



DRESS CIRCLE

A K E R R Y P R O P E R T I E S P U B L I C A T I O N

臻善譜



There's good reason why birds and flowers feature so often in Chinese and Western paintings: these two enchanting gifts of nature – one flora, the other fauna – symbolising liveliness, energy and hope, invoke those same positive feelings in we humans who are privileged to observe them.

In this glorious depiction, the pomegranate fruit adds another auspicious element to the scene. With its vibrant red colour, perfect round shape and brim full of seeds, may the pomegranate bless us all with abundance, good fortune and prosperity in the year ahead.

花鳥是中西畫作中常見的主題，其實這不無道理：兩者均是大自然所賜的曼妙恩禮，而我們有幸在欣賞這些奇花珍禽的過程中，感受它們的生氣、魄力和希望，喚起積極正面的朝氣。

在這鮮明的描繪中，石榴果為整個意境增添了喜慶吉祥之感。石榴以其鮮豔的緋紅色、完美飽滿的果形，還有累累的種子，寄寓我們在來年成果豐碩、財源廣進、好運連連。

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Editorial Director Winnie Chung
Editor Laramie Mok
Chief Production Editor Rob Garratt
Writer Peta Tomlinson
Lead Art Director Chow Kwok-wang
Senior Designer Davis Kwok
Assistant Administration Supervisor Thomas Chang
Account Management Karrie Lam, Johnny Ng, Herman Wong
Photos Environmental Protection Department, Green Power, IKEA, Kerry Properties, South China Morning Post

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Kerry Properties Editorial Team
Michelle Lam, Haley So, Agnes Au, Pearl So
5/F, Kerry Centre, 683 King's Road
Quarry Bay, Hong Kong
Tel: (852) 2967 2200

GO GREEN, GO DIGITAL

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嘉里建設將可持續發展視為我們業務的核心。因此，我們為《臻善譜》讀者提供電子版訂閱選項。
無論是支持無紙化的現有讀者，還是喜歡隨時隨地發掘有趣內容的新讀者，請掃描右方二維碼，訂閱電子版《臻善譜》。



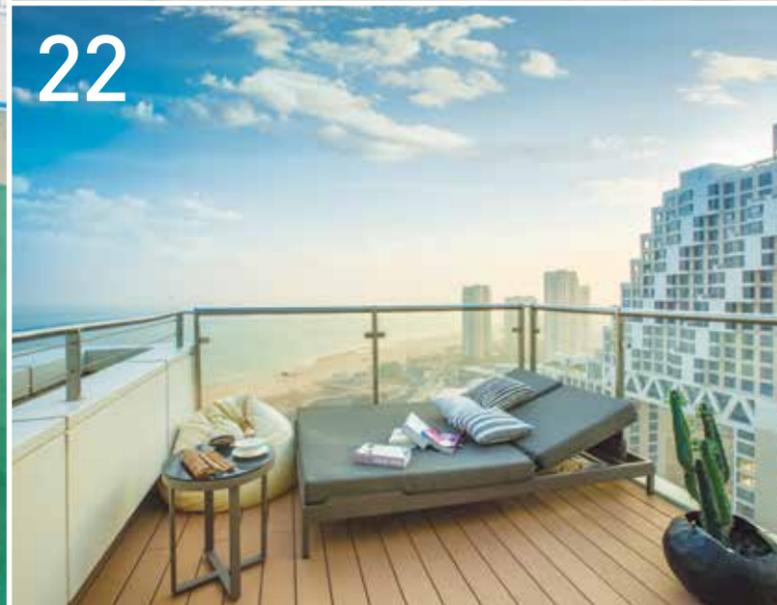
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ENGAGING FOR A COMMON GOOD

With awareness comes choice - let's choose to make a positive difference

The journey towards a more sustainable future is grounded equally in engagement and education. From this solid foundation comes positive action, its impact multiplied manyfold through collaborative effort.

As a committed corporate citizen, Kerry Properties works to educate and inspire, following strategies aligned with the United Nations Sustainable Development Goals (UNSDGs) most relevant to our business.

In our approach, engagement is key. The views of all stakeholders, be they colleagues, business partners, tenants, residents or the wider community, are sought in various ways. Their opinions help us recognise and address issues of concern, so that through concerted efforts, we may move forward together to deliver targets set out in our Vision 2030. Conceived internally to align with the UNSDGs, this strategy provides the framework for us to work towards collaboratively.

LEVERAGING INDUSTRY PLATFORMS

In addition to company-led initiatives actioned from within, opportunities to provide thought leadership through wider industry platforms are also welcomed.

Most recently, Kerry Properties joined other businesses accelerating changes towards a more sustainable future at ReThink HK 2021, a high-level conference and expo.

Our booth, Go Green for a Bountiful Future, had an educational focus, engaging visitors via an interactive game. By drawing their attention in an appealing way, the core sustainability messages that our company strives to promote were circulated to a wide audience. By giving participants a green gift as a thank-you – a biodegradable pen made from food waste – we were also able to showcase the values of reducing and upcycling.

To help us learn about stakeholders' particular concerns and challenges, we also invited input via a short Q&A. Their responses provided valuable insights into consumer behaviour.

WE WANT TO HEAR FROM YOU

Management is always keen to listen to our stakeholders. The feedback gained from hearing their views, ideas and opinions provides valuable insights which help us to broaden our understanding, and can inform responsive actions.

To garner opinions from different perspectives, selected staff members from various departments took part in small focus groups to discuss how ESG plays out across the company's business. They were then invited to discuss the topics, offer their own points of view, and make notes for further sharing among colleagues.

ESG is an umbrella term for sustainable and responsible business operations: E stands for environmental performance, S stands for social criteria (how a company manages its relationships with stakeholders), and G is for sound corporate governance. Given the extent of climate change and the widespread awakening of social consciousness, it's been said that ESG is likely to play a bigger role in how companies are assessed, not by investors, but by consumers and stakeholders.

The focus groups led to the formation of an ESG think tank composed of colleagues who shared a passion for sustainability during the sessions. The members represent different ages, genders and levels of expertise, bringing a diversity of ideas to the think tank as it brainstorms, organises and follows up on sustainability initiatives.

Reinforcing the sustainability efforts by management, the establishment of the think tank encourages our colleagues to step up and be part of the driving force in the transition to a sustainable future.

Another outcome from the focus groups was a staff-wide survey inviting everyone to vote on their favourite ESG topics. The results will provide direction for a webinar series, staff newsletter topics, and our upcoming Sustainability Report 2021. Through this multi-faceted approach, the learnings keep flowing and magnifying in impact.

STEPPING OUT TOGETHER

Growing numbers of colleagues are taking up the challenge to make walking a regular habit. Kerry Properties is happy to support this, pledging donations to charity for steps walked in an annual Step Challenge.

This year, hundreds of colleagues across company offices in Hong Kong pulled on their walking shoes to accept the challenge. In the spirit of team-building, participants were invited to walk in groups of four, which added a new fun element and increased the overall donation tally.

In total, colleagues reached a cumulative 180 million steps (about 144,000km, or three trips around the globe) in the six-week challenge. As a result, donations were raised for 66 charity organisations.

To expand the reach of this initiative, a step challenge was also launched across company offices in cities in mainland China. The goal was to see how many steps one could walk, building a healthy body while raising donations for charity.

The opportunity was enthusiastically supported, with more than 1,500 mainland colleagues signing up for the six-week challenge running from October to December. The autumn

start of the challenge meant weather conditions were favourable for exercising outside. The addition of a technology element was also well received; participants could check their personal and team rankings conveniently within a company mobile app.

Whether collaborating with other corporates to educate the wider community, through internal brainstorming or by initiating healthy and wholesome activities, communities are uniting for a common good. Collaboratively, with advocacy hand-in-hand with actions, we can all make a positive difference to the world we live in.



The focus groups led to the formation of an ESG think tank. 焦點小組促成了ESG創新團隊的誕生。

踴躍參與 · 成就未來

明智的抉擇，讓我們創建出更美好明天

要邁向更可持續發展的未來，既要大眾齊心協力，亦需從教育着手。有了這個牢固的基礎，大家自然會積極行動，只要各界攜手合作，效果定當倍增。

嘉里建設素來致力培育和啟迪人才，以聯合國可持續發展目標（UNSDGs）為本，制定與業務最相關的戰略，竭盡企業的公民責任。

我們認為廣泛參與是致勝關鍵，因此我們收集同事、業務夥伴、租戶、住客以至廣大社群等各界持份者的意見，從而洞悉問題所在，制定出相應的解決方針，透過群策群力，便能同步向前，實現嘉里建設「2030願景」的目標。這個「願景」宏圖由公司內部制定，恪守聯合國可持續發展目標，為未來的協作制定框架。

善用業界平台

公司除了由內部主導並制定的措施，亦歡迎其他企業透過廣泛的業界平台提供真知灼見，樹立良好楷模。

在最近舉行的領導層企業論壇及博覽會ReThink HK 2021上，嘉里建設與商界同儕共同促進變革，務求邁向可持續發展的未來。

我們的展覽攤位「Go Green for a Bountiful Future」，聚焦教育，透過引人入勝的有趣互動遊戲吸引參觀者，向大眾宣揚公司有關可持續發展的核心信息。我們藉着向參與者送贈由廚餘製成的可生物降解環保筆作小禮物，彰顯減廢和升級再造的珍貴價值。

為深入了解不同持份者的顧慮和所遇到的難題，我們更設有簡短問答，從中獲取從持份者行為出發的寶貴見解。

用心聆聽

我們的管理層熱衷於聆聽不同持份者的意見，並從這些重要反饋中集思廣益，繼而制定相應方案。

為了收集各方意見，我們從各個部門挑選出指定員工，分為多個焦點小組，討論如何在公司業務中實踐「環境、社會及企業管治」（ESG）的目標，及後邀請他們討論相應議題，提出個人觀點，並制定指引，供其他同事參考。

ESG（「環境、社會及企業管治」）為可持續發展及負責任的業務營運之總稱，當中「E」代表公司的環境績效，「S」代表社會標準（公司如何管理與各持份者的關係），「G」則代表完善的企業管治架構。有說此為針對氣候變化問題和提升社會的環保意識，而消費者及持份者能以ESG角度更有效評估公司。

一眾同事於焦點小組中分享了自己對ESG的想法，並促成了ESG創新團隊的誕生。當中各成員分別代表不同年齡、性別及專業範疇，在集體研討、策劃及跟進可持續發展倡議的過程中分享了多元的想法。

為鞏固管理層對可持續發展的實踐，ESG創新團隊的組成能鼓勵同事踴躍參與，為邁向可持續發展的未來出一分力。

此外，公司邀請員工就着焦點小組提出的議題進行

Step Challenge 2021's kick-off ceremony in Shenyang. 「公益捐步挑戰賽」2021於瀋陽的啟動儀式。



Kerry Properties encourages its staff to make walking a regular habit. 嘉里建設鼓勵員工養成步行的習慣。

投票，揀選出他們感興趣的ESG活動。投票結果將為網絡研討會系列、公司內刊主題和《可持續發展報告2021》提供方向。通過多方面的集思廣益，大家持續學習，讓影響持續擴大。

踏出健康每一步

我們鼓勵員工養成步行的習慣，越來越多同事積極接受挑戰。嘉里建設每年舉辦「喜步展關懷」（內地稱「公益捐步挑戰賽」），根據員工的步行數量向慈善機構捐款。

今年香港分公司的數百位同事紛紛響應，參與「喜步展關懷」步行公益活動。參加者以四人為一組，展現團隊精神，不僅為比賽增添樂趣，更大大提高整體捐款金額。

在為期六周的挑戰中，他們總共完成了1.8億步（約144,000公里，相當於環繞地球三周），成績驕人，同時為66個慈善機構籌得可觀善款。

為擴大其影響力，我們還在內地各城市發起「公益捐步挑戰賽」，看看同事們可以在六星期內行走多少步，為慈善機構籌募捐款的同時，不忘鼓勵員工強身健體。

「公益捐步挑戰賽」獲得熱烈迴響，超過1,500名內地同事報名參與。於10至12月期間舉行同為期六周的「公益捐步挑戰賽」，適逢秋季，天氣清爽宜人，正是戶外鍛鍊的好時節。我們還增設了有趣的競賽元素：參與員工可以透過公司流動應用程式，查看個人及團隊排名。

無論是與其他企業合作弘揚理念，還是通過內部策劃調整方針，甚至是舉辦大型康體活動，社區都為共同利益而團結起來。大家攜手參與，合作無間，教育與實際行動相輔相成之下，為我們的世界作出貢獻。





All of the six goals selected for the MegaBox campaign are counterparts of the United Nations Sustainable Development Goals prioritised by Kerry Properties. 商場所選取的六個行動目標，亦對應了嘉里建設在「聯合國可持續發展目標」中所重視的範疇。

ALL ON BOARD FOR A GREENER TOMORROW



Contributing to a greener urban lifestyle, one step at a time

Goal setting is a powerful tool. Wherever you are on life's journey, having a clear goal to work towards sharpens one's focus, and triggers new behaviours. If ever motivation should lag, the end goal remains as a steadfast reminder.

Always thinking of creative ways in which we can all work together for a more sustainable future, MegaBox made 2021 a year of the Good Life Goals.

The result of an extensive global collaboration to engage and educate, the Good Life Goals lay out practical ways in which everyone can contribute to the United Nations Sustainable Development Goals (UNSDGs). Their objectives sit at the heart of the UNSDG agenda, in a way that makes sense to everyday folk. Simple, positive and relatable by design, these goals make it easy to see the tangible impact our efforts can make.



GOALS TO LIVE BY

The idea from MegaBox was to capture public attention by setting up an eye-catching booth in the mall. To keep their interest piqued, a different goal was highlighted for each month of the campaign.

Sustainability initiatives and events were rolled out during the year under the Good Life Goals umbrella. All of the six goals selected for the campaign are counterparts of the UNSDGs prioritised by Kerry Properties.

Aligned with Good Life Goal No 13, Act on Climate, the office community in the main Grade A office tower component of MegaBox were invited to participate in a challenge to reduce food waste in Hong Kong. The collected food waste was recycled and converted into organic fertiliser for landscaping use.

To help minimise disposable packaging, Kerry Properties has provided office tenants of Enterprise Square series with free reusable lunch boxes. This was only the beginning - the scheme has also been rolled out in other properties in our portfolio, including Resiglow, Mantin Heights, Dragons Range and Bloomsway. Our F&B tenants were keen to be eco-partners in this scheme, many offering a discount to everyone who brought in their own containers. Depending on a favourable response, the scheme may be extended to other office and residential buildings in our portfolio.

For its part, MegaBox joined in the Environmental Protection Department's initiative O-PARK1, the first organic resources recovery centre in Hong Kong that converts food waste into electricity. From January to September 2021, about 10.7 tonnes of food waste was collected from F&B tenants at MegaBox, helping to reduce the pressure on Hong Kong landfills.



MegaBox made 2021 a year of the Good Life Goals. MegaBox在2021年舉辦名為「Good Life Goals美好生活目標」的主題活動。



IKEA offers alternative green products such as plant-based meat and seaweed pearls. 宜家家居有不同的綠色產品供選擇，如植物肉和海藻醬。

DOING GOOD WORKS

To provide further opportunity to reuse and recycle - Good Life Goal No 12 - MegaBox joined a government-run pilot program with a dual objective of supporting local charities while helping the environment. With a reverse vending machine installed in the mall, patrons were able to conveniently deposit used bottles, and redeem a refund for each. They could either keep the refund, or donate the money to a charity of their choice.

Of course, reusable drink bottles are a greener alternative, and MegaBox encourages shoppers to bring their own bottles to be refilled at the water vending machine also provided in the atrium. Many initiatives by individual tenants are also contributing to these collaborative efforts.

Good Life Goal No 3 wishes everyone to Stay Well, with access to fresh water of course a key component.

To encourage conversations around water security for all citizens in the world, MegaBox joined the Enterprises Cherish Water Campaign (ECH2O). Organised by the Water Supplies Department and Green Council, ECH2O is a collaboration platform for organisations with education as a key component. Given the vast foot traffic MegaBox attracts, promotion of the need to preserve our precious water resources is a community service management is proud to support.

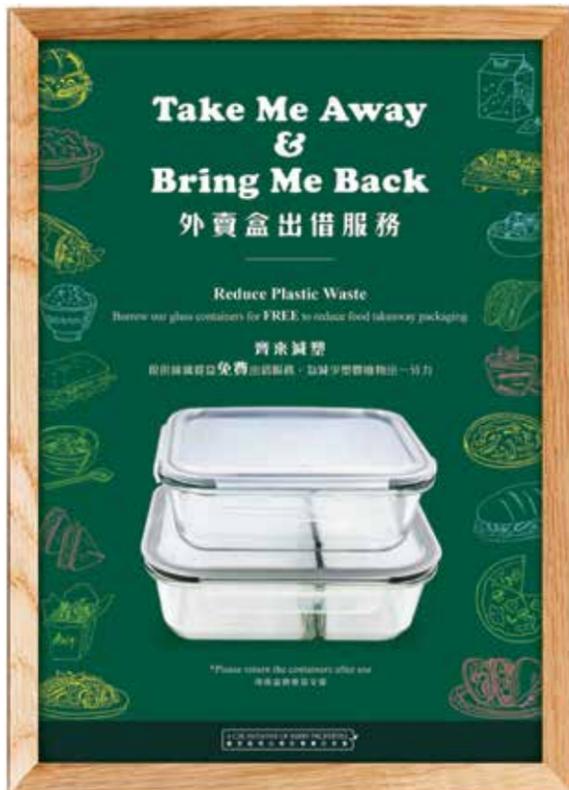
A MORE SUSTAINABLE HOME

By making greener products and solutions affordable, in an ever-increasing range of choice, IKEA, one of the anchor tenants at MegaBox, makes it easier for people to live more sustainably in their homes.

At the in-store restaurant, diners can enjoy IKEA's famous Swedish meatball dish in a variety made without meat, as well as a plant-based seafood alternative.

Patrons mindful of the environmental toll of meat and seafood produced for human consumption welcomed the opportunity to reduce their intake, without losing out on the experience of the traditional flavours.

As Chinese philosopher Lao Tzu observed, a journey of a thousand miles does indeed begin with a single step. Equally, the collective results of our Good Life Goals demonstrate clearly that small and consistent steps are the keys to great achievement.



Kerry Properties' reusable lunchbox campaign is aimed at reducing takeaway food packaging. 嘉里建設的外賣盒出借服務旨在減少塑料廢物。



ADDING VALUE TO WASTE

Further contributing to the cause, a beverage carton recycling project initiated in 2021 took a three-pronged approach. Firstly, a collection point was installed for ease of use. Next, a display of eco-friendly children's furniture showed how recycled materials like this can be made into useful new products. Then DIY workshops were organised where kids and parents learned how to make decorative items from recycled beverage cartons, including an eco-friendly planter and festive Chinese calligraphy.

The decorative items the families made now adorn their homes - matching also with Good Life Goal No 12, Live Better, which encourages reuse, repair and recycling.

升級再造

我們於2021年開展了紙盒飲品回收計劃，三管齊下，進一步推動環保：一，設立收集點，方便使用；二，展出一系列環保兒童家具，展示如何把回收材料製成有用新產品；三，舉辦親子DIY工作坊，讓家長和孩子學習把回收飲品紙盒製成裝飾品，例如環保花盆和賀年揮春。

參與工作坊的家庭把這些手工創作用來佈置家居，亦對應了「美好生活目標12」的「更好地生活」：鼓勵重用、修復和回收資源。

共創綠色明天

一步一足印，締造綠色都市生活

訂立目標，往往能帶來驚人效果。無論處於人生哪個階段，只要目標清晰明確，便能提升專注力，激發新行動；即使中途動力不繼，心裏的終極目標仍能時刻提醒我們堅持邁步向前。

MegaBox一直希望集眾人之力，以創意方式共創可持續發展的未來，因此在2021年舉辦名為「Good Life Goals美好生活目標」的主題活動。

「美好生活目標」是一項全球協作行動，為了令更多人參與和認識可持續發展，列舉了一系列實際行動指南，讓每個人都能把聯合國提出的「可持續發展目標」(UNSDGs)落實於日常生活之中。這些行動緊貼聯合國的倡議，做法簡單實在又切身，令我們更易看到努力所帶來的實際效果。

設定目標

為了吸引市民大眾關注，MegaBox在商場內設置了一個有趣奪目的攤位，每月活動均圍繞着不同的行動目標，持續激發大家的興趣。

商場於本年推出的可持續發展活動和項目，來自「美好生活目標」的列舉行動；所選取的六個行動目標，亦對應了嘉里建設在「聯合國可持續發展目標」中所重視的範疇。

「美好生活目標13」是「氣候行動」，因此我們邀請了企業廣場寫字樓的上班族一同減少食物浪費。把收集得來的廚餘回收再用，轉化為堆肥，用於綠化園林，避免過度使用化學農藥以致增加碳排放，引起環境污染。

為了減少即棄包裝，嘉里建設為企業廣場系列之辦公室租戶免費提供可重用餐盒。這只是第一步，這個計劃亦推廣至旗下的其他物業，包括Resiglow、皓畋、玫瑰山和滿名山。不同餐飲租戶紛紛加入成為環保夥伴，更有多間商店為自備餐盒的顧客提供折扣優惠。如果反應良好，計劃將擴展至我們其他的寫字樓和住宅項目。

MegaBox亦參與了環境保護署的「O·PARK1」計劃。「O·PARK1」是全港

首個將廚餘轉化為電能的有機資源回收中心，MegaBox於2021年1至9月之間從餐飲租戶一共收集了10.7噸廚餘，協助減輕本港堆填區的負荷。

多做好事

「美好生活目標12」鼓勵重用和回收資源，MegaBox亦參與了一個政府營運的試點計劃，既能支援本地慈善機構，又可推行環保，一舉兩得。商場設置了一部容器自動回收機，方便顧客把用後的空樽投進機內。每投入一個空樽，都可以得到現金，顧客可選擇領取回贈，或捐贈予慈善機構。

誠然，自備水樽更為環保，所以MegaBox於商場中庭設置水機，歡迎自備水樽的顧客自行添水。租戶亦發起了多項活動，一同為環保出一分力。

此外，「美好生活目標3」希望每個人保持健康快樂，而乾淨的水資源當然是重要一環。

為了增加各地民眾對水資源安全議題的關注，MegaBox亦參加了ECH2O - 「商約」惜水運動。運動由水務署和環保促進會舉辦，旨在為工商界機構創建一個協作平台，宣傳珍惜用水。MegaBox匯聚龐大人流，有助推動全民珍惜水資源，管理層亦大力支持。

可持續家居

宜家家居是MegaBox的主要租戶之一，一直致力提供更實惠的綠色產品和解決方案，而且產品選擇眾多，方便顧客輕鬆實踐可持續的家居生活。

在宜家家居的店內餐廳，顧客可品嚐著名的瑞典肉丸美食，種類更包括素肉丸，另外亦有素海鮮可供選擇。

此舉能令顧客注意到肉類和海鮮對環境造成的影響，繼而減少食肉，同時無損宜家家居的傳統美味。

勿以善小而不為，正如老子所言：「千里之行，始於足下」，「美好生活目標」的集體成果亦印證了這一點：只要從小事做起，終能成就遠大目標。

MONT ROUGE
緹山



此相片於緹山拍攝¹

A RESIDENTIAL MAJESTY HIGH ABOVE KOWLOON
九龍塘半山¹ 超級豪宅鉅作 MONT ROUGE 緹山分層大宅

A New Icon of Luxury
尊崇地脈 九龍區頂級名著

MONT ROUGE 緹山，傲踞九龍塘半山¹矜罕地段，45伙傳承名邸，花園別墅、獨立洋房、分層大宅，以筆架山為背，更由全新道路龍駒道連接，締造頂級圈層的山居塔尖生活。

發展項目名稱：緹山 | 街道名稱及門牌號數：龍駒道9號 | 區域：石硤尾 | 本廣告/宣傳資料內載列的相片、圖像、繪圖或素描顯示純屬畫家對有關發展項目之想像。有關相片、圖像、繪圖或素描並非按照比例繪畫及/或可能經過電腦修飾處理。準買家如欲了解發展項目的詳情，請參閱售樓說明書。賣方亦建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。賣方為施行《一手住宅物業銷售條例》第二部而就發展項目指定的互聯網網站的網址：www.themontrouge.com.hk



此相片於2021年9月21日於緹山第2座GA單位拍攝⁴

MONT ROUGE | TOWER
The Nature of True Style
花園特色大宅 清幽寧謐
4伙花園特色大宅，背倚山勢，前擁四季綠化及逾百種時花景色，猶如一道天然隔離帶，將世俗平層置如身下，九龍半山意境¹融於自然。



此相片於2021年9月20日於緹山第2座GA單位拍攝⁴



此相片於2021年9月27日於緹山第2座GA單位拍攝⁴

Prestige Living in Finesse
分層顯貴大宅 名門風範
每層兩伙實用面積約1,700平方呎的分層大宅³，南北通透³。3.5米特高層與層之間高度，配合橫廳設計的客飯廳及主人套房，合共逾14米全景落地觀景窗，引景入屋。另外兩間套房尊享翠綠山景²。雙儲物室，頂級配備，大宅名門氣派，無可複製。



此相片於2021年9月21日於緹山第2座GA單位拍攝⁴

Behold the Cityscape
南向俯瞰 繁華市區景緻²
坐北朝南，居高望遠，俯瞰九龍半島市區景緻，遠眺港島十二山峰²。MONT ROUGE 緹山，當凌絕頂，坐擁南向繁盛都會景緻²，地利稀貴，百家爭藏。

Embraced by Comfort and Ease
嘉里物業管理 奢華臻善體驗
MONT ROUGE 緹山，由外到內嚴選多重保安系統，室內恆溫泳池、健身室等悠逸設備，提供禮賓車服務，貼心管理，臻善盡美⁴。



此相片於2021年9月27日於緹山第2座GA單位拍攝⁴

 嘉里建設有限公司
KERRY PROPERTIES LIMITED

查詢電話 (852) 2524 8484



¹「九龍塘半山」、「九龍半山」及「九龍區半山」形容緹山之所在大概位置。距離緹山最近(包括直線距離及步程)之港鐵站為九龍塘地鐵站。緹山位處於筆架山半山，其地面水平高度為香港主水平基準上約140米。緹山位處的分區計劃大綱圖區域為「石硤尾」。²所述僅為發展項目周邊環境的大概描述，或僅為個別住宅物業可享之景觀，未必適用於發展項目所有住宅物業。景觀受住宅物業所處層數、座向及周邊建築物及環境影響，且周邊建築物及環境可能不時改變。賣方就景觀並不作出任何不論明示或隱含之要約、陳述、承諾或保證。³所述之實用面積、座向、層與層之間高度及配備等並非適用於所有單位或個別單位之所有部分，詳情請參閱發展項目之售樓說明書。⁴會所及不同服務之開放時間及使用受相關法律、批地文件、公契條款、許可證條款及現場環境狀況、天氣及季節等限制。管理人之委任及不同服務之提供可能不時改變或終止。⁵此相片於2019年7月17日於發展項目拍攝，並經電腦修飾處理(修飾內容為顏色調整及外觀修飾，僅供參考之用。相片未必反映或顯示發展項目或其任何部分之實際外觀、其真實景觀及環境狀況。住宅物業景觀受所處層數、座向及周邊建築物及環境影響，並非適用於所有住宅物業，且發展項目周邊環境、建築物及設施會不時改變。相片中所顯示的所有設計、布局、裝置、裝修物料、設備、裝修、裝修物料、傢俬、傢具、供電、燈飾、擺設、園藝及其他物品等未必為交樓標準，亦未必適用於所有住宅物業。有關發展項目的指明住宅物業交樓標準之裝置、裝修物料及設備，請參閱售樓說明書。賣方保留權利改變、修改或更改不同指明住宅物業之設計、布局、裝置、裝修物料、設備、設施、裝修、陳列、傢具、供電、燈飾、擺設、園藝及其他物品。此相片及相片內容僅供參考，並不構成及不得詮釋成任何不論明示或隱含之要約、承諾、陳述或保證(不論是否有關發展項目或其任何部分之景觀或其周邊環境)。賣方建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。⁶此相片經電腦修飾處理(修飾內容為顏色調整及外觀修飾)，僅供參考之用。相片未必反映或顯示發展項目或其任何部分之實際外觀、其真實景觀及環境狀況。住宅物業景觀受所處層數、座向及周邊建築物及環境影響，並非適用於所有住宅物業，且發展項目周邊環境、建築物及設施會不時改變。相片中所顯示的所有設計、布局、裝置、裝修物料、設備、裝修、裝修物料、傢俬、傢具、供電、燈飾、擺設、園藝及其他物品等未必為交樓標準，亦未必適用於所有住宅物業。有關發展項目的指明住宅物業交樓標準之裝置、裝修物料及設備，請參閱售樓說明書。賣方保留權利改變、修改或更改不同指明住宅物業之設計、布局、裝置、裝修物料、設備、設施、裝修、陳列、傢具、供電、燈飾、擺設、園藝及其他物品。此相片及相片內容僅供參考，並不構成及不得詮釋成任何不論明示或隱含之要約、承諾、陳述或保證(不論是否有關發展項目或其任何部分之景觀或其周邊環境)。賣方建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。⁷賣方：NMC 8 Limited (註：賣方的成立為法團所在地為英屬維京群島。賣方的成員的法律責任是有限的) | 賣方之控股公司：Kerry Group Limited、嘉里建設有限公司、嘉里建設有限公司、Kerry Properties (Hong Kong) Limited、Goldash Holdings Limited 及 Mazio Holdings Limited | 發展項目的認可人士：王明炎先生 | 發展項目的認可人士以其專業身分擔任經管人、董事或職員的高級或法團：劉傑傑伍振民建築師有限公司 | 發展項目的承建商：華豐建築有限公司 | 發展項目中的住宅物業的出售而代表擁有入行事的律師事務所：貝克、麥堅時律師事務所 | 已為發展項目的建造提供貸款或已承諾為該項建造提供融資的認可機構：不適用 | 已為發展項目的建造提供貸款的任何其他人：東豐有限公司 | 本廣告由緹山之賣方發布 | 賣方建議準買家參閱有關售樓說明書，以了解發展項目的資料 | 此廣告之印刷日期：2021年12月13日 | 版權所有 © 2021 嘉里建設有限公司 (於百慕達註冊成立之有限公司)

SOLUTIONS FOR **SMART** **BUILDINGS**

To sustainably operate major buildings in key urban hubs, business leaders need to get smart

Visitors to Kerry Everbright City, Shanghai, might not realise they've entered a pioneering role model for sustainable buildings in China.

In fact, there are many reasons why Kerry Properties' phased Grade A office and retail development, in the core area of the Shanghai Suhewan landmark zone, feels so comfortable to be in. The international accreditations for green building, the efforts to engage tenants in collaborative environmental efforts and the use of materials meeting the highest national standards all play a part.

Perhaps not immediately obvious, in Jing'an District, is the care that was taken to fuse the neighbourhood's historic character with the creativity of modern Shanghai. And how effortlessly green living and community converge in the worldly business gateway that is Pudong.

But behind the scenes, smart technologies and innovations embraced across our property portfolio in Shanghai bear silent witness to a positively actioned green approach to conducting business responsibly and adding value for all.



Shanghai Kerry Everbright City Phase III - Enterprise Centre has become the first commercial complex in mainland China to be granted TRUE Zero Waste Platinum Certification. 上海嘉里不夜城三期企業中心為中國內地首個獲得「TRUE Zero Waste 鉅金級認證」的商業綜合發展項目。

Smart service robots are deployed for various tasks, such as parcel and lunch delivery. 大廈的智能服務機器人能處理不同任務，如送遞包裹及午餐等。



PRESTIGIOUS GREEN AWARDS

Further to receiving LEED Platinum Certification (Existing Buildings: Operations & Maintenance) in 2020, Enterprise Centre at Kerry Everbright City Phase III has become the first commercial complex development in mainland China to be granted TRUE Zero Waste Platinum Certification. Having received dual accreditation, Enterprise Centre is now eligible for certification as a LEED Zero project. Initiated by the US Green Building Council to take green buildings to the next level, the LEED Zero project recognises achieving net zero carbon emissions, energy, water and waste.

As a leader in property development and management, Kerry Properties regards providing a safe and healthy environment to be part of our corporate social responsibility. Recognising the potential impact of our business on the environment, policies and systems are in place, followed through with measurable targets to achieve the highest possible standards across our portfolio.

This goes beyond a green focus during the design and construction phase of a project, to reducing its impact throughout the long life cycle of the building. It also means continuously contributing to the health and well-being of the community.

CARING FOR HOLISTIC WELL-BEING

What does this mean for the buildings' occupants and their visitors?

For staff at Kerry Properties' new Shanghai headquarters, their office environment is assuredly safe, thanks to the use of environmentally friendly construction and operation. Everything, from the carpet and wall finishes to lighting and cleaning products, meets the newest Chinese national standards on green materials.

To safeguard everyone's personal hygiene by reducing human contact, a range of smart technologies are adopted. These include facial recognition access for workers, automatic sliding/swing doors installed across multiple areas, smart toilets and a touchless elevator network.

TECHNOLOGY AT YOUR SERVICE

Smart service robots, like the high-tech Xiao Jia, are deployed for various tasks. If you need a parcel delivery, lunch brought to your door or used batteries

Recycling bins - made out of milk cartons, enabling users to track, and thereby reduce their waste - are widely used. 大廈在各處設置以牛奶紙盒製成的回收箱，供用戶追蹤廢物量以減少浪費。



and plastic bottles collected for recycling, Xiao Jia, summoned by the Kerry Links app, is happy to oblige. Cleaning robots also make a regular appearance, sanitising the public areas frequently.

To keep everyone safer, the adoption of high-tech security systems enables a timely team response to incidents as and when required. And for 2022, the aim is to procure green electricity to offset the carbon emissions generated by our building portfolio.

Taking a regular break in nature is essential for overall well-being, and the landscaping in our Shanghai properties provides that opportunity. Rest a while, and reflect - every minute spent in a garden each day is valuable. As new innovations become available - such as water-saving intelligent irrigation systems, or fertiliser upcycled from organic waste - these are utilised to help the gardens thrive.

A COLLABORATIVE EFFORT

Indeed, engaging building occupants in collaborative environmental efforts is a core tenet of the company's sustainable roadmap. Recycling bins that enable users to track, and thereby reduce their waste, are widely utilised. F&B tenants appreciate the high-tech biowaste facility that gobbles up their food scraps daily.

When tenants renovate their spaces, we try to connect them with a government-authorised third party to sort the building waste so it may be turned into other construction materials, such as paving materials, road surfaces and bricks.

Extending awareness to wider user groups, a library stocked with sustainability information demonstrates the potential of upcycling resources. Open to the public, it showcases examples of trash turned into treasure - furnishings made from recycled milk cartons.

ENCOURAGING INNOVATION

This environmentally-conscious approach to commercial property management should attract more insightful people to join the sustainable development of the group. Ultimately, it will encourage a collaborative will to innovate, developing sustainable, intelligent and people-oriented healthy buildings continuously.

All of these efforts and initiatives are like building blocks, piecing together an optimally built environment for people and the planet. It's an evolving process, but worth it. For as the world becomes increasingly globalised, even the smallest actions we take to improve society can have a widespread effect.



(Top) Kerry Properties regards providing a safe and healthy environment as part of its corporate social responsibility.

(Above) Fertiliser upcycled from organic waste which helps the gardens thrive.

(上) 嘉里建設一向把提供安全而健康的環境視為自身的企業社會責任。

(下) 花園採用有機廢物升級再造的肥料，協助花草茁壯成長。



A library stocked with sustainability information demonstrates the potential of upcycling resources. 圖書館內存放可持續發展的資料，宣揚如何把資源升級再造。

「築」智多謀

為了可持續營運都市樞紐的主要建築，商業領袖需要有「智」有謀

也許一眾訪客置身上海嘉里不夜城時，都未必能察覺自己正身處中國內地可持續發展建築的先驅典範之中。

在上海地標蘇河灣的核心地段，建構出如此愜意怡人的甲級寫字樓和零售商圈。嘉里建設致力打造獲國際認證的綠色建築，讓租戶在環保工作上群策群力，並使用符合國家最高標準的素材，凡此種種，造就出如此完善的社區。

嘉里建設特意在靜安區維持歷史地貌之餘，注入上海的現代創意，在種種細微之處落墨，促成新舊共融；而在國際商貿樞紐浦東，也悄然見證着綠色生活與社區發展自然共生，和諧並存。

與此同時，公司亦在旗下各上海物業採用不同智能科技及創新發明，踐行以負責任的方式營商，並為各項事物增值，默默地積極推動綠色發展原則。

環保殊榮

繼2020年獲得「LEED 鉑金級認證（既有建築：營建與保養）」後，上海嘉里不夜城三期企業中心更成為中國內地首個獲得「TRUE Zero Waste 鉑金級認證」的商業綜合發展項目。同時榮獲兩項認證後，企業中心現已成為符合由美國綠色建築委員會（USGBC）發出的「LEED Zero Waste 認證」項目，此認證旨在表揚實現零碳排放、零能耗、零水耗及零廢棄物目標的建築物，將綠色建築提升至嶄新水平。

作為物業發展及管理的翹楚，嘉里建設一向把提供安全而健康的環境視為自身的企業社會責任。除了因應公司業務對環境的潛在影響制定相應的管理政策及系統，同時亦會跟從可以量化的目標，盡可能在旗下物業達至最高級別的環境標準。

項目從設計以至施工皆以環保理念為首，並減少建築物整個生命週期內對環境的影響，亦需持續改善區內人士的身心健康。

關懷整體健康

對建築物用家及訪客而言，這種設計又意味着甚麼呢？

對於全新上海總部的員工而言，置身於以環保方式建造和營運的工作環境，讓他們倍覺安心，無論地毯、牆身，以至照明及清潔用品，一律符合最新的國家級綠色建材標準。

為保障員工的個人衛生，嘉里建設引入了一系列智能科技以減少人與人的接觸，包括員工進出的人臉識別認證，在多個區域安裝自動滑動或擺動式大門，設置智能馬桶和非接觸式升降機按鈕。

隨時候命的科技

此外，大廈亦會採用智能服務機器人處理不同任務，高科技機器人「小嘉」便是其中一員。如需送遞包裹及午餐，或是回收舊電池和膠樽，你只要透過「嘉里聯客」（Kerry Links）應用程式，便可以召喚「小嘉」代勞。而清潔機器人也經常消毒公共區域，保持環境衛生。

為進一步保障員工安全，大廈採取了高科技保安系統，確保團隊能夠及時應對突發事件。嘉里建設2022年的目標是採購綠色電力，以抵銷旗下物業組合所產生的碳排放。

經常投入大自然的懷抱稍作休息，對身心健康大有裨益，而嘉里建設優美景觀正好讓人放鬆心情。於花園環境中靜心休憩、沉澱思緒，是一天中絕不枉過的寶貴時光。隨着創新科技帶來更多先進發明，園中亦有採用節約用水的智能灌溉系統，以及以有機廢物升級再造的肥料等產物及設施，協助花草茁壯成長。

齊心協力

鼓勵大樓用戶攜手合作，共襄環保之舉，是公司對嘉里建設持續發展藍圖中的核心原則。大廈在各處設置回收箱，供用戶追蹤廢物量以減少浪費，亦引入高科技生物廢料處理設施，每天為餐飲租戶清理廚餘，深得他們讚賞。

當租戶需要翻新裝潢時，會嘗試促成他們與政府授權的第三方接洽，從而妥善進行建築廢料分類，以便轉化為鋪路材料及磚塊等建築用料。

大樓內設有一個存放可持續發展資料的圖書館，宣揚如何把資源升級再造，務求向更多用戶推廣環保意識。圖書館開放予公眾人士使用，當中展出不少以回收牛奶盒製成的家具，可說是化腐朽為神奇的典範。

鼓勵創新

這種奉行環保至上的商用物業管理方式，應能吸引更多有識之士加入集團的可持續發展行列，最終開創出鼓勵創新的共同願景，持續發展出智能而以人为本的可持續健康建築。

以上種種舉措就如堆疊積木一樣，為人類及其所身處的地球拼湊出最美好的環境。過程中，或需不斷經歷蛻變，但終可帶來美滿成果，皆因日益全球化之下，即使是微不足道的舉動也能帶來深遠影響，造福整個世界。





Habitat Qinhuangdao is architect Moshe Safdie's first Habitat project in China. 秦皇島海碧台為建築師Moshe Safdie在中國的首個「Habitat」系列住宅項目。

RELISHING THE JOY OF LIVING

Natural wonders meet exemplary service on north China's Gold Coast

It's 6am and early risers are greeting the day with a stroll along the glorious coastline of Qinhuangdao.

As the sun rises over a crystal ocean, and birds swoop and glide across cloudless blue skies, it's clear why this is a place of great significance.

The Great Wall begins here, on a long stretch of beach surrounded by mountains. According to legend, Qinhuangdao – literally meaning “Qin emperor island” – takes its name from China's first emperor, Qin Shi

Huang, who arrived in 210BC and performed an imperial ritual. Centuries later, Chairman Mao also visited, and the 1954 poem he wrote about Qinhuangdao is credited with the city's modern day fame.

IDYLIC ESCAPE

For its ease of access to Beijing and Tianjin, Qinhuangdao is renowned as an idyllic summer escape from the city, long frequented by government officials, titans of industries, and later, luxury travellers.



The magnificent sea view from the balcony ensures an extraordinary residential experience.
露台飽覽壯麗的海景，締造無與倫比的居住體驗。



They come to be restored by the salubrious seaside, but in the worldly international city that is Qinhuangdao today, life is enriched in so many different ways.

The morning's stroll has been calming, the dawn stillness broken only by the sound of waves gently lapping on the shore. After a day filled with leisure and culture, the evening brings a catch-up with friends at an authentic French steakhouse inside Habitat Qinhuangdao, the city's first international-grade residential project. With the elegant environment of this restaurant, its exquisite presentation and high-end cuisine, the evening will be one of poetry and art.

Habitat Qinhuangdao, on Jinmeng Bay, is the first Habitat project in China for visionary architect Moshe Safdie. Its opening introduced a new standard of living to Qinhuangdao.

Long before such a design approach became fashionable, Safdie believed that architecture should be profoundly humane and connected to nature. Since his Habitat lifestyle concept was unveiled at the Montreal World Expo in Canada in 1967, the model – dubbed a “daydream” at the time – has been replicated many times in cities around the world.

RAISING THE BAR ON CONSTRUCTION

The launch of Habitat Qinhuangdao was a defining moment for residential construction in mainland China. Its inspired architecture and quality of build set the project apart, setting a new benchmark for the

city. From that day, the people's perception has been that there are only two types of buildings: Habitat Qinhuangdao and the rest.

This new living experience endowed residents with Safdie's ideal of “a garden for everyone”, stepping from light-filled homes onto landscaped terraces or lush parkland, all the while breathing in the life-affirming fresh sea air. And in the surrounding area, mountains, forests and wetlands feature in the diverse natural habitat.

The highly anticipated Phase II of the project, recently launched, comprises a pair of 32-storey, L-shaped residential buildings extending from the Phase I complex, and forming a grand architectural

statement. The ground and sky garden areas are also largely expanded. These, together with the magnificent sea view, ensure an extraordinary residential experience.

The inspired architecture follows a stepped pattern, capturing an unobstructed view of the sea, city and sky, and offering a sense of openness to residents. About 70 per cent of units are equipped with terraces, balconies and solariums.

WIDE CHOICE OF UNIT DESIGNS

A key feature of Safdie's Habitat concept is that no two homes should be the same. At Habitat Qinhuangdao,



200 different unit types, ranging from one to four bedrooms, and from 106 to 435 square metres, cater to a variety of uses, from primary residence to weekend home or holiday accommodation.

Residents' interaction with nature is enhanced with six different themed gardens, and multiple landscaped avenues. A leisurely 2.5km stroll through the park-like grounds reveals beautiful trees and fragrant flowers for a complete sensory experience. Recognising the diverse lifestyles of residents, the clubhouse with a fitness studio is open 24 hours a day.

Apart from the commissioning of a professional team to build the hardware, another important component of Habitat Qinhuangdao is its service offering. The professional property management delivered by Kerry Properties puts care for the community at its heart.

In one touching example, in autumn, some fruit trees in the project's park were ripe for harvest. The property's housekeepers picked and washed the fruit, and placed them in bamboo baskets in the lobby with a note inviting residents to help themselves. This level of service allows residents to experience heartfelt care in a residential community filled with warmth, and supported by the concept of sustainable development.

A MODEL OF WELLNESS

To ease urban stress, projects like Habitat Qinhuangdao – designed with care, and providing



Residents' interaction with nature is enhanced with six different themed gardens, and multiple landscaped avenues. 六個主題各異的花園和多條景色優美的大道，令居民盡情投入大自然的懷抱。

scarce natural resources and high-quality service – are regarded as the direction for future residential development.

A widely shared motivational quote urges us to “find joy in everything you do”. At Habitat Qinhuangdao, joy is multiplied many times over by the simple things in life that residents are privy to every day. A sense of belonging, a connection with nature, and a community that cares – all so essential to our overall well-being.

樂活安居

華北的黃金海岸地靈人傑，擁有自然奇景並提供超卓服務

清晨6時，早起之士沿着秦皇島晨光初現的海岸線漫步，迎接美好新一天。

旭日東升，波光粼粼，飛鳥滑過萬里晴空，如此美景恍如人間絕境。

長城始足於翠巒環抱的長灘。相傳秦皇島名承中國第一位皇帝秦始皇，他於公元前210年曾經踏足此地求仙。1954年，國家主席毛澤東也曾到訪，並寫下一首稱頌北戴河的詞，令這裏躍升為現代名城，聲名大噪。

田園逸趣

秦皇島鄰近北京和天津，往來便利，成為遠離繁囂的避暑勝地，達官貴人、富紳商賈以至近代富裕旅客，長年以來皆愛在此流連。

秦皇島早年憑藉得天獨厚的寧謐海岸，撫平遊人心中波瀾；現今則蛻變為國際大都會，生活體驗多姿多采。

晨間漫步確實能洗滌人心，破曉時分萬籟俱寂，只有海浪輕拍岸邊之聲在耳畔迴蕩，教人渾然忘憂。經過一天的玩樂和文化薰陶，晚上可偕友人到城中首個國際級住宅項目「秦皇島海碧台」內一家正宗法式扒房小聚。餐廳的環境優雅，擺盤精緻，佳餚出色，令這場盛宴詩意與藝術氣息盎然。

位於金夢灣的秦皇島海碧台，是高瞻遠矚的建築師Moshe Safdie在中國的首個「Habitat」（棲息地）系列住宅項目，為秦皇島的生活水平奠下嶄新標準。

早在這種設計方法流行以前，Safdie已深信建築本該富有人文氣息，同時融入自然。自從他的「棲息地」生活概念於1967年在加拿大蒙特利爾世博會上亮相以來，這種當時被認為是天方夜譚的建築模式，現已相繼在世界各大城市夢想成真。

建築標準更上一層樓

秦皇島海碧台面世，掀起了中國內住宅建設的新一頁。別樹一格、充滿啟迪的建築和卓越非凡的工程質素，令這個住宅項目脫穎而出，為秦皇島樹立了嶄新標準。自其面世那天起，人們眼中只有兩種建築：海碧台與其餘的各式樓房。

Safdie以建構「一人一花園」的設計概念，為居民締造全新的生活

體驗——室內陽光充沛，露台風景明媚，公園蒼翠蔥鬱，柔柔海風為各處帶來清新空氣，令人精神煥發。周邊自然環境同樣生機處處，山林和濕地孕育着豐富多樣的物種。

萬眾矚目的海碧台二期項目最近推出，由一期綜合園地延伸出的兩幢樓高32層的L形住宅大樓，恢弘建築令人眼前一亮。地面空間和空中花園的面積也大幅擴大，還有安在家中飽覽壯麗的海景，締造無與倫比的居住體驗。

精妙絕倫的建築沿用階梯式設計，大海、城市以至和天空的景色均一覽無遺，開揚遼闊的景觀讓居民的心境同樣豁然開朗。海碧台約七成單位均配備露台、陽台和日光浴室。

單位設計豐富多樣

單位設計獨一無二，是Safdie「棲息地」概念中的一大特色。秦皇島海碧台備有200種不同類型的一至四房單位，面積由106至435平方米不等，滿足從定居棲息以至短期度假等各類居住需要。

六個主題各異的花園和多條景色優美的大道，令居民盡情投入大自然的懷抱。沿着長達2.5公里的路徑漫步，途上綠樹成蔭、繁花吐艷的景致，令人有如置身公園之中，帶來圓滿的感官享受。會所內設有全天候開放的健身室，迎合住戶各有不同的生活方式。

除了委託專業團隊打造星級配套設施，秦皇島海碧台同樣重視服務質素，而由嘉里建設負責提供的專業物業管理服務，正正以關愛社區為本。

其中一個窩心例子，是物業管理員會在秋天把園區內成熟的水果摘下洗淨，放在大堂的竹籃裏，並貼上字條，邀請住客隨便享用。這種貼心的服務讓住客感受到由衷的關懷及暖意，令社區充滿溫情，同時亦貫徹了可持續發展的理念。

健康典範

為舒緩都市人的生活壓力，秦皇島海碧台這類精心設計、提供稀有天然資源和優質服務的項目，將啟迪未來住宅發展的新方向。

一句勵志的名言勸勉我們「在生活中尋找喜悅」。秦皇島海碧台能讓生活中每件小事倍增歡樂、錦上添花。在住處找到歸屬感，與大自然聯繫，融入互相關愛的社區，對我們的整體健康大有裨益。



THESE GAMES ARE FOR ALL AGES

Whether played alone, with family members or a furry friend, these simple outdoor sports are a fun way to keep fit

On grassy parkland near her home, a little girl tosses a wooden baton. Her target is the numbered pins grouped nearby, and when she knocks down several in one go, the people gathered around cheer and clap. With its simplicity of rules and basic equipment, it looks like the game she is playing is plain, old-fashioned fun – harking back to a time when toys weren't made of plastic, and participation wasn't defined by age or ability.

In fact, the game of Mölkky she's playing was only invented in 1996, in Finland. Made of natural wood, the equipment is durable and eco-friendly. Throwing games like this can be played at any time, in small spaces. And it engages family members and friends in a healthy outdoor activity.

These age-bridging qualities nurture societies. For while the role of outdoor play in a child's upbringing is well recognised, less understood is the importance of adult play. As explained by Peter Gray, research professor of psychology at Boston College, during one of his TED talks, play is good for our stress levels, boosts brain function and improves relationships. It's an outlet from which we can experience joy, learn to get along with peers and practice empathy.

So let's join a worldwide trend and get back to basics with these new emerging sports. Here are a handful of options to get you started.



MÖLKKY 木棋

A Mölkky set consists of 12 numbered pins and one throwing baton, housed in a wooden crate. Divide your group into two teams, with each player allocated three turns. The object of each throw is to knock down as many pins as possible. The numbers on each pin contribute to the team's final score, the highest tally determining the winners.

Fun fact: Mölkky skittles are made of wood from sustainable forests, teaching kids to care about the environment even while they play.

一組木棋包括一個木箱，內裏裝載着12根標上1至12號碼的小木棋及一條用作投擲的木棒。參加者分為兩組，每名玩家均可投擲三次，以擊倒較多小木棋為佳，將小木棋上的分數加起來，總分最高的一方勝出。

趣事分享：木棋的組件全由可持續森林的木材製成，玩樂之餘，能培養小朋友愛護環境。



How to play Mölkky
木棋玩法影片

KABADDI 卡巴迪

Dating back to ancient India, Kabaddi is a physically challenging group sport now popular throughout Southeast Asia. It is played by two teams consisting of 12 players each, with only seven on the field at any one time. As players dart around, the objective is to touch an opponent and return to their own half of the court to gain a point. Kabaddi can be played on any surface, requiring no special equipment, clothing or accessories, ensuring it is a game that is open to everyone.

Fun fact: Some 4,000 years after its invention, Kabaddi was played at the Olympic Games in Berlin in 1936.

卡巴迪 (Kabaddi) 的歷史可以追溯至古印度，目前風行整個東南亞，是一項挑戰體能的團體運動。玩家需要分成兩隊，每隊12人，每隊每次只能派七人出場。在這場攻防戰中，觸碰到對手後成功越過中線，回到己方半場，就能得分。卡巴迪可以在任何類型的地面上進行，不需要特殊的設備、服裝或配件，親民得很。

趣事分享：在卡巴迪面世4,000多年後，登上1936年柏林奧運會的示範項目。



How to play Kabaddi
卡巴迪玩法影片

新興運動 老少皆宜

無論是獨自一人，還是與家人或寵物結伴，也可盡情享受運動的樂趣

小 女孩在離家不遠的公園草地上擲出了一根木棒。她的目標是將三角陣內標有號碼的小木棋擊倒。每當她一連擊倒數根小木棋，圍觀的人便會為她歡呼拍掌。

這個遊戲的規則及所需設備簡單，不限年齡或能力，因此極為親民，充滿樂趣，帶有懷舊色彩，更令人遙想尚未有塑料玩具的往昔歲月。

這款名為「木棋 (Mölkky)」的遊戲，1996年才於芬蘭面世，所用的柱子由天然木材製成，耐用又環保。遊戲場所大小無拘，興之所至，可以隨時隨地與家人和朋友在戶外進行，健康有益。

打破年齡界限的遊戲，能夠減少社會上的世代隔閡。眾所周知，戶外遊戲對兒童成長十分關鍵，卻鮮有人明白它對成人而言同樣重要。波士頓學院心理學系研究教授Peter Gray在TED演講中解釋，玩樂有助減壓，刺激大腦機能，並改善人際關係。我們可以透過遊戲學習與夥伴相處，享受樂趣和培養同理心。

既然玩樂好處眾多，就讓我們一起跟上這股全球熱潮，與親友投入這些新興運動，重拾童趣吧！以下推介幾款入門遊戲：

DODGEBEE 躲避盤

This is among the various versions of flinging a frisbee just for fun. The Dodgebee disc is made of a soft material that can be caught easily and safely. One's dog makes an ideal playing partner. Just as our furry friends like to play fetch, they love leaping into the air even more. The game builds both agility and muscle tone. So next time you're out for a daily walk, pop a Dodgebee in your pocket and let the game begin.

Fun fact: Frisbees are kept airborne by the angle of the throw. Give it a good spin and its flight will last longer.

坊間的扔飛盤遊戲眾多，但以柔軟物料製成的躲避盤 (Dodgebee) 則較輕易又安全地抓住。狗狗除了喜歡在地上撿球，也愛跳起凌空接住物件，因此絕對是你的完美玩伴。躲避盤可以令身體更為敏捷，提升肌肉張力。下次外出散步時，不妨帶上躲避盤，享受箇中樂趣。

趣事分享：以精準的角度投擲躲避盤可使它在空中停留更久，而拋出時旋轉躲避盤則能延長飛行時間。



How to play Dodgebee
躲避盤玩法影片

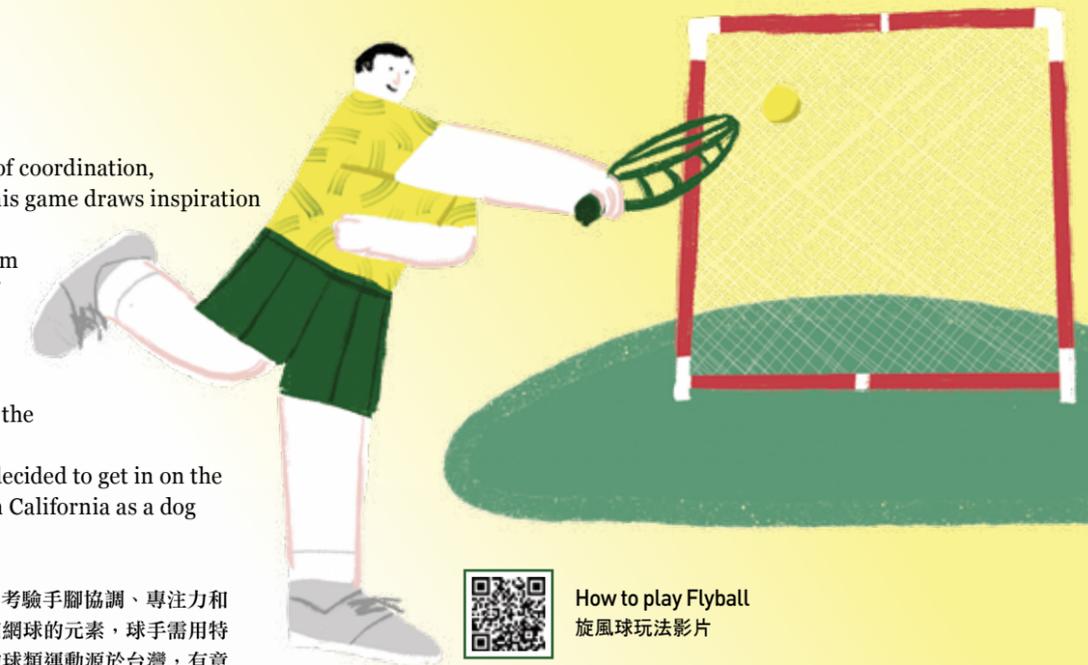
FLYBALL 旋風球

Flyball is fun – but also a test of coordination, concentration and reaction. This game draws inspiration from elements of badminton, baseball and tennis, and the aim is to catch a ball in the track of a special racket. We can thank the Taiwanese for inventing this dashing sport, now being taught to anyone interested by the Hong Kong Flyball Club.

Fun fact: Before humans decided to get in on the fun, flyball started in Southern California as a dog training technique.

旋風球 (Flyball) 趣味盎然，同時考驗手腳協調、專注力和反應。旋風球借鑑羽毛球、棒球和網球的元素，球手需用特製球拍將球接穩。這種型格十足的球類運動源於台灣，有意學習者現時可向香港旋風球總會報名。

趣事分享：旋風球最初在南加州是用來訓練狗隻，後來才吸引人類參與。



How to play Flyball
旋風球玩法影片

ROLIBALL 太極柔力球

In other games, Roliball, China's bailong ball, is a combination of tai chi and badminton. Originating in the city of Jinzhong, Shanxi province, in the 1990s, but now enjoyed around the world, Roliball can be played either solo or in a group. The idea is to move slowly to music, holding a racket so that it cups a sand-filled ball, making the performance seem like a graceful collective dance performance.

Fun fact: Roliball was invented by a Chinese boxing teacher as a way to prevent his students from getting injuries.

太極柔力球 (Roliball) 於1990年代源自山西省晉中市，是中國一種結合太極和羽毛球的運動，現時已推廣至世界各地，單人或組隊進行均可。運動者只要手持特製的球拍，隨着音樂慢慢移動，拍子便會恍如磁鐵一樣把球吸住，揮球姿態就像優雅的舞蹈表演。

趣事分享：太極柔力球是由一名中國拳擊老師發明，目的是防止他的學生受傷。



How to play Roliball
太極柔力球玩法影片



You're never too young or too old to join in these sporting activities. A fun time can be had by all – just get a team together, head outside, and let the games begin. 這些遊戲年齡不限，老少咸宜。不妨邀約好友到戶外，共享運動樂趣。



Tung Chung River is one of Hong Kong's largest natural rivers and has high ecological value. (Photo: Green Power)
東涌河以水質優良、生態價值極高見稱。(相片：綠色力量)

GOING WITH THE FLOW

Curious about our rivers and streams? Step out into the wild to learn more

Freshwater – we can't live without it. Although rivers and streams account for less than 1 per cent of the Earth's surface – compared to the oceans' more than 70 per cent – people and the planet depend on them.

To understand their importance to human well-being and natural ecosystems, let's explore the rivers and streams meandering through the Hong Kong countryside.

The autumn, winter and early spring months are the ideal time to schedule this adventure – not only is it cooler along the riverside walking trails, it's also safer. In summer, heavy rain poses a risk of flash flooding, and makes the ground underfoot slippery.

Before setting out, ensure everyone in your party has a sturdy pair of walking shoes. Long-sleeved shirts and trousers are recommended, as such attire negates the need for insect repellent and sunscreen, both of which contain chemicals that can harm the fragile environment.

HISTORIC RIVER VALLEY

Scenic spots where water runs freely may be found all over Hong Kong.

On Lantau Island, the ancient Fa Mun Traditional Path winds through Tung Chung River Valley, traversing clear streams and Zen forests, and past communities of Buddhist monks and nuns who settled in this peaceful river valley decades ago to live self-sufficiently and pray.

The waterway itself is a delight for nature lovers. One of Hong Kong's largest natural rivers, it has high ecological value. Over its course, many species of native

freshwater fish have been recorded, with birds, frogs and butterflies adding to the diversity of the population.

SPECTACULAR SOUTHSIDE WATERFALL

In Southern District, Waterfall Bay lives up to the beauty of its name. Located within Pok Fu Lam Country Park, it is one of the easiest waterfalls to encounter without leaving the city, and also one of the most rewarding.

Look for the park entrance just past Tsui Tsin Tong School, on Waterfall Bay Road. Follow the path, listening for the sounds of the cascading waterfall before it comes into sight. Emptying into the sea at the foot of a small cove, this waterfall offers marine and freshwater experiences in one scenic outing. The trail is gentle and family-friendly, with many picnic and barbecue sites, restrooms, water fountains and play structures along the way.

FARMLAND REVIVED AS HABITATS

Among the feng shui woodlands in the New Territories, three streams originating from Cloudy Hill and the Pat Sin Leng range flow through Sha Lo Tung, forming a secluded basin. In

the early days of settlement, Hakkas made use of this geographical advantage to plant paddies, creating large areas of wet farmlands. As villagers moved out, their abandoned farms became marshes, forming some of the most important habitats in the area. This unique environment shelters many diverse species of flora and fauna, some relatively rare or even absent in other parts of Hong Kong.



Great blue spotted mudskipper found on mudflat.
在泥灘上的大彈塗魚。



(Left) Bees attracted by the rapeseed flower field in Sha Lo Tung.

(Right) Fiddler crab is a common species that can often be seen in mangroves during low tide.

(左) 沙螺洞的油菜花田吸引不少蜜蜂前來。

(右) 潮退時，在紅樹林中不難找到招潮蟹的蹤影。



about an hour, starting next to the Tin Hau Temple on So Kwun Wat Tsuen Road.

ECOLOGICAL HOTSPOTS

Fed by surrounding mountains, Sheung Yue River west of Sheung Shui/Fanling new town has numerous streams flowing into its depths. Exploration involves a gentle hike, with various fascinating river landforms and ecological hotspots offering many environmental contrasts.

Every river has a story, so while you're out exploring, pause to reflect on what its depths might tell. For example, the Shan Pui River in Yuen Long, now revitalised by conservation efforts, dates back to the Ming dynasty when it was a major navigation channel for trading throughout the region. Historians say residents from nearby came to the river to fish, exchanging some of their catch for meat and crops from their farming neighbours.

Wherever you choose to ramble alongside these precious waterways, there are some golden rules. Be curious, but careful. Observe, do not disturb. Try not to touch any animal or plants, and mind where you step. For while Hong Kong's natural water resources might seem abundant, they are also fragile. Lives, land and livelihoods depend on their preservation.

INSTA-WORTHY ISLANDS

One of the city's most Instagrammed waterways is also one you won't want to miss. Known as "Thousand Islands Lake", this spectacular waterway in Tai Lam Country Park, Tuen Mun, is a vision of lush green islands in intriguing forms emerging from the watery depths. This magical scene was created when a mountainous valley was flooded.

The best viewpoint is along section 10 of the MacLehose Trail. It's a relatively easy hike that takes



English



繁體中文

Scan the QR code: The AFCD has comprehensive advice on how to explore Hong Kong's waterways and country parks safely
掃描二維碼：漁護署已就安全遊覽香港水道及郊野公園，制定全面的安全指引

川流不息

想了解河水溪流的「來龍去脈」？齊來深入大自然一探究竟

我們的生命，無水不能。

雖然淡水河流和溪澗只佔地球表面積不足百分之一，與佔超過七成的海洋相比的確微不足道，但卻是孕育人類與地球的生命之源。

且讓我們一起探索在香港郊野之間縱橫交錯的河水和溪流，了解它們對人類福祉以及自然生態系統的重要。

初春及秋冬季節，沿着河畔的步行徑遠足，既涼爽又安全，是開展河溪探秘之旅的理想時機；相反，夏天的暴雨季節會帶來山洪暴發的風險，路面亦容易變得濕滑，容易發生意外。

出發前，請確保同行人士皆穿上堅固耐用的登山鞋，建議穿着長袖上衣及長褲，那麼便毋須使用含科學成分的驅蟲劑和防曬乳，而這些成分都會危害自然環境。

悠久河谷

香港各處的溪流美景數之不盡。

在大嶼山歷史悠久的法門古道，蜿蜒經過東涌河，途經清澈溪流、佛教禪林，還有一群數十年以來在這寧靜河谷定居、自給自足的僧尼，潛心修佛。

至於東涌河本身亦深受自然愛好者歡迎，這裏從源頭以至分支均純淨澄明，並以水質優良、生態價值極高見稱。源源不息的川流孕育了不少本地淡水魚品種，也吸引了雀鳥、青蛙及蝴蝶棲息，令物種豐富多樣。

南區壯觀瀑布

至於港島南區，位於薄扶林郊野公園的瀑布灣，是距離市區最近的瀑布之一，方便前往之餘，亦「景」如其名，美不勝收。

公園入口位於瀑布灣道的東華三院徐展堂學校旁。沿着小路前行，未見瀑布美景，先傳來潺潺的流水聲。瀑布瀉下小海灣的底部，繼而流入大海，讓你可以一次過盡覽淡水及海洋美景。這條步行徑地勢平緩，沿途不乏野餐和燒烤場地、洗手間、噴泉和遊樂設施，適合親子同樂。

捲土「重生」

在新界的風水林之中，三條分別由九龍坑山及八仙嶺流經沙螺洞的溪流，形成一個自成一角的盆地。昔日落戶於此的客家人善用地理優勢種植稻田，開闢大片濕耕農地。及後隨着村民逐漸搬離，棄耕的農地變成沼澤，形成了區內其中一個重要的棲息地。獨特的環境成為了形形色色動植物的庇護所，部分物種更是城中稀有甚至碩果僅存，極為珍貴。

打卡勝地

位於屯門大欖郊野公園的「千島湖」，亦是城中不容錯過的水漾景致打卡熱點。一個個由山谷被淹沒後從水面浮現的島嶼錯落有致，鬱鬱蔥蔥，呈現出壯麗迷人的自然奇觀。

最佳的觀景位置是沿着麥理浩徑第十段而行。這條路徑相對易走，從掃管笏村路的天后廟旁邊起步，大約一個小時便能欣賞到「千島湖」的湖光山色。

生態熱點

位於上水及粉嶺新市鎮以西的雙魚河群山環抱，是無數溪流的匯流之處，路徑平坦，沿途可見不少迷人的河流地貌和生態熱點，多處的景觀皆截然不同。

每條河流都有各自的故事，當你到戶外探索時，不妨停下來，靜思究竟。舉例而言，元朗山貝河的歷史可以追溯到明代，是區內當時的主要貿易航道，如今因保育工作而重現昔日景貌。歷史學家指出，古時住在河畔的居民會前來捕魚，並用漁獲與務農的鄰居換取肉類及農作物。

不論你選擇前往哪些珍貴水道漫遊，欣賞河溪美景，也務請遵守以下黃金法則：保持好奇心之餘，也切記安全；眼看手勿動；盡量別觸摸任何動植物，並切勿踐踏生態環境。

香港的天然水資源看似豐富，但其實脆弱得很，需要好好保護，方可維持各界生命、土地資源及人們生計。

"Thousand Islands Lake" in Tai Lam Country Park is one of the city's most Instagrammable waterways.
大欖郊野公園的「千島湖」是城中不容錯過的打卡熱點。

THEY CALL IT PUPPY LOVE



There's a reason why dogs are called man's best friend, and science can explain it

You arrive home from work, to be greeted enthusiastically by your loving canine companion. It's as if they've been anticipating your arrival all day.

Dogs are always pleased to see their humans, and research suggests they understand us as well. It's because, living in close contact with humans, dogs have learned over time to pick up on emotional cues in a person's voice, scent, and facial expression.

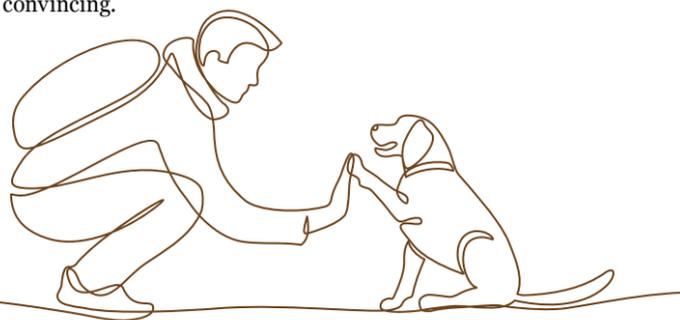
Not only can dogs sense our mood, they also have the

capability to provide an appropriate response. If we are sad, a dog may give comfort with an outstretched paw, or by resting their head on our lap. If we're happy, they join in by bounding joyfully and wagging a tail at full speed.

Further evidence of dogs' superior intellect comes from an academic study conducted in the UK. It found that dogs cannot only comprehend simple commands like "sit", "fetch" and "stay", but also much more of human language. According to one canine researcher, some dogs can understand more than 150 words – and they're smart enough to know how to behave to get a treat. Keep talking to your pet to try this out yourself.

PET-FRIENDLY NATURAL ENVIRONMENT

Jessica and Lukas, a professional couple living in pet-friendly Branksome Grande, a prestigious residential development in Mid-Levels (the "Dress Circle" of Hong Kong Island), need no convincing.



French bulldog
法國老虎狗



Dachshund
臘腸狗



Corgi
哥基



Beagle
比高獵兔犬



Pug
八哥



Jack Russell
積羅素



Pekingese
北京狗



Chihuahua
芝娃娃



Poodle
貴妃狗



Maltese
魔天使



Pomeranian
松鼠狗



Spitz
狐狸狗



Schnauzer
史納莎



Yorkshire Terrier
約瑟拿利



Shih Tzu
西施狗



Scottish Terrier
蘇格蘭拿利



“We only have to mention cheese – his favourite – or chicken, and Elmo, our cavalier poodle cross, will go running into the kitchen and sit by the fridge,” laughs Jessica.

Passionate dog lovers, the couple brought Elmo with them from Sydney, and later adopted Malibu, a standard poodle, from a dog shelter in Hong Kong.

They’ve found the location not only immerses them in a healthy outdoor lifestyle, but also a like-minded community.

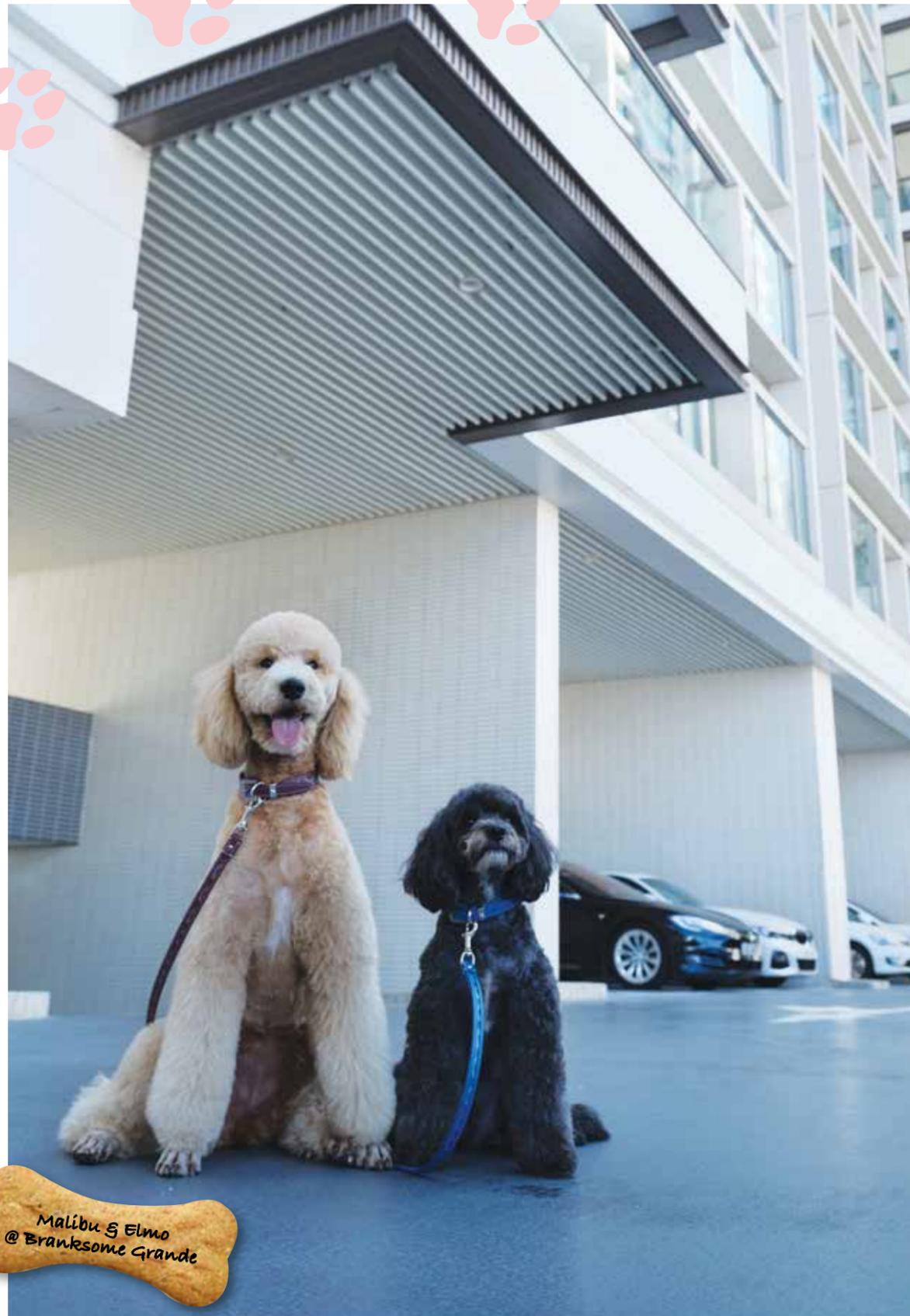
“Every day we walk the dogs up to The Peak. They love to run off the leash, snaffling around and talking to other dogs,” Jessica says. “And it’s all so friendly, as everyone knows each other.”

Being out in nature every day is “a great way to de-stress”. Having a dog is an impetus to go for a hike, which the couple feel is preferable to working out indoors in a gym.

And emotionally, dogs are always there for you, she adds: “Sometimes I work very late and only get home when everyone else is asleep. My dogs might be snoozing, too, but as soon as they hear the door, they will pad over and roll onto their backs for a tummy tickle.”

Jessica fully understands why dog ownership has soared during the pandemic, but she highly recommends people adopt from a shelter, rather than buying from a pet shop or breeder.

“When we adopted Malibu, she was skinny, dreadfully neglected, and terrified of everything,” she says. A year later, the pup is happy, healthy, and “couldn’t be friendlier”. She’s a firm favourite with the security guards at Branksome Grande.



Standard poodle Malibu and the cavalier poodle cross Elmo.
標準貴婦狗Malibu及騎士查理王獵狗混合貴婦狗Elmo。

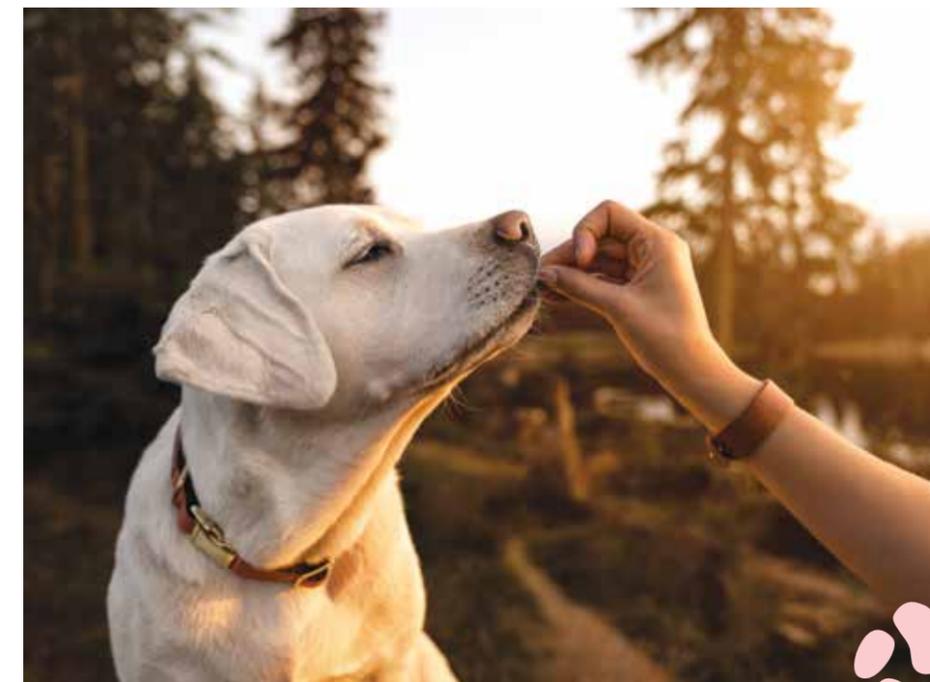


(Above) Branksome Grande, a prestigious residential development in Mid-Levels, has a pet-friendly environment.

(Below) Pet ownership soared during the pandemic as people sought some companionship.

(上) 蘭心閣座落於顯赫優越的半山區，是個善待寵物的好地方。

(下) 疫情之下，不少人都希望能找到生活夥伴，因此飼養寵物的人士亦急增。





GLOWING AT RESIGLOW

For British expat Emma, it was love at first sight when she met her late long-time canine companion, Daisy, and her new pup, Molly. In both cases, eye contact provided the certainty that they were right for each other.

Seeking a quiet apartment building away from traffic congestion, Emma found it in Resiglow Happy Valley. "It's amazing – everything I'd expected," she says. "All my friends are envious that I live here, and the level of service and high quality of staff are second to none. They're also so friendly and welcoming."

After a long life, Daisy passed away recently, and Molly, like her predecessor, was adopted from a shelter. "I wasn't expecting to adopt a new dog so soon, but then I saw Molly, who is a small terrier," Emma explained.

Emma is now introducing her new friend to the neighbourhood. They'll do a lap of the race course at least once a day, and often visit the nearby dog park to build Molly's socialisation skills. On weekends, they'll head off on bigger hikes around Park View or Tai Tam, revelling in nature so close to their home.

Emma can't imagine not having dogs in her life, and she is adamant their connection with humans is unique in the animal kingdom.

"Looking into Molly's eyes, I know she is learning to trust me," she says. Sitting side by side, with Emma gently stroking her coat, it's obvious that these two newfound friends take great comfort in each other's company.



Emma appreciated the friendly and welcoming staff in Resiglow Happy Valley. Emma十分讚賞Resiglow Happy Valley友好親切的工作人員。

寵愛·友·家

常說狗是人類最佳朋友，此話的確有科學實證

每逢你下班回家，愛犬總會搖頭擺尾在門口迎接，彷彿守候了一整天。

狗狗總愛親近主人，更有研究指出牠們能夠讀懂人心。牠們經過長時間與人類相處，已能透過一個人的聲音、氣味及臉部表情來感知對方的情緒。

狗狗不僅能解讀人類的情緒，更可以給予適當回應。當我們傷心難過時，牠們或會伸出前掌予以安撫，又或是把頭靠在我們的大腿上，送上溫暖。當我們歡欣快樂時，「汪星人」亦會雀躍跳跳、快速擺尾。

英國一項學術研究進一步證實，狗狗的智力超群，不僅能理解「坐下」、「撿物」和「待着不動」等簡單指令，還可以掌握更多人類語言。一位犬隻研究人員稱，一些「毛孩」能夠理解超過150個單詞，而且非常聰明，知道如何表現才能得到獎勵。不妨多跟你的愛寵說話，說不定有意外收穫。

寵物友善的大自然環境

Jessica和Lukas夫婦皆是專業人士，他們的居所蘭心閣除了座落於港島上顯赫優越的半山區，更是個善待寵物的好地方。

Jessica笑道：「我們只要提到牠最喜歡的芝士或雞肉，Elmo便會跑進廚房，坐在雪櫃旁邊。」

他們從悉尼帶來了Elmo這隻騎士查理王獵犬混合貴婦狗的品種，後來又在香港的狗場領養了標準貴婦狗Malibu，可謂名副其實的愛狗之人。

他們不僅在居住的社區享受着健康的戶外生活，更認識了一群志同道合的人士。

Jessica說：「每天我們都會帶着Elmo和Malibu到山頂散步。牠們喜歡鬆開繫繩，四處亂竄，並與其他狗狗玩耍。我們也很放心，因為大家彼此都認識，關係友好。」

每天親親大自然是「減壓的良方」。他們認為狗狗能帶來動力，讓他們願意走出健身房，與愛犬結伴遠足，投進大自然的懷抱。

她補充道，這些「毛孩」能讓我們獲得心靈上的慰藉。「有時我工作至夜深，回到家中，所有人都好夢正酣，狗狗可能也在打瞌睡，但只要聽到開門聲，牠們便會蹣手蹣腳走過來，跟我撒嬌要揉肚子按摩。」

Jessica對於疫情期間養狗人數大幅增加深表理解，但她由衷勸籲大家以領養代替購買。



The small terrier Molly was adopted from a shelter. Molly乃從收容所領養回家的小多利狗。

她指出：「我們最初收養Malibu時，牠非常瘦弱，完全被疏忽照料，對一切感到恐懼。」一年之後，Malibu變得活潑健康，而且「非常黏人」，就連蘭心閣的保安人員都很喜歡牠。

RESIGLOW 的明媚生活

從英國移居來港的Emma，對照顧多年的已故夥伴Daisy以及新收養的Molly同樣一見鍾情。在兩次初遇的過程中，Emma與小狗也是憑着眼神交流，認定彼此。

Emma嚮往遠離交通擠擁的恬靜環境，最後選擇定居於Resiglow Happy Valley。她稱讚道：「這裏絕對是我理想的安樂窩，工作人員的服務水平和質素同樣卓越，而且非常友好親切。落戶於此，令我的朋友羨慕不已。」

跟最近因年邁去世的Daisy一樣，Molly也是Emma從收容所領養回家的。Emma解釋：「其實我沒想過這麼快便收養另一隻狗狗，但當我看到小多利犬Molly時，便對牠一見鍾情。」

Emma現正帶着這位新朋友認識區內環境。他們每天會在跑馬地馬場至少跑一圈，並經常到附近的狗公園玩樂，培養Molly的社交能力，學習如何與外界接觸。周末時，他們會到陽明山莊或大潭附近散步，享受周遭的大自然之趣。

Emma堅信，狗狗與人類的聯繫在動物界中獨一無二，她甚至無法想像沒有小狗相伴的日子。

Emma表示：「看着Molly的眼睛，我知道牠正學着信任和依賴我。」她邊說邊輕撫Molly的外套，看來這對新朋友已找到彼此的靈魂伴侶。



TIPS FOR REDUCING WASTE

減廢小貼士

Asking Hong Kong people to pay to dispose of their household waste is one way to reduce the pressure on landfills, and will lead to a more sustainable future. Other ways are making simple changes to our everyday habits. Along the sustainability journey we are on together, every individual decision can be a greener step forward. Here are some ideas to try:

為減輕垃圾堆填區的壓力，建構可持續發展的未來，要求在香港自費處置家居垃圾是其中一種可行方法，即使是簡單改變日常習慣亦能為環保出一分力。在我們共創可持續社會的路上，每個人的一小步，就是環保的一大步。以下的綠色生活小貼士，你我也可以做得到：

Make plastic pay

An effective way to keep plastic out of the oceans is to ensure plastic bottles are disposed of responsibly. Using a reverse vending machine makes this easy and convenient. Installed in locations such as MegaBox, these machines scan the bottles deposited for recycling, to be reused to make many consumer products. Users are rewarded with an instant rebate, and an option to donate the money to charity.

塑膠回收

確保膠樽得以妥善處置，是減少海洋塑膠廢物的有效方法之一。環保署在MegaBox等地方安裝了「逆向自動售貨機」，讓市民在掃描容器上條碼後「入樽」，用以回收再造，重用於各種消費產品之中，輕鬆方便。用戶可獲得即時回贈，亦可選擇把金額捐贈予慈善機構。



Join the Green Community

Metal, glass and paper – even computer equipment and small electrical appliances – are among eight types of recyclables accepted at Hong Kong's Green Community stations. Check the Environmental Protection Department (EPD) website for a location nearest you. By showing the GREEN\$ smart card or scanning the QR code on the back, users can redeem thank you gifts for using this service.

加入「綠在區區」

「綠在區區」這個遍佈全港的回收網絡，可接收金屬、玻璃樽、廢紙、甚至電腦設備和小型電器等八種物品。你可在環保署網站查看最最近的回收點，只要出示「綠綠賞」智能積分卡或掃描卡背的二維碼，即可賺取積分，兌換相應的小禮品。



Pack a greener lunch box

Beeswax makes an excellent alternative to single-use lunch wrap. Beeswax wraps are washable, can last for months, and keep food fresher longer. And at the end of their life, they are 100 per cent compostable.

製作綠色餐盒

蜂蠟布是替代即棄午餐包裝袋的優質之選，這種包裝布料可以水清洗並使用長達數月，且能較長時間維持食物的新鮮度，使用之後更可直接堆肥，「取之於自然，回歸於自然」，絕不浪費。



Try to share resources

Consume more, or conserve more? It is an individual's choice. If you only need something for one-time use, why not ask friends, family, colleagues or neighbours if they can lend it to you? That's one less item cluttering your home, and one you won't need to dispose of later.

資源共享

要消耗更多，還是節省更多？全在個人選擇。若只用一次的物品，你不妨問問親朋、同事或鄰居，暫用一下，而毋須特意添置。當家中少堆放一件東西，你日後也不必為如何處置它而費煞思量。

Donate used goods

Combine decluttering with social good by passing on your pre-loved furniture, clothing, books and bric-a-brac to a registered charity. NGO Redress HK collects clothing year-round for reuse, resale and recycling. PathFinders accepts essential newborn and maternity supplies for babies and mothers who desperately need community support. And Green Toyland gathers used toys to give to children in low-income families, spreading joy while contributing to environmental protection.

舊物捐贈

把舊家具、衣服、書籍和小玩意轉贈予註冊慈善機構，為家居大掃除之餘，也造福社群。舉例而言，環保慈善機構Redress HK全年均會收集衣物以供重用、轉售和回收再造；融幼社為極需社會援助的母嬰搜羅新生兒和孕婦用品；玩具樂園則會上門回收玩具，再轉贈給低收入家庭的孩子，為扶貧和環保出一分力。



Track your own waste

Keeping track of your waste shows just how much it all adds up over a day, a week, or a year. Visualising the impact also allows us to identify sustainable ways to reduce and recycle. Mobile apps are a great tool for monitoring waste with ease – among them are My Impact, launched by Hong Kong-based NGO EcoDrive, and Waste Less developed by the EPD. And food rescue app Phenix lets Hong Kong residents purchase discounted excess food that would otherwise be sent to the landfill.

追蹤棄置廢物量

追蹤自身棄置的廢物量，能夠清楚顯示一天、一周或一年內的排廢總和，具體化揭示我們對環境所造成的影響，亦能讓我們想到如何以可持續的方式減少丟棄、積極回收。本地非政府組織EcoDrive推出的「My Impact」、環保署開發的「咪咗嘢」等手機應用程式，都是一些輕鬆監測排廢量的好工具。另外，香港居民亦可透過Phenix應用程式，以優惠價購買店舖當日的餘裕食品，避免這些寶貴糧食落入堆填區去。





FOOD TRENDS FOR THE FUTURE

Health and sustainability are on the menu as forecasters predict the hot food trends for 2022

During the pandemic, Hongkongers turned the tables on dietary norms by cooking more meals at home. As a healthy consequence, the average daily intake of fresh fruits and vegetables increased significantly.

Social distancing rules are credited with driving that trend, according to Hong Kong scientists who conducted a study.

It turns out that we are not alone. In a new report, Whole Foods Market, a large international natural and organic foods retailer, notes a tremendous pandemic-related shift in grocery buying habits as the world adjusted to spending more time at home. As the food industry slowly adjusts to this “new normal”, researchers expect to see consumers prioritising food and drink products that deliver additional benefits.

BEVERAGES WITH EXTRA ZING

An example is functional tonics. These are beverages which quench the thirst while also giving your body an added nutritional boost. So, ingredients like ashwagandha, an ancient ayurveda herb used for natural healing, might feature among your pantry staples in 2022. To help the body de-stress and gain energy, combine fermented ashwagandha in a cup of hot steeped tea, add a dollop of raw honey and a short of foamed almond milk.

Another healthy ingredient expected to have its moment is moringa. Sometimes called the “miracle tree”, all of its parts have useful nutritional or pharmacological properties. For its ability to grow fast and tolerate drought, the moringa tree can also play an important role in soil and water conservation.



Bake or fry washed potato peelings to make your own crispy potato chips. 將洗好的薯仔皮烘烤或煎炸，可製作出香脆薯片。

For a super-food breakfast on the run, add a small handful of strawberries, chopped banana and spinach to one cup of non-dairy milk (such as almond or soy) and a teaspoon of moringa powder. Blitz in the blender and pour into a reusable flask to sip on your way to work.

GROW YOUR OWN GREENS

Products that support consumers' sense of well-being, like vegetables grown locally using sustainable farming methods, are expected to keep gaining momentum. Innovation in indoor gardening kits will also see more of us growing our own greens at home, even in small apartments.

Another emerging trend in our food consumption habits is known as reductarianism. This refers to those who want to reduce the amount of meat and dairy in their diets, without cutting them out completely. If given a choice, reductarians will likely opt for a plant-based option on a menu. When they do have animal products, they'll consciously buy premium grass-fed meat and free-range poultry.

UPCYCLE EVERYTHING

For all of these predictions, industry analysts are unanimous that the biggest movement in food these days is on reducing waste. Previous generations, who lived through hardships largely unknown today, rarely wasted a scrap of food. Yet in Hong Kong today, food waste accounts for about 30 per cent of landfills.

In the home environment, reducing food waste means going further than using up leftovers, to preparing safe and delicious meals by including edible ingredients that would usually be thrown away.

Some easy tips to try: don't just use the leaves of herbs. Put the stems in stocks and soups for extra nutrition in your winter warmers. Bake or fry washed potato peelings with a light spray of olive oil and a shake of salt to make your own crispy potato

SEASONAL SWITCH:

For Lunar New Year, meat and fish feature in many of the dishes that hold symbolic meaning. However, many of these foods can also be made with plant-based alternatives. It's even possible to replicate the taste and texture of tender pork belly by slow-roasting and then pan-frying dry-rubbed tofu. Here's how:

VEGAN PORK BELLY

For the rub, you need:

- * 2 blocks of tofu, extra firm
- * a teaspoon each of black pepper, salt, garlic powder and smoked paprika

Method:

Place rubbed tofu blocks into a shallow pan and submerge in grapeseed oil. Place in the oven and bake for at least four hours, turning the blocks every 30 minutes.

Once cooled, remove the tofu and cut into slices, lightly scoring the top in a criss-cross pattern.

Reheat the used oil in a cast iron pan and add slices of tofu lightly dipped in cornstarch. Once they're golden brown all over, return to the oven and bake for 10 minutes to crisp up.

To serve, drizzle warm sweet chili sauce over the tofu and garnish with sliced green onion.

創意菜式

農曆新年許多寓意吉祥的菜餚均以肉類和魚類為主，其實這些菜式大多可以植物性食材替代。就連豬腩肉的可口滋味和嫩滑口感，亦可以透過把乾醃豆腐以先慢烤、再香煎的方式原汁呈現。方法如下：

純素扣肉

豆腐醃製材料：

- * 兩磚硬豆腐
- * 黑胡椒粉、鹽、蒜粉和煙熏甜紅椒粉各一茶匙

製作方法：

把醃製好的豆腐磚放在加入適量葡萄籽油的淺口焗盤上，然後放進烤箱烘烤最少四小時，每30分鐘翻轉一次。

冷卻後，將豆腐取出並切片，在頂部以縱橫交錯的方式輕輕剝痕。

將剛才用過的葡萄籽油於鐵鍋中重新加熱，加入輕蘸粟粉的豆腐片，煎至金黃色後，再放回焗爐烤10分鐘，使其變脆。

食用時，在豆腐上灑上煮熟的甜辣椒醬，並綴以蔥碎作裝飾。



chips. Use citrus peel to make sweets and turn stale bread into croutons or breadcrumbs.

As privileged citizens in a city of abundance, it is incumbent upon all of us to be mindful of the need to secure food equity for future generations, while minimising waste. Whether that means having the courage to try innovations totally outside the realm of our culinary experience, or utilising every part of our meal ingredients, within these challenges also lie exciting new opportunities.



未來新「煮」意

健康和可持續發展預計將成為2022年熱門飲食趨勢

2021年，港人的飲食習慣有所改變，在家煮食成為常態，新鮮蔬果的每日平均攝取量亦因此顯著增長，飲食選擇較以往更為健康。

有香港科學家對此現象進行研究，最後得出明確結論：疫情期間，政府呼籲市民留家抗疫，減少外出，變相鼓勵市民養成健康的飲食習慣。

不僅香港，全球亦正邁向健康飲食之路。國際大型天然及有機食品零售商Whole Foods Market最近一份趨勢預測報告顯示，由於疫情期間世界各地人士留守家中的時間增加，顧客購買食品雜貨的習慣產生巨變。隨着食品行業正逐漸因應這種新常态作出調節，這項研究預期顧客會優先考慮提供額外益處的食品及飲料產品。

能量飲料

具功能性的湯力水便是一例，這些飲品除可解渴，還能夠為身體補充額外養分。印度人參一類的古老阿育吠陀草藥常用於自然療法，具有這種成分的飲品或可成為你2022年的必備庫存。

將發酵的印度人參混入印度香料熱茶之中，再添加少許生蜂蜜和打發過的杏仁奶，有助身體減壓，並重拾活力。

另一種有望大行其道的健康食材是辣木。這種植物有「奇蹟樹」的別稱，其各個部分均極具營養或藥用價值。由於辣木生長速度快，而且非常耐旱，因此還可以在保護水土和減緩氣候變化方面發揮重要作用。

為你介紹一份便捷的辣木食譜：將少量士多啤梨、切碎的香蕉和菠菜以及一茶匙辣木粉放進一杯非乳製奶類飲品（如杏仁奶或豆奶）之中，用攪拌機快速攪拌後，倒入環保瓶內，便可在上班途中享用營養豐富的早餐。

在家種植綠色蔬菜

迎合消費者健康口味的產品，例如以可持續耕作方法種植的本地蔬菜，預期未來會繼續備受追捧。創新的室內園藝套件，讓愈來愈多人即使身處有限的家居環境，仍可種出自己的綠色小天地。

飲食消費習慣中的另一新興趨勢是「減食主義」。「減食主義」指減少飲食中肉類和奶製品的份量，但並非完全戒掉。在可行情況下，減食者會傾向選擇菜單上的素食選項；而當要購買肉製品時，他們亦會特地選擇優質的草飼肉類和散養家禽。



珍惜食物

在各項預測之中，業界分析師一致認為減少浪費食物至為重要。上幾代人歷盡不為現代人所知的艱辛，從未浪費過丁點食物；反觀現今香港，廚餘佔堆填區的垃圾比例約三成之多。

在家居環境中，減少廚餘除了指把剩菜吃光，還要活用往常被丟棄的可食用素材，炮製安全可口的美食。

我們可以嘗試幾個簡單做法：第一，香草除了葉片可用外，其莖部還可以放進高湯，在冬天提供額外營養，保持身體暖和。第二，用少量橄欖油和鹽烘烤或煎炸洗好的薯仔皮，自行製作香脆薯片。第三，使用柑橘皮製作蜜餞，並將不新鮮的麵包切成烘麵包粒或磨成麵包糠。

有幸活在物質充裕的城市，我們有責任確保下一代有公平的糧食供應，同時盡量減少浪費。這意味着我們要尋找新的路向，既可以是鼓起勇氣嘗試發明全新飲食方式，亦可以是善用食材的每個部分，確保不會浪費食物，當中或許充滿挑戰，但亦會帶來前所未有的良機。



There has been a tremendous pandemic-related shift in grocery buying habits as the world has adjusted to spending more time at home. 疫情期間，世界各地人士留守家中的時間增加，顧客購買食品雜貨的習慣產生巨變。



CHINESE TIGER PILLOW 虎頭枕

As Chinese children lay down to sleep it is customary that a cloth tiger pillow, a traditional piece of folk art, will be there to guard them. The tiger has been revered in folklore since ancient times, and as the king of the forest, it is believed he will protect children from dangers.

This stems from an ancient Chinese legend: when the tiger arrived in the human world, he learned that the lion, bear and the horse were thought the strongest animals. So, the tiger challenged them all, and won.

Not only is the tiger regarded as a protector, he is also considered to be an embodiment of yang – positive energy.

When a baby is born, the tiger pillow is one of the greatest gifts friends and relatives can bestow on the family. Traditionally, the maker would gather up pieces of cloth in various colours from neighbours, and hand embroider the eyes, mouth and eyebrows with colourful threads and beads – the decals accentuating the tiger's power.

In 2022, the Year of the Tiger, expect to see more tiger interpretations in various forms. From decorative charms in gold and silver, to cloth tiger shoes on tiny feet, may the king of the forest gift us all with courage, personal strength, generosity and care for others.

在中國的風俗裏，當小孩安躺入睡時，身旁總會有一件傳統的民族工藝看守孩子，那就是以布料縫製而成的虎頭枕。自古以來，老虎經常在不少民間傳說中出現，人們相信，被喻為「森林之王」的老虎會讓孩子平安無恙。

這個說法源自於一個中國古代的傳說：當老虎來到了人間，牠發現獅子、熊和馬都是強悍的動物。於是老虎向牠們下戰書，並將之一一擊敗，稱霸群獸。

老虎不單被視為守護人們的吉祥物，還象徵剛強正氣。

當家裏有新生兒時，虎頭枕往往是親朋戚友的送禮佳品。傳統上，虎頭枕由多塊來自不同家庭、顏色各異的布料所拼湊，而眼睛、嘴巴和眉毛則用色彩繽紛的針線珠子刺繡而成，彰顯老虎的威武神氣。

2022年是壬寅虎年，我們會看見許多有關老虎的事物，無論是金銀造成的裝飾品，還是給孩子穿的虎頭鞋，我們祈願「森林之王」能鼓舞人心，賦予我們堅毅、寬宏及關愛別人的魄力。



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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