



DressCircle

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臻善譜



Cover image:

In rural villages of western China, women hand-stitch cotton cloth into a beautiful patchwork, to be worn as garments or decoration for the home. In folk art tradition, their works also carry a blessing, each pattern imbued with good wishes for a better life. Like pieces of a patchwork, a happy year is made up of many wondrous elements. Wishing everyone a joyful and prosperous 2016.

中國西部的農村婦女手執針線，把一塊塊細碎的棉布縫紉成漂亮的百家布，用以裁製衣裳，又或點綴家居。在民間藝術的傳統中，百家布蘊含着無限的祝福，當中的每一幅布段均是對美好生活的祈願；而正如百家布一樣，幸福歲月由無數動人時光點滴拼湊而成。謹祝各位2016年喜樂如意，事事亨昌！



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Living life in full bloom

Courting was so much simpler 100 years ago. In order to impress a girl, a young man would merely dress in a smart suit, and invite her out for tea.

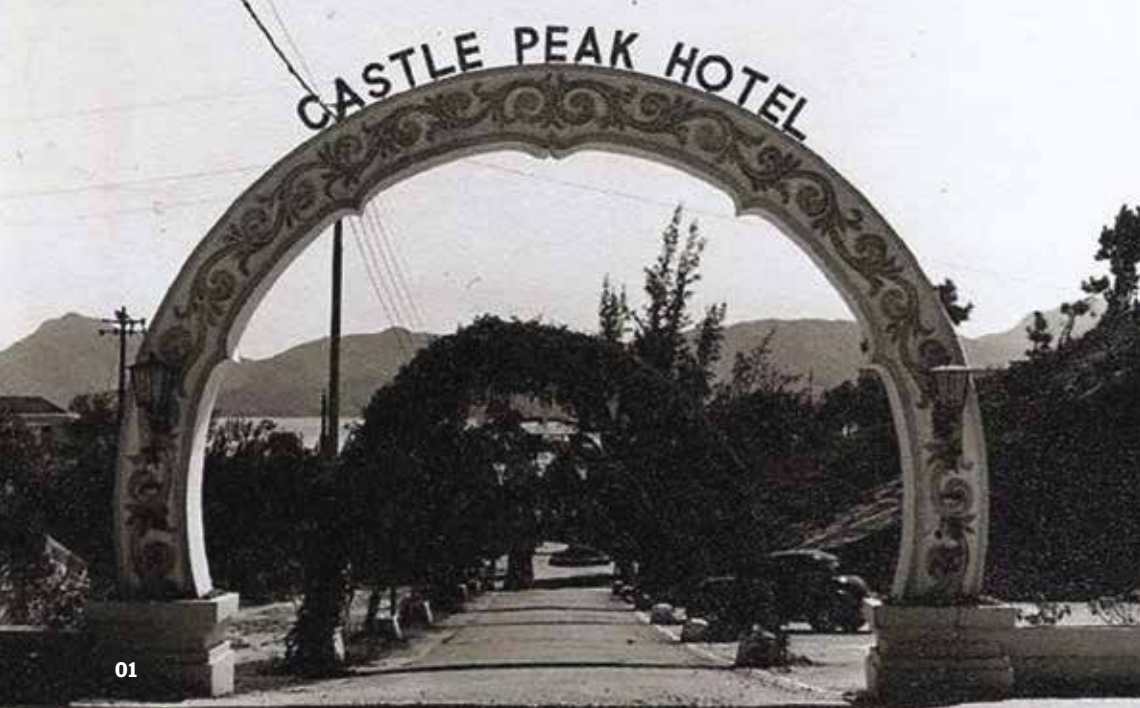
In classic Cantonese films of the mid-1900s, locations around Castle Peak Road set many a scene for such innocent encounters. The beautiful New Territories landscape provided the perfect backdrop for romance to blossom, and as audiences watched the couple's affection grow, they too fell in love with the leisure playground that drew city-dwellers to the clean country air and fresh sea breezes So Kwun Wat so desirably afforded.

Over the ensuing decades as society prospered, and the celebrity spotlight fell on So Kwun Wat, audiences immersed themselves in the simple pursuits played out on the silver screen: a joyful game of badminton at Castle Peak Hotel; sweet whispers over afternoon tea at Dragon Inn resort; strolling hand-in-hand along the beach at Castle Peak Bay. Viewers saw the special magic sparked in young lovers' eyes, and they wanted it for themselves.

Before long, it wasn't only celebrities who longed to be photographed in these glamorous locations. The hotel became a honeymooners' favourite; the inn a family holiday destination. With the mountains behind and the sea in front, surely this was a place in perfect alignment where memories would be made.

History records that, after Dragon Inn gained its success, a foreigner invested in a coffee shop in Cafeteria Old Beach, believing that, with its stunning scenery and gorgeous beaches, So Kwun Wat would become as sought-after as Repulse Bay on Hong Kong Island. Influential families likewise discovered the area's charm, building grand holiday villas, and later luxurious houses.





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As more visitors arrived to take a break from their busy lives, a series of recreational facilities was built, like Castle Peak Hotel in the nearby Tsuen Wan. Most of the people would arrive either by bus or ferry to the harbour. The slow pace of life led to later construction of houses instead of high-rise skyscrapers. After the British transformed this northwest region to their military base, building both Perowne Barracks and Gordon Barracks, there emerged an interesting mix of barracks, leisure facilities, indigenous villages and distinctive homes.

In time, an educational network began sprouting. Some international primary and secondary schools – a prestigious international school opened in September 2012 – and Chu Hai College joined the campuses of Lingnan University. With room to build expansive facilities, these schools have become synonymous for the low-density lifestyle So Kwun Wat offers.

For the happy times it kindles in so many hearts – and its prospects for the future – So Kwun Wat prospers today. Its hills are alive with trekkers and cyclists – the scenic MacLehose Trail and Tai Lam Mountain Bike Trail running through it – and with five distinct beaches stretching along a golden coastline, there is fun in the sun for everyone.

Yacht sails billowing on the harbour show how popular this area has become for elite water sports. On the other hand, you can still rent a canoe and paddle around the calm waters, exploring at a quiet pace. Diners soak up the sunshine enjoying local and international cuisine at al fresco food and wine bars, and on weekends and holidays, kiosks selling local handicrafts and art items are busy with patrons.

But So Kwun Wat is no longer only a weekend leisure paradise. Strategically positioned at the axis of opportunity – between Hong Kong, Shenzhen Qianhai in the mainland and

Macau-Zhuhai – the area has been pinpointed as the ideal location for those seeking to capitalise from China's One Belt, One Road blueprint for economic growth.

Massive infrastructure improvements are underway, or in planning, to facilitate that vision: projects such as the Hong Kong-Shenzhen Western Corridor; the Tuen Mun-Chek Lap Kok Link; and the Hong Kong-Zhuhai-Macao Bridge.

The bridge, once completed, is designed to put the Western Pearl River Delta within a one-hour commuting radius of Hong Kong. The Chek Lap Kok Link will provide a fast route from north-west New Territories to Hong Kong International Airport. Such convenient connections within a leisure-filled natural environment make So Kwun Wat now a viable and desirable home base.

Aspiring to a quality of life so rarely found in the urban setting, relocating families might understandably set their sights high. They may want a choice of lower density living styles – be that in a

01 Castle Peak Hotel was a very popular hotel and recreation spot between the 1950s and 1970s.

50至70年代，青山酒店曾是休閒娛樂的勝地。

02 The mountain bike trails nearby offer scenic training grounds for the cycling aficionado.

周邊的越野單車徑風光明媚，為單車愛好者的練習勝地。

03 Elegance and tranquillity meet at Tai Lam Country Park, which is the second largest country park in Hong Kong.

大欖郊野公園優雅而恬靜，為香港第二大的郊野公園。

spacious apartment, or even a freestanding house. They may prefer a view to the hillside, awakening each morning to scene of refreshing greenery. Or they may aspire to a calming sea view, the sun sparkling on the water reminding that such a vast aquatic playground is so close by.

Having hiking and cycling trails so easily accessible might be a major incentive, if healthy outdoor activity is a priority. Equally, if one's aim is simply to live life at a more relaxed pace – feeling the sea breeze, breathing the mountain air – you've come to the right place.

Some may have reached the stage where relaxing at home, basking in the private luxury of one's own comfortable living environment, often feels preferable to going out. In which case, they would need a building tailored to accommodate – ideally designed with healthy living elements, with scope to entertain family and friends, and the peace of mind of professional management services.

Or is it the romance of So Kwun Wat itself that feels so precious for so many? To plant the seed of love, and embrace it as it blossoms. Perhaps this – a life in full bloom – is, after all, what living is all about.

01 The area is also a popular spot for elite water sports. 掃管笏一帶亦是水上運動的熱點。

02 Prestigious international primary and secondary schools as well as Lingnan University and Chu Hai College cluster around the area. 多家知名國際中小學校、高等學府如嶺南大學、珠海書院亦聚集於此。

03 Tsing Ying Road, nice and secluded, offers a low-density lifestyle. 青盈路清幽靜謐，為低密度生活空間。



01



生活從此盛放

百多年前，求愛簡單得多。男孩會穿上醒目的西裝，然後邀請女孩外出約會，希望能在女孩的心中留下美好的印象。

在50年代的粵語電影中，青山公路的一帶往往是男女邂逅的熱門之地。風光如畫的新界景致，襯托着一段段開花結果的浪漫愛情；當銀幕上的情侶愛意漸濃，觀眾亦會被深深牽動，隨之墮入戀愛的憧憬之中，並喜歡上掃管笏這片悠閒樂土。在這裏，城市人可呼吸着清新無污的郊外空氣，迎着精神爽利的海風，叫人心往神馳。

在過去數十年裏，掃管笏隨着社區發展而引起了大眾的關注；觀眾沉醉於銀幕中的景致，嚮往着那兒的生活：於青山酒店嬉玩羽毛球、在容龍別墅低聲耳語，享受甜蜜的下午茶聚，又或是手牽手漫步青山灣泳灘，還有青春戀人含情脈脈的雙眸，羨煞旁人之餘，同時讓人渴望成為銀幕中的男女主角。

這裏叫人心醉神迷，而在很久以前，除了名人明星以外，就已吸引不少人前來留下倩影。那兒的酒店更是度蜜月的首選勝地，附近的別墅則是一家人度假的好去處。背山面海的舒適環境，無不讓人留下美滿的回憶。

翻看歷史，在容龍別墅揚名以後，一位外國人曾於舊咖啡灣投資咖啡店，他相信，這裏歎為觀止的美景和絢麗的海灘，定會令掃管笏與享負盛名的港島淺水灣看齊。同樣地，本地的顯赫家族亦發現了這一帶的迷人風姿，建起一座座豪華的度假別墅，還有後來一幢幢奢華的獨立屋。

為了暫避忙碌的生活，愈來愈多人來到這裏稍作喘息，而一系列的娛樂休閒設施亦隨之出現，例如鄰近荃灣的青山酒店便是其中之一。大多數人均會乘坐公共交通工具，如巴士或渡輪前往附近的港口上岸。由於這裏的生活步伐緩慢悠閒，故漸漸出現了不少獨立屋，可是，這裏始終看不見高樓大廈的蹤影。後來，英國人改革香港的西北地區，將之改造成軍事基地，當中包括寶龍軍營和歌頓軍營，使該地區集軍營、休閒設施、原居民村落和特色住屋於一身。

教育網絡亦適時地於這裏一帶萌芽發展。多家國際中小學校，還有珠海書院與附近的嶺南大學為伴，而於2012年9月開幕的著名國際學校亦在此列。由於空間充裕，大型的教育設施盈立，而這些學府亦成為了掃管笏這個低密度生活空間的代表。

人們在掃管笏度過不少歡樂光陰，在心中留下了快樂的印記，再加上這兒前景美好，掃管笏今天的興盛似乎是理所當然之事。附近的山巒朝氣勃勃，風光明媚的麥理浩徑和大欖越野單車徑，吸引了不少行山人士和單車愛好者前來。而黃金海岸沿途一帶，則有五個別具特色的泳灘，身在其中，相信人人均能感受到那份陽光中的歡愉。

不少遊艇在附近的港灣揚帆出海，可見這裏深得水上運動健將的歡心。同時，你亦能租來一艘獨木舟，緩緩泛過平靜的海面，感受靜謐的步伐。食客一邊享受着日光浴，一邊在露天酒吧品嚐地道和國際的美食佳釀；而到了周末假日，亦有不少人前來這裏光顧本地手作和藝品的小攤檔，叫檔主忙個不停。

可是，掃管笏已經不再是只限於周末的消遣勝地。掃管笏位踞要地，座落於未來發展的軸心，為香港、深圳前海、澳門和珠海的交匯點。中國的「一帶一路」政策，將為經濟帶來增長，而掃管笏一帶則被認定為受惠於此經濟藍圖的理想據點。

為使能配合這個願景，無數的基建改善工程已開始動工，有些則仍在計劃之中；而港深西部通道、屯門至赤鱗角連接路，以及港珠澳大橋之工程亦已先後展開。

興建港珠澳大橋的目的為連接香港與珠江三角洲西岸地區；大橋落成後，便會形成以香港為中心的一小時生活圈。而赤鱗角連接路則會成為往來新界西北地區及香港國際機場的捷徑。在這片充滿悠閒氣息的天然樂土上，交通是如斯的便利，讓今日的掃管笏成為適合安居之所，是叫人神往的家園。

在繁囂城市中，高質素生活可貴難求，而尋覓新居的家庭對生活質素有高度要求亦是理所當然之事。他們可能會渴求居於低密度環境之中——一個寬敞的單位，甚至一家獨立屋。他們又或許較喜歡面向山景，每朝醒來觀看清新煥發的綠樹林蔭。又或許，他們會心儀平靜無瀾的海景，陽光照耀着海面，閃閃發亮，並提醒人們，一望無際的水上活動勝地就在附近。

假如你喜歡有益健康的戶外活動，一條條便捷的行山和單車徑自然吸引力極高。此外，假如你想要放慢生活步伐，感受海風飄拂、呼吸山巒空氣，那你就選對地方了。

有些人喜歡安坐家中好好放鬆，在豪華舒適的私人停裏享受和煦的日光，而甚少有外出的念頭。這類型的住戶，需要一棟精心設計的住宅，當中不但須要具備健康生活的元素，且能供他們招待親朋戚友到訪，而所提供的專業管理服務，亦要讓生活變得和諧寧靜。

掃管笏在不少人的心目中感覺矜貴高尚，這大概是它本身所散發的魅力吧？就來這裏埋下愛的種子，擁抱繁花盛開的明媚。也許，我們活着的最終意義，就是要享受如花般綻放的美好日子。

Together as one we care for others

For anyone born in Hong Kong in the modern age, it's hard to imagine what life was like in rural China in their grandparents' day.

While today's 10-year-olds work in air conditioned classrooms then skip off for after-school activities of choice, many rural kids just two generations ago spent their days toiling in the fields. How pampered we are, by comparison!

Yet the kindly octogenarian now living in Hong Kong who recounted the story of her childhood to a home-visit volunteer still considers herself lucky. Sharing the life experiences of the elderly is just one of the meaningful and enriching ways colleagues across the Kerry Group of companies are joining hands to care for others marginalised in society.

It began with a conversation. Staff members found they shared a concern for people less fortunate than themselves, and wished to devote time to improving others' lives outside of working hours. In late 2014, Jigsaw was formed as the platform. Its logo illustrates the collaborative nature of the programme, with willing volunteers as the glue that binds.

This heartfelt social outreach was initiated and continues to be run by staff, supported by colleagues from Kerry Holdings, Kerry Properties, Kerry Logistics, Shangri-La Group and SCMP Group. Through their participation, donating their time and leveraging their own networks, these champions of those less fortunate have also found strengths in themselves – some as leaders, some as joiners, some contributing creative ideas.

Social media is the conduit. Ideas posted on the Jigsaw Facebook page are open to comment, while feedback after the events allows others to share first-hand insights into projects prioritised for the elderly, disadvantaged youth, and people struggling with poverty.

Home visits to the elderly are a response to studies which show that many of Hong Kong's older citizens are isolated, and almost one-third face daily struggle. At Mid-Autumn Festival, volunteers rallied to create the "brightest ever lantern festival" by visiting the elderly in their homes, distributing mooncakes, oranges, rice and cooking oil, and engaging with them in cognitive games. Being involved changes hearts, and perceptions. One participant was so



Jigsaw is supported by colleagues from Kerry Holdings, Kerry Properties, Kerry Logistics, Shangri-La Group and SCMP Group.
Jigsaw得到嘉里控股、嘉里建設、嘉里物流、香格里拉集團及南華早報集團的同事大力支持。

warmed by the experience that she has a greater appreciation of her own blessed life.

Empathising with so many who live in poverty in one of China's most affluent cities, a group of volunteers spent a day visiting a neighbourhood of tiny, cramped subdivided flats in urban Hong Kong. Struggling to make ends meet on welfare which seems a pittance compared to even a basic professional wage, the occupants face hardship every day – yet they remain resolute, buoyed by love (“my son is my life,” explained one single mother) and a supportive community.

A further outpouring of care to alleviate poverty drew the volunteers together to support Box of Love, a group-wide initiative to donate and distribute gift parcels to local people in need, and contribute to a photo competition depicting scenes of poverty in Hong Kong, with suggestions as to how this suffering could be eased.

Just as actions speak, learning is invaluable. Alongside the various outreach activities, Jigsaw arranged educational events also serve to raise the awareness of staff.

In one example, concern for the environment – a group-wide Kerry priority – sparked an idea for an enlightening visit to an eco-farm in Fanling. The host,

a retired engineer, recycles vegetable waste to feed fish bred on his property, and re-uses their waste to nourish his crops. Participants came away with a will to reduce their own food wastage. The privilege of living in a prosperous city like Hong Kong, one posted, “also makes us responsible for safeguarding the environment for future generations”.

Another occasion involved learning about the elderly at Ho Man Tin. Starting with a workshop which challenged their perceptions, then meeting with a group of senior folk in person, participants discovered that age is no barrier to enjoyment of and participation in new and lifelong activities. Emerging with renewed respect for their elders, the group concurred that connotations often associated with the elderly – “as frail, stagnant, and decaying” – were proved to be simply untrue.

Life can be a puzzle at times: society might be far from perfect, and things may not always seem fair. By joining together with one heart and mind – actively outreaching through community visits, or learning through educational events – Kerry colleagues serve to quietly show that there are still people who care.



Jigsaw is concerned about the environment and its staff went to visit an eco-farm in Fanling. They came away with a will to reduce their own food wastage. Jigsaw十分關注環保，一班員工早前便參觀了粉嶺的生態農場，參加者自此決心減少製造食物垃圾。

Box of Love, a group-wide initiative to donate and distribute gift parcels to local people in need. 「箱愛」行動以「將愛與關懷藏於箱子內」作為號召，將禮物箱捐贈予本地的有需要人士。



Through learning about the elderly, volunteers emerged with renewed respect for their elders. 透過探訪長者，義工得以重新了解他們，敬愛之情油然而生。

義工橋樑

對現代香港人來說，實在很難想像自己的祖父母以前在中國鄉村生活是怎麼回事。

祖輩的一代，孩子要整日在田野間辛勞作業，而相比之下，現在的十歲孩子卻可坐在空調課室中，並於課後參加自己喜歡的活動；兩者可謂天淵之別，我們這一代是何其幸福！

年過80，現居香港的老婆婆，在家訪時向嘉里集團的義工娓娓道出自己的童年故事，並認為自己是個幸運兒。而除了分享長者的人生經驗外，嘉里集團旗下各公司的同事亦攜手合作，透過有意義而充實的義工活動，去關愛社會中被邊緣化的社群。

2014年年尾成立的Jigsaw，由嘉里集團員工之間的閒談展開，後來漸漸發展成關注社會需要的平台。最初，一群員工不約而同地對社會上的有需要人士深感關注，於是他們希望可善用工作以外的時間，改善這些弱勢人士的生活。Jigsaw的標誌正代表着熱心的義工，以協作精神將社會各階層人士聯繫起來。

這個自發的社會關懷行動，由嘉里集團的員工發起及管理，並得到嘉里控股、嘉里建設、嘉里物流、香格里拉集團及南華早報集團的同事大力支持。參加者不但投身義工活動，奉獻出私人時間，以及動員身邊的人際網絡，更從幫助有需要人士之中，發掘出自己的潛能——有些發揮出領導才能，有些積極地身體力行，有些則提供具創意的點子。

Jigsaw以長者、弱勢少年和貧困人士作為優先服務對象。他們以社交媒體作為溝通管道，鼓勵大眾開放地討論Jigsaw的活動和提出意見。大家既可評論Jigsaw臉書專頁上的帖子，亦可在活動後作出反饋，分享活動的體驗和見解。

據研究，香港很多長者均被社會孤立，當中差不多有三分之一每日活在困迫掙扎之中。有見及此，Jigsaw義工在中秋節前往長者的住所進行家訪。義工帶着月餅、橙、白米和食油去探望長者，又和他們一起玩「健腦操」，希望為他們帶來一個「最喜悅的中秋節」。其中一位義工表示，這次的經驗讓她感到溫暖，更珍惜自己的幸福生活。誠然，親身體驗的確能扭轉我們的內心所想和既有觀念，獲益良多。

香港是中國最富裕的城市之一，卻有很多人仍然生活在貧困之中；一眾義工十分同情這班活在窮苦中的人，於是拜訪城中細小狹窄的劏房。這裏的住戶每日生活捉襟見肘，所獲的社會援助金額微薄，甚至不及基本工資，故亦不時掙扎是否應放棄領取援助。一位單親母親說：「我的兒子就是我的生命。」雖然這些人面臨困境，但仍無損他們堅決奮鬥的意志，依然相信真情暖透人間。

此外，Jigsaw義工進一步發揮關愛精神，發起了「箱愛」行動，以「將愛與關懷藏於箱子內」作為號召，向本地有需要人士捐贈出一箱箱禮盒；又舉辦以貧窮為主題的攝影比賽，以照片呈現香港的貧窮現象，以及建議如何紓緩貧窮問題。

實際行動固然重要，但如果能夠在活動中對自己的生活有所反思更是難得。除了各種外展行動，Jigsaw亦安排富有教育意義的活動，以提高員工扶助貧困和貢獻社會的意識。

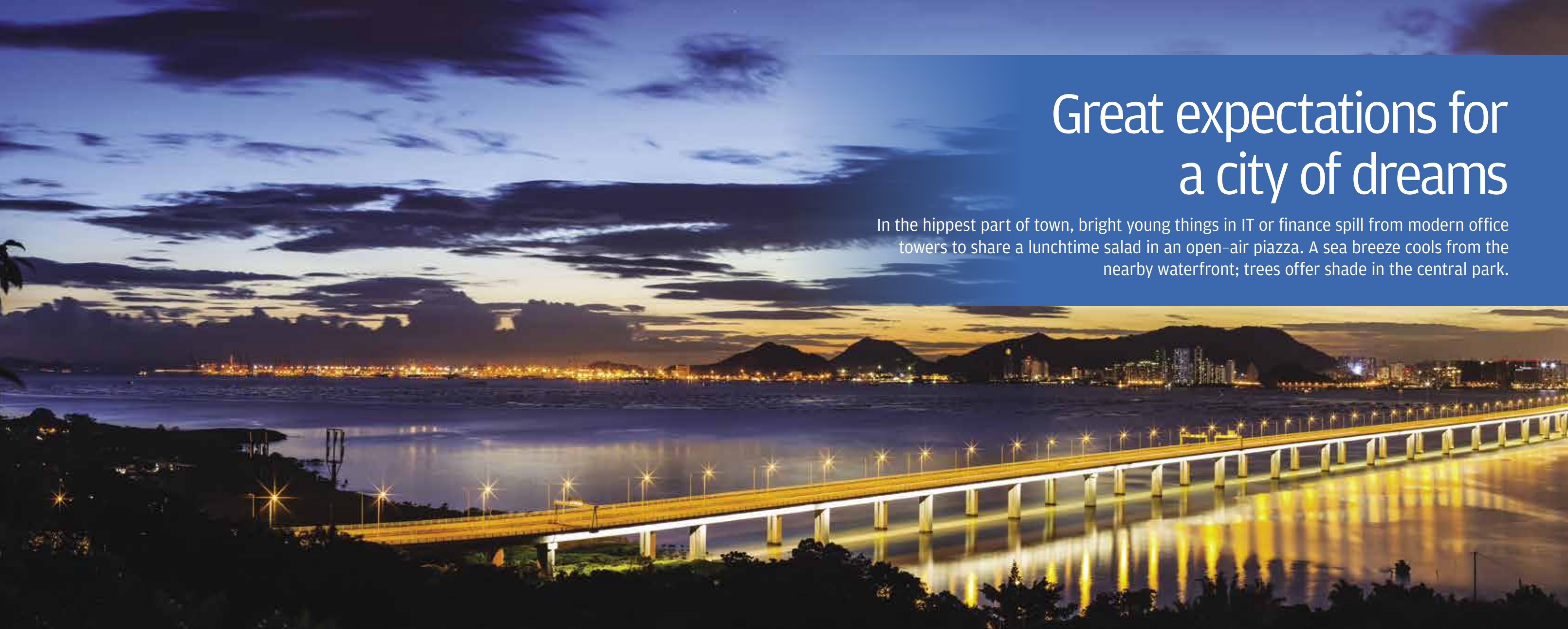
嘉里集團一直十分關注環保，較早前一班員工便參觀了粉嶺的一個生態農場，從中領悟不少。這個生態農場的負責人為退休工程師，他將蔬菜剩料循環再造，餵飼魚塘的魚，又以魚的排泄物為農作物施肥。經過這次體驗，每位參加者都決心要減少製造食物垃圾。香港為繁榮富庶之地，我們既為其中一員，當要「肩負重任，為子孫後代保衛環境」，一位參加者事後在貼文中寫道。

在另一次活動中，嘉里集團的員工身赴何文田了解長者的生活情況。活動前，參加者先要參加工作坊，而他們對長者的固有看法更在過程中面臨衝擊。當參加者與長者正式會面時，他們頓覺年齡並沒有妨礙這群長者去享受人生和繼續發掘新事物。藉着這次活動，參加者得以重新了解長者，一份前所未有的尊重，亦油然而生。從前，不少人都認為長者就是「身體虛弱、沒有生氣和不斷衰退」，而這種看法如今卻被徹底推翻。

有時候，生活就像一幅未完成的拼圖一樣，七零八落。我們可能會覺得社會並不完美，不平不公的事時有發生，但憑藉嘉里集團同仁上下一心，默默耕耘，努力透過社區探訪來宣揚愛的訊息，並以教育活動來學習關愛社會、環境，向大眾證明人間有愛。

Great expectations for a city of dreams

In the hippest part of town, bright young things in IT or finance spill from modern office towers to share a lunchtime salad in an open-air piazza. A sea breeze cools from the nearby waterfront; trees offer shade in the central park.



Qianhai, China's new city of opportunity in western Shenzhen, a key location in the Pearl River Delta.
前海位處珠三角區的核心位置，是深圳西海岸的新興發展區。



Such a scene could be played out on any given day in the pulsating nucleus that makes a world city great. But with a railway network standing by to zip folks home at working day's end, this is clearly not New York City, or London, or Paris. And although Central and East Kowloon are only a short commute away, it's not even Hong Kong.

This vibrant urban hub of the very near future is none other than Qianhai, China's new city of opportunity in western Shenzhen, a key location in the Pearl River Delta. Established as a model special economic zone at the forefront of financial innovation, Qianhai breaks new ground in Guangdong-Hong Kong cooperation, and is a pivotal link in China's One Belt, One Road blueprint for economic growth.

Lying at the crossroads of southern China's biggest and richest economic centres, Qianhai is regarded as the modern-day Chinese dream. According to expert analysis, by mid-2015 more than 28,000 companies, both domestic and multinational, had registered in Qianhai – among them numerous Fortune Global 500 firms – attracted to the zone's potential and business-friendly incentives. The sectors are dominated by financial enterprises, science and technology-related services, and modern logistics. It is also here that modern industry's brightest new ideas are nurtured. As an entrepreneur e-hub for innovative youth start-ups from around the world, Qianhai is already drawing young talents looking to make their first pot of gold.

Expected to transform into a global finance hub by 2020, Qianhai is conceived as Asia's Manhattan. Or rather, how Manhattan could be, if urban planners now had a blank canvas to work with. For its architects will take learnings from the most successful metro hubs in the world, and infuse them with lifestyle-enhancing design and amenities to create a thoroughly new, vibrant and sustainable urban district for the 21st century.

Maximising its waterfront location, Qianhai's Central Business District is designed with view corridors funnelling both pleasant scenery and refreshing air into the city's heart. A central park, reminiscent of New York's, is the focal point of the main city block, complemented by smaller, intimate parks. Here is nature in its purest form – a grassy lawn; a shady tree – within every city-dweller's reach.

These communal open spaces, incorporating many F&B opportunities, contribute to the city's cosmopolitan vibe.

Qianhai enjoys easy access to some of the most important epicentres of business, finance and trade in Asia – the financial services powerhouse Hong Kong, the innovative boomtown Shenzhen, and the Pearl River Delta manufacturing cluster.

Its planning incorporates provision for an efficient transportation system, including a modern, safe and sustainable rail transit network that is integrated with surrounding property developments. In September 2015, ground was broken on Qianhai's new integrated transport hub, expected to be one of the world's busiest. New lines bringing Qianhai into the Shenzhen Metro are already well under

construction, and slated for opening mid-2016, linking the waterfront precinct with Futian and Shenzhen Airport. The Hong Kong-Shenzhen Western Corridor, already completed, provides fast and convenient road access to Central. Two container port facilities at the mouth of the Pearl River Delta also make Qianhai an ideal logistics platform.

To meet the already strong demand for prime office and residential infrastructure, Kerry Properties is building a mixed-use development right at the heart. Located near Guangshen Yanjiang Expressway at the Qianhai Shenzhen-Hong Kong Modern Service Industry Cooperation Zone, the site enjoys a front sea view, and is within minutes' drive of Shenzhen Bay Port. It is also close to the planned Shenzhen Metro extension line, a prime location for development.

Sculpted along the waterfront to provide green and relaxing "breathing spaces" within the CBD, the development will create a modern metro neighbourhood comprised of Grade A office towers, luxury serviced apartments and boutique shopping. Built around a central park, a sophisticated F&B offering, providing a variety of dining and chilling out places where people can gather with likeminded folk, and come to celebrate festivals and events, gives the project a distinctive identity.

Though tall and mighty, the development is at the same time human and user-friendly. Should Qianhai, as expected, transform the business landscape of the Pearl River Delta and point the way forward for a new phase of growth for China's economy, forward-looking developments will see it do so in style.



Qianhai enjoys easy access to some of the most important epicentres of business, finance and trade in Asia – the innovative boomtown Shenzhen.

前海交通四通八達，與鄰近各個亞洲商業、金融和貿易的重點城市緊扣，包括追求創新的深圳。

東方曼克頓 遍地機遇

在城市最時尚前衛的地段中，一幢幢現代設計的辦公大樓拔地而建，來自科技和金融界的年輕才俊穿梭其中，他們在寬闊的露天廣場上，享用着沙律午餐。廣場靠近海濱，微風送爽；中央公園林木繁茂，綠樹成蔭。

如斯景致，往往出現在國際級城市之中，而這在朝氣勃勃的城市中心實在是平常不過的風景。這兒有地下鐵路接載上班族回家，但這裏既不是紐約，也不是倫敦，更不是巴黎。儘管與中環和九龍東咫尺相近，可這兒也不是香港。

這個醞釀中的活力城市，正是前海，位處珠三角區的核心位置，是深圳西海岸的新興發展區。前海是國家級規劃的新經濟特區，站在發展創新金融的最前線，為粵港合作上開展了新領域之餘，在中國「一帶一路」的經濟發展藍圖上，亦扮演著重要角色。

位處南中國數個最大型、最蓬勃經濟中心的交界，前海佔盡地理優勢，它被視為現代中國人的夢想。據專家分析，截至2015年年中，已有超過28,000間企業在前海註冊落戶，當中包括國內和海外的跨國公司，更不乏入選《財富雜誌》世界500強企業的公司，他們同時看中了前海的發展潛力，以及當中有利於商業發展的措施。這個追求創新的創業基地，以發展金融企業、科技服務業、及現代物流業為主，也同時孕育現代產業發展的新模式。前海為新生電子商務中心，更是世界各地年輕企業家的夢工場，讓具潛質的企業家實踐計劃，賺取第一桶金。

被視為亞洲曼克頓的前海，預計將於2020年發展成全球金融中心。試想像城市規劃師由零開始，在空白的藍圖上重新著墨，這個「曼克頓」的面貌會是怎樣？相信設計師定會參照世界各地城市樞紐的成功例子，並注入提升生活水平的設計和設施，從而為21世紀打造出充滿活力，且有利持續發展的全新城區。

為了盡覽海濱景致，前海的中央商務區設有觀景廊，置身其中，可欣賞宜人風景，同時為城市中心引進清新空氣。發展區的另一地標設計，是位於城市中心的公園，並輔以各式小型貼心的休憩區，令人聯想起美國紐約的中央公園。這裏不但有綠油油的草地，充滿大自然氣息，而茂密的綠樹，更是居民觸手可及。

這些公共空間，同時為餐飲業帶來無限商機，並帶動了城市國際化的氛圍。

前海交通四通八達，與鄰近各個亞洲商業、金融和貿易的重點城市緊扣，包括專注金融服務的香港、追求創新的深圳，還有製造業林立的珠三角。

根據規劃，前海將附設高效的交通運輸系統，包括安全及可持續發展的現代化鐵路網絡，把周邊的發展項目緊密相連。整項綜合交通工程，於2015年9月動工，將有望成為全球最繁忙的交通樞紐之一。新的鐵路網絡將前海與興建中的深圳地鐵接連，預計2016年年中啟用，屆時，鐵路將貫穿周邊地區的海岸線，直接連接福田和深圳機場。已正式通車的深港西部通道，讓往返中港兩地的交通，尤其是中環一帶，更為方便快捷。而珠江三角洲河口的兩個貨櫃碼頭，則為前海造就理想的物流平台。

為滿足市場對優質寫字樓和住宅的需求，嘉里建設別具心思地構思了一項混合式發展項目。它座落前海深港現代服務業合作區，毗鄰廣深沿江高速公路，地理位置優越，座擁一線海景，往來深圳灣口岸只需數分鐘車程，與規劃中的深圳地鐵延線更是咫尺之距。

海天一色的海濱景致，為繁忙的中央商務區提供了一個讓人放鬆的青蔥休閒之地；項目將發展成一個現代化都會的社區，當中包含甲級寫字樓、豪華服務式住宅，以及精品購物區。圍繞中央公園的四周，將有不同類型的特色餐廳進駐，提供精緻餐點，讓你飽餐一頓、享受下午茶甚至放鬆心情，另可成為朋友相聚、節日慶祝，和舉辦活動的好地方。凡此種種，令整個發展項目變得與別不同。

儘管規劃工程浩瀚龐大，但同時亦體貼到用戶的需要，不失人性化。至於前海能否如市場預期一樣，讓珠三角的營商環境成功轉型，帶領中國經濟增長邁入新階段，我們大可拭目以待。





Welcome home, Branksome Grande

Parting is such sweet sorrow, Shakespeare wrote. Yet absence does makes the heart grow fonder – and the homecoming that much sweeter.

In early 2014, the Dress Circle bid a fond – but thankfully, temporary – farewell to a sparkling jewel in its crown, Branksome Grande. For four decades, this stately building had been one of the most aspirational addresses on the Peak: home to tycoons and captains of business who could view the harbour and Central office towers from the property's astonishing elevation, whilst relaxing amid the tranquil forest greenery which so famously fringes the Hong Kong Central Business District. Indeed, it was for its eyrie position that the Dress Circle earned its name – a neighbourhood coined by the early European settlers who likened the views to those from the dress circle of a theatre.

Yet now, it was time for a refresh. While Branksome Grande closed its doors to allow for a complete remodeling, those seeking the most exclusive living environment Hong Kong could offer could only gaze upon the building's grand façade and wonder at the transformation taking place within.

The building's pedigree has long been the talk of the town. Branksome Grande belongs to an elite portfolio of luxury residential buildings in Kerry Properties' Dress Circle collection. Laced along Tregunter Path and May Road, their names are spoken amongst the highest circles: Branksome Crest and Branksome Grande; Tavistock and Aigburth. Here too, important clusters of colonial buildings remain as testament to the gracious lifestyles of international aristocracy.

Like a debutante preparing for her grand entrance, the return of Branksome Grande to the Dress Circle family has been highly anticipated. Former residents who had relocated to other Dress Circle properties during the refit, were eager to move back. Prospective new residents were tantalised by the idea of homes which were brand new on the inside, yet steeped in the prestige of a classic Dress Circle residence. Could the new Branksome Grande surpass the building's previous exacting standards? Might the views be even more spectacular; the level of luxury beyond superlative?

Branksome Grande reopened for leasing to reveal what few could have imagined possible: expansive windows, taller and wider than before, unlocking ever more landmarks in the iconic vista. Rooms filled with light and space, their lofty ceilings enhancing the luxury, to let the views take centre stage.



Kitchens and bathrooms of unparalleled prestige, equipped with European appliances - and even from these normally utilitarian spaces, windows which frame picture-perfect views. Looking up to the Peak Tower from the kitchen sink is a scene depicted in a million postcards.

Each of the apartments - only two per floor - offer three spacious bedrooms, two lavish ensembles and guest powder room, substantive living-dining areas, a gourmet kitchen, and two maids' rooms. Clubhouse facilities include a gymnasium and workout studio for private training, Jacuzzi and steam room, outdoor pool, mini-theatre, and a revamped children's indoor playroom.

Former tenants have been among the first to secure their new home at Branksome Grande, and share their impressions of what the renovation has achieved.

Many bankers among the residents like to keep watch on their corner office from the comfort and privacy of their own living room. The premium towers of Hong Kong's world-class skyline seem right there, within arm's reach - and in reality they are so close walking to work is a refreshing way to start the day.

The spaciousness and elegance of these homes is remarked upon without exception. The views are marvelled at; the attention to detail clear.

The 24-storey, twin tower luxury property offers just 94 exclusive apartments. Their grandly proportioned layouts are of a scale rarely found in Hong Kong - around 3,000 sq ft - and designed to optimise the breathtaking harbour and Peak views.

The spaciousness and elegance of these homes is remarked upon without exception. The views are marvelled at; the attention to detail clear.

Branksome Grande的每個單位設計優雅，空間舒泰，每項細節均一絲不苟，景觀更是讓人歎為觀止。

As the building's owner and landlord, Kerry Properties also brings to Branksome Grande its superior management services. Honed through the company's vast experience in serving a high-end clientele, the comprehensive suite of services ensures that security and privacy are paramount, and that residents' every need is thoughtfully provided for.

The lengths to which management will go to ensure a stress-free lifestyle for every occupant of the household is evident in a newly launched guide for domestic helpers on how to use appliances and controls within the apartment. It's translated into three languages - English, Indonesian and Filipino - and available in both hard and soft copies. Upon request, a Kerry Property Management Services representative will also come to the apartment to demonstrate the equipment's features. The assigned staff member becomes the household's personal service assistant throughout their residence at Branksome Grande.

The Dress Circle community applauds the building's much-awaited encore. Welcome home, Branksome Grande - you have been truly missed.



Laced along Tregunter Path and May Road, the luxury residential buildings are built amongst the highest circles: Branksome Crest and Branksome Grande; Tavistock and Aigburth.

無論是Branksome Crest還是Branksome Grande，騰皇居還是譽皇居，全都沿着中半山的地利根德里和梅道而建，盤踞顯赫的豪宅圈。

久別重逢Branksome Grande

「分離是一份甜蜜的哀愁」，這是劇作家莎士比亞筆下的名句。誠然，離別令兩顆分隔的心靠得更近，也令他日重聚的一刻更美好。

2014年初，聳立於中半山的Branksome Grande暫別了一眾豪宅群，正式投入其龐大的翻新工程。過去40年來，Branksome Grande是山頂高尚住宅的不二之選，幾許股商巨賈、社會賢達也看中了居高臨下的氣勢，背山面海，綠蔭環抱，俯瞰着整個維多利亞港，盡收中環金融中心的全貌，氣派非凡。因此，Branksome Grande位處之地有「Dress Circle」的美譽，即歐洲人對劇院內前排正中的最佳位置，也是票價最昂貴座位的稱謂。

華麗變身之後，是時候以更佳的姿態出現了。在翻新工程進行之時，那些渴望尋找香港最獨特而豪華住所的人，只好在門外翹首以盼，猜想帷幕背後的全新面貌。

Branksome Grande可謂是名門世家，向來都是城中的焦點，亦是優質物業品牌嘉里建設的旗艦豪宅，形成了「Dress Circle」豪宅群的景致。而無論是Branksome Crest還是Branksome Grande，騰皇居還是譽皇居，全都沿着中半山的地利根德里和梅道而建，盤踞顯赫的豪宅圈。這裏附近更保留着一連串的殖民建築，散發着不言而喻的貴族氣派，蕩漾着優雅的生活氣息。

一如巨星久休復出，Branksome Grande的回歸，確實萬眾期待。早前因為翻新工程而遷到鄰近豪宅群的舊住客，無不渴望早日「回家」。而對新住客來說，就更是期待，他們對「Dress Circle」聞名已久，今天終於可以親身感受，成為豪宅群的一份子。重塑後的Branksome Grande，能否超越既往，營造出更華麗、更舒適的生活空間？而那壯麗的維港風光，又能否超越極致，讓客人盡享半山區獨有的魅力？

Branksome Grande重新招租，並展示了一個不一樣的家：寬大的窗戶，比之前的更高更闊，令眼前遼闊的景觀更見一望無際。開揚的間隔，光線充足，特高樓底令室內空間感十足，氣派顯赫。

設計獨特的廚房和浴室，配備各式歐洲電器，是個性與品味的象徵。有別於寬闊露台的維港景致，Branksome Grande的每個窗戶均別有洞天，恰如一幅亮麗的風景畫。只要站近廚房窗戶，你便可仰望到山頂凌霄閣，四季如畫，每天展現着不同景色，活像一系列明信片。

Branksome Grande一梯兩伙，每個單位備有三間寬敞的臥室，當中包括兩間豪華套房，和一間尊貴客房；此外還有客廳、飯廳、廚房和兩間工人房。完善的會所設施包括健身室、私人訓練室、按摩浴室、蒸氣浴室、露天泳池、迷你影院，以及室內兒童遊戲室，為繁囂的都市生活帶來清新的休憩空間。

Branksome Grande翻新完畢後，舊租客當然第一時間歸隊，在Branksome Grande重覓新居，選對這幢舊居的新面貌，讚不絕口。

住戶當中不乏銀行家，對他們來說，最賞心悅目的，莫過於安坐於寬敞舒適的起居室之中，遠眺山下的辦公大樓，那種運籌帷幄的感覺，穩重實在。在香港國際知名的天際線下，埋藏着一棟棟雄偉顯貴的大樓，它們與Branksome Grande近在咫尺，而這裏的住客大可徒步上班，精神爽利地迎接新的一天。

Branksome Grande的每個單位設計優雅，空間舒泰，每項細節均一絲不苟，景觀更是讓人歎為觀止。

雙幢式建築Branksome Grande共有24層，提供94個尊尚單位。所有標準單位面積約為3,000平方呎，在香港實屬罕見。此外，各單位盡收海港與山巒景色，與大自然融為一體。

發展商嘉里建設，不止於建造優質住宅，更為尊尚豪宅提供優質管理服務。旗下的物業管理公司擁有專業訓練的管理團隊，為Branksome Grande提供全面的物業管理服務及嚴密保安，以保障住客的安全和隱私。對住客的各種需要，Branksome Grande可謂照顧周到，無微不至。

為了讓每位住客亦能盡享悠然舒坦的生活空間，嘉里物業管理更為家庭傭工推出家居指南，當中詳述單位內每個電器的操作方法。為照顧不同國籍傭工的需要，家居指南翻譯成英文、印尼，和菲律賓三種語言，且備有印刷版本和電子版本以供選擇。嘉里物業管理的代表，更為有需要的住戶，上門示範各項設備的功能；另有專責員工，為住客提供私人家居服務，滿足生活中的一切所需。

一切都準備就緒，Branksome Grande終於重回「Dress Circle」豪宅群。歡迎歸來，讓大家久等了。

Keeping the art of tea culture alive

Porcelain is so identified with China that it is still called "china" in everyday English usage.



In fact, there are many kinds, and the history of this ancient craft is one which defines the nation itself. When Spanish explorer Juan de Mendoza arrived in China in the 16th century, he described finding shops full of beautiful porcelain, each exquisitely hand-decorated. It wasn't a new discovery – the Chinese had been exporting pottery for centuries before that, and making it for millennia.

The distinctive, greenish-hued porcelain signifying celadon ware (*qingci*) is believed to have originated during the powerful Han dynasty (206 BC – 220 AD), a period when poetry, literature and philosophy flourished, and Confucianism was revered. During the Tang dynasty (618 – 906 AD), its manufacture had become advanced, and kilns were established all over China. As the industry matured into the Song dynasty (960–1279 AD), porcelain was an indispensable item for daily use in all sectors of society.

In the 11th century, Chinese porcelain was already being exported by land and sea, firstly to regional markets, and later to Western Europe. By the late 17th century, Europeans had developed a passion for the exquisite "china" brought to their shores by Portuguese merchants, and even though the West began developing a porcelain industry of its own, demand remained strong for the authentic pieces Chinese artisans had so elegantly crafted.

Global markets showed a particular fondness for the distinctive "Canton-style porcelain" (*guangcai*), which emerged during the Qing dynasty, and remains highly prized today. The dainty teapot and cup sets originating from this era became an integral part of the tea-drinking ritual, with porcelain considered an ideal material to enhance the flavour of tea.

Tso Chi-hung, a third-generation *guangcai* artisan who learned the skill from his grandfather, says the style originated 300 years ago in Jingdezhen, Jiangxi, home of the most famous ceramics kiln in China. Foreigners who arrived at the trading port of Guangzhou were keen to buy porcelain from Jingdezhen, but as the trip inland would have taken a month in those days (and 10 hours by train even now), an enterprising businessman brought white porcelain to Guangzhou, and hired craftsmen from Jingdezhen to teach locals how to paint and complete the firing process. This saved the traders much time, and led to the establishment of a flourishing *guangcai* industry in Guangdong.



In the 1920s, Tso's grandfather brought his craft to Hong Kong, and set up Yuet Tung China Works, a business which prospered.

The artwork on porcelain usually has meaning, he explained – most often it tells traditional Chinese legends, or represents an auspicious motif. Popular Chinese romance tales like *Dream of the Red Chamber* (Hong Lou Meng), and *Romance of the Western Chamber* (Xi Xiang Ji) feature prominently, as do legends of immortality like the three gods of fortune, prosperity and longevity. “For birthdays, people love to have the longevity peach tree. The dragon and phoenix, resembling royalty, are the other two popular motifs, because in the past only the royal family could use those,” Tso said.

Among export markets, artful depictions of Chinese scenery on porcelain – the mountains and waterways, peony flowers and springtime blossoms – were highly sought. Eventually, Western fusion crept in: buyers would ask for their names or family crests to be painted, and China/Hong Kong's porcelain industry became diversified.

Whereas once all of the artworks were hand-painted, the need for mass production saw motifs made into rubber stamps or added via transfer printing, or decal, which is common practice today. These processes are quicker, but they lack the lively and distinctive finish of the artisan's touch. Few authentic porcelain painters remain to preserve these skills today. Yuet Tung China Works has four of them, who have been with the company for some 40 years, and maintain the traditional colour palette which has been largely lost over time.

Guests and visitors to luxury hotel brand Shangri-La Hotels and Resorts' two Hong Kong flagships, Island Shangri-La and Kowloon Shangri-La, may purchase distinctive, hand-painted porcelain tea sets at retail shops within both hotels. In keeping with guangcai's reputation as an intangible cultural heritage asset of Guangzhou, these artworks depict iconic Chinese scenes of lucky fish and pretty foliage.

In cultural workshops across Hong Kong, though, porcelain painters are passing on their skills to a new generation of students keen to keep the tradition alive. Classes are becoming popular with locals and tourists alike. Tso says that learning the basics of guangcai is not so difficult for beginners, although composition and design is hard to master. “The most important thing is that you need to be patient and your hands have to be stable.”

So through a new generation of porcelain aficionados, the tradition of guangcai is honoured. Hong Kong is also playing a role in its preservation, with locally-crafted Yuet Tung porcelain being exhibited at Guangzhou museum, and at a special display showcasing China's porcelain trade at Hong Kong Art Museum. Long live guangcai, China's artistic gift to the world.



Hand-painted porcelain tea sets are available in the retail shop of Island Shangri-La and Kowloon Shangri-La.

在港島及九龍香格里拉大酒店的零售店中，仍能找到傳統的手繪瓷製茶具。



The artwork on the tea set depicts iconic Chinese scenes of lucky fish.茶具上印畫着一條條的金魚，象徵好兆頭。

Tso Chi-hung, a third-generation guangcai artisan who learned the skill from his grandfather. 曹志雄師承其祖父，為廣彩工藝的第三代傳人。



傳承茶藝文化

中國瓷器聞名遐邇，讓人一提起瓷器，就會自然聯想到中國；誠如在日常的英語世界中，「china」就是瓷器之意。

事實上，瓷器種類五花八門，而在這門古代工藝背後的歷史，亦彰顯了中國的內涵底蘊。當西班牙探險家Juan de Mendoza於16世紀初抵中國時，他形容商店中的瓷器琳琅滿目，每件均以人手精細綴飾。然而，這並不是甚麼新鮮事，早在Juan de Mendoza來華的數百年前，中國就已出口陶製製品至其他地方，而這門手藝本身更有上千年的歷史。

青瓷專指藍綠色調的瓷器，天下無雙。強盛的漢朝（公元前206年至公元220年）孕育了不少詩文哲學，儒家學說備受推崇，而瓷器則被認為是該時期的產物。時至唐代（公元618至906年），瓷器的手工技術更趨精絕，一個個瓷窯更是遍地開花，佈滿中國各地。乃至宋朝（公元960至1279年），瓷器工藝更是精湛圓熟，成為社會各個日常生活範疇中，不可或缺的物品。

在11世紀，中國瓷器已從陸路或海陸運送出口。最初只送至地方市集，後來更出口至歐洲的西方國家。17世紀末葉，葡萄牙商人把手工精緻的中國瓷器傳至歐洲，令當地人為之着迷。雖然，西方人自此亦發展了自己的瓷器業，可惜工藝仍不及中國工匠般典雅細膩，受歡迎程度遠遠不及中國原創。

「廣州彩瓷」（廣彩）起源於清朝，至今仍然備受推崇，而大眾市場亦尤其鍾情於與別不同的廣彩。那些玲瓏嬌巧的茶壺、茶杯源遠流長，是品茗文化中的重要部分。瓷器往往被認為能把茶味提升至更高層次，因而是製作茶具的最佳物料。

曹志雄師承其祖父，為廣彩工藝的第三代傳人。他說，江西景德鎮的瓷窯，早於三百年前就出現，而廣彩就是源自這個中國最有名的瓷窯。當時，外國人來到了廣州的貿易港口，並對景德鎮的瓷器趨之若鶩，可是由於景德鎮位處內陸，單是來回一趟就需時一個月（即使今天，由廣州至景德鎮亦需十個小時），於是商人便帶着白瓷製品來到廣州，並從景德鎮請來工匠，以傳授當地人上色和燒瓷的技巧。此舉大大節省了商人的時間，令廣東的廣彩業從此蓬勃發達起來。

20年代，曹氏的祖父帶着造瓷技藝來到香港，並創辦了粵東磁廠，其後生意更愈見興旺。

他解釋，瓷器上的工藝畫往往寓意深長。許多時，瓷器上都訴說着中國傳統的傳奇故事，又或是附以寓意吉祥的紋飾。家傳戶曉的中國浪漫名著《紅樓夢》，以及《西廂記》的愛情經典，均經常成為瓷器上的主題，當然還不乏神話傳說如福祿壽三星。「賀壽時，一般會喜歡用壽桃，而龍鳳則寓意對愛情忠貞不渝。古時，只有皇族才能採用這些圖像，故兩者都是極受歡迎的題材。」曹志雄說。

在出口至外地的瓷器中，含有中國藝術繪圖的作品最受稱頌，這些瓷器之上往往繪有山水、牡丹、迎春花等。而漸漸地，融合西方特色的瓷器亦陸續出現。買家會要求工匠把名字或家族徽號繪印在瓷器之上，而中國內地及香港的瓷器業，亦因此而變得更百變多端。

從前，所有的瓷製工藝品均以人手潤飾，但在大量生產的浪潮下，便漸以不同方式把裝飾繪圖印上瓷器，諸如橡膠印、轉印或印花等方式，均屬常見。這些技法無疑快捷省時，但卻未免過於死板，欠缺工匠筆觸的神韻。如今，仍然身懷瓷器彩繪技藝的工匠實在寥寥可數，而碩果僅存的四位老師傅則任職於粵東磁廠，並已效力該廠40載，更保留着那些歷經歲月而早已大量失傳的傳統色板。

只要光臨豪華酒店品牌香格里拉旗下的兩家香港旗艦酒店——港島香格里拉大酒店及九龍香格里拉大酒店——便可於商店中找到這些獨一無二的手繪瓷製茶具。它們承載着中國文化中的經典圖像，印畫着象徵好兆頭的金魚和優雅多姿的花葉圖紋，為廣彩這門已被列入非物質文化遺產的廣州技藝，傳承美名，流芳後世。

在香港，瓷器繪畫師透過舉辦工藝工作坊，把技巧傳授予矢志保留傳統的新一代。這類課程愈來愈普及，吸引了一群本地人和遊客學習。曹志雄道，雖然創作和設計廣彩甚難掌握，但要學會當中的基本功並不難。「有耐力，雙手夠穩定，才是關鍵。」

多得心醉瓷器的新一族，傳統的廣彩藝術得以流傳。粵東磁廠的瓷器於本港繪製，曾於廣州博物館展出，亦曾在香港藝術館的中國瓷器貿易特展中亮相，故此，香港可謂在傳承這項文化中出了一分力。源遠流長的廣彩藝術，正是中國獻給世人的藝術敬禮。



Shenyang is rich in cultural heritage. Picture shows the garden path in the Mukden Palace complex.
瀋陽擁有多個文化遺跡，圖為瀋陽故宮中園林小徑一景。

Golden opportunity

Surely few meals could lay claim to having sustained ancient emperors, entertained modern generations, and earned a place as a cultural icon in a Hong Kong museum?

The Manchu Han Imperial Feast has achieved all of the above, but given that it consisted of at least 108 luxuriant dishes, served over three days, it's more than a meal, but a marathon of gastronomic grazing. It's a culinary tradition which originated in Shenyang, China, birthplace of the Qing dynasty, which today is a metropolis rising, and one of the last remaining places where diners can still savour some of its famous dishes.

History records that the feast was created as a ceremonial dinner during prosperous times, after Emperor Qianlong made an order allowing Han dishes to come to the imperial kitchen. The resulting blending of two cooking styles from the nation's north and south – Manchu and Han – led to the consummate culinary combination of nutrition, aesthetics and flavour, and the development of a Qing dynasty palace food culture reserved for guests of the highest social order.

The feast became legendary, living on in populous times through film (*The Chinese Feast*, 1995) and television (*The Perfect Banquet*, 2004), and is exhibited at Hong Kong's Museum of Food Culture in Sha Tin. Shenyang Imperial Palace, where the famous feast was first served, remains as the only existing royal palace in China outside of the Forbidden City in Beijing. Two of its mausoleums are among the most famous monuments of China, both listed as Unesco World Heritage sites.

Complementing this rich cultural heritage is Shenyang's soothing natural environment, with scenic Qipan Mountain as the backdrop. Today, as the city emerges as a thriving metropolis,

urban planners strive to preserve the city's green legacy by designing a "green corridor" of eco-landscape, a "silver zone" of waterfront landscape, and four major forest and lakeside parks.

Meanwhile, in the Central Business District, a "golden corridor" laid out along the horizontal axis of the city is the heart of Shenyang's rise to modern-day prosperity. Its auspicious connotation with golden opportunity could be taken equally as a measure of Shenyang's advantageous geographical location – being central to both the Northeast Asia Economic Rim and Bohai Economic Rim, amply served by ports, airports, railways and modern road expressways – and its promising future. A decade of rapid advancement has propelled Shenyang into the top 10 economies in China, and the sparkling new high-rises springing up along this strip reflect the city's recent success in attracting massive levels of foreign and domestic investment.

Fashioned in the manner of the Central Axis made famous in Beijing, the golden corridor encompasses a number of important streets with Qingnian Street, also known as Jinlang, at its core. Its particular style of urban architecture is considered ideal in traditional Chinese culture, being the axis from which prosperity and productivity flow. This is reflected in the important buildings clustered within the golden corridor, notably government offices, theatres (Liaoning Theatre and Shenyang Shengjing Grand Theatre) and Liaoning Provincial Museum, all along Qingnian Street, as well as Shenyang Olympic Stadium, Shenyang Science Park, and Qingnian Park.

Kerry Properties in the Golden Corridor

Leveraging its experience at identifying prime sites in prosperous cities of the future, Kerry Properties is channelling substantial investment into this landmark arterial zone.

The flagship Shenyang Kerry Centre, the city's pre-eminent mixed-use property, provides some 1.2 million square metres of prime new development at the main intersection of Qingnian Street and Wenhua Road, where the city's two modern subways meet.

Confirming the centre's attractiveness to investors, numerous high-level companies had been quick to reserve space in the A Grade offices at Phase I Enterprise Square, completed in late 2014, and have earmarked the upcoming Phase II tower, scheduled for completion end 2017.

An upmarket shopping retail mall designed over eight floors is slated for completion late 2017, enabling retailers to secure their presence in a city reported to have some of the fastest income growth in the world.

Similarly, Shangri-La Hotel, Shenyang, with its strategic positioning in the Golden Corridor, has been well patronised by business and leisure visitors since its opening in 2013. Drawing inspiration from Shenyang's Imperial Palace, the hotel offers panoramic city views and Shangri-La's signature amenities. With two floors of conference facilities, various function rooms and a 1,900 sqm grand ballroom without pillars – the largest of its kind in Northeast China – its design caters to all types of meetings and events. The hotel is within walking distance of the city's prime shopping and entertainment area, and close to city government, consulate offices and exhibition centres. Further adding to Kerry Group's hospitality offering in Shenyang, the rebranded Hotel Jen Shenyang was unveiled in March 2015.

Shenyang Arcadia Court, completed first phase of the residential component of Shenyang Kerry Centre, caters to the discerning clientele seeking high level accommodation at the heart of the golden corridor. In total, its six contemporary designed residential blocks offer more than 870 luxury units. Phase two, now under construction, will provide an additional 495 residential units across three towers when it is delivered around end 2018.

Through these visionary projects, the artery of a city first mapped out in ancient times is arising towards a glorious modern crescendo.



With contemporary design, Shenyang Arcadia Court is located in the heart of the golden corridor. 瀋陽·雅頌居設計時尚，是金廊核心地帶的優質住宅項目。

聳立金廊之上的嘉里建設

嘉里建設獨具慧眼，在具潛力的城市開發黃金地段甚有經驗。故此，嘉里建設亦積極投資瀋陽的地標區域。

瀋陽嘉里中心座落於青年大街及文化路交界，位處兩條現代化地下鐵路的交匯點，樓面面積達120萬平方米，不但為當地的旗艦式建築，也是瀋陽首屈一指的多用途物業和重點新發展項目。企業廣場一期於2014年底落成，不少大型企業早已紛紛預訂當中的甲級辦公室，而即將於2017年落成的第二期大樓，亦同樣備受青睞，可見嘉里中心對投資者的吸引力。

金廊上另有一座樓高八層的高級零售商場即將落成，預計於2017年下旬竣工。瀋陽為全球收入增長最快的城市之一，而在瀋陽嘉里中心，零售商終於有機會大展拳腳。

同樣地，瀋陽香格里拉大酒店亦選址金廊腹地。自2013年開幕以來，酒店一直是商務及休閒旅客的最佳選擇。酒店的設計靈感源於瀋陽故宮，住客不但能飽覽瀋陽城的景致，更可享受香格里拉酒店的經典配套，迎合各類會議及活動所需。酒店附設佔地兩層的會議設施、多個多功能廳房，以及1,900平方米之豪華宴會廳，廳中採用無柱設計，為中國東北地區最大之宴會廳。酒店與瀋陽的主要購物及娛樂地帶近在咫尺，並毗鄰市政府大樓、領事館辦公室以及各大展覽中心。此外，新命名的瀋陽今旅酒店亦已於2015年3月揭幕，可謂進一步擴展嘉里集團於瀋陽的酒店版圖。

至於瀋陽·雅頌居則是瀋陽嘉里中心最先竣工的項目，對象主要為心儀於金廊核心地帶優質住宅區的高要求人士。第一期項目共有六座住宅大樓，設計時尚，提供逾870個豪華住宅單位。第二期的三座大樓則仍在興建之中，預計於2018年年底入伙，屆時，將提供額外495個住宅單位。

瀋陽，一個發展源遠流長的城市，將會憑着以上各個高瞻遠矚的項目，逐步邁進充滿時尚氣息的光明前景。



Important buildings clustered within the golden corridor, notably government offices, Liaoning Provincial Museum and Liaoning Radio and TV Tower. 金廊一帶的重要城市建築林立，包括政府辦公大樓、遼寧省博物館、遼寧廣播電視塔等。

黃金機遇 盡在金廊

單憑一桌菜餚就能滿足歷代多位帝王的味蕾，直至今日還能款待現今世代的人，甚至成為文化經典，在香港的博物館佔一席位？

是的，滿漢全席統統做到。可是，這頓飯為非一般的盛宴，當中至少包含108道豐盛豪華的菜式，足足需要吃上三天。與其說它是一頓飯，不如說它是一場無間斷的馬拉松式饗宴。滿漢全席這種傳統宴席源於中國瀋陽，亦即是清朝的發祥地。時至今日，瀋陽已經崛起，成為國際大都會，也是能夠品嚐到滿漢全席著名菜式的僅餘幾個地方之一。

根據歷史記載，乾隆皇帝下令御廚烹調漢族菜式，自此造就了滿漢全席的誕生，並成為清朝盛世時的正規晚宴。滿漢全席糅合中國南北二地、滿漢兩族的飲食文化，成為色香味與營養兼備的盛宴，更逐漸發展為清宮飲食文化，專門用以招待高官權貴。

誠然，滿漢全席現已成為傳奇，不但屢見於電影（《金玉滿堂》，1995年）及電視劇（《滿漢全席》，2004年）中，沙田的稻鄉飲食文化博物館更有模擬滿漢全席的展覽。瀋陽故宮除是滿漢全席的誕生之地，亦是北京紫禁城以外，中國碩果僅存的古代帝王宮殿，這裏的兩座皇陵更是中國舉世聞名的歷史遺址，兩者均列入聯合國教科文組織《世界遺產名錄》。

伴隨城中文化遺址的，還有一道道令人心曠神怡的天然美景，更有風光旖旎的棋盤山作襯托。時至今

日，瀋陽已一登龍門，躋身繁華大都會之列。可是，瀋陽的城市規劃師仍致力保留當地的生態遺，不但於城中規劃生態園林「綠廊」、河濱園區「銀帶」，更有四大叢林園區及湖泊公園。

另一邊廂，沿着中央商業區軸線開展的「金廊」，則成為瀋陽現代繁榮的核心地段。「金廊」寓意黃金機遇，而瀋陽則位處東北亞經濟圈及環渤海經濟圈之間的中央位置，佔盡地利之宜，當中不乏港口、機場、鐵路及現代化高速公路等基建配套，發展前景一片光明。過去十年間，瀋陽迅速發展，躍升為中國十大經濟體之一。沿着金廊一帶興建的全新摩天大廈閃閃生輝，足見瀋陽近年成功吸引大量國外及本地資金進駐投資。

瀋陽的規劃藍本乃參照北京著名的中軸線設計，俗稱「金廊」的青年大街為瀋陽的中軸線，是城中的核心區域，連結多條重要街道。金廊一帶的重要城市建築林立，包括政府辦公大樓、劇院（遼寧大劇院及瀋陽盛京大劇院）及遼寧省博物館等，該區還有瀋陽奧林匹克體育中心、瀋陽科普公園及青年公園。金廊建築的獨特規劃無不是中國傳統文化中最理想的發展模式，為城中最高繁榮和生產力最強的軸心所在。

Cutting waste, one plate at a time



There's an old Chinese saying which reminds consumers that 'every single grain on the plate is the fruit of hard work'. Yet US\$32 billion worth of food gets thrown away in China every year – enough to feed 200 million people, according to official sources – while in Hong Kong, food abandoned to landfills every day equals the weight of about 250 double-decker buses.

To demonstrate how so much of the food discarded globally is still perfectly edible, world leaders at a United Nations summit last September sat down to a meal made entirely from scraps. On the menu was a vegetable burger made of pulp left over from juicing, and fries created from starchy corn that would typically go to animal feed. The diners' "Landfill salad" was based on the so-called imperfect fruit the market rejects, and dessert was a medley of coffee cherry pulp, cocoa bean shells and nut skins. The aim of the lunch using food that would have ended up in garbage bins was to highlight the extraordinary waste in modern diets, and its role in exacerbating climate change.

Producing more food than we need has profound effects on the environment, depleting water resources, causing deforestation of land for agriculture, and exploiting marine stocks. Then, as organic waste breaks down it converts rapidly into methane, a far more potent greenhouse gas than even CO₂. If food waste were a country, says the UN, it would be the world's third biggest contributor to greenhouse gas emissions.

It's been getting worse as society prospers: globally, it's reported, we're



throwing out 20 per cent more food than we did in 1990, and 50 per cent more than in 1950.

The seniors among us will recall the days when wasting food was unthinkable. Citizens would take their thermal pots to local restaurants for steaming hot congee, the aromas tantalising all the way home – before the curse of the polystyrene disposable lunchbox which, by their nature, contain toxins including suspected carcinogens, and distort the food's true flavour. Our grandparents knew how to buy and manage their food supplies: they couldn't afford to waste food.

Yet now, health-conscious consumers who care about what they put into their mouths are becoming equally mindful of what they don't. A newly enlightened "generation green" is taking lessons from the past, and applying them to the future.

In China, where history records more than 40 million souls lost to the Great Famine only 50 years ago, a community campaign to achieve zero leftovers is gaining ground. Clear Your Plate – an initiative whereby food on plates is eaten up, and nothing is left – is being embraced as important as the quality of the food.

Beijing started implementing garbage sorting and food scrap recycling in 2000 – and by 2012, a great number of communities and households were actively participating in kitchen waste recycling.

Designers are incorporating sustainable features into packaging, showcasing that inventive eco branding can have a significant impact.

A Swedish company has produced an origami-style takeout box made from 100 per cent biologically-based paper: when you're finished with it, the disposable bowl can be composted. In Japan, edible tableware, such as plates made from prawn crackers and cups made of seaweed, are gaining popularity, and decorative bento lunch boxes are a stylish and eco-friendlier alternative to the brown paper bag.

Householders can tap into a vast amount of information about how to avoid food waste and save money at home: by planning meals, making shopping lists, and reusing leftovers. Thinkeatsave.org, a global NGO formed in 2013 to change the culture of food waste, also provides a raft of helpful information, including understanding use-by dates, and storage guidance for keeping food at its best.

All these initiatives can make a difference, because as the International Food Policy Research Institute points out, changing behaviours and culture regarding food waste needs a concerted effort at the dining table, in restaurants, and throughout the supply chain. Together, we can act against food waste for the greater good.

Foo Ka Chinese Restaurant in Kerry Centre delivers take-out food with thermal pots which are eco-friendly and keep the food's true flavour.

嘉里中心內的富嘉閣，以保溫飯壺為客人送餐，環保之餘亦能保存食物原味。



減碳惜食不浪費

古語有云：「誰知盤中飧，粒粒皆辛苦」。中國每年有相當於32億美元的食物被丟棄，這些食物足夠二億人果腹。而在香港，每日被送往堆填區的食物，重量足足相當於250架雙層巴士。

其實，這些被丟棄的食物，有不少還可供食用。為了讓大眾明白這個道理，在2014年9月的聯合國高峰會議中，大會就以被丟棄的食物當午餐材料，供各國領導享用。當中，不但以榨汁剩下來的果肉製作蔬菜漢堡，又用常被製成動物飼料的粟粉炮製薯條。此外，還有「堆廢沙律」，主要材料為形狀奇怪的水果；由於這些水果的形狀和顏色不完美，故未能在市場出售。至於甜品，大會則以咖啡果肉、咖啡豆殼和果仁衣為食材。這頓午餐的目的，就是要人們反思時下的飲食習慣，還有因浪費食物而加劇的氣候變化問題。

生產過多糧食而過度開墾農地，導致大量伐林，更竭盡了水及海洋資源，對環境造成深遠的影響。剩餘的食物在被丟棄後，就如其他有機廢物一樣進行分解，過程中會產生甲烷，這種溫室氣體比二氧化碳威力更強，聯合國甚至視食物廢料為全球第三大溫室氣體排放的源頭。

這個情況隨着社會日益繁榮而變得更加嚴重。據估計，現在全球每年棄掉的食物比1990年多五分之一，較1950年更多達一半。

不少長輩都說，上一代人甚少浪費食物。大概是因為食物得來不易，我們的祖輩都會珍惜食物，用最妥善的方式處理。從前，人人都帶着自己的保溫壺到食店買外賣，食物的香氣隨着主人回家而沿途散發。可是，發泡膠飯盒出現後，這種既含致癌毒物，且影響食物真味的容器，卻成為外賣市場中的主導。

近年，消費者更注重飲食健康，對於吃些什麼、不吃些什麼變得愈來愈講究。而新興的「綠色世代」亦正向過去學習，將個中智慧傳授至下一代。

約於半個世紀前，中國發生大飢荒，超過四千萬人喪生。人們受到歷史教訓，於是展開了達至零廚餘的社區運動——「光盤行動」。時至今日，重視食物質素已不再是欣賞食物的唯一詮釋，把盤中餐吃得乾乾淨淨才是真正「識食」。

從2000年起，北京便實行垃圾分類和食物廢料回收；及至2012年，大量社區和家庭已加入此行列，積極參與廚餘回收。

至於餐具設計方面，設計師亦為外賣包裝注入環保元素，證明創新的綠色概念對環境保護擔當着重要的角色。

瑞典一家公司以全生物基紙張生產出一款摺疊式外賣餐盒，用餐後，餐盒可作堆肥之用。在日本，甚至有「可食用餐具」，如蝦片製餐碟和紫菜製杯子等，漸受大眾歡迎。此外，既環保又精美的便當盒子亦取代過時的紙皮袋，成為外賣的新潮流。

世界各地的非政府組織於2013年成立「思前·想後·勵行節約」運動，目的是要改變浪費食物的習慣。「思前·想後·勵行節約」的網站羅列出各種減少浪費食物的方法和資料，如認識食物的最佳食用日期和保質方法等。憑藉有關資訊，大眾即使安坐家中，亦能取得既省錢，又能避免浪費食物的錦囊，當中包括小心計劃餐單、列出要購買的東西和善用剩餘飯菜等妙計。

國際食物政策研究所提出，大家不但要在餐桌上和餐廳裏珍惜食物，乃至食物供應鏈中的每一個單位，均須採取一致行動，才能改變此習慣和文化。我們必須同心協力，糾正浪費食物的歪風，為地球出一分力。





Fit for living, every day

One of the best things we can do for our health is to enjoy exercise from a young age.

Hong Kong parks are full of early-morning movers – including a large proportion of more senior citizens. Gym membership rates are high, and the hills are alive with weekend trekkers.

It's a trend that has seen the community as a whole become increasingly mindful of the benefits of exercise, but we can always do more. Physical activity can help to keep a range of lifestyle-related illnesses at bay, and it can be enjoyed by everyone, regardless of age or current fitness level.

Whatever your idea of fun outdoor activity, be it mountain-climbing, ocean surfing or a leisurely walk or jog around your own neighbourhood, everything you need to be stylishly attired can be found under one roof at MegaBox. With 19 floors and one million-plus square feet of retail and entertainment space, this mighty mall in Kowloon Bay – the largest in East Kowloon – is a treasure trove of all things active, from fashion wear to latest model equipment.

Sport superstore GigaSports brings together a huge range of top-name clothing, footwear and accessories brands for sports of all sorts, even extending to fitness equipment for the home. Beyond showcasing fashionable apparel, GigaSports serves to promote the importance of enjoying sport in the correct way. Optimise your performance, and look great out there, with advice from the knowledgeable in-store staff.

If you're after a particular label, Japanese department store AEON has dedicated counters for all the premium sporting brands – right up to the top: Nike, Adidas, Reebok etc. You'll be sure to find the perfect fit, colour and style within some 120,000 sq ft of its retail offering.

QUIKSILVER, the iconic Australian surfwear brand, brings beach chic from the globe's famous coasts right to the MegaBox door. So for swimsuits that rock, and must-have sun-smart accessories, pop in and see the crew.

Outdoor specialist NIKKO has been kitting out Hong Kong adventurers since 1979. At MegaBox, its reputation for quality and innovative ideas is evident in the store's range of performance apparel and equipment – including down and fleece jackets, backpacks, trekking

mega
BOX



運動不停步

其中一個讓身體健康的辦法，莫過於自小開始養成做運動的習慣。

香港的不少公園都聚滿了晨運客，而當中絕大部分都是長者。此外，香港的健身室亦是車水馬龍，行山徑於周末均人頭湧湧，擠滿了行山人士。

普羅大眾愈來愈意識到做運動的優點，運動熱潮亦隨之而冒起；當然，想要身體健康，還有其他更多的方式。做運動的好處，就是能杜絕多個由生活習慣而引致的毛病，而這更不受年紀、性別和身體狀況所限。

有人認為戶外活動要攀山涉水才夠刺激，也有人覺得在屋苑附近休閒地散步或慢跑已很足夠。然而，不管你偏好哪一種運動，都定必能在MegaBox找到最新潮的運動裝備。位於九龍灣的旗艦商場MegaBox樓高19層，零售及娛樂空間總面積超過一百萬平方呎，為東九龍最大型的商場，亦是潮物的寶庫，舉凡流行服飾及最新器材，包羅萬有。

大型運動用品專門店GigaSports備有多款名牌運動服飾、鞋履及用品，就連家中健身器材亦同樣兼備。GigaSports不僅集齊時尚運動服飾，還致力宣揚正確做運動的重要性。此外，店員的運動知識亦十分豐富，能為顧客提供專業意見，提升運動效益之餘，亦讓顧客能以一身亮麗的運動造型示人。

假如你有心儀的運動品牌，不妨到日本百貨公司AEON逛逛，當中不乏多個頂級運動品牌專門店，包括Nike、Adidas、Reebok等，店舖面積逾12萬平方呎，各個尺碼、顏色及款式均一一俱備。

澳洲滑浪用品經典品牌QUIKSILVER，將世界各地著名海灘的時尚潮流帶到MegaBox。想找最前衛的泳裝或潮人必備的海灘用品，當然不得不到這裏來，店員定會滿足你的需求。

另一戶外用品品牌NIKKO，自1979年登陸香港以來，一直為香港的戶外探險家提供各種專門裝備。而MegaBox分店的貨品更是齊全，備有多款功能出眾的服飾及用品，包括羽絨襖、抓毛外套、背囊、爬山鞋、露營用品，甚至有泳裝及運動配件，男女皆宜，每件用品均體現出NIKKO的頂級品質及創意。

熱愛戶外活動的PROTREK店員同樣熱心為你配置戶外裝備。店內有多種專業戶外用品，無論要登山還是涉水，跑步還是騎單車，露營還是遠足，志趣相投的店員總會為你找到合意的裝備。

想從頭到腳都散發健美氣息，MegaBox也能幫得上忙。California Fitness為豪華的健身中心，佔地達六萬平方呎，不但提供瑜珈班、拳擊擂台及室外恆溫泳池，更配備各種健身器材。當中有多位健身教練駐場，為會員提供最具備運動效能的建議，讓你時刻充滿動力。在設備完善的會所一邊欣賞海景，一邊做運動，自然快樂不知時日過。

想令你的運動生活更多姿多采，並寓運動於娛樂，當然要到Mega Ice溜冰場。位於MegaBox商場內的Mega Ice是全港唯一符合國際標準的溜冰場，地點方便，讓人可一嘗這項近年於香港快速冒起的冰上運動；大眾可於午飯時間來到這裏溜冰，稍作放鬆，又或是鍛鍊冰上球技。溜冰場旁邊還設有冰上用品專門店，讓你能一站式購買冰上運動裝備，更有專家即場為你選擇最合適、最安全的裝備。

要盡情享受戶外活動的樂趣，除了要有充足的準備外，還得有完整的裝備和醒目的造型。MegaBox雲集多間運動用品及服裝專門店，助你全力以赴，盡情投入健康運動的懷抱。

shoes and camping equipment – as well as fitness swimwear and accessories for men and women.

Similarly, the outdoors-loving team at PROTREK would love to help you gear up and go. The store's specialist outdoor equipment can take you from sea to summit, running or biking, camping or hiking, with staff who share similar outdoor interests to advise on the best selections.

To keep the body in tip-top shape, MegaBox also caters with an expansive gymnasium, California Fitness. Its 60,000 sq ft of workout space offers the variety trainers recommend for optimal exercise benefit and to maintain motivation. From yoga classes to a boxing ring to an all-weather outdoor pool, and every piece of gym equipment imaginable – the hours would surely melt away while training in an un-cramped venue with views across the harbour.

To further mix up the exercise regimen – while having enormous fun in the process – Mega Ice beckons. Hong Kong's only championship-sized rink is located within MegaBox – convenient for a quick, lunchtime spin on the ice, or to practise one's skills for hockey, one of the fastest-growing sports in Hong Kong. The rink's pro shop sells all the gear you'll need, with expert advice on hand to ensure best fit and safety.

Outdoor activity is best enjoyed when one is well-prepared, perfectly equipped, and looking sharp. Taking time to browse MegaBox's vast landscape of sporting goods and clothing stores can help everyone to put their best foot forward and embrace healthy exercise.

With 19 floors and a million-plus square feet of retail and entertainment space, MegaBox is a mighty mall in Kowloon Bay, the largest in East Kowloon. 位於九龍灣的旗艦商場MegaBox樓高19層，零售及娛樂空間總面積超過一百萬平方呎，為東九龍最大型的商場。



Magical Mauritius

When fame follows their every move, Europe and America's A-listers know one place where they can still vacation in peace.

It's an island in the sun in the Indian Ocean, where a chic and romantic resort crept discreetly into celebrity domain in the 1960s. Described as "undeniably one of the most beautiful hotels in the world," Le Touessrok was the name first shared in secret whispers among the highest circles – a destination as renowned for its fabulous parties, as it was for the place where the seriously rich and famous could hang out with others of their ilk, away from prying eyes.

So they took a champagne flight to Mauritius, an enchanting isle off Eastern Africa kissed by sunshine on perfect white sand beaches, where a waiting limousine would sweep them through a landscape of tropical fruit trees and sugar cane plantations, to a luxury hideaway on a private stretch of coast. Here, the biggest decision of the day might once have been which colourful cocktail to try – now, even this is taken care of, thanks to the resort's attentive staff who have a discreet knack of knowing their guests' every preference.

For those who yearned for indulgent alone-time, premium villas perched on the oceanfront offer the ultimate in seclusion

and romance – with your own beach, personal chef, and dedicated service staff. Activity-seekers or families with children might gravitate more towards the luxury suites by the lagoon, where sun-bronzed athletes adept in all manner of water sports take guests through their paces on water skis, paddle boards, or learning to snorkel or scuba dive.

Want even more seclusion? Just minutes away by speed boat lies Ilot Mangénie, a pristine private island available only to the resort's guests where, apart from the wait staff delivering your gourmet picnic, yours might be the only footprints on the sand. Also nearby, on Île aux Cerfs, is a championship golf course designed by Bernhard Langer.

While the warm, turquoise waters of these coral-fringed Mauritian islets offer idyllic ocean swimming, diving and snorkelling, there is much more to explore within the dramatic tropical landscape. Perhaps visit a sustainable cane plantation in the village of Chamarel, and sample the local rum. Hike through unspoiled native forests to bathe beneath spectacular waterfalls, or exhilarate to rock climbing, canyoning, zip lining,

or river trekking. Explore Black River Gorges National Park to see pure, wild nature, and the habitat of many endemic species, or be serenaded by birdsong as you cycle through Macchabée Forest. Stop by Port Louis Market for authentic Malagasy handicrafts, and to sample the local hawker food.

Back at the resort, the multicultural influences in Mauritian cuisine fuse French, Indian and Chinese flavours with local staples – predominantly locally-caught seafood – and where the international jet-set dines, you can be sure the food and service is second to none.

Thanks to the merger of a fabled European brand, Le Touessrok, with a legendary Asian brand, Shangri-La, the resort held so dear by celebrities, lovers and family groups at the upper echelon of society reopened in November 2015 with an unsurpassed offering. Building on the property's stellar service, spectacular scenery and rich history, the newly renovated Shangri-La's Le Touessrok Resort & Spa brings Shangri-La's signature spa and restaurant concepts to Mauritius for the first time.



Shangri-La's Le Touessrok Resort & Spa, Mauritius

Shangri-La's Le Touessrok Resort & Spa, Mauritius, Southern Africa, is the second property in the brand's growing portfolio of extraordinary five-star resorts in the Indian Ocean. It joins Shangri-La's Villingili Resort & Spa, Maldives — one of the world's leading luxury resorts — and precedes the highly anticipated opening of Shangri-La's Hambantota Resort & Spa, Sri Lanka in 2016. Hugging stunning Trou d'Eau Douce Bay on the east coast of Mauritius, the 200-room resort offers Indian Ocean views from all guestrooms, suites and villas; talcum-white sand beaches; and privileged access to Ilot Mangénie, a secluded private island reserved exclusively for guests. The renovation also introduces new dining and bar concepts such as flame-grilled barbecue specialities, a lively bohemian beach lounge, acclaimed Indian cuisine and delicate Japanese delights — and CHI, The Spa, rejuvenating mind and body with its pampering Chinese and ayurvedic treatments.

Direct flights are available from Hong Kong, and transportation from Mauritius airport, about 45 km away, can be arranged via helicopter, luxury car rental, taxi or coach.

Whatever you want in a holiday, Mauritius has it all. At Shangri-La's Le Touessrok Resort & Spa, "island time" can begin as quickly, or as leisurely, as you'd like — for this is one place where it truly is all about you.



毛里裘斯香格里拉度假酒店

香格里拉集團正擴充旗下的五星級度假區業務，而位於南非的毛里裘斯香格里拉度假酒店，則為集團於印度洋的第二個發展項目。它與馬爾代夫香格里拉度假酒店——全球獨佔鰲頭的度假之地——並駕齊驅；而萬眾期待的斯里蘭卡香格里拉漢班托塔度假酒店，亦緊隨其後，將於2016年開業。

度假區環抱毛里裘斯東岸的Trou d'Eau Douce海灣，當中的二百間酒店客房、套房及獨立別墅均可飽覽印度洋的美景。除此，客人還可享用酒店附近粉白明媚的沙灘，亦可透過專道，通往只限酒店客人遊覽的幽靜私島Ilot Mangénie。酒店翻新過後，新設了餐廳和酒吧元素，當中包括烤架燒烤、熱鬧的波希米亞沙灘酒廊、備受青睞的印度菜式，以及可口的日本佳餚。不得不提的，還有香格里拉CHI水療，以中式及起源於印度的阿育吠陀古老療法，呵護身心，讓客人精神煥發。

香港設有直航客機飛抵毛里裘斯，而從當地機場往度假區亦僅為45公里之距，旅客可以直升機、豪華出租房車、的士或旅遊巴士等不同方式前往酒店。對於假期，無論你的心中存有幾多遐思，毛里裘斯均能滿足所想。在毛里裘斯香格里拉度假酒店，「島上時光」隨時成行，悠遊如願，皆因此地能一一滿足你的渴求。



In Mauritius, tourists can enjoy various water sports such as water skiing, paddle boarding, or learning to snorkel or scuba dive.

身處毛里裘斯，遊客可盡情享受各式各樣的水上運動，如滑水、划直立板，又或是學習浮潛和水肺潛水。

毛里裘斯的夢幻之旅

歐美名人的一步一笑均受外界關注，而他們知道一個隱世秘境，讓人能樂得清閒地度假，且跟隨其步伐，走進這片樂土。

這個既時尚又浪漫的度假區，座落於印度洋上一個陽光充沛的島嶼之上。早在60年代，它就已漸漸成為名人的聚集之地。Le Touessrok被譽為「世上絕美的酒店之一」，更是首個在名流圈中私下互傳的度假勝地。Le Touessrok之所以名揚四海，皆因這裏夜夜笙歌，一個個歡欣的派對不時上演，讓富甲一方的名仕可避開外界打量的目光，享受與同儕相聚消遣的時刻。

就這樣，他們在雲中品嘗手中香檳，飛往非洲東部對出海面的小島去。和煦的陽光照耀着皚白的沙灘，然後轎車載他們穿過一棵棵熱帶植物和甘蔗林，最後來到一個隱秘的海岸，走進奢華的避世佳境。在這裏，你樂得悠閒，最煩惱的事莫過於要決定品嘗哪款色彩斑斕的雞尾酒。可是，你大可不用操心，因為度假區中高心的服務員會為你打點一切，他們體貼的心思，照顧到客人各方的需求。

假如想享受一個人的獨處時光，可選擇於沿海地帶的高級別墅休息，那兒幽靜而不失浪漫；住客還可享用獨立海灘、私人廚師和專屬服務員。假如你活潑好動，又或是攜同一家大小前來度假的話，湖畔的豪華套房會是不二之選。一身古銅肌膚的運動健將，可在此一顯身手，參與各式各樣的水上運動，諸如滑水、划直立板，又或是學習浮潛和水肺潛水。

想到更靜謐的地方？乘坐數分鐘的快艇，便能到達Ilot Mangénie小島；那是一個未經開發的私人島嶼，只限度假區的遊客前往。相信島上就只有你和為你送上野餐菜餚的服務員的足跡了。還有附近的Île aux Cerfs小島，那兒擁有由高爾夫球手Bernhard Langer設計的錦標賽高爾夫球場，絕對值得到此一遊。

珊瑚群繞的毛里裘斯小島，擁有和暖氣候和碧綠海水，讓人快樂無憂地在海中暢泳、跳水和潛水；然而，這個多姿多彩的熱帶地區卻不止於此。在未受破壞的原始森林中遊走，欣賞壯觀的瀑布，又或是去攀石、溪降、高空滑索或徒步溯溪，均讓你興奮無比。到訪黑河谷國家公園，感受那兒的純淨、幽靜、自然，以及觀賞當地獨有物種的棲身之所；當你騎着單車走過Macchabée森林時，更可聆聽鳥兒繞樑三日的歌聲。來到路易港集市，你更可駐足欣賞正宗的馬達加斯加手藝，品嘗街邊地道小食。

毛里裘斯菜以法國、印度及中國菜糅合當地主食而成，而主要食糧為當地捕捉的海產。回到度假區，你不難找到既愛休閒又愛奢華的富豪的身影，在此享受冠絕天下的美食和服務，大快朵頤。

度假區由歐洲顯赫品牌Le Touessrok與亞洲首屈一指的香格里拉集團合作，並於2015年11月重開，提供各種卓越的服務，深受上流社會的名人、情侶及一家大小所鍾愛。毛里裘斯香格里拉度假酒店不但提供優質的服務、坐擁一流的景觀及深厚的歷史，更為客人引入香格里拉首屈一指的水療服務及餐飲概念，為毛里裘斯揭開新章。

The wonder of superfoods

A prime seafood soup from Island Shangri-La, delicious baked cod from Kowloon Shangri-La, nutritious mackerel from Hotel Jen and a healthy berry cake from Aberdeen Marina Club – who knew superfoods could be this good?

What makes food a “superfood”? Having worked its way into everyday lexicon, the term is generally associated with foods which are nutritionally rich, vitamin-packed, and may even claim to have healing properties.

Many of the so-called superfoods of our time can be traced to ancient origins. They might have names which are hard to pronounce, and perhaps be even harder to find in shops – but that didn’t stop foods like quinoa (pronounced keen-wah), a gluten-free grain from the Peruvian Andes, and acai (pronounced ah-sigh-ee), a berry from the

Brazilian Amazon, arising as five-star health foods for the middle-class masses.

The claims surrounding them have sounded impressive. Quinoa, it’s said, is one of the most nutritious foods on the planet. Acai is hailed for anti-ageing and weight loss. Goji (pronounced goh-gee), an ancient fruit from China and Tibet, is associated with longevity. Seeds from the chia (pronounced chee-ah), a flowering plant consumed by the Aztecs, are said to be the highest plant-based source of Omega-3, dietary fibre, protein and antioxidants. And moringa (pronounced more-ing-gah), newest of the trendy superfoods, has been used in traditional medicine for centuries.



Baked cod fillet with black garlic and purple sweet potato
by chef Mok Kit-keung of Kowloon Shangri-La, Shang Palace

At Kowloon Shangri-La, executive Chinese chef Mok Kit-keung has devised a dish of baked cod fillet with black garlic and purple sweet potato, served with hawthorn and pineapple sauce. The cod is a sustainable species, and to enhance its benefits, the fish is teamed with black garlic, a staple of Chinese cooking rich in antioxidants (now developed as a health supplement), and hawthorn, used to combat diseases related to the heart. The pineapple contains dietary fibre, organic acids and vitamins, while the purple sweet potato helps protect the liver and lower blood pressure.

黑蒜紫薯焗鱈魚
九龍香格里拉大酒店香宮（總廚：莫傑強）

九龍香格里拉大酒店中菜行政總廚莫傑強設計了一道黑蒜紫薯焗鱈魚，佐以山楂和鳳梨汁。黑蒜是中國菜館中常用的食材，含豐富的抗氧化劑（現已發展為一種保健品）。為了加強鱈魚的食療效益，主廚特別加入黑蒜和有助於對抗心臟疾病的山楂。另外，菠蘿含有膳食纖維、有機酸和維他命，而紫薯則有助保護肝臟，降低血壓。



Curry Lemongrass Cappuccino
by chef Ruediger Lurz of Island Shangri-La

Ruediger Lurz, executive chef at the Island Shangri-La, has created Curry Lemongrass Cappuccino, a delicious soup based on prime seafood. Along with health-packed oysters, its key ingredients include curry leaves, an important source of vitamin A, proteins, amino acids and alkaloids, known for their cancer-reducing properties; and red chili, rich in vitamin C and health-promoting antioxidants and minerals. Inspired by 3-star Michelin chef Dieter Mueller, the dish is a perfectly balanced harmony of flavours, spices and easiness – and all ingredients are readily available.

椰奶泡沫咖哩香茅湯
港島香格里拉大酒店（總廚：雷定嘉）

港島香格里拉大酒店行政總廚雷定嘉，以頂級海鮮為主題，炮製出美味湯餡——椰奶泡沫咖哩香茅湯。除營養豐富的生蠔外，其他主要材料還包括咖哩葉，當中含有維他命A、蛋白質、氨基酸和生物鹼，有助降低患癌風險。含有豐富維他命C的紅辣椒，則能提供促進健康的抗氧化劑和礦物質。這道菜是雷定嘉受米芝蓮三星廚師Dieter Mueller的啟發而創作，不但完美地平衡各種味道和香料，還讓所有食材和諧互融。

So you could seek out these rather obscure foods, learn how to cook with them and then persuade the family to eat them – or, simply turn to something more familiar. As Traditional Chinese Medicine wisdom guides, eat a variety of foods from the five colour groups – green, red, yellow, white and black; and the five flavours – sour, bitter, sweet, spicy and salty – and you will keep the five organs – liver, heart, spleen, lungs and kidneys – in top condition.

Fish, for instance, features on a list of the world's healthiest foods as a high-protein, low-fat food that provides a range of health benefits. Cod, a cold water fish, is cited for promoting

cardiovascular health because it is a good source of blood-thinning omega 3 fatty acids. Oysters, likewise, are naturally high in many essential vitamins and minerals.

Fruit and vegetables are nature's own superfoods and eating a variety across the gamut of rainbow colours should help keep the body in top shape. To illustrate, chefs from four of Hong Kong's top restaurants craft recipes from the groups.

As these dishes attest, nature shows that there's nothing complicated about eating for health and taste: that's super news for everyone.

奇妙的超級食物

港島香格里拉大酒店鮮味的海鮮湯、九龍香格里拉大酒店可口的焗鱈魚、香港今旅酒店營養豐富的馬鮫魚，還有深灣遊艇會有益健康的生野莓蛋糕。誰想到，超級食物也可如此可口美味？

怎樣的食物才能稱得上「超級食物」？簡而言之，「超級食物」是指營養豐富、維他命含量高，而且具保健功效的食物。

很多所謂的超級食物都有着古老的起源，名字亦甚為繞口，例如生長於秘魯安第斯山脈的無麩質穀類植物藜麥，以及巴西亞馬遜森林出產的阿薩伊果。雖然它們很難在一般的商店買得到，但卻無阻中產消費者對這些五星級健康食品的熱捧。

坊間相信這些超級食物有神奇功效。以藜麥為例，它被稱之為世界上最為營養的食品之一，而阿薩伊果則以抗衰老和減肥功效見稱，至於來自中國和西藏，且具有悠久食用歷史的枸杞，則能延年益壽。還有一種名為奇亞籽的開花植物種子，為古代阿茲特克人的主食，據稱它是含

有最多奧米加3脂肪酸、膳食纖維、蛋白質和抗氧化劑的植物。而最近流行的超級食物新貴辣木，更打從幾個世紀前，就被沿用於傳統醫學之中。

除了學習如何烹調這些新興食材，讓家人吃得更健康外，我們也可簡單地跟隨中國的傳統醫學智慧。例如食物要包含綠、紅、黃、白、黑五種顏色和酸、苦、甜、辣、鹹五個味道，以讓你的心、肝、脾、肺、腎五個主要內臟保持最佳狀態。

魚類憑着豐富的蛋白質及低脂肪含量，成為全球最健康食物榜的一員。當中，冷水魚類鱈魚能促進心血管健康，而且它含奧米加3脂肪酸，可降低血液濃度。此外，生蠔亦含有多種人體必須的維他命和礦物質。

其實，水果和蔬菜都是大自然賜予我們的超級食物，食用不同顏色的蔬果，能有助保持美好身段。我們邀得四位主廚，他們分別來自本地四家首屈一指的餐廳，各自根據以上的原則設計菜式。

一道道別出心裁的菜式無不告訴我們，只要善用天然材料入饌，吃得健康又美味並非難事，這正是超級食物帶給我們的超級喜訊。



Penang assam laksa
by chef Sunny Tse of Café Malacca at Hotel Jen

Café Malacca at Hotel Jen chef Sunny Tse chose nutritious mackerel for a Malaysian-inspired dish – Penang assam laksa – infused with fragrant herbs and spices. Rich in essential oils, vitamins and minerals while being low in saturated fat, mackerel is an oily fish recommended by nutritionists for a healthy diet, and by doctors to help keep blood pressure under control. The herbs and spices – chillies, lemongrass, blue ginger, mint, laksa leaf and assam – have just-picked freshness, ensuring their nutrients are retained.

檳城亞參叻沙
香港今旅酒店馬來一菜館（主廚：謝偉強）

香港今旅酒店馬來一菜館的主廚謝偉強，選擇了含豐富營養的馬鮫魚，配搭香草和香料創作出一道充滿馬來西亞風味的菜式——檳城亞參叻沙。馬鮫魚富含魚油、維他命和礦物質，但飽和脂肪含量卻十分低，因此營養師和醫生都推薦馬鮫魚作為健康食物，以幫助控制血壓。而菜式中採用的香草和香料，如辣椒、香茅、藍薑、薄荷葉、叻沙葉和亞參等，都是新鮮採摘而來，鮮味之餘亦能確保當中的營養不會流失。



Summer Garden
by chef Julien Gourmelon of Aberdeen Marina Club

Aberdeen Marina Club's French pastry chef Julien Gourmelon makes magic happen with a guilt-free cake made purely with superfood ingredients: no sugar, flour, cream or cheese. Called Summer Garden, it's packed with health-giving raw raspberries, honey, raw chocolate, almonds, cashews and ginger – and tastes as good as it looks.

夏日庭園
深灣遊艇會（主廚：Julien Gourmelon）

深灣遊艇會法式糕點廚師Julien Gourmelon用食材施展魔法，創造出一道不含糖份、麵粉、忌廉或者芝士的蛋糕，讓人吃了這道甜點，亦絕不會萌生罪疚感。這款色香味俱全的蛋糕名為夏日庭園，當中包含各種超級食物，如生野莓、蜂蜜、生朱古力、杏仁、腰果和生薑，味道和賣同樣甜美可人。

Ancient strategies for modern success

“If you know the enemy and know yourself, you need not fear the result of a hundred battles” (知彼知己者·百戰不殆): General Sun Zi.

Back in the 5th century BC, ancient Greek philosophy was still in its infancy. The first part of the Grand Canal of China was built, and Buddha had not even been born. Yet during that time, a gifted Chinese general wrote a book on the subject of strategy that is still regarded as the most important work of its kind in the world today.

The Art of War, by Sun Zi (545 – 470 BC), is a military classic which has guided not only ancient Chinese armies, but influenced Western military thinking, business tactics, legal strategy, and human relationships. Translated into multiple languages, the book has famously inspired leaders ranging from Napoleon of France to America’s General Douglas MacArthur. Its wisdom has been quoted by the United States’ Central Intelligence Agency (CIA), and it remains a staple textbook of high-level executive education everywhere.

How does an ancient military treatise remain so relevant today? According to Dr Angus To Yeuk-hung, specialist in Chinese language and culture at the University of Hong Kong, its text is not only theoretically brilliant, but also very practical and pragmatic. “It can apply to any situation, throughout the changing ages – its principle is eternal,” he says.

In wisdom applicable to boardroom battles as to war, the book doesn’t advocate charging in with all guns blazing. Rather, it promotes a think first, act later mindset. Because, in the words of Sun Zi, “the highest form of generalship is to balk the enemy’s plans” (上兵伐謀). Hence, “to fight and conquer in all your battles is not supreme excellence; supreme excellence consists in breaking the enemy’s resistance without fighting.” (不戰而屈人之兵·善之善者也)

If you know your enemy and know yourself, Sun Zi wrote, your victory will not stand in doubt. Beyond that, also knowing heaven and earth will make the victory complete.

Sun Zi’s notion of understanding heaven and earth – being the environmental conditions of the day – also applies to the flexibility required in business today. It’s interpreted as advice to weigh up the advantages and disadvantages of a particular situation, and plan your strategy accordingly.

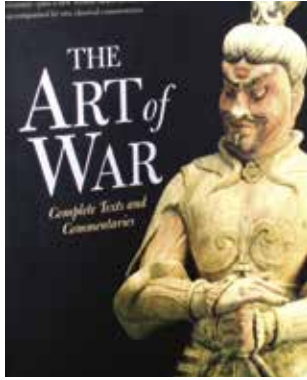
One famous confrontation where this wisdom was played out was the Battle of Red Cliffs in 208 AD, a classic “David and Goliath” encounter on China’s Yangtze River where the fewer and weaker defeated the greater and stronger. The underdog was a troop of about 50,000 soldiers, who though experienced in fighting on water, were vastly outnumbered by their 800,000-strong opponents, who were decimated by seasickness and exhaustion.

Realising that power alone would not suffice, the smaller army’s leader studied the earth and the sky, and was prepared to wait. When environmental conditions were favourable – the wind picked up, and the tide was right – he lit a fire which swept down the river and through the enemy’s fleet, ensuring their victory was complete.

Sun Zi was illustrating how those who strategise are better equipped to handle conflict than those with no plan. In the corporate environment, Dr To extrapolates: “Enlightened leaders are prepared for change and ready to act on it when circumstances are favourable. Much of the text is about how to win without actually having to do battle: it gives tips on how to outsmart one’s opponent so that benefits can be enlarged to the most.”

Business parallels can also be drawn with Sun Zi’s advice that if the opponent is secure at all points, prepare for him; if he is in superior strength, evade him. Sun Zi’s text also cites the military genius of Wang Chien, a general who famously refused to be drawn into a battle he could not win,





Translated into multiple languages, *The Art of War*, has famously inspired numerous leaders worldwide.

《孫子兵法》被翻譯成多國語言，曾為不少國家領袖指點迷津。

opting instead to keep his troops safely inside the fortress walls. There, by devoting his energy to feeding them well and providing facilities for bathing, Wang earned the men's loyalty. "Regard your soldiers as your children," he wrote, "and they will follow you into the deepest valleys. Look on them as your own beloved sons, and they will stand by you even unto death!"

(視卒如嬰兒，故可與之赴深谿；視卒如愛子，故可與之俱死)

Such tactics show the ability to problem-solve: a character strength which Dr To emphasises "can equally bring favourable outcomes in our daily lives, and the competitive corporate world."

Sun Zi also taught that leaders should be fair, but firm. "If you are indulgent, but unable to make your authority felt; kind-hearted, but unable to enforce your commands; and incapable of quelling disorder, then your soldiers must be likened to spoilt children – useless for any practical purpose." (厚而不能使，愛而不能令，亂而不能治，譬若驕子，不可用也) These are also qualities of an effective CEO. Facing a mounting challenge to retain talent, bosses who are fair, but firm, will earn their subordinates' respect.

In the modern business environment, his counsel to "make your way by unexpected routes, and attack unguarded spots" (由不虞之道，攻其所不戒也) could be taken as advice to stay a step ahead of competitors. "Do not repeat the tactics which have gained you one victory, the core spirit is to creatively study, learn and apply with full vigour", reminds Dr To, quoting from the text, "but let your methods respond to circumstances in an infinite variety of circumstances". (故其戰勝不復，而應形於無窮)

Sun Zi's *Art of War* was written in a time when learning and understanding were valued – there was no expectation of a quick fix or easy solution to the complexities of life. Perhaps that's why its message resonates with so many Chinese today, especially the business community. For in the author's words, "he who can modify his tactics in relation to his opponent, and thereby succeed in winning, may be called a heaven-born captain." (能因敵變化而取勝，謂之神) As Dr To highlights: "Everything is undergoing change. To succeed, keep on adapting to the changing environment." (變者，通也)

昔日古人智慧 今日致勝之道

「知彼知己者，百戰不殆。」孫子將軍曰。

公元前5世紀，古希臘的哲學仍然處於萌芽階段，未至成熟。而在佛陀還沒有降生之前，中國大運河的首段就已經開鑿完成。就在這時，一位天賦異稟的中國將帥寫下了一部軍事戰略巨著。即使年代久遠，但時至今日，此作仍被視為軍事範疇中最重要的聖典。

孫子（公元前545年至470年）筆下的《孫子兵法》為一部經典兵書。當中的策略不但成為古代中國戰士的引路明燈，更影響西方的軍事、營商、法律謀略，甚至沿用於人際關係之中。《孫子兵法》被翻譯成多國語言，更曾為不少國家領袖指點迷津，法國軍事家拿破崙，乃至美軍統帥麥克阿瑟都曾拜讀此書。不但美國中央情報局曾參考書中智慧，各地高級行政人員亦以之為參考教材。

可是，古代的軍事專書又如何能應用至當下呢？香港大學中國語言及文化專家杜若鴻博士指出，《孫子兵法》的內容深具理論性，而在現實中亦不難實踐。「當中理論能應用於任何處境，儘管時移世易，個中原理仍舊永垂不朽。」杜博士道。

《孫子兵法》講述能應用至辦公室競爭乃至真實戰爭的智慧，可是，書中並不提倡大興干戈交戰。取而代之，孫子主張先深思，後謀計。正如孫子曰：「上兵伐謀」，故此「不戰而屈人之兵，善之善者也。」不通過交戰就降服敵人，方是最高明的手段。

孫子又認為，假如你對敵方瞭如指掌，就必能穩操勝券，所謂「知己知彼，勝乃不殆」；更甚的是，假如你清楚認知整個局面，則可全然獲勝，是乃「知天知地，勝乃可全」。

孫子所講的知天知地，即要縱觀周邊環境狀況，而這仍適用於今日多變的商業社會之中。言下之意，即按既定情況權衡利弊，再隨之謀求對策。

公元208年，赤壁之戰正好為這則充滿智慧的兵法作詮釋。赤壁之戰為於長江流域發生的著名戰役，過程中以少勝多，以弱勝強，好比聖經中「大衛和巨人歌利亞」的故事。戰事中，處於下風的一方僅操士兵五萬，而人強馬壯的敵方則擁80萬大軍。可是，由於前者善於水戰，後者不諳水性，導致全軍上下筋疲力竭，最後，弱小的一方很快地便征服了強大的一方。

一開始，弱方的軍師就深知與敵方實力懸殊，無法匹敵，故仔細察看天地，靜觀以備戰。直至時機成熟，江中風高浪急，周遭環境極為有利，他才燃起火種，使其隨波飄至敵方戰船，在火烈風猛下焚燒連環船，最後自然致勝無疑。

孫子想要說明的是，深謀遠略就是致勝的「裝甲」，能戰勝毫無準備的一方。同樣，在工作環境中亦如是，杜博士推論：「機智的領袖會時刻準備就緒，隨機應變。《孫子兵法》中，大部分都是講述如何不動干戈而猶能取勝。當中的錦囊就是如何能智勝敵方，從而獲得最大的利益。」

在商業社會中，孫子的法則同樣受用。他認為，如對方實力雄厚，便須嚴加防備，而倘若自己的能力弱於對手，則最好避免直接交鋒。《孫子兵法》中，曾提及聰敏的秦將王翳。由於他深知參戰必敗，故堅持拒絕應戰，取而代之，王翳選擇讓軍隊安全地留守叢林，藏身其中。期間，王翳竭力讓士兵吃個溫飽，又提供設備讓他們沐浴梳洗，盡得軍心。「視卒如嬰兒，故可與之赴深谿；視卒如愛子，故可與之俱死。」正是如此。

此手段正是解決問題的上策，亦是杜博士強調的應有操守，在日常生活和充滿競爭的營商環境中同樣適用。

孫子亦認為，領導者應當公平公正，且堅定不移。所謂「厚而不能使，愛而不能令，亂而不能治，譬若驕子，不可用也。」作為一位出色的行政總裁，這也是他們應有的操守。要留住人才為自己工作是一大挑戰，但只要上司公平、堅定，就定能贏得下屬的敬重。

在現今的商業環境中，如要超越競爭對手，不妨參考孫子的建議：「由不虞之道，攻其所不戒也。」杜博士提醒：「假如曾以其道取勝，則須避免重複使用同一策略。核心的關鍵在於要全力以赴，精明地去考究、學習和應用。」正所謂「故其戰勝不復，而應形於無窮。」

《孫子兵法》寫成之時，人們尤其重視學習和理解，皆因在複雜的處境中，並沒有捷徑或簡單的方法解決問題。也許這正好解釋為何《孫子兵法》的智慧時至今天仍能引起無數中國人的共鳴，特別是商業社會，更是適用。誠如孫子寫道：「能因敵變化而取勝，謂之神。」同樣，杜博士亦強調：「所有的事物都在變遷，要取勝，就得適應變化多端的環境。變者，通也。」

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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