



DressCircle

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



Cover image:

Remember when childhood fun was found in simple things? A polished offcut of glass became a game of marbles and a piece of string weaved into a creative outlet. By reusing materials for a new purpose, kids learned to reduce waste, recycle, and conserve precious resources.

還記得小時候的快樂，是從簡單的小事中找到嗎？剔透的波子轉變成彈珠遊戲，繩子交織出創新的玩意。昔日，孩子在遊戲中學會物盡其用，從而減少浪費、循環再用，而且愛惜寶貴的資源。

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Bay of plenty

As one of the largest core business centres takes shape in Qianhai, residents in the one-hour living circle enjoy unprecedented cross-border convenience.

Build, and they do come. As progress is made in an ambitious initiative linking the prosperous regions of Guangdong, Hong Kong and Macau, Fortune 500 companies are flocking to the world-class city cluster known as the Greater Bay Area.

Already, a host of the largest multinational corporations have anchored their presence in an area widely identified for its huge growth potential, while in the economic heartland of the Qianhai Shenzhen-Hong Kong Modern Service Industry Cooperation Zone, Shenzhen, tens of thousands of new firms have set up.

Those early movers might have secured an important competitive edge, according to Colliers International, fast economic growth and wealth creation in this powerful business zone will generate demand for prime real estate, and “the need for office space will continue to rise quickly”.

Driving optimism for the bay area’s potential is the strength of the industries represented. The Greater Bay Area leads the nation in information service, insurance,

The Hong Kong-Zhuhai-Macau Bridge, which connects cities of the Greater Bay Area, is set to open for traffic later this year. 港珠澳大橋預計於今年內通車，屆時接連大灣區內的多個城市。

finance, technology, modern logistics, real estate development, automobile production and more, with PwC noting that some of these industries even outpace their global counterparts.

One unique advantage is the region’s strategic location, which puts those living and working in the area close to two international airports (Hong Kong and Shenzhen), and within a one-hour commuting radius of major cities in the Pearl River Delta as well as Hong Kong’s Central Business District.

The unprecedented convenience of this “one-hour living circle” is due to continuous improvement in the transport network, notably the brand new Hong Kong-Zhuhai-Macau Bridge and Guangzhou, Shenzhen and Hong Kong Highspeed Railway.

Experts agree that the one-hour living circle will positively change the way people in Hong Kong, Macau and the nine Guangdong cities work, shop and live. And with Qianhai on track to become one of the largest core business centres after London, Tokyo and Manhattan, parallels are also being drawn to the vibrant urban lifestyle such a dynamic cluster affords.



(Top) Show flat of Qianhai Kerry Centre's apartment towers. (Above and right) The interior of the showroom.
 (上) 前海嘉里中心公寓大樓示範單位。
 (下及右) 展銷廳一隅。

Until recently, one could only wonder just how good life could be for residents when an elite modern business centre is master planned from its inception. Now, we know.

As one of the first mixed-use development projects in the area with the international flair of the Hong Kong development model, Qianhai Kerry Centre introduces a cosmopolitan lifestyle unseen in other Shenzhen projects.

Spectacular sea views are just the beginning for the centre's three apartment towers, arranged at progressive heights to ensure an unobstructed sea view for each apartment unit. Scenery scanning the bustling waterway, the distant horizon and the greenery of two extensive urban parks invokes a feeling of tranquillity that would be a joy to come home to each night.

This sense of calm is further enhanced by an airy and bright interior décor, designed to enhance the well-being of occupants. Smart systems are incorporated to keep a well-organised home life running smoothly.

The design sensibilities of international architecture firm



KPF manifest fully in the leaping geometric facade of the apartment towers, while the spacious two or three-bedroom apartment floorplans are flexible to satisfy every accommodation need.

Such a people-first approach to the buildings' architecture also incorporates a vision of sustainable development. From design through construction to long-term operation, the use of environmentally friendly materials and advanced technologies promotes a healthy and peaceful lifestyle for residents, and a better living environment for society. As flagbearer of energy saving and environmentally friendly development, the apartments have received the US Green Building Council

LEED-CS Gold pre-certification and designed with international WELL Building Gold standard.

Further infusing a green ecological pulse into daily life are the shared leisure spaces including a landscaped central park, sunken plaza, sky garden and clubhouse.

As the second phase of the Qianhai Kerry Centre development comes to fruition, the opening of Kerry Sports at the Hotel Jen by Shangri-La will further add to the residents' healthy lifestyle.

Living near the Guangshen Yanjiang Expressway and the planned extension of the Shenzhen metro line, commuters can travel conveniently between their homes

and Hong Kong or Macau via the Shenzhen Bay Port. With restaurants, shopping, entertainment and cultural venues all within the same development, this is city life at its finest.

The high living standard is further enhanced by the property's proximity to Qianhai's medical and hospital facilities, and an educational network comprised of eight domestic and three international schools.

Liveability, connectivity and opportunity converge at this prime apartment offering within the fast-moving "bay of plenty", which is looking more like a modern, cosmopolitan Manhattan every day.



大灣區盛世

隨着前海逐步發展成為全國數一數二的核心商業區，其一小時生活圈內的居民得以享受前所未有的跨境便利。

俗語有云，有麝自然香。隨着連結香港、澳門及廣東各大城市的宏圖大計進行得如火如荼，《財富》世界五百強企業紛紛投向大灣區這個世界級城市群。

多間大型跨國企業已經進駐這個獲公認為增長潛力強勁的地區，而定位為「珠三角曼克頓」的深圳市前海深港現代服務合作區，亦已吸引成千上萬的新公司落戶。

這些早着先機的企業或已穩佔一個重要的競爭優勢。國際房地產代理高力國際認為，這個發展勢頭強勁的商業區享有高經濟增長及財富創造力，將帶動區內頂級房地產的需求，對辦公室空間的需求亦將持續急升。

該區雄厚的產業實力大幅度提升大灣區發展潛力。大灣區在資訊服務、保險、金融、科技、現代物流、房地產發展以至汽車生產等各方面均領先全國。羅兵咸永道會計師事務所指出，當中部分產業的增長速度甚至領先全球。

大灣區獨有的一大優勢在於其優越位置，區內的人生活和工作地區鄰近香港及深圳兩個國際機場，而且珠江三角洲各個主要城市及香港的核心商業區亦在一小時通勤內，讓區內的人盡享地利。

這個「一小時生活圈」之所以能帶來前所未有的便捷，源於交通網絡得以持續改善，尤其是新建的港珠澳大橋及廣深港高鐵。

此外，有不少專家認同，一小時生活圈將為香港、澳門及廣東九個城市的人，在工作、購物及生活模式上帶來正面影響。再者，前海有望繼倫敦、東京及曼克頓之後，成為全球最大規模核心商業中心，自然令人期待它能於未來展現現代城市的精彩生活面貌。

就在不久之前，大家只能想像，從根本把重點發展的現代化商業中心全面規劃好，居民的生活會是多麼美好。轉眼間，想像化為現實了。

前海嘉里中心是區內首批綜合發展項目之一，採取國際級的香港

發展模式，為深圳勾勒出前所未見的大都會生活方式。

中心的三座公寓大樓由高至低向海排列，每個公寓單位都能欣賞到一望無際的海景。熙來攘往的海港、海天一色的遠景及兩個偌大公園的蒼翠景致一覽無遺，營造靜謐閒適的氛圍，每天晚上回家均可享受賞心悅目的景致。

寬敞明亮的室內裝潢進一步提升這種祥和的氣氛，改善住客的身心健康，設計更融入智能系統，令家居生活井井有條。

兩房或三房單位寬廣，靈動空間滿足不同居停的需要，國際建築事務所KPF的設計觸覺在公寓大樓外牆騰躍的幾何立面上表露無遺。

如此以人為本的建築亦融入對可持續發展的遠見。不論是設計、建造還是長期運作，均採用環保物料及先進科技，促進住客身心健康平和，締造更理想的生活環境。公寓作為節能及環保發展的先驅，獲得美國綠色建築協會領先能源與環境設計——LEED建築立體與外殼類別的金級預認證，以及按照國際WELL健康建築金級別標準設計。

共享的休閒空間包括中央園林公園、下沉廣場、空中花園及會所，將綠色生態進一步融入日常生活中。

隨着前海嘉里中心二期發展成熟，區內由香格里拉酒店集團營運的今旅酒店亦即將開設嘉里健身，進一步為居民塑造健康生活方式。

住所鄰近廣深沿江高速公路及建設中的深圳地鐵延線，通勤一族大可輕鬆往返家園，並透過深圳灣口岸來往香港或澳門。

項目的餐飲、購物、娛樂及文化設施一應俱全，締造理想的都會生活。此外，物業毗鄰前海醫療及醫院設施，校網涵蓋八間本地及三間國際學校，進一步提升優質生活水平。

前海的發展一日千里，精彩紛呈，位處其中的頂級公寓項目前海嘉里中心，更將優質生活、便利交通和發展機遇一網打盡，可與規模化和現代化的大都會曼克頓相提並論。



Qianhai Kerry Centre, a mixed-use development, introduces a brand new cosmopolitan lifestyle.
前海嘉里中心為綜合發展項目，為區內帶來全新的大都會生活方式。

Priceless views in prime location

Nest in the sky: prime Beacon Hill gives the exclusive few a dress circle view across Hong Kong.

From the top of a mountain, views stretch into infinity: it feels like having the world at your feet.

As legend has it, an ancient Chinese emperor knew that feeling when he ascended one of Kowloon's most recognisable peaks – Beacon Hill – as the place to keep watch over all his lands.

Soon, with a very interesting housing development taking shape on its green mountainside, a selected few among the elite may behold the magnificence of those views every day. The most scenic of all lookout spots on this renowned hillside in Lion Rock Country Park is found at the top. Facing south, with the mountain behind, the view from one vantage point is layered – treetops a natural green footer to the entire urban cityscape encompassing all of Kowloon, the meandering harbour, to Hong Kong Island, and the ranges beyond.

Above the treetops, following the gentle contours of the land, landmark after landmark comes into view – from Kai Tak Cruise Terminal in the east, right around to Victoria Peak, home of Hong Kong's original exclusive residential location, the Dress Circle, also so named – as is Beacon Hill – for providing its privileged residents with the best views in the house.

This exclusive private lookout gives a front row seat to the scenery which subtly changes throughout the day and seasons,

transforming into a magical night time encore as millions of city lights interplay with the endless twinkling stars.

To find a setting of comparable beauty, The Peak on Hong Kong Island springs to mind.

Across the harbour, Kowloon Tong is the traditional luxury area – but its flat topography lacks such views, and most of its housing is older-style. West Kowloon is more recently developed, but too dense and urbanised for those seeking the epitome of luxury lifestyle.

Only Beacon Hill can claim low density, spectacular views, and a prestige attainable only by the privileged few.

Its urban proximity with the countryside calm also makes Beacon Hill a prized gem for those whose time is precious. Nearby is Kowloon Tong's network of esteemed schools, and the best of city shopping and dining. A convenient commute to mainland cities means those doing business in mainland China can anchor their family in a prime Hong Kong residential address, enjoying the best luxury lifestyle their status affords and deserves.

Imagine, here, cradled within the hillside, an intimate cluster of exclusive private housing of a scale rarely found in Hong Kong.

It could, in fact, be anywhere in the world. Indeed, with its hilltop setting, white walled architecture and gentle flow

Homes on Beacon Hill can enjoy low density, spectacular views and an air of prestige.

筆架山集低密度和壯麗景觀於一身，氣派非凡。

of the houses and their gardens, a memory of Tuscany comes to mind. Oh yes, it's the individual lift wells in the private homes. They are reminiscent of the food storage towers of preserved medieval houses in San Gimignano, northern Italy – each representing the presence of a family, and the reserve of riches.

Picture three different layers of housing arranged to harmonise, not intrude upon, the natural topography of the land. Watch as different city scenes appear through the trees, each house commanding its own unique outlook. Listen to the birdsong in this peaceful, natural environment.

An enclave of such scarcity might well be endowed with shared landscaped grounds and a cosy clubhouse with pool, but once the individual lift takes each resident from the basement carpark to directly inside their multi-level home, the privacy is absolute. And as required for families of such status and high net worth, security is paramount.

So expansive is the space that a multigenerational household would have the needs of everyone well covered. From extravagant reception rooms angled to face the views, to lavish bedroom and bathroom suites and a gourmet kitchen equipped for entertaining, all areas would be serviced by the home's lift. Outside, a series of private gardens offer peaceful choices for either catching some sun, or relaxing in the shade with a cool drink as you breathe in the fresh mountain air.

Only the best, for the very best – that would be assured. Such a rare find would indeed be the jewel in the majestic crown of Beacon Hill.

Memories of Tuscany come to mind with the hilltop setting, fine architecture and gentle flow of the houses and their gardens. 傲踞山巔的選址、精美的建築、線條柔和的洋房及花園，恍如身處於意大利的托斯卡納（Tuscany）。

優質選址 稀世景致

居高臨下：筆架山尊享一覽無遺的香港全貌。

山上景觀一望無際，恍如世界盡在足下。

相傳中國古時，皇帝為視察領土，登上九龍群峰的筆架山，當即心生大地在腳下之感。

隨着高尚住宅項目進駐碧綠青翠的筆架山，一小撮精英便可每天在如此壯麗的景色中醒來。

在著名獅子山郊野公園的山峰之上，可以找到風景優美的瞭望台。背靠筆架山朝南張望，眼前的景色層層遞進：視野才略過山間綠蔭，前方即躍現九龍的都市風景，然後是蜿蜒曲折的海港和香港島，以至遙遠的山脈皆逐一映入眼簾。

越過樹梢，沿着平坦的土地，一座座地標映入眼簾——從東邊的啟德郵輪碼頭，一直到右邊的太平山一帶，這裏就是香港最早開發的高尚住宅區，並被譽為「Dress Circle」，即倫敦歌劇院位置最佳的貴賓包廂，象徵景觀極佳的尊貴住宅地段。正因筆架山能飽覽如此美景，故亦堪稱為另一個「Dress Circle」。

住客獨享「私人觀景台」，猶如身處首席位般的優越位置，觀賞四時更迭的景色，沉醉在夜幕下萬家燈火和星月爭輝的夜色中。

若論可和筆架山景色媲美的，便是香港島的太平山。對有意落戶九龍的住客而言，九龍塘是傳統豪宅區，但平坦的地勢欠缺壯麗景觀，而且大部分為舊式住宅。至於西九龍無疑為新興的住宅區，但該區的樓宇密度高，而都市化的環境亦不能滿足人們對奢華生活的憧憬。

唯有筆架山集低密度和迷人景致於一身，而且只供少數優越住客尊享。

筆架山既靠近市區，同時亦毗鄰郊野，是日理萬機的都市人趨之若鶩的豪宅區。筆架山鄰近九龍塘名校網，還有城中最佳的購物和餐飲

熱點。此外，從該區往返內地城市的交通亦十分便捷，在中國內地經商的精英，大可和家人定居於這個位處香港的高尚住宅區，享受與其地位匹配的氣派生活。

試想像一下，要在香港找一個翠巒環抱，並甚具規模的私人住所，殊非易事。

事實上，這樣優雅的住宅，在世界其他地方並不罕見。傲踞山巔的選址、純白的建築、線條柔和的洋房及花園，恍如身處於意大利托斯卡納（Tuscany）。大宅亦令人聯想到意大利北部聖吉米尼亞諾（San Gimignano）的中世紀別墅裏，用作儲存糧物的塔樓，每一座均象徵一個家族及其累積的財富。

層層遞進的洋房錯落有致，完美地融入自然地貌中。每一幢洋房均享有獨一無二的觀景角度，城市風景掩映在樹蔭間，耳畔是靜謐的大自然中響起的啾啾鳥鳴。

稀有如斯的私人豪宅，具備共享的園景及設有游泳池的住客會所，只要從停車場層乘搭獨立升降機，住客即可以直達私人府邸，私隱度毋庸置疑。鑑於住客的身份地位及資產之高，保安自是首要的考量。

考慮到幾代同堂的住戶，豪宅具備一應所需的各種設施。從景觀一流的偌大會客廳，以至連浴室的豪華套房及設備齊全的廚房，屋內所有區域都在升降機服務範圍內。屋外的私人花園讓住戶盡情徜徉於和煦的陽光下，或在樹蔭下邊呷着凍飲，邊呼吸山上的清新空氣，悠然樂享寧靜的時光。

只有如此非凡的府邸，才可匹配非凡的你——這獨一無二的福地將會是筆架山尊貴皇冠上的瑰寶。

Views across Hong Kong span a 270-degree panorama from a prime position on Beacon Hill. 筆架山地理位置優越，坐擁270度一望無際的絕佳景觀。

Lessons learned through fun and games

Traditional toys we loved in childhood help prepare today's digitally-savvy kids to cope in the real world.

Every child needs to engage with technology to equip them for future careers. Yet a growing school of thought suggests that the toys their parents and grandparents grew up with still teach kids the necessary life skills in a way no electronic device can.

The lessons that old-fashioned toys impart begin at a young age: those block towers a toddler painstakingly builds, only to knock them down and start again, are an early introduction to problem-solving.

Jigsaw puzzles teach patience, and logic – as well as the benefits of perseverance. Ball games promote teamwork. Through the cliques formed in schoolyards, kids first discover friendships - and find a way to resolve disputes, all in their own time.

Traditional toys are loved the world over, across countries, cultures,





磁力鐵皮車
Magnet Tin Car

鐵皮食米雞
Tin Chicken

竹籤
Pick-up Sticks

鐵皮麻雀
Tin Sparrow

彈簧
Slinky

喇叭
Trumpet

鐵皮機械人
Tin Robot

玩具士兵
Toy Soldiers

鐵皮太空船
Tin Spaceship

and generations. They didn't cost much, never needed charging, and could hold a child's attention for hours.

In a time when life was simpler and less prosperous, children learned how to make do by utilising items on hand. A piece of string could be hand-woven into elaborate patterns, and re-used time and again. Rubber bands joined into a chain made a fine jump rope that was cheap and long lasting.

The marbles that boys loved were an inexpensive toy, and made as they first were from the offcuts of glass, another product from an era when nothing was wasted.

Bridging all age groups, games brought family members together, enjoying each other's company. Around the kitchen

table, children would challenge parents, or sibling challenge sibling, to a round of checkers or the ever-popular pick-up-sticks. As they played, young brain power was boosted with all that strategic thinking and planning – skills that would later prove useful in business life.

With hours, even days spent running around outside, kids would also play with whatever they could find, such as sticks and rocks. But that's nothing new: archaeological digs have revealed evidence of toys made from nature since the dawn of civilisation. Toys excavated from the Indus Valley Civilisation, a Bronze Age culture thousands of years BC, include small carts and animals made from baked clay – even cows that waggle

their heads, and toy monkeys that could slide down ropes.

Chess is another game that has been around for centuries, and endures today. Chaturanga, the ancestor of modern chess, was first played in India as a game of war, and has been used historically, right up to present times, to illustrate battlefield tactics and probe new military strategies.

It is through toys that young characters are developed, and interests are explored. Perhaps, even future careers are shaped through play.

Young chefs were born amid those pint-sized pots, pans and kitchen mixers that actually worked, as kids used real ingredients to master their own creations.

Girls honed their early fashion sense playing dress-ups in grandma's finery, or trying on outfits on paper dolls via the folding tabs of their glamorous paper wardrobe.

Riding the current wave of nostalgia sweeping Hong Kong, it's possible to relive the fun of games that ignite curious imaginations and fill generations of childhoods with joy.

So why not take the young ones in your life to the Children's Discovery Gallery at Shatin Heritage Museum, and relive those memories at the Hong Kong Toy Story play zone.

With some neighbourhood shops around the city now also specialising in old-style toys, creating your own vintage treasure hunt could be a fun game in itself.



關節蛇
Wiggle Snake



飛機模型
Model Airplane

童玩真義

昔日孩童時代的傳統玩具訓練今天的數碼新生代應對現實世界。

現今世代，孩子須要及早接觸科技，為未來事業作好準備。然而，一門日漸興盛的學說卻提出，上一代成長時所玩的玩具，仍然能夠傳授孩子必須的生活技能，而這是電子玩具無法替代的。

透過懷舊玩具學習技能，早於幼兒時期開始：幼童專心致志堆砌起來的積木塔，一旦推倒，便得從頭來過，是解難能力的先導。

拼圖培養耐性和邏輯，並讓孩子理解堅韌不拔的好處。球賽培育團隊精神，而孩子透過在學校裏組成的小圈子，初次體驗友誼，從中更須設法解決紛爭。凡此種種，都是順理成章地發生。

傳統玩具在世界各地廣受歡迎，跨越國家、文化和世代。它們所費不多，永不須要充電，並能夠讓孩子長時間保持專注。

在物質較匱乏的年代，兒童學習就地取材，善用唾手可得的物件耍樂。單以一根繩子便能編織出複雜的花繩圖案，而且可以重複使用。以多條橡皮筋串連起來的橡筋繩子，更是廉宜耐用的優質跳繩工具。

男孩子喜愛的彈珠是便宜的玩具，最初採用玻璃碎片製成，是那個絕不浪費物資年代的另一產物。

遊戲連繫了所有年齡階層，將家庭成員凝聚起來，享受共彼天倫的時光。圍坐桌前，一家大小進行跳棋或撿竹籤遊戲。在玩樂的過程中，孩子學會掌握策略思維和計劃的能力，而這些技能在日後的職業生涯裏大派用場。

在戶外奔跑的歲月裏，兒童也會將拾來的東西充當玩具，例如樹枝和石頭。然而，那絕非新鮮事：考古學家的挖掘工作揭示，自盤古初開以來，人類已有利用自然界物品製作玩具的證據。印度河流域出土的玩具，可追溯至公元前數千年的青銅時代，當中包括陶土造出來的迷你拉車和動物，甚至有搖頭擺腦的牛隻，以及沿着繩子下滑的玩具猴子。

象棋是另一款古老而歷久不衰的遊戲。「恰圖蘭卡」(Chaturanga)是現代象棋的雛型，古印度人視之為戰爭遊戲，古往今來均被用作沙盤推演的工具，以闡述戰場上的方略，並研發新的軍事策略。

兒童從玩具中發展個性，探索興趣，甚或日後的職業路向亦是透過遊戲規劃出來。

當孩子能夠運用真實食材，成功在煮食的迷你煲、平底鍋和攪拌器炮製自創菜式時，小小廚師便是如此誕生出來了。

女孩子早期的時尚觸覺，往往在披上祖母華麗服飾的一刻萌生，又或是透過精美紙製衣櫥裏的服裝為紙娃娃打扮開始。

乘着懷舊浪潮席捲香港之際，大家有機會重拾實體遊戲的樂趣，體驗歷代兒童在玩樂過程中激發的好奇想像和喜悅。

父母大可攜同子女到訪沙田文化博物館內的兒童探知館，於「香江童玩」試玩區回味童年回憶。

城中亦有部分街坊小店售賣舊式玩具，在店內尋覓古董寶藏，無疑也是一種趣味盎然的遊戲。



波子
Marbles



Achieving a fine balance

Walk youthfully tall with a spring in your step through daily practice of some simple balance exercises.

A body in balance is a beautiful thing: loosening up muscles is a simple way to enhance physical and mental wellness, but did you know it can also help you to look younger, and live longer? Balance is what keeps humans and animals upright, working away all day in the background as we go about our business. Most people take it for granted, but health professionals say balance training should be part of a healthy lifestyle fitness regime.

The benefits can be felt in improved mobility, vitality, and an enhanced nervous system function (which operates all other functions in the body). Working the core, balance exercises build strength, and help joints stay more youthful. Another benefit is improved posture – which is why ballerinas, who incorporate balance training, always look so graceful.

Making a connection with brain function, longevity researchers have also found that people who took part in balance exercises enjoyed greater cognitive gains. Staying in the moment while performing these movements calms anxiety too, they add.

Though it might seem counter-intuitive, good balance doesn't come naturally. Even the fit – avid runners, strength trainers, martial artists etc – can struggle to maintain their balance at times.

To test yourself, try standing on one leg for as long as you can (staying near a wall in case you need support). Now stand on the other leg. Then try that again with your eyes closed. The longer you can stand without wobbling, the better. A good result is 30 seconds – most likely, it will be much less.

If that's so hard for humans, how can flamingos stand motionless for hours on one leg, even when asleep? It turns out those pretty pink birds are the yogis of the animal kingdom.

Scientists have worked out that flamingos have the same bones in their legs as humans, but by orienting their thighs horizontally – as if permanently holding the yoga chair pose – they use less energy than when standing on two legs.

So, practising yoga is good for balance, as well as for flexibility, strength, and posture.

Improvements can also be made through some simple exercises that can be done anywhere, any time – at home, in the office, or even while waiting in a queue – requiring no special equipment, and at no cost (see boxout for tips).

For those who have time to take a class, barre is the on-trend exercise for promoting balance, poise and grace. Ballerinas have long practised barre as part of their routine, and now that celebrities and supermodels

Balance training can enhance nervous system function and shape elegant postures. 鍛鍊平衡力有助改善身體各種機能的神經系統和塑造更優美的姿態。



平衡之道 健康生活

每天練習一些簡單的平衡動作，讓你保持年輕，步伐變得輕快。

姿勢平衡的身體宛如一件藝術品：放鬆肌肉能輕鬆促進身心健康，但你可知道這亦能令你回復年輕，延年益壽嗎？

平衡力使人類和動物能挺直身軀，當我們一整天不停工作，平衡力亦同時在背後默默發揮作用。大部分人視擁有平衡力為理所當然之事，保健專家則認為，鍛鍊平衡感是養生的一環。

良好的平衡感能提升活動能力和生氣，並改善身體各種機能的神經系統。平衡練習可鍛鍊身體中軸，增強體力，令關節保持年輕。另一好處是塑造更優美的姿態，這亦說明了芭蕾舞者的動作如此優雅，皆因背後融合了平衡力的訓練。

研究長壽的學者認為平衡力與大腦功能有關，亦發現鍛鍊平衡力的人往往有更好的認知能力。他們又補充，保持正念，加上練習平衡動作，有助舒緩焦慮情緒。

這或許有違既有的觀念，但其實良好的平衡感並非與生俱來。即使是酷愛跑步的人士、健身教練、武術家等身體狀態頂尖的運動專家，有時候亦難以保持平衡。

要測試自己的平衡力，可嘗試單腳站立（靠近牆壁，萬一失平衡亦可支撐），再換另外一隻腳試試看。然後閉上雙眼，重複上述動作，在不搖晃的狀態下站得愈久愈好。30秒是個不錯的成績，不過恐怕大多數人的成績會短得多。

既然單腳站立對人類而言如此費力，到底紅鶴是如何能長時間靜止不動地「金雞獨立」，甚至入睡亦不失平衡？看來那些美麗的粉紅水鳥是動物王國的瑜伽大師。

科學家發現，紅鶴與人類擁有相同的腳骨，但大腿骨卻以橫向方式連接大腿肌肉，這使紅鶴可長時間保持瑜伽中的幻椅式姿勢，同時牠們單腳站立，亦較雙腳站立所消耗的能量少。

日常作瑜伽訓練有助提升平衡感，亦對身體靈活度、體力及姿態有益。

做一些簡易運動亦可改善平衡力，無論置身家中或辦公室，甚至排隊中途，均可隨時隨地做運動，毋須特別器材，而且完全免費（秘訣請參考補充資料欄）。

若你有時間參加運動課程，當下熱門運動可算是提升平衡力和保持優美體態的「芭蕾伸展操」（Barre）。芭蕾舞者一直視Barre為常規訓練，現時名人和超模亦將Barre運動加入其健身訓練，而香港不少健身室亦有提供相關課程。

Barre結合芭蕾舞、普拉提及瑜伽的元素，透過一連串站立運動伸展身體中軸，從而改善平衡感。由於動作的性質衝擊較低，故適合任何年齡及不同健身水平的人士。

若你沒有時間參加課程，只須利用直背椅子跟隨YouTube相關影片的指示，亦可在家練習Barre。如想接受進階鍛鍊，可考慮參加日趨流行的成人芭蕾舞班，即使你從未學過跳舞亦可。

定期練習太極對身心各方面均大有進益，這種中國武術對提升平衡力尤其有幫助。其動作能針對所有須要保持挺直的身體部位，包括增強腿力、靈活度、關節伸展度及肌肉反射等。

具有良好的平衡力確實益處甚多，但它真的可以令我們回復青春，甚至延年益壽嗎？

若說只要控制好平衡力便能青春常駐，未免有點誇大其詞，但平衡力的確對達致健康長壽極為重要。隨着年歲漸長，平衡力亦有助預防跌倒等因身體老化造成的創傷。

說到底，若你自信地昂首闊步、步履輕快，看起來自然更年輕。從醫學研究層面看，大部分有定期步行習慣的人士，甚至可延壽三至七年。

每天只花數分鐘做運動，便能令健康人生更有保障，難道這樣也不值得嗎？

are incorporating barre exercises into their fitness training, a number of studios in Hong Kong are offering classes.

Combining the elements of ballet, Pilates and yoga, a barre workout improves balance through a series of standing exercises that also activate your core. And because its movements are low-impact, they're suitable for any age or fitness level.

If you can't get to a class, barre can be practised at home using just a straight-backed chair, and following a routine on YouTube. And if you want to take the next step, adult ballet classes are also becoming popular – even for those who have never danced before.

Regular practice of tai chi improves mental and physical health on many levels, but this ancient Chinese martial art is especially useful for balance because it targets all the physical components needed to stay upright – leg strength, flexibility, range of motion, and reflexes.

So better balance has many benefits, but can it really make us look younger – or even live longer?

To suggest that balance control alone is the fountain of youth would seem a stretch. It certainly plays a role as part of a healthy lifestyle with longevity at its goal, and later on, could help prevent age-related injuries such as falling.

But walking confidently with a spring in your step promotes a youthful appearance. And the habit of regular walking “buys” most people an extra three to seven years of life, according to medical research.

Isn't that worth it, for the sake of a few life-affirming minutes per day?

Balance exercises:

One-legged stands: stand on one foot for 30 seconds, then switch to the other foot

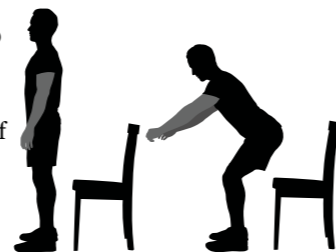
Heel rises: stand up on your toes as far as you can. Drop back to the starting position and repeat 10 to 20 times

Heel-toe walk: take 20 steps while looking straight ahead (not at the ground)

Sit-to-stand: without using your hands, get up from a chair and sit back down again, repeating at least 10 times

Walk sideways: for five paces, crossing one foot over the other

Step up: slowly step up and down on a sturdy platform, or the first two treads of a stair



平衡練習：

單腳站立：單腳站立30秒，然後換另一隻腳

踮腳尖：盡量踮起腳尖，然後將腳跟放下至原位，重複動作10至20次

跟趾走路：向前直望（不要望地面），走20步

坐到站：不要利用雙手，從椅子上起來，再坐回椅子，重複動作至少10次

向橫行：交叉步向橫行，走五步

踏板：利用牢固的平台或樓梯頭兩級慢慢上下踏步





Giving back to the ocean

Eco-innovators are turning challenges into triumphs by creating high-value products from reclaimed ocean waste.

Though no-one could possibly count them, an estimated 5.2 trillion pieces of plastic are bobbing around in the ocean.

Most are litter carelessly tossed away, and washed down drains, or plastic bags carried on the wind from landfills.

Compounding the danger to sea birds and marine life, an estimated 640,000 tonnes of discarded fishing gear gets left or lost in the ocean each year, potentially entangling all in its path.

All this has happened in the last half-century, since plastic became popularised.

But just as recent human behaviour is putting the ocean ecosystem at risk, mankind can also turn that tide. For within those mountains of ocean trash, future treasures are harboured.

It's hard to imagine that a beautiful textile, so soft to the touch and gentle on the skin, could have started its life as nylon fishing net. That an exquisite piece of designer furniture was once a jumble of single-use plastic bottles, washed up on a beach. Or that a popular brand of running shoes was created from ocean pollution.

Yet all of these products are already in production, with more coming on stream all the time, from brands large and small. As technology enables ever more creative upcycling, pioneering eco-preneurs are partnering with environmental NGOs to give consumers more sustainable choices, so that mindful shoppers can help save the ocean through the purchasing decisions they make.

Sustainable fabric innovation is the most visible face of this trash-to-treasure transformation. That beautiful swimwear seen on the beach this summer might just be the product of Transcend Wear, a Hong Kong start-up, while the frocks that turn heads at the season's parties could well be from the 2018 H&M Conscious Exclusive collection. Both labels feature stunning new textile yarns regenerated from ghost fishing nets and other waste nylon.

As part of a collaborative environmental effort, the fishing nets used in the recycling process have been recovered from the sea by volunteer divers, and combined with industrial plastic waste and fabric discards to make high-quality ECONYL® - a yarn, which is suitable for garments and carpet and can in turn be regenerated over and over for an infinite number of times.

To demonstrate its versatility, H&M's new collection includes a romantic wedding dress with fine embroidery detail - so summer brides can look stunning on their big day,



Australian designer Brodie Neill turns ocean plastic into furniture through "ocean terrazzo", polishing fragments of plastic waste.

澳洲設計師Brodie Neill以「ocean terrazzo」海洋水磨石工序，製成各式家具產品。

knowing that their choice of gown is supporting clean oceans.

According to Ann-Sofie Johansson, creative advisor at H&M, the innovation behind sustainable materials never ceases to amaze. “The way the materials feature in our Conscious Exclusive collection shows how the latest technology can be incorporated with time-honoured techniques for spectacular results,” she says.

Meanwhile, running for fitness can also cut the amount of plastic contributing to marine pollution. In partnership with conservation organisation Parley for the Oceans, Adidas has produced a line of sports shoes made from plastic intercepted from beaches and coastal communities. Every pair made prevents around 11 plastic bottles from entering the ocean and with more than 1 million pairs of Adidas Parley high performance footwear sold within the first year, that’s a great stride made towards environmental protection.

Hongkongers can also make a conscious choice when they redecorate their home. British brand Weaver Green has perfected a way of shredding and spinning recycled plastic



bottles into colourful yarn, which is then hand-woven into environmentally friendly rugs and textiles stocked locally by Inside.

Even furniture can be made from ocean plastic, as Australian designer Brodie Neill has done through a process he calls Ocean Terrazzo.

This innovative material is produced by remixing fragments of plastic waste with bio resin, its surface is then polished until smooth. No colour is added – the variant shades of blue that emerge are a reflection of the ocean’s natural beauty. The results can be seen in the limited-edition Gyro table, which first premiered at a London Design Festival and may be seen at selected galleries.

Neill was driven to work with ocean plastic after he found rubbish washed up even on the remote beaches of his native Tasmania. His Gyro table makes a statement, but the designer believes that if more people start viewing marine plastic as a commodity, not a waste, the potential for its reuse is vast.

Of course, the best way to make a difference is to be less wasteful in the first place: to reduce, recycle, and dispose of rubbish carefully.



轉廢為寶

利用海洋回收物，創造高價值產品，成為新趨勢。

雖然我們無法仔細點算實際數量，但在大海中浮沉的塑膠垃圾估計多達52,000億件。當中大部分來自亂拋垃圾及排污渠，又或是從堆填區隨風飄進大海的膠袋。

每年估計有640,000噸廢棄的捕魚裝備遺留或散落在大海，沿途可能纏繞着其他海洋垃圾，令海鳥和海洋生物生命岌岌可危。

自從塑膠用品在過去50年普及後，這些問題屢見不鮮。人類在這些年的行為習慣，就是導致海洋生態危在旦夕的元兇。可是，能夠逆轉這個劣勢的，同樣也只有人類自己。在那堆積如山的海洋垃圾裏隱藏着的，是未來的瑰寶。

柔軟亮麗、溫和親膚的布料，實在令人難以想像其前身是尼龍漁網。手工精緻的設計師家具，竟源自一大堆沖到沙灘上的即棄塑膠瓶。那對潮人熱捧的運動鞋，原來同樣是以海洋廢料為素材。

大大小小的品牌經已將這些產品投產，種類更與日俱增。科技觸發前所未見的升級再造創意，促使綠色企業先鋒與非牟利環保機構合作，為消費者提供更多可持續發展的選擇，讓良心消費者可透過購買有關產品拯救海洋生態。

可持續發展布料的革新，可說是「轉廢為寶」的典範。今個夏季，那套奪目的泳裝或許就是香港初創品牌Transcend Wear的出品；在夏日派對上大出風頭的連衣裙也許是2018年H&M Conscious Exclusive系列之作。兩個品牌均以廢棄漁網及尼龍製成的紗線織造。這些經循環再造的漁網都是由志願潛水員從海中收集得來，並結合工業塑膠廢物及廢棄布料等素材，而製成優質紗線ECONYL®。這種紗線適合製成衣服和地毯，更可無限次反覆再造，是重視環保的企業和綠色組織合力轉廢為材的一個實例。

H&M全新系列包括一款浪漫婚紗，配以精緻的刺繡細節，展現品牌多元化的時尚創意，讓夏日新娘在大日子煥發由內而外的美態，因為選擇這襲婚紗，是她們支持海洋潔淨之舉。

H&M創意顧問Ann-Sofie Johansson認為可持續發展物料背後的創新技術不斷帶來驚喜。她說：「Conscious Exclusive系列的用料揭示嶄新科技能夠融入傳統製衣技術，效果驚為天人。」與此同時，跑步亦可減少導致海洋污染的塑膠廢物。Adidas與環保團體Parley for the Oceans合作，把從沙灘及沿岸地區蒐集回來的

塑膠，製成運動鞋系列。每生產一對運動鞋，便可阻止約11個膠瓶落入海洋。憑藉首年售出逾一百萬對Adidas Parley高效能鞋履的佳績，我們的環保里程又邁進了一大步。

香港人也不甘示弱，在粉飾家居時也作出良心選擇。英國品牌Weaver Green研發出切碎回收膠瓶的完美方法，並把它們精紡成彩色紗線，再以人手編織成環保小地毯和布料，在本地家具店Inside發售。

不僅衣服鞋履，就連家具亦可取材自海洋塑膠。澳洲設計師Brodie Neill便以他稱為「ocean terrazzo」的海洋水磨石工序，製成各式家具產品。

這種創新物料由生物樹脂重新混合塑膠碎片製成，表面經打磨至平滑。其漸變藍調絕無添加色彩，體現海洋的自然美態。由這種物料製作的限量版Gyro圓桌，在「倫敦設計節」上正式發表，其後部分藝廊亦有意展出。

Neill看到垃圾沖到家鄉塔斯曼尼亞偏遠的沙灘後，決心投身海洋塑膠再造的行列。他的Gyro圓桌引起極大迴響，但他深信若然更多人開始視海洋塑膠為商品而非廢物的話，其再造潛力必更巨大。

當然，源頭減廢、循環再造及妥善棄置垃圾等減少浪費等舉措，才是根治海洋污染的最佳方法。

Ocean plastic litter has vast recycling potential – as new clothes, shoes and furniture. 海洋塑膠廢料轉化成嶄新衣服鞋履和家具產品，再造潛力巨大。



The 'Sea Side' dish was created by a Michelin star chef in Hong Kong. 香港的米芝蓮星級名廚創作的菜式「海邊」(Sea Side)。

A masterpiece of culinary art

The sharing of Instagram-worthy culinary art is dramatically reshaping the food industry globally.

According to a Chinese saying, you eat with your eyes first, then your nose, then your mouth. Now, the smartphone gets first dibs. Before a morsel leaves the plate, any dish worth its Instagrammable salt has been broadcast all over the world. Your friend in Canada might know what you're eating, and post comment, before you've had a chance to taste it.

The idea of food as visual entertainment is not a new phenomenon – it's just been fast-tacked by social media. In 1932, Italian author and art theorist Filippo Tommaso Marinetti published *The Futurist Cookbook*, outlining not only recipes but a set of requirements he considered necessary for a perfect meal. Among the fanciful elements prescribed was “the invention of appetising food sculptures, whose original harmony of form and colour feeds the eyes and excites the imagination before it tempts the lips”.

The author saw his work as vision of how food could be brought into art as a building material, and while slightly tongue-in-cheek, the book still sells and gets referenced today. In 2014, a Marinetti feast was recreated for diners during an Italian Futurism exhibition at New York's Guggenheim Museum.

Instances of food's crossover into art are mentioned throughout history. Among the more notable, the ancient Egyptians carved pictographs of crops, food and wine on hieroglyphic tablets, while in the 1920s, masters like Pablo Picasso and Henri Matisse famously used their paintings as payment for dinners at fashionable Cote d'Azur restaurant La Colombe D'Or.

Modern day culinary master Heston Blumenthal makes food the art. Among his most photographed dishes, Meat Fruit looks like a perfect mandarin, but is actually a dish made from



The signature lemon tart of Singapore's two-Michelin-star Odette restaurant.
新加坡米芝蓮二星餐廳Odette的招牌檸檬撻。

pork or chicken. The psychedelic smoothie bowls produced by Instagram-famous vegan Rachel Lorton that look too precious to eat are in fact a bowlful of healthy, wholesome all-natural goodness.

In Hong Kong, Michelin star chef Uwe Opocensky delights the senses with his own interpretation of edible whimsy. A serving of edible “sand”, corals, rocks and shells, called Sea Side, is in fact an artful arrangement of exquisite seafood. A dish called Farmer's Hands, honouring the growers and foragers, presents beautiful vegetables in innovative ways.

In these digital times, the lure to amass ‘likes’ has unleashed swathes of gastronomic creativity destined for the smartphone lens. It's been estimated that, on an average day, 95 million photos and videos are shared on Instagram, and many of them are of food. According to one recent study, 69 per cent of millennials take a photo or video of their food before eating.

Various surveys have tried to dissect why this compulsion to snap before supping. Conclusions moot food as a vehicle for self-expression: people will make more effort with their cooking if they think a photo is likely to be shared. Another theory asserts that photographing your food is a form of ritualistic behaviour – and that the pause before eating that this act requires increases the diner's anticipation.

Other research suggests that logging meals on Instagram is a way for friends to encourage each other to make healthy choices. Such curiosity for the appearance of food also encourages conscious consumption, with consumers more willing to accept once overlooked produce because it wasn't considered perfect.

Indeed, a carrot that's not quite straight or that courgette with a kooky curve can be a blank canvas for artistic exploration.

Finding inspiration in perfectly good, characterful ingredients is another way to avoid food wastage, and we can thank social media for driving that. This also credited with promoting sustainable sourcing in the food industry. For those who care about ocean conservation and ethical farming, there are dozens of Instagram accounts to follow.

Through their incessant sharing, today's social media-savvy generation is dramatically reshaping the food industry. According to insights gleaned from Maru/Matchbox market research, “millennials are discerning consumers, and they are increasingly willing to pay a premium for brands and products that embody their preferences for authenticity, transparency and responsible ingredient sourcing”. Bon appetit!



Beef Pop Shot of Gough's on Gough.
Gough's on Gough的牛肉他他。



精「饌」藝術

分享精緻佳餚的照片到社交媒體的潮流，顯著改變了全球飲食業。

中國俗語有云「色香味俱全」，意味着我們品嚐美食時，最先運用的感官是視覺，繼而才是嗅覺和味覺。現在，率先試味的卻是智能手機。任何值得在Instagram上分享的菜式，在賣相被破壞之前，就已被發布至全世界。在你有機會享用美食之前，加拿大的朋友可能早已知道你在吃甚麼，甚至張貼了留言。

以食物作為視覺享受的理念並非甚麼嶄新現象——只是拜社交媒體所賜而得以急速發展罷了。1932年，意大利作家兼藝術理論家馬里內蒂（Filippo Tommaso Marinetti）出版了《未來主義烹飪天書》（The Futurist Cookbook），除了簡介相關食譜外，還列出心目中的完美盛宴必須具備的條件。書中列舉眾多天馬行空的元素，其中一項是「創造令人食指大動的美食雕塑，把食物形態和色彩締造出來的和諧原汁原味地呈現，在誘惑味蕾之前先令人大飽眼福，激發無限想像。」

這位作家透過作品表達出對食物如何能成作為藝術素材的想像，雖不無戲謔意味，但此書至今仍然暢銷，並獲廣泛引用。2014年，紐約的古根漢美術館舉辦意大利未來主義展覽時，就為食客重新炮製以馬里內蒂的理念為基礎的盛宴。

縱觀歷史，美食跨界闖進藝術領域的例子不勝枚舉，當中最著名的要數古埃及人將莊稼、食物和葡萄酒的象形文字鑄刻於石板上。

於1920年代，畢加索和馬蒂斯等藝術大師更曾於蔚藍海岸的時尚食府La Colombe D'Or享用晚餐後，以畫作代替餐費，成為一時佳話。

現代烹飪大師Heston Blumenthal更進一步把食物化為活生生的藝術。在他最負盛名的菜式當中，「Meat Fruit」恍如一顆造型完美的橘子，其實是以豬肉或雞肉烹煮而成的菜式。在Instagram上廣受歡迎的純素食者Rachel Lorton製作的碗裝沙冰，賣相色彩繽紛，精美得教人不捨得吃掉，實際上整碗沙冰都是健康有益的全天然營養食材。

在香港，米芝蓮星級名廚Uwe Opocensky以獨特手法演繹餐桌上

的狂想曲，為食客呈獻愉悅的感官體驗。名為「海邊」（Sea Side）的菜式貌似以可供食用的「沙粒」、珊瑚、石頭和貝殼湊合而成，實際上卻是極具創意的優質海鮮拼盤。另一名為「農夫之手」（Farmer's Hands）的菜式，以創新方式將精緻蔬菜呈獻出來，用以向莊稼和採買人士致敬。

在當今的數碼世代，收集「讚好」的誘惑催生無數供人攝入智能手機鏡頭的烹飪創意。據估計，每天被分享至Instagram的相片和短片達9,500萬份，當中很多以食物為主題。近日一項研究顯示，69%的千禧世代於進食前都會為食物拍照或攝錄短片。

不少調查嘗試剖析用餐前拍照的緣由。結論所得，食物是自我表達的載體：如果人們認為食物的相片有可能被分享，烹煮時便會付出更多心血。另一理論則主張，拍攝食物是一種形同儀式的行為，由於這種行為令人們須要於進食前稍待片刻，食客對食物的期待亦會有所提升。

其他研究指出，在Instagram上傳美食，是朋友互相鼓勵選擇健康飲食的方式。對食物賣相的好奇心，亦鼓勵「有意識」的消費，令消費者更願意接受過往因外觀不完美而被忽略的農產品。誠然，稍欠筆直的紅蘿蔔或是奇怪弧形的翠玉瓜，也可以成為藝術探索的舞台。

在完全新鮮而造型獨特的食材中尋覓靈感，是另一種避免浪費食物的方式。正如有些廚師，會利用稍欠筆直的紅蘿蔔或是奇怪弧形的翠玉瓜，也可以成為藝術探索的舞台。這也可歸功於社交媒體在背後的推動，並在飲食界推廣可持續採購亦應記一功。關心海洋保育和道德耕作的人，更有大量Instagram帳號可供追蹤。

透過源源不絕的分享，現在熟悉社交媒體的世代正徹底改變了飲食業。Maru/Matchbox市場研究發表的報告指出：「千禧世代是品味高雅的消費者，他們日益願意花費更多選擇品牌和產品去體現自己其對正宗風味、公開可靠而負責任的食材採購的偏好。」

美食當前，請慢慢享用！



The great polar adventure

Why wait for that trip of a lifetime, when a precious opportunity brings visitors closer to the most pristine landscape on Earth?

There are 12 million penguins of seven breeds in Antarctica, or about 87 per cent of the world's population.
南極有七種企鵝，數量達1,200萬隻，佔全世界企鵝數量的87%。

Even for those who have visited almost every continent, there is still, for all but a few, one road less travelled.

It will take you to the end of the earth, to a pristine polar land where the air is the cleanest, and nature is at her rawest. This is Antarctica, the stunning seventh continent - one of the last pristine ecosystems on the planet.

Visiting Antarctica is a privilege that few will ever experience, although many dream of doing so.

The first Antarctic explorers came under its spell some 200 years ago, when the southernmost continent was officially discovered, adventure being their main motivation. Today, visitors remain drawn to the sheer natural beauty and remoteness of the last great untouched wilderness.

The colossal icebergs, wondrous wildlife and technicolour sun glows exist just as they always have. Antarctica has no permanent residents – only a handful of scientific researchers and hardy overnight

campers – so there are no buildings, no infrastructure to interrupt its peaceful landscape.

With an estimated population of 12 million penguins, sightings of these curious creatures are virtually guaranteed.

Another highlight is the opportunity for whale-watching on a grand scale. Eight species of whales inhabit Antarctic waters, including the mighty Blue Whale, the largest mammal to live on the planet.

Passengers may opt to take a small boat deeper into the iceberg-dotted bays to marvel at the seabirds swooping, and possibly get up-close to seals lazing on sheets of ice.

Spectacular scenery aside, Antarctica offers an educational experience like no other. Higher-end tour operators likely have naturalists, historians and expedition staff on hand to answer passengers' questions about this extraordinary continent: such as, how did Ernest Shackleton and his team possibly survive? Or, how do you know the age of whales?



Most wildlife species in Antarctica live along the coast, particularly on the Antarctic peninsula.

南極大部分物種居住在沿海地區，特別位於南極半島。

For the most intrepid, some offer the chance to spend a night on the ice, camping comfortably under canvas with all provisions supplied. Depending on your appetite for adventure, kayaking and glacier climbing may also be arranged – even, for those who dare, a bracing plunge into the icy waters.

Until recently, a journey to the Antarctic required a two-day crossing of Drake Passage, one of the roughest and stormiest waterways in the world, leaving from the southernmost port of Argentina, before boarding a purpose-built cruise ship.

Now, a flight across Drake Passage puts visitors on King George Island in just two hours. So, there is no need to wait until retirement allows time to take that trip of a lifetime – Antarctica is accessible now.

From Hong Kong, the first leg of this great adventure, begins on a flight to Buenos Aires, involving a European stopover in London or Amsterdam, or alternatively Melbourne, or Dallas, depending on the preferred route.

On arrival, passengers begin cruising the antarctic sea, marvelling as the mirror-calm water reflects colours from the blue sky and ice forms, like an exquisite painting. From there, one memorable experience follows another. Eco-tourism allows visitors to experience this beauty and wonder, with minimal environmental impact. Conservationists recommend choosing a travel company that specifies conscientious, low-impact visitor behaviour; sensitivity towards, and appreciation of, the natural biodiversity; support for local conservation efforts; and educational components for the traveller.

The best time to visit Antarctica is between November and March - the months when the sun rises above the horizon, and the sea ice melts enough to allow access.

Those who have been there say the experience can be life-changing. As one awestruck returnee remarked: "It was incredible. I mean, talk about feeling alive!"



極地遠征

人生中百年一遇的機會就在眼前，何不踏上旅途，近距離體驗地球淨土的魅力？

對許多人而言，即使遊遍世界各大洲，也有這麼一程從未踏足的路途。

這趟旅程將帶你走到世界的盡頭，遠赴極地淨土，呼吸純淨空氣，欣賞大自然的原始風貌。這裏是壯闊宏偉的世界第七大洲——南極洲，亦是地球碩果僅存未受損的生態系統之一。

南極洲是人們夢寐以求的旅遊目的地，可是，真正踏足這片土地的旅客並不多。

大約在二百年前，很多人正式發現位於地球最南端的南極洲，隨即燃起了一股探險的欲望，吸引了首批南極洲探險家遠征。時至今日，旅客仍然被當地渾然天成的美景，以及那遺世獨立的原始生態所迷倒。

巨型的冰山、奇妙的野生動物及色彩繽紛的日光始終如一。南極洲沒有永久居民，只有寥寥可數的科研專家和堅毅耐寒的露營人士。因此這兒並沒有高樓大廈或基建設施，如斯和諧恬靜的壯麗景致得以保存。

南極洲估計有一千二百萬隻企鵝，旅客定能欣賞到牠們好奇逗趣的動態。唯一問題是，你能數出多少種類呢？

旅客更有機會觀賞巨鯨，成為旅程的另一賣點。南極洲海域有八種鯨魚棲息，包括世上最大的哺乳類動物——藍鯨。

旅客可選擇乘坐小船深入冰山密布的海灣，欣賞海鳥俯衝而下，或有機會近距離看到海豹徜徉冰上的情景。

除壯麗的景色，南極洲亦為旅客帶來獨一無二的學習體驗。高級旅行團大多有自然學及歷史學專家同行，考察團人員亦會在場解答旅客對這塊極地的提問，例如：南極探險家Ernest Shackleton與他的

團隊當年是如何生存？還有，能如何得知鯨魚的年齡？

擁有冒險精神的你，可一嘗冰上度宿的體驗，部分旅行團可安排旅客入住設備齊全的營帳。你可視乎自己的興趣，參加探險、獨木舟及攀登冰川等活動，甚至勇敢躍進冰凍的海水之中。

過往，南極洲旅程都得用上兩天橫越德雷克海峽（Drake Passage）。那裏是全球路途最艱鉅、波濤最洶湧的航道之一。旅程從阿根廷南端港口出發，再登上專用的觀光船。

現在，乘飛機從喬治王島（King George Island）越過德雷克海峽只需兩小時，毋須待退休後才有時間踏上那畢生難忘的旅程，令南極洲不再是遙不可及的夢想。

這趟歷險旅程如果從香港出發，首先要飛往布宜諾斯艾利斯。你可按照自己所選的路線，經倫敦或阿姆斯特丹等歐洲航點，又或是在墨爾本或達拉斯等地方轉機。

抵埗後，旅客即可乘船橫渡極地海洋。波平如鏡的水面折射出藍天和冰雪的色彩，猶如一幅優美的風景畫，令旅客嘖嘖稱奇。由此路進，撲面而來的都是一浪接一浪的難忘體驗。

生態旅遊讓旅客以對環境影響最小的方式欣賞南極洲的壯麗奇觀。保育人士建議旅客應選擇良心旅行社，並避免干擾當地的自然生態，尊重和愛惜大自然的生物多樣性，支持當地保育工作，及參與為旅客而設的教育活動，當一個負責任的遊客。

每年的11月及3月是遊覽南極洲的最佳時機，那時日照重臨大地，融化的海冰讓船隻得以航行。

曾到訪南極洲的遊客都認為旅程改變了人生，就如深受奇景震撼的回程旅客所言：「我感到生命的悸動，實在不枉此行！」

Travellers should avoid disturbing the natural habitat and appreciate the biodiversity in Antarctica.

旅客遊覽南極時應避免干擾當地生態，愛惜大自然的生物多樣性。

Taking action for a sustainable future

Kerry Properties puts words into action by engaging its many stakeholders in a wide range of inspiring sustainability initiatives.

It's no surprise that most of the energy used to run a home is consumed by the air conditioner, water heater, and lighting. What is surprising is how making small changes can cut a home's carbon footprint considerably, without sacrificing comfort.

For instance, using a fan to support air conditioning can enhance cooled air circulation and reduce energy consumption by 3 to 6 per cent. Installing shower tapware with water efficiency labelling can save up to 30-50 per cent of water usage per day.

Residents of Kerry Properties' Hong Kong buildings are discovering these and other useful tips as the group rolls out its green living scheme with a personal touch – a milestone on the shared journey to operate more sustainably.

Among its pioneering initiatives, property management staff with sustainability training can visit residents by arrangement in their own homes and tailor-make suggestions for saving energy. Using their specialist knowledge, and taking into account the habits of the household, the staff members and the residents work together to identify ways of blending energy savings into everyday living harmoniously.

As a delighted Ocean Pointe householder, Mrs Ho, remarks about their easily implemented, tailored solutions: "This advice is saving me money and having a positive effect on the environment. I couldn't be happier."

Engaging with stakeholders is one of Kerry Properties' key sustainability goals, as communities with joined hands can inspire each other along the way. The response from tenants in the group's housing estates – a key stakeholder demographic – shows this direction resonates: from the numerous home visits complete to date, residents have contributed many of their own green ideas.

Echoing the general consensus, Mrs Ho also remarks: "I had long wanted to make my household greener, but wasn't sure how. After exchanging opinions with the friendly property management advisors, I find that simple changes to our daily living habits can make a difference – and we're saving money, too."

The camaraderie of the workplace presents another avenue to share energy saving ideas.

When teams are so focused on their tasks, it might be easy to miss an energy-saving opportunity, such as switching off lamps when daylight is sufficient to save energy, or adjusting windows and doors for comfortable air circulation. Tenants in Kerry Properties' Hong Kong commercial buildings have a handy guide to remind them.

Presented in a lively way, the Green Tips for the office acts as a quick checklist that staff members can easily refer to in their daily duties. The guide suggests ways to enliven the office environment, such as introducing indoor plants (which also absorb airborne pollution), and choosing light wall and ceiling colours to reduce the need for artificial lighting.

It also contains inspiring ideas for management and sustainability committees to consider – for instance, implementing a casual dress policy so staff can feel comfortable in summer without excessive air conditioning, and launching barter-trade activities for staff to participate.

However, Kerry Properties sees the opportunities for environmental collaboration extending to a much broader group of stakeholders – with the



The labelled recycle bins enable Kerry Centre staff to classify their waste.

嘉里中心的辦公室放置多類型回收箱，方便員工把廢物分類。



Presented in a lively way, the Green Tips for office and home can act as a quick, daily checklist for residents and staff. 「環保辦公室小貼士」及「環保家居小貼士」以生動形式介紹節能方法，讓住客和員工可快速檢索。

Indonesia for every unit in some of Kerry Properties' residential projects where TREE has styled a show flat. Working together with locally-based independent organisation Trees4Trees Foundation, this campaign has resulted in substantial reforestation in areas where it is needed most.

The thousands of trees planted are a mixture of fruit trees and teak wood – providing sustenance and income for families in the short-term, and supporting their livelihoods in the longer term.

Kate Babbington, managing director of TREE, says this initiative makes the real-life application of sustainability more holistic. “This is a one-step-forward of giving back,” she says.

When environmental efforts are aligned between companies, their stakeholders, business partners and the wider community, sustainability becomes more synergised. As Babbington notes, such collaboration makes it easier for everyone to make more conscious choices, helping to preserve the future for all.

result that these green initiatives kindled at home can have positive consequences reaching far beyond Hong Kong shores.

In one meaningful initiative, Indonesian farming families whose land has been decimated by volcanic activity can look forward to a brighter future, thanks to a strategic partnership with Hong Kong sustainably-sourced eco-furnishing brand, TREE.

The brand's vision of beautiful, sustainable and comfortable home living that relaxes and re-energises its occupants aligns perfectly with Kerry Properties' philosophy, inviting a harmonious partnership.

Through this collaboration, a tree has been planted in

The inaugural Kerry Properties Sustainability Report

At a gala awards ceremony in Singapore this year, the inaugural Kerry Properties Sustainability Report was named Asia's Best First Time Sustainability Report in the Asia Sustainability Reporting Awards 2017. In addition, Kerry Properties received the Gold Award for Sustainability Awareness in the MERCURY Excellence Awards 2017-2018, along with further recognition in other categories, including investor/stakeholder engagement. To finish first in a field of strong nominees in Asia is testament to the depth and diversity of the combined efforts of the group and its stakeholders.

嘉里建設的首份可持續發展報告

嘉里建設發布的首份可持續發展報告，於今年新加坡舉行的「2017年亞洲可持續發展報告獎」頒獎典禮上，榮膺「亞洲最佳首次發行可持續發展報告」，並於「MERCURY Excellence Awards 2017-2018」再下一城，獲頒「宣傳：可持續發展意識」組別的金獎。集團在該獎項其他類別的成績同樣備受肯定，包括與投資者/持份者之關係等。

亞洲區選手實力雄厚，而嘉里建設能脫穎而出，足證集團及其持份者對可持續發展共同作出深遠且多元化的貢獻。

從日常生活做起

嘉里建設坐言起行，凝聚一眾持份者，攜手推動一系列可持續發展方案。

眾所周知，空調、熱水爐及電燈是耗電量最高的家居電器，而意想不到的，只要作出細小的改變，便能大幅減少家居碳足跡，毋須犧牲舒適的生活。

舉例而言，利用風扇配合空調使用，可增加冷空氣流通，減少3%至6%的能耗。使用具用水效益標籤的花灑沐浴，每天可節省三至五成的用水量。

嘉里建設旗下的香港物業住戶現正由一個個節能小貼士開始，開展個人化的綠色生活方案，樹立共同推動可持續發展生活的里程碑。

這些節能先導措施，包括安排受過可持續發展培訓的物業管理人員到訪住戶家中，提供切身的節能建議。員工運用專業知識，並考量住客的生活習慣，共同探討可輕鬆融入日常生活的節能方法。

緬皇居住戶何太指出，物業管理人員為其家居建議的方法簡單容易：「這些節能建議能替我省錢，亦可保護環境，我非常滿意。」

鼓勵持份者積極參與，是嘉里建設可持續發展的重點方針，讓社群一路上攜手共進，彼此鼓勵。嘉里建設旗下屋苑的住戶是集團的主要持份者，住客的回應正反映他們認同這個方針：至目前為止，家居探訪數目不計其數，住客亦獻上不少環保點子。

對計劃讀不絕口的何太續說：「我一直想令家居更環保，但不知從何入手。經過與友善的物業管理人員交換和討論不同節能方法後，我發現只須稍微改變日常生活習慣，已有莫大效益。」

工作場所提供了另一個討論節能主意的絕佳平台。

員工忙於工作時，或會忽略節約能源的機會。譬如日光充足時可關燈，或者調整門窗角度以助空氣流通。嘉里建設為旗下商業大廈的租戶提供指南，提醒他們各種節能方案。

「環保辦公室小貼士」以生動形式介紹節能方法，讓員工可快速檢索與日常工作息息相關的節能貼士。指南亦為辦公室環境注入生氣，例如建議擺放可吸收空氣污染物的室內植物，採用淺色牆身及天花板則可減低使用人工照明的需要。

此外，指南亦向管理層及可持續發展委員會提出具啟發性的意念，如實施便服政策，讓員工在夏天毋須過份使用空調亦能舒適工作，並為員工舉辦以物易物活動等。

嘉里建設更將保護環境的倡議，推廣至更廣泛的持份者社群，令綠色家居措施惠及海外地區。

嘉里與香港環保家具品牌TREE組成策略合作夥伴，為受火山活動影響而令農地大幅削減的印尼農戶，締造更美好的未來。

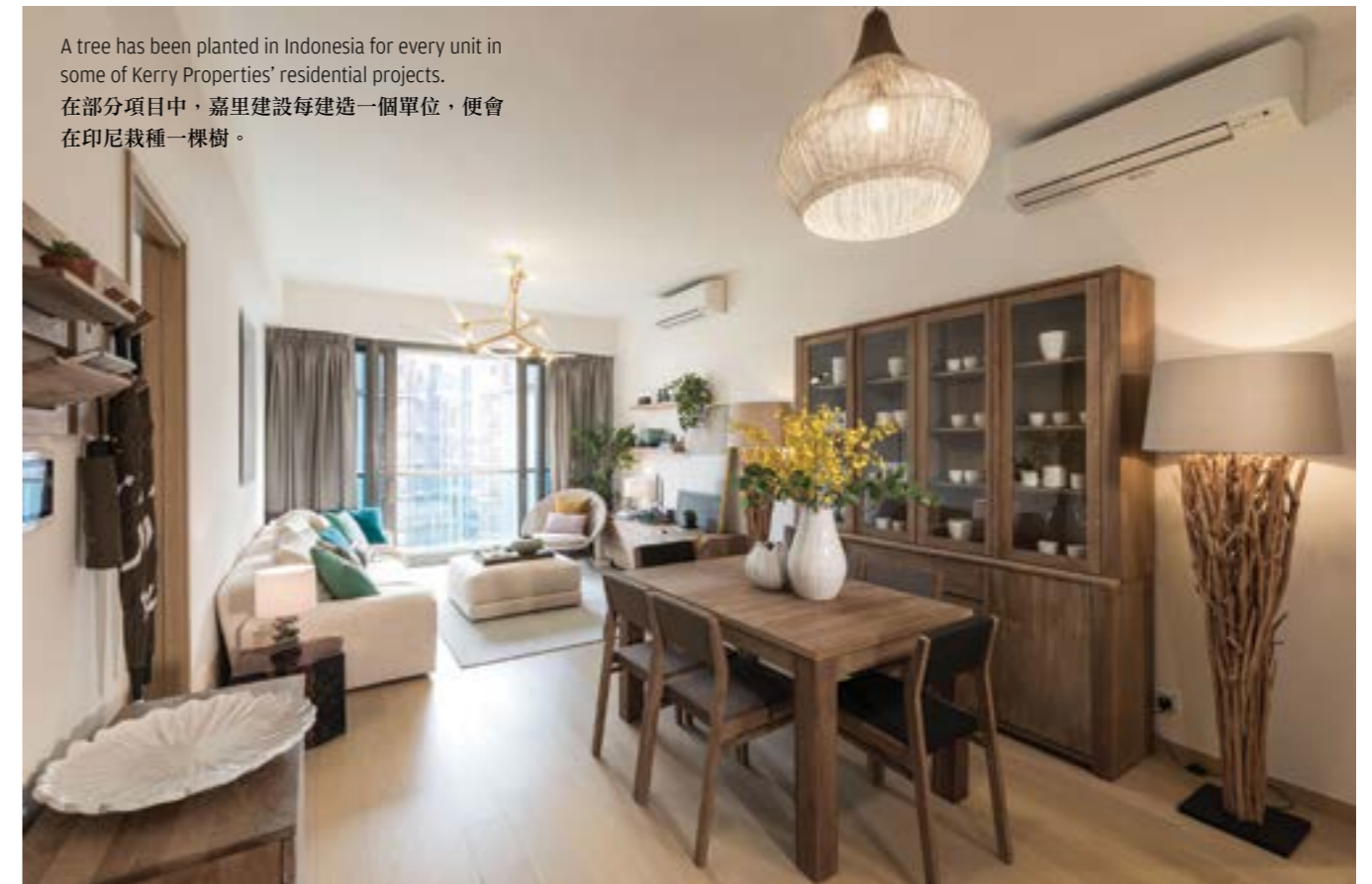
TREE選用可持續再生木材，塑造美麗舒適的家具，令用家放鬆身心，這理念與嘉里建設的經營哲學不謀而合，促成是次相輔相成的合作關係。

在部分合作項目中，TREE設計住宅示範單位之餘，亦為每個單位在印尼栽種一棵樹。此外，嘉里建設與印尼本地非牟利基金會Tree4Trees合作，令一些森林砍伐問題嚴峻的地區回復生機。

企劃種植數以千計的樹木，混合了果樹及柚木，短期內為當地家庭提供糧食和收入，長遠可支援其生計。

TREE董事總經理Kate Babbington認為，植樹工作促進全面的可持續發展，她表示：「我們希望進一步回饋社會及環境。」

只要企業、持份者、商業夥伴及廣大社群攜手為環保出一分力，可持續發展便更全面。正如Kate所言，此合作關係有助大眾作出更多理智的抉擇，保育美好將來。



A tree has been planted in Indonesia for every unit in some of Kerry Properties' residential projects. 在部分項目中，嘉里建設每建造一個單位，便會在印尼栽種一棵樹。

Football fever unites the world

A game as old as time stirs universal unbridled emotions.

Of all the sports that are arguably more graceful, why is football (also known as soccer) called “the beautiful game”?

One popular theory is an inexplicable passion for the game that unites people the world over.

Football is played in some 200 countries, by more than 250 million people, in venues ranging from the glossiest stadiums, to the dustiest fields. Rich or poor, old or young, and across all cultural divides, it matters not once a round ball is produced. Strangers become best friends (so long as they’re wearing matching team colours); and in times of adversity, football has the power to lift community spirits. Even in wartime, opposing troops have been known to call a truce to join together for a game of football.

The game’s ultimate competition – the FIFA World Cup – is, like the Olympic Games, staged only once every four years. When last held in Brazil in 2014, 3.2 billion people -



almost half the world’s population – tuned in to watch. And for the four-week 2018 World Cup hosted by Russia during June and July this year, 2.5 million tickets were made available for the 64-game series.

The game has made heroes of underdogs – such as in the 1950 world championship when little known Uruguay “stole” the match from hot favourites, Brazil. Fans of the vanquished team were seen “prostrate with grief”, local media later reported, while stadium doctors treated 169 people for hysteria.

It also turns men into legends. Frenchman Just Fontaine still holds the record for the most goals scored in a single World Cup series (13 goals in six matches, in 1958). And can drive a nation to tears. No team has broken more sporting hearts than El Salvador, which lost to Hungary 10 – 1 in 1982.

The modern game was first played in London in 1863, but the idea of kicking a ball around is linked to the ancient Chinese game of cuju (or Ts’u Chu), first used as fitness training for military cavaliers. By the Han dynasty, matches were being staged in the royal courts for the amusement of the emperor. In what would be called cheerleading today, an exhibition match on the occasion of Song dynasty Emperor Huizong’s birthday began with drum corps sounding and roosters crowing as the two teams entered the arena.

Once the upper classes began playing cuju for their own entertainment, the game’s enduring popularity was sealed. Gradually, it spread to every class in society.



That fervour has not dimmed. China, with a passionate fan base, hopes to have some 50 million soccer players by 2020, and 70,000 pitches on which to play.

Yet this age-old game is moving with the times. Russia's Luzhniki Stadium in Moscow has gone green for the 2018 World Cup, passing the BREEAM international certificate awarded to sustainable buildings. FIFA sees this milestone as an important step for the game, noting that building sporting arenas in line with green standards not only reduces their impact on the environment but also determines usage in the future, including the conservation of water and energy.

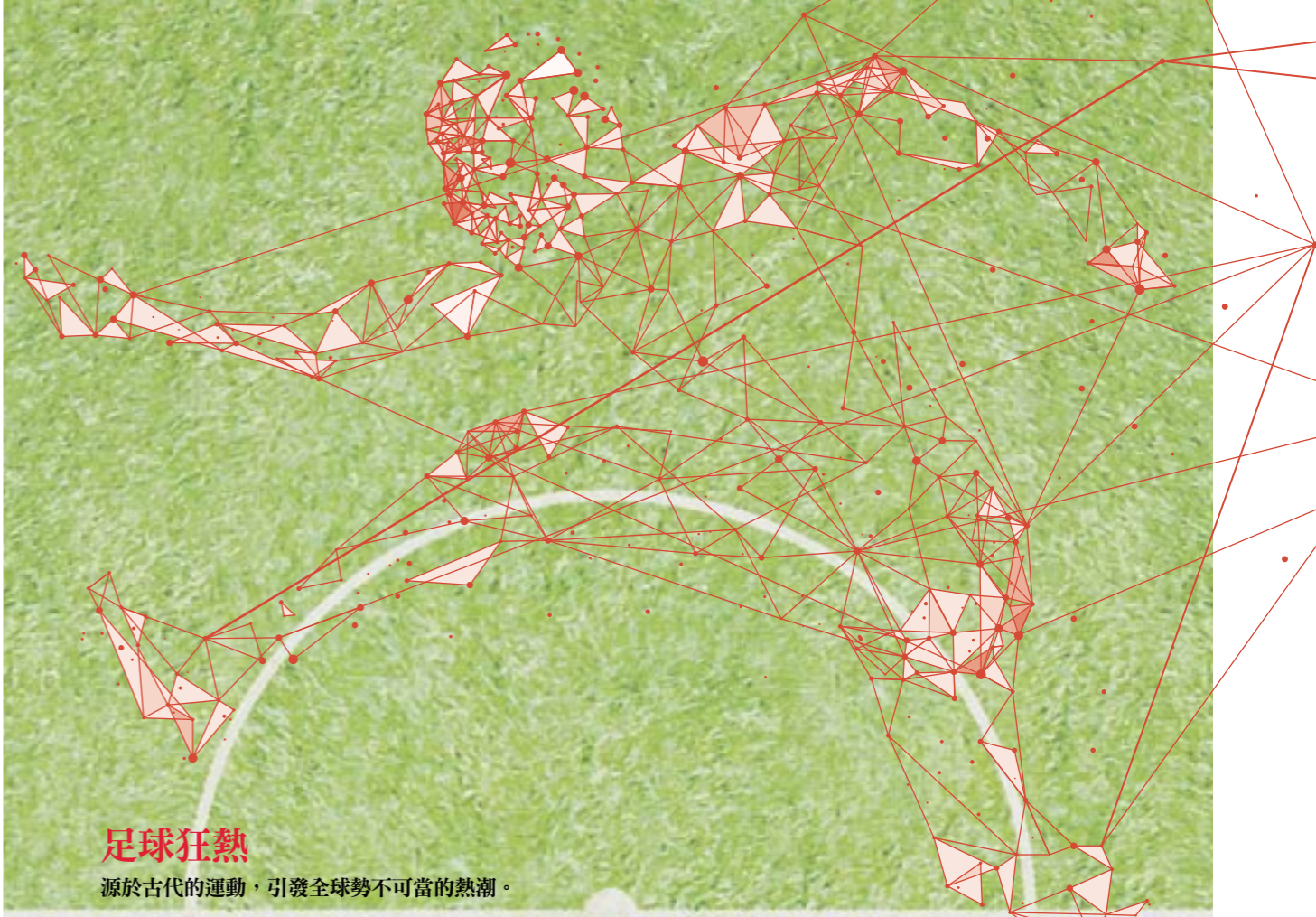
Technology is also entering the game. The 2018 World Cup marked the global debut of the video assistant referee (VAR), a technology which gives video link oversight to the split-second decisions referees make on the pitch.

Not everyone welcomes the VAR, claiming that it disrupts the game's natural flow, and the emotion of the moment. Observers point out that, had digital assistance technologies been in place years ago, many moments in soccer history might have had a different outcome.

FIFA president Gianni Infantino counters that, in testing, the accuracy of referee decisions increased from 93 per cent to 99 per cent when VARs were involved.

"We have to base decisions on facts and not feelings," he said.

Regardless, soccer will always matter more than any other sport. As one journalist explains, it's "a universal language that we speak with different accents".



足球狂熱

源於古代的運動，引發全球勢不可當的熱潮。

論典雅程度，不少運動比踢足球有過之而無不及，何以後者被譽為「美麗的運動」？

其中一個流行的論調，認為足球運動能牽動莫名激情，將世界各地人民團結起來。

足球盛行於約二百個國家，逾2,500萬人參與其中。由最華麗的場館以至最簡陋的荒地，皆見足球愛好者的身影。不論貧富或年紀，以至任何文化差異，只要球場上有一個圓形皮球，一切都不再重要。只要是支持相同的隊伍，陌生人也可成為莫逆之交；而在逆境之中，足球更具備振奮人心的力量。就連在戰爭時，相傳亦曾有對戰軍隊 宣布暫時休戰，以便雙方進行足球比賽。

這項運動的終極王者之戰——國際足協世界盃，與奧運一樣，每四年才舉辦一次。上屆賽事於2014年在巴西舉行時，全世界有32億人（接近全球一半人口）收看電視直播。而由俄羅斯主辦、為期四周的2018年世界盃則於今年六至七月舉行，64場賽事合共售賣250萬張門票。

這項全球錦標賽事令「黑馬」也可搖身變英雄。例如1950年的世界盃決賽，寂寂無名的烏拉圭就「搶盡」奪標熱門巴西隊的風頭。據當地媒體其後報道，巴西隊的落敗令擁躉「肝腸寸斷」，駐場醫生更治療了169名出現歇斯底里症狀的球迷。

世界盃也可以令球員成為傳奇人物，也可以令舉國上下傷心欲絕。法國球星祖斯方亨（Just Fontaine）至今仍是在單屆世界盃賽事裏取得最多入球的紀錄保持者（他在1958年的六場世界盃賽事裏共射入13球）；而1982年以10比1慘敗給匈牙利的薩爾瓦多（El Salvador），是至今為止傷盡最多球迷心靈的球隊。

現代足球運動於1863年在倫敦面世，但踢皮球概念卻可遠溯至古代中國，用以訓練軍隊士兵體能的蹴鞠運動。及至漢朝，蹴鞠是於宮廷裏舉行比賽。北宋時代，宋徽宗的壽辰慶典以蹴鞠表演賽掀開序幕，兩支隊伍進場時，有鼓隊奏樂和公雞啼叫，可說是現今啦啦隊的雛型。

當上流社會開始以蹴鞠自娛，這項運動就掀起歷久不衰的熱潮，更逐漸流行於社會各個階層。那份狂熱延續至今。擁有大量狂熱球迷的中國，期望國內球場數目於2020年前增加至七萬個，讓五千萬人能夠參與足球運動。

然而，這項古老的運動亦正與時並進。俄羅斯莫斯科的盧日尼基運動場已為迎接2018年世界盃增設多項環保設施，並通過授予可持續發展建築的BREEAM國際認證。國際足協將這項里程碑視為世界盃的重要大事，表示符合環保標準的體育場館不但能夠減少對環境的影響，更可奠定日後的发展路向，包括水源和能源保育。

科技亦在賽事中參上一腳。2018年世界盃標誌着全球首次採用視頻助理裁判（video assistant referee, VAR），這項科技將對球證在場上瞬間作出的判決提供視頻連結監控。

並非所有人都對VAR表示歡迎，反對者認為這會破壞球賽的自然節奏，以及影響當下的氣氛。有球迷指出，要是數碼輔助科技早於多年前應用，許多球賽的歷史時刻就可能被改寫。

國際足協主席恩芬天奴反駁指，在測試期間採用VAR時，球證的判決準確度由93%提升至99%：「我們須要根據事實而非情感作出決定。」無論如何，足球確比許多其他運動更扣人心弦。正如某位記者所言，它是「我們以不同口音述說的共同語言」。

Be a low-waste hero

Hong Kong's eco-pioneers are finding ways to use fewer disposable containers and draw on frugal packaging habits from the past.

Remember the days when we didn't have to think about waste so intently – because there wasn't so much waste to begin with? Before we routinely began accepting take-away food in plastic containers, and drinks in single-use paper cups or bottles, everyone brought their own.

Generations of Hongkongers wouldn't leave home without their trusty vacuum flask to keep food and drinks hot, or cold, for long periods. A nourishing congee, lovingly handmade by mother or grandmother, could sustain a school kid throughout the day. Health-giving tea, topped up in the morning, stayed just as fresh in the flask's glass inner as the working hours rolled by.

As the environmental movement keeps gaining momentum, those wholesome and frugal habits of the past are becoming a lifestyle trend.

Young urbanites will gladly carry a vacuum flask with them to work, knowing that its home-cooked contents will provide them a fresh and healthy lunch. Those flasks now modernised with retro flair are part practical, eco-friendly food and drink storer, part stylish fashion accessory. The enjoyment of its contents is another plus: many people are reluctant to eat food served in foam containers, and glass is believed to be better at preserving the original flavour of dishes than even stainless steel.

For busy people on the go, a collapsible silicon bag is handy for holding food wet and dry (even noodles or salad) in an eco-friendly way. A simple wash up in the kitchen sink and it's good to go again.

Diners shouldn't feel embarrassed taking home leftovers from a restaurant – avoiding food waste honours the food, and the people who have produced it. These days, it's socially

acceptable to keep a reusable container in your handbag for just such a purpose.

Bringing your own cutlery and crockery can be a badge of honour, too. Many employers, including Kerry Properties, encourage staff to use home-brought cups, plates and utensils in the office pantry, washing them for reuse. The provision of a microwave and food steamer, another green office initiative, is an incentive for bringing food from home, thus avoiding waste.

When shopping, it has become second nature to take your own carry bags – so why not extend that to the packaging itself? We have done it before. In the old days of market shopping, goods were scooped from a bulk container and sold by weight. Consumers only bought what they needed, and they didn't have layers of packaging to dispose of when they got home.

More retailers are returning to those roots, making it easier for consumers to shop waste consciously. Several small neighbourhood grocery shops have begun stocking food staples



packaging-free, including oils and vinegar, flours and grains, herbs, spices and seasonings. Others selling teas and various dry goods by weight are popping regularly wherever locals shop, while some cosmetic brands sell shampoos, conditioners and Henna hair dye “naked”, without packaging.

Saving the environment can save money, too. Starbucks gives a discount to customers who present a reusable cup, and other brands are catching on. Check the website NO!W No Waste for a list of shops and restaurants around Hong Kong that offer a discount if you bring your own lunchbox.

If reducing waste seems difficult to manage within the context of a busy urban lifestyle, one young eco-pioneer is showing the way.

British-born Hong Kong resident Hannah Chung was working at social enterprise in late 2016, she decided to embark on a year-long zero waste challenge. It meant a big change in lifestyle for the then-30-year-old, who documented her journey on Instagram. But in that time, she sent nothing to landfill.

After the year was up, Chung found she “couldn't go back” to her old ways – her new, greener habits had become ingrained.

Her handbag staples are a vacuum flask, a stainless steel lunchbox, cutlery set, and a small, fold-up bag to use in case of incidental purchases.

At home, shoe bags become grocery carry-alls, and pillow cases keep fresh bread beautifully. Making a game out of finding creative ways to reuse mindfully keeps the challenge fun.

Chung now reaches out to schools and advises businesses on how to intercept waste at the source, rather than focusing on recycling strategies.

It may not be practical – or even possible – to aim for a zero waste lifestyle. Easier, and still effective, is to make small changes.

Refusing what we already have, and being more conscious in our shopping choices, is a great way to start.



The reusable food bag by Roll'eat. Roll'eat's 可循環再用食物袋。



More retailers are selling tea and various dry goods by weight, making it easier for customers to shop waste consciously. 不少雜貨店以重量售賣茶葉及各式乾貨，讓顧客購物時亦能減廢。

做個減廢英雄

香港的環保先鋒尋求減少棄置盛器的方法，並借鑒昔日節約的作風。

還記得我們毋須費盡心力處理廢棄物的日子嗎？只因當時沒有太多垃圾，在我們習慣以塑膠盒盛載外賣食品，或使用即棄紙杯之前，人人都自備器皿。

從前，好幾個世代的香港人出門時都會自備可靠耐用的真空保溫壺，使食品和飲品能長時間保溫。母親或祖母親手熬煮的暖粥，營養豐富，使孩子能精力充沛地上課。早上將養身茶倒進玻璃內膽保溫杯，工作了一整天後，仍可品嚐宛如剛剛沖泡的熱茶。

隨着大家對環保意識有所提高，港人昔日養生節儉的習慣逐漸再成為生活潮流。

年輕一輩的都市人樂於攜帶保溫瓶上班，因明白到午餐吃家常菜最為新鮮健康。這些充滿懷舊氣息的現代保溫瓶，既是實用環保的食物及飲料容器，亦是時尚潮物。另一個優點是讓人更能享受食物：許多人討厭吃發泡膠飯盒盛載的食物，而玻璃據說比不銹鋼更能保存菜式原來的味道。

對馬不停蹄的上班族而言，可摺疊的環保矽膠袋十分方便，適宜盛載乾濕食物（甚至麵條或沙律），用後於鏟盆簡單沖洗，能繼續使用。

食客毋須為打包剩餘食物而感到尷尬——避免浪費食物等於尊重食物及廚師。因為，社會近年已吹起自備打包容器的風氣。

要樹立環保好榜樣，亦可自備餐具及餐盒。嘉里建設等多間公司均鼓勵員工自攜杯碟及餐具回公司，用後在茶水間沖洗重用。另一項綠色辦公室設施為微波爐及蒸爐，這能夠鼓勵員工自備飯盒，以減少浪費。

我們已經有自備環保購物袋的習慣，何不把這個習慣延伸至商品的包裝之上？畢竟，從前的舊式雜貨舖也是以這種形式做買賣。店主從大容器舀出貨品，以重量計算價錢，顧客只購買所需分量，回家後也不須

要把一層又一層的包裝紙丟棄。

現時不少零售商反璞歸真，讓顧客在購物的同時，亦能減廢。好些小區雜貨店已開始售賣沒有個別包裝的主食糧，包括油、醋、麵粉、穀物、香草、香料及調味料等。區內亦冒起其他以重量售賣茶葉及各式乾貨的商店，而部分彩妝品牌亦「裸售」無包裝的洗頭水、護髮水及植物染髮粉。

保護環境同時可「保障錢包」。星巴克為使用可重用的自攜咖啡杯的顧客提供折扣，其他品牌亦相繼仿效。NO!W No Waste網站列出香港各區為自備餐盒人士提供優惠的商店和餐廳。

若說忙碌的都市生活難以實行減廢，一位年輕的環保先鋒卻親身示範了可行之道。

Hannah Chung是在英國出生的香港居民，她曾於社企工作，2016年底決定展開為期一年的零廢挑戰。當時30歲的她在生活上迎來重大改變，並在Instagram記錄了這次經歷。這段時間裏，她絲毫沒有增加過堆填區的負擔。

一年後Hannah結束挑戰，卻發現自己已「回不了頭」，新培養的環保習慣已根深柢固。

她的手袋常備保溫瓶、不銹鋼餐盒、餐具套裝及可摺疊環保袋，以備不時之需。

在家中，鞋盒變成雜貨盒，枕袋則變成保鮮的麵包袋。她不斷發掘重用物品的創意方式，令減廢挑戰永遠保持樂趣。

Hannah現時到訪學校，並建議企業如何從源頭減廢，而非只有回收分類。

零廢生活或許難以實行，但從一個個的小改變做起，雖然看似簡單，但其實一樣有效減廢。

重用既有的物品，並於購物時加以慎重考慮，無疑是實行減廢的好開始。



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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