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# DISCOVER TAIPEI

SUMMER  
2015

Vol. 107



## A Perfect Blend of Old and New

New Life for Taipei's  
Old Homes

### A Lovely Horseshoe- Shaped Building

Culture and Creativity at the  
80-Year-Old Xinfu Market

### Brilliant New Travel Experiences

Tourism ABC Makes the World Fall  
in Love With Taipei



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## Editor's Introduction

# Taipei's Transformation Into a LOHAS City

The bright sun of summer is ready to shine on Taipei! At *Discover Taipei*, we will also continue to illuminate the beauty of this city. Under the leadership of Taipei Mayor Wen-je Ko, the Department of Information and Tourism, Taipei City Government has developed a short-term policy goal referred to as Tourism ABC. "A" refers to the apps that make tourism more convenient and friendly, "B" refers to the bus services that make it possible to explore attractions across the city, and "C" refers to culture, in particular the widespread sharing of culture among the people of the city. Together, these measures can contribute to meaningful travel memories.

Taipei is feverishly preparing to host the 2017 Universiade. When the torch relay for July's Gwangju Universiade arrived in Taipei on May 22<sup>nd</sup>, it was warmly greeted by a pair of top athletes who served as torchbearers: weightlifter Kuo Hsing-chun and sprinter Hank Yang.

For readers interested in learning more about Taipei's history, this issue's cover story offers an excellent start by introducing the city's old homes. It explores the century-old Japanese-style hot springs hotels of Beitou, the old U.S. military dormitories at Yangmingshan Shanzaihou, the old homes of Dihua Street neighborhood, and Bangka's Xinfu Market. At each location, a combination of restoration and cultural creativity shows visitors how an old setting can be renewed.

At one time or another, every visitor to Taipei asks what there is to do. We introduce a list of 10 hiking trails on the outskirts of the city that are useful for "battling the bulge." Included are well-maintained family-friendly hiking trails at Zhinan Temple, Mt. Qixing, Mt. Wuzhi, and Mt. Jinmianshan, each offering the chance for relaxation and the shedding of excess pounds. In an old section of the city we recommend a tour that includes a typographer, the Museum of Contemporary Art, and small streets and alleys. As you leisurely examine the lifestyles of the masses you can also experience the aesthetic aspects of Taipei. Famed musician Chang Chenchieh shows how to explore Taipei through the five senses and the opening of your heart.

Taipei continues to transform as it moves toward a better future. It blends the old and new in culture, food, and living to spark new ideas and a new urban elegance. We sincerely welcome you to experience the city's unique happiness and beauty firsthand.





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This magazine was printed with environmentally friendly soy ink.



# A Perfect Blend of Old and New New Life for Taipei's Old Homes

Author Chung Wen-Ping

Photos Jilin Yang

With the passage of time, the dwellings that people live in acquire a rich culture and history that form part of a city's heritage. In recent years, as the Taiwanese have recognized the importance of preserving old homes, a kind of renaissance has begun that has turned rejuvenated old homes into standard-bearers of a new creative age. These homes portray the diverse cultural spirit that has accompanied the urban and economic development.

We begin our pedestrian journey in Beitou (北投), a must-visit destination often compared to Hakone, a town on the outskirts of Tokyo. The former is a century-old district that is home to Taiwan's oldest hot springs community, and the latter an *onsen* hot springs town that was founded more than a millennium ago. Life in both moves at a snail's pace compared to the typical urban setting. On a stroll among the old markets, hotels and barns that dot these communities, you can see how proud local residents preserve their way of life as they seek to rejuvenate old homes.

## A Stroll Around Taipei's Historic Homes

Beitou Old Street/market/foot spa → *Sado* (tea ceremony) and *wagashi* (Japanese confectionery) at a century-old hot springs hotel → Dessert and coffee at SheMe House → Taste of Americana at Yangmingshan Sweet Village → Dinner at a Japanese-style home → Search for new creative and cultural industries on Dihua Street





Fuxing Park Hotspring Foot Spa Area



Ai Zai Cai braised pork with rice

09:00  
|  
10:00

### Walking Through Beitou's Past

Beitou Old Street (北投老街), which refers to Zhongzheng and Datong streets along with the areas surrounding Beitou Market (北投市場), includes a section of Zhongzheng Street beside MRT Beitou Station (捷運北投站) that was once the district's most flourishing area. Traces of this period remain, from brick and tile ranch-style homes to tiny verandas that connect buildings and streets. The intimate nature of this setting contrasts sharply with the tall buildings that surround it. As we walk toward new urban zones, the increasing crowd density is due to Beitou Market, the largest publicly owned traditional retail market in the city. In recent years, a handful of popular food vendors has acted as a catalyst, drawing more and more customers. After ascending to the second floor and trying

Ai Zai Cai (矮仔財) braised pork with rice and pork rib soup, A-Po (阿婆) *ding bian cuo* (鼎邊銼), a soup that contains steamed rice paste, pork, shrimp, and other ingredients, and sushi with oyster soup, we return to ground level to wash our meal down with chilled black tea at Cai Yuan Yi Drink (蔡元益紅茶), known across Beitou for its fire truck red sign. We then head to the newly opened foot spas at Xinbeitou's Fuxing Park (新北投復興公園) for physical rejuvenation.

#### Beitou Market 北投市場

📍 Add 30, Xinshi St. (新市街 30 號)  
☎ Tel (02)2891-0434

10:30  
|  
14:00

## A Hot Springs Hotel Reborn as a Cultural Center The Aroma of Coffee Emanating From an Old Barn

Upon opening in 1921, the Kazan Hotel (佳山溫泉旅館) made an immediate splash as Beitou's most luxurious hot springs resort. Constant renewal lay in its future, as it served as a guesthouse for kamikaze pilots, underwent ownership changes following retrocession, and became a privately owned museum. It was finally renovated into the cultural center it is today. Dubbed the Beitou Museum (北投文物館), it offers a combination of cultural activities, arts and *kaiseki* meals distributed among the hotel's Japanese-style rooms, villas, and a 60-seat banquet room on the second floor. This traditional Japanese space is one of the



Delectable chocolate ganache

A nostalgic setting with excellent food and architecture





### Beitou Museum 北投文物館

📍 Add 32, Youya Rd. (幽雅路 32 號)  
☎ Tel (02)2891-2318  
🌐 Web [www.beitoumuseum.org.tw](http://www.beitoumuseum.org.tw)

### SheMe House 拾米屋

📍 Add 1<sup>st</sup> Warehouse, 153, Datong St. (大同街 153 號 1 號倉庫)  
☎ Tel (02)2892-2800



DIY wagashi

best settings outside of Japan to experience authentic kaiseki or sado (tea ceremony) and wagashi (Japanese confectionery). In Japan, sado is a composite art form of *ikebana* (flower arranging), *kodo* (incense burning), ceramics art, arts and crafts, architecture, landscaping, religion, and philosophy. The museum has welcomed famed Japanese *Urasenke* tea ceremony school instructor Seki Syuki to visit Taiwan to discuss how harmony enhances the ceremony of tea. And what would Japanese tea be without wagashi? Every month the museum conducts do-it-yourself activities to teach visitors how to make these traditional confectionery and snacks.

While developing hot springs resorts in Beitou, the Japanese were also establishing

Penglai rice foundation stock farms in Zhuzihu, Yangmingshan (陽明山竹子湖). Since peak Penglai rice production was in Beitou and on the Guandu Plain (關渡平原), a Beitou-based private credit-purchase group (similar to a farmers' association) selected the district's Datong Street to host a series of new barns and rice millers in 1938. Farmers sent their rice to these establishments for husking, which is why there are so many rice shops and grain merchants in the surrounding area. Today, these best-preserved examples of traditional granaries in northern Taiwan, have been reborn. One was rented to a café that retained the building's tall exterior walls and brick interior dividers, rough concrete surfaces, and wooden roof trusses. Small ventilation windows on the roof that were



Delicious desserts



Children's paradise



The mountainside sweet village

designed to maximize air circulation and mitigate heat still remain. In this nostalgic setting, a sense of yearning is satisfied by Mandheling coffee with chocolate ganache or Ruisui (瑞穗) honey black tea with Meinung (美濃) banana chiffon cake. It quickly becomes apparent that Beitou's old district is a place to slow down and savor the moment.

14:30  
|  
15:30

### A Mountain Village Bounces Back With Sweet Treats

At Yangmingshan Shanzaihou (山仔后), more than a hundred U.S. military dormitories compose a unique 1950s settlement that opened when U.S. military consultants arrived in Taiwan on the heels of the Korean War. While these soldiers lived at both Shanzaihou and along Section 7 of

Zhongshan North Road, greater numbers and higher-ranking officers settled at the former. They mostly inhabited southern U.S. ranch-style homes equipped with features that Americans were accustomed to, such as fireplaces, chimneys, and large lawns, which contrast sharply with the narrow, jam-packed homes familiar in most parts of Taiwan. Last year, when the city government launched its "old house cultural movement," it encouraged a northern coast confectioner to rent five of these homes. The first home became Coffee Years, a 1950s-style café that specializes in U.S.-style pies and tarts. The second, Happy Cake, is a bakery that specializes in cupcakes, Swiss rolls, and herbal teas. Seated in these shops, the





Chai boey soup

comforting sound of jazz music is accompanied by the crackling of a warm fire. Enjoy the views of the natural environment outside and the nostalgic setting inside, while losing yourself in the rich music of Louis Armstrong.

17:00  
|  
18:00

### Classic Taiwanese Food Served in an Old Japanese Home

Concealed in an alley on Section 2, Zhongshan North Road is a restaurant that specializes in Taiwanese haute cuisine. Housed in a 1932 Japanese-style building that originally was the residence of a Japanese doctor, the local enterprise that bought and refurbished the building has preserved not only its historic character but also Taiwanese culinary and aristocratic traditions that were in danger of being lost.

Everything was carefully planned, from the interior design to the food. Take the *chai boey* soup, for example, which continues a tradition of the head chef combining ingredients such as five willow fish, braised fish, stewed cabbage, and pickled vegetable

#### Yannick Sweet Village 亞尼克夢想村

📍 Add 481, Ln. 4, Changchun St.  
(長春街 4 巷 481 號)

☎ Tel (02)2862-5609

#### Mountain & Sea House 山海樓

📍 Add 6, Ln. 11, Sec. 2, Zhongshan N. Rd. (中山北路 2 段 11 巷 6 號)

☎ Tel (02)2581-5760





A Japanese home transformed into a Taiwanese restaurant



A luxurious platter

and pork belly soup into a soup to close the meal. This is a show of gratitude for everyone's hard work and not simply a way to get rid of leftovers. There is also a luxurious platter with six carefully crafted dishes: pork stuffed with marinated meat, liver rolls, ginseng-infused pig's heart, smoked chicken with sugarcane, squid stuffed with three types of egg, and stewed abalone. Other delicacies include handmade almond tofu with a rich aroma and tender texture, fried shrimp canapés with egg yolk and melon seeds, and salad comprising seasonal organic vegetables. To ensure that the foods served befit this classic building, ingredients were carefully sourced, such as rice from eastern Taiwan and drinking water from the hot springs of Kagoshima, Japan. Even the tea implements were purchased from a renowned local ceramics maker, Hsiao Fang Pottery Arts (曉芳窯).

### Fruit Art on Lunar New Year's Goods Street

Dihua Street, the center of Taipei's best-preserved late Qing Dynasty (清朝) commercial zone, is home to traditional grocers, textile vendors, and herb shops. In recent years, its

18:30  
|  
19:00




A fashionable, trendy fruit shop



low prices have quietly turned it into a popular gathering place for cultured youths and trendsetters who bring added charm to this historic street.

Among the many shops, the fruit vendor Fflavour Taiwan (豐味果品) stands out. The owner, an experienced art broker, first entered the agricultural industry when he was asked to help a friend sell Fangliau (枋寮) mangoes. He backs up his claim of selling "artistic fruits" by describing the daily irrigation activities that farmers undertake as a form of action art. He also discusses the culture present in the history and cultivation of the fruits along with the photography and design used to market them. "These fruits are artistic works. Since my job is to serve as a broker who moves the products farmers create, I'm still an arts broker." Regular customers not only experience the changing

seasons but also catch a glimpse of boundless creativity found in the rare world of fruit aesthetics.

In the book *A Thousand Years of Prosperity*, Japanese author Jugaku Akiko gave this description of Kyoto, "No matter which direction I walk on these streets, I discover beautiful places. They are neither bustling nor lively; rather, they have a stable, strong presence." We anticipate this kind of future for Taipei. The many stories contained within its old homes are worthy of leisurely exploration and consumption that allow feelings of pleasure to linger. 

#### Fflavour Taiwan 豐味果品

 Add 199, Sec. 1, Dihua St.  
(迪化街 1 段 199 號)  
 Tel (02)2557-6763



# A Lovely Horseshoe-Shaped Building Culture and Creativity at the 80-Year-Old Xinfu Market

Author Veronika Huang  
Photos Gao Zanzian

Bangka's ( 魴舁 ) East Sanshui Street Market ( 東三水街市場 ) is also known as Xinfu Market ( 新富市場 ), though local senior citizens recognize that the true Xinfu Market is next door in a Japanese-style building hidden among the shed-like residences. Constructed during the Japanese era, this building recently turned 80 years old, a milestone residents celebrated together with its re-opening in May.

From East Sanshui Street Market, admire this horseshoe-shaped building. While the building was finished in 1935, it wasn't until 2005 that the Department of Cultural Affairs, Taipei City Government ( 台北市文化局 ) designated it as a historic landmark, a delay attributed to its concealment amid the market and surrounding homes. A green Chinese character "pei" ( 北 ) on the anterior gable, which signifies that this is a public market in Taipei, is a wonderful detail partially hidden by the assortment of structures around it.

After the Taipei City Market Administration Office ( 台北市市場處 ) completed restoration



From a distance you can see how Xinfu Market is housed in a lovely horseshoe-shaped building.

of Xinfu Market in 2013, the building finally saw the light of day. In September, JUT Foundation for Arts and Architecture ( 忠泰建築文化藝術基金會 ), a subsidiary of JUT Land Development Group ( 忠泰集團 ), obtained operating rights. A senior project manager, Ou Yang Aining ( 歐陽藹寧 ), says that the foundation's first step will be to create a connection between this historic landmark and neighboring residents to attract a younger demographic.

## Transforming a Forgotten Market Into a Learning Center

A review of historical documents has revealed that the original name of the market was the Shintomicho foodstuff market ( 新富町食料品小賣市場 ). With over



30 stalls at its peak selling seafood, pork, vegetables, and groceries, the market served as a magnet for peripheral stalls that were soon combined to form the East Sanshui Street Market. Opening of the Huannan Market (環南市場) in 1978 ushered in Xinfu Market's gradual decline and complete closure in 2012.

Walking into Xinfu Market reveals many clever design characteristics. The elliptical courtyard in the center enhances the natural light. Stalls requiring large volumes of water were concentrated beside the courtyard where they could take advantage of the horseshoe-shaped gutters. In addition, an ice room is conveniently located in a corner of the market.

As a historic landmark, Xinfu Market retains many of its original characteristics. On the first floor there are still old wooden stalls and a warehouse door bears the scars of a past fire. Instead of selling vegetables, the market will be transformed into a cultural

base designed by Japanese architect Go Hasegawa, who will lead a second round of renovations beginning at the end of June.

Work will commence on the second floor next year to provide low-rent workspace for young designers, while the first floor will serve as a community center that hosts a cooking academy and cultural school for extended learning classes. A portion of the space will be reserved for an urban laboratory to be used by creative groups. Display of the original wooden stalls will give visitors and locals a better understanding of the history of Xinfu Market. 📍

#### Xinfu Market 新富市場

📍 Add 70, Sanshui St.  
(三水街 70 號)

☎ Tel (02)2308-1558

Modern drainage channels prevent the market from becoming wet.



## Brilliant New Travel Experiences

# Tourism ABC Makes the World Fall in Love With Taipei

Author Shaowen-Chiu  
Photos Gao Zanzian

Known as an international city with friendly hospitality, kind residents, and rich culture, Taipei is also a blend of the traditional and modern, with diverse cuisines and snacks, convenient transportation, and information networks. No wonder it has been named one of the world's 10 great food spots, one of the world's 10 best budget travel destinations, and the 13<sup>th</sup> best travel destination in Asia. This year, the US online news media company BuzzFeed included Taipei in a list of 53 beautiful cities everyone should visit at least once.

A

refers to the apps that make tourism more convenient and friendly.

B

refers to the buses that make it possible to explore attractions across the city.

C

refers to the culture, including tips from locals on hidden treasures and new ways of exploring the city.



Tour buses are the best transportation mode for people who want to appreciate the cityscapes.

Travelers from around the world find that Taipei is brimming with energy and unique features waiting to be discovered and then re-discovered at different times, under different moods and via different travel modes. To aid travelers in these discoveries, the commissioner of the Department of Information and Tourism, Chien Yuyen (簡余晏), made the launch of Taipei Tourism ABC (台北觀光ABC) the primary objective of her first hundred days in office. "A" refers to the apps that make tourism more convenient and friendly. "B" refers to the buses that make it possible to explore attractions across

the city. "C" refers to the culture, including tips from locals on hidden treasures and new ways of exploring the city.

### Leisurely Travel With the Now@Taipei App

A fast, single window for information related to food, accommodation, transportation, cultural activities, and attractions benefits international travelers visiting Taipei for the first time, domestic tourists from outside the city, and even Taipei residents who want to check travel information. The Department of Information and Tourism had these



Apple App Store



Google Play Store



The Department of Information and Tourism promotes convenient, friendly tourism apps to help tourists quickly gather information related to food, hotels, transportation, cultural activities, and attractions. The Now@Taipei app, which has already been downloaded 139,000 times, is an excellent travel companion.







With the Now@Taipei app's location-based services pointing the way to the nearest MRT station, users no longer need to worry about becoming lost. (Photo: Hsu, Ping)

various groups in mind when it launched the Now@Taipei app. Designed by the department's Multimedia Information Office, the app includes introductions to between 200 and 300 tourist attractions. All it takes is a smartphone to explore the dining, shopping, and accommodation options, as well as promotions, and cultural activities, that make Taipei such a great travel destination.

The Now@Taipei app integrates social network "check-in," digital greeting

cards, and user sharing functions, as well as meteorological reports. Its "Nearby" function uses open data platforms and location-based services to inform users of the distances to nearby MRT stations, visitor information centers, police stations, public toilets, and YouBike stations. Tourists no longer need to worry about becoming lost in a strange city or not knowing where to turn when unexpected problems arise.

The dice on the home travel recommendations page is a fun and clever feature. Press it and



then shake your phone to find out the day's lucky attraction and cuisine. If you have an urge to explore but don't have a plan, or if you're having trouble figuring out where to start or what to eat, then why not give your phone a shake and roll the dice? This feature adds a dash of spontaneity to your trip.

The Now@Taipei app quickly gained in popularity following its launch in 2012. Besides consistently placing in the top five most downloaded apps offered by the Taipei City Government, it was the most popular Apple Store travel app, downloaded more than 139,000 times by the end of May this year. It has become an indispensable tool for Taipei tourists.

When Chien made improving tourism apps a primary objective of her first hundred days in office, she envisioned technology promoting the beauty of Taipei to domestic and international travelers. That beauty includes unique, hidden treasures recommended by knowledgeable staff from the city's 12 district offices. Examples are the Qing Dynasty Longanpo Huang Family



Changing of the honor guard at Taipei Martyrs' Shrine.

Lianrang Estate (龍安坡黃宅濂讓居), which is tucked away on the Long Men Junior High School (龍門國中) campus (Daan District), the Jiang Weishui Memorial Park (蔣渭水紀念公園) (Datong District), which is a symbol of the Taiwan spirit, and the Shibafen (十八份) charcoal kiln (Beitou District), which allows people to revisit a traditional industry.

The new generation Now@Taipei app meets the accommodation needs of travelers by enabling searches of nearby licensed hotels. It greatly enhances mobile

searches by integrating information related to tourist attractions, specialty cuisines, cultural activities, hotels, and tourist night markets. Due to the rising numbers of Korean tourists, a new Korean-language version of the app will be launched alongside the Chinese, English and Japanese versions. Implementation had already begun at the end of March.

## Tour Buses Offer New Urban Experiences

Travelers to Western countries may have experienced local sightseeing buses. The most famous of these, the red double-decker open-top buses that ply the streets of London, not only acquaint visitors with the landscape, but also serve as a symbol of the city. Such buses offer guided commentary that provides an overall picture of a place,

and they typically travel in a loop, with passengers free to board and alight at will to explore landmarks in depth. Soon, they will be available in Taipei.

Responsibility for planning the sightseeing bus routes belongs to the head of the Tourism Industry Division, Zhang Kunhai (張坤海), who says that plans are underway for a route that encompasses must-see destinations for travelers on their first visit to Taipei: Taipei 101, National Sun Yat-sen Memorial Hall, eslite Xinyi Store (信義誠品), Chiang Kai-Shek Memorial Hall, Ximending (西門町), Dihua Street (迪化街), Jiancheng Circle (建成圓環), Ningxia Night Market (寧夏夜市), Taipei Fine Arts Museum, Taipei Confucius Temple, Dalongdong Baoan Temple (大龍峒保安宮), Martyrs' Shrine (忠烈祠), Shilin Night Market, Shilin Official Residence,



Tour buses are an excellent option for exploring Taipei.





The Department of Information and Tourism is planning a tour bus route that encompasses must-see destinations for travelers on their first visit to Taipei. (Photo: Wang Nengyou)

and National Palace Museum. The route will pass through the bustling eastern commercial district and areas of western Taipei popular among the youth. It will head north to traditional, old sections of the city, and stop at temples and museums rich in history and culture. In one journey it will be possible to catch a glimpse of some of the many faces of Taipei.

According to Zhang, while Taipei's extensive network of MRT stations and buses makes it easy for independent travelers to plan an itinerary, tour buses are a simpler, more convenient option for first-time visitors who do not want to spend time

learning the city's transportation system. By boarding a tour bus, they can stop at Taipei's famed tourist attractions without worrying about transfers.

Initial plans are for a single route with 30-minute headway between buses. Passengers will be able to spend at least 20 minutes at each attraction or stay longer and simply board the next bus. The route will pass by MRT hubs, such as Ximen, Taipei Main, Zhongshan, Yuanshan and Jiantan stations, so that passengers can transfer to the MRT to reach other locations on single-day journeys around the city.



As local luminaries shared their personal itineraries, members of the general public were asked to come up with creative ideas for exploring the city. (Photo: Pan Junlin)

## Soliciting Culture-Inspired Travel Tips

After upgrading tourism information services and providing new transportation tools, the third part of the Department of Information and Tourism's hundred-day plan was to inspire joint exploration of the city by residents and tourists. At the end of February, a create-your-own itinerary plan was launched to solicit ideas from six leading figures in diverse fields. Travel blogger Ken Worker (工頭堅) crafted a romantic journey around Taipei. Tree expert Chen Jianyi (陳健一) led a tour of old trees that offered insight into the urban ecology. The founder and editor in chief of C'est Si Bon, Huang Weirong (黃威融), demonstrated how to experience the Bohemian lifestyle for a day, while food and travel writer Danny Wen (溫士凱) showed

how the energy of Taipei can be explored using the taste buds.

Famed cellist Chang Chenchieh (張正傑) composed a musical journey. It began at the crack of dawn at National Sun Yat-sen Memorial Hall, inspired by the "Morning Mood" movement from Edvard Grieg's *Peer Gynt Suite*. It closed with a dip in the hot springs of Yangmingshan (陽明山) to the sound of Felix Mendelssohn's nocturnal classic *A Midsummer Night's Dream*. Nature writer Avian Liu (劉克襄) recommended a single-day journey along Zhongshan North Road, that offers the chance to explore a diversity of shops and boutiques specializing in creative and cultural products.

The head of the City Tourism Division, Wang Shijia (王施佳), mentions the value of




The Festival of the Callalily at Zhuzihu

approaching the city's romantic, culinary, musical, and cultural offerings, as well as its urban and natural environments. These elements were touched on in another event, dubbed "search for the Taipei travel master," which solicited fun single-day itinerary submissions that were then put to a public poll. The activity sparked new, creative ideas of how to explore the city.

Chang points out that besides the five traditionally recognized senses of sight, sound, smell, taste, and touch, the most important tool for learning about and appreciating Taipei is your heart. In this day and age, anyone who is willing to work hard can contribute to the collective memory of the city. To build a friendly, hospitable Taipei suited to tourism, we must continue unearthing new cultural capacity. We should

make it easy for tourists to use Taipei's travel apps and ride its buses. As people truly experience local culture, the hundred-day plan will reveal a Taipei that is different and new.

The Department of Information and Tourism's convenient, friendly tourism app allows tourists to quickly grasp information related to food, hotels, transportation, cultural activities, and attractions. With the Now@Taipei app having been downloaded more than 139,000 times, it has already served as an excellent travel companion for many. 



## An Interview With the Mayor of Tegucigalpa

# Nasry Asfura Calls Taipei an Unforgettable City

Article Li-Chin Hsu  
Photos Gao Zanzian

"Taipei is an incredibly beautiful, international city with an advanced infrastructure. Even more unforgettable are its friendly, caring, and diligent people. If I had the chance, I would pack them into my bags when returning home." These words were spoken by the mayor of Tegucigalpa (the capital of Honduras), Nasry Juan Asfura Zablah, on his recent visit to Taipei.

Mayor Asfura, who exudes a Latin American charm, instantly makes people think of the Spanish word for friend, *amigo*. His wife, who originally served as a construction company executive, now acts as his special assistant. They are an attractive

couple, united in their influence and beliefs.

### A Mayor Travels in Search of Solutions for His City

On this visit to Taiwan, Mayor Asfura not only signed a memorandum of understanding on cooperation with Taipei City but also visited Taipei Municipal Song Shan Primary School and kindergarten, the Beitou Incinerator, and the Taipei MRT control center. He was grateful for the extensive experience gained on his first visit to Taiwan. "As a politician, I've traveled many places in search of ways to help people solve sewage, drinking water, and road network problems. The memories shaped



Mayor Asfura was friendly and enthusiastic during his interview with Taipei Broadcasting Station chief Tina Chen.



While visiting Songshan Elementary School and ancillary kindergarten, Mayor Asfura and other delegation members recognized Taipei's commitment to education. (Photo: Secretariat, Taipei City Government)



## Sister City File

### Tegucigalpa

Current Mayor: Nasry Juan Asfura Zablah

Agreement Reached: May 24<sup>th</sup>, 1974

Language: Spanish

**City Brief:** Tegucigalpa, the capital and largest city of the Central American nation of Honduras, a diplomatic ally of Taiwan, is located in the center of the country. Tegucigalpa, which means “silver mountain,” pays tribute to the city's role as the center of the Honduras gold and silver mining industries since the 16<sup>th</sup> century. Other major industries include textiles, sugar, and cigars.

along the way have given me a great sense of accomplishment. I hope that the insights gained on this trip to Taiwan can serve as future reference points.”

Joining Mayor Asfura on this trip was his warm and engaging wife, Lissette Del Cid Fernández de Asfura. She has a special interest in topics related to municipal administration and education, especially as they relate to concern for society. During the visit to Taipei Municipal Song Shan Primary School and its kindergarten program, Mrs. Asfura observed children cared for in a safe, friendly environment and able to enjoy nutritious, balanced lunches, which led her to understand the importance that Taipei places on education.

## Food Builds Friendship Between Cities

Mayor Asfura and his wife also sat down for an interview with Taipei and the World in Dialogue (台北與世界對話), a show on the Taipei Broadcasting Station (台北廣播電台). In addition to his many meetings, the mayor was able to squeeze in visits to some of Taipei's tourist sites, including National Theater & Concert Hall (兩廳

院), Shilin Night Market (士林夜市), and Taipei Expo Park (花博公園). When Mayor Asfura mentioned that he had tried Taiwan's famed steamed dumplings but missed the refried beans from home, Taipei Broadcasting Station chief Tina Chen (陳慈銘) said: “Tegucigalpa has refried beans and Taiwan has red bean cakes. I hope that the mayor brings refried beans with him on his next trip to Taipei. We could bake them to make red bean cakes to share with our friends in Taiwan.”

Deeply impressed by Taipei's administration, people, and food, Mayor Asfura said that the development insights he gained on his trip will promote exchanges and friendship between the two cities. While it takes over 10 hours to fly between Tegucigalpa and Taipei, Mayor Asfura mentioned that there are many flights available. He welcomed the people of Taipei to visit his city and experience its beautiful coastline, ancient Mayan culture, and honest, friendly people. Mayor Asfura and his wife, meanwhile, said that they look forward to another visit to Taipei to try its red bean cakes and experience the many other attractions that the city offers. 🇹🇼

### A Modern Day Albert Schweitzer

# Carlo Urbani: A Love Without Boundaries

Article Julia Szu-tu

Photos Liu Jiawen

Fear spread around the world when severe acute respiratory syndrome (SARS) reared its ugly head 12 years ago. Images closely associated with the outbreak, such as panic buying of facial masks, remain deeply imprinted on people's minds. SARS claimed many lives, among them the Italian doctor who first identified the disease, Carlo Urbani.

Twelve years later, there is now a Chinese language version of the Urbani biography *Il Medico Della SARS* (愛無疆界), based on interviews with Urbani's friends and family members conducted by journalist Vincenzo Varagona. In April, Taipei Mayor Wen-je Ko (柯文哲) received a copy of the biography directly from Urbani's widow, Giuliana Chiorrini Urbani. Ko wrote on Facebook: "Last week, when Giuliana Chiorrini Urbani came to Taiwan to participate in an event to mark the release of this book, I expressed my admiration for this modern day Albert Schweitzer and couldn't help but

remember that anxious time when we were battling SARS."

### Paying the Ultimate Sacrifice to Help Others

Carlo Urbani was born in 1956 in Castelplanio, Italy and obtained a degree in medicine from the University of Ancona. He was later recruited by the World Health Organization (WHO) to serve in Hanoi, Vietnam where he assisted in the battle against communicable diseases. To provide clinical diagnosis and treatment to patients who had endured the horrors of war or the pain of disease, Urbani sacrificed the comforts of Italy and brought his wife and children with him to Cambodia and Vietnam. Whenever there was a patient in need, Urbani would provide assistance, no matter the time of day or potential hazards to his health.

In February 2003, Urbani received a call from a French hospital in Vietnam



that wanted advice on a case. An American who had recently traveled to Guangdong Province ( 廣東省 ), mainland China was displaying pneumonia-like symptoms. The patient had to be put on a respirator within five days of falling ill, and the disease itself had begun to spread through the hospital. Urbani immediately recognized the severity of the disease and informed the Vietnam government and WHO. Unfortunately, following his close contact with patients, on March 11<sup>th</sup> Urbani was diagnosed with SARS while in Bangkok. A series of experimental treatments proved fruitless. On March 29<sup>th</sup>, within a month of having identified the disease, Urbani succumbed to it.

### Humanitarianism Without Borders Makes Urbani a Model for All

In 2013, the 10<sup>th</sup> anniversary of both SARS and Urbani's death, an enthusiastic group of Urbani supporters founded the Carlo Urbani Association Taiwan ( 台灣卡羅歐巴尼協會 ). The association's mission is to honor this late doctor's memory while carrying on his spirit by encouraging people in Taiwan to aid in the delivery of medicine, education, social development, and public health to underdeveloped nations.


In addition to being recognized as the first person to identify SARS, Urbani served



Taipei Mayor Wen-je Ko (right) accepted a copy of *Il Medico Della SARS* from Carlo Urbani's widow, Giuliana Chiorrini Urbani.

as the president of the Italian section of Médecins Sans Frontières (MSF) and a WHO official. In 1999, he received the Nobel Peace Prize on behalf of MSF.

Mayor Ko, who for decades served as a doctor, said this upon receiving Urbani's biography: "When the SARS outbreak occurred, I was still working at National Taiwan University Hospital ( 台大醫院 ) and served on a SARS task force. The outbreak was a major medical event. Those who made contributions became models not just for the medical field but for all of mankind."

Publication of the Chinese-language version of *Il Medico Della SARS* allows the contributions and spirit of this modern-day Albert Schweitzer to live on among Taiwanese readers. 

### Igniting the Flame of Sports Culture

# Taipei Anticipates 2017 Universiade With Arrival of Gwangju Torch

Author Tsai, Yi-Chien

Photos Guo Fengxiao

As the sporting world looks to Korea ahead of the 2015 Gwangju Universiade in July, the torch relay that precedes the games is underway. After being lit in Paris, the torch landed in Taiwan on May 23<sup>rd</sup> for a special handover ceremony to recognize Taipei as the next Universiade host. It then departed for its final destination in Korea.

## Universiade Flame Arrives from Paris for a Handover Ceremony

Tasked with bringing the Universiade flame from its origin in Paris was the head of the torch-carrying team, Cho Byeong-man, who was greeted by the Taipei City Government secretary general Su Li-Chiung (蘇麗瓊) and deputy secretary general Hsue Chun-ming (薛春明) on May 22<sup>nd</sup>.

On May 23<sup>rd</sup>, rainy weather was unable to extinguish the torch's flame. A handover ceremony began with Cho lighting and passing the torch to Taipei Mayor Wen-je Ko, who then passed it to the first official torchbearer, local ultramarathon legend

Kevin Lin (林義傑) to begin the Taipei leg of the torch relay.

The torch was then passed to Korean Olympic gold medalist and coach Chun In Soo, Taiwanese 2013 Universiade weightlifting gold medalist Kuo Hsingchun (郭婷淳), Korean Association in ROC (中華民國韓人會) Director General Lee Hee-Jun and up-and-coming Taiwanese track and field star Hank Yang (楊俊瀚). The circle was completed when the torch was passed back to Ko then Cho, signaling commencement of the 2015 Gwangju Universiade and inspiring the Taiwanese athletes who will compete.

## Hosting the Universiade to Introduce a Sports Culture to Taipei

Adding to the excitement of the handover ceremony was a series of events, starting with a performance by a Taiwanese cheerleading team that won gold at the 2015 World Cheerleading Championships. With heavy rain threatening to put a damper on the event, organizers prepared 1,200 raincoats and



The head of the Gwangju Universiade torch-carrying team, Cho Byeong-man (left), joined Taipei Mayor Wen-je Ko (center) and ultramarathon runner Kevin Lin (right) in lighting the torch.



Disregarding the rain, Lin kicked off the Taipei leg of the torch relay.

umbrellas, though the spectators gathered around City Hall and at Taipei 101 declined to use the umbrellas. Torchbearers who ran through the rain demonstrated the spirit of athletic competition.

Meanwhile, preparations continue in earnest for the 2017 Taipei Universiade. In addition to offering an excellent opportunity for Taiwan to raise its profile on the international stage, Ko hopes to use the Universiade to "introduce a sports culture to Taipei, to turn it into a city where sports are integrated with culture." Taipei will also expand its low-carbon, energy-saving, and green energy initiatives during the preparation stage.

For the 2015 Gwangju Universiade, taking place from July 3<sup>rd</sup> to 14<sup>th</sup>, Taiwan will send 220 athletes to compete in 16 categories, including baseball, which is making its return to the Universiade after a 20-year hiatus.

Arrival of the Universiade flame not only inspired the Taiwanese athletes who will compete in this year's games but also showed how the spirit of sports in Taiwan will shine around the world from now until the time Taipei takes its turn to host the Universiade in 2017.



Weightlifter Kuo Hsingchun was the third relay member to carry the torch.



## Exclusive Interviews With Universiade Torchbearers

# Weightlifter Kuo Hsingchun Conquers a Leg Injury to Compete for Gold

Author Alpie Liao

Photos Kuo Hsingchun

Weightlifter Kuo Hsingchun was delighted to learn that she had been named a torchbearer for the 2015 Gwangju Universiade. Kuo earned this honor with a string of achievements, including gold medals in the 58-kilogram weight class at the World Weightlifting Championships, Universiade, and Asian Weightlifting Championships. Her signature performance came at the Kazan Universiade where she broke Universiade records for the snatch and the clean and jerk.

Fate brought Kuo, 21, to weightlifting. In the fourth grade she began participating in a variety of sports, from judo and basketball to soccer and track and field. She tried weightlifting in her first year of junior high school, but didn't like it because it interfered with basketball. In her third year of junior high at the National High School Athletic Games (全國中等學校運動會), Kuo faced disappointment in the 400-meter relay when a dropped baton led to her team's disqualification. She recovered to win gold in weightlifting the following day, an achievement that put her firmly on her current path.

"Training is more difficult in weightlifting than other sports," says Coach Lin Jingneng (林敬能). To ensure that Kuo gets the most out of her workouts, she faces a series of prohibitions: no snacking, no unhealthy drinks, no staying up late at night. Kuo essentially trains 365 days a year, apart from a day or two of rest at home following her Lunar New Year's Eve training



Hard work and discipline turned Kuo into a star weightlifter.

session. Her life is much different to that of her peers. Her mobile phone has been confiscated, she hasn't been to a movie theater since age 13, and she won't be able to begin dating until age 25. The purpose of these restrictions is to ensure that Kuo is always in peak condition so that she can shine in every competition she enters.

Kuo's success in 2013 was followed by tragedy in 2014 when a 140-kilogram barbell struck her thigh causing 80% muscle tears. Kuo traveled between Zuoying (左營) and Taipei for treatment, sometimes relying on crutches to walk and sometimes using a cane. After just four months of rehabilitation, she competed at the Incheon Asian Games and managed an incredible fourth place finish.

Kuo's condition has gradually improved. In addition to weightlifting, she undergoes aerobic, boxing, and other physical fitness training. Lin says that Kuo is also a talented piano player, and that playing the piano is her way of relaxing.

Spectators may be in awe of this rigorous training regimen, but Kuo, who became accustomed to it long ago, simply laughs and says that, "It's okay."

# Sprinter Hank Yang Overcomes Mental Pressures

Author Tzu-li Liu  
Photos Guo Fengxiao

Hank Yang (楊俊瀚) feels proud to be named a 2017 Universiade torchbearer. The 18-year-old Amis tribe (阿美族) member admitted to having a shy streak, saying that, "I'm not accustomed to facing the cameras."

Yang's athletic ability has been apparent since his youth. After getting a taste of race walking, long jump, and high jump, he became a sprinter upon entering junior high school. Self-discipline has led to impressive progress, culminating in a time of 10.36 seconds in the 100-meter dash at this year's National High School Athletic Games. By breaking the Games record and the national youth record, Yang staked his claim to the title of "fastest high school runner in Taiwan."

To continue to improve, Yang undergoes technical, strength, and mental training. The first two aspects of his regimen are straightforward, while the third is relatively vague. Yang says that mental training helps him to adapt to pressure and make immediate adjustments. For example, when preparing for a race after a string of poor performances, Yang must undergo a mental transformation to restore his confidence. Professional training is needed to hone this capability so that his performance doesn't continue to suffer.

Faced with such high-pressure training and competition, Yang relies on talks with family members and friends to break through obstacles. He says that discussions with his sister, who is also an athlete, are particularly valuable. "She better understands what I'm feeling." Despite Yang's




Hank Yang has set a goal of winning a gold medal at the 2017 Universiade.

status as a seasoned athlete, he is still dependent on the support of family.

When asked about the race that has left the deepest impression on him, Yang mentions the 2014 Summer Youth Olympic Games in Nanjing (南京). Before the starting gun goes off, Yang rehearses every race in his mind, from the starting blocks to the finish line. At the Youth Olympic Games, however, there was a gap between his vision and reality. While Yang was discouraged by his performance, he still managed to win a bronze medal.

Currently, Yang is undergoing an intense training regimen at the Zuoying training center. While Yang says that his trips to Taipei are limited to competitions, if he does have the opportunity to tour the city, like Kuo Hsingchun he would most like to visit Taipei 101. Off to the side, Yang's coach jokes that these two athletes would probably use the visit as a training opportunity by taking the stairs to the building's observatory.

The steady resolve in Yang's eyes is unusual for someone so young. Yang's accomplishments at this early stage in his career are impressive, but he recognizes that a long road lies ahead. He already has two goals in sight: to win a gold medal at the 2017 Universiade and to break the 10-second barrier in the 100-meter dash. 

# Battling the Bulge

## 10 Hiking Trails in Taipei

**Author** Fion Chen

**Photos** The Geotechnical Engineering Office,  
Public Works Department, Taipei City  
Government



Energy burned while hiking the  
Zhinangong Maokong Hiking Trail is  
equivalent to 15 slices of bread.

With the approach of summer, the weather is well suited to hiking. A diverse range of hiking paths on the outskirts of Taipei makes it easy to find a route suited to your personal tastes and physical capabilities. Recognizing the health ambitions of the people of Taipei, the Geotechnical Engineering Office, Public Works Department, Taipei City Government ( 台北市政府工務局大地工程處 ) compiled a list of 10 hiking trails for battling the bulge. With a trip down these paths sufficient to burn the amount of energy contained in 6 to 16 slices of

white bread, they represent a can't-miss opportunity for those looking to improve their health!

Headlining the list is Wenshan District's Zhinanchalu Hiking Trail ( 指南茶路親山步道 ), a 4.3-kilometer route that consists of three sub-trails: Sanxuan Temple Trail ( 三玄宮步道 ), Zhangshan Temple Trail ( 樟山寺步道 ) (aka Flying Dragon Trail), and Zhanghu Trail ( 樟湖步道 ). Walking the full way takes about four hours and burns around 2,230 calories, the equivalent of 16 slices of bread.





Traversing the full Zhinanchalu Hiking Trail enables you to burn 2,230 calories. (Photo: Fion Chen)

The Zhinanchalu Hiking Trail passes the tea fields of the Muzha (木柵) mountains, farmhouses and bamboo forests. It is made informative by interpretive signs that describe the history of local tea production and cultivation methods.

Also in Wenshan District is the Zhinangong Maokong Hiking Trail (指南宮貓空親山步道). The recommended route starts from the stone steps at Lane 33, Section 3, Zhinan Road and follows the Zhinan Temple Trail, passing Zhinan Temple (指南宮), Linsiao Hall (凌霄寶殿), and Dacheng Hall (大成殿) before reaching the Dacheng Hall Trail and the Tea Exhibition Center Trail (茶展中心步道). Walking the full route, about 3.7 kilometers, takes about 3.5 hours and burns the equivalent of 15 slices of bread.

Another great place to shave a few inches off the waistline is Mt. Qixing (七星山) in Shilin District. Amidst the isolated forest, along the undulating Pingding Ancient Canal Hiking Trail (坪頂古圳親山步道) is the babbling of waters in the Dengfeng Canal (登峰圳), Pingding New Canal (坪頂新圳), and Pingding Ancient Canal (坪頂古圳). Walking the full route, about 1.3 kilometers, takes about two hours and burns around 1,460 calories, the equivalent of 10 slices of bread.

Along the Daluntou and Dalunwei Mountain Trail (大崙頭尾親山步道) at Mt. Wuzhi (五指山), feast your eyes on the mountains from which the trail derives its name. At 475 meters elevation, Daluntou is Neihu District's highest mountain.

Dalunwei, meanwhile, is steeper due to the presence of a geological fault and has excellent plant ecology due to the low level of development.

Walking the full route takes about three hours and burns around 1,230 calories, the equivalent of nine slices of bread. Along the way is a spacious planked path that puts hikers at a higher vantage point, making it easier to see the surrounding rocks, plants, and other ecological features while avoiding damage to the terrain.

The Geotechnical Engineering Office also recommends the Jinmianshan Hiking Trail (金面山親山步道), which is about 2.3 kilometers in length and takes about three hours to complete, burning around 1,370 calories, the equivalent of 10 slices of bread. Its defining characteristic is diverse terrain, from natural sandstone steps and walls to rail ties and dirt paths. Hikers who tread on natural steps formed by exposed tree roots and grip climbing ropes to ascend rock faces are rewarded with a wonderful 360-degree view from the mountain peak.

Novice hikers or those who want a shorter route can try the Hushan Hiking Trail (虎山親山步道) or Xiangshan Hiking Trail (象山親山步道) in Xinyi District. These routes take about 1.5 to 2 hours to complete and burn the equivalent of six to eight slices of bread.

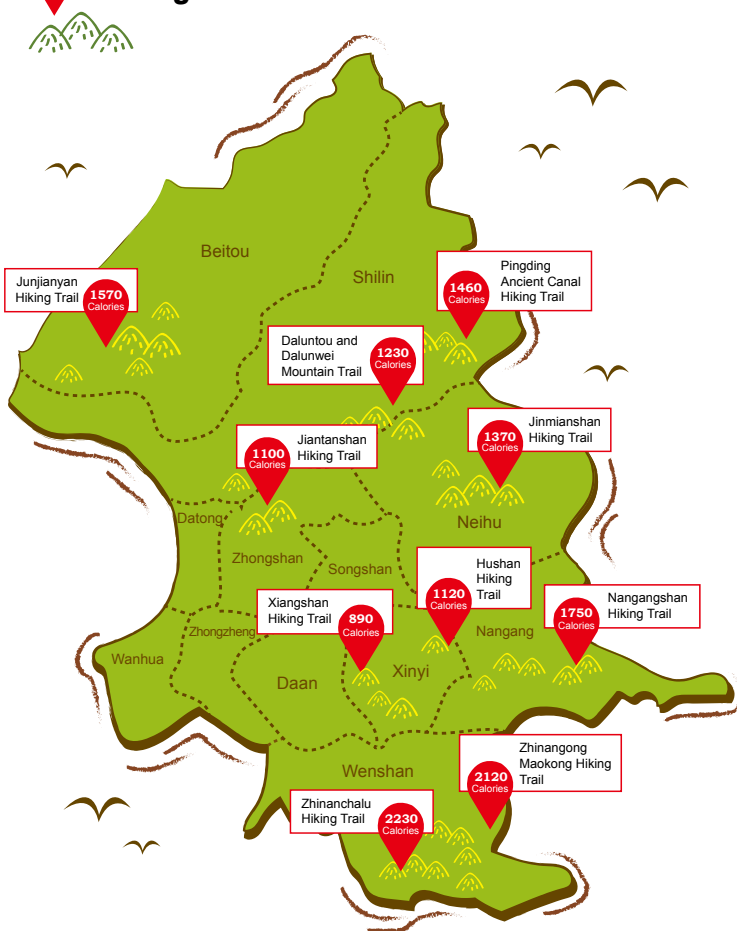
Other scenic trails recognized as great places for family weekend gatherings and healthy walks include Junjianyan Hiking Trail (軍艦岩親山步道) in Beitou District, Jiantanshan Hiking Trail (劍潭山親山步道) in Zhongshan District, and Nangangshan Hiking Trail (南港山縱走親山步道) in Nangang District. <sup>DT</sup>



Walking along the Xiangshan Hiking Trail at night is a healthy way to see the incredible nighttime views of Taipei.



## Hiking Trails





Developed trails are a wonderful place to enjoy a healthy stroll.



For more trail information, visit the office's website at ([www.geo.gov.taipei](http://www.geo.gov.taipei)) or download the Go Hiking Taipei app.

## Hiking Times and Calories Burned

Administrative District	Trail Name	Trail Length (M)	Hiking Time (Hours)	Equivalent in White Bread (Slices)	Calories Burned (Cal)
Beitou	Junjianyan Hiking Trail	3,030	2.5	11	1,570
Shilin	Daluntou and Dalunwei Mountain Trail	3,630	3	9	1,230
	Pingding Ancient Canal Hiking Trail	1,330	2	10	1,460
Zhongshan	Jiantanshan Hiking Trail	2,740	2.5	8	1,100
Neihu	Jinmianshan Hiking Trail	2,330	3	10	1,370
Nangang	Nangangshan Hiking Trail	5,650	4.5	13	1,750
Xinyi	Hushan Hiking Trail	2,530	2	8	1,120
	Xiangshan Hiking Trail	1,450	1.5	6	890
Wenshan	Zhinangong Maokong Hiking Trail	3,710	3.5	15	2,120
	Zhinanchalu Hiking Trail	4,320	4	16	2,230



# A Hipster Tour Through an Old Urban District

Author Chung Wen-Ping

Photos Jilin Yang

In recent years, the hipster way of life has exploded in popularity. For those unfamiliar with this subculture, look no further than the "hipster guide" that went viral in Taiwan. It consists of 45 rules for distinguishing a hipster, ranging from tight pants and handcrafted thick-rimmed glasses to the feeling of being racked with anxiety. To see hipsters in their natural habitat, head to a creative fair or eslite Bookstore (誠品書店). The rise of hipsters has been accompanied by a rise in hipster travel, which essentially entails avoiding clamorous scenic sites at all costs, instead gathering at places that are independent, tranquil, and not overtly commercialized or popularized. Core spirit and aesthetics of hipsters include literature, music, art, and innovative works.

For this hipster-inspired tour, we follow a leisurely itinerary that includes the old shops and boutiques specializing in creative and cultural products congregated around Taiyuan Road (太原路), Changan West Road (長安西路), and Chifeng Street (赤峰街). First, we stop and pay tribute at the Ri Xing Type Foundry (日星鑄字行), the last foundry of its kind in Taiwan. From there we meander to the Museum of Contemporary Art, Taipei (MOCA, 台北當代藝術館) to admire a photography exhibition and installation art, then head to Cans Book House (罐子書館) to read and



have a bite to eat. In the afternoon it's time for a stroll around Chifeng Street to admire Japanese floral designs and lifestyle goods followed by a cup of handcrafted coffee and a piece of chiffon cake. Don't forget to use a single-lens or Lomo camera along the way to record interesting moments. It's time to explore Taipei hipster-style!

## A One-Day Hipster Tour

Type foundry history at Ri Xing Type Foundry → art appreciation at MOCA followed by lunch at Cans Tea House → Japanese lifestyle aesthetics and art along Chifeng Street → English-style afternoon tea at Covent Garden

## Ri Xing Type Foundry The Beauty of Traditional Chinese Characters Reproduced Via Typography

Children in Taiwan learn how the Chinese inventor Bi Sheng (畢昇) created the first known example of movable type by arranging and inking movable molds crafted from clay. Following improvements such as switching

09:00  
|  
10:00



Ri Xing is the only operating type foundry in Taiwan.

from clay to wood and metal types, movable type replaced traditional transcribing and prospered for more than 1,000 years before it too was replaced by computer typography and lithography. "Over just a few short years, virtually all the type foundries in Taiwan closed," says Zhang Jieguan (張介冠), the CEO of Ri Xing. According to Zhang, in the movable type industry, type foundries and printing houses were distinct. The printing houses provided documents to the type foundry, which produced frames called "forms" that were then sent back to the printing house for printing to commence. At one time there were more than 5,000 printing houses in Taipei that would regularly buy tens of thousands of types a day. Later, sales plummeted to just 2,000 to 3,000 types a year, and by 2006, Ri Xing was the only type foundry in Taiwan. As operator of the oldest operating type foundry in the Chinese-speaking world, Zhang feels responsible for keeping the practice alive. "Preservation of movable type means preserving complete techniques and practices, from type production, type check, and typesetting to printing and binding," Zhang says. "Future generations will then have a channel to see traditional artistry and techniques associated with movable type."



Ri Xing is a living movable type museum.



Ri Xing's antique type-casting machine.

Ri Xing continues to produce Chinese characters in regular, Song, and boldface script with sizes ranging from 7.5 to 42 point. Among its thousands of antique bronze type molds of every size, there are many that have been used since the day of the company's founding. Together with seven antique type-casting machines they have turned Ri Xing into a living movable type museum. While few print houses use movable type today, tourists come in search of types to produce name cards and greeting cards that will serve as unique souvenirs. With the rows of type pieces shining under the shop's dim lights and the whir of type-casting machines in the

Ri Xing Type Foundry 日星鑄字行

📍 Add 13, Ln. 97, Taiyuan Rd.  
(太原路 97 巷 13 號)

☎ Tel (02)2556-4626

10:30  
|  
13:30

background, a half-century of stories created at this type foundry continue to be passed down.

## Art Appreciation at MOCA Lunch at Cans Tea House

Taipei residents are familiar with an impressive brick red building with slanted black-tiled roof located near the corner of Changan West and Zhongshan North roads. In 1921, during the Japanese era, Jian Cheng Elementary School (建成小學) was opened to educate ethnic Japanese children living in Taipei. Following retrocession, it served as office space for the Taipei City Government. After it was designated as a historic city landmark in 2006, work began on turning the central hall into a museum and its two wings into classrooms of Jian

Cheng Junior High School (建成國中), making MOCA a pioneering example of a museum integrated with a public school. This arrangement has injected new life into one of Taipei's most historic structures.

MOCA is hosting a pair of solo exhibitions between spring and summer 2015. Artist Yu Wenfu (游文富) created a scaffolding-type woven structure comprised of more than 100,000 strips of bamboo each measuring 8 meters in length. The bamboo surface extends over 1,000 square meters, wrapped around the museum's façade as an expression of the simplistic beauty and expansionary energy inherent in this common material. Another work, *Wall of Thorns* (束刀辟土; 刺壁), consists of

MOCA, Taipei 台灣當代藝術館

📍 Add 39, Changan W. Rd.  
(長安西路 39 號)

☎ Tel (02)2552-3721

Cans Tea House 罐子書館

📍 Add 39, Changan W. Rd.  
(長安西路 39 號)

☎ Tel (02)2550-8506



A bamboo art installation is wrapped around the MOCA façade.

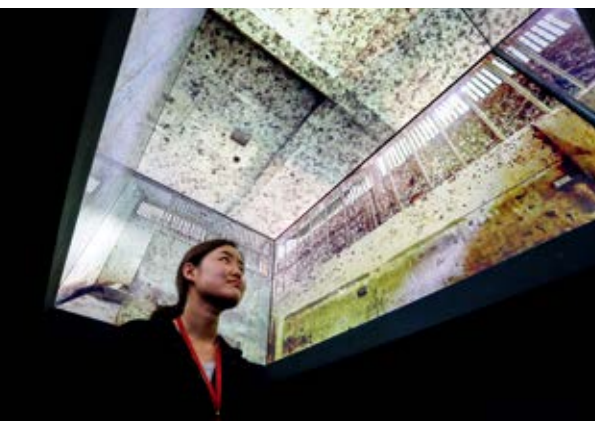


MOCA features an eye-catching interior style.



Yu Wen-fu's *Hiding in the Clouds*





In *Animal Farm No. 39* (人的莊園 No. 39), visitors can experience what it is like to be a caged elephant.



Chou Chinghui's solo exhibition *Animal Farm* (人的莊園)



Cans Tea House

thousands of bamboo sticks that pierce the wall in an expression of danger described in the Chinese saying "regard every bush and tree as an enemy." The work *Hiding in the Clouds* (雨云身朵; 雲躲) uses 200,000 feathers and bamboo sticks to produce a large funnel-shaped installation that engulfs a person's body, leaving only the lower legs exposed in an intense expression of freedom and refusal to surrender to reality. On the second floor, photographer Chou Chinghui (周慶輝) displays props, such as syringes, rocking horses, and glass bottles, that have been used in his photographic works. They are presented as installation works to initiate a dialogue with the museum space. In addition, animal and environmental sounds recorded during photo shoots at Hsinchu Zoo (新竹動物園) and Shoushan Zoo (壽山動物園) can be heard, forming a connection between the space and the artworks and expanding the experience and imagination of the audience.

Having already taken in your fill of art, and with noon arriving, what could be better than a meal accompanied by a book at the nearby Cans Tea House? Feel free to open the windows to enjoy the sunlight and fresh air under the high ceilings of this old building. Stark, rough concrete walls and simple wooden tables and chairs perfectly complement the ceramic dinnerware and books, tea implements, and ceramic artworks on display in the long central corridor. The lunch selection includes three-cups chicken and sweet and sour Thai-style fish, both with a flavor that matches the elegant setting. Sitting in this tea house, you can see how hipster influences have pervaded culinary tradition. MOCA and Cans offer a wonderful combination of art and food, set amidst a century-old brick building.

## Japanese Lifestyle Aesthetics Art Along Chifeng Street

Chifeng Street has changed dramatically from its early days when it was known as "iron street." As time passed, the scrap metal dealers that lined this thoroughfare were replaced by imported metal hardware shops and automobile parts dealers, turning this into "auto parts street." In recent years, the street's old buildings have attracted shops

14:00  
|  
16:00

specializing in handcrafted baked goods and other food items. While there are still metal forging shops, there are also florists, household utensil vendors, and cafés. This has led to an interesting juxtaposition of loud metal pounding and quiet shops.

Xiao Qi (小器), a Japanese lifestyle goods shop, is considered a pioneer on Chifeng Street for boldly opening three years ago when the area was dominated by auto mechanics and machining shops. Today, there is the Xiao Qi gallery, Xiao Qi restaurant, and a plum wine shop. Joining Xiao Qi at Chifeng 28 (赤峰 28) is the Japanese florist Nettle Plants, a design laboratory of Kobayashi Kazuto (小林和人) and Studio m'. Xiao Qi's influence has made it the shop most representative of Chifeng Street. As you browse the lifestyle goods series and items from Shotoku, Noda Horo, and Classiky, admire the flowers and enjoy a glass of cool and refreshing plum wine.

Chifeng Street's allure is not limited to its shops. Colorful street art covers the walls that line its lanes and alleys. Beside No. 32-1 is *Blue Robo-Fish*, (藍色機器魚) which pays tribute to the street's unique history of automobile parts dealers and metal forgers. Adjacent to No. 8, Alley 33 is *Dreams of Home*, (夢想·家), which uses gears to represent the forging of the stages of life that we all pass through. Next to No. 6, Alley 3, Lane 3 is *Illuminate the Nighttime Stars*, (點亮夜裡的星星), which brings a burst of life to this narrow backend alley. *Dream Monster* (大樹夢獸) at the corner of Lane 35 and Lane 25, Nanjing West Road attracts the highest number of tourists due to its prominent location and eye-catching theme. As Chifeng Street becomes modernized, these narrow lanes, which are only large enough to fit pedestrians and bicyclists, retain a slow pace of life for which many people yearn.



Hipsters adore household utensils rich in tactile qualities.



Floral arrangements enhance the mood.



Chifeng 28's warm displays



Exquisite implements reveal the texture of life.

#### Xiao Qi Lifestyle Goods 小器生活道具

📍 Add 29, Chifeng St.  
(赤峰街 29 號)  
☎ Tel (02)2552-7039

#### Chifeng 28 赤峰 28


📍 Add 28-3, Chifeng St.  
(赤峰街 28 之 3 號)  
☎ Tel (02)2555-6969

16:30  
|  
18:00

## English-Style Afternoon Tea at Covent Garden

Hipsters are right at home in cafés. With small, antique windows that face the leafy alley, Covent Garden feels a lot like a Taipei version of Masa Kitchen (瑪莎廚房). Solid wood tables and chairs, brick walls, and a wrought iron fence complement the understated music, miscellaneous goods, and comfortable fairy tale decor that seems like it was plucked

straight out of the English countryside. The aroma of baked cakes and biscuits coming from the in-house bakery attracts passersby. Other popular items include freshly made cheesecake, apple pie, handmade biscuits, and chiffon cake as fluffy as a cloud but made without oil or baking soda.

So what exactly is a hipster? Hipsters reject the pursuit of the mainstream. Generally, they are friendly to others and indulge in sensory aesthetics, including indie pop. When traveling, they seek both sensory and cultural appreciation as well as nourishment for the spirit and mind. Perhaps it's time to ask how closely your way of life aligns with the hipster ideal. 





Trademark chiffon cake



Covent Garden Café is reminiscent of the English countryside.

### Covent Garden Café 柯芬園咖啡館

 Add 8, Ln. 18, Nanjing W. Rd.  
(南京西路 18 巷 8 號)

 Tel (02)2559-4217

### Hipster Tour Map





# A Heartfelt Journey Through Taipei

Article/Photos    Cellist Chang Chenchieh

Cellist Chang Chenchieh

“ If Keelung ( 基隆 ) is my spouse then Taipei is my favorite mistress. ”

I was born in Keelung but chose to make Taipei my new home when I moved back to Taiwan from Vienna. Over the past 26 years, I have watched Taipei transform from a congested city with poor air quality to an orderly metropolis with convenient mass transit. As Taipei has grown into a hospitable place to live, it has fostered an energy that seemingly pervades every corner of the city.



"Classmate Stall" at Guangfu Market.



A boundless energy can be felt each morning at National Dr. Sun Yat-sen Memorial Hall.

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### A Lively Morning at National Dr. Sun Yat-sen Memorial Hall & Guangfu Market

Let's begin this introduction to Taipei at National Dr. Sun Yat-sen Memorial Hall.

Each morning the grounds of the hall are filled with a boundless energy created by the *tai chi* practitioners, the dancers, and others doing exercise. The dynamic atmosphere is reminiscent of "Morning Mood," a composition from Edvard Grieg's *Peer Gynt Suite*. After morning exercise, it's time to explore the nearby Guangfu Market (光復市場), which shows why one of the best ways to learn about a city

and the lifestyle of its residents is to visit a traditional market.

One of my favorite stalls is run by a vendor who refers to all male patrons as "classmate," and of course I'm no exception! He somehow picked up the ability to converse with market goers in Indonesian and Vietnamese, and he offers complimentary basil and sweet basil to customers. His infectious joy and obvious love of vegetables give me a positive start to each day. Next to the market, a vegetarian steamed bun shop with an extensive menu always has a long line of people, with many customers walking away with several boxes.



Herbal Lane, located near Longshan Temple  
(Photo: Wang Nengyou)



Sushi at Yamato Japanese Restaurant

## The Markets and Temples of Old Taipei

To experience old Taipei, head to the charming stalls of the recently renovated Yongle Market (永樂市場), near Dihua Street, and try a pair of classic dishes: chicken (pork) rolls (雞卷) and sailfish rice noodles (旗魚米粉). As I browse this market, the Strauss operetta *Der Zigeunerbaron* playing in my head perfectly fits the mood. Exploring the temples is also highly recommended. Head to Lungshan Temple (龍山寺), a busy Class II historical site that is near Herbal Lane (青草巷), a place best found by following your nose. The city's other

must-visit temple, Xingtian Temple (行天宮), banned the burning of incense last year, an environmentally friendly decision which I deeply respect. This rare type of incense-free prayer (the only exception to the rule being ceremonies to restore a soul which has been frightened away) is one of Taipei's many special traits. Consider enhancing your temple visit by listening to Mussorgsky's *Pictures at an Exhibition*.

## Satisfying the Senses

Taipei is well known as a culinary capital. Restaurants that I highly recommend include Yamato (大和), a popular Japanese





A trip to the spa is the perfect antidote to an exhausting day. (Photo: Wang Nengyou)



Taipei is a convenient, hospitable city. (Photo: Pan Junlin)

restaurant with excellent sushi at attractive prices, and San Want Hotel's (神旺大飯店) Chao Ping Ji (潮品集), which offers Chaozhou-style dim sum, including shrimp rice noodle balls that are beloved by my daughter. Older diners love the authentic Zhejiang and Ningxia-style cuisine at Rong Rong Yuan Restaurant (榮榮園), and the French restaurant at The Landis Taipei (亞都麗緻大酒店) features excellent service and food, underscoring the diversity of cuisine available in the city.

Any trip to Taipei should include use of the popular YouBike bicycle sharing system, but choose your route carefully. I recommend Renai Road due to the shade of this leafy thoroughfare. At night, enjoy a concert at the National Concert Hall (國家音樂廳). The hall's pipe organ, which is composed of over 4,000 pipes, is unique in the world for having an Asian-style exterior. The best way to experience the sound of this

impressive instrument is from a rendition of Bach's renowned *Tocatta and Fugue in D Minor*.

The perfect antidote for exhaustion from such a busy day lies about half an hour outside the city, where you can relax the body and soul and wash away your troubles at the hot springs of Beitou or Yangmingshan. To further enhance the experience, listen to Mendelssohn's *A Midsummer Night's Dream*.

While you should use your senses of sight, sound, smell, taste, and touch to experience Taipei, it is even more important to open your heart to better understand and appreciate this city. 01

## Scenes From Morning Market

# A Day in the Life of a Fruit and Vegetable Auctioneer

Author Cason Hsu

Photo Pan Junlin

At 3:20 am, when most of the city is asleep, the Taipei First Wholesale Fruit and Vegetable Market ( 台北市第一果菜批發市場 ) reaches peak activity. In front of a backdrop of stacked fruit and vegetable crates, dozens of buyers crowd around mobile auction counters. Announcements pour out from the command podium. Our eyes follow a voice and connect with Liu Naizhen ( 劉乃禎 ), who alerts buyers to check that their handheld bidding machines are working properly before the auction begins.

Liu, a 47-year-old mother of two, is the only female among more than 100 auctioneers at this market. After beginning in the supermarkets division of the Taipei Agricultural Products Marketing Co. in 1988, she joined the ranks of auctioneers nine years ago, following in the footsteps of her father and brother. Building off a basic understanding and interest in auctioneering, Liu quickly distinguished herself due to her excellent judgment, fearlessness and great voice.

The official working time for auctioneers is 2~9 am, though hours often stretch



A busy morning at the wholesale fruit and vegetable market

out longer. To ensure a smooth, punctual start, Liu typically arrives shortly after midnight to prepare. Selling continues until the auction counter display reads zero, at which time Liu prepares crates for shipment, verifies accounts, and reports the day's results to farms. On days when a large shipment arrives, she may continue selling until noon.


### Fruit and Vegetable Price Fluctuations Start at the Market

The First and Second wholesale fruit and vegetable markets supply more than 3.5 million people in Greater Taipei and attract



Workers package fresh fruits and vegetables destined for local supermarkets.

buyers from Taoyuan, Keelung, and Yilan. Since about 70 percent of the fruits and vegetables served in Taipei, New Taipei, and Keelung come from the First Market, price fluctuations here are directly passed onto consumers. Auctioneers must balance prices paid at origin with the wholesale price, to ensure profits for farmers and fair prices for consumers. With all shipments subjected to random pesticide testing before auction, the market also serves as the first food safety checkpoint for consumers.

The director of First Market, Wang Hongxiong (王鴻雄), has been involved in the fruit and vegetable industry for nearly three decades. Wang says that smart buyers always try to buy during peak season. While most fruits and vegetables are available year-round, season affects both quality and price. For example, large volumes of high-quality cabbage in winter make it an excellent choice. In summer, when cabbage is only available at high altitudes, decreased volume is reflected in higher prices. By seasonally changing eating habits, you can enjoy a variety of tastes while saving money. 

## A Day at the Fruit and Vegetable Market

After arriving at Taipei First Wholesale Fruit and Vegetable Market, farmers' association delivery agents weigh their product and attach a delivery form. Once the delivery code and unloading area are stamped on the form, agents head to the designated area for unloading.

5:00 pm

Cargo clerks begin to work. After verifying the unloading order, they open crates, arrange auction sequence numbers, sign and accept inventory counts. They then check scales and inform inspectors to test products.

1:30 am

Auctioneers begin to work. After inspecting quality classifications based on sequence numbers to avoid later discrepancies or mistakes, they assess weather, classification, shipment volume, and buyer quantity to set reserve prices for each batch of goods. They then transmit these prices to their computer and digital auction counter.

2:00 am

Auctions open. Buyers use hand or verbal cues to bid. When a sale is made, the auctioneer issues a dual-copy transaction voucher to serve as proof of receipt.

3:20 am

Auctions wrap up. Goods are delivered to markets in northern Taiwan.

7:00 am

Closing

12:00 pm



## Cooking With the RDEC Chief



# Lion's Head Meatballs Bursting With Nostalgia and Flavor

Author Alpie Liao

Photos Gao Zanzian

Is there a dish that makes you think of someone in particular? Do its taste, aroma, and flavor bring you back to an earlier time?

With a dash of effort and seasoning, you can make rich lion's head meatballs (紅燒獅子頭) served with simmered Chinese cabbage and rice.

Chen Mingshiun (陳銘薰), who recently left a teaching position to serve as chairperson of the Research, Development and Evaluation Commission (RDEC), Taipei City Government (台北市政府研究發展考核委員會), learned this recipe from his late mother-in-law. With a busy schedule and his grown children mostly away from home, Chen rarely finds the time to make the meatballs. He often orders the dish when eating out, though he learned long ago that his mother-in-law made it best.

Chen saves the real deal for Lunar New Year. Despite only making the dish once a year, the ingredients and steps are etched in his mind. Rather than use measuring cups or spoons, Chen relies on his senses of sight and

smell. His most important secret is replacing the water chestnuts typically mixed into the meat with white bread that has had its crust removed. After frying, the bread is no longer visible, but it leaves its mark by making the meatballs crispier on the outside and more tender on the inside.

Chen's lion's head meatballs have no luxurious ingredients or carefully designed presentation. They are simply a homespun version of a classic comfort food. **Dt**



## Lion's Head Meatball Recipe

### Ingredients

..... 1 lb. of minced pork (about 450 g), two slices of white bread (with crust removed), chopped ginger, chopped scallions, one egg white, two teaspoons of salt, two tablespoons of oil, soy sauce, alcohol, sesame oil, a pinch of pepper, and eight teaspoons of cornstarch.

### Steps

- ..... 1. Mix the above ingredients until they are evenly distributed. Then, stir in one direction until the meat appears fibrous.
2. After heating the frying pan, switch to medium heat. Knead the mixture from Step 1 into a ball (smaller than a tennis ball), pass the ball between your hands several times, then drop into the oil. Occasionally stir, frying until a golden yellow. Remove and allow the excess oil to drip away.

※Passing the ball between your hands releases air from the meatball, leaving a heartier finished product.

3. Leave 1-2 tablespoons of oil from above in the frying pan. Turn up the heat to high. Then, add the scallions and large cuts of Chinese cabbage. After stir-frying for a short time, add a bowl of water and some soy sauce. Then, continue to cook. Add the meatballs from Step 2. Turn the heat to between low and medium and simmer for 10-20 minutes. Then serve.



## Taste of Pastoral Poetry

## Q&amp;A with Yoshihiro Imai

Article Beher Kitchen  
<http://www.beher.com.tw>

Photos Yuka Yanazume

After growing up in the suburbs of Tokyo, Yoshihiro Imai, 33, moved to Kyoto and became a self-trained chef. At his own expense Imai published a cookbook, *Circle*, which combines elements of nature, poetry, and food photography to document seasonal cuisine and scenery in the kitchen and beyond, from where the flavors and colors of each meal originate.

### Did you dream of being a chef growing up?

When I was young, I dreamed of being a scientist. Then, in college, I attempted to make bread using natural yeast. As I kneaded the dough with my hands and watched how microorganisms breathe life into bread, my passion for food was sparked. From 2006 to 2014 I worked at the Enboca Restaurant, where we used seasonal foods to express the passage of time. The Noma<sup>1</sup> cookbook inspired me to head to Copenhagen for short-term study. Recently, while getting ready for my new restaurant, I have sought to support farmers and celebrate nature and natural ingredients. The journey continues.

### How does living in Kyoto shape you and your culinary work?

Living in an ancient city fosters modesty. Even today, Kyoto astonishes in ways that make me feel like a newcomer. I can hear elderly residents joke: "The last time Kyoto had something new was before World War II!" Living amidst the mountain slopes of Higashiyama District has had an imperceptible influence on my cuisine. For example, the kiln-roasted persimmons in Kyoto have a color reminiscent of the autumn season when they are made, whereas in Copenhagen a similar dish uses pears. The fine blend of tradition and modernity as well as the close ties I've developed to people in farmers' markets and mentors working with food are what keep me grounded.



*Circle* is a cookbook which combines elements of nature, poetry, and food photography.

### A Spoonful of World Flavor

The world is a dynamic kitchen where the people we meet and events we experience become part of the complex flavors of life. While our meals are fragmentary, together they record cultural and social manifestations. We therefore take food as our lens for exploring both the past and present and peering into the future. Besides aiming to cultivate dialogues in food through stories of inspiring professionals and changemakers, we hope to create a channel for the world to engage with Taipei.

Beher Kitchen, founded in 2008, seeks to incubate diversity in food and lifestyle and tune into the sources of everyday living. Curating various activities on culinary culture and food origin trips, we hope to teach sustainability and blend aesthetic education into life by sharing the characteristics, creativity, experiences, and movements in food.





The kiln-roasted persimmons in Kyoto have a color reminiscent of autumn when they are made, whereas in Copenhagen a similar dish uses pears.



In Ohara, Kyoto in a village on the foothills of Mount Hiei, there is a farm similar to my grandfather's farm. Here you can buy fresh ingredients and pick wild flowers and shrubs to complement various dishes.

### How does involvement in farming impact the way you work with food?

In the city, food is one of the best methods for bringing us closer to the earth. As a youth in Mito, I was introduced to the plants growing on my grandfather's farm. Now, in Ohara, Kyoto my involvement with a youth farmers' community shows me the people who are dedicated to produce and how they care for the land. Working with food is like conducting a choir, with the color, aroma, and texture of the food originating from ingredients nurtured by the earth. The rice I eat three meals a day comes from my father-in-law's family farm, and I cook with cast iron pots to preserve

the natural flavors of the ingredients. Culinary work at its best is not a dazzling skill. Rather, it's a response to the original flavors that people derive from food.

### What story did you want to tell in the *Circle* cookbook?

I make food in response to the season, so the same dish takes on different forms depending on the time and space. Since photography is the only method available to capture food at the time it is made, I decided to publish *Circle*. I didn't expect that it would elicit attention in Taipei, New York, and other places around the world. In Japan, I opened pop-up restaurants<sup>2</sup> in rooftop gardens, art galleries, fish markets, and museums. My goals were to share observations of nature and food as well as to show how eating enables us to connect to history during our limited time on earth.

### Have you visited Taipei? Where do you most want to go in Taipei and what food would you like to try?

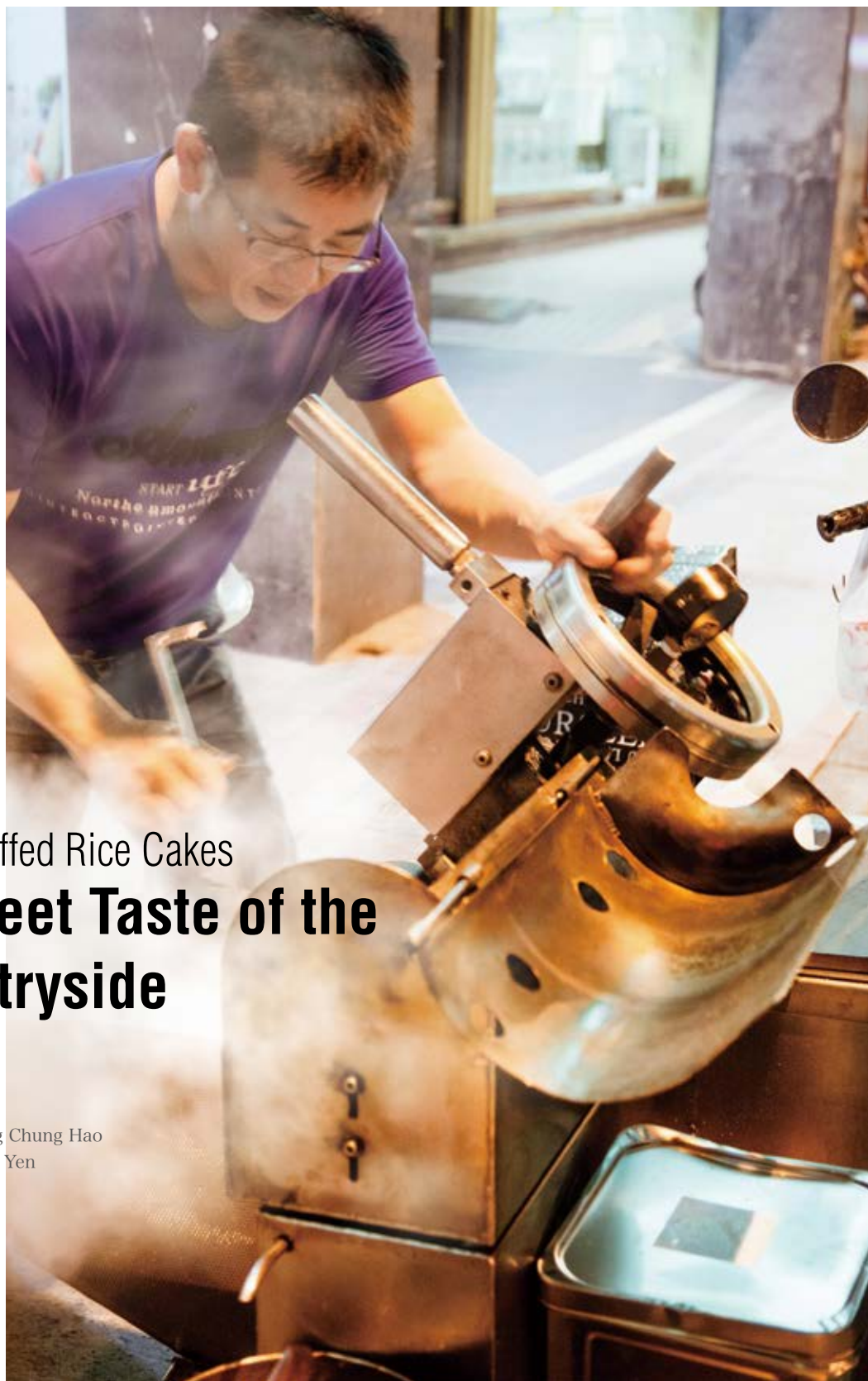
I believe that Taiwan is full of life. I look forward to visiting someday. In Taipei, I would like to go to the traditional markets and the local restaurants. I'd like to see artistic areas that feature poetry and handcrafted goods. I'm also very interested in pickled and fermented foods. Every place has a unique way of food preservation. These are the types of things that interest me when I visit other countries. <sup>DT</sup>

#### ● Notes

1. Noma: A two Michelin star restaurant in Copenhagen, Denmark that was ranked the world's number one restaurant in 2010, 2011, 2012, and 2014.
2. Pop-up Restaurant: A temporary restaurant not limited to a particular location and which may stay open for as little as a single meal.

## Fumi Puffed Rice Cakes **A Sweet Taste of the Countryside**

Author   Huang Chung Hao  
Photos   Huntz Yen





The shapes and flavors of puffed rice cakes are constantly changing. Fumi Puffed Rice Cakes are available in more than 10 flavors, both salty and sweet, and puffed rice lollipops are also sold.

"Ladies and gentlemen, I suggest that you cover your ears. There's going to be a loud bang!"

An explosive sound is followed by rising steam and the heavy aroma of rice. Xie Zhenwei (謝振璋) apologizes as he disperses the lingering cloud.

Puffed rice cakes are a traditional snack that is popular in Taiwan, the southern part of mainland China, India, and Japan. They are still made using original cooking methods. First, the rice is roasted in a pressure cooker where its expansion is limited until the moment the cooker is opened. With a bang, the rice multiplies in size.

"I warn people before the bang then apologize if anyone appears frightened," Xie says. "Despite these precautions, an upset passerby once yelled at me. I apologized again and offered him a rice cake. While his anger disappeared after the first bite, he told me to give a louder warning next time."

This is the 10<sup>th</sup> year that Xie has driven his stall through the city streets. Whether at the height of summer, in the dead of winter, or under an umbrella in the rain, Xie presses on. If he burns himself on the pressure cooker, he pours water over the wound for relief. Earplugs are essential for muffling the loud "bangs," but Xie often forgets. There have been times when he has roamed the





After pressing, the warm cakes cool and set. They are then cut into smaller pieces to be packaged and sold.

streets selling puffed rice cakes for a month without a single day of rest.

Over the past decade, business has been good, though Xie sometimes longs for home and the life he led as a child.

### Memories of Childhood on the Farm

"Having been born into an agricultural family, my grandfather, uncles, and father were all farmers. I would join them in transplanting rice seedlings, patrolling and weeding the fields, and harvesting and transporting the rice. One winter when the fields lay fallow, the children gathered to dig a massive hole that was as wide as the outstretched arms of an adult and waist deep. This was turned into an earthen oven that supplied food for over 200 people

from our extended family. Afterwards, we forgot to fill the hole. When the adults were preparing the fields the machinery they were using fell in."

Moments such as these were a regular occurrence in the Changhua (彰化) countryside, but they didn't erase the images of Xie's elders toiling away in the fields. This was why Xie packed his bags at the age of 23 and moved to the city in search of opportunity. Xie had never lived outside Changhua and had even done his military service at the nearby Chenggong Ling (成功嶺) training center.

Upon arriving in Taipei, Xie started as a realtor. While he no longer counted scarecrows among his colleagues, he himself began to feel like a scarecrow. After four



Maltose, which is used to hold the rice in place, is first melted in boiling water then mixed with the expanded rice.

years of the real estate grind, Xie decided that freedom was very important.

About this time, a friend recommended making puffed rice cakes. Xie dove into this new venture headfirst. After learning to make the cakes, Xie purchased a modified motorcycle and hired a mechanic to add a platform, cooking equipment, a motor, and steel netting. When the stall was complete, Xie embarked on his new adventure.

Although just a street-side vendor, Xie chose a name for his business, "Fumi Puffed Rice Cakes" ( 富米米香 ). He explains that, "Fumi means 'prosperous rice,' plus it's my cousin's name and I like the sound of it."

Xie's family soon began to benefit from his good fortune. "Most farmers with

limited marketing channels can only sell to wholesalers at low prices," Xie adds that, "Now, whenever the harvest is done, I ask my family to send a portion of their rice to Taipei. I pay above market price to help the farmers and in return I get a quality guarantee."

### Improvements to Keep the Puffed Rice Cake Tradition Alive

Rice is a bridge between the city and countryside. As Xie reminisces on life in the farming village where he grew up, he remembers gathering around a similar stall as a child. He and his friends would keep their eyes fixed on the pressure cooker and spring into action when they heard the "bang." They would stick out their hands to catch the grains of rice that scattered and took great joy in picking up crumbs off the ground.



After the rice has expanded, maltose, mixed nuts, peanuts, and other ingredients are added. Each step must be quick and precise so that the process can be completed before the rice sets.

Scenes such as this are rare nowadays due to hygiene concerns and improvements that have been made to pressure cookers. Puffed rice now drops into a closed net and other changes are apparent in terms of flavors, shapes, and packaging.

Fumi Puffed Rice Cakes are available in over 10 flavors, from original white rice and brown rice to sweet flavors like peanut and sesame and salty flavors like mixed nuts. Xie even cooks black rice, glutinous rice, Job's tears, sorghum, buckwheat, and a mix of five grains. The shape of the cakes has changed based on customer recommendations. "Modern families are smaller. If we just made a big bag like in the past, they would

never finish it. Plus, earlier thick cuts contributed to tooth injuries, which is why I make lollipop cakes that fit the mouth."

Skill is also important in preparing the seasoning. While cooking the rice, Xie must bring a mixture of maltose and water to a boil then add ingredients such as sesame and nuts. The maltose is sufficient for slightly sweet flavors, though stronger flavors require either more salt or sugar.

After about 10 minutes of cooking, the expanded rice is mixed with other ingredients. Evenly distributing the maltose holds the rice in place. This hot, soft mass is then placed on the prep table to be flattened with a roller. Since the rice sets within a minute, each step must be quick and precise.

Some of the rice is packaged without being shaped or flavored. These healthy grains are suitable for mixing in milk or adding to lion's head meatballs. While cautious parents sometimes give Xie organic rice, which he uses to prepare rice cakes for their children, Xie is confident in the safety of his treats. He notes that, "Puffed rice cakes are very healthy. You can taste the ingredients, and the entire cooking process takes place in front of the customers, who then feel assured of food safety."

To further enhance hygiene measures, Xie rents a first-floor apartment where he can park and wash his stall. After closing shop each night at 9 o'clock, Xie's first task, before



counting the day's revenues or resting, is to wash all of his equipment. This daily routine provides an answer to a question that a customer once asked: "Why are other puffed rice cake stalls black and dirty, but yours shines?"

### The Commitment of a Son Who Left Home

Xie often drives his stall onto school campuses. One visit in particular evoked strong memories of his youth. Xie was invited to an elementary school in Bali ( 八里 ) to demonstrate how to make puffed rice cakes. Before he began, the students had to go to a farm beside the school to harvest and thresh rice. They then carried the golden grains to the school track to be laid out for drying.


When the students were done, the school provided rice that was already dried to Xie. An ear-splitting "bang" was followed by the arrival of hot rice cakes. While observing the satisfied faces of the children as they ate the cakes, Xie thought of the saying "you reap what you sow."

The children's hard work reminded Xie of how his parents planted rice paddies and vegetable fields and raised chickens and ducks. Despite their many duties, they never complained. Xie is also content with his lot in life. "While what I'm doing is ordinary, being able to work and maintain my enthusiasm is enough."

When Xie was in his early 20s, his parents didn't want him to leave home because they

worried about the risks and wanted their children always at their side. But when Xie made it known that his mind was made up, rather than try to persuade him to stay, his parents offered financial assistance. They never inquire about his earnings or tell him how much to send home or to switch jobs. Xie is deeply appreciative of their support.

"During the 10 years I've lived in Taipei, I can count on one hand the number of times my parents have come to visit. They are concerned about disrupting my work and causing me to spend extra money. The less they visit, the harder I work, to make sure that they no longer have to worry about supporting themselves."

The success of Fumi Puffed Rice Cakes has led Xie to begin planning a shop, though this would mean further putting down roots in Taipei. Xie says that when he thinks of his family and farm, he contemplates driving his stall back home, making puffed rice cakes along the way to pay for travel expenses. Xie's commitment to his family and yearning for home are feelings commonly shared among those who have moved to Taipei from other areas of Taiwan. 

The Puffed Rice Master – Fumi  
Puffed Rice Cakes

 Tel 0933-697-145



# The Incredible Vocals of Peter Lee 李文智

Author Chung Wen-Ping  
Photos Jilin Yang

If you had the good fortune of being in front of Taipei City Hall on April 3<sup>rd</sup> for the "Changing" (改變ing 音樂會) concert and heard the classic musical program that included *Ave Maria*, *La Gazza Ladra*, and *Radetzky Marsch*, you may have felt as if you had stumbled onto a square in France, Italy, or Austria. Under the star-filled sky, a glass of red wine would have served as the perfect accompaniment to this romantic evening.

"The purpose of this type of event was to give people a chance to hear classical music and to learn about Taipei through culture," says Peter Lee (李文智), a Taiwan-born countertenor based in the United States. Lee, who notes that it's normal to see classical music performances on the

street or in squares overseas, believes that living in such an environment raises people's understanding of art and even makes them more graceful. "Art is intertwined with everyday life and not just confined to ivory towers. This outdoor concert was a wonderful start."

While growing up in Tainan (台南), Lee didn't specialize in music and had no love for school. But, he took part in the school choir where he learned that he had a rich, powerful voice that none of his classmates could match. Lee points out that, "Musical instruments can be learned, but you are born with your voice. It can't be learned. To have this kind of voice but never use it would be a huge waste." After Lee finished military



Lee believes that art is part of everyday life and not just confined to ivory towers.



Lee has a deep, booming voice that few can match.

service, American organ master John Walker had a chance to hear him sing. Despite Lee's complete lack of English language skills, Walker decided to send him to the United States for study.

"Beginning in my 20s was tough because I had to learn everything I had missed." Lee studied vocal music performance and early music while learning English and performing for money. He later went on to earn a PhD from the Shenandoah University Conservatory and sing countertenor solos with the Peabody Renaissance Ensemble and tenor and countertenor solos for a choir in Baltimore. He became the first foreign vocalist to perform solo at the Washington National Cathedral.

Lee's busy schedule includes serving as a university professor and traveling between the United States and Taiwan, where he spends more time in Taipei than in his hometown of Tainan. Lee still reminisces about his first journey to Taipei as a child. "When the train

approached Chunghwa Market (中華商場) and a row of public housing buildings let us know we were close, my curiosity and excitement piqued." While Taipei has changed dramatically from the time of Lee's youth, he still reminisces about the city. In fact, it reminds him of the "Ombra Mai Fu" opening aria from *Serse*, in which a king standing beneath the shade of a tree sings of the impressions that the tree left on him as a child. Living away from his homeland, at times Lee yearns for the familiarity that Taipei offers. At the "Changing" concert, these thoughts were contained in "The Sky of Taipei" (台北的天空) lyrics: "The sky of Taipei is always in your heart and mine. No matter the hardships we face, I will overcome them with you at my side."<sup>Dr</sup>





# Conductor Toni Huang Unwinds on Stage 黃東漢

Author Eric Hu  
Photo Liu Jiawen

Conductor Toni Huang (黃東漢) felt right at home in Taipei City Hall square leading the symphonic band and chamber music band of the Taipei Symphony Orchestra (TSO, 台北市立交響樂團) during an outdoor concert dubbed "Changing." The event, which marked the first 100 days of the new mayor's term, was Huang's second performance in this square. The first was with the National Taiwan University Symphony Orchestra (台大交響樂團) during his time as a political science student.

"Outdoor symphony performances act as a gauge for measuring the level of participation and reaction of the crowd," says Huang, who sees music as a universal language. When thinking back on the enthusiasm of the crowd, Huang says that such concerts can promote positive

interaction between the people and the city government.

Huang previously served as special assistant conductor and opera rehearsal conductor for the National Symphony Orchestra (NSO, 國家交響樂團) and resident conductor for the Quanta Philharmonic Orchestra (廣藝愛樂管弦樂團). In recent years, he has gotten a taste of new performance forms on both theater and musical theater stages. His reason for joining the TSO was to learn from fellow musicians to build a solid foundation for expressing himself musically.

"This is a professional orchestra with a long history, an extensive background, and abundant resources. A novice conductor can learn so much from these experienced musicians," Huang says. While Huang



By joining the world-class musicians in TSO, Conductor Toni Huang is gaining the foundation he needs to express himself musically. (Photo: Toni Huang)

has collaborated with many orchestras, he finds the world-class musicians of TSO and NSO better able to apply their professional experience to solving musical challenges and successfully completing one wonderful performance after another.

According to Huang, pressure peaks during the rehearsals that precede the opening performance then ends with the final rehearsal. When going on stage he feels no pressure because the performance is already a completed product. To present this product in the best possible light, Huang notes that it's important to relax so that you can fully invest yourself in the music while having fun on stage.

When discussing the cultural achievements of the new municipal administration during

its first 100 days in office, Huang says that from the perspective of a conductor, little has changed. To have a real impact, policy changes need 100 weeks or even 100 months. From the perspective of a city resident, however, Huang believes that the biggest difference is in the atmosphere. Huang's background as a political science major has helped him see that social participation and expectations have risen. People now believe that their opinions have a chance of being heard and have renewed hope that Taipei will move in a positive direction. [Dt](#)

# Taipei Children's Arts Festival An Unfamiliar Look at Familiar Things

Author Peggy Yu  
Photos Taipei Children's Arts Festival



The 2015 Taipei Children's Arts Festival (台北兒童藝術節), based on the theme "an unfamiliar look at familiar things," invites adults and children to look outside the norm to see the unexpected. By viewing the world from new angles, participants will discover unordinary elements in ordinary, everyday life.

Already in its 16<sup>th</sup> year, the festival, to be held from July 1<sup>st</sup> to August 9<sup>th</sup>, will feature a combination of ticket-based events – five international performances, one joint international program, and two domestic performances – along with 74 free community performances and seven free large-scale outdoor performances. The Bopiliao Historic Block (剝皮寮歷史街區) will feature installation art and an animated film exhibition suited to the whole family.

The large-scale outdoor performances will kick off this year's festival. Over the weekend from July 3<sup>rd</sup> to 5<sup>th</sup>, the Punch Percussion Group (Punch打擊樂團), MAD Theater (極至體能舞蹈團), and ChiChiao Musical Theatre (

奇巧劇團) will put on a series of performances at Daan Park (大安森林公園). From July 17<sup>th</sup> to 19<sup>th</sup>, the fun moves to Youth Park (青年公園), where the Voco Novo A Cappella Group (爵諾人聲樂團) will sing popular tunes without the aid of musical instruments. Other performers include members of the Department of Acrobatics and Dance at National Taiwan College of Performing Arts (台灣戲曲學院民俗技藝學系) and O Theatre (O劇團).



*Naked Lunch*, an Ouch-Zirk co-production from Belgium



The French troupe Les Goulus will perform the brilliant *Les Horsemen*.



Highlights of the free community performances include a pair of amusing shows: the Belgian co-production *Naked Lunch* and the French production *Les Horsemen*. Ten leading local troupes will bring a diversity of cultural performances into the communities, such as Beijing opera, acrobatics, modern dance, and traditional puppetry.

The Taipei Museum of Contemporary Art (台北當代藝術館) curated this year's free exhibition at Bopiliao. Based on the theme "Hello! Stranger", it examines everyday life from multiple perspectives to showcase children's peculiar, dynamic charm.

## Learning From Interactive Stage Performances

The troupe Puppet & Its Double Theater (無獨有偶劇團) has won excellence awards at the Children's Arts Festival in the script and production categories for *Snow Prince*, which will be performed seven times in July at the Taipei Family Theater (台北市親子劇場). Administrative Director Zeng Lizhen (曾麗真) says that the popularity of last year's film *Frozen* inspired the troupe to adapt the Hans Christian Andersen fairy tale *The Snow Queen* into an adventure tale involving puppetry, song, and dance. The presentation of 20 newly designed whimsical puppets in a mysterious northern Europe black forest setting makes for a highly anticipated event.

Zeng also notes that tickets to the festival performances are priced at an affordable NT\$250-350, so that children can enjoy both professional theater and free community shows during the summer break. With over a hundred shows of varying sizes, appreciation for the arts and culture can be cultivated and through story telling children have the opportunity to learn.

Zeng expects the performances to strike a chord with both children and adults, as evidenced by the many parents who left last year's show with tears in their eyes.<sup>Dt</sup>



Works from illustrator Ellen Tseng's (愛倫公主) exhibition *Corner's Paradise* (牆角一樂園)



The troupe Puppet & Its Double Theater will perform *Snow Prince*.



Children gathered at the Taipei Children's Arts Festival. (File Photo)



The Punch Percussion Group will put on a thrilling show in Daan Park.

2015 Taipei Children's Arts Festival  
(2015 台北兒童藝術節)

Time: 7/1~8/9

Ticket Information: For detailed ticket purchasing rules and limits, check the official Taipei Children's Arts Festival website. Tickets will go on sale on the NTCH Ticketing System at noon on 6/13.



# Travel Information

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

## Taxi

### Service locations:

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

### One-way fare:

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

### Terminal I Arrivals Hall taxi-service counter

Tel:(03)398-2832

### Terminal II Arrivals Hall taxi-service counter

Tel:(03)398-3599

## Passenger Shuttle Bus

### Service locations:

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

### Shuttle-service companies:

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

**One-way fare:** NT\$85~145





### Travel time:

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

**Schedule:** Every 15~20 minutes

## Metro Taipei

Service Hours: 06:00~24:00 24-Hour Customer Service Hotline: (02)2181-2345

Ticket	Price
 One-way Trip	NT\$20-65
 Day Pass	NT\$150
 Easy Card	Initial purchase: NT\$500 (incl. NT\$400 applicable to transit fares and NT\$100 deposit).The card provides discounts on transit fares and can also be used for small purchases at convenience stores and other designated shops.
 Taipei Pass	<p>The Taipei Pass is activated upon first use on bus or metro ticket readers and valid for unlimited use till expiration. The Taipei Pass can be purchased at all Metro stations, and is used on the Taipei Metro and on Taipei and New Taipei City public buses (with Taipei Pass stickers showing).</p> <p>One-day pass: NT\$180            Two-day pass: NT\$310            Three-day pass: NT\$440            Five-day pass: NT\$700            Maokong Gondola One-day pass:NT\$250</p>

### NOTICE

In order to facilitate inquiries by the public, the city government has set up the 1999 Taipei Citizen Hotline.

Whether by telephone, cell phone, or Voice over IP (payphone excluded), dial 1999 for free access. There is a time limit, with service personnel restricted to 10-minute service availability, and a 10-minute limit on call transfers. Callers are asked to make the most efficient use of this resource, making all calls as brief as possible.

For more information, call 1999 or visit [www.rdec.taipei.gov.tw](http://www.rdec.taipei.gov.tw)



## TAIWAN EMERGENCY TELEPHONE NUMBERS

### Police / 110

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

### Fire and Emergency / 119

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

### Women and Children Protection Hotline / 113 ext.1

24-hour emergency, legal information, and psychological services for victims of domestic violence and/or sexual abuse.

## NON-EMERGENCY TELEPHONE NUMBERS

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

Source for Above Information:  
Information For Foreigners Service / Tel: 0800-024-111  
Tourism Bureau, Ministry of Transportation and Communications  
Tel: (02) 2349-1500  
※ Entries in brown columns indicate service in English provided

## LIST OF TAIPEI VISITOR INFORMATION CENTERS

### Taipei Main Station

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

### Songshan Airport

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

### East Metro Mall

(02)6638-0059  
4-2, 77, Sec. 1, Daan Rd.  
(Underground Mall)

### MRT Ximen Station

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

### MRT Yuanshan Station

(02)2591-6130 9-1  
9-1, Jiuquan St.

### MRT Jiantan Station

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

### MRT Beitou Station

(02)2894-6923  
1, Guangming Rd.

### MRT Taipei 101/World Trade Center Station

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

### Taipei City Hall Bus Station

(02)2723-6836 6  
6, Sec. 5, Zhongxiao E. Rd.

### Plum Garden Visitor Center

(02)2897-2647  
6, Zhongshan Rd.

### Miramar Entertainment Park Visitor Center

(02)8501-2762  
20, Jingye 3<sup>rd</sup> Rd

### Maokong Gondola Taipei Zoo Station

(02)8661-7627  
2, Ln. 10, Sec. 2, Xinguang Rd.  
(1F, Maokong Gondola Service Center)

### Maokong Gondola Maokong Station

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



# Attractions of This Issue

## A Beitou Museum 北投文物館

Add: 32, Youya Rd. (幽雅路32號)  
Tel: (02)2891-2318

## B SheMe House 拾米屋

Add: 1<sup>st</sup> Warehouse, 153, Datong St.  
(大同街153號1號倉庫)  
Tel: (02)2892-2800

## C Beitou Market 北投市場

Add: 30, Xinshi St. (新市街30號)  
Tel: (02)2891-2318

## D Xiao Qi Lifestyle Goods 小器生活道具

Add: 29, Chifeng St. (赤峰街29號)  
Tel: (02)2552-7039

## E Chifeng 28 赤峰28

Add: 28-3, Chifeng St. (赤峰街28-3號)  
Tel: (02)2555-6969

## F Flavour Taiwan 豐味果品

Add: 199, Sec 1, Dihua St.  
(迪化街1段199號)  
Tel: (02)2557-6763

## G Ri Xing Type Foundry 日星鑄字行

Add: 13, Ln. 97, Taiyuan Rd.  
(太原路97巷13號)  
Tel: (02)2556-4626

## H Museum of Contemporary Art, Taipei 台北當代藝術館

Add: 39, Changan W. Rd. (長安西路39號)  
Tel: (02)2552-3721

## I Cans Tea House 罐子書館

Add: 39, Changan W. Rd. (長安西路39號)  
Tel: (02)2550-8506

## J Covent Garden Café 柯芬園咖啡館

Add: 8, Ln. 18, Nanjing W. Rd. (南京西路18巷8號)  
Tel: (02)2559-4217

## K Xinfu Market 新富市場

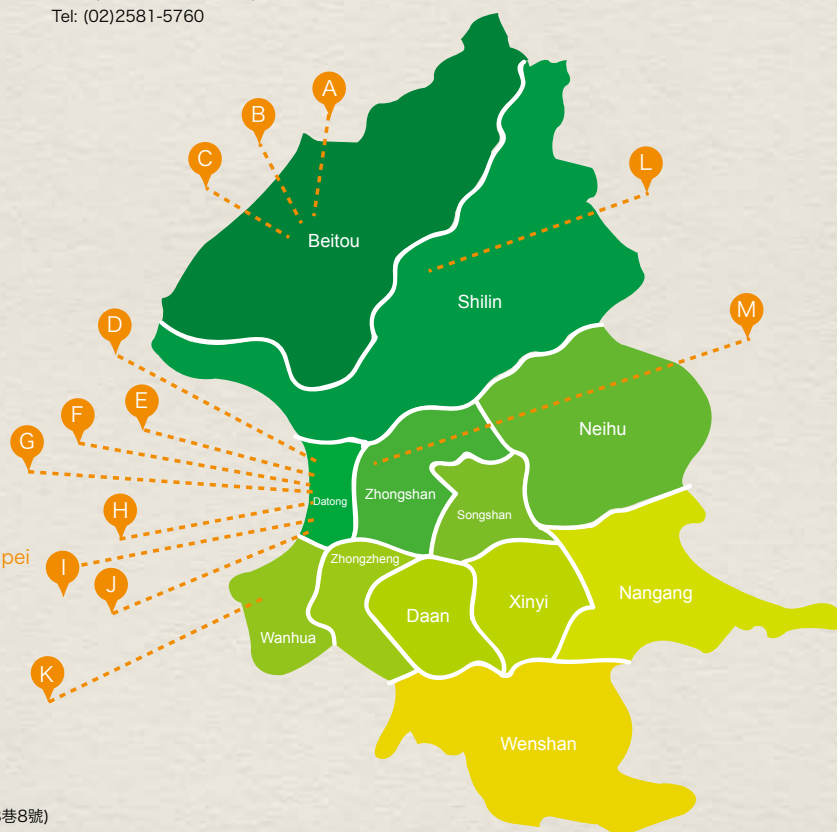
Add: 70, Sanshui St. (三水街70號)  
Tel: (02)2308-1558

## L Yannick Sweet Village 亞尼克夢想村

Add: 481, Ln. 4, Changchun St. (長春街4巷481號)  
Tel: (02)2862-5609

## M Mountain & Sea House 山海樓

Add: 6, Ln. 11, Sec. 2, Zhongshan N. Rd.  
(中山北路2段11巷6號)  
Tel: (02)2581-5760





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10

淡水綫台北—淡水間

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Taipei Discovery Center of Science Special Exhibitions Hall

Hours

open to the public daily from 9:00  
to 17:00 except on Mondays and  
national holidays.



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