

CHINA AIRLINES INFLIGHT MAGAZINE 華航雜誌

Dynasty

Autumn 2024

一方蔚藍 A REALM OF *Azure*

令人難以抗拒的那片舒心遼闊

AN IRRESISTIBLE OASIS OF COMFORT
AND SERENITY

燈塔之光守護者 楊雅量

LIGHTHOUSE KEEPER
YA-LIANG YANG



華航直飛西雅圖

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TPE ⇄ SEA



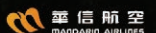
開航日 Start Date	航線 Flight Route	班號 Flight No.	起飛 Departure	抵達 Arrival	飛行日 Operation Day	機型 Aircraft Type*
2024 07/14	台北 - 西雅圖 Taipei - Seattle	CI022	23:30	19:50	12-4-67	A350-900
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以節日歡慶夏末秋初

CELEBRATE THE SHIFT FROM LATE SUMMER TO EARLY
AUTUMN WITH FESTIVALS

Text | Wenchien Wu Photo | Melanie Lemahieu / Shutterstock

夏末秋初，處於炙熱陽光與秋風涼爽的交界，白日音樂祭的狂歡餘韻未散，晚間的燈光秀就要上演。還有多餘的體力？就盡情奔馳在舊金山的美景，暢快又淋漓，更要把握時機讓藝術大師的作品洗滌靈魂。無論是何種形式，讓節日的愉悅充斥身心靈。

From late summer to early autumn, where hot sunlight meets cool breezes, the day's music festival euphoria lingers as the evening light show is about to begin. Why not immerse yourself in the stunning landscapes of San Francisco, or let the masterpieces of great artists cleanse your soul. Whatever the form, let the joy of the festival season fill your spirit.



荷蘭阿姆斯特丹音樂節 AMSTERDAM MILKSHAKE FESTIVAL

- 2024 -
Jul
27-28

夏日阿姆斯特丹化身音樂聖地，大型音樂祭一路持續到陽光炙熱的 9 月。你若造訪奶昔音樂祭，這裡容納多流派音樂，九大舞台分別播放各式樂風，迪斯科、浩室、流行、電音、R&B 等，今年為第 12 屆，每天有 18,000 位觀眾參與其中，隨著音樂舞動身體。

✈️ 台北—阿姆斯特丹每周共飛航 4 班。

Amsterdam transforms into a musical sanctuary in the summer, with major festivals continuing through the sun-drenched month of September. If you visit the Milkshake Music Festival, you'll find a venue that embraces multiple genres of music across nine stages, featuring an eclectic mix of disco, house, pop, electronic, and R&B. Now in its 12th year, the festival draws 18,000 attendees daily who dance the day away to vibrant beats.

✈️ A total of 4 flights operate weekly on the Taipei-Amsterdam route.

美國舊金山馬拉松 SAN FRANCISCO MARATHON

- 2024 -
Jul
27-28

舊金山馬拉松起源自 1977 年，至今已邁入 47 屆，每年近 3 萬人參加，路程分為超馬、全馬、半馬、10 公里和 5 公里，途中會經過著名景點包含金門大橋、舊金山灣、漁人碼頭等。此賽事同時也是世界排名第 18 難的馬拉松，更是門檻最高的波士頓馬拉松資格賽道之一。

✈️ 台北—舊金山每周共飛航 7 班。

The San Francisco Marathon, which debuted in 1977, has now reached its 47th iteration. Each year, nearly 30,000 participants run courses including an ultramarathon, full marathon, half marathon, 10K, and 5K. The route features iconic landmarks such as the Golden Gate Bridge, San Francisco Bay, and Fisherman's Wharf. Notably, it ranks as the 18th most challenging marathon in the world and serves as one of the qualifying courses for the prestigious Boston Marathon.

✈️ A total of 7 flights operate weekly on the Taipei–San Francisco route.



Photo | 英國國家藝廊 © The National Gallery, London

- 2024 -
NOW
Sep 01

台灣「從拉斐爾到梵谷」特展 MASTERPIECES FROM THE NATIONAL GALLERY, LONDON NOW IN CHIMEI

台南奇美博物館今年的《從拉斐爾到梵谷：英國國家藝廊珍藏展》特展，是成立於 1824 年的英國國家藝廊首度來台展出。展品囊括 50 位大師真跡，包含拉斐爾、林布蘭、莫內、塞尚、梵谷等，總計共 52 幅原作，更是此展覽國際巡迴展出的最終站，值得把握！

The Chimei Museum in Tainan is hosting the Masterpieces from the National Gallery, London exhibition, marking the first time the National Gallery, established in 1824, has brought its treasures to Taiwan. The exhibit showcases original works by 50 master artists, including Raphael, Rembrandt, Monet, Cézanne, and Van Gogh, totaling 52 paintings. As the final stop of these masterpieces' international tour, this exhibition is a must-see event!



Photo | cherry-hai / Shutterstock

- 2024 -
Aug 23
Sep 07

新加坡仲夏夜空 SINGAPORE NIGHT FESTIVAL

仲夏夜空由新加坡國家文物局舉辦，在博物館、歷史古蹟的匯聚處勿拉士峇沙·武吉士街區，以燈光打亮夜間的建築，系列活動有燈光投影秀、裝置藝術與沉浸式戲劇演出。今年的主題是探索遊戲與童年，而此處也是許多學校的起源地，別具意義。

✈️ 台北—新加坡每周共飛航 14 班，高雄—新加坡每周共飛航 3 班。

Hosted by the National Heritage Board of Singapore, the Singapore Night Festival event lights up the night in the Bras Basah. Bugis district—a hub of museums and historical sites. The area dazzles with light projections, art installations, and immersive theater performances. This year's theme revolves around exploration of games and childhood.

✈️ A total of 14 flights operate weekly on the Taipei–Singapore route, and 3 flights operate weekly on the Kaohsiung–Singapore route.

西雅圖藍色咖啡香

THE BLUE AROMA OF SEATTLE

Text | Seeing Wu Photo | Shutterstock

與星巴克結下不解之緣的西雅圖，一提起這城市就彷彿聞到重烘焙的咖啡香。然而這香氣與悠揚的海岸、海港風光也連成一氣，這香氣是藍色的，還帶著海鮮味，絕對是西雅圖專屬特調！

There exists an unbreakable bond between Seattle and Starbucks, such that the mere mention of this city brings to mind the aroma of full-bodied coffee. Accompanied by undulating coastline and harbor scenery, this aroma, associated with the color blue, also possesses a hint of fresh seafood. It is a blend that is as unique as Seattle!



- # 西雅圖
- # seattle
- # pikeplacemarket
- # sleeplessinseattle
- # 這一刻讓旅行更深刻
- # 想飛的心藏不住

有海的夏天，就有屬於海風、海浪和海味的記憶。西雅圖作為美國嬉皮文化的發源地，還是全球最多連鎖咖啡館星巴克的創始聖地。華航 7 月 14 日直飛西雅圖，大大縮短了旅人與這個綠意與蔚藍相間、美國太平洋西北區最大城市的距離。湯姆漢克斯與梅格萊恩主演的電影《西雅圖夜未眠》即使已上映超過 30 年，卻不啻是這座城市瀏覽數最高的旅遊導覽片。電影中居住於船屋的湯姆漢克斯隨時都能欣賞到太空針塔——這座蔚藍海港大城最著名的象徵性地標，登上塔頂，城市天際線與連綿的奧林匹克山、喀斯喀特山、依利雅特灣全映入眼底。

派克市場魚販拋飛鮮魚的飛魚秀和市場裡豐美的海鮮餐是西雅圖最海派的待客之道，而在這個全美歷史最悠久的農夫市集旁，1971 年開設的星巴克創始店絕對是咖啡迷必訪的朝聖地。我們也很推薦花半小時搭渡輪到班布里治島消磨半天，島上 Bloedel Reserve 是能見識到私人宅邸逐步打造天然森林的秘境，而包圍著豪邸、出乎預期的無敵海景，就像是送給旅人的超大彩蛋。



台北—西雅圖每周共飛航 5 班。詳細航班時間請至官網查詢。

A total of 5 flights operate weekly on the Taipei-Seattle route. Please check the official website for detailed flight schedules.

西雅圖的海洋藍彷彿有著咖啡香氣，旅人到此就來杯西雅圖特調吧！
Seattle's marine blue, infused with coffee, welcomes travelers with a signature brew.

シアトルの海はコーヒーの香りで、訪れたら「シアトルスペシャル」をどうぞ。

Summertime memories of its seascapes include breezes, waves, and seafood. This is the birthplace of the American “hippie” culture and of Starbucks, the largest coffee shop chain in the world. On July 14, China Airlines offer direct service to Seattle, making it much easier for travelers to reach this green and blue city, the largest in the US Pacific Northwest. Although the film *Sleepless in Seattle*, starring Tom Hanks and Meg Ryan, was released more than 30 years ago, it is still a well viewed travel guide. In that movie, the character played by Tom Hanks lives on a houseboat with the Space Needle in the background. From atop this famous landmark are views of the city skyline, as well as the Olympic Mountains, Cascade Range, and Elliott Bay.

At Pike Place Market are fish throwing shows and sumptuous seafood, making it one of the most popular tourist attractions in the city. For coffee enthusiasts, next to the oldest farmers' market in the US, is the first Starbucks, which opened in 1971. We also recommend spending half a day on Bainbridge Island, a half-hour ferry ride away. This island's hidden gem is Bloedel Reserve, where a historic residence gives way to natural forest. Surrounding this magnificent home are unparalleled ocean views, creating scenes bursting with color. ☁️



阿瑪菲無敵絕美海景

BREATHTAKING SEASCAPES OF AMALFI COAST

Text | Lily Wu Photo | Shutterstock

無敵海景，聽起來就像房地產廣告詞，但也確實，像義大利阿瑪菲海岸這樣人間絕景，誰不想把整個假期都交付在這兒呢？

The term “unbeatable seascape” might sound like something out of a real estate ad, but it truly fits the Amalfi Coast of Italy, a heavenly spectacle on Earth. Who wouldn’t want to spend their entire vacation immersed in such beauty?



與《西雅圖夜未眠》一樣，2003 年電影《托斯卡尼艷陽下》也讓距離羅馬約 2.5 小時火車車程的阿瑪菲海岸入列影迷此生必訪的清單。電影中，失婚的黛安蓮恩在這擁有了新家，從而遇見也錯過愛情，她看著連綴峭壁的碧海，安慰好友也對自己說：一切都會過去，都會好起來的！

阿瑪菲海岸這條長約 50 公里、被聯合國教科文組織列為世界文化遺產的沿海公路，的確擁有療癒人心的能量，它同時也被稱為世界上最美公路之一！你可以乘船遊覽，看著高聳的懸崖上如積木堆疊構築的彩色房屋，這些屋舍分屬於 13 個沿岸城鎮，在典型的地中海景致裡感受南義的悠閒，享受從 18 世紀起流行於義大利上流社會的度假型態。鮮豔如畫的房屋攀附在懸崖上，最著名的城鎮莫過於波西塔諾了。穿上在這兒選購舒適的亞麻洋裝，戴上編織遮陽帽，用跟自己相處最自在的方式在鄰近的健行步道體驗自然。而此地也有可以邊用餐邊欣賞壯闊海景的米其林一星餐廳 Zass，難忘的用餐體驗，不只來自比利時主廚的精湛手藝，也源於你有一顆冒險的心。

The 2003 film *Under the Tuscan Sun* propelled the Amalfi Coast, located just a 2.5-hour train ride from Rome, onto the must-visit list of cinephiles everywhere. In the movie, a newly divorced Diane Lane finds a new home here, experiencing and also missing out on love. Gazing at the emerald seas bordered by cliffs, she reassures her friend—and herself—that everything will pass and eventually get better.

The Amalfi Coast, a UNESCO World Heritage site spanning about 50 kilometers, is indeed one of the most beautiful coastal roads in the world, renowned for its soul-soothing powers. You can explore this marvel by boat, admiring the colorful houses stacked like building blocks atop steep cliffs, belonging to 13 picturesque towns along the coast. Here, you can soak up the relaxed Southern Italian lifestyle amidst Mediterranean vistas, a vacation mode popular among Italy's elite since the 18th century. The vibrantly painted homes cling to cliffs, with Positano being the most famous of these towns. Dress comfortably in a linen dress purchased here, top it off with a woven sunhat, and enjoy nature on the scenic walking trails in the most relaxed manner. Additionally, the Michelin-starred restaurant Zass offers an unforgettable dining experience with sweeping sea views, where the exquisite skills of the Belgian chef are complemented by your own adventurous spirit. 🍷



台北—羅馬每周共飛航 3 班。詳細航班時間請至官網查詢。

A total of 3 flights operate weekly on the Taipei-Rome route. Please check the official website for detailed flight schedules.

阿瑪菲海岸線在波光粼粼下閃亮的地中海氛圍，讓人格外放鬆。
The Amalfi Coast, bathed in Mediterranean sunlight, radiates relaxation.
アマルフィ海岸は輝く地中海でリラックスできます。

amalficoast
southernitaly
underthetuscansun
zassrestaurant
這一刻讓旅行更深刻



釜山一圓海遊童趣夢

ULTIMATE SEASIDE ADVENTURE IN BUSAN

Text | 戴卓玫 Photo | Shutterstock

海雲台是韓國釜山景點中最熱門的度假勝地，來這裡坐上可愛的彩虹膠囊列車，感受白雲藍天中的大海遼闊，既自在又輕鬆。

Haeundae is the hottest spot in Busan, South Korea. Here, you can hop aboard the charming rainbow Sky Capsule train and experience the expansive ocean set against white clouds and blue skies. It's a delightful and relaxing way to indulge in the scenic beauty.

 台北—釜山每周共飛航 14 班。詳細航班時間請至官網查詢。

A total of 14 flights operate weekly on the Taipei-Busan route. Please check the official website for detailed flight schedules.



海雲台
釜山
busan
膠囊列車
這一刻讓旅行更深刻



釜山是韓國第二大城也是最具知名度的海洋城市，位於釜山東海岸線上的海雲台不僅是每年釜山影展的舉辦地點，沿途熱鬧又時尚的街道適宜逛街，映襯著藍天白雲和蔚藍海水交織的悠閒背景，充滿著無盡吸引力。

陽光普照時的海雲台最是迷人，廣闊沙灘上聚集著玩水和野餐的民眾，習慣和人類親近的海鷗也不時地探頭問候。目前最受歡迎的景點就屬藍線公園裡的天空膠囊列車了。2020年啟用、全長2公里的膠囊列車每台最多可坐4人，擁有復古且童趣的討喜外觀，紅、黃、綠、藍而小巧的列車緩慢行駛，像是玩具般架高在7~10公尺高空上，緊貼著海的路線，擁有欣賞大海最夢幻的視野與高度。

這段看海路線可以讓旅人一段搭乘天空膠囊列車，另一段就選搭海濱列車來欣賞海景。由電車改建而成的列車沿著舊路面鐵道行駛，4.8公里的路途設有6站可以上下搭乘。以鮮豔外觀裝飾，內部長木椅座位高低錯落全面向海景，大面玻璃窗收納起沿途的無敵風光。由於路線面向西方，許多人都選擇在傍晚時分乘坐，看著遠方夕陽緩緩落入海平面，不只感動也十足地浪漫。



鑽進彩虹膠囊列車，釜山的海變得繽紛童趣了起來。
Board the Sky Capsule train and explore Busan's playful, colorful seascape.
スカイカプセルで釜山のカラフルな海を体験。



Busan, South Korea's second-largest city and most renowned maritime metropolis, features Haeundae on its east coast—not only the venue for the prestigious Busan Film Festival but also a lively, fashionable district perfect for shopping. With streets that frame a relaxed backdrop of blue skies, along with white clouds and azure waters, Haeundae exudes an endless allure.

Haeundae is at its most enchanting when bathed in sunlight, with its vast beach bustling with people swimming and picnicking. Currently, the most popular attraction is the Sky Capsule train in Blue Line Park. Launched in 2020, this 2-kilometer long capsule train seats up to four people and boasts a retro and whimsically appealing exterior. The train, in vibrant shades of red, yellow, green, and blue, travels at a leisurely pace, suspended 7 to 10 meters above the sea, it offers a magical perspective to appreciate the vast ocean.

Another option for enjoying the seascape is the Beach Train, converted from an old tram and traveling along a former tramway. Stretching over 4.8 kilometers with six stops for boarding and alighting, the train is brightly decorated. With tiered wooden seats all facing toward the sea, the large glass windows captures the breathtaking views along the route. As the track faces west, people can experience the sunset slowly dip into the sea when take the ride in the evening. ☁️

kagoshima
鹿兒島
鹿兒島旅行
砂むし温泉
這一刻讓旅行更深刻



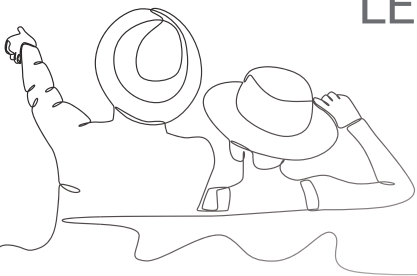
走吧， 去鹿兒島看看海

LET'S GO TO KAGOSHIMA FOR A SEA VIEW

Text | Wenchien Wu Photo | Shutterstock

在日本國境之南鹿兒島，「賞海」方式各異其趣。許是在繁華市中心，登高遠眺櫻島火山，盡享落日時光；或揚帆出海，捕捉海豚的身影；也能在獨特的砂浴中，伴隨著海浪的呼吸，愜意小睡一晌。

In Kagoshima, the southern part of Japan, there are various delightful ways to enjoy sea view. People can gaze at the Sakurajima volcano from a high vantage point in the city center, or set sail to spot dolphins dancing in the waves. Alternatively, indulge in a unique sand bath, where one can relax to the rhythm of the waves and enjoy a peaceful nap by the sea.



到鹿兒島動靜皆宜，都能享受到海洋給人的療癒與開懷。
In Kagoshima, find joy and healing by the sea, whether you're active or relaxing.
鹿兒島は動静両様に楽しみ、海の癒しが得られます。



For some, a lifetime by the sea could never grow tiresome. For others, a mere half-day sea viewing enjoyment during a trip is enough to savor all year long. If that's you, head to Shiroyama Observatory in downtown Kagoshima. Ascend the trail from Terukuni Shrine, and you're rewarded with a panorama of the sunrise over Sakurajima volcano, rich fern ecosystems, and a seamless oceanic vista.

For water sports enthusiasts, Iso Beach is a must-visit. Jet skiing, standup paddleboarding, and other exhilarating activities add a thrilling experience to your trip. Fancy testing your luck? Board a yacht and set out to spot wild dolphins. While it requires a bit of fortune, the sight of dolphins leaping from the cerulean waters makes the wait worthwhile.

If time allows, venture to the Ibusuki sand baths in the southern Satsuma area for a unique sand steaming experience. Here, sand warmed by geothermal springs covers you as you listen to the tide, immersing in the therapeutic sound of the waves, capped off with an open-air hot spring bath—making for a relaxing 'listening to the sea' journey. If your visit coincides with the Kagoshima Kinko Bay Summer Night Hanabi in July or August, the seaside breeze and spectacular fireworks will perfectly complement your serene getaway. 🌸



台北—鹿兒島每周共飛航2班。詳細航班時間請至官網查詢。

A total of 2 flights operate weekly on the Taipei-Kagoshima route. Please check the official website for detailed flight schedules.

看海的日子，有人終其一生也不會厭倦。有人則在短暫的旅行中，若能空出半天看海的時光，就足以回味整年。那就來到鹿兒島市區的城山展望台吧！趁著微涼清晨，旅人還在夢鄉的時刻，沿照國神社的步道向上走，日出、櫻島火山、豐富的蕨類生態，海天一色的美景就在眼前拉開序幕。

若熱愛水上運動，則不能錯過磯海水浴場，水上摩托車、SUP等豐富體驗，將為旅程增添許多歡笑與刺激。想賭一回旅行的幸運女神是否眷顧？坐上遊艇，出發尋找野生海豚！比起市內的水族館，想要遇上野生海豚更需要運氣，但當海豚躍出蔚藍水面的那一刻，所有的等待都有了回報。

如果有更多餘裕，可以來到南薩地區指宿沙灘體驗「沙蒸溫泉」，溫泉水加熱過後的沙子，以人工的方式覆蓋在身上，隨著潮汐的拍打，沉浸在海浪聲的療癒之中，最後以露天溫泉作為完美的句點，將會是最舒緩的「聽海」之旅。想要更遠離人群，離島如奄美大島、屋久島也都是跳島遊的看海好去處。

或動或靜，鹿兒島灣都能給予旅人最富足的旅行回憶，若恰逢7、8月鹿兒島錦江灣夏夜煙火大會舉辦期間，夜晚吹著海風，還能欣賞煙火綻放，愜意而舒暢。



Photo | brize99 / Shutterstock

海洋與島嶼間， 最閃亮的一顆星！

THE BRIGHTEST LIGHT AT SEA

燈塔之光守護者 楊雅量

LIGHTHOUSE KEEPER
YA-LIANG YANG

Text | 夏凡玉 Photo | 陳卡文

PROFILE

楊雅量

出生 | 1978 年

學歷 | 海洋大學機械電機整合學系碩士

現職 | 交通部航港局主任管理員

興趣 | 游泳及靜態模型組裝

Ya-Liang Yang

Born | 1978

Education | Master's degree in Mechanical & Mechatronic Engineering, National Taiwan Ocean University

Current posts | Lighthouse chief, Maritime Port Bureau, Ministry of Transportation and Communications

Interests | Swimming, static model assembly

站在燈塔旁，時而狂浪、時而驟雨、時而晴朗、時而陰霾……然而，只要燈塔維持正常照明、船隻順利地靠岸下貨，對燈塔守護者而言，這些，都只是日常。

Around a lighthouse, there can be huge waves or showers and conditions can be clear or hazy. Only when a lighthouse is operating normally can ships dock smoothly. This is the responsibility of lighthouse keepers.

走入燈塔，成為引路人

2024年1月10日，市定古蹟基隆燈塔正式對外開放！擔任公職超過16年的燈塔主任楊雅量說，這是全台36座燈塔中第22座開放的燈塔，他則是在去年調派至此。

為什麼會走進燈塔歲月？「過去我在機構擔任機械工程師，因為加班時數太多，壓力大到氣喘發作，為了想讓生活比較穩定，所以參加關務特考。」順利通過後，因為楊雅量是機械背景，因此分發到關務總局的海務處，負責燈塔管理工作。

他說，基隆燈塔有1位主任，6位技工，外界都稱他們為「燈塔守」。在工作上，他負責行政、視天候分配工作；技工們則是執行工作，且需三班輪替，24小時都要有人看守。「燈塔，對夜間航行者很重要，船長只要看到燈塔之光，就能預測到岸時間，而且會覺得很安心。」

Becoming a Lighthouse Keeper

On January 10, 2024, Keelung Lighthouse, a municipal historic site, officially opened to the public. Lighthouse chief Ya-Liang Yang, who has been in public service for more than 16 years, says this is the 22nd of Taiwan's 36 lighthouses to be made accessible. Last year, he was assigned here.

"I once worked as a mechanical engineer for an organization. There was a lot of overtime and pressure, which triggered an asthma attack. I decided I needed balance in my life and took the special examination for customs affairs." Due to his mechanical engineering background, he was assigned to the maritime affairs department of the Customs Administration, then responsible for managing lighthouses. Now, Taiwan's lighthouses are under the authority of the Maritime Port Bureau of the Ministry of Transportation and Communications.

Yang explains that Keelung Lighthouse has one chief and six technicians, known to the outside world as lighthouse keepers. He is responsible for administration and allocating duties according to the weather. Technicians carry out those duties, in three shifts per day, so that the lighthouse operates smoothly 24 hours. "Lighthouses are very important for navigating at night. When a ship's captain sees the light from a lighthouse, he or she can predict the time needed to reach shore while remaining calm."

燈塔守的日常

早期台灣燈塔的設備多是機械性，經常要更換接觸通電的白金彈片與開關等，如今設備多已改成電子化、模組化，鮮少需要更換零件，因此，燈塔守的工作就以割草、水電工、木工與水泥工為主，像是水管破了要更換、港燈壞了要判斷是太陽能板出問題還是電源故障等。燈塔守團隊就像是一個統包商，大大小小問題都靠自己解決。

「像我們今天早上 8 點就出去巡視港區的 9 支燈杆，一一檢查電壓和電池是否正常；接著做環境整理，像是割草、主燈保養等。現在開放參觀後，還要隨時注意園區有無突發狀況，以確保人員及設備安全。」

遇到颱風天時，即時沒有當班，楊雅量還是會跑回來。「因為值班人員可能要去重啟發動機，但是風太大了，可能連門都打不開，所以要有人在旁邊幫忙開關門，讓另一個人方便做事。」有一次，他在颱風天開車回到燈塔，結果因為海風太大導致車窗玻璃破裂，「沒辦法，這就是我們的工作，是我們要守護的地方。」

還有一次，馬祖東引的主燈不亮了，忐忑不安的他，立刻到處檢查，最後發現是齒盤卡住，趕緊拆下潤滑，1 小時後才裝回去。「因為燈塔與燈杆都是夜間運作，如果故障會導致夜間熄燈，影響漁船進港的安全。而且，貨輪裝載的貨物多，一有閃失將對船公司造成重大影響！」

即便燈塔設備逐步電子化，一刻不能鬆懈地維護燈塔正常運作，依舊是燈塔守最重要職責。

Despite the digitization of lighthouse equipment, maintaining continuous operation remains a lighthouse keeper's primary duty.

灯台設備のデジタル化が進んでいても、灯台守は運営の安定を維持する重要な責任を持っています。



Photo | LIGHTHOME：以光為家—燈塔人的故事



Lighthouse Keeper's Routine

In the past, Taiwan's lighthouse equipment was mostly mechanical and platinum springs and switches had to often be replaced. Nowadays, most lighthouses have upgraded electrical equipment, with less need to replace parts. Therefore, lighthouse keepers are expected to do landscaping, plumbing and electrical work, carpentry, and cement work. They must solve all problems, large and small, on their own.

"This morning, we went to inspect the voltage and battery power of nine lamp posts around the harbor at 8:00, to make sure they were normal. Then, we tidied up, mowing the lawn, and maintained the main lamp. During opening hours, we stay alert in case of emergency and to ensure safety."

In a typhoon, even if not scheduled to work, Yang shows up. He says, "The person on duty may need to restart the generator. If the wind is strong, he may not be able to open the door alone. Someone needs to be there to help." Once while driving to a lighthouse in a storm, the wind was so strong it blew out his car windows. "That is par for the course. This is the job and the place we must protect."

While at Dongyin Lighthouse in the Matsu Islands, once the main lamp stopped working due to a stuck gear. After disassembling it and adding lubricant, he reassembled it an hour later. He notes, "Lighthouses and lamp posts are essential at night. Any malfunction can affect the safety of fishing vessels returning to port. As cargo ships carry many goods, any mishap can greatly impact a shipping company!"

Photo | 陳卡文

與眼前遼闊的海洋相伴 16 年，楊雅量與燈塔守夥伴們繼續不懈守護著海洋與島嶼間這道光！
Yang has diligently guarded the lighthouse for 16 years, ensuring the light between the sea and the islands guides safe navigation, alongside his colleagues.
16 年間海を守ってきた楊雅量とその仲間たちは、その光を護り続けています。



輾轉歲月，寂靜相伴

16 年，對楊雅量而言，猶如浪跡天涯！從第 1 年先到基隆外海的彭佳嶼、接著調到澎湖東吉嶼 3 年、赴蘇澳 3 年、再到馬祖東引 7 年，直到去年回到基隆。

「在彭佳嶼年代，大家雖然有手機，但是只能打電話、沒有網路，除了上班時間，沒什麼講話的對象，所以我都在走路，一邊散步，一邊了解工作週遭環境。」接著他來到澎湖東吉嶼，那時只有村長、警察、海巡、氣象站作業人員和燈塔守共 30 幾人，一樣是那麼寂靜。除了走路的習慣，他開始游泳，後來也考取救生員執照。

由於外島太安靜了，鮮少講話，久了也就不擅說話、不愛說話。「剛開始回家都不太適應，覺得電視聲音好大、好吵，等家人一離開我就轉小聲。」話說如此，他卻又特別珍惜回家的日子。「我曾經協助海巡人員搬運船難大體，也曾遇到相處過的同事遇難送到台北榮總醫院，我第一時間趕到醫院……這些都讓我深刻感受到人的脆弱，也更加珍惜與親友相聚的時光。」

楊雅量說，早年交通與通訊不便，像是去馬祖東引，搭軍方的補給船就要 24 小時，所以燈塔守都會攜家帶眷過去。隨著時代進步，機器設備模組化、交通與網路發達，讓燈塔守的工作與生活品質都變得比較好了。

「我最喜歡 3 月到 6 月的馬祖，那時是霧季，整個島仙氣裊裊，非常美！」原來，燈塔、燈塔守與大自然之間，既是共生也共癒。

Passing Time, In Silence

Over the past 16 years, Yang has had many assignments. His first year, he was on Pengjia Islet off the coast of Keelung. Then, he was sent to Dongji Island in the Penghu archipelago for three years, Suao for three years, and Dongyin in the Matsu Islands for seven years, returning to Keelung last year.

“On Pengjia Islet, there was no Internet. We could only use cellphones to make calls. There was no one to talk to except during work hours. So, I started taking walks and studying the environment around me,” he recalls. On Dongji Island in the Penghu archipelago, there were around 30 people including the village chief, police officers, Coast Guard officers, weather station workers, and lighthouse keepers. It was also very quiet. There, he began swimming, later earning lifeguard certification.

Having spent so much time in silence, he became used to not talking. “When I went to visit my family, it felt strange. The TV seemed so loud and when no one was around, I turned down the volume.” Having said that, time with his family is important to him. “I once assisted the Coast Guard following a major disaster at sea. There was also a colleague who was sent to Taipei Veterans General Hospital following an accident. I rushed to that hospital... Those events made me acutely aware of how fragile life is and I cherish my time with family and friends.”

Yang says life was once difficult due to lack of transportation and communications. For example, it took a military supply ship 24 hours to reach Matsu's Dongyin. So, lighthouse keepers brought their families with them. With advancements in and modularization of machinery and equipment, as well as development of transportation and the Internet, the quality of life of lighthouse keepers has improved.

He quips, “I like the Matsu Islands the most between March and June. It is foggy then and the islands seem enchanted. They are so beautiful!” It turns out that lighthouses, lighthouse keepers, and nature are connected and these connections are therapeutic. ☁️

梵谷的《向日葵》

VINCENT VAN GOGH'S *SUNFLOWERS*

Text | 鄭治桂 Photo | Public domain via Wikimedia Commons



Vincent van Gogh, *Sunflowers*, 1888. National Gallery, London

1888 這年夏天特別燥熱，入秋後，梵谷滿心期待著高更來到普羅旺斯的阿爾(Arles)與他相聚。他興奮地布置著黃色的房間，牆上掛上他才在夏天畫的《向日葵》，表示他的友誼。梵谷在巴黎曾經畫過向日葵，也曾被高更讚美，然而到了南法，他才被這陽光的花朵深深吸引。這花朵的生命力與燦亮色彩，帶著細密而繁複的花萼葉片，吸引梵谷畫下一張張黃色的向日葵。那亮得似乎要將畫布燃燒起來的鮮黃色彩，幾乎要令觀者張不開眼睛了，而鮮黃中還有更多的黃色筆觸，彷彿叫人懷疑自己的雙眼是否在一片黃色當中又看見了黃色的疊影與錯覺。

才在那不久之前，他早就畫過夏日的鮮濃的金黃麥田，秋天 10 月，梵谷滿懷興奮之情整理著他賃居的黃色之屋，等待高更的來到。那房間中黃色的床、黃色的椅、黃色的畫框，與牆上貼著黃色的畫、桌上黃色的事物、窗外黃色的光，他已經開始燃燒起黃色的火焰。

梵谷的《向日葵》在鮮黃與土棕的色調中，運用了厚塗、勾描、重疊、平塗等等不同的技巧，賦予色彩的強度並塑造形象，讓這一張調子限制在少數色相的畫面中，竟然有著豐富的質地感。而烘托整幅瓶花造型的鮮黃色背景，在近看之下則呈現出垂直與水平方向的筆刷，讓單純的色調產生濃厚而強烈的質地變化。

向日葵的枝葉稜角與它旺盛的生命力，和南法那甚至刺眼的陽光色彩，鏤刻了他忍不住的熱情，不管日後移置到什麼樣的收藏或美術館的空間中，都將再度燃起梵谷在阿爾那個夏天屬於陽光和南方的濃艷黃色的火了。

阿爾期間，梵谷畫了至少 7 張尺寸相當、構圖類似的黃色《向日葵》系列，而倫敦這一件是第 4 幅，卻也是最元氣飽滿地將他南法感受與藝術熱情完全吐露的代表之作。梵谷在這個主題的色調，帶給人鮮明的印象，而率直有力的筆觸，充滿原創力，卻也容易讓觀眾忽略了他對於這個系列的試驗與反覆經營。以倫敦版本為母本所繪製的「副本」，數荷蘭阿姆斯特丹梵谷美術館的同名藏品最為精彩。

In the scorching summer of 1888, Vincent van Gogh eagerly anticipated Paul Gauguin's arrival in Arles, Provence. He excitedly prepared the Yellow House, adorning the walls with his *Sunflowers* paintings from that summer as a symbol of friendship. Van Gogh had previously painted sunflowers in Paris, where Gauguin had praised them. However, it was in the South of France that he became truly captivated by these sun-drenched blooms. The intense yellow hues seemed almost to set the canvas aflame, challenging viewers with their brilliance and layered depths of color, creating illusions of color within color.

Later on by October, van Gogh had meticulously organized the Yellow House, waiting for Gauguin's arrival. The room was a vision in yellow: the bed, the chairs, the frames, and even the light spilling in through the windows seemed to ignite a yellow blaze.

Vincent's *Sunflowers* series, painted in vibrant yellow and earthy brown tones, employed techniques like thick application, outlining, layering, and flat brushing to enrich the texture and intensity of the colors. The vivid yellow background enhances the bouquet in the vase, revealing vertical and horizontal brushstrokes up close that add a rich, intense texture to the simple color scheme.

The robust leaves and lively vitality of the sunflowers, coupled with the piercing Southern French sunlight, etched Vincent's irrepressible passion into the canvas. Regardless of where these paintings would later reside—be it in private collections or museum spaces—they would reignite the fiery yellow and Southern vibrance of that summer in Arles.

During his time in Arles, van Gogh created at least seven similar-sized and themed yellow *Sunflowers*. The fourth piece, housed in London, vibrantly encapsulates his Southern French experiences and artistic fervor. The vivid colors and bold strokes of this series not only highlight van Gogh's originality but also overshadow the extensive experimentation and effort he poured into these works. Among the replicas, the one based on the London version and housed in the Van Gogh Museum in Amsterdam is particularly remarkable. 🍷

滋味絕妙的芒果饗宴

DELICIOUS MANGO DISHES

Text | 曹憶雯 Photo | Shutterstock

盛夏時節，市場的水果攤堆滿鮮黃、豔紅的芒果，買回家切開的一瞬間，鮮香四溢，更撩撥食慾，讓多日來因為氣溫飆高而疲乏的胃口跟著大開。

At the height of summer, bright yellow and red mangoes can be seen stacked high at market fruit stalls. Once cut into cubes, their delicious aroma overflows, reigniting the appetite that had been stifled by the heat.



mango
芒果冰
mangostickyrice
mangolassi
mangosalsa



營養豐富、色香味濃的芒果，是夏季最亮眼的水果，在全球 10 大芒果產地中，台灣、泰國、印度和墨西哥，各自吃出創意與風味。台灣芒果冰於 2013 年獲選 CNN 評選為全球最好吃的甜點之一，早已名聞遐邇。從傳統水果室到人氣網美店，都能嚐到這碗鋪滿新鮮愛文芒果，淋上煉乳、芒果醬，再放上一球芒果冰淇淋的剉冰或雪花冰。不僅視覺感官甦醒，酸甜滋味超開胃，入口後暑氣全消。

泰國的芒果糯米飯，幾世紀前就是人們的生活日常。泰國食譜多有記載，甜點製作過程簡單，只需將成熟芒果切成塊狀，佐以蒸熟的 Q 彈糯米、濃濃椰奶享用，鮮香多汁、甜中帶鹹的滋味，令人驚艷。泰國知名饒舌歌手 Milli 受邀於 2022 年



These eye-catching fruits are rich in nutrients, color, and flavor. Among the top 10 mango producing areas in the world, Taiwan, Thailand, India, and Mexico have created unique mango dishes. For example, in 2013, the well-known Taiwanese mango shaved ice was named by CNN as one of the best tasting desserts in the world. In a traditional shop or one made famous by Internet influencers, enjoy cubed Irwin mangoes topped with condensed milk and mango syrup and served with shaved ice or shaved snow. While providing a respite from the heat, the sweet and sour flavors are incredibly appetizing.

Mango sticky rice has been a part of life in Thailand for centuries. Cubes of ripe mangoes are added to steamed glutinous rice and thick coconut milk. The sweetness and

美國科切拉音樂節表演，她邊唱邊吃芒果糯米飯，瞬間讓這款泰式甜點躍上網路熱搜排行，名揚國際。

印度國民飲品芒果優格，是對抗炎熱的妙方，傳統吃法是將鮮甜芒果加上原味全脂優格、鹽、水及小茴香攪拌至起奶泡，滋味鹹甜、香料味濃，冰鎮後口感更佳。墨西哥的經典芒果莎莎醬，以芒果為主角，搭配五彩繽紛的新鮮蔬菜，讓莎莎醬除了酸、辣、鹹，又多了一分甜香，和玉米片、脆餅、麵包碰撞出絕妙的夏日美味。

濃郁香氣引人垂涎的芒果，不管是芒果糯米飯、芒果冰或是芒果優格，都讓人食指大動。

The enticing aroma of mangoes makes dishes like mango sticky rice, mango shaved ice, and mango yogurt irresistible.

濃厚なマンゴー香で、マンゴースイーツが食慾をそそります。



subtle saltiness are amazing. Well-known Thai rapper Milli ate a bowl of mango sticky rice on stage during a performance at the 2022 Coachella Music Festival in the US, igniting online interest in this Thai dessert.

The mango lassi can be considered India's national beverage. Drinking it is a great way to combat the summer heat. Traditionally, fresh mango is added to a mixture of plain whole-fat yogurt, salt, water, and cumin, which is stirred until frothy. Best served chilled, it is subtly salty and sweet. Mangoes are also the star of Mexico's classic mango salsa, which includes a colorful array of fresh vegetables. The combination of sour, spicy, salty, and sweet goes well with corn chips, crispy tortillas, and bread, resulting in wonderful summertime snacks. 🍌

東海岸ランド・アート・フェスティバル

山と海の間で くつろぐ夏



台東
taitung
月光海
東海岸大地藝術節
台東旅遊

Text | 曹憶雯 Photo | May Tsao、東海岸國家風景區管理處

2024 年「東海岸ランド・アート・フェスティバル」は 10 周年を迎えます。今年のテーマは「流動する境界になる」。島の生態と文化の多様性が共生し流動することを伝え、旅行者はアートを通じて、自己の境界を新たに発見します。



月が海面に昇り、太平洋に銀白の波光を散りばめます。これは月神の祭典であり、海への賛辞であり、東海岸ランド・アート・フェスティバルの「月光・海音楽会」の舞台背景でもあります。日中はアーティストの創作活動を楽しみ、夜は都歴観光センターに集い、天使の歌声に耳を傾け、手作りの料理を味わいながら、夏の夜の旋律に包まれて東海岸の生活美学を満喫しましょう。

2004年「海洋印記」東海岸インスタレーション芸術展から始まり、東部海岸国家風景区管理处は2015年に初めて、ランド・アート・フェスティバルを開催しました。以来10年間、アーティストと地元住民、環境との交流を促し、東海岸の生活美学を反映したアート作品を創出し、島の魅力的な物語を紡いできました。今年フェスティバルに招待されたのは、日本、マレーシア、インドネシア、台湾の屏東および東海岸の港町部落のアーティストで、「流動する境界になる」というテーマで境界の意味を探求し、土地の物語と魂に共鳴します。

アートフェスティバル期間中、コンサート、カルチャーイベントなどのイベントがあり、東海岸の自然の魅力と人文の息吹を感じることができます。期待が集まる「月光・海音楽会」は、6月から9月にかけて9回開催され、国際的に有名な台湾の十鼓文化芸術団、インドネシアの国宝級南僑舞ダンスチーム、アイルランドのRIUCHIダンスチーム、日本の仏教系歌手・薬師寺寛邦、フェスティバルの常連となっている桑布伊、舒米恩、紀曉君、林強、亂彈阿翔、黃大煒、滅火器 Fire EX、葛西瓦 Kasiwa など多数のアーティストが一堂に会し、銀白の月光の下で生活の美学を詠います。

10周年を迎えるにあたり、東部海岸国家風景区管理处は東海岸ランド・アート・フェスティバルの回顧展を企画しており、企業や店舗と協力して共同ブランド商品を開発、台湾女性映画展と共同して台十一映画館プラットフォームのプロモーションを推進しています。世界中の旅行者を東海岸に招き、東海岸の盛夏の活力を体験してもらいたいと願っています。☺

広大な太平洋に月が銀白の光を投げかけ、この地の豊かな芸術も東海岸大地芸術祭の魅力です。



一起來運動

2025 雙北世界壯年運動會開始報名

LET'S MOVE TOGETHER! REGISTRATION OPENS FOR WORLD MASTERS GAMES 2025 TAIPEI & NEW TAIPEI CITY

Photo | IMGA 官方網站

你愛運動嗎？要不要來場「以運動會友」的超 High 活動？2025 雙北世界壯年運動會，邀請 30 歲以上愛運動的你一起報名，不用資格選拔，就能與世界運動友同場較勁，還能體驗結合文化、觀光與國際交流的世界體育盛事。

Do you love sports? How about joining a thrilling meet friends through sports event? The World Masters Games 2025 Taipei & New Taipei City is calling all sports enthusiasts aged 30 and above to sign up—no qualifications needed! Compete alongside global sports lovers, and immerse yourself in a world-class sporting event that blends culture, tourism, and international exchange.



結合運動與觀光旅遊的「2025 雙北世界壯年運動會」，將於 2025 年 5 月 17 日至 30 日在台北市、新北市及部分北部縣市（宜蘭縣、桃園市、新竹市、新竹縣）登場，即日起至 2025 年 2 月 17 日歡迎報名。

台北市與新北市共同主辦的 2025 雙北世界壯年運動會，提供世界各壯年層級運動愛好者參與競賽，以「終身運動」及「全民運動」為理念。這項大型國際體育賽會不用通過任何選拔，選手均能以個人名義參賽，可與國內、國際選手組成隊伍，共有 35 種運動種類(其中 9 種同時包含帕拉組別)，在台灣 68 座體育賽會館場競賽。只要 30 歲以上皆可報名，部分種類更開放年滿 25 歲即可報名。

本次賽會預計將超過 4 萬人參與，並將設置旅遊專區，集結台灣的自然生態、人文歷史、特色美食、在地文化等四大特色。讓來參賽的選手一邊競賽、一邊旅遊、一邊交流、一邊體驗，感受台灣的山海之美。

即日起至 9 月 17 日之前完成報名，即享有報名費 8 折優惠。此外，還能獲得賽會「歡迎禮包」，包括後背包、水壺、環保餐具、毛巾、衣服及智慧手錶、開閉幕式入場券及歡迎晚宴貴賓券。更多詳細資訊，請登入 2025 雙北世界壯年運動會官網(wmg2025.tw)查詢。

The World Masters Games 2025 Taipei & New Taipei City, which combines sports and tourism, will take place in Taipei City, New Taipei City, and some of the northern counties and cities of Taiwan (Yilan County, Taoyuan City, Hsinchu City, Hsinchu County) from May 17 to 30 in 2025. The registration is open until February 17, 2025.

The WMG2025, co-hosted by Taipei City and New Taipei City, invite sports enthusiasts from around the world to compete, embracing the principles of “lifelong sports” and “sports for all.” This major international sports event does not require any selection process, allowing athletes to compete individually or form teams with domestic and international players. Featuring 35 sports categories (nine of which include para divisions), the games will be held across 68 sports venues in Taiwan. Anyone over the age of 30 is eligible to register, with some categories open to those 25 and older.

This upcoming games are expected to attract over 40,000 participants and will feature a dedicated tourism zone, showcasing Taiwan’s natural ecology, historical heritage, culinary delights, and local culture. Competitors can enjoy the beauty of Taiwan’s mountains and seas while engaging in sports, tourism, and cultural exchanges.

Register by September 17 to enjoy a 20% discount on the registration fee. Additionally, participants will receive a welcome pack, including a backpack, water bottle, eco-friendly utensils, towel, clothing, smartwatch, tickets to the opening and closing ceremonies, and a voucher for the welcome dinner. For more details, visit the WMG2025 official website at wmg2025.tw. 🌐

2025 雙北世界壯年運動會報名連結
WMG2025 Registration Link



華航擴大北美航網 7月14日直飛西雅圖

CHINA AIRLINES EXPANDS NORTH AMERICAN NETWORK WITH DIRECT FLIGHTS TO SEATTLE STARTING JULY 14



中華航空 7 月 14 日起直飛「翡翠之城」西雅圖，以 A350-900 執飛每周 5 班，旅客在台灣與美洲之間將有更多的飛行選擇，同時透過綿密的區域航網搶占亞洲轉機市場，為華航營運版圖再添新動力。

華航看好台美市場活絡的旅運需求，直飛西雅圖為華航擴展北美航網的重要一步。西雅圖機場 2023 年旅客總量超過 5,000 萬人次，為美國西北地區第一大機場，華航插旗西雅圖，提供往返北美或亞洲便捷的飛行服務，透過華航聯程機票還可接轉至波特蘭、芝加哥、波士頓、拉斯維加斯、奧蘭多、亞特蘭大等 50 個美國熱門航點。

華航在北美市場深耕超過 50 年，疫後更是躍進式成長，目前已飛航洛杉磯、加州安大略、舊金山、紐約及溫哥華等五大城市，其中獨家直飛安大略，成為亞洲直航及定期航班先鋒，大洛杉磯地區每日最多達 3 個班次。隨著西雅圖航線啟動，進一步擴大華航美洲航網至 6 個直飛航點，提供更多方便快捷的選擇。

Starting July 14, China Airlines will launch direct flights to Seattle, the Emerald City, using the A350-900 aircraft. Scheduled for five weekly flights, this expansion enhances travel options between Taiwan and the Americas and positions China Airlines to capture a greater share of the Asia transfer market, infusing new vitality into its operational strategy.

The direct Seattle service is a critical move in expanding China Airlines' North American network. In 2023, Seattle Airport, the largest in the Northwest U.S., served over 50 million travelers. China Airlines' new route to Seattle enhances connections between North America and Asia. Additionally, through codeshare agreements, passengers can easily connect to more than 50 U.S. destinations, including Portland, Chicago, Boston, Las Vegas, Orlando, and Atlanta.

With over 50 years of deep commitment to the North American market, China Airlines has experienced significant growth following the pandemic. The airline currently serves five major cities: Los Angeles, Ontario in California, San Francisco, New York, and Vancouver, featuring exclusive direct flights to Ontario and up to three daily flights to the greater Los Angeles area. The addition of the new Seattle route expands China Airlines' American network to six direct destinations, providing more convenient and faster travel options.

華航台北—西雅圖航線時刻表

China Airlines Taipei-Seattle Flight Schedule

航班 Flight No.	航段 Route	起程 / 抵達時間 Departure/Arrival Time	飛行日 Flight Dates	每周班次 Flights Per Week	執飛機型 Service Aircraft
CI022	台北—西雅圖 Taipei-Seattle	23 : 30 — 19 : 50	一二四六日 Mon. Tue. Thurs. Sat. Sun.	5	A350
CI021	西雅圖—台北 Seattle-Taipei	01 : 40 — 05 : 05+1	一二三五日 Mon. Tue. Wed. Fri. Sun.	5	

CAL NEWS

華航馬拉松 10月12日開跑 首創航空星光夜跑嘉年華

THE CHINA AIRLINES MARATHON KICKS OFF ON OCT. 12, PIONEERING THE AVIATION STARLIGHT NIGHT RUN CARNIVAL

首屆「華航馬拉松」星光夜跑將於10月12日於台北大佳河濱公園盛大開跑！這場獨創的夜跑活動將結合音樂與市集，打造一場璀璨的星光派對，讓參與者在奔跑中享受音樂與熱鬧氛圍。包括半程(21K)馬拉松組、健康樂跑(10K)組及親子休閒(5K)組等賽程。

華航致力推動全民樂活運動，首度於夜間舉辦星光夜跑活動，與音樂派對、趣味市集串聯，開創國內馬拉松新風格。10月12日星光派對除邀請金曲天團宇宙人、人氣創作歌手9m88，還有超嗨DJ秀及搖滾小提琴等輪番表演，並集結數十家特色攤位，打造適合全齡同樂的運動嘉年華，讓馬拉松不只是路跑，更是娛樂性十足的健康新生活運動。此外，為落實永續理念，賽事周邊產品將使用環保材質，設計美觀與實用兼具的完賽紀念禮，包含獎牌、毛巾、賽服及旅行袋等，讓參與者深刻體驗華航對永續運動的承諾。

華航深耕企業永續，透過實際行動發揮正面影響力，持續推動各項ESG(環境保護、社會責任和公司治理)作為，重視台灣體育發展，定期舉辦公益運動營。華航馬拉松特地選在世界地球日發布賽事資訊，擴大落實企業永續發展的責任，以全民運動回饋社會。

The first-ever China Airlines Marathon Starlight Night Run is scheduled to kick off on October 12 at Taipei's Dajia Riverside Park! This innovative night run event combines music and a marketplace to create a dazzling starlit party atmosphere. Participants can enjoy a lively and musical setting while running, with race options including a 21km half-marathon, a 10km fun run, and a 5km leisurely family category.

China Airlines is dedicated to promote a nationwide active lifestyle and is launching its inaugural Starlight Night Run. This event merges the thrill of a music party with a market setting, introducing a new style to domestic marathons. The star-studded party on October 12 features popular performances and unique stalls. Additionally, in line with sustainability principles, the event's merchandise, including medals, towels, race shirts, and travel bags, will be made from eco-friendly materials. These commemorative gifts exemplify China Airlines' commitment to sustainable sports initiatives.





菲爾來吃飯！華航貴賓室獨特台灣美饌 NETFLIX 登場

SOMEBODY FEED PHIL! CHINA AIRLINES' VIP LOUNGE SHOWCASES TAIWANESE DELICACIES, NOW ON NETFLIX

環遊世界還不夠，吃遍全球美食才厲害！中華航空與 NETFLIX 美國節目《環球饗宴：菲爾來吃飯 Somebody Feed Phil》跨界合作，第 7 季內容上線。主持人菲爾(Philip Rosenthal)特別造訪台灣，驚喜現身華航桃園機場貴賓室，在獨特的東方美學休憩空間，品嚐寶島經典滋味「華航牛肉麵」。

菲爾搭乘華航班機，首度造訪美食之都台灣，特地選擇華航貴賓室，並迫不及待與朋友視訊連線分享享譽世界的經典「華航牛肉麵」。軟嫩彈牙的牛肉，輕輕一咬就會在口中化開，搭配香氣馥郁的特調紅燒湯頭，讓菲爾讚不絕口，直呼療癒暖心。他對於華航貴賓室的設計風格、精緻服務、道地美食讚譽有加；也對華航舒適的客艙設施及優質的空中服務為之驚艷，極力推薦搭乘華航。

華航持續深耕北美航線，飛航洛杉磯、舊金山、加州安大略、西雅圖、紐約及溫哥華 6 大航點，搭配東北亞及東南亞每周共近 400 個班次，完整且綿密的越洋航網提供旅客彈性便捷的航班選擇。

Traveling the world isn't enough; the real adventure is tasting global cuisines! China Airlines teams up with the NETFLIX's American show *Somebody Feed Phil* for a groundbreaking collaboration in its seventh season. Host Philip Rosenthal makes a special visit to Taiwan, appearing in China Airlines' VIP lounge at Taoyuan Airport. There, amidst the lounge's unique Eastern aesthetic, he savors the classic local flavor of "China Airlines Beef Noodle Soup."

Philip flies China Airlines for his first-ever visit to Taiwan, to share the world-renowned "China Airlines Beef Noodle Soup." The tender, chewy beef melts in the mouth at first bite, paired with a richly aromatic special braised broth, earning Philip's endless praise. He is also impressed by China Airlines' comfortable cabin amenities and excellent in-flight service.

China Airlines serves six major North American destinations: Los Angeles, San Francisco, Ontario, Seattle, New York, and Vancouver. Complemented by nearly 400 weekly flights across Northeast and Southeast Asia.

MDA FEATURE



華信航空陸續引進 ATR 新機 落實環保減碳理念

MANDARIN AIRLINES IS INTRODUCING NEW ATR AIRCRAFT TO ADVANCE ITS COMMITMENT TO ENVIRONMENTAL PROTECTION AND CARBON REDUCTION

華信航空 2024 年陸續引進 ATR 新機，為國內航線提供更完整的飛航服務。為落實環保減碳理念，引進的 ATR 新機皆配備升級新型發動機，高效、節油及低排放等優點除節省至少 3% 的燃油消耗，亦可減少二氧化碳排放量。新機裝置的全新設計空調系統，可提升空調系統效能，此外，空調循環系統也加裝高效率空氣微粒子過濾網，可強化客艙空氣品質及維護旅客健康。

今年華信航空共引進 3 架 ATR 新機，機隊擴大到 12 架規模，主要飛航金門、澎湖、馬祖離島航線以及台東、花蓮本島航線，將有效提升整體機隊的運能，為旅客提供更便捷的服務。

為實現環境永續理念，華信航空以除役 ERJ 機隊的全新救生衣，製成各種環保時尚小包，包含收納包、零錢包及最新推出的飲料杯袋等。每樣商品推出都掀起搶購風潮，粉絲可在華航 eMall 及華信官網「華信小舖」上購買。

In 2024, Mandarin Airlines continued to introduce new ATR aircraft, enhancing service on domestic routes. Committed to environmental sustainability, these new ATRs are equipped with upgraded engines that are efficient, fuel-saving, and produce lower carbon emissions, reducing fuel consumption by at least 3% and cutting CO₂ emissions. The aircraft also feature a new air conditioning system design that improves system efficiency, along with a cabin air circulation system fitted with high-efficiency particulate air filters to enhance air quality and passenger health.

To realize its commitment to environmental sustainability, Mandarin Airlines has repurposed life vests from decommissioned ERJ aircraft into various eco-friendly fashion accessories, including organizer bags, coin purses, and the newly launched beverage cup bags. Each product launch has sparked a buying frenzy among fans, who can purchase these items on China Airlines' eMall and Mandarin Airlines' official online store, Mandarin Shop.

華航機上美食星光熠熠 米香經典台菜邀您品嚐

華航機上餐飲再添星光，與台灣米其林一星台北美福大飯店米香餐廳攜手端佳餚，推出「雲端台菜星級饗宴」，將經典台式料理帶上高空。於台灣出發的區域線如東南亞、兩岸及部份日韓航線，包括商務艙／豪華商務艙、豪華經濟艙、經濟艙的全艙等旅客，都可品嚐到由米香精心為華航設計的道地台灣味。

米食在台灣飲食文化中有重要地位，米香台菜總主廚陳永華承襲早年老師傅的傳統料理手藝，重現台灣人的味覺記憶，將台菜獨樹一格的雅致搬上餐桌，讓「特色小吃」成精緻美味，並融合遍跡歐亞習得的烹飪技術，為傳統台式經典菜色注入新的靈魂，發展出包羅萬象的台菜料理，讓米香連續3年獲得米其林一星肯定。此次華航與米香合作的機上餐點，為餐廳內熱門

料理及部分隱藏菜單，全艙等品項多達15項，經過雙方依據機上條件反覆研修，終將台灣在地好滋味端上萬呎高空。

華航「雲端台菜星級饗宴」商務艙／豪華商務艙餐點，首波推出前菜「梅汁鮑魚雞胸沙律」搭配主菜「乾燒明蝦烏魚子炒飯」，沙拉佐醬由陳主廚特別設計酸香甘美的百搭「梅汁醬」，配上海陸雙鮮鮑魚及雞肉，主菜則選用嘉義野生烏魚子，鹹香的烏魚子拌炒Q彈米飯，搭配風味十足的乾燒明蝦，呈現滿滿台味。未來也將輪替不同菜色，前菜選項包含了「松露海鮮織沙律」「芥味干貝櫻桃鴨」，主菜則有「招牌三杯雞番薯籤飯」「番茄牛腩肉藜麥飯」等，讓旅客次次感受到味蕾驚喜。



CAL SERVICE



CHINA AIRLINES SERVES ONE MORE STARRED BANQUET ON THE CLOUDS WITH CLASSIC TAIWANESE CUISINE BY MIPON

China Airlines added more stars to its in-flight catering by announcing a partnership with MIPON, the Michelin one star restaurant at the Grand Mayfull Hotel Taipei. The new “Starred Taiwanese Cuisine on the Clouds” menu provided for all classes on regional routes departing from Taiwan including Southeast Asia, cross-Strait, and selected Japanese and Korean routes. Travelers have the opportunity to try the authentic Taiwanese flavors crafted by MIPON for China Airlines.

Rice plays an important part of Taiwanese culinary culture. MIPON’s Head Chef Chen Yong-Hua uses time-honored cooking skills passed down from experienced chefs to present the unique elegance of Taiwanese cuisine. The latest collaboration on in-flight catering between China Airlines and MIPON drew upon the restaurant’s most popular dishes and in-house menu to produce 15 dishes for all classes.

After extensive testing and adjustment based on in-flight conditions, the great hometown flavors of Taiwan will finally be lifted up in the air.

The Business and Premium Business Class menu for China Airlines’ will feature “Abalone and Sous-vide Chicken Breast Salad with Plum Sauce” as the entrée, followed by the main of “Pan-fried Prawn with Mullet Roe Rice.” The salad sauce is a special plum sauce that perfectly complements the “surf and turf” of abalone and chicken. For the main, wild mullet roe from Chiayi is stir-fried with rice and pan-fried shrimp for the true taste of Taiwan. In the future, other dishes will be served in rotation including the entrée and the mains, such as “MIPON Signature Dish Stir-fried Chicken with Three-Cup Sauce / Julienne Sweet Potato Rice” and “Braised Beef Flank and Tomato with Quinoa Rice.” Ensuring passengers delight in culinary surprises with each journey.

米其林美食端出道地台味 經濟艙也吃得到

MICHELIN-GRADE LOCAL FLAVORS ALSO SERVED IN ECONOMY CLASS

現在出國玩，機上美食也令人好期待。連續 3 年獲得米其林一星肯定的米香，此次與華航合作的機上餐點品項達 15 項，讓旅客空中也能嚐到台灣在地好味。首波登場有豪華經濟艙前菜「梅汁沙拉鮮時蔬」、主菜「米香麻油松阪豬肉飯」及經濟艙主菜「米香糖醋雞丁飯」。香氣馥郁的古早味麻油與松阪豬翻炒，令人食指大動；糖醋雞丁則是台式經典菜色，酸甜好滋味在高空飄香。日後也將端出不同菜色，包括豪華經濟艙主菜「蔴瓜蛋黃蒸肉藜麥飯」「蔴油雞球飯」及經濟艙主菜「招牌蝦仁炒米粉」「紅趣燒豚肉飯」等。



華航近年持續與頂尖美味強強聯手，包含秉持低碳理念的米其林綠星陽明春天、台灣第一家米其林三星頤宮中餐廳，以及此次一星的米香餐廳，至今已累積五星榮耀；也與東京名店「燈燈庵」打造日式會席料理。亦先後與精品甜點法朋甜點烘焙坊、人氣手搖飲五桐號、世界麵包冠軍陳耀訓聯名推出特色品項，讓旅客能在高空享受多元精緻的空中饗宴。

MIPON, boasting with one Michelin star for three consecutive years, collaborates with China Airlines to offer 15 diverse meal options, allowing passengers to savor authentic Taiwanese flavors in the sky. The initial launch will also feature dishes such as the entrée “House Salad with Plum Sauce” and main of “MIPON Stir-fried Pork Neck Meat with Sesame Oil, Plain Rice” in Premium Economy Class, and the main “MIPON Stir-fried Chicken with Sweet and Sour Sauce / Plain Rice” in Economy Class. Other dishes will be available on future flights on a rotating basis. The entrées “Shrimp Salad with Mango Sauce” and “Chicken and Seafood Salad with Plum Sauce” as well as the mains “Steamed Pork with Yolk / Quinoa Rice” and “Stir-fried Chicken with Black Bean Sauce / Plain Rice” are planned for Premium Economy Class, while mains such as “Signature Fried Rice Vermicelli with Shrimp” and “Braised Pork Meat with Red Yeast Rice / Plain Rice” are destined for Economy Class.

China Airlines continues to enhance its in-flight catering services through partnerships with top restaurants including Yangming Spring, the low-carbon Michelin Green Star restaurant, Les Palais, the first Michelin three star Chinese restaurant in Taiwan, as well the Michelin one star MIPON restaurant. A total of five stars have featured on the menu to date. China Airlines also collaborated with Toutouan, a well-known restaurant in Tokyo, to create Japanese style banquet cuisine. The innovative approach expands beyond the main menu to include desserts which were introduced in partnership with boutique dessert maker Le Ruban Pâtisserie, popular hand-shaken tea brand WooTEA, and world baking champion Chen Yao-Chun in an effort to bring a wide variety of sublime treats to travelers in the sky.

CAL SUSTAINABILITY DEVELOPMENT

永續飛行挑戰

THE SUSTAINABLE FLIGHT CHALLENGE

氣候變遷衍生之極端天氣事件、消費意識改變，以及全球對空污、廢棄物、噪音關注度的提升，持續挑戰航空產業經營環境。身為台灣最具領導力航空公司，華航透過資源管理、污染防治、系統創新，致力提供旅客環保永續的產品與服務。

Climate change induced extreme weather events, shifting consumer attitudes, and heightened global concern over air pollution, waste, and noise continue to challenge the aviation industry's operational environment. As Taiwan's leading airline, China Airlines is committed to offering passengers environmentally sustainable products and services through resource management, pollution prevention, and systemic innovation.

呼應聯合國永續發展目標 SDGs

IN LINE WITH THE UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS (SDGs)



呼應聯合國永續發展目標 SDGs
Long-Term Goals

航空用油效率 ↑ 1.4%
Increased aviation fuel efficiency by 1.4%

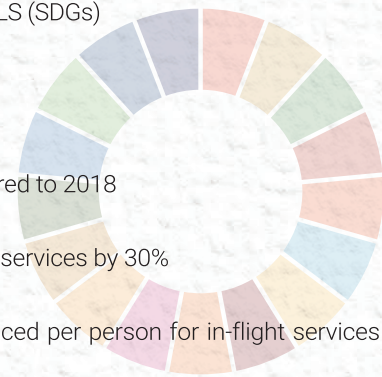
空中廢棄物總量較 2018 年 ↓ 68.09%
Reducing total in-flight waste by 68.09% compared to 2018

空中服務一次性使用塑膠用品 ↓ 30%
Reducing use of disposable plastics for in-flight services by 30%

機上服務人均餐損較 2020 年 ↓ 74.23%
Reducing average food waste by 74.23% produced per person for in-flight services from 2020 levels

無運輸非法野生動植物行為
CAL did not transport illegal wild animals and plants

辦理植樹養護專案，近 2 年植樹近 4,500 棵
CAL organized the tree planting and care projects, planting nearly 4,500 trees in two years.



唯一運輸業榮獲「國家企業環保獎—巨擘獎」

The Only Winner of the “National Enterprise Environmental Protection Award - Giant Thumb Award” in the Transportation Industry

榮獲行政院環境保護署第四屆「國家企業環保獎」最高殊榮巨擘獎。
China Airlines received the highest honor of the Giant Thumb Award in the fourth “National Enterprise Environmental Protection Award” of the Environmental Protection Administration, Executive Yuan.



台灣率先添加 10% 永續航空燃油(SAF)

Leading Airlines in Taiwan to Add 10% Sustainable Aviation Fuel (SAF)

率先於新機飛渡作業添加 SAF，另自主訂定 SAF 添加目標，展現達成 2050 年淨零碳目標之決心。
The first airlines in Taiwan to incorporate SAF during new aircraft delivery flights, and also independently set SAF inclusion goals, demonstrating its commitment to achieving net-zero carbon emissions by 2050.



首創台灣「永續示範航班」及「淨零碳飛行」

Pioneering Taiwan's “Sustainable Demonstration Flight” and “Net Zero Carbon Flight”

華航響應天合聯盟「永續飛行挑戰」推出永續示範航班，榮獲「最佳貨運永續創新獎」及「最佳員工參與獎」。另首創台灣出發航班全面「淨零碳飛行」，為當日所有台灣出發旅客購買碳權，實踐「碳中和」。
China Airlines responded to the SkyTeam alliance's “The Sustainable Flight Challenge” by launching a sustainable demonstration flight, earning the “Best Sustainable Innovation Cargo” and the “Best Employee Engagement” awards. Additionally, it pioneered the first “Net Zero Carbon Flight” for all departures from Taiwan, purchasing carbon credits for all passengers who took that particular flight to achieve carbon neutrality.



777-300ER

架數 No. of Aircraft : 10 架
巡航速度 Cruise Speed (Mach) : 0.840
座位數 No. of Seats : 40 BC / 62 PY / 256 Y



A350-900

架數 No. of Aircraft : 15 架
巡航速度 Cruise Speed (Mach) : 0.850
座位數 : 32 BC / 31 PY / 243 Y or
40 BC / 32 PY / 228 Y



A330-300

架數 No. of Aircraft : 16 架
巡航速度 Cruise Speed (Mach) : 0.820
座位數 : 30 C / 277 Y or 36 C / 277 Y



A321neo

架數 No. of Aircraft : 13 架
巡航速度 Cruise Speed (Mach) : 0.780
座位數 : 12 BC / 168 Y



737-800

架數 No. of Aircraft : 10 架
巡航速度 Cruise Speed (Mach) : 0.788
座位數 : 8 C / 150 Y or 8 C / 153 Y



747-400F

架數 No. of Aircraft : 10 架
巡航速度 Cruise Speed (Mach) : 0.845



777F

架數 No. of Aircraft : 10 架
巡航速度 Cruise Speed (Mach) : 0.840

註：營運機隊僅供參考
NOTE : The operation of the fleet is for reference only.

- BC** Premium Business Class 豪華商務艙
- C** Business Class 商務艙
- PY** Premium Economy Class 豪華經濟艙
- Y** Economy Class 經濟艙

DYNASTY FLYER PROGRAM



「華夏哩程酬賓計劃」歡迎您加入會員

想飛的每一個時刻，中華航空與您同在。華航誠摯邀請您加入「華夏哩程酬賓計劃」，讓您從信用卡消費、租車出遊、飯店住宿到搭機出國，筆筆累積哩程，放大您的消費。

華航提供豐富的哩程兌換獎項，加入「華夏哩程酬賓計劃」，您將可享有會員獨家好禮，包括會員專屬生日購票優惠以及不定期會員特惠方案。您還可使用華航哩程兌換酬賓機票、座艙升等、享用貴賓室，並可享有搭機禮遇、官網購票折抵或支付超額行李費，亦可兌換精選商品。讓您省更多、玩更好！

「華夏哩程酬賓計劃」會員級別

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

歡迎您透過以下 QR Code，閱讀詳細方案內容。

WELCOME TO JOIN DYNASTY FLYER PROGRAM MEMBERSHIP

China Airlines is appreciated to fly with you every time. We sincerely invite you to join our Dynasty Flyer Program membership, which allows you to accumulate mileages and optimizes your consumption from credit card expenditure, car rental, hotel accommodation, and overseas flights.

China Airlines offers diverse mileage redemption options. By joining this membership, you can enjoy exclusive member gifts, including flight ticket discounts on birthday time as well as redeem for tickets, upgrade class, enjoying VIP lounges, in-flight privileges, official website tickets discounts, paying excess baggage fees, and brandy selected products and more. Let you save more while shop more.

DYNASTY FLYER PROGRAM MEMBERSHIP

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

You are welcome to scan the QR Code for detailed information.



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會員級別與優惠
Membership Benefits



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天合聯盟致力於在您選擇搭乘聯盟全球航網時，均能提供卓越的 SkyPriority 天合優享服務，只需下載並註冊此應用程式，您就能成為全球頂尖旅行者社群的一員。

登機證上印有的 SkyPriority 天合優享標誌，將讓您能輕鬆托運行李、通過安檢和入境程序，享受優先轉機與登機。班機抵達後，您也能優先提領行李，確保您的後續行程迅速順暢(註：服務內容因機場而異)。運用 SkyPriority Panel Audit 應用程式，您可以輕鬆分享體驗，完成您對於全球各機場貴賓室的評價。

只要動動手指，不用 1 分鐘就能完成分享，我們將根據您的評價和照片來改進服務。這種結合了旅客回饋和科技的方式，為您提供更難忘與更優質的服務體驗。期待下次搭乘天合聯盟航班時，能分享您的 SkyPriority 天合優享體驗。請掃描以下 QR Code 獲取更多資訊。



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Each review takes less than 60 seconds and SkyTeam uses your comments and photos to identify any areas for improvement. This combination of feedback and technology means we can work closely with our members to deliver a reshaped travel experience that exceeds customers' expectations. Scan the QR codes to find out more.

* Services may vary by airport.



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China Airlines Group Passenger & Cargo Routes

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



共用班號合作夥伴 CODE-SHARED PARTNERS



各航班時間表可能會因實際需要而臨時變動，您如需了解最即時的航班資訊，請洽我們各地的客服中心。

Timetables are subject to change without notice and based on estimated flying time. China Airlines will not be responsible for damages resulting from failure of flights to depart or arrive at times stated. Please contact our Reservation Offices worldwide.

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大九州

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