

TAIPEI

SUMMER
2016

Vol. 04

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The Summer Universiade Is Coming Soon:

**Bravo's Mission to Promote
Love of Sports and Good Health**

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**Traditional & European Styles
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Holding a Ladle of Clear Water, Cultivating an Acre of Lush Green Fields

During these sweltering days of summer, heading to a countryside stream and dipping your feet into the cool waters while listening to the chirps and calls of frogs, insects, and birds is indeed a very pleasant experience!

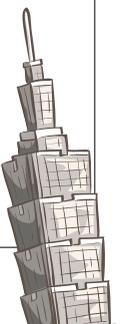
Taipei Mayor Wen-je Ko is promoting the Garden City initiative, bringing the countryside into the heart of the capital! The Garden City concept originated in the late 19th century. Based on environmental-protection, sustainability, and ecological ideas, cultivated edible landscapes on school campuses, rooftops, and even pedestrian lanes create a break from the traditional images and boundaries associated with green spaces. Moreover, this has helped communities to transform unused neighborhood into farms, promoting a friendly urban-farm lifestyle.

Famed British chef Jamie Oliver once said that this is a lost new generation. Children do not know how to cook, or where food comes from. They do not even know how to eat healthy. When children observe vegetables growing inch by inch and are affected by the energy of life breaking through the soil, knowledge of nature and health education is unconsciously initiated. Perhaps you can also start out on an “eating green micro journey,” bringing fresh vegetables on an outdoor picnic – for in this world, health will forever be most important.

In this issue’s “All About Cuisine” section, we follow the aroma of freshly baked bread as it wafts through the air. We pursue the blissful flavor of breads exclusive to Taipei, from adzuki bean and green onion Taiwan-style breads to classic European-style breads to trendy, innovative breads that are a fusion of East and West. Since Wu Pao Chun won the title of Master Baker at the Bakery World Cup, bread has been a great source of pride for the people of Taiwan. Taipei is not only a veritable bread paradise, but also a bread-making competition venue! In this issue, bakeries in the city’s four corners are visited by a food professional and a travel expert to introduce you to the breads that Taipei residents especially love.

Preparations have long been underway for the 2017 Taipei Summer Universiade. The official opening ceremony is not long off, with less than 400 days left. Bravo has been completing multiple assignments, participating in sports activities such as parkour, archery, basketball, and hiking, to raise awareness of the 2017 Taipei Summer Universiade. On Taiwan’s men’s volleyball team at the upcoming Universiade will have a set of tall, handsome identical twins, Liu Hung-Min and Liu Hong-Jie, members of the Amis indigenous people. In keeping with their superb mutual tacit understanding, they were simultaneously chosen for the national team. They have shared many years of training hardships, and hope that during the competition the referees will not think that they are seeing double. On the junior circuit, among the four majors, tennis ace Yang Tsung-Hua had once won the Australia Open, French Open, and Wimbledon. At the 2015 Summer Universiade in Gwangju, Korea he earned a silver medal as part of the men’s team and a bronze medal in men’s singles. Currently giving his all in preparation for the Taipei Summer Universiade, he hopes that he can achieve even better results on his home court.

Japanese photographer Mika Ninagawa has taken Taipei by storm with her bright, gorgeous photographic style. From flowers to cherry blossoms, portraits, and the wide world, we see the different charms of Taipei through her eyes. Her works have added even more beauty to the Taipei landscape. Under Ninagawa’s lens, flowers are delicate and charming – the same can be said of Taipei in summer!



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The Summer Universiade Is Coming Soon: Bravo's Mission to Promote Love of Sports and Good Health

Article __ Xie Yingjie

Photos __ Department of Information and Tourism, Taipei City Government

The 2017 Taipei Summer Universiade will begin in less than 500 days! To fulfill his heavy responsibilities promoting the event, Bravo has been working hard to raise awareness of this competition and to make people fall in love with Taipei.



From Parkour to Archery, Bravo Likes to Have Fun

Taipei City Government personnel have been working hard in preparation for this event. April 6th marked the 500th day before the opening ceremony of the 2017 Taipei Summer Universiade. On this benchmark day, the Department of Information and Tourism, Taipei City Government (台北市府觀光傳播局) held a press conference, with Qiu Kun-wei (邱坤輝), an athlete who served as a torch-bearer for the 1964 Summer Olympics in Tokyo, as a guest speaker. Qiu was responsible for bringing the Olympic flame to Taiwan. During

the press conference he shared his personal testimony regarding that honor 50 years ago, along with his training secrets.

Have you ever seen people practicing parkour, leaping over rooftops and scaling walls, their bodies seemingly as light as that of swallows? For this press conference the ADD Academy, focused on the emerging extreme sport parkour, was invited to perform. The graceful transition from running to tumbling was especially powerful and beautiful. Bravo was on hand to witness the performance, and was eager to try things for himself.

He pleaded with the coach to teach him a few techniques. Although his wish went unfulfilled, he still felt a sense of satisfaction.

Hsiung Mei-chien (熊梅茜), a member of the national archery team, as well as national speed-skating team members Yu Hung (游虹) and Yu Pen-che (游本徹), were also in attendance. All three athletes, in addition to sharing their training hardships, expressed their confidence regarding next year's games. When Bravo saw Hsiung (whose last name means "bear"), he wanted to express his warmth as a member of the same clan. After Hsi-



ung showed him some archery techniques, Bravo immediately assumed an archery pose, aiming at the sun as if playing the part of Hou Yi (a mythical archer who, according to legend, shot down nine of ten suns that once circled the sky).

Visiting School Campuses, Creating Fun Moments

Recently, a bear has been appearing on elementary school campuses in Taipei City. Bravo took to the stage at a physical-education demonstration at Shuanglian Elementary School (雙蓮國小). In a show of endurance, Bravo accompanied student athletes

in a run around the track. During the pre-event warm-up exercise period, his apparent confusion sparked laughter—fun competitions are the perfect stage for showing off his natural charm. In addition, Bravo did not forget to share the importance of black-bear conservation with the children, hoping that everyone will work together to show care for and protect the critically endangered Formosan black bear.

The day before the Children's Day holiday, Bravo once again set off on a mission, this time a visit to the National Taipei University of Education

1. Bravo cheers on the players during the intense HBL championship game.

Experimental Elementary School (國立台北教育大學附設實驗國民小學). Here, Bravo and the students jumped rope and participated in sumo wrestling. Bravo, who had never tried sumo wrestling before, gave it his all, but was still unable to bring down his opponent. Instead, he unexpectedly turned around and showed



his backside to the crowd, resulting in bursts of laughter. Finally, Bravo and some of the students participated in a thrilling game of three-on-three basketball, Bravo again putting in a mighty effort, and cheered on with great enthusiasm.

Intense Basketball Tournament, Exciting Sports Event

The High School Basketball League (HBL; 高中籃球聯賽) brings together high-school athletes from all around Taiwan in a fervent and sweat-filled battle for honor on the court. Bravo, being the fun-loving bear that he is, was at this year's HBL finals at the Taipei Arena (台北小

巨蛋) to cheer on the players. The shouts and excitement of the fans during the competition were like radiant fireworks, and Bravo got caught up in the fervor!

The competition on the court was fierce. Activities held at booths outside of the event venue included a free-throw competition. Those who made a basket won a small Summer Universiade gift. The basketball event of 2017 Taipei Summer Universiade will also take place at the Taipei Arena, giving the Chinese Taipei team will have home-court advantage. It is hoped that large crowds will be in attendance to cheer on the Chinese Taipei team.

Bravo Hiking Groups, Ready to Go

Who says that every sport is a different experience? For true "Bravo" Formosan black bears hiking is easy, as it entails basic instinct. Over the next few months, to promote sports travel, Bravo will make surprise appearances along some of Taipei City's many hiking trails. If you catch sight of any of Bravo, take a photograph with you and this bear in it as a souvenir, and receive a small gift. To date, Bravo has appeared along the Zhuzihu ("Bamboo Lake") Creekside Trail (竹子湖湖畔步道) and Hushan ("Tiger Mountain") Hiking Trail (虎山親山步道), attracting much attention and requests for photographs. 📷



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2. Bravo makes an appearance along the Zhuzihu Creekside Trail, and poses for photographs with passersby.
3. Bravo visits a school campus and plays an exciting three-on-three basketball game with the students.

Universiade Tips – Weightlifting Competition

- ⊙ Weightlifting competition points are awarded for two types of lift, the clean and jerk and the snatch. Total points are the sum of the two types, and both types of lifts must be performed.
- ⊙ Three attempts at both the clean and jerk and the snatch are allowed. After a competitor has grabbed hold of the barbell, the judges will determine if the attempt is successful or not. If successful, a white flag will be raised or a white light will be turned on. If unsuccessful, a red flag will be raised or a red light turned on.
- ⊙ For each successful attempt, at least one kilogram of weight will be added. The total-score ranking is determined by adding the highest weight successfully lifted in the clean and jerk with the highest in the snatch total.
- ⊙ If there are identical scores, the winner is the competitor who is lighter in weight. If competitors are of identical weight, the winner is the first to successfully complete a lift.



For more information about the 2017 Taipei Summer Universiade, visit the official website: sportcity.2017.taipei



Everyone is welcome to join

Bravo's Facebook Fans Page: www.facebook.com/bravotaipei

The Best-Ever Men's Volleyball Twins Take to the Court Hung-Min and Hong-Jie Initiating a Golden Era of Men's Volleyball in Taiwan

Article __ Chen Wanjing

Photos __ Li Tinghuan, Lin Jiaxin, Jimmy King Talent Agency



“Before becoming my partner on the court, fighting shoulder to shoulder, you were my closest family member and my best friend.” Referred to as the “best-ever men’s volleyball twins in Taiwan,” Liu Hung-Min (劉鴻敏) and Liu Hong-Jie (劉鴻杰) posted this emotional quote on their Facebook Fans page. What is surprising is that on the court they are forceful in striking the ball and blocking, but off the court they are not very talkative. That is because they understand each other all too well. With an exchange of glances, they know what each other is thinking.

The whole of 2015 can be said to have been a wondrous journey for the Chinese Taipei men’s volleyball team. From winning a bronze medal at the Asian Men’s U23 Volleyball Championship, to taking fourth place at the 2015



1. Since high school, these twins have undergone strict professional training, which has resulted in Liu Hong-Jie attaining volleyball skill and attitude that are beyond his years. (Photo: Jimmy King Talent Agency)
2. Brothers Liu Hung-Min (left) and Liu Hong-Jie (right) demonstrate great tacit understanding when playing volleyball together. They have led the Chinese Taipei men's volleyball team to its best-ever results. (Photo: Lin Jiaxin)

2

Summer Universiade in Gwangju, sixth place at the Asian Volleyball Championship, and the AVC Club Volleyball Championship Cup for the first time in team history, the team's achievements have excited a rare volleyball fever in Taiwan, and much attention has been focused on the team members. Among them, brothers Hung-Min and Hong-Jie are not only outstanding players, but also tall and good-looking, especially attracting the attention of female fans. After each game, there is often a crowd of female fans waiting outside the venue looking to have a photo taken with them, or to ask for their autographs.

Intensive Training, Accumulating Competitive Strength

Speaking of their volleyball journey, Hung-Min recalls that as a fourth grader at Yingge Elementary School (鶯歌國小), one day he dropped off some documents at the academic affairs office. As chance would have it, he ran into the volleyball coach. When the coach saw that he was already 160 centimeters tall, he was asked to try out for the team. After playing volleyball for a full day, he decided that it was fun, and upon returning home asked his brother Hong-Jie to join in. From that time to this, the two have played on the same team.

These twins, of indigenous Amis blood, possess strong features and an electric gaze. They appear to be cut from almost the exact same mold, and are closely similar in terms of build and hairstyle. Hong-Jie shows a childhood photograph of himself and his brother on his cellphone, wearing identical outfits. Even he cannot easily distinguish between them. This has led to some interesting mix-ups during their volleyball career. The two hold different positions – Hung-Min is the outside spiker, and Hong-Jie is the middle blocker. At a World School Volleyball Championship match, a referee mistakenly penalized them for switching positions. The coach reminded the official that they are identical twins, and the deducted points were restored.



When they were in high school, they underwent intensive, professional team training, waking up at 5 a.m. each day for practice. For half a year, they did not take time off to return home on weekends, instead traveling between their dormitory and the volleyball court. Hung-Min says that there was a time when their coach replaced the volleyball with a basketball, to practice serves and setting techniques. As it was much heavier than a volleyball, it required more effort to hit, and his hands hurt so much that it was hard for him to sleep. That was a very difficult period; however, when allowed to once again use a volleyball, he found that his finger strength had increased, which made him realize that his coach had given this exercise great thought. As Hong-Jie thinks back on those days, he notes that although the coach was

extremely strict, this was the person who influenced him the most. Due to that time of strict training, he learned to be independent early on, and to work as part of a team. Compared with other students of his age, he has a more settled personality, and understands how to respect others.

High Level of Tacit Understanding, Repeated Stellar Success

Due to the mental telepathy that exists among twins, and more than a decade of playing on the same team, the two have an extremely high level of tacit understanding. Working together, they have won the High School Volleyball League (HVL) and University Volleyball League (UVL) gold cups, and have been named to the national representative team, competing shoulder to shoulder. Last

3. Liu Hung-Min, the team's outside spiker, hopes that fans will attend in large numbers to cheer on the Chinese Taipei men's volleyball team. (Photo: Jimmy King Talent Agency)

year, at the Summer Universiade in Gwangju, Korea, the Chinese Taipei team overcame many difficulties to claim six consecutive victories and advance. During the quarterfinals, the team had the misfortune of going up against the Ukrainian team. In the fifth set, their fortunes took a turn for the worse. The twins agree that this has been their most regrettable competition outcome to date. Their ticket to the finals and the gold medal was within reach, but they were unable to clinch it. Hong-Jie says that, "It is because we wanted to win too much!" In the preliminary contests they played

well, and the entire team was very excited. Their rise in the rankings led to increasing media attention, and that is when the pressure and the fear of failure began to build. They lost their coordination, and thus their opportunity for victory.

The Chinese Taipei men's volleyball team had in the past achieved a Universiade ranking of 14th. Last year's achievement was thus the best in team history. Following that, surpassing expectations, they won all eight contests to clinch the AVC Club Volleyball Championship Cup. Hung-Min believes that the team's unity was the key to winning the final against Qatar. Moreover, on that day the TPEC Gymnasium (天母體育館) in Tianmu (天母) was filled with cheering fans. That gave a huge boost to the players' morale, and they were ecstatic to win this victory at home.

Sparing No Effort, Enjoying the Competition

Speaking of the competition process, the normally quiet brothers become very talkative. But when asked to share what they most want to say to one another, they quickly become silent again. "No. We won't say something nauseating. It's enough that we know what each other is thinking," they say. To allow their fans to get to know them better, Hung-Min plays the role of big brother. He says that, "In comparison, other players are alone. We are very fortunate that we have someone we can rely on for mutual support."

Both athletes are enrolled at National Taiwan Normal University (國

立台灣師範大學). They have been chosen for the Chinese Taipei team that will compete at the 2017 Taipei Summer Universiade, and although they have not yet set a specific objective, they plan to give their all while happily enjoying each match. After the disappointment of the Summer Universiade in Korea, they expect that as next year's Summer Universiade will be

held in Taipei there will be many fans in attendance to cheer on the Chinese Taipei men's volleyball team, and they plan to put this home-court advantage to full use, bringing their A game. 📍



Men's Volleyball Twin Powerhouses Fact File

Liu Hung-Min (outside spiker), Liu Hong-Jie (middle blocker)

Date of birth: November 10th

Height: 190 centimeters

Weight: 85 kilograms

Awards and Achievements:

- 2010, 2011 academic years / HVL Class A champions (National Overseas Chinese Senior High School [華僑高中])
- 2012, 2013, 2014 academic years / UVL champions (National Taiwan Normal University)
- 2015 / Asian Men's U23 Volleyball Championship bronze medal (Liu Hung-Min honored with Best Spiker Award)
- 2015 / 4th place, Summer Universiade in Gwangju
- 2015 / 6th place, Asian Volleyball Championship
- 2015 / AVC Club Volleyball Championship Cup (Liu Hung-Min honored with Best Spiker Award)



(Photo: Li Tinghuan)

Tsung-Hua Yang: Taiwan's Tennis Powerhouse Pledging to Keep the Gold in Taipei

Article — Xie Yingjie
Photos — Tsung-Hua Yang



At age 9, Tsung-Hua Yang (楊宗樺) first came in contact with tennis. By age 10, he had already become national champion. By the age of 14, he was competing overseas. At the age of 17, in one fell swoop he won three Grand Slam tournaments on the junior circuit, including the Australian Open, French Open, and Wimbledon. That same year, he was named the International Tennis Federation (ITF) Junior World Champion, and achieved a number one world ranking. Yang is an extraordinary athlete, whose boundless talent was manifest early on.

After turning pro in 2009, Yang's highest men's professional singles world ranking has been 164th. He is currently ranked 210th. His highest men's professional doubles ranking has been 144th. Currently, he is ranked 230th. At the 2015 Summer Universiade in Gwangju, South Korea, he won a silver medal as part of Taiwan's men's team and a bronze medal in men's singles. At the 2017 Taipei Summer Universiade he will once again wear the national team uniform, and proclaims that, "I want to keep the gold medal in Taipei!"

Traveling Far and Wide to Fulfill His Dream, Gaining Maturity From Experience

At a height of 178 centimeters and a weight of 80 kilograms, Yang has been nicknamed "Little Fatty" (小胖). He does not in fact appear in any way overweight, instead looking rather like a tanned, active and ruggedly handsome beachgoer. He says that, "When I was little, I was more rotund. Friends would call me 'Little Fatty.' To help us lose weight, my family sent my older brother and I to a summer tennis camp. My brother didn't con-



tinue to practice, but my interest grew, and I've been playing ever since."

Yang has been flying to different countries to compete since he was 14, sometimes accompanied by his coach and sometimes alone, carrying his own tennis bag, fighting to fulfill his dream. Compared with most other young people of the same age, he has had much richer experiences, and received much stricter physical and psychological training. He notes that, "Because I came in contact with society early

on, it is possible that I am more mature, and better understand how to deal with crises."

His first long journey on his own was to France. At that time, he was so nervous on the plane that he cried. He kept thinking to himself that, "When I get there, there will be no one there who I know. What should I do?" He was very young, and his English was inadequate. Although there was a foreign coach who came to his aid, he still felt great pressure. Yang says that, "For

1-2. At this year's Australian Open, Tsung-Hua Yang played with a torn ligament in his pinky finger, binding two fingers together with white adhesive tape during training and competition, demonstrating impressive willpower.

that reason, from that time on I had more determination to study English. Communicating using gestures was very inconvenient."



3. “Little Fatty” Yang (right) and “A Peng” Hsieh (left) have great tacit understanding on the court; the “Fatty Peng” duo will compete shoulder to shoulder at the 2017 Taipei Summer Universiade.

Each year, Yang spends almost 11 months competing in various countries. Although he comes home, it is usually just to rest for a few days before having to fly somewhere else. One experience that has left an especially deep impression was while training and competing in Brazil. In the middle of the night, while sound asleep in a hotel, he heard a loud explosion. “A loud boom suddenly woke me up,” he says. “I thought it was a terrorist attack. I quickly grabbed my passport bag and ran out of the room. When I got downstairs, I saw that everyone was dressed as if they had just gotten out of bed. There was a lot of confusion. We found out later that it had been a natural gas explosion. It was frightening, but thankfully no one was hurt.”

Yang’s teeth have been his “Achilles heel” when competing overseas. Once, when in Thailand, he had to have one of his wisdom teeth removed. On another trip to Vietnam, he needed a root-canal procedure. On both occasions he was in unbearable

pain, and had to hurriedly find care locally. He says that, “When I was in Thailand, I went to a very good hospital, and received a great shock when presented with the bill. To have one wisdom tooth pulled cost more than NT\$10,000. The facilities in Vietnam were not so advanced, but I found a good dentist who provided emergency care so that I could play.” When overseas, Yang has to figure out how to solve problems on his own. He once again emphasizes that, “It is necessary to be able to communicate in English.”

Bravely Entering Grand Slam Tournaments, First Australian Open Experience

At the beginning of this year, in the Australian Open, Yang and Cheng-Peng Hsieh (謝政鵬) won the Asia-Pacific region men’s doubles wildcard playoff to advance on the men’s doubles event. Returning to the place where he had contended for the junior championship in his youth was deeply meaningful for Yang. He

says that, “At the Australian Open, I thought about the glory of eight years ago. This gave me more encouragement to play well.”

International competitions test the ability of athletes to resist pressure. Yang says that every athlete is nervous, and of course before a match he is too. But once on the court he becomes focused on what he is doing – for example, on how to hit the next ball, and the next step in his strategy. “For sure,” he says, “you do not want to keep thinking about how nervous you are on the court. It’s possible that your opponent is even more nervous than you.”

His showing at his first Australian Open since turning pro was less than ideal. After the tournament, Yang critiqued his performance. “I played too impetuously, and was not as steady as my opponents.” Actually, however, he was forced to play with an injury, a torn ligament in his pinky finger. “I was not able to exert force on my pinky finger,” he explains, “so I taped

the last two fingers together, to better bind it in place. I felt bad for my partner, but no matter what I had to hang on and finish playing.” After returning to Taiwan, he underwent surgery to repair the ligament at National Taiwan University Hospital. Currently recovering well, he’ll start competing again soon.

Though not able to advance at the Australian Open, the always thoughtful Yang made a special effort to bring back towels and souvenir key chains to offer as prizes to fans on his Facebook Fans Page, sharing his joy at participating in this classic tournament. He says that, “My online fans leave very warm messages, and having people support me this way gives me encouragement!”

Sparing No Effort to Prepare for the Universiade, Contending for Gold for Taiwan

“Little Fatty” Yang and “A Peng” (A鵬) Hsieh form the “Fatty Peng doubles team” (胖鵬西配). Long-time partners in Taiwan’s men’s doubles competitions, they’ll once again compete shoulder to shoulder at the 2017 Taipei Summer Universiade. Of the tacit understanding between these two, Yang explains that, “We have a common strength – that is, if we lose we don’t blame each other.”

He adds that, “Many doubles partners eventually part company. Perhaps it is because one day they lose a tour-

namment and they blame each other for not playing well enough. This creates a feeling of animosity. But, for every person, each day is a different situation, and we will show understanding toward one another. After teaming up for such a long time, we are very comfortable and at ease with one another.”

Every morning, Yang wakes up at seven to begin his physical training. He explains that, “With the urging of my physical fitness coach, there is no room for slacking off. I spare no effort in working to fulfill whatever demands my coach makes, so that I can maintain myself in the best possible shape.” He has an outgoing personality with nerves of steel, able to adjust his attitude whether winning or losing, and after many years of competition has gradually gained in maturity. Yang notes that, “If I don’t play well, of course I will feel upset at first. But after two or three hours, I can completely recover.”

He adds that, “Because we compete through most of the year, we cannot win every match. If we lose, we need to figure out why, and then quickly work to improve.” Yang believes that one of the most attractive things about tennis is that the ball is round; no one can win for sure each time. “Even if there is a large difference in rankings, a player ranked in the top 50 can possibly lose to a player ranked 200th or 300th. No matter your opponent, you cannot let your guard down, and must carefully respond to the challenge.”

His preparation strategy for the 2017 Universiade is a packed competition schedule, allowing “competition to take the place of training.” Yang explains that, “Through competition, you fulfill training objectives. Thus, A Peng and I are competing together in numerous targeted tournaments.” Scheduled tournaments have included the Santaizi ATP Challenger in Taiwan, Uzbekistan F1 Futures Karshi (ATP Challenger Tour), and Open de Nice Cote d’Azur (ATP World Tour).

“Tennis is the most important thing in my life,” says Yang. “It will most likely stay with me all of my life.” It is as if tennis is the center of Yang’s circle. Surrounding his life of tennis are happiness, sadness, achievement, and lows. He notes that, “From the time of my youth, when I received the most glory, to the ups and downs following my turning pro, I have felt all sorts of emotions. Playing tennis is my dream. In the future, I hope that I can reach the semifinals or quarterfinals at one of the four majors, so that the world can see my accomplishments.”

To welcome the impending 2017 Universiade, the Taipei City Government has been providing comprehensive support to Taiwan’s athletes during their training. Of this, Yang expresses his gratitude. “Taipei is our home! When we are playing at home, we must perform well and keep the gold in Taipei!” 

 LOHAS Taipei,
Creating a World Class Garden City

Eat Homegrown Foods The Global Popularity of Urban Farming

Article — Chen Wanjing
Photos — Incredible Edible Todmorden Community Development Team,
Eigenes Werk, Reuters, Energy Globe Foundation (EGF)

(Photo: Shutterstock.com)

It is believed that Albert Einstein once said, “If the bee disappears from the surface of the Earth, man would have no more than four years to live.” This is because many fruits and vegetables rely on pollination by bees for their survival. The extinction of the bee would spell disaster for humans. As such, numerous large cities have, one after the other, launched bee-protection initiatives.

From the Ginza Shopping District in Tokyo to the National Assembly in Paris and to the rooftop of the Berlin Cathedral, bees have been welcomed. Oslo, the capital of Norway, has even gone so far as to establish the world’s first “bee highway” to protect bees. Along this route, potted plants have been placed on the rooftops or balconies of homes every 250 meters, to ensure that urban bees have plentiful food.

In the face of honeybee Colony Collapse Disorder (CCD), the United States has earmarked US\$34 million to implement policies designed to save the bees. Early on, in 2009, not long after taking up residence in the White House, First Lady Michelle Obama began raising bees and growing organic fruits and vegetables. After a visit there, Akie Abe, the wife of the Japanese Prime Minister, set up a beehive in the First Couple’s official residence, becoming an urban beekeeper.

In response to this global urban-farming fever, Taipei Mayor Wen-je Ko (台北市長柯文哲) has made great effort to promote a garden city policy. In 2015, the Community Agriculture Promotion Center (田園城市社區園圃推廣中心) was established, enabling civic groups to adopt agricultural space and to work together to cultivate an edible land-

scape and create a green, healthy garden city. A revolution in which farms are the catalyst for urban renewal is underway.

After more than a year of promotion, 19 plots of farmland have been registered and opened to the public for adoption. There are already 270 small campus gardens, civic farms and gardens, and public-building rooftop gardens.

In New York, London, Berlin, Tokyo, and Seoul, it is easy to see residents wielding hoes and engaged in farming in the midst of the cement jungle. Cities that concurrently promote food and ecological sustainability are sharing in a joint global trend. To develop stronger policies and programs, Taipei City will continue to draw from international experience to create a unique urban-agriculture model.



1. Todmorden is a small “edible” town in the north of England. (Photo: Incredible Edible Todmorden Community Development Team)

London Farms Dispel the City’s Cold, Damp Image

The concept of urban agriculture can be traced back to 1898, to a manuscript entitled *Garden Cities of To-Morrow*, written by British social reformer Ebenezer Howard. He attempted to integrate the advantages of cities and rural villages to create a utopia. Following the passage of more than a century, as part of its bid to host the 2012 Olympic Games, in 2009 London began testing its Capital Growth scheme. Seeking to cover the entire city in green spaces, the ideas of this pioneer were carried forward and developed.

London’s city government launched the slogan “Get your hands dirty” to encourage Londoners to cultivate land within the city limits. Application for funding to establish a community garden could be made by individuals possessing the rights to use of land measuring at least five square meters in area, and tended to by at least five persons. Although the curtain

came down on the London Olympic Games long ago, this scheme has been continued, and to date more than 2,500 community gardens have been set up. Even the long-neglected tunnels of the London Underground have been transformed into greenhouses for the growing of organic vegetables, dispelling this financial capital’s image as clammy and rigid.

In the north of England is a small “edible” town named Todmorden. Community gardening has been promoted here since 2008, with idle spaces given over to the cultivation of fruits and vegetables. Moreover, this town has designed a greenbelt in which people can pick the fruits and vegetables they need free of charge. This has not only served to beautify the town, but has also made it one of the few self-sufficient agricultural communities in England. In addition, it has brought a continuous stream of fresh-food enthusiasts, resulting in renewed prosperity for this once-declining community.

Berlin’s Urban Oasis

Among European countries, Germany has the most thriving urban agriculture. Early on, in 1919, it established regulations for urban farms and gardens. During World War II, the country suffered numerous air raids, and Germans depended on urban farms and gardens to feed themselves. Today, this practice has been transformed into farm experiential and recreational opportunities. Using the German experience as reference, in 1990 Taipei City set up its first community garden in Beitou, establishing a new model for urban agriculture in Taiwan.

After the Berlin Wall was torn down, the area around it remained a wasteland. In the summer of 2009, the nonprofit organization Nomadic Green initiated an experiment. It transformed this wasteland into an urban farm, naming it Prinzessinnengarten (Princess Gardens). Anyone can engage in cultivation in this open space. Under the concept of “unity is strength,” every year about 500 types of fruits and vegetables are produced

on this farmland. It is as if this is an oasis in the middle of an urban setting.

In addition to vegetable gardens, the Princess Gardens has a flea market, beekeeping classroom, activity center, and other facilities. Of course, there is also a restaurant which serves salads and vanilla tea created with ingredients picked from the gardens. Today, the Princess Gardens is a favorite recreational destination for local citizens. This impoverished old community has been injected with new life. Other communities have followed suit, and there are currently about 150 urban farms throughout Germany being operated on a model similar to that of the Princess Gardens.

New York – Home to World’s Largest Rooftop Farm

In the world’s capital, New York, land is at a premium. Concealed in its most populous borough, Brooklyn, is the Brooklyn Grange, the world’s largest rooftop farm. In 2010, a group of

young people suddenly came up with an unusual idea – to develop a farm on the roof of a nearly century-old warehouse. They brought in soil from Pennsylvania, and made use of discarded sawdust and kitchen scraps to create organic compost, to grow organic fruits and vegetables. In 2012, they followed up with the establishment of a second rooftop farm. Currently, these two farms together occupy an area of 2.5 acres. Every year, they produce more than 50,000 pounds of organic fruits and vegetables.

The Brooklyn Grange is also New York’s largest bee farm, chickens are raised to produce eggs, and an aquaponics model has been incorporated in the pursuit of ecological balance. More than 40 types of agricultural crops are grown here. A diversity of services is provided, and the farm is open to visitors. Its influence has been widespread, with numerous rooftops, vacant lots, and spaces on school campuses and in public parks across New York being transformed into fertile farmland.

There is currently more than 700 urban farms, creating alternative landscapes to the city’s towering skyscrapers.

Beekeeping in Tokyo’s Ginza District Creates Business Opportunities

Rooftop gardens and beekeeping are not only popular in Europe and North America; Asian countries are also seeking to fulfill their responsibility as global citizens. In 2006, the Japanese nonprofit Ginpachi Ginza Honey Bee Project initiated beekeeping on the rooftops of Asia’s most expensive area, the Ginza Shopping District in Tokyo. From this area, the honeybees can easily reach nearby Hibiya Park and the gardens of the Imperial Palace.

Today, the Ginpachi Ginza Honey Bee Project produces considerable amounts of honey every year. Under the inspired design of the businesses in this district, sales of this popular product are restricted during the harvesting period. The community has a common topic for dialogue because





of this, and has built closer bonds. In addition, honey has not only brought business opportunities to Ginza, but also pollination, carried out during the arduous process of producing honey. As a result, trees that have not produced fruit in a long time have been given a renewed lease on life, and birds, beetles, and butterflies have congregated in this area, creating a rich ecological landscape.

A Japanese human-resources company, PASONA, in addition to maintaining a rooftop farm and bee colony, has developed an alternative type of

indoor office farm. This urban farm, at PASONA's Tokyo headquarters, occupies an area of 3,995 square meters. More than 200 types of fruits and vegetables are grown, including paddy rice, tomatoes, eggplants, and green peppers. Of course, all of these are used as ingredients in the employee cafeteria. Whether the lobby area in front of the elevators, corridors, reception area, or dining area, the presence of flowers, plants, fruits, and vegetables is felt everywhere. This is a prime model for implementation of the concept of interdependence between humans and nature.



A Small Island in Seoul Is Transformed Into an Urban Farm

Under the impetus of Korea's Seoul Green Trust, made up of government agencies and non-governmental organizations, there have been remarkable achievements in the greening of this city. In 2015, officials put forth version 2.0 of the Seoul urban agriculture policy, which calls for a nearly fivefold increase in the area of land used for cultivation by 2018, to reach the objective of 420 hectares. It is hoped that all city residents can experience the joy of farming within a 10-minute walk.

The most iconic case is that of No-deul seom, a small island in Seoul's Han River. It was originally planned as the site of an opera house, but was instead transformed into an urban agriculture area. Moreover, a sales and marketing center has been established for the consignment of fruits and vegetables. On the island are dome-shaped net rooms, a beekeeping area, compost area, greenhouses, and seed-storage space, encouraging city residents to participate in cultivation. 



2. In 2008, Todmorden began promoting community farming. It has designed a greenbelt along which people can pick the fruits and vegetables that they need free of charge. (Photo: Incredible Edible Todmorden Community Development Team)
3. The city of Seoul has set a target of increasing the land area used for farming nearly fivefold by 2018. (Photo: Energy Globe Foundation)
4. Beginning with the Brooklyn Grange, New York currently has more than 700 urban farms. (Photo: Reuters)
5. The Japanese human-resources firm PASONA has brought farming into an office-building setting. (Photo: Reuters)

 LOHAS Taipei,
Creating a World Class Garden City

Cultivating Edible Landscapes Creating a Garden City

Article — Du Yunru

Photos — Taipei Municipal Jianguo High School, Taipei Municipal Xinhai Elementary School, Yuhang Public Kindergarten, Taipei City Government Department of Economic Development, Taipei Farmers' Association



learning, experiencing the process of cultivation, care, and harvesting of agricultural crops. The harvested fruits and vegetables then become part of a nutritious lunch program their school lunch that allows them to enjoy what they have grown with their own hands. This not only provides the opportunity to taste fresh foods, but also a sense of achievement and satisfaction.

Case Study 1: Taipei Municipal Jianguo High School

The Little Farm Project at Taipei Municipal Jianguo High School (建國中學) brings together students in the sophomore 10th grade home-economics class and junior 11th grade “Sustainable Dining Table” (永續的餐桌) special class, where they discuss issues related to Taiwan’s food and agriculture. The home-economics teacher instructs students in the use of ecological engineering methods to create paddy-rice fields, vegetable-planting boxes, and green walls using railroad ties. In addition, environmentally-friendly farming methods

Can you imagine living in a crowded urban area yet close to nature, surrounded by gardens? In truth, full use can be made of spots where we live – residential yards, balconies, rooftops, alley and lane corners, neglected buildings, parking lots, pedestrian-lane margins, road partitions, parks, and schools – to create “edible landscapes.”

The Taipei City Government has been energetic in its promotion of a garden city. Fruits and vegetables are being grown in public spaces, fulfilling urban-greening objectives. Increased interaction is being en-

couraged among residents through micro-farming initiatives, the best example of green education for the next generation regarding the relationship between the natural environment, land, and food.

Little Farm Project, Farming Becomes Part of the School Curriculum

The Taipei City Government’s Department of Education (台北市政府教育局) is promoting the Little Farm Project (小田園計畫), making use of empty spaces on school campuses. Students undergo practical

1. At Taipei Municipal Jianguo High School, the home-economics teacher instructs students in eco-friendly farming methods and in the building of rice paddies using railroad ties. (Photo: Taipei Municipal Jianguo High School)

2. A large diversity of vegetables is grown on Happy Farm at Taipei Municipal Xinhai Elementary School. (Photo: Taipei Municipal Xinhai Elementary School)

3. At Yuhang Public Kindergarten, little gardeners carry their harvest; by experiencing the farming process they learn about the preciousness of food. (Photo: Yuhang Public Kindergarten)



are used to cultivate crops. During the cultivation process the students have experienced some setbacks, such as paddy-rice spikes being eaten by sparrows, mosquitofish in the rice paddies freezing to death, and all the vegetable shoots being eaten by snails one night. From these experiences, they have gained profound understanding of the hardships faced by farmers.

The students have even set up a Facebook Fans page. They film promotional videos and documentaries, promote and support micro-farm fundraising activities, produce eco-friendly seedling bottles, and organize elementary-school food-education camps. Through these positive actions they call on more people of their generation to place importance on food-related issues.

Case Study 2: Taipei Municipal Xinhai Elementary School

As part of their life class, students at Taipei Municipal Xinhai Elementary School (辛亥國小) experience the fun of farming. First-grade teacher He Qiujin (何秋堇) began instructing



students on the planting of vegetables in 2012.

Although the farm does not occupy a large area, a great diversity of vegetables has been planted at the elementary school's Happy Farm (開心農場). Students and teachers make use of fallen leaves for compost, preventing overgrowth of weeds. When fallen leaves are thoroughly decomposed they provide nutrients for the soil. More than 30 types of fruits and vegetables have been successfully cultivated. In addition to eating some of

the harvest themselves, they sell a portion, with the proceeds put toward the purchase of books.

A slope on the side of the campus' central courtyard has been turned into the Herb Forest. Herbs that are suited to the rainy climate of Wenshan District are grown here. The fruit orchard in the central courtyard contains abundant types of fruit trees. Some were planted by the students and teachers themselves, through grafting or cuttings, and some were purchased using Little Farm Project funds.

Taipei's 12 Public Building Demonstration Rooftop Farms

- 🍅 Wenshan Self-Financed Senior Center
- 🍅 Taipei Heng Ai Development Center
- 🍅 Neihu District Huxing District Resident Activity Center
- 🍅 Shilin District Yangde District Resident Activity Center
- 🍅 Songshan District Minsheng Activity Center
- 🍅 Zhongzheng District Hakka Cultural Park Hakka Cultural Center
- 🍅 Beitou District Administration Center
- 🍅 Xinyi District Administration Center
- 🍅 Datong District Administration Center
- 🍅 Nangang District Administration Center
- 🍅 Daan District Administration Center
- 🍅 Wanhua District Administration Center



Case Study 3: Yuhang Public Kindergarten

At Yuhang Public Kindergarten (育航幼兒園) it is hoped that children will be encouraged to care about their relationship with the environment. Under the guidance of the kindergarten teachers, a group of cute little gardeners experience the joy of planting and harvesting along the campus' green corridor, in the herb garden area, and in the vegetable garden area. Every Friday during Little Farm activity time, the kindergarten students walk to the community park to visit community volunteers and farm experts, increasing their awareness of the environment.

Rooftop Demonstration Farm Project – Making the Dream of Farming a Reality

More and more people living in cities have started to embrace the dream of eating homegrown foods. In fact, however, it is not necessary to wait until retirement to move to the coun-

tryside, as this dream can become reality now.

Taking a broader view, the rooftops of apartment buildings mostly go unused, except for the hanging of blankets in the sunshine, and if a rooftop farm can be created for building residents to share, their kitchen waste can be used as compost to produce food that is healthy and low-carbon eco-friendly. After the crops have been harvested the food can be shared, strengthening the bonds among neighbors, thus serving multiple purposes.

To actively promote the garden city ideal, since last year the Taipei City Government's Department of Economic Development (台北市政府產業發展局) has worked to successively develop demonstration rooftop farms on 12 public buildings. Ten of these are open for community adoption; the other, in which horticultural-therapy concepts have

been integrated, are provided to social-welfare institutions. This year, the plan is to expand to 24 public farms open for adoption on rooftops and in vacant lots.

Case Study 1: Wenshan Self-Financed Senior Center

To reduce the time spent and burden of bending down among the elderly, the demonstration farm at the Wenshan Self-financed Senior Center (文山區老人自費安養中心) has pots placed on racks. Economical, easily movable non-woven fabric planter bags are used to grow many types of herbs and legumes. The elderly residents at this center are able to experience the joy of farming in a relaxed and easy manner.

Case Study 2: Shilin District Dexing Borough Demonstration Farm

A combination of simple and sustainable agricultural-design concepts, flowing lines, and multi-



4. The rooftop farm at Beitou District Administration Center features handmade wooden planter boxes, filling the farm space with the warmth of wood. (Photo: Department of Economic Development, Taipei City Government)

5. Taipei currently has 17 citizen farms, welcoming everyone to experience the joy of urban farming. (Photo: Taipei Farmers' Association)

ple-storey cultivation methods was used in the planning of this farm in Dexing Borough (德行里) to maximize its biodiversity. In addition, compost boxes, canopy frames, and community-exchange and -activity spaces have been set up. Organic cultivation methods are applied to actively and vigorously protect the environment.

Case Study 3: Beitou District Administration Center

Volunteers here have brought their DIY spirit into play, making some of the wooden planter boxes with their own hands. The farm space at Beitou District Administration Center (北投區行政中心) is infused with the warmth of wood, enhancing the beauty of the landscaping. The wooden

planter boxes are elevated so that it is not easy for water to collect and damage the roof's waterproofing layer. This is also advantageous for follow-up maintenance and management.

Citizen Farms and Farm Sites – Experiencing Agritainment

District farmers' associations are responsible for organizing Taipei City

Taipei City's 17 Citizen Farms

-  **Beitou District:** Beitou First Citizen Farm, Beitou Fifth Citizen Farm
-  **Shilin District:** Ri Yue Man Citizen Farm, Zhishan Mingzhe Farm Citizen Farm, Fongdongcao Citizen Farm, Shilin Eighth Citizen Farm, Qingliangdi Organic Citizen Farm, Yifang Citizen Farm, Meiju Citizen Farm, Yongfu Healthy Citizen Farm
-  **Neihu District:** Neihu Second Citizen Farm
-  **Songshan District:** Songshan First Citizen Farm
-  **Nangang District:** Daan First Citizen Farm
-  **Wenshan District:** Muzha First Citizen Farm, Muzha Second Citizen Farm, Xishuipang (Creekside) Recreational Citizen Farm, Zhanghu (Camphor Lake) Nature Citizen Farm



For more information, visit the CFARM website: <http://www.tfa-cfarm.org.tw/>

citizen farms. Farmers provide land for cultivation by urban residents, in a manner similar to the farm park concept. Residents can bring along family members for some exercise and to experience the farming lifestyle. If a person is very busy, the farm owner can be asked to take over temporary management so that the crops do not suffer from neglect. This can be likened to a citizen farm club, combining farming, recreation, and education functions.

One example is the Zhanghu (Camphor Lake) Nature Citizens Farm (樟湖自然市民農園), located in the Maokong (貓空) area of Muzha (木柵). The landowner, Mr. Zhang (張先生), is very enthusiastic about farming, and not only shares his farmland to allow city residents to experience farming but also works with

the local community college in “eat what you grow yourself” classes. He much enjoys farming together with the public.

The Garden City Project has also gone a step further, opening up unused urban spaces to the public for the adoption of farm plots, as long as it does not interfere with the original land use, based on greening and edible-landscape concepts. By reactivating these once-idle spaces, city residents can experience the happiness of planting fruits and vegetables with their own two hands as urban farmers in their own neighborhoods, gaining deep understanding of the value of agriculture, and the entire city can become a happy farm.

From school campuses to parks, from level ground to rooftops, and

from planting through harvesting, edible landscapes are sprouting everywhere as a result of the Garden City Project. They enable us to reconnect with nature, recapturing the close relationship between humans and nature. Now – let’s roll up our sleeves and together experience being urban farmers! 



Farm City Online Platform (farmcity.taipei)

The Farm City Online Platform integrates information related to the Farm City promotional project. This includes farm site and citizen farm data, urban farm development advice, crop planting and cultivation courses and online education, experience sharing, farm adoption application forms, and other relevant information.

Basking in a Green Radiance The Whole City Is My Garden

Article — Chung Wen-Ping
Photos — Jilian Yang, Public Works Department Parks and Street Lights Office,
and Taipei City Yangming Home for the Disabled, Taipei City Government



How popular is “being a farmer” nowadays? International futures expert Jim Rogers once said that if you want to become rich, you should become a farmer. However, in cities where space is at a premium, becoming rich by farming is easier said than done. Many people are nevertheless making use of rooftops, balconies, and other empty spaces in their communities to grow fruits and vegetables. These people are not pursuing material wealth, but rather physical and emotional well-being, as well as the green beautification of their communities and even their entire cities.

1. Many people in Taipei are planting vegetables in once-unused community spaces, achieving physical and emotional well-being. (Photo: Jilian Yang)

A Community That Farms Together and Cooks Together

In April of this year, Happy Farm in the Pengcheng Borough (鹏程里) of Songshan District was harvested. A special event was held to celebrate the achievement and share the fresh food. The residents of this borough were

invited to participate, and the harvested fruits and vegetables were used to create a variety of vegetarian dishes, enabling everyone to experience the fun of field and garden cultivation and harvesting. This was one of the sweet fruits of the Taipei City Government's efforts to promote its Garden City Project. Farming has already become an indispensable part of life for this group of city residents.

Li-Yuan Huang (黃立遠), director of the Parks and Street Lights Office, Public Works Department, Taipei City Government (台北市政府工務局公園路燈工程管理處), notes that the promotion of Taipei as a garden city is mainly focused on urban unused spaces and the rooftops of public buildings. These include 12 public-building rooftop farms established with the assistance of the city's Department of Economic Development, 239 micro-farm projects under the Department of Education (教育

局), six farm-demonstration plots under the Parks and Street Lights Office, and 14 plots for a green community project under the jurisdiction of the Department of Civil Affairs (民政局), as well as five public-rooftop farms under the Department of Social Welfare (社會局) and five farmland plots under Taipei City Hospital (台北市立聯合醫院). Already, an accumulated 77,846 square meters of land have been put to use. The total number of people participating in farming activities has reached 22,590. This project has already been implemented by government agencies from top to bottom, and has gradually progressed to public proposals from bottom to top. One and all have the opportunity to develop a family, company, or community farm.

For example, the land for Pengcheng Borough's Happy Farm was originally slated to be a parking lot. Last year, in July, to complement Taipei's garden city policy, the re-

sidents of this borough were invited to a meeting to participate in the planning and design of this plot, the goal to create an ideal vegetable garden. Xu Yanjian (許顏建), the Pengcheng Borough chief, says that, "One small farm has brought about incredibly positive influence on the lives of our residents."

The residents have been very keen to participate. Children learn about the growth process of plants as they farm, and the community has gained additional recreational space. Organic cultivation methods are advocated, and volunteers provide guidance to children in planting, composting, and removing insects without the use of pesticides. The plot-adoption method has helped residents understand the importance of maintaining a sustainable environment. By way of example, although butterflies can be seen swiftly flying about, there are no traces of destructive pests.





2. Pengcheng Borough's Happy Farm is the first farm open to public participation in the Songshan District. (Photo: Parks and Street Lights Office, Public Works Department, Taipei City Government)

3. The residents of the Taipei City Yangming Home for the Disabled have shown a high level of interest in gardening work. (Photo: Taipei City Yangming Home for the Disabled)

Xu explains that, "This is the achievement brought about by the careful attention paid to the care of this farm by all of the participating residents. At night they no longer watch TV. Instead, they make a special trip to the farm carrying flashlights to catch insects. This has become very common." Happy Farm is the first farm open to public participation in the Songshan District. Xu notes the deep pride that all borough residents have taken in this initiative.

Therapeutic Rooftop Garden for the Mentally and Physically Impaired

Across the city on Yangmingshan (陽明山), the Yongfu Branch of the Taipei City Yangming Home for the Disabled (陽明教養院永福院區) maintains an inspiring rooftop farm. The Yangming Home for the Disabled is the only public-welfare institution for the mentally and physically impaired in Taipei City. As the Yongfu Branch

is on a narrow plot of land, most of its daily-living activities are limited to within the building, and there is a lack of green space, notably for outdoor activities. Administrators therefore referred to the emerging model of social care – the Green Care model – used in European countries for the promotion of healthcare and the integration of farming and animal husbandry. In addition, they worked with a professional therapist to organize horticulture-therapy sessions. The home's sixth floor rooftop has been used to create a rooftop farm, with detailed planning carried out to develop leafy vegetable, herb, and fruit-tree growing areas, creating a place where the 150 residents of this home can relax and admire the plant ecology.

As the majority of the home's residents are wheelchair-bound, the passageway to the rooftop had to be made barrier-free. In addition, the

height of the potted plants had to be suitable for those in wheelchairs, and a space had to be created for wheelchairs to be turned around. As the residents are unable to carry out complicated or overly exertive farming tasks, an automated watering system was installed. From irrigation to the addition of compost, everything features smart design, so that the residents are not required to carry out strenuous physical activities in order to get close to greenery.

This rooftop farm has been operating for nearly half a year. According to the observations of social worker Zheng Xinyi (鄭心怡), some residents may be resistant to exercise, but they express a high level of interest in gardening work. Although some residents are not able to personally engage in care for the rooftop farm, they can still find an escape from their pressures in this lush green environment.

Zheng says that this rooftop garden



has allowed the residents to transform their role from “dependent on others” to “producers.” This has brought great benefit in terms of increasing sensory experiences, elevating confidence, and improving agility. These are positive outcomes that the social workers, volunteers, and family members are happy to see. The harvest from the rooftop farm is the source of the most welcome, healthy, and non-toxic ingredients in the home’s kitchen. Zheng smiles as she says that this rooftop farm has been an unexpected “windfall” for all involved: “We eat vegetables that we have planted ourselves. We plant what we want to eat. There is no better way to get closer to nature, and to benefit physical and mental health!”

Fresh Green Pearls Along Streets and Lanes

Along busy Section 4 of Zhongxiao East Road (忠孝東路), residents have spontaneously opened a farmers’ market in a small lane. There are only 10 or

20 stalls, all manned by farmers who refuse to use chemical pesticides or fertilizers, selling non-toxic agricultural products. The farmers who come here are looking for a market for their self-grown crops, and to share their beliefs regarding living in a friendly, natural environment with Taipei residents. This small market reduces the distance between production areas and dining tables. It is like a small green “seed of desire” for a garden city among Taipei residents that has burst open in the middle of the cement jungle.

The Taipei City Government is systematically promoting the Garden City Project. In recent years, farms and gardens have been popping up all over in communities and neighborhoods. Along Guangfu South Road (光復南路) in Fujian Borough (復建里) is Bliss Farm. Along Fujin Street (富錦街) in Minsheng Community’s (民生社區) Dongrong Borough (東榮里) is Happy Farm. Both are community farms voluntarily set

up by neighborhood residents. Each year, neighborhood residents can register to grow vegetables free of charge, and supply has not been able to keep up with demand.

Between lanes 32 and 46 along Guangfu South Road is a plot of land that sat idle for many years after a military dependents’ community was demolished. In the past, many local residents made a deliberate effort to avoid this area of blight. Lin Jihong (林際泓), who was serving as chief of Songshan District’s Fujian Borough, persuaded the military to offer up the land for farming. He first portioned out a grid of 48 micro-farm plots, then leased them to residents free of charge. He states that, “In the beginning, I thought that with everyone being so busy, no one would want to plant vegetables. I never would have expected that in a few days all of the plots would be taken.” The current borough chief, Lin Kunxin (林坤信), has expanded the



number to 168 plots. Each hundreds of households scramble to lease a plot.

Dongrong Borough's Happy Farm covers an even larger area, more than 800 square meters. Originally, this was a lot left empty after an old Air Force dependents' village was demolished. Zheng Yumei (鄭玉梅), the borough chief, took advantage of the city government's organizing of the Taipei International Flora Exposition to ask the military department to allow this lot to be turned into farm space. She then partitioned 180 small plots to allot to neighborhood residents to grow fruits and vegetables. There are more than 3,000 households in this borough, and at the end of each year there is also a great scramble to draw lots.

Su Yiping (蘇怡萍), head of the Horticulture Section (園藝科) of the Parks and Street Lights Office, says that the Taipei City Govern-

ment's promotion of the Garden City Project has broken through the cold and detached relationships among city residents to reestablish interactions. Farms are equivalent to extending green spaces, increasing the city's ecological function. It is hoped that, through reconnection with nature, all will be helped via the healing effects, such as relaxation of the body and mind, and improvement in physical health.

Whether the weather is hot and sun-drenched, or overcast and sprinkling, there is always someone inspecting their crops, watering and weeding and taking the time to chat with the owner of the next farm. Lin Jihong says that although people have been living in the same community, they have not known one another. Once they have started a micro-farm, everyone takes care of their crops like they are their own children. Carrying out the same activity and having some-

4. The Taipei City Government, in promoting the Garden City Project, has broken through the cold and detached relationships among city residents to reestablish interactions. (Photo: Jilin Yang)

5. Bliss Farm is located in Fujian Borough. The residents care for the crops like they were their own children. (Photo: Jilin Yang)

thing in common to talk about has turned strangers into good friends.

Zheng Yumei and a group of lady friends, although busy from morning until noon, still don't want to go home to cook lunch. Early morning, they turn the soil and sow seeds while enthusiastically discussing whether it is best to plant lettuce or celery this season. They don't have to go into the mountains to grow these crops, for in this green-pearl urban community farm, they enjoy and interact with nature, and experience a small yet significant sense of bliss.

After a while, this beautiful farm will be filled with glossy green head lettuce, Guangdong lettuce, and Fushan lettuce. The borough residents are planning to add some centella to retain moisture. Some have put in short canopy frames to prepare for the growing of dish-cloth gourd, the vines of which climb. Everyone is full of confidence about their farm plot, and excited. It is not necessary to travel far to enjoy carefree living. In Taipei, this garden city, green spaces are widespread. **T**



A Look at Taiwan's Green Wonder Taipei 101 Meets the LEED v4 Certification Challenge

Article __ Zhang Huanpeng
Photos __ Taipei 101

Standing in the Taipei 101 Observatory (台北101觀景台) on the 89th floor of the tower, the entire city can be taken in through the double-pane glass. Many like to come here to view the beautiful Taipei nightscape. But, few are aware that this is the world's tallest green building, with many hidden design gems of energy-saving, eco-friendly ingenuity.

"The space between the panes in the glass curtain that forms the building's façade is filled with inert gas," says Taipei 101 spokesperson Liu Chia-Hao (劉家豪), which is effective as a thermal barrier, reducing the burden on air-conditioning. During the tower's design, in addition to much innovative

engineering technology, eco-protection and energy-saving concepts were incorporated into the design core.

World's Tallest Green Building

Taipei 101 is a world-famous architectural landmark. It is also an internationally recognized, eco-friendly skyscraper. In 2011, it was formally granted LEED (Leadership in Energy and Environmental Design) certification, with a Platinum rating; LEED is the leading global standard for green buildings. This made it the world's tallest green building. Late last year, an even more stringent challenge was taken on – LEED v4 certification – and strenuous effort was expended to bring the skyscraper forward into this new international green-building paradigm. In addition to international green-building certification, Taipei 101 has won recognition in

other forms, including selection by Greenbiz.com, a renowned business/technology/sustainability website, in its list of "10 of the world's greenest offices."

The dedication to energy efficiency and environmental protection at Taipei 101 is in evidence in a great many of its design elements. One is the reclaimed water system, used for rainwater collection and reuse. Another is the switching of faucets in pantries and washrooms to low-flow units. Liu says that after the rainwater is harvested it is used throughout the building for plant irrigation, resulting in substantial annual savings in tap-water use. As well, the lighting system, energy-management control system, waste transport and reduction system, and other systems are all Taipei 101 energy-saving and eco-protection investments.



1. Taipei 101 has received international recognition as an environment-friendly skyscraper. (Photo: Chen Zhengwei, Taipei 101)

2. The Green Corner, found in the Taipei 101 office building lobby, promotes green architecture. (Photo: Taipei 101)

“Though our investment outlay for hardware equipment has been in the tens of millions of NT dollars,” says Liu, “in the long run we’ll see huge savings in water and electricity charges, and will do our part for carbon-emissions reduction, making it decidedly worthwhile.” Taipei 101 tenants are also asked to join the ranks and work collectively in the global environmental defense campaign. Example include using recycled paper and environment-friendly tableware, putting the “Love Our Earth” slogan into action. With everyone working together, the Taipei 101 resource-recovery rate has reached 75%.

Loving the Earth, Fulfilling Corporate Responsibility

To fulfill its corporate social responsibility, Taipei 101 has engaged in myriad activities in support of environmental protection. One example is participation in Earth Hour in 2009, when lights were switched off in unison around the globe, including external lighting at famous

international landmarks. Liu says that Taipei 101 is pleased to use its international image and brand reputation to support public-welfare activities, and desires to play a leading role in encouraging others to join in.

Taipei 101 was also the first building in Taiwan to agree to follow air-conditioning system automated demand-response measures proposed by the Taiwan Power Company (台灣電力公司). This is an electricity-generation reduction concept utilizing a computerized smart-detection system that effectively reduces electricity use during periods of peak demand. Carbon-reduction and energy-efficiency goals are met, and the corporate philosophy of green eco-protection is achieved.

Taipei 101 also participates in the Pilot Program for Voluntary Purchase of Green Power, overseen by the Ministry of Economic Affairs (經濟部). Green-power subscription is used as the starting point,

with a purchase price of NT\$1.06 per kWh for 1.01 million kWh of green supply, which is used in support of the national Renewable Energy Development Fund, which promotes the development of renewable energy sources in Taiwan.

Other initiatives taken in keeping with its green-Earth commitment is protection of its surrounding environment, include adoption of Zhongqiang Park (中強公園), establishment of a Green Corner for promoting green architecture in the ground-floor lobby of the Taipei 101 office building, and free Green Tour services. These publicly convey Taipei 101’s eco-protection experiences and demonstrate that green living can be implemented in this city. This summer, Taipei 101 is hosting a concert with a “sustainable environment” theme, using music to express eco-protection concepts and to entice even more people to join the ranks of those dedicated to protecting Mother Earth. 

Choose Legal Accommodation For the Best Taipei Travel Experience

Article __ Li-Chin Hsu
Photos __ Xu Yukai

With the rise in the number of budget airlines, the number of free and independent travelers (FITs) from different countries visiting Taiwan has also been on the increase. Passengers on red-eye flights arrive late at night or early in the morning, and after arriving in the city many end up dragging their luggage around behind them in search of a hotel. Hotels in the area around Taipei Main Station have thus been sprouting up like bamboo shoots after a spring rain.

Most of these newly opened hotels offer 24-hour check-in service, and provide guests with taxi-calling assistance, wake-up calls, and free luggage storage. Travelers can even enjoy temporary shower and dressing room convenience.

At the entrance to each place of legal accommodation is a “Golden H Mark.” This certifies that this hotel has passed strict public-safety and fire-safety inspections pertaining to legal use of land, fire-prevention equipment, construction materials,



elevator and ventilation systems, fire extinguishers, emergency exits, and so on. It can be said that this serves as a “safety guarantee” for travelers.

High-Quality Accommodation for Only Hundreds of NT Dollars

Located near the not-yet-opened airport MRT station, near the new “gateway to Taipei,” the Beimen (北門), is Inn Cube 3S (品格子旅店 3S館), an affordable, unique backpackers’ hostel. Its small yet esthetic

rooms, measuring less than one ping (坪; 3.305 square meters) each, feature everything a traveler needs, including a comfortable bed, television, and WiFi. Female-only rooms, showers, and restrooms are also thoughtfully provided, making this a place where female travel enthusiasts can feel safe and comfortable when visiting Taipei.

Inn Cube’s CEO, Wu Mengxuan (吳孟軒), once worked as an engineer in the Hsinchu Science Park, and is therefore well able to analyze visitor



characteristics. He says that, “The increase in the number of visitors is directly and significantly related to the increase in flights offered by budget airlines. Taking South Korea as an example, there are at least five budget airlines with daily flights. Many tourists from that country are making their first visit to Taiwan, and their activity range is mainly Taipei City and New Taipei City.”

Due to the increase in travelers from South Korea, Inn Cube 3S has hired several employees who speak Korean, and Korean signage has been added. In addition, following the example of Korean department stores, a mouthwash dispenser has been installed to allow travelers to maintain fresh breath. Interestingly, old Taiwan toothpaste, fabric-fragrance pouch, and instant milk-tea packet brands have proven to be very popular souvenirs with Korean visitors. In 2015 there were 658,757 Korean visitors to Taiwan, an increase of 24.84 percent over 2014. This increase is closely linked to budget airlines and

affordable high-quality accommodation and services.

Taipei City Government Continues Promotion of Hotel Service Quality

Shen Yonghua (沈永華), senior specialist of the Department of Information and Tourism, Taipei City Government, notes that there are currently 17 budget airlines with flights to Taiwan. Most of their passengers are FITs. Taking 2015 as an example, 40 percent of newly opened hotels were youth hostels charging a bed rate or backpacker hostels similar to Inn Cube 3S. Taipei has more than 30 hostels, with 2,200 beds, offering affordable, quality accommodation at only hundreds of NT dollars per night.

Although each of these places features a unique decor, they share common characteristics such as spotless bathrooms, high-speed Internet access, and enthusiastic, cordial counter staff. In the future, effort will be made to promote subsidies for

1. A “Golden H Mark” in the entryway can be likened to a “safety guarantee” for overnight guests.
2. Inn Cube provides thoughtful services and outstanding facilities.

barrier-free accommodation environments and public safety, to guide older hotels in their renovation process and to provide people from diverse backgrounds with thoughtful service and Muslim-friendly accommodation, continuing to elevate the quality of accommodation services in Taipei. 📍

Search for legal places of accommodation on the TaiwanStay website (taiwanstay.net.tw), and before checking in, confirm that a chosen location has a legal registration number.

Taipei City Firefly Micro-Tour

Article __ Lai Yixuan, Taiwan Ecotourism Association

Photos __ Wang Yijie, Taiwan Ecotourism Association, Damai Studio

Many Taipei residents are likely unaware that they can view fireflies within city limits. Firefly season begins in mid-April, during which the bioluminescent glow of these insects can be seen amid thick brush, appearing like twinkling stars in the wilderness. The best time to view fireflies is after the sun has set, from around 6:30 pm until 8:00 pm, after which they gradually reduce in number. When viewing fireflies, the darker the sky and the less the light interference the better. Evenings with heavy rain or fog are not conducive to the flight of fireflies, and thus firefly watching is not suitable when the weather is not good. Moreover, walking along wet, slippery trails in the dark can be dangerous.

During this period, two main firefly species appear in Taipei City.



Aquatic firefly (*Luciola ficta*)

This aquatic firefly emits a yellowish glow. Mainly distributed in northern Taiwan, this is the most commonly sighted strain of aquatic firefly. The larvae feed on freshwater snails, and need a clean water source for growth, making this species an important environmental indicator. In the past the species was commonly seen in the Taipei Basin, but due to water pollution and land development, numbers have greatly dwindled. Therefore, in recent years Taipei City has actively worked to construct habitats in several large urban parks, seeking to reestablish the aquatic firefly population.



Black-winged firefly (*Luciola cerata*)

The black-winged firefly has a wide distribution in Taiwan, and is the main species of firefly observed locally, usually appearing in large numbers from April through June, emitting a yellowish-green glow. Larvae are terrestrial, and prefer moist soil surfaces. They mainly feed on snails.



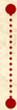
A few tips before setting out on your firefly micro-tour



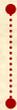
1. A thin, long-sleeved shirt, long pants, and sneakers are recommended. Please do not wear flip-flops or sandals, to avoid being bitten by mosquitoes or other insects, or by a snake.



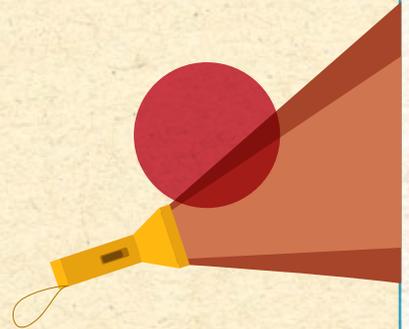
2. Place red cellophane over your flashlight to reduce the ecological impact of light on the fireflies.



3. Pay attention to nighttime-activity safety. It is imperative that you have a travel partner, and please do not go into the hills on your own.



4. If you are not familiar with a route, it is recommended that you register for a firefly-watching activity led by an eco-guide to ensure safety and to obtain detailed information.



Are you ready? Let's use the environmentally-friendly BMW (Bus, Metro, Walk) approach, following the light of the fireflies to Hushan ("Tiger Mountain") Hiking Trail (虎山親山步道) for a happy journey on a beautiful summer night!

Transportation methods:

Take MRT Bannan Line to Houshanpi Station (後山埤站), then walk approximately 15 minutes.

Take public bus to Fengtian Temple Stop (奉天宮站) or Fude Elementary School Stop (福德國小站)



14:00~15:30

Hushan Fengtian Temple Trail

Hushan is one of four adjoining peaks, each named after an animal, that form Sishoushan (四獸山), or “Four Beasts Mountain.” Fengtian Temple (奉天宮) is located on Hushan, in the area of the tiger’s tail. This crest-line trail travels upward along the tiger’s back. Many types of plants and ferns can be observed by the side of the trail, which becomes very cool as you walk through the dense forest. Pavilions along the trail make good rest stops. Highland 120 (120高地) and Hushan Peak (虎山峰) are the best places from which to look out onto Taipei Basin, with commanding views of the sweeping landscape below, which encompasses bustling Xinyi District, Taipei 101, and the Songshan and Nangang districts. In good weather it is possible to see Yangmingshan and the Neihu mountain system (內湖山系) in the distance. Visitors cannot but marvel at how unexpectedly close Taipei is to nature. From Hushan Peak, the top of the tiger’s head, follow the trail downward to reach Yaochi Temple (瑤池宮). (The observation platform on Hushan Peak is currently under maintenance. Please be careful.)

15:30~17:00

Hushan Creek Trail

From Yaochi Temple, follow the Hushan Fuxingyuan Trail (虎山復興園步道) or Lane 221 of Fude Street (福德街) towards Zhenguang Buddhist Temple (真光禪寺) and



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Nantian Temple (南天宮). From there, connect to the Hushan Creek Trail to complete a loop. Before firefly watching, walk the trail once in daytime to familiarize yourself with it and to enjoy the daytime views. Along the trail you’ll see Sishou (Four Beasts) Plaza (四獸廣場), which has stone direction markers for the summits of Shishan (獅山; “Lion Mountain”), Xiangshan (象山; “Elephant Mountain”), Hushan, and Baoshan (豹山; “Leopard Mountain”). This is a good place for a rest and to enjoy the joy of farming as expressed in the adjacent plots. Beside Huxiao Pavilion (虎嘯亭), savor the sounds of a babbling brook and the chorus of insect chirps and bird calls. Slow your pace, open your heart, and use your five senses to experience the beauty of nature.

17:00~18:30

Dinner

Food stalls at the entrance to Cihui Temple (慈惠堂), or walk to Fude

Street, where there are restaurants, vendors, and convenience stores.

18:30~19:30

Firefly Watching Along Hushan Creek Trail

After 18:30, the sky slowly becomes dark and the fireflies gradually emerge. Along Hushan Creek Trail you can see terrestrial black-winged fireflies and a small number of *Luciola kagiana* fireflies, which were originally here, along with repopulated aquatic fireflies. Fireflies glow in an attempt to attract mates and reproduce, and adult fireflies have an extremely short lifespan. Do not follow the well-known folk-culture examples of the young girl in a Chinese poem who chased fireflies for fun, or the ancients alluded to in an old-time saying who caught fireflies in a bag for light. Quietly observe them, and do not reach out and capture them to take home, so that these twinkling firefly night scenes remain sustainable. The firefly-watching “hotspots” along Hushan Creek Trail are currently the





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area between Huxiao Pavilion and Sishou Plaza, and the darker places between light poles. In addition, walking upward along Hushan Nature Trail (虎山自然步道) from Cihui Temple, there is a chance to see black-winged fireflies. However, this trail is relatively steep, so it is somewhat more tiring, and more caution should be taken.

In addition to fireflies, you may hear a chorus of frogs along Hushan Creek at night. For example, the call of the olive frog (腹斑蛙; *Rana adenopleura*) sounds like “gei, gei, gei,” that of the Kuhl’s wart frog (古氏赤蛙; *Limnonectes kublii*) sounds like “guo,” and that of the Latouche’s frog (拉都希氏赤蛙; *Rana latouchii*) sounds as though there is something in its mouth. Stay as quiet as possible, and see how many types of frog call you can hear!

Reemergence of Fireflies in Urban Parks

In addition to the outskirts of the

city, Taipei has in recent years put much effort into building firefly habitats in its parks. Currently, those places in Taipei City in which fireflies have reappeared include Rongxing Garden (榮星花園), Muzha Park (木柵公園), and Daan Park. The numbers are higher in Rongxing and Muzha parks. Both of these possess clean groundwater, suitable for aquatic firefly habitat. Since the construction of ecological ponds, aquatic fireflies have been seen flying and fluttering about, a moving sight. Taiwan’s firefly habitat development model has already received international attention, and an effort has therefore been made to have the 2017 International Firefly Festival held in Taiwan.

It is no easy task to bring back disappearing firefly populations in Taipei. Including the Friends of Daan Forest Park Foundation (大安森林公園之友基金會), Wenshan Community College (文山社區大學), the Society of Wilderness (荒野保護協會), and other organizations, volun-

1. Children participate in a firefly release activity at Daan Park. (Photo: Wang Yijie, Taiwan Ecotourism Association)

2. Aquatic fireflies aglow en masse. (Photo: Damai Studio)



teers have worked to rebuild habitats. During firefly season, the brightness of streetlights is controlled to reduce light pollution, and appropriate vegetation is planted. The most difficult challenge is removal of introduced species. For example, some members of the public have released reared terrapin and fish in these parks. Therefore, it is hoped that those people who come to view the fireflies will also work together to maintain the ecological ponds. There must be no feeding of animals, to avoid contaminating the water, and no releasing of animals, so that these bioluminescent creatures can accompany us for the long term. 



The Place of Lively Drinking Games – Kanpai!

Article __ Chiang Hsinying
Photos __ Li Kaiming

In the early '90s, Japan was in the late stage of its bubble economy. Everything appeared to be flourishing, and ideals and dreams seemed only a step away. After finishing up for the day, colleagues would gather at their local *yakiniku* restaurant (Japanese-style bar and grill). The senior members of the group harbored great ambition, and would indulge in loud and empty talk. The junior members of the group would raise their glasses in agreement, and would engage in uninhibited drinking. Mellowed by

the alcohol, they would take turns encouraging each other to drink more, with toasts of “Drink! Drink! Drink!” Without regard for age, gender, or position, this was a competition of eating, drinking, and daring. Amidst the noise and excitement of a *yakiniku* restaurant in the Shibuya area of Tokyo, with its festive eating and drinking atmosphere, Soji Hiraide, CEO of the Kanpai Group (乾杯集團), got his start.

Opportunity or Fate? Unexpected Entrance into a *Yakiniku* Career

Mention three key terms – grilled meat, beer, and pork-belly slices – and

almost all Taipei residents between the ages of 20 and 40 will immediately think of Kanpai Yakinuki Restaurant (乾杯居酒屋). Whether a birthday celebration, get-together, or farewell party, any occasion celebrated at this place of spirited conversation and lively exchanges is sure to be a source of fond memories. The Kanpai Group has decidedly changed Taiwan’s Japanese-style bar and grill culture, to the point that in the minds of Taipei residents it has become synonymous with the Kanpai brand.

Hiraide grew up in Japan. Born to a Taiwanese mother, food was his first connection with Taiwan.



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He often had the opportunity to spend time with relatives visiting from Taiwan, and food and hospitality shaped his impression of this island. He says that, “I looked a lot like them, but could not speak their language. I felt that was a pity.” This led to his decision to move to Taipei to study Chinese after graduating from high school. In his second year after coming to Taiwan, on a sightseeing visit his mother brought a friend who ran a *yakiniku* restaurant, and the friend decided to open a branch in Taipei. Hiraide returned to Japan for half a year to undergo training in management and operations, then worked in the

restaurant for a year, until applying for admission to Fu Jen Catholic University (輔仁大學). With a laugh, he explains that, “I never thought that I would enter the food and beverage industry. I kept thinking that after graduating from university I would return to Japan and become a regular office worker.” Although not part of his plan, in his junior year of college, before getting the chance to graduate, he took over a floundering *yakiniku* restaurant in Taipei’s East District. Along with a partner from college days, he created the lively, unique Kanpai, and welcomed the start of his challenge-filled *yakiniku* life.

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1. Hachibei’s *yakitori* possesses the authentic flavors of Fukuoka’s Hakata area. Specially selected Taiwan native Guiding range chicken and pork from Yilan black pigs are used. Thus, only in Taiwan can such delicious *yakitori* be enjoyed. A full range of red wines, sakes, and beers is available, making it well suited for gatherings of friends.
 2. Soji Hiraide expresses great enthusiasm regarding his F&B industry career. Born to a Taiwanese mother and Japanese father, his Taiwanese side gives him boldness of personality, while his Japanese gives him a careful and meticulous nature.
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Eating It All Up – Diverse Food and Drink Culture

In his view, Taipei is a very open and inclusive place. “The people of Taipei are accepting of foreign cuisines,” he states. “They eat everything. This is an important part of the culture.” Instead of talking about *yakiniku*, he gives hotpot as an example. From the ’80s into the ’90s, within the short span of a decade hotpot became mainstream in the food and beverage market. From Taiwan’s tra-

ditional ginger duck cooked with rice wine, to chicken stewed in rice wine, northeastern sour-cabbage hotpot, nourishing Mongolian hotpot, southern Sichuan spicy hotpot, Japanese *shabu shabu*, and the recently popular Korean-style army hotpot, myriad types of hotpot dishes have arrived in Taiwan and become widely popular after having been fused with local characteristics. This fully reflects the “inclusivity” of Taipei’s people.

The drinking cultures of Taiwan and Japan differ. Hiraide laughingly says that, “In Taiwan, it seems that eating and drinking are separated into two different things. If it is clear that a meal will involve drinking, there will be a little bit of nervousness that the drinking will be heavy.” In Chinese, *ganbei* means to drain your glass in one gulp, as a sign of sincerity and boldness. The Japanese term *kanpai* (which uses the same two characters as the Chinese “*ganbei*”) means



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3. Teppanyaki Kigetsu integrates Australian Wagyu beef with fresh, seasonal ingredients. The menu is changed every three months. This restaurant simultaneously adheres to *kaiseki* cuisine and *teppanyaki* concepts.

“to celebrate” and “first drink up to show respect,” which differs from the Chinese connotation. For Hiraide, eating and drinking are relaxing and joyful experiences. Both should be done slowly, while enjoying exchanges

among people. He says that, “Happily eating, while at the same time drinking and chatting” is the food and drink philosophy that he most wants to share with the people of Taipei.

When asked about his impression of Taiwan’s cuisine as a child, without hesitation Hiraide replies, “Beef noodles, really delicious!” There is not a long history of beef consumption in Taiwan. Following the mechanization of agriculture, beef dishes started to become popular, dating back not more than 60 or 70 years. Beef noodles is a classic dish relished by many foreigners. In Taipei, at the height of beef noodles popularity, there was even a “beef noodles street” (牛肉麵街) along Zhengzhou Road (鄭州路). In addition, the Taipei City Government has staged the well-received Taipei International Beef Noodle Festival for many years. Nevertheless, due to the influences of geography, natural conditions, and social customs, very few cattle are raised domestically. Selection of imported meat products are a common challenge faced by both consumers and restaurant owners.

Hiraide is well aware of the high demand in the beef market. On the one hand, this has led to the development of good relations with the Australian animal-husbandry industry, and to the introduction of outstanding-quality Australian Wagyu beef at reasonable prices. On the other hand, as representative of a well-known Japanese restaurant brand, he understands that from *yakiniku* to *teppanyaki* to *yakitori* and hotpot, different parts of a beef cow are used. He would like more people to understand the

allure of beef dishes, and also hopes that in the future better meat-product choices can be provided to members of his industry. “Those who sell food have a great responsibility to society, for peace of mind about what is being consumed, for safety and for good taste,” he says. “Customers should feel better after eating a meal, and have the motivation to keep going tomorrow – that is our responsibility.” Hiraide does not only want to introduce beef and technique to Taiwan, but also to promote Taiwan’s special features, such as its extremely delicious pork and chicken. Therefore, at Ippudo TW (一風堂) and Hachibei (八兵衛), for which the Kanpai Group serves as agent, Taiwan pork and same-day slaughtered chicken are on offer to create flavors exclusive to Taiwan. In this age of “Taipei-Tokyo in one day” convenience, he would like Taipei to become the preferred eating destination for Japanese foodies.

Zest of Life Experienced in Food and Drink

“The year began with lunch.” This is the opening line in *A Year in Provence* by Peter Mayle. More often than not, food and drink carry a connection with life. During the interlocking of glasses, we experience and come to understand the philosophy of life, accumulating a sense of taste and a zest for life. From the youthful, festive Kanpai *Yakiniku* Restaurant to the sharing of life’s joys and sorrows among a more middle aged crowd at Kanpai Classic (老乾杯), and from the elegant KP Steak Bistro (KP牛排小酒館) to the membership-based Kanpai Sake School (乾杯SAKE學苑), Hiraide’s enterprise embodies



the different stages of life. He says that when he was in college he would ride his scooter in explorations of greater Taipei, and when he was upset he would go to soak in the hot-spring waters on Yangmingshan. After getting married, he would often ride his bicycle to experience slow travel in the city and meticulously observe its gradual changes. Now, he pushes a stroller on walks around the National Dr. Sun Yat-sen Memorial Hall (國立國父紀念館). These are his happiest moments. Enjoying a slow pace of life and as always passionate about his work, he has now set out from Taipei

to take the Kanpai Group into international markets. Its first overseas branch is in Shanghai. This son-in-law of Taiwan takes great pride in classifying himself as an overseas Taiwanese businessman who is working to bring the taste of Japan via Taiwan to the world. After living in Taipei for more than 20 years, where he has pursued studies, established a business, and started a family, Hiraide's precious youth has been spent on this island. Due to countless chances of fate that have deepened Hiraide's blood bonds with the island, Taipei is no longer a distant far-off place. ①

4. After a meal at Teppanyaki Kigetsu (季月鐵板懷石料理; left), dessert is not served at the *teppanyaki* table. Instead, it is served at the Kigetsu Cafe (季月咖啡; right), where it can be slowly savored while sitting on a comfortable sofa. This is part of Soji Hiraide's slow-food philosophy. In addition to dessert, the Kigetsu Cafe also serves afternoon tea.

Excessive alcohol consumption may be harmful to your health.

Mark Lewis and His Second Home

An American Diplomat's Taipei Story

Article __ Rick Charette
Photos __ Mark Lewis

Mr. Mark Ashley Lewis, who hails from Washington, D.C., has been a witness to the city of Taipei's fundamental transformation over the past 30-plus years. He has also played a role – more accurately, a number of different roles – in this transformation. He'd like to tell you his Taipei story – the city he knew then, and the metropolis he knows now.

When he arrived in Taiwan in the early 1980s, Mark was a fresh-faced youngster in his early twenties taking time off from New York's Columbia University for intensive Chinese-language studies at National Taiwan Normal University's Mandarin Training Center (國立台灣師範大學國語教學中心). Today he is the Commercial Deputy Chief at the American Institute in Taiwan. Let's see how things have unfolded – in Mark's eyes, and in his words.

Cultural Attractions

Mark is a native of Washington, D.C., and a graduate of Columbia University in the City of New York where he studied East Asian languages and cultures (BA) and engineering. Explaining what brought him to Asia, Chinese culture, and Taiwan, he says that, "When I was young, my mother



would take my brother and I to plays and shows, and we'd eat in Washington's small Chinatown before or after. As is true for many Americans, that was my first contact with 'things Chinese.' Then, in high school, it happened that one of my best friends was Chinese."

"Later, at Columbia, there was a significant Chinese and Taiwanese population, notably so in my program, engineering, with more easy contact with things Chinese. In the early 1980s there was a fascination with Japan, and East Asia's emer-

1. Mark Ashley Lewis, today the American Institute in Taiwan's Commercial Deputy Chief, first came to Taiwan back in 1983, to study Chinese.

gence. I saw that my mentor was having a great time studying Chinese linguistics and culture, thought it looked interesting, decided to take a year off, hopped on a plane, and came to Taipei for intensive studies."

He had found himself, feeling it was a perfect fit, and after later graduating from Columbia's East Asian Languages and Cultures program

came right back to Taiwan, feeling there was opportunity here. First working with well-known American advertising firms for about 7 years, on B2B initiatives, he “felt relevant, serving as a bridge between American and Taiwanese culture,” and happy that he was working in Chinese, making “good use of my talents and my training.” Today, his role as a cultural bridge remains key to his professional life.

A Warm and Welcoming People

Mark has always found the people of Taipei and Taiwan open and broad-minded. “The Taipei of then was very different from the Taipei of today, but I’ve always felt at home. Remember, it was martial law back then,” and people were not well-traveled and as worldly as they are today. “I could count the number of black people in Taiwan on one hand,” he says, “and people would point at me as if they had discovered something new.” Some would even think he was Arabian, so rare were black visitors.

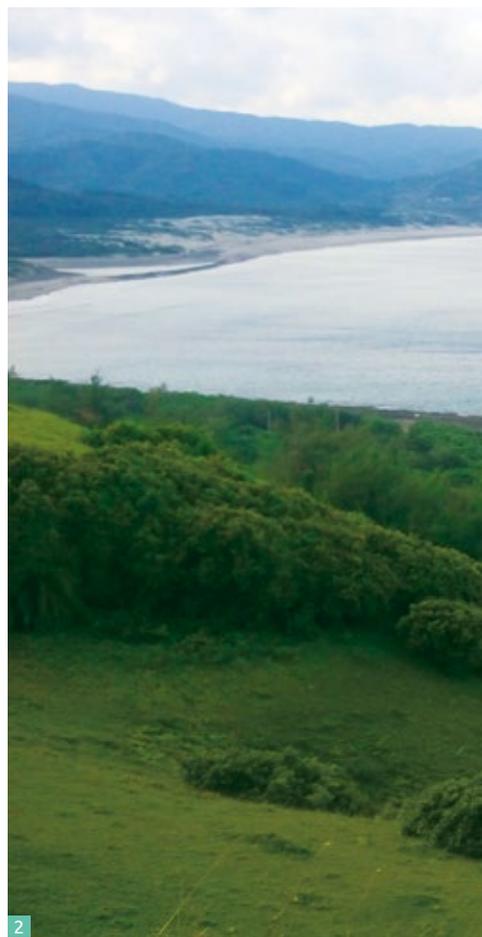
At first Mark felt a bit uncomfortable, but grew used to it, for there was friendly curiosity rather than any ill-will. “People were (and are) friendly, liked to talk and share, were always quick to help if you needed it, and were pleased you wanted to learn about Taiwan culture. My wife Crystal, who I met in 1986 after returning, was born and raised in Taiwan; a very independent thinker, my being a foreigner and black was never an

issue. Her parents and siblings were supportive, especially her brother, who’d lived in New York, and simply said ‘Mark is a nice guy – and if he went to Columbia, that’s even better.’ My in-laws were very accepting, and I felt part of the family from day one. My father-in-law, a great guy, took me in as a son, and my mom-in-law had two things to say: ‘Your happiness (as a couple) is all that matters’ and ‘Mark is a little dark – but he’s OK!’”

The City – Yesterday and Today

“Taiwan was a developing economy, and not free as it is now. For me it was a great place to be. People were friendly. We didn’t have the creature comforts enjoyed now. It’s hard to remember what Taipei was like without a decent MRT, clean restrooms, and so on. There was gridlock on the buses, everywhere. It was very lacking in creature comforts, by American standards.”

“As an American, at the time – and as it is now – Taiwan folk are very welcoming of American culture. And things have picked up markedly since then. Taiwan is the US’s ninth-largest trading partner, and is a significant partner in many respects. I’ve also come a long way personally. I’ve had two sons here, and raised a family here.” Taipei is his adopted home, and his family indeed feels right at home here. “I’ve had two or three careers, moving from advertising on to journalism, heading Taiwan’s UPI office. Taipei’s creature comforts have advanced to the point the city is more comfortable,



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2. An avid runner who heads into the mountains almost every weekend, Mark is a member of the long-running Taipei chapter of the Hash House Harriers.

in many ways, than many places (that Mark has traveled and been posted to), and even many places in the US.”

The city’s bustling commercial activity means attractive convenience. “Everything I need, normally, is available within just a few blocks, at most within no more than a mile radius.



It's hard to find that anywhere else – at least in any place that I've ever lived, save for New York City perhaps. Taipei is convenient, clean, safe. I can't think of any place in the US, or anywhere else, where it's absolutely safe to walk around in the parks at night."

Mark rarely drives. "There's just no need, because we have the MRT and public transportation, and taxis are ubiquitous. I do drive into the mountains, pretty much every weekend. Surrounded by green mountains – Taipei, and all of Taiwan – gives great opportunity to get out of the city and

come in contact with nature." There are always new trails and routes to run, set up each time by different members of his running club, the Hash House Harriers, a mix of locals and expats. The Harriers, with chapters in a number of Taiwan locations, have a long history in the region.

His family was away from Taiwan from 2003 to 2014, while Mark was on other postings, and on their return he found that the city had undergone fundamental changes. "Beyond running and hiking the mountain trails, a great way to ex-

ercise, there are also plenty of other things going on in Taipei. In the past, people didn't even talk about things like hiking, biking, climbing, etc. Today, there has been a dramatic transformation in local attitudes on how to live, work, and play."

In the past, most people spent a good deal of their leisure time indoors. A common family pastime, for his own and other families, was to rent movies to watch together. Today an abundance of outdoor recreational resources beckons. "It's been a complete turnaround. In the past most guys in



3. The Lewis family; Mark met his wife Crystal in late 1986, and they were wed the very next year.

their 30s, for example, would talk exclusively about business with each other. Now, people of all ages are out there hiking and biking, and even paragliding and scuba-diving, doing all this cool stuff – I think wow, what a great place this is. So for me, I’m re-living my 20s and 30s, I’m doing all this biking and hiking, swimming, rock-climbing, river tracing....”

Taipei, Garden City

Mark agrees with the characterization of Taipei as a Garden City. “Yes, I do agree,” he states, “especially because of my involvement in running and hiking activities. It’s a perfect place – you can take the subway right to the park, or to spots where you can start climbing a mountain.” Reflecting a short time after being asked if he has any favorite spots in the city, he replies that he has no favorite trails. He routinely runs the trails around Beitou’s Battleship Rock (軍艦岩),

near his home. What gives him pleasure in this regard is simple, he says, trails with “easy grades and without obstacles” – and Taipei offers them aplenty.

“Oddly enough,” he continues, “as much time as I’ve spent there, I still really enjoy Yangmingshan – just being there.” Yangmingshan National Park, much of which falls within city limits, takes up the upper portion of the Yangmingshan massif on Taipei’s north side. Mark especially enjoys Yangmingshan’s Xiaoyoukeng (小油坑), renowned for its fumaroles, sulfur-crystal deposits, hot springs, and “landslide terrain” formed by post-volcanic activity, and savors the area’s “outdoor natural hot springs, which are very pleasant; it’s a very nice place, especially in winter, with its wild, natural hot springs, nothing fancy.”

He used to go to Muzha frequent-

ly to visit the tea farms and their rustic teahouses in the Maokong (貓空) area, soaking in the terraced tea-field scenery and far-off views of the city, though he has not had the time of late. “It’s very nice to go there for tea or coffee, and just relax. Time stops. I find it very restful.”

As a final note, Mark approaches the Garden City theme from a different angle, discussing how good the food is here, and how so much of the ingredients used here are same-day fresh. “After living in mainland China, for example, I appreciate the freshness of the food, the safety, the reliability, and the way it’s prepared here. The people of Taipei and Taiwan spend a lot more time, and pay a lot more attention, than you find at restaurants elsewhere.

“Life is very comfortable here.” 

Traditional & European Styles

Wonderful Aromas Waft Through Taipei

Taipei Exclusive! Local-Flavor Breadology

Article __ Chen Wanqing

Photos __ Xu Yirong, and Department of Information and Tourism, Taipei City Government

Taipei has the highest concentration of bakeries in Taiwan, with everything from the old-time flavors of Taiwanese-style breads to the modern European-style breads now in vogue. The inspiration of much food for thought, they are the source of countless memories and stories for people. The taste of Taipei bread is the taste of happiness.



Taiwanese-Style Breads – The Flavors of Childhood

I remember the bakery on the corner of my street when I was growing up. Each time I passed by the rich aromas would draw me in, and I would beg my mom to buy something to bring home. These unforgettable old-time flavors are not just an experience for the taste buds, but also capture the taste of childhood itself, all the little bits and vignettes that make up the mosaic of life. This best explains the ongoing popularity of traditional Taiwanese-style breads.

According to the director of the Taipei Bakery Association (台北市糕餅商業同業公會), Wu Kuan-Te (吳官德), Taiwanese-style breads have a 70 to 80-year history. Pineapple (the top resembling a pineapple; no actual pineapple used), adzuki-bean, chopped green onion, and pork-floss breads can be called the iconic “four heavenly kings” (四大天王). His personal favorite is pineapple bread, which evokes memories of his childhood. And even though times have changed, at traditional bakeries the sales of pineapple bread invariably rank first.

1. Taiwanese-style breads are held dear by many people, evoking childhood memories. (Photo: Xu Yirong)

The popularity of Taiwanese-style breads, from Wu’s analysis, is built on the soft texture and diversity of shapes and flavors. Savory or sweet await for the choosing, the fillings are, indeed, most filling. Each bread purchase is a multi-textured journey.

2. The inspiration for the award-winning entry, “Volcano Floss”, was Mount Fuji, which Chen visited while touring Japan with his wife. (Photo: Xu Yirong)
3. In the “Fashionable European-style Breads Category”, the winner was Qiu Junyi (left), the runner-up was Hong Congxian (on right). (Photo: Department of Information and Tourism, Taipei City Government)
4. The champion and runner-up in the Nostalgic Taiwan Breads Category at the first-ever Taipei Breadology Competition, Chen Chien-wen (left) and Huang Hsuan-ming (right). (Photo: Xu Yirong)

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In Wu’s opinion, “For Taiwan baking masters, learning how to make Taiwanese-style breads is a must.” The keys are good taste, quality ingredients, and freshness. The different levels of baker “artistry” result in clear variation. In March this year the Taipei Bakery Association and Taipei City Government Department of Information and Tourism jointly staged the Taipei Breadology Competition (台北麵包學大賽). Participants sought to distinguish themselves through innovative design, giving people something very different from their past experiences of Taiwanese-style breads.

Traditional Good Tastes – Splendid Transformation

The winner in the “Nostalgic Taiwan Breads Category” (懷舊台式麵包組) at the inaugural Taipei Breadology Competition was master baker Chen Chien-wen (陳建文) of Semeur (聖娜), who has been in the baking business for 15 years. Evi-

dence of his dedication to the trade is demonstrated by the fact that he returned to work after just one month’s rest following a warning from his doctor that artificial cartilage may have to be inserted to treat an arm injury caused by too much dough kneading.

The inspiration for the award-winning entry, “Volcano Floss” (火山肉鬆), was Mount Fuji, which Chen visited while touring Japan with his wife. Foregoing the usual long shape of traditional pork-floss bread, both the inside and outside brim with pork floss, like a volcano erupting. Chen engaged in repeated experimentation to create his “Pulsing Heart” (膨然心動) pineapple bread, discovering that the slightly sour taste of dried Dahu (大湖) strawberries goes well with pineapple bread, referencing the external shape of an éclair and decorating the surface with sugar flowers – a treat brimming with happiness.

The runner-up was master baker Huang Hsuan-ming (黃宣銘), from Chirle Brown (查理布朗), who expressed gratitude to Chirle Brown’s Master Cai (蔡師傅) and Master Yang (楊師傅) for their guidance, enabling him to enter the competition after three-plus years of bread-making studies under them. His mother loves pumpkin, so he did some special research and came up with his “Pumpkin Pineapple Bread” (南瓜菠蘿麵包), which received much praise. During his research, he at first tried to knead the pumpkin into the dough, or add it to the crust. But the texture ended up being too hard. The final solution was to marinate the pumpkin for a day, softening it, then placing it on the bread’s exterior. Looking like a flower in bloom, the bread is pleasing to both the palate and the eye.

The method used to make “Fish Floss Bread” (魚鬆饅子) is also quite innovative. Huang has a real fondness for *fantuan* (飯糰), a type of sticky-



rice roll, and experimented replacing the usual pork floss with crispier fish floss as an ingredient. A small amount of *youtiao* (油條), a type of deep-fried dough stick, is also found in the bread, for additional flavor. The concept behind the striking “Plum-Orchid-Bamboo-Chrysanthemum” (梅蘭竹菊) sandwich quartet is the four items in the title, known collectively as the embodiment of traditional Chinese virtues. The representative sandwich fillings are plum-blossom meat, blueberry jam, bamboo-shoot salad, and baked potato, accompanied by fruits and vegetables. Their refreshing combination was key in this entry’s bestowal of an award.

European-Style Breads – Dense and Aromatic

In days past, Taiwanese-style and Japanese-style breads dominated. Today, the bulk of sales still go to local-style breads, but since master baker Wu Pao-Chun (吳寶春) won gold at the World Cup of Baking,

European-style breads have produced a strong following.

There are three basic categories for local European-style breads: classical, healthy, and soft. Wu Kuan-Te says that for Westerners bread is a staple food, much in the same way as rice is in Taiwan, meant to accompany cooked dishes and soups, and thus flavor additions are not much needed, in order to avoid dominating the accompanying food.

Hence, classical offerings are dense, dry, and hard in texture, without fillings. At most, a sprinkle of nuts or dried fruit is added. Fancy adornment or transformation is rare. For healthy offerings, there is even greater simplicity and purity, with hardly any oils or sugar used. However, Taiwan consumers are used to eating bread on its own, and soft offerings targeting national palates have been rolled out, with softer texture and greater variety of flavor additives.

The methods of preparation are completely different for Taiwanese and European breads. Wu says that sugar and oils are added to Taiwanese-style breads, to make the dough soft. European-style breads are a yeast powder/salt/wheat flour combination, so that when eating French bread, for example, the primary taste is of wheat. For Taiwanese-style breads, different tastes and textures are pursued via filling and dough variation.

Currently, the most popular European bread is the French baguette, which has a crispy crust and soft center, great for dipping in butter or olive oil. Next are whole-wheat breads, especially rolls and buns. However, since genuine European breads can be a little coarse and monotonous when eaten without accompaniment, local Taiwan bakers have made “improvements” to make them easier to eat and to better match local palates, without losing their European character.

Fusing East and West – Creative Trendiness

In the Taipei Breadology Competition’s “Fashionable European-style Breads Category” (時尚歐式麵包組), the winner was Qiu Junyi (邱俊一), head chef at Saint Paul (聖保羅烘焙花園). Qiu started apprenticeship studies at a bakery right after graduating from junior high school. And even though he now has 20 years of experience under his belt, he prepared studiously for the baking competition, going to equipment manufacturers on days off to borrow equipment and baking spaces matching those specified for the contest. He took “mock exams” about 10 times to ensure he could complete all tasks within the allotted time.

Qiu’s winning work, the “Orange Fragrance Cheese Croissant” (橙香乳酪可頌), featured extensive use of local Taiwan ingredients. He added fresh honey-candied orange to the cheese, creating an irresistibly flavorful duo. For his “Cheese Bread” (乳酪麵包), he partnered dried roselle with two types of cheese, creating a light and refreshing treat with pleasant savory/sweet contrast. Qiu paired local dried honey peach with California raisins in his “Dried Fruit and Multigrain Bread” (果乾雜糧麵包), the double-fruit concerto adding lyrical fruity fragrance to the dough.

5. European-style breads are a yeast powder/salt/wheat flour combination, very different from the approach used for Taiwanese-style breads. (Photo: Xu Yirong)

The runner-up was master baker Hong Congxian (洪聰賢), from Tokyo Gateaux (東京時尚烘焙坊). Dropping out after his first year of senior high school, he devoted himself to the study of baking, and at 21 years of age opened his own business. Entering the competition at the urging of a friend, he not only sought advice from the national champion in the last City Bread Championship, but made phone calls to senior master bakers to ask their advice as well. Hong says that during the Taipei competition he found the most difficult of the required European-style breads was the croissant. To make the crust crispy and tasty, not only must the malleability of the butter be considered, but also the proper temperature adjustments. As well, during the production process the dough must be cooled and then taken out, or cold-room production can be chosen. He failed the test countless times in

preparation, but on the big day crafted a work of perfection.

The inspiration for his “Joan of Arc” (聖女貞德) cheese bread was pizza Margherita. Hong used exclusive fresh tomato in oil, paired with basil, to enhance the taste of the smoked cheese, resulting in rich flavor free of greasiness. In his “Fragrant Heart” (沁心) dried-fruit multigrain bread he discarded the commonly used rose leaf and jasmine leaf in favor of mint leaf paired with an unexpected, counter-intuitive partner, dried Dahu strawberries, in a delicacy exuding cool freshness. Although Hong has been practicing his craft for 15 years, he still sometimes travels north to Taipei from Taichung via High Speed Rail in order to pursue additional studies. His hope is to compete in the “2018 City Bread Championship” (2018年城市麵包大賽) and win the championship for Taiwan. **T**



Addictive Old-Time Eating, Beseeching Marriage at the City God Temple Tasting Dadaocheng

Article __ Du Jiaying

Photos __ Qiu Ruren, Taipei City Government Department of Information and Tourism



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1. Fresh-from-the-oven Jia Fu cheesecakes. (Photo: Qiu Ruren)

After being in the bakery business for nearly 20 years, many people ask me about my favorite Western pastries and breads. For the answer, we must start from Taipei's old Dadaocheng (大稻埕) community, established well over a century ago, and where I was born. This neighborhood is home to Taipei's oldest Western restaurant, Bolero (波麗路西餐廳). My favorite breakfast since childhood is the ham sandwiches with thin egg layer made by Shuang Fu (雙福食品), which was opened 71 years ago. Then there's my best-loved tea-time snack, cheesecake, from Jia Fu (加福). These opened up my taste buds to the West, and set me on the course to becoming a master pastry chef.

Feasting on Old-Time Shops' Insistence on Old Ways

Way back 30-plus years ago, the era of the breakfast-store chain had not yet dawned. I was lucky enough to experience, each day, the freshest-possible toasted bread at Shuang Fu on Minsheng West Road (民生西路), with fresh-made mayonnaise, along with a golden-yellow fried egg and ham to create a sandwich. Over the past 30 years the price has risen from NT\$8 to NT\$16, but the same group of people makes up the kitchen team, meaning guaranteed quality.

You can see through to the central kitchen. The "elder sisters" I saw in

the old days are now white-haired "aunties." Each day they faithfully follow the old ways, doing everything by hand, and with each bite I get smooth and creamy mayonnaise and fragrant egg in a sandwich free of the greasiness served up at the average breakfast shop. Today, as it has always been, this is my first choice for breakfast. I often lose control, eating three one after another to satisfy my craving.

Walking from Minsheng West Road to Dihua Street (迪化街), you will first pass Yanping North Road (延平北路). Upon reaching this intersection there is the aroma of fresh-baked cheesecakes crafted by the Jia Fu Cheesecake Specialty Store (加福奇士蛋糕專門店). This enterprise has also long been in operation – over 30 years. In contrast to the standard cheesecake on the market, which is oily and thick-crust, Jia Fu's has a comparatively thin crust, and the cake is moist and soft. The crust also has a slight salty-butter fragrance. When eaten fresh from the oven, the cake



2. The cheesecake at Jia Fu Cheesecake Specialty Store melts people's hearts. (Photo: Department of Information and Tourism, Taipei City Government)

melts people's hearts. Eaten after being refrigerated, the cold crust so wonderfully complements the cool cake. The taste is even lighter and more refreshing!

Exploring the Old City's Heritage Elegance

To visit these two old shops sporting the character *fu* (福; "good fortune") in their names, take the Taipei MRT to Shuanglian Station (雙連站). First eat a sandwich, then head to Dihua Street for cheesecake. Along the way is the Taipei Xia Hai City

God Temple (台北霞海城隍廟), where some people ask for help in finding their fated love and marriage partner, beseeching "peach blossom fortune" (桃花運), or romantic luck, and *yinyuan* (姻緣), the "happy fate which brings lovers together." The temple also serves gratis "peace tea" (平安茶), made with such items sold at neighborhood Chinese-medicine shops as Chinese jujube, Chinese wolfberry, roselle, chrysanthemum, smoked plum, brewed with "happiness candies" (喜糖) added. Spend a little time soaking in the relaxed, happy festive atmosphere, and maybe "test fate" for yourself.

The area by the temple also has Taipei's largest concentration of wholesale shops for regional specialty goods, Chinese medicines, and can-

dies and biscuits, along with sellers of baking ingredients, where you can shop to your heart's content. Alternatively, explore the cultural-creative shops and cafes, immersing yourself in the cultural-arts ambience. If you'd like to get some exercise, head to nearby Dadaocheng Wharf (大稻埕碼頭) and enjoy a walk in the riverside park there, watching the sunset. You can also rent a bike and ride the dedicated bike path north to Shezidao (社子島) or south to Wanhua (萬華), along the way enjoying the beauty of the riverside sandbars, green grass, and wildflowers. There are also many roosting white egrets. This is my favorite place to work off some calories after finishing my desserts. It's free, with beautiful scenery to savor, and you can also bring a snack for a little picnic. True bliss! 📍

Those Years, When We Ate Bread Together

Article — Louis Liang
Photos — Li Mingyi, Xu Shiying

When Wu Pao-Chun opened his bakery in Taipei, I rushed over to join in the fun. Standing in the crowd, a young couple was in front of me were showing such affection for one another that they filled everyone with envy. Youth is great – but what filled me with even more envy was that they could afford such expensive bread!

Seeing this little vignette, images from 40 years ago suddenly leapt to mind. A young girl, in love for the first time, wears a happy smile throughout the day, and walks along as if floating on air. At that time I was a poor student, forced to give up a meal if I wanted to buy snacks. I'd walk along holding her hand through the National Taiwan University (國立台灣大學) campus, abloom with azaleas, or we'd browse the bookstores on Chongqing South Road (重慶南路). In that time of material poverty, "browsing" was the only way to date.

She had more pocket money than I, so each time she visited me she'd first head to Target Bakery (得記)



1. The Wu Pao Chun bakeries attract crowds of people lining up for fresh, new tastes. (Photo: Li Mingyi)

across from the NTU campus and pick up an assortment of breads to accompany me during my study time. Whatever was left over would be my breakfast the next day. She'd buy different flavors each time – with fillings of red bean, cream, pork floss, or some baked *mantou* (饅頭; a type of steamed bread) – constantly on the lookout for new tastes.

Unusual Mixing – Bread Can Be Fun and Interesting

One time, as she walked in she told me to take out some hot chili sauce. As I was standing there befuddled – thinking “Could that possibly be for the bread?” – she

suddenly ripped off a chunk of bread, dunked it in the sauce, and shoved it into my mouth. I shouted, “You're nuts! How do you eat bread covered in this stuff?!” Narrowing her eyes to a squint, she said, “Would I ever hurt you?” I couldn't win – she was far more obstinate than me – so all I could do was stand there, mouth open, while she stared at me, waiting for me to show response on the face. Then, good heavens! The softness as I chewed, the familiar scallion-oil fragrance melding with the spiciness! I didn't know which was more entertaining, the experience my taste buds were enjoying or the adorable look on her face.



2 The passion of the people of Taipei for novel breads is very strong. (Photo: Xu Shiying)

On another occasion, we agreed to meet up at New Park (新公園), today's 2/28 Peace Park (二二八和平公園). I bought two sour-plum drinks at the Gong Yuan Hao (公園號) stand and sat down to wait for her. She had a habit of showing up an hour late, but my boredom and impatience would invariably be swept away the moment I caught sight of her tiny figure approaching in the distance. On this day, she carried a paper bag from the Astoria Café Confectionary (明星麵包廠), and on spotting my sour-plum drinks exclaimed, "Wow! Sour-plum juice with Russian bread – and soft candies too!" That was the day I found out that not all breads had the soft and fluffy texture of red-bean bread!

Trendy Yet Novel – Taipei's Bread-Eating Competition

Living on Yongkang Street (永康街) after my military service, a Summery (聖瑪莉) branch opened at the corner. Each day this Japanese-concept bakery was packed, and I discovered at this time that Taipei folk have an insatiable hunger for new bread experiences. Each time I went there to buy bread, I'd inevitably think about my cute little Valentine, who had unfortunately found another beau while I was away doing my military service.

Since that time, Taipei's bakeries have followed in line with the rapid economic development, constantly introducing new techniques and

tastes to keep up with ever-changing preferences. Taipei is oft called a "culinary paradise," but it can also be called a "culinary competition arena". In terms of its practices regarding the making and eating of bread, I dare say that not many other cities around the world beat this one!

At the Taipei Wu Pao Chun Bakery opening, more and more people were lining up outside the doors. The couple standing before me in the queue at least reached the front. At the checkout counter, the young lady asked her beau: "Honey, want to buy some jams? What flavor?" I really wanted to say to her, "Try the hot chili sauce." 

Advent of a New Bread Era

Article — Liu Ka-Shiang
Photos — Huotou Gong



1. Heavy cheesecake, commonly called New York cheesecake

A little over 10 years ago, a European-style bakery quite unexpectedly opened its doors at the entrance to the century-old Muzha Market (木柵市場). One and all were startled and befuddled. To that point, for countless visitors to traditional markets, a bread vendor meant wood racks displaying Taiwan-style breads – chopped green onion, adzuki bean, pineapple, etc. But, I had never seen a shop where doing everything by hand and using slow fermentation were the foundation, and healthy ingredients emphasized.

Upon trying its products, our whole family became loyal customers of A-duan's Bakery (阿段烘焙). Though a little out of the way, the fact that it was

there encouraged us to do more of our shopping at Muzha Market. We sometimes travel to Maokong (貓空) to go hiking, and buy lunch there first before hopping on a bus to head uphill. And, when giving tours of Taipei's traditional markets, I make a point of choosing this one. One consideration is the unusually large number of small farms cultivating fruits and vegetables in the area; another is what this bakery represents: the advent of a new bread era.

A 50-Something Man Named "Fire-Head Worker": Kneading a Bread Philosophy From Life

About 5 or 6 years ago the bakery

moved, though not far from the market. This community bakery's operations have matured over the course of its development. As new offerings have been researched, its customer base has steadily increased, and European-style multigrain breads have gradually been accepted. Imperceptibly, the bakery has become an indispensable neighborhood shop, and a platform for exchange of food-safety knowledge. Not only have many people given them their long-term support, but have also identified with the concepts to which this bakery adheres.

At the heart of the bakery is the master baker nicknamed *huotou gong*



2. Master baker *huotou gong* (lit. “fire-head worker”) has made the concept of a community bakery a reality.

(火頭工), literally “fire-head worker” (*huotou* is a general term for chefs and bakers, referring to ovens/stoves). Learning the trade after the age of 50, the vicissitudes of life have been the source in his kneading of a philosophy of life based on bread. Few bakers share his background, with advanced education in science and engineering. At the same time, he has a love for poetry and the arts, and plays a variety of musical instruments, which have influenced his temperament. Seeing him stand before the bread display cases, moving customers with a solemn melody played on a *bulusi* (葫蘆絲), a free reed wind instrument from Yunnan, it is as though he is showing respect to his breads, and as if he is encouraging each to emerge from the oven perfectly baked.

Small Shop, Big Vision: Using Bread to Drive an Agri- Revolution

In recent times, Taiwan’s master bakers have repeatedly won awards in international competitions, and in Taipei bakeries have sprouted like bamboo shoots after a spring rain, making it a “baking capital” (烘焙之都). Our production technology has reached international standard. However, the next challenge is a higher level of cultural discourse, enhancing Taiwan’s “bread understanding.”

Huotou gong has experimented with local ingredients, and after years of trial and error has found his way. Today, fresh local wheat is emphasized, to ever more favorable review. If more bakeries were willing to move in this direction,

farmers will be able to expand the area used for producing contracted grain, driving a new wave in Taiwan’s agri-revolution. He not only has this “dream blueprint”; but also has founded a shopfront workshop, beckoning young people interested in bread-making to learn the skills. These individuals then move on to found their own enterprises in various places promoting shared beliefs and concepts.

A small bakery is not only bringing forth new-style breads, but also is promoting far-sighted ideas about ingredients, providing true happiness to people. Let’s hope that in future each and every community will possess just such a bakery, crafting its own unique style while proudly showcasing its aesthetic beliefs in the production process. 



Mika Ninagawa, International Photographer Extraordinaire
Taipei's Beauty – Hidden Between
Old and New

Article - Weng Jianwei
Photos - Huntz Yen

Sumptuously gorgeous visual works – that’s what Japanese photographer Mika Ninagawa creates. Her unique aesthetics were recently on view at the Museum of Contemporary Art, Taipei (MOCA Taipei) (台北當代藝術館), her chosen venue for this retrospective. Visitors to the exhibition were escorted on a tour of her creative career and here she shares with readers Taipei through her eyes.

It is commonly said that nothing surpasses the beauty of cherry trees in full bloom, and that the flowering is sadly all too brief. Flower-loving

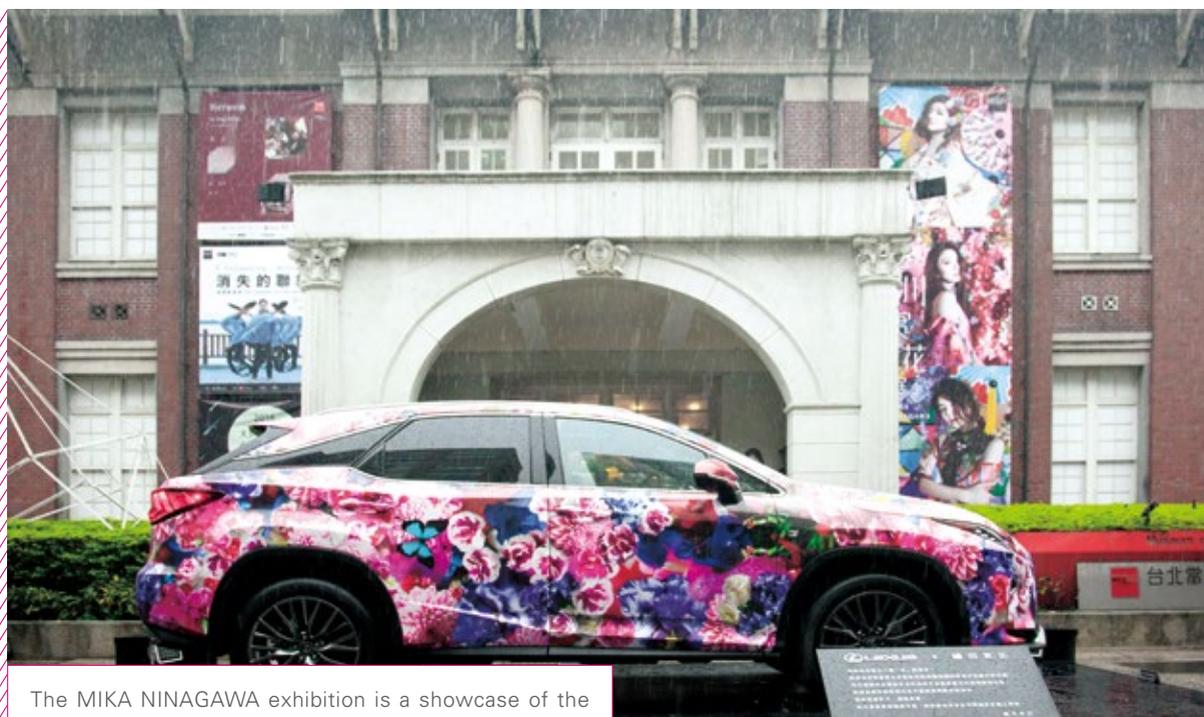
Ninagawa, however, adores this brief yet glorious appearance of blossoms. Her given name, Mika, means “flowers which blossom and bear fruit.” It was chosen by her mother, in the hope that she would live her life with the same vitality as fresh flowers, which blossom and yield. In her oeuvre she has patiently recorded life’s rich vitality, and though the life of a flower is fleeting, she is able to preserve its moment of glory for eternity.

Photography as a Form of Healing

“The disappearance of traditional film happened far faster than I ever

imagined, which makes me a little sad.” Digital photography of course brings greater convenience, with the camera able to follow her thinking, capturing the picture seen before her at any given moment and allowing for more creativity in post-production, enabling her unique aesthetic to blossom.

In “creative mode” at all times, Ninagawa has had moments of dilemma, unsure of whether to press the shutter button. This was after the Tōhoku Earthquake in 2011, when the whole of Japan was mired in the pain the disaster had wrought.



The MIKA NINAGAWA exhibition is a showcase of the artist’s nearly 20 years of work in the field, displaying cross-boundary dynamism using a variety of media.



Mika Ninagawa's unique aesthetics result in gorgeous visual works.

The cherry blossom season began right after the earthquake. “I thought that as a photographer what could I do for people?” she says. “At that time no one had the heart for something like flower enjoyment, but I decided to record the blossoms, so that later, when people thought

about that year’s cherry blossoms, they would see that there had indeed been scenes of dazzling beauty.” She took 2,500 shots in a week. It was her goal to help Japanese society escape its trauma, using photography as an alternative form of spiritual healing.

Falling in Love With Taipei's Vitality and Warmth

In recent years Ninagawa has frequently traveled in Asia to engage in crossover collaborative ventures. She has been to Taipei 20 or 30 times, she says. This year, she chose MOCA Taipei as the first stop for her overseas retrospective, seeing Taipei as a launch-point for other cities in Asia.

Her first visit to MOCA Taipei, says the artist, was seven years ago. That visit inspired her to stage her own show there. That dream became reality. "Such a large-scale retrospective is a first for me," she states. "In addition to the large number of visual works, a space was designed where visitors could take their own photos, integrating their own ideas into the overall exhibition. I felt very happy, and at the same time this was a great challenge."

Over the years she has worked with many Taiwan entertainers, including Jolin Tsai (蔡依林), Ashin (阿信) of the rock band Mayday (五月天), and S.H.E. Her impression of the Taiwanese is that they are affable and easy to communicate with. For Ninagawa, Taipei's essential charm is its *renqing*-

wei (人情味), or warm hospitality. "The people of Taipei are earnest and enthusiastic, giving you a feeling of great spirit and vitality."

Another aspect of Taipei's beauty, she has observed, is how it takes new things and ideas and melds them into the traditional. "They like to introduce new concepts to tradition, giving Taipei a distinctive dynamism." This characteristic is the city's most enchanting and compelling feature.

Having developed deep affection for the city, this year Ninagawa is planning to photograph for Taipei City, in order to promote Taiwan-Japan tourism exchange. "The preliminary concept is to photograph flowers related to the city, such as the azalea." Surprises are in store for the public, she says. Although she is sworn to secrecy for the time being what is certain is that the theme will not drift from the flower portraits at which she excels.

Leaving work aside, Ninagawa has her own special ways of having fun in Taipei! She says that in February she headed off to a hair salon to experience hair washing Taiwan-style, laughingly adding that "This means

Ninagawa took 2,500 photos of cherry blossoms after the Tōhoku Earthquake in 2011, and published them in the book *SAKURA*.



lathering your hair with shampoo, then piling your hair up so that it stands straight." A big fan of the city's food, she loves meandering the big night-markets on the hunt for different delicacies to try, in true Taipei-afficionado style.

Photography Retrospective Revives the Classics

From compelling renderings of flowers and goldfish to portraits of people and even self-portraits, the MIKA NINAGAWA (蜷川實花展)



retrospective covered six major themes, presenting her collection of work from different angles.

Flowers Series: Ninagawa takes joy in capturing those fleeting moments when small insects or butterflies alight on flowers, feeling that in such instants the boundaries between objects are blurred. She also delights in capturing those moments when flowers are stirred to life by the wind or a breeze, and are thus displayed in different character.

Liquid Dreams Series: The artist sees goldfish as an aesthetic phenomenon. They are artificially cultivated by humans as an artistic ornament, bringing feelings of joy. She also goes beyond this concept, looking at the value of material objects in human culture, using the beauty of the goldfish to reflect on the truest nature of humans.

SAKURA Series: Almost overwhelming the senses, the four walls and floor were covered in images, as

the beauty of the cherry blossom was explored in extravagant, magnified detail. This is Ninagawa's record of the sakura blossoms that followed the Tōhoku Earthquake of 2011, a reminder to people not to underestimate the power of nature, and that the vitality of life is not stilled by disaster.

Portraits Series: Japanese stars and other Asian entertainers have appeared before Ninagawa's camera lens and such portraits present her gorgeous

aesthetics. Though admired by many, there has been criticism that her stacked layering is too heavy-handed. She explains that, “The impression most people have of Japanese art is of simplicity. But, there is more to Japan than such minimalism. Complex color stacking is also used, approximating the texturing traditions of Japan’s Rinpa school of painting (a Japanese school of formative arts with a preference for expressive methods).” Her aesthetic layering is hence not mere empty stylization, but springs from a solid historical foundation.

Self-image Series: Differing from the presentation of other exhibited artworks, black-and-white self-portraits were hung in a pitch-black room. Ninagawa hopes that outside of her busy work she can sometimes seek to escape the clamor of the outside world, returning to her realm of inner silence by spending her time only with a camera, and taking self-portraits. Originally, this series was nothing more than self-documentation, with no thought of public presentation. The artist has now made this a public record of her internal monologue.

TAKE OVER THE WORLD Series: This section was a showcase of Ninagawa’s published photo albums, magazine covers, entertainer portrait collaborations, directed music videos, and crossover commercial product design collaborations. She says that “If my work is only shown in galleries fewer people will see it. But, designing a pen that sells for 200 yen results in more people being exposed to my artwork. This is a different way to reach out to people.” 

- ✿ Winner of the Kimura Ihei Award, Japan’s most prestigious photography prize.
- ✿ Her solo exhibition “Mika Ninagawa: Earthly Flowers, Heavenly Colors” set an art-museum attendance record.
- ✿ Now also producing contemporary artworks, featured artist at Tomio Koyama Gallery.
- ✿ Has extended her oeuvre to encompass the fashion world, collaborating with brands such as ETRO, CELINE, and mastermind JAPAN.
- ✿ In 2007, directed her first film, *Sakuran*.
- ✿ In 2012, directed the film *Helter Skelter*, which broke Japanese box-office records, taking in more than 2.2 billion yen.
- ✿ Appointed Executive Board Member, Tokyo Organising Committee of the 2020 Olympic and Paralympic Games.

Website: www.ninamika.com

©mikaninagawa, courtesy of Tomio Koyama Gallery

Mika
Ninagawa
Photographer
Film Director



Travel Information

For traveling between Taipei and Taiwan Taoyuan International Airport, whether by inexpensive, high-quality shuttle, safe and fast taxi, or high-grade professional airport limo service, you're spoiled for choice in satisfying your particular time and budget.

Taxi

Service locations:

North of the Arrivals Hall of Terminal I and South of the Arrivals Hall of Terminal II

One-way fare:

Meter count plus 15%, with freeway tolls extra; average fare to Taipei around NT\$1,100.

Terminal I Arrivals Hall taxi-service counter

Tel:(03)398-2832

Terminal II Arrivals Hall taxi-service counter

Tel:(03)398-3599

Passenger Shuttle Bus

Service locations:

Southwest of the Arrivals Hall of Terminal I (exterior vehicle pickup corridor) and northeast of the Arrivals Hall of Terminal II (exterior vehicle pickup corridor)

Shuttle-service companies:

Kuo-Kuang Motor Transportation, Evergreen Bus, Free Go Express, Citi Air Bus

One-way fare: NT\$85~145

Travel time:

40~60 minutes depending on routes (60~90 minutes for Citi Air Bus, which has more stops)

Schedule: Every 15~20 minutes

Metro Taipei

Service Hours: 06:00~24:00; 24-Hour Customer Service Hotline: (02)218-12345

Ticket	Price
 One-Way Trip	NT\$20-65
 Easy Card	Initial purchase: NT\$500 (incl. NT\$400 applicable to transit fares and NT\$100 deposit).The card provides discounts on transit fares and can also be used for small purchases at convenience stores and other designated shops.
 iPass	Metro station information counters are only authorized to sell the General Adult Card, which is sold outright without any deposit or credit. <ul style="list-style-type: none"> • Eligibility: Ordinary passengers. • Price: NT\$100 (without deposit). • Availability: Select stores, online, all Taipei Metro stations. • Metro discount: 20% discount on each trip. • Transfer discount: Passengers who use a General Adult Card to transfer from the metro to a bus or vice versa within one hour will receive an NT\$8 discount.
 Day Pass	NT\$150
 Taipei Pass	The Taipei Pass is activated upon first use on bus or metro ticket readers and valid for unlimited use till expiration. The Taipei Pass can be purchased at all Metro stations, and is used on the Taipei Metro and on Taipei and New Taipei City public buses (with Taipei Pass stickers showing). <ul style="list-style-type: none"> One-Day Pass: NT\$180 Two-Day Pass: NT\$310 Three-Day Pass: NT\$440 Five-Day Pass: NT\$700 Maokong Gondola One-Day Pass: NT\$350
 Taipei Metro Pass	24hr: NT\$180 48hr: NT\$280 72hr: NT\$380

NOTICE

In order to facilitate inquiries by the public, the city government has set up the 1999 Taipei Citizen Hotline. Whether by telephone, cell phone, or Voice over IP (payphone excluded), dial 1999 for free access. There is a time limit, with service personnel restricted to 10-minute service availability, and a 10-minute limit on call transfers. Callers are asked to make the most efficient use of this resource, making all calls as brief as possible. For more information, call 1999 or visit www.rdec.taipei.gov.tw



TAIWAN EMERGENCY TELEPHONE NUMBERS

Police / 110

Crimes, traffic accidents, and other incidents for which police assistance is needed

Fire and Emergency / 119

Fire, injury or accident, or other urgent matters for which emergency relief is needed

Women and Children Protection Hotline / 113 ext.1

24-hour emergency, legal information, and psychological services for victims of domestic violence and/or sexual abuse. Foreigner 24-hour General Inquiry Hotline: 0800-024-111

NON-EMERGENCY TELEPHONE NUMBERS

Unit Tel.	No.
Taipei City Govt. Citizen Hotline	1999 (02-2720-8889 outside Taipei City)
English Directory Service	106
IDD Telephone Service Hotline	0800-080-100 ext.9
Time-of-Day Service	117
Weather Service	166
Traffic Reports	168
Tourism Bureau (MOTC) 24-Hour Toll-Free Travel Information Hotline	0800-011-765
Tourism Bureau (MOTC) Toll-Free Traveler Complaints Hotline	0800-211-734
International Community Service Hotline	0800-024-111
Tourism Bureau Information Counter, Taiwan Taoyuan International Airport	Terminal 1: (03)398-2194 Terminal 2: (03)398-3341
Bureau of Foreign Trade	(02)2351-0271
Taiwan External Trade Development Council (TAITRA)	(02)2725-5200
Taiwan Visitors Association	(02)2594-3261
The Japanese Chamber of Commerce & Industry, Taipei	(02)2522-2163
Ministry of Foreign Affairs	(02)2348-2999
Ministry of Foreign Affairs Citizens Hotline	(02)2380-5678
Police Broadcasting Station	(02)2388-8099
English Hotline for Taxi Service	0800-055-850 ext.2
Consumer Service Center Hotline	1950
Bureau of National Health Insurance Information Hotline	0500-030-598
AIDS Information Hotline	0800-888-995

Source for Above Information:
Information For Foreigners Service / Tel: 0800-024-111
Tourism Bureau, Ministry of Transportation and Communications
Tel: (02)2349-1500

※ Entries in brown columns indicate service in English provided

LIST OF TAIPEI VISITOR INFORMATION CENTERS

Taipei Main Station

(02)2312-3256
1F, 3, Beiping W. Rd.

Songshan Airport

(02)2546-4741
340-10, Dunhua N. Rd.

MRT Ximen Station

(02)2375-3096
B1, 32-1, Baoqing Rd.

MRT Jiantan Station

(02)2883-0313 65
65, Sec. 5, Zhongshan N. Rd.

MRT Beitou Station

(02)2894-6923
1, Guangming Rd.

MRT Taipei 101/World Trade Center Station

(02)2758-6593
B1, 20, Sec. 5, Xinyi Rd.

Plum Garden Visitor Center

(02)2897-2647
6, Zhongshan Rd.

Miramar Entertainment Park Visitor Center

(02)8501-2762
20, Jingye 3rd Rd

Gondola Maokong Station

(02)2937-8563
35, Ln. 38, Sec. 3, Zhinan Rd.
(Exit area, Maokong Station)

Dadaochang Visitor Center

(02)2559-6802
44, Sec. 1, Dihua St.

This summer, discover more fun and more activities along the riversides of Taipei!

Event	Venue	Details	Organizer
▶▶ Jun. 2016 Taipei Dragon Boat Festival	Dajia Riverside Park, under Dazhi Bridge	Egg balancing, <i>zongzi</i> (glutinous-rice tamale) wrapping, dragon-boat competition	Dept. of Sports
Taipei Mini Tour – Riverside Breeze Chasing & Nighttime Bridge-View Enjoyment	Dajia Riverside Park – Xikou Wharf	Ride YouBike rental enjoying riverside natural-landscape and bridge scenery (guided tour)	Dept. of Information and Tourism
▶▶ Jul. Crazy Summer Water Fun	Under Dazhi Bridge	Kayak, stand-up paddle boarding, and other experience activities	Dept. of Sports
Little Pirates Experience Camp	Dadaocheng Wharf	Kids are led on fun and interesting checkpoint, pirate flag-raising, and other interactive-experience games	Public Transportation Office
Miss GAME – King of Pirates	Guandu Wharf Great River Queen	Taiwan's first luxury-cruise "mass escape" – King of Pirates	Public Transportation Office
Taipei Riverside Festival Activity Series	Dadaocheng Wharf, other locations (other activity venues to be successively announced)	Music performances, creative and light-food markets, and local cultural activities	Dept. of Information and Tourism
▶▶ Aug. Family Parent-Child Activities	Dajia Riverside Park	Riverside water-fun games	Dept. of Information and Tourism
Crazy Summer Water Fun	Under Dazhi Bridge	Kayak, stand-up paddle boarding, and other experience activities	Dept. of Sports
Little Pirates Experience Camp	Dadaocheng Wharf	Kids are led on fun and interesting checkpoint, pirate flag-raising, and other interactive-experience games	Public Transportation Office
Miss GAME – King of Pirates	Guandu Wharf Great River Queen	Taiwan's first luxury-cruise "mass escape" – King of Pirates	Public Transportation Office
Taipei Riverside Festival Activity Series	Dadaocheng Wharf, other locations (other activity venues to be successively announced)	Music performances, creative and light-food markets, and local cultural activities	Dept. of Information and Tourism
▶▶ Sept. Crazy Summer Water Fun	Under Dazhi Bridge	Kayak, stand-up paddle boarding, and other experience activities	Dept. of Sports

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