



DressCircle

A KERRY PROPERTIES PUBLICATION

臻善譜



Pure and precious; heartfelt and hopeful: a child's view of the world, depicted in artwork, sparks joy through its sheer simplicity. May we all appreciate what we have with a pure heart, and look with fresh positivity towards the year ahead.

純潔而珍貴，真誠和充滿希望：小孩子通過繪畫藝術表達對這世界的看法，簡單而令人喜悅。讓我們都能以純摯的心和正能量迎接新一年。

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Green Escape Street is a rolling programme of events which could leverage the people-centric design of Jing An Kerry Centre for the community's enjoyment

「安義夜巷」是一項定期舉辦的活動，旨在善用靜安嘉里中心以人為本的設計，為區內人士提供更多消閒娛樂選擇



CREATING VALUE FOR ALL TO SHARE

Beyond building lifestyle-enhancing physical infrastructure, Kerry Properties adds value to the community and its own people

Over the course of a leisurely weekend, when the Shanghai community comes out to play, the people don't have to go far to enjoy a "green escape".

A vast stretch of Anyi Road, anchored by Jing An Kerry Centre, is transformed into an outdoor destination of market stalls and craft displays, food kiosks, games, and family fun. With entertainment stretching from afternoon into the evening, locals and tourists alike converge to enjoy a healthier and more inclusive night life.

Green Escape Street is envisaged as a rolling programme of events that could leverage the people-centric design of Jing An Kerry Centre for the community's enjoyment. As attested by the positive feedback from tens of thousands of visitors, Green Escape Street is a welcome addition to the lifestyle enriching opportunities for which the centre is already renowned.

A collaboration between Kerry Properties and Shanghai Jing'an District People's Government, this successful pilot project shows the developer's heart in seeking new ways to create shared value for the communities in which it operates.

Moving on from Corporate Social Responsibility, which requires companies to be socially and environmentally responsible, creating shared value is regarded as the next mission.



The shared value model reimagines the way companies were run in the past, enhancing local communities while also meeting the needs of stakeholders.

This idea of doing well, while doing good, can have a positive impact on society – for when lives are improved, and knowledge is imparted, true value is created for all to share.

What might such a model look like? In the case of Kerry Properties, providing an environment in which communities can thrive is integral to the human element of the company's value creation philosophy.

Committed to delivering value to all stakeholders, not just shareholders, spaces are given over for meaningful community activities. In the heart of Jing An Kerry Centre, an open space called The Piazza hosts a rolling series of events focused on greener and healthier living, at the same time offering a dream platform for small and start-up local businesses to showcase their wares.

For instance, eco-friendly market days are plastic bag-free. People bring their own baskets to buy fresh produce and other foodstuffs direct from farmers and artisanal producers, who in turn gain valuable exposure which helps their enterprise to grow.

On other occasions, The Piazza is utilised as a book and/or clothing exchange. Community members are invited to bring along items that they don't need and exchange them with others for re-use, or gather to learn a new skill from guest presenters – such as how to upcycle old jeans into handy shopping bags.

Playground at the Piazza brings in DJs and bands to entertain the crowds, with the mall's bars serving refreshments. Movie nights are extremely popular on summer evenings, as are the wine and cocktail events. No wonder local media have called Jing An Kerry Centre the most fashionable mall in Shanghai.

While serving the community as a gleaming modern mall, Jing An Kerry Centre also pays tribute to the nation's cultural heritage. An apartment where Chairman Mao Zedong once lived is located on the site, and its preservation was considered mandatory during the mall's design.

Under Kerry Properties' management, in consultation with the municipal government, the home is being repurposed as a gallery for contemporary art. Called An Yi 63 Gallery, it is scheduled to open in 2020.

In valuing its own people, Kerry Properties wants its workplaces to be an environment where individuals

can thrive and grow. The establishment of Kerry Innovation and Creation Community (KICC) demonstrates this commitment in action.

Launched at Kerry Centre, the company's Hong Kong headquarters, KICC is an organic, volunteer-based platform for colleagues to share their thoughts and ideas in different ways. Its objective is to promote a company-wide innovative mindset; and to foster an environment where inclusive, 360-degree participation is encouraged.

KICC is open to every staff member, regardless of their position, business units or specialties, and since its launch, a core group of volunteers have given their time and energy to be actively involved.

Collaboratively, members of this core team brainstorm creative ideas that could add value to their working lives. External site visits and other learning sessions have also been arranged to broaden the scope.

Within the first six months, over 80 innovative ideas emerged in areas as diverse as leveraging technology for greater efficiency, enhancing the office environment, and various green initiatives.

Led by young "champions", many aspiring leaders of the future, hands-on sessions with department heads and mentors are arranged to refine the ideas and move them forward into action plans.

By involving colleagues across departments and roles, Kerry Properties aims to use this initiative to let each individual know that they are valued and encouraged to contribute. Collaborating through KICC in this way fosters creativity and learning among colleagues, and blends complementary strengths.

Truly meaningful and innovative shared value creation is an evolving process, which at Kerry Properties follows a strategic commitment to grow stronger and more impactful year-on-year.



共享價值 兼善社會

嘉里建設不僅致力建造優質物業和理想的生活空間，也為社區和其成員創造價值

在一個悠閒的週末，喜愛外出享樂的上海居民無須攀山涉水，也能享受一個「綠色的假期」。

靜安嘉里中心旁邊的一大段安義路，化身成戶外娛樂熱點，有露天市集、手工藝品展覽、小食檔和遊戲攤位，是享受親子樂的勝地。精彩娛樂由下午開放至晚上，讓本地人和遊客聚首一堂，享受更健康、更共融的夜生活。

這個名為「安義夜巷」的活動，利用上海市靜安嘉里中心以人為本的設計，讓社群享受生活。大樓早已因積極為生活增添樂趣而聞名，而造就更精彩生活面貌的安義夜巷更是好評如潮，獲數以千計的訪客一致好評。

這項活動由嘉里建設及上海市靜安區人民政府合辦，其空前成功彰顯發展商致力尋覓嶄新方式，為其扎根的社區締造共享價值。

企業社會責任，講求企業「兼善」天下，貢獻社會和環境，締造共享價值被視為下一個目標。

共享價值模式對企業以往的營運方式加以重塑，著重為本土社群改善生活，同時滿足持份者的需要。

這種經營有道與兼善天下並駕齊驅的概念，可以造福社會；而當生活得到改善，知識得以傳承，便創造出人人共享的價值。

這種模式如何運作？以嘉里建設為例，公司創造價值理念的人文要素中，提供讓社區蓬勃發展的環境，是不可或缺的一環。

公司並非純粹為了滿足股東的期望，而是致力為所有持份者締造價值，因此騰出空間，舉辦意義非凡的社區活動。在靜安嘉里中心的中央位置設有名為The Piazza的開放空間，舉辦一連串提倡綠色健康生活的活動，並為當地小型及初創企業提供展示產品的理想平台。

舉例而言，環保市集上絕無膠袋的蹤影。大家自備籃子選購的新鮮農產品及食品，由農夫及手工藝生產商直接送達；反過來，後者則獲取寶貴的曝光率，促進業務增長。

The Piazza有時也會化作書籍及衣服的交換平台，邀請區內人士帶同不需要的物品前來與其他人交換，為物品賦予第二次生命；或聚首一堂，學習客席講者分享「升級再造」的新點子，諸如將舊牛仔褲升級改造為實用的購物袋。

廣場請來DJ和樂隊駐場表演，由商場酒吧供應小吃和飲料。夏天傍晚的電影晚會和品酒活動尤其受歡迎，難怪當地媒體稱靜安嘉里中心為上海市內最時髦的商場。

靜安嘉里中心不但是致力服務社群的時尚商場，同時亦向中國的文化傳統致敬。曾為毛澤東主席故居的建築物坐落於廣場內，而完整保留故居為商場規劃中的必然要素。

嘉里建設諮詢市政府後，將故居活化成為當代藝術畫廊An Yi 63 Gallery，預計2020年開幕。

嘉里建設亦很重視員工，務求把職場打造成為員工茁壯成長的環境。公司遂創建嘉里創新及創意社群(KICC)以履行承諾。

KICC於2019年4月在香港總部嘉里中心開始推行，提供自願性質參與的平台，讓同事以不同方式分享構想及意念。社群目標是在全公司宣揚創新思維，建構能促進共融文化、讓員工全方位參與的環境。

KICC歡迎所有員工參與，不論職級、部門或專長。自創立以來，多位核心成員義務貢獻時間和精力，積極參與社群的工作。

這支核心團隊同心協力，激發創意思維，構思為工作生活增添價值的良方妙策。團隊還會安排外出實地考察及學習活動，進一步了解其他有關的議題和範例。

社群推出的首六個月，構想出逾80個創新意念，涵蓋多個領域，如運用科技來提高效益、改善辦公室環境及提議各項環保措施。

KICC由多位有望成為未來領袖的新晉「菁英」統籌，與眾部門主管及導師舉行會議，進一步改良各個想法，再制訂出實踐方案。

這項計劃讓不同部門及職分的員工參與，藉此令他們體會公司對每位員工的重視，並鼓勵他們提出想法。如此透過KICC的協作，激活了員工的創意和學習思維，結合集體的智慧 and 優勢。

創造共享價值能帶出新機，亦富有意義，嘉里建設在這個蛻變過程中，履行策略性承諾，令公司日益壯大，更加團結和積極。



PLASHARK

To promote environmental awareness in an innovative and inspiring way, Jigsaw, a group of volunteers of the Kerry Group, decided to make a beautiful sculpture out of waste. In collaboration with the local artist group &dear, the volunteers collected, cleaned, sorted and dismantled the raw materials, before reassembling the parts to form two graceful hammerhead sharks. The installations utilised 1,318 plastic bottles, 3,258 plastic bottle caps and 93 wooden wine cases, all of which can be recycled after the exhibition at Kerry Centre, MegaBox and Enterprise Square in Hong Kong. It is hoped this community engagement initiative would encourage everyone to rethink their daily habits, and to treasure and respect nature.

雙雙

嘉里集團的義工隊Jigsaw聯同本地藝術團體&dear，利用廢料塑造出一組美輪美奐的裝置藝術品，旨在透過創新而具啟發性的方法，提高公眾的環保意識。義工們收集、清洗、分類和拆開原材料，再重新拼合成兩條形態優美的斧頭鯊魚。這座裝置藝術品由1,318個回收塑膠樽、3,258個樽蓋及93個紅酒木箱製成，在香港的嘉里中心、MegaBox及企業廣場展出後，均會全部回收再造。這個社區參與計劃期望讓大眾反思日常生活習慣，與自然相珍相惜，並肩同行。

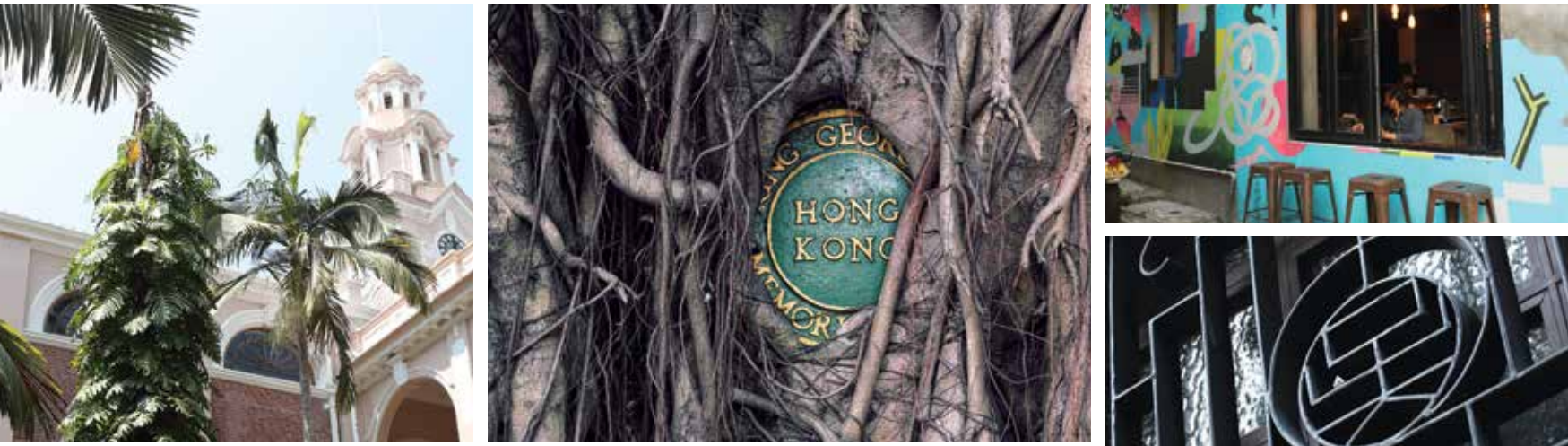


To know more about the story of Plashark? 想了解更多有關雙雙的故事?



More than 40 property management colleagues joined the Waste Challenges and Opportunities for Property Management Workshop, and discussed their views on waste challenges confronting Hong Kong. 早前有超過40位香港物業管理同事共同參與「廢物處理的挑戰與機遇」工作坊，探討香港廢物管理問題。

To drive mindset and cultural change in the workplace, and encourage thinking outside the box are key elements of the mission statement of the Kerry Innovation and Creation Community. 在企業推動創意思維、改進工作文化及鼓勵跳脫框架思考是嘉里創新及創意社群使命宣言中的重要元素。



ELITE SOCIAL SPACE GLOWS FROM WITHIN

The chic new hub for urban sophisticates in Hong Kong offers culture and serenity in a prime locale



Street life is so vibrant, with all its sights, sounds and scents. Walking around the neighbourhood, you'll likely bump into a friendly face; chat with a local storekeeper; or just take comfort in all that is so reassuringly familiar.

You can walk your dog, or push a stroller, as no-one is in a particular hurry. And when the delicious aroma of a freshly baked croissant becomes irresistible, just follow your nose into a favourite patisserie where the barista already knows how you like your coffee.

A certain pocket of Mid-Levels West is such a place. Cocooned between the green tranquillity of esteemed seat of learning, the University of Hong Kong (HKU), and busy, bustling Central, one feels like the busyness of life has been paused the moment that home is in sight.

You can feel it before you see it. A garden path winds down Hing Hon Road to that beacon of urban sophistication, Resiglow-Bonham, and inside, sparkling new apartments awaiting their occupants.

But before looking inside these comfortable, contemporary residences, let's make a coffee, step out onto the balcony, and survey the neighbourhood first.

We're in one of Resiglow-Bonham's social spaces, and it feels like being among the treetops with greenery all around. From this exclusive vantage

point, it's easy to see how all the wants and needs of a modern, cosmopolitan lifestyle are within walking distance.

Gazing down onto a newly landscaped path that paves the way towards Central, neighbouring residential building The Summa is another addition. Its architecture incorporating a mid-20th century windows and floor tiles preserved from the original building on this site adds to the locality's sense of history, while creating something new, original and beautiful.

To the right, other locals are making their way towards the nearby HKU or Sai Ying Pun MTR stations. The widened and rebuilt staircases they traverse clearly makes Hing Hon Road more walkable for the interesting mix of professionals, intellectuals and urban sophisticates passing by.

Some are going to or from HKU, its time-honoured campus with its elegant, Edwardian-Baroque-style main building within a one-minute stroll. Others may be en route to the various heritage buildings repurposed as galleries and museums, or the grand schools and churches that still serve the community as they have for over a century.

In harmony with this district's historic charm, everywhere shows evidence of how it is evolving. A place where the heritage architecture is juxtaposed with fashion-forward concept stores, and authentic tea



Resiglow-Bonham offers a spacious common space for different social gatherings
Resiglow-Bonham 提供一個寬敞的共用空間，適合舉辦不同聚會



The glamorous clubhouse in the style of a refined English manor
具英倫別墅風格的華麗會所

houses coexist with modern eateries and galleries, this colourful neighbourhood reveals itself as proudly local, and unmistakably global.

Starting at one end of High Street, a high-end lobster and oyster bar begins a procession of dining choices. International cuisines span the gamut from a New York grill to Tex-Mex ribs and tacos; an Italian pizzeria and traditional French bistro; to Korean and Japanese fare. If you long for a Hong Kong milk tea and pineapple bun, the friendly cha chaan teng welcomes all customers, Western and local.

This eating strip is quiet, away from noisy main roads, and many of the establishments are pet-friendly.

The shopping is equally diverse. For home supplies, take your basket to the wet market and fill it with freshly picked produce. For everything else, an international grocery store stays open late.

Then, there is the peace that comes with all the greenery around. Spending time in nature brings balance into busy lives, and the vast open spaces of Pokfulam Country Park, Mount Davis and The Peak are within easy reach.

Newly-built Resiglow-Bonham positions its residents at the heart of this rich urban tapestry.

The garden greenery embracing the entry is a sign of things to come, for every apartment has at least one

balcony – sometimes two – and many offer views of the district's treed surroundings.

With 156 units arranged over 26 floors, you'll never feel overcrowded. Choose from studios, one-bedroom or two-bedroom suites, each with well-fitted kitchens and stylish, spacious bathrooms.

Continuing a theme of neighbourhood conviviality, social spaces are a feature of the building's design. From the glamorous clubhouse in the style of a refined English manor, to a cosy lounge for more intimate gatherings, and a collaborative pantry/dining area opening out to an expansive balcony, there's always somewhere to work privately, relax, or socialise in the various shared spaces of the building. A gym, steam rooms and yoga space take care of your fitness, too.

It's also pet-friendly, so your four-legged friends are welcome, too. And pet minding is just one of the professional management services provided by at this property, including daily concierge, 24-hour security, comprehensive housekeeping, event organising and equipment on loan.

For those seeking a hassle-free lifestyle specially curated under Kerry Properties' new contemporary residential rental brand, Resiglow-Bonham in Mid-Levels West is the place where sophisticated urban living begins.

都會桃源

城中品味人士新樞紐，締造優質地段雅致居停

街道面貌多姿多采，對視覺、聽覺和嗅覺帶來刺激。徜徉於小區，你或許碰見友善的面孔、與小店店主談天說地，或純粹流連於熟悉的環境，享受片刻閒適安逸。

街道上沒有行色匆匆的途人，你可以帶着愛犬或推着嬰兒車散步。新鮮出爐牛角包的香氣撲鼻而來，令人難以抗拒，你循着氣味走進餅店，店員對你喜愛的咖啡瞭如指掌。

凡此種種，正是西半山一帶的日常掠影。西半山位處環境清幽的高等學府——香港大學與繁華熱鬧的中環之間，居所映入眼簾的一刻，彷彿生活的營營役役統統隔絕於門外。

未見其居，高雅格調已感受得到。與漢道一條花園小徑，引領我們來到都市雅居 Resiglow-Bonham，簇新單位靜候住客入住。

欣賞舒適時尚住宅的裝潢前，不如泡杯咖啡，走出陽台，俯瞰區內風光。

我們處身於 Resiglow-Bonham 的公共空間，卻恍若徜徉於樹梢之間，被一片綠意環抱。坐擁如此優越視野，你會輕鬆發現幾步之遙，現代都市人的理想生活模式唾手可得。

俯瞰延伸至中環的景觀路徑，毗鄰的高士台也是另一個雅致屋苑。大樓將從原址保存下來的20世紀中葉風格的窗戶和地磚與建築結合，為當區增添歷史氣息，同時呈獻嶄新亮麗的原創設計。

往右邊看去，居民正前往鄰近的香港大學或西營盤港鐵站。他們走過已重建及加闊的梯級，令與漢道更適合於步行，專業人士、知識分子、都會雅士……形形色色的人穿梭其中，絡繹不絕。

部分人往返香港大學，這座校園歷史悠久，步行約三數分鐘，即抵達古典優雅、愛德華巴洛克風格的本部大樓。其他人或前往區內多幢活化成藝廊及博物館的歷史古蹟、名校或為社區服務逾一世紀的教堂。

歷史魅力融入社區，處處見證小區的發展歷程。多姿多采的西半山既有引以為傲的地道風情，也流露不折不扣的國際氣派，歷史建築與時尚概念店毗連並立，傳統茶室與新派食肆和畫廊並存不悖。

區內美食紛陳，讓饕客大快朵頤。由街頭的高級龍蝦生蠔吧打頭陣，高街食肆林立，薈萃環球美饌，從紐約美式烤肉、德州/墨西哥烤肋排和玉米卷、意大利薄餅、傳統法式餐館、以至日韓料理，應有盡有。如果你想品嚐港式奶茶和菠蘿包，親民的茶餐廳備受外國人和本土居民歡迎。

這條寧靜的食街遠離喧鬧的主幹道，而且大部分餐廳歡迎「毛孩」。

購物方面，同樣多元化。日常購物，可自備菜籃前往街市，挑選新鮮採摘的食材，其他物品則可光顧營業至深夜的超級市場。

綠意盎然令人心曠神怡，投奔大自然可緩和忙碌緊張的生活，薄扶林郊野公園、摩星嶺和山頂的廣闊公共空間均在附近不遠處，輕易到達。

新建成的 Resiglow-Bonham 正位於這個精彩都會小區的心臟地帶。

入口處的園藝佈置反映建築着重綠色設計，每個單位具備至少一個甚至兩個陽台，很多更享有區內綠蔭景觀。

156伙單位分佈在26層，空間毫不侷促。間隔涵蓋開放式、一房至兩房連套房，每個單位設有裝修得宜的廚房及時尚寬敞的浴室。

大樓設計以公共空間為特色，延續促進鄰里和睦共處的理念。從英倫別墅風格的華麗會所、適合親密聚會舒適貴賓室，以至連接廣闊陽台的開放式小型廚房及用餐區，大樓各個共享空間提供讓人獨自工作、放鬆身心以及社交聯誼的地方。健身房、蒸氣室和可做瑜伽的活動空間也助住客保持健康體魄。

寵物友善的大樓亦歡迎「毛孩」，物業管理不但提供寵物看顧，其他專業管理服務包括日常禮賓服務、24小時保安、綜合家務服務、活動規劃及設備租賃。

若你追求輕鬆自在的生活模式，嘉里建設位於西半山的全新住宅租賃項目 Resiglow-Bonham 定能讓你高枕無憂，讓雅致都會生活從這裏掀開序幕。





WINE & DINE, ANY TIME

From day through to evenings and on weekends, Food Street at Beijing Kerry Centre is the social scene the city has been waiting for

Nourishing communities in ways far deeper than just fuelling bodies, food unites people from all walks of life in the spirit of sharing.

According to a study by UK's University of Oxford, eating together is so good for us that it shouldn't be reserved for special occasions. Sharing meals "on a more modest, everyday social scale", rather than festive feasting alone, can make people happier and more satisfied with their lives, the researchers suggest.

Everyone is so busy these days that the best opportunities for social eating come when F&B venues are right on your doorstep. For those living and working in the Beijing CBD, the new Food Street at Beijing Kerry Centre is your neighbourhood social go-to. From a convenient lunch to a leisurely dinner, this tranquil wine and dine hub in the city is at its best any time of the day or into the evening.

Apart from the food itself, any restaurant or bar is only as good as the ambience and experience it offers, Food Street has all the ingredients that keep people coming back.

This hasn't happened through guesswork. In the earliest planning stages, workers in the office towers and residents of the apartments were consulted on what they wanted and needed in an F&B precinct within their own building.

Primarily, people asked for a gathering place with friendly atmosphere, multiple choices, and reasonable prices. They didn't want to be constrained by set meal times, but to feel they could drop in at any time, following the mood of the moment.

Concepts evolved for a new F&B hub that would improve the daily life of people who work or live in and around Beijing's inner circle, as well as for visitors. Making a positive contribution to society is a guiding principle for shopping malls managed by Kerry Properties, and as a result, after work, at weekends, or any time of the day or night, the community gravitates to Food Street to graze, feast, or simply sip and sup.

There's no pressure to eat. At the crowd-pleasing Japanese sushi bar The Maki, for instance, the food menu is accompanied by a good selection of sake. The ritual pouring and tasting of this beverage gets conversations started, and soon the banter is flowing.

At Korean restaurant Dubujib, friends chatter as they tuck into its famous tofu in a pot, while steaming plates of Chengdu local food and Chongqing-style





For those living and working in the Beijing CBD, the opening of the new Food Street at Beijing Kerry Centre in August 2019 (below) is the place to go from a convenient lunch to a leisurely dinner.

對在北京商務中心區居住和工作的人士來說，在2019年8月開業的北京嘉里中心美食街（下圖）是從便捷午餐以至悠閒晚餐的不二之選。

味遊京城

無論日與夜、平日或周末，北京嘉里中心的美食街均是城中翹首以盼的社交歡聚新平台

食物不僅為身體補充能量，透過分享美食更可匯聚各行各業的人，創建朝氣蓬勃的社區。

英國牛津大學研究指出，與別人一起吃飯原來大有裨益，因此不應留待特別場合才共膳。研究學者表示，比起只在節日圍桌共餐，在日常社交生活中來個小規模的聚餐，可令人更愉悅，對生活更感稱心滿意。

現代人生活繁忙，如果餐飲場所近在咫尺，社交聚餐便容易得多。若你在北京商業區居住和工作，北京嘉里中心新開業的美食街可謂區內社交應酬的不二之選。這裡美食薈萃雲集美酒佳餚，從便捷午餐以至悠閒晚餐，不分晝夜，為饕客提供頂尖服務。

除食物外，每間餐廳和酒吧也跟美食街的整體氛圍和體驗一樣，出類拔萃，具備所有令人再三造訪的元素。

成功的規劃非靠空想臆測而來。在初期規劃階段已諮詢辦公大樓的員工和公寓的住客，希望他們就所在大樓內的餐飲區表達意見。

據調查顯示，他們主要希望享有氣氛友好、選擇眾多和價錢合理的聚餐地點。他們不

想受制於既定的用餐時間，而是想興之所至、隨時造訪，享用美酒佳餚。

全新美食薈萃的概念，旨在令北京市中心居民和上班族有更多選擇，並為遊客帶來便利。嘉里建設營運的商場常為社區帶來正面貢獻，讓區內人士下班後、周末期間或任何時段，都能前往美食街購買零食、品嚐大餐，甚或純粹小酌一杯。

美食街引進不同餐飲品牌，風味各異，讓顧客輕鬆作出選擇，滿足味蕾享受。深受歡迎的居酒屋式日本壽司店「The Maki」供應一系列精心挑選的清酒。隨着酒過三巡，幾杯清酒下肚，大家輕鬆攀談起來，不一會兒便笑聲滿載。

在韓國餐廳「豆腐家」內，一眾好友邊聊個不停，邊大快朵頤地品嚐著名的豆腐鍋；另一邊廂，中式餐館的食客則忙着分享熱氣騰騰的成都地道小菜和重慶麵條，氣氛熱絡。

若想吃得輕盈一點，「Avocado Tree」的健康料理、「Bento」的精緻便當或清爽的「Subway」三文治，都是不錯的輕食選擇。

美食街的環形設計，以無牆概念打破間隔規範的開放式格局，讓顧客悠閒地遊走於不同餐廳，毋須為挑選餐廳而苦惱。空間分佈舒適開揚，朋友招手相邀，興之所至，拉椅坐下，便可加入閒聊。

全新美食街在2019年8月開業，顧客已絡繹不絕。顯而易見，美食街平易近人的氛圍和一流品質，為北京商業區提供了一個翹首以盼的聚腳點。

美食街把歡樂帶到社區，將主題「饌」（讀「喜」）體現得淋漓盡致。

與此同時，美食街薈萃不同餐飲品牌，充分展現美食多元化，令城中的美饌佳餚發光發熱。

首版《北京米其林指南》已於2019年11月面世，吸引到世界各地饕客的注意。

最古老的歐洲酒店和餐廳均以《米其林指南》（即《米芝蓮指南》）為參考，評級成為食客信賴的指標。《指南》出版人表示：「北京菜的食材經精挑細選，而且調味豐富，可謂中國以至各國料理中的頂尖菜系。」祝各位用餐愉快！

noodles are passed around diners in the Chinese speciality restaurants.

Lighter choices include healthy food at Avocado Tree, a delicate Bento box, or a fresh Subway sandwich.

Food Street's circular design, bereft of dividing walls, invites patrons to wander leisurely from one venue to the next, without any pressure to make a choice. Within this relaxed spatial arrangement, it's easy to spot friends who may wave you over for an impromptu catch-up – just pull out a chair and join them.

The new Food Street only opened in August 2019, and is already extremely well patronised. Clearly, the welcoming atmosphere and quality of the F&B offering provides a much-needed hangout space in the Beijing CBD.

Food Street brings happiness to the community, and is clearly living up to its theme「饌」, pronounced as “xi” or「喜」.

Its arrival also comes as an international gourmet guide shines a light on the city's cuisine.

The first edition of *Michelin Guide Beijing* was launched in November 2019, surely capturing the



attention of foodies the world over.

As the oldest European hotel and restaurant reference book, the Michelin Guide's grading is a trusted source for diners. In the words of its publishers, “Beijing's cuisine, with its well-chosen ingredients and rich seasonings, is a jewel in the crown of Chinese and global cuisine”. Happy eating!



The Heartbeat of Qianhai



Located in the heart of Qianhai, Qianhai Kerry Centre is a landmark building that offers spectacular views of the city skyline and the bay. The project consists of three sites with a total site area of approximately 68,800 sq.m. The total gross floor area is over 400,000 sq.m. In the spirit of "We go beyond building", we have built a dynamic and inclusive development that echoes the powerful heartbeat of Qianhai. It is an ecological mixed-use development, comprising international standard offices and commercial spaces, apartments and a hotel.

Our vision is focused on the development of enterprises and human experiences. We bring art, culture, nature and wellness together in a place that re-establishes organic connections between people, the environment and the spaces they occupy. We foster innovative thinking by forging a vibrant and diverse community of millennials and global enterprises.



Nature

Capitalizing on the area's coastline and expansive green parks, the project is designed to integrate with the natural environment. There are multiple levels of gardens, providing refreshing enclaves where people can coexist harmoniously with nature and where the natural world can flourish—even in a built environment.

Nurture

This is an environment that inspires innovation and exploration. Here, visionary entrepreneurs and energetic creatives gather to share global perspectives that extend beyond cultural boundaries. People from all walks of life find common ground to interact and build connections. From cutting-edge ideas to pioneering business propositions, there is no shortage of inspiration.

Diversity

Innovation sparks transformation. Open public spaces that cultivate cultural diversity and integrate smart technology to help shape daily life, whether at work or play. Idea sharing events and fun activities are scheduled regularly, providing the opportunity for modern minds to learn, create and innovate together in a supportive and dynamic environment.



躍動前海

前海嘉里中心，位於前海之心，灣景天際線標誌性建築，共包含三個地塊，總用地面積約6.88萬平方米，總建築面積逾40萬平方米。項目秉承“我們建造，卻不止於建造”的企業發展理念，打造集寫字樓、商業、公寓及酒店於一體的國際化生態綜合體，與前海澎湃心跳壹脈相承。

我們聚焦於企業與人的發展和體驗，在多業態綜合發展之外進一步探索，將自然、健康和人文藝術，融入到工作與生活場景之中，重新建立人與人、人與自然、人與空間的有機連接。我們孕育創意思維、鼓勵多元社群互動，讓環球企業與千禧一代在此綻放精彩活力。



探索自然力量

得天獨厚的海岸、綠意盎然的公園環抱著項目，街區式規劃設計確保建築能跟自然環境多維連接，立體園林把自然帶進建築空間，令建築與自然、人與空間有機融合，讓建築在自然中呼吸，自然在建築中綻放。

培育靈感之源

我們鼓勵創新及勇於開拓發現，遠見卓識的企業家、富有創意的群體匯聚於此，國際化基因以及全球視野跨越多元的文化界限，讓不同文化背景的人們相互交流激發出先鋒想象力，培育靈感並收穫更多啟發。

觸發多元共享

多元文化的碰撞，不同觀點的交流，是創造力的源泉。因此，我們設計了多樣開放的公共空間，加入智能科技的體驗，將生活與辦公場景多維融合，通過舉辦豐富多彩的活動，讓多元的文化、觀點和思想可以互動，也讓每一處場景都能激動人心。



RAISING THE BAR ON THE FOOD OF LOVE

Discover the art of chocolate-making at a boutique cacao farm in Cebu

Chocolate's association with love long predates current Valentine's Day tradition. In ancient Mesoamerican (Middle American) history, cacao beans were a commodity as valuable as gold, and upper-class elites wishing to make an impression would serve them in a delectable drink.

Today, chocolate-lovers can take heart that their favourite indulgence is actually good for them.

Moderate consumption of this "food of the gods" – as it is known in Greek – has long been linked to cardiovascular health, and various studies explain why. High-quality dark chocolate, with a cocoa content of 70 per cent or more, is rich in minerals such as iron, magnesium, and zinc, and is also high in antioxidants which help protect our body cells from damage and disease.

Eating 1-2 ounces, or 1-2 squares, per day is regarded as enough to reap the benefits.

The premium choice is bean-to-bar, a term which refers to a chocolate making process where the maker controls every step from cacao bean to the finished product.

To the delight of consumers, this hand crafting process also brings out intense flavour notes they may never have tasted before.

Most of the world's cocoa is grown in a narrow belt 10 degrees either side of the Equator because cocoa trees grow well in humid tropical climates with regular rains and a short dry season. The Philippines offers perfect growing conditions and has produced cocoa for centuries, albeit on a small scale. Thus, it was deemed the ideal location for Shangri-La Hotels and Resorts to launch The Land of Chocolate, an immersive chocolate sommelier experience, at Shangri-La's Mactan Resort & Spa, Cebu.



Cacao beans were a commodity as valuable as gold in ancient times
古時的可可豆是貴如黃金的商品



The Land of Chocolate at Shangri-La's Mactan Resort & Spa offers an immersive chocolate sommelier experience 香格里拉麥丹島度假酒店的「The Land of Chocolate」為顧客提供一個巧克力品味師的深度體驗

The guest's journey begins in the Chocolate Garden, a young cacao farm right on the property, where boutique bean-to-bar production is overseen by two specialised chocolate sommeliers.

The sommeliers were trained in the classic art of traditional chocolate making by Cebu's "chocolate queen", Raquel Choa. A pioneer in bringing Cebuano cacao to global attention, this well-respected artist and cultural figure was instrumental in conceptualising the farm-to-table initiative.

The sommeliers explain how each cocoa plant takes five years to produce seeds at 75 per cent ripeness, the harvest maturity required to achieve optimal results. Seeds are left to ferment for four to five days, then dried in the sun for a further one to two days, before being roasted in a big, open pan.

The cooked beans are shelled to reveal the inner seeds, called nibs, which at this stage would taste bitter (being 100 per cent raw cocoa). The nibs are then ground until they become a paste, and melted until a liquid mass, called cocoa liquor (non-alcoholic) is produced. With more grinding and the addition of sugar, chocolate is made.

This mixing process, called conching, can take anything from hours to days, depending on the desired outcome.

The next step is tempering. The chocolate is slowly heated and cooled, allowing the cocoa mass to solidify and stabilise. This gives the finished chocolate a glossy, shiny appearance.

Visitors to The Land of Chocolate at Shangri-La's Mactan Resort & Spa get not only to learn about the bean-to-bar process, but to taste the delicious end product in all its glorious forms.

The tastings start with native sikwate (hot chocolate), a morning drink, which the sommeliers advise has its own drinking etiquette. The beverage should be stirred, swirled then sipped to taste, they explain, because enjoyment of this precious chocolate "feeds the stomach, and also the mind".

Later, the tasters are treated to a chocolate high tea in the afternoon, followed by chocolate martinis in the evening. Other refined culinary activities, as well as new experiential features for guests, are also being introduced as the Land of Chocolate develops.

Through this immersive journey, the participants have learned that choosing bean-to-bar chocolate preserves traditional artisanal craft, and enables local farmers to earn an income.

They've also discovered that it tastes amazing, and is the most health-boosting chocolate of all. What's not like?

情迷巧克力

在宿霧的巧克力園裏，發掘世上最受歡迎甜食的精妙之處

遠在情人節流行送贈巧克力前，這種甜食已與愛情密不可分。中美洲有歷史記載，古時的可可豆乃貴比黃金的商品，上層階級的貴族會以巧克力飲品款客，期望讓賓客留下深刻印象。

時至今日，巧克力愛好者大可放心享用，因為他們心愛的甜食其實有益健康。

各項研究一致指出，適量食用希臘文中「諸神的食物」其實對心血管健康有益。優質黑巧克力的可可含量高達70%或以上，含豐富鐵、鎂及鋅等礦物質，亦備有充足的抗氧化物，有助保護身體細胞免受傷害和抵禦疾病。

每天進食一至兩盎司（一至兩塊）的巧克力，已足以獲取相關益處。

頂尖之選當數「bean-to-bar」巧克力，這種巧克力在生產過程中，從挑選可可豆以至製成品，每個步驟都由匠人仔細監督。

這個手工製造過程亦為消費者帶來前所未有的濃郁風味，滿足味蕾的享受。

由於雨量充足、乾燥季節短暫的潮濕熱帶氣候有利可可樹生長，全球大部分可可均種植在赤道南北緯10度以內的狹窄地帶。菲律賓十分適合種植可可樹，雖然栽種規劃較小，但已生產可可豆達數百年之久。因此，香格里拉酒店集團視菲律賓為推出「The Land of Chocolate」巧克力品味師體驗的理想地點，讓宿霧香格里拉麥丹島度假酒店的賓客可參與製作並品味這種美味甜食。酒店賓客在「Chocolate Garden」裏展開滋味旅程。這座新建的可可園坐落於度假酒店，由兩位經驗豐富的巧克力品味師負責監督園內的「bean-to-bar」精品巧克力生產過程。

兩位品味師師承宿霧「巧克力女王」Raquel Choa，深諳傳統巧克力製造的藝術。這位藝術家及文化指標備受世界尊崇，率先將宿霧生產的可可發揚光大，驚艷國際舞臺，並大力促成

在可可園品味巧克力的原生態餐廳體驗。

在「The Land of Chocolate」體驗活動上，品味師娓娓道出每一棵可可樹原來需要五年的時間，才會結出成熟度達75%的種子，如此採收成熱度最適合製造巧克力。種子採收後，需發酵四至五天，再用一至兩天曬乾，然後才倒進無蓋大鏟內焙炒。

經焙炒的可可豆去殼取出豆肉，即可可碎粒，這階段仍是百分百可可原豆，吃起來味道苦澀。將可可碎粒再研磨成醬，並溶化為可可漿（不含酒精），繼續碾磨並添加砂糖，便製成了巧克力。

這個稱為「碾碎」的攪拌過程，歷時數小時至數天，視乎想要達到哪種成果。

下一個步驟是「調溫」。巧克力經慢慢加熱和降溫，令可可塊凝固並定形。這道工序使巧克力製成品光滑亮澤。

訪客若參加香格里拉麥丹島度假酒店的「The Land of Chocolate」活動，不但可以了解「bean-to-bar」的生產過程，更可品嚐以不同姿態呈現的美味巧克力。

品味環節以一杯地道的早晨飲品「sikwate」（熱巧克力）掀開序幕。品味師表示這杯飲料有專屬的飲用禮儀，飲用前要先攪拌巧克力，待形成漩渦時才啜飲細味。他們解釋享用這杯珍貴的巧克力可以「滿足胃部，滋養心靈」。

其後，參加者會享用巧克力下午茶，晚上再來一杯巧克力馬丁尼酒。今後「The Land of Chocolate」亦會不斷為賓客推出更多高級美饌活動及全新特色體驗。

透過這次體驗活動，參加者既能學懂挑選「bean-to-bar」巧克力以保存這種傳統匠心工藝，也增加了當地農夫的收入。

他們發現這種巧克力不但美味，健康功效更冠絕所有巧克力。叫人如何不愛？



Chocolate high-tea at Shangri-La's Mactan Resort & Spa 在香格里拉麥丹島度假酒店享用巧克力下午茶





A TEST OF MIGHT AND MIND

One of the fastest growing sports, requiring physical and mental strength, is about to make its Olympic debut

As sport climbers get ready to scale a 15-metre-high wall, observers might think the way up seems clear: you just put one hand after the other, and follow with the feet.

But along with body strength, climbing requires an internal fortitude that these athletes have built up, just like their physical fitness. They know that, the tougher they are mentally, the better their performance. Not only will the mind kick in to push them harder when the going gets tough, it will also help them to make the right decisions.

How to train the mind to be that great ally? Sports psychologists say that mental toughness is like a muscle: it needs to be worked to grow and develop. Pushing yourself in lots of small ways can get the momentum going.

People climb mountains, and scale tall buildings, for reasons far more complex than the late George Mallory's famous reply, when asked in 1923 why he was attempting to climb Mount Everest: "because it's there".

For those wanting to lose weight, a half-hour climb can burn off an estimated 300 to 500 calories. Climbing can also fast-track a daily 10,000 step goal, logging the equivalent of 244 steps per minute.

Whatever their motivation, climbing is one of the fastest-growing sports worldwide – now, even to be recognised in the highest competitive arena, the 2020 Olympic Games in Tokyo.

Sport climbing, as it is known, takes the challenge of scaling steep ascents to a whole new level. A near-vertical wall towering above them, climbers use brightly-coloured hand, finger and foot holds to hoist

their way up in the fastest time.

The standard wall height in international competition is 15m, and current women's record holder, Song Yiling from China, reached the top in just 7.101 seconds.

According to the International Federation of Sport Climbing, 25 million people worldwide are now climbing regularly.

At the debut Olympic event in Tokyo, just 20 male and 20 female climbers will be selected to compete. The event will feature three disciplines – speed climbing, bouldering and lead climbing – which every participant is required to attempt, with the final rankings determined by the combined results.

Speed climbing pits two climbers against each other, both climbing a fixed route on the 15-metre wall. In bouldering, climbers scale a number of fixed routes on a 4m wall in a specified time. In lead climbing, athletes attempt to climb as high as possible on a wall measuring over 15m in height within a fixed time.

Although it's done in an indoor environment, and usually with a safety rope attached, sport climbing demands strength, flexibility and skill, along with a mental aptitude for advance planning and decisiveness. An exercise that engages all of a body's muscles – from your heart to your biceps and your quads – climbing offers regular gymgoers a different kind of workout, and is used equally by experienced mountaineers in training for their next outdoor challenge.

Outside of elite competition, climbing is an inclusive and accessible sport that doesn't require



'JLL Rock Climbing Challenge 2019' was held at Shenzhen Kerry Plaza
「2019 仲量聯行攀岩挑戰賽」在深圳嘉里建設廣場舉行

extreme fitness or expensive equipment. Many indoor climbing gyms offer introductory sessions with a qualified instructor, which can be tailored for different age groups or ability levels. Usually, these gyms provide newbies with the necessary equipment – a safety harness and special climbing shoes – so to begin, all you need to do is turn up wearing comfortable, unrestrictive clothing.

All ages can benefit. As one physical therapist explains, as we get older, it becomes harder to find sports that are low risk for injury, but high in mental and physical demands. Climbing, he says, is one of those perfect balances where people can challenge their physicality in a slow and controlled way.

Just how accessible this sport has become was demonstrated when Shenzhen Kerry Plaza teamed with JLL to present a community rock climbing event. The inaugural JLL Rock Climbing Challenge 2019, held across four mainland cities – Beijing, Shanghai,

Shenzhen and Chengdu – was well attended by seasoned climbers, and those who just wanted to give it a try.

The two-day event in Shenzhen had something for everyone, from rock climbing experience activities, fun challenges and an X-sport movie night, to speed competitions for individuals and teams. It was a wonderful way to bring the community together in the spirit of healthy activity and friendship.

Hong Kong has a number of indoor climbing gyms catering for both kids and adults, while the Leisure and Cultural Services Department operates some 13 indoor and outdoor sports climbing locations spread across the urban areas and New Territories.

Why climb? "You have to be really focused, present, (and) in the moment," says one enthusiast of the sport. Given the hustle and bustle all around us, that's a great way to unwind.



攀高望遠

首度在奧運舞台上亮相的運動攀登，是近年熱門運動之一，除講求運動員的毅力外，心理質素同樣重要

當攀石好手準備就緒，爬上15米高牆，旁觀者可能會覺得輕而易舉：只需手脚並用，左右交替抓緊岩點，一直往上攀爬即成。

但事實上，除了體力，攀石也講求運動員的毅力，正如體能一樣，心理質素同樣需要鍛鍊。他們明白心理狀況愈堅強，身體表現便會愈好。良好的心理狀態不但可以讓他們在面對困難時愈戰愈勇，更有助他們作出正確決定。

那麼，如何訓練心智？運動心理學家表示，強韌意志就如肌肉般需要鍛鍊才能成長及發展。多在小事上鞭策自己便可保持動力。

大家去爬山或攀上高樓大廈的原因紛紜複雜，並非如已故英國探險家喬治·馬洛里 (George Mallory) 的名言般簡單。他於1923年被問及攀登珠穆朗瑪峰的原因時，他答道：「因為它就在那裏。」

對於想減肥的人來說，半小時的攀爬運動可燃燒約300至500卡路里。攀石也可節省時間，因為攀石一分鐘等同走了244步，能極速完成日行一萬步的目標。

不論參加者的出發點若何，攀石已成為全球迅速冒起的新興運動，更被納入2020年東京奧運的新增項目，登上體育界的最高殿堂。

攀石又名為運動攀登，這項運動的發展已躍升至全新境界。高牆屹立眼前，選手利用雙手、手指及雙腳抓緊色彩鮮艷的支撐點，以最快速度向上爬去。

在國際賽事中，人工石牆的標準高度為15米，中國隊的宋懿齡以7.101秒的時間登頂，是現時女子世界紀錄保持者。

根據國際運動攀登總會 (International Federation of Sport Climbing, IFSC) 數據顯示，全球共2,500萬人恆常參與攀石運動。

首度於東京奧運登場的運動攀登比賽，男女選手參賽名額各有20個。比賽分三個項目，包括速度賽、抱石賽及難度賽，每位選手均需全部應戰，再以三個項目的總成績決定最終排名。

速度賽以一對一形式進行，兩名選手在15米高的人工石牆上交鋒，沿固定路線鬥快攀爬。抱石賽中，選手在指定時間內，於4米高的人工石牆上完成不同的指定路線。至於難度賽，運動員於限時內攀上逾15米的人工石牆，攀得最高位置者獲勝。

雖然選手在室內環境作賽，並繫上安全繩，但運動攀登講求力度、靈活反應及技巧，並需要有預先計劃的能力及果斷的心理質素。這項運動需要選手用上全身的肌肉，包括心臟以至二頭肌及四頭肌，為經常健身的人士提供另類選擇，更有資深登山運動員以此作為訓練，為往後的戶外挑戰作好準備。

攀石運動除了是精英競技項目，更是一種相當普及的平民運動，不需用上極限健身的裝備或昂貴器械。眾多室內攀石健身中心均提供入門課程，由合資格的導師授課，迎合不同年齡或程度人士的需要。

健身中心一般會為新手提供所需的裝備，如安全繩及特別的攀石鞋，新手只需穿上舒適寬鬆的裝束現身即可。

不論任何年紀皆能有所獲益。一位物理治療師解釋，隨年歲增長，我們愈來愈難找到不易受傷又能鍛鍊身心的運動。他續指，攀石是能夠平衡兩者的運動之一，參加者於過程中保持冷靜，並以緩慢的速度來挑戰體能。

近日，深圳嘉里建設廣場與仲量聯行攜手舉辦社區攀石活動，正彰顯了這項運動的普及程度。「2019仲量聯行攀石挑戰賽」於內地四個城市舉行，包括北京、上海、深圳及成都，為攀石愛好者搭建切磋和交流的平台，吸引眾多經驗豐富的攀石好手以至想一試身手的新人參加。

為期兩天的深圳挑戰賽活動包羅萬有，除了攀石體驗環節、有獎挑戰，以及極限運動電影共賞外，還有個人及團體速度賽，適合不同人士參加；而此等有益身心及促進友誼的體育活動，更有助凝聚社區，上下一心。

攀石運動除內地漸趨普及外，香港也有多個專為小童及成人而設的室內攀石健身中心，而康樂及文化事務署亦於郊外及新界地區，設有13個室內及戶外攀石運動場地。

那麼為甚麼選擇攀石？一位攀石運動愛好者指：「攀石時必須聚精會神，全情投入。」生活於繁囂都市之中，攀石不失為放鬆身心的好方法。

NEW BENCHMARK IN FOOD LOGISTICS

Innovative supply chain solutions serve the Hong Kong community with speedy and hygienic food supplies

MeatLab is Hong Kong's first world-class, semi-automated meat processing plant
MeatLab是香港首家世界級半自動化肉類加工廠



In developed countries, consumers are fortunate to have access to safe, clean and abundant food supplies. Though we might not think about how food gets to our tables in such great condition, it has much to do with innovation in the supply chain.

Working out of its Hong Kong base, Kerry Logistics is at the industry's forefront.

Having developed seamless F&B solutions with complete cold chain integrity, Kerry Logistics ensures all products stay at their optimum temperatures from pick-up to the point of final delivery. The innovations which allow just-in-time delivery, daily replenishment to restaurants and retail chains, last-mile and home delivery with GPS-equipped vehicles and electronic proof-of-delivery (ePOD) serve the Hong Kong community with speedy and hygienic food supply.

Building on this decades-long experience handling food products of numerous types, the company's new, high-tech production facility in Hong Kong is a showplace of best hygiene and efficiency practices.

MeatLab opened in February 2019 as Hong Kong's first world-class, semi-automated meat processing plant.

The facility is equipped with international standard machinery imported from around the world – an investment which minimises human handling of the raw product and any other intervention which allows bacteria in.

Many factors in lower-tech production processes can cause meat to deteriorate, thus affecting its appearance, quality, and safety.

For instance, each touch of even sanitised human hands, as well as exposure to air or water, can potentially damage the end product. The threat to food safety is further exacerbated by temperature fluctuations along the supply chain, as well as in the production process – and, most importantly, if all of the equipment is not spotlessly cleaned before every shift or line change.

MeatLab's operation allays such concerns as it strives to be a regional pioneer in bringing revolutionary advancements to the industry.

A Wi-Fi antenna throughout the facility collects product information throughout the process, ensuring traceability at every step. Allergen products (such as peanuts used in seasonings and marinades) are isolated from the main production area to avoid accidental contamination. Even the running water used is filtered for optimal quality.

As a further hygiene precaution, staff enter their workplace via touch-free facial recognition technology.



MeatLab is set up in compliance with the global traceability standard to ensure optimal food safety and quality assurance across the product spectrum
MeatLab是按照全球追溯標準設立，以確保所有產品的食品安全和品質達至理想水平

The plant has a processing capacity of 1,500 tonnes per month. In addition to the various machines that sort, weigh, mix, marinate, cut and package meat products to order, occupational health and safety equipment such as lifting mechanisms minimise physical strain on workers in what is traditionally a very strenuous industry.

Whether meat comes in frozen or chilled, it can be processed, packaged and delivered to the customer in the same state as it arrived. Specialised packaging technology extends the shelf life of meat products and preserves peak freshness.

Apart from the health and taste advantages, amalgamating a meat processing operation under one roof enhances cost-efficiency, maximises economies of scale and reduces waste.

It also allows fast turn-around. Needs change quickly in the F&B industry, and if a customer orders one day, MeatLab aims to deliver the next day – a just-in-time supply chain solution.

MeatLab can supply meat from its own sources, or process the meats provided by its retail customers.

As its name suggests, it is also a laboratory where experimental R&D is conducted under the auspices of a highly experienced butcher.

In the dry-aging cabinet, for instance, different types of prime protein are aged for between seven to 90 days in controlled temperature, humidity and airflow conditions. The aim of testing various techniques on different cuts is to find the best flavour, tenderness and yield to present to chefs in top-end establishments.

On course to be accredited with ISO 22000, HACCP, British Retail Consortium (BRC), Organic, and HALAL certifications, MeatLab is set up in compliance with the global traceability standard to ensure optimal food safety and quality assurance across the product spectrum.

As the visible face of Kerry Logistics' innovation in food business, MeatLab endeavours to raise collective consciousness around food quality, safety, and efficiency, as well as challenging the meat industry and its supply chain towards the next level betterment.



食品物流新標準

創新供應鏈方案為香港市民供應既快捷又衛生的滋味美食

已發展國家的消費者享有安全、潔淨、充足的食物供應。生活在如此安逸的環境，我們未必想過桌上的食物從何而來，其實這與供應鏈的創新科技和服務大有關係。

嘉里物流以香港為發展基地，走在業界的最前端。

嘉里物流憑藉完善的冷鏈服務，提供一站式食品及飲料解決方案，確保所有產品由提貨至最終交付均保持合適溫度。創新方案包括按時送貨、餐廳及連鎖零售店每日補貨、最後一里及家居送貨服務，並擁有配備衛星導航系統的車輛及電子簽收證明（ePOD）支援，為香港社群提供迅速又衛生的食品供應服務。

公司擁有數十年處理各類型食品的經驗，旗下在香港的全新高科技食品廠正好成為體現衛生及高效率的最佳案例。

2019年2月正式開業的MeatLab，是香港首家世界級半自動化肉類加工廠。

加工廠從世界各地採購符合國際標準的機器，減少以人手處理生肉及其他可滋生細菌的源頭，確保安全衛生。其他較低技術的生產工序存在不少可導致肉類變壞的因素，從而影響肉類的外觀、品質及食用安全。

舉例而言，即使雙手已消毒，但肉類每

次被人手觸碰，或暴露於空氣或接觸到水，都可能導致製成品變壞。供應鏈及生產工序的溫度變動也對食品安全構成威脅，而且最重要的是，若每次換班或更換生產線前，沒有徹底清潔所有設備，更會大大加劇對食品安全的威脅。MeatLab的運作模式消除了上述的疑慮隱患，並銳意成為區域先驅，為行業帶來革新。

加工廠在不同角落安裝了Wi-Fi感測器，在生產過程期間收集產品資訊，確保可以追溯每一個步驟。可引致過敏的食品，如用於調味品及醃漬調料的花生，特地隔離於主要生產區，避免因意外發生交叉污染。即使是生產過程中使用的自來水，也預先過濾以確保產品維持最佳品質。

此外，員工出入工場均有嚴格規管，需通過非接觸式人臉識別裝置方可進入工場。

工廠每月處理的肉類加工量可達1,500公噸，而肉類加工原是工序繁重的行業，MeatLab除有分類、稱重、混合、醃肉、切割及包裝待訂肉類製品等各種機器外，更安裝了升降平台等職業健康及安全設備，以減輕工人的身體勞損。

工廠可處理及包裝冷凍或冰鮮肉類，並以相同狀態送抵顧客府上。專門包裝技術可

延長肉類產品的保質期，並維持最佳新鮮度。除了令製成品更健康美味外，一站式肉類加工更可提升成本效益、擴大規模經濟及減少廢料。


這亦加快了貨品的處理時間。由於餐飲業的需求變化急速，MeatLab致力提供按時供應鏈方案，在顧客下單翌日便能送出貨品。工廠可供應自家或處理零售商顧客提供的肉類。顧名思義，MeatLab本身也是一所實驗室，在經驗豐富的屠宰員協助下，進行科研實驗。

舉例來說，各種Prime級肉類在乾式熟成櫃熟成七至九十天不等，溫度、濕度及空氣流動狀況均要經過嚴格控制。工作人員會以不同部位試驗各種技術，旨在找出最佳風味、嫩度及產精肉率的肉品，供應予高級食府的大廚。

MeatLab按照全球追溯標準設立，以確保所有產品的食品安全和品質達至理想水平，快將獲得ISO 22000、HACCP、英國零售商協會（BRC）、有機和清真等多個認證。MeatLab是嘉里物流提供創新食品方案的印證，協助提高業界意識，改變同儕對肉類質素、食品安全和效率的態度，同時可望提升肉類行業及其供應鏈達至更高水平。



Kerry Logistics' new, high-tech production facility is a showplace of best practice hygiene and efficiency
嘉里物流旗下的全新高科技食品廠正好成為體現衛生及高效率的最佳案例



Bees collect samples and, back at the hive, offer the food for others to taste
蜜蜂將收集得來的樣本帶回蜂房，為其他夥伴提供食糧

THE SECRET LIFE OF **BEEES**

Following their instinct is key to the survival of one of nature's most precious, yet threatened, insect species

A human can utter thousands of words a day, and still not get their message across clearly. Honey bees have no such trouble. The way they communicate is one of the most sophisticated in the animal kingdom, and not only is bees' language clear and concise, it's also universal. Researchers have found that, no matter how geographically distant the species, bees can understand each other's dialect.

Being in constant communication is just one of the traits bees share with humans. They do so conservatively, and with purpose, primarily through an elaborate dance called the waggle.

This language unique to the honeybee was decoded after scientists observed that, instead of having everyone in the colony out foraging, certain scout bees are despatched to look for pollen and nectar.

The scouts collect samples and, back at the hive, offer the food for others to taste, expressing what they've found via a carefully choreographed waggle. A fast motion indicates the most productive food

source is nearby; slower means it is farther away; while the angle of the dance represents the direction of the flower in relation to the sun. These instructions are so accurate as to pinpoint a productive plant even several kilometres away.

If a hive becomes too crowded, scout bees may also be sent to look for a potential new residence, which in the urban environment can sometimes mean a wall or opening on a building. In assessing these sites, bees instinctively know to consider risk factors – such as intrusion from other bugs, or susceptibility to the elements.

Upon return, they dance again, the vigour and duration of the performance indicating the quality of the site, and again its exact location. Other bees may go to check it out and see if they agree.

Academics have called the honeybee's process of choosing a new home, out of several possible sites, "one of the most impressive examples of decentralised decision-making in animal groups".

Bee Dance 八字形搖擺舞



A fast motion indicates the most productive food source is nearby; while a slower motion means it's further away
快動作表示附近有高產能的食物來源，而慢動作則意味着距離較遠

To sustain all this exertion, bees do actually sleep. This was discovered in the early 1980s by a researcher watching an observation hive. He saw that, like us, they gradually become tired, noting that many bees held each other's legs as they slept.

Further research found that, without adequate rest, a bee's work suffers. Their waggle dances become less accurate, potentially sending others in the wrong direction, and thus the whole colony suffers.

Bees change jobs over their lifetime as experience comes with their growing maturity, and as the weather dictates. During winter's chill, they may cluster inside to keep warm, and take turns in going outside to forage. In the heat of summer, they will all start fanning to get rid of the hot air inside the hive.

Beekeepers have noted, too, how bees have worked out a healthcare system, with nurse bees assigned to feeding the young and caring for the sick.

All this, while bees are busy pollinating plants that produce food for humans to eat, and the flowers which

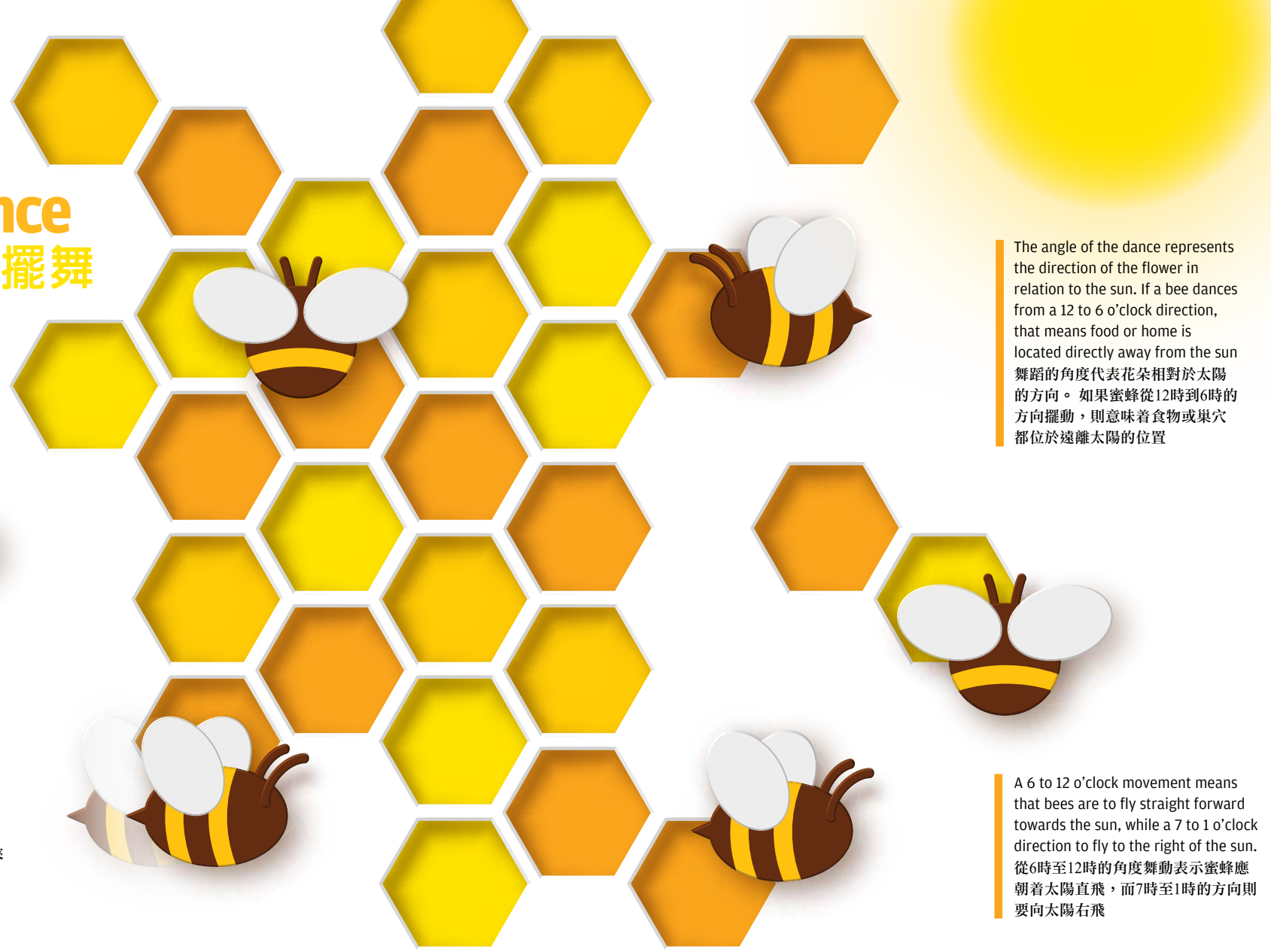
delight us. Some might be quick to swat them away, or run in fear if an insect is encountered, but the more we learn about bees, the more they deserve our respect.

Sadly, bee populations are declining globally, and the need to protect them becomes ever more urgent.

That's why Hong Kong's "friends of the bees", including beekeepers producing delicious and health-giving local honey, supporters of a local conservation initiative and even groups of bee-watchers are urging people not to be afraid. Most bees won't sting unless they are provoked, so just keep still if one crosses your path, and never disturb a nest.

If a beehive is encountered in the urban setting, call a professional, such as an apiarist or an environmentally-friendly pest control company, who can relocate the colony to a place that's safer for everyone.

Bees play a vital role in maintaining the natural ecosystem, and in feeding the world's population. We cannot afford to lose them.



The angle of the dance represents the direction of the flower in relation to the sun. If a bee dances from a 12 to 6 o'clock direction, that means food or home is located directly away from the sun 舞蹈的角度代表花朵相對於太陽的方向。如果蜜蜂從12時到6時的方向擺動，則意味着食物或巢穴都位於遠離太陽的位置

A 6 to 12 o'clock movement means that bees are to fly straight forward towards the sun, while a 7 to 1 o'clock direction to fly to the right of the sun. 從6時至12時的角度舞動表示蜜蜂應朝着太陽直飛，而7時至1時的方向則要向太陽右飛



Delicious and health-giving honey
美味又健康的蜂蜜

蜂「密」解碼

昆蟲的生存之道，純粹憑本能與直覺，趨吉避凶

人類縱然用上萬語千言，有時也未必能互通心意。

蜜蜂卻絕無此煩惱。在動物王國中，牠們的溝通方式算得上最為精密複雜，不但因為蜜蜂的語言簡潔清晰，更是「蜂民」世界通用。研究人員發現，無論在地理上相隔多遠，跨過千山萬水，不同品種的蜜蜂仍能明白彼此的方言俚語。

交流密切頻繁只是蜜蜂跟類人的共通點之一。蜜蜂的溝通方式謹小慎微，並帶有目的，主要依靠名為「八字形搖擺舞」(waggle dance)的精密舞蹈來傳情達意。

經過科學家觀察發現，並非蜂群內所有蜜蜂都需要外出覓食，牠們會派遣若干偵察蜂尋找花粉和花蜜，亦因此幫助科學家解開了蜜蜂這種獨有語言的秘密。

偵察蜂將收集得來的樣本帶回蜂房，為其他夥伴提供食糧，並以精心設計的搖擺舞傳遞牠們搜集回來的訊息。快速舞動表示產量豐富的食物源頭近在咫尺，搖擺略為緩慢則意指食物距離牠們較遠。另外，舞蹈的角度代表了花朵相對於太陽的方向。這些指令正確無誤，甚至能精準地指出數公里以外一株蜜源豐富的植物。

如果蜂房太擠擁，偵察蜂可能會被派遣出去尋找合適的新居所，若身處繁囂市區，牠們可能會選擇牆壁或大樓上的缺口。當評估這些選址時，蜜蜂出於本能和直覺，懂得考慮哪些風險因素，從而趨吉避凶，例如被其他害蟲侵襲的風險，又或是否容易受到干擾等。

回巢後，牠們又再次起舞，表演的強度與長度反映了選址的質素，當然還有其精確的位置。然後，其他蜜蜂可前往視察，考慮是否合意。

蜜蜂從數個地點中挑選出新居的過程，學術界形容為「動物界中分權決策的例子，最令人深刻難忘」。

為恢復體力，保持最佳狀態，蜜蜂真的會睡覺。這是一位研究員在1980年代初從觀察蜂箱所發現的現象。他看到蜜蜂就如我們一樣，會逐漸變得疲憊困乏，很多蜜蜂入睡時更會互相支撐彼此腿部。

進一步研究發現，如果蜜蜂沒有充足休息，會導致感官混亂，影響工作效率，牠們的搖擺舞亦會失準，有可能指向錯誤的方位，誤導同伴，以致連累整個蜂群，後果嚴重。

終其一生，蜜蜂也會轉換工作，皆因牠們的經驗隨成長過程累積，同時也受天氣所主宰。冬日寒氣刺骨，蜜蜂會聚在一起取暖，並輪流出外覓食。夏日炎炎，蜜蜂則會一同拍翼，驅散蜂房暑氣。

養蜂人亦留意到蜜蜂建立的一套醫療保健系統，牠們會指派保母蜂負責餵飼幼蜂及照顧病患。

蜜蜂忙於給自然界各種植物授粉，為人類製造食物之餘，亦令花卉盛放，帶來群芳吐艷、姹紫嫣紅的美景。有些人可能會急於拍打驅趕牠們，也有些人甫遇到昆蟲便被嚇跑；不過，當我們愈了解蜜蜂，便愈應尊敬牠們。

很可惜的是，全球的蜜蜂數量正持續下降，保護蜜蜂絕對刻不容緩。

有見及此，香港一眾「蜜蜂之友」，包括採集本地美味和有益健康蜂蜜的養蜂人、本地保育人士，以至一群守蜂人都呼籲大家不要害怕蜜蜂。大部分蜜蜂如沒有受到挑釁或襲擊，不會胡亂螫人，所以當有蜜蜂飛近時，大家應保持鎮定，切勿亂動，也別干擾蜂巢。

如果在市區發現蜂巢，應立即通知專業人士，如養蜂人士或使用環保方法滅蟲的公司，把蜂巢移往安全地方。蜜蜂對維持自然生態系統及供應人類食糧貢獻良多，我們不能失去這群「功臣」。

'EDVENTURES' AROUND THE GLOBE

Learn a new skill or do something meaningful with the new travel trend of hands-on holidays

Eco-conscious travellers have long been mindful to leave nothing but footprints while on holidays, and to take nothing but memories. Now, there are meaningful opportunities to bring home learnings that can last a lifetime. Learning vacations combine a trip to a unique location with an opportunity to brush up on old skills, or learn something new. Being away from the everyday allows the headspace to absorb the teachings, and the time to develop one's own hidden talents.

For those considering learning a traditional craft or contributing to conservation projects on their next trip away, specialist travel companies can tailor itineraries that will keep your hands busy in ways other than pounding a keyboard.

學遊萬里

學習新技能，回饋社會，開展饒有意義的旅程

講究環保的旅人向來注重旅行時只留足跡、不留垃圾；只取回憶、不取資源。現在，更可把握這些別具意義的機會，遊歷世界，學習終身受用的知識。在某個獨特地方的旅程中，發掘學習機會，旅人可重溫舊技藝或學習新技能。跳出日常固有框架，能令大腦更易吸收新知識，讓人有時間發掘個人潛藏才能。

若你下一趟旅程打算學習傳統工藝，或想為保育項目出一分力，可經專業旅行社度身策劃行程，雙手除了在鍵盤上打字，還值得應用在更多有意義的活動之中。



Embroidery in India

In Eastern India, Kantha embroidery is both a fine art, a household craft, and a form of personal expression for the artist. Having learned the technique first-hand while on holiday, this skill can be applied to exquisitely embellish any fabrics or garments you have back home.

在印度學刺繡

印度東部視「Kantha」刺繡為一門藝術，是家家戶戶傳承的工藝，更是藝術家表達自我的手法。趁着度假之便，掌握這項技藝，待旅程結束後，便可為家中布料或服裝添加精緻細節，點綴造型之餘，也讓安樂窩煥然一新。

INDIA
印度



MOROCCO 摩洛哥

Pottery-crafting in Morocco

A world away from her urban life, Jenny sits in a Moroccan village among the female elders of the tribe.

The women are engaged in the ancient yet fast-disappearing art of pottery crafting, and Jenny is invited to try her hand. She's not here on a day tour, but on a deep dive, week-long workshop living with a local family, eating their food, and learning their ways. She'll participate in the entire pottery-making process: from digging the soil, to working the clay, to decorating and firing her own finished pieces.

It's a skill the Hong Kong financial analyst has always wanted to master, if only she wasn't so busy. Like other high-end travellers tired of holidays that feel uninspiringly similar, Jenny has embarked on a learning vacation, or in the current on-trend terminology, an 'edventure'.

Pottery and ceramic-making retreats are available in Morocco, as well as in places like Greece, Italy, and Japan. But if soft textiles are more your thing, that's catered for, too.

在摩洛哥學製作陶器

Jenny遠離繁囂，來到世界彼端的摩洛哥村落，向老一輩女族人求教。

村內婦女擅長製作陶器，可惜這項源遠流長的手工藝卻快將失傳，因此吸引Jenny親身體驗。她並非前來一日遊，而是參加長達一星期的深度工作坊，寄宿於當地家庭，品嚐地道料理，體驗當地人的生活方式。

她會參與整個陶器製作過程，由挖泥、製作陶泥以至裝飾和燒製自家獨力完成的陶器。

在香港位職金融分析師的Jenny一直想學習這門手藝，可惜苦無時間。她跟其他追求高品質的旅人一樣，厭倦千篇一律的行程，遂開展時下稱為「edventure」的學習假期，體驗不一樣的旅遊樂趣。

除了摩洛哥，希臘、意大利和日本等度假勝地也有陶瓷製作課程。



FRANCE 法國



Sewing in France

A sewing holiday in France will have you tailoring your own clothes in the space of a week, or join quilters to learn how to upcycle scraps of material into beautiful and functional textile design.

在法國學縫紉

法國的縫紉假期讓你在一周內學會縫製自家專屬的華衣美服；你也可向縫紉工匠拜師，學習如何將素材廢料升級再造，製作出華實兼備的紡織品。

SOUTH OF FRANCE

南法

Painting in South of France

If you long to paint in the footsteps of Van Gogh or Cezanne, an art adventure in the South of France is for you. A week-long vacation will have aspiring or experienced artists taking their sketchpads to picture-perfect locales like lively Mediterranean ports, ancient villages, lush vineyards and shady olive groves. Tour companies can take care of everything including accommodation, gourmet meals, transport as well as all materials and equipment.

在南法學寫生

如果你仰慕梵高 (Van Gogh) 和塞尚 (Cezanne) 的生花妙筆，法國南部的藝術學習之旅便最合適不過。長達一周的旅程將由新銳或資深藝術家主導，帶你拿着寫生簿，前往熱鬧的地中海港口、古老的村莊、茂盛鬱蔥的葡萄園、綠葉成蔭的橄欖樹林等風光如畫的地方，尋找靈感，取景寫生。旅行社會為你打點一切，包括住宿、膳食、交通以至所有繪畫材料和工具。



AUSTRALIA 澳洲

Sailing in Australia

On a learn to sail adventure, you won't be pampered like on a luxury cruise. You will enjoy a rare feeling of peace that comes with having the wind in your sails, and the freedom to drop anchor at will in some of the world's most pristine waterways. Croatia, the British Virgin Islands and Australia's Whitsundays offer amazing sailing, and during a week on board, you're part of the crew, learning how to tie knots, tighten sails, steer the boat, adapt to wind and set up buoys. Spend nights in bays of remote islands inaccessible except by private yacht, and start the day with a dip in the crystal clear waters.

在澳洲學駕駛帆船

在學習駕駛帆船的旅程中，縱使沒有豪華郵輪般呵護備至的享受，但當能掌舵順風航行，隨心所欲地在世上最原始純淨的水域下錨停靠，你便會感受到彌足珍貴的寧謐閒適。克羅地亞、英屬維爾京群島和澳洲聖靈群島提供一流的航海體驗。在一星期的航程中，你將化身為船員，學習結繩、張帆、掌舵、順風前行，以及設置浮標。你會在與世隔絕的偏遠小島岸邊度宿，然後跳進清澈海洋來開展新一天。

THAILAND 泰國

Elephants care in Thailand

It's about as far away from a five-star experience as you can get, but rescued elephants in Thailand need you. Volunteers on these trips live in basic accommodation on or near the sanctuary, rising at dawn to begin their work.

A typical day involves harvesting and mixing the elephants' food, preparing their supplements, feeding, cleaning the enclosures, as well as walking and showering the elderly animals to keep them healthy. Planting tree seedlings and grasses for future food is also part of the programme. Participants find that each elephant has its own personality, and apart from gaining friends for life among other volunteers from around the world, leave content in the knowledge they have helped one of the world's most vulnerable endangered species.

在泰國學照顧大象

以下活動跟五星級享受完全沾不上邊，但獲救的泰國大象需要你的援手。參加計劃的義工會居於庇所一帶的住處，日出而作。

義工一天的工作包括收割和調製大象的食糧、準備營養補充品、餵飼大象、清洗圍欄、帶年長的大象散步和洗澡，以保持牠們的健康。義工也要栽種樹苗和青草，確保大象有充裕糧食。參加者會發現每一頭大象各有性格，而除了可與來自世界各地的義工結為好友，吸收新知識外，最重要是能夠幫助全球高度瀕危物種之一的象群。



SOUTH AFRICA 南非

Wildlife photography in South Africa

A photographic workshop in South Africa's Kruger National Park will teach you far more than can ever be learned in a city classroom.

The trip begins with tutoring by a professional photographer on how to use your camera settings, and what to focus on etc. Then it's out into the wild to complete a range of assignments, where the learning becomes more technical – such as how to compose a scene, and present it in context. The photographs of wildlife encountered on these game drives helps the park's research team to identify individuals and report back on their health, movements, and behaviour, building data bases that are consulted when making conservation-led decisions. So while gaining practical experience in nature photography, these intrepid adventurers are contributing to the preservation of South Africa's wildlife.

在南非上野生動物攝影工作坊

在南非克魯格國家公園 (Kruger National Park) 參與攝影工作坊，所教授的技巧絕對遠超於市內課堂知識。

工作坊先由專業攝影師傳授如何運用相機設定、聚焦位置等知識，參加者其後需走進荒野完成一系列攝影任務，學習內容涉及更深入的技巧，包括如何構圖、傳遞照片的意涵等。

參加者會乘車遊覽，以鏡頭捕捉野生動物的蹤影，照片有助公園的研究團隊分辨每一頭動物，並匯報牠們的健康狀況、動向及行為，從而建立數據庫，為制定保育方案提供參考資料。這些勇敢的學習冒險家不但獲得大自然攝影的實戰經驗，更為保育南非野生動物作出貢獻，意義深遠。



HOW TO BE HAPPY

IN THE HERE AND NOW

Adopting a more optimistic outlook on life may simply be a matter of habit



ALWAYS
ADD VALUE

激勵別人

Enjoy every
moment

EMBRACE
THE DAY

多想開心事

Be a giver



As Confucius noted: “Everything has beauty, but not everyone sees it”.

Many of us know someone who can always look on the bright side of life. These cheerful, “glass half full” optimists have a knack for achieving what they set their mind to, and appear in control of whatever comes their way. How can they be so upbeat all the time, when life isn’t always fair, and often, full of challenges?

Perhaps they didn’t start out that way. Psychologists suggest that happiness is just like any other learned behaviour – it can be cultivated though habit. By making small changes during the course of the day, it may be entirely possible to retrain the brain to a new pattern of optimism.

In her book *The How of Happiness*, psychologist Sonja Lyubomirsky explains how everyone can boost their happiness quotient. Its overarching theme is to live mindfully in the moment. Instead of dwelling on the past, or yearning for something in the future, people who find joy in the present are more satisfied to begin with.

These are the ones who routinely count their blessings. As many psychology research projects concur, simply being grateful for what you have draws

out positive feelings that can help us to deal with adversity, and build strong relationships.

We can be grateful privately, through contemplation or journaling, or express gratitude to others through everyday actions. Try saying a few kind words to someone for no particular reason – they'll feel good, and so will you.

Taking an interest in others is another act of kindness. This might mean leaving your desk to sit down with a colleague over morning coffee, and giving them your full attention. Or inviting someone to join you on your lunchtime walk. Including others in such impromptu, everyday activities will make them feel valued.

Positive people view challenges as opportunities, including in their personal life. If there's a relationship with someone that's in need of strengthening, instead of avoiding them, try to heal the rift. Even if you feel wronged or hurt, see if you can find it in your heart to let go of anger and resentment and offer forgiveness.

Optimism can be cultivated. This might mean posting positive affirmations of the kind that resonate with you in places where you can easily see them: notes on the fridge at home, for instance, or as screensavers on your devices. Keeping a journal in

which you imagine and write about the best possible future for yourself is another of Lyubomirsky's strategies.

In the same vein, don't overthink things already done to the extent that they cause self-doubt, and especially avoid making social comparisons which can erode confidence. There's a place for retrospection, but limit negative thoughts to a certain timeslot each day (say 10 or 15 minutes, but no more than 30) and banish them after that.

Do replay and savour all of life's joys, no matter how simple. Thinking about what's made you feel happy, and sharing those good times with others through storytelling, reinforces a positive mindset.

Instead of having a giant wish-list that may not be realistically achievable, better to pick one, two, or three significant goals that are meaningful to you and devote time and effort to pursuing them. A final but important piece of advice wellness experts always stress is to be kind to yourself. Get enough sleep, exercise regularly, eat healthily, and be socially engaged. In other words, smile more, laugh out loud, and don't be afraid to dance and sing – even if others can see you. For as Confucius also said: "It is better to play than do nothing."

活在當下 惜福常樂

對未來生活抱持更樂觀態度，純粹習慣使然

孔子曾道：「萬物皆有其美，唯慧眼能識之。」

想必大家身邊也有經常抱持樂觀態度的人吧。他們時刻保持開朗心境，認為「水杯是半滿」，總有法子達成設定的目標，似乎遇上任何事情都游刃有餘，盡在掌握之中。即使人生並不公平，充滿挑戰，為何他們仍能欣然面對，一直如斯樂觀？

或許，樂觀並非與生俱來的。心理學家表示，快樂就像其他習得行為(learned behaviour)，可透過習慣來培養。只要日常作出小改變，大有可能成功重新訓練大腦，形成新的樂觀思維。

心理學家Sonja Lyubomirsky在其著作《如何得到幸福》(The How of Happiness)中解釋人如何提高「快樂商數」(happiness quotient)。核心主旨是活在當下，比起糾結於過去或憧憬未來，在當下生活中找到快樂的人本質上更易知足。

有些人惜福，經常慶幸自己擁有的福氣。不少心理學研究項目一致認同，珍惜擁有，可以帶來正能量，幫助我們應對逆境，並建立親密牢固的關係。

我們可藉着沉思冥想和撰寫日記，私下細味值得欣慰和感恩的事，也可透過日常行動向他人表達感激之情。正所謂：「良言一句三冬暖」，毋須特別原因，試着對人說些窩心善意的說話，給對方鼓勵安慰之餘，自己也會心情愉悅。

對別人感興趣，也是一種友善的舉措，譬如早上離開辦公桌，不妨與同事坐下來喝杯咖啡，投入對話，專注溝通；或者邀請別人一起在午飯後散步。請別人加入這些即興的日常活動，能令對方感覺受到重視。

樂觀正面的人視挑戰為機遇，包括人生路上的難關和考驗。假如你要改善與某人的關係，與其逃避問題，倒不如修補裂痕。即使你感到委屈或受傷，且把憤恨和怨懣放下，以情恕人，化戾氣為祥和。

樂觀精神可以培養。在當眼位置貼上你有共鳴的積極語句，如家中冰箱上的紙條、電子裝置的螢幕保護畫面。在日誌記下自己憧憬的美好未來，也是Lyubomirsky建議的秘訣。

同樣，不要想太多已發生的事情，尤其是避免跟別人攀比，令自己失卻信心，以致對自我產生懷疑。我們可以反思做過的事，但每天限制自己只能有10或15分鐘的負面思想，不可超過30分鐘，然後便要拋諸腦後。

重溫歡樂時光，細味生活中的一切喜悅，小確幸亦不例外。多想想開心的事情，向別人傾訴以分享那些幸福時刻，可增強正面思維。

與其列出林林總總、不切實際的鴻圖大計，不如挑選一至三個別具意義的重要目標，再投放精力和時間，積極實踐。最後，心理健康專家忠告：善待自己。要有充足睡眠、定期運動、吃得健康、維持良好社交生活。換句話說，笑多一點，大聲笑出來，別在乎別人的眼光，即管盡情歌舞，享受人生。畢竟孔子曾曰：「飽食終日，無所用心，難矣哉！不有博奕者乎？為之，猶賢乎已。」(《論語·陽貨》)與其無所事事，何不消遣，活在當下？



YEAR OF THE RAT COUNTDOWN

倒數迎鼠年

Ring in a greener new year with these fresh ideas for traditional celebrations
在傳統的習俗中加入新點子慶祝一個更環保的新年

In Western societies, the countdown to ring in each new year typically lasts for just one final minute before the clock ticks over at midnight.

In Chinese culture, preparations for Lunar New Year begin much earlier, and last for 16 days, following rituals and traditions that have been handed down for centuries.

The purpose of each is to promote harmony, good luck, and prosperity, and as a time for renewal, home, family and friends are at the heart of it all. Here's how Chinese communities might count down to the Year of the Rat:

在西方國家，迎接新一年的倒數鐘聲，通常只在踏入午夜前的最後一分鐘才會響起。

但在華人社會，按照流傳數以百年的習俗和傳統，早在農曆新年前16天，準備工夫已需要展開。

每個習俗或傳統，皆為祈求和諧、好運和豐裕；而在這個萬象更新的時節，一切也從家庭和親友出發。大家可參照以下習俗，倒數迎新歲：



Big clean up

Homes are spruced up in advance, to avoid sweeping away the good luck a new year brings. Instead of products containing chemicals, mix your own natural cleaners using vinegar to dissolve soap scum, baking soda to absorb odours and castile soap for surfaces, adding high-quality essential oils for fragrance.

大掃除

家居要預先打掃乾淨，以免掃走新一年帶來的好運。與其使用含有化學物質的產品，不如自行調製天然的清潔劑：你可用醋溶解皂垢、以梳打粉吸走臭味，再利用橄欖皂清潔物件的表面，並注入優質的芳香精油，讓家居散發陣陣芬芳。

DIY decorations

Get the family working as a team on a festive craft project. Make your own candy box by cutting off and painting the bottom end of drink bottles, arranging them on a tray and filling with healthy dried fruits and nuts. Paint and decorate your own Fai Chun adornment to hang in doorways, making lai see packets with the leftover paper.

自製裝飾

邀請家人分工合作，進行充滿節日氣氛的手工藝活動。你可剪下多個飲品膠樽的底部並上色，然後排放在托盤上，用來盛載健康的乾果和果仁，即成得體的賀年全盒。你也可以自行繪製和點綴揮春，貼在大門上，再用剩餘的紅紙製作紅封包，意頭十足，又增添喜慶氛圍。





Family reunion

Generations of families come together for a big reunion dinner. The feast may include certain “lucky” foods: long noodles for longevity; whole, sustainable fish for abundance; vegetable dumplings for prosperity; sweet rice balls for family togetherness.

團年

家族多代聚首一堂，熱熱鬧鬧享用豐盛的團年飯。晚宴可包括部分「開運」菜式，例如寓意長壽的長麵條、祈求年年有「餘」的原條環保海鮮魚、象徵「財」源廣進的菜餃，以及慶賀一家團圓的湯圓。

Make a wish

Writing down wishes and tossing them on to a “wishing tree” is a New Year tradition that families love to follow. It’s believed that the wishes will come true if the joss paper doesn’t fall down. To avoid damaging a tree, bring greener good luck this year by tying your wishes to a nearby wooden rack or imitation tree.

許願

過年時，許多家庭愛把寫上願望的寶牒拋到林村的「許願樹」上去，相信只要寶牒沒有掉下來的話，願望便會成真。為免傷害樹木，今年何不將心願縛在附近的木架或仿樹上，以更環保的方式招徠好運。

DURING CNY
農曆新年間

Renew friendships

It’s time for visiting friends, relatives, and colleagues. Take along some home-made gifts: fortune cookies crafted by folding circles of red felt, with a hand-written message inside, and for the children, a festive drum made from upcycled dairy tubs. Cover the open side with heavy paper, glue it down tight, add a chopstick for the handle, paint it red and decorate with ribbons and bells.



親友敘舊

過年是探望親朋好友和同事的理想時間，你可親自製作賀禮，例如用紅氈摺成的圓形幸運籤餅，裏面包裹手寫的祝福語；又可響應環保，用雪糕空盒製成喜氣洋洋的搖鼓，送給小孩做玩具：先以厚紙覆蓋雪糕盒的開口，再用膠水牢牢黏合，中間插入一根木筷子充當手柄，再塗上紅色，並以絲帶和鈴鐺裝飾。



Fortune walk

Keep the good luck going by stepping outdoors to enjoy nature: perhaps a walk up to The Peak or a hike in a country park. If you’re lucky enough to have your own garden, invite friends over to share in your good fortune.

行大運

要讓好運滾滾來，不妨踏足戶外，享受大自然，例如登上香港山頂，或在郊野公園踏青。如你有幸擁有自己的花園，更可邀請朋友到訪，分享好福氣。



LAI SEE 壓歲錢

The practice of exchanging lai see, or red envelopes containing “lucky money”, began in ancient times when, according to legend, a monstrous creature named Nian (年) would come out of the forest once a year and devour entire villages. On that night, parents would give children money to bribe away the beast and any other evil spirits.

Over time, this tradition has evolved as an act of kindness and gratitude. In giving lai see, we are wishing the recipient prosperity and good luck for the coming year.

Lai sees are gifted on many special occasions, such as weddings or graduation, but the practice peaks every new year when an estimated 320 million new red packets – equivalent to 16,300 trees – are dispersed. Parents still give lai see to their children, as well as to family elders, while packets are offered to friends and colleagues, or anyone the giver wishes to thank.

People are encouraged to re-use lai see packets, or join the growing trend of giving electronic lai see. The rise of e-commerce enables money and greetings to be sent digitally to family and friends, while extending our care to the world around us. This exemplifies the true value of lai see: exchanging happiness and blessings.

互派「利是」(亦即放有「壓歲錢」的紅封包)的習俗源於古代。相傳當時有一頭名為「年」的猛獸，每年都會有一天從森林走出到附近村莊，把村民全數吞嚥。在年獸出沒的當晚，父母們都會向孩子派發金錢，用來誘賂及驅逐年獸和其他妖魔鬼怪。

經過若干年後，這項傳統已演變成爲表達善意和感恩的行動。我們派發利是，是為了祝願接收者在來年好運和前程似錦。

大家亦會在各種特別場合派利是，包括婚宴或畢業禮，但農曆新年始終是最多人派利是的日子。據估計，在過年時派發的全新利是封數目多達約3.2億個，相等於砍伐了16,300棵樹木。父母們現時仍會向子女及家族中的長輩派利是，而其他人亦會向好友、同事或希望致謝的對象送贈利是。

為環保着想，大家不妨循環再用利是封，或者順應潮流派發「電子利是」。電子商務的冒起，讓我們可以通過電子形式將利是和祝福贈予親朋好友，亦可同時將這份關懷推而廣之，惠及地球環境。這樣可體現利是的價值精髓——共享喜悅和祝福。

Just as the best seats in the house are called the dress circle, so too is the best of the Kerry spirit embodied in this magazine, similarly and appropriately titled *Dress Circle*. Our concern for the environment, our reverence for heritage and the glories of the past, our affection for culture, our appreciation of the finer things in life, our corporate adventures – all contribute topics towards the making of this fine magazine. *Dress Circle* is our commitment and our gift to you. We hope you enjoy it.

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