

TAIPEI 台北 2020

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STORIES FROM THE CAPITAL

THE GREEN ISSUE

COVER STORY Sustainable Travel in Sustainable Taipei / **EXPERIENCE** That's the Tea: How to Spend a Perfect Day in Maokong /

ART AND CULTURE Green is the New Black! Suit up with Sustainable Fashion at Second-Hand Shops and Market in Taipei /

PEOPLE For the Love of Animals: Meet the Trailblazers Behind Taiwan's SPCA / **FOOD AND DRINKS** Taipei's Vegetarian and Vegan Food Culture

TAIPEI 台北

STORIES FROM THE CAPITAL

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Kingstone Bookstore

DREAMING OF A CLEAN, GREEN NEW YEAR

Once the serenity of fall starts to fade, winter sets in. In Taipei and around the world, 2020 has given us a lot to think about. With all we've been through as a global community these past 12 months, one of those things we're left to ponder is how we can treat ourselves, each other, and our planet better than we have before.

When the world does start to open up again, one of those ways we might help ourselves and the world at large is to practice sustainable travel, as well as adopting an eco-friendlier lifestyle. Taipei is one of the global leaders aiming to become both sustainable and eco-friendly, promoting tours, sites, and shopping that promote an earth-first mentality.

But what exactly is sustainable travel? Find out in our cover story, which maps out in detail three routes travelers can take through the capital while partaking in eco-conscious transportation, accommodation, and consumerism all the way. Tackle the Four Beasts Mountains on foot, get a sense of local culture by bike, and reduce your carbon footprint by taking the MRT to an all-natural hot spring area.

It might surprise you, but Taipei City has its very own "farm country" — more than one, actually. From the tea plantations of Maokong to the tourist farms of Baishihu, growers know that as vital as it is to keep the tourists coming, we've only got one planet, and they are dead set on protecting it. And of course, we can't forget the fabulous New Year's celebrations in our beloved capital. From the fireworks at Taipei 101 to an invigorating New Year's Day stroll through the city streets, let us guide you on a tour of the best of the best for ringing in the new annum.

Sustainability flows into the Taipei art scene as well, and we'll take you through some of the city's finest secondhand clothing shops, filled with fabulous finds, as well as introducing you to some fine options for green Christmas gifts. Also, meet some of the excellent people behind some of the city's leading environmental initiatives, from the Taiwan SPCA, the founder of a sustainable paper business to a person dedicated to ending unnecessary food waste.

Of course, we'll never forget Taipei's food. Join us on a journey through the growing vegan and vegetarian sector of the local grub scene. All this and more as we wave goodbye to 2020 in the pages of *TAIPEI*, and look forward to a prosperous and safe 2021.



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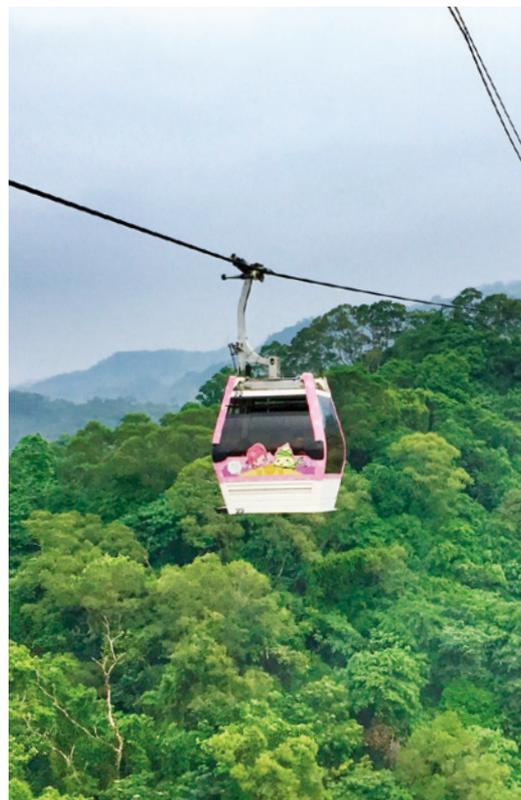
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SUSTAINABLE TRAVEL IN SUSTAINABLE TAIPEI

Taipei is an incredibly popular tourist destination with, 2020 aside, millions of tourists visiting the Taiwanese capital each year. While this sounds like a positive for the economy and many local businesses, all this human traffic could be detrimental in the long run.

This is why tourism needs to be sustainable, meaning that it should be maintained long-term while not causing too much harm to the natural and cultural environment. For sustainable travel to be successful, it needs to take into account three important elements: caring for local industries and the economy, recognizing its impact on the ecosystem and natural environment, and it must be able to be carried out in an eco-friendly and responsible manner.

01 Surrounded by green mountains, the metropolis of Taipei welcomes every traveler to enjoy a sustainable trip in the city. (Photo/Pitua Sutanto)

Words by: Adam Hopkins
Photos by: Pitua Sutanto, Gao Zanzian, Taiwan Scene, Supasit Chantranon, Suriya Desatit, GoranQ, Department of Information and Tourism, Taipei City Government

04



01

HOW TO PRACTICE SUSTAINABLE TRAVEL IN TAIPEI AND BEYOND



EAT LOCAL

Bypass the big restaurant chains and eat locally. Taipei is full of small, family-run restaurants that have been around for generations. By eating there, not only are you supporting a local business, you're more than likely going to get a good meal made from quality local ingredients.

At night markets in particular, many stalls have been specializing in one specific dish for years, and you better believe they've perfected it. Also, to take things to the next level of sustainability, consider bringing your own reusable chopsticks and straws. A lot of places in Taipei have forgone using plastic straws and single use cutlery, so you might as well do the same.



BUY LOCAL

Support local businesses that sell locally-made products. Sure, when you're shopping in Ximending (西門町), it's tempting to fill shopping bag after shopping bag at international retail stores like H&M and adidas, but why not check out a small specialist clothing store instead? You'll probably be able to find a whole host of one-of-a-kind bargains. Also, do consider using a local travel agent when booking tours or tickets. After all, they definitely know Taipei best.



STAY GREEN

When deciding where to stay, consider choosing one of the "green" hotels recognized by the Taipei City Government. They offer special deals for customers who opt to stay without the hotel having to provide any amenities such as toothbrushes and razors, as well as being OK with sheets and towels not being changed throughout their stay.



USE PUBLIC TRANSPORT

Not only is public transportation convenient, it is good for the environment. Taipei has an expansive metro (MRT) system, as well as a huge fleet of taxis that will take you anywhere in the city. The city is also pedestrian-friendly and pretty flat in the center, so walking is also a good option, while there are also plenty of cycling routes to be enjoyed with the public bicycle rental system YouBike, which is cheap, convenient and user-friendly.

THREE DAY TRIPS FOR SUSTAINABLE TRAVELERS IN TAIPEI

01 TACKLE THE FOUR BEASTS MOUNTAINS

Take a day to explore nature in Taipei in the best way possible by going on a hike. The Four Beasts Mountains (四獸山) is a group of four small mountains that can be climbed one after the other: Hushan (虎山, Tiger Mountain), Baoshan (豹山, Leopard Mountain), Shishan (獅山, Lion Mountain), and Xiangshan (象山, Elephant Mountain).

The route starts at the trail entrance of Hushan, a 15-minute walk from MRT Houshanpi Station (捷運後山埤站) near Songshan Cihui Temple (松山慈惠堂) and ends at Xinyi District's famous Xiangshan. The whole hike, if undertaken at a regular pace, will take between four and five hours. Easily accessible from downtown Taipei, a trip up the Four Beasts will also provide you with a great view of Taipei's cityscape from above.





03

- 02 The Four Beasts Mountains hike starts from Hushan Hiking Trail, with many trees providing shade along the way. (Photo/Gao Zanzian)
- 03 With well-designed hiking trails, hikers can easily finish the Four Beasts Mountains hike.
- 04 The Liu Ju Shi (六巨石, Six Boulders) viewing platform, located at the peak of Xiangshan, is a popular check-in point for many hikers.
- 05 Grab a sandwich at Gym Breakfast before starting your hike.



EAT Gym Breakfast 浩克健身早餐

Gym Breakfast specializes in sandwiches with tons of vegetables and protein to power your hike. Be sure to bring lots of water too, as hydration is important while hiking.

📍 153-3, Yanji St., Daan Dist.

BUY GO MT. 山也行

If you require hiking gear, check out the eco-friendly and reusable equipment on sale at outdoor equipment store GO MT.

📍 5F, 11, Songshou Rd., Xinyi Dist.

STAY

Green hotels like City Suites Taipei Nandong (城市商旅南東館) are delightful options for guests who can do without single-use amenities or are willing to forgo changing the bed sheets during their stay.

📍 City Suites Taipei Nandong
411, Sec. 5, Nanjing E. Rd., Songshan Dist.



04



05

02 EXPLORE LOCAL CULTURE IN TAIPEI BY BIKES

Getting to know local culture and respecting its unique customs are both a part of being a responsible traveler. And there is no better way than to get to know the city than by bike, as Taipei is full of excellent cycle paths and bike routes. Starting at MRT Gongguan Station (捷運公館站), hire a YouBike and head towards Treasure Hill (寶藏巖), a repurposed military dependents' village that now houses many art spaces and exhibitions. Home to works and artists from all over the world, the advent of the artists' village saved the area from destruction and has stood in its present form since the 1970s.

From there, continue along the riverside to Longshan Riverside Park (龍山河濱公園) before continuing over to Ximending, Taipei's hotspot for both hipster and LGBTQ culture. Continuing on your biking trip, follow the cycle path in Yanping Riverside Park (延平河濱公園) and enjoy the riverside views that lead you to the cultural hub of Dadaocheng (大稻埕), one of the city's most historic sites.



EAT Xiao Xiao Place 小小蔬房

During your ride, stop at vegan restaurant Xiao Xiao Place, where the ingredients are all purchased from local farms.

📍 125, Sec. 2, Hankou St., Wanhua Dist.

BUY Artyard197 聯藝埕

You can't miss out on a spot of shopping at Dadaocheng's Artyard197, a select shop featuring native cultural and local branded products.

📍 195, Sec. 1, Dihua St., Datong Dist.

STAY

There are great "green" hotel options in the Wanhua and Dadaocheng area. Beimen WOW Poshtel (北門窩泊旅) near Dadaocheng will give guests a souvenir if they forgo single-use amenities. Caesar Metro Taipei (凱達大飯店) in Wanhua provides a special offer for those who choose not to change the bed sheets during their stay.

📍 Beimen WOW Poshtel

2-1, Ln. 92, Taiyuan Rd., Datong Dist.

📍 Caesar Metro Taipei

167, Bangka Blvd., Wanhua Dist.



07



08



09



- 06 Formerly a military dependents' village, Treasure Hill is repurposed as an art space.
- 07 The cycle paths along the riverside parks in Taipei are well-organized and safe routes, away from road traffic.
- 08 Stop by Ximending, Taipei's LGBTQ-friendly neighborhood rich in pop culture. (Photo/ Supasit Chantranon)
- 09 Try Xiao Xiao Place in Ximending, a vegetarian restaurant that cares about local farmers and brands.

03 REDUCE YOUR CARBON FOOTPRINT AT THREE FAMOUS TAIPEI LOCATIONS

Offset your carbon footprint by visiting three of Taipei's most environmentally-friendly tourist attractions. Start your day at Longshan Temple (艋舺龍山寺), one of Taipei's "big three" temples. Housing fine examples of traditional folk art and altars dedicated to ten different deities, the temple no longer burns incense in an effort to reduce air pollution.

Next stop is Taipei 101, the world's tallest green building. At 508 meters high, the Xinyi District landmark is the world's tallest energy efficient skyscraper, saving 995 metric tons of reduced CO₂ emissions each year.

Your final stop will be Thermal Valley (地熱谷) in Beitou District, Taipei's natural hot spring area at the foot of Yangmingshan (陽明山, Mt. Yangming).

Thermal Valley, sometimes known as Hell Valley, is a direct source of the area's sulfuric hot spring water. Don't expect to go for a swim, as the water bubbles away at close to 100 degrees Celsius.

You can travel around the city on Taipei's MRT system, with all these locations easily accessible from nearby stations. MRT Longshan Temple Station (捷運龍山寺站) is on the blue line. To reach Taipei 101, transfer once at MRT Taipei Main Station (捷運台北車站) to the red line. Finally, hop on the red line again to head to Thermal Valley at MRT Xinbeitou Station (捷運新北投站), where you need transfer once at MRT Beitou Station (捷運北投站). 

EAT DELI DAY 橄欖油健康餐盒

Eat healthy at DELI DAY for salads, soups, stews and more tasty, nutritious options. It's takeaway only, so we recommend taking your food to nearby Xiangshan Park (象山公園), where you can admire the Taipei 101 skyscraper while you eat.

 2, Aly. 1, Ln. 253, Songping Rd., Xinyi Dist.

BUY San Shi Living Lab 三時生活實驗室

If you're in the mood for some sustainable shopping, have a browse around San Shi Living Lab, where you'll have to bring your own bag or container if you want to buy items ranging from fair trade coffee beans and natural handmade soaps to locally grown tea.

 106, Jinzhou St., Zhongshan Dist.

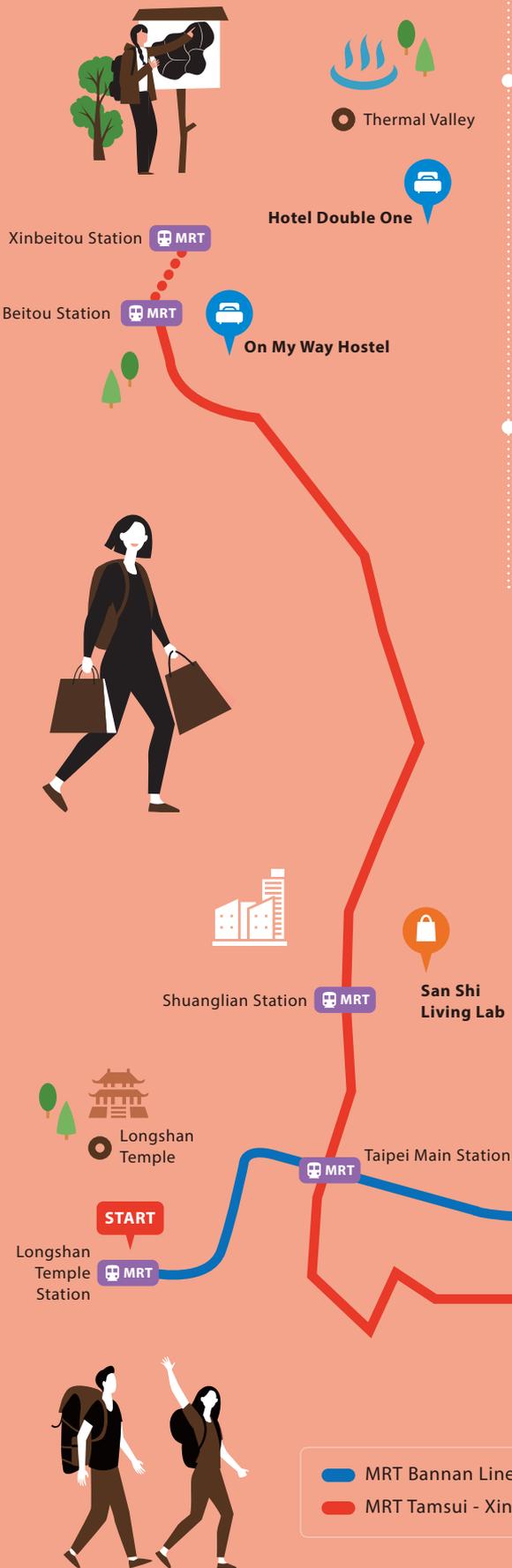
STAY

For your hotel in Beitou, try "green" option On My Way Hostel (途中·台北國際青年旅舍). Or if you're there for a private hot spring bath, check out Hotel Double One (北投俩人旅店).

 On My Way Hostel
82, Guangming Rd., Beitou Dist.

 Hotel Double One
11, Youya Rd., Beitou Dist.



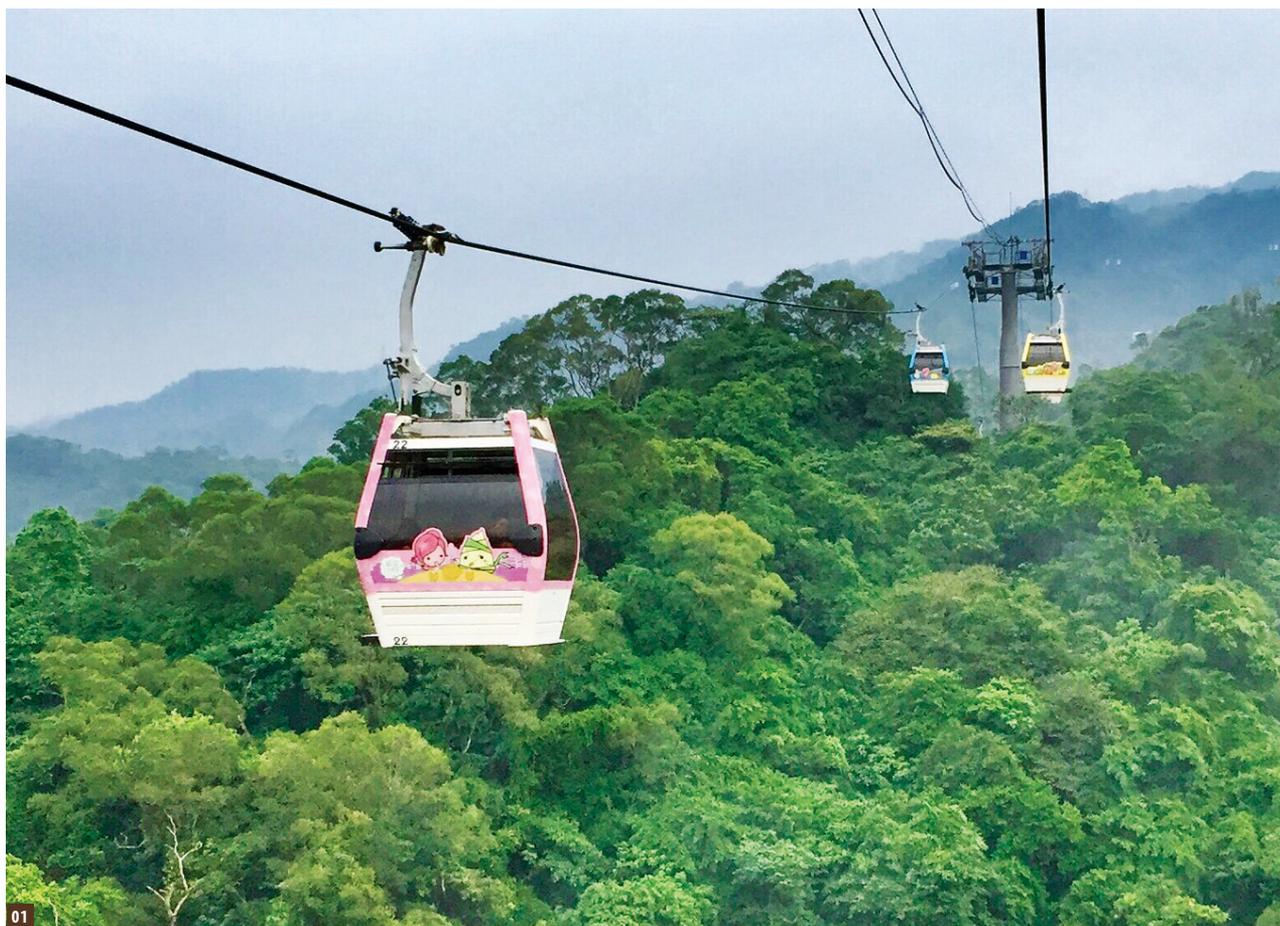


- 10 Enjoy the view of Taipei City from the observatory of Taipei 101, one of the tallest green buildings in the world. (Photo/Department of Information and Tourism, Taipei City Government)
- 11 Located in Taipei's volcanic hot spring area, Thermal Valley is the source of the hot spring water in Beitou. (Photo/Suriya Desatit)
- 12 As the most spiritual spot in Taipei, Longshan Temple is a great place to learn more about the religious culture in Taiwan. (Photo/GoranQ)



 MRT Bannan Line
 MRT Tamsui - Xinyi Line





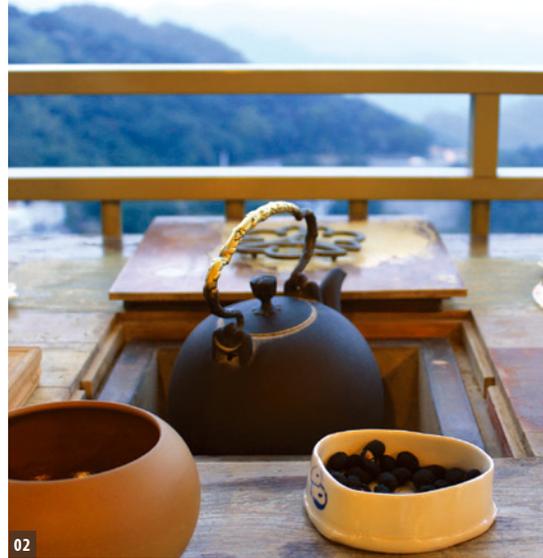
THAT'S THE TEA: HOW TO SPEND A PERFECT DAY IN MAOKONG

Tucked away in the hills of Wenshan District is Maokong (貓空), formerly the largest tea-growing area in all of Taipei. While tea is still grown there, this popular spot in the city's southeast is best known these days as a site for tea culture, with visitors flocking to sample and learn about their favorite beverage.

High up in the hills, Maokong is also a great place to visit after nightfall, as it offers a stunning night view of Taipei City. Tea farming started in the area when immigrants from China's Fujian province (福建省), particularly the tea-growing Anxi (安溪) region, settled there in the late 19th century. In the early 20th

century, Maokong was a huge producer of *Oolong* tea and *Tieguanyin* (鐵觀音), with locally grown crops exported all over the world. Nowadays, it still produces more than 60 tons of tea per year, most of which is consumed in the tea houses spread across Maokong's hillsides.

A trip to Maokong is a celebration of the great outdoors. At nearby Taipei Zoo (台北市立動物園), you will find animals from all over the world, such as pandas, Malaysian tapirs and pangolins, as well as a variety of species from across the globe. You may even have a chance to experience new life by visiting



02

ROUTE

Taipei Zoo [MRT Taipei Zoo Station] → **5-minute walk** → **Maokong Gondola** [Maokong Gondola Taipei Zoo Station] → **30-minute gondola ride** → **Maokong** [Maokong Gondola Maokong Station]

\$ ADMISSION

Taipei Zoo

NT\$60 adult

NT\$30 children aged between 6 to 18, students with student ID or foreign students with ISIC

FREE children under 6 and disabled individuals with certification

Maokong Gondola

From Gondola Taipei Zoo Station to Gondola Maokong Station (one-way ticket)

NT\$120 adult

NT\$50 children between 6 to 12

Discount option available with Taipei Fun Pass
Closed for maintenance every Monday except for the first Monday of the month

baby animals of these many species. While up in the hills of Maokong itself, accessible via the eco-friendly gondola, you'll find yourself surrounded by luscious greenery and vast expanses of tea plants.

Whether a seasoned tea drinker, or someone looking to discover more about the world's most widely-consumed drink, a trip to Maokong is ideal for any visitor to the Taiwan capital, and offers a nice escape from the hustle and bustle of the likes of Ximending, Yongkang Street (永康街) and Xinyi District. Here's how to make the most of a trip to Maokong, starting from Taipei Zoo and ending on an authentic tea plantation.

- 01 Head up the hill on the Maokong Gondola for a stunning view of Taipei while being surrounded by lush greenery. (Photo/jhecking)
- 02 Make a cup of tea at a Maokong tea house and enjoy a moment of peace and tranquility. (Photo/MyTaiwanTour)



SEE THE NEWBORN ANIMALS AT TAIPEI ZOO

Founded as Maruyama Zoo back in 1914 during Japanese rule, the zoo's modern incarnation is regarded as one of Asia's largest, covering 165 hectares of land and housing animals from across Asia, Africa and Australia, as well as around 130 species of birds.

Attractions include tropical rainforest and desert zones, a reptile house, and specialist habitats for penguins and koalas. Those in the market for cuteness will be pleased to know that the zoo is also home to many animals that can hardly be found outside of Asia. In the area of Taiwan endemic animals, you will find species exclusive in the island like Formosan bear and Formosan serow. Other Asian animals such as Malaysian tapirs and pangolins are also popular with visitors as they have recently given birth to babies. These adorable new members of the zoo are now the stars of the show.

Among the newborns, baby panda Yuan Bao (圓寶), a second cub to the popular parents Yuan Yuan (圓圓) and Tuan Tuan (團團), is where the spotlight shines. Yuan Yuan and Tuan Tuan arrived at the zoo from Sichuan (四川), China in 2008. They had their first cub, Yuan Zai (圓仔), in 2013. Yuan Bao was born in June and will be able to meet the public from January 1, 2021.



- 03 Born in June 2020, baby panda Yuan Bao will meet the public for the first time starting from January 1, 2021.
- 04 Taipei Zoo is home to many rare animals and has welcomed countless new born babies, including Malaysian tapirs.
- 05 The night view of Taipei 101 and the city skyline as seen from Maokong. (Photo/sky912745)

Taipei Zoo

- english.zoo.gov.taipei
 - 9:00am - 5:00pm (last entry 4:00pm)
8:30am - 5:00pm (holidays)
- Hours and exhibitions vary seasonally and on holidays

RIDE THE ECO-FRIENDLY MAOKONG GONDOLA

The most environmentally-friendly and fun way to get to Maokong is by taking a ride on the gondola. Running from next to MRT Taipei Zoo Station (捷運動物園站) up to Maokong itself, the gondola has four stations, Taipei Zoo (動物園站), Taipei Zoo South (動物園南站), Zhinan Temple (指南宮站), and Maokong (貓空站), and runs for just over four kilometers in total.

Effectively a large cable car, regular cabins seat eight people, while the special crystal cabin, complete with a totally transparent glass bottom, seats five. A trip from Taipei Zoo up to Maokong is NT\$120, but discounts are available, including the purchase of one adult ticket allowing two children to ride free.

Allowing passengers to see Taipei from a whole new perspective, you can even see Taipei 101 during your relaxing ascent to the green hills. A ride from Taipei



Zoo to the Maokong terminal takes 20 to 30 minutes, but please note that the service often closes during inclement weather as a safety precaution.

TAKE IN THE LOCAL GREENERY IN MAOKONG

An area packed with tea plantations and trees, Maokong is an ideal place to take in some greenery and breathe fresh air. Situated on the edge of the Taipei Basin — a triangular geographic region consisting of Yangmingshan to the north, Linkou Plateau (林口台地) to the west and the ridge of Xueshan Range (雪山山脈) in the southeast — on clear days, you get a wonderful, uninhibited view of Taipei from the hilltop.

Maokong is also a great place for hikers, with one popular mountain trail, the Dragon Trail (飛龍步道), starting at nearby National Chengchi University (國立政治大學). We'd also recommend a stop at Liujixiang (六季香) tea plantation and its accompanying tea house, as well as Yaoyue Teahouse (邀月茶坊). Both serve locally grown *Tieguanyin* and *Oolong* varieties, while the former offers sprawling views of Maokong's valleys and tea plants and the latter exudes a more secluded vibe, hidden away amongst trees by a small stream.

Yaoyue Teahouse

- 📍 6, Ln. 40, Sec. 3, Zhinan Rd., Wenshan Dist.
- 🕒 Open 24-7

MARVEL AT THE NIGHT VIEW OF TAIPEI CITY

The view from up in Maokong is extra stunning at night, and popular vantage points to make the most of it are Zhangshan Temple (樟山寺) and Zhinan Temple (指南宮). Other spots you can see Taipei illuminated by hits many city lights, include Tianliao Bridge (田寮橋) and the Maokong gondola platform.

Taipei lit up at night is a sight to behold, and the highlight of the view is undoubtedly Taipei 101 towering above all of the buildings and streetlights below. 📍

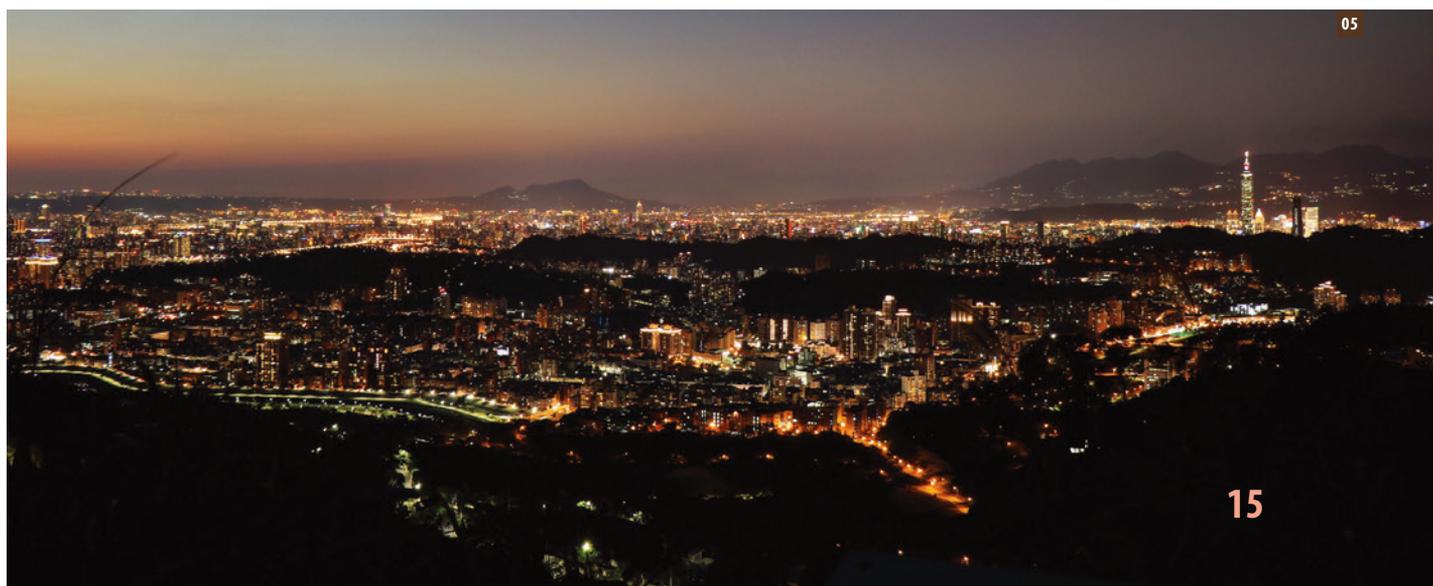


RECOMMENDED CHECK-IN POINT:

1. Maokong Gondola platform
2. Tianliao Bridge
3. Parking lots of Spring Tea County (春茶鄉)
4. Zhinan Temple - Linxiao Hall (凌霄寶殿) and Yuelao Square (月老廣場)
5. Zhangshan Temple
6. Camphor Tree Trail (樟樹步道) - Color Cloud Pavilion (彩雲亭), Huangjiao Pavilion (晃腳亭), Barn-shape Pavilion (轉轉穀倉)
7. Intersection next to Shuang Hsiang Tea Garden (雙橡園)

Liujixiang

- 📍 53-1, Ln. 34, Sec. 3, Zhinan Rd., Wenshan Dist.
- 🕒 10:00am - 12:00 midnight (Sundays to Thursdays)
10:00am - 3:00am (Fridays & Saturdays)





01

TAIPEI'S ORGANIC AGRICULTURE

MOUNTAIN TOURIST-FARM EXPERIENCES IN THE BAISHIHU AREA

Across the globe, the allure of organic recreational farms has taken hold in one country after another. The trend reached Taiwan's shores over a decade ago, and many organic-themed tourist farms in Taipei are now offering DIY organic farming experiences, with a wide range of options. Leading the movement is the Baishihu (白石湖) tourist-farm area in the city's Neihu District.

01 Next door to Taipei, Baishihu is a leisure farm area especially known for strawberry growing during the winter. (Photo/Xu Yirong)

02 In seeking a healthier lifestyle, Martin Lin has been dedicated to organic farming in Baishihu for almost 20 years.

16 **Words by:** Rick Charette
Photos by: Xu Yirong, Samil Kuo, Martin Farm

Teeming Taipei exists in a basin surrounded by mountains. This flatland is ripe to bursting with many-story buildings, the city's architecture reaching ever higher in the search for space. Yet in the 2020s you can still say you're heading for "farm country" within this city. Taipei is home to a number of tourist-farm clusters, with three of these especially popular with both locals and international tourists. Zhuzihu (竹子湖, Bamboo Lake), on the north side of the city inside Yangmingshan National Park (陽明山國家公園), is renowned for commercial flower production, notably calla lilies and hydrangeas. Maokong, in the low mountains on the city's southeast side, is known for production of *Tieguanyin* and *Wenshan Baozhong* tea (文山包種茶).

In the city's northeast is Neihu District, half basin flatland, half mountain area. The farms here are spread out along two roads, Dahu Street (大湖街) and Bishan Road (碧山路). In this article we're spending our time exploring the latter, where the cluster is located in a low-mountain basin in an area called Baishihu. "Baishi" means "white stone," in reference to the area's white-tinted mudstone and sandstone, which you'll see used in the numerous heritage structures erected by pioneering families. "Hu" means "lake" — however, as with the "hu" character in Zhuzihu, it is a reference to the basin.

THE MAIN THING TO DO IN BAISHIHU — ORGANIC TOURIST FARM EXPERIENCES

Over the past two decades, Baishihu has developed a reputation for sustainable organic farming practices. There are scores of farms, and more and more have come on board. The exemplar is Martin Farm (野草花果有機農場), the first operation encountered on the climb up Bishan Road from the flatlands, which in fact kicked off the movement.

The owner's English name is, yes, Martin; Martin Lin (林清立). A former international trading-firm entrepreneur, a health scare caused him to return to his Baishihu roots in the early 2000s, taking up farming on ancestral land that had been left uncultivated for decades. In the beginning he used traditional non-organic practices, but had qualms that grew ever deeper. "In light of my own health issues, I had reservations about the produce I was consuming, how I was hurting my own land, and how I might be injuring my own customers."

After five years he made the move to organic, and also decided to involve customers more deeply in the cultivation experience by offering educational DIY programs. In his international business and personal travels, he had seen how the concept of organic farms using sustainable agricultural practices, along with DIY farm experiences, had caught the public fancy in Western countries and also Japan. "Only if you dig your fingers into the soil do you develop intimacy with the earth — and a protective love that will last the rest of your life." In the first number of post-pesticide years, yields were less than stellar, but after much trial and error, learning the character of the land and different crops, the farm bloomed wonderfully.

When he started, says Martin, the local farms were known mostly for strawberries, and those open to tourists offered simple berry-picking experiences. Other operators, seeing how customers responded to his organic theme, how Martin Farm had started growing a far wider range of fruits and vegetables to offer tourists different options through the year, and how Martin's operation was offering more intensive and wider-ranging visitor experiences, followed suit, making organic farm experiences a big feature in Baishihu today.



WHAT'S IN THE HARVEST?

The harvest-season basics, according to Martin, are strawberries from December to May, Chinese radishes from January to April, potatoes from April to June, and sweet potatoes from October to December. Many other delectables are also grown on a smaller scale, including such juicy fruits perhaps more unfamiliar to overseas palates as honey peach, dragon fruit, longan, and pomelo.

RANGE OF CAMP EXPERIENCES

Today, says Martin, local operators offer everything from straightforward berry-picking experiences to DIY cultivation experiences for crops, such as radish and sweet potato, spread out over a long period. A quick rundown of a few of Martin Farm's specialty experiences showcases the appealing range on offer.

The one-day experiences include a guided farm tour and an introduction to organic agriculture, and also involve such get-dirt-under-your-fingernails DIY joy as strawberry picking, Chinese radish digging, and corn picking and shucking. These generally last from mid-morning to mid-afternoon.

Camp experiences are available, spread over eight to nine weeks — a full cultivation season — with participants coming in one day each weekend and handling all related work as a group, and sharing the harvest together. This spans everything from earth preparation to planting/seeding to weeding to harvest.

There are also five-day camps that run from Monday to Friday. These have proven especially popular with schools. Groups have the option of overnighting at the small Martin Farm campground.

The experiences also include many other guided activities, such as painting (nature themes), rope climbing, fishing, fire-starting (using sticks only), nature walks (day and night), kiln roasts, frog and firefly spotting, and snail hunting.



03

Registration online is requisite. As can be seen, the experiences are youth-inclusive. Most often, adults participate in parent/child units, and “unattached” adults take part in the one-day experiences.

Organic Farm Experiences in Martin Farm

📍 38, Bishan Rd., Neihu Dist.

☎ 0975-638-765

🌐 zh-tw.facebook.com/martinfarmers/
**site is in Chinese, but Martin and his wife speak English*

Reservation by phone or via Facebook

03 - 04 Martin Farm also holds all kinds of seasonal camps for kids and families to participate in farm life in the city. (Photo/Martin Farm)



OTHER FUN THINGS TO DO IN BAISHIHU

The area is interlaced with a network of easy trails, paved with flagstones to improve the tourist experience, that bring you to the local farms and other draws. According to Martin, one that runs alongside Martin Farm, leading to the nearby Baishihu Suspension Bridge (白石湖吊橋), is part of the historic Danlan Trail (淡蘭古道), used by pioneers in the 19th century for trade and travel between the north coast port of Tamsui (淡水) and Yilan (宜蘭) on the northeast coast.

The visually dynamic 116-meter-long Baishihu Suspension Bridge flies high across a narrow, shallow stream valley lined with neatly-tended farm plots along the waterway. Keep your eye out for Taiwan Blue Magpies and other colorful endemic species



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- 05 The distinctive Baishihu Suspension Bridge emulates a dragon flying across the sky, bringing an auspicious air to the Baishihu area.
- 06 With a history of more than 300 years, Bishan Temple is not only a sacred spot in Baishihu, but also where visitors can admire splendid temple artworks.
- 07 While hiking from Neihu to Baishihu, don't forget to stop by Dagouxi Ecology and Water-Control Park on the way to enjoy the fresh air. (Photo/Xu Yirong)
- 08 Sitting in between two paddy fields, One Heart Pool is absolutely the most instagrammable spot for visitors in Baishihu.

here. This attraction is another one of Martin's dream-come-true projects, in his quest to stimulate more local tourism and make walkabouts easier. The long bridge has a distinctive "dragon bone" look, emulating an auspicious dragon swooping across the landscape.

From the bridge, the archway entrance to Bishan Temple (碧山巖開漳聖王廟) can be seen, though initially the temple cannot. The large, mountainside-hugging multi-floor complex — the temple itself sits partly on the "roof" — in fact looks into Taipei Basin, not Baishihu. Despite the temple's splendid ornate beauty, it is the awe-inspiring sweeping basin view that brings the majority, the metropolis laid out before you like a giant model set.

This grand place of worship began as the humblest of cave shrines in the early 1700s, set up in gratitude by the Baishihu pioneers for their safe passage from China (Martin's ancestors among them). This sacred spot still exists, open for viewing in the temple's rear. You'll see three stones within; it's said these were once one, split into three in the mid-1700s by lightning as a divine warning, making the pioneers take notice of a force of attackers gathering in the Taipei Basin below.

For those with more jump in their sneakers looking for a longer walk, Martin suggests a one-hour trail hike (if no stops) down from his farm to popular Dahu Park (大湖公園) in the flatlands of Neihu. He did this countless times — down and up — while growing up. The trek, moderately strenuous, is largely through forest shade. On the way you pass by the stone mansion-like Yuanjue Temple (圓覺寺; built 1924), Yuanjue Waterfall (圓覺瀑布), and Dagouxi Ecology and Water-Control Park (大溝溪生態治水園區). Dahu Park is also home to a renowned scenic lake with a Chinese classical-style arch bridge.



06



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WHEN THE MUNCHIES HIT

A flagstone trail that runs up through Martin Farm passes by the romantic, landscaped One Heart Pool (同心池) — “one heart” meaning the two hearts of sweetheart couples bonded as one — which features pastel-color flowers in the shape of a heart, making it a popular photo backdrop. Directly above the pool is the old Lin family homestead, a *sanheyuan* (三合院, three-sided courtyard residence) built long ago using the local light-tint stone.

Taking the left fork in the path brings immediate arrival to the airy Farmhouse Cafe TRATTORIA (農舍田園咖啡餐廳). It has the look of a Mediterranean eatery incongruously dropped down in the Neihu hills, looking down to the Taipei Basin instead of the Mediterranean Sea. The stone-laid patio area before the eatery, run by Martin’s younger brother James, was originally the Lin clan’s harvest-drying space. On the menu are tasty pasta, risotto, waffles, and other selections. Be sure to try the delectable strawberry muffins and strawberry au lait, made with organic berries cultivated by James in his next-door greenhouse. **T**



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Farmhouse Cafe TRATTORIA

- 📍 38, Bishan Rd., Neihu Dist. (Behind Martin Farm)
- 🕒 11:00am - 8:00pm (Mondays to Fridays)
11:00am - 9:00pm (Saturdays & Sundays)

➡ HOW TO GET TO BAISHIHU

Take the shuttle bus (route S2) from the stop near MRT Neihu Station (捷運內湖站) and get off at Bishan Temple. A taxi ride from the station will take about 15 minutes. If driving, two moderate-sized parking lots are available, beside the Baishihu Suspension Bridge (Bishan Temple end) and at the temple itself.





A GLITTERING TAIPEI NEW YEAR

Cities around the world are trying to figure out how to welcome the new year in the age of COVID-19. It's likely that many events will be cancelled due to the ongoing risk of infection. However, here in Taipei we're lucky to have mitigated the impact of COVID-19 and all but eliminated community transmission, meaning that most events can go on as planned.

Taipei, then, is in a unique position to be the hottest place to be on New Year's Eve 2020. Even better, there are activities for everyone, whether you stay up late, get up early or prioritize your health. From the well-known fireworks at Taipei 101 and market at Miramar, there are also sunrise views, flag-raising

and a walking activity to enjoy. Although the usual influx of regional tourists won't be coming due to travel restrictions, these events are likely to be crowded, so it's advisable to plan ahead.

- 01 2021 is coming! In Taipei you can celebrate the New Year with concerts and fireworks or simply enjoy a peaceful walk in the city.
- 02 Taipei City Government sets up seven art and lighting installations to celebrate the new year.
- 03 Miramar Entertainment Park combines a Christmas event with New Year celebrations. (Photo/Miramar)

FOR THE NIGHT OWLS

ICONIC TAIPEI 101 NEW YEAR FIREWORKS

In Taipei, residents and visitors gather hours before midnight in parts of the city with a clear view of the slender bamboo-shaped skyscraper dominating the city's skyline, book out restaurants and hotels with the right views and plan parties centered around watching 101 light up. Any celebration can be seen on Xinyi Road (信義路) this day, with onlookers popping champagne corks, lighting up sparklers or, in some instances, proposing marriage!

This year, there are seven sites with art and lighting decoration across the city. Celebrating events starts on November 28, and in the hours leading up to the countdown, a party rages around Taipei City Hall, with popular entertainers booked to keep the crowd moving. For 2021, the theme will be *Wanzhuan Taipei, Hanni Yiqi* (玩轉台北，和你一起), which means "having fun together in Taipei." Xiangshan, or Elephant Mountain, and Rainbow Riverside Park (彩虹河濱公園) are also popular places to watch the show, but you'll have to get there early.

The MRT will operate all night and some buses will run late. However, public transportation tends to be crowded, some MRT entrances will be closed and several roads will be closed to vehicles. It is advisable to walk, if possible, to MRT Stations further away such as Yongchun (捷運永春站), Sun Yat-sen Memorial Hall (捷運國父紀念館站), and Xiangshan (捷運象山站) to get to and from the area.



MIRAMAR CHRISTMAS AND NEW YEAR CELEBRATION

For those who don't want to brave the massive crowds around Taipei 101, the Miramar Entertainment Park (美麗華百樂園) in Dazhi (大直) offers a tempting alternative. The area, famous for its large cinema and Ferris wheel, hosts its New Year's Eve party with a variety of performers. The celebration at Miramar starts on December 18, combining a Christmas market and several live shows taking places on different stages around the area. Golden decorations will abound to bring out the holiday vibes.

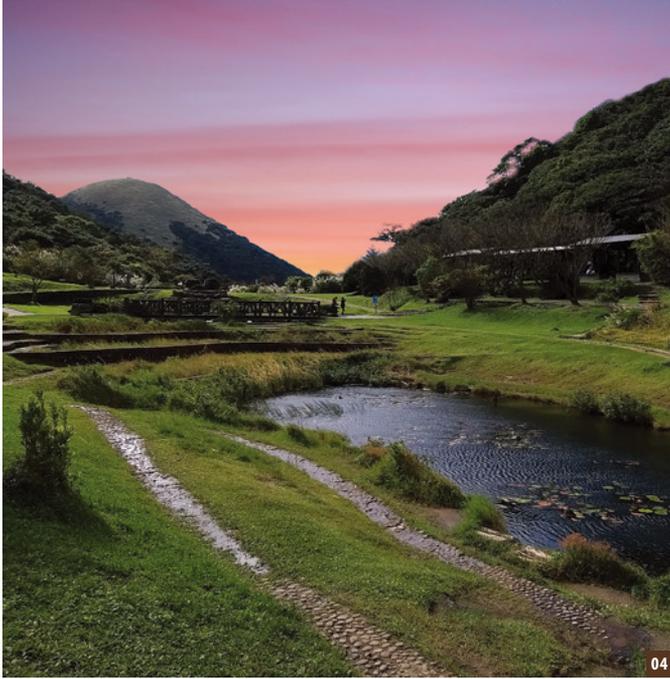
The entertainment complex is open until 1:00 a.m. on New Year's Eve, and the event attracts around 100,000 people every year. In addition to the usual entertainment at Miramar, stands and booths are set up around the event area where you can grab food and drinks.

Miramar can be reached via MRT Jiannan Road Station (捷運劍南路站) or various buses, with several stops within walking distance.



FOR THE EARLY BIRDS

ENJOY THE DAWN ON YANGMINGSHAN



04

The hiking trails and night views from Yangmingshan are well-known, but photographers and nature-lovers in the know head to Erziping (二子坪) for the best sunrise views. The best viewpoints include Taipei City, the ocean and Datun Mountain (大屯山). At sunrise, these feature layers of clouds like an oil painting streaking across the urban basin, with the southern Taipei foothills in the background, and Taipei 101 peeking out between them. Of course, visibility may vary. Although Bus 108 goes to the Erziping Tourist Center, it doesn't run early enough to catch the sunrise; you'll have to drive. Dress warmly and check the weather forecast before you go.

The easiest way to get to Erziping is to take the Secondary 101A Road (市道101甲), also known as Balaka Highway (巴拉卡公路). When you reach Erziping Visitor Center, drive to the end of the parking area and take the left-hand road. At this point you may have to walk, so plan accordingly.

WATCH THE FLAG-RAISING AT THE PRESIDENTIAL OFFICE

The Presidential Office (總統府) flag raising at sunrise on New Year's Day is a highly ceremonial affair. Every year, the president, vice president and other officials turn out to sing the national anthem and preside over the event. Last year this included the traditional military salute as well as a dance performance of *Dianyin Santaizi* (電音三太子, Techno Prince Nezha), which you might recognize from local temple festivals as the techno-loving dancers in god costumes with cheerful, pudgy masks.

The public is welcome to witness the flag raising, but you'll want to get there early to get a good spot on Ketagalan Boulevard (凱達格蘭大道), as it fills up quickly. The Presidential Office is walkable from MRT NTU Hospital (捷運台大醫院站) and Chiang Kai-shek Memorial Hall (捷運中正紀念堂站) Station. The MRT will be open all night, so you can take public transportation there and back.



05

FOR THE HEALTH NUTS

FLORA EXPO GROUP WALK

A popular local activity that is less well-known to visitors, the group walking activity at the Taipei Expo Park (花博公園) has been held for almost two decades. The walk begins at 8.30 a.m. at the park, and heads through the park, past the Lin An-tai Historical House and Museum (林安泰古厝) — which is also worth a visit — passes through the Dajia Wharf (大佳碼頭) and turns back after heading under Dazhi Bridge (大直橋). This is one way to get a taste of truly local Taipei on New Year's Day, as it's more of a city resident activity than a tourist event.

The philosophy behind the walk is to start off the new year by “using your feet to pray” for your continued good health. The entire route is said to require the recommended daily count of 10,000 steps.

Registration is NT\$600 to enter, and includes a lucky draw for a variety of prizes.

Taipei Expo Park can be reached via MRT Yuanshan Station (捷運圓山站), as well as several buses stopping at Taipei Fine Arts Museum (台北市立美術館). 



KEEPING TAIPEI CLEAN

Every year, New Year's Eve events create a great deal of litter. When enjoying these events, remember to dispose of your litter properly in garbage or recycling bins. This is especially important this year because it's advisable to wear masks in large crowds where social distancing won't be possible. Don't forget to dispose of your masks properly. To further reduce environmental impact and traffic concerns, taking advantage of Taipei's excellent public transportation network is also highly recommended when possible.

- 04 Get away from the city hustle and experience the sunrise on Yangmingshan. (Photo/Yenping)
- 05 Watch the flag raising ceremony and other performances at the Presidential Office. (Photo/Office of the President)
- 06 Start the New Year in a healthy way with a group walk! (Photo/Hope Foundation)

GREEN IS THE NEW BLACK!

SUIT UP WITH SUSTAINABLE FASHION AT SECOND-HAND SHOPS AND MARKET IN TAIPEI

In the 21st century, fashion has never been more accessible. Massive productions of clothes, or so-called “fast fashion,” is taking over the market in Taipei, but harming the environment at the same time. Big brands might design thousands of styles of clothes a year, while creating problems such as unnecessary waste of materials, packaging waste, or labor exploitation.

With the clothing industry becoming the second biggest in the world when it comes to pollution after petroleum, we need a solution. Yes, suiting up is important, but we can make changes by switching to sustainable fashion!

Sustainable fashion comes in seven forms: tailor-made or DIY, green and clean production processes, high quality and timeless design, selling fairly and

ethically-made designs, mended and upcycled clothing, renting and swapping, and finally — second-hand and vintage clothes.

While not everyone can afford custom outfits, and considering the difficulty of doing full product background checks, buying second-hand is the simplest way to practice sustainable fashion in Taipei. It's eco-friendly, budget-friendly, and can be style-friendly too! Follow *TAIPEI* on a treasure hunt to three of Taipei's second-hand shops and markets and find your perfect outfit that looks great on you, and is great for the planet, too.

01 Buying second-hand clothing is the best and easiest way to exercise sustainable fashion choices!
(Photo/Artem Beliaikin)



01

01 光仁綠時尚 KUANG JEN GREEN FASHION

What is your first impression of a second-hand shop? A dusky and tiny space with goods stacked in high, disorganized piles? Or is it one of products always placed in disorder in narrow aisles? Here at Kuang Jen Green Fashion, it isn't what you might think! The shop is run by Catholic Kuang Jen Social Welfare Foundation (天主教光仁社會福利基金會), and its fresh appearance is likely to overturn the stereotype of a second-hand store. Walking into the entrance, the bright space with organized display wardrobes and racks stand on the right. Clothing products are carefully selected from public donations, from men's polo shirts to women's one-pieces. Shoe options such as sneakers and heels are also available, and all are cleaned in advance and waiting for their new owners. If lucky, you might find brand-name handbags or purses at half price (or even lower) on sale!

In addition to clothing options, Kuang Jen also sells second-hand appliances, tableware, and kitchenware, giving expats who have relocated to Taipei a budget-friendly place to buy necessities and settle down. From vacuum cleaners, to juicers, ceramic plates, and knife sets, you can find all kinds of lifesavers packed in a load of boxes or displayed on the shelves in Kuang Jen. Flash sales such as buy-one-get-one-free are commonly seen in the shop, but keep in mind that in order to apply the idea of sustainability thoroughly, Kuang Jen does not provide bags for your purchases. Make sure to bring your own!

Moreover, one of the founding purposes of the shop is to provide jobs to those suffering from mental or physical disabilities. If you'd like to support their mission, you can donate your clothes or appliances to Kuang Jen to keep their business running.

- 📍 9, Ln. 265, Sec. 2, Heping E. Rd., Daan Dist.
- 🕒 10:00am - 8:00pm (Closed on Sundays)

Boyfriend's jean NT\$ 350

(Photo/Yi-choon Tang)



- 02 Displaying products in its bright space, Kuang Jen Green Fashion offers various second-hand clothing options from caps, to polo shirts, purses and shoes. (Photo/Taiwan Scene)



02 小麻雀自助商店 LITTLE SPARROW SHOP

For Japanese fashion lovers, Taipei offers second-hand options for you, too.

Sitting eight minutes away from MRT Gongguan Station, Little Sparrow Shop self-service branch collects many second-hand Japanese brand-name clothing items and accessories. Vintage jackets, jeans and denim overalls can sometimes be found in stock, too. With all products disinfected before being put on display, Little Sparrow Shop also relies on customers to keep the store tidy. Give them a hand by folding the clothes you inspect but don't need, or put the shoes you tried on but don't fit back on the shelf. Little Sparrow Shop is a self-service clothing store with no staff on the spot. Help them, and help yourselves.

Buyers also need to check out by themselves based on the price tags on each outfit they purchase, which is around NT\$50 to NT\$300 per item. Calculators are available at the counters. After you confirm the amount, cut the price tags and put them into a price tag cup.

Finally, and most importantly, put the exact amount of money into the cash box as change is not available. Monitors and alarm systems are always on in the store, so never leave the shop without completing the checkout process.

//////////
*Self-Servicing Branch in Gongguan

📍 8, Ln. 206, Sec. 4, Roosevelt Rd., Wenshan Dist.

🕒 2:30pm - 9:00pm



03

03 Little Sparrow Shop collects many vintage items featuring Japanese designs, giving treasure hunters countless choices among the piles of clothes. (Photo/Taiwan Scene)

Chiffon blouse
NT\$ 250

Beret
NT\$ 150

Fabulous Finds at Little Sparrow Shop

Denim jeans NT\$ 300

(Photo/Yi-choon Tang)

03 天母生活市集

TIANMU FLEA MARKET

Garage sales might not be that common in Taipei, but finding a flea market is easy! The best one for treasure hunting has to be the Tianmu Flea Market. Every week from Friday to Sunday, the flea market is held in Tianmu Square (天母廣場) at the Tianmu West Road (天母西路) and Zhongshan North Road (中山北路) intersection, selling goods ranging from second-hand clothing and life goods to antique furniture.

The stalls at the market are mostly run by locals, piling clothes at their stalls that are priced between NT\$50 to NT\$200 a piece, on average. Although Tianmu Flea Market was founded originally for selling second-hand products only, you'll find local artists or small brands stationed at the market recently, selling various designer goods or creative products such as postcards, notebooks, or even cookies.

With Taipei American School and Taipei European School located in Tianmu, the area is known as the home of many expats in Taipei. Thus, unsurprisingly, Tianmu Flea Market, affected by the neighborhood culture, also holds Halloween or Christmas theme days every year. During the holiday weekends, stall owners will decorate their stands to match the theme and dress up to celebrate the holiday with the rest of the neighborhood. Free candies are prepared for trick-or-treaters or sent out by Santa himself. So, don't forget to swing by the market and have fun during the holiday season!

Furthermore, Tianmu Flea Market is also open to anyone who wants to join in the fun and set up a stall. Advance registration is required. With different people signing up and diverse products in the market each week, treasure hunting is always a blast! **T**

- 📍 1, Tianmu W. Rd., Shilin Dist.
- 🕒 4:00pm - 10:00pm (Fridays)
9:00am - 3:00pm | 4:00pm - 10:00pm (Saturdays)
3:00pm - 9:00pm (Sundays)
- 🌐 tianmu.org.tw/
*Stall registration site



04

04 Tianmu Flea Market, the most well-known flea market in Taipei, welcomes regular citizens to sign up every week to sell all kinds of budget-friendly outfits or functional daily necessities. (Photo/Taiwan Scene)



(Photo/Yi-choon Tang)



01

HOW FAIRTRADE TAIPEI IS BREAKING UNETHICAL SUPPLY CHAINS

If there's a silver lining we can steal from the way the world is turning right now, it's the growing trend of ethical shopping habits. Globally, awareness of the harm caused by industries like fast fashion is on the rise, as shoppers circumvent the sales racks to seek out products that are cruelty-free, environmentally friendly, and fair to those who make them.

In Taipei, one of the best ways to ensure you're being a conscious consumer is to look out for the Fairtrade logo. If you're not doing so already, this might be the best time to start.

WHY FAIRTRADE MATTERS

While Taiwan might have squeezed through the worst of the pandemic unscathed, it's hardly been a good year for the global economy. Worldwide, entire industries are in deep recession. This is especially bad for the Global South, where poor working conditions and limited healthcare add to the woes of farmers and factory workers already stricken by the slump in sales and exports.

Under these circumstances, it's more important than ever that local producers are guaranteed safe working conditions and fair wages — two objectives that Fairtrade is trying to achieve. Internationally, it's already drastically improved the living

conditions of countless local producers by enforcing measures, such as a living wage and encouraging investment in local communities. Furthermore, it recently put together a multi-million euro fund to address the immediate needs of local producers during the pandemic. Eager to support this awesome initiative? Check out these three Fairtrade stores in Taipei.

01 Buying fairtrade certified products guarantees safe working conditions and fair wages in the supply chains. (Photo/Wahyu Setiawan)



① CAFÉ MÜLLER 穆勒咖啡館

One MRT stop from Songshan Airport (松山機場), Café Müller is an effortlessly hip hangout in the leafy northern neighborhood of Dazhi. Its raw concrete walls, upcycled furniture, and art house paraphernalia give off a gratifyingly grungy vibe. But it's not just the alternative aesthetics that have been well thought out. Owner Aarti Pren selects his coffee beans based not only on quality, but also on the stimulating returns they offer to local growing communities.

"When I started the café, I wanted to find a way for my business to help coffee growers enjoy a better quality of life," Pren says, explaining his reason for only buying beans that have been certified by the Fairtrade Labeling Organization (FLO). A regulatory brand of Fairtrade, the FLO helps coffee farmers

negotiate fair prices for their crops, thereby protecting them from fluctuations in market price, which is of particular importance during the pandemic. It is through this and other means that the FLO is also working to eliminate child labor and protect the rights of female workers.

Currently, Café Müller sources bean varieties from Indonesia, Ethiopia, and across Latin America, the nuances of which are explained in detail on its artfully graphic menu. There's a lot to choose from here, so if you need to get your bearings, order the Barista Special, and one of Pren's certified coffee wizards will whip up a custom cuppa based on your specifications.

📍 33, Ln. 595, Beian Rd., Zhongshan Dist.
🕒 1:30pm - 11:00pm (Closed on Wednesdays)

02-03 Certified by the Fairtrade Labeling Organization, Café Müller handles its coffee beans from selecting, to cooking, to serving in their cozy space.



02



03





04

② EARTH TREE 地球樹

Sitting behind a handsome gold-gated garden near Dongmen's (東門) Yongkang Street, this thoughtful lifestyle brand is a treasure trove of eclectic handicrafts and free-flowing women's wear. Owner Lydia Wang says the idea for her budding boutique took root 14 years ago while she was backpacking. "I wanted to share my suppliers' stories, and connect Taiwanese consumers with different cultures around the world," she says.

Earth Tree sells ethically sourced coffee, chocolate, and interest pieces, but the most attractive pieces of all are wearable. Wang set up shop before Fairtrade Taiwan opened in 2010, and collaborated with Fairtrade organizations in Japan to acquire designs and connect with sustainable producers in countries like Bangladesh and India. This was ideal for her business model. "Japanese fashion is extremely popular in Taiwan," she explains, "but at the time, not so many people were interested in Fairtrade."

With Fairtrade, textile workers enjoy a guaranteed minimum wage as well as safe working conditions. Crucially, Earth Tree also only sells clothes that have been colored using all-natural dyes, since artificial fabric dye has one of the industry's worst environmental footprints. Many of the pieces are made out of recycled fabric, or produced by using 100% organic cotton. "We try to make sure all our clothes have the lowest environmental impact possible," says Wang.



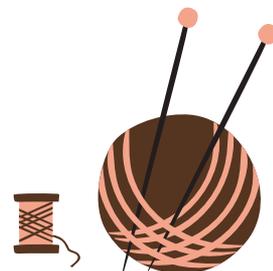
05

📍 35-1, Ln. 30, Sec. 2, Xincheng S. Rd., Daan Dist.

🕒 12:00pm - 10:00pm

04-05 With all kinds of clothes, scarves, and fabric handicrafts in stock, Earth Tree's products showcase outfits that can be ethical and fashionable at the same time.

06-07 TWINE not only sells certified fairtrade products, but also produces many of their own designs fused with aspects of local culture or traditions.



③ TWINE 繭裹子

TWINE's feel-good success story illustrates exactly the kind of business we need to see more of on our streets. Founded in 2009, they've worked exclusively with Fairtrade certified producers using ethically sourced materials. This caring company operates out of nine stores across Taiwan, reinvesting a whopping 50% of the revenue from their produce sales into the communities that supply them. Equally ethical is TWINE's membership of the international environmental organization 1% For The Planet, through which it contributes a fraction of its earnings to various environmental causes.

Inside TWINE's five Taipei stores, you'll find an emporium of interesting pieces and recycled fabrics, as well as wearable house designs. Brand owners Liz and Vinka's careful consideration of style, origin, and sustainability is boldly stated in a line of harem pants sewn together out of vibrant recycled sari fabric. TWINE produces many of its own designs, with an emphasis on the traditional creative crafts and cultures of their local partners.

There's plenty of mantel-adorning miscellanea for the intrepid gift hunter too: Chilean rainsticks, decorative bowls twisted out of copper wire, and musical instruments husked out of halved coconut shells. With all TWINE's ornamental charm, window shoppers will find it hard to leave the shop empty-handed. But if anything, this Fairtrade front-liner is the best place to put your willpower to the test. **T**



TWINE Fair Living YongKang Shop 永康店

📍 1F, 3, Ln. 2, Yongkang St., Daan Dist.

🕒 12:30pm - 9:30pm

TWINE Fair Living DaCheng Shop 家夥稻埕店

📍 1F, 195, Sec. 1, Dihua St., Datong Dist.

🕒 10:00am - 7:30pm

TWINE Fashion DaCheng Shop 輕衫稻埕店

📍 1F, 213, Sec. 1, Dihua St., Datong Dist.

🕒 10:00am - 7:30pm

TWINE Nancy Shop 南西店

📍 4F, 14, Nanjing W. Rd., Zhongshan Dist.,

🕒 11:00am - 10:00pm (Sundays to Thursdays)

11:00am - 10:30pm (Fridays & Saturdays)

TWINE HuaShan Shop 華山期間限定店

📍 1F, 1, Sec. 1, Bade Rd., Zhongzheng Dist.

🕒 11:00am - 9:00pm





01

YOUR “GREEN” OPTIONS FOR CHRISTMAS GIFTS

Christmas is just around the corner. Are you looking for some last-minute gift inspirations? Before you make any hasty decisions, let us remind you that the waste produced after Christmas is 25% more than at any other time of year, and it's high time we changed that!

Never fear, because *TAIPEI* is here to give you some green ideas for your Christmas list. Many Taiwanese designers, brands and shops in Taipei have been producing and promoting a variety of commemorative products in line with the concept of sustainable environmental protection, which are not only perfect for Christmas gifts, but great for daily use as well.

We have selected four designer brands with diverse products that you can find in Taipei based on their exquisite designs, useful functions, and eco-friendly concepts. Starting now, the holiday celebration can be meaningful and eco-friendly!

BAMBOO STRAWS, TOOTHBRUSHES AND CUPS BY YUANTAI BAMBOO WORKSHOP

Bamboo, a plant that represents moral integrity in Chinese culture, is now a popular material for crafting, too. The designer/owner of Yuantai Bamboo Workshop (元泰竹藝社), Lin Jiahong (林家宏), uses bamboo grown in his hometown Zhushan (竹山, literally Bamboo Mountain) to create bamboo straws, toothbrushes and cups; all three can be a great Christmas gift package that creates zero plastic waste.

Your first earth-saving gifts are artful bamboo straws that vary in length and size, with their natural shape preserved. The natural fibers inside also maintain the temperature and flavor of beverages much better than plastic straws. The brush of bamboo toothbrushes is made of horsehair, the result of hundreds of tests undertaken by Lin, making the toothbrush 100% decomposable after being thrown out.

Don't forget to pack a bamboo cup in your gift box. The 14 different patterns, including the Formosan black bear or local mountain scenery, are painted with non-toxic pigments, and also make it a great souvenir from Taiwan.

Where to find bamboo products by Yuantai in Taipei

 Eco Hub in Huashan 1914 Creative Park

 1, Sec. 1, Bade Rd., Zhongzheng Dist.

BO BO CUP BY YCCT

Taiwan is where bubble milk tea originated, and Taiwanese drink 1.5 billion handmade drinks every year, resulting in the production of billions of plastic cups and straws. Having a reusable cup handy is a great alternative to reduce plastic garbage while still enjoying fresh drinks.

Bo Bo cup, produced by YCCT, is designed as a perfect handmade drink container. The patented foldable lid design is the biggest feature. Press the lid lightly and the straw will pop out. Press it again and the straw will be retracted. Each cup is equipped with one thin and one wide silicone straw. Furthermore, the stainless steel-made cups are harder, lighter and safer than a glass cup.

For those who are crazy about Taiwan handmade drinks, Bo Bo cup can be a useful and sustainable choice for a Christmas present. With a reusable cup such as this one, you can enjoy as many drinks as you like guilt-free.

Where to find Bo Bo cup by YCCT

 BonVoyage in Shin Kong Mitsukoshi Xinyi Place A8

 12, Songgao Rd., Xinyi Dist.



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- 01 Let's celebrate Christmas with sustainability in mind by selecting eco-friendly gifts!
- 02 Bamboo cups, straws and toothbrushes will help you ease into a plastic-free lifestyle.
- 03-04 No need to worry about generating more plastic waste when enjoying a cup of bubble milk tea with the reusable Bo Bo cup.

FABRIC LAPTOP CASE, BOOK COVER & MASK BY IN BLOOM

In Bloom (印花樂) is a Taiwanese design brand not only devoted to showcasing original Taiwanese print fabrics, but also dedicated to developing eco-conscious lifestyle products that replace plastic or non-recyclable materials.

What makes in Bloom a perfect destination for Christmas gifts from Taiwan is its fabric patterns featuring their own Taiwanese story. For instance, a laptop case with the Formosan Crested Myna, an endemic species in Taiwan, was the first pattern designed by in Bloom to make people aware of this endangered creature, and it has become an iconic symbol of the brand.

The pocket-size book cover with begonia glass pattern is a great gift option for adults. Begonia glass is a Taiwanese traditional pattern, commonly found on stained glass in old apartments and houses. Back in the old days, stained glass in Taiwan had different patterns to protect indoor privacy. This nostalgic pattern has become a very popular element in the

design of today's Taiwanese daily goods. When light penetrates the stained glass, the light and shadow bring a special feeling of the past. While raising awareness of sustainability, in Bloom has also created an identity rich in local features.

In Bloom has developed fabric masks this year as well in response to the COVID-19 pandemic. It's designed with a pocket for the user to insert a proper medical mask so that the usage time of the medical mask can be extended, in an attempt to alleviate the issue of abandoned used masks.

We picked the mask with the trekking pattern. Taiwan is a mountainous country, and many precious species can be found at high elevations. In Bloom would like to deliver the pure feeling of cheerfulness you experience while getting close to nature through this print.

Where to find fabric products by in Bloom in Taipei

 in Bloom Dadaocheng branch
 28, Minle St., Datong Dist.

05 Taiwan-based design brand in Bloom provides various lifestyle products with eco-conscious and local features.



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ECO-FRIENDLY TABLEWARE FOR TAKE-OUT BY ZEN ZHOU

When people are gathering for Christmas feast and bringing home takeaway food, they may accidentally use too much single-use plastic. But Zen Zhou (仁舟) social enterprise is providing eco-friendly options. Zen Zhou is a brand that practices the idea of reducing plastic. The company believes that if they start changing from the production level, creating more fashionable and user-friendly products, they should be able to promote the idea of reducing plastic more effectively.

We want to introduce three reusable products that can replace single-use plastic and reduce trash production for your Christmas gift options: a silicone folding box, silicone food bag, and beeswax food wrap.

For those who will be hosting a potluck party, be sure to get your order in for the silicone folding boxes ahead of the holiday season. They are made from 100% food-grade silicone and with its leak-free seal design, you can also use it for soup or drinks. As the silicon can be cleaned easily, it is a good reusable material to replace plastic bags. The little sea turtle on the lid is designed to serve as a heat aeration mechanism. What's more, it also corresponds to the brand message of marine protection.

Another option is Zen Zhou's thick and washable freezer bags that can be reused over and over again. The patented three-dimensional design allows the bag to stand upright without falling over. It is also heat-resistant up to 200°C, which makes it a great container for a steaming hot bowl of beef soup or even your Christmas leftovers! With these bags, it's easier than ever to practice a plastic-free lifestyle.

The third product is the beeswax food wrap, which is a less-mentioned but always useful eco-friendly product, and an alternative to plastic wrap. In order to make a perfect food wrap, Zen Zhou used 100% natural materials, including organic cotton and antibacterial beeswax to retain moisture. The wrap is biodegradable and protects both the health of your family and that of our planet. 

Where to find eco-tableware by Zen Zhou in Taipei

 eslite Xinyi Store
 11, Songgao Rd., Xinyi Dist.

06 Zen Zhou's reusable silicone food bag, folding box and beeswax food wrap can replace single-use plastics when getting some takeaway.



01

FOR THE LOVE OF ANIMALS: MEET THE TRAILBLAZERS BEHIND TAIWAN'S SPCA

01 As a safe haven for abused animals, the TSPCA gives these wonderful creatures a chance to enjoy a comfortable and safe life after getting rescued. (Photo/Yi-choon Tang)

Although pets are ubiquitous around the modern city of Taipei and throughout Taiwan — with over 2.5 million pet cats and dogs accounted for in 2020 — best practices for pet owners and anti-cruelty laws are relatively new on the island. For example, Taiwan's *Wildlife Conservation Act* (野生動物保育法) was enacted in 1989 to prevent the sale, trade, and display of wild and endangered animals. In 1998, the *Animal Protection Act* (動物保護法) was passed to set guidelines for pet owners, including penalties for animal abuse, as well as requirements for things like ready access to water and outdoor exercise.

Fortunately, Taiwan's animal protection laws are continually evolving and setting guidelines for pets and businesses involving animals. Leading the way for the education and enforcement of these laws are the co-founders of Taiwan's first SPCA (Society for the Prevention of Cruelty to Animals).

38 **Words by:** Francesca Chang
Photos by: Yi-choon Tang, Taiwan SPCA

TAIWAN'S FIRST SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

Connie (姜怡如) and Annie Chiang (姜怡帆) are sisters originally from Taiwan who grew up in Vancouver, Canada. Familiar with Canada's BCSPCA (The British Columbia Society for the Prevention of Cruelty to Animals), the siblings were surprised to find that no such resource existed in Taipei when they moved back to their motherland after college. "Growing up, everyone was familiar with adopting animals from the local SPCA," says co-founder Connie.

Out of a love for animals, the two sisters, along with their friend and fellow Canadian Beki Hunt, began sheltering strays and rescuing animals with their own resources while simultaneously working full-time jobs. "We all started out as volunteers," stated Connie. Together, the three animal lovers practiced "Trap-Neuter-Return," or "TNR" for short, a system for controlling animal population by fixing, vaccinating, and returning stray animals to their territory.

After realizing the limitations of housing animals in their own homes, and that the root of the problem was actually the lack of legislation to protect animals, the three women started the Taiwan Society for Prevention of Cruelty to Animals (TSPCA) (台灣防止虐待動物協會) in Taipei in 2009. In 2010, TSPCA became an official non-profit organization and the island's first SPCA.



- 02 Animals that need medical help will also get the necessary treatment under the TSPCA's guidance and care.
- 03 The TSPCA is the only NGO in Taiwan that goes to every corner of the country to investigate possible cases of cruelty to animals.
- 04 Growing up as an animal lover, Connie Chiang, the co-founder and executive director of the TSPCA, has made improving animal welfare in Taiwan her mission. (Photo/Yi-choon Tang)



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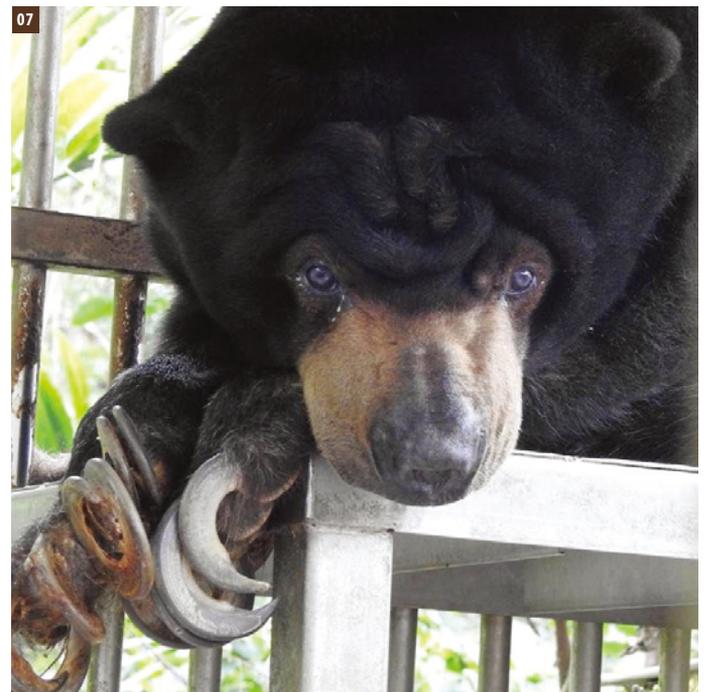
05-06 Not only does the TSPCA help regular pets like dogs and cats, the organization also cares about the welfare of show animals such as sheep and gibbons.

07 For Connie, the most memorable case since founding the TSPCA is rescuing a Malayan sun bear from a dog-size cage it was housed in for years.

THE TSPCA'S MISSION

SPCAs around the world operate independently from one another, with different boards of directors, organizational structures, and different goals. Taiwan's SPCA adheres to an underlying philosophy known as the "The Five Freedoms of Animals," namely the freedom from thirst and hunger, freedom from discomfort, freedom from pain, freedom to express normal behavior, and the freedom from fear and distress. But what makes the TSPCA unique is the founders' tenacious mission to enforce Taiwan's anti-cruelty laws with an educational approach.

For example, the most egregious case the organization encountered was an endangered Malayan sun bear that had spent almost all of its life in a small cage. After the incident, the small non-profit conducted their own research and uncovered that 22 other endangered and exotic animals were still living as domestic pets across the island in violation of Taiwan's *Wildlife Conservation Act*. Upon this discovery, the TSPCA held a press conference in June of 2019 to bring public attention to these violations. As a result of these efforts, all but two of the endangered animals have now been successfully released and rehabilitated at various wildlife sanctuaries throughout Taiwan, while the fearless leaders continue to work tirelessly to rescue the remaining animals.



07



08 Many of the abuse cases that the TSPCA handles are actually related to “improper animal feeding,” owing to the owners’ lack of care toward their pets.

THE TSPCA INVESTIGATION PROCESS

Taiwan’s SPCA also pursues its mission to enforce anti-cruelty laws through a process called a Cruelty Investigation. “It’s not a standard approach for NGOs...no one else does it,” Connie explains about this unique system.

TSPCA’s Cruelty Investigation is usually triggered by people’s complaints regarding a violation of the *Animal Protection Act*. Although Taipei’s citizens can report acts of animal abuse directly to the local animal protection authority — Taipei City Animal Protection Office (台北市動物保護處), the TSPCA is often the first to receive such complaints from Taipei and beyond due to its reputation throughout the island. As such, the organization provides an online reporting system for members of the public to report a case and provide evidence. Unique to Taiwan’s SPCA, a TSPCA investigation is a practice that combines the non-profit’s educational efforts with the enforcement power of Taiwan’s legal authorities.

After receiving a complaint, the TSPCA will first determine whether the alleged animal abusers have broken the law. “Our first goal is always to educate,” says Connie. If the TSPCA determines that the *Animal Protection Act* has been violated, they educate the offenders about the best practices for care of the

animals and offer support and assistance. For example, after explaining why a dog needs more exercise, they will offer the owner a free leash. Then, if the abuser does not rectify the situation per the TSPCA’s recommendations, the TSPCA will contact legal authorities.

Next, Taipei’s law enforcement will issue a Compliance Order that allows the offender a chance to change their behavior in order to comply with the *Animal Protection Act*. Finally, if the offender does not comply with the government orders, a fine ranging from NT\$15,000 to NT\$75,000 will be issued in accordance with the act. The animal may also be confiscated.

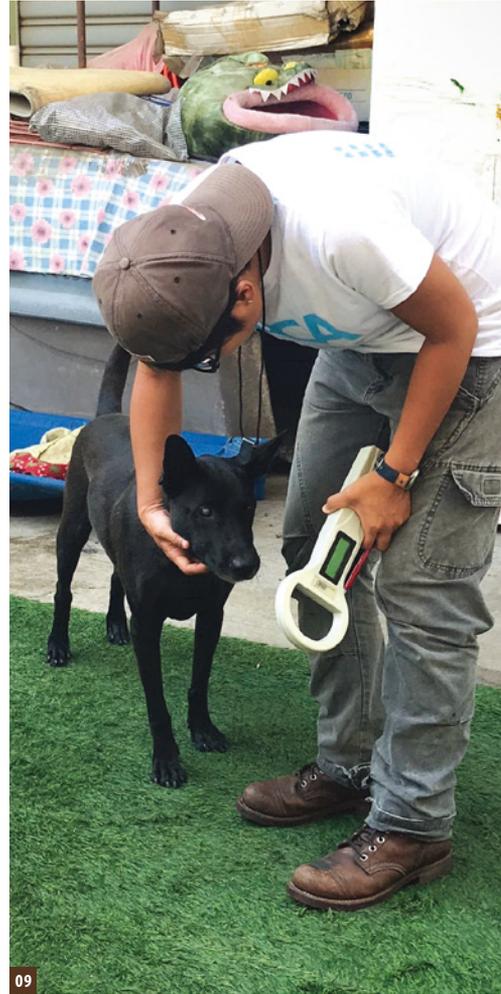
If an animal is confiscated by local authorities, the TSPCA’s work doesn’t stop there. Although the TSPCA lacks an animal shelter of its own, the organization will actively help with the placement of the rescued animals, including coordinating with foster volunteers and pet hotels that provide adoption corners. Sometimes, the founders of the non-profit will even foster the animals themselves if the shelters are full. “It’s no surprise that my sister and I now own six rescue dogs and one rescue bird ourselves,” Connie laughs.

With only four investigators on their team, the TSPCA successfully handles around 600 investigations around the island per year.

LOBBYING AND EDUCATION

In addition to these procedural investigations, the TSPCA founders also lobby the government for continual reform to animal protection laws. For example, thanks to their lobbying efforts, clearer pet-rearing requirements and regulations on exhibit animals have been written into law. The TSPCA also successfully lobbied to outlaw the use of animal testing for cosmetics in Taiwan. Similarly, the founders participate in public hearings, seminars, and symposiums, providing research and suggestions for the animal-related issues at hand.

In line with their educational mission, the Chiang sisters created their own curriculum for teaching the public about animal welfare. In collaboration with the Taipei City Animal Protection Office, the TSPCA provides ten schools in Taipei with their curriculum and equips teachers with the materials necessary to teach animal welfare to their students. "It's been really successful," Connie said. "We teach teachers how to teach animal welfare to students. One school had 100 teachers show up!" The TSPCA also promotes its educational campaigns via social media and holds pet behavior training for adopters and the general public.



09

- 09 After rescuing animals, the TSPCA continues to help by implanting microchips, and finding fosters or a forever home for them.
- 10 One of the TSPCA's missions is to teach the next generation to treat animals right through many kinds of educational speeches or activities.



10



WAYS TO HELP

Foreigners in Taipei can promote animal welfare in the city by serving as foster volunteers for the animals rescued by the TSPCA and Animal Protection Office. "Since we don't have our own shelter, we are reliant on foster volunteers," says Connie. For those with limited time or resources, one can sign up with the TSPCA to volunteer at the nearby Ruifang Animal Shelter (瑞芳動物之家), where each month 25 volunteers take dogs on walks, bathe the dogs, and cut their nails. Foreigners in Taipei can also volunteer at public shelters to give the animals an opportunity to get outdoors and socialize with animals and humans alike.

Additionally, foreign tourists can contribute to the TSCPA's cause by volunteering with other animal welfare organizations during their short stay on the island. For example, visitors can volunteer at shelters like The PACK Sanctuary (台灣巴克動物懷善救援協會) or directly with Taipei's Animal Protection Office.

THE FUTURE OF THE TSPCA

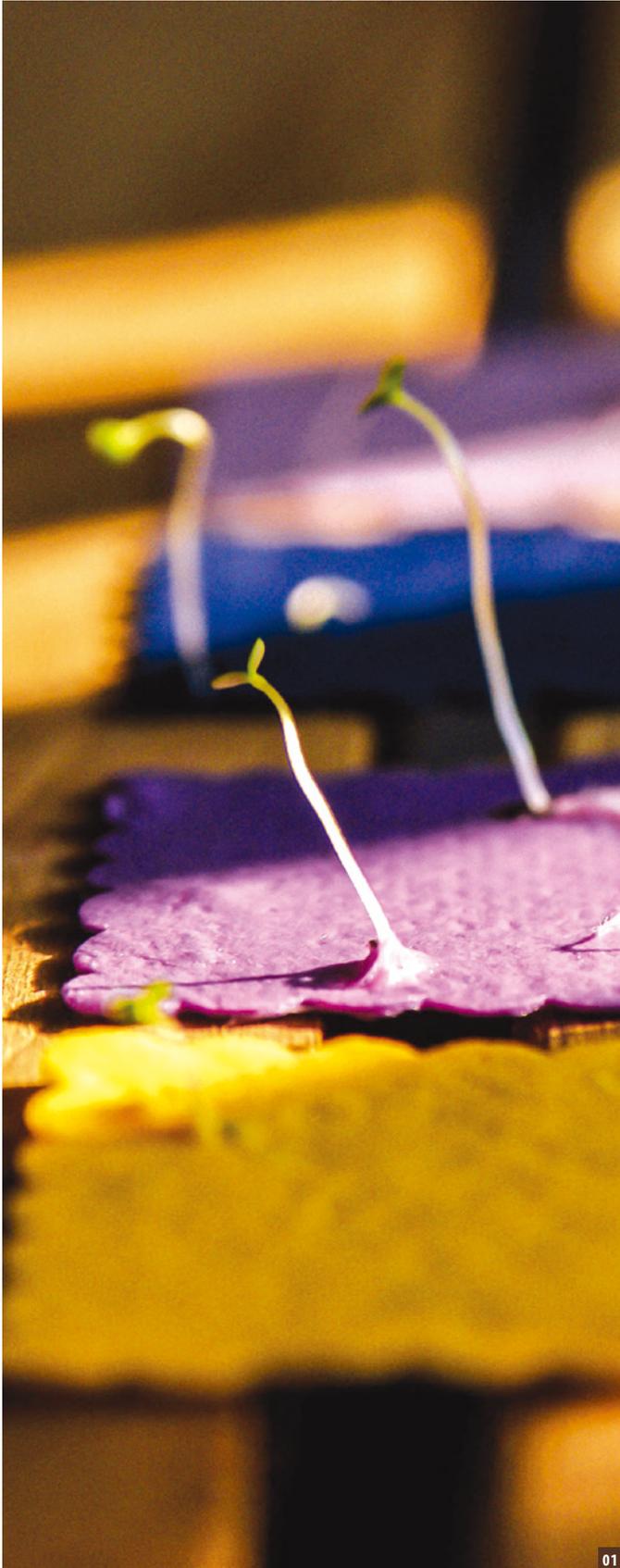
Taiwan's SPCA is a small but mighty team, leading the island towards a cruelty-free environment for all animals. To further the advancement of safety and well-being for animals, the founders plan to continue researching, campaigning, and lobbying for improvement of animal protection laws and enforcement measures, as well as spreading awareness of an "Adopt, Don't Shop" mentality throughout Taipei and beyond. **T**

- 11 Being a volunteer, or even adopting a rescued animal at the adoption fair, is the most helpful way to support the TSPCA's work.



► Video Interview





01

PLANTING SEEDS OF HOPE WITH SEED PAPER

“Plant the paper, Grow a hope!” are the words imprinted on many of the products of Woopapers (蕪蕪紙創), a first-of-its-kind “seed paper,” or “plantable paper” company in Taipei. Using a special process, seeds are mixed with paper pulp and implanted into everyday stationery such as greeting cards, postcards, tags, wrapping paper, notebooks, or even 3D seed balls of various shapes and sizes, which can then later be germinated by the receiver just by adding water.

DIGGING INTO ITS ROOTS

Not surprisingly, even the name “Woopapers” has its roots in gardening and agriculture. As one word alone, the Chinese word “蕪” (*wu*) is defined as “growing wildly” or “weeds.” However, as two “蕪” together, it takes on a whole new life and meaning, one of them being “thriving and prosperity,” which is exactly what CEO and founder Jennifer Mong (蒙艷芬) hopes to accomplish by implanting seeds of hope into each of her handmade products. “The idea is that it is a living, growing thing that you receive,” she exclaims proudly. “And it can be transferred from one person to another as a cycle of life.”

As a handmade paper enthusiast, Jennifer began the company with just one simple goal in mind: to create something she was fully passionate about. “Actually, this was not what I studied in school at all. My major was in banking and finance, and I worked as a high-grade secretary for many years before this,” she admits. “And the technology is actually not new and has been around abroad for almost 20 years,” she says.

01 The concept of seed paper comes from sustainability, using seeds to bring greenery to the earth when it sprouts. (Photo/Woopapers)

"But it was mostly only popular among small charities or religious communities overseas. Therefore, I looked into it for many years before finally deciding to take the plunge."

But since Jennifer had no background in agriculture, she was forced to start from scratch. "I had to essentially learn everything from gardening to press printing to marketing on my own — and all without any similar business model to refer or relate to," she smiles triumphantly.



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PAVING THE ROAD

Back in 2012 when the company was founded, Taiwan's level of environmental awareness mostly stretched out to include only basic recycling or division of recyclable materials. "The idea of sustainability has only caught on in recent years, stemming from 2015 or 2016," Jennifer says. "Before that, it was mostly NGOs or young people who were interested in our products. Nowadays, however, we have clients who come to us because they themselves have received a product of ours in the past. Therefore, we don't have to spend as much time educating the public or the consumer on our products like in the past, which has definitely made our job easier."

But the difficulty didn't stop there. Because of its particularly delicate and unique product, many of the printing press companies were unwilling to print on her products in the beginning. "Often, they would take one look and say, 'This is impossible. I can't print on this,' and turn us away," she claims. "It took a lot of prodding and convincing to have them give it a try. "And without any other local competitors or relatable products to refer to, we've essentially had to make up our own rules of the game as we go along. Even now, it's still an uphill climb," she chuckles, "and that's not even including the selection and criteria process for choosing seeds and actually making the paper!"



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02 Jennifer Mong, the CEO of Woopapers, believes that the rise of environmental awareness in recent years has aided her business, as people are consciously shifting toward sustainable products.

03 The 3D seed paper balls are highly popular due to their changeable and creative shapes. (Photo/Woopapers)



PAPERMAKING PROCESS AND SEED SELECTION CRITERIA

The seed paper process begins first by taking recycled paper and turning it into pulp. Each piece is rolled into suitable-sized balls and then placed into a frame-like structure, where they are molded and the appropriate seeds are added for germination. Next, each piece is pressed and flattened into shape, and then placed onto drying panels to be sun-dried and baked by the heat of the sun. Although some of Woopapers' products may look like ordinary pulp paper, the process could not be more different. "Ordinary pulp paper requires high heat and pressure," Jennifer tells us, "but we can't do that with seed paper. Otherwise, the seeds would die. Therefore, everything must be shaped and molded by hand, and then dried without heat, using the warmth of the sun instead."

Actually, even the press printing cannot be done using regular machines. "We use a special type of screen printing, which is essentially taking a metal sheet and transferring or pressing the ink onto the sheet of paper, which doesn't require any heat," Jennifer tells us. "But we leave that technology mostly to the professionals at the printing press," she adds.

Finding which seeds to use is another story. "There is an entire selection process that goes into choosing which seeds are suitable for which kind of paper," Jennifer tells us. "For example, we have to consider things like how long the seeds take to germinate, how easy it is to plant, how accessible the seeds are, and even the thickness of the paper. All of these factors must be taken into consideration when deciding if they can be used or not. On top of that, the size of the seed is also important. For example, smaller seeds can be used on thinner paper, whereas the bigger ones can only make thick wrapping paper or 3D seed balls. Otherwise, the seeds would be too big and protrude out."

What about the most common types of seeds? Jennifer goes into further detail, saying that "Often, we find that wildflower-based or herb-based seeds are the easiest to make into paper and also easier for consumers to plant and maintain. For example, thyme, chrysanthemum, and snapdragons are all quite popular and relatively easy to grow. Of course, we are always willing to customize our products and look into new ideas based on our clients' requests, though."

WHERE TO FIND THEM

Currently, Woopapers is not looking to go big or become too commercialized. “We enjoy being a small company with our spirit of sustainability. Going bigger wouldn’t achieve that,” she remarks. “Actually, our company is only a team of three people, which includes everything from taking customer orders to holding classes to attending local and international trade shows, and more,” she chuckles. Woopapers is mostly targeted towards small business enterprises at present, with just a small minority of clients that come for their own private orders. “However, we do also work in collaboration with Syntrend (三創生活園區) and hold regular pop-up shops throughout the city as well. Besides, we offer online shopping and ordering as well, which makes it easier for everyone to find us,” Jennifer says.



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Paper items like wedding invitations are barely even looked at twice and thrown away. With seed paper, Woopapers has given paper a new meaning. “We have taken that same piece of paper and instead given them the cycle and seeds of life,” Jennifer says. That is exactly the energy and spirit of sustainability that Jennifer has accomplished. 1



06



07

Find Woopapers' Products Here

- 🏠 Syntrend Q Space
📍 2F, 2, Sec. 3, Civic Blvd., Zhongzheng Dist.
- 🏠 eslite Xinyi Store (pop-up shop)
📍 4F, 11, Songgao Rd., Xinyi Dist.

- 04 After drying at a low temperature, the recycled pulp turns into colorful different shaped seed paper balls that are favorites with customers.
- 05 To plant a potted plant using Woopapers' products, all you need is to set the seed paper in soil, watering as instructed, and a little bit of TLC. (Photo/Woopapers)
- 06-07 Woopapers also designs all kinds of custom seed paper products like postcards, post-its, or gift boxes, making paper products more meaningful and creative.



FOOD SUSTAINABILITY IN TAIPEI, ONE NEIGHBORHOOD AT A TIME — STARTING IN NANJICHANG

Food waste is a common problem encountered by many metropolitan areas these days. As Chief of Zhongqin Village (忠勤里), an enclave of Taipei's inner-city, Fang Hesheng (方荷生) has been working hard to tackle the issue and raise awareness of the concept of "continuous food." Not only has he set up Taipei's first-ever community food bank to redirect what would otherwise have been wasted food from big businesses to those really in need, but he has also launched a café and community fridges to cut food waste and empower the community. He is now looking to spread his "continuous food" revolution across Taipei.

THE ROOTS OF "CONTINUOUS FOOD"

Nanjichang (南機場), one of Taipei's oldest neighborhoods close to Wanhua (萬華), is where Fang grew up. The area was once Taipei's city center during the Qing Dynasty (清代, 1636 A.D. – 1912 A.D.) and highly prosperous during the later Japanese era. However, as other areas of the city, Fang says, have seen investment and infrastructure quickly develop,

Nanjichang has been left behind. "There are many single parents in the community, unemployed families, new residents, senior citizens, middle-to-low-income households and others that need care," he points out.

In the past, disadvantaged families and those in need received food packages from charities or social welfare organizations, but these aid packages do not take into account a person's specific circumstances and needs. Sometimes, food would be wasted.



“The rice was often stored in one place, and then stored in another place, and, after a month or two it would have insects growing inside,” Fang explains. “That food should be used properly. If it is sent to people who don’t actually need it, it will be wasted.”

In 1998, after being elected Chief of Zhongqin Village, Fang began redistributing unused or unwanted food to those in the community who need it by setting up Taipei’s first-ever food bank.

Fang succeeded in persuading the government to repurpose an abandoned post office on a small Nanjichang street for storing and displaying donated or unwanted food, so that disadvantaged community members could choose the items they need. It is essentially a well-stocked supermarket where local residents could find what they need without having to pay. He named it The Nanjichang Happy Food Bank (南機場幸福食物銀行) — Taipei’s first community food bank.

Rather than just relying on food donations from the community and other welfare groups, Fang quickly sought out commercial partners to not only provide for the needy but also cut down on big companies’ food waste. He started with Carrefour.



“I found that mass merchandisers always need to take products off the shelves before the product actually expires, otherwise it will affect the goodwill from customers,” Fang observes. “However, in order to deal with these soon-to-expire packaged foods like instant noodles, biscuits, and canned food, companies like Carrefour have to pay processing fees. It is a waste of both money and food.”

Consequently, Fang convinced Carrefour to allow him and his fellow volunteers to take the soon-to-expire food and share it with people in need. It is a win-win situation, he says. “Carrefour can save food processing fees, and we also have free resources to distribute to those in need.”

Supporting the idea, 117 Carrefour stores across the country now send unused products to welfare groups across Taiwan every day.



- 01 Embracing the concept of food sustainability, staff and volunteers at Nanjichang Happy Food Bank believe that people can reduce food waste by recycling and sorting still edible food and redistributing it to people in need.
- 02 All the packaged foods that were close to their expiration dates were thrown out by supermarkets, but are now put on the shelves at the food banks in Nanjichang. (Photo/Taiwan Scene)
- 03 Fang Hesheng, who has been providing services in the Nanjichang neighborhood for more than 20 years, dedicates to reducing food waste through community food sharing, setting up food banks and establishing a café using sustainable food.



In addition to Carrefour, Fang works with several other brands, including the noted Wu Pao Chun Bakery (吳寶春麵店), to bring food that would otherwise end up in the trash to hungry Taipei bellies. According to Fang, the beauty of being food wise is that it solves two problems at once.

"If you can use the food and ingredients that one person doesn't need and let another person, who is lacking food, use them instead, this will solve the waste of food and help feed the disadvantaged," Fang asserts. He calls the concept "continuous food."

HOW FOOD SUSTAINABILITY WORKS

Today, Fang oversees a network of more than 170 food banks. As being food-wise is key, Fang has perfected a system of donors, partnerships, volunteers, and memberships that makes sure Taipei's surplus food gets to the hungry mouths that need it.

It begins with acquiring the food. Aside from the effort to use nearly-expired goods from Carrefour, in 2014 Fang launched a buy-one-get-one scheme to encourage Carrefour shoppers to donate extra daily necessities received in special offers. Carrefour provides a large collection box by the tills in most stores.

"A win-win situation between manufacturers and the community will attract more manufacturers to join and provide food and daily necessities," states Fang.

The next step is to work with the local District Office to help find Taipei citizens in need — perhaps someone from a low-income household, a new single parent, a family that has had an accident, or a disabled resident — and help them to start using the food bank.

New members receive a physical passbook with 500 points, which can be used to shop at the food bank for products equivalent to between NT\$1,500 and NT\$2,000 in value. The food banks use a point-of-sale system to scan barcodes and regulate stock just like



04

any regular shop. Fang and his staff are easily able to provide information on how food was distributed and to adjust the points “price” of individual items.

Members can also earn extra points on their cards by volunteering at the food bank and other services provided by Fang’s team. Food banks have become a hub for community spirit and people of all walks of life often get involved. “Students can also volunteer and even bring their classmates to serve the community. Food banks have more than enough helpers,” Fang says.



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- 04 Registered members can pick up what they need at local food banks with their “points”. (Photo/Taiwan Scene)
- 05 While having lunch together, senior citizens of the community can chat and share their time with each other.
- 06 Housebook 60 offers a place for local youths to learn barista skills and is the first cafe in Taipei to provide menus based on continuous food. (Photo/Housebook 60)

COFFEE, COMMUNITY, AND CONFIDENCE

Food sustainability is not just about the food itself, but also about creating a civic-minded and caring community in Taipei. To build relationships and create more camaraderie within neighborhoods, Fang quickly expanded his sustainability operations based on the same principle. His café, Housebook 60 (書屋花甲), is the first in Taipei to use sustainable food.

In the process of providing supplies and interacting with families, Fang found that many residents also had trouble making sure if elderly people who mostly spend their time at home are fed, or in finding childcare and after-school tutoring.

For senior residents in the community, Fang invites them to have lunch together in a common space, or delivers lunch boxes to those who have difficulty getting around. The meals served are cooked with donated food and the products off the shelves from supermarkets. While sharing food, local seniors also have a chance to interact with each other, enhancing the community bond.

Fang was also aware of an uptick in interest in coffee culture among the community’s youth in 2012 when the barista boom hit Taipei. “I opened coffee classrooms and took young people to places with many people to make coffee for guests to build their confidence,” he recalls.

This initiative also evolved into a common space where young people can learn barista skills, study for certificates using the materials provided, get a good meal, and learn vocational skills while working in a real coffee shop. The venue’s restaurant serves food with a new menu every two to three days, built on what food is sustainably available — perfect for feeding those hungry students.

Housebook 60 書屋花甲

- 📍 42, Ln. 307, Sec. 2, Zhonghua Rd., Zhongzheng Dist.
- 🕒 12:00pm - 10:30pm (Wednesdays to Fridays)
10:30am - 10:30pm (Saturdays & Sundays)
Closed on Mondays & Tuesdays



MOVING TOWARDS A FOOD-WISE TAIPEI

Though community-based solutions are a good start, minimizing food waste and promoting food sustainability requires the participation of the whole city as well as smart, innovative solutions.

The key is to search out where there is food waste, and where there is a need for food, then connect the two. For example, through his cooperation with Carrefour, Fang realized just how much bread is thrown out at the end of each working day. The baked goods are totally edible but deemed not quite fresh enough to be put on the shelves the next day. Fang set about cooperating with some of the city's biggest bakeries to save all of those baked goods destined to be destroyed.

Crucial to Fang's system is a fleet of refrigerator trucks. These trucks head to the city's bakeries to pick up the day's bake. Workers and volunteers strip off the products' original packaging and check the quality before driving the trucks to neighborhoods in need of food.

These repacked food items will then be placed in what Fang calls the Shixiang Refrigerator (食享冰箱), or community fridge. The most recent version of these refrigerators — are like giant automated vending machines. They use state-of-the-art facial recognition software to check a member's identity and allow members to access the refrigerators and take two items of bread without the need to have volunteers permanently on duty.

This food-wise high-tech system means the bread of close to 30 well-known bakery brands destined to be destroyed — equivalent to 2,000 kilograms of goods

per week — is saved from the trashcan and brought to people in need.

As operations continue to expand, Fang encourages anyone who might be in need to contact his food bank through social media. For the rest of us, he encourages us to drop some food in the Carrefour baskets when shopping. “Next time you buy a large package of noodles, you could donate one packet to us, or if you get one free, just drop it in the basket!” Fang also accepts cash donations.

From Fang’s viewpoint, a great change in how people see food sustainability and waste is occurring, and he is eager to capitalize on the enthusiasm of the citizens and business leaders of Taipei to share his experiences and expertise. His ability and agility in seeking areas to be food-wise across the city, quickly adapting new systems and technology to cut down food waste, and bringing the benefit of “continuous food” to all of Taipei can easily be adopted by all of the city’s residents.

“At present, more and more people are coming to learn the business model of continuous food with me,” Fang says. The latest plan is to set up an education center near MRT Linguang Station (捷運麟光站) where all of Fang’s operations will be based. “The purpose is to allow people to see all the business items and models in one place when they come to Taipei to observe.”

He calls this Project 319; a dream that in the future all 319 townships in Taiwan can implicate a “continuous food” model, so that no food in Taiwan is wasted and every citizen can access the food they need. **T**

- 07 Volunteers cooked with donated food and the products off the shelves from supermarkets to provide different dishes everyday.
- 08 The vending-machine-like Shixiang Refrigerator enables people in need to access some bread twice a day with facial recognition software.
- 09 Fang’s team collects and sorts out the food off the shelf from the collaborated supermarkets each day.
- 10 The food redistribution working station keeps records of the amount of food collected and shared.



HEALTHY DELICIOUS: THE NEW WAVE OF HEALTHY FOOD IN TAIPEI

Taipei is a paradise with a variety of gourmet options. The typical cuisine in the city ranges from cheap family-run street stalls that serve humble local food, to pricy Michelin Star restaurants serving with the highest of pomp. And in addition to this amazing culinary landscape, Taiwan is now experiencing a health-conscious shift in the restaurant scene, and many restaurants with emphasis on healthy eating are springing up across the city.

Historically, the idea of “health food” in Taiwan was usually associated with the beliefs of Chinese Traditional Medicine. But with the increasing influence of Western culture, the tastes and beliefs of Taiwanese are in flux. People are embracing modern nutrition ideals more than ever before, but the term “health” has become so convoluted in recent times. Everyone has their opinion about what is right, and most tend to pick a side that best suits their opinions.

As a result, it can be almost impossible to define what “healthy food” is. However, it is essential to start to think about how a diet may affect your body. There has been a recent uprising of restaurants that care about promoting healthier eating habits in Taipei. Each one has their own interpretation of healthy food, and you don’t need to spend your whole paycheck to get a feed. Whether you want a quick bite to eat or a sit-down meal with a chill ambience, allow *TAIPEI* to assuage your worries by introducing you to three of the many healthy eateries in the capital, where you might find your own definition of healthy diet.

54 Words by: Nathan Ray
Photos by: Samil Kuo



01 Various choices of healthy food in Taipei give people a chance to think about how their diet may affect their daily lives.

01 Various choices of healthy food in Taipei give people a chance to think about how their diet may affect their daily lives.

02-03 Waypoint Santé is an open and bright space, inviting guests to enjoy a peaceful, pleasant meal.

04 Believing food can be healthy and delicious at the same time, Waypoint Santé serves up many different kinds of cuisine, such as curry, pizzas, and burritos.

WAYPOINT SANTÉ 鐵人伙房

The first choice on our list was founded by a triathlete, and one of his maxims states that “healthy and tasty need not be mutually exclusive.”

Don't panic; being a triathlete is not a prerequisite for entry. A passion for the sport simply shapes and reflects the owner's insistence on providing good food that is healthy, nutritious, and tasty, which also makes a sorely needed distinction from the boiled lunch boxes that are the typical health food option in Taipei, often relatively plain. On the contrary, Waypoint Santé is gourmet-style healthy dining that is both delicious and fairly priced.

Found in the laneways off Dunhua South Road (敦化南路), close to Taipei Arena (台北小巨蛋), it is a welcoming shopfront with a wooden façade and large glass windows that provide a comfortable, spacious environment. Their unique menu was also designed by a nutritionist and achieves nutritional balance and calorie calculation without forsaking flavor, creating options which not only fit a regular person but also a professional athlete's nutritional needs.

The meal range is diverse. The mains begin with a simpler offering of juicy sous vide chicken breast served with vegetables, and purple rice with a Thai

curry made with Beyond Meat. The light meals are also quite varied, with thin-crust pizza, pasta, salad, and quesadilla-style “pancakes.” If you're looking for something that you can grab with your hands, there are a few burgers on offer too. There are also vegetarian options.

As for beverages, there is quite a range of smoothies or superfood drinks like the Hangover Treatment, which is a turmeric and ginger concoction, or the Athlete's Ruby, which is a beetroot and berry blend.

Then, to offer a bit of a departure from the strictness that usually accompanies a healthy lifestyle, there are low calorie desserts and a couple of handmade beers and ciders from local brewers. After all, everything in moderation.

Waypoint Santé is perfect for those who push their limits, but still enjoy the simpler pleasures of life like delicious food and a cold beer.

📍 23, Ln. 8, Sec. 3, Bade Rd., Songshan Dist.

🕒 11:30am - 3:00pm, 5:30pm - 9:00pm (Mondays to Fridays)
11:30am - 9:00pm (Saturdays)
Closed on Sundays



YU POKÉ 夏威夷生魚飯

The second on our list is low-budget fare tucked away in the alleyways of Gongguan (公館), just off Roosevelt Road (羅斯福路). Only a short walk from National Taiwan University (國立台灣大學), it's a cozy little space that caters perfectly to its mostly student customer base. It's affordable, it's fast, but most importantly, it's individualized. You build your own lunch.

But let's backtrack a bit. You may be wondering what on earth a "Poké" is, so let us bring you up to speed. Like a certain mega-famous Japanese cartoon, the pronunciation is the same minus the "mon." Poké is a Hawaiian dish of raw fish generally served over rice with vegetables and a drizzling of sauce.

At Yu Poké, you can build your own Poké bowl and they break it down into five simple steps. Step one, choose your base. They have both white and brown rice, or salad. At the second step, choose your protein. The protein selection is predominantly a seafood offering of fish like salmon, tuna, shrimp or octopus. There is also chicken for those who would prefer an alternative to seafood but still want a pseudo-Poké experience.

Step three, choose some more vegetables like corn, cucumber or carrot to mix in. Step four, choose your sauce. The selection consists of some Asian flavors

like sesame, ponzu, teriyaki and sriracha sauce. At the fifth and final step, top off your bowl with some green onion, cilantro, sesame seeds or masago.

As a new addition to Taiwan's food culture, Yu Poké will be your unpretentious entry-level introduction to Poké.

 4, Aly. 12, Ln. 24, Sec. 4, Roosevelt Rd., Zhongzheng Dist.
 11:30am - 8:30pm (Closed on Tuesdays)



05-06 Despite being a small space tucked in a narrow alley, Yu Poké is still one of the most popular restaurants for local students and residents.

07 Whether you prefer shrimp, cucumbers, tomatoes, or eggs, the topping at Yu Poké is always completely customizable.

08 Starting from designing meals for cancer patients, uMeal's menu is now suitable for every modern person's nutritional needs, including adjustable levels of protein, vegetables and sugar content.

09-10 The exterior and interior of uMeal also match their natural motif, accenting the space with vines and wooden furniture.



UMEAL 優膳糧

Our final pick, uMeal, is a small chain of health food eateries that were conceived when the founder's aunt lost her life to cancer. While suffering this tragic loss, he witnessed first-hand the difficulty patients go through in order to eat healthily. So, he set out on a mission to make living a healthy life easier and deliver no-fuss nutrition directly to the people.

All ingredients used are non-toxic and seasonal. The menu has a wide range of lunch boxes and salads to choose from. All standard meat choices are available, ranging from the basic to Korean or Thai flavors for those who want a bit of spice. There are also a few vegetarian choices, and they are generous in size and served with options such as purple rice, which is considered to be a healthier alternative to processed white rice. The menu was devised by a nutritionist to ensure the meals have a low-glycemic index. This is particularly beneficial for diabetics.

One of their branches, located in Xinyi District, is a stone's throw from the historical military dependents' settlement of Sisinan Village (四四南村). An interesting location allows them to have a lunch box takeaway window on one street and a quiet dine-in section that you enter from another small backstreet. You can either dine in or take away to one of the small nearby parks. This venue perfectly caters to the weekday office worker crowd.

Turning darkness into light, uMeal is a restaurant seeking to spread the worthy message of healthy eating in ordinary lives, bringing busy modern people a corner to treat their body right. **T**

📍 51, Wuxing St., Xinyi Dist.

🕒 12:00pm - 8:30pm





TAIPEI'S VEGETARIAN AND VEGAN FOOD CULTURE

All over the world, vegetarianism and veganism are increasingly popular. According to Google trends, interest in “veganism” increased sevenfold between 2014 and 2019; now, it gets almost four times more interest than “vegetarian” and “gluten-free” searches.

According to the statistical research of Wikipedia and The Vegan Society, the total number of vegans and vegetarians is close to 8% of the world population. Although there are various reasons for these lifestyle choices, including increasing interest in protecting animal rights, the environment, and personal health, these types of diets are causing changes and driving trends across the globe. Today, *TAIPEI* has a talk with Mai Bach, a prominent and passionate vegan advocate in Taipei, to explore the vegetarian and vegan culture in this trendy metropolis.

- 01 With its healthy diet concept, more and more people have gone vegetarian or vegan recently. (Photo/Nadine Primeau)
- 02 Mai Bach started Ooh Cha Cha in the hope of promoting a plant-based diet in Taipei, and has successfully led the vegetarian/vegan trend ever since.

58 Words by: Francesca Chang
Photos by: Yi-choon Tang, Nadine Primeau, Taiwan Scene





TAIPEI'S FIRST VEGAN RESTAURANT: OOH CHA CHA

Mai Bach, a Vietnamese-American from Southern California, never imagined she would lead the vegan culture in Taipei when she and her husband moved to Taipei 12 years ago to teach English. In fact, like other global nomads, she was ready to move on to the next country after her English-teaching stint in Taipei was finished. Just before leaving for her six-month backpacking trip through China and Southeast Asia, she picked up the book *Eating Animals* by Jonathan Safran Foer. After learning about the adverse effects on the environment caused by eating meat, as well as the severe lack of regulations in the meat and poultry industries, she decided to become a vegetarian.

Her trip around Asia turned out to be very difficult because of her new lifestyle choice. Not only were there few food options available for her, but the countries they traveled to were also unfamiliar with the needs of a vegetarian eater.

With a newfound appreciation for Taipei, Mai and her husband returned to the vegetarian-friendly capital.



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Although they resumed teaching English, they came back with a dream to one day start their own business — the type yet to be determined.

For her own personal well-being, Mai began educating herself and adopting a raw food diet, which consists of raw and unprocessed foods that have never been heated over 42 degrees Celsius. Since most vegetarian restaurants in Taipei still used oil, deep-fryers, and braising in their cooking methods, she resorted to cooking at home. When Mai noticed that the green smoothies she made were gaining increasing attention and popularity among her co-workers, the idea for Ooh Cha Cha was born.

Opened in 2013, the sustainable, healthy, cruelty-free, fair and community-oriented business Ooh Cha Cha has garnered attention throughout Taipei for its novelty and best practices. The couples' efforts have afforded them a B Corporation Certification, the only certification that measures a company's entire social and environmental impact. It proves that a business is meeting the highest standards in terms of how it treats its workers, community, environment, and customers. Ooh Cha Cha is the first — and currently only — restaurant to meet these standards in Taiwan.

Mai understands that not everyone can go vegan, but instead encourages customers and the city of Taipei to eat meat less often. It is Mai's hope that the Taipei community will not only learn about the health benefits of eating a raw food diet, but become more aware of how eating vegan can reduce the impact of climate change on the planet.

A VEGETARIAN-FRIENDLY CITY

"Taipei is actually pretty amazing," Mai says of the city's vegetarian and vegan scene. In fact, with a large Buddhist population (35% of the island's total population), Taiwan has long accommodated vegetarian diets. Guided by religious reasons and spiritual beliefs, many Buddhists in Taiwan avoid eating meat. As a result, vegetarian buffets and restaurants are easily found throughout the foodie capital of Taipei. And employers, businesses and even individuals respectfully accommodate the request for



a vegetarian meal due to the wide exposure of this diet and its religious origins.

Non-vegetarian Taiwanese are also accustomed to giving up meat intermittently. Based on folk religion or observance of other cultural rituals, Taiwanese may go on a diet on certain days of the month. Similarly, a common Chinese folk religious custom known as *huan yuan* (還願, redeem a vow) is similar to the Christian practice of Lent, whereby individuals will ask the Gods for a favor in exchange for abstaining from eating meat for a certain length of time.

There are currently more than 6,000 vegetarian eating establishments in Taiwan. Because around two million Taiwanese people eat vegetarian food, Taiwan has some of the world's strictest labelling laws for vegetarian products. The "Meatless Monday" concept is also practiced by many citizens in Taipei, and restaurants often join in by offering discounts for vegetarian options on this day of the week.

Meanwhile, the high quality and popularity of imitation meats in Taiwan contribute to Taipei's vegetarian-friendly environment. Imitation meats are usually made from vegetarian ingredients such as soy, mimicking the texture, flavor and appearance of a real meat to some extent.

"Even in the States, my vegetarian mother would look for the Taiwanese imitation meat in the grocery stores," Mai adds. "It was the best quality." Thus, with the growing popularity of acclaimed imitation meats, easy access to vegetarian meals, and a respect for vegetarianism, it is quite easy for both locals and foreigners to eat a vegetarian diet in Taipei.

TAIPEI'S VEGAN MOVEMENT

While vegetarianism has been a common practice throughout Taipei for centuries, veganism has been slower to enter the bustling metropolis known worldwide for its food traditions. Unlike the vegetarian culture predominantly led by spiritual and religious beliefs, veganism, a stricter form of vegetarianism emphasizing the avoidance of consuming or using animal products or byproducts,



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- 03 There are many vegetarian buffets in Taipei that have adapted to accommodate the vegetarian diet. (Photo/Taiwan Scene)
- 04-05 Ooh Cha Cha's branch near MRT Technology Building Station has both indoor and outdoor spaces for guests to enjoy a meal.
- 06 As vegan culture grows strong in Taipei, Ooh Cha Cha has applied the diet trend to all kinds of food choices, from cake, to drinks and other creative courses.



in Taipei is guided by environmental awareness and a respect for animal rights.

Taipei's vegan movement, arguably, has been led by an environmentally-conscious younger generation who view veganism as an important way to protect and improve the planet. Two Taiwanese YouTubers who impressed Mai the most are "Go Vegan" and "Traveggo." "They have made waves — both domestically and abroad — with their advocacy for a vegan lifestyle," Mai adds. And youth organizations throughout Taiwan, such as the Taiwan Youth Climate Council (台灣青年氣候聯盟), actively lobby the government for more sustainable and conservational practices throughout the island.

According to Mai's observations, this awareness and increasing popularity of veganism has also increased the number of vegan options available on the island. For example, Starbucks and other coffee shops now

offer oat and nut milk as an alternative beverage option. OmniPork, the world-renowned plant-based pork substitute from Hong Kong, is offered in chain restaurants throughout Taipei, can be directly purchased from convenience stores, and is now an option offered by Taiwan's famous dumpling chain 8 Ways (八方雲集). Convenience stores like Family Mart now have a vegan-designated section, and vegan grocery stores like iVegan Supermarket (愛維根蔬食超市) as well as organic supermarkets like Santa Cruz (聖德科斯) and Leezen (里仁) also offer fresh and imported vegan products.

Taiwan also currently features large vegan festivals such as the No Meat Festival (無肉市集) and the Taiwan Vegan Frenzy Festival (草獸派對). In addition to food, all vegan-related businesses, such as clothing, accessories, and even skin-care brands, can be found at these gatherings.



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MORDEN VEGAN/VEGETARIAN SCENE IN TAIPEI

Following Mai's legacy, Taipei has seen a sharp increase in the total number of vegan restaurants. From 2013 to 2015, five new vegan restaurants opened in Taipei. "Now, close to 100 vegan restaurants can be found in the small but trend-setting capital!" Mai shares with excitement.

Furthermore, restaurant styles vary from vegan Japanese street eats to vegan Western comfort food. The udon shop Hoshina (穗科手打烏龍麵) and Baganhood (蔬食餐酒館) are two of Mai's recommendations. Even Taipei's top Michelin-starred restaurants have been known to offer vegan versions of their food upon request, and most of Taipei's luxury hotels offer a vegan fine dining experience. Vegan bakeries like Vegan Heaven (純素天堂) and vegan ice cream shops like Nice Cream are a big hit throughout Taipei, and often feature a Taiwanese staple that also serves as a substitute for Taiwan's lactose-intolerant: soymilk.

Although most vegan restaurants feature Western-style food, the locals have also adopted this trend, converting traditional Taiwanese dishes, such as three-cup chicken (三杯雞) and mapo tofu (麻婆豆腐), into vegan-friendly meals. Vegan food bloggers have identified over 40 different vegan options at Taipei's night markets, a phenomenon where street food vendors set up shop as soon as the sun goes down.

With a vegan culture growing strong and steady in Taipei, it is no surprise that the city has been designated as "Asia's top destination for vegans" by international travel experts from all over of the world.

Vegan restaurants continue to pop up in this modern city, while environmental concerns are being heard loud and clear by a transparent and democratic government. With a longstanding vegetarian culture as a backdrop, Taipei has evolved into Asia's new vegan mecca where vegans and non-vegans alike can enjoy Taipei's vibrant plant-based food. "My goal is not to make everyone go 100% vegan," says Mai. "If everyone can start from simply enjoying plant-based food once a week or once a day, that would be a start to helping the planet!" 

A SIMPLE, VEGAN RECIPE FOR ALL

TOFU SCRAMBLE



In line with Mai's mission of teaching people how to reduce their carbon footprint through food, she provides a simple, vegan breakfast recipe for people of all culinary abilities.

INGREDIENTS:

- ✓ 1 block of soft tofu
- ✓ 1/3 cup mushrooms
- ✓ 1/3 cup diced tomatoes
- ✓ 1/4 tsp thyme
- ✓ 1/4 tsp paprika
- ✓ 1/4 tsp mirin
- ✓ 1/2 tsp turmeric
- ✓ 1/2 tsp black salt
- ✓ Sea salt & black pepper, to taste
- ✓ 1 tsp nutritional yeast
- ✓ 2 tsp oil
- ✓ Vegan Hollandaise sauce (optional)





INSTRUCTIONS

- 1 Break up the tofu with your hands. (tip: Press the block of tofu to release the water. Remove as much water as possible)



- 4 Add diced tomatoes to the pan to stir-fry with mushrooms.



- 2 Add the thyme, paprika, mirin, turmeric, black salt, and nutritional yeast to the crumbled tofu and mix with your hands.



- 5 Add the spiced, crumbled tofu to the pan. Cook water out of the tofu until the yellow hue turns a richer orange. Stir using a folding motion.



- 3 Heat the mushrooms on the stove with oil until most of the mushrooms' water has evaporated.



- 6 Add a vegan Hollandaise sauce for a soft scramble texture. **Optional*



TRAVEL INFORMATION

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



TAXI

Service locations:

West side of the Arrivals Hall of Terminal 1
West side of the Arrivals Hall of Terminal 2

One-way fare:

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

Terminal 1 Arrivals Hall

taxi-service counter: Tel: (03) 398-2832

Terminal 2 Arrivals Hall

taxi-service counter: Tel: (03) 398-3599



PASSENGER SHUTTLE BUS

Service locations:

Terminal 1 bus pickup point:

Bus pickup zone at B1 Arrivals Hall.

Terminal 2 bus pickup point:

Bus pickup zone at the east arcade of the 1st floor Arrivals Hall.

Shuttle-service companies:

Kuo-Kuang Motor Transportation, Evergreen Bus, Citi Air Bus

One-way fare: NT\$65~145

Travel time:

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

Schedule: Every 15~30 minutes



TAOYUAN AIRPORT MRT

Service Locations:

A12 Airport Terminal 1 Station
A13 Airport Terminal 2 Station

One-way fare: NT\$150

Service Time:

First train - to Taipei 05:57 / to Airport 06:00
Last train - to Taipei 23:35 / to Airport 23:37



METRO TAIPEI

Service Hours: 6:00am - 12:00 midnight **Customer Service Hotline:** (02) 218-12345

METRO TICKETS



ONE-WAY TRIP TICKET
NT\$20 - NT\$65



DAY PASS
NT\$150



24HR PASS
NT\$180



48HR PASS
NT\$280



72HR PASS
NT\$380

IC CARDS

EasyCard (left) and iPASS (right) are available at MRT stations and convenience stores. Just add value before entering the system; the fare for each journey will be deducted appropriately. These cards also have an e-purse function for use at convenience stores and other authorized businesses, and for YouBike rentals.



TAIPEI FUN PASS

There are three types of Taipei Fun Pass available: the Unlimited version (attraction+transportation), Exploring version (attractions+EasyCard) and Transportation version (transportation only). You can visit Taipei City, New Taipei City and Keelung City within the validity of the pass.



Unlimited
1 Day Pass/2 Day Pass/
3 Day Pass
NT\$1,200/1,600/1,900



Exploring
2 Day Pass/3 Day Pass/
4 Day Pass
NT\$650/850/1,050



Transportation
1 Day Pass/2 Day Pass/
3 Day Pass/5 Day Pass/
Maokong Gondola
1 Day Pass
NT\$180/310/440/700/350



TRAVEL INFORMATION SERVICES

Tourism Bureau, Ministry of Transportation and Communication: 0800-011-765

Information for Foreigners in Taiwan: 0800-024-111

Taipei Citizen Hotline: 1999 (Outside Taipei City, please dial 02-2720-8889)



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