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行跡，在南極

TEXT · PHOTO | 鄭有來、黃麗如

The authors describe their journey deep into Antarctica as extremely dangerous but rewarding, with magnificent scenery rarely seen elsewhere.

作者的鄭有來與黃麗如的 staffer 員的在極地的笑勧看進了
未然的景色的在."
那晚的氣溫是零下 75.8 度，我不由得想，但丁把冰獄列在火獄之下是有道理的。

Apsley Cherry-Garrard 《世界最險惡之旅》

進入南極大陸冰世界

我第一次讀《世界最險惡之旅》時，覺得瑣碎，為何要把像帶幾批馬、幾條狗上船寫得那麼詳細，哪隻狗墜入冰縫、哪匹馬淹船都一一記載，而旅程中的裝備細項與重量更是羅列得清清楚楚。後來隨著去南極的次數變多，把這本書看了又看，終於明白為什麼薩瑞要把這一切寫得那麼細，要有那麼多人的觀點，因為這一切就是要讓之後的旅人得以存活，得以記取教訓走上成功之路。

他在序文中寫道：「本書之所以不嫌其瑣，詳盡敘述方法、裝備、食物與重量等等，就是希望留下完整紀錄，供將來的探險者參考。」看到這句話，我不禁熱淚盈眶。他留下來的不只是經典的探險文學，而是一個救生圈，在史考特之後這一百年的探險者、旅行者，無不是修正前人的腳步、不斷在探險之路進步又進步，靠著前人經驗的積累與突破。我才得以在這艘船上，慢慢地逼近南極半島，前進南極大陸，欣賞冰的世界，而非陷入冰的煉獄。”
冰的迷離世界

「其實我們所看到的冰山，只是整座冰山的十分之一。」坐著橡皮艇，在梅爾基奧（Melchior Islands）間巡遊時，船上的生物學家Colin說。眼前的冰山非常平靜，有如靜定的大型雕刻，但是駕駛橡皮艇的Colin在接近冰山時仍小心翼翼，不敢太過接近，因為安靜的冰山外觀只是表象，矗立在海上的冰山已構成他的海流系統，冰山下的風景和危險是旅人摸不透的。Colin說：「南極讓人見識到冰的力量，以及冰的奇幻世界。」只是這個世界是神祕的，安靜的冰山表面下往往藏著騷動狂暴的靈魂。冰山，是供人景仰的。

見過南極的冰才能明白冰的世界的奧妙。冰山、冰河、冰原、冰架等專有名詞在南極可以看到實體的對應，這是冰的世界。是白色南國。冰山因為風的侵蝕而有不同造型，南極的風特別狂妄，年平均風速80公里，最高風速可達320公里。風力是把利刃，在冰山上揮舞著，剎劃出不同的冰山面貌。有的像印地安人的面孔，有的像希臘羅馬時代的列柱，有的像月球表面，有的在小礫灘內蝕成一個洞並晃動著光影的美，有的像一粒粒的小鏡頭散落在海洋上。而個個刻劃刀法不同，有時是俐落的直線，有時是摩擦出的凹凸感。有時則是以國畫的皴法剝過。在冰山群間穿梭，見證的是天工的不可思議。

11月初的南極（南極初夏），隆冬的瑞雪未退，大地覆著厚厚的白雪，是冰封的世界，很多地方踏踏其上都不曉得是陸地還是坑洞，每踏一步就是陷進一個小溝的深度，兩腳底下是更厚實的冰
黎明。那时候在南极散步，比较像是在一个坑洞一个坑洞间爬上爬下，冰雪之路不是平的，只能循着前人踩踏的坑，继续踩踏前进。

盛夏的南极，雪慢慢融化，露出岩石的缝隙。缝隙在巨大的白色世界里，显得渺小，像是毛笔画过的笔迹，冰原是白色的画布，岩石露出的缝隙则串连出大幕的抽象画。缝隙交错有深有浅，震撼度还胜过画家波洛克（Jackson Pollock）的巨幅作品。露出的岩石在靠海平面上的块则是另一件极地大地艺术创作，冰川的侵蝕与移动，在岩石上刻下或深或浅的奇工整，对仗的缝隙，冰的力道彎出岩石内里的颜色，铜黄色、青灰色、墨绿色等属于碳的暗色系，在只有白色和黑色的世界里，成了明亮的缝隙，像树木的年輪般嵌在极端风景里。

(本文摘錄自《呼吸南极：在世界盡頭找一條路》，聯經出版公司2021年1月發行。)
EXHIBITION
圆點女王在紐約
POLKA DOT QUEEN IN NEW YORK

TEXT | 吳玟蓁
PHOTO | Robert Benson
Japanese pop art icon and installation artist Yayoi Kusama is known as the “queen of polka dots”. The use of polka dots and the integration of natural landscapes give her works a distinctive vitality. Her exhibitions at the Tate Modern in London and Gropius Bau in Berlin scheduled for 2020 were postponed to this year because of the coronavirus pandemic. At the 101-hectare New York Botanical Garden, the KUSAMA: COSMIC NATURE exhibition runs until October 31.

A selection of works produced between 2007 and 2019 are on display, in addition to many that were created last year. Dancing Pumpkin is a pumpkin-shaped sculpture with dynamic lines and yellow and black polka dots. The revised Narcissus Garden features 1,400 stainless steel reflective balls floating in a pool. The Ascension of Polka Dots on the Trees installation shows tree trunks wrapped in red and white fabric, bringing touches of color to the greenery. Yayoi Kusama’s lifelong fascination with nature began in her family’s seed nursery. Having grown up surrounded by rare plants, she’s at home in this botanical garden, tapping into her seemingly unlimited creativity for this exhibition. Those who are able to visit the New York Botanical Garden will be treated to the charms of the queen of polka dots.
藝術家 KAWS 出生於美國紐澤西，發跡於 90 年代的紐約布魯克林，畢業於 School of Visual Arts 美術專業學校，20 幾年在繪畫、街頭塗鴉、產品設計、雕塑等領域自由穿梭，不僅僅是平面，也能將作品轉化為 3D 立體雕塑。擅長流行文化和色彩繽紛的卡通人物，特別是以人物瞳孔內 X 的設計做為象徵性的標誌，他也時常和 UNIQLO 和 Dior 等知名品牌推出聯名商品，深受大眾喜愛，巧妙突破了商業與藝術間的界線。

KAWS 和日本的淵源頗深，在 20 年前，於東京澀谷公園開過一場名為 KAWS TOKYO FIRST 的小型展覽，今年，他抱持著回歸原點的想法，以同樣的主題在 7 月 16 日到 10 月 11 日於東京森美術館展出。和過去不同的是，本次的藝術作品多達 150 件，更結合了 AR 技術並公開私人收藏，多為 KAWS 欣賞的藝術家之作，更能貼近他創作時的真實軌跡，規模可謂是他在目前為止在日本最大型的個人展覽。

1-3 相隔 20 年，KAWS 再度回到東京以同名 KAWS TOKYO FIRST 開展，令人期待。

KAWS returns to Tokyo after two decades with the much-anticipated "KAWS TOKYO FIRST."

20 年ぶりに東京に帰ってきた KAWS が、同じ名前の KAWS TOKYO FIRST 展を開催することになり、期待が高まっています。
American artist KAWS was born in New Jersey. His star began to rise in the 1990s, in Brooklyn, where he steadily gained fame while studying at the School of Visual Arts. For more than 20 years, his work has crossed genres and media, embracing painting, graffiti, product design, and sculpture. In particular, he excels in converting his 2D works into 3D sculptures. His signature pop culture works of colorful cartoon characters are very recognizable, and have been highlighted in collaborations with fashion brands such as UNIQLO and Dior. Having won a huge following, KAWS has successfully blurred the boundaries between business and art.

KaWS’ deep connection with Japan began 20 years ago, with a modest solo exhibition at Shibuya Parco in Tokyo, entitled KAWS TOKYO FIRST. This year, an exhibition of the same title, themed on his return to his origins, opens at the Mori Arts Center Gallery in Tokyo from July 16 to October 11. Incorporating AR technology, the 150 exhibits feature works from his personal collection and provide insights into his unique creative process. This is his largest solo exhibition in Japan to date. Co-curator Junya Yamamine says, “There are more than 150,000 social media posts in Japan with #KAWS. This allure has permeated society and produced new value.”

1. KAWS TOKYO FIRST 展覧会ピュージャル
2. KAWS HK CHUM, 2002 © KAWS, Collection of Larry Warsh
3. KAWS NEW TURN, 2020 © KAWS, photograph by Farzad Owrang, Shanghai Powerlong Museum Collection
4. KAWS (Brian Donnelly), photo: Nils Mueller for Werteinl
CRAFTSMANSHIP

逼真紙雕顛覆環保

PAPER CUTS CELEBRATE NATURE

TEXT | Caitlyn
PHOTO | Mlle Hipolyte

日本丹頂鶴，曾經是遍布全國的祥瑞之鳥，如今在全世界的數量只剩約2,000隻。紅色的頭頂、有著美麗的粉紅羽毛，早在1989年列入瀕危野生動植物種類。這些瀕臨絕種的動物或植物，若再面臨更嚴峻的環境，也許將永遠消失在人們的眼前。法國里昂的紙雕藝術家Mlle Hipolyte有感於此現象，把這些動植物的美麗姿態，以紙雕的樣子保存下來。栩栩如生的紙雕樣態，除了是對這些生物的紀念，也是藉此呼籲人們重視環境保護，愛護地球的一草一木。2018年時，Mlle Hipolyte就曾以色彩斑斕的《珊瑚博物館》一作，用不同顏色的紙，雕出了海底世界繽紛的各式珊瑚，欲喚起人們對海洋保護的重視，而今，她持續用令人驚嘆的作品，軟軟但堅定地傳達她對地球的愛。

The Japanese or red-crowned crane, considered an auspicious bird, was once found all over Japan. Today, only 2,000 individual birds remain in the world. The salmon-crested cockatoo is known for its beautiful white-pink feathers. In 1989, it was listed as an endangered species. With their habitats under threat, some endangered animals and plants may soon disappear forever. French cut-paper artist Mlle Hipolyte is preserving their beauty through the creation of lifelike paper sculptures, which call on people to cherish and protect the environment. In 2018, she created a colorful coral reef in paper, entitled Corallum, to raise awareness of the importance of marine conservation. Today, she continues to produce awe-inspiring works that are both beautiful and meaningful, to convey her love for the earth.
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中華航空 榮獲CEIV Pharma冷鏈認證

藥品種類不計其數，而每樣藥品所須的運輸條件不盡相同，中華航空堅持取得，由國際航協所頒發的製藥等級冷鏈認證 (IATA CEIV Pharma)，以一致的控溫高標，多品牌的溫控方案，完美應變你對所有藥品的要求，為您安全運送健康到世界各地。
ARCHITECTURE

《台灣郊遊》：威尼斯雙年展
TAIWANESE ARCHITECTURE AT THE VENICE BIENNALE

TEXT | Gailynn | PHOTO | 高橋康・自然洋行

The Venice Biennale of Architecture takes place once every two years. Originally slated for 2020, it was rescheduled for May 22 to November 21 of this year. Based on the theme “How will we live together?”, the importance of architecture as a bridge between people and the environment and its relationship to life, work, travel, and ideals are highlighted. In the Taiwan Pavilion of the Palazzo delle Prigioni is presented the Primitive Migration from/to Taiwan exhibition developed by the National Taiwan Museum of Fine Arts in cooperation with Divoce Zein Architects and Double-Grass International Co., which draws attention to five existing architectural projects in Taiwan. The works of 62 creative teams from all over the world are also on display. With the integration of images, sounds, and scents, visitors experience the beauty of architecture and explore the relationships between architecture and life through their senses.
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This book begins with a description of woven headbands used by indigenous porters for carrying supplies on long trips into Taiwan’s high mountains. With these headbands, the forehead becomes a fulcrum for bearing 100-kilogram loads as these porters build bridges between outsiders and the mountains. These are among the few indigenous people able to work and live in their ancestral homes. The role of rangers is often romanticized due to the beautiful surroundings in which they work. But what is the reality? Moving Mountains: A Tale of Rangers and Porters made the shortlist for the Gold award of the 2020 Taiwan Literature Award. Author Salizan Takisvilaian is already the recipient of Hualien County and indigenous literature awards. In this book, he tells little-known stories of indigenous porters and rangers, providing an understanding of indigenous history and the need to respect mountains and forests.
美好生活從旅行開始

Time to Travel

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對於熱愛登山攀岩的人來說，台中的鳶嘴山是難度適中的所在。手腳並用，揮汗如雨地攀上90度垂直的峭壁，克服恐懼站上山脊，方能感受俯瞰台中風景都在腳下的舒暢。

# 膽小者切勿嘗試
# 衡量自身能力不逞強

CLIMB A MOUNTAIN IN TAICHUNG

Hiking enthusiasts rate Taichung’s Yuanzui Mountain Trail to be of moderate difficulty. However, to reach the top, you must scale a 90-degree vertical rock face. Stand on the ridge and be awed by the panoramic views of Taichung.
WALK A PICTURESQUE TRAIL IN YILAN

The autumn sun peeks through the misty mountain forest along the Jiaping Huaigui Trail in Yilan County, lighting up remnants of an old logging railway. A clear day is a blessing because the trail is often surrounded by a sea of clouds; enjoy the rare view of Lanyang Plain and the Holy Ridge.
DIVE OFF GREEN ISLAND

Green Island is a magnificent year-round diving destination. In fall and winter, you can avoid the effects of the strong northeast monsoon winds by visiting these dive sites: Shilang, Chaikou, and Dabaisha. Enjoy the warmth of southern Taiwan’s sunshine as you step into the colorful marine world.
LOOK INTO TAITUNG’S SKY MIRRORS

A “sky mirror” is an apt description of serene, reflective waters. The most famous of sky mirrors has to be the Salar de Uyuni salt flats in Bolivia. Taiwan’s most beautiful sky mirrors are at Duli Beach in Chenggong Town and Dapo Pond, both in Taitung County. Duli, in particular, offers a perfect walk with a view of mountains reflected on still waters.
TRAVEL FOOTPRINTS
旅行的足跡

WALKING FOR A MEMORABLE JOURNEY
千里之行始於足下

TEXT | 吳思瑩
PHOTO | Shutterstock.com

旅行的過程，其實是生命裡一段難得的真空狀態，為了旅行，我們拋下俗務，
暫停行禮如儀的日常，只為換取這些獨立於過去未來的時光。然而，這段日子
留下的足跡，卻成為可能改變生命方向的引子。不是嗎？

To take a trip, we need to put aside our mundane affairs and temporarily stop our daily
routine. While traveling, we enter a time that is independent of past and future. Who knows?
Our footprints may serve as a guide to a life-changing experience. Right?
往山裡走，往心裡去

「我到了以前看地圖會跳過去，覺得沒登山意義的地方，我以前想像的不可輕易入侵之神祕又危險的地帶，現在變成最熟悉的山區。我和山的關係被他們改善了，望著深霧繚繞的崇山峻嶺，我不會再興起恐懼與神祕的敬畏，而是感受祖靈的召喚。」林克孝在《找路：月光、沙灘、Kilesan》寫下這段話，記錄他行山、與山對話的心跡，人與自然的關係，從來都是變動的，但也一直是帶有返祖行為與思維的羁絆。

當下此刻，旅行成了奢望，成了來日可追的想像。即使我們可跟著Google Map到達世界的彼端，打開IG一秒置身祕境，但對於真實土地，雨後潮濕的泥濘，山林野鳥溪水啾啾連絡的渴望，卻不曾因為5G降臨而消減。也許，日常生活愈加紛擾，我們其實愈要回歸自然懷抱，無須冒險，卻是更實地「腳踏實地」，用雙腳親近大地，從踏出每一步的震動中，感受到與自然的親近與舒暢。

每走一步，就能多感受被叢鬱環抱的舒緩，溫習旅行記憶，也更期待下一次出發。
With each step, feel the comfort of being embraced by the lush greenery, as you relive your travel memories and look forward to the next adventure.

一步步踏出去，腳踏於大地，心也隨之著，旅的思義出 novembre，次的旅也樂著，享受、。
EMOTIONAL BONDS WITH NATURE

In his book, *Finding the Way: Moonlight, Sayon and the Klesan*, Lin, Keh-hsiao wrote, “I went to those places that I used to skip over on maps as I thought that they were not meaningful hiking destinations. Those areas that in my mind could not be easily reached and that were mysterious and dangerous are now very familiar. My relationship with the mountains has improved because of them. Looking at the lofty peaks shrouded in cloud and mist, there is no longer fear and awe. Rather, I feel the call of the ancestral spirits.” He recorded his thoughts on hiking and his dialogues with the mountains. The relationship between people and nature is everchanging. However, it is also connected to the concepts and actions of returning to a simpler time.

At this moment, travel eludes us. It is the imagination of something in the future. We can only search the world on Google Maps and view little known places on Instagram. However, our desire to truly connect with the land, the mud after a storm, and the sounds of forests, birds, and waters has not diminished with the advent of 5G. As we experience turmoil, there is an even stronger pull toward nature. There is no need to take unnecessary risks. To truly experience what it means to be “down-to-earth,” let your feet touch the land. With the vibrations of each step, feel the closeness and comfort of nature.
洗滌靈魂的朝聖之路

聖雅各之路或聖地牙哥朝聖之路是前往天主教的聖地——西班牙北部城市聖地牙哥·德孔波斯特拉的朝聖之路，主要指從法國各地經由庇里牛斯山，橫跨西班牙北部的道路。「人們總在生命中有所追求，卻因為遇到危機而來到這裡。」

電影《聖雅各的天空》拍攝六位旅伴以38天的時間，走完這條跨越800公里的智慧與啟示之路。走在這條被稱為歐洲最美徒步路線的朝聖路上，背起行囊，拄著登山杖，你不知道會與誰同行，但肯定的是，踏出的每一步，都是未來人生向前的動力。有人告別了過世的親人，有人為了祈福而來，偶一抬眼，瞥見途經石牆上噴漆“You'll never walk alone.”在嚴酷的氣候地形變化之中，重新感受承載靈魂的肉體和天地融而為一。如同與妻子走過這條路的YouTube頻道主「宮堡基」所言：如果有一天你也走上這條拷問靈魂的朝聖之路，你可以走入自己的內心，誠實地面對自己。

即使踽踽獨行，每一位踏上朝聖之路的旅人，似乎都踏上了一段內心的浄化之旅。

Even if you are traveling solo, every traveler who walks the El Camino de Santiago seems to be on the path to spiritual purification.

一人で歩いていても、巡礼の旅に出る人々は、心を浄化する旅に出ているようです。
SOUL-CLEANSING PILGRIMAGE

El Camino de Santiago is a network of pilgrimage routes leading to a Catholic holy site in the Spanish city of Santiago de Compostela. The main route begins in France and crosses the Pyrenees into northern Spain. “People are always pursuing something in life. But they come here when they encounter a crisis.”

The film Camino Skies follows six travel companions over 38 days, as they complete their 800-kilometer journey of wisdom and enlightenment. Walking this pilgrimage route, the most beautiful in Europe, carrying a backpack and a hiking stick, you never know who you will meet. What is certain is that every step is the driving force for your future. Some come to grieve for a lost loved one and others to pray for blessings. Looking up, they catch a glimpse of this quote painted on a stone wall: “You’ll never walk alone.” In the harsh climate and changing terrain, feel your soul-bearing physical body becoming one with heaven and earth. The YouTube channel host Aihe Luke Zheng, who completed this challenge with his wife, says, “If one day, you walk this soul-torturing pilgrimage route, you will go deep into your heart and honestly face yourself.”
冰與火的壯美奇境

Laugavegurinn步道是冰島最著名的內陸高地徒步路線，全長55公里，穿越冰島南方，連接著蘭德曼納勞卡地熱區與索斯莫克山谷，走完全程約需兩至六天，且僅於6至9月開放。Laugavegurinn的原意就是「溫泉之路」，呼應著夏季開放的蘭德曼納勞卡地熱區隨處可達的地熱溫泉，索斯莫克山谷則是冰川與山峰圍繞的綠洲，冰島語即是「雷神索爾的山谷」。如同負責宣傳北歐神祇信仰的組織Ásatrúarfélagið中的牧師西馬爾漢曾說，「我們認為北歐神話帶著詩意的隱喻，是人類心理和自然力量的宣言。」行走這條步道，便能感受到這份宣言與自然連結的壯美。

位於印尼龍目島的林賈尼活火山，海拔3,728米，與日本富士山高度相仿，橢圓形的破火山口部分被火山湖覆蓋，空拍看起來就像在大火山又嵌套了一個小火山。林賈尼是印尼排名第二的經典火山探險路線，路程約二至三天，每年4到12月是最佳攀爬時段，若遇雨季則封山。從Senaru村出發的雨林路線能充分感受野生動植物環繞的原始生態，行至山腳則能體驗火山溫泉與俯瞰火山湖之美，洗去一身疲憊。
MAGNIFICENT SCENES OF FIRE AND ICE

The 55-kilometer hike from Landmannalaugar to Þórsmörk, along the Laugavegurinn trail in southern Iceland, takes five to six days to complete and can only be done between June and September. Laugavegurinn translates to “hot springs road,” referring to the geothermal springs of Landmannalaugar. Þórsmörk is a green oasis surrounded by glaciers and mountains. Its name means “valley of Thor.” Ásatrúarfélagið is an organization that promotes beliefs in Norse gods. Its allsherjargoði or chief goði, Hilmar Örn Hilmarsson, once said that Norse mythology is rich in imagery. It is a declaration of what is in the human heart and the power of nature. Walking this trail, feel the magnificence of this declaration and the connections with nature.

Mount Rinjani is a volcano on Indonesia’s Lombok Island. It reaches a height of 3,726 meters, nearly equal to that of Mount Fuji in Japan. Its elliptical caldera is partially covered in crater lake. From the air, it looks as if there is a smaller volcano inside a larger volcano. Climbing Mount Rinjani is a classic volcanic adventure, requiring two to three days to complete. The best time is from April to December, as the trail is closed during the rainy season. Taking the rainforest route from the village of Senaru, there is vegetation and wildlife all around. At the top of Mount Rinjani, experience volcanic hot springs and beautiful views of the crater lake.
魔幻山河真實絕景

「即使是最小的人物也可以改變未來的進程。」這是電影《魔戒》精靈女王凱蘭崔爾曾說過的一句話，無論是放在探索人生或徒步縱走都深具啟發。《魔戒》的拍攝地紐西蘭美麗勝景不需再多著墨，其中以山峰、峽谷、瀑布及湖泊巧妙串起阿斯帕林國家公園和峽灣國家公園的路特本山徑，是一段旅程約32公里，需時三天的較短路程，但卻能在群山環繞中登上哈里斯鞍脊，欣賞360度全景風光。山徑的森林路段棲息了豐富鳥類，紐西蘭在地的大山雀、知更鳥、鈴鳥都很常見。其中，身披橄欖綠外衣、下腹搭配鮮豔紅羽的啄羊鸚鵡，是全世界唯一的高山鸚鵡，亦是受到保護的瀕危動物。

加拿大洛磯山脈被喻為「北美洲的脊骨」，擁有四座國家公園，1984年入列世界遺產。最大的傑士伯國家公園，已開發的景觀步道長1,200公里，擁有最多登山點及北極圈外最大的冰原遺跡「哥倫比亞冰原」，而洛磯山脈的最高峰羅布森山也座落於此，壯闊至極。
WHERE FANTASY MEETS BEAUTIFUL REALITY

“Even the smallest person can change the course of the future.” This line from the film series *Lord of the Rings* was spoken by the royal Elf Galadriel. This inspiring quote can be applied to exploring all that life has to offer or traveling on foot. *The Lord of the Rings* was filmed in New Zealand’s beautiful locales. For example, the 32-kilometer Routeburn Track crosses Mount Aspiring National Park and Fiordland National Park, connecting peaks, valleys, waterfalls, and lakes. It requires at least three days to complete. Along the way, climb to Harris Saddle for 360° panoramic views of the surrounding mountains. In the forest sections are many bird species, including those native to New Zealand, such as the commonly seen tomtit, robin, and bellbird. The kea is the world’s only alpine parrot and is mostly olive green with bright red plumage under the wings. This is a protected species.

The Rocky Mountains are the backbone of North America. In 1984, four Canadian Rocky Mountain parks received UNESCO World Heritage Site designation. The largest of these is Jasper National Park with 1,200 kilometers of scenic trails. It also possesses the most hiking spots and the largest icefield outside the Arctic Circle, the Columbia Icefield. Nearby is Mount Robson, the highest peak in the Canadian Rockies.

With rolling mountains, forests, lakes, and magnificent valleys, trekking allows you to experience the beauty of the natural world. 延々と続く谷や湖の絶景の景観。雄大な渓谷など、歩いて観ることは景色の美しさをリアルに体験できます。
FOCUS

Mountains to Sea Greenway

The Mountains to Sea National Greenway is for walking and hiking or cycling, with buses and ferries available in some areas. Explore Taiwan’s culture and nature, beginning with its inner sea and ending at its sacred mountain and Northeast East Asia’s highest peak – Yushan. This greenway is comprised of four themed sections. The first is the inner sea which includes the Jianan Irrigation System. Along the way, view fish farms, salt fields, wetlands, and temples. The second is the canal, which includes canals of different sizes, three large bridges, the Wushantou Reservoir, and Taiwan’s largest reservoir, Zengwen, which was completed in 1973. Next is the indigenous Tsou community that also includes mountain areas and the Zengwen River Gorge. The last is the sacred mountain, with the largest variations in terrain and forest landscapes and a climb to the summit of Yushan’s main peak.

It is best to set aside one week to walk this 177-kilometer greenway. From the rooftop of Taiwan, Yushan, explore mountain paths, historic trails, and highways, while meandering through indigenous communities and forests and along canals and an inland sea. With each step, come closer to Taiwan’s mountains and coastal areas as you leave an imprint in your memory of this precious travel experience.
山海圳國家綠道串連了山、海、圳，是一條承載著台灣歷史文化、自然環境與族群文化的多元步道。

The Mountains to Sea National Greenway connects mountains, seas, and canals. It is a diverse trail that represents Taiwan's history, culture, natural environment, and ethnic diversity.

山海圳緑道は山、海、川を結び、台湾の自然環境、歴史と民族の文化を運ぶ多面的なコースです。
一位是堅持讓台灣長出自己的美學文化，並且五度入圍葛萊美最佳唱片包裝設計獎；一位是來自法國，參與過近三百場馬拉松賽事，並拿下無數的冠軍獎盃。看似平行的兩人，卻同樣用他們的雙腳，踩出精彩人生，更展現出他們愛台灣的心！

One is from Taiwan and has been devoted to presenting Taiwan’s esthetics and culture through design, receiving five Grammy nominations for Best Album Package. One is from France and has participated in nearly 300 marathons, winning countless trophies and awards. What they both have in common is that they use their feet to live incredible lives and present their love of Taiwan!
從法國走進台灣

出生南法普羅旺斯的吉雷米，大學就讀地理系，畢業後因為有一種想「看世界」的念頭，他申請國際志工，輾轉來到台灣。

當時，吉雷米結交一位台灣女友，因為女友的爸爸熱愛跑馬拉松，他開始跟着阿伯跑步，想不到每次都被人狠狠拋在後頭。他決心自我鍛鍊，每天四點半起床練跑，即使下雨天也穿上雨衣出門，終於在一年後參加太魯閣5公里馬拉松，還勇奪第一。之後，他漸進式地參加10公里路跑、21公里半馬、42公里全馬、100公里超馬、越野超馬……他愈跑愈快，就像電影《阿甘正傳》的男主角一般，拿下無數獎牌。

COMING IN

Remy Gils was born in Provence, southern France. In college, he studied geography. After graduating, he wanted “to see the world.” This led to him becoming an international volunteer and to his arrival in Taiwan.

Remy dated a Taiwanese woman whose father was a marathon runner. Intrigued, Remy began running with him, each time lagging behind. This made him determined to train. Rising at 4:30 every morning, he ran rain or shine. After one year, he entered the Taroko Gorge Marathon five-kilometer run and came in first. After that, he advanced to 10-kilometer runs, 21-kilometer half-marathons, 42-kilometer full marathons, and 100-kilometer ultramarathons. He ran faster and faster and, just like in the film Forrest Gump, received numerous medals and trophies.

想「看世界」的吉雷米來到台灣後，跑遍了他想一輩子待著的地方。

When Remy Gils, who wanted to see the world, came to Taiwan, he chanced upon the place he wanted to live in for the rest of his life.
從台灣走向世界

2005年，首度以「飄浮手風琴」入圍葛萊美包裝與內頁獎項的蕭青陽，如今，已五次入圍葛萊美，然而，若我們稱蕭青陽為「設計師」，他或許會說：「壯遊者和冒險者，其實更貼近我的生活！」

蕭青陽坦言，39歲那年，他首次入圍葛萊美音樂獎，才有了人生第一次出國的經驗。初次的旅程，他從舊金山一路開往洛杉磯，沿途都是跑車與重機，「仔細一看，全是老人！我當下告訴自己，不要等到老了才旅行，我要趕進度！」心念一動，從此，蕭青陽認真玩，出走全世界，成為台灣設計界「最認真的旅行玩家」。

GOING OUT

In 2005, Xiao, Qing-yang was nominated for a Grammy Award for his design of the packaging and liner notes of the album The Wandering Accordion. Today, he has racked up his fifth such nomination. However, if we were to call Qing-yang a designer, he might say, “Traveler and adventurer would be a more accurate description!”

The year he turned 39, Qing-yang received his first Grammy Award nomination. That was also the first time that he traveled abroad. As he drove from San Francisco to Los Angeles, he saw people in sports cars and on motorcycles. “When I looked carefully, I noticed that they were all older. I told myself that I would not wait until I was old to travel. I had to catch up!” Since then, Qing-yang has been around the world, becoming known as “the most conscientious traveler” in Taiwan’s design industry.
與土地產生連結

吉雷米在參與過無數馬拉松賽事後，決心「用腳步愛台灣」。環台1,000公里的路程，他以每天一場全馬加半馬的距離，連續跑了17天，成為首位完成跑步環台壯舉的西方人。

不久後，吉雷米在宮廟中看見可愛的三太子，他一見鍾情，決定要拜上三太子再次環島。重達25公斤的三太子讓吉雷米在第三天就痛苦難耐，「但是冥冥中感覺到三太子在扶我、推我，而且陪跑的人愈來愈多！」靠著大家的支持力量，28天後，吉雷米終於抵達終點。在百感交集之下，他放聲大哭……自此與台灣這片土地產生更深刻的連結。

LETTING THE WORLD SEE TAIWAN

After participating in numerous marathons, Remy decided to show how much he loves Taiwan with his feet. Every day, for 17 days, he finished a full marathon plus a half marathon on a 1,000-kilometer run around Taiwan, becoming the first Westerner to do so.

Not long after that, Remy visited a temple and saw Satai (also known as Third Prince or Nezha) and was captivated. This led to another trip around Taiwan, this time carrying a 25-kilogram likeness of Satai. By the third day, he was in a lot of pain. He says, “In those dark times, I felt Satai helping me, pushing me, and there were more and more people accompanying me.” With this support and energy, Remy finished in 28 days. Arriving at his final destination, he was overwhelmed with emotion and began sobbing. It was then that he felt a deeper connection with Taiwan.
讓世界看到台灣

開啟了旅遊鍵後，蕭青陽以過人的膽識與冒險心，參加世界四大極地馬拉松、花了五天橫越撒哈拉沙漠、攀登聖母峰、參加美國藝術盛事火人祭。 「跑馬拉松時，我經常想著設計，創意也會源源不絕地跑出來；而仰頭看著撒哈拉沙漠上的天空，更會被老天爺的配色所折服，那絕對是人類想不出來的絕美配色！」號稱「色調電眼通」的蕭青陽，將跑步時的觀察與領會融入作品，也讓全世界看到台灣設計之美。

TAKING TAIWAN TO THE WORLD

With the spirit of courage and adventure, Qing-yang entered the 4 Deserts Ultramarathon Series, running across the Sahara in five days. He also climbed Mount Everest and participated in Burning Man. He says, "When I run a marathon, I often think about design. The creative juices keep flowing. When I looked up and saw the Saharan sky, I was impressed by God's color scheme. That is definitely something no human could put together!" These observations have been incorporated into his works, bringing the beauty of Taiwanese design to the world.

2-3 每一次的旅行，都為蕭青陽陸刻豐富的生命記憶，也轉化成更豐富的創作力。

Every trip imbuies Xiao, Qing-yang with rich memories of life, which inspire more creative transformations.
移動，獲得生命的領悟

近年來，推薦《南臺灣的廟宇、媽祖文化做「進化」，他三度到美國黑石沙漠參加盛大的藝術活動「火人祭」，無論是充滿台灣特色的「蓮花媽祖廟」，或是獲得大會傑出大獎的「如來神掌」，他將自己最喜歡的台灣元素推向國際，也讓東方之美成為他國仿效的對象。

而落腳台灣的吉雷米，得知台灣有16族的原住民族群，是很棒的語言研究場域。他開始採集語言做研究，進而出版法文書籍，教大家說台語、布農語、阿美語，甚至把在台灣生活的點點滴滴寫成書，「生命沒有奇蹟，只有累積。」吉雷米肯定地說。

如今，吉雷米用台語主持節目《無事坐公車》，帶著觀眾踏訪台灣各地風光。在生命的移動中，他告訴自己，要當台灣文化的守護者，無論是語言或是歷史軌跡，希望讓更多台灣人發現——自己的家鄉有多美！

吉雷米與蕭青陽不同的生命軌跡，都在台灣這塊土地畫下了絢爛彩虹。

The life trajectories of Remy Gils and Xiao, Qing-yang, while different, are a testament to the beauty and diversity of Taiwan.

ジェミーとジャオ・チンヤンの異なった生命の軌跡は、どちらも台湾のこの土地に絢爛たる虹を描き下ろしました。
MOVEMENT AND UNDERSTANDING OF LIFE

In recent years, Qing-Yang has become interested in the “evolution” of Taiwan’s temple and Mazu cultures, inspiring works developed in the Black Rock Desert of the US, the three times that he participated in Burning Man. They included *Lotus Mazu Temple and Divine Hand of Buddha*, the latter receiving a major prize. He likes to promote Taiwan’s elements internationally and to see Eastern esthetics imitated in other countries.

Remy has found a wonderful linguistics research environment among Taiwan’s 16 officially recognized indigenous tribes. Based on his research, he has published books in French on how to learn Taiwanese and the indigenous Bunun and Amis languages. He has even written about his life in Taiwan. He says that, “In life there are no miracles, just accumulated experiences.”

As the host of the TV program *Nothing by Bus*, Remy uses his knowledge of Taiwanese to explain to viewers the scenes and sights of Taiwan. In the movement of life, he tells himself that he wants to be a defender of Taiwan’s culture. No matter in terms of languages or history, he hopes to enable more Taiwanese to discover the beauty of the place in which they live.

Xiao, Qing-Yang
Date of birth: 1965
Education: Fu Hsin Trade and Arts School
Experience: Served as Judge for the Grammy Awards (US), Independent Music Awards (US), and Unknown Asia (Japan)
Design works: More than 1,000 recording packages, as well as products, art installations, and exhibitions. The Wandering Accordion, White Horse, Wu Sheng: Poems & Songs, and Story Island were all nominated for Grammy Awards.
Favorite genres of music: Jazz, hip hop, folk songs, indigenous music
走過山林不留痕
HIKING WITHOUT A TRACE

早在1890年代的美國新英格蘭地區，就有志工社群投入步道整修，成為手作步道的雛形。發展至今，人們藉由手作步道，探索先民生活史，學習「就地取材」的工法智慧，走過山林不留痕。

The concept of the Handmade Trail originated in the 1890s in the US. The Handmade Trail is focused on protecting ecosystems and environments by encouraging people to take away only their memories and leave nothing behind when visiting places of natural beauty.
人與自然和諧共處

初次聽聞手作步道，是與作家劉克襄前往香港郊野行山時。其他人在意的沿途景致以及攀登難易，他關心的卻是步道工法。和劉克襄因山結緣的台灣山岳文教協會理事吳雲天，每年固定號召茶山志工隊友上山，維修深坑的茶山古道。這條依循傳統工法鋪設的手作步道，穿越茶園與小溪，一公尺寬的路面覆蓋著泥土、沙石、草和落葉，與周圍景色完美融合。

何謂手作步道？顧名思義是以人工途徑，運用天然木材和石頭並藉由非動力工具輔助施作的步道，以降低對周遭生態環境的干擾。既是天然步道，難免風吹日曬而損壞，此時，便遵循「就地取材」，因地制宜的方式維護，減少對自然山徑的破壞。相較於無法呼吸的鋼筋水泥步道，手作步道彈性佳，對膝蓋損害小，且成本低，維護也更容易。

BEING AT ONE WITH NATURE

Most people care about the scenery or difficulty of a trail. The writer Liu, Ka-shiang cares about how it was constructed. After a meeting with Liu, Taiwan Alpine Culture Association director Wu, Yun-tian called on the Chashan volunteer group to regularly maintain the Chashan Historic Trail in Shenkeng District of New Taipei City. This handmade trail, which crosses tea plantations and creeks, was constructed using traditional methods. About one meter in width, it is covered in dirt, sand, gravel, grass, and fallen leaves, blending in perfectly with the surroundings.

A handmade trail is constructed of natural materials, such as wood and stone, with hand tools to reduce disturbance to the surrounding environment. As such, it suffers damage from wind and weather. Local materials are then used for repairs. Compared to reinforced concrete paths, handmade trails create less stress on the knees. They are also less expensive and easier to maintain.

手作步道強調透過天然材料修路步道，降低對生態的干擾。
Handmade trails accentuates the usage of natural materials in repairs, reducing its disruption on nature.

手作步道是，天然素材使用不訴請關山的修繕之策，生態系向心的影響者您們。
為台灣郊山存下綠色資本

台灣林務局在2006年引進美國無痕山林運動，隔年遷定橫跨新竹縣五峰鄉、尖石鄉的霞喀羅古道，推動手作步道工作假期，不僅志工與在地居民培養深厚感情，也意外帶動當地經濟。

同樣在2006年，黃武雄、徐仁修、小野發起千里步道運動，以「夢想一條環島千里步道」為初心，集眾人力量，促成保護台灣山海景色和人文之美的「公民行動」。經過4年努力，完成了台灣環島步道網，建構起山線與海線兩條主幹道。台灣千里步道協會副執行長徐銘祥，16年前飛往美國擔任全長3千5百多公里、世界第一條手作步道「阿帕拉契山徑」維護志工，累積寶貴實作經驗，他在演講中提到：「當人在不同的自然環境中從事休憩活動，依循無痕山林的準則去調整行為模式，減少對環境的衝擊影響，在實踐過程中，也會開始思考人與自然、與環境的關係。」

2014年6月7日這天，千里步道協會宣布成立「台灣步道日」，以「水泥步道零成長，天然步道零損失」為目標，守護台灣的郊山古道，持續打造沒有水銀燈、除草劑與水泥護欄的手作步道。
SAVING UP TAIWAN’S GREEN CAPITAL

In 2006, Taiwan’s Forestry Bureau introduced the Leave No Trace movement along with seven major guidelines. The following year, the Syakaru Historic Trail in Hsinchu County, was chosen as the site for a handmade trail working holiday program. Volunteers not only developed bonds with local residents, but also boosted the local economy.

Also in 2006, Huang, Wu-hsiung, Hsu, Jen-hsiu, and Li Yuan founded the Thousand Mile Trail movement to promote collective civic action to protect Taiwan’s scenic mountain areas and coastlines. After four years, a round-the-island trail network was completed with mountain and coastal arteries. Fifteen years ago, Hsu, Ming-chien, deputy director of the Taiwan Thousand Miles Trail Association (TMI Trail), went to the US as a volunteer to maintain the world’s first handmade trail, the Appalachian Trail. During one of his lectures, he said, “When people engage in recreational activities in natural environments, they adjust their behaviors in accordance with the principles of leaving no trace, reducing their impact. In the process, they start to think about the relationships among people, themselves, and the environment.”

On June 7, 2014, TMI Trail established Taiwan Trail Days to advocate zero growth in concrete trails and zero damage to natural trails. The purpose is to protect Taiwan’s historic trails and to build handmade trails without the use of mercury lamps, herbicides, or concrete guardrails.
旅行時的住所，有人在乎便利性，有人重視舒適程度，而更有些人，喜歡旅居住所的獨特性。愈是特別的地方，愈是親近當地的，最能勾起好奇心，花蓮民宿的「鹽花」，就是如此。

When choosing accommodation, travelers may emphasize either convenience or comfort. There are also those who enjoy the experience of staying somewhere unique that is locally connected. The Salt, a guesthouse in Hualien, is such a place.
靠海的日子很藝術

波浪，是海邊給人第一個印象，所以一踏入民宿「鹽花」，迎面而來的就是像是微笑一般的弧線。從外牆到招牌，自玄關到大廳，充斥著柔和又不失個性的圓拱造型，米棕色交織的空間，放鬆了旅人奔波的疲憊。一抬眸，是部落工藝團隊Kamaro’an用花蓮港口附近常見的輪船鋼製成的浪草燈，名為Fiyar，是阿美族語中的「海浪」，他們善用當地的材質，編織而成的家飾還有旋草燈和編織掛鏡。後者模擬鷹卵石的形狀，用阿美族傳統技法編織，與當地息息相關。

同為藝術融入住宿的，還有當代織錦藝術家陳穎婷的作品《織染在網》，她用鐵鑄浸染，植物手染兩種工藝，把舊時的招牌拓印在布料上，一格格狀似漁網，呼應了大主題「定賞漁場」。口吹玻璃工藝家陳建志，也延續此概念，滕作《漁網吊燈》，以白色玻璃塊象徵魚群，嵌入玻璃吊燈中。在民宿「鹽花」的角落，處處都能找到與海相關的連結，一開窗，就是伴著鹹味海風吹進來，恣意享受花蓮的美。

CLOSE TO ART AND THE OCEAN

The crashing of waves against the shore is often the first thing we associate with the ocean. The moment you arrive at The Salt, you are greeted by wave-like arches accompanied by beige tones that uplift body and spirit, from the sign on the exterior to the lobby's interior.

The umbrella plant, which grows near the Gangkou Community in Hualien, has been used by indigenous artisanal group Kamaro’an to produce wave-like woven lamps. These are known as Fiyar in the indigenous Amis language, which means “ocean.” In addition, deep local connections are found in the hanging mirrors decorated with traditional Amis weaving techniques. The shape of the mirrors is inspired by the pebbles along Hualien’s Qixingtan Beach.

Also exhibited are the works of contemporary textile artist Chen, Ying-ting under the theme of “rusty nets.” She has created rust rubbings of old metal signs using natural cotton cloth to present images of fishing nets, corresponding to the concept of “fixed fishing grounds.” Glass artist Chen, Chien-chih has made use of white finely-crushed glass to symbolize schools of fish. These have been inlaid into transparent glass bowls to produce “fishnet hanging lamps.” Each artwork at The Salt corresponds to Hualien’s seas and skies.

民宿鹽花選用在地織錦藝術品裝點空間，讓旅人在休憩時感受花蓮之美。B&B The Salt decorates their spaces with carefully selected local artworks, allowing visitors to feel the beauty of Hualien while resting. B&B たのす乃是、地元アート作品をセレクトして空間を飾り、旅人の憩いのひと時中に花蓮の楽しさを感じさせます。
引人駐足的美麗
SEE THE BEAUTY AROUND YOU

羅丹曾說：「世界不是缺少美，而是缺少發現。」每天路過景色千篇一律，你是否曾認真停下腳步看一眼？也許就能捕捉別人過去沒有發現的美景。

Auguste Rodin once said, “Beauty is everywhere. It is not that she is lacking to our eye, but our eyes which fail to perceive her.” While passing the same places every day, have you ever stopped and really looked at them? You might capture something beautiful that no one else has discovered.
不只是路過而已

在維持社交距離的如今，多了和自己獨處的時間，而人們的互動
以另一種形式浮現。也許是看見路邊的花開了，拍張照上傳到社交
網路，讓遠方的朋友一起欣賞，或許是經過一處美麗的樹窗，拍下
今日的穿搭，傳給思念的人，都能繼續維繫彼此的連結。

就像英國攝影師Bella Foxwell那樣，她拍攝了一系列的倫敦之
門，帶大家看看倫敦街頭上大門的造景特色，旁邊還伴隨著盛開
的花、翠綠的植物，生機勃勃並且與建築相映。這並非是為了拍
照所設計出來的場景，而是人們每天路過、卻未曾想過要捕捉的
畫面，在你身邊，是否也有這樣美麗卻被遺忘的角落呢？也許拿
起手機，就能將生活中的美一一記錄下來，在日復一日的平淡
中，尋求生活的甜蜜。

STOP AND SMELL THE ROSES

As social distancing has become the norm, we have developed
different ways of interacting and spending time alone. Perhaps we
take photos of flowers along a roadway and upload them to social
media to share with friends far away or we pass by a beautiful
window display and send photographs of it to those we miss to
maintain important connections.

Along these lines, British photographer Bella Foxwell has created
a series of photographs of London’s entryways, leading viewers
on a visual tour of their architectural characteristics. Some feature
flowers or greenery, which provide color and bring harmony to
the architecture. These are not scenes created for a photoshoot.
Rather, they have long been there but no one thought to capture
them. Are there beautiful places around you that have gone
unnoticed? Perhaps you can pick up your camera and record
them to present life’s sweet moments. 😊
秋の午後、台北の街中の静かな路地の中にある文具専門店を探すことは、人生の他のある楽しさをより楽しむのです。台湾各地に店舗を展開している「禮拜文房具」はもちろんです、台湾の万年筆専門店「小品雅集」も時間の経過を忘れてしまうくらい夢になる場所です。

色褪せない流行

人気アニメ『ドラゴンボール』に登場する精神と時の部屋は、在地で1年経っても外では1日しか経ちません。万年筆愛好家にとって、小品雅集は精神と時の部屋のような場所なのです。2008年の創業から現在まで営業を続けている小品雅集は当初、オーナーが万年筆愛好家であるためのスポットとしてオープンしました。現在、万年筆を初めて使う旅行者も、おそらくの常連客もみな待ち焦がれていた万年筆を手にとって試し書きをしています。豪華な書き味がお好みの方は、欧州共通規格のMリブを選択して、自然な台北の山の景色を描くことができます。繊細な細字をお好みの方は日本規格のEFリブを使いましょう。細い字のような書き味は秋の老舗を歩いている気分を表しているようです。

禮拜文房具に入ってみると、販売している万年筆が小品雅集とは違う種類であることに驚く。中にはレトロな活版印刷機がありますが、これはオーナーのカレンさんのコレクションです。カレンさんはデザイナーとして世界各地を旅して独自の特徴を持った様々な文具商品を発掘し、クラシカルで美しい文具を人々の日常生活へ広めていくことを目指して、禮拜文房具をオープンしました。禮拜文房具は、世界各地の文具、日本人イラストレーターのオガワナオさんととコラボレーションしたハガキ、職人手作りのフクロウの型スタンプ台の販売だけでなく、物外設計の複写便箋セットなど台湾オリジナルデザインの浸透に力を入れており、海外の方から人気があります。書きたいことを書いてみると、下の便箋に複写されて書いたことを自動的に記録するので、忘れることはありませ。また、オリジナルのペーパーナイフは、他のお店では手に入らない禮拜文房具限定のヴィンテージアイテムとして、文具愛好家に喜ばれています。次に台北を探索するときは、有名な観光スポット以外も散策してみて、一方違った台北を体験してみてはいかがでしょうか？
蜜香紅茶
HONEY FRAGRANCE BLACK TEA
從前我常喝日月老茶廠產製紅玉紅茶「台茶18號」，乃台灣原生種山茶和薩克大葉種育成，發酵夠，收斂佳，入口微現渥霧，瞬即轉為甘潤；茶湯明亮，清澈，豔紅，韻味沈穩而含蓄，若沖泡得宜，更能表現淡淡的薄荷和肉桂氣息。

日月老茶廠現有行銷包裝手法，質樸典雅的銀白色錫罐，罐上吊著絹麻織成的卡片，印著一書一茶的圖案，強調表達珍稀自然。詩人聶鵬在詩中歌詠日月紅茶：

放懷而飲，那欣然
當然不可以像一枚枚紅玉
放身沉入杯底證悟菩提那樣緊縛
她將少女臉上的尊嚴心上的莊嚴
轉為
一瞬間的真香

有一次我喝到「古典日月紅茶」卻非常失望，從此移情別戀。

後出轉精，這幾年台東產製了不少傑出的蜜香紅茶，諸如台東鹿野「阿榮自然農園」、花蓮瑞穗「嘉茗茶園」、三角「天芳茶行」、南投「璞鑽」等等。璞鑽的蜜香紅茶稱「萬里紅」，茶樹生長於杉林溪，結合高山烏龍和紅茶的概念，標榜使用有機耕作，生物用藥，以誠懇的態度和土地交往。

In the past, I favored Antique Assam Tea Farm’s red jade black tea (Taiwan Tea No. 18), a hybrid of a Taiwanese native cultivar and a Burmese large leaf variety, sufficiently fermented. Initially, this tea tastes slightly astringent but quickly becomes subtly sweet, with a bright, clear, and reddish luster. If brewed well, it possesses hints of mint and cinnamon.

Antique Assam Tea Farm’s packaging has a simple elegance. The tea is packed in silver canisters with a card bearing an image of two leaves on a stem to emphasize the need to cherish nature.

I once drank a disappointing batch of Sun Moon Assam black tea. That experience dampened my enthusiasm for black tea. Fortunately, outstanding honey fragranced black tea can be found all around Taiwan, such as at Arong Natural Farm in Luye Township in Taitung County, Jaming Tea Garden in Ruisui Township in Hualien County, Tian Fang Tea Store in Sanxia District in New Taipei City, and Pu Juan in Nantou County. Pu Juan’s honey fragranced black tea is called Wan Li Hong. They conceive these blends of high-mountain Oolong and black teas at their organic tea plantation in Sun Link Sea.
阿榮的農園在鹿野龍田社區，採秀明農法，這是一種嚴格的自然農法，追求生態平衡，主張不施肥、不施農藥、仿自然耕作方式，斷言肥料會污染土壤並削弱其生產力，以此法栽培的農產品，比慣行農法生產的味道好。阿榮所產茶葉採一心一芽，每斤成品所需葉芽遠高於一般茶葉。

連續假日的早晨我進到書房，拆開樸拙的包裝袋，見條索碩大，一葉一葉，不修邊幅的樣子。那茶湯太讓人驚豔了，啜飲一口，像忽然置身森林原野中，寧靜、遼闊，又那麼親切，溫柔地撫觸感官；彷彿大自在在耳畔低語，予人珍貴感，和幸福感。那茶湯是如此醇厚、深刻，喉韻悠揚，像長期吸納了山海的靈氣，叫人滿心歡喜。

沒想到一壺茶竟能打開窗扉，迎來好風好陽光。可見和土地接感性，疼惜環境，耐心培養土地的活力和能量，土地乃回饋予好茶。這委實是理想的台灣農業願景。

紅茶屬完全發酵茶，在揉捻過程中茶葉的汁液附在葉面上，故成品呈黑色。黑色茶葉經熱水沖泡，茶湯偏紅即代表發酵優良，發酵完全的紅茶能長期保存。它能迅速釋放出茶香與茶味，很適合忙碌的現代人。路易斯凱洛的名著《愛麗絲夢遊仙境》裡，穿著燕尾服的小白兔掛著下午茶，急急忙忙嚷著：「快呀，來不及了！趕不及午茶時間了！」

英國人對食物常予人無趣的印象，唯獨喝茶充滿了情趣。假日的早晨起床，儀式般先喝一杯 early tea 或 bed tea，這是一杯泡得很濃且加了牛奶的紅茶；上午10點到11點左右，工作有點累了，泡一杯印度或錫蘭紅茶，吃些餅乾；午後三點則是名的下午茶，傳統的英式午茶是紅茶、牛奶、砂糖；一壺滾燙的熱開水，和三層式銀盤的點心：底層放三明治，第二層多為鬆餅，最上層是蛋糕、水果蛋糕。喝下午茶需很悠閒地聊天，絲毫不焦躁不得。

喝茶，有一種喝別的飲料所無的閒適感，除了茶，沒有任何一種飲料，能如此像人生，過程充滿變化。

日本人飲茶總是帶著哲學味，俳人日野草城的名句：「秋の夜や紅茶をくむみ銅の匙」，秋天的深夜裡，銀匙慢慢「鑀進」紅茶中，茶湯的色澤也變得深了。如此沈穏，深受描寫生活的滋味。如果生活能像啜飲一杯紅茶，像胸懷清幽的山林，一種雅緻從容的生活方式。

（本文摘錄自焦桐《味道福爾摩莎》，二魚文化出版）
Arong Natural Farm, situated in the Longtian Community of Luye Township, uses strict natural farming methods that maintain the ecological balance. Chemical fertilizers and pesticides that contaminate the soil and reduce its productivity are strictly avoided. As a result, their teas have a better taste. Moreover, a single tender leaf per stem is picked, leaving more leaves per catty than conventionally harvested teas.

One weekend morning, I entered my study and opened a package of Arong tea. It contained large strips of uncut leaves. When brewed, the taste was amazing. It was as if nature was whispering to me, making me feel cherished and blessed. Outstanding tea is the reward for caring for the environment and building up the vitality and energy of the land. This is the vision for agriculture in Taiwan.

Black tea is fully fermented. As the tea leaves are rolled, tea extract remains on the surface, causing them to turn black. If fermented well, the leaves give out a reddish luster when they are brewed in hot water. Black tea that has been completely fermented can be stored for long periods. The aroma and flavor are quickly released, making it well suited to modern busy people.

In *Alice’s Adventures in Wonderland*, written by Lewis Carroll, the white rabbit, worried about the time, says, “I’m late, I’m late! For a very important date!” That important date is a tea party.

British tea drinking habits are very interesting. Upon waking up in the morning, they drink early or bed tea, a cup of strong black tea with milk. At around 10 or 11 am, they brew a cup of Indian or Ceylon black tea, which is accompanied by a snack such as cookies. At around 3 or 4 pm, it is time for high tea, which traditionally includes black tea, milk, sugar, a pot of boiling hot water, and a three-tiered stand. On the bottom tier are finger sandwiches, on the second tier are scones, and on the top tier are egg tarts and fruit-flavored cakes. Afternoon tea is a time for a leisurely chat and should not be rushed.

The Japanese have a tea drinking philosophy, which is best described by a line from a poem by Sojo Hino: “On a late autumn night, a silver spoon is slowly ‘dipped’ into black tea as the luster of the tea deepens.” Sipping a cup of black tea, like enjoying a quiet mountain forest, is a tranquil and elegant pursuit. *

(This article is an excerpt from the book *Taste of Formosa* by Jiao Tong, published by 2-fishes Publishing House.)

阿榮自然農園
*Arong Natural Farm*
地址：台東縣鹿野鄉鹿田村光榮路165號
電話：0910-176827
營業時間：8:00-20:00
Address: 163, Guorang Rd., Luye Township, Taitung County
Tel: 0910-176827
Business Hours: 8:00-20:00

嘉茗茶園
*Jiaming Tea Garden*
地址：花蓮縣瑞穗鄉舞鶴村一鄰65號
電話：(03)8871-325
營業時間：8:00-21:00
Address: 65, Wuhe, Ruisui Township, Hualien County
Tel: (03)8871-325
Business Hours: 8:00-21:00

三峽天芳茶行
*Tian Fang Tea Store*
地址：新北市三峽區成福路163號
電話：02/2672-6808
營業時間：8:30-22:00
Address: 163, Chengfu Rd., Sanxia Dist., New Taipei City
Tel: 02/2672-6808
Business Hours: 8:30-22:00

日月老茶廠
*Antique Assam Tea Farm*
地址：南投縣魚池鄉中明村有水巷38號
電話：(04)9289-5508
營業時間：8:00-17:00
Address: 38, Yuashui Ln., Yuchi Township, Nantou County
Tel: (04)9289-5508
Business Hours: 8:00-17:00

在秋天的午後，沖泡一杯熱氣騰騰的紅茶，佐以精緻點心，是一大享受。
It is a great pleasure to brew a steaming cup of black tea, served with exquisite desserts, on an autumn afternoon.
秋の午後、温えた紅茶を、お雑子と共に味わうのは最高の贅沢です。
世界各地的展览以不同的形式陪伴在人们身边，从电影、艺术到生活，丰富了心灵的满足，也开阔了新的视野。

Around the world, all sorts of exhibitions and performances related to filmmaking, art, and life are taking place.

**JUL6–JUL17**

**法國坎城影展**

**FESTIVAL DE CANNES**

創辦於1946年的法國坎城影展，將於今年邁入第74屆，與威尼斯影展、柏林影展並列世界三大影展。往年都於五月舉辦，而今年延後至7月6日開幕、7月17日閉幕的坎城影展，迎來了第一次夏日紅毯。邀請美國導演兼製片人史派克李擔任本次評審團主席。開幕電影則為法國導演李歐卡霍的歌舞片《安妮特》，與其他來自各國22部影片共同角逐最大獎金棕櫚獎。

France’s Festival de Cannes began in 1946 and is now in its 74th year. It is among the top three film festivals in the world, along with those held in Venice and Berlin. With American director and producer Spike Lee serving as President of the Jury, it opens with the musical film *Annette* by French director Leos Carax. Twenty-two other films from various countries will also be vying for the festival’s highest honor, the Palme d’Or.

**NOW–SEP19**

**德國柏林聯合藝術展**

**THE ARTISTIC FACE OF EUROPE**

地點：滕珀爾霍夫機場
Venue：Templehof Airport

© Lucy – Jorge Orta and VG Bild-Kunst; Bonn 2020, Photo Thierry Bisch

**NOW–JAN3 2022**

**台灣便當特展**

**LUNCH BOX EXHIBITION**

地點：台北遠見207博物館
Venue：Taipei City, Museum 207

※活動日期以官方網站最新公告為準。The latest event dates are provided above. Please check the respective websites for updates.
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BEES: CHINA AIRLINES’ FIRST MINI PASSENGERS

華航專業貨運服務廣獲各界信任與好評，首度承運「最迷你的嬌客」，載送活體蜜蜂由澳洲雪梨啟程，從南半球飛越至北半球，經桃園機場轉機後前往目的地溫哥華，幫助加拿大哥倫比亞省各處的果園授粉。

華航此次承接運送授粉蜜蜂的貨運任務，皆以A350-900客機腹艙執行，第一批蜜蜂由CI052航班自雪梨飛往台北（桃園），經過桃園機場轉機後，接續CI032航班由台北（桃園）飛往目的
地溫哥華。蜜蜂運抵加拿大時備受關注，溫哥華國際機場以「Un-bee-lievable」在官方推特及Instagram發布貼文，分享難得的貨運景象。

蜜蜂活體蜜蜂，除費時協調申請過境檢疫許可之外，溫控管理是這項載運任務的重要關鍵。華航依貨主要求，維持蜜蜂在低溫且適風之運送環境，每批運送外籍皆以乾冰調節環境溫度在攝氏2到8度間，貨艙也由機長恆溫控制在攝氏2到8度間，降低蜜蜂在載運過程中的活動力，提高運送之穩定度。

華航客貨運航網遍及全球，飛航歐洲、北美、亞洲、紐澳等主要城市，全球相關場站員工及代理商都定期接受活生動物及溫控貨物操作等專業訓練。提供貨主安全、高穩定度及時效掌握的優質運送服務，運送品質備受肯定。
China Airlines’ professional cargo service has a proud history of trustworthiness that is praised by all industries. Recently, in a first for the airline, our cargo service was tasked with carrying “Mini Passengers” i.e., live bees, from Sydney, Australia, in the southern hemisphere, to the northern hemisphere. After a transfer at Taoyuan Airport, they were off once again to their destination, Vancouver, to help pollinate the orchards of the Canadian province of British Columbia.

China Airlines transported the bees with utmost care in the belly of a A350-900 passenger aircraft. The first batch flew from Sydney to Taipei on flight CI052, after which the journey continued on flight CI032 from Taipei to Vancouver. The arrival of the bees in Canada attracted considerable attention; Vancouver International Airport shared news of the “Un-bee-lievable” rare cargo on their official Twitter and Instagram accounts.

China Airlines has extensive experience in the transportation of specialty cargo, including precision instruments, live animals, rare antiques, and large machinery. The transport of live bees was a painstaking process that included assisting in the application for transit quarantine permits for animals and plants into Taiwan, and temperature control management, which is key to successful transportation. In keeping with the client’s requirements, China Airlines transported the bees in a low-temperature and well-ventilated environment. The outer boxes of each shipment were filled with dry ice to lower the ambient temperature to between 2 and 8 degrees Celsius. The captain also maintained the cargo compartment at the same temperature range to reduce the bees’ activities and ensure stability during transportation.
教官加油，我們挺你！
WE‘RE BEHIND YOU ALL THE WAY!

面對疫情挑戰，華航沒有一刻鬆懈，秉持著初衷，兢兢業業專注工作，尤其是空勤組員一肩扛起艱難的重擔，撐起華航的一片天。即使外界輿論總有負面壓力，大家也同心協力，堅定信心。

對於疫情影響士氣，空勤組員承受了長時間的隔離與飛航任務壓力，全公司上下也為他們加油打氣。除了親筆寫下祝福，也有許多員工錄製影片聲援鼓勵，在世界各地的外站分公司也跨海送上關心，共同展現華航集團不畏困難的向心力。當前最重要的工作，就是嚴遵防疫規定，防護好自身健康。謝謝機組員還有親屬，也謝謝所有在崗位上奮鬥的華航人。

We fly, we fight, and we will all be fine!

Despite the challenges brought on by the pandemic, China Airlines did not drop its guard for even a moment. We remained steadfast to our original mission and dedicated ourselves to our work. This was especially true of our flight crew, who shouldered the heavy burden of keeping China Airlines running on a day-to-day basis. Even though there is always external pressure from negative public opinion, we stand united and work together.

To boost the spirit of the flight crew, everyone in the company cheered them on. Some took to writing well wishes by hand, others recorded videos to support and encourage them. There were even messages from branch offices around the world, a clear demonstration of the solidarity within the China Airlines Group that persists in the face of difficulties. At present, the most important task is to strictly abide by the COVID prevention regulations and protect one’s own health. A big thank you to the flight crew and their families, as well as all employees of China Airlines who have continued to work hard at their jobs. We fly, we fight, and we will all be fine!
華航攜手德鐵推出 RAIL & FLY 專案

CAL PARTNERS WITH DB TO OFFER RAIL & FLY PACKAGES

目前國際航班減少，飛行計畫增加了不確定性，中華航空與德鐵推出「機加鐵 Rail & Fly」合作專案，透過跨界合作延伸航網，讓疫情下有旅運需求的您，可以更快速抵達您的目的地。

凡於華航官網或旅行社購買機加鐵Rail & Fly專案，一站購買機票及德鐵車票，德鐵搭乘班次不限，車票可於出發前72小時內線上辦理報到後下載並建議列印，保留旅程最大彈性。旅客搭乘華航直飛航班抵達法蘭克福機場或阿姆斯特丹史基浦機場後，可直接轉乘德國1st Class躺臥自由座，或付費選位，前往紐倫堡、慕尼黑、漢堡及其他德鐵服務的車站，享受從容舒適的旅程。

華航機加鐵Rail & Fly專案詳情請參考官方網站「歐洲鐵路服務」項目，搭配華航其他直飛航點，除德鐵專案，另有比利時國鐵及奧地利邦聯鐵路專案，可供旅客參考選用。

During this time of reduced international flights and increased travel uncertainty, China Airlines has partnered with Deutsche Bahn (DB) of Germany to offer Rail & Fly packages. These effectively extend China Airlines travel network and provide quick and convenient options for reaching your destination.

These Rail & Fly packages are available from the China Airlines official Website or a travel agent. For maximum flexibility, airline and DB tickets can be purchased at one time. There are no restrictions regarding which DB train to take. Train tickets can be downloaded and printed following online check-in within 72 hours of departure. Passengers who fly with China Airlines direct to Frankfurt Airport or Amsterdam Schiphol Airport can travel first class on DB to Nuremberg, Munich, Hamburg, or other destination served by DB. For more information, please visit the Europe Rail & Fly page on the official China Airlines website.
根据民航法規定，乘客在任何時候請遵從飛航/客艙組員的指示。請參考以下建議，以確保旅途的安全舒適。Please be advised that it is a legal requirement that you follow the instructions of our crew members at all times. The following advice will help you remain safe throughout the flight.

客艙內行李及個人物品
CABIN BAGGAGE & PERSONAL BELONGINGS

中華航空在飛航安全，機艙及客艙組員的安全。請遵守行李重量限制，並置客艙的行李架上。劉可將行李過重的物體，以確保旅途的安全舒適。請遵循隨機組員的指示。隨機組員在機艙中，將必須將行李過重的物體，以確保客艙的舒適及安全。

機上安全帶使用規定
FASTENING SEAT BELTS

機上安全帶是為維護飛航安全而設，故請旅客務必將安全帶繫緊，以確保飛航時的緊急狀況。

客艙內電子用品的使用
USAGE OF ELECTRONIC DEVICES ONBOARD

在飛航安全政策，依中國航空公司的規定，電子機器無法在機上使用。

行動電源注意事項
REGULATIONS REGARDING POWER BANKS

乘客安全規定
SAFETY REGULATIONS
禁止吸菸

NO SMOKING

所有乘客的機場為禁菸航站，在客艙內吸菸將被處罰而不適用於合作兩者，無可查證吸菸行為或營業者處罰。除民用航空法第一百一十九條之二，於航空公司或航空商業，應處罰兩萬五千元以上十萬元以下罰鍰，於航空器及手提行李之區間檢疫或破損或吸菸者，應處罰兩萬五千元以下罰鍰，據民航空運交通規則，電子菸或等級電子式產品必須上機並遵守相關規定。

Smoking is prohibited on all China Airlines flights. Passengers who refuse to cooperate with this regulation may be reported by the captain to the Police Agency. According to Article 119-2 of the Civil Aviation Act, smoking on an on-board layover can result in a fine of between NT$30,000 and NT$150,000; the penalty for smoking outside layover areas, or tampering with any smoke detector is between NT$10,000 and NT$60,000. For passengers entering Taiwan, carrying electronic cigarettes and heated tobacco products are prohibited by Taiwan FDA and Customs.

具侵犯性及不當行為

NO ABUSIVE AND UNRULY BEHAVIOR

親切起見不介意在客艙上喚醒作任何危害航空安全之行為，本公司將隨遇到行使其法規，且處罰兩萬五千元以上十萬元以下罰鍰。乘客如進入無開罰鍰之客艙，客艙門長可要求以下行為

- 不適時行行為或破損航空器或乘客安全之行為
- 使用含酒精飲料或飲食，致危害航空器上秩序

China Airlines will not tolerate any form of unruly behavior on board that may jeopardize the safety of passengers and crew. Violators will be prosecuted to the full extent of the law. Such behavior on board an aircraft will be subject to a fine of between NT$10,000 and NT$50,000. All China Airlines aircraft are governed by the Laws of the Republic of China, and all passengers should avoid the following:

- Failure to comply with any instruction given by the pilot-in-command for purposes of maintaining order and safety onboard the aircraft.
- Taking alcoholic beverages or medicine in a manner that would disrupt safety and order onboard the aircraft.
- Tampering with any smoke detector or operation of an aircraft safety device without due cause.

如何避免深部靜脈血栓

AVOID DEEP VEIN THROMBOSIS (DVT)

- 做好行前的身體準備，例如輕鬆的散步，充分的伸展，正常的飲食，適當的休息。
- 行程中要有充分的水分，以避免出現脫水現象。
- 行程中飲食應以清淡為主。
- 行程中不宜攝取過量含咖啡因或酒精的飲料。

To have a safe and comfortable flight:
- Prepare well before travel. For example, wear comfortable clothes, get adequate sleep, follow a normal diet and consult a doctor if necessary.
- Drink water and juice frequently to prevent dehydration.

可攜式個人電子用品使用規範

RULES FOR PORTABLE ELECTRONIC DEVICES

飛航模式 Flight Mode

旅客登機 Door open before departure
- 飛航模式 Door open before departure
- 飛航模式 Door open after arrival
- 飛航模式 Door open after landing
- 飛航模式 Door open after takeoff
- 飛航模式 Door open after taxing
- 飛航模式 Door open on taxiing
FLYING WITH CHINA AIRLINES

旅行的益處
FLIGHTS WITH BENEFITS

We’re in the business of connecting people. As the world begins to reopen SkyTeam and its member airlines are excited to be taking you to places once again, while offering you more benefits along the way.

MORE DESTINATIONS
Whether you’re flying for business, leisure or both, you’ll find a growing number of cities to rediscover. Our members are connecting you across continents, while SkyTeam’s continued focus on digital services is making travel even more seamless.

Tools are available on SkyTeam.com and our members’ websites, to help you discover where you can fly and how to comply with local regulations. You can even find out what COVID-19 test you may need and how to book it thanks to SkyTeam’s Testing Lab Locator.

EVEN MORE SAFETY
SkyTeam’s SkyCare&Protect pledge, launched last year, has been boosted from 15 to 22 measures, with more digital and health safety protocols aligned across our alliance. These include intense aircraft sanitizing, mandatory mask wearing, frequent access to hand sanitizer stations at hubs, safe distancing, onboard service adjustments and contactless boarding*.

TELL US HOW WE’RE DOING
SkyTeam airlines are committed to your safety. We want to hear about your trip today and how safe you felt when flying with our alliance members. Please take the time to tell us about your travel experience by scanning the QR code and completing a short survey.

※在機場營運許可情況下進行無接觸登機。

Contactless boarding where airport operations permit.
A350-900
巡航速度 Cruise Speed: 0.850 Mach
座位数 No. of Seats: 32 BC / 31 PY / 243 Y

A330-300
巡航速度 Cruise Speed: 0.820 Mach
座位数 No. of Seats: 30 C / 277 Y or 36 C / 277 Y

777-300ER
巡航速度 Cruise Speed: 0.840 Mach
座位数 No. of Seats: 40 BC / 62 PY / 256 Y

737-800
巡航速度 Cruise Speed: 0.798 Mach
座位数 No. of Seats: 18 C / 150 Y or 8 C / 153 Y

777F
巡航速度 Cruise Speed: 0.840 Mach

747-400F
巡航速度 Cruise Speed: 0.845 Mach

BC: Premium Business Class 豪華商務艙 / C: Business Class 商務艙 / PY: Premium Economy Class 豪華經濟艙
/Y: Economy Class 經濟艙

哩程計劃

「華夏哩程酬賓計劃」會籍級別

「華夏哩程酬賓計劃」的會員可分為華夏卡會籍、金卡會籍、翡翠卡會員及晶鑽卡會員4個級別。申請資格及優惠內容可洽詢華航各地分公司，或登入華航企業網站www.china-airlines.com查詢。

Dynasty Flyer Program Membership

There are four tiers of Dynasty Flyer Program membership: Dynasty Membership, Gold Membership, Emerald Membership and Paragon Membership. For more information on qualifying and the benefits of Dynasty Flyer Program membership, please contact your local China Airlines office, or visit www.china-airlines.com.

ダイナスティ・フライヤー・プログラム

ダイナスティ・フライヤー・プログラム(DFP)には、ダイナスティ会員、ゴールド会員、エメラルド会員、パラゴン会員の4種類がございます。各会員資格および会員特典につきましては、DFPサービスホットライン、もしくは弊社の公式ウェブサイトにてご確認下さい。www.china-airlines.com/jp/jp
電影《父親》入圍六項奧斯卡金像獎，拿下最佳男主角與最佳改編劇本兩項大獎，劇情闡述罹患阿茲海默症的父親，內心的混亂與迷惘，令人動容。

The Father received six Academy Award nominations, winning in the Best Actor and Best Adapted Screenplay categories. The film stands out by exploring Alzheimer's disease from the unique perspectives of those personally affected by it.
年届83岁的演员安东尼霍普金斯拿下今年的奥斯卡影帝，成为此奖的最年长得奖者。这是他继1992年《沉默的羔羊》后再度荣列最佳男主角。而片中饰演他的奥莉薇亞柯爾曼，也曾荣获奥斯卡影后，两人的对手戏真挚地展现了父女之间的情感，也透露出老年照顾的不易。为了呈现阿尔茨海默症患者的记忆的错乱，片中的时间线交错呈现，父亲安东尼时常会将过去的事情与现在重叠，自我接洽，导致女儿安对于这样反复无常的情况感到棘手。一开始，他拒绝女儿提供的护工，认为自己无需别人的帮忙也能生活，而女儿安因为即将搬到巴黎，无法天天到他的公寓探视，不得不另谋照顾父亲的方法。

站在安东尼的视角而言，他常常会将他人错认成女儿安，记错她的丈夫与婚姻状态，与不存在的人物对话，甚至常常以为自己的小女儿露西逝世，即便她已在多年前因意外走了。他有假装护工，怀疑自己的手提电话，有时却因护工长得像露西，而对她非常友善。失序的记忆是安东尼的日常，也是许多阿尔茨海默症患者的日常，而女儿安的处境，恰巧反映了主要照顾者的无奈，需理该需她多深爱父亲，也终需其他家人的协助，才能照护愈趋老迈的他。中華航空本月推薦電影《父親》。用第一人称的视角，一片阿尔茨海默症患者最深的无助。

At the age of 83, Anthony Hopkins is the oldest person to win an Academy Award for Best Actor for his role as Anthony, an octogenarian grappling with progressive dementia. Olivia Colman, who portrays his daughter, Anne, also won an Academy Award. The film explores their father-daughter bond and the difficulty of caring for an elderly parent. Staggered timelines present the distorted memories that are characteristic of Alzheimer's disease. Anthony often overlaps events of the past with the present, piecing together his recollections, frustrating Anne. As the film opens, Anthony rejects the caretaker she has hired, believing that he doesn't need help. As Anne is planning to move to Paris and won't be able to look in on him every day, she makes other arrangements for his care.

Anthony mistakes other people for Anne and is confused about who her partner is and her marital status. He talks to imaginary people and believes that his other daughter Lucy, who died years ago in an accident, is still alive. Sometimes he treats his caretaker badly, accusing her of stealing his watch, which he has misplaced. At other times, he is very friendly towards her because she resembles Lucy. Distorted memories are commonplace for Anthony as they are for most people with Alzheimer's, while Anne's situation reflects that of many primary caregivers. She loves her father but requires the help of professionals and a nursing home to care for him. This month, China Airlines recommends The Father, which explores the challenges and feelings of helplessness brought about by Alzheimer's disease from a first-person perspective.
舊時的中華商場，就像是一座小型的社會聚落，人們講話帶著各地的口音，靠著一門技藝在此謀生，而台劇《天橋上的魔術師》近乎完美地打造出這處已不復存在的回憶之地。

Taipei’s Zhonghua Shopping Center, which was torn down in 1992, was not only a marketplace, but also a community. People from different places and backgrounds gathered there to earn a living from their skills. The television drama *The Magician on the Skywalk* recreates this cultural institution.
Director Yang, Ya-che spent NTD80 million working with a production team that included Wang, Chih-cheng, Golden Horse Award winner for Best Art Direction, to build a set of nearly 50 businesses and residences, based on old photographs and films of Zhonghua Shopping Center. This not only represents a memory of old Taipei, but also a microcosm of Taiwanese society at that time. The stories of five children and five young adults and their interactions with a mysterious magician are told, each differently themed. One of the protagonists is Chen, Ming-sheng, nicknamed “Xiao Bu Dian.” While helping his parents run their shoe store in the Zhonghua Shopping Center, he discovers the magician and his supernatural powers. When he tries to replicate one of the magician’s tricks, he fails. Only his best friends A-Gai and A-Ka believe his claim that the magician and his powers are real.

The magician remains an independent observer of the stories that involve the innocence of youth, the sweetness and bitterness of first love, and the difficulties of life. He appears, albeit rarely, to point out certain truths, such as “The most powerful magic in the world is hiding people’s worries and bringing back those things that have disappeared.” *The Magician on the Skywalk* is an adaptation of Wu, Ming-yi’s *The Illusionist on the Skywalk* and is China Airlines’ recommended television series this month. Through realistic yet magical stories, the Zhonghua Shopping Center, which once existed in a corner of Taipei, reappears in dramatic form.
空靈系樂團：倫敦脈絡

ETHERAL TRIP-HOP: LONDON GRAMMAR

TEXT | 吳政儒     PHOTO | Sony Music Malaysia

充斥著迷幻、空靈的氛圍，英國電音樂團倫敦脈絡擅長用 trip-hop、古典樂等風格呈現樂曲，主唱時而優雅時而深沉的嗓音，引領樂迷徜徉在他們所創的世界中。

British indie-electronica band London Grammar is known for its trip hop and classical sounds, described as haunting and ethereal. The sometimes elegant and sometimes deep vocals lead music fans into a world of their making.
2009年成團於英國諾丁漢的獨立電音樂團倫敦脈絡，最先是由主唱Hannah Reid和吉他手Dan Rothman在諾丁漢大學初識，他們兩人都來自倫敦，自然而然也將樂團名字與這座國際化的都市相連。一年後，負責鍵盤和鼓的Dominic “Dot” Major加入，最佳組合便一路延續至今。2010年畢業後以倫敦作為基地，他們邊創作和錄製音樂，邊在當地的酒吧駐唱，累積現場經驗。2013年初在YouTube發佈的首支單曲Hey Now就受到矚目，至今播放量已破111萬次，而倫敦脈絡最熱門的歌曲Strong的播放量更是達五千多萬次，英單曲排行榜名列16，傳唱度極高。

首張專輯《如果你願意等待》入選英國專輯排行榜第二名，沉寂四年後，第二張專輯《美麗真相》一推出依然攻佔專輯榜首位，直到今年四月，才又推出了第三張專輯《加州土壤》，十多年來只發行三張專輯，顯然倫敦脈絡並不用頻繁地出新歌抓住聽眾的耳朵，反而是用少量質精的方式，確保每首歌的品質。以同名主打歌〈加州土壤〉為例，除了專輯錄製的版本，倫敦脈絡也在YouTube釋出現場演奏版，主唱邊彈BASS邊唱著歌，吉他手和鼓手掌握著旋律的進行，背後樂團的演奏，烘托出現場版的柔和，同時也與錄音室版本一樣，帶著些許迷幻與空靈。中華航空本月推薦的專輯是《加州土壤》，聆聽擅長創作後再改編的倫敦脈絡，帶來多變的電音音樂。

In 2009, lead vocalist Hannah Reid met guitarist Dan Rothman at the University of Nottingham. As both are from London, their mutual connection to the international city was incorporated into the band’s name. A year later, they were joined by Dominic “Dot” Major, who plays keyboard and drums. The trio has been together ever since. After graduating in 2010, they created and recorded music while playing in local bars in London. In early 2013, their single Hey Now was posted on YouTube and received 1.11 million views. The very popular Strong has had more than 50 million views, reaching 16th on the UK Singles Chart.

Their debut album, If You Wait, peaked at number two on the UK Albums Chart. Four years later, their second album, Truth Is a Beautiful Thing, topped the charts in the UK. Then, in April of this year, they released their third album, Californian Soil. With only three albums in nearly 10 years, London Grammar is not worried about the quantity of new songs they produce but, rather, the quality. Taking the title track as an example, in addition to its recorded version, they released a live version on YouTube. Hannah sings and plays bass, while the guitarist and drummer control the progression of the song. The soft tones of a string orchestra is heard in the background, in contrast to the studio version which is ethereal and haunting. This month, China Airlines’ recommended album is Californian Soil by London Grammar. Listen as the band showcases its talent for composing and orchestrating music.
華航推薦電影 TOP5

《猶大與黑色彌賽亞》入圍了奧斯卡最佳影片、最佳原創劇本等六項，其中丹尼爾卡盧亞及凱斯史坦費德雙雙入圍最佳男配角，最後由飾演漢普敦的卡盧亞摘金。

片名取自《聖經》典故，猶大象徵背叛者，指的則是歐尼爾這名FBI安插在黑豹黨中的線人，而彌賽亞則是救世主，象徵美國黑豹黨副主席漢普敦，他是黑人民權運動的精神領袖，雖在1969年遭FBI暗殺身亡，但他鼓吹自由，自決的精神，深深影響了往後的黑人民權運動。

《哥吉拉大戰金剛》是哥吉拉第四部好萊塢作品，也是牠首度對上體型、強度均力敵的對手。金剛、來自骷髏島的金剛過著孤單的生活，早已無家人朋友的牠，逐漸與島上孤女吉雅互相扶持，卻在出產尋找家園的過程中，遇上了哥吉拉，兩大巨獸碰頭，牠們為了要捍衛自己的地盤而戰。本片上映時就攻佔美國、台灣、香港等地周末票房冠軍，頗受好評。

Godzilla vs. Kong is the third film in Legendary’s MonsterVerse and the first to show the two titans Godzilla and King Kong in battle. On Skull Island, Kong lives a lonely life until bonding with an orphan named Jia. In his search for a home, Kong encounters Godzilla and they fight over territory. This film received positive reviews and was the weekend box office champion in the US, Taiwan, and Hong Kong.

就在湯姆貓與傑利鼠互道珍重再見、展開新的旅程不久後，傑利鼠悄悄地進駐了紐約市一間即將舉辦世紀婚禮的如意閣大酒店，飯店員工小春馬上想去除「鼠患」，剛到職的凱拉找來了滅鼠專家湯姆貓，信誓旦旦能夠快速解決這場鬧劇。而她不知道的是湯姆貓雖為老鼠的天敵，卻常常被傑利鼠戲弄，兩人的恩怨延續到紐約市在《湯姆貓與傑利鼠》電影版裡繼續大翻天覆。

The film Tom & Jerry is based on the long-time rivalry between cartoon characters Tom Cat and Jerry Mouse. Not long after saying their goodbyes and parting ways, their paths cross again in New York when Jerry takes up residence in a posh hotel that is to be the site of the wedding of the century. The hotel staff discover Jerry, and Tom is hired by Kayla to get rid of him.
Middle-aged Qi-ming finds himself unemployed. Under financial pressure, he takes a job at a popular drag club and is forced to perform. Adding songs such as *Success Comes from Hard Work* and *See My 72 Changes* to his repertoire, he becomes a sensation. However, he hides his success as a drag queen from his family.

Directed by Ong, Kuo Sing, *Number 1* was recognized with a Golden Horse Award for Best Makeup and Costume Design. Qi-ming is played by Mark Lee, known as the king of comedy in Singapore. The film won him his first Golden Horse nomination.

Nora Tschirmer and Alexander Fehling play the leads in *The Space Between the Lines*, an adaptation of a book written in e-mail format by Daniel Glättlauer. It hit the top 10 bestsellers on Amazon in Germany.

Enmi wants to cancel her subscription to *Like* magazine. She sends an email to Customer Services. Due to a typo, her message arrives in Leo’s inbox instead. After reading it, he replies to Enmi to inform her of her mistake. The two continue writing back and forth, getting to know one another and falling in love. But can their feelings survive a real-life encounter?
**GODZILLA VS. KONG**

**JUDAS AND THE BLACK MESSIAH**

**THE MARKSMAN**

**MINARI**

**NATIONAL THEATRE OF KABUKI**

**SHAKESPEARE PRODUCTION**

**MOVIES**

**NEW ON BOARD / 航空首映 / 最新作**
菲娜女王
I CARE A LOT
アイ・ケア・ア・ロット

118mins
Drama, Crime

智慧型詐欺犯利用法律手段，成為特定老人的法定監護人，偷走他們的財產。
Maria is a legal guardian who come elderly clients for their assets.
詐欺師的標靶是，身病的白宮時的高齢者的醫管管理或常態決定的代行する。

父親
THE FATHER
ファーザー

97mins
Drama

現實中父親拒絕女兒為他安排所有所有協助與照顧，卻陷入混亂與質疑。
Anthony, who is 80 and lives alone, rejects the caregivers introduced by his daughter.

花木蘭
DISNEY’S MULAN
ムーラン

115mins
Adventure

身為花家長女的花木蘭，決定代替年老體衰的父親，女扮男裝投入軍旅生活。
A fearless young woman becomes one of the greatest warriors China has ever known.

湯姆貓與傑利鼠
TOM & JERRY
トム&ジェリー

101mins
Comedy, Action

女巫王協助舉辦世紀婚禮，而且必須在婚禮前解決湯姆鼠，於是找湯姆貓來幫助。
When Jerry moves into a luxury hotel on the eve of a huge wedding, Tom is hired to get rid of him.

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新作

**神力女超人1984**
WONDER WOMAN 1984
ワンダーウーマン 1984

- 奇幻魔幻片 Fantasy, Action
- 演員: Gal Gadot、克里斯·派恩、克里斯·派恩、克里斯·派恩、克里斯·派恩、克里斯·派恩、克里斯·派恩、克里斯·派恩、克里斯·派恩
- 60多年来，一名少女为了保护世界而战斗。

**女巫们**
THE WITCHES
魔女がいっぱい

- 奇幻家庭片 Family, Fantasy
- 演員: Anne Hathaway、克里斯·派恩、克里斯·派恩、克里斯·派恩、克里斯·派恩、克里斯·派恩、克里斯·派恩、克里斯·派恩、克里斯·派恩
- 一名男孩和奶奶为了保护世界而战斗。

**變異人**
THE NEW MUTANTS
ニュー・ミュータント

- 科幻惊悚片 Action, Science Fiction
- 富士五姫の特別能力の少年が秘密組織に参加する。

**細物警探**
THE LITTLE THINGS
ザ・リトル・シングス

- 犯罪薄暮 Thriller, Drama
- 近期リリースの監督の監視を受ける。

**花嫁女**
PROMISING YOUNG WOMAN
プロミッシング・ヤング・ウーマン

- 恐怖 Thriller
- 後の事で見つかった秘密。

**魔物獵人**
MONSTER HUNTER
モンスターハンター

- 行動, 劇情, 劇場版, 劇場版, 劇場版, 劇場版, 劇場版, 劇場版, 劇場版
- 僮那内部の不正を監視する。

**RAMCEY**

- ORE 104mins
- 恐怖 Thriller
- 後の事で見つかった秘密。
**NEW ON BOARD / 航空首映 / 最新作**

**男兒王**
NUMBER 1
ナップ・ワン

**100mins**

**音乐剧片 / Comedy, Music**

演员：李敏镐Mark Lu、陈柏耀Henry Tsai
导演：张志鹏Cheng Chih

一位失恋的中年男子在酒吧，因酒精化而变装后登场，
在酒吧里放了无限柔情。

一个穿白色衬衫的工人设法在一家俱乐部找到一份工作。
他的目标是做一名穿制服的工作人员。


**除暴**
CAUGHT IN TIME
コート・イン・タイム

**90mins**

**犯罪动作片 / Crime, Action**

演员：吴卓羲Daniel Wu、王千源Wang Qian-yuan
导演：陈浩志Chen Hao-shih

因失控杀人而被警方悬赏通缉的暴徒，
在警方的压力下，决定在逃亡中寻求赎罪。

一个被称为Eagle的强盗，
在警方的压力下，
决定在逃亡中寻求赎罪。


**亲爱的朋友**
DEAR TENANT
ディア・テナント

**106mins**

**剧情片 / Drama**

演员：吴卓羲Daniel Wu、陈柏耀Henry Tsai
导演：张志鹏Cheng Chih

一个患重病的婶母和她的外甥女。
外甥女在婶母的照顾下，
在婶母的病床前，不停地陪她。


**幻爱**
BEYOND THE DREAM
ビヨンド・ザ・ドリーム

**119mins**

**悬疑片 / Mystery, Romance**

演员：吴卓羲Daniel Wu、陈柏耀Henry Tsai
导演：陈浩志Cheng Hao-shih

一个患有精神分裂症的女生。
在她的生活和爱情中，
经历了一次次的挑战。


**工作细胞**
SPECIAL SCREENING VERSION
はたらく細胞!! 特别上映版

**112mins**

**动画片 / Animation**

演员：吴卓羲Daniel Wu、陈柏耀Henry Tsai
导演：陈浩志Cheng Hao-shih

一个女孩和她的细胞。
在她的体内，
发生了一次次的挑战。


**注意**

- 未分类 / Not rated / 未定级
- 敬告：任何年龄段可观赏。/ General audience / 一般 / 适用所有年龄段。
- 儿童不宜观赏。/ Children under 13 / 13岁以下儿童不宜观赏。
- 妇女不宜观赏。/ Women不宜观赏。/ Women不宜观赏。/ Women不宜观赏。
- 患有精神分裂症的女生。


**注意**

- **警告**：本片不适合儿童观赏。/ Warning: Suitable for persons above 13.
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新解釈・三國志
THE UNTOLD TALE OF THE THREE KINGDOMS
新解釈 三国志
115mins
喜劇片 Comedy
演員 Cast: 大塚英巳(Yu Oizumi)、小出恵介(Shun Oguri)、山田孝之(Takayuki Yamada)
導演 Director: 大友啓史(Kohei Katayama)
故事情節: 公元1800年頃、魏、蜀、吳三國覇権並立時代の故事。
A new interpretation of the Record of the Three Kingdoms, which is a historical
text of the three states of Wei, Shu, and Wu in China.

浅田家！
THE ASADAS!
浅田家！
127mins
家庭劇片 / 喜劇片 Family, Drama
演員 Cast: 二 grues(Kazunari Ninomiya)、妻石保則(Satoru Iwata)
導演 Director: 中野量太(Ryota Nakano)
故事情節: 浅田家は観月家の歴史を発掘する。
A photographer begins to take staged photos of his family, the photobook of
which eventually receives a big award.

進一步的愛
STEP
スティップ
118mins
動畫片 Anime
故事情節: 健一の女儿美紀出生後不久，妻子
突然因病去世，留下健一和美紀两人
相依為命。
A single father brings up his
daughter on his own. He considers
remarrying for the child’s sake.

複數
COUNT
109mins
動作劇片 Action, Comedy
故事情節: 韓国国家情報院的顶尖特務阿俊，
因不满意死党、决定成为接班人。
A former secret agent is unsuccessful
as an aspiring valet artist. He
draws his confident mission and
posts it online, causing trouble.

MOVIES / NEW ON BOARD / 飛行機首映 / 最新作

新解釈・三國志
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A former secret agent is unsuccessful
as an aspiring valet artist. He
draws his confident mission and
posts it online, causing trouble.
失眠的北風吹來愛情
THE SPACE BETWEEN THE LINES
ザ・スペース・ビットウィンザーライン

123mins
Romance, Drama

Cast: 麻里松栄子、渡辺篤、大西浩、石井萌、小西真奈美

 Guinea Pig, an item of animal experimentation, accidentally sends the email to the mailbox of Leo Leike, sparking a long online exchange.

鋼鐵雨：深淵行動
SUMMIT: STEEL RAIN
サミット：スティール・レイイン

13mins
Action, Drama

Cast: 李鍾赫、柳承龍、吳允兒、鄭允浩、鄭定勳

当领导层被北韓領導人及其親信為了達成和平協定而收買時，兩位領導人卻與愛國主義的北韓將領交涉。

親愛陌生人
DAS PERFEKTE GEHEIMNIS
ダス・パーフェクト・ゲタイミュニス

119mins
Comedy, Romance

Cast: 蕭伯斯泰因、汪定、魏斯利、萊姆斯、克拉維茨、史旺施耐茨

在一個充滿謎團的時代中，七位朋友在晚餐時發現手機上收到的來信的驚訝。

今天決定愛你
NEW YEAR BLUES
ニューワイヤブルース

115mins
Romance

Cast: 蕭伯斯泰因、魏斯利、萊姆斯、克拉維茨、史旺施耐茨

一對男女面臨人生的重要決定時刻，他們如何克服未來恐懼的浪漫愛情故事。

刑警沒有假期
THE GOLDEN HOLIDAY
国際捜査!

106mins
Action, Comedy

Cast: 蕭伯斯泰因、魏斯利、萊姆斯、克拉維茨、史旺施耐茨

在菲律賓度假時，意外卷入犯罪組織的“殺手克”所設的局，成為殺手嫌犯。

During a family holiday in the Philippines, a detective becomes entangled with a criminal organization that leads him to become a murder suspect.
MOVIES / FAMILY / 全家共賞 / ファミリー

乐高蝙蝠侠电影
THE LEGO BATMAN MOVIE

LEGO バットマン・ムービー

104mins
長編動畫片 Animation, Comedy

导演: 克里斯托弗·米勒和彼得·拉姆

如果蝙蝠侠想拯救高谭市，他必须学会放下身段，与他人合作。

而蝙蝠侠的哥哥格尼哈的出现，他开始质疑自己的正直。

2021 Warner Bros.

海洋奇缘
DISNEY’S MOANA

モアナと伝説の海

107mins
長編動畫片, Animation, Comedy

16岁的女孩莫阿娜必须去寻找遗失的人鱼骨。

莫阿娜和大鱼一齐面对著重重困难。

2016 Disney Enterprises Inc.

里约大冒险2
RIO 2

ブルー2…

100mins
動畫片, Comedy

随着阿蓝努力适应新环境，但遇上无情的岳父大人，他该如何面对?

鲑鱼和燕子们决定帮助阿蓝。

2014 20th Century Studios

魔髮精灵
TROLLS

トロールズ

93mins
長編動畫片 Animation, Adventure

一个拥有魔法的小女孩，当她到了新城市时，

她必须学习如何在新的环境中生存。

2016 DreamWorks Animation, LLC.

家族片, Family

CARS 3：閃電再起
DISNEY AND PIXAR’S CARS 3

カーズ／クロスロード

102mins
長編動畫片, Animation, Comedy

这回閃電麥坤遇到了，他必须面对挑战。

2017 Disney/Pixar

快乐脚
HAPPY FEET

ハッピーフィート

108mins
長編動畫片 Romance, Comedy

企鹅爸爸为了保护自己的小企鹅，

他必须学习如何与新的环境相处。

2011 Warner Bros.

乐高玩電影2
THE LEGO MOVIE 2...

レゴ®ムービー2

106mins
長編動畫片 Animation, Adventure

导演: 克里斯托弗·米勒和彼得·拉姆

如果蝙蝠侠想拯救高谭市，他必须学会放下身段，与他人合作。

而蝙蝠侠的哥哥格尼哈的出现，他开始质疑自己的正直。

2021 Warner Bros.

乐高蝙蝠侠电影
THE LEGO BATMAN MOVIE

LEGO バットマン・ムービー

104mins
長編動畫片 Animation, Comedy

导演: 克里斯托弗·米勒和彼得·拉姆

如果蝙蝠侠想拯救高谭市，他必须学会放下身段，与他人合作。

而蝙蝠侠的哥哥格尼哈的出现，他开始质疑自己的正直。

2021 Warner Bros.

海洋奇缘
DISNEY’S MOANA

モアナと伝説の海

107mins
長編動畫片, Animation, Comedy

16岁的女孩莫阿娜必须去寻找遗失的人鱼骨。

莫阿娜和大鱼一齐面对著重重困难。

2016 Disney Enterprises Inc.

里约大冒险2
RIO 2

ブルー2…

100mins
動畫片, Comedy

随着阿蓝努力适应新环境，但遇上无情的岳父大人，他该如何面对?

鲑鱼和燕子们决定帮助阿蓝。

2014 20th Century Studios

魔髮精灵
TROLLS

トロールズ

93mins
長編動畫片 Animation, Adventure

一个拥有魔法的小女孩，当她到了新城市时，

她必须学习如何在新的环境中生存。

2016 DreamWorks Animation, LLC.

家族片, Family

CARS 3：閃電再起
DISNEY AND PIXAR’S CARS 3

カーズ／クロスロード

102mins
長編動畫片, Animation, Comedy

这回閃電麥坤遇到了，他必须面对挑战。

2017 Disney/Pixar

快乐脚
HAPPY FEET

ハッピーフィート

108mins
長編動畫片 Romance, Comedy

企鹅爸爸为了保护自己的小企鹅，

他必须学习如何与新的环境相处。

2011 Warner Bros.
大罪
HEAVY CRAVING
大いなる飢え

69mins
動画 / Drama

安藤上老師在教室裡認真教導學生的情景下，有著一顆執著的心以及精進的
「教鞭」，你因材施教而被說。
A woman reluctantly joins a weight loss program. Just when things seem on track, her passion for cooking and life fades, pushing her to the brink of a meltdown.

淪落人
STILL HUMAN
淪落の人

111mins
動画 / Drama

呂梁因工傷意外離職後整子搬，
同一名果菜女夢潔尋常來到影視
協助她。二人在人生的低潮中相識
以沫，發展出一段感情。
A paralyzed man meets his new live-in Filipino domestic helper and together, they help each other through ups and downs.

看見台灣
BEYOND BEAUTY - TAIWAN FROM ABOVE
から見る台湾

25mins
紀錄片 / Documentary

空於攝影師鄭柏林，透過直升機飛行的鏡頭，讓你看到台灣的自然景
色，帶領觀眾認識台灣。
This documentary showcases Taiwan’s natural beauty and the effect of human activities and urbanization on our environment.

只有大海知道
LONG TIME NO SEA
ロング・タイム・ノー・シー

97mins
動画 / Drama

有年過慶生員會長的學校畢業
生，面對畢業後在台灣謀生的父親
有天能回到觀影陪伴他成長。
A pair of new shoes, a cross-sea competition, and a tribesman of oceans intertwine a story of a child’s emotional courage in pursuit of dreams.

那一夜
ONE NIGHT
ひとよ

123mins
動画 / Drama

15年前家中母親席蕪命的一家之主
壓心為死，母親出嫁後，一家兄弟
崩塗。
A woman confesses to her kids that she has killed their abusive father, leaving them free to live their lives.

一夜後，夕陽還存手のこほるは，天
を殺害したとき供たちに告白。

送行者：禮儀師的樂章
DEPARTURES
おくりひと

130mins
動画 / Drama

在交響樂首席任大提琴手的小林大
健，因樂團解散而來到東京之路。
A jobless cellist answers a classified ad entitled “Departures.” He discovers the job is actually for a funeral professional.

小林大健，突然的無作解離で呆気な
く僕を失い，暗淡的山形へ帰る。

最後的食譜：騰騰之舌
THE LAST RECIPE
ラストレシピ…

126mins
動画 / Drama

擁有絕對味覺「騰騰之舌」的天才
廚師，直面失憶的夢幻料理。
A god-gifted chef searches for and recreates a long missing recipe. 神の舌を持つシェフが失われたレシ
ピを探し出し再現する物語。

極限逃生
EXIT
EXIT イグジット

103mins
動画 / Action, Comedy

音無市被有毒氣體瀰漫，大學畢業
生的脫身英傑惠連用過去社區逃生
與求生知識，逃出災難。
A rock climber tries to save the day when a mysterious white gas envelopes an entire district in Seoul, South Korea.
哈里波特：火盃的考驗
HARRY POTTER & THE GOBLET OF FIRE
ハリー・ポッターと炎のゴブレット
15mins
類型：驚悚, 動作, 奇幻
演员：丹尼爾雷德克里夫
导演：克里斯多福諾頓
內容：霍格華茲魔法學校即將舉行一年一度的「三試試魔法會」，全校師生為了此事興奮不已。
A Quidditch competition will be held between three schools of wizardry.

全面啟動
INCEPTION
インセプション
148mins
類型：驚悚, 動作
演员：萊昂納多狄卡皮歐, 萊恩雷諾茲
導演：克里斯多福諾頓
內容：一名探險家試圖進入人類潛意識，並尋求著對自己父親的解開。
A thief with the rare ability to enter people’s dreams and subconscious takes on a dangerous job.

雷神索爾3：諸神黃昏
MARVEL'S THOR: RAGNAROK
マンティ・ゾー・バトルロイヤル
135mins
類型：動作, 冒險
內容：為了阻止諸神黃昏造成海神碧歐，索爾與親信們－一起來對抗無比強大的洛基與海拉！
Thor must race against time to stop Ragnarok – the destruction of his world.

蝙蝠俠：開戰時刻
BATMAN BEGINS
バットマン・ビギンズ
140mins
類型：動作, 革命, 動作
內容：布魯斯韋恩回到高譚市之後便以他的身份「蝙蝠俠」現身，對抗犯罪分子。
The journey of young Bruce Wayne who grows up to become Batman. Batman sets out to take down various nefarious schemes.

紅磨坊
MOULIN ROUGE
ムーニン・ルージュ
127mins
類型：音樂, 戲劇, 結婚
內容：在紅磨坊，一個年輕的詩翁因各種緣由，對一個敗德的女演員產生了愛情。
A young writer is drafted into a bohemian entourage and falls in love with an ambitious but doomed showgirl.

環太平洋
PACIFIC RIM
バンフィック・リム
133mins
類型：動作, 冒險
內容：在2025年，為了對抗怪獸的襲擊，人類組成代表「泰坦巨人」作戰計劃。
A group of humans band together in the year 2025 to fight monstrous creatures rising from the sea.

西元2025年，為了對抗怪獸的襲擊，人類組成代表「泰坦巨人」作戰計劃。
A group of humans band together in the year 2025 to fight monstrous creatures rising from the sea.
痴男型不型
CRAZY, STUPID, LOVE
ラブ・アゲイン

哈比人：五軍之戰
THE HOBBIT: THE BATTLE OF THE FIVE ARMIES
ホビット：決戦のゆくえ

大談謊家
THE GOOD LIAR
グッドライアー  偽りのゲーム

金鋼狼：武士之戰
THE WOLVERINE
ウルヴァリン：SAMURAI

一路到掛
THE BUCKET LIST
最高的人生の見つけ方

襲隠明星夢
HAIRSPRAY
ヘアスプレイ

他不笨，我是我爸爸
I AM SAM
アイ・アム・サム

美國隊長
MARVEL'S CAPTAIN AMERICA: THE FIRST...
キャプテン・アメリカ/ザ…

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<th>© 21WGBH</th>
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哈比人：五軍之戰
The Hobbit: The Battle of the Five Armies

本片《哈比人：五軍之戰》改編自托爾金的奇幻小說，是哈比人系列三部曲的最終章。
The final film of the epic story that begins with The Hobbit: An Unexpected Journey.

金鋼狼：武士之戰
The Wolverine

 actualizar es el personaje de los años modernos de Japan.

史提芬接受改過後展現了神力，之後他為國家效力，成了人人尊敬的美國隊長
Steve Rogers volunteers for a top secret research project that turns him into Captain America, a superhero dedicated to defending America's ideals.

("未分級／Not rated／未定級")

("22年版 / 22nd edition")

("限制級 / Limited / 限制級")

("版權保護 / Copyright / 版權保護")

("A$50 / $77 / 標準適用 / This is only suitable for A$50 and $77 models.")
MOVIES

穿著PRADA的恶魔
THE DEVIL WEARS PRADA
プラダを着た悪魔

士兵与骗子
SOLDIER & LIAR

移動迷宮
THE MAZE RUNNER
メイズ・ランナー

金鸾花大酒店
THE BEST EXOTIC MARIGOLD HOTEL
マーリーゴールド・ホテルで会いましょう

我是传奇
I AM LEGEND
アイ・アム・レジェンド

赛道狂人
FORD V FERRARI
フォードVSフェラーリ

時空旅人之妻
THE TIME TRAVELER'S WIFE
きみがぼうを見つけた日

玩命關頭7
FURIOUS 7
ワイルド・スピード7

金鸾花大酒店
THE BEST EXOTIC MARIGOLD HOTEL
マーリーゴールド・ホテルで会いましょう

我与海盗们的全部记忆
THE MEMORY OF A CRUELLER
パルマの海賊たちに会う旅

復仇的恶灵
THE DEVIL'S HANDS FOR BASTILLE DAY
革命の日

時空旅人之妻
THE TIME TRAVELER'S WIFE
きみがぼうを見つけた日

我与海盗们的全部记忆
THE MEMORY OF A CRUELLER
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THE MEMORY OF A CRUELLER
パルマの海賊たちに会う旅

移動迷宮
THE MAZE RUNNER
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メイズ・ランナー
<table>
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| 神鬼認證：傑森包恩 | 保罗·格林格拉斯 | 2021 | 123mins | 劇情片, 劇
| 高年級實習生 | 劳伦·泰特尔 | 2021 | 121mins | 喜劇片, 戲
| 媽媽咪呀！回來了 | 大卫·弗兰克尔 | 2021 | 114mins | 音樂劇片, 音樂
| 泰山傳奇 | 麦考利·克鲁克汉姆 | 2021 | 110mins | 奇幻劇片, 戏, 戲
| 蝙蝠俠對超人：正義曙光 | 詹利斯·卡本 | 2021 | 122mins | 風雲動作片, 戲
| 狗狗的旅程 | 尼克·格拉泽 | 2021 | 109mins | 動作片, 風雲動作片
| 歌喉讚 | 迈克尔·道金 | 2021 | 112mins | 音樂劇片, 喜劇
| 金剛：骷髏島 | 约翰·卡拉辛斯基 | 2021 | 118mins | 動作片, 戏
| 星際大戰外傳：俠盜一號 | 詹利斯·卡本 | 2017 | 133mins | 陽動片, 戯
| 意外 | 尼克·格拉泽 | 2021 | 115mins | 動作片, 戏
| 捍衛任務3：全面開戰 | 约翰·卡拉辛斯基 | 2021 | 130mins | 動作片, 戏
| 瘋狂麥斯：憤怒道 | 詹利斯·卡本 | 2021 | 120mins | 動作片, 戏
| 關鍵少數 | 尼克·格拉泽 | 2021 | 127mins | 戲
| 水行俠 | 安德鲁·威尔逊 | 2021 | 143mins | 動作片, 戏
| 老闆不是人 | 乔·卡纳汉 | 2021 | 98mins | 喜劇片, 戏

注意事项：
- 開幕前，未滿十二歲兒童不宜觀看。十二歲十七歲少年須由成人陪同觀看。
- 無吹風機、未滿十六歲兒童不宜觀看。父母或家長宜陪同觀看。
- 視聽 collagen recommended. Some materials may be inappropriate for children. 保護者陪同觀看。12歲以下的觀眾宜由家長保護看。
- 開幕前，未滿十六歲兒童不宜觀看。Acute care / 18歲以下或未滿十六歲兒童不宜觀看。
天橋上的魔術師（第1集至第5集）
THE MAGICIAN ON THE SKYWALK (EP.01~EP.05)
步遺標的魔術師（第1話~第5話）

劇集類型 / DRAMA
亞洲電視 / ASIAN TV

天國與地獄（第1集至第5集）
HEAVEN AND HELL (EP.01~EP.05)
天国と地獄〜サイコな2人〜
（第1話~第5話）

劇集類型 / DRAMA
亞洲電視 / ASIAN TV

哲仁王后（第1集至第11集）
MR. QUEEN (EP.01~EP.011)
ミスター・クイーン
（第1話~第11話）

劇集類型 / DRAMA
亞洲電視 / ASIAN TV

明日傳奇 第四季
DC’S LEGENDS OF TOMORROW S4
レジェンド・オブ・トゥモロー シーズン4

劇集類型 / DRAMA
終極時光 / THE COUCH

華航機上短片免費多達100部以上，歡迎點選AVOD個人選項，隨選隨看。更多資訊，歡迎點選AVOD個人選項。
2021 TISSEY STARS（上）
2021 SUPER STAR (PART 1)
スーパースター2021大賞
2021 (前編)

旅遊秀
THE TRAVEL SHOW
トラベル・ショー

野性日本
JAPAN'S WILDERNESS
日本の原生地

2021 TISSEY STARS Highlights Include
9m-88, Crowd Lu, Power Station, EggPlantEgg, Rene Liu, etc.

北海道這樣玩
HOKKAIDO STYLE
北海道はこう遊べ

時下主廚的腳步
A CHEF’S FOOTSTEPS
シェフと行く

背包客築巢：韓國營養篇
AWESOME BACKPACKERS...
バックパッカーはどこまで...

濕地季節：安心沼澤篇
SEASONS OF THE WET LAND
湿地の四季

這部自然紀錄片捕捉了濕地的四季景況以及當地生物的活動。
This nature documentary captures the four seasons of the wetlands and the activities of the creatures living there.
畫說LULU
PAINTING LULU
LULUと絵描き

台灣頻道 / TAIWAN FOCUS
台灣頻道 / TAIWAN FOCUS

22mins

Lulu化身畫家舉辦畫展，和她好好坐下來觀察對方，畫下彼此的樣子。
In the first episode, Lulu invites artist and radio host Wai Wei to sit down and observe each other, then draw a picture of each other.

 peas三个餐車環島集大財
THREE PIGLETS
ROUNDABOUT
3人組—キッチンカーで…

台灣頻道 / TAIWAN FOCUS
台灣頻道 / TAIWAN FOCUS

45mins

本集餐車來到花蓮站，銷售依舊亮眼，熱情的粉絲，馬拉松選手幾乎買光了所有的食材！
This special episode brings you to Hualien Station, where passionate fans and a marathon runner buy out almost all the food!

勵想天開
ONE DAY FIGHTING
リー・イーの奇想天外な旅

台灣頻道 / TAIWAN FOCUS
台灣頻道 / TAIWAN FOCUS

24mins

聽說澎湖有間神妙的機車行會安裝極秘行程，不用入海還可以吃到最新鮮的海鮮！
In Penghu, a motorcycle shop starts a rumor about arranging a secret trip full of the freshest seafood.

大雲時堂
DA-WIN DINING
ダーウィン・ダイニング

台灣頻道 / TAIWAN FOCUS
台灣頻道 / TAIWAN FOCUS

47mins

出遊超過30年的老夫婦，除了兩位共度幾年，還有童年的影響，還分享了自己眾多旅行。
This episode’s guest is the host of the three biggest awards in Taiwan, Mickey Huang, who talks about his entertainment career.

綜藝新時代
NEW STYLE
ニュースタイル

台灣頻道 / TAIWAN FOCUS
台灣頻道 / TAIWAN FOCUS

60mins

全新節目大挑戰，讓南非飛越帶你挑戰各種節目的舞台！
Join the host to challenge and experience the woes of different industries.
環保先鋒：可持續發展方案
ECO EYE: SUSTAINABLE SOLUTIONS
エコ・アイ：持続可能な解決

群山之島與不去會死的他們
ISLAND OF MOUNTAINS... 山々の島・台湾と命知らず…

野食樂園：都市小徑
EDIBLE WILD: CITY TRAILS
世界旅行

用心看體育
SPORTS IN TAIWAN
スポーツに熱視線

表字幕 / INFO-TAINMENT
新世界 / New Age
M G 30mins
本系列調查影響世界的關鍵環境問題，以及四處徵候對我們身心健康
的影響。
This acclaimed series investigates the critical environmental issues
affecting our world.

表字幕 / INFO-TAINMENT
亞洲蘋果 / ASIAN TV
M G 48mins

表字幕 / INFO-TAINMENT
表字幕 / DOCUMENTARY
M G 24mins

表字幕 / INFO-TAINMENT
雜誌風雲 / SPORTS
M G 23mins

小金剛、小鉉和原子貓三人組成的
原子小隊，一同協力保護地球。
Astro lives in a world that needs
heroes because the welfare of the
planet is at stake.

GO! GO! 原子小金剛
GO ASTRO BOY GO! GO! GO! GO!!トム

名偵探柯南
DETECTIVE CONAN
名探偵コナン

下課花路米
FOLLOW ME GO!
放課後はフォロー・ミー!

水果冰淇淋2021
FRUITY PIE
フルーツアイスクリーム2021

在日新，採集野菜與傳統和諧關係
的相關。與著名的和五葉海岸
的破浪，白華和野花。
In Japan, foraging is linked to
tradition and the pursuit of
wellness. This week, Nihaya
explores the coast with seaweed,
daikon, and wild flowers.

To take the classic picture, Chen
Chiao-yu takes the crew to Mt. Qilai
three times.

6 strangers go on an unknown
journey of bidding in a fish market.

Walu brings the music player
and CV that Grandpa gave him.
He plays different types of music and
bewilders everyone.
# CD ALBUMS

## 華航推薦專輯 TOP3

<table>
<thead>
<tr>
<th>No.1</th>
<th>No.2</th>
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<tr>
<td>自我審視 里昂王族 WHEN YOU SEE YOURSELF Kings Of Leon</td>
<td>加州土墊 倫敦脈絡 CALIFORNIAN SOIL London Grammar</td>
<td>潮派女孩 莎拉萊森 POSTER GIRL Zara Larsson</td>
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## 國語CD架 MANDARIN PICKS 北京語CD

- 傳存者 林俊傑 Drifter J.J Lin
- 終於了解自由（豪華版）周興哲 Freedom (Deluxe) Eric Chou
- 未嫁狂花 蔡淳佳 Run! Frantic Flowers! Waa Wei
- 齊秦先生 潘瑋柏 McR&B Beatz Will Pan
- I’m You 徐若瑄 I’m You Vivian Hsu
- ARIEL 票牌組 ARIEL Ariel Tsai
- 讓我們一起微笑吧！F.I.R.飛兒樂團 Let’s Smile! F.I.R.
- 和自己對話（首張實驗專輯） 林俊傑 From M.E. To Myself (Experimental Debut Album) J.J Lin
- 摩天動物園 喬菲紙 City Zoo G.E.M.
- 李玖哲 You & I 25週年紀念專輯 手攻 CoCo Lee You & I 25th Anniversary Album CoCo Lee
- 感受愛情 薛愛珍 Lost and Found Princess Ai
- Where is the Love 蕭忠憲 Where is the Love Priscilla Abby
- 小時候的我們 周興哲 When We Were Young Eric Chou
- 酒之謎 魏佳政 Ultrasound David Tao
- The SOULBOY Collection 方大同 The SOULBOY Collection Khalil Fong
- 央金娜 朱哲琴 Voices from the Sky Dadawa

## 台語CD架 TAIWANESE SELECTION

| 放阮一個人 陳亞蘭 Fang Ruan Yi Ge Ren Chen Ya Lan |
| 春秋大夢 蘭又德 Fantasy In The Wind Shiao Fu-Tr |
| 思念會驚 蕭煌奇 I Miss U So Much Hsiao Huang Chi |
| 影界人生（重製版）江蕙 Life of an Artist (Remastered) Jody Chiang |

## 古典&歌劇 CLASSIC AND OPERA クラシック

- 大提琴的沉思 巴勃羅費爾德斯 Reflections Pablo Ferrández
- 冥想曲 米沙李普茲及北德廣播愛樂樂團 GoldbergerReflections Niklas Liepe & NDR Radiophilharmonie
- 聲樂：第一號小提琴奏鳴曲---聖塞瓦斯蒂安．愛德嘉莫羅…Saint-Saëns: Violin Sonata… Renaud Capuçon
- 彈指—揚基多芬郎朗 Lang Lang Plays Beethoven Lang Lang

## 最愛抒情曲 EASY LISTENING イージーリスニング

- 灰塵堆疊合輯 莊星演唱 Acoustic Covers Various Artists
- 模糊視線 黃貴榮與MONOVISION Ray LaMontagne
- 鋼琴素描 華美的Birde Piano Sketches
- 白人靈魂樂 藍色眼淚 Blue Eyed Soul Simply Red

## 西洋金榜單 SOLID GOLD HITS 洋楽ヒット曲

- 搖滾盛世冠軍精選 綠洲合唱團 Stop The Clocks Oasis
- 不朽金曲選 旅行者樂團 Journey’s Greatest Hits Journey
- 賽門與葛芬柯金曲精選 賽門與葛芬柯 The Best Of Simon & Garfunkel Simon & Garfunkel
- 單曲金榜 威斯利與約翰平茲 The Singles Daryl Hall & John Oates
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<td>TRANQUILITY</td>
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<td>神聖的沉默</td>
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<td>靈魂</td>
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<td>樂興</td>
<td>初音次郎, 高橋</td>
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<td>Reincarnation</td>
<td>國際樂團</td>
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<td>Warren Wolf</td>
<td>《推推自鳴發》</td>
<td>Anjunabeats 的優雅四季</td>
<td>Anjunabeats, 初音次郎</td>
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<td>Amy Shark</td>
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適合於AVOD「個人隨選影視系統」機型：A950-900、A330-300、747-400、777-300ER。
The following applies to all AVOD systems onboard: A950-900, A330-300, 747-400, 777-300ER. 
AVOD（オーディオ・ビデオ・オンライン）システムの搭載されている機材ご利用が可能です：A950-900、A330-300、747-400、777-300ER。
中文流行音樂風
MANDARIN HITS
マンダリンヒット

浮世爵士 / JUST JAZZ / ジャストジャズ

隨著DJ Brad精選優秀爵士曲目， réussi 給您帶來最貼近本色的爵士音樂。
Sway and groove to jazz hits and favorites as DJ Brad plays you a selection from Veronica Swift, Nils Landgren, and Count Basie Orchestra。

抒情美聲 / BEL CANTO / ベルカント

由DJ Sean分享歌手芭蕾舞者林華德蘇菲亞伊齊科夫的抒情美聲，伴您享受各種溫暖旅程。
DJ Sean shares a selection of beautiful vocal pieces to delight you during your flight, from singers such as Barbra Streisand, Susan Boyle, and Michael Bublé。

古典精選 / CLASSICAL GREATS / クラシック極選

由DJ Jacinta精選音樂家帕爾格羅希梅馬友友托馬索貝西羅理尼帶
來的優美古典樂曲陪伴各位百韻旅程。Join your host Jacinta with soothing classical pieces to keep your company, from musicians such as Martha Argerich, Yo-Yo Ma, and Tommaso Bencini。

古典精選 / CLASSICAL MAESTRO / クラシックマエストロ

讓DJ Ainul Haron帶您遊歷音樂的無限時空，伯格德海姆和新鮮傑出的音樂家帶來的古典樂曲陪伴各位百韻旅程。
Enjoy classical pieces throughout your journey from musicians such as Sonya Yoncheva, Bernard Haitink, and Lena Bekireva with your host Ainul Haron。

東洋波拉米 / NIPPON HITS / ニッポンヒット

與DJ Takuya共享由yama・Aimer和宇多田光所帶來的最新日語流行音樂。
Stay in sync with DJ Takuya on the latest J-Pop with artists such as yama, Aimer, and Hikaru Utada。

請參閱座位袋內「旅客安全須知」上的機型資訊，選購您喜愛的音樂頻道，色塊內的數字為頻道順序。
Please refer to the safety card in the seat pocket for your aircraft type to select music channels. Check the colored boxes to select channels。
東洋金典 / NIPPON GOLD / ニッポンゴールド

與DJ Mayuko共同欣賞中孝介、福山雅治以及宇多田光等帶來的經典金曲吧！
Enjoy an eclectic selection of oldies with artists such as Kousuke Atari, Masaharu Fukuyama, and Utada Hikaru with DJ Mayuko.
中孝介、福山雅治、宇多田光等帶來的經典金曲由DJ Mayuko選曲播出。

亞洲風行榜 / ASIA HITLISTS / アジア ヒットリスト

由DJ Ben Loh介紹來自馬來西亞、印尼、泰國、菲律賓、印度與新加坡的熱門流行歌曲。
Sit back and enjoy a selection of hits from Malaysia, Indonesia, Thailand, Philippines, India, and Singapore with DJ Ben Loh.
馬來西亞、印度尼西亞、泰國、菲律賓、印度與新加坡的熱門流行歌曲由DJ Ben Loh選曲播出。

旅遊記事 / UNWIND / 旅行記事

聆聽機上最柔和的聲音，讓舒緩的音樂放鬆身心靈。
Chill out to the smoothest sounds on board. Relax to a soothing selection of calming music.
機上最柔和的聲音，讓舒緩的音樂放鬆身心靈。

歐洲IN樂律動 / EURO GROOVE / ユーログルーヴ

由DJ Richard播放來自Gjon's Tears、泰倫斯詹姆斯和阿齊夫洛倫的歐洲曲風音樂。
DJ Richard plays infectious grooves with European flavor from Gjon's Tears, Terence James, and Achille Lauro.
Gjon's Tears, Terence James, and Achille Lauro的歐洲曲風音樂由DJ Richard播出。

星光璀璨 / HIGHLIGHT / ハイライト

與DJ Terry一起收聽最經典的電影原聲帶和電視劇歌曲。
Tune in to some of the most iconic soundtracks and TV series with DJ Terry.
與DJ Terry一起收聽最經典的電影原聲帶和電視劇歌曲。

適用於以下航機：Selected songs are available on audio channels for the following list of aircraft:

適合機種：適用於Non-AVOD機種

適用機種的播放曲目來自各音樂頻道之部分節目內容。

適用於備有AVOD「個人綜合影像系統」航機：All audio channels are available on AVOD aircraft.

適用於備有AVOD「個人綜合影像系統」航機：

備有AVOD「個人綜合影像系統」航機：

適用機種：A330-300，747-400，777-300ER
## 台北 Taipei 台北

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### 目的地 Destination 目的地
- **新加坡 Singapore 首都**
  - 自 / From / 出發地
  - 新加坡 Singapore 首都
  - The Travel Show
  - P.75
- **台灣 Taiwan 台北**
  - 的路程及事前情報
  - 野生日本
  - Japan's Wilderness
  - P.87

### 台北 Taipei 台北

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- 若您搭乘的航機配備大螢幕影音系統 (Non-AVOD)，請依照您將前往的目的地查看「影片節目表」的播放內容。
- If your aircraft is equipped with Non-AVOD system, please refer to the Video Charts program listing that corresponds with your destination.
- Non-AVOD設置機種的機上播放，請依照您的目的地對照「節目表」的播放內容。
共用班號航空公司
CODE-SHARED PARTNERS

各航班時間表可能會因實際需要而臨時變動，您如需了解最即時的航班資訊，請洽我們各地的訂位服務處。
Timetables are subject to change without notice and based on estimated flying time. China Airlines will not be responsible for damages resulting from failure of flights to depart or arrive at times stated. Please contact our Reservation Offices worldwide.

中華航空全球貨運航點
CHINA AIRLINES CARGO ROUTES
亞洲航點
ASIA ROUTES

華航集團航點
China Airlines Group International Route

中華航空與其他航空公司
主要合營航點
China Airlines Code-shared Route with Other Airlines