來的旅人能下榻在這些溫馨舒服的家？於是，Onefinestay誕生了。

### 尋找自己的巴黎之家

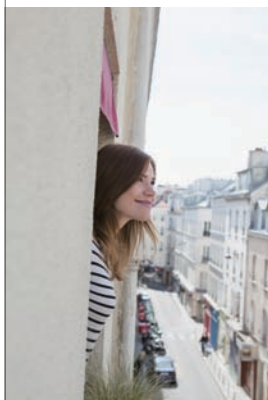
Onefinestay的出現代表一個全新的旅宿理念。它提供高級房子的短租住宿，目前在紐約、洛杉磯、倫敦和巴黎都有此服務。當屋主不在家的時候，旅人就能在網站上預約這些公寓和房子；所有的房源和屋主都必須通過專業人員的審核，無論是地段、內部裝潢、建築條件都必須獨特，讓旅客既能體驗精品旅館的品質，又能享受「家」的舒適。

在浪漫花都巴黎，Onefinestay的房型豐富，不僅有19世紀的華麗與古典，也能看到新潮現代的洗鍊，更重要的是，許多公寓的位置絕佳，甚至五星飯店也未必能享有相同的條件。

以位於老鴿舍路（Rue Du Vieux Colombier）這座超過百年歷史的奧斯曼式公寓為例，它坐落在巴黎歷史和人文風情濃厚的左岸——聖日耳曼德佩（Saint-Germain-des-Prés）區。走進花崗大理石打造的玄關後便可看到迴旋樓梯，搭乘電梯到4樓，映入眼簾的是精心打造、整齊優雅的溫馨公寓。

主人愛好藝術，收藏了許多畫作，陳設的擺飾和家具在高雅中帶有非洲和南亞的民俗風格。兩片大落地窗引陽光灑進，讓牆邊的超大透明玻璃櫥櫃閃耀出迷人光芒。數量極多的精緻瓷器、古典碗盤和杯具讓人愛不釋手，加上一應俱全的廚具，缺少的電器如熱水壺和咖啡機也由Onefinestay準備妥當，讓喜愛下廚的旅人可以在這裡大展廚藝。Onefinestay相當歡迎客人使用所有器具和餐具，來場溫馨的聚餐。不過要記得顧及鄰居安寧，大型派對一概謝絕。

飯廳的另一邊是舒適的客廳，天花板上刻有花紋裝飾，地板則是雋永的美麗交叉魚骨樣式（herringbone），這些小地方讓建築維持百年來的別致。主人應該很喜愛閱讀，除了各類藏書豐富之外，房內有不少閱讀檯燈，四個角落不是沙發就是躺椅，一整天在家看書也不會無聊。客房人員將臥房和浴室打理得非常整潔；Onefinestay提供的毛巾、沐浴用品以及床單、被套等都有高級飯店的規格，讓旅人不必擔心睡眠品質。



# Onefinestay

Onefinestay offers a wide range of accommodation in Paris, from magnificent 19th-century classical buildings to sleek, contemporary homes. A concierge provides each guest with an iPhone loaded up with relevant information. 巴黎Onefinestay提供的房型相當豐富，位置絕佳，接待人員也會提供已下載所有資訊的iPhone讓旅人使用。

Onefinestay接待人員在客人下榻之際，會準備迎賓點心和飲料。簡單check-in確認住宿後，便會交給旅人一台iPhone，以免費撥打境內電話並使用網路。更貼心的是，工作人員會幫旅人下載多種實用的應用程式，如citymapper、地圖、翻譯和匯率兌換工具，而這裡面最重要的便是Onefinestay應用程式，裡面列出所有關於下榻公寓的須知事項，從各種電器的使用方式到無線網路和保全系統，有任何疑問一查便能找到解答。進入專屬地圖的選項後，公寓周圍所有的旅遊景點、超市、加油站、銀行一目了然；另外，地圖上推薦的餐廳和咖啡店皆由本區的屋主介紹，在地住戶的推薦令人放心！如果還有其他需求，旅人同樣能隨時透過電話或簡訊聯繫客服人員。

德國思想家班雅明曾為19世紀中後期出現的城市新群種——晃遊者（Flaneur）著墨不少。對班雅明來說，晃遊反應了人們對都市變化發展的嚮往和好奇觀察，而巴黎正是孕育晃遊者的重要場所。大文豪雨果也曾在《悲慘世界》中寫到「凡人閒逛，巴黎人晃遊」。浮光躍金的巴黎正是適合晃遊的城市，有很多故事等待旅人慢慢挖掘。我們在城市中自由地行走，翻翻河邊書攤上隨風飄起的舊書，聽時光流瀉的鐘聲與河水聲，踱步大大小小的博物館、藝廊、咖啡廳，然後拿出一把鑰匙，回到一個雖是暫時，但此刻完全屬於我的巴黎之家，一個美好的住宿型態——Onefinestay。📍

長榮航空每週4班從桃園飛往巴黎。





# Istanbul through the Ages

Divided by the Bosphorus, Istanbul stands on the border of Europe and Asia. The Turkish city offers visitors a distinct blend of East and West through its immersive arts, cultural, and dining scene.



TEXT / 魯豫深 (LAURENCE LU)、李衆涵 (LUKE LEE)

## 古城新貌 穿越時空的伊斯坦堡遊蹤

被博斯普魯斯海峽切分為二的伊斯坦堡，不僅橫跨歐亞，也連結著過往與現代。在經濟起飛的帶動下，這座古城搭上全球化列車，妝扮成西方時髦形象，豐富多彩的歷史文化則成了摩登變身的絕佳基礎，從多方面同步開展文藝復興式的轉變，除了聖索菲亞大教堂等知名景點，市區中林立的藝廊、美術館與美味餐廳，翻新的建築、蓬勃的藝文活動與新派飲食文化的崛起，莫不讓心靈與感官獲得無上滿足。



## 交融愛與創意的心之居所

### Mama Shelter Istanbul

[mamashelter.com/Istanbul](http://mamashelter.com/Istanbul)

伊斯坦堡的魅力何在？由其先後被《Wallpaper\*》及《Lonely Planet》評選為「最佳都會」與「旅人必遊的伊斯蘭城市」便可略知一二。當設計師們將城市中繁複的歷史文化投射到作品當中，其實在那悠久的文明背後，蘊藏著一條堪比非物質文化遺產的靈感線索，而國際知名的跨界設計奇才Philippe Starck，也在好奇心的驅使下，來此一探究究竟。

由設計界鬼才Philippe Starck擔綱室內設計的Mama Shelter，向來以繽紛創意風格深得人心，充滿童趣的塗鴉更令旅人會心一笑。繼法國巴黎、馬賽、里昂之後，這間融合了時髦設計與幽默感的旅店，選定於土耳其伊斯坦堡插旗，為古城注入活力蓬勃的朝氣。實際上，旅店背後有著一則關

於愛的濃情故事。Mama Shelter創辦人之二的Jeremie Trigano，因為愛上土耳其女郎而選擇在伊斯坦堡的貝約格魯（Beyoğlu）定居，順理成章地將此地納入Mama Shelter的開業據點。Philippe Starck的旅店設計規劃便以「愛」為基調，為入住賓客獻上愛與文化、信仰共生的美好感官體驗。

一如2006年諾貝爾文學獎得主、土耳其作家奧罕·帕慕克所言：「我們應該收集我們喜歡的所有東西以及和我們所愛之人有關的所有東西。」Philippe Starck表示：「這裡是『心之家』。當您入住，便參與了伊斯坦堡日復一日的時間神話與街道史詩，而旅店裡每一個訴說愛情身世的日常小物，都銘記著您獨屬的傾城之戀。」

The design of Istanbul hotel Mama Shelter blends elements of Turkish culture with Philippe Starck's characteristic humorous flourishes. Mama Shelter維持了設計師Philippe Starck一貫的時髦幽默風格，並結合土耳其的文化特色。



Mikla is a Mediterranean restaurant combining Turkish and Scandinavian styles. Chef Mehmet Gürs is one of the pioneers of the new Turkish cuisine movement and the founder of Mikla Lab gastronomic research center. Mikla為融合伊斯坦堡與斯堪地納維亞風格的地中海餐廳，主廚Mehmet Gürs為「土耳其新式料理運動」的發起人之一，更成立Mikla Lab進行菜品試驗。

## 土耳其珍肴風物饌堂

Mikla

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

土耳其人總愛掛在嘴邊的話是這麼說的：「伊斯坦堡大過土耳其。」言下之意便指伊斯坦堡凝聚了土耳其的文化精髓與豐富資源，吸引無數移民來此淘金，這座蓬勃發展的城市，人口在數年間就多了近半的規模。根據《富比士》雜誌的報導，土耳其擁有世界銀行所形容的「動態新興市場經濟」，伊斯坦堡年年的經濟成長率超過5%，城裡共有40名左右的億萬富翁，財富的磁吸效應極為可觀。

這樣的特質也反映在當地居民的血緣混雜當中。融合了伊斯坦堡與斯堪地那維亞風格的地中海美味餐廳Mikla，主

人Mehmet Gürs堪稱伊斯坦堡無人不曉的明星主廚。出生於芬蘭、成長於瑞典的他，因為父親的土耳其血緣，而致力於選用最棒的土耳其食材，再現土耳其烹飪傳統的理想事業，希望能讓人們了解土耳其傳統料理並非只有「烤肉」（Kebab），並以北歐簡約的盤飾，轉換了土耳其料理呈盤的風貌。為此他還特聘專精於各式土耳其食材的人文學者，多方探索土耳其境內的優質食材供應者，同時成立Mikla Lab進行菜品試驗。身為「土耳其新式料理運動」的發起人之一，Mehmet Gürs的廚房也是培養新銳廚師的溫室。

## 笙歌達旦夜未央

### Anjelique

anjelique.com.tr

土耳其的潮流風情大大不同以往，10年來，兼容並蓄的時尚逐漸成為顯學，既有地中海常見的鮮豔色彩，也有傳統的保守妝扮，多元文化在此交融出令人驚喜的全新視野。新富階級的女性，會戴上花色鮮豔漂亮的頭巾，搭配牛仔褲與款式設計狂野的衣著，為衣櫥添購閃亮緊身褲與高跟鞋，不再是天方夜譚；時髦男子也如同21世紀蘇丹般大方的盡情打扮。

為了澈底擺脫束縛，想當然耳，伊斯坦堡的夜生活，超乎您我所能想像的精采。其中最為遠近馳名的就屬Anjelique，自2001年開業以來便夜夜笙歌不斷，吸引無數國際巨星名流到此一探無與倫比的夜色景觀，還給出「Anjelique播放的音樂絕對是上乘佳作」的佳評，《Time Out》雜誌更讚譽有加的表示：「這裡讓伊斯坦堡的社交界掀起前所未有的波瀾」。自從2007年發行《Anjelique之聲》專輯以來，這6張專輯相繼占據世界音樂排行榜的前十名席位。曾於Anjelique擔任駐場DJ的知名歌手眾多，喬治男孩便是其中之一。駐場DJ掌控現場音樂，牆上螢幕播放國際當紅單曲MV，若非窗外的伊斯坦堡夜景和博斯普魯斯海峽，真讓人誤以為身處紐約或倫敦等某個西方城市。

■ H / ANJELIQUE

Anjelique, an Istanbul nightclub located next to the Bosphorus, attracts high-flying party people from all over the world. *Sounds of Anjelique*, a series of CDs released by the club, are all best-selling albums.

Anjelique為伊斯坦堡的夜生活代表景點，除了吸引各地名流來此享受博斯普魯斯海峽的夜色，其發行的《Anjelique之聲》專輯也占據世界音樂排行榜的前十名。





Specializing in French and Italian cuisine, Brunelle offers banquet-style dining amid a historic setting. 提供法國菜與義大利料理的Brunelle，在老建築中重現歐陸貴族的饗宴風情。

## 慢享歐式料理的老派情調

●  
Brunelle

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

在歐亞交界的文化薈萃之地，Brunelle是旅人慢享法國菜與義大利美味的首選。店內高雅的擺設，飄散著陳年木材的清香，老建築裡的時光彷彿流連不去，昔日歐陸貴族期待的饗宴風情在此重現。或許您會覺得，來伊斯坦堡，卻去歐式餐廳用餐，似乎有違常理，但Brunelle可是城裡一位難求的餐廳。原來只為Saint-Joseph'liler Derneği公校會員開放的Brunelle，在宣告對外營業後，自此賓客滿座，店內以招牌的各式牛肉料理與烤鴨征服饕客味蕾，當然也不乏改良口味的土耳其美食。Brunelle的酒單備受好評，佐餐佳釀讓人盡

享微醺的無上滿足。

在這兒用餐的最大樂趣，莫過於坐在樹齡超過百年的樹木下乘涼用餐，一邊觀看其他餐廳少見的網球場競技，或在吧台邊、泳池畔，觀看來店的顧客中，女士們包著華麗的頭巾，穿著禮服與高跟鞋，手挽著另一半，邊用英語和土耳其籍侍者對話，這是在其他國際大都會看不到的奇特景象。而全天候供應的各式燴飯、炸山羊奶起司、紅酒燉牛肉，以及土耳其果仁千層酥（baklava）、巧克力舒芙蕾等甜品，都是您不容錯過的經典。



Alancha serves up modern interpretations of 12,000-year old Anatolian recipes. Alancha餐廳鑽研安納托利亞1萬2千年來的歷史並開發出新菜單，讓人盡享歐陸各地的代表性佳肴。



圖/H/ALANCHA

## 當代文化菜單與料理考古

### Alancha

tr.alancha.com

現在我們所稱的伊斯坦堡，原本稱為君士坦丁堡（Constantinople），更早以前則是拜占庭（Byzantium）。在那變色龍般的演化過程當中，它還有一個可親的暱稱，那就是「心所渴望的城市」。這座世界上唯一橫跨兩大洲的千年古城，包羅的不僅是文化，更有著依循文明印記而轉化的美味料理。在歲月的流動與凝止之間，掌廚職匠靜待著下一道佳肴的靈感湧現。

曾是職業風帆選手的主廚Kemal Demirasal，將天賦自海天之際的征戰，延伸至廚房的庖廚藝術。當2007年於愛琴海岸的Çeşme小鎮開業以來，Demirasal已是土耳其極負盛名的廚師之一。

在餐廳如雲的伊斯坦堡，Alancha標榜以米其林星級餐

廳的菜色開發精神，獲選為《Wallpaper\*》2016年設計大獎的年度最佳新餐廳之一，為土耳其的美食版圖創造新局。做為新派料理人的代表，主廚Demirasal在兩個樓層的餐廳設了研發部門與口味測試廚房（test kitchen），鑽研具有1萬2千年歷史的安納托利亞（Anatolia）佳肴並開發出全新菜單，獻上一張如同依循古希臘、波斯、米諾安、奧圖曼帝國、巴爾幹等文化歷史軌跡一路延伸而來的料理地圖，招牌菜色為食材取自自營農場的羊腦冷盤沙拉、改良的街頭小食，以及亞歷山大大帝自波斯傳承而來的嫩洋蔥（yahni）。想在餐桌上綜覽遍嘗歐陸風華的各式代表性佳肴，Alancha絕對是熱愛「料理考古」之旅人不容錯過的選擇。

透過360 Istanbul的大片落地玻璃窗，擁抱伊斯坦堡美景，絕對讓您感到不虛此行。入夜後，城裡最時髦的人們都蜂擁至此，最終原因就是為了伊斯坦堡這座城市散發出的特殊氣息，讓人感到既陌生又熟悉、既傳統又現代、既伊斯蘭又地中海。

數十年來，遊客最常造訪的是環擁聖索菲亞大教堂、托卡比皇宮和藍色清真寺的Sultanahmet區；在Sultanahmet北方，跨過金角灣水域，就是昔日希臘人稱為Pera、如今名為貝約格魯（Beyoğlu）的地區。這裡一開始是義大利熱那亞人的殖民地，接著威尼斯人占據此地，讓Pera成為君士坦丁堡城裡人種繁雜的歐洲區；直到19世紀，亞美尼亞人、希臘人、猶太人和義大利人混居此處，隨後一戰爆發，奧圖曼帝國落敗，土耳其共和國興起，驅離了所有非土耳其裔族群。

提到復興君士坦丁堡榮光，貝約格魯絕對是最堅強的堡壘，值得一提的是，在這個只占城內1,440萬人口2%的蕞爾之地，如今正以光速變身，而360 Istanbul無疑是指標性的風向球。置身360 Istanbul可同時眺望歐亞兩片大陸，一側是博斯普魯斯海峽與聖安東尼教堂，另一方則是馬爾馬拉海和聖索菲亞大教堂。日間是可360度觀景的餐廳，享用美食還可坐擁海灣風光，廚師Mike Norman的手藝堪稱一絕；入夜則成了高檔的商務酒吧與夜店，現場各種歌舞表演為疲憊身心徹底紓壓。

Customers of 360 Istanbul can look out over two continents. On one side are the Bosphorus and Church of St. Anthony of Padua; on the other are the Sea of Marmara and Hagia Sophia.

在360 Istanbul用餐，可享受一側是博斯普魯斯海峽與聖安東尼教堂，另一方則是馬爾馬拉海和聖索菲亞大教堂的歐亞兩片大陸景觀。



## 綜覽伊斯坦堡的環景視野

### 360 Istanbul

360istanbul.com





Packed with museums and galleries and host to the Istanbul Biennial, Istanbul Design Biennial, Art International, and Contemporary Istanbul, the city has plenty to offer art lovers.

「藝術興城」是土耳其的發展策略，伊斯坦堡境內不僅博物館、藝術機構與藝廊林立，至今已舉辦14屆的伊斯坦堡雙年展，伊斯坦堡設計雙年展、伊斯坦堡國際藝術博覽會與伊斯坦堡當代藝術博覽會更是近年新興的藝文活動。

# Istanbul

## 東西交會的當代藝術之都

●  
Art@Istanbul



伊斯坦堡向來是東西方交會的壯麗堡壘，更是不同文明與地域文化的創意大熔爐，從翻新的建築、新派飲食文化的興起到蓬勃的藝文活動，讓它更加百花齊放、繽紛燦爛，像是把些許的紐約布魯克林和柏林，以魔法師的藥水淬鍊後，滴落於濱海的伊斯蘭樂園。

在線上藝術交易平台ARTSY與《Planet Art》合作企劃的「2015: The Year in Art」專題中，伊斯坦堡在「15大最具影響力的藝術城市」中排行12，與巴黎、紐約、倫敦、羅馬等並列為最受矚目的藝術之都。「藝術興城」是土耳其官方致力推廣的發展策略，讓伊斯坦堡境內不僅博物館、藝術機構與藝廊林立，至今已舉辦14屆的伊斯坦堡雙年展，也具備與威尼斯雙年展、德國卡塞爾文件展等重量級藝壇盛事齊名的高度。行之有年的國際音樂節、電影節、戲劇節、爵士音樂節等，吸引眾多國際巨星前來演出，而近年新興的伊斯坦堡設計雙年展、伊斯坦堡國際藝術博覽會與伊斯坦堡當代藝術博覽會，無不證明了伊斯坦堡的特殊地理位置，為藝術發展和市場開拓提供了豐富的資源，也讓伊斯坦堡成為國際藝術地圖上不可或缺的一大板塊。



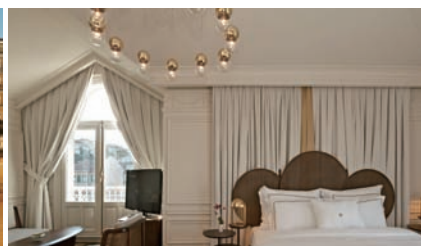
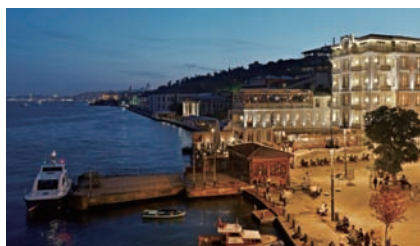
House Hotel Bosphorus' design reflects the cultural diversity of Turkey.  
The House Hotel Bosphorus的設計反映了土耳其地處歐亞之間的文化包容性。

## 遠眺藍灣的居遊之樂



### The House Hotel Bosphorus

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



提及伊斯坦堡，2千多年的歷史長河如電影膠卷快速流轉而過，牽扯著西方文明的起源、東方商隊的行蹤、歐亞非洲大陸快馬馳騁的踢蹄聲，以及夕陽餘暉下的圓頂尖塔剪影，但這座位居世界中心的千古名城並未隨時代更迭而褪色，邀請新時代的旅人，落腳水濱，眺望博斯普魯斯海峽，感受居遊之樂。

伊斯坦堡的清晨，總是在喚拜樓迴盪的宣禮聲、《古蘭經》的吟唱、貨櫃郵輪的船笛聲中醒來。這座歷史更迭的城市，曾被太多信仰統治過，舉凡聖索菲亞大教堂、藍色清真

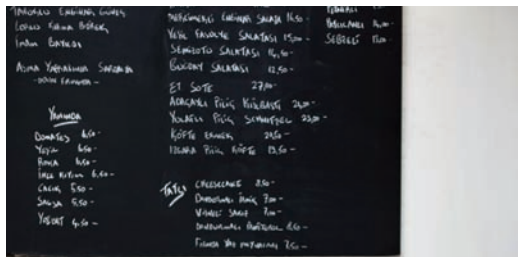
寺無不深深刻鑿著那些關於信仰與戰爭的傳說，而The House Hotel Bosphorus直通那時空交織的文化網絡。

旅店坐落於伊斯坦堡的頂級購物大街Abdi İpekçi Caddesi，是連接伊斯坦堡時尚與文化的輻輳核心，整體空間規劃出自享譽國際的土耳其知名設計工作室Autoban，建築師Seyhan Özdemir和室內設計師Sefer Çağlar的創作風格，澈底反映了土耳其帝國時期歐亞兩股勢力的影響，以文化上的包容性見長，建材選用天然材料，將現代風格與奢華質感的混搭魅力，充分體現在The House Hotel Bosphorus的設計當中。

## 麵包之后的料理魔法

### Kantin

kantin.biz



Chef and owner of Kantin restaurant Semsal Denizsel helped pioneer the concept of farm-to-table dining. 被譽為「伊斯坦堡麵包之後」的Semsal Denizsel所開設的Kantin，實踐從農場到餐桌的飲食概念。

當您讚嘆土耳其街頭小店內那白麵包的香甜飄香而出時，循著香味就來到了Kantin。身為「應時食養」、「從農場到餐桌」理念的推動者，Semsal Denizsel推動「新土耳其料理運動」席捲全國，並數度榮獲《Time Out》評選的「年度主廚」殊榮，她同時也是土耳其白麵包的發明人，更被讚譽為「伊斯坦堡麵包之後」，在伊斯坦堡美食圈的地位極為崇高。

Denizsel經營近20年的Kantin餐館，門面看似巴黎街頭常見的麵包坊與小酒館，供應的是道地甚至有些口味已經失傳的安納托利亞家常菜，帶給入境隨俗的旅人更多驚喜，不僅菜單隨著每天取得的最佳食材變換，所有餐點都寫在餐廳的黑板上，進門點餐上樓前會經過開放式廚房，可在此觀看廚師烹調料理的過程，溫暖而富有家的味道，是伊斯坦堡餐廳少有的氣氛，卻又不失對於料理真味的極度講究。

手藝超群的Denizsel是平民美食擁護者，她可能是伊斯坦堡第一位將烤蘑菇這道街頭小吃放上純白桌布的料理師。一樓附設的外帶餐食吧，提供家常小食與自製麵包、調味料與果醬，讓您將一餐美味的美好記憶，裝入行囊隨時回味。





自3月5日起，長榮航空每週4班從桃園飛往伊斯坦堡。



長榮假期邀您遊伊斯坦堡 2016/3/5-2016/6/30  
 伊斯坦堡 (2016年度經典) 5天3夜 TWD27,600元起 (未稅)  
 機票+3晚住宿+早餐+接機+1日市區觀光

## 千年古城文明跨洲際聚合

### SALT Research

saltresearch.org

伊斯坦堡今日經濟發展的榮景，建立也反映在對於藝文建設的支持之上。落實並推廣土耳其文化的文創計畫正如火如荼展開，近期最為引人注目的當屬Salt Research，建築師Şanal表示：「此地是前衛的藝術與研究空間，位居原本奧圖曼銀行所在的巨大建築裡。」Salt和其他的藝文空間帶動了現代土耳其生活的新思維，也連帶創造了刺激貝約格魯區活躍新生極需的社交圈。新富階級皆以獲邀前往Salt Research及藝廊與畫室林立的舊式建築珍寶參加派對為榮，過去10年來，四大私人美術館在伊斯坦堡揭幕，還有超過2百間商業藝廊，經手新一代藝術家的作品。

由ŞANAL Architecture/Urbanism事務所打造的Salt Research，是伊斯坦堡的文化精神指標，巨大的空間裡繼承了Platform Garanti的豐富典藏，擁有大量的藏書與分類，從社會歷史、經濟歷史、當代藝術到建築，土耳其語、英語、法語等翻譯提供不同讀者使用；而除了奧圖曼銀行藝廊原本的常設展之外，這裡還不定時推出展覽。一如SALT在土耳其語中的「簡單」、「明瞭」之意，也象徵這個非營利機構，提供大眾理解不同文化事物的簡易管道，藉此建立一個開放溝通的文化平台，也代表土耳其當代藝術正迎向全新時代的來臨。📍



Housed in a 200-year-old building, SALT is a not-for-profit institution that maintains a cultural library and organizes related exhibitions. 坐落於兩百多年歷史建築中的Salt Research，擁有大量的藏書提供給不同的讀者使用，也舉辦常設展與特展。



# Masone Labyrinth

迷宮中的心靈綠園

TEXT / 李雲齊 (MANSON LEE)  
PHOTOS / GIUSEPPE GRECI、CARLO VANNINI、YANN  
MONEL、MAURO DAVOLI、MASSIMO LISTRI

labirintodifrancomariaricci.it  
francomariaricci.com



Located in Fontanellato, a small town in Parma, Italy, the Masone Labyrinth is the world's largest maze. Covering an area of eight hectares, the star-shaped garden is composed of around 200,000 individual bamboo plants.

位於義大利帕瑪（Parma）的封塔內拉托（Fontanellato）小鎮，近期揭幕的世界最大竹林庭園「馬索內迷宮」（Masone Labyrinth），由20萬棵青竹栽植而成，總面積達8公頃，由天空俯視而下，宛若一顆綠色星星，星芒的靈感源自古羅馬馬賽克，刷新了之前由夏威夷鳳梨園迷宮所締造的金氏世界紀錄。「馬索內迷宮」主人是熱愛迷宮的出版商Franco Maria Ricci，迷宮內的綠籬步道寬度不一，迷宮中央是一座有著金字塔小教堂的廣場，供新人在此舉辦婚禮。同時設有展覽廳，展出超過5百件16至20世紀的藝術品。

### 迷宮內探見世間萬象

看似玩樂之地，但歐洲對於園林藝術的喜好，與當時的人文思潮息息相關，從文藝復興到浪漫主義，花草枝葉浮疏裡總見世事更迭。當文藝復興運動在義大利掀起浪潮並延伸至歐洲各國，「庭園」方才被視為獨立的人文藝術形式，並對於歐洲人的日常生活產生極大影響。最早出現的西方庭園出現在義大利的富裕都城佛羅倫斯，名流顯貴邀請藝術家在私人城堡宅邸造景建園。對貴族而言，庭園是與繪畫、雕塑並存的人文藝術，必須與原始的自然狀態有所區隔，因此藝術家刻意設計了修剪整齊的樹木、筆直的林蔭大道及滿布庭園的雕塑作品。

在造景心理上，庭園逐漸成為人們看待世界的心境傳達媒介，對「馬索內迷宮」主人Franco Maria Ricci來說，「饒富象徵性的園林中隱含著另外一個壯麗的冥想世界，它將現實世界與理想中的精神世界分隔開來，似乎也將整個宇宙容

At the heart of the Masone Labyrinth is a collection of art that includes neoclassical paintings and sculptures dating back to the 17th century. Also on display are rare volumes printed by 18th-century typographer Giambattista Bodoni.

參訪馬索內迷宮，除了映入眼簾的滿目綠意，還可欣賞新古典主義畫作與17世紀以來的雕塑名作，以及18世紀印刷大師波多尼親手裝幀的珍貴書冊。



納其中，而您我得以在庭園中展開奇想，窺視箇中奧妙。」20多年前，Franco Maria Ricci開始構思建造「馬索內迷宮」，靈感來源為他的莫逆之交——阿根廷知名作家波赫士（Jorge Luis Borges）的著作，「波赫士長期在我鄰近帕瑪的家中為客。迷宮是貫穿他所有作品的主軸，他在迷宮裡探見了世間萬象，而『馬索內迷宮』的落成，就好像是我履行了與波赫士之間的承諾。人生就像是一趟走在迷宮裡的旅程，面對庭園歧路的不確定性，所有人都必須做出選擇。」

### 綠園裡的人文藝術之旅

園林裡的四季更迭是美好的，每個季節都有不同的欣喜。修竹是整座庭園的核心，時光積累而出的禪意精華匯聚於此，竹林亟欲探園而出的抹抹新綠，頤養著旅人的心與眼，悠閒品賞靜心享受的樂趣。熱愛東方文化的Franco Maria Ricci，選用具有東方特質的竹子造園，乃是受到電影《臥虎藏龍》的影響。他用竹葉的氣息還原他記憶中的庭院，在園中依循視線由低而高的種植了3種不同品種的青竹，錯落的視覺層次營造藍天綠林的絕美景觀。

如今，「馬索內迷宮」已被列為帕瑪與皮亞琴察的城堡之旅必遊路線。參訪此地，除了映入眼簾的滿目綠意，還可在園中的美術館欣賞新古典主義畫作與17世紀以來的雕塑名作，並在圖書館中親眼一見18世紀印刷大師波多尼（Giambattista Bodoni）親手裝幀的珍貴書冊，這裡同時設有探索義大利失傳的古老工藝的美學課程。📖



Located in Taiwan's Chiayi County, the Southern Branch of the National Palace Museum opened on Dec. 28, 2015. The futuristic building's permanent exhibitions include Buddhist sculptures, Asian textiles, and tea-related art.

世界に名だたる台北の国立故宮博物院。その南院が、2001年の計画発表以来、6代の総統と5人の院長にまたがり、あまたの困難を経て昨年未ついにオープンした。嘉義の地に完成した故宮南院は、いかなる「美」を私たちに見せてくれるのだろうか。

悠久なるアジア、文化交流のうねりを体感する～  
嘉義・国立故宮博物院南院

# Southern Branch of the National Palace Museum

TEXT/謝ひかり (HIKARI HSIEH)

## 東西文化が息づく嘉義

「むかしむかし巨大なウナギが河口をふさいだため川が氾濫した。人々は玉山へと逃れたが、大きなカニの助けによって再び大地が姿を現した」――これは先住民ツォウ族に伝わる洪水伝説だが、阿里山を背に川の氾濫と開拓とを繰り返しながら発展してきた嘉義の歴史がそのまま反映されているというのだから面白い。

大航海時代以降は、先住民の他、中国東南部から移民してきた漢人によって豊かな耕地が切り開かれ、貿易により東西文化の往来が盛んとなった。

また日本統治時代には西洋文化と美術教育がもたらされ、台湾近代絵画を代表する画家・陳澄波をはじめ、多くの芸術家が誕生した。

さて、日本統治時代の嘉義といえば、2014年日本でも公開され話題となった台湾映画「KANO」を抜きに語ることはできない。嘉義農林高校の野球部が甲子園初出場で準優勝を果たす話だが、異なる民族がそれぞれの長所を活かして栄光をつかむ姿を描いたこの作品にも、土地のもつ多様性を見ることができる。

そんな嘉義の地にアジア全体の文化の流れを重ね合わせる、それが故宮南院のテーマといえる。

## 陶磁器を通して俯瞰するアジア

流れるような曲線が交じり合う建築は、中国書画の技法を用いて表現したアジア三大文明の融合を表す。

たとえば特別展「藍白輝映」の部屋では、はるかなるシルクロードを伝って中国から西アジアと陶磁器が行き交う中で生まれたコバルトブルーの彩色が、中国の景德鎮にて中国磁

Globular vase with dragon design in underglaze blue, Ming dynasty, Yongle reign.  
明代の永楽・青花龍紋天珠瓶。



器を代表する技法の一つ「青花」へと昇華され、日本の染付やベトナムの安南焼へと連なってゆく過程が見事に表現されている。

また他に、大阪の東洋陶磁美術館と故宮博物院による華麗なる美の競演にも目を向けてみたい。ヨーロッパの王室でも珍重された「伊万里焼」、宋代の青磁技術に加え装飾技法において独自のスタイルを確立した「高麗青磁」と、中国陶磁器とはひと味違う美しさをも再発見できる。

台北から嘉義まで、新幹線で約1時間半。仏像・陶磁器・染織物・玉器・茶文化という多様な収蔵品を通して、無数の人々の手を渡りながら進化してきたアジア文化の大きなうねりを、感じてみるのはいかがだろうか。📍

1 Entrance of the Southern Branch of the National Palace Museum. 2 The Jadeite Cabbage with Insects. 3 Central Asia – Prairie Color, permanent exhibition area. 4 Boldness of Forms and Colors, Asian textiles area. 5 The Southern Branch of the National Palace Museum was designed by architect Kris Yao.

1 故宮南院エントランス。2 翠玉白菜。3 常設展の一部。中央アジアの織物。4 精緻で艶やかな織物一院収蔵アジア織物展。5 設計は建築家・姚仁喜による。



evasion  
長樂假期



峇里島  
5大魅力遊

## 5 BALI HIGHLIGHTS

TEXT / 曹憶雯 (EMAY TSAO)  
PHOTOS / 曹憶雯 (EMAY TSAO)、GETTY IMAGES (STONE)

## 01 Beaches — 海岸戲水日光浴

峇里島南方的努沙·杜瓦區，猶如一顆垂掛的珍珠，以潔淨的沙灘、湛藍的海水擄獲人心，沿著海岸密布的飯店，方便旅人戲水、踏浪、享受日光浴；金巴蘭度假區的海岸邊，同樣有臨海而建的飯店和一望無際的水景，可以對著大海品嚐海鮮料理；另一個熱門戲水景點是庫塔海灘，柔軟的細砂躺起來特別舒服，黃昏時的璀璨夕陽更是尤其美麗。



## 02 Mountains & Farms — 綠色梯田最療癒

中部山區層層相疊如綠浪的梯田景致，是峇里島的一大特色，其中又以賈提盧依梯田最壯觀，蘊含老祖先智慧的蘇巴克灌溉系統和梯田美景，已被列入世界遺產，不以農藥施肥，卻年年豐收。同樣位在中部的烏布山區，旅店、餐廳多鑲嵌於山谷溪畔，無論游泳、品味下午茶或享受Spa，都有舒爽的涼風、清新的綠林、景觀梯田相伴，視覺和心靈皆頗具療癒效果。



## 03 Culture — 豐富的傳統文化

峇里島的魅力，不僅止於自然風光，人文景色也是一絕。歷史悠久的海神廟、聖泉廟、聖猴森林，都值得拜訪，尤其是坐落在濱海巨岩上的海神廟，只有在海水退潮時才能入內參觀，不但超過數百年歷史，也充滿了傳奇色彩。藝文愛好者，不妨前往烏布山谷，走訪繪畫村、木雕村，或是在烏布皇宮欣賞正統的峇里島舞蹈表演，感受峇里島傳統文化之美。



## 04 Villas & Spas — Villa與Spa雙享受

峇里島是引領Villa風潮的始祖，各式各樣的別墅度假屋，充滿創意巧思，除了配備私人泳池、發呆亭、自然光的浴室，還有廚師到府服務，讓人完全放鬆。此外，峇里島也是Spa療癒系度假的首選，無論是源自於印尼皇室美容祕方的Lu Lu Spa，或以熱石能量養生的傳統按摩療程，都能充分洗滌身心靈。

## 05 Cuisine — 開胃爽口的美食

吃在峇里島，既可品嚐傳統的印尼佳肴，又能享受西方廚師引進的創新精緻料理，為感官帶來極大滿足。膾炙人口的名菜「鱒鴨」為脆皮鴨，皮脆肉嫩，搭配米飯、小菜和檸檬草串起的沙爹，美味十足；另一道名菜為烤乳豬，以香料、藥草連同乳豬一起用炭火燒烤，外皮酥脆、肉質鮮嫩多汁，令人回味無窮。喜歡海鮮料理，可以到金巴蘭海岸享受海鮮炭烤，以黃昏美景和滿天星斗佐餐。

### 長榮假期峇里島

2016/01/01-2016/06/30

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Taiwan

## ENJOY TAIWAN'S FLOWER SEASON

繁花盛開的春天，台灣各地也是一片春意盎然，陽明山花季、海芋季、阿里山櫻花季、客家桐花季接連登場，讓旅人盡情倘佯在繽紛的花海中。

TEXT / WAYNE HUANG

PHOTOS / 黃基峰 (HARRY HUANG) · GETTY IMAGES (NPINE, MOMENT OPEN)



### Yangmingshan Flower Season 陽明山花季

陽明山 & 竹子湖

台北的陽明山每年春天是賞櫻花的主要勝地，今年花季訂為1月30日至3月20日，竹子湖海芋季為3月18日至4月17日。陽明山除了台灣山櫻之外，還有杜鵑、茶花、桃花、牡丹花等；從陽明山公園再往山上走，來到群山環抱的竹子湖，海芋盛開的季節，朵朵白色花朵形成花海，浪漫無比。



### Alishan Sakura Season 阿里山櫻花祭

阿里山

遍植粉嫩吉野櫻的阿里山，由於海拔較高的緣故，櫻花季的日期遠比平地晚，今年自3月10日起展開，一直持續到4月10日止。賞花景點除了阿里山森林遊樂區之外，鄰近的達邦及樂野等地區也能賞到櫻花，同時在太和還可賞到桃花與李花。阿里山森林遊樂區內以吉野櫻居





● **自香港出發** 2016/01/01-2016/06/30  
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餐食

## Hakka Tung Blossom Festival

### 客家桐花祭

彰化以北山區、花蓮及台東

多，約有1,900多株，另外還有1,700多株台灣山櫻及上千株的八重櫻，整個山頭都被櫻花包圍，美不勝收。緩緩而過的阿里山火車映襯著隨風飄舞的櫻花，也是最經典的畫面。

每年春夏之交，彰化以北的山區、東部的花蓮及台東紛紛開出白色的油桐花，覆蓋著滿山，特別是桃園、新竹、苗栗一帶的客家庄聚落裡，每當山風吹拂而過，漫天飛舞著小白花，成為台灣客家庄最特殊的油桐花景致。因應每年舉辦的客家桐花嘉年華會，4、5月各地都規

劃了賞花步道，方便遊客走入山林裡近距離感受油桐花之美。到客家庄欣賞油桐花之餘，還能體驗台灣客家文化，以及品味客家特有的美食，如擂茶、客家小炒、梅干扣肉等，當然不能錯過以客家花布製成的各式精美伴手禮。





## DESIGNER XIAO QING-YANG CREATES NEW "STORY ISLAND-GLOBAL" MENUS FOR 2016

翱翔故事島  
機上菜單再展蕭青陽創意



In March 2015, EVA Air invited internationally renowned Taiwanese designer Xiao Qing-yang to create the "Story Island — Global" collection of inflight service items.

Recently we asked Xiao to develop new menus for 2016. He continues his "Story Island — Global" theme with papercuts based on the four seasons: leaf veins to represent the vitality of spring, waves to symbolize the sea in summer, feathers for autumn, and brilliant stars that represent transition and renewal in winter.

The new menus are available in Business Class, Elite Class, and Economy Class cabins.

長榮航空於2015年3月與國際知名設計師蕭青陽合作，邀請他為長榮航空設計出以《故事島—寰宇》為主軸系列性的機上服務用品，推出後大獲好評。今年，我們再度邀請蕭青陽延續《故事島—寰宇》的概念，為長榮航空設計2016年度的菜單。蕭青陽順應四季的更迭，以葉脈的紋理象徵春天茂盛的生命力、以波動的水紋象徵夏天湛藍的海洋、以細緻的羽毛象徵秋天的休養生息、以燦爛的星空象徵結束與承新，讓不論搭乘商務艙、菁英艙或是經濟艙的旅客，都能在點菜時，感受台灣的美好與創意。



## HELLO KITTY SPRING SERVICE ITEMS

### Hello Kitty 春季侍應品登機

The Hello Kitty Jets have had a springtime makeover. To mark the change of seasons, coasters, pillowcases, cutlery, playing cards, and other inflight service items now feature fruit-colored Hello Kitty designs.

春意翩翩的3月，Hello Kitty彩繪機內也充滿春天氣息，不論是杯墊、枕頭套、刀叉匙或是撲克牌等機上侍應品，均可見到Hello Kitty搭配粉嫩可人的水果色彩，讓您的飛行時光更加繽紛。



## HELLO KITTY SLIPPERS

### Hello Kitty 拖鞋

EVA Air has introduced Hello Kitty-themed slippers on all Hello Kitty Jets. Business Class, Elite Class, and Economy Class each feature different versions of the slippers.

Hello Kitty粉絲注意了！長榮航空Hello Kitty彩繪機新推出可愛的Hello Kitty拖鞋，不論搭乘商務艙、菁英艙或經濟艙的旅客，都能體驗被夢幻Hello Kitty包圍的甜蜜感受！



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PACKAGE  
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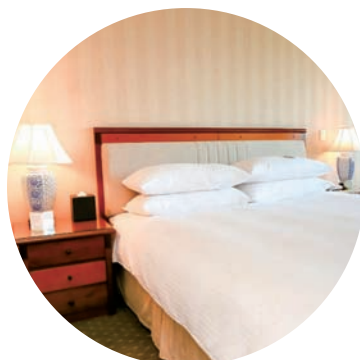
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- > This rate applies to groups of 20 or more, with two guests to a room. A surcharge of NT\$1,000 per room per night will apply to guests in individual rooms
- > For more information, please call reservations at +886-2-2423-0909 or email [elhklg@evergreen-hotels.com](mailto:elhklg@evergreen-hotels.com)

- > 海景客房 / 海景雙人房，每房每晚NT\$3,999起
- > 提供自助式早餐2客
- > 贈送咖啡廳自助餐2客（午餐或晚餐2擇1）
- > 含會議室使用（4小時）及基本會議設施
- > 住宿贈送迎賓水果、隔日早報並提供住宿期間免費停車及使用健身中心設施
- > 週六、連續假期及12/31入住，每人需加價NT\$600
- > 此專案限2人1室入住，20人以上方可成行；若改為1人1室，則每房每晚需補差價NT\$1,000
- > 更多訂房資訊，請洽+886-2-2423-0909 / [elhklg@evergreen-hotels.com](mailto:elhklg@evergreen-hotels.com)

- > Superior Rooms from NT\$4,500 per room per night
- > Includes buffet breakfast for one
- > One complimentary bus ticket to Taoyuan International Airport
- > Free wireless internet access in the guestroom
- > Complimentary fruit, morning newspapers, Evergreen  $\pi$  mineral water, access to the gym, and parking
- > This rate is subject to a 10% service charge
- > A surcharge of NT\$1,000 per room per night applies during exhibitions at Taipei World Trade Center
- > For more information, please call reservations at +886-2-2501-9988 or email [elhtp@evergreen-hotels.com](mailto:elhtp@evergreen-hotels.com)

- > 高級客房，每房每晚NT\$4,500起
- > 提供自助式早餐1客
- > 贈送本酒店至台灣桃園國際機場巴士券1張
- > 房內無線網路免費使用
- > 贈送迎賓水果、隔日早報、長榮  $\pi$  礦泉水、免費停車及使用健身房
- > 上述價格需加收一成服務費
- > 本專案於台北世貿展覽期間入住，每房每晚需加價NT\$1,000
- > 更多訂房資訊，請洽+886-2-2501-9988 / [elhtp@evergreen-hotels.com](mailto:elhtp@evergreen-hotels.com)

- > Superior Room (double or twin) from NT\$3,300 per room per night
- > Breakfast is available for hotel guests at the special price of NT\$450 (regular price: NT\$550 + 10%)
- > This rate is subject to a surcharge of NT\$1,000 per room per night on holidays
- > Holidays that fall within a five-night (or longer) stay will not incur an extra charge
- > Please show your business card to enjoy the special rate
- > Free access to the sauna, gym, swimming pool, and other facilities (except squash courts); complimentary fruit, morning newspapers, and parking
- > For more information, please call reservations at +886-4-2324-2277 or email [elhctg@evergreen-hotels.com](mailto:elhctg@evergreen-hotels.com)

- > 高級客房（大床 / 雙床），每房每晚NT\$3,300起
- > 加購早餐每客NT\$450（原價NT\$550+10%）
- > 週六、國定假日前夕及連續假期入住，每房每晚需加價NT\$1,000
- > 入住5晚以上跨假日不加價
- > 本專案請持名片入住
- > 免費使用三溫暖、健身房、游泳池等館內各項設施（迴力球場除外）、迎賓水果、隔日早報、免費停車
- > 更多訂房資訊，請洽+886-4-2324-2277 / [elhctg@evergreen-hotels.com](mailto:elhctg@evergreen-hotels.com)



**www.evaair.com**  
長榮航空網路服務

## Buy Miles for Easy Awards and Upgrades 哩程購、夠、GO！



With our new “Buying Miles Has Never Been Easier” program, award tickets and upgrades are never beyond your reach. For only US\$40 per 1,000 miles, you can buy the amount you need to secure an EVA Air or UNI Air international award ticket or upgrade. You may make the purchase at any time and the miles can be redeemed immediately. Visit the Infinity MileageLands area of [www.evaair.com](http://www.evaair.com) for more information.

長榮航空推出「哩程購、夠、GO！」方案，不論您身在何方，都可於長榮航空全球資訊網上購買哩程，每1,000哩售價美金40元，讓您兌換長榮／立榮國際線酬賓機票或艙位升等更easy！詳情請至長榮航空（[www.evaair.com](http://www.evaair.com)）「無限萬哩遊專區」查詢。

## Pre-Order 機上免稅品預購

Ticket holders planning to fly on international flights to and from Taoyuan, Taipei, Kaohsiung, Taichung and Taitung can enjoy special incentives and more convenient inflight shopping by preordering through the EVA Air website and collecting the items inflight. For details, visit [eservice.evaair.com/PreOrder](http://eservice.evaair.com/PreOrder). To ensure cardholder security, customers must present the card used to make the duty-free purchase when asked to do so by cabin service staff.

搭乘往返桃園、台北、高雄、台中及台東機場所有國際航班的旅客，搭機前可先到長榮航空網站進行機上免稅品預購，除了享機上提貨之便利，亦能享有更多免稅品優惠。詳情請上長榮航空網站，或是免稅品預購網站 [eservice.evaair.com/PreOrder](http://eservice.evaair.com/PreOrder)。提醒您，免稅品預購網站已全面實施「信用卡線上刷卡」，為了保障您的權益，搭機時請務必攜帶訂購時所輸入之信用卡，並於取貨時提供予空服員以利進行訂購者身分確認。

### PRE-ORDER AVAILABILITY 可預購時間

- 1 Flights departing from Taiwan (Taoyuan, Taipei, Kaohsiung, Taichung and Taitung airports) — from 15 days until 24 hours before departure.
- 2 Flights returning to Taiwan (Taoyuan, Taipei, Kaohsiung, Taichung or Taitung airports) from Europe, the US, Canada, New Zealand, Australia, and Bangkok — from 15 days until 72 hours before departure. For flights departing from other areas — from 15 days until 48 hours before departure.

- 1 台灣地區出發航班（包含桃園、台北、高雄、台中及台東機場）：起飛前15天至24小時。
- 2 返回台灣地區（包含桃園、台北、高雄、台中及台東機場）：歐洲、美加、紐澳及曼谷出發航班為起飛前15天至72小時，其他地區出發航班為起飛前15天至48小時。

## Online Meal Order 網路選餐

This system is available to EVA Air Royal Laurel Class, EVA Air Premium Laurel Class/ Business Class, and UNI Air Business Class passengers only. Meal selections can be made no earlier than three weeks before and no later than 24 hours prior to your scheduled flight. EVA Air offers additional meal choices for worldwide flights. You will not find these main courses listed on your inflight menu card – they can only be ordered online.

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，只要訂妥機位，於班機起飛前21天至24小時，均可在長榮航空網站上預先選餐，更能預訂不在機上菜單中的網上獨享餐，歡迎多加利用！





# CONNECT WITH EVA

長榮航空手機App與全球社群網站

Welcome to EVA's Social Media 歡迎加入EVA全球社群網站

## Discover EVA Air

Connect with us on social networking sites such as Facebook, YouTube, Weibo and WeChat for all the latest EVA Air news, travel tips, interesting photos, and promotions. As an EVA Air fan, you'll have the chance to enter exclusive contests with prizes including tickets!

## 歡迎加入長榮航空社群網站

加入長榮航空Facebook、YouTube、微博、微信等社群網站的專頁，關注我們的活動、旅遊、促銷等最新動態，與我們即時交流！



Find us on  
**Facebook**

搜尋：EVA Airways Corp. 長榮航空  
Search：EVA Airways Corp.



Search：EVA Air US  
LinkedIn：EVA Airways Corp.



请搜寻「长荣航空」

EVA Mobile Apps 掌握行程與購物訊息



### EVA MOBILE

- › Check-in / 報到
- › Book a flight / 購票
- › SMS flight update / 班機簡訊服務
- › And more / 更多



### EVA SKY SHOP

- › Preorder duty free / 預購免稅品
- › Delivered 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)



# EVA AIR MAKES CHECKING IN FOR YOUR FLIGHT EVEN EASIER

多元化的報到服務 便利您的旅程

Instead of reporting to a traditional check-in counter, you may check in using the EVA Mobile App, through the EVA Air website, or via a kiosk (either EVA Air's or the airport's self check-in kiosks).

除了透過EVA Mobile App及傳統的機場櫃檯報到，長榮航空還提供網路報到、機場快速報到服務，讓您輕鬆完成報到手續。

## Checking In Online 網路報到



You can check in online at [www.evaair.com](http://www.evaair.com) from 24 until 3 hours before your scheduled departure.

若您的電腦連接印表機，即能使用網路報到服務，讓您的行程更加快速便利！

### PRINTING A BOARDING PASS 列印登機證

If you are eligible to print your own boarding pass, you may drop your luggage at the exclusive online check-in baggage counter, then proceed directly to security and immigration.

在班機起飛前24至3小時，請到長榮航空全球服務網 ([www.evaair.com](http://www.evaair.com)) 進行報到，並列印登機證，再到專屬櫃檯辦理行李託運。

### PRINTING A CONFIRMATION SLIP 列印網路報到確認單

If you are not eligible to print your own boarding pass, you can print a confirmation slip after checking in online from 24 hours up to 3 hours before departure. Scan the confirmation slip at a kiosk at the airport to obtain your boarding pass, then drop your luggage at the online check-in baggage counter.

在班機起飛前24至3小時，請到長榮航空全球服務網 ([www.evaair.com](http://www.evaair.com)) 進行報到，並列印出網路報到確認單，在機場自助報到列印出實體登機證，再到專屬櫃檯辦理行李託運。

## Baggage Drop 託運行李



If you have baggage to check, proceed to the online check-in baggage counter, where your baggage will be tagged by our staff or handling agents.

★ Please ensure that the baggage tag information is correct and that you have the correct number of tags.

若您需要託運行李，請前往行李託運櫃檯，地勤人員將為您的行李掛上行李條。

★ 提醒您，務必確認行李條上的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。



Baggage Tag  
行李條

Claim Ticket  
託運行李收據

## Self Check-In 長榮快速報到服務及機場自助報到



EVA Air passengers are invited to use self check-in general purpose kiosks located in the departure halls at Taoyuan, Songshan, Taichung, Kaohsiung, Bangkok, Hong Kong, London Heathrow, and Amsterdam airports.

桃園、松山、台中、高雄、曼谷、香港、倫敦、阿姆斯特丹機場於出境大廳提供自助報到服務，只要跟著指示選擇您適合的報到方式，並列印登機證後，即可完成報到。

### TAOYUAN AIRPORT HELLO KITTY CHECK-IN KIOSKS 桃園機場HELLO KITTY彩繪機專屬快速報到服務：

EVA Air has installed dedicated Hello Kitty kiosks at Taoyuan International Airport Terminal 2, alongside check-in counter No.11. These specially designed kiosks are part of the Hello Kitty experience and can be used by passengers waiting to board one of EVA Air's new Hello Kitty jets.

長榮航空Hello Kitty專屬Kiosk設置於桃園機場第二航廈出境大廳11號報到櫃檯後方的Hello Kitty彩繪機模擬機艙中。提醒您，Hello Kitty專屬Kiosk僅提供由台灣出發、搭乘Hello Kitty彩繪機航班旅客使用。



## Baggage Self-Tagging 機場自助託運行李

Passengers departing from London Heathrow Terminal 2 may make use of the baggage self-tagging service. While checking in at the kiosk, enter the number of bags you want to check. Please attach the labels as instructed, then drop the luggage where directed. Remember to keep the receipts in a safe place.

倫敦希斯洛機場可於自助報到機器進行劃位報到並輸入所需託運的行李件數，機器會自行列印出登機證及託運行李掛牌，請您先留下小截收據再依行李掛牌上之指示黏貼好所需託運行李，直接交付行李託運櫃檯以完成劃位程序。



# ALWAYS A PLEASURE TO SERVE YOU

長榮航空隨時為您服務

84 *Royal Laurel*  
皇璽桂冠艙

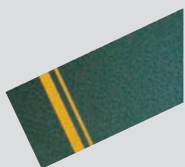
86 *Hello Kitty Jets*  
Hello Kitty彩繪機



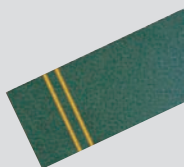
Your captain and crew look forward to providing the best possible service for your comfort and relaxation. We hope you enjoy a pleasant flight. If you require any assistance, just press your call button.

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

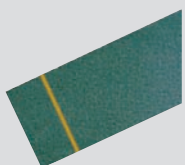
## Cabin Crew Ranking 機上服務人員



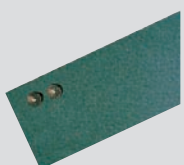
Instructor  
教官



Chief Purser  
事務長



Deputy Purser  
副事務長



Cabin Attendant  
空服員



# ROYAL *Laurel*

## 皇璽桂冠艙

Royal Laurel Class is EVA Air's luxurious new-generation business cabin and is available exclusively aboard Boeing 777-300ER aircraft. Lie-flat seating, thoughtful amenity kits and upgraded inflight entertainment make long-haul flights a relaxing and enjoyable experience. For more information, please visit <http://777.evaair.com/en/>.

配置於波音777-300ER機隊的皇璽桂冠艙，為長榮航空的頂級艙等，以舒適的水平式臥床、專業的視聽設備與貼心的機內用品，及頭等艙等級的機上餐飲，讓您輕鬆度過長程飛行時光。更多體驗，請上皇璽桂冠艙專屬網站 <http://777.evaair.com/zh/>。

EVA Wi-Fi is available on certain flights only.  
部分機型提供EVA Wi-Fi上網服務。





1



2

1 HIGH-QUALITY INFLIGHT SERVICE ITEMS / 尊榮頂級的服務用品 2 HD AVOD INFLIGHT ENTERTAINMENT / HD高品質影音娛樂 3 TOP-NOTCH INFLIGHT DINING / 頭等艙等級機上餐飲 4 VEUVE CLICQUOT CHAMPAGNES / 凱歌香檳



3



4

Products and services vary according to cabin class and route. 上述各項客艙產品與服務內容，將因艙等、航線而有不同。



## HELLO KITTY JETS

Hello Kitty彩繪機

Since 2011, EVA Air has launched a second generation of Hello Kitty Jets in collaboration with Sanrio of Japan. The seven new Hello Kitty Jets — Magic Jet, Apple Jet, Global Jet, Happy Music Jet, Speed Puff Jet, Hand-in-Hand Jet, and Shining Star Jet — make flying an enjoyable and memorable experience. Each flight is stocked with a range of unique, themed inflight service items and duty-free products.

長榮航空與日本三麗鷗聯手打造的第二代 Hello Kitty彩繪機，包括魔法機、蘋果機、環球機、歡樂機、雲彩機、牽手機與星空機，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。



Hello Kitty Slippers  
Hello Kitty拖鞋



Hello Kitty Headrest Cover  
Hello Kitty頭墊紙

Hello Kitty Cutlery Set  
Hello Kitty刀叉匙



Hello Kitty Pillow  
Hello Kitty枕頭

D U T Y F R E E



HARNN x Hello Kitty Oriental Rose Scent of True Love Travel Set-  
EVA AIR Limited Edition  
HARNN x Hello Kitty 東方玫瑰珍愛呵護旅行組 長榮航空限定版



B777-300ER Hello Kitty Shining Star 3D Jigsaw Puzzle (80 PCS)  
B777-300ER Hello Kitty 星空機3D立體拼圖飛機2.5吋80片



Hello Kitty Notebook and Telescopic Pen Set  
Hello Kitty 隨身口袋筆記本及伸縮原子筆組

INFO

Please visit [evakitty.evaair.com](http://evakitty.evaair.com) for the latest Hello Kitty Jet news, current timetables and available tour packages.  
想要了解Hello Kitty彩繪機的相關動態與最新旅遊產品，請上Hello Kitty彩繪機專屬網站[evakitty.evaair.com](http://evakitty.evaair.com)。

Hello Kitty and her friends adorn seven of EVA Air's aircraft. Each eye-catching plane features a unique livery that tells a story.

Hello Kitty與她的朋友們妝點了長榮航空第二代的7架Hello Kitty彩繪機，每架彩繪機都有獨特的主題故事！

### HELLO KITTY WITH MAGIC STARS 魔法機

The Magic Jet features Hello Kitty holding a wand tipped with a yellow star. As she works her magic, her family and friends are whisked away on the adventure of a lifetime.

魔法機以「Hello Kitty with Magic Star」為主題，70年代復古造型的Hello Kitty揮動手中魔法棒，讓閃耀的魔法星星開啓旅客歡樂的夢想旅程！



### HELLO KITTY LOVES APPLES 蘋果機

Hello Kitty is five apples tall and weighs three apples. Her favorite food is her mother's homemade apple pie. The Apple Jet pays homage to this humble yet delicious fruit.

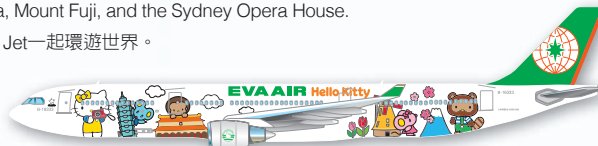
蘋果機主題為「Hello Kitty Loves Apples」，由於Hello Kitty為5個蘋果高、3個蘋果重，最喜歡的點心是媽媽做的蘋果派，因此蘋果是Hello Kitty的重要象徵。



### HELLO KITTY AROUND THE WORLD 環球機

The mission of the Global Jet is to bring people around the world closer together. The fuselage art features images of Hello Kitty amid some of the world's greatest landmarks, including the Leaning Tower of Pisa, Mount Fuji, and the Sydney Opera House.

環球機以「Hello Kitty Around the World」為設計主題，邀請大家跟著Hello Kitty Jet一起環遊世界。



### HELLO KITTY HAPPY MUSIC TIME 歡樂機

The Happy Music Jet has a fanciful melody theme designed to inspire happiness in the air.

歡樂機為您在天空譜寫歡樂樂章，在您搭乘Hello Kitty彩繪機的那一刻起，揭開愉快旅程的序曲！



### HELLO KITTY SPEED PUFF 雲彩機

The Speed Puff Jet draws inspiration from the "sommersault clouds" of East Asian folklore. Hello Kitty and her friends ride the colorful, fluffy clouds to the destinations of their dreams.

雲彩機以筋斗雲為概念，偌大的機身是快速移動的繽紛雲朵，帶您一同在藍天中恣意悠遊。



### SANRIO FAMILY HAND IN HAND 牽手機

Hello Kitty joins hands with 18 friends and family members in a gesture that bridges cultural barriers and invites new friendships from around the world.

牽手機由Hello Kitty與18位三麗鷗家族成員伸出溫暖的友誼之手，讓所有乘客感受滿滿的愛與關懷。



### SHINING STAR 星空機

EVA Air takes passengers through the starry sky to destinations around the globe. Little Twin Stars Kiki and Lala join Hello Kitty and My Melody on the delightful trip, making the flight fun and inviting passengers to reach for the stars.

Hello Kitty、Kiki & Lala雙星仙子、My Melody陪伴您隨著長榮航空飛越不同的城市，自在飛翔於璀璨星空中。



# ESSENTIAL INFORMATION

## 機上須知

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

為了您的安全與舒適，請閱讀並遵守以下航安規定。

### REGULATIONS GOVERNING THE USE OF ELECTRONIC DEVICES

Please be reminded that the usage of electronic devices may have different restriction by aircraft or destination. Passengers are recommended to pay attention to cabin crew's announcement and safety demonstration.

The Civil Aviation Act of the ROC stipulates that no passenger shall use any device that may interfere with aircraft navigation and communication systems. Any person who violates the Act shall be subject to imprisonment of up to five years or a fine of up to NT\$150,000. For offenses leading to a serious or deadly outcome, the law allows for a punishment of life imprisonment. All passengers must observe the following rules, which apply from the time the cabin doors are closed until the time the doors are reopened. An announcement will be made informing passengers to this effect.

- 1 Small PEDs (Portable Electronic Devices) such as smart phones, tablets, e-readers or devices with 1.0 kg below may remain on during all phases of flight. Transmitting devices must be switched to non-cellular or "Airplane/Flight mode" with Wi-Fi turned off from door closure until the plane has landed and cleared the runway. This policy applies to flights operating within Taiwan, R.O.C. and select international locations. The cabin crew will advise passengers if it is necessary to turn off small PEDs according local regulation.
- 2 Small devices may be held in hand or placed in seat pocket (not left unsecured around the seat). Laptops or devices weighing more than 1 kg must be stowed in approved stowage location in the overhead compartment or under the seat in front of passenger during taxi, take-off and landing.
- 3 When the aircraft is flying at altitudes above 10,000 feet:
  - i、On international flights, laptops or devices weighing more than 1 kg may be used. Transmitting devices must be adjusted to non-cellular or "Airplane/Flight mode" with Wi-Fi turned off.
  - ii、On domestic flights, laptops or devices weighing more than 1 kg must be stowed in an approved stowage location (in the overhead compartment or under the seat in front of passenger) during flight.
- 4 Wi-Fi and SMS roaming services are provided on certain aircraft equipped with GCS (Global Communication Suite). For details about when and how to use the service shall refer to entertainment system information on these flights or listen to the inflight announcements.
- 5 The following devices must remain off at all times during flight: electronic cigarettes, citizen's band radios and walkie-talkies, remote controllers and wireless electronic devices such as radio-controlled toys; and any other electronic device that may interfere with aircraft equipment including flight navigation and telecommunication systems.
- 6 Bluetooth devices can be used during all phases of flight.
- 7 Hearing aids and pacemakers may be operated without restriction.
- 8 Passengers may carry Medical-Portable Electronic Devices (M-PED), such as Portable Oxygen Concentrators (POC), Ventilators, Suction Units, and Ambulatory Infusion Pumps. However, these M-PEDs should not exceed carry-on baggage dimension and weight limits. Electricity is not provided onboard, so please ensure your equipment can function on battery power alone.
- 9 Other regulations:
  - i、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 with muted or used with a headset at all times.
  - ii、The flight crew may request that all devices 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 luggage should be stowed in the overhead bin or under the seat in front of you.

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

- 1 Deeply refrigerated, flammable, non-flammable and poisonous gases; oxygen tanks; paint in spray cans; insecticides.
  - 2 Corrosives (such as mercury which may be contained in thermometers), acids, alkalis and wet-cell batteries.
  - 3 Explosives, munitions, fireworks and flares.
  - 4 Flammable liquids such as lighter fuel, paints and thinners; flammable and easily ignitable solids such as matches; substances liable to spontaneous combustion; and substances which on contact with water emit flammable gases.
  - 5 Radioactive materials.
  - 6 Briefcases and security-type attaché cases with installed alarm devices; or those that incorporate lithium batteries and/or pyrotechnic materials.
  - 7 Oxidizing materials such as bleaches and peroxides.
  - 8 Poisonous and infectious substances such as insecticides, weedkillers and live virus materials.
  - 9 Other dangerous articles such as magnetized materials and offensive or irritating materials.
- Interfering with flight deck crew and cabin crew during the course of their duties is an offense.

### NO SMOKING

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

### ALCOHOLIC BEVERAGE SERVICE

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

### REGULATIONS CONCERNING ABUSIVE AND UNRULY BEHAVIOR

CAA Regulation Article 119-2

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

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

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

Note: 2 and 3 mentioned above will be fined by Aviation Police Bureau.

### ONBOARD PHONE AND FAX

Worldwide telephone communication is available on every EVA Air B747, B777 and A330 aircraft. Fax service is available on 747 aircraft only. Payment can be made by credit card (American Express, Diners Club, JCB, MasterCard, VISA and other major cards are all accepted). If you need to make inflight calls from EVA Air's B747 aircraft, please ask your cabin attendant for assistance. Simply dial the number on the handset and press "SEND" to connect the call. A330 and B777 passengers need to press the "OK" button 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.

### 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的說明。

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啟艙門止，須遵守下列規定：

- 1 全程開放使用手機、平板、電子書，或重量在一公斤(含)以下之「小型隨身電子用品」。關閉艙門起至航機落地脫離跑道止，所有傳輸類電子用品必須關閉語音通話或轉換成「飛航模式」並關閉Wi-Fi功能。當航機於中華民國境外飛航時，使用隨身電子用品須遵守當地相關規定，空服人員於必要時將通知乘客配合當地禁用電子用品之相關規定。
- 2 航機滑行、起飛及降落階段，乘客須將小型隨身電子用品固定持穩、收妥或置於前方座椅袋內。筆記型電腦或重量在一公斤以上之電子用品須妥善置於規定之隨身行李置放處(座位下方或上方行李置物櫃)。
- 3 當飛行高度高於10,000呎以上時：
  - i、國際線，乘客得使用筆記型電腦，或重量在一公斤以上之電子用品。傳輸類電子用品必須關閉語音通話或轉換成「飛航模式」並關閉Wi-Fi功能。
  - ii、國內線，筆記型電腦或重量在一公斤以上之電子用品須全程妥善置於規定之隨身行李置放處(座位下方或上方行李置物櫃)。
- 4 配置全球通訊系統GCS(Global Communication Suite)之航機，會提供乘客使用Wi-Fi或手機簡訊漫遊等服務，使用時機及相關規定於客艙娛樂系統顯示或請您配合空服人員指示。
- 5 全程禁用以下電子用品：電子菸、個人無線電收發報機、各類遙控發射器(如電動玩具遙控器等)、其它任何可能干擾飛機裝備包含導航、通訊等之電子用品。
- 6 藍牙裝置於飛航全程皆可使用。
- 7 助聽器及心律調整器之使用時機不受限制。
- 8 乘客可自備攜帶式之醫療電子用品於機上使用，如可攜式之氧氣設備、呼吸器、抽痰器、攜帶型輸液泵等。上述裝備需符合隨身行李尺寸、重量的規定。乘客使用上述電子醫療裝備時須自備電池，班機上不提供電力之服務。
- 9 其它規定：
  - i、關閉艙門起至航機落地脫離跑道前，禁止以個人電子用品進行語音通話，所有個人電子用品必須設定為靜音或使用耳機。
  - ii、機長得隨時視狀況停止乘客使用個人電子用品，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，當信號燈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，請務必放置在客艙行李櫃內或是前面的座位下，此外，由於亂流經常難以預期，我們建議您就坐時隨時將安全帶繫上。

基於飛航安全，行李內不得攜帶如下所列之危險物品：

- 1 壓縮氣體：如罐裝瓦斯、潛水用氧氣瓶、噴漆、殺蟲劑等。
- 2 腐蝕物(劑)：如強酸、強鹼、水銀、鉛酸電池等。
- 3 爆裂物：各類槍械彈藥、煙火、爆竹、照明彈等。
- 4 易燃品：如汽柴油等燃料油、火柴、油漆、點火器及相關可燃固體等。
- 5 放射物品。
- 6 具防盜裝置之公事包或小型手提箱。
- 7 氧化物品：例如漂白劑(水、粉)、工業用雙氧水等。
- 8 毒物(劑)及傳染物：如殺蟲劑、除草劑、濾過性病毒活體等。
- 9 其他違禁品：如磁化物類(磁鐵)、具攻擊或刺激之物品(如：刀劍棍棒類、弓箭、防身噴霧器、電擊棒等)。

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

### 禁菸

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

### 機艙內酒精飲品

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

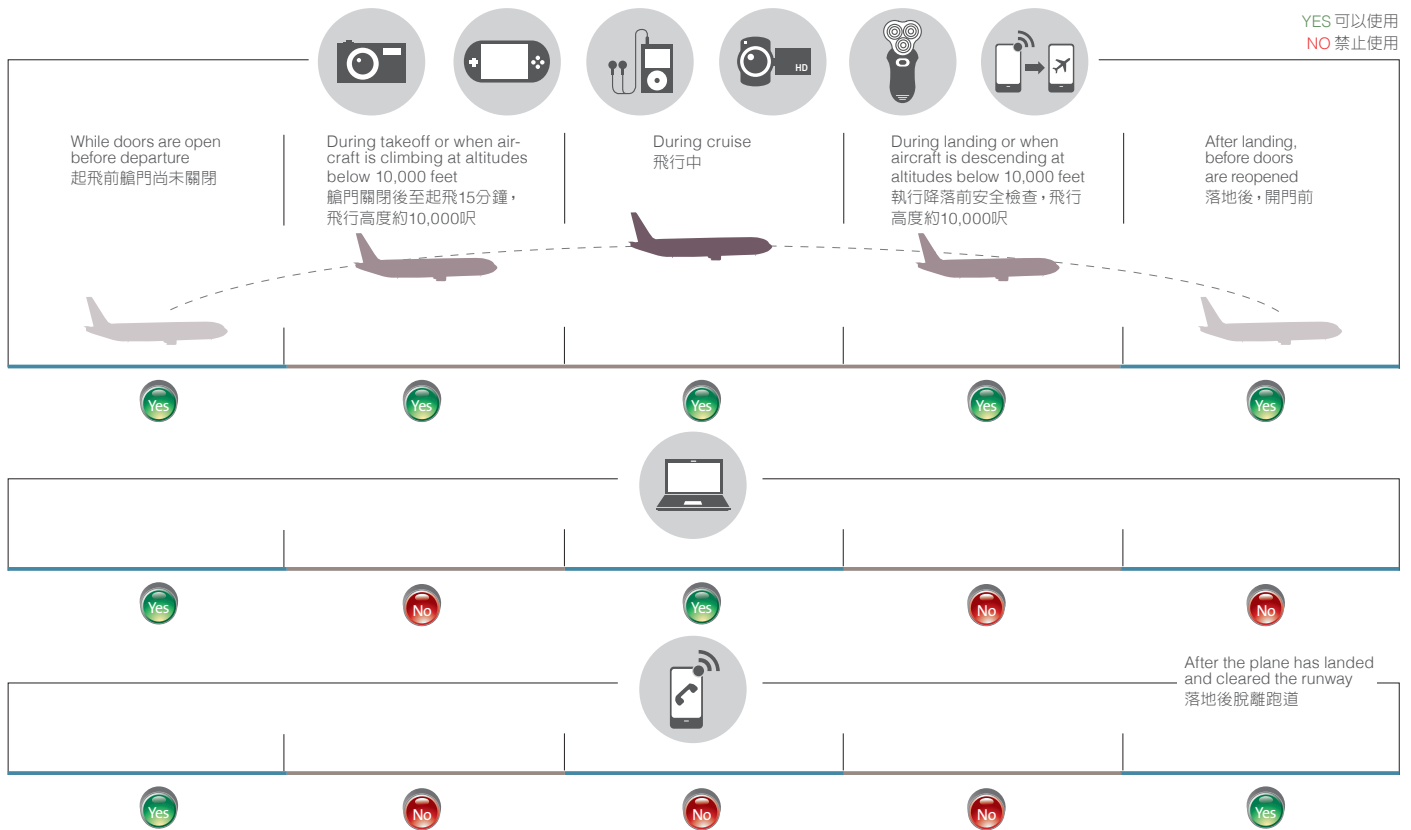
### 航機上不當行為之規範

民用航空法第一百九條之二，於航空器廁所內吸菸者，處新臺幣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，處新臺幣1萬元以上、5萬元以下罰鍰：

- 1 不遵守機長為維護航空器上秩序及安全之指示。
  - 2 使用含酒精飲料或藥物，致危害航空器上秩序。
  - 3 於航空器廁所外之區域吸菸。
  - 4 擅自阻絕偵測器或無故操作其他安全裝置。
- 前項第2款及第3款由航空警察局處罰之。

### 衛星通訊服務

本公司在B747、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。如您在搭乘B747客機途中，需要使用衛星電話，請先向空服人員提出要求，並於撥號後按下「SEND」鍵；而搭乘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。



## Inflight Healthcare 搭機健康須知

### DEEP VEIN THROMBOSIS (DVT)

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

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

### 深部靜脈血栓

長時間踏坐在狹窄空間，容易使得下肢血液難以順暢流動，導致腿部深部靜脈血栓症產生。如要避免，以下是搭機時的一些建議：

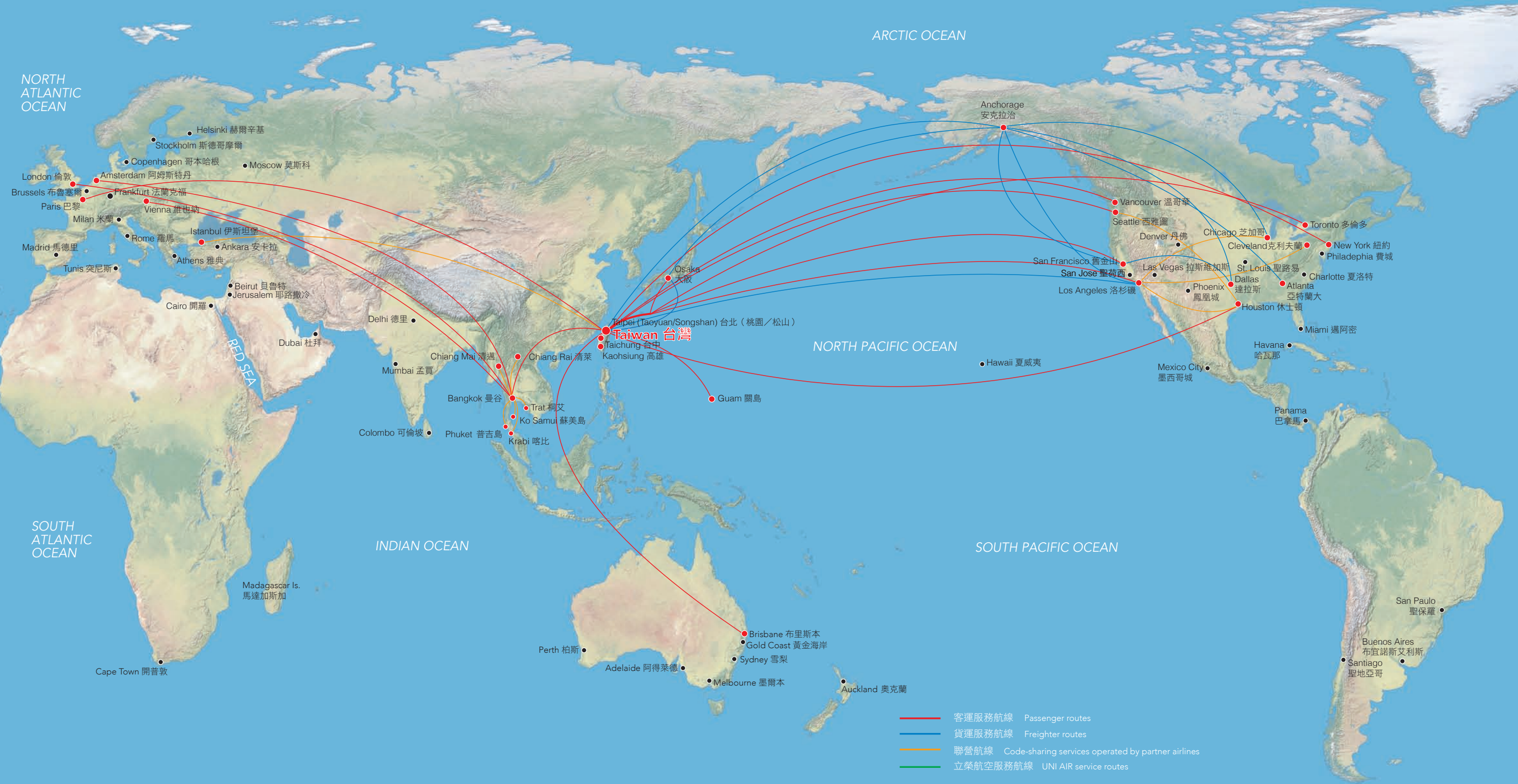
- 多喝水及果汁，避免抽菸、喝酒及含咖啡因飲料。
- 穿較寬鬆的衣服。
- 做適合機上的舒展活動，尤其是腿部肌肉的運動。
- 高危險群旅客，宜在搭機前聽取醫生的建議。
- 本班機備有醫護專用急救箱，隨機之空服人員都接受過基本急救訓練，倘若您感覺不適，請盡速告知空服人員。





# EVA AIR ROUTE MAP

長榮航空長程飛航路線圖



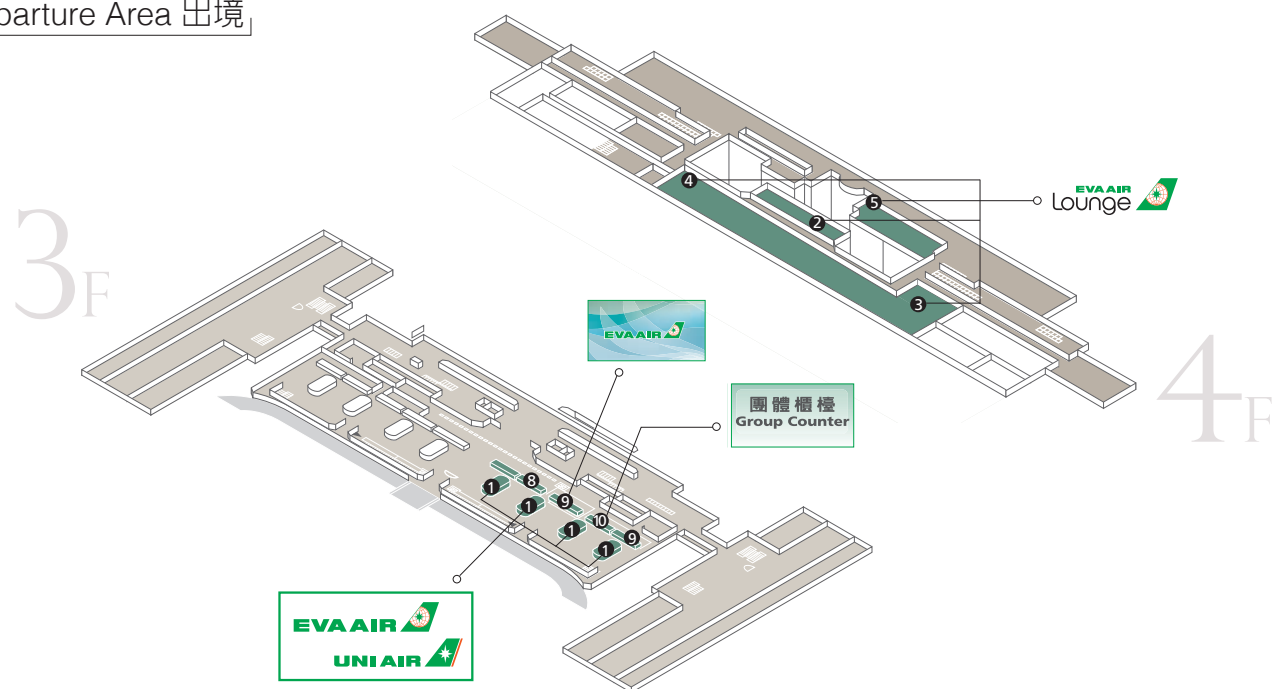
# EVA AIR SERVICES AT TAIWAN'S AIRPORTS

長榮航空於台灣各主要機場服務平面圖

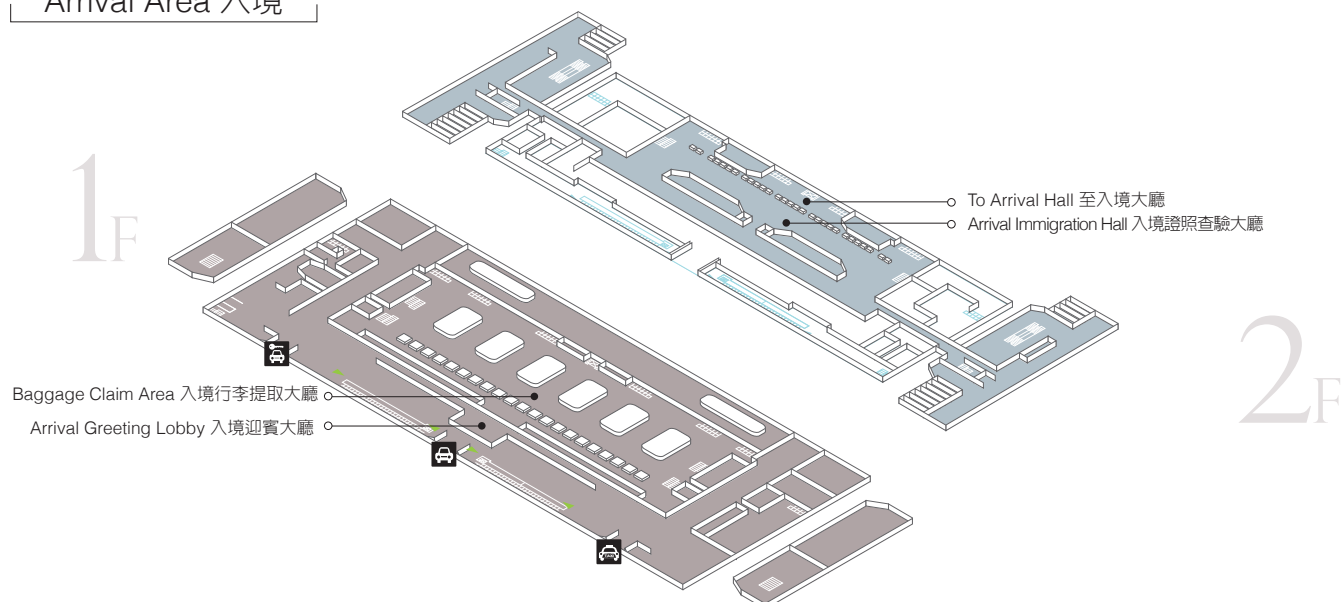
- ① EVA Air Check-in Counter 長榮航空報到櫃檯
- ② The Garden VIP Lounge 長榮The Garden貴賓室
- ③ The Star VIP Lounge 長榮The Star貴賓室
- ④ The Infinity VIP Lounge 長榮The Infinity貴賓室
- ⑤ The Club VIP Lounge 長榮The Club貴賓室
- ⑥ EVA Air Lounge 長榮航空貴賓室
- ⑦ Diamond Members Check-in Lounge 鑽石卡會員迎賓專區
- ⑧ Hello Kitty Check-in Kiosks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

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

Departure Area 出境

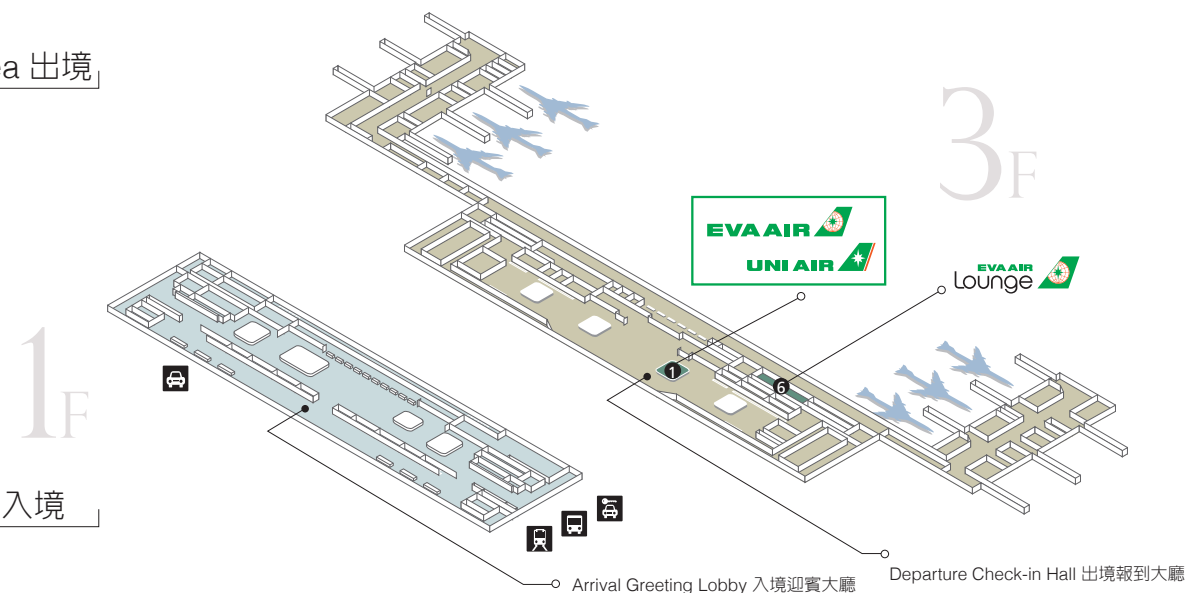


Arrival Area 入境



## KAOHSIUNG INTERNATIONAL AIRPORT 高雄國際航空站

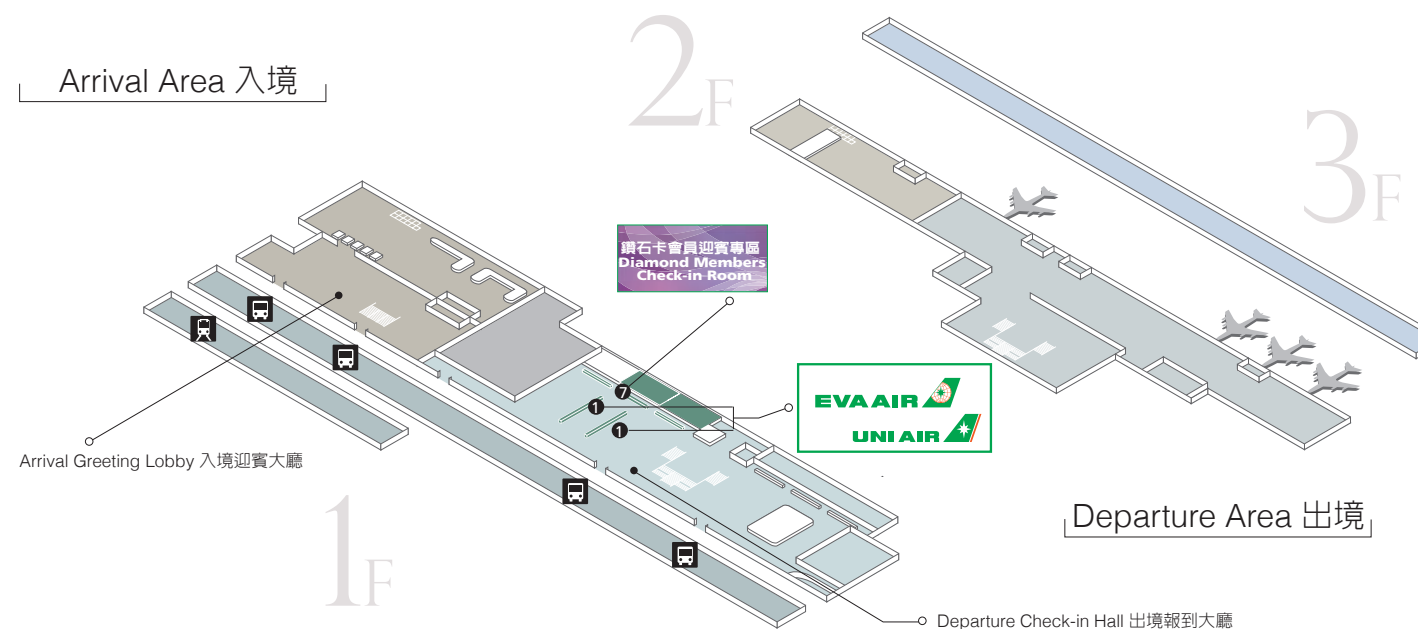
Departure Area 出境



Arrival Area 入境

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

Arrival Area 入境



Departure Area 出境

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	30 min. (RMB 4) 25-40 min. (RMB 70-90)	50 min. (RMB 150)	86-21-22352196
Shanghai (Pudong) 上海 (浦東)	45 km	50-90 min. (RMB 16-30) 8 min. (RMB 50)		86-21-68339884
Shenzhen 深圳	32 km	60 min. (RMB 20)	40 min. (RMB 140)	86-755-23459322
Hong Kong 香港	37.5 km	46 min. (HKD 33) 20 min. (HKD 90)	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 1,000) 36 min. (JPY 1,040)	60 min. (JPY 12,000)	81-123-451112
Sendai 仙台	9 km	21 min. (JPY 630)	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)	81-22-6667461
Seoul (Incheon) 首爾 (仁川)	55 km	90 min. (KRW 9,000-14,000)		82-32-7443512
Tokyo (Haneda) 東京 (羽田)	14 km	40 min. (JPY 900) 30 min. (JPY 620)	20 min. (JPY 5,570)	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. (THB150)  30-60 min. (THB300-400)		66-2-1342521-25
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)	84-4-35876566
Ho Chi Minh 胡志明	8 km	30-60 min. (VND 100,000-200,000)		84-8-38445211
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	PHP 500		63-2-8796250
Phnom Penh 金邊	7 km	10-15 min. (USD 9)		855-23-890188
Singapore 新加坡	20 km	60 min. (SGD 2) 35 min. (SGD 2)	20-30 min. (SGD 18-38)	65-65430103
Surabaya 泗水	16 km	IDR 15,000	IDR 12,000	62-31-8690896
Australia 澳洲地區				
Brisbane 布里斯本	16 km	30-60 min. (AUD 15-20) 20 min. (AUD 16)	30 min. (AUD 45-50)	61-7-31141120
North America 北美洲地區				
Guam 關島	6 km	10-15 min. (USD 23)		1-671-6487225
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)	1-310-6469812~15
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	20-40 min. (USD 20-40) 30 min. (USD 7-8)	30 min. (USD 30-45)	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 3.1) 20 min. (EUR 3.7)	15 min. (EUR 22.7-27.2)	31-20-4466279
Istanbul 伊斯坦堡	23 km	35min. (TL11) 45 min. (TL4)	30 min. (TL40)	90-212-401-6955
London 倫敦	24 km	15 min. (GBP 19)	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)	43-1-700735581

Bus Taxi MRT or Train

**Note**

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。



**B777-300ER** | 313 / 323 / 333 Passengers

No. of aircraft 架數: 23 (313-10架, 323-5架, 333-8架)  
 Classes 艙等: 3 (C:38, 39/ED:64,56/Y:211,221,238)  
 Seat pitch 各艙等椅距: 2m/38"/32"~33"



**B747-400** | 372 Passengers

No. of aircraft 架數: 3  
 Classes 艙等: 3 (C:36/ED:56/Y:280)  
 Seat pitch 各艙等椅距: 61"/38"/33"~36"



**A330-300** | 309 Passengers

No. of aircraft 架數: 5  
 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: 8  
 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: 20  
 Classes 艙等: 2 (C:8/Y:176)  
 Seat pitch 各艙等椅距: 45"/31"~32"



**B747-400** | Cargo

No. of aircraft 架數: 8

C: Royal Laurel Class 皇璽桂冠艙 / Premium Laurel Class 桂冠艙 / Business Class 商務艙 ED: Elite Class 菁英艙 Y: Economy Class 經濟艙

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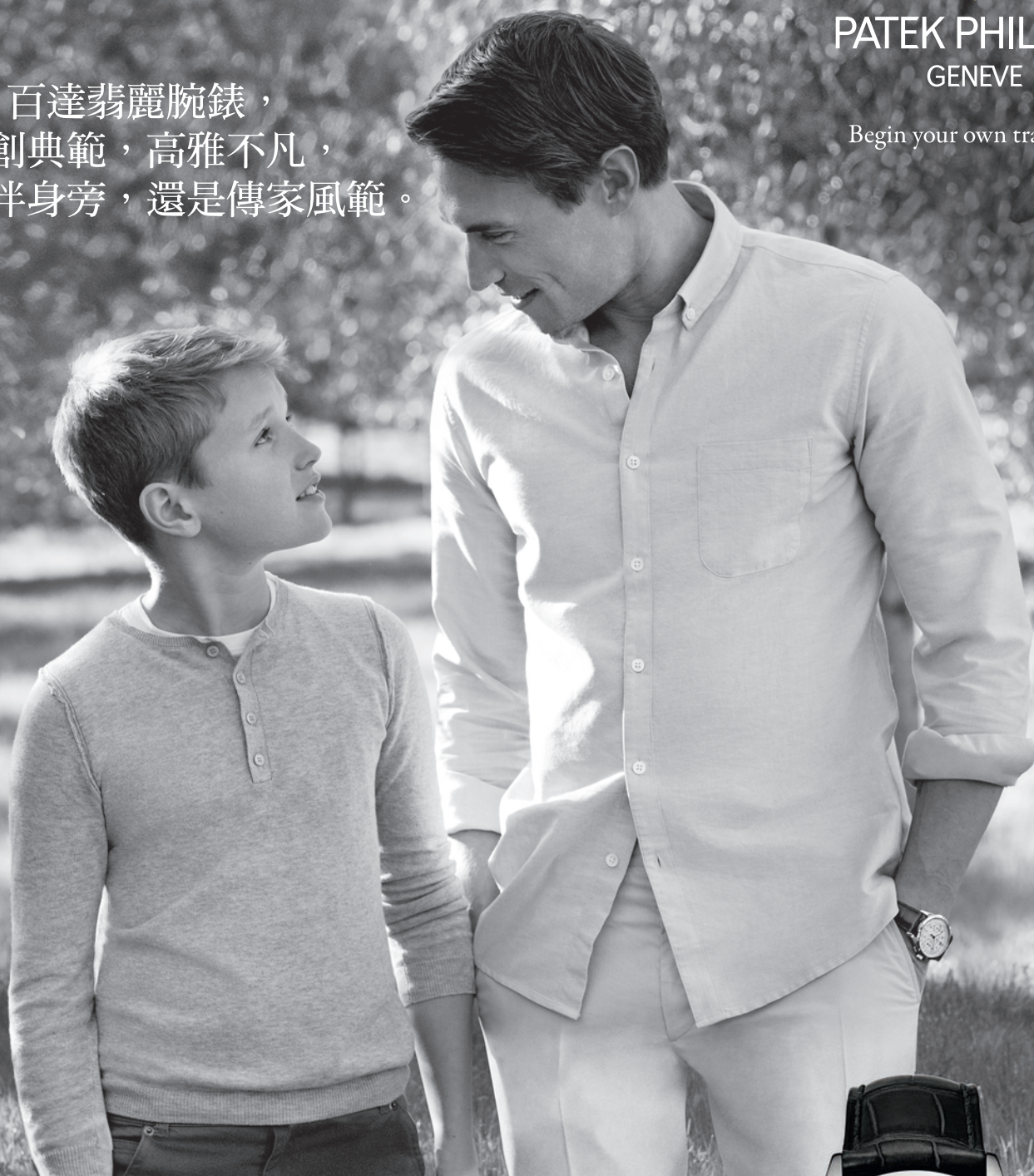




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